

2015 MS Compulsory Routines

Floor Exercise - Silver

Base Score	9.40
Specified Bonus	0.60
Max. Score	10.00

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Run, hurdle, Front handspring,	Show good presentation and posture while lifting arms up. Run, hurdle, forward handspring to stand	Rebound allowed Full extension reaching through the lunge position Turnover and stretch on F.H.	Stretch and good rhythm in front handspring +0.1
2	Handstand, forward roll	With either leg, step forward through lunge and kick to momentary handstand Roll from handstand	Momentary Hold Straight arms in forward roll	
3	Tuck up to handstand, 1/2 pirouette	Tuck up through handstand, 1/2 pirouette (180*) tuck or pike down.	Straight arms and continuous rhythm throughout 1 or 2 hand placements	Pike up to handstand +0.1
4	Back extension roll, straddle pancake	Back extension roll, lower to straddle pancake.	No height on back extension roll. Momentary hold on Strad. Pan.	Straight arm back extension roll (+0.1)
5	Candlestick, roll forward to straddle stand,	Candlestick roll to straddle stand, continuously lift head and arms upward and reach forward to	Straight legs on roll to straddle stand	
6	Jump to press hand, step down	Jump press to handstand (straddle) momentary handstand Step down	Momentary Hold	Bent arm Press +0.1 Str. Arm Press +0.1 2 sec. Hold +0.1
7	Run to dive roll	Run, punch to straight body dive roll to stand	Support on hands during roll to stand. Hollow or tight arch is allowed. Hands and feet must be airborne	Front Flip +0.1 (with or without a forward roll following the front flip)
8	Jump to headspring	Jump and controlled bounce to front headspring	Show good turnover and stretch	
9	Lunge, front scale	Step and lunge forward with either leg to scale, step forward with back leg and 1/2 turn to stand	Lunge - heal down and back foot turned out, back leg straight 2 second hold on Scale Back leg horizontal on Scale	
10	Round-off, Back handspring, Rebound	Run, hurdle, round-off, back handspring, rebound to stand		Round-off, back handspring, back handspring, rebound (+0.1) Stick +0.1

2015 MS Compulsory Routines

FLOOR EXERCISE - Gold

Base Score	9.40
Specified Bonus	0.60
Max. Score	10.00

Pattern
A to B
B to A
A to B

A	B
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	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Round Off Flip-flop A-B	Run, Hurdle, Round Off Flip-Flop		
2	Back Salto Tuck		Salto head height	Above head height with kick out +0.1
3	Back Extension Roll Prone Support Rear Support Candlestick	Back extension roll to handstand, lower to prone support, 1/2 turn to rear support and roll back to candlestick	Bent arms allowed on back extension roll	
4	Straddle Stand Press to Handstand	Roll to straddle stand, or roll to straddle L to support on hands to straddle stand, bent arm press to handstand	Jump to handstand -0.3	Str. Arm Press +0.1 Stalder Press +0.2 2 Sec. Hold +0.1
5	180* Step Turn	Step down with either foot, step through with other foot with turn of 180-degrees backward, legs together		
6	Front Salto Tuck Forward Roll B-A	Run, tuck front salto, forward roll	Salto shoulder height with controlled landing	Salto head height 0.1
7	Jump to Handstand (tuck or pike)	Jump pike or tuck, press through handstand	Straight arms	1/1 Pirouette 5 or less steps 0.1
8	Roll out Lunge Scale	Roll out to stand, step with either leg, lunge to, scale	Front Scale 2 sec. hold Back leg horizontal on scale	135 degree split in Scale +0.1
9	180* Step Turn	Step Forward with 180-degree turn backward, legs together		
10	Front Handspring Bouncer Rebound A-B	Run, front handspring, two-foot take off handspring (bouncer) rebound to stand	Front handspring stretched & good rhythm	Hdspr. to bouncer Stret. & Rhythm +0.1 Hdspr. Front +0.1 Hdspr, Bouncer, FRT 0.2 Max of +0.2 on last pass excluding stick Stick +0.1