



1997 – 2000 Code of Points

Womens's Artistic Gymnastics

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DISCLAIMER:

This English only version of the Code of Points is *unofficial*. While it is a direct derivation of the official three (3) language version and every attempt has been made to insure its accuracy, in case of discrepancies the three (3) language version is the final authority.

This English only version of the Code of Points is a benevolence to the gymnasts and coaches of the United States. Good luck and great gymnastics.

Jan and Lance Crowley

Oakdale, Minnesota

February, 1997

PREFACE

This 1997 CODE of POINTS finds its basis in the FIG Statutes – Edition 1997 and Technical Regulations (TR) – Edition 1997, which include the amendments, decisions and reorganization as voted upon by the 70th FIG Congress in Atlanta in July 1996.

The 1997 CODE is designed to:

- be utilized at all competitions under the official jurisdiction of FIG, namely World Championships, Olympic Games and special events
- standardize the judging of the four phases of FIG official competitions: Qualification (C-I), Team Finals (C-IV), All Around (C-II) and Individual Event Finals (C-III).
- convey to the gymnasts and coaches the orientation for the construction of their competitive exercises
- impart general directives for behavior of gymnasts, coaches and judges during the competition
- standardize the judging rules in order to ensure the most objective as possible evaluation of the exercises and
- serve as the basis for the further development of the comprehension, knowledge and abilities of FIG WAG international judges.

The FIG Technical Committee for Women (WTC) recommends to the continental unions and member federations the utilization of this CODE of POINTS at all their international competitions – continental, regional, competitions between nations (teams) and international invitationals – as well as national level competitions to further the development and improvement of gymnastics throughout the world.

On the basis of the FIG/WTC analyses of the exercise content and performances, as well as the judging evaluation, necessary modifications contingent on the development can be taken up after the World Championships or the Olympic Games.

Henceforth, the following abbreviations will appear throughout the CODE:

- WTC for Women's Technical Committee
- EXP for Expert
- OG for Olympic Games
- WC for World Championship
- TR for Technical Regulations
- VT for Vault
- UB for Uneven Bars
- BB for Balance Beam
- FX for Floor Exercise
- VP(s) for Value Part(s)
- BP(s) for Bonus Poin(s)
- SC(s) for Special Connection(s)
- SR(s) for Special Requirement(s)

INTRODUCTION

The WTC is pleased to present the 1997 edition of the CODE OF POINTS for Women's Artistic Gymnastics, in order to assist, guide, complement and protect the continuous development of artistic gymnastics along the traditional lines of development.

Simultaneously, the new CODE encourages modern innovative composition, stylization and artistry of presentation, for not only the highly accomplished gymnasts, but also those aspiring to achieve "world class" status.

In producing the new CODE, the WTC took into account the proposals and opinions gathered from the:

- FIG/WTC CODE Questionnaire, returned by more than 60 persons, representing technical delegates, coaches and judges, representing no less than 24 countries, who were present during the
 - 1994 World Championships - Brisbane
 - 1994 FIG Congress Women's Technical Assembly - Geneva and/or
 - 1994 European Championships - Stockholm.
- "Status of World Development in WAG" analysis worked out following the annual FIG World Championships in the VIII Cycle
- "Comparison of World Championships Performance Statistics", including the "Review of Exercises Content: Bonus Points and Start Values", which provided extensive practical information on all apparatus
- recent sport science analyses, which offered essential information on studies concerning the health of the gymnast
- improvements in apparatus and mat construction with specifications, that provided a safer competitive environment for the gymnast during exercise performance and dismount landings
- several productive joint meetings with the MTC
- many difficult and strong discussions among the members of the WTC, who were ultimately responsible to review all ideas and prepare appropriate guidelines to serve as a basis for the development of a durable CODE and, finally,

- the comments and reactions to the draft CODE distributed at the Olympic Games, July 1996, as well as the opinions of the highly qualified judges in attendance at the 1996 FIG Intercontinental Judges' Course in November 1996.

