

Foreword

The new edition of the *Code of Points* for women's artistic gymnastics in 1985 was necessary, because again an enormous development in the physical and psychological performance of the gymnasts in this beautiful demanding sport took place since the appearance of the 1979 *Code of Points*, and likewise a correspondence in the work of the judges must occur. In a tempo not previously experienced, new original exercises and exercise sequences were created on all apparatus and complicated as well as elegant exercise elements were creatively transferred from one apparatus to another, and the exercise sequences were further densified. The trend of raising the difficulties to higher technical perfection with simultaneous perfection of the harmony and aesthetics of the movement sequences further developed. All this, as well as the collected experiences with the present regulations of the Code of Points at international competitions, prompted the FIG Women's Technical Committee to the revision, in which also the submitted proposals of the various national federations since 1981, were taken into consideration. The duty of the judges will be furthermore, according to the best knowledge and conscience, allowed without premeditated subjective judgment, to consider the value of the presentations, which were composed by the gymnasts and their coaches in long and diligent preparation, in good awareness of all binding regulations of this *Code of Points*.

It is the responsibility of the judges, based upon the present *Code of Points*, to understand in their totality

- the structure of the exercise as a whole
- the difficulty of the elements and connections
- the flow of the movements, as well as
- the harmony of the music on floor exercise.

The main point is to consider, next to the technical perfection of the execution, the harmony and the strength of aesthetic expression, as well as the feminine grace and elegance.

Every judge should be conscious that: it is an obligation of her function through just evaluation, by that which has become the existing established norm, to reward new, progressive exercise elements according to merit and thereby stimulate the constant development of our beautiful and eternally young sport. Unjust and incorrect judging, on the contrary, could have very damaging results - on the willingness of the individual gymnasts and their respective coaches to work, as well as for the overall development of international gymnastics.

The Tables of Value Parts (Difficulties) printed in the *Code of Points* contain elements of value (difficulty) A, B, C, and D, as they are provided for international competitions.

The FIG Women's Technical Committee thanks all of those women, who have contributed to the revision of this *Code of Points*, and wishes all judges much success in their activities.

Ellen Berger
President of the FIG Women's Technical Committee

International Federation of Gymnastics (FIG)

Women's Technical Committee (WTC)



Code of Points - Women/FIG

For Competitions in Artistic Gymnastics for Women in the Olympic Games, World Championships, Intercontinental, Continental, Regional Games and Competitions, Events with international representation and between countries.

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The revision of the Code of Points occurred through the WOMEN'S TECHNICAL COMMITTEE (FIG/WTC) and these working groups appointed by them.

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Article 1

Purpose and Goal of the Code of Points

The following Code of Points has the task:

- to guarantee the most objective and uniform judgment of exercises in artistic gymnastics at the international level
- to advance the knowledge and skill of the judges and
- to serve as helpful orientation for the gymnasts as well as coaches in the construction of exercises and the preparation for competitions.

The Code is based on the Technical Regulations (TR) as well as the fundamental decisions of the FIG authorities. They take into consideration extensively the modern development of artistic gymnastics in all the world.

The Head Judges and judges are obliged to hold themselves to this Code without subjective interpretation, otherwise, they can be dismissed from their positions by the competition leaders.

The Technical Committee of FIG recommends that the member federations of FIG also apply this Code of Points for evaluation of national competitions and international contests.

Article 2

The Working Procedure of the Judging Panel

The judgment of compulsory and optional exercises at FIG Competitions takes place in Competition Ia, Ib, and II by

- 1 Head Judge
- 6 Judges and
- 1 Scientific Technical Collaborator (STC);

in Competition III by

- 2 Head Judges
- 6 Judges and
- 1 STC.

1. At Competitions between Nations and International Contests

- 1 Head Judge (neutral)
- 3 Judges and
- 1 STC

or

- 1 Head Judge (neutral)
- 4 Judges
- 1 STC

are able to be placed-inserted.

The STC may be from the organizing country. For the formation of the judging panel, the prescriptions of the TR, Edition 1982, 16-5 and 16-6 are to be adhered to.

2. Seating Arrangement of the Judging Brigade

The Head Judge, STC, and Assistant sit at an angle of 90° from the middle of the apparatus in a distance which allows a correct and undisturbed observation of the exercise.

The six judges have the following seating arrangement:

Horsevault	<u>6</u>	Asst.	H. J.	<u>1</u>
	5	4	3	2

Uneven Bars, Balance Beam and Floor

	<u>6</u>	Asst.	H. J.	STC	<u>1</u>
	5	4	3	2	

All seats should stand on a small podium of approximately 50 cm height.

3. The Determination of the Average Score

The six scores of the judges are used for the evaluation. The highest and lowest scores are eliminated; the four middle scores are added and divided by four = **Average Score**.

Head Judge	Judges					
	1	2	3	4	5	6
9.40	9.00	9.30	9.40	9.40	9.50	9.60
Scores: 9.30 + 9.40 + 9.40 + 9.50 = 37.60 : 4 = 9.40 Pts. Average Score						

Head Judge	Judges					
	1	2	3	4	5	6
9.50	9.30	9.40	9.40	9.60	9.50	9.60
Scores: 9.40 + 9.40 + 9.60 + 9.50 = 37.90 : 4 = 9.475 Pts. Average Score						

In Competition III the scores of both Head Judges are averaged; this average is the Average Score of both Head Judges. The difference between these scores may not be greater than what is indicated in the following.

The score of the Head Judge(s) has a control function and only comes into consideration, if the Base Score has to be applied. (See Calculation of the Base Score - page 8).

The difference between the four middle scores may not be greater than:

Competition Ia, Ib and II

- 0.20 Pt. for scores between 9.50–10.00 Pts.
- 0.30 Pt. for scores between 9.00– 9.45 Pts.
- 0.40 Pt. for scores between 8.50– 8.95 Pts.
- 0.50 Pt. in all other cases.

Competition III

The difference between 5 of the 6 scores (closest together) must not be greater than:

- 0.10 Pt. for scores between 9.50–10.00 Pts.
- 0.20 Pt. for scores between 9.00– 9.45 Pts.
- 0.30 Pt. in all other cases.

The difference between the scores of the judges and the Head Judge must also correspond with this point difference. (In Competition III the Average Score of both Head Judges).

If there is too great a difference between these scores, a conference of all six judges follows.

In this conference either

- the unallowable value differences are clarified or
- the base score is calculated. **The application of the Base Score is only able to occur with the permission of the President of the FIG/WTC.**

4. Calculation of the Base Score

Examples:

Competition Ia, Ib, II

Head Judge	Judges					
	1	2	3	4	5	6
9.80	9.50	9.50	9.50	9.60	9.70	9.80

Scores: $9.50 + 9.50 + 9.60 + 9.70 = 38.30 : 4 = 9.575$ Pts. Average Score
 $9.80 + 9.575 = 19.375 : 2 = \mathbf{9.687(5)}$
= 9.688 Pts. Base Score*

Competition III

Head Judge	Judges						
	1	2	1	2	3	4	5
9.20	9.30	9.30	9.40	9.40	9.60	9.50	9.60

9.25
 Scores: $9.40 + 9.40 + 9.60 + 9.50 = 37.90 : 4 = 9.475$ Pts. Average Score
 $9.25 + 9.475 = 18.725 : 2 = \mathbf{9.362(5) Pts.}$
= 9.363 Pts. = Base Score*

*** Note:**

- If as a result of the Base Score more than three digits appear after the comma, a «rounding off» corresponding to mathematical rules occurs. (If the digit that follows the third place is smaller than 5, the third digit remains unchanged; if the following digit is exactly or greater than 5, a raising of the third digit one number occurs).

Examples: 9.3514 → 9.351; 9.3625 → 9.363

5. Rights and Duties of the Judging Brigade

The Head Judge, Judges, STC and Assistants must possess knowledge of:

- Code of Points – Women of the FIG;
- Technical Reglement of the FIG.

They must:

- possess a Brevet (valid for OG, WC, and World Cup);
- successfully have participated in an intercontinental, continental, or international course;
- be inscribed on the list of international acknowledged judges (exception are the Assistants);
- be at the competition site 1 hour before the beginning of the competition;
- take part in the Judges Courses before the competition, (extraordinary exceptions, which were caused by a higher power, will actually be decided by the FIG/WTC);
- wear the prescribed competition uniform (dark blue skirt and jacket, white blouse). At the Olympic Games the uniform is supplied by the Organizing Committee.

They must not leave their place during the competition or have contact with other persons.

Only the Head Judge has the right to have contact with the President of the FIG/WTC, respectively the Jury of Appeal.

5.1 Formation of the Jury of Appeal

(See TR, Edition 1982,

Article 27-3)

- President of the FIG or his representative
- President of the Women's Technical Committee of the FIG
- Head Judge of the respective apparatus

This Governing Body has the right to confirm – uphold, to raise or lower a score. (See also TR, Edition 1982, Article 27-3).

5.2 Rights and Duties of the President of the FIG/WTC

- She conducts that intercontinental Course for the judges.
- She is responsible for the judges' Course before the Competitions (OG, WC, and World Cup).
- She appoints lecturers for continental, international and national judges' courses.
- She is responsible for the special course for the Scientific Technical Collaborators (STC).
- She is responsible for the draw of Head Judges, whose places are filled by members of the FIG/WTC at the OG, WC, and World Cup.
- She conducts the draw of Judges for use in the competition (OG, WC and World Cup).
- She has the right to consult with the Head Judge, if in her opinion the Average Scores are too high or too low in comparison to the scores on the other apparatus (same standard for all apparatus).
- She takes the deductions for incorrect competition attire:
 - In Competition I and II from the All Around total,
 - In Competition III from the Average Score of the respective apparatus.
- She conducts the Protest Meeting with the Jury.
- After a change of score, she corrects the official score sheets and signs them.

- In collaboration with the FIG/WTC and the Jury of Appeal she is able to:
 - remove Head Judges or judges from the competition, if insufficient expert knowledge or subjective evaluation activity is able to be proven (work with red and yellow cards);
 - expel Trainers (male and female) from the podium, if they violate the Regulations by their behavior.
- She handles all technical organizational matters of the competition with the Members of the FIG/WTC and effects the checking over of the:
 - apparatus according to the Norms of the FIG;
 - signals, timing devices, score sheets, etc.
- She gives the Organizing Committee corresponding information concerning all questions that pertain to the competition.

5.3 Rights and Duties of the Head Judge (OG, WC, and World Cup)

- She must first write down her score.
- She is responsible for the correct work of her judges.
- She must instruct the judges before the competition for the correct work on the apparatus.
- She checks whether the apparatus and mats correspond to the FIG Norms, all necessary working materials are on hand and functioning (light signals, scoreboards, stop watches, gong, etc.).
- She checks the scores of the judges, the difference between the middle scores and calculates the Average Score.
- She must call together the six judges in case of an unallowable score difference or incorrect evaluation. In the conference the evaluation differences will be clarified. The Head Judge must call the President of the FIG/WTC in case of different interpretations in order to reach a decision.
- She takes the deduction for:
 - incorrect flashing of the vault number;
 - she decides whether the interruption of the exercise was caused by the gymnast or team leader (coach) or was due to a technical failure;
 - excess overtime or undertime;
 - stepping over the floor area (boundary line).
- She checks the prescribed work of her assistants:
 - the use of the green or red light to begin or at the end of the exercise;
 - the use of the gong corresponding to the regulations;
 - the reporting by the line judges on floor when the floor area is exceeded (written information to the Head Judge);
 - flashing of the vault number;
 - correct flashing of the Average Score.
- She has to deliver to the WTC President a report of all occurrences.

5.4 Rights and Duties of the Scientific Technical Collaborator (STC) Certificate of Competency by a Special Examination

She calculates the content value of the exercise and must write the entire program/composition:

- all A-, B-, C-, and D-Parts,
- all original elements and connections,
- all special requirements of the apparatus.

She works directly together with the Head Judge and has an advisory voice during the clarification of evaluation differences. She makes available her exercise notation for the handling of the complaints. For the purposes of control and analysis, the STC has to check her symbols with the video records (pictures) at the competition site. In principle the STC must belong to a different nation than the Head Judge.

5.5 Rights and Duties of the Judge

She must evaluate the exercise correctly and with great expertise.

- She must fill out the judges' slip quickly and clearly – clean with **legible** signature.
- She must record:
 - number of A-, B-, C-, and D-Parts,
 - bonus points for Originality, D-element, and Virtuosity,
 - deductions for Special Requirements,
 - Execution and Combination errors.

5.6 Rights and Duties of the Assistants (at OG, WC, and World Cup)

They are able to be inserted:

- as a line judge on floor (at exceeding the boundary line, signal with whistle or similar instrument and inform the Head Judge in writing);
- as a timer on balance beam and floor;
- as a timer for the intermediate time and control of the beginning of the exercise after the lighting of the green light or the sign from the Head Judge;
- to flash the vault numbers or other tasks.

Article 3

Rights and Duties of the Gymnast

- The gymnast must be informed about the Code of Points, and behave according to the rules. She must wear proper athletic competition attire (leotards) with a national emblem.
- The leotard must correspond with sportive-aesthetic principles.
- Bandages are allowed; they must be securely fastened. Starting numbers must be worn for organizational and technical purposes; hip or other padding is not allowed.
- The wearing of gymnastic slippers and socks is optional for the gymnast.
- She may place markings on the balance beam.
- The gymnast presents herself to the Head Judge at the beginning and at the end of the exercise. Besides, she must pay attention to begin the exercise when the green light is lit or when the Head Judge has given the signal to start.
- The gymnast must begin the exercise within 30 seconds (on all apparatus).
- After the ending of her exercise the gymnast must **immediately** leave the podium.
- Prior to Competition II and III, she has a warm-up of 30 seconds on vault, balance beam and floor and 50 seconds on the uneven bars (including preparation of the bars). The end of the warm-up will signaled by a gong. If the gymnast is on the apparatus at this time, she may then finish the element she has started. If a gymnast gets on the apparatus after the warm-up or during a pause for consultation of the judges, there is a deduction of 0.30 Pt. each time for undisciplined behavior (deduction through the Head Judge with the President of the FIG/WTC).

- She is responsible for the correct showing of her vault number.
- If the gymnast must leave the hall during the competition, then she must give notification to the Head Judge through the coach. The competition may not be delayed through her absence. Conscious absence from the competition hall leads to disqualification and to withdrawal of medals.
- As a reserve gymnast for Competition II and III, she must adhere to the Regulations according to Article 5.

Article 4

Rights and Duties of the Coach

- She must know the Code of Points and behave according to the rules.
- She may be on the podium during the competition only to remove the board at the bars and the beam, but may not obstruct the view of the judges.
- During the competition she may not have contact with other persons with the exception of the team doctor, delegation leader and pianist and, if necessary, with the Head Judge jointly with the President of FIG/WTC.
- She may not give signs or audible incitement to action to the gymnast during the exercise and may not touch the apparatus (deduction each time 0.20 Pt.).
- Questions concerning the evaluation (scoring) by her are not allowed.
- Submission of protests (see TR, Edition 1982, Article 27-5).

The gymnastics are permitted to be chaperoned during Competition Ia and Ib by one **female coach** only. In Competition II two female coaches are able to be inserted, if the gymnasts start in different squads.

During the 3 minute warm-up in Competition Ia and Ib, the gymnast is able to be assisted by a second trainer (male or female). After the warm-up only female trainer(s) may step on the podium.

Trainers (male and female) are to stay with the team in the inner arena circle during the competition (maximum 2 persons).

Article 5

General Remarks Concerning the Compulsory and Optional Exercises

In principle, the compulsory and optional exercises may not be repeated. Exceptions: Defects in the apparatus, lack of organization, or similar things that occur through no fault of the gymnast.

The repetition of an exercise can only occur by decision of the Head Judge of the respective apparatus; in dubious cases, the Jury.

When Competitions Ia and Ib are performed, the optional exercises must be different from the compulsory exercises.

Elements from the compulsory exercise may be executed in the optional exercise, but with other connections before and after the element. Maximally,

an original compulsory connection of three elements may be executed in the optional. If a gymnast shows more than 3 compulsory elements in an original compulsory connection, the compulsory mount or compulsory dismount in the optional exercise, then a deduction of 0.30 each time occurs.

Only the compulsory and optional exercise on the balance beam and floor are subject to a prescribed time limit. The Assistants begin timing when the gymnast takes off from the springboard, mat, or floor or begins on floor with the first movement of her exercise. They stop the clock, when the gymnast

- takes off from the beam, or
- ends her floor exercise with the last movement.

If the dismount occurs at the sound of the second signal, there is no deduction.

If the dismount occurs after the sound of the second signal -

Deduction: 0.20 Pt. for exceeding time

and the judges evaluate the entire exercise including the dismount and landing.

Five seconds prior to the time limit and at the maximum time limit, a signal will be communicated that the exercise is to be finished. For interruption in the exercise due to a fall, limited intermediate time periods are fixed. If the intermediate time period during a fall is exceeded, then the exercise is considered terminated; all missing value parts and special requirements will be deducted. The interruption in the exercise is timed separately; it will not be calculated in the total time of the exercise. After a fall the resumption of the timing begins with the first movement to continue the exercise. First in this moment - with the first movement - is the time interruption (maximum 10 seconds) ended.

A springboard, which may be placed on the prescribed mats, is permitted for the mounts (compulsory and optional) on the uneven bars and the balance beam. Additional supports such as mats, boards, or other objects are not permitted.

The arrival on the springboard is permitted from:

- the approach forward (take off forward)
- the round-off (take off backward).

If more than one element before the arrival on the board is performed, the vault is invalid.

An additional run is permitted for the mount, if the gymnast on her first attempt has **not** touched the springboard and the apparatus or **not** run underneath the apparatus.

During the vault (optional) a third run is permitted, a second run for compulsory vault, under the same conditions, if the springboard and the vaulting horse have **not** been touched. In Competition II or III the same or also different optional exercises as in Competition Ib may be performed.

The 36 best placed gymnasts from Competition Ia and Ib are allowed in Competition II (a maximum of 3 gymnasts per nation). The 8 best gymnasts from Competition Ia and Ib are allowed in Competition III (a maximum of 2 gymnasts per nation). The next two gymnasts in rank order will be determined as reserves. They must prepare themselves as follows:

- Competition II until the end of the competition on the first apparatus
- Competition III until the start of the last gymnast on the respective apparatus. (See TR, Edition 1982, Article F-15, F-16, and F-17).

A national federation does not have the right to interchange gymnasts in Competition II and III. If for any reason a gymnast is prevented from starting, the gymnast next in order from her federation may be inserted, if she has a better placement than the assigned reserve gymnast.

This decision can only occur jointly with the FIG/WTC President.

Article 6

The Evaluation of the Compulsory Exercises

The compulsory exercises on the apparatus – vault, uneven bars, balance beam, and floor – will be evaluated from 10.00 points. The contents and combination of the compulsory exercises will be made available by the FIG/WTC and sent out to the national federations through a publication by the General Secretary of the FIG.

The written text of the compulsory exercises contains:

- Text and illustrations of the compulsory exercises
- Table of Deductions for faults
- Time limits for the exercise on the balance beam and the floor
- Music for the floor exercise

The compulsory exercises may be reversed in total and also in a passage, which is marked with a *.

For a reverse performance on the balance beam and floor exercise, one additional step or less is permitted.

In horse vaulting the gymnast has only one attempt.

Article 7

The Evaluation of the Optional Exercises

The optional exercise on the apparatus – uneven bars, balance beam, and floor – will be evaluated from 9.50 points, the optional vault from the value of the vault.

For special performance, a bonification of 0.50 point total is possible, so that a maximum of 10.00 points can be reached.

1. Requirements of the Exercise

The evaluation of the optional exercises follows based upon these taxation factors (formula):

- Value Parts (difficulties)	3.00 Points
- Bonus Points (bonification)	0.50 Point
- Combinations (construction of the exercise)	2.50 Points
- Execution	<u>4.00 Points</u>
	10.00 Points Maximum

1.1 Value Parts (Difficulties)

Competition Ib	Competition II	Competition III
3 A- 0.20 = 0.60 Pt.	2 A- 0.20 = 0.40 Pt.	1 A- 0.20 = 0.20 Pt.
3 B- 0.40 = 1.20 Pts.	2 B- 0.40 = 0.80 Pt.	2 B- 0.40 = 0.80 Pt.
2 C- 0.60 = 1.20 Pts.	3 C- 0.60 = 1.80 Pts.	2 C- 0.60 = 1.20 Pts.
	(from this 1 natural * C)	(2 natural * C)
		1 D-** 0.80 = 0.80 Pt.
<u>3.00 Pts.</u>	<u>3.00 Pts.</u>	<u>3.00 Pts.</u>

* natural = according to the Difficulty Table, that is, not «value raised».

** natural D- or D-connection

1.2 Bonus Points (Bonification-ODV)

- Originality	maximum 0.20 Pt.
- Additional «D»	maximum 0.10 Pt.
- Virtuosity	<u>0.20 Pt. = 0.50 Pt.</u>

1.3 Combination

- Progressive distribution of elements, dismount corresponding to the value of the exercise	0.50 Pt.
- Diversified, original composition of the exercise through the various elements, connections, and value parts (difficulties)	1.00 Pt.
- Space and direction	0.50 Pt.
- Tempo and rhythm	<u>0.50 Pt. = 2.50 Pts.</u>

1.4 Execution

- Technique, Amplitude, and Posture	
- Exactness of phases during turns around several axes	
- Salto turns, combined turns, or turns around the LA, pirouettes in the highest possible point of the flight trajectory	
- Absolute sureness of performance	= 4.00 Pts.
	<u>10.00 Pts.</u>
Total	

The judges must judge the exercise according to the above named taxation formula and fill out the score slip as follows:

- Originality	Pt.
- Additional «D»	Pt.
- Virtuosity	Pt.
Final Score	Pts.
Remarks:	
.....	
Signature of Judge	

2. Directives for the Determination of the 10.00 Points

The exercises are composed of elements that possess different difficulty values.

Their values are divided as follows:

A-part = easy part	0.20 Pt.
B-part = part with middle difficulty value	0.40 Pt.
C-part = part with high difficulty value	0.60 Pt.
D-part = part with highest difficulty value	0.80 Pt.

The Code of Points contains specific apparatus Difficulty Tables (see Article 10 to 13).

The B-, C-, and D-parts require a specific technical execution.

If such parts are not executed according to the requirements, a lowering of the value part (difficulty) level occurs.

Difficult value parts can replace easier value parts, but not the reverse. The same elements (from B) can be recognized two times in an exercise as a value part (difficulty), if they are preceded or followed by a different connection. If performed the third time, the difficulty value is not considered, but it can serve as a connection for value raising for the following element. The counting of elements occurs in chronological order.

Examples:

An **Uneven bar exercise** contains:

- Clear hip circle to a handstand - Clear hip circle to a handstand (2× recognition as a value part) and
- Stalder backward to a handstand - Clear hip circle to a handstand (third clear hip circle: **no** recognition as value part).

A **Balance beam exercise** contains:

- **first series:** flic-flac - walkover backward (recognition of both value parts)
- **second series:** flic-flac - salto backward with step out (recognition of both value parts)
- **third series:** flic-flac - salto backward tucked (third flic-flac: **no** recognition as value part)

A **Floor exercise** contains:

- **first series:** Salto backward with 2/1 twist (720°) - flic-flac, salto backward with 2/1 twist (720°) (recognition of both value parts)
- **second series:** Salto forward - round-off - flic-flac - salto backward with 2/1 twist (720°) (third salto backward with 2/1 twist (720°): **no** recognition as value part)

There is value raising for series of value parts, that means:

- with the connection of two or several value parts, the second and each following element will raise (Specific Apparatus Regulations See Articles 11, 12, 13).

3. Bonus points for Special Performance (Bonification)

3.1 For Originality a maximum of 0.20 bonus point will be given. In reference to originality there are different definitions, for example:

«A thing is original, if it can serve as an example without having had a model.»

Referring to artistic gymnastics, we speak of Originality, if new movement forms or newly styled exercise parts or connections are performed, which go beyond the frame of what is considered as known, traditional, or classical.

There are bonus points for Originality when the following conditions are fulfilled:

- an element/connection with **New Value (NV)** from C - according to the Difficulty (Value Part) Table 0.20 Pt.
- an element/connection with **Rare Value (RV)** from C - according to the Difficulty (Value Part) Table 0.10 Pt.

3.2 For Additional D-elements a maximum of 0.10 point will be given, that means:

- in Competition Ib one D-element
- in Competition II one D-element
- in Competition III more than one D-element

D-elements or connections are movements which demand special courage, require the highest body control, for example:

- flight elements without or with turns in flight
- parts with high movement intensity, with a high requirement for strength, coordination, orientation, balance among other qualities.

Bonus points for D- will only be given for the successful (well done) D-element/connections.

3.3 For **Virtuosity** there is a maximum of 0.20 bonus point.

«Virtuosity is skillful, complete command of the technique of gymnastic elements.»

Based upon this bonus points for Virtuosity will only be given, if a nearly faultless presentation would be performed.

For this reason the gymnast receives no bonus points with a fall or intermediate swing.

For the bonification of Virtuosity one is to observe:

- The exercise must contain
 - the required value parts (difficulties) and
 - all special requirements.
- The deductions for execution may not exceed in total 0.30 Pt.
- 0.20 bonus point for Virtuosity are only able to be given, when the execution errors do not exceed 0.10 Pt. (maximum 3× - each 0.10 Pt.)
- 0.10 bonus point for Virtuosity is able to be given, when an execution error of 0.20 Pt. and an additional small error of 0.10 Pt. (maximum 0.30 Pt.) occurs.

(See Page 18 for Examples for Calculation of Bonus Points for Virtuosity.)

Examples for Calculation of Bonus Points for Virtuosity

The exercise contains (Competition Ib)	Gymnast A	Gymnast B	Gymnast C	Gymnast D	Gymnast E	Gymnast F
1. Requirements according to Code of Points (A, B, C, – Special Requirements = fulfilled) Exercise begins with:	Fulfilled	Fulfilled	Fulfilled	Fulfilled	Fulfilled	Fulfilled
	9.50 Pts.	9.50 Pts.	9.50 Pts.	9.50 Pts.	9.50 Pts.	9.50 Pts.
2. Deductions for technique, posture, composition (= maximum 0.30 Pt.)	3×0.10 Pt.	1×0.20 Pt. 1×0.10 Pt.	1×0.30 Pt.	2×0.10 Pt.	—	1×0.10 Pt.
	–0.30 Pt.	–0.30 Pt.	–0.30 Pt.	–0.20 Pt.	—	–0.10 Pt.
3. Interim Value (At least 9.20 Pts.)	9.20 Pts.	9.20 Pts.	9.20 Pts.	9.30 Pts.	9.50 Pts.	9.40 Pts.
4. Bonification for – Originality – D	+0.20 Pt. +0.10 Pt.	+0.20 Pt. +0.10 Pt.	+0.20 Pt. +0.10 Pt.	+0.20 Pt. —	— —	+0.10 Pt. +0.10 Pt.
5. Bonification for – Virtuosity	+0.20 Pt.	+0.10 Pt.	None	+0.20 Pt.	+0.20 Pt.	+0.20 Pt.
6. Final Score	9.70 Pts.	9.60 Pts.	9.50 Pts.	9.70 Pts.	9.70 Pts.	9.80 Pts.

Article 8

General Directives for the Preparation and Execution of the Competitions and Courses for Judges

1. Recognition of New Elements/Connections and Vaults

All new elements/connections and vaults (performed for the first time in the world – premiered) are to be submitted three months before the decided competition or on the day of arrival at the competition to the President of the WTC with technical description and drawings (illustrations).

She discusses with the FIG/WTC concerning:

- difficulty value (A, B, C, or D)
- originality value (New Value/NV or Rare Value/RV)
- Starting Value (SV) of new vaults (vault group and vault number)

The decision is communicated:

- to the concerned federation – written and
- to the judges at the Judges' Instruction before the competition.

2. Determination of Elements/Connections with NV or RV

(From C – according to the Table of Difficulties)

After the OG, WC, and World Cup, the FIG/WTC publishes a list, on which are itemized all the

- new elements and vaults and
- rare elements, and
- principles for new and rare connections.

The NV and RV of the elements/connections is determined on the basis of the analysis of all program contents of the OG, WC, and World Cup as follows:

3. New Value (NV)

3.1 «World Premiered» – submitted and confirmed by the FIG/WTC. The originator (new) receives 0.20 bonus point for this, until other gymnasts have already performed the element/connection.

3.2 New Elements from the Code of Points, which up until now were not shown at the OG, WC and World Cup.

These new elements from the Code of Points have New Value (NV) for the respective gymnast only at the «first performance.» At the following OG, WC and World Cup these elements have for all gymnasts the Originality Value, which is stipulated in the official List.

4. Rare Value (RV)

Rare C or D become internationally standard, if they

- where shown by several gymnasts or
- bring about no original effect.

In exceptional cases, the FIG/WTC is able to award renewed NV/RV for elements, which were **not** shown for **many** years (i. e. Zuchold – dislocate) and have an effect of NV with a «recall performance».

5. Directives for Recognition of NV/RV in Competition

Bonus points for Originality will be awarded for «successfully» performed C or D.

There is no bonification for Originality or new or rare C or D

- with a fall or
- with a repetition, also if these elements/connections are performed with another connection before or after.

6. Remarks to the List of NV and RV

A new list will be published after the following competitions:

- after Olympic Games
- after World Championships, and
- after a World Cup.

The validity can run for one or two years.

It is organized according to apparatus. All original elements and connections are itemized according to NV and SV and are provided with a number according to the Code of Points, as well as an illustration of the element.

The List will be sent as a circular by the Secretary General of the FIG to all affiliated federations. It can be reordered for a specified fee.

It is a part of the Code of Points and consequently the evaluation basis for all FIG Competitions.

New elements and connections are able to be submitted at all other international competitions (competitions between nations, international invitations, etc.) to the organizer. The evaluation and the decision occurs in the technical discussion. The NV or RV of these elements have validity **only at this** respective competition. They appear for the first time on the List – FIG/WTC, if they were submitted, confirmed, and also performed at the OG, WC, or World Cup.

7. Linguistic Understanding at Intercontinental Judges' Courses

The national federations must provide for the translator themselves, in case the judges have language difficulties.

Article 9

General Deductions for Faults

Under general deductions for errors, one understands that it pertains to what may occur during the exercises on all apparatus.

One distinguishes (differentiates):

- Posture errors
- Technical errors
- Compositional errors
- Errors in behavior of the gymnast or coach

These errors can occur as:

- **Small Faults** 0.10 Pt.
For example:
 - slight opening of the legs
 - poor foot or arm work
 - relaxed leg or body posture, etc.
- **Medium Faults** 0.20 to 0.30 Pt.
For example:
 - distinct deviation from perfect technique (inferior [low] amplitude, height or jumps/leaps, turns ended too late)
 - distinct posture failure such as strong knee errors and open legs
 - strong relaxed leg or body posture
 - intermediate swing
- **Large Faults** 0.40 Pt. and more
For example:
 - falls
 - strong deviation from correct technique
 - spotting assistance.

Specific apparatus errors are found in the respective Article of each apparatus.

Table for General Faults

Type of Fault	Deductions			
	0.10 Pt.	0.20 Pt.	0.30 Pt.	0.40 Pt. and more
Faulty position of the legs, arms, feet, body and head: - small - medium Touching of the apparatus or the floor - lightly - moderately Concentration pauses longer than 2 seconds (stops) Loss of balance, as 1 or 2 steps, hops, unsure landing, additional movements - small - medium Fall on the hips, knees, on or against the apparatus, support of both hands, support with one hand Grasping the apparatus Intermediate swing Spotting assistance during the exercise and on dismount Exercise without mount or dismount Two elements before the mount (bars, beam, floor) Missing elements: - «A»-Value Part (Difficulty) - «B»-Value Part (Difficulty) - «C»-Value Part (Difficulty) - «D»-Value Part (Difficulty) Under or overtime Exceeding the intermediate time during a fall Insufficient amplitude - partial (in sections) - during the whole exercise Compulsory mount, dismount, or Compulsory connection in the optional exercise (More than 3 elements)	0.10 Pt.	0.20 Pt.	0.30 Pt.	0.40 Pt. and more
	0.10 Pt.		up to 0.30 Pt.	
	0.10 Pt.		up to 0.30 Pt.	
	0.10 Pt.		up to 0.30 Pt.	
	0.10 Pt.		up to 0.30 Pt.	
			0.30 Pt.	
			each 0.30 Pt.	
		0.20 Pt.		
		each 0.20 Pt.		each 0.40 Pt.
		each 0.20 Pt.		
		up to 0.20 Pt.		each 0.30 Pt.
				0.50 Pt. 0.50 Pt.
				each 0.50 Pt.
			each 0.60 Pt. each 0.80 Pt.	
			Exercise is ended	
			up to 0.50 Pt.	

