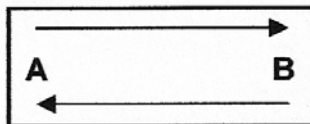


# LEVEL 4 FLOOR EXERCISE

<b>Base Score</b>	<b>15.0</b>
<b>Specified Bonus</b>	<b>0.6</b>
<b>Virtuosity</b>	<b>0.3</b>
<b>Stick Bonus</b>	<b>0.1</b>
<b>Maximum Score</b>	<b>16.0</b>

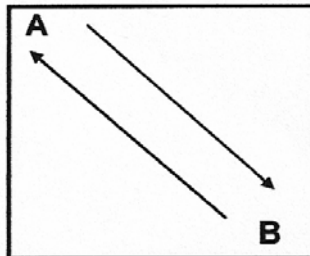


A tumbling strip with a minimum area of 6' x 40' is required.

Stand at point A facing Point B

Note:

All arm positions are optional, unless otherwise indicated.



The side or diagonal section of a 12 m x 12 m (40' x 40') Floor Exercise area may be used.

Description	Performance Criteria
1. Step, lunge and kick to handstand forward roll to,	Hold of handstand allowed Straight arms on roll from handstand
2. Jump hurdle and cartwheel, side-chasse' cartwheel with ¼ turn to stand facing A.	The hurdle should be a forward hurdle and lunge with a late shoulder turn and hand placement for the 1 <sup>st</sup> cartwheel.
3. Tucked, piked or extended backward roll to Hollowed prone support,	Back extension roll action may be shown
4. One Push-up	Straight body on Push-up. Chest and chin touch floor simultaneously and return to straight arm, straight body front support.
5. Press with straight arms to straddled stand.	Hold allowed on straddled stand
6. Straddled Press to headstand	2 sec. hold of headstand required
7. Forward roll to piked sit. Straddle legs to pancake split. (japana)	Momentary hold of piked sit allowed Momentary hold of pancake allowed
8. Sit up facing A and close legs together. Roll backward through a candlestick position and immediately roll forward to stand.	Show full body extension while moving through the candlestick position – No stop or hold should be shown
9. Lift either leg backward into an Arabesque stand (hold). Close legs to stand.	2 sec. hold of Arabesque stand required
10. Run, hurdle, round-off, rebound to stand.	

**Specified Bonus: In #6, Straddled press to handstand (no hold required)**

**Specified Bonus: In #10, Run, hurdle, round-off, back handspring rebound**