

Level

4

Floor

JDM 9/1/21

(*)
BACK
WALKOVER
150°



(0.40)

(0.05 max
additional
steps
into fwd
pass)

(*)
FRONT
HANDSPRING
STEP-OUT



(0.60)

(*)
CARTWHEEL



(0.40)

STRAIGHT ARM

BACKWARD
ROLL TO
HANDSTAND



(0.40)

(*)
STRETCH JUMP
1/2 (180°) TURN



(0.40)

STRAGHT
LEG LEAP
120°



(0.60)

STRADDLE
JUMP
120°



(0.40)

FORWARD
SPLIT



(0.20)

(*)
1/1 (360°) TURN
IN FORWARD
PASSÉ



(0.40)

(*)
ROUND-OFF



(0.40)

FLIC-FLAC
TO 2 FEET



(0.60)

FLIC-FLAC
TO 2 FEET
Rebound



(0.60)

(0.30 Stop)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score