



ELEMENT	DESCRIPTION	VALUE
Round-off flip straight back salto		0.7
Round-off flip tuck back salto		
Round-off Tuck Back Salto		
Handspring Tuck Front Salto		
Free Walkover or Side Salto		
Valdez		
Back walkover through to Splits		
Change Leg Split Leap		
Split or Straddle jump with ½ Turn		
Tour Jete		
Double spin		
Round off 2 backflips		0.6
Handspring to 1 foot: handspring to 2 feet	Must be connected	
Backward roll to Handstand ½ Turn		
Handstand Full Pirouette	Max 4 Hand changes (-0.1 for each extra movement)	
Tic Toc		
Free Cartwheel		
Straddle Lever to Handstand		
Headspring		
Tuck front salto		
W jump with full turn		
Straddle Jump		
Roundoff Back Flip		0.5
Handspring to one foot		
Handspring to two feet		
Backward Walkover		
Forward Walkover		
Backward roll to handstand	With straight arms (Bent arm action will incur a deduction 0.1 or 0.3)	
Handstand forward roll to pike stand	Straight arms and legs throughout	
Splits	Any Direction	
One Handed Cartwheel		
Straddle Lever or L Hold	2 second hold	
Split leap with ¼ turn		
Split jump	Minimum 120°	
Cat leap full turn		
W jump ½ turn		
Bridge Walkout		0.4
Handstand Forward Roll	To stand	
Backward roll to front support	Straight arms throughout	
Round off		
2 Cartwheels connected		
Standing back flip		
Handstand hold	2 second hold	
Forward Roll to Straddle Stand		
Forward roll to pike stand		

Full Spin		
Straight jump with full turn		
Split leap		
Sissone		
W jump		
Cat leap ½ turn		
Backward Roll to stand		
Backward roll to Straddle Stand		
Bridge 1 leg raised	Leg at minimum 45°	
Y balance or Side Scale	2 second hold- Free Leg may be held	
Handstand	Legs together show position, hold not necessary	0.3
Cartwheel		
Japana or Pike Fold		
Headstand with straight legs	2 second hold – Return to stand	
Cat Leap		
Bridge		
Forward roll to Stand		
Arabesque	2 second hold- Leg min 45° from floor	
Headstand with tucked legs	2 second hold – Return to stand	
Side Straddle Roll (Teddy Bear Roll)		
Front Prone	3 second hold	0.2
Straight jump with ½ turn		
Tuck Jump		
Scissor Leap		

FLOOR – 8 elements to be performed.

FINAL SCORE = D-SCORE + E-SCORE

D-SCORE = Total value of all elements performed

OMITTED ELEMENT = Value of the Move + 0.3 penalty

E-SCORE = 10.0 – Deductions as per Section 9 of Code of Points (Table of General Faults and Penalties)

NEW FOR 2026

- **BEGINNER GYMNASTS MAY USE SKILLS UP TO 0.5 IN VALUE**
- **INTERMEDIATE GYMNASTS MAY USE SKILLS UP TO 0.6 IN VALUE**
- **ADVANCED GYMNASTS MAY USE SKILLS UP TO 0.7 IN VALUE**