As a result and with a view toward simplification of the rules, the most important concepts that have been incorporated into the CODE are:

- division into four parts, namely "Regulations for Juries, Judges, Coaches, and Gymnasts", "General Regulations", "Apparatus" and "Appendices"
- continuation and further refinement of the tasks of the A- and B-jury system (judging of content and execution, respectively), which was introduced at the 1990 World Cup in Brussels
- design of near identical jury structures and nomenclatures in agreement with MAG as supported by the 1996 FIG Congress Technical and General Assemblies, for example: Superior Jury (Competition Jury), Apparatus Jury (Judging Panels) under the direction of the WTC Member acting as "Chair" and the terminology change from STC to Technical Assistant in the A-Jury, etc.
- maintenance of six (6) judges (in addition to the A-jury), as was adopted in the 1985 CODE, as well as scoring in 0.05 P. increments, introduced in the 1989 CODE
- maintenance of the 10.0 P. maximum scoring system, with increase of Bonus Points to 1.00 P. (from 0.60 P.) and the reduction of the Exercise Presentation to 4.00 P. (from 4.40 P.)
- requirement of the same Value Part demands for all phases of the competitions I, II, III and IV to achieve consistency and understanding of scoring by the public and media
- simplification of the counting of total Bonus Points for Special Connections and extra D/E
- enormous simplification of the Special Connection formulas for ease in calculating Bonus Points
- redesign of the Special Requirements on uneven bars, balance beam and floor exercise - equal number for each apparatus - to ensure variety in composition

- specification of identical categories for judging of Composition on bars, beam and floor
- incorporation of specific technical guidelines for judging of uneven bar elements, acrobatic flight elements with twists and dance elements – gymnastic leaps and turns – on beam and floor
- clearer delineation of the nature of and responsibility for the assessment of the deductions in the Table of General Faults
- continued emphasis on technical perfection for recognition of Value Parts, Special Connections and Extra D/E
- complete revision of the organizational framework and descriptive texts in all three languages of the Tables of Difficulty for the four apparatus, with no addition of a super "E" or higher element category
- pertinent alteration (raising or lowering) of the value of selected difficulties, especially the Vaulting Table, in order to equalize the scoring of vault in line with the scoring on the other three (3) apparatus and
- encouragement, revitalization and reward for performances exemplifying a variety of elements, innovative choreography and especially, artistic expression.

All of these modifications are in view of creating a lasting CODE to serve Women's Artistic Gymnastics into the 21st century.

This simplification and division of judging tasks will hopefully ensure the continued marked improvement in the objectivity of judging that has occurred during the previous cycle. All women gymnasts, at every level of competition throughout the world, deserve to receive a fair and honest evaluation of their presentations.

Therefore, the WTC encourages the application of these rules by all federations, continental unions, as well as at special gymnastic events created purely for exhibition and entertainment. Such action would guarantee that gymnastic fans throughout the world are exposed to the same criteria and standards for identification of the "winning" performances.

In light of the abolition of the compulsories at the 69th Congress in Geneva in May 1994, the WTC has endeavored to ensure the following basics for composition and performance:

- sureness and technical mastery, that is achieved gradually over time to ensure the safety of the gymnast
- versatility of elements on bars, beam and floor, while creating a balance between acrobatics and gymnastic dance to develop the "whole" gymnastic body
- progressive distribution of difficulties, "peaking" in the final combination of elements and
- renewed emphasis and focus on the dynamics, rhythm, expression, elegance and artistry of movement for the world's enjoyment and continuing popularization of our beautiful sport.

On behalf of the WTC, I would like to express my deepest gratitude to everyone – continental unions, federations, individual coaches and judges – who contributed proposals, participated in discussions and supported the compilation of this CODE. Satisfaction, enjoyment and success are wished to all – especially the women gymnasts – who will incorporate the new CODE regulations into their future gymnastic preparation and performance.

Jackie K. Fie
President FIG/WTC
January 1997



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All of the members of the FIG Women's Technical Committee
contributed to this revision of the Code of Points.

