

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USAG JD

**EVENT:** FLOOR

**Level:** JD Level 3

**Routine #1** Brooks 4:45



**Routine Link:** <https://www.youtube.com/watch?v=lbtrh0v8c-M>

Routine Version: 7/14/2023

Floor Exercise		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1	Lift arms and kick leg up, stepforward to momentary hold of lunge.				
2	Kick to the momentary hold of the handstand.				
<b>V1</b>	<b>In #2 perform a second hold of handstand (+0.1)</b>				
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with ¼ turn to stand			-.1, -.3, -.1	Bent arms & feet touch on roll Legs separated
4	Tucked backward roll to straight or hollow body extended front support.				
<b>V2</b>	<b>In #4 perform tucked backward roll with straight arms (+0.1)</b>				
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended.				
6	Straddle press to momentary hold of headstand.			-.1	toe point
<b>V3</b>	<b>In #6, perform a 2 second hold of headstand (+0.1)</b>				
<b>SB1</b>	<b>Replace #6 with straddle press to handstand (+0.5)</b>				
<b>V3</b>	<b>In SB1, perform a 2 second hold of handstand (+0.1)</b>				
7.	Forward roll, tuck jump to stand				
<b>SB2</b>	<b>Replace #7 with forward roll, straight jump 1/1 turn to stand (+0.5)</b>	0.5		-.1, -.1	legs separation, incomplete twist
8.	Run, hurdle, round-off, rebound to stand			-.3, -.1	leg separation, lack of extension
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, rebound to stands (+0.5)</b>				
<b>SB</b>	<b>Stick Bonus (+0.2)</b>		+.2		

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.2		
Virtuosity		E2			
Special Bonus	.5	E3		Start Score:	10.2
Stick Bonus	.2	E4		E Score:	-1.2
<b>Start Score:</b>	<b>10.2</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>9.0</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USAG JD

**EVENT:** FLOOR

**Level:** JD Level 3

**Routine #2** Dash 5:30



**Routine Link:** <https://www.youtube.com/watch?v=lbtrh0v8c-M>

Routine Version: 7/14/2023

Floor Exercise		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1	Lift arms and kick leg up, stepforward to momentary hold of lunge.			-.1,	lack of extension
2	Kick to the momentary hold of the handstand.			-.1, -.3	aesthetic error, no momentary hold
<b>V1</b>	<b>In #2 perform a second hold of handstand (+0.1)</b>				
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with ¼ turn to stand			-.1, -.1	lack of toe point each cartwheel
4	Tucked backward roll to straight or hollow body extended front support.			-.1,	rhythm
<b>V2</b>	<b>In #4 perform tucked backward roll with straight arms (+0.1)</b>				
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended.			-.1, -.1	rhythm
6	Straddheadstandle press to momentary hold of handstand.			-.1	unsteady headstand
<b>V3</b>	<b>In #6, perform a 2 second hold of headstand (+0.1)</b>				
<b>SB1</b>	<b>Replace #6 with straddle press to handstand (+0.5)</b>				
<b>V3</b>	<b>In SB1, perform a 2 second hold of handstand (+0.1)</b>				
7.	Forward roll, tuck jump to stand			-.1	lack of toe point
<b>SB2</b>	<b>Replace #7 with forward roll, straight jump 1/1 turn to stand (+0.5)</b>				
8.	Run, hurdle, round-off, rebound to stand			-.1	lack of extension
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, rebound to stands (+0.5)</b>				
<b>SB</b>	<b>Stick Bonus (+0.2)</b>		+.2		

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-1.3		
Virtuosity		E2			
Special Bonus		E3		Start Score:	9.7
Stick Bonus	.2	E4		E Score:	-1.3
<b>Start Score:</b>	<b>9.7</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>8.4</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USAG JD