Type of Fault	Deductions				
	0.10 Pt.	0.20 Pt.	0.30 Pt.	0.40 Pt.	0.50 Pt. and more
Deductions by the Jury of Appeal: <ul style="list-style-type: none"> - incorrect costume/attire - missing national emblem - missing start number - conscious delay of competition on the apparatus - conscious interruption of the competition - leaving the competition area without notification of departure 	0.10 Pt. 0.10 Pt. 0.10 Pt.				Disqualification on apparatus Disqualification Disqualification
Deductions by the Head Judge:					
Behavior of the Coach: <ul style="list-style-type: none"> - remaining on the podium (male or female) - assistance through signals and cheers (shouts) - touching the apparatus during the exercise - blocking the view of the judges 		each 0.20 Pt. each 0.20 Pt. each 0.20 Pt.			each 0.50 Pt.
Behavior of the Gymnast: <ul style="list-style-type: none"> - springboard placed upon unauthorized mats - lack of presentation - failure to begin after green light is lit (after 30 sec. on all apparatus) - unobservance of the warm-up time - start of exercise when red light is lit 	0.10 Pt.	0.20 Pt.	0.30 Pt. 0.30 Pt.		Exercise invalid

Article 10

Horse Vault

1. General

All vaults must be performed with the support of both hands on the horse. The length of the run can be individually arranged. The arrival on the board is possible

- from a run (arrival forwards on both legs)
- from a round-off (arrival backwards on both legs)

The vault may not have more than one preparatory element before the arrival on the board.

The vault may not be performed as an optional vault in competitions with a compulsory program.

Before the vault, the vault number is to be shown (manually or electronically). The gymnast is responsible for the showing of the correct vault number. (See also Article 3)

2. Vault Groups

The vaults will be classified into the following four groups:

- Group 1 – Handsprings, Cartwheels with and without longitudinal axis turn.
- Group 2 – Salto forward with and without longitudinal axis turn.
- Group 3 – Saltos backward with and without longitudinal axis turn.
- Group 4 – Vaults from a Round-off.

3. Value of the Vaults

A-Vaults	to	9.00 Pts.
B-Vaults	from 9.10 Pts. to	9.50 Pts.
C-Vaults	from 9.60 Pts. to	9.90 Pts.
D-Vaults		10.00 Pts.

All judges evaluate the vaults from the Starting (maximum) Value (SV) according to the Vault Table. The Starting Value (SV) of the performed vault and not the **flashed** vault is decisive.

Example:

Flashed – Tsukahara stretched No. 3.40 SV 9.90 Pts.

Performed – Tsukahara piked No. 3.21 SV 9.50 Pts.

The judges use the Starting Value (SV) 9.50 Pts.; the Head Judge takes the deduction of 0.30 Pt. for the incorrect flashing of the vault number from the Average Score.

4. Special Requirements

- In Competition Ia the gymnast has only one attempt.
- In Competition Ib and II each gymnast has the right to two attempts; the better score of both vaults is counted. The vaults may be the same or different.
- In Competition III, two different vaults with different vault numbers must be shown. The Average Score will be arrived at by the averaging of the score of both vaults.
- The Final Average Score in Competition III is formulated as follows:
Competition $\frac{Ia+Ib}{2}$ = Average + Competition III Average of both Vaults.

5. Specific Apparatus Deductions

5.1 First Flight Phase:

- | | |
|---|-------------------------------------|
| - Body position fault (trunk, legs) | Deductions
up to 0.20 Pt. |
| - Strong tuck of the legs (not corresponding to the character of the vault) | up to 0.30 Pt. |
| - Prescribed longitudinal axis turn is not fully completed | up to 0.30 Pt. |

5.2 Support Phase:

- | | |
|---|----------------|
| - Body position fault (trunk, legs) | up to 0.20 Pt. |
| - Too long a support | up to 0.30 Pt. |
| - Arms remain bent in the support phase | up to 0.50 Pt. |

5.3 Second Flight Phase:

- | | |
|--|---------------------|
| - Body position fault (trunk, legs) | up to 0.20 Pt. |
| - Prescribed turn begun too early or not completed | each up to 0.30 Pt. |
| - Insufficient height/length | each up to 0.50 Pt. |
| - No stretch/open of the body before landing | up to 0.30 Pt. |
| - Insufficient tuck, pike, or stretch | up to 0.20 Pt. |

5.4 Landing:

- | | |
|--|----------------|
| - Deviation from a straight direction | up to 0.30 Pt. |
| - Aid during the landing | 0.50 Pt. |
| - Landing · small (See also Table of General Faults) | 0.10 Pt. |
| · medium | up to 0.30 Pt. |

5.5 Other Deductions:

- | | |
|---|----------------|
| - Aid during the vault | Invalid Vault |
| - Flashing an incorrect or no vault number | 0.30 Pt. * |
| - Insufficient dynamics during the vault | up to 0.20 Pt. |
| - Approach without execution of the vault | |
| · with touching of the springboard | Invalid Vault |
| · without touching of the springboard (See Article 5) | |

5.6 Absence of Special Requirements:

- | | |
|--|---------------|
| - Compulsory vault does not correspond to the required execution | Invalid Vault |
| - More than one preparatory element before the arrival on the springboard | Invalid Vault |
| - In Competition III is performed: | |
| · only one vault – | |
| Evaluation: Average score of the performed vault divided by two | |
| · two identical vaults – | |
| Evaluation: Deduction from the Final Average Score (average of both vaults) | 1.00 Pt. |

Attention!

Each element in this Code of Points is identified by a multi-digit number, in which the last two digits make clear the assignment to A, B, C or D.

.. 01	to .. 19	A-elements
.. 20	to .. 39	B-elements
.. 40	to .. 59	C-elements
.. 60	and following	D-elements

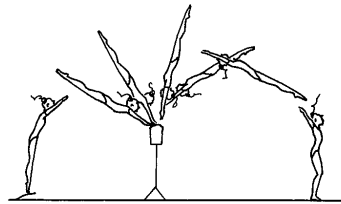
(Example: 2.24 on Floor = gymnastic turn = B-element)

* These deductions in Competition III will be taken by the Head Judge.

**Group 1
Handsprings, Cartwheels with and without
Longitudinal Axis Turn (Twist)**

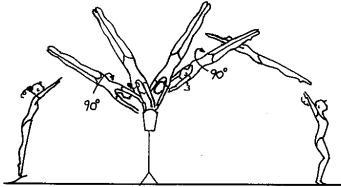
A-Vaults

1.01 Handspring



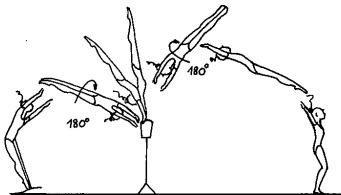
8.80 P.

1.02 Cartwheel on –
¼ turn (90°) off



8.80 P.

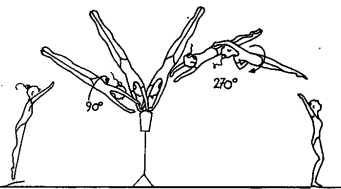
1.03 ½ turn (180°) on
– ½ turn (180°) off
Note: A hyphen
separates the first flight
from the second flight.



9.00 P.

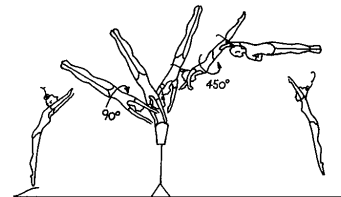
B-Vaults

1.20 Cartwheel on –
¾ turn (270°) off (in
same direction)



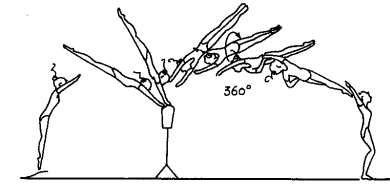
9.20 P.

1.21 Cartwheel on –
1¼ turn (540°) off



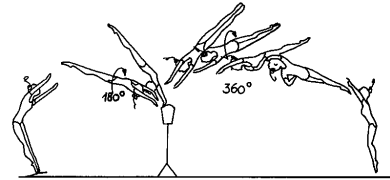
9.40 P.

1.22 Handspring on –
1/1 turn (360°) off



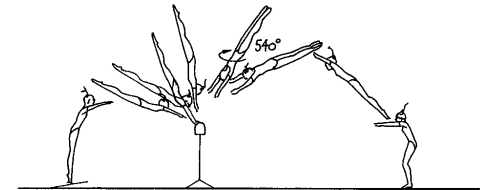
9.40 P.

1.23 ½ turn (180°) on
– 1/1 turn (360°) off



9.40 P.

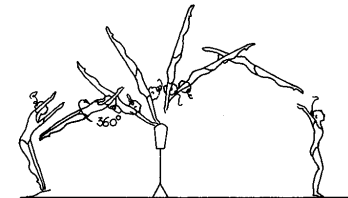
1.24 Handspring on –
1½ turn (540°) off



9.50 P.

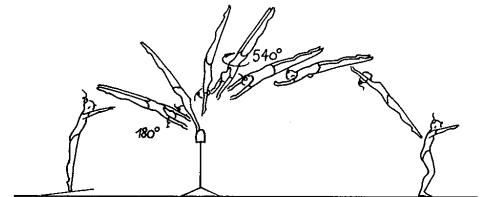
C-Vaults

1.40 1/1 turn (360°) on
– Handspring off



9.60 P.

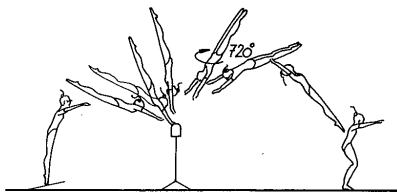
1.41 ½ turn (180°) on
– 1½ turn (540°) off



9.60 P.

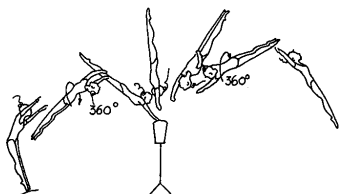
D-Vaults

1.60 Handspring on –
2/1 turn (720°) off



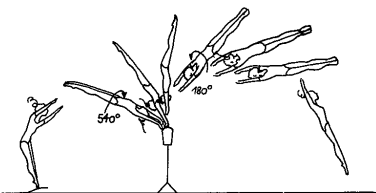
10.00 P.

1.61 1/1 turn (360°) on
– 1/1 turn (360°) off



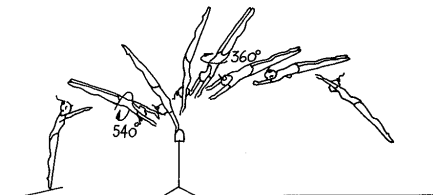
10.00 P.

1.62 1½ turn (540°)
on – ½ turn (180°) off



10.00 P.

1.63 1½ turn (540°)
on – 1/1 turn (360°) off



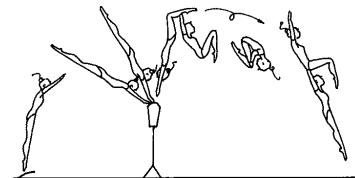
10.00 P.

Group 2

Salto forward with and without Longitudinal Axis Turn (Twist)

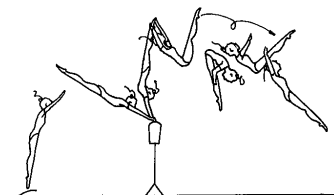
C-Vaults

2.40 Handspring on –
tucked 1½ salto forward
off



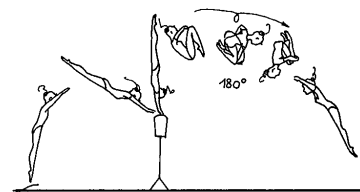
9.80 P.

2.41 Handspring on –
piked 1½ salto forward
off



9.90 P.

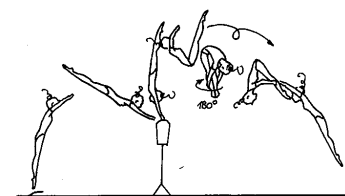
2.42 Handspring on –
tucked 1½ salto forward
with ½ turn (180°) off



9.90 P.

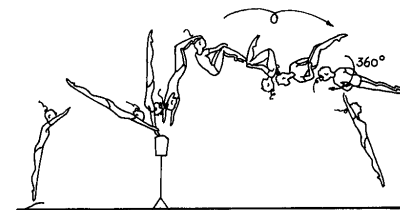
D-Vaults

2.60 Handspring on –
piked 1½ salto forward
with ½ turn (180°) off



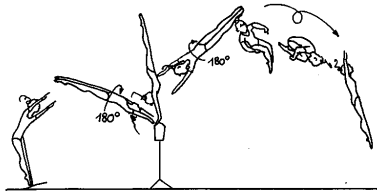
10.00 P.

2.61 Handspring on –
tucked 1½ salto with
1/1 turn (360°) off



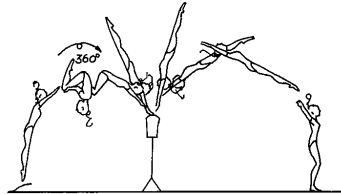
10.00 P.

2.62 1/2 turn (180°) on
- 1/2 turn (180°) with
1 1/2 salto forward off



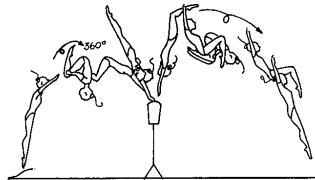
10.00 P.

2.63 Tucked or piked
1 1/2 salto forward on -
optional 2nd Phase
(Handspring) off



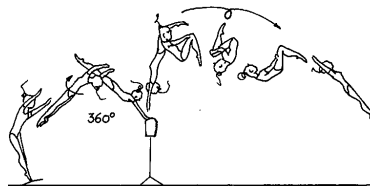
10.00 P.

2.64 1 1/2 salto forward
on - 1 1/2 salto forward
off



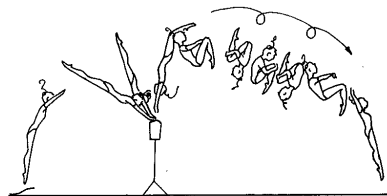
10.00 P.

2.65 1/1 turn (360°)
on - 1 1/2 salto forward
off



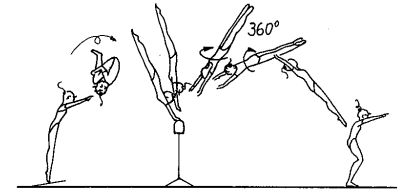
10.00 P.

2.66 Handspring on -
2 1/2 saltos forward off



10.00 P.

2.67 1 1/2 salto forward
on - Handspring with
1/1 turn (360°) off

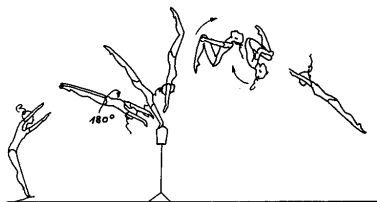


10.00 P.

Group 3
Salto backward with and without Longitudinal Axis
Turn (Twist)

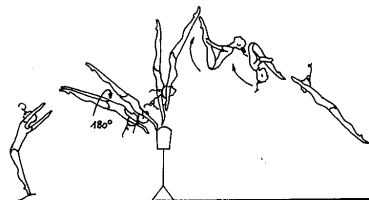
B-Vaults

3.20 Tsukahara tucked
 (Handspring with $\frac{1}{4}$ to
 $\frac{1}{2}$ turn (90° to 180°) in
 the first flight phase on
 - $\frac{1}{2}$ tucked salto
 backward off)



9.40 P.

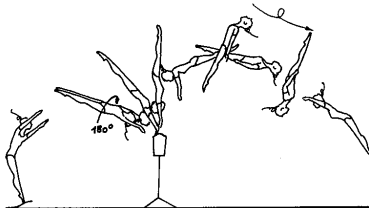
3.21 Tsukahara piked,
 90° to 180° in the first
 flight phase



9.50 P.

C-Vaults

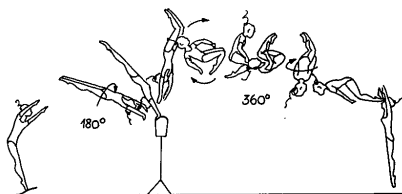
3.40 Tsukahara
 stretched, 90° to 180°
 in the first flight phase



9.90 P.

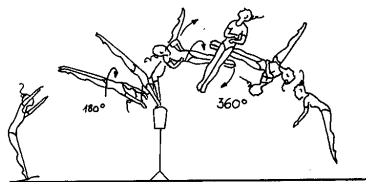
D-Vaults

3.60 Tsukahara with
 tucked $1/1$ turn (360°),
 90° to 180° in the first
 flight phase



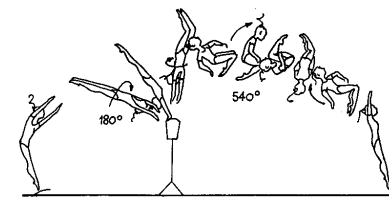
10.00 P.

3.61 Tsukahara with
 piked or stretched
 $1/1$ turn (360°), 90° to
 180° in the first
 flight phase



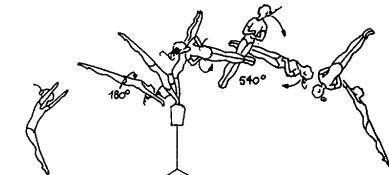
10.00 P.

3.62 Tsukahara with
 tucked $1\frac{1}{2}$ turn (540°),
 90° to 180° in the first
 flight phase



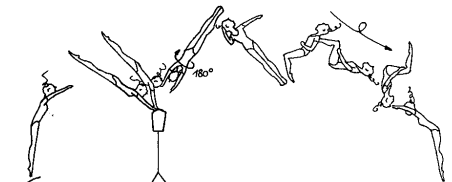
10.00 P.

3.63 Tsukahara with
 piked or stretched
 $1\frac{1}{2}$ turn (540°) off, 90°
 to 180° in the first
 flight phase



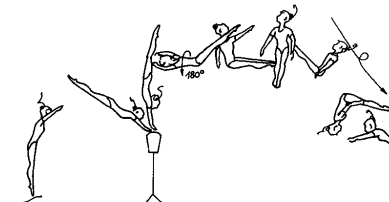
10.00 P.

3.64 Handspring on -
 $\frac{1}{2}$ turn (180°) and tucked
 $1\frac{1}{2}$ salto backward
 off



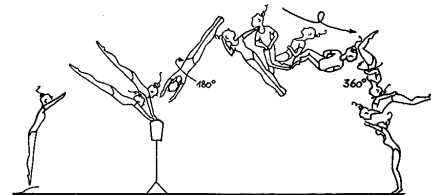
10.00 P.

3.65 Handspring on -
 $\frac{1}{2}$ turn (180°) and piked
 $1\frac{1}{2}$ salto backward off



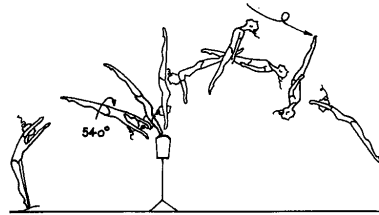
10.00 P.

3.66 Handspring on -
 $\frac{1}{2}$ turn (180°) and tucked
 or piked $1\frac{1}{2}$ salto
 with an additional turn
 in salto off



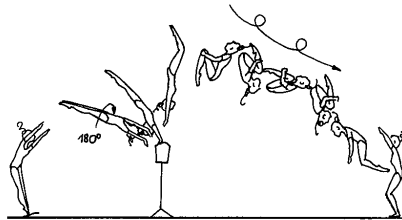
10.00 P.

3.67 1½ turn (540°)
on – 1½ salto backward
off (Tsukahara with an
additional 1/1 turn
(360°) in 1st phase)



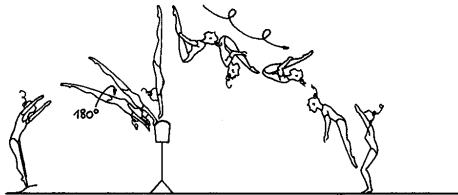
10.00 P.

3.68 Tsukahara with
tucked 2½ salto
backward off, 90° to
180° in the first flight
phase



10.00 P.

3.69 Tsukahara with
piked 2½ salto
backward off

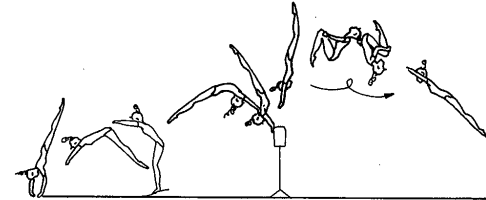


10.00 P.

Group 4 Vaults from a Round-off

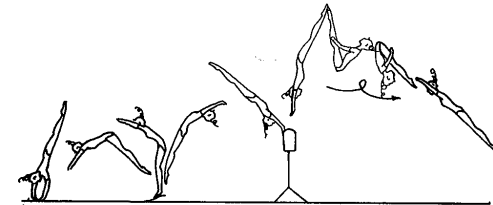
B-Vaults

4.20 Round-off, flic-
flac on – tucked
1½ salto backward off



9.40 P.

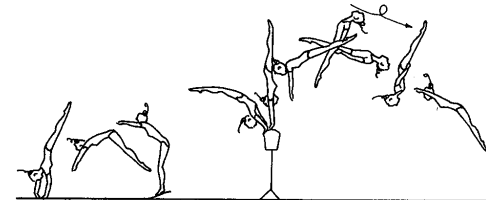
4.21 Round-off, flic-
flac on – piked 1½ salto
backward off



9.50 P.

C-Vaults

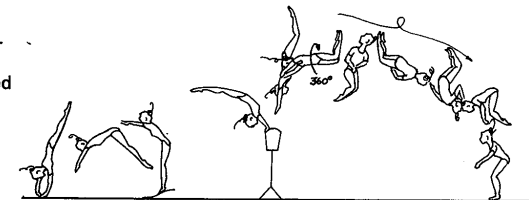
4.40 Round-off, flic-
flac on – stretched 1½
salto backward off



9.90 P.

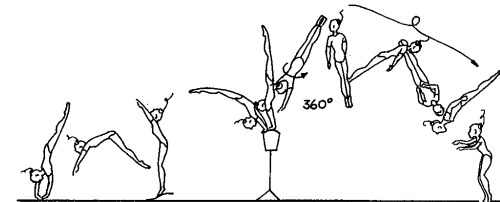
D-Vaults

4.60 Round-off, flic-
flac on – 1½ salto
backward with tucked
1/1 turn (360°) off



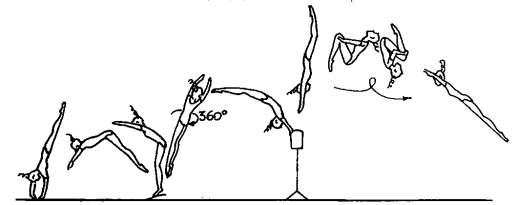
10.00 P.

4.61 Round-off, flic-
flac on – 1½ salto
backward with piked or
stretched 1/1 turn
(360°) off



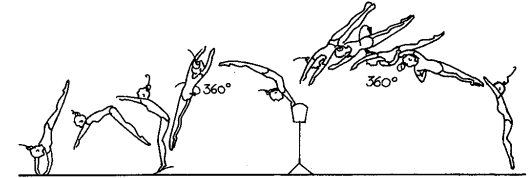
10.00 P.

4.62 Round-off, flic-
flac with 1/1 turn
(360°) on - 1/2 tucked,
piked or stretched salto
backward off



10.00 P.

4.63 Round-off, flic-
flac with 1/1 turn
(360°) on - 1/1 turn
(360°) off



10.00 P.

Article 11

Uneven Bars

1. General

The evaluation of the exercise and the counting of the elements begins with the take off from the board (mount = first element). During a fall on to or from the apparatus, an interruption of 30 seconds is permitted.

2. Content of the Exercise

The exercise should be composed from different element groups. The difficulty parts B, C, and D should come from the following element groups.

- Upward swings (ending in support) or circular swings (circles)
- Kips
- Elements from swing to handstand
- Elements with turns around the longitudinal axis – pirouettes
- Elements with turns around the breadth axis – salto turns
- Counter, grip change, and flight elements
- Hecht elements

3. For the Composition is to be noted

Numerous variations in composition through:

- Execution outside and between the bars (rails)
- Elements with great amplitude
- Several bar changes
- Several directional changes

To be avoided are:

- Additional supports
- Interruption in swing through concentration pauses, intermediate swings, or intermediate bounces
- Uncharacteristic elements

4. Special Requirements

- The exercise must consist of at least 10 elements
- Only 4 elements* in consecutive order may be performed on the same bar; the fifth element must lead to a bar change, touch another bar or be the dismount.

For the counting of the elements on one bar (HB or LB), the kip-cast backward to handstand is calculated as one element.

- Distribution of elements: at least 2 elements in total must be performed on the LB.
- Dismount: at least B.

* **Note:** Everything counts as an element, which is listed in the Table and has a number.

5. Specific Apparatus Deductions

5.1 Compositional Faults:

	Deductions
- Mount without value (easier than «A»)	0.20 Pt.
- Uncharacteristic bar elements	each 0.20 Pt.
- Exercise without high points (peaks) in progression of difficulties	up to 0.20 Pt.
- One sided choice of element groups	up to 0.20 Pt.
- Monotony in presentation	
· predominance of close bar execution	up to 0.20 Pt.
- Monotony in the direction of movement	
· execution predominantly in one direction	up to 0.20 Pt.
· insufficient bar changes toward the inside and outside of the bars	each 0.10 Pt.
· insufficient bar changes from low bar to high bar (less than two)	0.10 Pt.
- Monotony in rhythm	up to 0.20 Pt.

5.2 Lack of Special Requirements:

- too short an exercise (less than 10 elements)	0.20 Pt.
- unpermitted number of elements on one bar	each 0.20 Pt.
- less than 2 elements in total on the LB	0.20 Pt.
- Dismount not corresponding to the difficulty level of the exercise (at least B)	0.20 Pt.

6. Value Raising Through Direct* Connections of Value Parts (Difficulties)

- * Direct means – performance of elements/connections
- without pause,
 - without intermediate swing
 - without beat on the LB from inside or outside

Examples:

- Cast backward to handstand	}	= direct
· clear hip circle to handstand		
- Stalder backward to handstand	}	= direct
· clear hip circle to handstand		
- Stalder backward to handstand	}	= direct
· dismount: hecht with 1/1 turn (360°)		
- Stalder backward to handstand on HB	}	= indirect
· beat on LB from inside – cast backward to straddle		
roll backward to hang on LB		

The Value Raising on uneven bars begins with B+B connections. A-parts cannot be value raised.

6.1 B+B becomes B+C

- Cast backward to handstand	B
· clear hip circle to handstand	B → C

6.2 C+B becomes C+C

- Giant circle backward to handstand	C
· clear hip circle to handstand	B → C

6.3 C+C becomes C+D

If there occurs during the both C-parts a

- Directional change,
- Hop to another grip position on same bar
- Flight from HB over the LB

Examples:

- Cast backward to handstand with ½ turn (180°) in handstand	C
· Stalder backward to handstand	C → D
- Clear hip circle to handstand with hop to reverse grip in handstand	C
· Stalder forward to handstand	C → D

6.4 D+B becomes D+C

- Kessler straddle (reverse hecht)	D
· counter flight backward over the LB with legs straddled	B → C

6.5 D+C becomes D+D

- Clear hip circle to handstand with 1/1 turn (360°) in handstand phase	D
· giant circle to handstand	C → D

6.6 If more than two value parts (difficulties) (B, C, or D) are directly connected, then the value of the second element and each succeeding element raises one difficulty level.

Examples:

B+B+B becomes B+C+C

- Straddle roll backward	B
· glide forward, stoop through, straddle cut backward	B → C
· glide forward, stoop through, straddle cut backward with grip change to hang on HB	B → C

C+B+B becomes C+C+C

- Stalder backward to handstand on HB	C
· underswing with ½ turn (180°) and side flair of arms in flight to hang on same bar	B → C
· hecht with 1/1 turn (360°) from LB (Dismount)	B → C

C+B+C becomes C+C+C

- Mount: clear hip circle to handstand on HB	C
· clear hip circle to handstand	B → C
· clear hip circle to handstand with ½ turn (180°) in handstand phase	C remains C

C+C+B becomes C+D+C

- Underswing with ½ turn (180°) to clear support	C
· pike sole circle backward to handstand	C → D
· clear hecht dismount	B → C

C+C+C becomes C+D+D

- Stalder backward to handstand with ½ turn (180°) in handstand	C
· Stalder backward to handstand	C → D
· underswing with ½ turn (180°) and flight over the LB	C → D

7. Directions for Value Raising

7.1 Value Raising is applied throughout the entire exercise, also for mount and dismount connections.

Examples:

Mount connection:

- Free straddle jump over the LB to hang on HB B
- counter flight backward over LB with legs straddled B → C

Dismount connection:

- Stalder backward with ½ turn (180°) in handstand phase C
- underswing, salto forward tucked C → D
- Giant circle backward C
- underswing, salto forward with ½ turn (180°) C → D

7.2 A value raised C as a connection cannot lead to D-value raising.

- Front lying hang, uprise to clear support B
- clear hip circle to handstand B → C
- Comaneci dismount C remains C

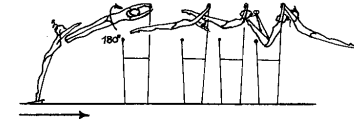
7.3 If a C or D must be lowered one difficulty level on account of incorrect technique, a value raising is not possible in case of a direct connection.

- Stalder backward to handstand – lowered to → B
on account of marked deviation in handstand
- Stalder backward to handstand – lowered to → B remains B
on account of marked deviation in handstand

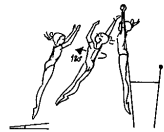
1. Mounts

A-Parts

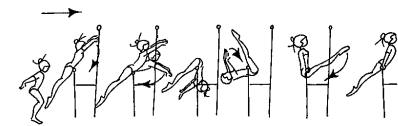
1.01 Free jump with ½ turn (180°) over LB to hang on HB



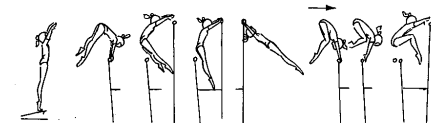
1.02 Jump with ½ turn (180°) to hang on HB



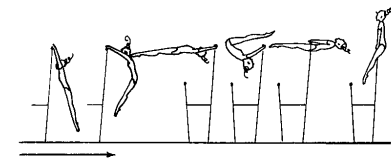
1.03 Jump to free hip circle forward on LB



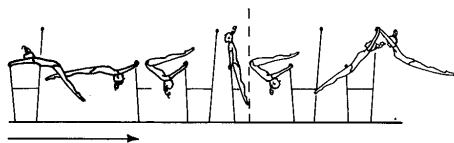
1.04 Squat or straddle jump with hand support over LB to hang on HB



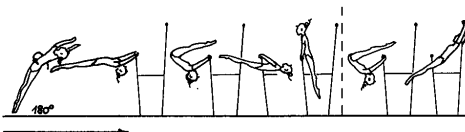
1.05 Jump to brief hang on HB, kip-up to support



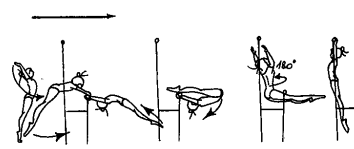
1.06 Kip-up on LB to support or with grip change to hang on HB



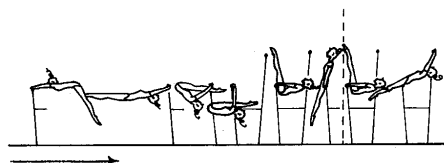
1.07 Jump with 1/2 turn (180°), kip-up to support on LB or with grip change to hang on HB



1.08 Kip on LB with 1/2 turn (180°) and grip change to hang on HB



1.09 Glide, stoop through, back kip-up to rear support on LB or with grip change to rear lying hang

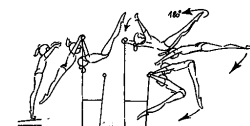


B-Parts

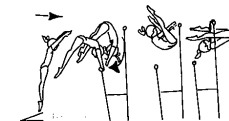
1.20 Jump with 1/1 turn (360°) to hang on HB



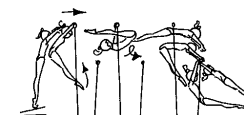
1.21 Jump to hang on HB – underswing with 1/2 turn (180°) and flight over LB to glide, etc.