President	Jackie K. Fie	USA
1st Vice-president	Maria Simionescu	ROM
2nd Vice-president	Teresa Oliva Perez	CUB
Secretary	Anneke Hoeijenbos	NED
Member	Agneta Göthberg	SWE
Member	Tzvetana Dimova	BUL
Member	Esbela Fonseca Miyake	POR
Illustrations	Ingrid Nicklaus	GER
Biomechanical Interpreter	James Stephenson	USA
English translation and text	Jackie K. Fie	USA
Layout, production, and computer assistance	Linda Chencinski	USA
	Jan & Lance Crowley	USA
Editor	Jackie K. Fie	USA



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PART I – Regulations for Juries, Judges, Coaches, and Gymnasts

ARTICLES 1 - 4

ARTICLE 1

Structure and Responsibility of the Juries

1.1 The Jury of Appeal

is formed by:

- the President of FIG or a representative nominated by him, who serves as the Chair of the Jury of Appeal,
- a member of the Executive Committee
- a member of the WTC not directly involved on the apparatus, appointed by the WTC.

The Jury of Appeal, as the highest authority, observes the entire Competition. It functions, rendering binding decisions, regarding appeals resulting from sanctions for serious violations against the rules by judges, coaches, and/or gymnasts. The Superior (Competition) Jury and the respective Control Jury are consulted in the process of the preparation of appropriate decisions.

1.2 The Superior (Competition) Jury

is formed by:

- the President of the WTC, who serves as the Chair of the Superior (Competition) Jury and
- 2 WTC Members appointed by the WTC.

The Superior (Competition) Jury leads the constant overview of the work of the subordinate juries, the supervision of the scores for the gymnasts and has the right, in necessary cases, to deliver a verbal warning/and or sanction to the judge(s).

In preparation for the Competition and with the assistance of the members of FIG/WTC, the President of the WTC:

- ensures that the technical-organizational requirements are in order and supervises the control of the:
 - apparatus according to the Norms of the FIG
 - signals, timing devices, score sheets, etc.,
- is responsible for the timely draw of the various judges to their functions into the four Apparatus Juries (A & B Panels) in the different competitions. (See TR 8.8.2, 8.9.1, 15.1)
- directs the Judges' Review Session and Judges' Briefings prior to the competitions.

She has the right to consult with the WTC member, when in her opinion the Final Score is too high or too low in comparison to the scores on the same or other apparatus (same standard of evaluation on all apparatus).

She corrects and signs the official score sheets after a change of score.

In collaboration with the Superior (Competition) Jury and the respective WTC member she is able to deal with:

- the replacement of any persons involved in a judging capacity, if insufficient knowledge, subjective evaluation activity and/or unprofessional behavior is evident and documented.
- the removal of coaches (female and male) from the inner circle and podium area, if they violate the regulations through their behavior.
- the application of corresponding deductions, in instances when a gymnast or coach (female or male) violates the rules through their behavior.

She gives the Organizing Committee constant information concerning all questions which pertain to the Competition.

1.3 The Apparatus Jury (Judges' Panels)

A and B Judging Panels* will be drawn to their functions under the authority of the WTC and in accordance to TR Chapter 8.8.2 and 8.9.1.

The A Judging Panel's primary responsibility is to evaluate the maximum content value of the exercise.

The B Judging Panel's primary responsibility is to evaluate the faults occurring during the performance of the exercise.

The structure of the Apparatus Jury (Judges' Panels) for the various types of competitions is as follows:

WC and OG	International Invitationals	Team Competitions
<i>Option # 1</i>		
One (1) WTC Member(Chair) A Two (2) Experts B Six (6) judges	A Two (2) Experts, with Expert ¹ serving as Chair of the Ap- paratus Jury and Expert ² also serving on the B Panel as Judge #1.	A Two (2) Experts, with Expert ¹ serving as Chair of the Ap- paratus Jury
Total = (9) Judges	B Six (6) Judges, in- cluding Expert ² from A Panel	B Four (4) judges in- cluding Expert ¹ & ² from A Panel
	Total = Seven (7) Judges	Total = Four (4) Judges
<i>Option # 2</i>		
	A Two (2) Experts with Expert ¹ serving as Chair of the Appara- tus Jury	
	B Four (4) judges	
	Total = Six (6) Judges	