**EVENT:** FLOOR

**Level:** JD Level 3

**Routine #3** Kaden 0:0



**Routine Link:** Wu Guonian Classic 2022 - Floor Routine - Level 3 Boys Gymnastics

Routine Version: 7/14/2023

Floor Exercise		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1	Lift arms and kick leg up, stepforward to momentary hold of lunge.			-.3	no momentary hold
2	Kick to the momentary hold of the handstand.			-.1	legs crossed
<b>V1</b>	<b>In #2 perform a second hold of handstand (+0.1)</b>				
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with ¼ turn to stand			-.1, -.1	lack of toe point on cartwheels
4	Tucked backward roll to straight or hollow body extended front support.			-.1	legs separated
<b>V2</b>	<b>In #4 perform tucked backward roll with straight arms (+0.1)</b>				
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended.			-.1	unsteady
6	Straddle press to momentary hold of headstand.				
<b>V3</b>	<b>In #6, perform a 2 second hold of headstand (+0.1)</b>				
<b>SB1</b>	<b>Replace #6 with straddle press to handstand (+0.5)</b>	+0.5		-.3	no momentary
<b>V3</b>	<b>In SB1, perform a 2 second hold of handstand (+0.1)</b>				
7.	Forward roll, tuck jump to stand			-.1	lack of toe point
<b>SB2</b>	<b>Replace #7 with forward roll, straight jump 1/1 turn to stand (+0.5)</b>				
8.	Run, hurdle, round-off, rebound to stand			-.1, -.1	Lack of control, lack of extension
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, rebound to stands (+0.5)</b>				
<b>SB</b>	<b>Stick Bonus (+0.2)</b>			*	

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-1.4		
Virtuosity		E2			
Special Bonus	.5	E3		Start Score:	10.2
Stick Bonus	.2	E4		E Score:	1.4
<b>Start Score:</b>	<b>10.2</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>8.8</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 4

**Routine #1** Quinn 1:37

**Routine Link:** [2022 Men's Gymnastics Level 4](#)

Floor Exercise		JD 4		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Run, hurdle, straight jump to stand			-.1	hop
2.	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand			-.1, -.1	minor adjustment, handstand angle
<b>V1</b>	<b>In #2, perform back extension roll with straight arms (+0.1)</b>		+.1		
3	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended				
4.	Jump from straddle stand to momentary hold of handstand, Pike down or roll out with straight arms to stand				
<b>V2</b>	<b>In #4 perform a 2 second hold of handstand (+0.1)</b>				
<b>SB1</b>	<b>Replace #4 with straddle press to handstand with momentary hold. Pike down or roll out with straight arms to stand (+0.5)</b>	+.5		-.3	no momentary hold
<b>V2</b>	<b>In SB1, perform a 2 second hold of handstand (+0.1)</b>				
5	Run, hurdle, forward handspring			-.1 -.1	leg separated, hop
6	Step forward and kick to momentary handstand				
<b>SB2</b>	<b>Replace #6 with step forward and kick to handstand with 360 degree full pirouette (+0.5)</b>	+.5		-.1, -.1	leg separation, lack of control
7	Straight arm forward roll. straight legged sissone, step forward to ½ turn rearward				
<b>V3</b>	<b>In #7, perform sissone with legs split greater than 90 degrees (+0.1)</b>		+.1	-.1	toe point
8	Run, hurdle, round-off, back handspring, rebound to stand			-.1 -.1, -.1	separated legs, lack of extension, hop
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5)</b>				
<b>SB</b>	<b>Stick Bonus (+0.2)</b>				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.4		
Virtuosity	.2	E2			
Special Bonus	1.0	E3		Start Score:	10.7
Stick Bonus		E4		E Score:	1.4
<b>Start Score:</b>	<b>10.7</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>9.3</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 4

**Routine #2:** Cayden 0:0

**Routine Link:** <https://www.youtube.com/watch?v=gCbWHvHlz3Q>

Floor Exercise		JD 4		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Run, hurdle, straight jump to stand				
2.	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand			-1, -1.0	hooked toes, fall
<b>V1</b>	<b>In #2, perform back extension roll with straight arms (+0.1)</b>				
3	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended				
4.	Jump from straddle stand to momentary hold of handstand, Pike down or roll out with straight arms to stand				
<b>V2</b>	<b>In #4 perform a 2 second hold of handstand (+0.1)</b>				
<b>SB1</b>	<b>Replace #4 with straddle press to handstand with momentary hold. Pike down or roll out with straight arms to stand (+0.5)</b>		+.5	-.1	interruption of upward movement
<b>V2</b>	<b>In SB1, perform a 2 second hold of handstand (+0.1)</b>		+.1	-.1	arm bend
5	Run, hurdle, forward handspring			-.1	loss of balance
6	Step forward and kick to momentary handstand				
<b>SB2</b>	<b>Replace #6 with step forward and kick to handstand with 360 degree full pirouette (+0.5)</b>				
7	Straight arm forward roll. straight legged sissone, step forward to ½ turn rearward			-.1, -.1	arm bend, lack of extension (toe point)
<b>V3</b>	<b>In #7, perform sissone with legs split greater than 90 degrees (+0.1)</b>				
8	Run, hurdle, round-off, back handspring, rebound to stand			-.1 -.1 -.1	low landing, lack of extension, hop
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5)</b>				
<b>SB</b>	<b>Stick Bonus (+0.2)</b>				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-1.9		
Virtuosity	.1	E2			
Special Bonus	.5	E3		Start Score:	10.1
Stick Bonus		E4		E Score:	-1.9
<b>Start Score:</b>	<b>10.1</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>8.2</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 4

