







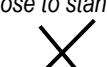

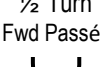
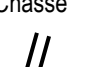
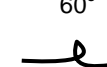
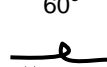




COMPULSORY FLOOR EXERCISE

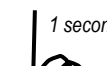


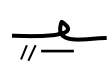





D.Hanford 8.3.2023





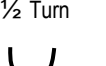

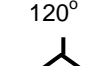


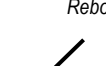
Level 1 Floor							
Cartwheel ¼ turn inward, <i>close to stand</i>	Back Roll Tuck	Candlestick	Forward Passé Balance	Forward Chassé	Stretch Jump	Forward Roll Tuck	¾ Handstand
							
Arms cover ears							
0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4

Tuck or pike entrance OK






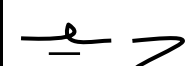
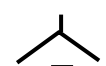



Level 2 Floor								
Cartwheel ¼ turn <i>close to stand</i>	Back Roll to push-up position	Heel Snap ½ Turn Fwd Passé	Forward Chassé	Straight leg leap 60°	Split Jump 60°	Handstand <i>1 second hold</i>	Candlestick	Bridge-up, Kickover
								
Arms cover ears								Arms cover ears
0.6	0.6	0.4	0.2	0.6	0.4	0.4	0.2	0.6

Tuck or pike entrance OK

Level 3 Floor								
Handstand Fwd Roll <i>straight arms</i> <i>1 second hold</i>	Straight Leg Leap 90°	Stretch Jump	Split Jump 90°	Handstand, Bridge, Back kick-over 120°	Forward Splits	½ Turn Fwd Passé	Back Roll to 45° <i>lower to push-up</i>	Round-off Flic-Flac <i>Rebound</i>
								
		Broken connection -0.05		Arms cover ears			<i>Tuck or pike entrance OK</i>	
0.6	0.6	0.2	0.4	0.6	0.2	0.4	0.4	0.4 0.6

Level 4 Floor									
Back Walkover 150°	Fwd Handspring step-out	Cartwheel	Back Roll HS <i>Straight arms</i>	Stretch Jump ½ Turn	Straight Leg Leap 120°	Straddle Jump 120°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Flic-Flac, <i>Rebound</i>
									
Arms cover ears	<i>1 step or power hurdle</i>	<i>← arms cover ears →</i>							
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6

Tuck or pike entrance OK

Level 5 Floor									
Front Tuck / Aerial Cartwheel or Aerial Front Walkover	Fwd Handspring step-out	Cartwheel	Back Roll HS <i>Straight arms</i>	Stretch Jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck
									
	<i>1 step or power hurdle</i>	<i>← arms cover ears →</i>							
0.6	0.6	0.6	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

Tuck or pike entrance OK