* supported by Assistants (Timers and Line Judges) and Secretaries with the International Brevet

ARTICLE 2

Functions of the Apparatus Jury (Judges' Panels) *

A & B Panels

2.1 Functions of the WTC Member (Chair)

- She records the entire program content in symbol notation,
 - calculates the Start Value
 - determines deductions for faults
 - and enters a control score with Expert¹ for the purpose of evaluation of the A and B Panels.
- She informs the Superior (Competition) Jury of irregular judging activities and/or violations contrary to rules of behavior during the Competition and proposes corresponding penalties and sanctions (for judges, gymnasts, coaches).
- She guides the judges before the Competition for the correct work on the respective apparatus and conducts the supervision over the correct work of the Apparatus Jury (Judges' Panels) in the Competition.
- With the A Panel she decides whether
 - the interruption of the exercise was caused by the gymnast or coach or was due to a technical failure,
 - the exercise may be repeated, or
 - the gymnast failed to present before and/or after the exercise.
- She delivers an account (report) of all occurrences to the WTC President.
- She is responsible with the Secretary for the adherence to the correct working order within the team or mixed group.

- She is responsible for flashing the control score (e.g. 9.55) to the B-Panel after the average score is displayed. 10

2.2 Functions of the A Panel - 2 Experts (Assistant Chair and Technical Assistant)

- Expert¹ determines deductions for faults and
 - enters a control score with the WTC Member for the purpose of evaluation of the B Panel.
- The two (2) Experts record the entire program content in symbol notation and jointly determine the Start Value of the exercise. Discussion is allowed. Expert² (Technical Assistant) enters the Start Value.
- They are responsible for the Start Value (SV) [in tenths, e.g. 9.6], which is flashed and entered into the computer.†

To the SV belongs:

- All A-, B-, C-, D-, and E- value parts
- Bonus Points for Special Connections, as well as E- and additional D- elements
- Deductions for:
 - Special Requirements
 - Exercise without dismount

†Note: In case of disagreement between the two (2) Experts, counsel of the WTC member (Chair) will be solicited.

* See Chart-Diagram at end of Article 2.

- At conclusion of the competition they must submit forms listing violations, questionable decisions with number, name of gymnast.
- After the Competitions at the WC and OG, they must make a thorough evaluation based on analysis of the video recordings, under supervision and collaboration with the WTC member.

- They must make their symbol notations available during consultations.

EXPERT ¹	EXPERT ²
Assistant Chair	Technical Assistant
Calculates SV with Expert ² and gives score for the purpose of judges evaluation of the B Panel	Calculates SV with Expert ¹

2.3 Function of the Control Jury - WTC Member and Expert¹

- The WTC Member with Expert¹ each enter control scores, which are averaged, for the purpose of evaluation of the A and B Panels.
- In extreme cases when the deviation between the Final Average Score and the Control Score exceeds a specified +/- deviation, the WTC Member may request the approval of the Superior (Competition) Jury to apply the Base Score:

$$\text{Base Score} = \frac{\text{Control Score} + \text{Final Average Score}}{2}$$
- The maximum allowable deviations between the control score and the average score* are as follows:
 - Between 9.60 P. - 10.0 P. = 0.15 P.
 - Between 9.00 P. - 9.59 P. = 0.25 P.
 - Below 9.00.P. = 0.35 P.

* **Note:** The average score is decisive.

2.4 Functions of the B Panel - 6 Judges

- They must observe the exercises attentively and evaluate the faults and corresponding deductions correctly without bias.
- They must complete the score slip quickly and clearly with a legible signature and then immediately and **exactly** enter their score into the computer. They must supervise the

entry into the computer pad and check that the runners immediately take the score slips.*

* **Note:** In official FIG Competitions, judges' score slips and manual scoring may be eliminated per agreement by the WTC President, Bureau of Scoring and Calculations and the Organizers.

