

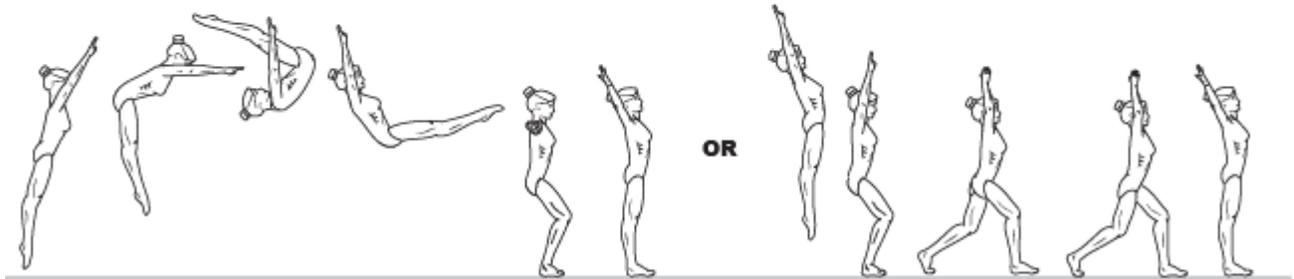
# 2022 TOPS TESTING FLOOR

- Physical Abilities will be done via Zoom from September - November 2022
- Skills testing will take place at invitational competitions, Elite national Qualifiers, and selected Nastia Liukin Cup qualifiers across the country. Each state will have the opportunity to host a TOPS qualifier at an invitational competition in their state. The process to determine the invitational will be the responsibility of the State Administrative Committee (SAC).
- No AWARDS for TOPS competitions.
- There is no longer testing for SEVEN (7) year old gymnasts.
- The figures are a GUIDELINE to assist with learning the routines.
- General Faults and Penalties are listed at the end of this document.
- Coaches are allowed to stand near the gymnast (without blocking the view of the tester).
- The figures are a GUIDELINE to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. NOT ALL of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- The evaluation emphasis will be on technique, form, execution, and body shape throughout the major elements.
- When elements are listed as “a. b. c.” etc. it means the gymnast has a choice of which element to perform.
- Additional matting is recommended.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- In order to accommodate the performance, the gymnast is allowed to start anywhere on the beam.
- All creative choreography movements should be fluid containing one (1) to three (3) movements. Exception: the sideward sequence must be three (3) traveling movements.
- ONLY one (1) 8” mat may be placed under the high beam.
- Arm positions are to be executed to allow the gymnast to show the best posture to suit her level of flexibility and body composition. There is no deduction for specificity of arm positions as long as good posture is shown and the guidelines below are followed.
  - If an arm position or pathway is not specifically noted in the text, it is optional.
  - Whenever high position arms are indicated, arms may be:
    - Curved overhead (crown) or slightly back with the shoulders pressed down.
    - Straight overhead or pressed back behind the head with the rib cage flat and shoulders pressed down.

- Straight with the arms pressed back and out sideward in a diagonal line with the rib cage flat and shoulders pressed down.
- Whenever side-middle position arms are indicated, arms may be:
  - Directly side of the shoulders with the rib cage flat and shoulders pressed down.
  - Slightly above or below and pressed back behind the shoulders with the rib cage flat and shoulders pressed down.
- Whenever sideward-diagonally-upward position arms are indicated, arms may be:
  - Directly side of the shoulders with the rib cage flat and shoulders pressed down.
  - Arms pressed back behind the shoulders with the rib cage flat and shoulders pressed down.
  - Slightly above or below and pressed back behind the shoulders with the rib cage flat and shoulders pressed down.
- Whenever the text states to “step,” the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, no single element may be reversed, unless indicated by an asterisk (\*).

## EIGHT (8) YEAR OLD TESTING ROUTINE

### 1. (\*) FRONT HANDSPRING TO TWO FEET (0.40), FORWARD SALTO PIKED (0.60)



From one (1) to three (3) running steps, hurdle with both arms diagonally-forward-upward showing a slightly closed shoulder angle and reach both hands forward and place them on the floor side-by-side, shoulder width apart while kicking the Left leg backward-upward overhead. As the hands contact the floor, forcefully extend through the shoulders creating a powerful backward-upward movement. Rotate the body in a tight stretched position landing on both feet to execute a **FRONT HANDSPRING TO TWO FEET**.

While executing the **FRONT HANDSPRING to TWO FEET**, the goal of the skill is to accelerate and rotate quickly. A large, high block should be avoided. It is acceptable technique to lean both shoulders (planche) over the wrists while activating the backward kick.

**ARMS:** The shoulder angle opens on the post-flight phase of the skill.

(It is NOT required to show an open shoulder angle throughout if using the “planching” technique. The shoulders must be open post-flight.)

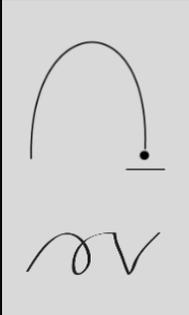
**FOCUS:** On the hands throughout with the head neutral.