**Routine #3:** Sam 2:23

**Routine Link:** 2023 | Eli | HGA Invitational | Level 4 Men's Gymnastics

Floor Exercise		JD 4		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Run, hurdle, straight jump to stand			-.1	leg separation
2.	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand			.1, -.1, -.1	bent knees, lack of extension, leg separation
<b>V1</b>	<b>In #2, perform back extension roll with straight arms (+0.1)</b>				
3	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended				
4.	Jump from straddle stand to momentary hold of handstand, Pike down or roll out with straight arms to stand			-.1, -.3	toe point, momentary hold
<b>V2</b>	<b>In #4 perform a 2 second hold of handstand (+0.1)</b>				
<b>SB1</b>	<b>Replace #4 with straddle press to handstand with momentary hold. Pike down or roll out with straight arms to stand (+0.5)</b>				
<b>V2</b>	<b>In SB1, perform a 2 second hold of handstand (+0.1)</b>				
5	Run, hurdle, forward handspring			-.3, -.3	aesthetic error, uncontrolled landing
6	Step forward and kick to momentary handstand				
<b>SB2</b>	<b>Replace #6 with step forward and kick to handstand with 360 degree full pirouette (+0.5)</b>				
7	Straight arm forward roll. straight legged sissone, step forward to ½ turn rearward			-.1	lack of amplitude
<b>V3</b>	<b>In #7, perform sissone with legs split greater than 90 degrees (+0.1)</b>				
8	Run, hurdle, round-off, back handspring, rebound to stand				
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5)</b>	+.5		-.1, -.1, -.1	bent legs, legs separated, lack of extension
<b>SB</b>	<b>Stick Bonus (+0.2)</b>		+.2		

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-1.8		
Virtuosity		E2			
Special Bonus	.5	E3		Start Score:	10.2
Stick Bonus	.2	E4		E Score:	-1.8
<b>Start Score:</b>	<b>10.2</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>8.4</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 5

**Routine #1:** Yuriy 2:56

**Routine Link:** <https://www.youtube.com/watch?v=RTqZ8Pr91tg>

Floor Exercise		JD 5		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1	Run, punch, salto forward tucked				
SB1	Replace #1 with run, punch, salto forward piked (+0.5)			-1.0	performed skill, fall-no bonus
2	Step forward and kick to handstand with full 360° pirouette			-1, -1	leg separation, bent arms
3	Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward			-3, -1, -1, -3	bent knees, hop, bent rear leg, uncontrolled momentary landing
V1	In #3 perform sissone with legs split greater than 90° (+0.1)				
4	Run, hurdle, forward handspring step-out, forward. Straight jump with ½ turn to stand			-1, -1, -1	bent leg, bent legs, step
5	Straight arm tuck or pike back extension roll through handstand, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended			-1,	leg separation,
6	Momentary golf of straddle press handstand				
V2	In #6 perform a 2 second hold of handstand (+0.1)				
SB2	Replace #6 with Endo roll to momentary hold of handstand (+0.5)	+5		-1, -3	knee bend, no momentary hold
7	Pike down or rollout to stand and kick rearways 180° to one or more steps, assemble ½ turn to stand facing diagonal				
8	Run, hurdle, round-off, back handspring, salto backward tucked				
V3	In #8, show full extension of body prior to landing				
SB3	Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5)	+5		-1	non distinct tuck position
V3	In SB3, show full extension of body prior to landing (+0.1)				
SB	Stick Bonus (+0.2)	+2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-2.9		
Virtuosity		E2			
Special Bonus	1.0	E3		Start Score:	10.7
Stick Bonus	.2	E4		E Score:	-2.9
<b>Start Score:</b>	<b>10.7</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>7.8</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 5

