

Tab 1

USAG Floor Exercise

Group 1- Leaps, Jumps, Hops / Group 4 – Rolls

1. Split leap forward with $\frac{1}{4}$ (90°) turn (Side leap) or $\frac{1}{2}$ (180°) turn

A Value Part D Value Part

B Value Part E Value Part

C Value Part

2. Double stag jump or leap with $\frac{1}{1}$ (360°) turn

A Value Part D Value Part

B Value Part E Value Part

C Value Part

3. Leap with $2\frac{1}{2}$ (900°) turn in horizontal plane, legs together, landing in front lying support take off one leg (Toussaint)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

4. Scissors leap forward with stretched legs - $\frac{1}{4}$, $\frac{1}{4}$ (90° - 90°) turn

A Value Part D Value Part

B Value Part E. E Value Part

C Value Part

5. Tour jete to ring leap (Boucher)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

6. Cat leap forward with bent legs and $1\frac{1}{2}$ (540°) turn (Garrison)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

7. Hop with $\frac{1}{2}$ (180°) turn, free leg extended above horizontal take-off from one leg

A Value Part D Value Part

B Value Part E Value Part

C Value Part

8. Pike jump (minimum 90° hip angle), also with $\frac{1}{2}$ (180°) turn to stand

A Value Part D Value Part

B Value Part E Value Part

C Value Part

9. Tour jete with additional $\frac{1}{2}$ (180°) turn, landing on one or both feet (Strug), or in split-sit position (Produnova)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

10. From backward take-off – stretched jump with $1\frac{1}{2}$ (540°) twist to Hecht roll (Esslinger)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

11. Split leap forward with leg change and $\frac{1}{2}$ (180°) turn to ring leap (180° separation < after leg change) (Trevor)

A. A Value Part D. D Value Part

B. B Value Part E. E Value Part

C. C Value Part

12. Roll backward (tucked or piked) to handstand with $1/1$ (360°+) turn or more in handstand

A Value Part D Value Part

B Value Part E Value Part

C Value Part

13. Fouette-hop to land in scale

A Value Part D Value Part

B Value Part E Value Part

C Value Part

14. Tuck jump backward with arch (sheep jump), feet to head height

A Value Part D Value Part

B Value Part E Value Part

C Value Part

15. Straddle-pike with $\frac{1}{2}$ (180°) turn or side-split jump with $\frac{1}{2}$ (180°) turn

A Value Part D Value Part

B Value Part E Value Part

C Value Part

16. Jete en tournant $\frac{1}{4}$ to $\frac{1}{2}$ (90° - 180°) turn with take-off from one leg into split leap

A Value Part D Value Part

B Value Part E Value Part

C Value Part

17. Tuck jump backward with arch (sheep jump, feet to head height) with 1/1 (360°) turn (Dunn)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

18. Stride leap forward with change of legs to wolf position

A. A Value Part D Value Part

B. B Value Part E Value Part

C. C Value Part

19. Straddle-pike jump with 1 $\frac{1}{2}$ (540°) turn

A Value Part D Value Part

B Value Part E Value Part

C Value Part

20. Tour jete to ring leap with $\frac{1}{2}$ (180°) turn (Jackson)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

21. Ring jump with $\frac{1}{1}$ (360°) turn (Johnson)

A Value Part D Value Part

B Value Part E Value Part

C Value Part

22. Backward or forward cabriole

A Value Part D Value Part

B Value Part E Value Part

C Value Part

23. Switch-side leap with $\frac{1}{2}$ (180°) or $\frac{3}{4}$ (270°) turn to a stand

A Value Part D Value Part

B Value Part E Value Part

C Value Part

24. Wolf hop or jump (one leg tucked, one leg extended forward – both extended leg & thigh of bent leg at or above horizontal) with a $1\frac{1}{2}$ (540°) turn -take -off from one or both legs

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

25. Ring or stag-ring leap or jump (rear leg at head height) – take-off from one or two feet

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

Tab 2

USAG Floor Exercise

Group 1- Leaps, Jumps, Hops / Group 4 – Rolls

Answers

- | | |
|---------------|---------------|
| 1.B (1.202) | 11. D (1.411) |
| 2.B (1.201) | 12. B (4.202) |
| 3. D (1.408) | 13. B (1.214) |
| 4. B (1.209) | 14. B (1.211) |
| 5. C (1.310) | 15. B (1.207) |
| 6. C (1.313) | 16. B (1.203) |
| 7. A (1.114) | 17. C (1.311) |
| 8. B (1.206) | 18. A (1.104) |
| 9. C (1.309) | 19. D (1.407) |
| 10. C (4.301) | 20. D (1.410) |
| | 21. D (1.410) |
| | 22. A (1.109) |
| | 23. C (1.305) |
| | 24. D (1.416) |
| | 25. B (1.210) |