Upon landing the **FRONT HANDSPRING to TWO FEET**, immediately punch off both feet. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending at the hips to achieve a piked position to execute a **FORWARD SALTO PIKED**. Land the **SALTO** on two feet in a controlled demi-plié OR, immediately move /rebound / run forward continuing the forward momentum of the acro series. Regain balance and come to a controlled straight stand.

**ARMS:** High on take-off for the **SALTO**. Optional during the **SALTO**. If choosing a “controlled demi-plié” landing, press the arms to side-middle. If choosing to immediately rebound the arms should be high.

Extend both legs to a straight stand.

**ARMS:** Open to sideward-diagonally-upward

	(*) <b>FRONT HANDSPRING TWO FEET</b> (0.40) <b>FORWARD SALTO PIKED</b> (0.60)	Each Up to 0.10	Lightness of all skills
		Up to 0.20	Failure to show acceleration
		Up to 0.20	Insufficient exactness of SALTO position

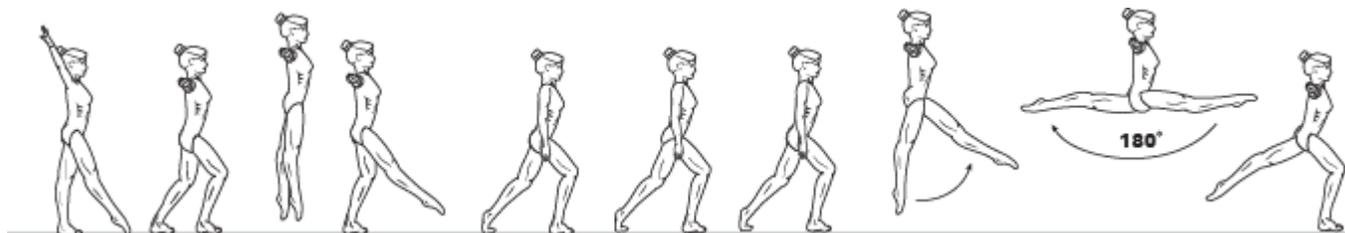
## 2. First Optional Choreography transition to the corner *(There are no illustrations for this.)*

Upon completion of the **FORWARD SALTO PIKED**, perform an artistic sequence of approximately three (3-4) movements traveling forward or sideward (small turns allowed within the movement) toward the corner to finish in a pose facing down the side of the floor. In the pose, stand on a flat *left* foot with the *right* foot pointed in front on the floor with the arms backward-diagonally-upward. (If running into the Switch Leap, point the *left* foot in front of the *right* foot.)

If reversing the **SWITCH LEAP** and using a Forward Chassé entrance, pose with the *left* foot forward into a *left* Forward Chassé.

## 3. Forward Chassé-steps or Run, (\*) SWITCH LEG LEAP (0.40)

(The illustration below only shows the leap using the Forward Chassé.)



### Forward Chassé Entrance into LEAP:

With the *right* foot pointed forward, transfer the weight forward onto the *right* foot (turned out slightly) through 4<sup>th</sup> position demi-plié. Push off the floor with both feet to execute a **Forward Chassé**, closing the *left* foot behind the *right* foot in the air (tight 5<sup>th</sup> position).

Land in demi-plié on the *left* leg, with the *right* foot turned out slightly. The *right* leg is pointing down toward the floor.

**ARMS:** Move both arms to side-middle.

Take one (1) long step(s) (or low straight leg run) *right* in demi-plié, then swing the straight *left* leg forward-upward to a minimum of 45° and push off the floor with the *right* leg. While in flight, dynamically swing the *left* leg backward while simultaneously swinging the *right* leg forward to execute a **SWITCH LEG LEAP** with a minimum of 180° even leg separation in flight. Land on the *right* leg in demi-plié with the *left* leg extended backward passing through a low arabesque position. The emphasis is on good upper body posture with extended arms and legs.

**ARMS:** Optional.

**Run Entrance into LEAP:**

With the *left* foot pointed forward, take two (2) long steps (or low straight leg run) *left, right* in demi-plié, then swing the straight *left* leg forward-upward to a minimum of 45° and push off the floor with the *right* leg. While in flight, dynamically swing the *left* leg backward while simultaneously swinging the *right* leg forward to execute a **SWITCH LEG LEAP** with a minimum of 180° even leg separation in flight.

Land on the *right* leg in demi-plié with the *left* leg extended backward passing through a low arabesque position. The emphasis is on good upper body posture with extended arms and legs.

