

USA Gymnastics Team A&T

Floor Content Chart

2016 ~ 2019

Summary Table of Requirements by Competition Level

	YOUTH	JUNIOR	SENIOR
	Routine has REQUIRED skills	Routine has REQUIRED skills	Routine has REQUIRED and OPTIONAL skills
ONLY ONE (1) SKILL CATEGORY MAY BE PERFORMED AT A TIME			
SR 1: ACRO - 20 pts SV	2 bases, 1 top	3 bases, 1 top	Optional Configurations
Requirements:	5 Acro Elements	15 Acro Elements, max 2 high	30 Acro Elements
Commensurate skill examples		Max 1 flip from shoulder or below	
Restrictions:	Must be from NOVICE COMPULSORY ELEMENTS	Must be from NOVICE or JUNIOR COMPULSORY ELEMENTS	Repetition rules unless skills synchronized
SR 2: PYRAMID - 20 pts SV	2 bases, 1 top	2 bases, 1 top	
Requirements:	1 Pyramid Element	2 Pyramid Elements, Max 2 high	4 Pyramid Elements, 2.5 high
Commensurate skill examples			
Restrictions:	Must be from NOVICE COMPULSORY ELEMENTS	Repeat the 1 listed COMPULSORY ELEMENT	Repetition rules unless skills synchronized
SR 3: TOSS - 20 pts SV	2 bases, 1 top	4 bases, 1 top	4 bases, 1 top
Requirements:	2 Toss Elements	3 Toss Elements	5 Toss Elements
Commensurate skill examples		Max 1 flip per element	
Restrictions:	Must be from NOVICE COMPULSORY ELEMENTS	Must be from NOVICE or JUNIOR COMPULSORY ELEMENTS, repeating 1 element	Repetition rules unless skills synchronized
SR 4: STANDING TUMBLING - 20 pts SV		Everyone must do	
Required Pass:	HS Snap Down, Straddle Jump, Stick	1 Standing Element, up to 1/1 twist	1 Standing Tumbling Pass
Commensurate skill examples			
Restrictions:	Choose from 2 options	Must be from NOVICE or JUNIOR COMPULSORY List	ALL athletes MUST do the pass
SR 5: RUNNING TUMBLING - 10 pts SV		Min 5 tumblers	RUNNING/STANDING TUMBLING CONSIDERED ONE (1) CATEGORY
Requirements:	FHS Step Out , RO, BHS, Stick	1 Running Element, up to 1/1 twist; bonus 0.3 for each additional	1 Running Element
Commensurate skill examples			
Restrictions:	Choose from 2 options	Must be from NOVICE or JUNIOR COMPULSORY List	ATHLETES completing pass must equal squad size
SR 6: ROUTINE CONSTRUCTION	NO VALUE at this level	10 pt SV	10 pt SV
Requirements:	50% of the Squad must perform two eight counts of dance	50% of the Squad must perform two eight counts of dance	50% of Squad must perform 2 eight counts of dance
Commensurate skill examples			
Restrictions:	Dance may be performed during STUNTING, BALANCE and/or DYNAMIC but NOT DURING TUMBLING		
	NO DEDUCTION for Routine Construction/Dance Composition or Artistry	Routine Construction Value - 5pts / Dance Composition & Artistry Value - 5pts	
ROUTINE LENGTH	NOTE: Time starts from the first movement of the athletes until the music ends. (two eight counts are allowed prior to time clock beginning)		
Minimum	1:00 minute	1:30 minutes	2:00 minutes
Maximum	1:30 minutes	2:00 minutes	2:30 minutes
ATHLETE COUNTS			
Minimum	10	10	12
Maximum	15	15	24

** TEAMS MUST SUBMIT SKILL SEQUENCE PRIOR TO COMPETITION TO THE JUDGE(S) FOR REVIEW OF DIFFICULTY VALUES.