

FLOOR EXERCISE *Note: All jumps have the same difficulty value whether done to a stand or a prone position*

MEDIUM	SUPERIOR	HIGH SUPERIOR	BONUS HIGH SUPERIOR
Tuck jump w or w/o ½ twist, thighs horizontal	Tuck jump 1/1 twist, thighs horizontal	Tuck jump, 1½ twist, thighs horizontal	
Wolf, extended leg at horizontal	Wolf jump ½ twist, extended leg at horizontal	Wolf jump 1/1 twist, extended leg at horizontal	Wolf 1½ twist, extended leg at horizontal
Cat leap w or w/o ½ twist, thighs at horizontal	Cat leap 1/1 twist, thighs at horizontal	Cat leap 1½ twist, thighs at horizontal	
Hitch kick or cabriole	Tour Jete 150° – 180° split	Tour jete to split sit	Tour jete, 150° split with additional ½ twist to land on both feet (Strug)
Sissone 150° split	Sissone 180° split		
Stag, split or side leap 150° w or w/o ¼ twist	Stag, split or straddle l/j 180° w or w/o ½ twist Stag, split or straddle l/j 150° 1/1 twist	Stag, split or straddle l/j 180° 1/1 twist	Leap 1 ½ twist in horizontal to prone position (Khorkina) Stag, split or straddle, 180 split, full tw to split sit
Straddle pike jump w or w/o ¼ twist	Straddle pike jump legs horizontal w or w/o ¼ twist	Straddle pike jump legs horizontal 1/1 twist (Popa)	
Ring leap/jump – foot shoulder high	Ring leap/jump – foot head high w or w/o ½ twist	Tour Jete to ring leap, foot head high	
Sheep jump, ft waist high, head dropped back	Sheep jump, feet shoulder high, head dropped back	Sheep jump, feet head high, head dropped back	
Pike jump 90° angle (>90° no difficulty)	Pike jump 90° 1/1 twist Pike jump 45° angle, w or w/o ½ twist;	Pike jump, 90°, 1 ½ tw Pike jump 45°, 1/1 tw	Pike jump, 45°, 1 ½ tw Pike jump, 90°, more than 1 ½ tw
Straight body jump 1/1 twist	Straight body jump 1½ twist	Straight body jump double twist	Straight body jump triple twist Jump, 1/1 tw to Schuschunova
Stag switch leg leap 180° split after switch	Stag switch-leg leap 180° split, ¼ twist to straddle or to straddle pike, legs horizontal Stag switch-leg leap, 180° split, to split sit Stag switch-leg, 180° split, to ring leap, foot head high	Stag switch-leg leap, ½ twist to 180	
Switch leap less 150° split after switch w or w/o ¼ twist	Switch leap less 180° split after switch	Switch-leg leap to split sit Switch-leg, 180° split, to ring leap, foot head high Switch-leg leap, ¼ twist to 180° straddle Switch-leg leap to straddle pike, legs horizontal, w or w/o ¼ twist	
		Switch- leg leap, ½ twist 180 split	All leaps/jumps with at least double twist (except straight body jumps)
Scales –extreme leg or back position w/o support of hand	Back scale with 180° split of legs		
Full turn, ball of foot	Full turn with 180° split Full turn with double turn 1½ turn with leg horizontal throughout	Double turn with leg horizontal throughout 2½ turn on ball of foot	2½ turn with leg horizontal throughout triple turn
Illusion – 180 turn	Illusion – 360° turn	Illusion – 540° turn	

TUMBLING

Front/back walkover (on 1- 2 arms); f/b tinsica	Front aerial; aerial tinsica		
Valdez	Diamodov-Valdez w/full turn		
Back extension			
Handstand roll, handstand ½ turn	Handstand with 1/1 turn or 1 ½ turn	Handstand with double turn	
Free front roll; layout dive roll; Arabian dive roll	Layout Arabian dive roll	Full twist layout dive roll	
Cartwheel	Side aerial		
Roundoff	Barani		
	Butterfly	Series of butterflies	
Back handspring; gainer	Series of back handsprings Back handspring with ½ twist Back handspring to handstand One arm back handspring	Back handspring with full twist	
Front handspring; mounter; dive handspring	Front handspring with 2 ft take-off (flyspring) Series of front handsprings	Series of 2 ft take-off front handsprings Flyspring to front salto Front handspring with full twist	
	Back salto (tuck, layout, pike) Back Salto w ½ twist	Series of saltos (tuck, layout, pike) Back salto w-1/1 twist (tuck, layout, pike)	Double salto; series of full tw back saltos Back salto w at least 1 ½ twist
	Whipback	Series of whipbacks followed directly by a difficulty	
Front aerial/salto to a sit position	Front salto (tuck or pike) w or w/ ½ twist	Front layout salto Series of Front saltos (tuck/pike)	Front salto with full twist Series of front layout saltos
	Abrabian salto (tuck or pike)	Arabian Salto (layout).	