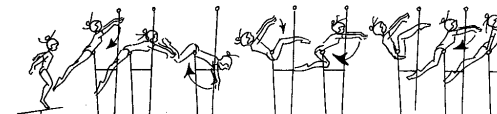
1.22 Jump to brief support on LB – salto roll forward, tucked or straddled, to hang on HB



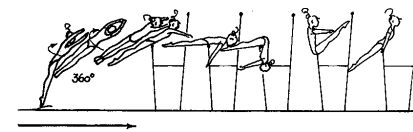
1.23 Jump to brief hang on HB, straddle salto roll backward with grip change to hang on LB



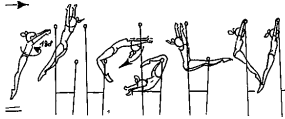
1.24 Jump to double free hip circle forward on LB (Caslavaska-Mont)



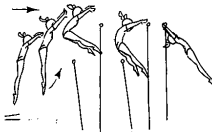
1.25 Jump with 1/1 turn (360°) to free hip circle forward on LB



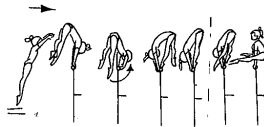
1.26 Jump with ½ turn (180°) – knee circle backward on LB to hang on HB, also with ½ turn (180°)



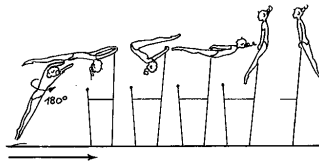
1.27 Free straddle jump over LB to hang on HB



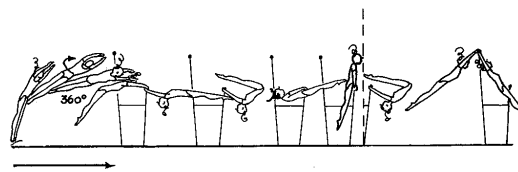
1.28 Jump (with mixed grip) through brief clear straddle support above LB to straddle stand or clear straddle support on LB



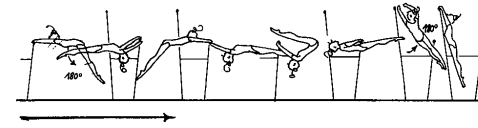
1.29 Jump with ½ turn (180°) – kip-up to support on HB



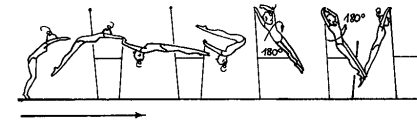
1.30 Jump with 1/1 turn (360°) in front of LB – kip-up to support on LB or with grip change to hang on HB



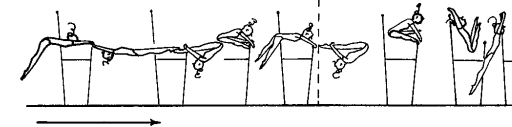
1.31 Jump with ½ turn (180°), kip on LB with ½ turn (180°) and grip change to hang on HB



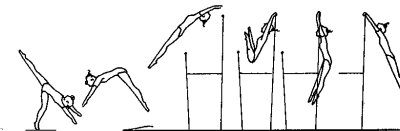
1.32 Kip on LB with 1/1 turn (360°) and grip change to hang on HB



1.33 Glide on LB, stoop through, straddle cut backward to hang on LB or with grip change to hang on HB

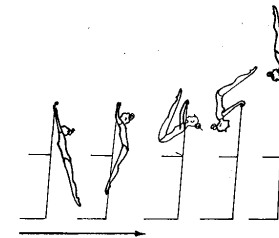


1.34 Round-off in front of LB – flight backward over the LB (legs together or straddled) to hang on HB

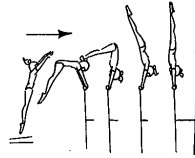


C-Parts

1.40 Jump to brief hang on HB – under-swing to a handstand (clear hip circle mount) on Hb with regular, mixed, or reverse grip



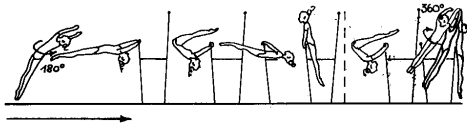
1.41 Jump to handstand on LB (with hips bent, then extended)



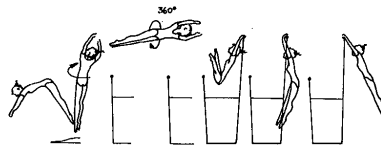
1.42 Salto forward, tucked or piked, over LB to brief sit



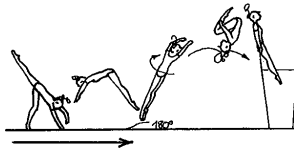
1.43 Jump with 1/2 turn (180°), kip on LB with 1/1 turn (360°) and grip change to hang on HB



1.44 Round-off in front of LB, flight backward with 1/1 turn (360°) over LB to hang on HB

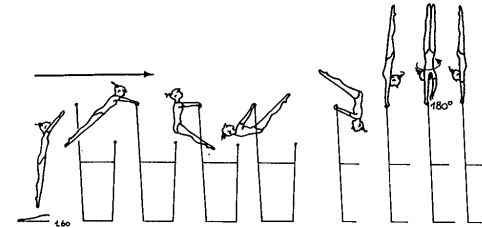


1.45 Round-off in front of LB - tucked or piked arabian salto over LB to a momentary sit on LB

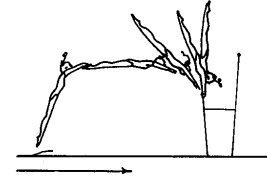


D-Parts

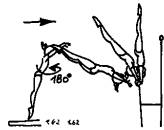
1.60 From a sidestand in front of HB - jump to brief clear support (with regular, reverse, or mixed grip) - clear hip circle to handstand with 1/2 turn (180°) in handstand phase on HB (McNamara-Circle)



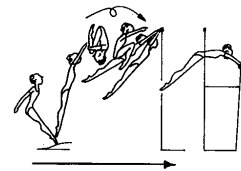
1.61 Jump with extended body to handstand on LB



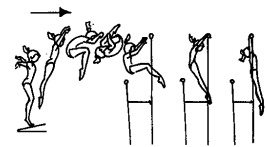
1.62 Jump with extended body and 1/2 turn (180°) to handstand on LB



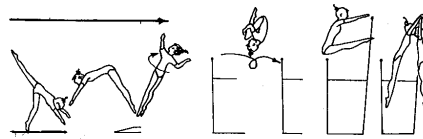
1.63 From a sidestand in front of HB - salto forward to a brief hang on HB with direct grip change to hang on LB



1.64 Salto forward, tucked or piked over LB to hang on HB without touching LB



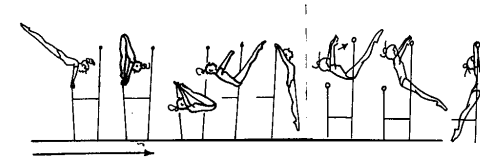
1.65 Round-off in front of LB – tucked or piked arabian salto over LB to a hang on HB without touching the LB



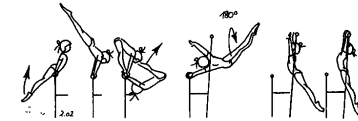
2. Circles

A-Parts

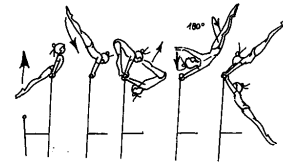
2.01 Underswing on LB with grip change to hang or eagle hang on HB



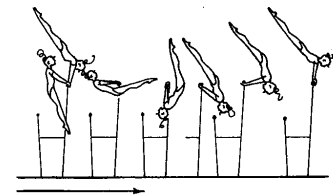
2.02 Underswing on LB with 1/2 turn (180°) and grip change to hang on HB



2.03 Underswing with 1/2 turn (180°) on HB to hang or front lying hang



2.04 Clear hip circle to clear front support

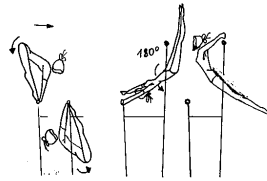


Note:

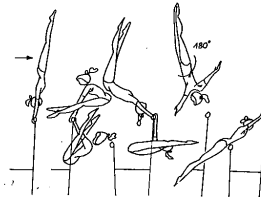
All underswings are able to be executed:
 – with support of the feet
 – without support of the feet } in the downward movement.

B-Parts

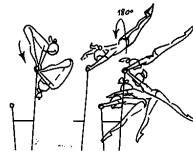
2.20 Underswing on LB with ½ turn (180°) with grip change to «eagle» hang on HB



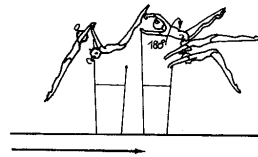
2.21 Underswing with ½ turn (180°) and side «flair» of arms in flight to hang or front lying hang on same bar



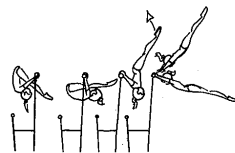
2.22 Underswing with ½ turn (180°) on HB and direct grip change to hang on LB



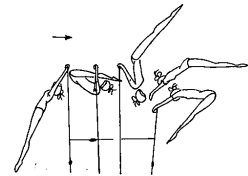
2.23 From hang on HB (facing LB) – underswing with ½ turn (180°) and flight over LB to hang on LB



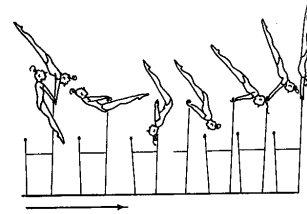
2.24 Underswing backward (inverted pike swing) dislocate (Schleudern) to hang or front lying hang



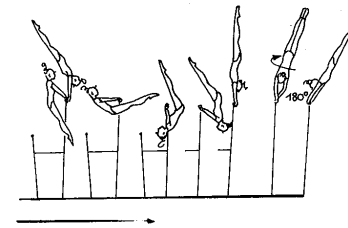
2.25 From hang on HB (back to LB) – swing forward, stoop through, underswing backward (dislocate) with flight over LB to hang on LB



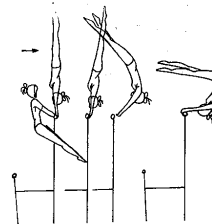
2.26 Clear hip circle to handstand



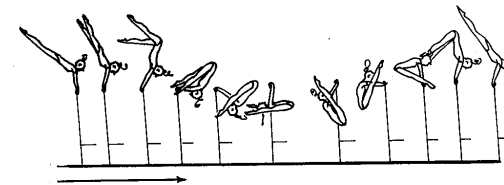
2.27 Clear hip circle to handstand with ½ turn (180°) after handstand



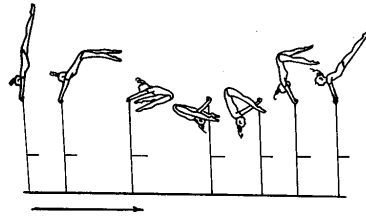
2.28 Clear hip circle to handstand with release, hop to reverse grip after handstand



2.29 Stalder forward to clear support

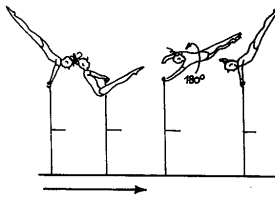


2.30 Stalder backward to clear support

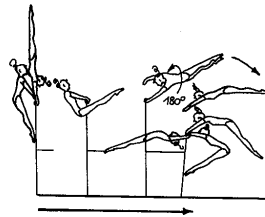


C-Parts

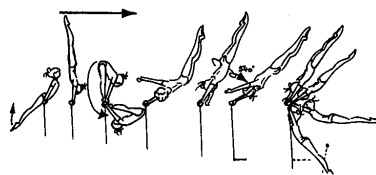
2.40 Underswing with ½ turn (180°) to clear support on same bar



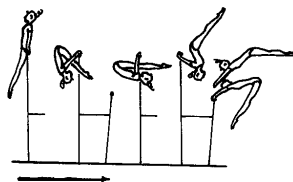
2.41 Underswing with ½ turn (180°) on HB with flight over LB to hang on LB



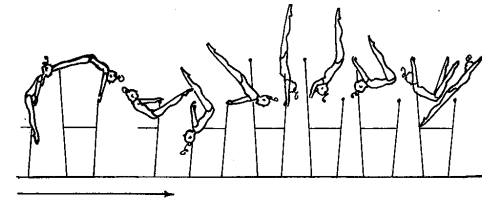
2.42 Underswing with 1½ turn (540°) on same bar to hang or front lying hang or with direct grip change to hang on LB



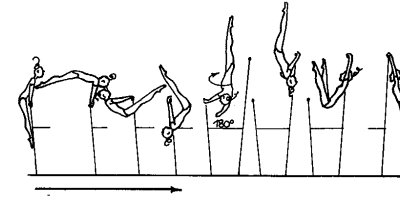
2.43 From a rear support on HB – underswing backward (inverted pike swing), dislocate (Schleudern) on HB with flight over LB to hang on LB



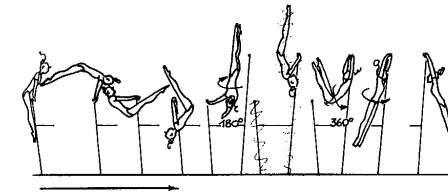
2.44 From an inner front support on LB – clear hip circle through handstand with flight to hang on HB (Schaposchnikova)



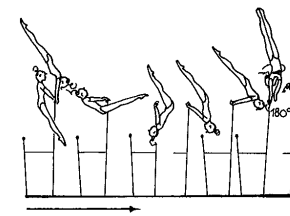
2.45 From an outer front support on LB – clear hip circle through handstand with flight and ½ turn (180°) to hang on HB



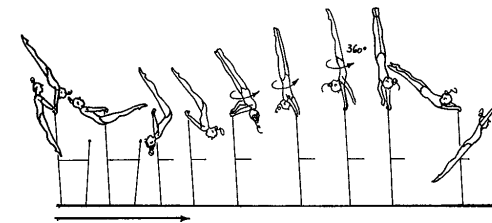
2.46 From outer support on LB – clear hip circle through handstand with flight and ½ turn (180°) to hang on HB, and immediate 1/1 turn (360°) in hang on HB.



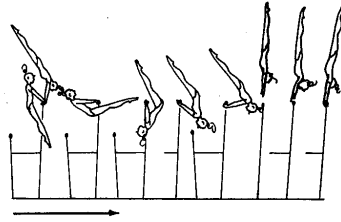
2.47 Clear hip circle to handstand with ½ turn (180°) in handstand phase



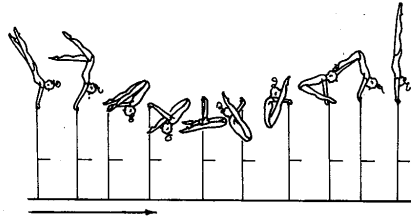
2.48 Clear hip circle through the handstand with 1/1 turn (360°) after handstand (Kräker-Felge)



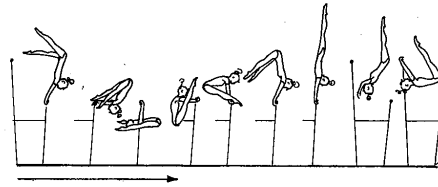
2.49 Clear hip circle to handstand with release - hop to reverse grip in handstand phase



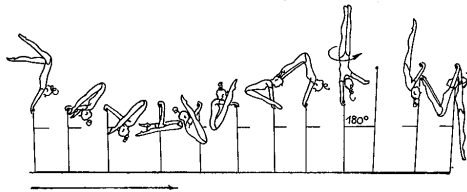
2.50 Stalder forward to handstand



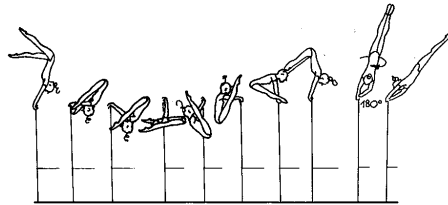
2.51 From inner front support on LB - Stalder forward through handstand with flight to hang on HB



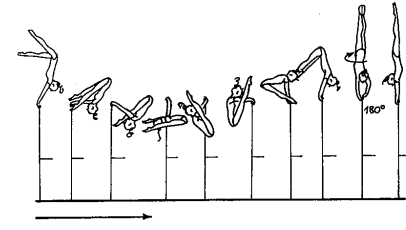
2.52 From outer front support on LB - Stalder forward through handstand with 1/2 turn (180°) and flight to hang on HB



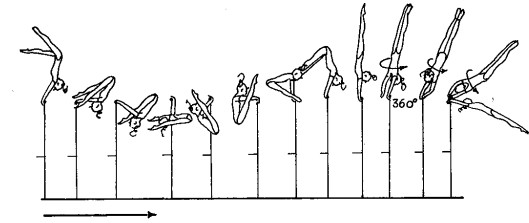
2.53 Stalder forward to handstand with 1/2 turn (180°) after the handstand



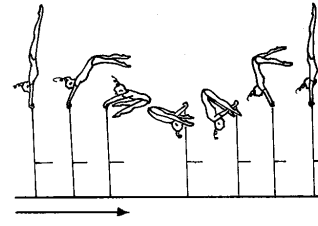
2.54 Stalder forward to handstand with 1/2 turn (180°) in handstand phase



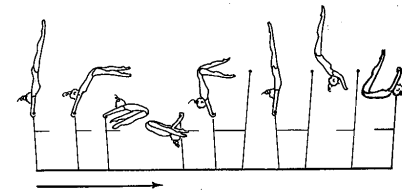
2.55 Stalder forward to handstand with 1/1 turn (360°) after handstand



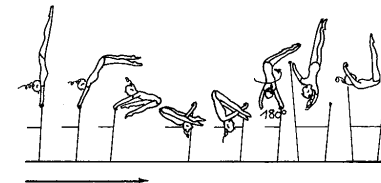
2.56 Stalder backward to handstand



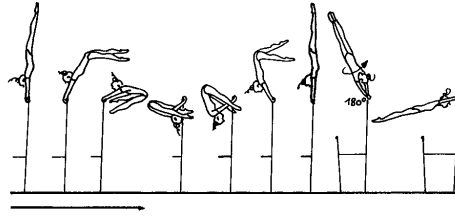
2.57 From inner front support on LB - Stalder backward through handstand with flight to hang on HB



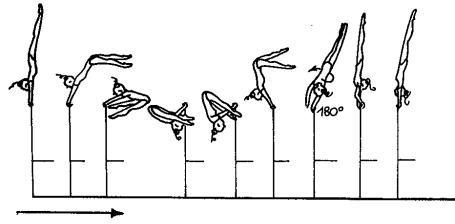
2.58 From outer front support on LB - Stalder backward through handstand with 1/2 turn (180°) and flight to hang on HB



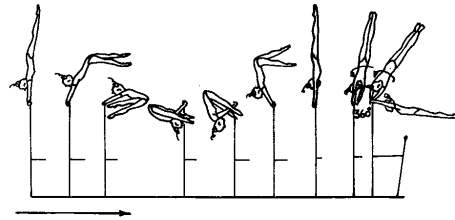
2.59 Stalder backward to handstand with ½ turn (180°) after handstand



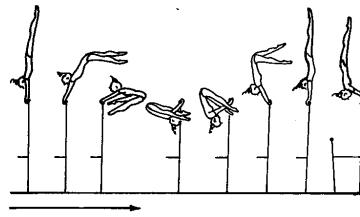
2.59-1 Stalder backward to handstand with ½ turn (180°) in handstand phase



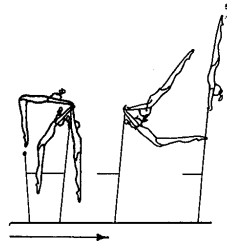
2.59-2 Stalder backward to handstand with 1/1 turn (360°) after handstand



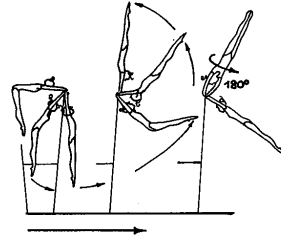
2.59-3 Stalder backward to handstand with release – hop to reverse grip after handstand



2.59-4 Giant circle backward to handstand on HB (Riesenfelge) (on LB – B)

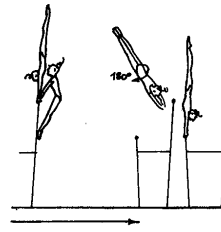


2.59-5 Giant circle backward to handstand with ½ turn (180°) after handstand

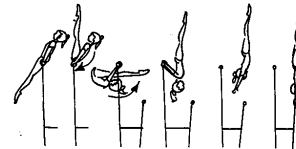


D-Parts

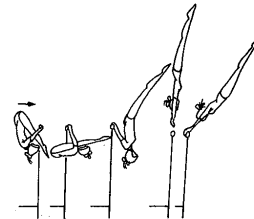
2.60 Underswing on HB with ½ turn (180°) and flight to handstand on LB



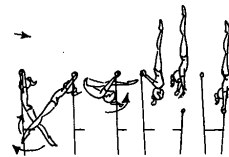
2.61 Underswing (inverted pike swing) backward on HB, dislocate (Schleudern) with flight to handstand on LB (Zuchold-Schleudern)



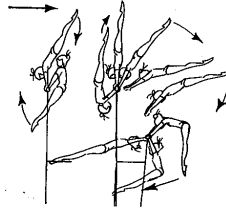
2.62 Underswing backward (inverted pike swing), dislocate (Schleudern) to near handstand on HB with release – hop to regular grip on HB



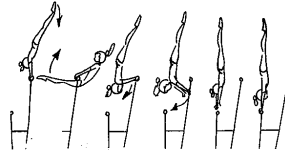
2.63 Hang on HB (back to LB), swing forward, stoop through, back kip swing with extension and flight to handstand on LB



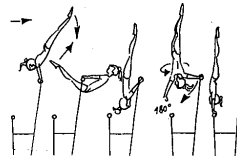
2.64 From inner front support on HB – clear hip circle through handstand on HB with flight over LB to hang on LB



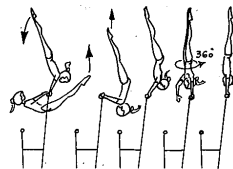
2.65 From outer front support on HB – clear hip circle on HB with flight to handstand on LB



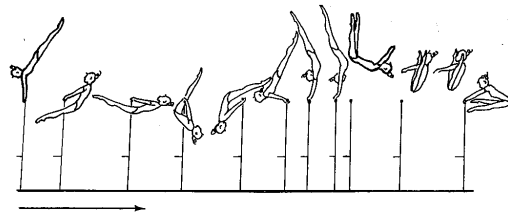
2.66 From outer front support on HB – clear hip circle and 1/2 turn (180°) with flight to handstand on LB



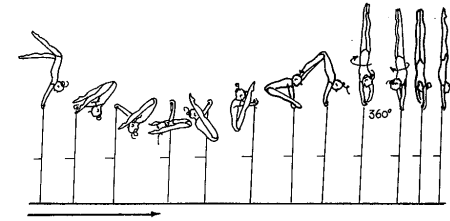
2.67 Clear hip circle to handstand with 1/1 turn (360°) in handstand phase



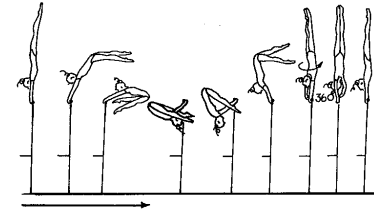
2.68 Clear hip circle on HB through handstand, counter straddle to hang on HB



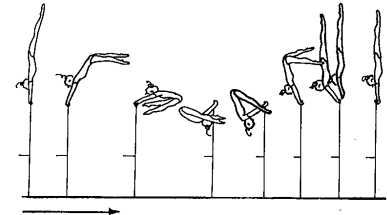
2.69 Stalder forward to handstand with 1/1 turn (360°) in handstand phase



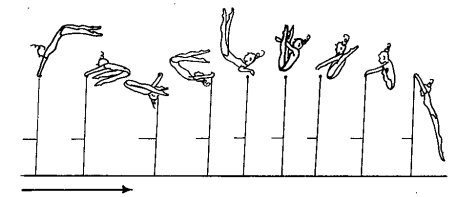
2.70 Stalder backward to handstand with 1/1 turn (360°) in handstand phase (Frederick)



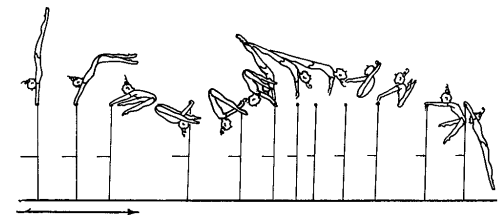
2.71 Stalder backward to handstand with release – hop to reverse grip in handstand phase



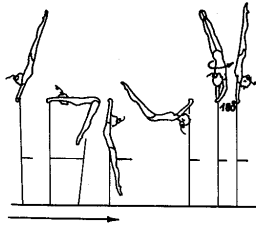
2.72 Stalder backward on HB with reverse hecht – counter straddle to hang on HB (Kessler-Straddle)



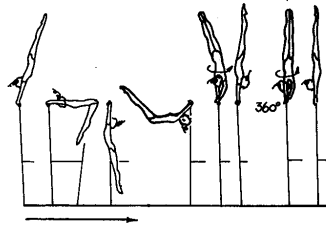
2.73 Stalder backward through handstand on HB, counter straddle to hang on HB (Ricna-Straddle)



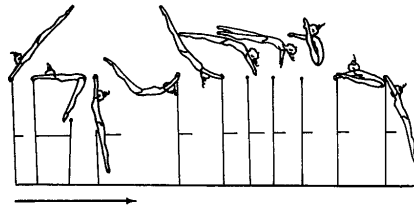
2.74 Giant circle
backward with ½ turn
(180°) in handstand
phase



2.75 Giant circle
backward with 1/1 turn
(360°) in handstand
phase



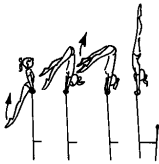
2.76 Giant circle
backward on HB,
reverse hecht – counter
straddle to hang on HB
(Tkatchev)



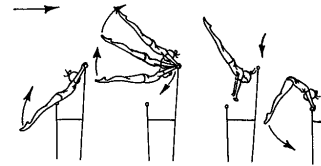
3. Backward Swings – Casts

A-Parts

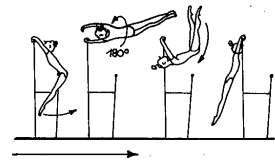
3.01 Cast to handstand
with legs straddled and
hips bent



3.02 Front lying
hang – cast with grip
change to hang on LB

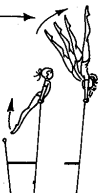


3.03 Front lying
hang – cast backward
with ½ turn (180°) –
straddle legs after
½ turn (180°) with
swing down to hang,
also with grip change
to hang on LB

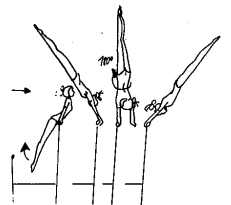


B-Parts

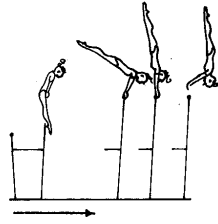
3.20 Cast to hand-
stand with legs
together and hips
extended



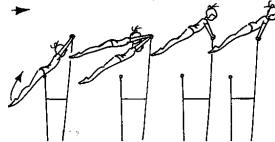
3.21 Cast to handstand
with ½ turn (180°) after
handstand



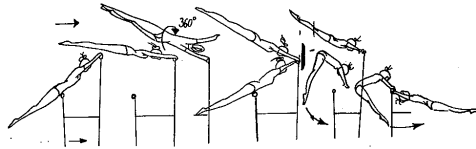
3.22 Cast to handstand with release – hop to reverse grip after handstand



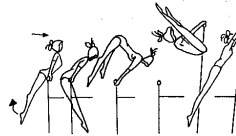
3.23 Front lying hang – uprising backward to clear support on HB



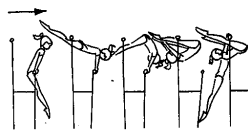
3.24 Front lying hang – backward rise, 1/1 turn (360°) to front lying hang, also with grip change to hang on LB (Lying hang pirouette)



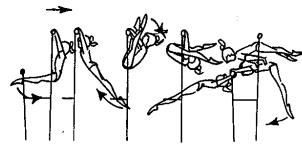
3.25 From outer front support on LB – cast with salto roll forward to hang on HB



3.26 From inner front support on HB – Radochlaroll (Brause) to hang or pike hang on HB

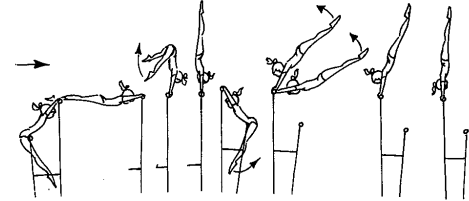


3.27 Hang on HB facing LB – cast backward to straddle roll backward to hang on LB (legs straddled or tucked)

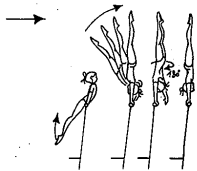


C-Parts

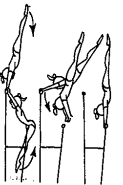
3.40 Front lying hang – cast to handstand on HB (with legs straddled or together, hips bent or extended)



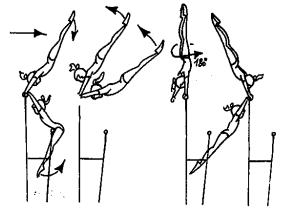
3.41 Cast to handstand with 1/2 turn (180°) in handstand phase



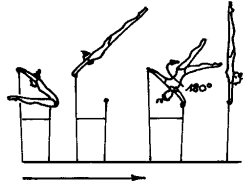
3.42 Front lying hang – cast with release – hop to handstand on LB



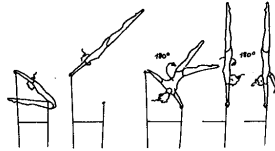
3.43 Front lying hang – cast to handstand on HB with 1/2 turn (180°) after handstand



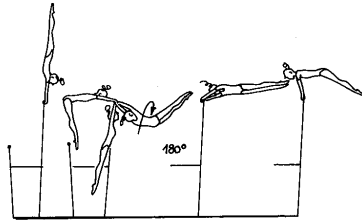
3.44 Front lying hang –
cast with release and
½ turn (180°) to hand-
stand on LB
(Kreisel)



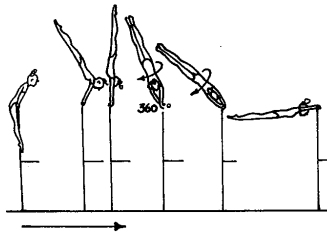
3.45 Front lying hang –
cast with release and
two times ½ turn
(180° + 180°) in hand-
stand on LB
(Kreisel with additional
½ turn [180°])



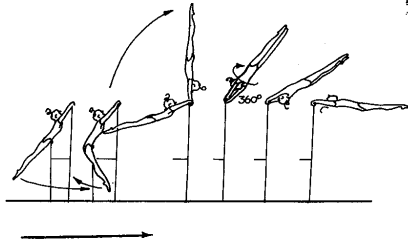
3.46 From handstand
on HB facing outward –
swing down backward
between both bars with
½ turn (180°), uprise to
clear support on HB
(Turning uprise)



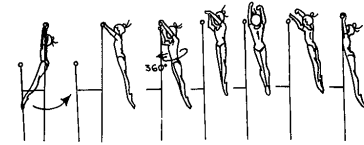
3.47 Cast to hand-
stand with 1/1 turn
(360°) after handstand



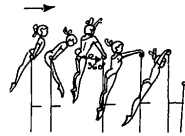
3.48 Front lying hang –
cast to handstand on
HB with 1/1 turn (360°)
after handstand to
eagle hang