**ARMS:** Optional.

	SWITCH LEG LEAP (180°) (0.40)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.10	Failure to swing front leg a minimum of 45° forward before swinging back
		Up to 0.20	Uneven leg separation

*If the **SWITCH LEAP** was reversed, the gymnast must continue reversing the text all the way and including the **TOUR JETÉ**.*

**4. Sideward Chassé ¼ (90°) Turn, (\*) TOUR JETÉ (180°) (0.40)**

While turning 90° *right*, step onto the *left* foot through a 2nd position demi-plié. Push off the floor with both feet to execute a **Sideward Chassé**, closing both feet in the air, heels touching (tight 1<sup>st</sup> position). Land in demi-plié on the *right* leg, with the *left* foot turned out slightly. The *left* leg is pointing down toward the floor.

**ARMS:** On the step, move both arms to side middle and maintain side-middle for the **Sideward Chassé**.



While turning 90° *left*, take a long step forward onto the *left foot* through demi-plié. With squared hips, swing the *right leg* forward-upward to horizontal, while pushing off the floor with the *left leg*. At the height of the leg swing, turn 180° with precision to the *left* to execute a **TOUR JETÉ**. As the 180° turn is completed, dynamically swing the *right leg* forward and *left leg* backward to achieve a minimum of **180°** leg separation. Land on both feet in demi-plié. The torso remains upright throughout.

**ARMS:** On the forward step, lower both arms sideward-downward to low OR reach backward-downward to low. On the forward leg swing, lift the arms forward-upward to high and open to side-middle on landing.

Extend both legs to finish in a straight stand.

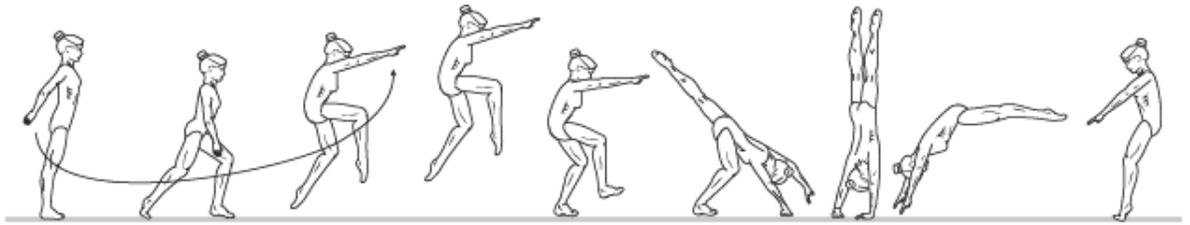
**ARMS:** Open to sideward-diagonally-upward.

	TOUR JETÉ (180°) (0.40)	Up to 0.20	Failure to show squared hips on take-off and precise 180° turn
		Up to 0.20	Incorrect Posture during leap and on landing with extended arms

## 5. Second Optional Choreography transition to the corner, Straight stand *(There are no illustrations for this.)*

Upon completion of the **TOUR JETÉ**, perform an artistic sequence of approximately three (3-4) movements traveling sideward and backward (small turns allowed within the movement) toward the corner to finish in a Straight stand pose in the corner in preparation for the back tumbling pass.

**6. (\*)ROUND-OFF (0.20), FLIC FLAC (0.20), LONG BACKWARD SALTO STRETCHED (0.60)**



From two (2) to three (3) running steps, hurdle with both arms diagonally-forward-upward showing a slightly closed shoulder angle and execute a **ROUND-OFF** to create backward power and acceleration. Immediately punch off both feet reaching back forcefully with the arms to execute a fast **FLIC-FLAC**. Immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward.

As the body rises, (leaving the floor by vertical) continue to rotate upward and backward as the hips rotate over the head to execute a **LONG BACKWARD SALTO STRETCHED**.

In preparation for the landing, maintain an extended body position to land with the chest upright.

Immediately rebound out of the layout to land in demi-plié or land in demi-plié in a balanced and controlled position.

Extend the legs to finish in a straight stand.

**ARMS:** Optional during, in preparation and landing for the **SALTO**. Move to high, then open to sideward-diagonally-upward on finish.

	(*) <b>ROUND-OFF</b> (0.20)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously

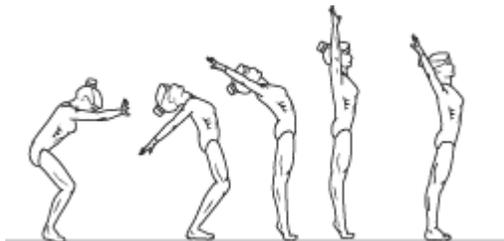
	<b>FLIC-FLAC</b> (0.20)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously

	<b>BACKWARD SALTO STRETCHED</b> (0.60)	Up to 0.30	Insufficient height of <b>SALTO</b>
		Up to 0.20	Insufficient <b>STRETCH</b> position
		Up to 0.20	Incorrect posture on landing
		<u>0.05</u>	Failure to pause in a controlled “stick”
		<u>Up to 0.20</u>	Failure to maintain neutral head position during the salto

## 7. Step with 45° turn, (*not illustrated*) FORWARD BODY WAVE

While turning 45° *left*, step forward *left* and close the *right* foot next to the *left* foot finishing in a straight stand. The body will now be facing the side of the mat (no longer in the diagonal line).

