

Middle School Compulsory Routine Floor Exercise - Level 4

(9.2 Base + .8 Bonus = 10.00) Specified Bonus .4, GPA +.1, Virtuosity +.2, Stick +.1
Bonus can not exceed .8

1. Run, hurdle, to cartwheel
2. Immed. Chasse and cartwheel 1/4t, close legs together
3. Tucked, pike or extended backward roll to stand,
Specified Bonus: Backward roll with straight arms - +.2
4. With either leg, step backward, execute a 180* turn,
lunge and lift leg to ARABESQUE stand **HOLD**
5. Close legs and execute a prone fall, then while rising execute a ½ turn
left or right to rear support, lower to a pike sit position, straddle legs and
lower to
6. Pancake split – **Momentary Hold**
7. Sit up and close legs together. Roll backward through a candlestick position,
and immediately
8. Roll to straddle stand
9. Press to headstand and roll out to stand **HOLD 2 sec.**
**Specified Bonus: +.2 Straddle stand and press to handstand, roll out
to stand – Hold allowed**
10. Swing arms downward and back upward to power hurdle to round off,
Rebound to stand

Middle School Compulsory Routine

Floor – Level 5

Base Score: 9.2

Available Bonus: +1.2

Max Score: 10.00

Specified Bonus: + .4, GPA: + .1, Virtuosity: +.2, Stick: +.1, Additional: +.4

Bonus earned can not exceed +.8

1. Run, hurdle, front handspring, (rebound allowed)
2. Step forward and kick to handstand, straight arm roll out (momentary hold required)
3. Pike **or Tuck up** to handstand, (momentary hold required)
4. Forward 180* pirouette, (1 or 2 hand placements)
5. Pike down to **Bent arm back extension roll** and lower to pancake split.
(momentary hold of split required)
Bonus: +.1 Straight Arm Back Extension Roll
6. Sit up, and close legs together. Roll back through a candlestick position, and immediately,
7. Roll forward to straddle stand, jump to straight arm, straddle press to handstand, (Momentary hold required)
Specified Bonus: +.2 From candlestick position in #6, Straight arm, bent body press to handstand or Stalder roll to handstand
Bonus: +.1 Handstand held for 2 seconds
8. Straight arm roll forward and jump, with feet together, to two-foot takeoff front headspring,
Bonus: +.1 Front bounder instead of headspring
9. Lift either leg while executing 90* turn to cartwheel, side chasse, cartwheel,
10. Lunge forward, front scale, step forward with lifted leg and then execute a 180* backward turn and bring legs together to finish.
Bonus: +.1 Scale with back leg 135* above horizontal
11. Run to round off back handspring, rebound to stand.
Specified Bonus: +.2 Round off, back handspring, back handspring, rebound
Bonus: +.1 Stick

Middle School Compulsory Routines Floor Exercise – Modified H.S. Level

Base Score: 9.4 Available Bonus: 1.0 Max Score: 10.00
Bonus earned can not exceed +.6

1. Run, round off, back handspring
2. Tucked back flip (back head height)
Bonus: +.1 Back above head ht. with kick out at horizontal
3. Back extension roll to handstand, lower to prone support, $\frac{1}{2}$ turn to rear support and roll back to candlestick
4. Roll to straddle stand, or roll to straddle L to support on hands to straddle stand, bent arm press to handstand (-.3 Jump)
Bonus: +.1 straight arm press
+.2 stalder roll to handstand
+.1 two sec. hold of handstand

Step down with either foot, step through with other foot with turn of 180° backward, legs together
5. Run, tuck front flip, forward roll (front shoulder height)
Bonus: +.1 head height
6. Jump pike/straddle press through handstand (straight arms)
Bonus: +.1 full Pirouette (no more than 5 hand steps)
7. Roll out to stand, step with either leg, lunge to scale (front scale 2 sec. hold)
Bonus: +.1 135° split in scale
8. Step forward with 180° turn backward, legs together
9. Run, front handspring, two-foot take off handspring (bounder) rebound to stand (front handspring stretch and good rhythm)
Bonus: +.1 handspring to bounder straight and good rhythm
+.1 tuck front flip after handspring
+.2 tuck front after bounding handspring
*MAX. of +.2 on last pass (excluding stick)
+.1 Stick