

Level

5

Floor

JDM 9/1/21

ACRO OPTIONS

FRONT SALTO TUCKED

(*)

FREE (AERIAL) CARTWHEEL

(*)

FRONT AERIAL

(*)

FRONT HANDSPRING STEP-OUT

(*)

FRONT HANDSPRING STEP-OUT

(*)

CARTWHEEL

STRAIGHT ARM BACKWARD ROLL TO HANDSTAND

(*)

STRETCH JUMP 1/1 (360°) TURN

STRAIGHT LEG LEAP 150°

SWITCH LEG LEAP 150°

STRADDLE JUMP 150°

FORWARD SPLIT

1/1 (360) TURN IN FORWARD PASSE

(*)

ROUND-OFF

FLIC-FLAC

BACKWARD SALTO TUCKED

(0.60)

(0.05 max additional steps into fwd pass)

(0.60)

(0.60)

(0.40)

(0.40)

(0.40)

(0.60)

(0.40)

(0.20)

(0.40)

(0.40)

(0.40)

(0.60)

(0.30 Stop)

NOT applied to Front Salto

Gymnast		
		Final Score
Gymnast		
		Final Score
Gymnast		
		Final Score
Gymnast		
		Final Score