- They must record:
 - Body Posture Faults (form breaks)
 - Technical Faults including
 - loss of balance on landing of vaults, elements and dismounts
 - General Faults - Presentation
 - dynamics
 - artistry of presentation
 - Compositional Faults
 - progressive distribution of elements
 - lack of diversified composition (elements/connections)
 - insufficient use of entire apparatus (spatially & directionally)
 - Specific Apparatus Faults including
 - lack of variation in rhythm and tempo
 - Behavioral Faults
 - spotting assistance during the vault, exercise and/or on dismount (UB, BB, FX)
- They are **obligated** to accept the Start Value flashed by the A Panel.

2.5 Functions of the Assistants

They may be activated as:

- line judges on floor to determine stepping outside of the border marking
- time judges on uneven bars, beam and floor to:
 - time the duration of the exercise (at beam and floor) and adherence to the intermediate time (at beam)

- time the duration of the fall period (at uneven bars)
- control the start of the exercise after the green light is lit **and**
- adherence to the warm-up time.

(For non-adherence, written information to the Secretary.)

2.6 Functions of the Secretaries

Under the supervision of the WTC member (Chair) they are responsible for correctness of all entries (proceedings) into the computers:

- adherence to the correct order of the teams and gymnasts
- operating the green and red lights
- correct flashing of the Average/Final Score.

2.7 Determination of Scores

The judges are obligated through their activity to adhere to the rules of the CODE OF POINTS, Articles 5-11 in an unbiased and conscientious manner, otherwise sanctions can be imposed against them by the Superior (Competition) Jury and/or they can be suspended from further activity/placement by the FIG/WTC.

In the evaluation of the exercises the judges work with total of deductions in five hundredths of points (e.g. 0.55 P.). They fill out the judge's score slip and enter the deductions into the computer after the SV is determined and flashed by the A Jury.

The six scores of the judges are the basis for the score calculation. The respective highest and lowest scores are eliminated; the remaining four middle scores are added and divided by four = **B Panel SCORE**.

Examples:

A Panel SV = 9.70 P.

B Panel Deductions

Judge:	1	2	3	4	5	6
<u>Enter</u>	0.95	0.70	0.60	0.60	0.50	0.35
		x	x	x	x	
<u>Scores</u>	8.75	9.00	9.10	9.10	9.20	9.35
		x	x	x	x	

FINAL SCORE = $36.4 / 4 = 9.10$ P.

A Panel SV = 9.30 P.

B Panel Deductions

Judge:	1	2	3	4	5	6
<u>Enter</u>	1.05	1.00	0.90	0.85	0.80	0.70
		x	x	x	x	
<u>Scores</u>	8.25	8.30	8.40	8.45	8.50	8.60
		x	x	x	x	

FINAL SCORE = $33.65 / 4 = 8.4125$ P.

When four judges are working, the highest and lowest scores are still eliminated, the two middle scores are added and then divided by two = **B Panel SCORE**.

Both electronic and manual scoring systems do **NOT** round to the third decimal point, e.g. 8.4125 does **NOT** become 8.413. The fourth decimal is dropped in the print out. In calculation of the All Around, the second decimal place then determines the actual rank/placement.

2.8 Score Slips for A & B Panels

The A & B Panels must judge the exercise according to the aforementioned criteria and fill out the respective score slip.

Refer to Appendix 4.2.1

APPARATUS JURY (JUDGES' PANELS)

World Championships and Olympic Games

<u>WTC Member</u>			
CHAIR			
Calculates SV & Final Score for Evaluation of A & B Panels			
9 Judges	Panel A	Panel B	
	EXPERT¹	EXPERT²	6 Judges
	Calculate Start Value		
	Gives Final Score for Evaluation of B Panel	Drop the highest and lowest scores. Average the middle 4 scores = Final Score	

International Invitationals

7 Judges	Panel A	Panel A & B	Panel B
	EXPERT¹ Chair	EXPERT² and Judge # 1	6 Judges including Expert ²
	Calculate Start Value		
	Gives Final Score for Evaluation of B Panel	Drop the highest and lowest scores. Average the middle 4 scores = Final Score	

6 Judges	Panel A	Panel B	
	EXPERT¹ Chair	EXPERT²	4 Judges
	Calculate Start Value		
	Gives Final Score for Evaluation of B Panel	Drop the highest and lowest scores. Average the middle 2 scores = Final Score	

Team Competitions

4 Judges	Panel A and B		Panel B
	EXPERT¹ Chair & Judge #1	EXPERT² Judge #2	4 Judges including Expert ¹ & 2
	Calculate Start Value		
	Gives Final Score for Evaluation of B Panel	Drop the highest and lowest scores. Average the middle 2 scores = Final Score	

NOTE: SV is mandated by A Panel from 10.00 P.

