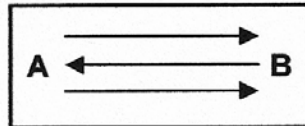


LEVEL 5 FLOOR EXERCISE

Base Score 15.0
Specified Bonus 0.6
Virtuosity 0.3
Stick Bonus 0.1
Maximum Score 16.0



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

Stand at point A facing Point B

Note:

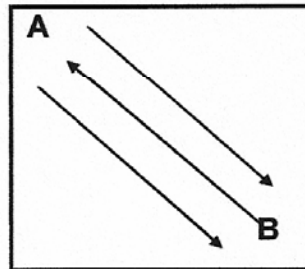
All arm positions are optional, unless otherwise indicated.

Pattern:

A to B

B to A

A to B



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. Run, hurdle, front handspring,	Rebound allowed
2. With either leg, step forward, lunge and kick to handstand, straight arm roll out through tuck position,	No hold of handstand required
3. Immediately place hands on floor and push through pike up to handstand, forward 180° pirouette, pike down to,	No hold of handstand required 1 or 2 hand placements on pirouette
4. Straight arm back extension roll to handstand and lower to prone support. Press to straddled stand.	Tuck or pike back extension-roll Hold of straddled stand allowed
5. Jump to straight arm straddled press to momentary handstand.	Momentary hold of handstand required. 2 second hold allowed
6. Straight arm, forward roll to piked sit. Straddle legs to pancake split. (japana)	Momentary hold of piked sit allowed Momentary hold of pancake allowed
7. 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
8. Run, punch dive roll to stand, step forward with either leg and forward chasse' to cartwheel to straddled stand, then ¼ turn forward and lunge facing A	Body hollowed on dive roll. Late ¼ turn into cartwheel Momentary hold of lunge
9. Front scale, bring back leg down and forward (brush-through) and kick to lunge, then ½ turn backwards to stand facing B	2 sec. hold of front scale required
10. Run, round-off, back handspring, rebound to stand.	

Specified Bonus: In #5, Straight arm straddled press to handstand (momentary hold)

Specified Bonus: In #10, Run, round-off, back handspring, back handspring, rebound to stand