**Arms:** Lift to crown.



To initiate the **FORWARD BODY WAVE**, demi-plié both legs and lower the heels to the floor while simultaneously lowering the torso over the knees contracting in the abdominals.

**ARMS:** Lower to forward-middle-curved.

**FOCUS:** Down.

Begin a supple waving sequential action by releasing the contraction, pushing both hips forward, arching the upper back, and extending the legs to finish in an upright stand (flat or in relevé)

**ARMS:** In a circular movement, lower both arms downward-backward to low. Continue the circling action backward-upward to finish with both arms in crown.

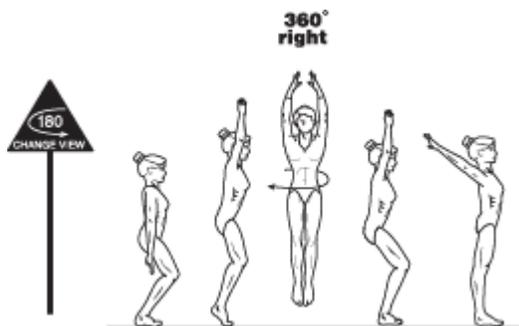
FOCUS: As the waving begins, sequential release the head backward to finish with the focus forward.

At the completion of the **BODY WAVE**, step forward on the *right* foot, close the *left* foot together.

ARMS: Open to sideward-diagonally-upward.

	<p>FORWARD BODY WAVE (0.20)</p>	<p>Up to 0.20</p>	<p>Failure to show supple sequential waving action</p>
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### 8. (\*) STRETCH JUMP WITH 1/1 (360°) TURN (0.40)



Demi-plié both legs.

**ARMS:** Optional.

Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a **STRETCH JUMP WITH 1/1 (360°) TURN** to the *right*. Demi-plié on landing.

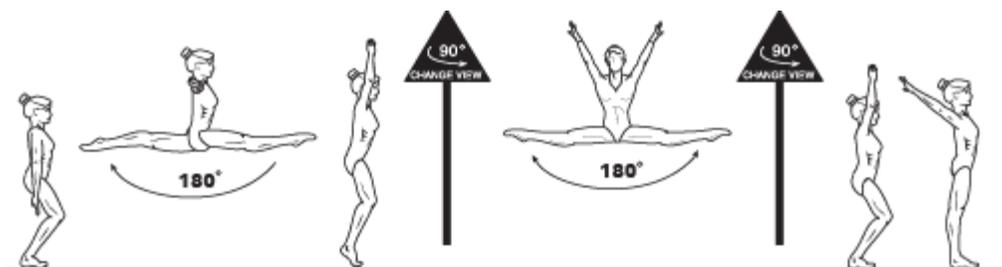
**ARMS:** High during and upon landing of the **JUMP**. The pathway to high is optional. High on landing.

Extend both legs to finish in a straight stand.

**ARMS:** Open to sideward-diagonally-upward.

	<p>(*) STRETCH JUMP 1/1 (360°) TURN (0.40)</p>	<p>Up to 0.10</p>	<p>Failure to keep legs joined in air during the stretch jump 1/1 (360°) turn</p>
		<p><u>0.10</u></p>	<p>Failure to land on both feet simultaneously</p>
		<p>Up to 0.10</p>	<p>Failure to land with feet closed</p>

## 9. (\*) SPLIT JUMP (0.40), STRADDLE JUMP (0.40)



Demi-plié both legs.

**ARMS:** Optional throughout the jump series.

Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a **180°** even leg separation.

Close both legs on landing.

Immediately punch off the floor, extending the legs through the hips, knees, ankles, and toes to execute a **STRADDLE JUMP** with a minimum of **180°** leg separation.

