

Level 3 Floor Judging



7/21

↑.20 Lack of acceleration in series

(Do not apply if .30 for stopping between elements)

↑.30 Squat into FF
 .10 Not land feet same time
 .10 No rebound
 .05 No stick

↑.30 Not thru vertical
 .10 Not land feet same time

Round-off + Flic-Flac Two Feet

.40 + .60

↑.20 Failure to attain 45° above horizontal
 .30 Hands touch floor as sitting
 .10 Joining fingers
 .10 Hands wider than shoulders
 .20 No push-up position
 .40 Does backward roll to HST

Back Roll Open (45°) Above Horizontal to Push-up Position

.40

.10 Incorrect leg position
 .30 Heel snap turn TQ

1/2 (180°) Forward Passé Turn

.40

↑.20 Not 180°

.20

Forward Split

↑.20 Shoulders not behind hands (bridging phase)
 .10 Not close legs @ vertical
 .10 Not landing both feet same time
 Each .30 Extra kick up
 .30 Performs a tick-toc

Handstand To Bridge, Back Kick-Over

.60

↑.20 Uneven split
 .10 Not land feet same time
 ↑.10 Not land feet closed

Split Jump (90°)

.40

∅ Insuff. continuity between jumps
 .05 Connection broken
 .10 Not keep legs joined in air
 .10 Not land feet same time
 ↑.10 Not land feet closed

Stretch Jump

.20

↑.10 Bending front leg
 ↑.20 Uneven split

Straight Leg Leap (90°)

.60

↑.30 Not attain vertical
 .10 Not close legs
 ↑.10 Not held 1 sec.
 .30 Using hands to arrive in tuck

Handstand Forward Roll

.60

Handstand Forward Roll

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SCORE

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SCORE

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SCORE

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SCORE