**Routine #2:** Daniel :12

**Routine Link:** [USAG Men's Gymnastics, Level 5, 9 years old](#)

Floor Exercise		JD 5		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1	Run, punch, salto forward tucked			-.1	non distinct tuck position
<b>SB1</b>	<b>Replace #1 with run, punch, salto forward piked (+0.5)</b>				
2	Step forward and kick to handstand with full 360° pirouette			-.1	bent arms,
3	Straight arm forward roll to handspring, straight legged sissone, step forward to ½ turn rearward			-.1	bent rear leg
<b>V1</b>	<b>In #3 perform sissone with legs split greater than 90° (+0.1)</b>				
4	Run, hurdle, forward handspring step-out, forward. Straight jump with ½ turn to stand			-.1,-.1	bent leg, leg separation on ½ turn
5	Straight arm tuck or pike back extension roll through handstand, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended			-.1	leg separation,
6	Momentary golf of straddle press handstand				
<b>V2</b>	<b>In #6 perform a 2 second hold of handstand (+0.1)</b>		+1		
<b>SB2</b>	<b>Replace #6 with Endo roll to momentary hold of handstand (+0.5)</b>	+.5			
7	Pike down or rollout to stand and kick rearways 180° to one or more steps, assemble ½ turn to stand facing diagonal			-.1	rhythm on steps,
8	Run, hurdle, round-off, back handspring, salto backward tucked				
<b>V3</b>	<b>In #8, show full extension of body prior to landing (+0.1)</b>				
<b>SB3</b>	<b>Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5)</b>	+.5		-.1, -.1	non distinct tuck position, low posture on end position
<b>V3</b>	<b>In SB3, show full extension of body prior to landing (+0.1)</b>				
<b>SB</b>	<b>Stick Bonus (+0.2)</b>		+.2		

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-.9		
Virtuosity	.1	E2			
Special Bonus	1.0	E3		Start Score:	10.8
Stick Bonus	.2	E4		E Score:	-.9
<b>Start Score:</b>	<b>10.8</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>9.9</b>



# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 5

**Routine #3** Stratton 5:06

**Routine Link:** <https://www.youtube.com/watch?v=ZUZc4U8YhWw>

Floor Exercise		JD 5		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1	Run, punch, salto forward tucked				
SB1	<b>Replace #1 with run, punch, salto forward piked</b>	+.5		-.1	bent knees
2	Step forward and kick to handstand with full 360° pirouette				
3	Straight arm forward roll to handspring, straight legged sissone, step forward to ½ turn rearward			-.1, -.1	leg separation, minor adjustment on landing
V1	<b>In #3 perform sissone with legs split greater than 90°</b>		+.1		
4	Run, hurdle, forward handspring step-out, forward. Straight jump with ½ turn to stand			-.1	toe point on ½ turn
5	Straight arm tuck or pike back extension roll through handstand, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended				
6	Momentary golf of straddle press handstand				
V2	<b>In #6 perform a 2 second hold of handstand</b>				
SB2	<b>Replace #6 with Endo roll to momentary hold of handstand</b>	+.5			
7	Pike down or rollout to stand and kick rearways 180° to one or more steps, assemble ½ turn to stand facing diagonal				
8	Run, hurdle, round-off, back handspring, salto backward tucked				
V3	<b>In #8, show full extension of body prior to landing</b>				
SB3	<b>Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked</b>	+.5			
V3	<b>In SB3, show full extension of body prior to landing</b>		+.1	-.3	poor posture on end position
SB	<b>Stick Bonus (+0.2)</b>		+.2		

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	-.7		
Virtuosity	.2	E2			
Special Bonus	1.5	E3		Start Score:	11.4
Stick Bonus	.2	E4		E Score:	-.7
<b>Start Score:</b>	<b>11.4</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>10.7</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 6

**Routine #1** Devin 2:27

**Routine Link:** 2022 Men's Gymnastics Level 6 Region 5 Championship

Floor Exercise		JD 6		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deductions	Comments
1	Run, hurdle, round-off, back handspring, salto backward stretched				
SB1	<b>Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.5)</b>	+0.5		-0.1	leg separation
2	Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed				
3	Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward				
V1	<b>In #3, perform sissone with legs split greater than 90° (+0.1)</b>		+0.1		
4	Run, hurdle, forward handspring, salto forward tucked to stand				
SB2	<b>Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched to stand (+0.5)</b>	+0.5		-0.1, -0.1	legs separated, hop
5	Step forward and kick 1/2 turn to swedish fall, lower to arched prone support with head up and toes pointed or lift to straddle stand or split with head up and arm(s) extended				
V2	<b>In #5, perform Swedish fall with to leg past vertical (+0.1)</b>				
6	Perform any FIG "B" or higher press or endo roll to handstand hold			-0.1	interruption of upward movement
7	Pike down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to 1/2 turn rearward				
8	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked				
V3	<b>In #8, show full extension of body prior to landing (+0.1)</b>				
SB3	<b>Replace #8 with run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5)</b>	+0.5		-0.1	leg separation
V3	<b>In #8 show full extension of body prior to landing (+0.1)</b>		+0.1		
SB	<b>Stick Bonus (+0.2)</b>		+0.2		