ARTICLE 3

Requirements for the Apparatus Jury (Judges' Panels)

A & B Panels

3.1 General Requirements

All members of the Apparatus Juries (A, B, Assistants and Secretaries) must possess exact, applicable knowledge of:

- the FIG Technical Regulations (TR) of the FIG
- the FIG CODE OF POINTS for Women
- the FIG CODE Supplements with New Vaults and Elements.

They must:

- have successfully participated in an intercontinental, continental, or international course.
- be in possession of and produce the Brevet and Judges' Log Book of the current valid Cycle.
- be listed in the World List of judges.
- possess the corresponding CATEGORY applicable to the Competition. †
- attend podium training.
- participate in the Judges' Review Session (Instruction) before the respective Competition (extraordinary exceptions, which were unavoidable will actually be decided by the FIG/WTC).
- be at the competition site per scheduled time, comfortably 1½ hours before the start.
- wear the prescribed competition-uniform (dark blue suit and white blouse), except at the OG, where the uniform is supplied by the Organizing Committee.

- act in a professional manner at all times, exemplifying non partisan ethical behavior. †

During the Competition a judge may:

- leave her place only with the consent of the Superior (Competition) Jury and
- may not have contact with other persons, e.g. coaches, delegation leaders and other panel judges.

During the Competition only the WTC Member and her respective A Panel have the right to get in touch directly with the President of the WTC and/or the Superior (Competition) Jury.

† Refer to Appendix 6: Categorization and Activation of Judges.

3.2 Seating Arrangement for the Apparatus Jury (Judges' Panels)

The judges must sit in a position, which affords a correct and undisturbed observation of the exercise (specific to vault, both flight phases must be visible by all judges).

Examples for seating order:

<u>6</u>	<u>AST</u>	<u>SEC</u>	<u>EXP²</u>	<u>EXP¹</u>	<u>WTC</u>	<u>1</u>
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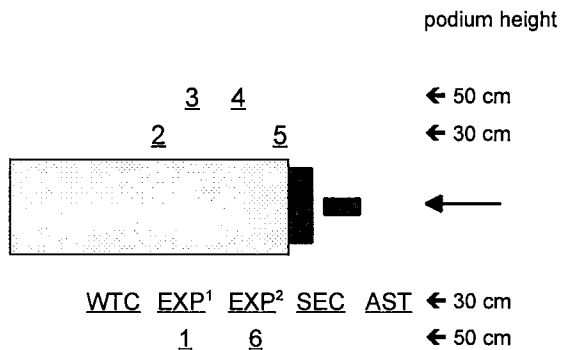
<u>5</u>		<u>4</u>		<u>3</u>		<u>2</u>
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OR

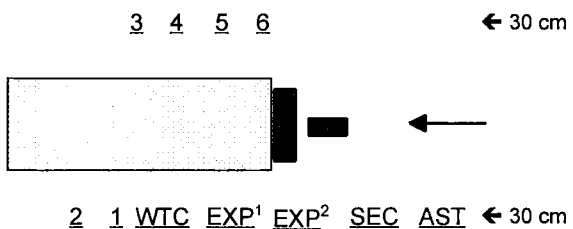
<u>4</u>	<u>5</u>	<u>6</u>	<u>AST</u>	<u>SEC</u>	<u>EXP²</u>	<u>EXP¹</u>	<u>WTC</u>	<u>1</u>	<u>2</u>	<u>3</u>
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All seats at uneven bars, balance beam and floor exercise should stand on a small podium of approximately 50 cm height, when a podium is available.

