

FLOOR: **SV 13.50** *Elements may be performed in any order.*

Optional
Dance

Element	Value	Execution Faults	Penalty
Split Leap	0.5	Lack of Split	0.1 / 0.3
Straight Jump immediate rebound Straddle Jump	0.5	Series Break	0.3
		Legs below horizontal in Straddle Jump	0.3
From Hurdle Jump immediate Round-Off, 2 Flics	0.5 each	Series Break	0.3 each
		Extra Steps	0.1 each
Handspring to 2 Feet	0.5	Lack of flight Landing in deep squat	0.1 0.1 / 0.3
Full Spin through Passé to Finish in Relevé	0.5	Not finishing in relevé	0.3
		Failure to show passé (toe to knee)	0.3

R & C: **SV 13.50** *Routine performed in order outlined below.*

Element	Value	Execution Faults	Penalty
Arabesques at 90° Fwd, Side and Back, Each Held for 3 Seconds	0.5	Arabesque not held for 3 seconds	0.1 each
		Leg below 90°	0.3 each
		Misaligned Hips	0.3 each
On Alternate Leg as Above	0.5	See Arabesque Penalties Above	
Forward Roll to Straddle Sit	0.5	Lack of heel extension	0.3
Transition to Forward Splits	0.5	Use of Hands	0.1
		Misaligned Hips	0.1 / 0.3
		Splits not Flat	0.1 / 0.3
Half Turn Transition to Forward Splits on Alternate Forward Split	0.5	See Split Penalties Above	
		Not Passing through Box / Side Splits	0.1 / 0.3
Return to Straddle Sit	NV		
Lift to Straddle Lever, Hold for 3 Seconds, Press to Handstand	0.5	Lever not Held	0.1
		Feet not higher than hips in the Straddle Lever	0.3
		Failure to achieve Handstand	VM
Controlled Lower to Bridge, Lift One Leg to Pass Back through Split Handstand to Stand	0.5	Lack of Control	0.1 / 0.3
		Shoulders not Above Hands	0.1 / 0.3
		Failure to pass through Split Handstand	0.3
		Misaligned Hips	0.1 / 0.3