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	-0.5		
Virtuosity	.2	E2			
Special Bonus	1.5	E3		Start Score:	11.4
Stick Bonus	.2	E4		E Score:	-0.5
<b>Start Score:</b>	<b>11.4</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>10.9</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD



**EVENT:** FLOOR

**Level:** JD Level 6

**Routine #2:** Colton 3:35

**Routine Link:** [New Level 6 Men's Gymnastics!](#)

Routine Version: 7/14/2023

Floor Exercise		JD 6			
Part	Description	SB	V	Exec. Deductions	Comments
1	Run, hurdle, round-off, back handspring, salto backward stretched			-.1, -.3, -.3, -.1	insufficient height, lack of extension on landing, medium step, unsteady landing
SB1	<b>Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.5)</b>				
2	Straight arm tuck or pike back extension roll to handstand with ½ turn, lower to arched prone support with head up and toes pointed				
3	Lift to tuck position, jump to straight legged sissone, step forward to ½ turn rearward				
V1	<b>In #3, perform sissone with legs split greater than 90° (+0.1)</b>		+.1	-.1	toe point
4	Run, hurdle, forward handspring, salto forward tucked to stand			-1.0	fall
SB2	<b>Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched to stand (+0.5)</b>				
5	Step forward and kick ½ turn to swedish fall, lower to arched prone support with head up and toes pointed or lift to straddle stand or split with head up and arm(s) extended				
V2	<b>In #5, perform Swedish fall with to leg past vertical (+0.1)</b>				
6	Perform any FIG "B" or higher press or endo roll to handstand hold			-.3, -.1, -.1	touching floor, interruption in upward movement, unsteady hs
7	Pike down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward				
8	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked			-.3, -.1, -.3	insufficient height, non distinct position, step on landing
V3	<b>In #8, show full extension of body prior to landing (+0.1)</b>				
SB3	<b>Replace #8 with run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5)</b>				
V3	<b>In #8 show full extension of body prior to landing (+0.1)</b>				
SB	<b>Stick Bonus (+0.2)</b>				

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1			
Virtuosity	.1	E2			
Special Bonus		E3		Start Score:	9.6
Stick Bonus		E4		E Score:	3.1
<b>Start Score:</b>	<b>9.6</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>6.5</b>

# FLOOR Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:** USAG JD

**EVENT:** FLOOR

**Level:** JD Level 6

**Routine #3:** Dexter 4:00



**Routine Link:** [https://www.youtube.com/watch?v=1\\_zQgS7plc](https://www.youtube.com/watch?v=1_zQgS7plc)

Floor Exercise		JD 6		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deductions	Comments
1	Run, hurdle, round-off, back handspring, salto backward stretched				
SB1	<b>Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.5)</b>	+0.5		-0.1, -0.3, -0.3	leg separation, lack of extension on landing, medium step
2	Straight arm tuck or pike back extension roll to handstand with ½ turn, lower to arched prone support with head up and toes pointed				
3	Lift to tuck position, jump to straight legged sissone, step forward to ½ turn rearward				
V1	<b>In #3, perform sissone with legs split greater than 90° (+0.1)</b>		+0.1		
4	Run, hurdle, forward handspring, salto forward tucked to stand				
SB2	<b>Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched to stand (+0.5)</b>	+0.5		-0.1, -0.1, -0.3	leg separation, lack of extension on landing, medium step
5	Step forward and kick ½ turn to swedish fall, lower to arched prone support with head up and toes pointed or lift to straddle stand or split with head up and arm(s) extended				
V2	<b>In #5, perform Swedish fall with to leg past vertical (+0.1)</b>		+0.1		
6	Perform any FIG "B" or higher press or endo roll to handstand hold			-0.1	interruption in upward movement
7	Pike down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward				
8	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked				
V3	<b>In #8, show full extension of body prior to landing (+0.1)</b>				
SB3	<b>Replace #8 with run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5)</b>	+0.5		-0.1, -0.3, -0.3, -0.1	leg separation, lack of extension on landing, medium step, excessive arm swing
V3	<b>In #8 show full extension of body prior to landing (+0.1)</b>				
SB	<b>Stick Bonus (+0.2)</b>				

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	-2.1		
Virtuosity	.2	E2			
Special Bonus	1.5	E3		Start Score:	11.2
Stick Bonus		E4		E Score:	-2.1
<b>Start Score:</b>	<b>11.2</b>	<b>Exec. Average:</b>		<b>Final Score:</b>	<b>9.1</b>

