

FLOOR ELEMENT, VALUES & SYMBOLS

ELEMENT	Value in the code of points.	0	A	B	C	ELEMENT	Value in the code of points.	0	A	B	C
Stretched high jump	I					Forward roll	o				
Jump 1/2 turn (180°)	U					Forward roll to straddle sit	o				
Jump 1/1 turn (360°)	O					Forward roll to straddle stand	o				
Jump 1 1/2 turn (540°)			o			Diveroll			o		
Tuckjump	u					Side roll	o				
Catleap	u					Backward roll	o				
1/2 spin, 1/2 turn (pivot)	u					Backward roll straddled.	o				
1/1 spin			o			Backward roll to handstand	o				
1 1/2 spin	o		will get inc.			Handstand			!		
Split leap			o			Handstand forward roll			o		
Step Hop while swinging other leg up in front to horizontal	K					Cartwheel (front to back)	X				
Straddle lever hold	u					One handed cartwheel	X				
Lie down stretched	u					Roundoff			Y		
Roll over to front lie	u					Bridge & kickover	o				
Push to front support.	7					Forward walkover	u				
Shoulderstand. (hold for 2 sec).	T					Tic-toc	u				
Piked fold.	u					Handspring to 1 foot			u		
Straddle, Fold Forward, Chest on the floor.	u					Backwardwalkover	u				
180 turnaround sideways across your shoulders. (straddle roll around).	X					Backflip			u		
Arabesque	Y					Splits on the floor	u				