

Name: _____

Floor Exercise Routine

Circle the stunts from each category that you will be performing during your routine

Place the corresponding point value on the line next to the stunts you will be performing.

Add your totally difficulty rating points at the bottom

| Tumbling | | | Routine Point Scale | |
|-------------------------|---|-------|----------------------------|-------------------|
| Forward Roll | 1 | _____ | A | 30 + Points |
| Forward Roll Walk-Out | 3 | _____ | B | 25 - 29 Points |
| Forward Straddle Roll | 3 | _____ | C | 20 - 24 Points |
| Backward Roll | 2 | _____ | | |
| Backward Straddle Roll | 4 | _____ | | |
| Backward Extension Roll | 5 | _____ | | |
| Dive Roll | 4 | _____ | | |
| Log Roll | 1 | _____ | | |
| Barrell Roll | 1 | _____ | | |
| | | | Additional Moves | |
| | | | | Difficulty |
| Balance | | | | |
| Front Scale | 2 | _____ | _____ | _____ |
| Y Scale | 3 | _____ | _____ | _____ |
| Knee Scale | 4 | _____ | _____ | _____ |
| V Seat | 4 | _____ | _____ | _____ |
| Tri Pod | 2 | _____ | _____ | _____ |
| Tip Up (Bi-Pod) | 5 | _____ | _____ | _____ |
| Headstand | 2 | _____ | _____ | _____ |
| Hand Stand | 5 | _____ | _____ | _____ |
| Strength | | | | |
| Modified L Sit | 1 | _____ | _____ | _____ |
| Half L Sit | 2 | _____ | _____ | _____ |
| L Sit | 5 | _____ | _____ | _____ |
| L Extension | 2 | _____ | _____ | _____ |
| Flexibility | | | | |
| Bridge | 2 | _____ | _____ | _____ |
| Back Bend | 4 | _____ | _____ | _____ |
| Front Walk-over | 5 | _____ | _____ | _____ |
| Back Walk-over | 5 | _____ | _____ | _____ |
| Split | 5 | _____ | _____ | _____ |
| Agility | | | | |
| Squat Through | 5 | _____ | _____ | _____ |
| Cartwheel | 3 | _____ | _____ | _____ |
| Round Off | 4 | _____ | _____ | _____ |
| Front Hand Spring | 5 | _____ | _____ | _____ |
| Back Hand Spring | 5 | _____ | _____ | _____ |