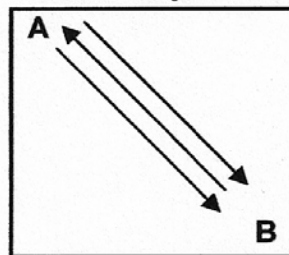


# LEVEL 6 FLOOR EXERCISE

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

Stand at point A facing Point B



Pattern:  
A to B  
B to A  
A to B

Description	Performance Criteria
1. Run, hurdle, front handspring step-out, front handspring.	Rebound allowed on front handspring
2. With either leg, Step forward, lunge and kick to handstand, straight arm forward roll, jump ½ turn to stand facing A	Momentary hold of lunge Hold allowed on handstand
3. Back extension roll with straight arms to handstand and lower to straight-arm prone support position. Raise hips and bring either left or right leg around to front split	Momentary hold of split
4. Move other leg forward to pike sit. Roll backward through a candlestick position and immediately roll forward while straddling legs to a straddled stand.	Show full extension in Candlestick - No stop or hold should be shown Stalder (endo) action on roll to straddled stand allowed, but not required Hold of straddled stand allowed
5. Press to handstand. (hold) Straight arm forward roll to stand.	2 sec. hold of handstand required
6. Run, punch, tucked front somersault.	Center of mass chest high on somersault.
7. Step forward with either leg, lunge and kick to handstand, straight arm forward roll through tuck position, place hands on floor and pike up to handstand and 360° pirouette.	3 or 4 hand placements on pirouette.
8. Roll forward to one-knee stand. 180° turn to stand facing B.	
9. Front Scale	Step forward and lunge into scale allowed 2 sec. hold of scale Chest and leg should be at or above horizontal on scale
10. Run, hurdle, round-off, back handspring, back tuck somersault	Center of mass head high on somersault.

**Specified Bonus:** In #4, From Candlestick position, Stalder (Endo) roll to handstand in #5. (hold in straddle-L allowed)

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