

FLOOR EXERCISE

Area: basically 40x40 (measured to outside of tape) with 3 ft on each side
(really 39'4"-40')

Matting: one piece or taped sections

may use one sting mat (1 ¾") for any skill and/or one skill cushion (4") only for S/HS/BHS tumbling skill. The sting mat may be placed on top of the skill cushion.

can remove the mats (but not replace) but person removing it cannot step onto floor to do it
if a sting mat or skill cushion covers boundary lines, the lines should be marked on top of the matting with chalk

Time: 1 min to 1:30

1:25 warning signal

1:30 time

judge routine after second time signal and take a SJ time deduction

Special considerations

Pass—3 directly connected **skills**, one of which must be a difficulty; or two directly connected front tumbling skills, one of which (or the series) is a high superior or bonus high superior difficulty

Dance series—3 directly connected dance **difficulties**

Dance/tumbling/dance or tumbling/dance/tumbling—3 directly connected **difficulties**

Event Requirements

- A. 1. Twisting aerial /salto (at least 180° in the air)
a handspring ½ doesn't fulfill the requirement because it's not done in the air
2. S aerial/salto in a **tumbling pass**
3. 3 tumbling passes in 2 of the 3 directions
any skill in the pass can denote the direction except the roundoff
4. Last tumbling pass must contain a **S tumbling skill**
if there are only 2 passes, the 2nd pass must contain a S
- B. 1. One jump/leap of S difficulty
2. 1 dance series of 3 directly connected dance skills of difficulty
can't go from 2 feet to 1-foot take-off and be connected
example: tuck jump—split leap—split leap NO
- C. 1. Dance/tumbling/dance or tumbling/dance/tumbling series of difficulty
again, can't go from 2 feet to a one-foot take-off
example: front handspring—split leap—BHS NO

Special Deductions

- | | | |
|---|-------|-------------------|
| 1. Preparation (stops/runs) too long | up to | 0.2 (EA) |
| 2. Bearing weight outside floor area | | 0.1 (SJ) |
| 3. Time infraction | | 0.1 (SJ) |
| 4. Spotter bearing weight on floor area | | Void routine (SJ) |

Structure Groups

Dance: twist/turns, balances, jumps/leaps

Tumbling: inverted balances, flexibilities, rolls/wheels/handsprings, aerials/saltos

Composition:

- A. Up to 0.2 Lack of variety combining structure groups
Can divide it between tumbling and dance
- B. Up to 0.2 Rhythm and Connections
 - Up to 0.1 Variety in connections
 - Up to 0.1 Lack of tempo changes and/or flow
- C. Up to 0.2 Lack of artistry and uniqueness of choreography
 - Up to 0.1 Lack of creative skill or combination of skills
 - Up to 0.1 Lack of unique choreography
- D. Up to 0.2 Spacing
 - Up to 0.1 Spaces, levels and directions
 - Up to 0.1 Progression
- E. 0.1 or 0.2 Back-to-Back Superiors

Rules Clarifications:

1. When a dance difficulty requires that horizontal is reached, the gymnast must be within 10 degrees (7/8) of horizontal to meet that requirement. This is consistent with being within 10 degrees (7/8) of vertical to receive credit for a handstand.
2. A tuck jump with a twist in which the thighs do not reach horizontal, a wolf jump with a twist in which the extended leg does not reach horizontal or a cat leap with at least a full twist in which the thighs do not reach horizontal shall be given difficulty credit consistent with a straight-body jump/hop with the same twist.
3. A handstand must establish a base of support from the hands before it considered completed. This means the gymnast must return to a foot/feet, to a clear support position, or to a split position, etc.
4. Body waves and **dance** balances may not be used to fulfill the event the event requirement for DTD or TDT series of difficulty.
5. Exception to the directly connected back-to-back rule. A superior at the beginning of a tumbling run connected by a tumbling series to a superior tumbling skill is considered a back-to-back superior (see Situation 27 on 2004-05 Rules Interpretations). For example: Front salto walkout, round off, back salto is a back-to-back. However, front salto (no walkout), round off, back salto is not because you can't go from a two foot landing to a round off without taking a step.