

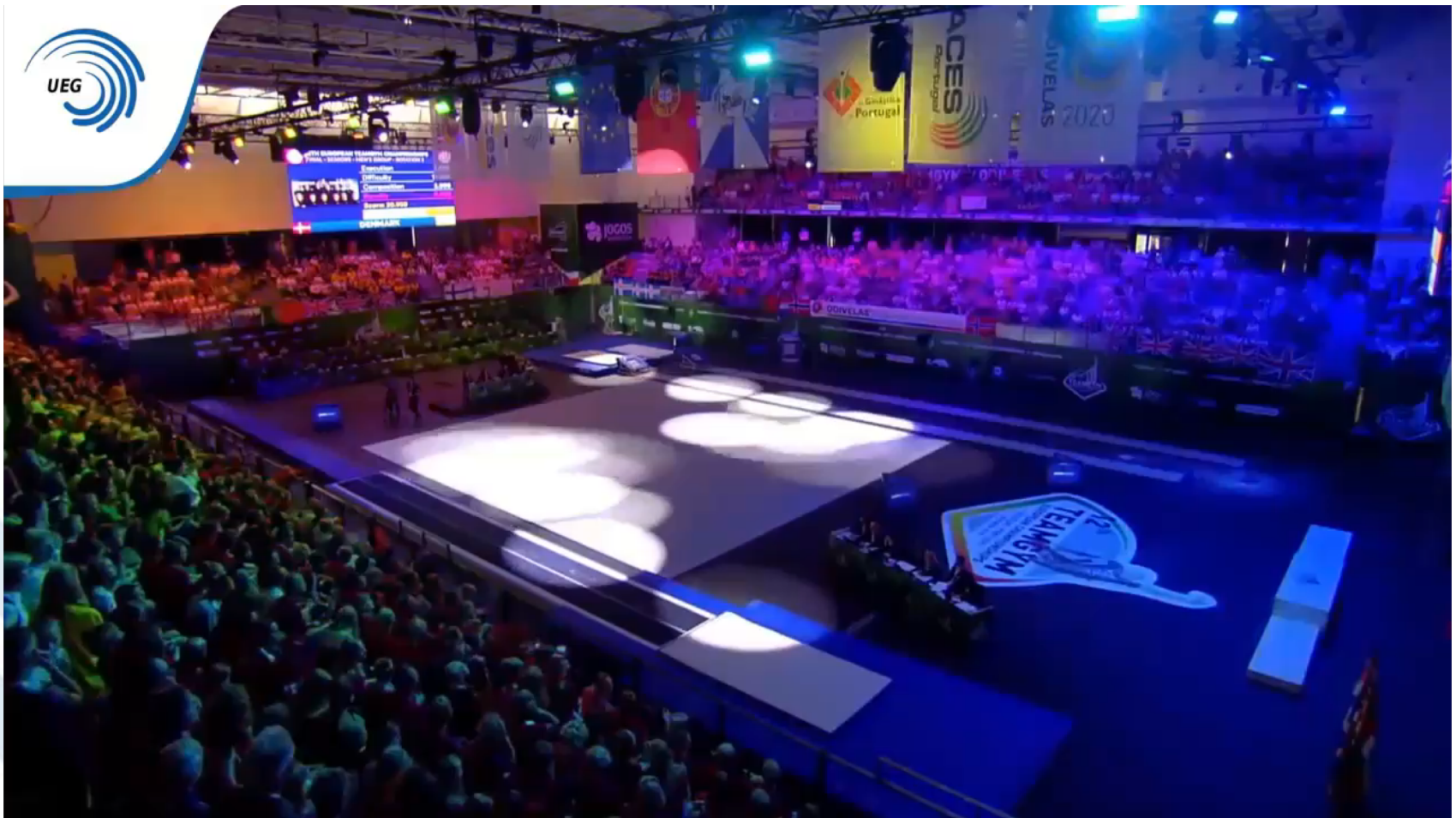
Floor



TeamGym info session

Luxembourg (LUX)
November 17th-18th, 2018

Let's see: Floor routine



11/2018

General Requirements for FLOOR



- All team members (8-10 gymnasts) must participate in the floor routine
- Time limit 2:15 – 2:45, performed to music
- Floor area 14 m x 16 m
- Note in execution:
 - Good technique
 - Amplitude and extension
 - Synchronization
 - Uniformity
 - Dynamic execution (no stops, no “frozen” upper body)



Floor score

The Final Score will be established using the three scores from the judging panels:

- Composition Score (C)
- Difficulty Score (D) and
- Execution Score (E)

Composition (4.0)



4 different composition items:

- 1) Flexibility element (F)
- 2) Group element (G)
- 3) Rhythmic sequence requirement (RS)
- 4) Difficulty distribution requirement (DD)

1) Flexibility element (1.0)

UEG

4 elements to choose from:

- Split - leg separation 180°
- Side split - leg separation 180°
- Straddle pike sitting - leg separation $>90^\circ$ (upper body folded 45° or less to the floor)
- Pike sitting fold - chest on knees

