

Changes in Text & Penalties for LEVEL 2 Effective August 1, 2007

Level 2 - Floor Exercise, page 1-2

2. HEADSTAND TO KNEEL (0.40), HINGE (0.40)

(5, 6, 7, 8)

Place the hands and head on the floor (with the head in front of the hands in a triangular formation). Lift the feet off the floor in a straddle position as the hips move directly in line over the head. The legs move sideward-upward to join at vertical in a HEADSTAND with the body in an extended vertical position.

(1, 2, 3, 4)

Hold two seconds.

(5, 6, 7, 8)

Pike the hips to lower the legs. Keep the legs together and straight until the toes touch the floor, then bend the legs to place the knees on the floor with the ankles extended. (Knees may be slightly separated in the kneeling position.) Lift the torso to finish in an upright kneeling position with the hips extended.

ARMS: Lift forward-upward to high position as the torso lifts.

(1, 2, 3, 4)

While maintaining an open hip angle (straight line between the knees and shoulders), lean the torso backward a minimum of 30° to execute a HINGE. Lift the torso back to a straight kneeling position.

ARMS: Lower forward-downward to forward-middle before the HINGE. Return to high position at the end of the HINGE.

(5, 6, 7, 8)

Lift the Right leg forward, bending the Right knee to place the Right foot slightly turned out flat on the floor. Straighten both legs to arrive in a stand on the Right leg, with the Left leg extended backward and the Left foot pointed on the floor.

ARMS: Open to diagonally-sideward-upward.

PENALTIES:

Level 2

2. Hinge (0.40)

Failure to keep hips extended on hinge Up to 0.20