Seating of the Apparatus Jury (Judge's Panels) at the vault should be at least 2 m. distance from the horse and ideally positioned as follows:



OR



ARTICLE 4

Requirements of Conduct for Gymnasts and Coaches

4.1 Requirements for the Gymnast

She must be informed about the CODE and act according to the rules.

– Leotards and auxiliary attire

- ♦ She has to wear correct athletic, non transparent competition attire with a national emblem; leotards with narrow shoulder straps are not allowed. The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
- ♦ The leotard must be identical in the Team Competition (C-I and IV).
- ♦ No jewelry (bracelets or necklaces) may be worn. Only small stud type pierced earrings are allowed.
- ♦ Start numbers must be worn.
- ♦ Hip or **other** padding is not allowed. Bandages are permitted; they are to be securely fastened.
- ♦ Handgrips are permitted at the uneven bars.
- ♦ The wearing of gymnastic slippers and socks is optional.

– Magnesia usage

- ♦ In the preparation of the uneven bar rails **excessive** use of magnesia causing unsightly and unhealthy dispersion of powder over the podium area is not allowed.
- ♦ Small markings with magnesia may be placed on the balance beam.
- ♦ The spreading of magnesia on the floor exercise mat is not allowed. Small marks, e.g. "X", are permitted as orientation for difficult acrobatic elements.

– Apparatus Modifications

- ♦ She is permitted to use an additional soft mat (up to 10 cm) on top of the existing basic landing mats (20 cm).
- ♦ Upon written approval from the WTC she is permitted to raise both bar rails (each 5 cm) if her feet or hips touch the mat.

– Warm-up regulations

She is entitled to a warm-up period on all apparatus before the Competition.

In Competition-I, II, III, and IV for:

- ♦ Vault - a minimum of two (2) vaults
- ♦ Balance beam and floor - **each 30 seconds** (2:30 min./sec. per team)
- ♦ Uneven bars - **each 50 seconds**, including the preparation of the bars (4:10 min./sec. per team)

NOTE:

The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.

- ♦ The end of the warm-up period is signaled by a gong. If at this time, a gymnast is mentally and physically prepared to vault or is still on the apparatus, she may complete the element or sequence started. Following the warm-up period or during the "competition pause", the apparatus may be prepared, but not used.

– General competitive regulations

- ♦ She must present herself to the WTC Member at the start and at the end of the exercise.
- ♦ She must observe that at the start of the exercise the green light is lit or that the WTC Member has given a signal to start.
- ♦ She must begin the exercise within 30 seconds (*on all apparatus*).
- ♦ She must leave the podium immediately after the conclusion of her exercise.

- ♦ She may have a spotter for D/E elements at the uneven bars.
- ♦ She must notify the Superior (Competition) Jury, if a necessity arises to leave the competition-hall. The Competition may not be delayed through her absence. Unexcused absence from the competition-hall leads to disqualification and to withdrawal of medals.
- ♦ She must adhere to the rules in the TR, as a **reserve gymnast** for Competition II and III.

4.2 Requirements for the Coaches (Female/Male) *

They must conduct themselves in a **fair and sportsmanlike manner** at the apparatus, during the march to the apparatus and from/out of the arena, and during the award ceremony.

They must know the Code of Points and act according to the rules.

The number of coaches permitted in the inner circle during the entire Competition are as follows:

Competition-I:

for complete teams - 1 female and 1 male coach or 2 female coaches

Competition-I:

for nations with 3, 2 or 1 individual(s) – 1 coach (F or M)

Competition-II:

for each gymnast – 1 coach (F or M)

Competition-III:

for each gymnast – 1 coach (F or M)

Competition IV:

for teams – 1 female and 1 male coach or 2 female coaches

Coaches are permitted to be on the podium:

- at uneven bars
 - ♦ to adjust and prepare the uneven bar rails (*2 coaches*)

- ♦ to remove the springboard, then spot during the entire exercise, provided D- or E- elements are performed (*1 coach*)
- at balance beam
 - ♦ to remove the springboard (*1 coach - after which she/he must immediately leave the podium*)
- at all apparatus, in so far as assistance is necessary after falls, in case of injuries or defects on the apparatus.