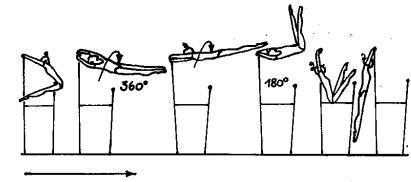
3.49 Hang on HB –
cast with 1/1 turn
(360°) to hang on HB,
also with direct grip
change to hang on LB



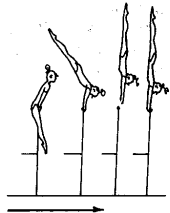
3.50 Support on HB –
cast with 1/1 turn
(360°) on HB
(Caslavaska-Pirouette)



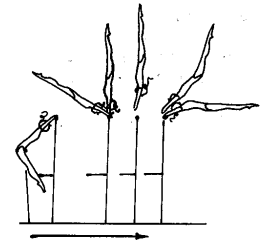
3.51 1½ (540°) lying
hang pirouette with
backward legs
straddled to hang on HB



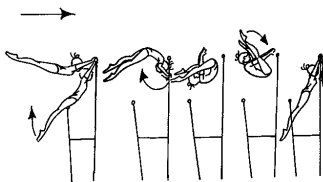
3.52 Cast to hand-
stand with release –
hop to reverse grip in
handstand phase



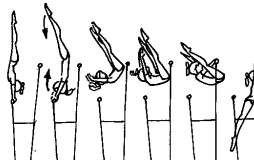
3.53 Front lying hang –
cast to handstand on
HB (legs straddled or
together) with release –
hop to reverse grip or
eagle grip after hand-
stand
(Egervari)



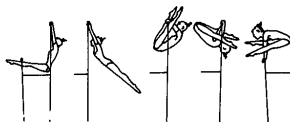
3.54 Front lying hang – cast to salto forward to hang on HB (Janz-Salto)



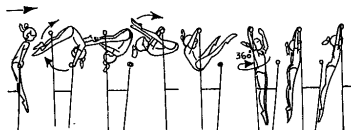
3.55 Handstand on LB back to HB – salto roll forward to hang on HB



3.56 Straddle salto roll backward between both bars to brief clear straddle support on LB (only C, if followed by B – or more difficult element)

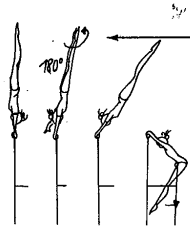


3.57 Inner front support on LB – Radochlaroll (Brause) with 1/1 turn (360°) to hang on HB

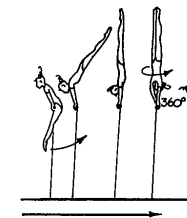


D-Parts

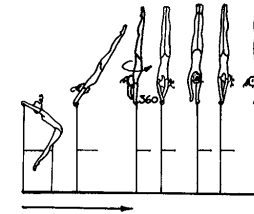
3.60 Front lying hang – cast to handstand on HB with 1/2 turn (180°) in handstand phase



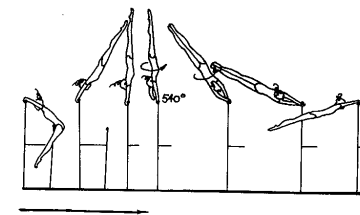
3.61 Cast to handstand with 1/1 turn (360°) in handstand phase



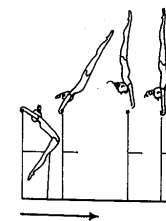
3.62 Front lying hang – cast to handstand on HB with 1/1 turn (360°) in handstand phase



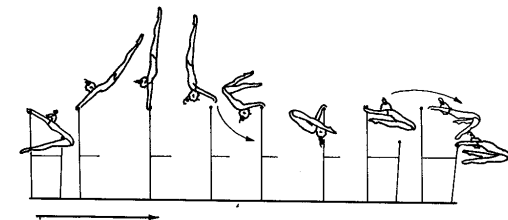
3.63 Front lying hang – cast to handstand on HB with 1 1/2 turns (540°) after the handstand



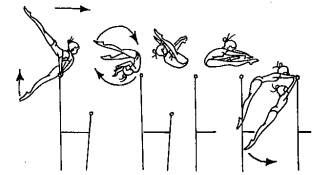
3.64 Front lying hang – cast to handstand on HB with release – hop to reverse grip in the handstand phase



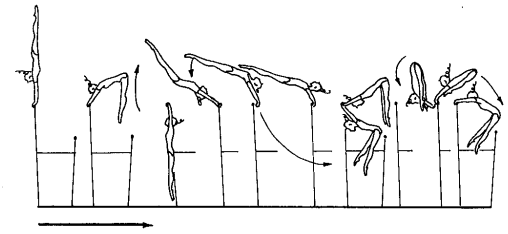
3.65 Front lying hang – cast to handstand on HB with release – hop to reverse grip (downward) with 1/2 clear straddle circle forward to flight backward over the LB to hang



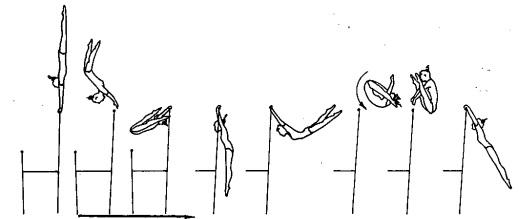
3.66 Front support on
HB – cast, salto roll to
hang on HB
(Comaneci-Salto)



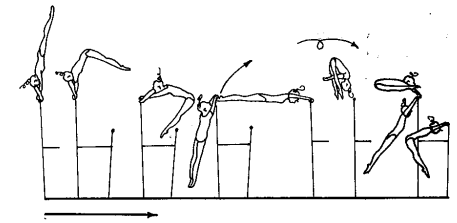
3.67 From handstand
on HB – swing down
between the bars,
swing forward with hop
grip change to eagle
hang, swing backward
with salto forward be-
tween both bars to
hang on HB



3.68 From handstand
on HB – swing down in
reverse grip between
both bars – swing
backward with salto
forward to hang on HB,
also with direct grip
change to hang on LB
(Jäger-Salto)



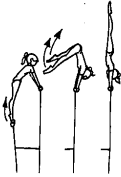
3.69 From handstand
on HB – swing down
with ½ turn (180°)
through brief hang with
crossed – mixed grip or
grip change to regular
grip, swing backward
with salto forward to
hang on HB, also with
direct grip change to
hang on LB
(Mixed-grip-Salto)



4. Elements with take-off from the feet

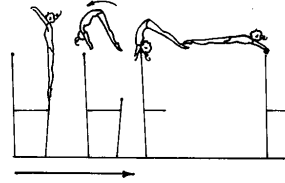
A-Parts

4.01 Stand on LB –
jump to handstand on
HB



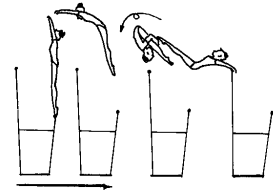
B-Parts

4.20 Stand on the LB
facing the HB – roll for-
ward tucked or piked
over the HB to eagle
hang on HB (neck can
touch the bar)

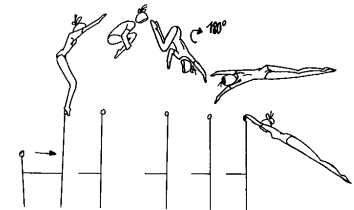


D-Parts

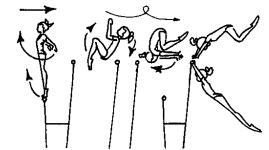
4.60 Stand on the LB
facing the HB, salto for-
ward tucked or piked
over the HB to eagle
hang on HB
(Grantcharova)



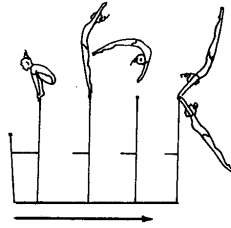
4.61 Stand on HB –
salto forward with
½ turn (180°) to hang
on HB or front lying
hang



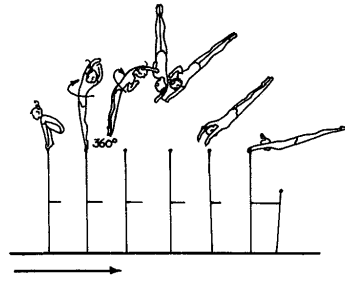
4.62 Stand on LB –
salto backward tucked
or piked over HB to
hang on HB



4.63 Take-off from HB –
salto backward to hang
on HB or front lying
hang
(Korbut-Salto)



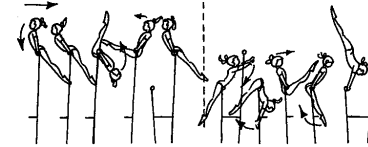
4.64 Take-off from HB –
salto backward to hang
on HB or front lying
hang with 1/1 twist
(360°)



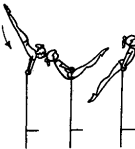
5. Circle Swings

A-Parts

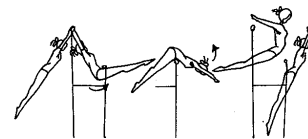
5.01 Hip circle forward
on HB or LB to support
(with or without hands-
free)



5.02 Hip circle
backward on LB or HB
to support (with or
without hand support)



5.03 Inner free hip
circle backward on LB,
with flight to eagle
hang on HB



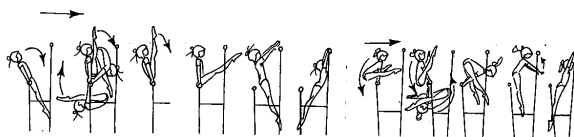
5.04 Pike or straddle
sole circle forward or
backward on HB or LB
in stand, also with grip
change to hang on HB



5.05 Clear straddle
circle forward or
backward on LB or HB
to clear support or rear
lying hang

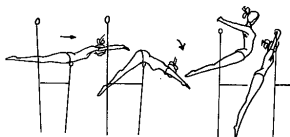


5.06 Clear straddle
circle forward or
backward on LB with
grip change to hang on
HB



B-Parts

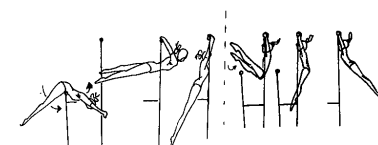
5.20 Free hip circle for-
ward on LB with flight
to eagle hang on HB



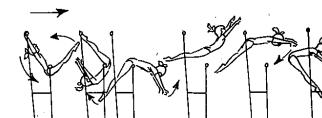
5.21 Free hip circle for-
ward on LB with 1/2 or
1/1 turn (180° or 360°)
with grip change to
hang on HB



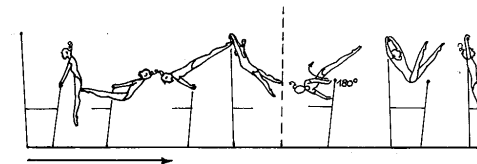
5.22 From outer free
front support, free hip
circle backward on LB,
hecht to eagle hang on
HB or hang on HB, also
with 1/2 turn (180°)



5.23 Free hip circle
backward on LB, hecht
(hip repulsion), flight
with regrasp on LB to
glide
(«False pop»)



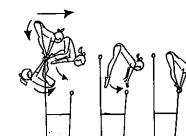
5.24 From outer front
support – clear hip cir-
cle backward on LB
with hecht to hang on
HB, also with 1/2 turn
(180°) (legs together or
straddled)



5.25 Free hip circle
backward on LB with
1/2 or 1/1 turn (180° or
360°) and grip change
to hang on HB



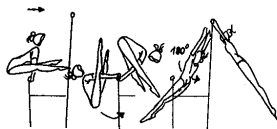
5.26 Pike or straddle
sole circle forward or
backward on HB with
flight to stand on LB



5.27 Clear straddle circle or pike seat circle backward on HB with grip change to hang on LB

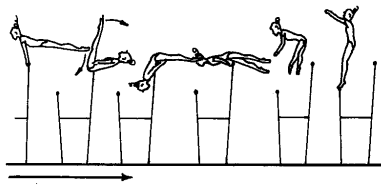


5.28 Clear (straddle) circle forward or backward on LB with 1/2 turn (180°) and grip change to hang on HB

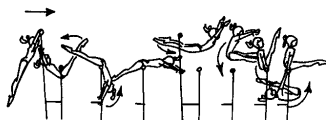


C-Parts

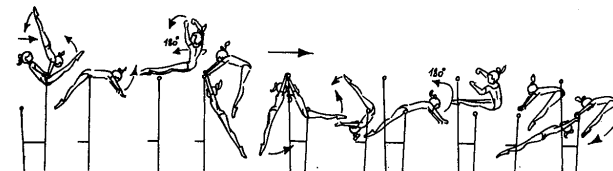
5.40 Hecht from HB (from outside) with or without hip support to stand on LB



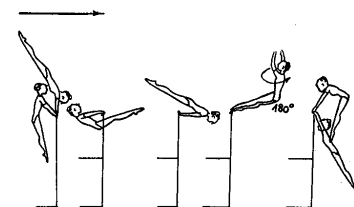
5.41 Free hip circle backward on LB, hecht with free straddle forward over bar to rear support (Korbut)



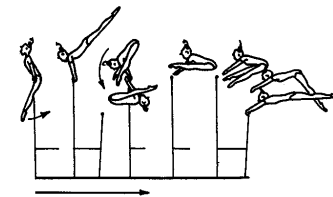
5.42 Free hip circle backward on LB or HB, hecht with 1/2 turn (180°) passing over bar to hang on same bar (Hechtkehre)



5.43 Clear hip circle backward on HB or LB, with flight and 1/2 turn (180°) passing over same bar to hang (clear Hechtkehre)



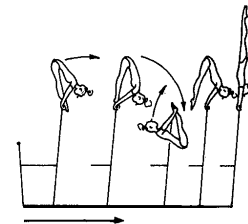
5.44 Clear straddle circle forward on HB with flight backward over LB to hang on LB



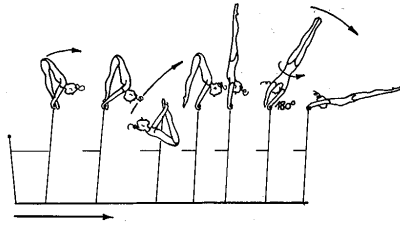
Note:

All pike sole circles may be performed as straddle sole circles with support of the feet.

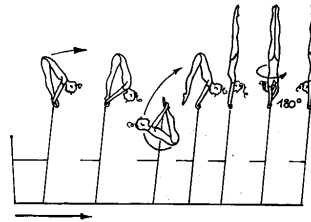
5.45 Pike sole circle forward to handstand



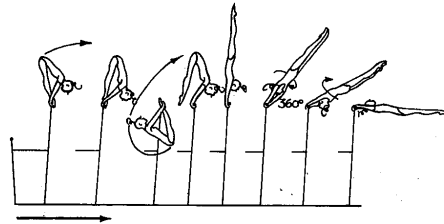
5.46 Pike sole circle forward to handstand with $\frac{1}{2}$ turn (180°) after handstand



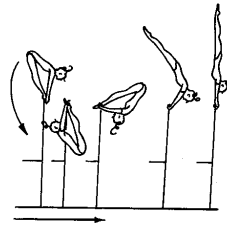
5.47 Pike sole circle forward to handstand with $\frac{1}{2}$ turn (180°) in handstand phase



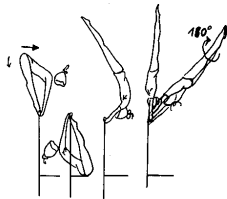
5.48 Pike sole circle forward to handstand with 1/1 turn (360°) after handstand



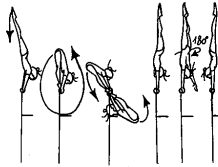
5.49 Pike sole circle backward to handstand



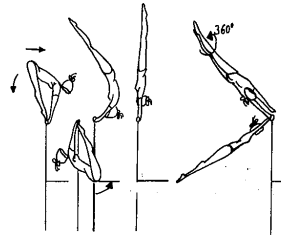
5.50 Pike sole circle backward with $\frac{1}{2}$ turn (180°) after handstand



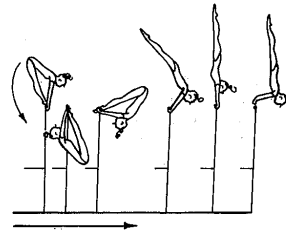
5.51 Pike sole circle backward to handstand with $\frac{1}{2}$ turn (180°) in handstand phase



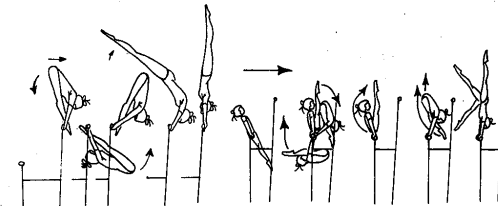
5.52 Pike sole circle backward to handstand with 1/1 turn (360°) after handstand



5.53 Pike sole circle backward with release - hop to reverse grip after handstand

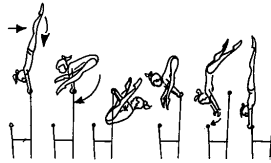


5.54 Clear pike (seat) circle forward or backward to handstand

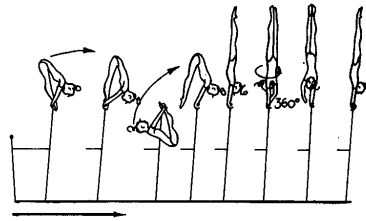


D-Parts

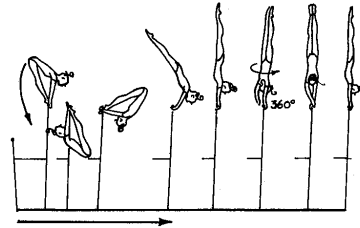
5.60 Clear straddle circle forward or backward on HB with flight to handstand on LB



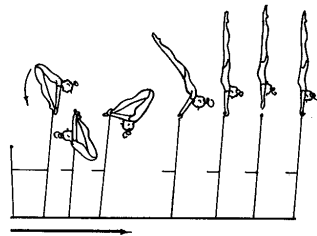
5.61 Pike sole circle forward with 1/1 turn (360°) in handstand phase



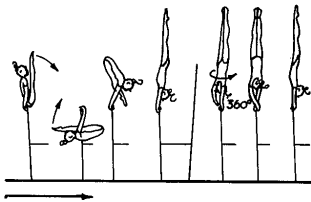
5.62 Pike sole circle backward to handstand with 1/1 turn (360°) in handstand phase



5.63 Pike sole circle backward to handstand with release hop to reverse grip in handstand



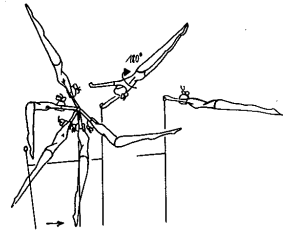
5.64 Clear pike (seat) circle forward or backward to handstand with 1/2 or 1/1 turn (180° or 360°) in handstand phase



6. Stretched Swings forward

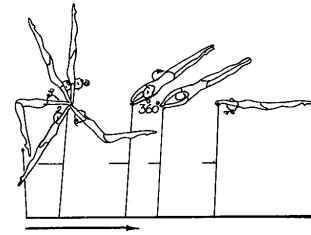
B-Parts

6.20 From handstand on HB – swing downward between both bars with 1/2 turn (180°) at height of HB

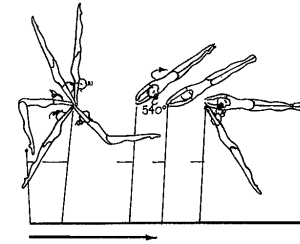


C-Parts

6.40 From handstand on HB – swing downward between both bars with 1/1 turn (360°) to eagle hang at height of HB

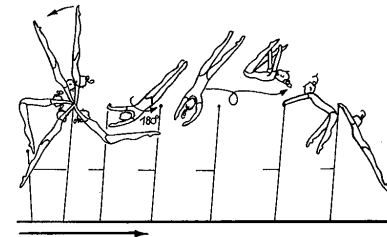


6.41 From handstand on HB – swing downward between both bars with 1 1/2 turn (540°) at height of HB, also with direct grip change to hang on LB

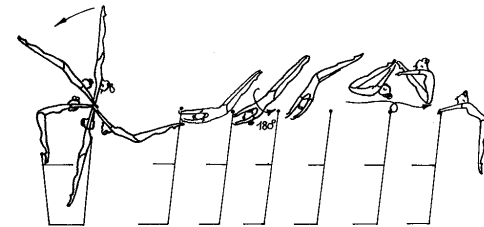


D-Parts

6.60 From handstand on HB – swing downward between both bars, swing forward with 1/2 turn (180°) and salto forward tucked or straddled to hang on HB (Deltchev-Salto)



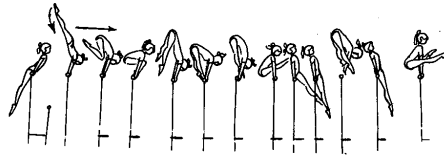
6.61 From handstand on HB – swing downward between both bars, swing forward with 1/2 turn (180°) and salto forward piked to hang on HB (Gienger-Salto)



7. Leg Swings

A-Parts

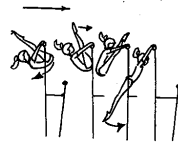
7.01 From front support – squat, stoop, or straddle to tuck, pike or straddle stand, rear support or clear straddle support



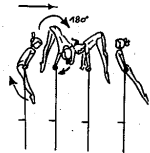
7.02 From front support on LB – cast to free squat, stoop or straddle over LB with grip change to hang on HB



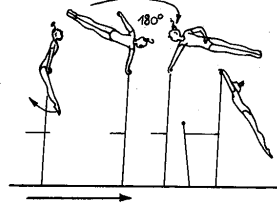
7.03 From inverted pike (kip) hang – extended body to hang (disengage legs)



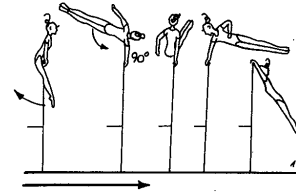
7.04 From front support – cast to stoop swing over bar with grip change and 1/2 turn (180°) to hang or support



7.05 From front support – high front swing (Wendy-swing) or flank swing over bar (with 1/2 turn [180°]) to support or hang

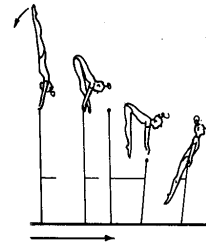


7.06 From front support – cast to rear swing over bar with 1/4 turn (90°) to hang

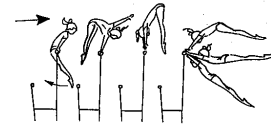


B-Parts

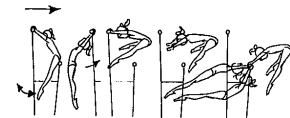
7.20 Stoop through over HB with flight to support on LB



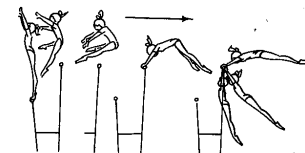
7.21 From front support – stoop over bar with flight phase and 1/2 turn (180°) to hang



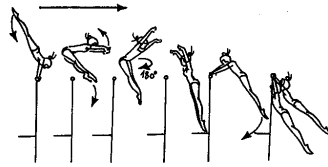
7.22 From hang on HB – counter flight backward over LB with legs straddled to hang on LB



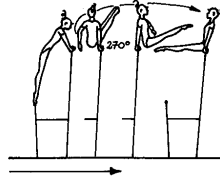
7.23 From stand on LB – straddle jump backward over HB to hang on HB



7.24 From front support on HB – free straddle forward over HB with ½ turn (180°) to hang on HB

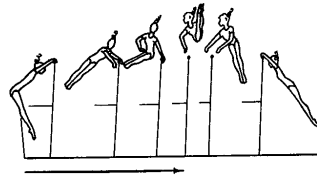


7.25 From stand on LB – rear swing over HB with ¾ turn (270°) to clear pike support (double rear or double leg circle)

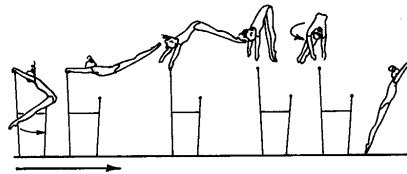


C-Parts

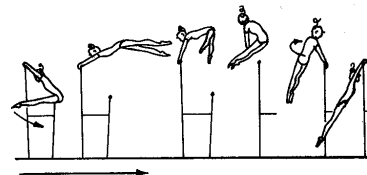
7.40 From front lying hang – cast, uprise with free rear vault and ¼ turn (90°) over HB to hang on HB



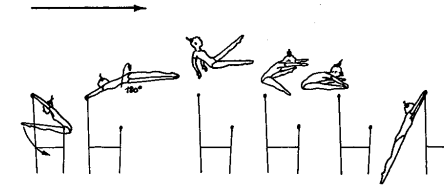
7.41 From front lying hang – cast, uprise with free stoop vault and ½ turn (180°) over HB to hang on HB



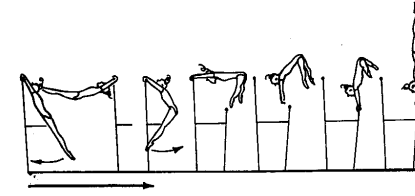
7.42 From front lying hang – cast, uprise with free straddle vault forward and ½ turn (180°) over HB to hang



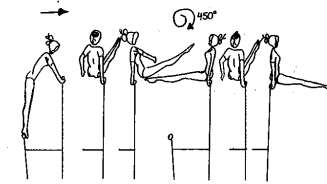
7.43 From front lying hang – cast, uprise with ½ turn (180°) in the upward movement, free straddle backward over HB to hang on HB



7.44 From hang on HB – swing backward with straddle flight to handstand on LB



7.45 From stand on LB or front support on HB – cast with rear swing and 1¼ turn (450°) over HB inward to clear pike support

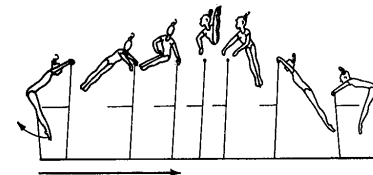


D-Parts

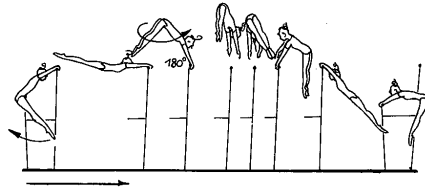
7.60 From front lying hang – cast, uprise, straddle forward over HB with flight to catch in eagle hang on HB



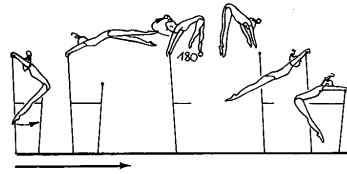
7.61 From front lying hang – cast, uprise with free rear vault with ¼ turn (90°) over HB to hang on HB with direct grip change to hang on LB (Gnauck)



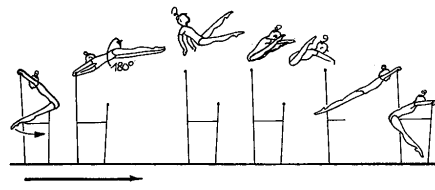
7.62 From front lying hang – cast, uprise with free stoop vault and $\frac{1}{2}$ turn (180°) over HB, with direct grip change to hang on LB



7.63 From front lying hang – cast, uprise with free straddle vault forward and $\frac{1}{2}$ turn (180°) over HB, with direct grip change to hang on LB



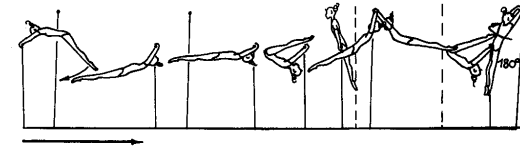
7.64 From front lying hang – cast, uprise with $\frac{1}{2}$ turn (180°) in the upward movement, free straddle backward over HB, with direct grip change to hang on LB



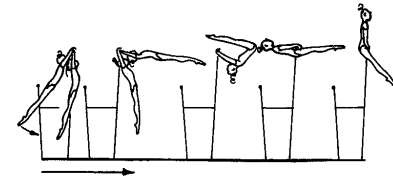
8. Kips

A-Parts

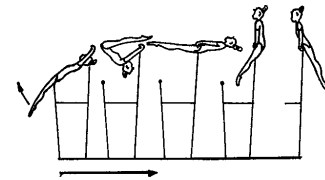
8.01 Glide kip-up to support on LB or with grip change to support on HB, also with $\frac{1}{2}$ turn (180°)



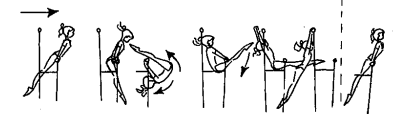
8.02 Long hang kip-up to support on HB (from both sides)



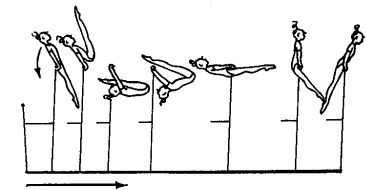
8.03 Rear lying hang, short kip-up on HB



8.04 From front lying support on LB or HB – fall backward to kip hang, kip-up to support on LB, also with grip change to hang on HB, or with $\frac{1}{2}$ turn (180°)



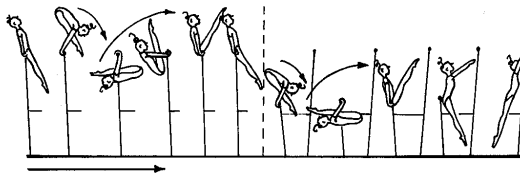
8.05 Rear support on LB or HB, fall backward to kip hang disengage legs, kip-up to front support on HB, also with grip change to hang on HB, or with $\frac{1}{2}$ turn (180°)



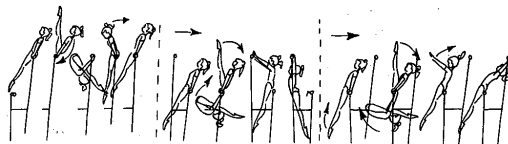
8.06 From rear support on LB or HB – fall backward to inverted pike swing (basket), return
 1. with grip change to rear lying hang
 2. to rear support on same bar, and also with
 3. grip change to hang on HB



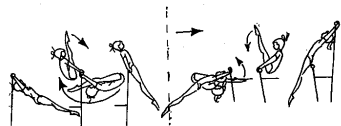
8.07 From rear support on LB or HB – seat pike circle forward to rear support, also on LB with grip change to hang on HB, or with ½ turn (180°)



8.08 From rear support on LB or HB – seat pike circle backward to rear support, also on LB with grip change to hang on HB, including ½ turn (180°) or to rear lying hang

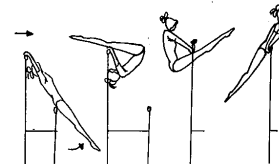


8.09 Glide (LB) stoop through, back kip-up to rear support, on LB with grip change to hang on HB, including ½ turn (180°) or rear lying hang

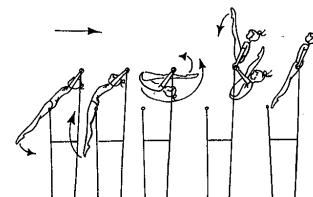


B-Parts

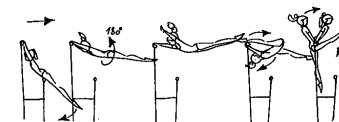
8.20 Reverse grip kip-up to support on HB or LB



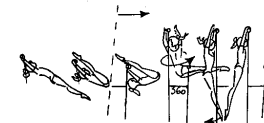
8.21 From rear lying hang – stoop through, back kip-up to rear support



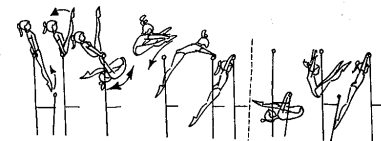
8.22 From front lying hang – cast backward with ½ turn (180°), kip-up to support on HB



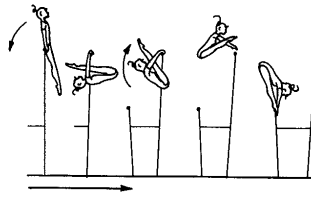
8.23 Glide kip with 1/1 turn (360°) and grip change to hang on HB



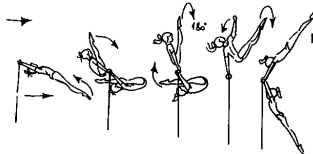
8.24 From rear support – fall backward to inverted pike swing, straddle cut backward to hang on same bar or front lying hang, also on LB with grip change to hang on HB



