

Individual Exercise (Levels 6-8)

Floor Difficulty (D)

Competition _____

Date _____

Gymnast Name _____

FLOOR

BODY DIFFICULTY		JUDGE	COMPOSITION DIFFICULTY	
Value				
			Dance Steps Combination – 0.3	
			Dance Steps Combination – 0.3	
			Dance Steps Combination – 0.3	
			1 body wave front – 0.2	
			1 body wave back – 0.2	
			1 additional different full body wave – 0.2	
BODY DIFFICULTY TOTAL (coach) :			COMPOSITION DIFFICULTY TOTAL (JUDGE)	
0.3 Penalty: * “Slow turn” Difficulty present in the exercise * Unauthorized distribution of BD * Any additional BD above the maximum allowance * More than 6 pre-acrobatic elements * Less than 2 pre-acrobatic elements (Level 6 only) * Missing “2 rotational elements in a row” (Level 6 only)			D penalty:	BODY DIFFICULTY TOTAL (JUDGE)
				FINAL DIFFICULTY TOTAL SCORE (JUDGE)

Coach Signature.....

Judge Signature.....