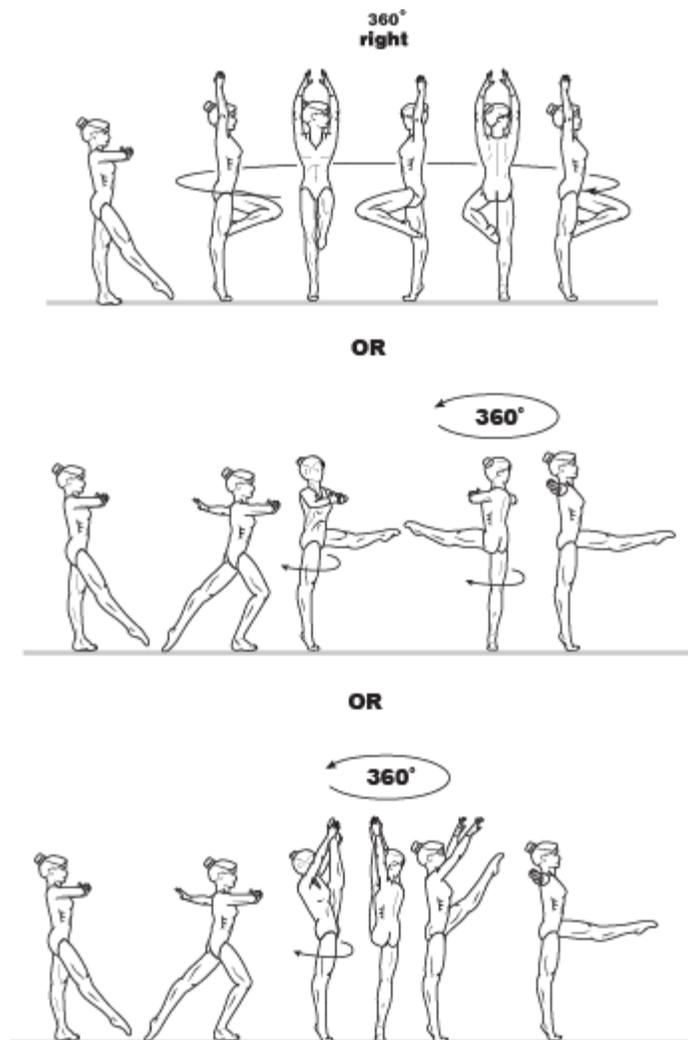
Close both legs and demi-plié on landing. Extend both legs to finish in a straight stand.

**ARMS:** Open to sideward-diagonally-upward.

— —	SPLIT JUMP (180°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

△ —	STRADDLE JUMP (180°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

**10. (\*) 1/1 (360°) TURN CHOICES: (*PASSÉ*, *HORIZONTAL* or *180° SPLIT*) (Each 0.40)**



**10a. (\*) 1/1 (360°) TURN PASSÉ (0.40)**

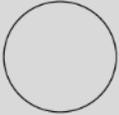
Transfer the weight to the *right* foot. The turn preparation is optional.

**ARMS:** Optional.

Execute a **1/1 (360°) TURN IN FORWARD PASSÉ** to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (forward passé).

Focus: The gymnast should use a “spotting” technique during the turn.

**ARMS:** The arms are in high throughout the turn. The pathway to move the arms to high from the preparation is optional.

	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap turn technique

### 10b. (\*) 1/1 (360°) TURN HORIZONTAL (0.40)

Transfer the weight to the *right* foot. The turn preparation is optional.

**ARMS:** Optional.

Lift the Left leg upward-back. Immediately, perform a sideward circular action (rond de jambe) moving the *right* leg to a minimum of **HORIZONTAL** to execute a **1/1 (360°) TURN** to the right on a straight leg in relevé. The leg position must be attained within the first 45°- 1/8 of the **TURN** and maintained to the completion of the **TURN**.

Focus: The gymnast should use a “spotting” technique during the turn.

**ARMS:** Optional.

	(*) 1/1 (360°) TURN LEG IN FORWARD HORIZONTAL (0.40)	Up to 0.20	Failure to obtain and maintain height of leg on <b>TURN</b>
		Up to 0.10	Failure to start and finish in high relevé
		Up to 0.10	Failure to show control at the completion of the turn
		Up to 0.20	Incorrect Posture

### 10c. (\*) 1/1 (360°) TURN 180° SPLIT (0.40)

Transfer the weight to the *right* foot. The turn preparation is optional.

**ARMS:** Optional.

Swing the *left* leg upward and grasp the *left* leg with both hands and execute a **1/1 (360°) TURN** to the right in a **180° SPLIT** on a straight *right* leg in relevé .

Focus: The gymnast should use a “spotting” technique during the turn.

**ARMS:** Optional.

	(*) 1/1 (360°) TURN LEG, FREE LEG HELD UPWARD, 180° (0.40)	Up to 0.20	Insufficient split ( <b>180°</b> ) of leg position during <b>TURN</b>
		Up to 0.10	Failure to start and finish in high relevé
		Up to 0.10	Failure to show control at the completion of the turn
		Up to 0.20	Incorrect Posture

**AT THE COMPLETION OF ANY OF THE TURN CHOICES:**

Step forward *left* onto the *left* leg in demi-plié (straight leg is also acceptable). Immediately straighten the *left* leg to stand with the *right* leg extended backward with the *right* foot pointed on the floor OR step forward *left* and close the *right* foot behind the *left* foot in relevé “lock” stand.

*If reversing the KICK, step forward left.*

**11. LEG KICK CHOICES: 11a. RING KICK, 11b. EN CLOCHE RING KICK, 11c. FORWARD LEG KICK, 11d. SIDEWARD LEG KICK, 11e. BACKWARD LEG KICK, 11f. NEEDLE LEG KICK (All choices: 0.20)**

**11a. (\*) RING KICK (0.20)**



Step forward *right*.