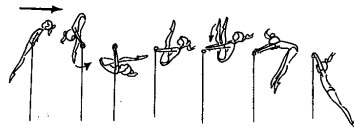
8.25 From outer rear support on HB – fall backward to inverted pike swing, straddle cut backward to stand on LB



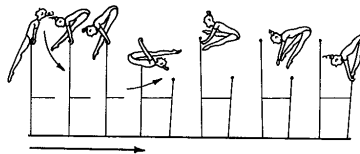
8.26 From hang on HB or rear lying hang – stoop through, back kip-up through clear rear support with ½ turn (180°) to hang on HB or front lying hang



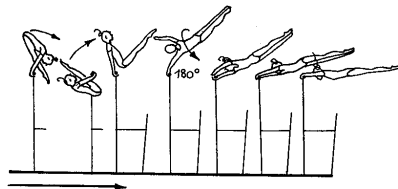
8.27 From rear support on LB or HB – seat (pike) circle forward, straddle cut backward, to hang on same bar, front lying hang, on LB with grip change to hang on HB



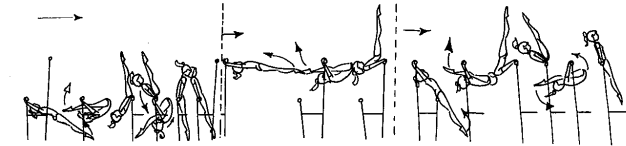
8.28 From outer rear support on HB – seat (pike) circle forward with straddle cut backward to stand on LB



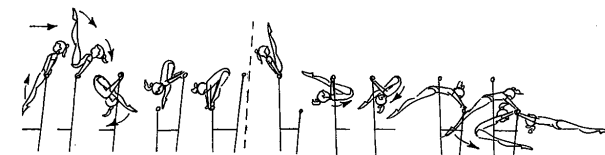
8.29 From rear support on HB – seat pike circle forward through clear rear support with ½ turn (180°) to hang on HB or front lying hang



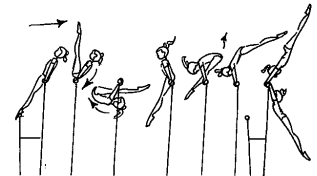
8.30 Reverse kip-up from: – rear lying hang – glide forward on LB – swing forward on HB } stoop through to kip hang, back kip swing (pendulum), seat (pike) circle backward to rear support on LB, also with grip change to hang on HB or rear lying hang



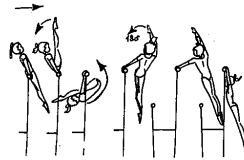
8.31 From inner rear support on HB – seat (pike) circle backward with release to stand on LB or with grip change to hang on LB



8.32 From rear support on LB or HB – seat (pike) circle backward or forward with stoop through backward over bar (disengage legs) to hang on same bar or front lying hang

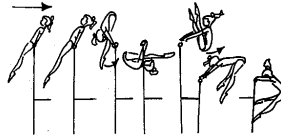


8.33 From rear support on HB – seat (pike) circle backward through clear rear support with ½ turn (180°) to hang on HB or front lying hang

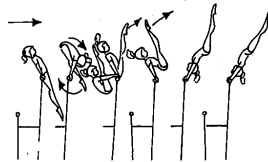


C-Parts

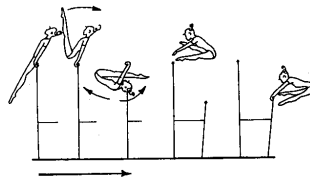
8.40 From outer rear support on HB – seat (pike) circle forward, straddle cut backward with flight over the LB to hang on LB



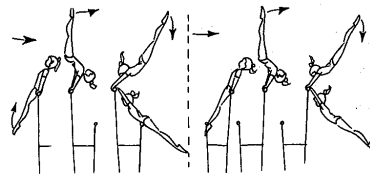
8.41 From rear support on HB – seat pike circle forward over HB, also with ½ turn (180°), to a clear extended support near handstand (Adler)



8.42 From outer rear support on HB – fall backward to inverted pike swing, straddle cut backward with flight over LB to hang on LB

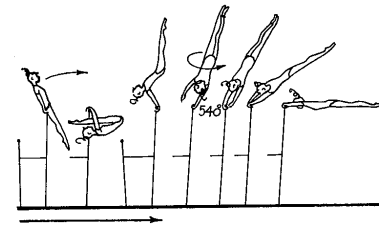


8.43 From rear support on HB – ½ Czech giant backward (stretching near handstand) on HB to front lying hang or hang (Steinemann over-throw) on HB



D-Parts

8.60 From outer rear support on HB – seat pike circle forward with 1/1 turn or 1½ turn (360° or 540°) through clear extended support near handstand (Adler)



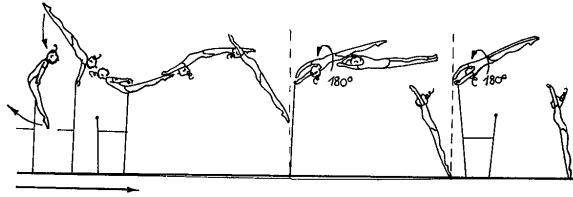
9. Dismounts

Note:

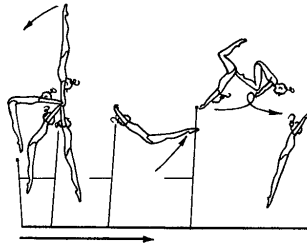
All dismounts are to be performed out of movement.

A-Parts

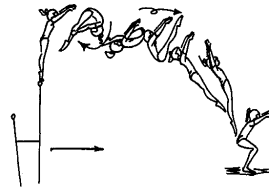
9.01 From front support on HB – under-swing to stand (to both sides), also with $\frac{1}{2}$ twist (180°)



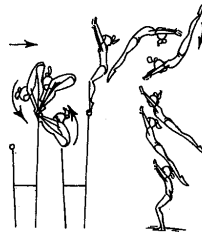
9.02 From handstand on HB – swing down between both bars – forward swing to salto backward tucked or piked (Flyaway)



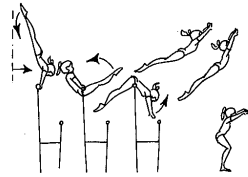
9.03 Stand on HB – salto forward tucked, piked, stretched (to both sides)



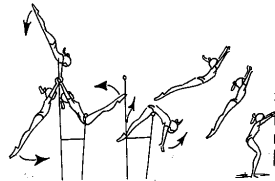
9.04 Stand on HB – salto backward tucked, piked or stretched (to both sides)



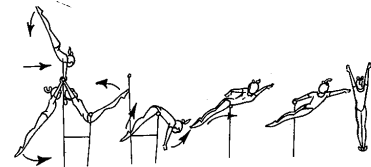
9.05 Free hip circle backward on HB – hecht to stand (to both sides)



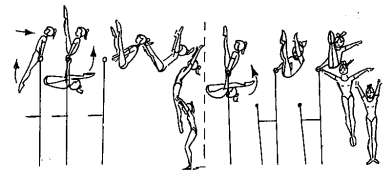
9.06 Free hip circle backward on LB – hecht to stand (to both sides)



9.07 Free hip circle backward on LB or HB – hecht with $\frac{1}{4}$ turn (90°) to cross stand

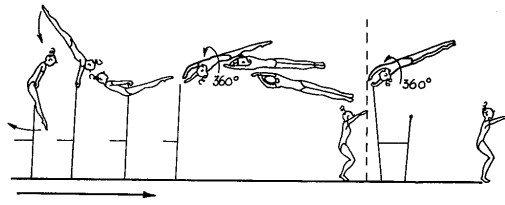


9.08 From:
 – hang on HB }
 – lying hang } Stoop through } to kip hang,
 – rear support on HB – lower backward }
 with straddle cut backward or flank cut to stand (valid also for seat pike circle forward or backward)

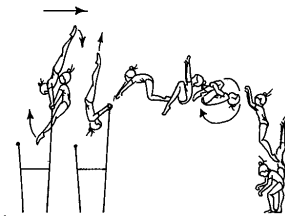


B-Parts

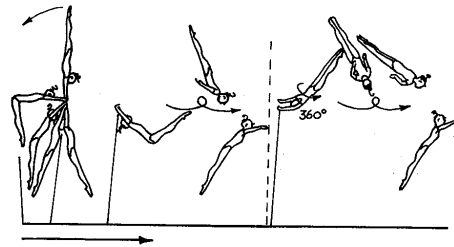
9.20 From front support on HB – under-swing with 1/1 twist (360°) to stand (to both sides)



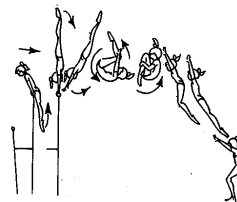
9.21 From outer front support – clear hip circle backward, salto backward tucked



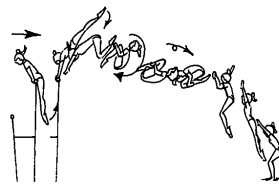
9.22 From handstand on HB – swing down between both bars – forward swing to salto backward stretched, also with 1/2 twist (180°) or 1/1 twist (360°) (Flyaway)



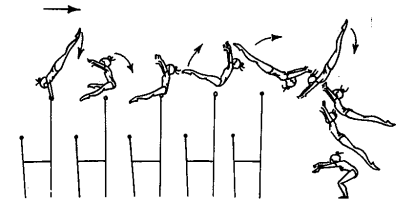
9.23 From outer front support on HB – cast on HB to near handstand, salto forward tucked



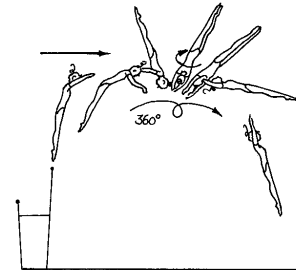
9.24 From outer front support on HB – cast to near handstand, salto backward tucked



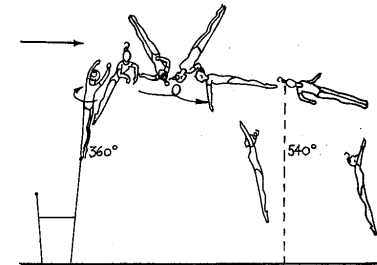
9.25 Support on HB – cast, free straddle over to repulsion from HB – salto backward tucked, piked or stretched (Wippsalto – Tanac, to both sides)



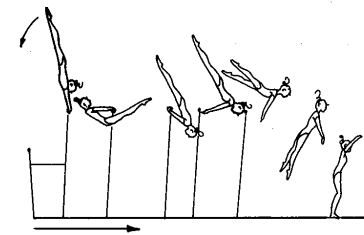
9.26 Stand on HB – salto forward tucked, piked, stretched with 1/1 twist (360°) (to both sides)



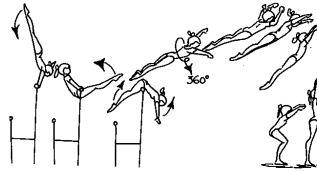
9.27 Stand on HB – salto backward tucked, piked, stretched, with 1/1 or 1 1/2 twist (360° or 540°) (to both sides)



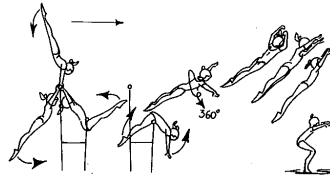
9.28 Front support on HB – clear hecht (to both sides)



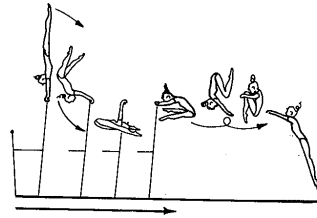
9.29 Free hip circle backward on HB – hecht with 1/1 twist (360°) (to both sides)



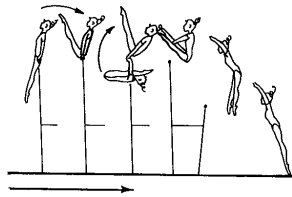
9.30 Free hip circle backward on LB – hecht with 1/1 twist (360°) (to both sides)



9.31 Clear straddle circle forward on HB to salto forward tucked

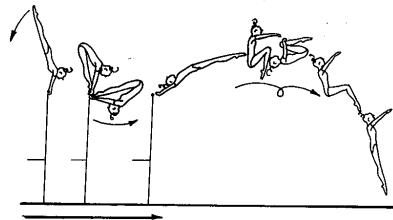


9.32 Start position optional – all inverted pike swings or seat pike circles forward with straddle cut and flight backward over the LB

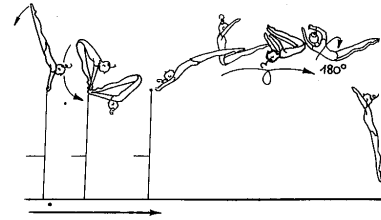


C-Parts

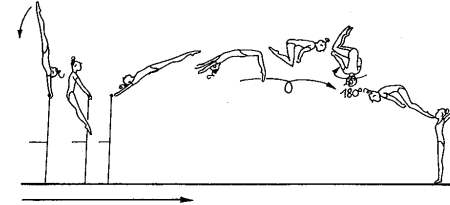
9.40 Front support on HB – underswing with salto forward tucked or piked (to both sides)



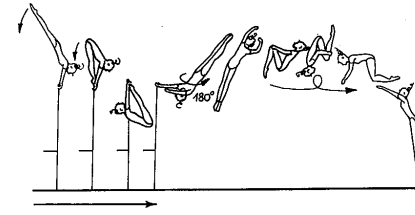
9.41 Front support on HB – underswing with salto forward tucked or piked with ½ twist (180°) (to both sides)



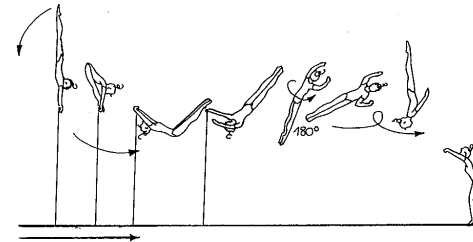
9.42 Front support on HB – clear underswing to salto forward tucked, also with ½ twist (180°) (to both sides)



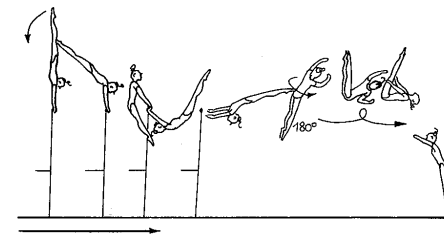
9.43 Support on HB – underswing with ½ twist (180°) and salto backward tucked or piked (Comaneci-Dismount, to both sides)



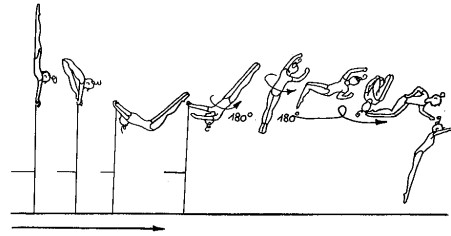
9.44 Front support on HB – underswing with ½ twist (180°) and salto backward stretched (to both sides)



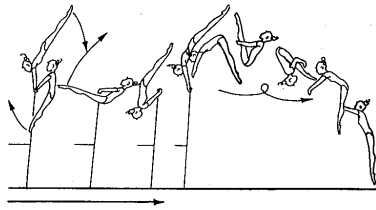
9.45 Front support on HB – clear underswing with ½ twist (180°) and salto backward tucked or piked (to both sides)



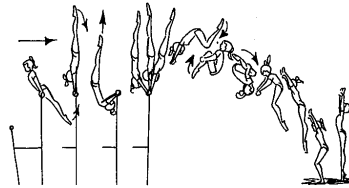
9.46 Front support on HB – underswing with $\frac{1}{2}$ twist (180°) and salto backward tucked with $\frac{1}{2}$ twist (180°) (to both sides)



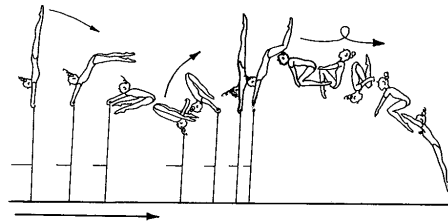
9.47 From outer front support – clear hip circle backward, salto backward piked



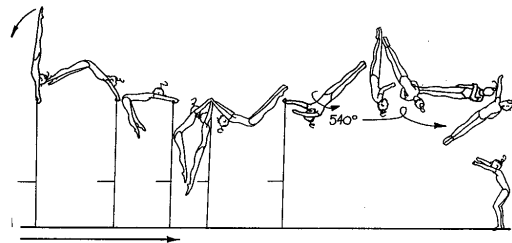
9.48 From outer front support – clear hip circle through handstand, salto backward tucked or piked



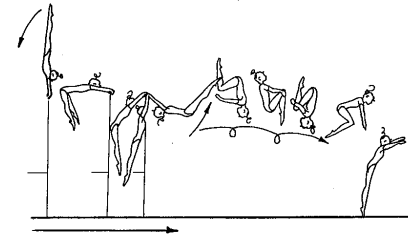
9.49 Stalder backward through handstand, salto backward tucked



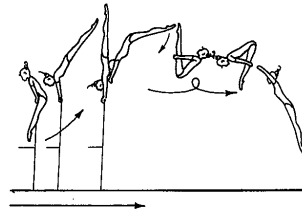
9.50 From handstand on HB – swing down between both bars, forward swing to salto backward stretched with $1\frac{1}{2}$ twist (540°)



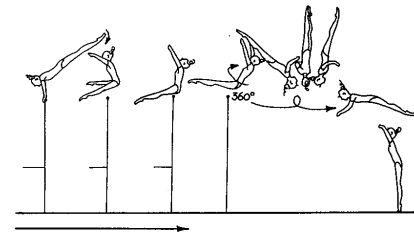
9.51 From handstand on HB – swing down between both bars, forward swing to double salto backward tucked



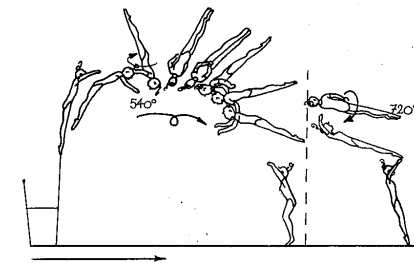
9.52 From outer front support on HB – cast to near handstand, salto backward piked



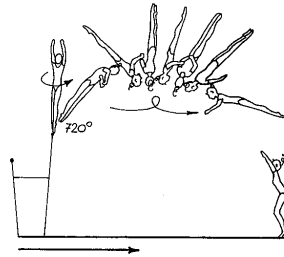
9.53 Front support on HB – cast with free straddle over to repulsion from HB – salto backward stretched with $1\frac{1}{2}$ twist (360°) – (Wippsalto – Tanac with $1\frac{1}{2}$ twist [360°] to both sides)



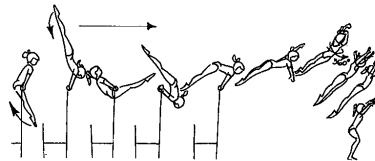
9.54 Stand on HB – salto forward stretched with $1\frac{1}{2}$ to $2\frac{1}{2}$ twist (540° to 720°) (to both sides)



9.55 Stand on HB –
salto backward stretch-
ed with 2/1 twist
(720°)
(to both sides)

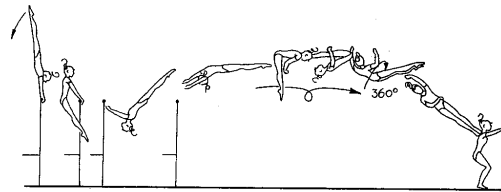


9.56 Front support on
HB – clear hecht with
1/1 twist (360°)
(to both sides)

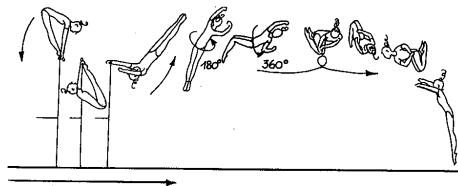


D-Parts

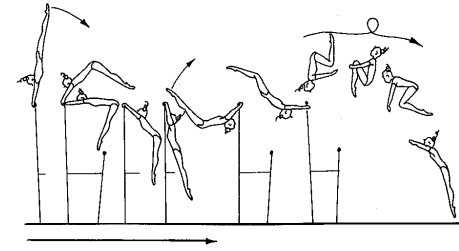
9.60 Front support on
HB – underswing with
or without support of
feet to salto forward
tucked or piked with
1/1 twist (360°)
(to both sides)



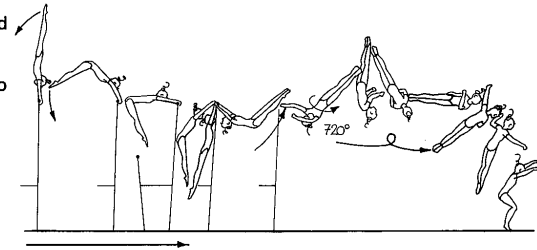
9.61 Front support on
HB – underswing with
½ twist (180°), salto
backward tucked with
1/1 twist (360°)
(to both sides)



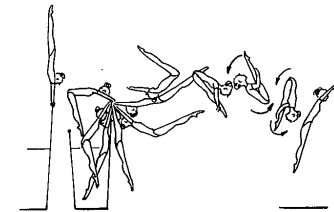
9.62 From handstand
on HB – giant circle
backward, through
handstand with salto
backward tucked over
LB



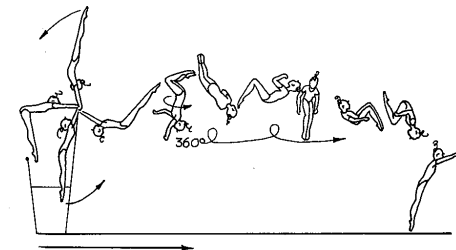
9.63 From handstand
on HB – swing down
between both bars,
swing forward to salto
backward stretched
with 2/1 twist (720°)



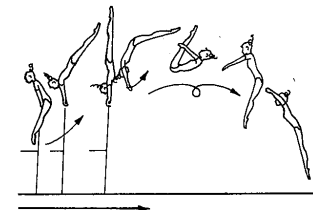
9.64 From handstand
on HB – swing down
between both bars,
swing forward to dou-
ble salto backward
piked



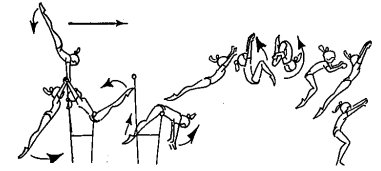
9.65 From handstand
on HB – swing down
between both bars,
swing forward to dou-
ble salto backward
tucked with 1/1 twist
(360°)
(Morio)



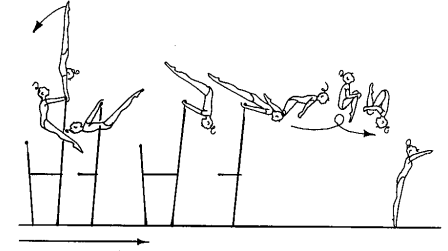
9.66 From outer front
support on HB – cast to
near handstand, salto
forward piked



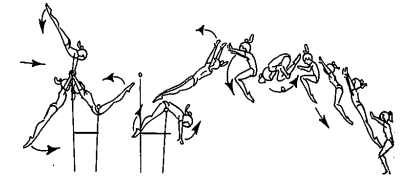
9.67 Free hip circle
backward on LB or HB –
hecht with salto
backward tucked



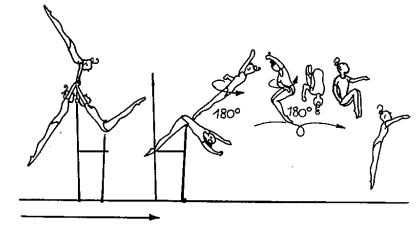
9.68 Clear underswing
on LB or HB – clear
hecht with salto
backward tucked



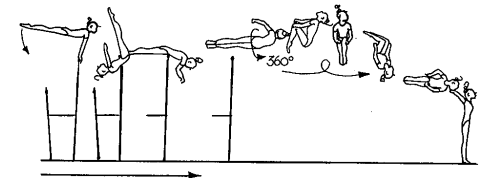
9.69 Free hip circle on
LB or HB – hecht with
 $\frac{1}{2}$ twist (180°) and
salto forward



9.70 Free hip circle
backward on LB or HB –
hecht with $\frac{1}{2}$ twist
(180°), salto forward
with $\frac{1}{2}$ twist (180°)



9.71 Free hip circle
backward on LB or HB –
hecht salto backward
with $\frac{1}{1}$ twist (360°)



Article 12

Balance Beam

1. General

The evaluation of the exercise begins with the take-off from the board or from the floor (see Article 5).

The duration of the optional exercise on the balance beam may not amount to less than 1 : 10 minutes and not more than 1 : 30 minutes.

The exercise is ended at 1 : 30 minutes; further performance will not be evaluated. An interruption of 10 seconds is possible due to a fall on or from the apparatus. This will be timed separately (see Article 5).

Three static, typical beam elements – holds are permitted. Additional holds (pauses), for concentration prior to difficult elements or connections, produce deductions.

2. Content of the Exercise

The exercise must be composed from different element groups. The difficulty parts (value parts) B, C, and D must come from the following element groups:

- Acrobatic elements with or without flight phase in the forward, sideward or backward movement (round-off counts as a sideward movement).
- Acrobatic strength elements.
- Gymnastic elements: Turns, leaps or jumps and hops, step and running combinations, balance elements in a stand, sit and lying position, body waves.

3. For the Composition is to be noted

- Creation of high points (peaks) through the direct connections (series) of:
 - 2 or several acrobatic elements
 - 2 or several gymnastic elements
 - 2 or several acrobatic and gymnastic elements in one series
 - Leaps or jumps, turns and other gymnastic elements
- Harmonious change between the groups, in particular by changing of gymnastic and acrobatic elements.
 - Variation in rhythm between faster and slower movements.
- Performance of elements in the forward, sideward, and backward movement and in a side, cross, and also oblique position to the apparatus.
- Change between working near and far from the beam (level changes).
- Use of the entire length of the beam and in a dynamic construction of the exercise.

4. Special Requirements

- One acrobatic series of two or several elements, one of which must be an element with flight phase.
- One gymnastic series of two or several elements, at least A.
- One gymnast turn of 360° on one leg.
- One gymnastic leap or jump with great amplitude.
- Dismount: at least B.

Specific Apparatus Deductions

5.1 Compositional Faults

	Deductions
- Mount without value (easier than A)	0.20 Pt.
- Exercise without high points (peaks)	
· too few direct connections of gymnastic and acrobatic elements	up to 0.20 Pt.
· more than 2 beam passes in succession without difficulties (B)	each 0.10 Pt.
- Monotony in Presentation	up to 0.20 Pt.
· domination of acrobatics	up to 0.20 Pt.
· one-sided choice of acrobatic or gymnastic elements	up to 0.20 Pt.
· connections not corresponding to the difficulty level of the exercise	up to 0.20 Pt.
- Monotony in the direction of movement	
· general insufficient directional changes	up to 0.20 Pt.
· all acrobatics A-, B-, C-, and D-elements predominantly in one direction	0.20 Pt.
- Monotony in Rhythm	
· uniform (monotonous) tempo during the entire exercise	up to 0.50 Pt.
· uniform tempo during a long passage of the exercise	each 0.10 Pt.
· insufficient change of working near and far from the beam	0.10 Pt.

5.2 Absence of Special Requirements

- Without an acrobatic series	0.20 Pt.
- Without a gymnastic series	0.20 Pt.
- Without a 360° turn on one leg	0.10 Pt.
- Without a gymnastic leap or jump with great amplitude	0.10 Pt.
- Dismount not corresponding to the difficulty level of the exercise (at least B)	0.20 Pt.

5.3 Specific Apparatus Faults

- Support of a leg against the side surface of the beam	each 0.20 Pt.
- More than 3 holds (pauses)	each 0.10 Pt.

6. Value Raising Through Direct* Connection of Value Parts (Difficulties)

- * Direct means: performance of elements/connections
- without pause, and
 - without an extra step

Examples:

- Flic-Flac, landing – take-off without pause	}	= direct
· Flic-Flac		
- 1/1 turn (360°) on the left leg – free leg optional, without pause placing the free leg with take-off to	}	= direct
· gainer flic-flac		

The value raising on beam begins with A-B-connections

A-elements cannot be valued raised and serve only as a connection before B-elements for value raising (see examples 6.1: A+B becomes A+C; A+C remains A+C).

Only acrobatic elements with flight phase can be used for value raising.

- The value raising for dismount connections begins with B+B (A+B remains A+B)
(A+C remains A+C)
- For longer dismount series the same principles as for series on the beam and the dismount will be used. (See 6.7)

Principles

6.1 A+B becomes A+C (B+A remains B+A)

Examples:

Acrobatic:

- walkover forward A
- free (aerial) walkover forward B → C

Gymnastic

- 1/1 turn (360°) on one leg (free leg optional) A
- split jump in place with ¼ turn (90°) B → C

Gymnastic – Acrobatic (or reversed)

- Stretched jump forward with curved extension (arch) A
- flic-flac B → C

6.2 B+B becomes B+C

Examples:

Acrobatic

- head kip B
- head kip B → C

Gymnastic

- 1½ turn (540°) on one leg (free leg in optional position), placing of free leg – immediate B
- 1½ turn (540°) on one leg (free leg in optional position) B → C

Gymnastic – Acrobatic (or reversed)

- Mount: B
- Press to handstand, walkover forward to one leg, placing the free leg with
- take-off to split leap forward with ¼ turn (90°), landing of legs one after the other B → C

6.3 B+C becomes B+D

Examples:

Acrobatic

- Handspring forward to both legs B
- salto forward C → D

Gymnastic

- Body wave to stand on one leg with B
- ½ illusion turn (180°) through standing split C → D

Gymnastic – Acrobatic (or reversed)

- Flic-flac B
- Straddle jump with legs forward in cross position C → D

6.4 C+B becomes C+C**Examples:****Acrobatic**

- Round-off, landing on both legs
- salto backward tucked

C
B → C

Gymnastic

- 1½ turn (540°) on one leg, thigh of the free leg above horizontal, placing of the free leg with take-off to
- split leap forward with ¼ turn (90°), landing of the legs one after the other

B
B → C

Gymnastic – Acrobatic (or reversed)

- Round-off landing on both legs
- stretched jump with ¾ turn (270°)

C
B → C

6.5 C+C becomes C+D**Examples:****Acrobatic**

- Free (aerial) cartwheel
- salto backward stretched

C
C → D

Gymnastic

- ½ turn (180°) in a scale, placing of the free leg (to support leg), immediate
- 1½ turn (540°) on one leg, thigh of free leg above horizontal

C
C → D

Gymnastic – Acrobatic (or reversed)

- Round-off, landing on both legs
- straddle jump with legs forward

C
C → D

6.6 D+C becomes D+D**Examples:****Acrobatic**

- Mount: salto forward, immediate
- hecht roll

D
C → D

Gymnastic

- Butterfly
- 1½ turn (540°) on one leg, thigh of free leg above horizontal

D
C → D

Gymnastic – Acrobatic (or reversed)

- 2/1 turn (720°) on one leg, placing the free leg with take-off to
- gainer flic-flac with support of one arm

D
C → D

6.7 B+B+B becomes B+C+C**Examples:****Acrobatic**

- Free (aerial) walkover forward
- handspring forward (with flight phase)
- free (aerial) walkover forward

B
B → C
B → C

Gymnastic

- Mount: free jump to a stand on the beam (take-off from both legs), immediate take-off to
- split jump in place with ¼ turn (90°)
- stretched jump with ¾ turn (270°)

B
B → C
B → C

Gymnastic – Acrobatic (or reversed)

- Tuck jump with ½ turn (180°)
- flic-flac
- salto backward tucked

B
B → C
B → C

6.8 C+C+C becomes C+D+D**Examples:****Acrobatic**

- Round-off, landing on both legs
- whip back
- dismount: salto backward with 2/1 twist (720°)

C
C → D
C → D

Gymnastic

- ½ illusion
- 1½ turn (540°) on one leg, thigh of free leg above horizontal, placing the free leg with take-off to
- split leap forward with ½ turn (180°)

C
C → D
C → D

Gymnastic – Acrobatic (or reversed)

- Gainer flic-flac with support of one arm
- split leap forward with leg change
- dismount: gainer salto stretched at end of beam

C
C → D
C → D

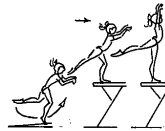
6.9 For longer Series from three elements and difficulty categories, the rules 6.2 to 6.7 are in force:**Examples:**

B+B+C becomes B+C+D
 B+C+C becomes B+D+D
 B+C+B becomes B+D+C
 C+B+B becomes C+C+C
 C+C+B becomes C+D+C
 D+B+C becomes D+C+D
 D+C+B becomes D+D+C
 D+C+C+B becomes D+D+D+C, etc.

