

FLOOR EXERCISE

Pattern A

Base Score	9.40	A to B
Specified Bonus	0.60	B to A
Maximum Score	10.00	A to B

Skills	Descriptions
1 Round Off Flip-Flop	Run, Hurdle, Round Off A-B Flip-Flop
2 Back Salto Tuck	
3 Back Extension Roll Prone Support Rear Support Candlestick	Back extension roll to hand lower to prone support, 1/2 rear support and roll back to candlestick
4 Straddle Stand Press to Handstand	Roll to straddle stand, or roll straddle L to support on hand to straddle stand, bent arm press to handstand
5 180* Step Turn	Step down with eBT/P Land

RINGS

Base Score 9.40
Specified Bonus 0.60
Maximum Score 10.00

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Inverted Hang Piked Inverted Hang	Lift body to straight body inverted hang lower to pike inverted hang and cast forward to		
2	Inlocate	Straight body inlocate	Rise in shoulders	

Base Score

9.70

PARALLEL BARS

Base Score	9.40
Specified Bonus	0.60
Maximum Score	10.00

Skills

Descriptions

Performance Criteria