Dynamically swing the *left* leg backward-upward to execute a **RING** position. The upper back should be arched with the head released. At the peak of the **KICK**, it is not necessary for the foot to touch the head; however, the *left* foot must be a minimum of head height (crown).

**ARMS:** Optional.

<b>RING KICK (0.20)</b>	
Up to 0.10	Insufficient height of leg <b>KICK</b>
Up to 0.10	Insufficient dynamics of leg <b>KICK</b>
Up to 0.10	Failure to show control at the completion of the <b>KICK</b>
Up to 0.20	Incorrect Posture of upper back and head release

**11b. (\*) SWING (En cloche) RING KICK (0.20)**



Step forward *right*. Swing the *left* leg forward to a minimum of 45°.

**ARMS:** Optional.

Dynamically swing the *left* leg backward-upward to execute a **RING** position. The upper back should be arched with the head released. At the peak of the **KICK**, it is not necessary for the foot to touch the head; however, the *left* foot must be a minimum of head height (crown).

**ARMS:** Optional.

<b>SWING (En cloche) RING KICK (0.20)</b>	
Up to 0.10	Insufficient height of leg <b>KICK</b>
Up to 0.10	Insufficient dynamics of leg <b>KICK</b>
Up to 0.10	Failure to show control at the completion of the <b>KICK</b>
Up to 0.20	Incorrect Posture of upper back and head release

### 11c. (\*) FORWARD LEG KICK (0.20)



Step forward *right* then *left* onto a straight Left leg in relevé.

Swing the *right* leg forward to a minimum of shoulder height. At the height of the kick, the *left* knee should be at the same height of the *left* shoulder.

**ARMS:** Optional.

<b>FORWARD LEG KICK (0.20)</b>	
Up to 0.10	Insufficient height of leg <b>KICK</b>
Up to 0.10	Insufficient dynamics of leg <b>KICK</b>
Up to 0.10	Failure to show control at the completion of the <b>KICK</b>
Up to 0.20	Incorrect Posture during the <b>KICK</b>

### 11d. (\*) SIDEWARD LEG KICK (0.20)



Step forward *right* then *left* onto a straight *left* leg in relevé.

Swing the *right* leg sideward to a minimum of shoulder height. (The leg should be kicked behind the arm placed directly to the side or slightly behind the shoulder.)

**ARMS:** Optional.

<b>SIDEWARD LEG KICK (0.20)</b>	
Up to 0.10	Insufficient height of leg <b>KICK</b>
Up to 0.10	Insufficient dynamics of leg <b>KICK</b>
Up to 0.10	Failure to show control at the completion of the <b>KICK</b>
Up to 0.20	Incorrect Posture during the <b>KICK</b>
Up to 0.20	Insufficient <b>SIDEWARD</b> direction of <b>KICK</b> (Leg more in front)

### 11e. (\*) BACKWARD LEG KICK (0.20)



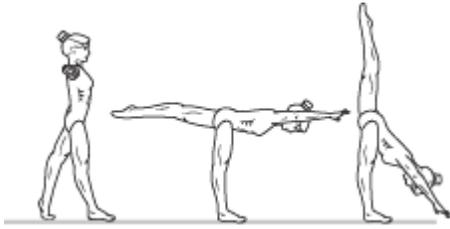
Step forward onto a straight *right* leg in relevé.

Swing the *left* leg backward to a minimum of shoulder height.

**ARMS:** Optional.

<b>BACKWARD LEG KICK (0.20)</b>	
Each Up to 0.10	Insufficient height of leg <b>KICK</b>
Up to 0.10	Insufficient dynamics of leg <b>KICK</b>
Up to 0.10	Failure to show control at the completion of the <b>KICK</b>
Up to 0.20	Incorrect Posture during the <b>KICK</b>

### 11f. (\*) NEEDLE LEG KICK (0.20)



Step forward onto a straight *right* leg (not in relevé).

Swing the *left* leg backward-upward to a minimum of 180° split.

**ARMS:** Optional.

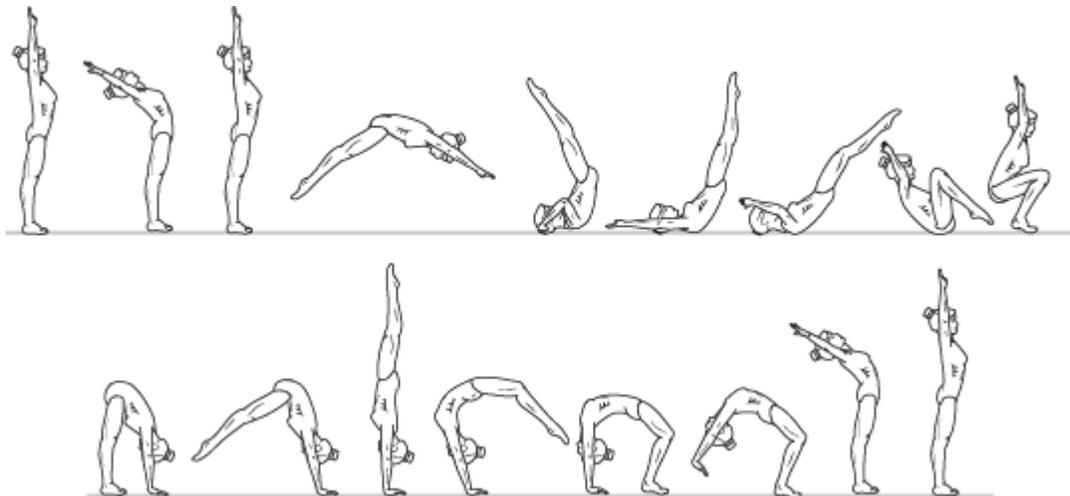
<b>NEEDLE LEG KICK (0.20)</b>	
Up to 0.10	Insufficient Dynamics
Up to 0.30	Bent legs and poor foot form
Up to 0.20	Straight body line from hands to feet throughout lever and step in
Up to 0.20	Insufficient split (180° required)