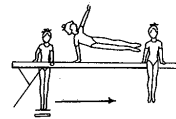
1. Mounts

A

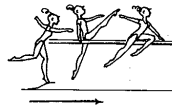
1.01 Free leap to stand on one leg at end or middle of beam – also with lowering to a scale or similar



1.02 Flank over to rear support – from front stand



1.03 Scissors leap to cross sit L or R – diagonal approach to beam



1.04 Stride leap with ½ turn (180°) to cross straddle sit – diagonal approach to beam



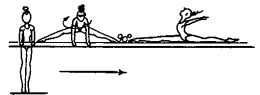
1.05 Stride leap with ½ turn (180°) to front support – 90° approach to beam



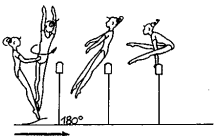
1.06 From front stand – jump (with hand support) to side straddle stand or split sit



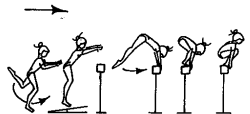
1.07 From front stand – jump (with hand support) with ¼ turn (90°) to cross split sit



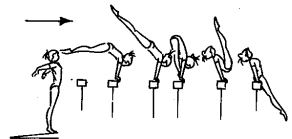
1.08 Jump with ½ turn (180°) to clear straddle support – 90° approach to beam



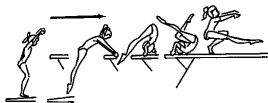
1.09 Jump to tuck stand through to rear support – from front stand



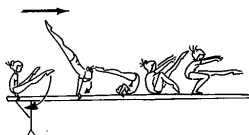
1.10 Jump to stoop through to rear support – from front stand



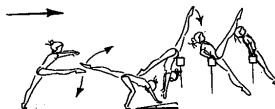
1.11 Jump to roll forward at end or middle of beam



1.12 Clear straddle support on end of beam – swing backward to roll forward

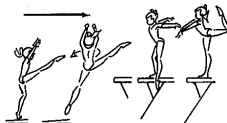


1.13 Handspring forward with hand repulsion from springboard to rear support – or with ¼ turn (90°) to cross sit R or L – 90° approach to beam

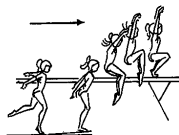


B

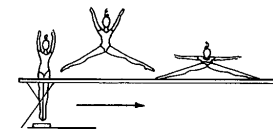
1.20 Free leap with ½ turn (180°) in flight phase to stand on one leg – approach at end or diagonal to beam



1.21 Free jump to stand on beam from take-off from both legs – approach at end or diagonal to beam



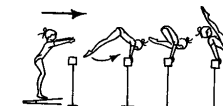
1.22 Free jump to straddle stand – 90° approach to beam



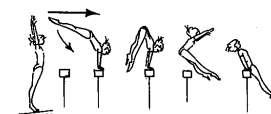
1.23 Jump to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)



1.24 From side stand – squat or stoop through to clear pike support



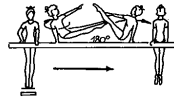
1.25 Straddle cut forward with repulsion from hands to rear support – 90° approach to beam



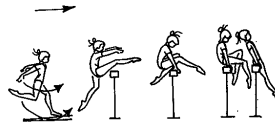
1.26 Stoop through with hecht phase (horizontal = requirement) to rear support – 90° approach to beam



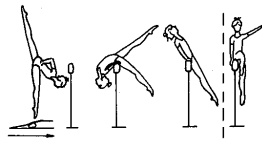
1.27 From front stand – double leg swing (Kehre-in) with ½ turn (180°) to rear support (Kreiskehreswing)



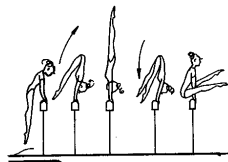
1.28 Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam



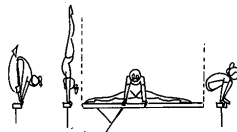
1.29 Free (aerial) walkover forward to rear support or with ¼ turn (90°) to cross sit R or L – 90° approach to beam



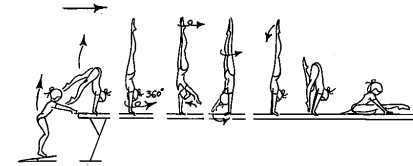
1.30 Press to side or cross handstand – lower to clear straddle support



1.31 Jump, press or swing to cross or side handstand – lower to end position touching beam or continue the movement with roll forward, walkover forward, etc.

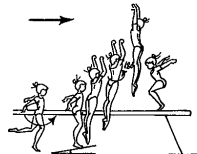


1.32 Jump, press or swing to cross or side handstand up to 1/1 turn (360°) – lower to end position touching beam or clear straddle support

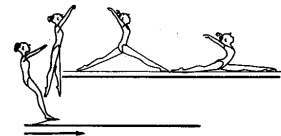


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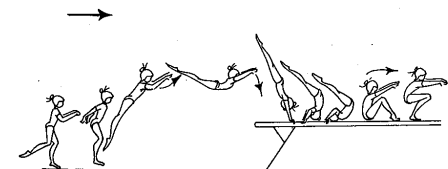
1.40 Free jump with ½ turn (180°) in flight phase to stand – take-off from both legs – 90° or diagonal approach to beam



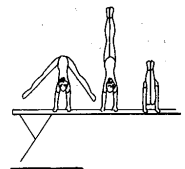
1.41 Free jump to cross split sit – take-off from both legs – diagonal approach to beam



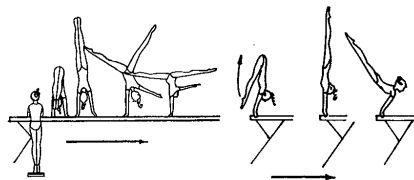
1.42 Hecht roll (extended hip angle in flight phase required) – approach at end or diagonal to beam



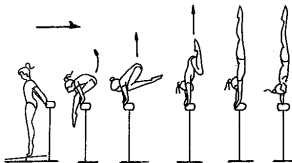
1.43 Jump, press or swing to side handstand – lower to clear pike support



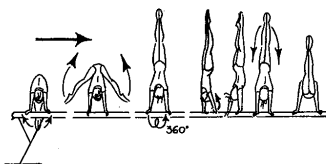
1.44 From cross or front stand – jump, press or swing to cross or side handstand – lower to planche (clear front support above horizontal) or shift weight to side handstand on one arm (2 sec.)



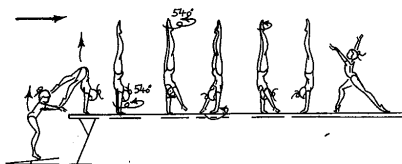
1.45 From rear stand – jump backward, press to side handstand



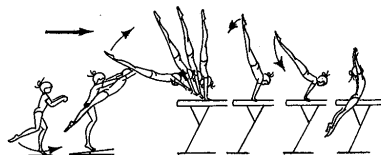
1.46 Jump, press, or swing to cross or side handstand – up to 1/1 turn (360°) in handstand – lower to planche or clear pike support



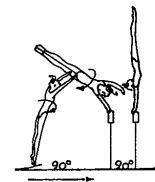
1.47 Jump, press, or swing to cross or side handstand – from 1 1/2 turn (540°) and more in handstand – end position optional



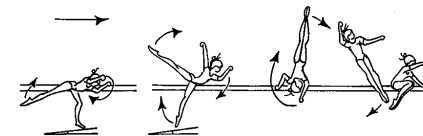
1.48 Jump to handstand with extended hips in on flight phase – lower to end position touching beam – approach at end or diagonal to beam



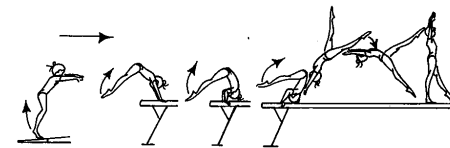
1.49 Jump with 1/4 turn (90°) through a momentary handstand on one arm with immediate 1/4 turn (90°) and support on second arm to side handstand – 90° approach to beam



1.50 Free (aerial) walkover to cross sit R or L with 1/4 turn (45°) to front support – diagonal approach to beam

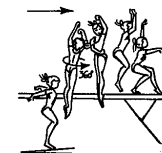


1.51 All head and neck kips

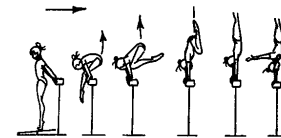


D

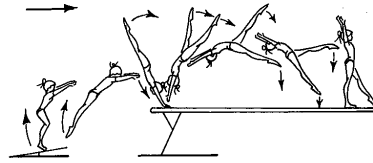
1.60 Free jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam



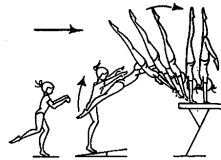
1.61 From rear stand – jump backward, press to side handstand – shift weight to handstand on one arm (2 sec.)



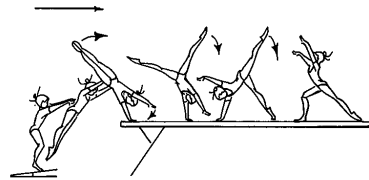
1.62 Handspring forward with hecht phase (extended hip angle) before hand support on beam – approach at end or diagonal to beam



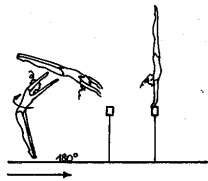
1.63 Jump to handstand with hecht phase (extended hip angle) before hand support on beam – end position touching beam – approach at end or diagonal to beam



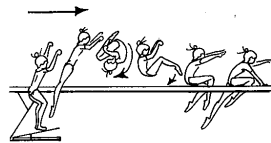
1.64 Cartwheel with hecht phase (extended hip angle) before hand support on beam – approach at end or diagonal to beam



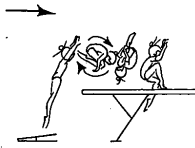
1.65 Jump with 1/2 turn (180°) in flight phase to side handstand – 90° approach to beam



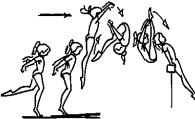
1.66 Salto forward tucked to cross sit R or L on beam – diagonal approach to beam



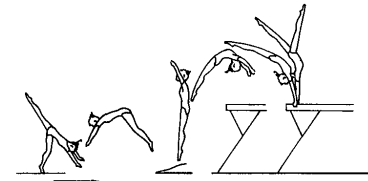
1.67 Salto forward tucked to tuck stand or stand – approach at end of beam



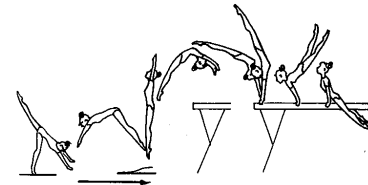
1.68 Salto forward tucked or piked to rear support – 90° approach to beam



1.69 Round-off in front of beam (at end) – flic-flac through handstand to stand on beam



1.70 Round-off in front of beam (at end) – flic-flac through handstand with swing down to cross straddle sit



1.71 Round-off in front of beam (at end) – flic-flac through handstand with support of one arm to stand on beam

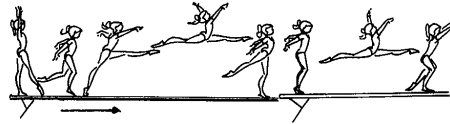


2. Gymnastic Jumps and Leaps

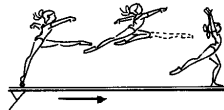
Note: All split jumps with 180° angle of leg separation

A

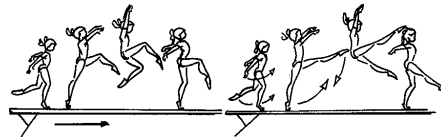
2.01 Split leap forward (take-off from one leg) or split jump in place (take-off from both legs)



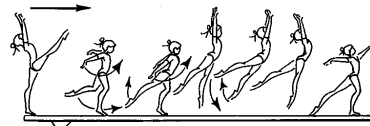
2.02 Split leap forward or split jump in place with bending of front leg (Stag leap-jump)



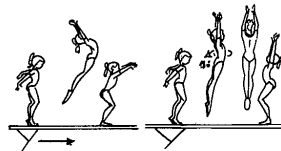
2.03 Scissors leap forward with bent or extended legs (Cat Leap)



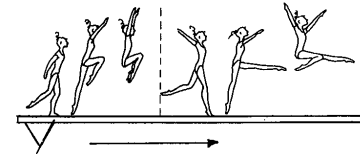
2.04 Scissors leap backward with extended or bent legs



2.05 Stretched jump forward with arch or with ½ turn (180°)



2.06 Tuck leap or jump, also with one leg extended forward

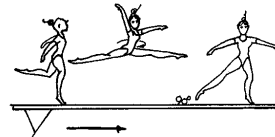


2.07 Sissone

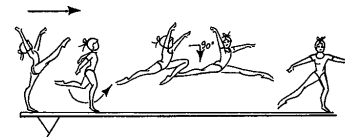


B

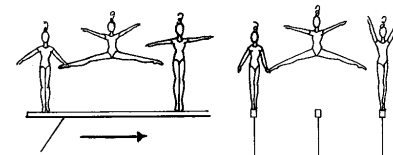
2.20 Split leap forward or split jump in place with ¼ turn (90°) – landing legs one after another



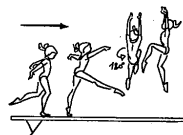
2.21 Split leap forward or split jump in place with bending of front leg (Stag) and ¼ turn (90°) – landing legs one after another



2.22 Side straddle jump (hip angle extended) in a cross or side position – straddle < 150° ≅ B, smaller straddle < ≅ A



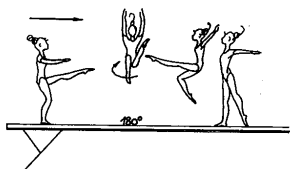
2.23 Scissors leap forward with bent legs and ½ turn (180°) (Cat leap with ½ turn (180°))



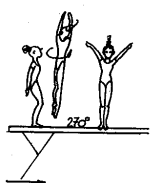
2.24 Tuck jump with ½ turn (180°)



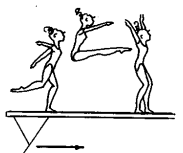
2.25 Tuck jump (hop) with ½ turn (180°) and one leg extended forward



2.26 Stretched jump with ¼ turn (270°) – landing on one or both legs



2.27 Pike jump in cross or side position – hip < 90° required

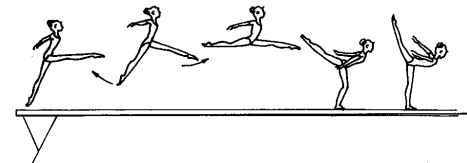


C

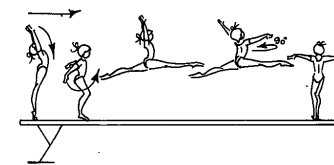
2.40 Split leap forward with change of legs (180° separation < after leg change)



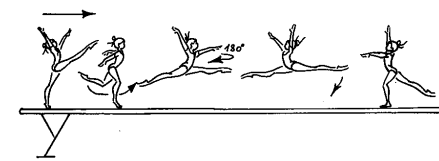
2.41 Split leap forward with leg change (180° separation < after the leg change) to scale forward (2 sec.)



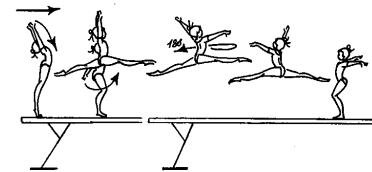
2.42 Split or stag jump forward ¼ turn (90°) – landing on both legs



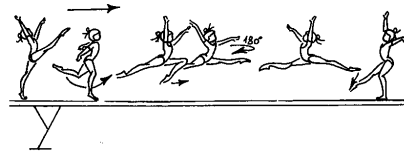
2.43 Split leap forward with ½ turn (180°)



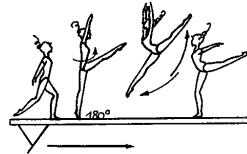
2.44 Split jump in place with ½ turn (180°)



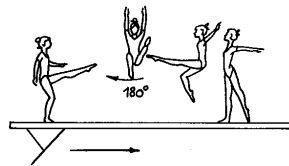
2.45 Split leap forward with bending of front leg (Stag) and ½ turn (180°)



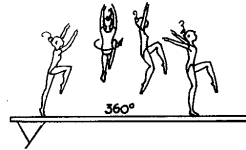
2.46 Scissors leap with extended legs and ½ turn (180°) (Tour Jete - separation < over 90°)



2.47 Tuck jump (hop) with ½ turn (180°) (free leg horizontal or higher)



2.48 Scissors leap forward with bent legs (Cat Leap) 1/1 turn (360°)



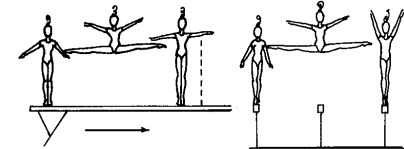
2.49 Tuck jump with 1/1 turn (360°)



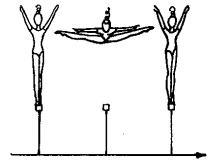
2.50 Stretched jump with 1/1 turn (360°) to 1¼ turn (450°)



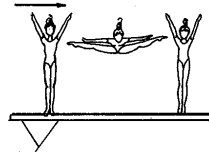
2.51 Side split jump in side position (separation < 180°)
Side split jump in cross position (separation < 180°)



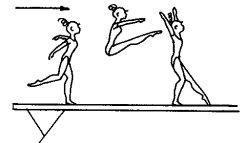
2.52 Straddle jump with legs forward in cross stand



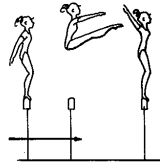
2.53 Straddle jump with legs forward in side position



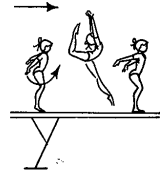
2.54 Pike jump in cross position - hip < smaller than 90°



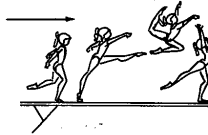
2.55 Pike jump in side position – hip < smaller than 90°



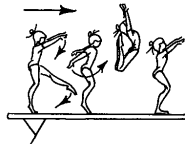
2.56 Ring leap or jump (rear leg at head height)



2.57 Stag-ring leap (rear leg at head height)

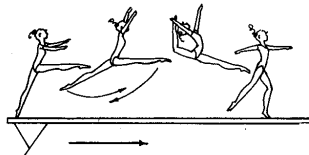


2.58 Tuck jump with arch (Sheep jump)

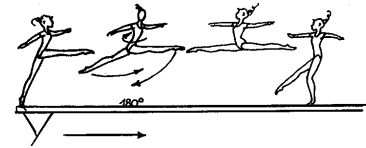


D

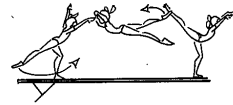
2.60 Split leap forward with leg change to Ring leap



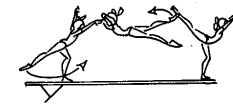
2.61 Split leap forward with leg change (180° separation < after leg change) and ½ turn (180°)



2.62 Butterfly



2.63 Tuck jump (hop) with 1/1 turn (360°) (free leg horizontal or higher)



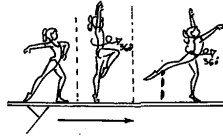
2.64 Stretched jump with 1½ turn (540°)



3. Gymnastic Turns

A

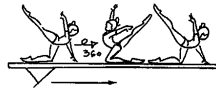
3.01 1/1 turn (360°) on one leg, free leg optional



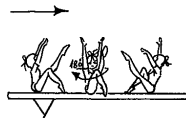
3.02 1/1 turn (360°) in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1/1 turn (360°)



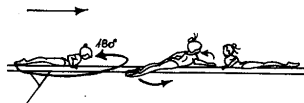
3.03 1/1 turn (360°) in knee scale – hand support alternate



3.04 1/2 turn (180°) in free sit (without hand support)

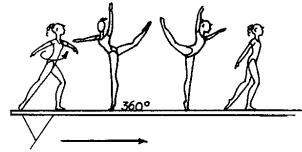


3.05 1/2 turn (180°) in prone position – hand support alternate

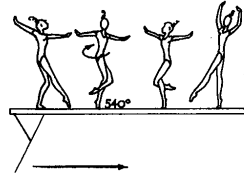


B

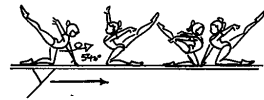
3.20 1/1 turn (360°) on one leg, thigh of free leg horizontal (forward, sideward, or backward)



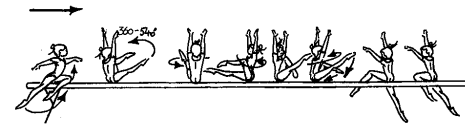
3.21 1 1/2 turn (540°) on one leg, free leg optional



3.22 1 1/2 turn (540°) in knee scale – hand support alternate



3.23 1/1 turn (360°) to 1 1/2 turn (540°) in sit – alternate support of hands permitted



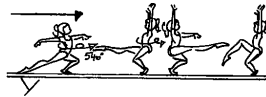
3.24 1/1 turn (360°) to 1 1/2 turn (540°) in prone position – alternate support of hands permitted



3.25 1/1 (360°) flank
circle, legs together
(Kreis flank – Voigt
flank)

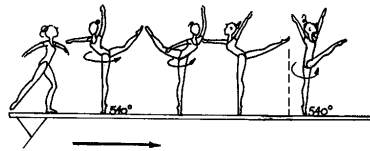


3.26 1½ turn (540°) in
tuck stand on one leg,
free leg in forward
horizontal, placing of
the free leg at end of
1½ turn (540°)

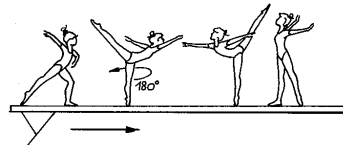


C

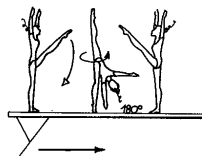
3.40 1½ turn (540°)
on one leg, thigh of free
leg horizontal



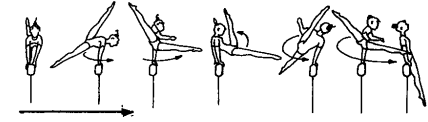
3.41 ½ turn (180°) in
scale, free leg above
horizontal from start to
end of turn



3.42 ½ illusion turn
(180°) through stand-
ing split without
touching beam with
free leg

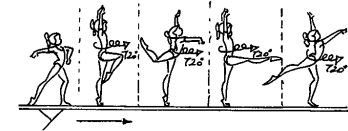


3.43 1/1 (360°) leg
circle with «flair» (legs
separated)
(Talavera-Flair)

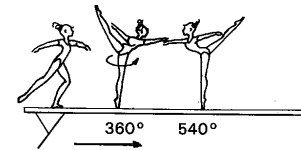


D

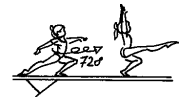
3.60 2/1 turn (720°)
and more on one leg,
free leg optional



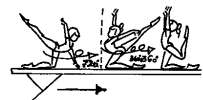
3.61 1/1 turn (360°)
and more in scale, free
leg above horizontal
from start to end of turn



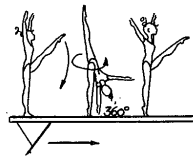
3.62 2/1 turn (720°)
and more in tuck stand
on one leg, free leg in
forward horizontal,
placing of the free leg at
end of 2/1 turn (720°)



3.63 2/1 turn (720°) in
knee scale – of which
1/1 turn (360°) or more
must be free



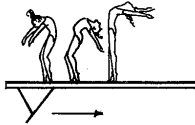
3.64 1/1 illusion turn
(360°) and more
through standing split
without touching beam
with free leg



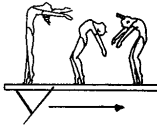
4. Waves

A

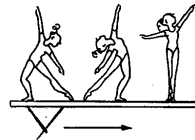
4.01 Body wave
forward to stand on
both legs



4.02 Body wave
backward to stand on
both legs

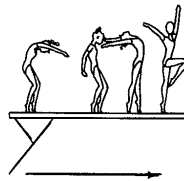


4.03 Body wave
sideward to stand on
both legs

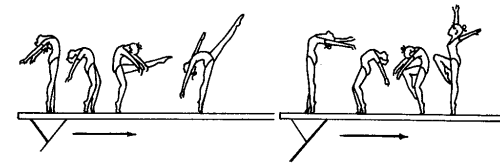


B

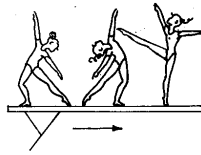
4.20 Body wave
forward to stand on
one leg



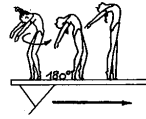
4.21 Body wave
backward to stand on
one leg



4.22 Body wave
sideward to stand on
one leg, free leg above
horizontal



4.23 Body wave
forward or backward
½ turn (180°)

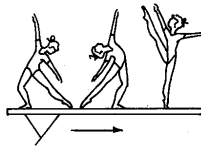


C

4.40 Body wave
forward to standing
split on ball of foot
(2 sec.)

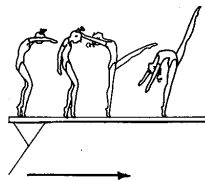


4.41 Body wave
sideward to stand on
ball of foot with
sideward upward hold
of free leg above 140°
(2 sec.)



D

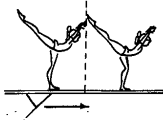
4.60 Body wave
backward to standing
split with backward
bend of upper body -
on ball of foot (2 sec.)



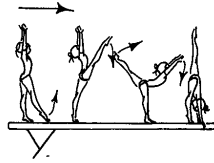
5. Holds-Stands

A

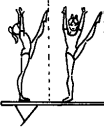
5.01 Scale forwards,
support leg extended or
bent (2 sec.)



5.02 Standing split
forwards with hand
support in front
of support leg (separa-
tion < 180°) - Needle
scale (2 sec.)



5.03 Stand on one leg
(whole foot), free leg in
forward or sideward
hold above 90° (2 sec.)



5.04 Free knee scale
(2 sec.)



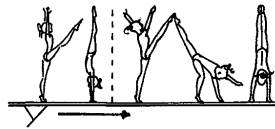
5.05 Free pike - «V» -
sit, neckstand, etc.
(2 sec.)



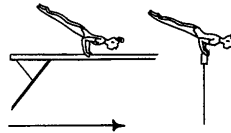
5.06 Free lying with large leg – torso position (2 sec.)



5.07 Kick to cross or side handstand (2 sec.)

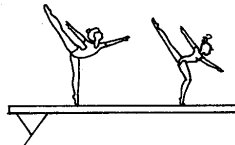


5.08 Planche with support on both arms (2 sec.)



B

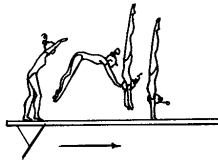
5.20 Scale forwards on ball of foot, support leg bent or extended (2 sec.)



5.21 Stand on ball of one foot, free leg in sideward upward hold above 140° (2 sec.)



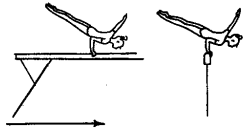
5.22 Jump to cross or side handstand (2 sec.)



5.23 Clear pike – «V» – support (2 sec.)

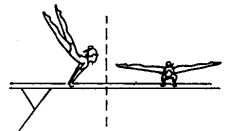


5.24 Planche with support on one arm (2 sec.)



C

5.40 Planche (clear front support) in cross or side position (2 sec.)



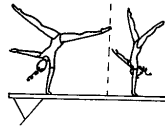
5.41 Standing split backwards, in stand on whole foot (2 sec.)



5.42 Side handstand
with horizontal leg hold
(2 sec.)



5.43 Cross or side
handstand on one arm
(2 sec.)



D

5.60 Scale backward
on ball of foot (2 sec.)



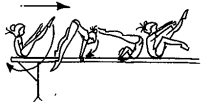
6. Rolls

A

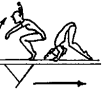
6.01 Roll forward with
hand support



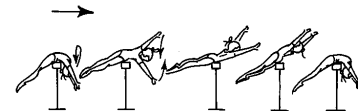
6.02 Roll forward from
backward swing



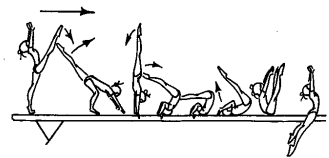
6.03 Roll backward



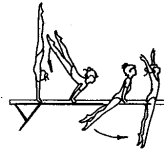
6.04 Roll sideward –
body extended



6.05 Kick to cross
handstand – roll out
forward with hand
support



6.06 Kick to cross handstand – swing down to cross straddle sit

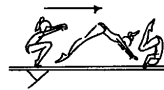


B

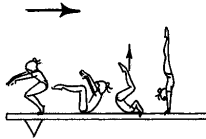
6.20 Roll forward without hand support



6.21 Dive roll forward



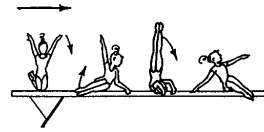
6.22 Roll backward to handstand



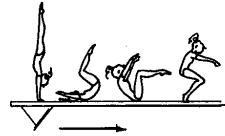
6.23 Roll sideward – body tucked or piked



6.24 Roll sideward through extended neckstand

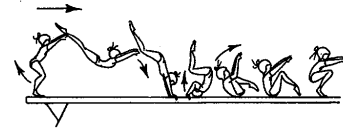


6.25 Cross handstand lower to brief neck position roll out forward without hand support



C

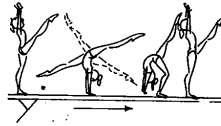
6.40 Hecht roll (hip < extended)



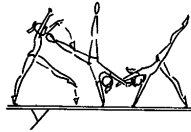
7. Walkovers, Cartwheels, etc.

