

SECTION 11 - FLOOR SKILL GROUPS AND LEVELS



| A Elements | B Elements | C Elements | D Elements | E Elements |
|--|--|---|---|--|
| Group 1 Jumps, Leaps, Turns | | | | |
| Straight jump Jump ½ turn Star jump Tuck jump 2 x dynamic 1/2 turns on knees | Split leap / jump (120°) Stag leap or jump Cat leap Jump full turn Scissor jump W jump | Split leap or jump (150°) Fouette Turn Cat leap ½ turn Jump 1 ½ turn Straddle jump Tuck jump ½ turn Full Spin | Split leap or jump (180° split) Change leg split leap or jump ↓ (180° split) Sissone Cat leap full turn Jump double turn Jump to Prone Straddle jump (feet hip high) Tuck jump full turn 1½ Spin | Split leap - sissone Split leap - cat leap full turn Change leg split leap - split leap Split leap - W jump Full turn jump - straddle jump Jump 1/2 Turn to Prone Straddle jump Shushunova Straddle jump - pike jump Double spin Full spin 1 leg extended, min 45 deg |

| Group 2 Strength & Flexibility | | | | |
|--|--|--|---|--|
| H = Held S = Strength F= Flexibility. Where 2 letters shown e.g. H/S this counts as either a Held or Strength element | | | | |
| 1 leg balance H Splits (F or S) F Japana (up to 45° chest) F/H D Shape F/H Bridge F/H F or B support (lower or push up) S/H F Support turn to B Support S/H Piked V sit (hand supp.) S/H ½ lever (1 foot on floor) S/H Headstand (leg optional) H Shoulder stand (hip supp) H | Arabesque H Japana (flat back, chest to floor) H/F Fall to prone push to Front Support S Swedish Fall S Piked V sit (no supp.) S/H 1/2 lever shown (straight or straddled) | Y scale (leg above waist height) H/F 2 way Splits F Japana Swim Through F Fall to Prone Jump to Straddle Stand S F Supp jump legs through straddle - to Pike Sit S Tuck 'Russian' Lever S/H Tucked hold (press off knees) S/H 1/2 lever held 2 secs (pike/straddle) S/H S Straddle stand press to h/stand S | Y Scale (leg at shoulder height) H/F 3 way Splits F F Supp jump legs through straddle - to Back Support S Straddle 'Russian' Lever S/H Straddle 1/2 Lever lift to Stand S H/stand from straddle stand full turn S H/stand lower to Straddle 1/2 Lever S/H Chest Roll to Bent Arms Handstand S | From Splits position lift to H/stand Full V 'Russian' lever S/F/H Tucked top planché (held) S/H Straddle lever to handstand - return to straddle lever S/H Straddle lever to h/stand full turn Chest Roll to Handstand S |

F/S

S/H