

FLOOR EXERCISE – RHYTHMIC GYMNASTICS

For all levels, there is a Floor Exercise routine (except Levels C & 1 Men's Rhythmic Gymnastics). The purpose of the Floor Exercise is two-fold: to allow the athletes to perform body difficulties and movements necessary for rhythmic gymnastics without using hand apparatus and to educate coaches and athletes on body waves, body difficulties and dance steps.

Floor Exercise is required for all gymnasts in Levels C, 1,2,3, & 4. To compete apparatus routines, each athlete must first perform the floor routine. If an athlete is not prepared to do the choreography, she must perform and be evaluated on the 8 skills listed on the score sheet.

Level C gymnasts perform the Level C floor routine. Level 1 & 2 gymnasts perform the same floor routine (1/2). Level 3 & 4 gymnasts perform the same floor routine (3/4).

Multiple athletes will perform on the floor at the same time. There will be one judge per athlete.

If an athlete performs the choreography, each skill is valued at 3.0. If an athlete performs individual skills instead of the choreography, each skill is valued at 2.0. A total score is not tabulated. No awards are given unless the competition director elects to give participation awards. The score sheets will be distributed to the coaches at the end of the competition.