A

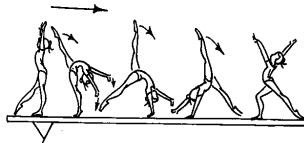
7.01 Walkover forward – also with support of one arm or with alternate hand support (Tinsica)



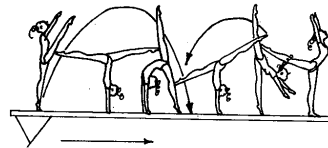
7.02 Cartwheel – also with support of one arm



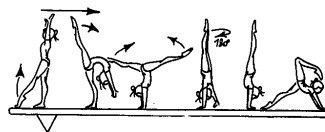
7.03 Walkover backward – also with support of one arm or with alternate hand support (Tinsica)



7.04 Walkover forward – backward (Tic-toc)

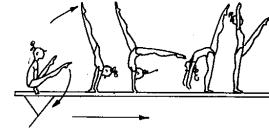


7.05 Walkover forward, backward, or cartwheel up to handstand (without flight phase) with ½ turn (180°) in handstand – end position touching beam

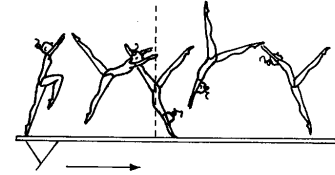


B

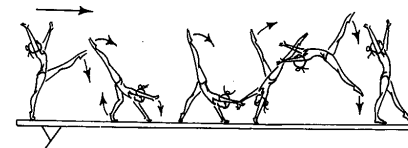
7.20 From sit or support – swing backward to handstand – roll out forward or walkover forward or another variation



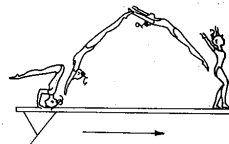
7.21 Handspring forward with flight before or after hand support – also with support on one arm



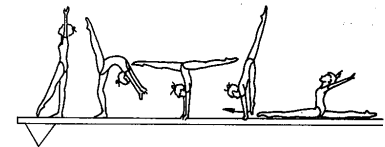
7.22 Handspring forward with alternate hand support (Tinsica spring) with flight phase before or after hand support



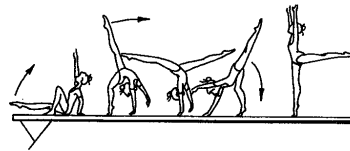
7.23 Head kip to stand or tuck stand



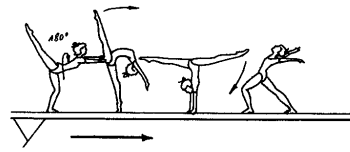
7.24 Walkover backward with stoop through of one leg to cross split sit or lower to clear straddle support



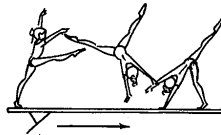
7.25 Walkover backward from tuck sit (Valdez)



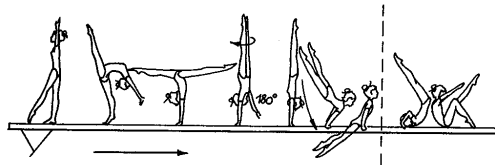
7.26 Scale forward, 1/2 turn (180°), walkover backward (Turning bridge)



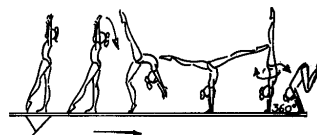
7.27 Cartwheel with flight phase before or after hand support



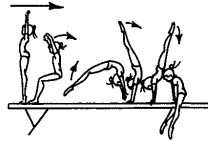
7.28 Walkover forward, backward, or cartwheel with 1/2 turn (180°) and continuation of movement to walkover forward, backward, cartwheel, roll forward, swing down to cross straddle sit, or lower to clear straddle support



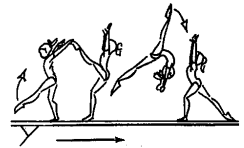
7.29 Walkover forward, backward, or cartwheel with 1/1 turn (360°) in handstand lower to end position touching beam or to clear straddle support



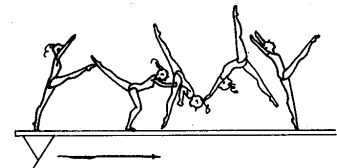
7.30 Flic-flac from stand to stand or with swing down to cross straddle sit



7.31 Gainer flic-flac to stand - also with swing down to cross straddle sit

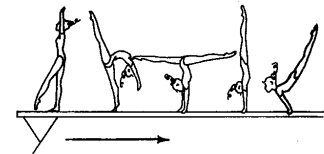


7.32 Free (aerial walkover forward)

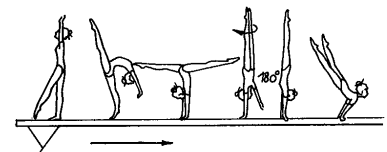


C

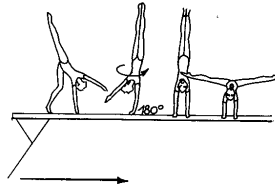
7.40 Handstand or walkover backward with lowering to planche (clear front support) in cross position (2 sec.)



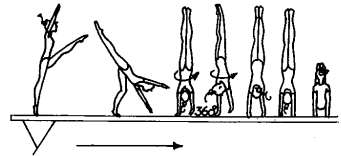
7.41 Walkover forward or backward with 1/2 turn (180°) - lowering to planche (clear front support) in cross or side position (2 sec.)



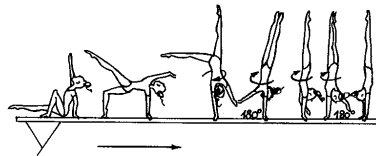
7.42 Cartwheel with ½ turn (180°) in handstand – lower to planche (clear front support) in side position (2 sec.)



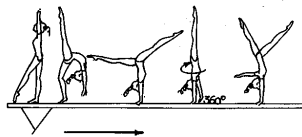
7.43 Walkover forward, backward, or cartwheel with 1/1 turn (360°) in handstand – lowering to planche or clear pike support (2 sec.)



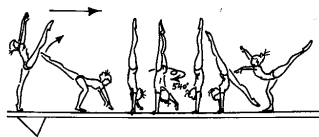
7.44 From a tuck sit – walkover backward with 1/1 turn (360°) (½ turn [180°] in handstand on one arm, second ½ turn [180°] with late support of second arm)



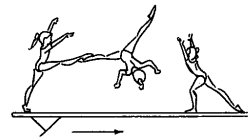
7.45 Walkover backward in cross position to cross handstand – also with turn in handstand – shift weight to handstand on one arm (2 sec.)



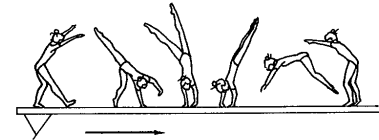
7.46 Walkover forward, backward, or cartwheel with 1½ turn (540°) and more in handstand – end position optional



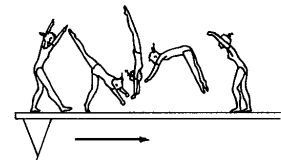
7.47 Free (aerial) cartwheel



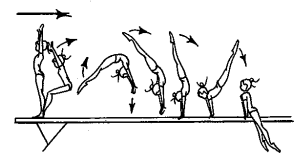
7.48 Round-off to both legs (flight phase must definitely be seen in connection (without connection after – B))



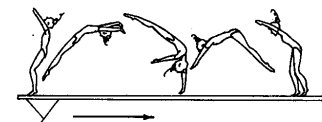
7.49 Free (aerial) round-off, landing on both legs



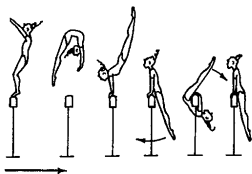
7.50 Flic-flac with high flight – swing down to cross straddle sit (Korbut-Flic-Flac)



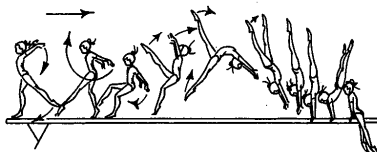
7.51 Flic-flac with support of one arm



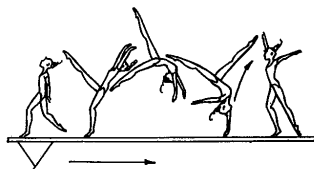
7.52 Flic-flac in side position with hip circle backward



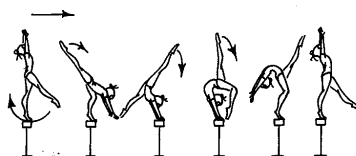
7.53 Gainer flic-flac with high flight – swing to cross straddle sit



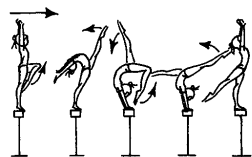
7.54 Gainer flic-flac with support of one arm



7.55 Walkover forward in side position

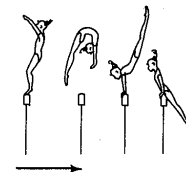


7.56 Walkover backward in side position

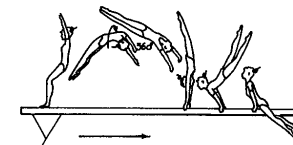


D

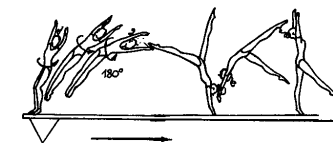
7.60 Flic-flac in side position to front support



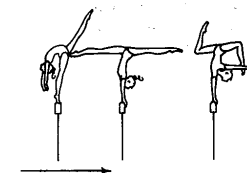
7.61 Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit (Rulfova-flic)



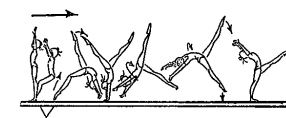
7.62 Jump backward (flic-flac take-off) with 1/2 twist (180°) to hand-spring forward (Arabian handspring)



7.63 Walkover backward in side position – also with turn in handstand – shift weight to handstand on one arm (2 sec.)



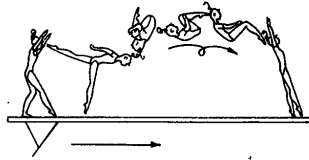
7.64 Flic-flac with 1/2 turn (180°) after hand support



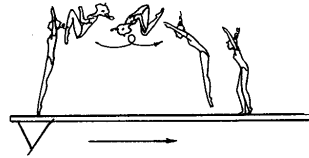
8. Saltos

B

8.20 Salto forward tucked, take-off from one leg



8.21 Salto backward tucked from stand to stand

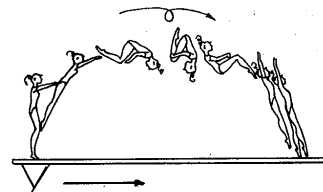


8.22 Gainer salto backward tucked

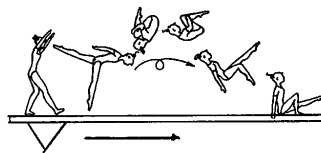


C

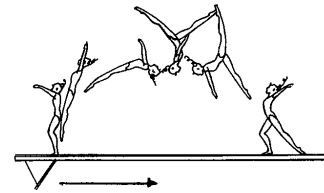
8.40 Salto forward tucked, take-off from both legs



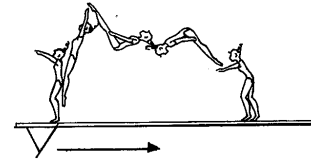
8.41 Salto forward tucked to sit, take-off from one leg



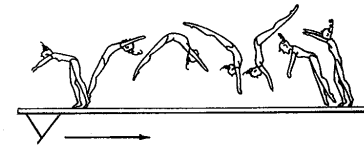
8.42 Salto backward stretched – step out from stand to stand



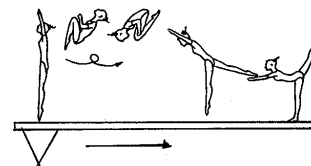
8.43 Salto backward piked from stand to stand



8.44 Whip back (in connection)

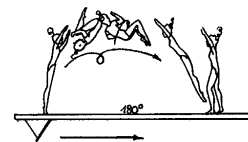


8.45 Salto backward tucked to scale forward (2 sec.)

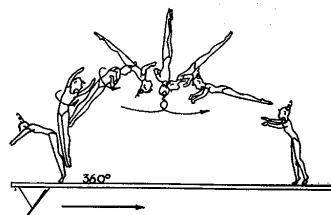


D

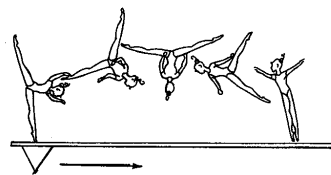
8.60 Salto forward tucked with 1/2 twist (180°), take-off from both legs



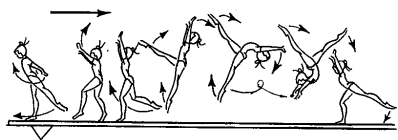
8.61 Salto backward
tucked or stretched
with 1/1 twist (360°)
(Shishova)



8.62 Salto sideward
from take-off forward
to side stand



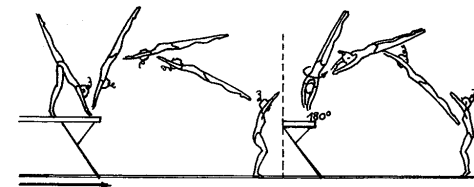
8.63 Gainer salto
stretched with step out



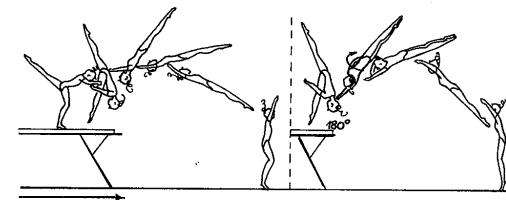
9. Dismounts

A

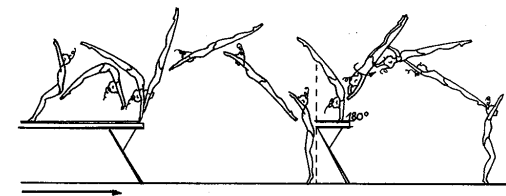
9.01 Handspring forward – also with
½ twist (180°) after
hand support



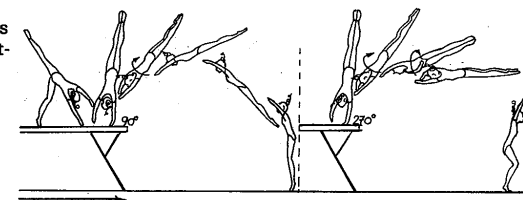
9.02 Free (aerial)
walkover forward – also
with ½ twist (180°)



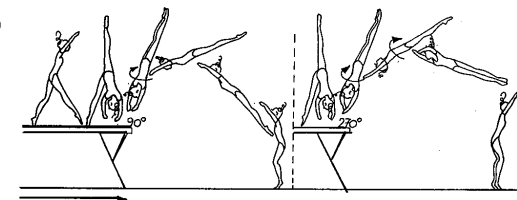
9.03 Flic-flac – also
with ½ twist (180°) or
with support of one arm
at end or middle of
beam



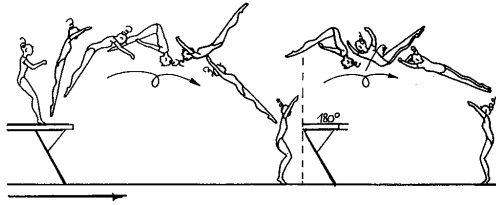
9.04 Cartwheel with
¼ twist (90°) or
¾ twist (270°) to cross
stand rearways or front-
ways at end of beam



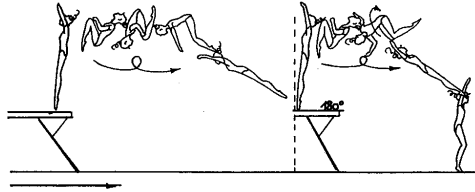
9.05 Free (aerial) cart-
wheel with ¼ twist
(90°) or ¾ twist (270°)
to cross stand rearways
or frontways at end of
beam



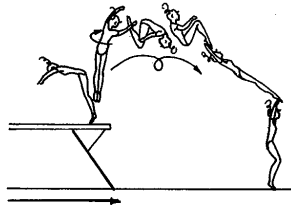
9.06 Salto forward tucked or piked – also with ½ twist (180°)



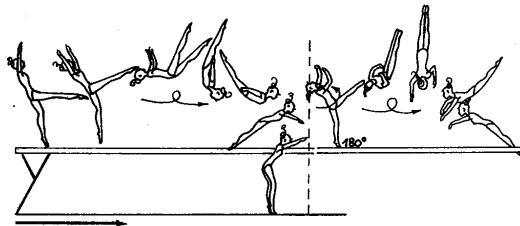
9.07 Salto backward tucked, piked, or stretched – also with ½ twist (180°)



9.08 Arabian salto tucked (jump backward, ½ twist [180°] salto forward)

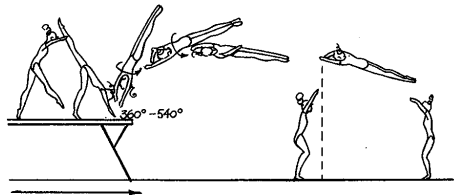


9.09 Gainer salto tucked, piked or stretched at side of beam – also with ½ twist (180°)

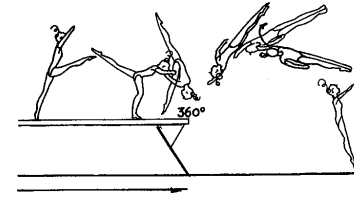


B

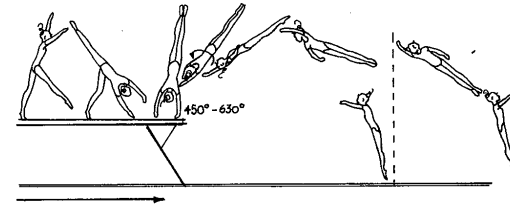
9.20 Handspring forward with 1/1 twist to 1½ twist (360° to 540°) after hand support



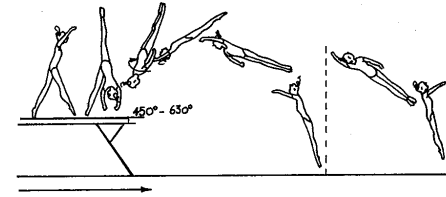
9.21 Free (aerial) walkover forward with 1/1 twist (360°)



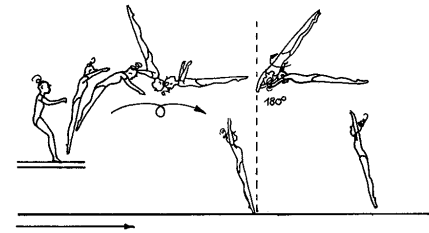
9.22 Cartwheel with 1¼ twist to 1½ twist (450° to 630°) after hand support to cross stand rearways or frontways at end of beam



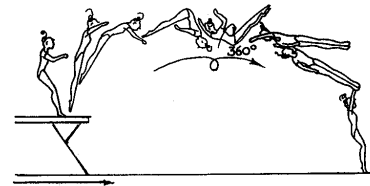
9.23 Free cartwheel with 1¼ twist to 1½ twist (540° to 630°) to cross stand rearways or frontways at end of beam



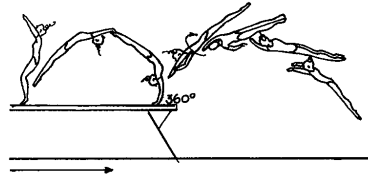
9.24 Salto forward stretched – also with ½ twist (180°)



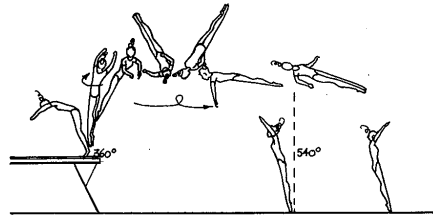
9.25 Salto forward tucked or piked with 1/1 twist (360°)



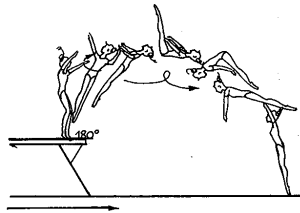
9.26 Flic-flac with 1/1 twist (360°) in middle or at end of beam



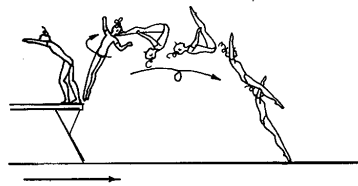
9.27 Salto backward tucked, piked, or stretched with 1/1 twist (360° to 540°)



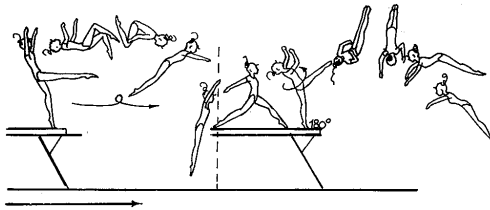
9.28 Stretched jump forward with 1/2 twist (180°) and salto backward tucked or piked (take-off from one or both legs)



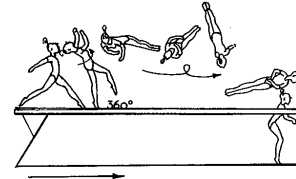
9.29 Arabian salto piked



9.30 Gainer salto tucked or piked at end of beam - also with 1/2 twist (180°)

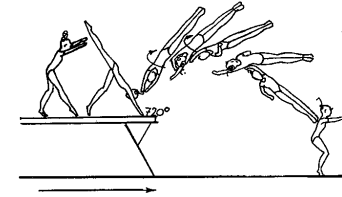


9.31 Gainer salto tucked, piked, or stretched with 1/1 twist (360°) at side of beam

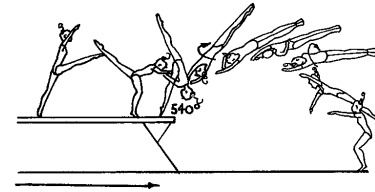


C

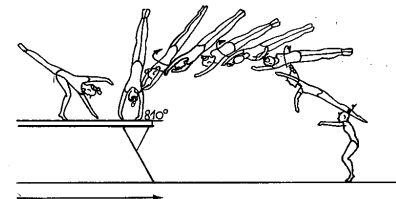
9.40 Handspring forward with 2/1 twist (720°) after hand support



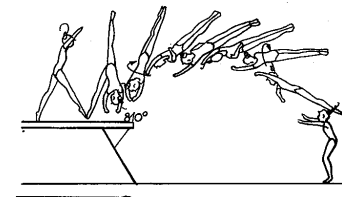
9.41 Free (aerial) walkover forward with 1 1/2 twist (540°) and more



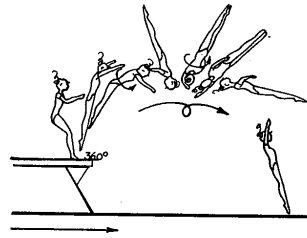
9.42 Cartwheel with 2 1/4 twist (810°) to cross stand at end of beam



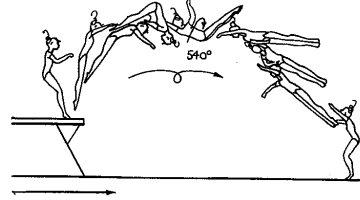
9.43 Free (aerial) cartwheel with 2 1/4 twist (810°) to cross stand at end of beam



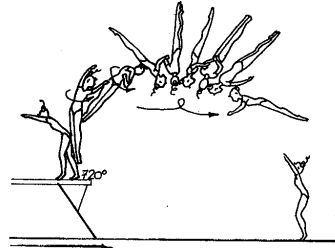
9.44 Salto forward stretched with 1/1 twist (360°) – take-off from both legs



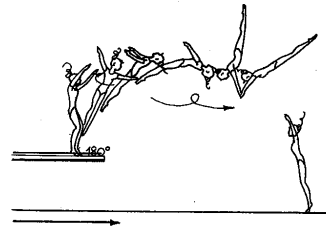
9.45 Salto forward tucked or piked with 1 1/2 twist (540°) – take-off from both legs



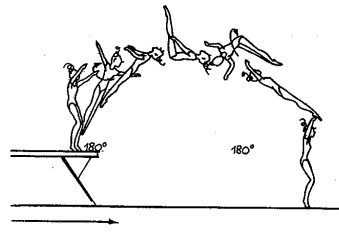
9.46 Salto backward stretched with 2/1 twist (720°)



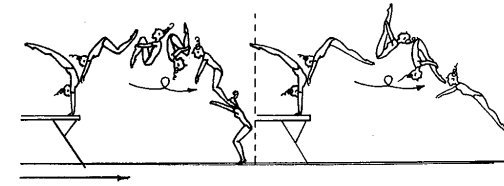
9.47 Stretched jump forward with 1/2 twist (180°) and salto backward stretched – take-off from both legs



9.48 Stretched jump forward with 1/2 twist (180°) and salto backward tucked or piked with 1/2 twist (180°) – take-off from both legs

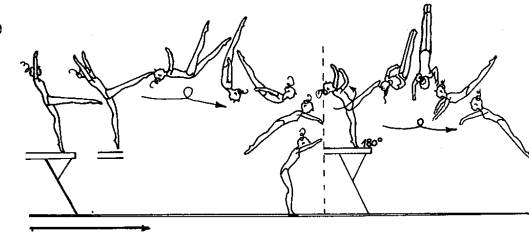


9.49 Tsukahara tucked or piked

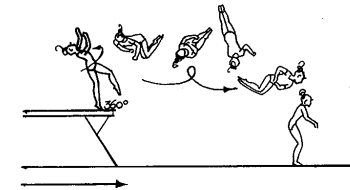


*Starts as
v-o,
no leg touch*

9.50 Gainer salto stretched at end of the beam – also with 1/2 twist (180°)

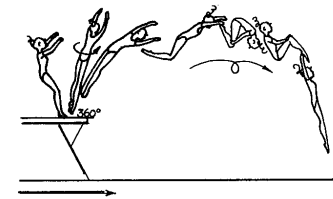


9.51 Gainer salto tucked or piked with 1/1 twist (360°) at end of beam

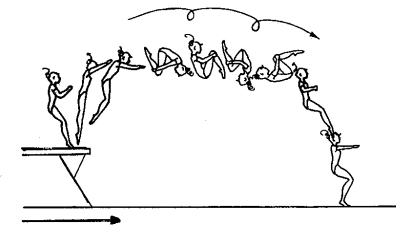


D

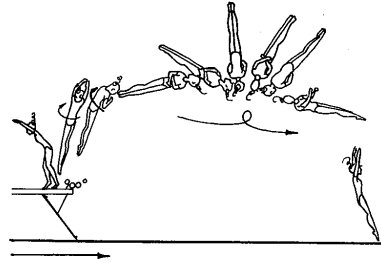
9.60 Stretched jump forward with 1/1 twist (360°) and salto forward tucked, piked, or stretched



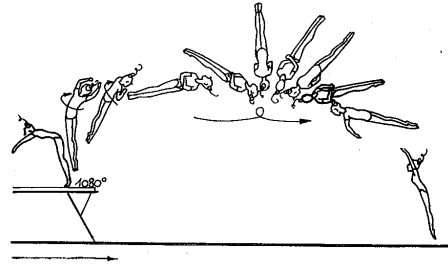
9.61 Double salto forward



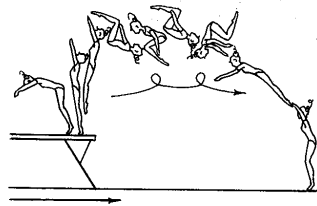
9.62 Salto backward stretched with 2 1/2 twist (900°)



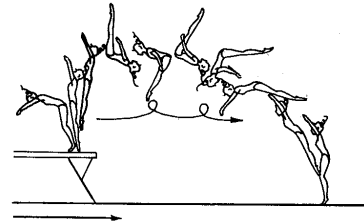
9.63 Salto backward stretched with 3/1 twist (1080°)



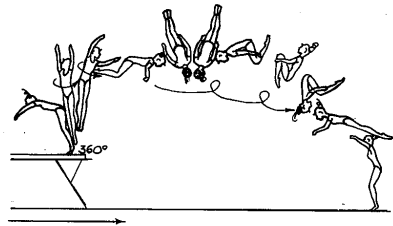
9.64 Double salto backward tucked



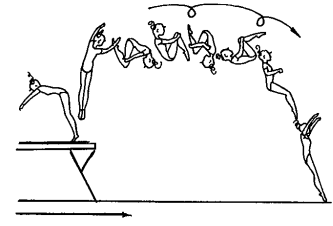
9.65 Double salto backward piked



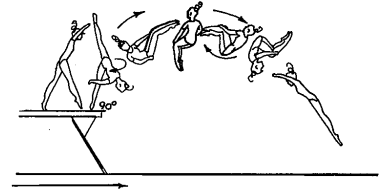
9.66 Double salto backward with additional 1/1 twist (360°)



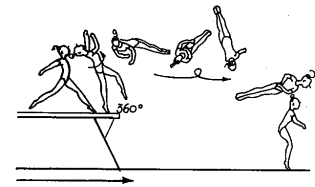
9.67 Arabian double salto



9.68 Double salto sideward with 1/4 twist (90°) to cross stand at end of beam



9.69 Gainer salto stretched with 1/1 twist (360°) at end of beam



Article 13

Floor Exercise

1. General

The duration of the floor exercise may not amount to less than 1 : 10 minutes and not more than 1 : 30 minutes.

4 measures of musical lead in are permitted. These measures must belong to the floor music. It is permitted:

- Musical accompaniment with orchestra without singing.
- Musical accompaniment with piano or one other instrument.

The orchestra accompaniment must be on tape; the piano accompaniment may be live or on a tape recording.

The exercise begins with the first gymnastic or acrobatic movement. Stepping outside of the prescribed floor area (12 × 12 m) will result in a deduction each time.

2. Content of the Exercise

The exercise should be composed from different element groups. The difficulties B, C and D must come from the following element groups.

- Acrobatic elements with and without flight phase in forward, sideward, or backward movement.
- Gymnastic elements: turns; leaps, jumps, and hops; steps and running combinations; balance elements in stand, sitting and lying position; arm swings and body waves.

3. For the composition is to be noted

Creation of high points (peaks) through:

- Acrobatic series with at least one or more saltos.
- Acrobatic-gymnastic series with great amplitude.
- Gymnastic series with great amplitude.
- Harmonious change between gymnastic elements and acrobatic elements (jumps).
- Dynamic change between the slower and faster movements, corresponding to the character of the music.
- Harmony of the music and movement.
- Versatile use of the floor area – original directions.
- Change between movements executed near to and far from the floor.
- Change between movements forward, sideward, and backward and movements in place.

Undesirable are:

Unaesthetic exaggerations from «Show-Business», which are incompatible with gymnastics and possess no sportive value.

4. Special Requirements

- 3 acrobatic series*, one of which is an acrobatic series with two saltos or one D-salto.
- One gymnastic element: at least B.
- A dismount series: at least B**

* Note:

Each acrobatic series must consist of at least three acrobatic elements, one of which is a salto (i. e.: round-off, flic-flac, salto backward).

Gymnastic elements are not able to replace acrobatic elements in an acrobatic series; they are only able to be additionally included.

**** Note:**

- The dismount requirement is fulfilled, if
- one acrobatic element (minimum B from the Table) or
 - one gymnastic element (minimum B from the Table)
- is performed as the last value part (difficulty).
The dismount requirement is valid and fulfilled, if the following variations are chosen:
- acrobatic dismount series closes with B or more difficult - there follows yet another A-element;
 - acrobatic dismount series closes with A (or more) - there follows a more difficult acrobatic or gymnastic element from B.

5. Specific Apparatus Deductions

Deductions

5.1 Compositional Faults:

- Exercise without high points (peaks)
 - Absence of gymnastic high points 0.10 Pt.
 - Absence of acrobatic high points 0.10 Pt.
- Monotony in presentation
 - One-sided choice of acrobatic elements and connections up to 0.20 Pt.
 - One-sided choice of gymnastic elements and connections up to 0.20 Pt.
- Monotony in the direction of movement
 - Insufficient use of the floor area up to 0.20 Pt.
 - Predominance of straight directions up to 0.20 Pt.
 - Lack of passages gymnastic or gymnastic-acrobatic covering great distance in total up to 0.20 Pt.
 - Insufficient change of elements near to and far from the floor (level change) up to 0.20 Pt.
- Monotony in Rhythm
 - Exercise without music 0.50 Pt.
 - Music and movement not in harmony
 - during the entire exercise 0.50 Pt.
 - in some parts each 0.10 Pt.
 - Music with voice
 - during the entire exercise 0.50 Pt.
 - in some parts each 0.10 Pt.
 - More than 4 measures of introduction 0.20 Pt.
- Unaesthetic incompatible elements each 0.10 Pt.

5.2 Absence of Special Requirements:

- Absence of one acrobatic series each 0.20 Pt.
- Absence of a series with two saltos or one D-salto 0.20 Pt.
- Absence of one gymnastic B 0.20 Pt.
- Dismount series does not correspond to the difficulty level - at least B 0.20 Pt.

5.3 Specific Deductions:

- Stepping outside of the floor area (outside the line) each 0.10 Pt.

6. Value Raising Through Direct* Connection of Value Parts (Difficulties)

- * Direct means: performance of acrobatic elements with flight phase without hand support and gymnastic elements from B
- without a pause between the landing of the first and the take-off of the second element
 - without an extra step, that means the free leg of the first element is placed immediately as the stand - or take-off leg for the following element.

Examples:

- Whip-back salto immediate } = direct
- salto backward
- Split leap forward with leg change, placing of the free leg and immediate take-off to } = direct
- split leap forward with leg change

The value raising on floor begins with

- acrobatic A-elements with flight phase and without hand support
- gymnastic B-elements (see in addition examples)
- The value raising occurs with
 - acrobatic series
 - in **direct** connection of acrobatic elements with flight phase and without hand support or with hand support from B and also
 - in **indirect** connection, that means acrobatic elements such as round-off, flic-flac, etc. are performed between acrobatic elements with flight phase and without hand support
 - gymnastic series or acrobatic (also with hand support - gymnastic series (or reversed)
 - only in **direct** connection.
- The value raising from C to D begins with C+C.

Exception:

- with a series of 3 or more **directly** connected value parts, the value raising to D begins with B+C (see 6.14)
- with a series of 3 or more **indirectly** connected value parts, the value raising to D begins with C+A+C (see 6.13)

6.1 A+A becomes A+B

Note: One example each of a direct connection (first example) and indirect connection (second example) will be itemized.

