

USAG Floor Exercise

Group 5 – Walkovers, Cartwheels, etc... /

Group 6 – Saltos Forward

Group 7 – Saltos Sideward, Arabians

1. Salto forward piked with a $1\frac{1}{2}$ (540°) twist

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

2. Flic-flac with $1/1$ (360°) twist before hand support

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

3. One butterfly backward

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

4. Free aerial round-off

A Value Part

D Value Part

B Value Part E Value Part
C Value Part

5. Double salto forward tucked with $\frac{1}{2}$ (180°) twist

A Value Part D Value Part
B Value Part E Value Part
C Value Part

6. Salto forward stretched with a $1\frac{1}{2}$ (540°) twist

A Value Part D Value Part
B Value Part E Value Part
C Value Part

7. Handspring forward with $1/1$ (360°) twist after hand support or before (Mastepanova)

A Value Part D Value Part
B Value Part E Value Part
C Value Part

8. Salto forward stretched with $\frac{1}{2}$ (180°) twist – landing optional

A Value Part D Value Part
B Value Part E Value Part
C Value Part

9. Walkover backward from extended tuck-sit (Valdez) to handstand with 1/1 (360°) turn in handstand- return movement optional

A Value Part D Value Part

B Value Part E Value Part

C Value Part

10. Arabian double salto

A Value Part D Value Part

B Value Part E Value Part

C Value Part

11. Salto forward tucked with 1/1 (360°) twist

A Value Part D Value Part

B Value Part E Value Part

C Value Part

12. Arabian salto stretched -take -off backward with ½ (180°) twist, salto forward- landing optional

A Value Part D Value Part

B Value Part E Value Part

C Value Part

13. Aerial walkover forward with 1/1 (360°) twist

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

14. Salto forward stretched with 2/1 (720°) twist (Tarasevich)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

15. Jump backward with ½ (180°) twist to handspring forward (Arabian handspring) – landing optional

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

16. Flyspring forward -take -off from both legs – with or without hecht phase before hand support, landing on two feet

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

17. Salto forward piked with a 1½ (540°) twist

A Value Part	D Value Part
--------------	--------------

B Value Part	E Value Part
C Value Part	

18. Aerial walkover, in tucked position to two-foot landing or kneeling

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

19. Salto forward stretched

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

20. From a take-off - salto sideward stretched

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

21. Arabian double salto with $\frac{1}{2}$ (180°) twist (Andreasen)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

22. Walkover forward (all variations)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

23. Salto forward stretched with 1/1 (360°) twist

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

24. Gainer flic-flac with support of one arm

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

25. From take-off forward from both legs – salto sideward piked

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

