

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

Level 1 - Floor Exercise, page 3

5. CRAB STAND (0.60)

(5, 6, 7, 8)

Roll out of the Candlestick to a tuck sit with the knees bent and the feet flat on the floor, shoulder-width apart.

ARMS: Hands remain flat on the mat, by the hips, in the tuck sit.

(1, 2, 3, 4, 5, 6, 7, 8)

Lift the buttocks off the floor and open the hips and torso to a CRAB STAND with the torso extended and parallel to the floor. **Hold one second.**

ARMS: Push down against the floor and extend the arms.

Bend the arms and legs, lowering the body through a tuck sit, then straighten the legs to arrive in a straight back lying position on the floor, with the arms extended overhead.

New deductions for Floor Exercise, Level 1

5. Crab Stand (0.60)

Failure to hold crab stand 1 second	Up to 0.10
Arms bent in crab stand	Up to 0.30
Insufficient opening of hips (parallel)	Up to 0.20