



## Floor Clinic 2004

### Dimensions

Minimum: 39' 4.5" x 39' 4.5"

Maximum: 40' x 40'

### Matting

Singularly or in combination:

- 1 sting mat in one location
- 1 skill cushion in one location for landing S/HS/BHS tumbling skill

If the mats are used in combination, the sting mat shall not be wider than the skill cushion

If a mat is removed, the person removing it shall not step into the competitive area during the gymnast's floor routine

If the mat covers the boundary lines, a chalk line should be used to mark the boundary

### Timing

Maximum: 1 minute, 30 seconds (see specifics in the book)

### Routine Description

Tumbling pass: must contain a minimum of three directly connected tumbling skills, one of which must be a difficulty or two directly connected front tumbling skills, one of which is a HS/BHS

### Event Requirements

A skill does not need to be a difficulty to fulfill the event requirement unless otherwise stated in the book

A skill may fulfill more than one event requirement, except series requirements, but shall not receive credit in both dance and tumbling categories

### Short Hand

Tumbling	Short Hand
Round off	
Cartwheel	
Ariel	
Front handspring	
Back handspring	
Tuck	
Layout	
Full	

Dance	Short Hand
Tuck jump 1/1	
Cat leap 1/1	
Switch leap	
Wolf jump 1/2	
Pike jump 1/1	
Popa	
Double Turn	
Handstand Pirouette 2/2	