Examples:

Acrobatic

- free (aerial) walkover forward A
- salto forward tucked A → B
- salto forward tucked A
- round-off, flic-flac
- salto backward stretched A → B

6.2 A+B becomes A+C

Examples:

Acrobatic

- salto backward stretched A
- salto forward piked B → C
- free (aerial) walkover forward A
- round-off, flic-flac
- salto backward with 1/1 twist (360°) B → C

Acrobatic – Gymnastic

- Salto forward tucked
- straddle jump with legs forward

A
B → C

6.3 B+A becomes B+B**Examples:****Acrobatic**

- round-off, flic-flac
- arabian salto tucked
- salto forward
- round-off, flic-flac
- whip-back salto
- flic-flac
- salto backward stretched

B
A → B

B
A → B

Gymnastic – Acrobatic

- straddle jump with legs forward
- salto forward tucked

B
A → B

6.4 B+B becomes B+C**Examples:****Acrobatic**

- round-off, flic-flac
- salto backward with 1/1 twist (360°)
- salto forward stretched
- salto forward piked
- round-off, flic flac
- salto sideward tucked, piked, or stretched

B
B → C

B
B → C

Gymnastic

- 1½ turn (540°) on one leg, placing of free leg, immediate
- 1½ turn (540°) on other leg

B
B → C

Gymnastic – Acrobatic (or reversed)

- round-off
- straddle jump with legs forward
- stretched jump with 1/1 twist (360°) to hecht roll

B
B → C

6.5 C+A becomes C+B**Examples:****Acrobatic**

- round-off, flic-flac
- salto backward stretched with 2/1 twist (720°)
- salto forward tucked
- round-off, flic-flac
- salto backward stretched with 1½ twist (540°)
- round-off, flic-flac
- salto backward stretched

C
A → B

C
A → B

6.6 C+B becomes C+C**Examples:****Acrobatic**

- jump forward with 1/1 twist (360°) to handspring forward (Mostepanova)
- salto forward stretched

C
B → C

- round-off, flic-flac
- salto backward with 1½ twist (540°)
- round-off, flic-flac
- salto backward stretched with 1/1 twist (360°)

C
B → C

Gymnastic

- leap-jump with 2/1 turn (720°), free leg stretched forward
- tuck jump with 1/1 turn (360°), take-off from both legs

C
B → C

Gymnastic – Acrobatic (or reversed)

- stretched jump with 2/1 turn (720°)
- jump with 1/1 twist (360°) to hecht roll

C
B → C

6.7 C+C becomes C+D**Examples:****Acrobatic**

- round-off, flic-flac
- salto backward with 1½ twist (540°)
- round-off, flic-flac
- salto backward with 2/1 twist (720°)

C
C → D

Note: Acrobatic C+C connections as a direct connection are unknown.

Gymnastic

- 2/1 turn (720°) on one leg, placing of free leg, take-off to
- stretched jump with 2/1 turn (720°)

C
C → D

Gymnastic – Acrobatic (or reversed)

- jump forward with 1/1 twist (360°) to handspring forward (Mostepanova)
- stretched jump with 2/1 turn (720°)

C
C → D

6.8 D+C becomes D+D**Examples:**

Acrobatic (only indirect – see **Note 6.7**)

- round-off, flic-flac
- double salto backward
- flic-flac
- salto backward with 2/1 twist (720°)

D
C → D

Gymnastic

- 3/1 turn (1080°), placing of the free leg, immediate
- 2/1 turn (720°)

D
C → D

Gymnastic – Acrobatic (or reversed)

- salto forward with 1½ twist (540°)
- stretched jump with 2/1 turn (720°)

D
C → D

Note: D+A and D+B connections likewise receive value raising one difficulty step (see **Example 6.5, 6.6**).

6.9 A+A+A becomes A+B+B**Examples:****Acrobatic**

- free (aerial) walkover forward
- free (aerial) walkover forward
- salto forward

A
A → B
A → B

- free round-off A
- flic-flac (indirect)
- salto backward stretched A → B
- salto forward tucked (direct) A → B

6.10 A+B+A becomes A+C+B

Examples:

Acrobatic

- salto forward tucked A
- salto forward stretched with step-out B → C
- free (aerial) walkover forward A → B
- free (aerial) round-off A
- flic-flac
- arabian tucked B → C
- round-off, flic-flac
- salto backward stretched A → B

6.11 A+B+B becomes A+C+C

Examples:

Acrobatic

- salto forward tucked A
- salto forward stretched to step-out B → C
- salto sideward stretched B → C
- free (aerial) cartwheel A
- gainer flic-flac
- salto backward stretched with 1/1 twist (360°) B → C
- flic-flac
- salto backward stretched with 1/1 twist (360°) B → C

Gymnastic – Acrobatic (or reversed)

- salto forward tucked A
- round-off, flic-flac
- arabian salto tucked B → C
- straddle jump with legs forward B → C

6.12 B+B+B becomes B+C+C

Examples:

Acrobatic

- round-off, flic-flac B
- arabian salto piked B → C
- salto forward stretched B → C
- jump forward with 1/1 twist (360°) to hecht roll B
- salto forward stretched B
- round-off, flic-flac
- whip-back salto B → C
- flic-flac
- arabian salto B → C

Gymnastic

- split leap forward with leg change B
- stretched jump with 1½ turn (540°), placing of the free leg with take-off B → C
- stretched jump with 1½ turn (540°) B → C

Gymnastic – Acrobatic (or reversed)

- round-off, flic-flac B
- salto backward with 1/1 turn (360°) B → C
- straddle jump with legs forward B → C
- stretched jump with 1½ turn (540°)

6.13 For all series from three elements or value part categories indirectly connected, the principles 6.1 to 6.12 become effective.

Examples:

- A + A + C becomes A + B + C
- A + C + A becomes A + C + B
- A + B + C becomes A + C + C
- B + C + A becomes B + C + B
- B + B + C becomes B + C + C
- C + A + C becomes C + B + D
- C + B + C becomes C + C + D
- B + C + C becomes B + C + D
- C + C + C becomes C + D + D, etc.

6.14 The value raising of C to D in a series from three directly connected elements follows from B + C.

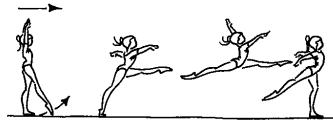
Examples:

- B + B + C becomes B + C + D
- C + B + C becomes C + C + D
- C + C + B becomes C + D + C
- B + C + B becomes B + D + C, etc.

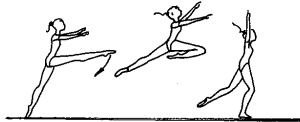
1. Gymnastic Leaps, Jumps and Hops

A

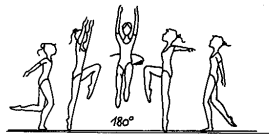
1.01 Split leap forward or split jump in place



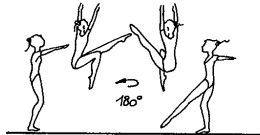
1.02 Stride leap with bending of the forward leg (Stag position in flight phase)



1.03 Scissors leap forward with bent legs and 1/2 turn (180°)



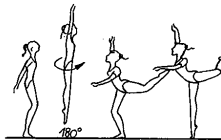
1.04 Tuck jump with legs together or leap with one leg extended forward with 1/2 turn (180°) - take-off from one or both legs



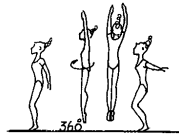
1.05 Stretched jump with arch



1.06 Stretched jump with 1/2 turn (180°) to balance element on one leg

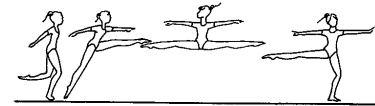


1.07 Stretched jump with 1/1 turn (360°)

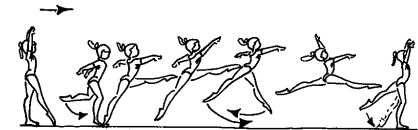


B

1.20 Split leap forward with 1/4 turn (90°)

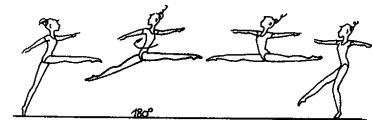


1.21 Split leap forward with leg change

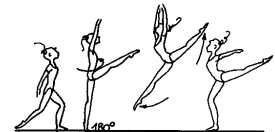


or

1.21 Split leap forward with 1/2 turn (180°)



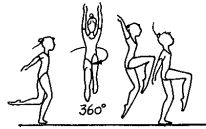
1.22 Scissors leap forward with 1/2 turn (180°) (Tour Jeté)



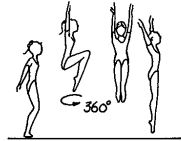
1.23 Hop with 1/1 turn (360°) with one leg extended at horizontal 90°



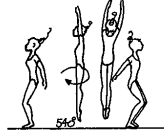
1.24 Scissors leap with bent legs (Cat leap) and 1/1 turn (360°)



1.25 Tuck jump with legs together or leap with one leg extended forward with 1/1 turn (360°) – take-off from both legs



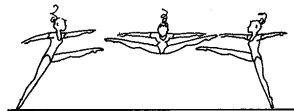
1.26 Stretched jump with 1½ turn (540°)



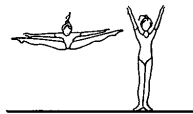
1.27 Pike jump or leap – legs above horizontal take-off from one or both legs



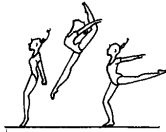
1.28 Straddle leap with legs forward – take-off from one leg



1.29 Straddle jump with legs forward – take-off from two legs



1.30 Ring leap or jump (rear leg at head height)



1.31 Series of at least two butterflies forward

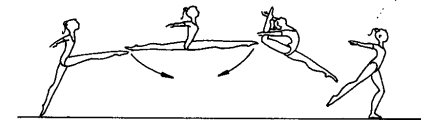


C

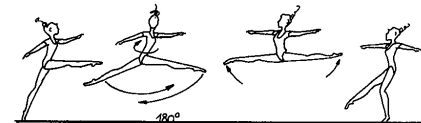
1.40 Split leap forward with leg change to scale (2 sec.)



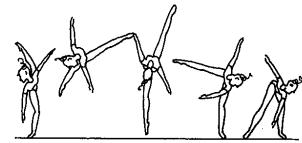
1.41 Split leap forward with leg change to ring leap



1.42 Split leap forward with leg change and ½ turn (180°) in flight phase (Frolova)



1.43 Series of at least two butterflies backward



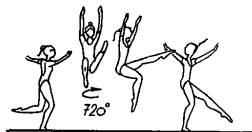
1.44 Hop with 2/1 turn
(720°) – free leg extended forward



1.45 Stretched jump with 2/1 turn (720°)



1.46 Tuck jump or leap with one leg extended forward with 2/1 turn (720°)

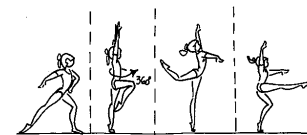


Note: All leaps – jumps with more than 2/1 turn (720°) are D.

2. Gymnastic Turns

A

2.01 1/1 turn (360°)
on one leg (free leg optional)



2.02 1/1 turn (360°)



or

2.02 1½ turn (540°) in
tuckstand on one leg,
free leg optional



2.03 1/1 Illusion turn
(360°), without
touching the floor with
the free leg

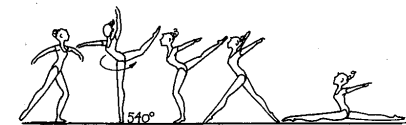


B

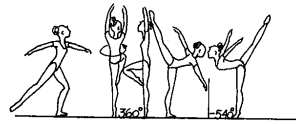
2.20 1½ turn (540°)
on one leg – also to
balance element



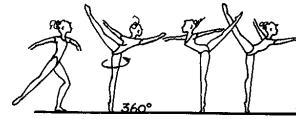
2.21 1½ turn (540°) to
cross split sit



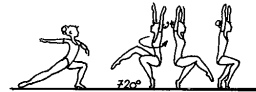
2.22 1/1 to 1½ turn
(360° to 540°) on one
leg to scale forward
(2 sec.)



2.23 1/1 turn (360°) in
scale forward with free
leg hold above 90°
from start to end of turn



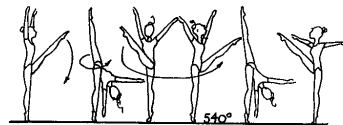
2.24 2/1 turn (720°) in
tuckstand on one leg –
free leg position op-
tional, placing the free
leg at end of 2/1 turn
(720°)



2.25 2×1/1 (2×360°)
turn in tuckstand on
one leg – exchange free
leg, placing free leg at
end of 2/1 (720°)

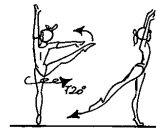


2.26 1½ Illusion turn
(540°) without
touching floor with free
leg

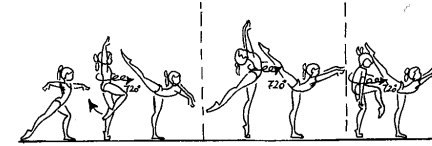


C

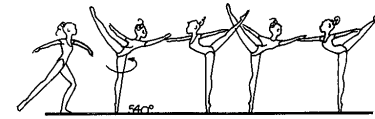
2.40 2/1 to 2¾ turn
(720° to 990°), placing
the free leg at end of
2/1 to 2¾ turn (720° to
990°)



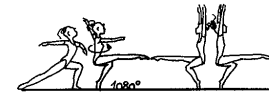
2.41 From 2/1 turn
(720°) to scale forward
(2 sec.)



2.42 1½ turn (540°) in
scale forward with free
leg hold above 90°
from start to end of turn



2.43 From 3/1 turn
(1080°) in tuckstand on
one leg – optional
position of free leg, placing
of free leg at end of
3/1 turn (1080°)



2.44 2×1½ turn
(2×540°) in tuckstand
on one leg – optional
position of free leg,
with change of support
and free leg in each
case at the end of
1½ turn (540°)



2.45 1/1 turn (360°) in
tuckstand on one leg –
optional position of free
leg, 2/1 turn (720°) in
tuckstand on one leg –
optional hold of free
leg, placing the free leg
at end of 1/1 turn
(360°) or 2/1 turn
(720°) turn

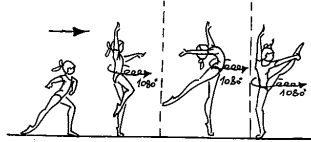


2.46 2/1 Illusion turn
(720°) without
touching floor with free
leg

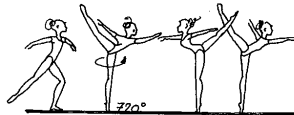


D

2.60 3/1 turn (1080°)
on one leg – optional
free leg, placing of free
leg at end of 3/1 turn
(1080°)



2.61 2/1 turn (720°) in
scale with free leg hold
above 90° from start to
end of turn



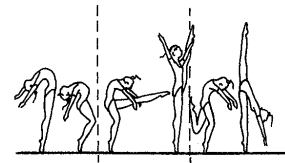
2.62 2x2/1 turn (each
720°) in tuckstand on
one leg – optional posi-
tion of free leg, placing
the free leg each time at
end of 2/1 turn (720°)

**3. Waves****B**

3.20 Body wave for-
ward to scale backward
on ball of foot (2 sec.)



3.21 Body wave
backward to standing
split (on ball of foot)
without hand support
on floor (2 sec.)



3.22 Body wave
sideward to scale
sideward (2 sec.)



4. Holds

A

4.01 Bridge stand backward with hand support on floor – support leg on whole foot, free leg in upward hold



4.02 Back bending through a brief backward scale (on whole foot)



4.03 Scale forward on ball of foot (2 sec.)



B

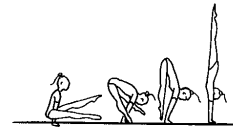
4.20 Scale backward on ball of foot (2 sec.)



5. Handstands

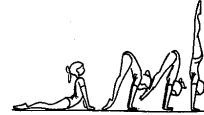
A

5.01 From clear straddle support – press to handstand

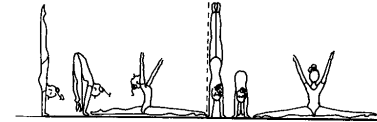


or

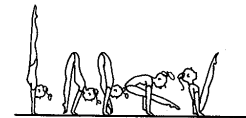
5.01 From front lying support – press to handstand



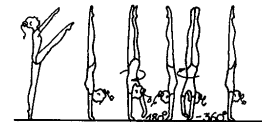
5.02 Kick or press to handstand – lower with stoop through to cross or side split sit



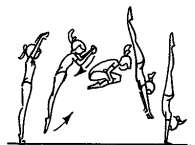
5.03 Kick or press to handstand – lower to clear support or clear pike – «V» – support



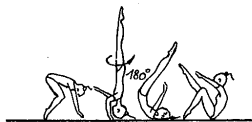
5.04 Kick or press to handstand – 1/2 turn to 1/1 turn (180° to 360°) in handstand (return movement optional)



5.05 Jump to handstand (return movement optional)

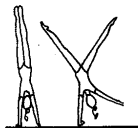


5.06 Headstand – also with ½ turn (180°)

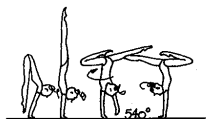


B

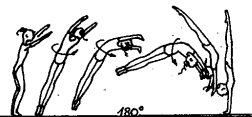
5.20 Handstand on one arm (2 sec.)



5.21 Kick or press to handstand – 1½ turn (540°) in handstand



5.22 Jump with ½ twist (180°) to handstand



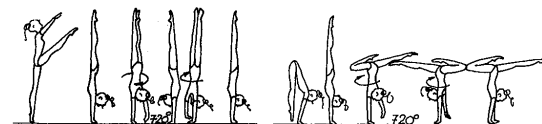
5.23 Headstand with 1/1 to 1½ turn (360° to 540°) – hand support permitted



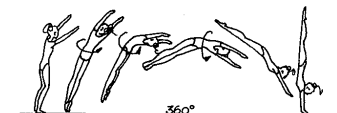
C

or

5.40 Kick or press to handstand – 2/1 turn (720°) or more in handstand



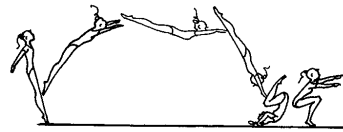
5.41 Jump with 1/1 twist (360°) to handstand



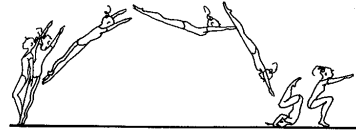
6. Rolls

A

6.01 Dive roll or hecht roll



6.02 From backward take-off – stretched jump with $\frac{1}{2}$ twist (180°) to hecht roll

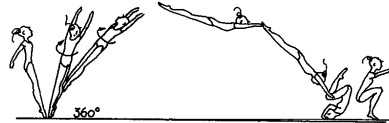


6.03 Roll backward to handstand – also with $\frac{1}{2}$ turn (180°)

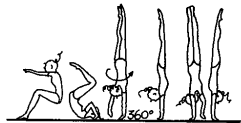


B

6.20 Stretched jump forward with $\frac{1}{1}$ twist (360°) into hecht roll

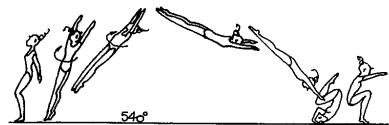


6.21 Roll backward to handstand with $\frac{1}{1}$ or $\frac{1}{2}$ turn (360° or 540°)

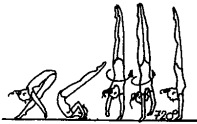


C

6.40 From backward take-off – stretched jump with $\frac{1}{2}$ twist (540°) into hecht roll



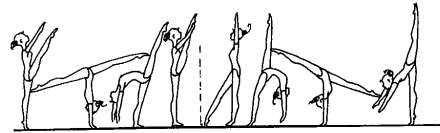
6.41 Roll backward to handstand with $\frac{2}{1}$ turn (720°) and more



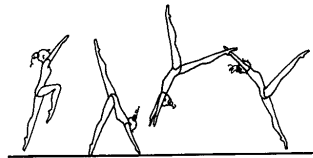
7. Walkovers, Cartwheels, etc.

A

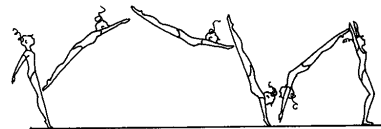
7.01 Walkover forward or backward (all variations)



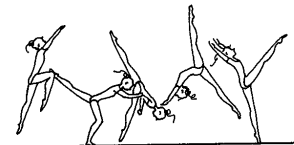
7.02 Walkover forward with flight phase – also with 1/2 twist (180°) after hand support – landing optional



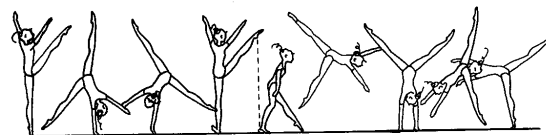
7.03 Handspring forward – take-off from both legs – with hecht phase before hand support – landing optional



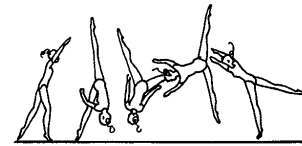
7.04 Free (aerial) walkover forward



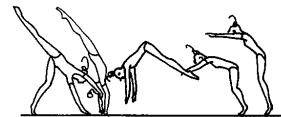
7.05 Cartwheel with or without flight phase



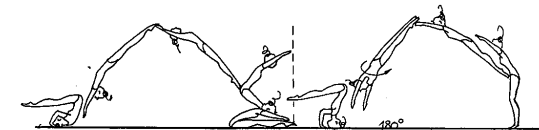
7.06 Free (aerial) cartwheel



7.07 Round-off or free (aerial) round-off



7.08 All head or neck kips – also with 1/2 twist (180°)



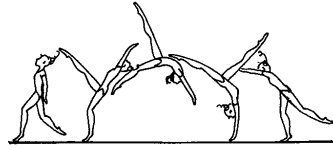
7.09 Flic-flac – take-off from one or both legs



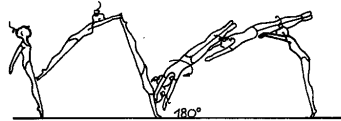
7.10 Flic-flac with support of one arm



7.11 Gainer flic-flac

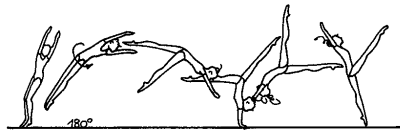


7.12 Handspring forward – take-off from both legs – also with ½ twist (180°) before or after hand support



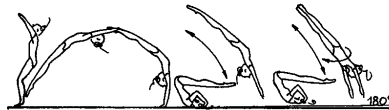
or

7.12 Handspring backward – take-off from both legs – also with ½ twist (180°) before or after hand support



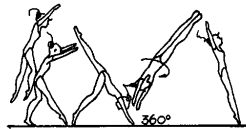
B

7.20 Flic-flac dive to neck kip (cradle) – also with ½ twist (180°)

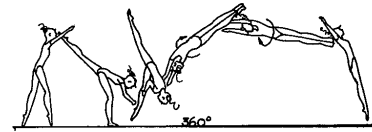


C

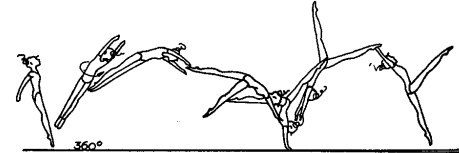
7.40 Handspring forward with 1/1 twist (360°) after hand support



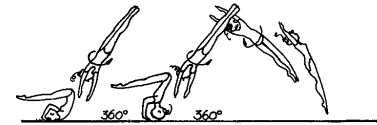
7.41 Free (aerial) walkover forward with 1/1 twist (360°)



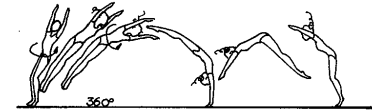
7.42 Jump forward with 1/1 twist (360°), handspring forward (Mostepanova)



7.43 All head or neck kips with 1/1 twist (360°)



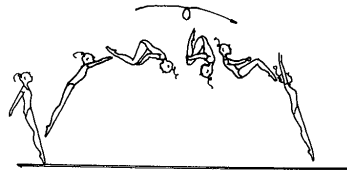
7.44 Flic-flac with 1/1 twist (360°) before or after hand support



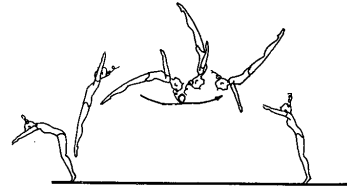
8. Saltos

A

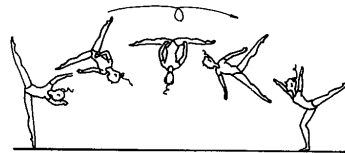
8.01 Salto forward tucked



8.02 Salto backward tucked, piked or stretched



8.03 From take-off forward – salto sideward tucked or piked

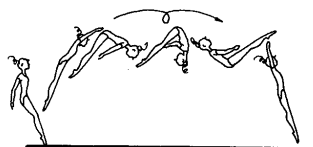


8.04 Gainer salto tucked, piked, stretched or step-out



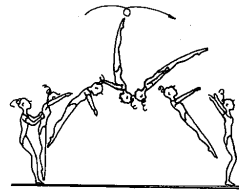
B

8.20 Salto forward piked

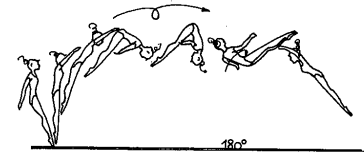


or

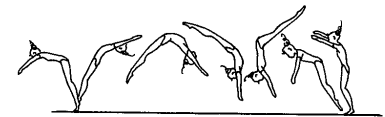
8.20 Salto stretched



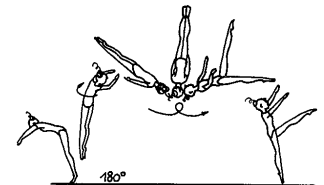
8.21 Salto forward tucked or piked with 1/2 twist (180°)



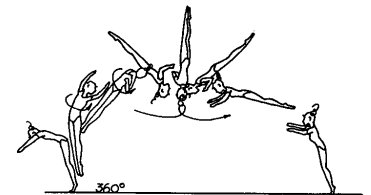
8.22 Whip-back (flic-flac without hand support)



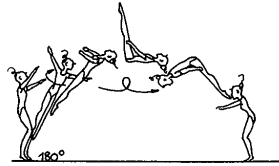
8.23 Salto backward stretched with 1/2 twist (180°) – landing on one or both legs



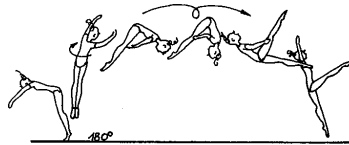
8.24 Salto backward tucked, piked or stretched with 1/1 twist (360°)



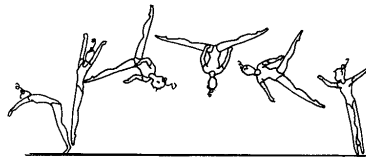
8.25 Jump forward with $\frac{1}{2}$ twist (180°) – salto backward tucked or piked



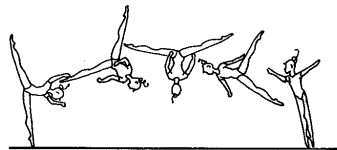
8.26 Arabian salto tucked, piked, or stretched (take-off backward with $\frac{1}{2}$ twist (180°), salto forward) – landing on one or both legs



8.27 From take-off forward – salto sideward stretched

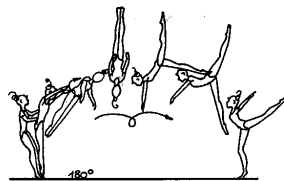


8.28 From take-off backward – salto sideward piked or stretched

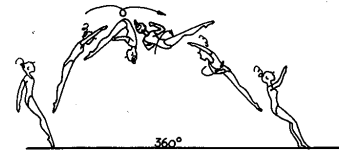


C

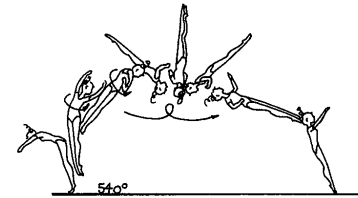
8.40 Salto forward stretched with $\frac{1}{2}$ twist (180°) – landing on one or both legs



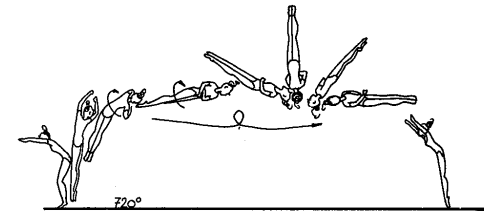
8.41 Salto forward tucked or piked with $\frac{1}{1}$ twist (360°)



8.42 Salto backward with $\frac{1}{2}$ twist (540°)

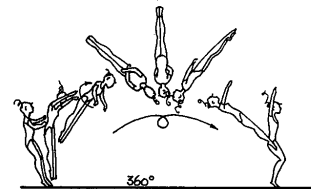


8.43 Salto backward with $\frac{2}{1}$ twist (720°)

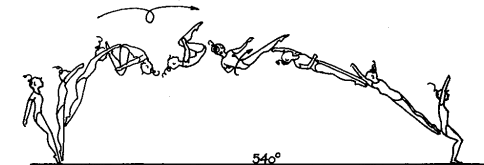


D

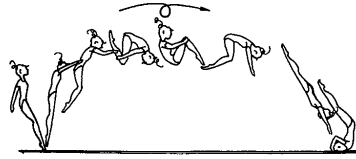
8.60 Salto forward stretched with $\frac{1}{1}$ twist (360°) and more



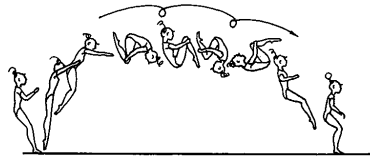
8.61 All saltos forward with $\frac{1}{2}$ twist (540°) and more



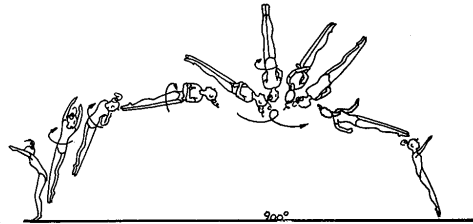
8.62 1½ salto forward
tucked or piked to roll
out or front lying
support



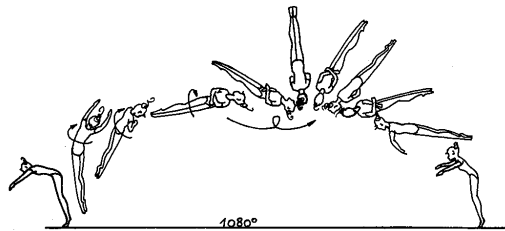
8.63 Double salto
forward



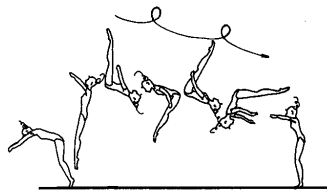
8.64 Salto backward
with 2½ twist (900°)



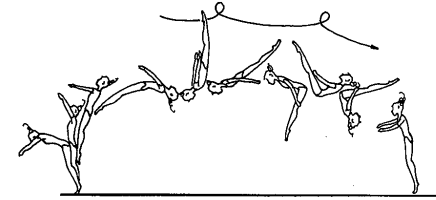
8.65 Salto backward
with 3/1 twist (1080°)



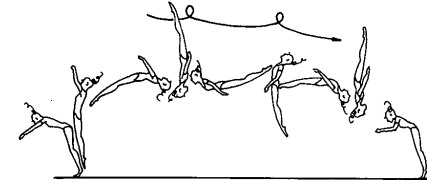
8.66 Double salto
backward tucked or
piked



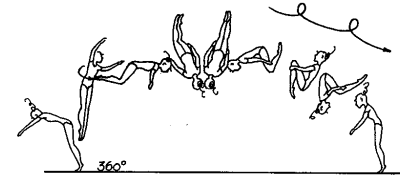
8.67 Double salto
backward stretched -
piked



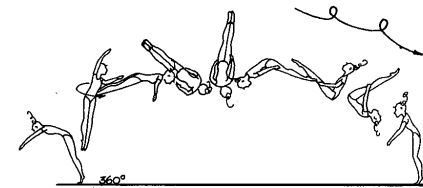
8.68 Double salto
backward stretched



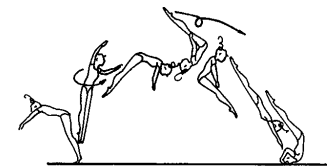
8.69 Double salto
backward tucked with
additional 1/1 twist
(Muchina)



8.70 Double salto
backward piked with
additional 1/1 twist
(360°)



8.71 1½ Arabian salto
tucked or piked to roll
out or front lying
support



8.72 Arabian double salto

