

FLOOR EXERCISE

SKILLS 4.5

BONUS 2.0

.3 VIRTUOSITY

Front Handspring

missing part -.5
composition error .3
once

Lunge to Kick
handstand (1sec.)

Pirouette
+.4

split or
pancake
+.1

Front roll to
straddle stand

Straight arms jump
to press H.S. momentary

Straddle
press or
Endo roll
+.4

Front roll / Sissone
180° turn

Dive Roll

Tuck front
salto to
stand
+.4

Jump 1/2 turn,
back extension st. arms,
to arch support.

extension
through
handstand
+.1

1/4 turn to cartwheel/
assemble .3

cup to 3 steps
.2

Scale

horizontal leg
+.1

RO, back handspring
.2 .3

2 back handsprings
rebound +.4
back salto tuck
+.4

rebound

STICK BONUS 1.2

FALL OFF 0.3

POMMEL HORSE

Miss Order: 5/3

Mushroom 2.3

Bonus 1.2

VIRTUOSITY 0.1
0.1 execution

Circle
Circle
Circle

0.4 circle
0.4 circle

0.4 1/2 spindle (2 DLC)

0.4 2 Flair circles

1/4 turn flank dismount

STICK DISMOUNT .1

HORSE 2.2

BONUS 0.8

VIRTUOSITY
0.2

Jump to front support
Two full pendulum sw.
Leg cut fwd.

0.1 90° spread once

Leg cut fwd.

False scissors 0.4

1/2 pendulum sw.

False scissors 0.4

Pendulum swing
in rear support

Leg cut bkw.

Leg cut bkw.

Leg cut fwd.

Leg cut fwd.

Dismount
Stand in front

0.1 90° leg spread
in cuts

STICK 0.1

SKILLS 4.5

Muscle up

Support ^{2 sec.} rings out

Back roll through "L" pike inverted hang

German hang 2 sec

Pull to Pike ^{no} inverted hang hold and swing backward

Swing forward
Swing backward

Swing forward
Swing backward

Swing forward to back salto tuck

RINGS

Bonus 2.0

Muscle up 0.4
No Assistance

Back Lever ² sec
0.4

From forward swing, swing back to back uprise through "L" roll back to inverted hang swing backward
0.4

0.4 Inlocate stretched to swing backward → Horizontal back swing 0.1

Swing forward to pike hang dislocate 0.4

STICK 0.2

VIRTUOSITY
Max 1.3

Full extension shoulder 0.1

Back swing turn over horizontal 0.1

Back swing turnover horizontal 0.1

VAULT

BASE SCORE
6.3

VIRTUOSITY **0.5**

Run Increase velocity (-) .1-.2
arm swing (-) .1-.2

Hurdle Level plane
feet in front } (-) .1-.2
arm circle front }

Pre Flight turnover (-) .1-.3

Post Flight Repulsion 15° verticle }
lift - repulsion } (-) .1-.3
arch or pike }
Power in
boards,
rise,
distance,
(+) 0.5

Landing Straight body
into landing.

STICK 0.2

PARALLEL BARS

SKILLS 4.5

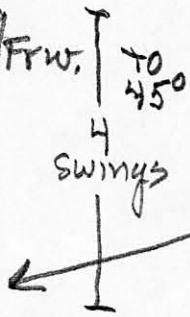
BONUS 2.0

VIRTUOSITY .3

Jump to long hang swing fwr.
LHS - B
LHS - F

Jump to Glide Kip sw + Back, bail to LHS - Fwr.
Go to skill #3
0.4

LHS - B to under arm support



upper arm swing fwr, bail to upper arm, swing bkw.
upper arm swing bkw, bail to upper arm, swing fwr.
0.4

Any Long hang swing back to horizontal
0.1

Upper arm swing fwr.
Upper arm swing bkw.

Any Upper arm swing backward above bar
0.1

Upper arm swing fwd. to straddle support.

TO front uprise to support
0.4

Push off bars swing bkw.

swing fwd. to "L" (2 sec)

Cast fwd swing bkw. (feet at bar height)

swing fwd. swing bkw. (to horizontal)

swing bkw. to nominal handstand
0.1

swing fwd. (horizontal)
swing bkw. to handstand (nominal)
Dismount to side (change hand to one bar)

Hold handstand
0.4

STICK BONUS 0.2

0.4

From nominal handstand swing fwd to back (sa) to tuck dismount.

HORIZONTAL BAR

SKILLS 4.5

BONUS 2.0

VIRTUOSITY 0.3

Pull over

Cast, 3/4 giant to back hip circle, undershoot 0.4

Cast to 45° or higher 0.1

Cast back hip circle undershoot

Free hip circle to undershoot 0.4

Swing backward Tap swing fwd. 1/2 turn

Tap swing fwd. Swing bkwr. to grip change

(-0.3 if coach helps)
(-0.5 if fall off)
Kip to immediate cast, to undershoot, swing backward 0.4 / (any height)

Swing fwd to Kip to support

(horizontal) Cast, undershoot Swing bkwr.

→ Back uprise to undershoot, swing bkwr 0.4

Tap swing fwd. swing bkwr.

back swing horizontal 0.1

Tap swing fwd. swing backward to uprise dismount.

→ Swing forward to salto backward tuck, pike, layout 0.4 (spotter must follow)

swing fwd. to horizontal hollow position 0.1

STICK BONUS 0.2