

## **Middle School Compulsory Routine Floor Exercise - Level 4**

(9.2 Base + .8 Bonus = 10.00) Specified Bonus .4, GPA +.1, Virtuosity +.2, Stick +.1  
**Bonus can not exceed .8**

1. Run, hurdle, to cartwheel
2. Immed. Chasse and cartwheel 1/4t, close legs together
3. Tucked, pike or extended backward roll to stand,  
**Specified Bonus: Backward roll with straight arms - +.2**
4. With either leg, step backward, execute a 180\* turn,  
lunge and lift leg to ARABESQUE stand **HOLD**
5. Close legs and execute a prone fall, then while rising execute a ½ turn  
left or right to rear support, lower to a pike sit position, straddle legs and  
lower to
6. Pancake split – **Momentary Hold**
7. Sit up and close legs together. Roll backward through a candlestick position,  
and immediately
8. Roll to straddle stand
9. Press to headstand and roll out to stand **HOLD 2 sec.**  
**Specified Bonus: +.2 Straddle stand and press to handstand, roll out  
to stand – Hold allowed**
10. Swing arms downward and back upward to power hurdle to round off,  
Rebound to stand

## Middle School Compulsory Routine Floor – Level 5

**Base Score: 9.2**      Available Bonus: +1.2      **Max Score: 10.00**  
Specified Bonus: + .4, GPA: + .1, Virtuosity: +.2, Stick: +.1, Additional: +.4  
**Bonus earned can not exceed +.8**

1. Run, hurdle, front handspring, (rebound allowed)
2. Step forward and kick to handstand, straight arm roll out (momentary hold required)
3. Pike **or Tuck up** to handstand, (momentary hold required)
4. Forward 180\* pirouette, (1 or 2 hand placements)
5. Pike down to **Bent arm back extension roll** and lower to pancake split. (momentary hold of split required)  
**Bonus: +.1 Straight Arm Back Extension Roll**
6. Sit up, and close legs together. Roll back through a candlestick position, and immediately,
7. Roll forward to straddle stand, jump to straight arm, straddle press to handstand, (Momentary hold required)  
**Specified Bonus: +.2 From candlestick position in #6, Straight arm, bent body press to handstand or Stalder roll to handstand**  
**Bonus: +.1 Handstand held for 2 seconds**
8. Straight arm roll forward and jump, with feet together, to two-foot takeoff front handspring,  
**Bonus: +.1 Front bouncer instead of handspring**
9. Lift either leg while executing 90\* turn to cartwheel, side chasse, cartwheel,
10. Lunge forward, front scale, step forward with lifted leg and then execute a 180\* backward turn and bring legs together to finish.  
**Bonus: +.1 Scale with back leg 135\* above horizontal**
11. Run to round off back handspring, rebound to stand.  
**Specified Bonus: +.2 Round off, back handspring, back handspring, rebound**  
**Bonus: +.1 Stick**

## Middle School Compulsory Routines Floor Exercise – Modified H.S. Level

**Base Score: 9.4**      Available Bonus: **1.0**      **Max Score: 10.00**  
**Bonus earned can not exceed +.6**

1. Run, round off, back handspring
2. Tucked back flip (back head height)  
**Bonus: +.1** Back above head ht. with kick out at horizontal
3. Back extension roll to handstand, lower to prone support, ½ turn to rear support and roll back to candlestick
4. Roll to straddle stand, or roll to straddle L to support on hands to straddle stand, bent arm press to handstand (-.3 Jump)  
**Bonus: +.1** straight arm press  
          **+ .2** stalder roll to handstand  
          **+ .1** two sec. hold of handstand  
  
Step down with either foot, step through with other foot with turn of 180\* backward, legs together
5. Run, tuck front flip, forward roll (front shoulder height)  
**Bonus: +.1** head height
6. Jump pike/straddle press through handstand (straight arms)  
**Bonus: +.1** full Pirouette (no more than 5 hand steps)
7. Roll out to stand, step with either leg, lunge to scale  
(front scale 2 sec. hold)  
**Bonus: +.1** 135\* split in scale
8. Step forward with 180\* turn backward, legs together
9. Run, front handspring, two-foot take off handspring (bouncer) rebound to stand (front handspring stretch and good rhythm)  
**Bonus: +.1** handspring to bouncer straight and good rhythm  
          **+ .1** tuck front flip after handspring  
          **+ .2** tuck front after bounding handspring  
          \*MAX. of +.2 on last pass (excluding stick)  
          **+ .1** Stick