

Individual Exercise (Levels 7-8)

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 side body wave – 0.2	
Value				
Value				
Value				
Value				
Value				
BODY DIFFICULTY TOTAL (coach) :			COMPOSITION DIFFICULTY TOTAL (JUDGE)	
0.3 Penalty: * More than 1 "slow turn" Difficulty per exercise * Exercise consists of less than 1 Difficulty of each Body Group, penalty for each missing Difficulty * Any additional difficulty above the maximum allowance (except for difficulty of 0.1 value during S) * For each missing body difficulty on opposite leg/side		D penalty:	BODY DIFFICULTY TOTAL (JUDGE)	
			FINAL DIFFICULTY TOTAL SCORE (JUDGE)	

Coach Signature.....

Judge Signature.....