*At the completion of the Leg Kick, take one or two steps to finish in a straight stand.*  
**ARMS:** *Optional*

### 12. (\*) Sideward Chassé(s), Pose (Refer to #4 for illustration)

The gymnast can perform one (1) or two (2) Sideward Chassés to transition to the corner to prepare for the last tumbling pass. At the completion of the Sideward Chassé(s), perform a straight stand in the corner facing the diagonal.

### 13. EXTENDED FORWARD ROLL (0.20), FRONT LIMBER (0.40)



From a straight stand, plié both legs and jump off both feet extending both legs to execute an **EXTENDED FORWARD ROLL**. The hip angle is rounded. As the hands make contact with the floor, lower the back of the head and shoulders onto the floor by tucking the chin to the chest keeping the back rounded.

Finish the **EXTENDED FORWARD ROLL** by tucking the legs and pulling the knees close to the chest, without use of the hands on the shins. Knees should remain together with the heels close to the buttocks.

Place the feet on the floor and lean forward to pass through a tuck stand.

**ARMS:** Finish the **ROLL** with arms in high position. Reach forward to place the hands side by side for the Handstand.

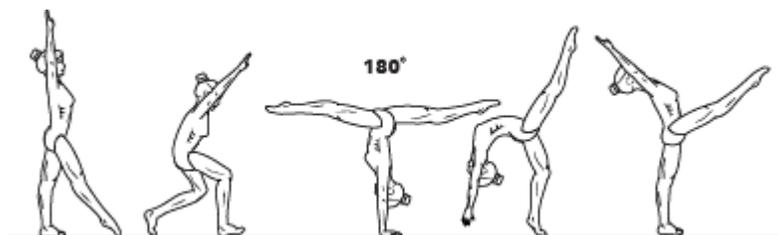
Immediately straighten the legs to push / jump off both feet to arrive in a Handstand with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands showing a straight line from the wrists to the ankles.

Continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer with the legs bent to bridge position. Immediately press both hips and thighs forward, push from the hands and stand up to finish in a straight stand with feet apart or side by side.

**FOCUS:** Head stays back, in line with the arms on the finish of the **LIMBER**.

If reversing the (\*) **FRONT WALKOVER**, point the *left* foot forward.

#### 14. (\*) **FRONT WALKOVER (0.40)**



Point the *right* foot forward. Transfer the weight onto the *right* foot to execute a mountain climber entrance (figure 2) on the *right* leg. Lift the *left* leg backward-upward overhead, while reaching down to place the hands, side-by-side, on the floor.

Continue this leg lift action to pass through a split handstand (**180°**) with focus on the hands. Continue to open the shoulder angle past the hands and arch the upper back, lowering the *left* leg toward the floor to arrive in a Bridge position on the *left* foot with straight arms.

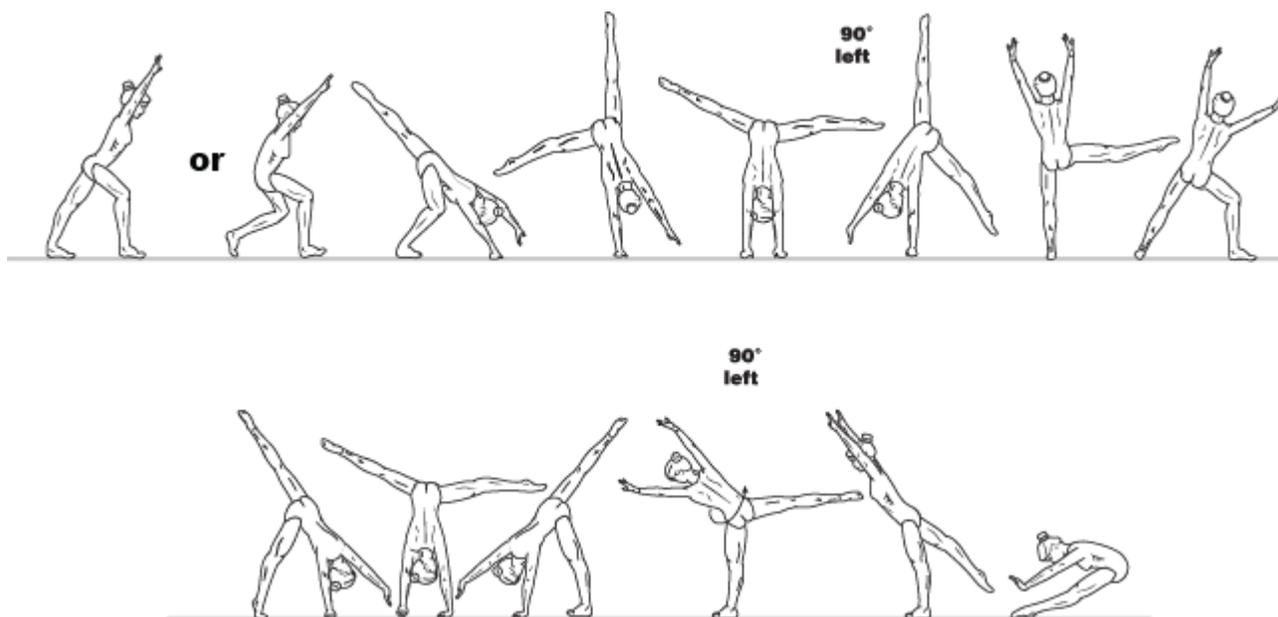
Press the *left* hip and thigh forward, push from the hands and stand up to close the *right* foot in front of the *left* foot both with both feet parallel to execute a **FRONT WALKOVER**.

**ARMS:** Remain in high position throughout.

	(*) <b>FRONT WALKOVER</b> (0.40)	Up to 0.10	Alternate / staggered hand placement
		Up to 0.20	Flight prior to hand contact (dive)
		<u>0.10</u>	Blocking off the floor
		Up to 0.20	Failure to maintain head alignment at the completion of the Front walkover

If the **FRONT WALKOVER** was reversed, the gymnast must continue reversing the text all the way a including both **CARTWHEELS**.

#### 14. CARTWHEEL, CARTWHEEL (Each 0.40)



Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR “mountain climber entrance” (figure 3) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the floor as the body turns 90° *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the floor sideways (hands shoulder-width apart) as the *right* leg pushes off the floor to execute a **SIDE CARTWHEEL** *right*.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the floor on the step-down.

Remaining sideways, step down *left* while keeping the ears covered by the arms to finish on bent) *left* leg and immediately step down *right* through a bent leg to initiate the second **CARTWHEEL**.

**Arms:** Remain high throughout and as the step down occurs.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the floor on the step-down. To complete the **CARTWHEEL**, turn  $\frac{1}{4}$  (90°) inward to step down *left*. Close the *right* foot beside the *left* foot to pass through a momentary pike stand with the hips pressing back toward the floor. The buttocks should be very close to the floor as the *right* foot closes beside the *left* foot.

✕	(*) CARTWHEELS (Each 0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment

## 15. PIKED BACKWARD ROLL (0.40)



Maintaining straight legs, begin rolling backward with the head tucked, chin to the chest. With the arms straight and hands turned inward, reach back to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder width and execute a **PIKED BACKWARD ROLL** to a **PIKE** stand on two (2) feet. The hands remain on the floor in the **PIKE** stand. Extend the torso to finish in a straight stand.

**ARMS:** High throughout. Open to sideward-diagonally-upward to finish.

	PIKED BACKWARD ROLL (0.40)	<u>0.30</u>	Hands placed on floor during sit phase prior to rolling backward
		<u>0.10</u>	Interlocking the fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart

## FLOOR EXERCISE

### General Deductions / Judging Guidelines

Refer to the DP Code of Points for additional General Execution and Timing Deductions

Deductions for **form / execution** MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.

Dismount landings will be evaluated based only on body position at the point of arrival on the mat.

<u>Each 0.50</u>	Falls on connections or elements
<u>Up to 0.20</u> <u>0.20</u>	Tempo / Continuity of connection on a DANCE or MIXED series ● Complete break of connection
Up to 0.20 <u>0.10</u> <u>0.20</u>	Concentration pauses Pausing 2 (two) seconds before a skill or connection Pausing more than 2 (two) seconds before a skill or connection
Each <u>0.30</u>	Failure to connect an ACRO series (EACH connection)
Value of the element PLUS <u>0.50</u>	Omitting an element
Up to the value of the element	Incomplete element
Up to the value of the element plus <u>0.50</u> for the spot	Spotting to assist the completion of an element (Deduct for how much assistance is given to perform the skill.)
<u>0.20</u>	Verbal coaching an athlete during a routine.
<u>0.30</u>	Not performing the routine according to FIG apparatus specifications