Coaches are not permitted to:

- speak directly to the gymnast, give signals, shouts (*cheers*) or similar during the exercise.
- obstruct the view of the judges when remaining on the podium at uneven bars, or when removing the springboard
- inquire to A or B Juries concerning the evaluation during the Competition
- contact judges within the inner circle and/or other persons outside of the inner arena circle during the Competition (*exception: team doctor, delegation leader*)

A written inquiry to Superior (Competition) Jury through the Delegation Leader is acceptable in cases of unforeseen or rare occurrences.

* See Article 7 concerning Deductions for Violations and Unsportmanlike Behavior



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PART II – General Regulations

ARTICLES 5 – 7

ARTICLE 5

The Evaluation of the Exercises

5.1 Principles

In C-I, II, III and IV the same or different exercises may be performed.

In principle, the repetition of an exercise is not permitted. Concerning **exceptions**, e.g. with defects in the apparatus, organizational deficiencies, or similar things that occur through no fault of the gymnast, **only** the A Panel of the respective apparatus can decide, in dubious cases, the Superior (Competition) Jury.

The optional exercises will be evaluated from **9.00 P.** on the apparatus - uneven bars, balance beam, and floor; the optional vaults from the value of the vault according to the Table of Vaults.

For special performance on the apparatus - uneven bars, balance beam, and floor - a bonification total of **1.00 P.** is possible, so that a maximum of **10.00 P.** can be reached.

5.2 Components of the Evaluation

The evaluation of the exercise occurs based upon the taxation factors:

- Value Parts	(A = 0.20 P., B = 0.40 P., C = 0.60 P., D = 0.80 P.)	3.00 P.
- Bonus Points (Special Connections, E- elements and additional D- elements)		1.00 P.
- Special Requirements *		1.40 P.
- Combination (construction of the exercise)		0.60 P.
- Execution and Presentation		<u>4.00 P.</u>
		Maximum 10.00 P.

* (SR = each 0.20 P.)

5.2.1 Value Parts(3.00 P.)

It is required as follows:

Modified*	WC and OG Competitions I, II, III, IV
3A = 0.60 P.	1A = 0.20 P.
3B = 1.20 P.	2B = 0.80 P.
2C = 1.20 P.	2C = 1.20 P.
	1D = 0.80 P.
3.00 P.	3.00 P.

* Modified Formula: available for developing nations

Formula I, II, III, IV: Available for all Continental Competition's and International Invitationals.

Note:

Competition I = Qualifying Competition for II, III, IV

Competition II = All Around Finals

Competition III = Apparatus Finals

Competition IV = Team Finals

5.2.2 Bonification (1.00 P.)

They are earned with any combination of Bonus Points for

- Special Connections (0.10 P. or 0.20 P.)
- Additional D- elements* (each 0.10 P.)
- E- elements* (each 0.20 P.)

** In case a D- or E- element replaces another missing VP, there are No BP for the D- or E- element.*

5.2.3 Special Requirements (1.40 P.)

These are to be fulfilled at each apparatus and are described in the respective apparatus articles 8.4, 9.4, 10.4 and 11.4.

Each SR for Uneven Bars, Balance Beam and Floor are valued at 0.20 P.

5.2.4 Combination * (0.60 P.)

To be specially observed in the construction of the exercise:

- a diversified, creative and artistic composition of various elements and connections
- a progressive distribution of the elements
- the use of space and directional change

5.2.5 Execution and Presentation * (4.00 P.)

It includes:

- correct technique:
 - ♦ amplitude
 - ♦ form and posture
 - ♦ exactness of phases during turns around several axes
 - ♦ flight height during acrobatic and gymnastic leaps/jumps, flight elements on uneven bars, the second flight phase at horse vault and on dismounts
- artistic expression
- dynamic performance
- tempo and rhythm throughout the exercise.

Deductions for a fall or steps on the landing will be taken in addition to deductions for posture (form breaks) and technical faults including amplitude during performance of an element or connection.

20

** See Article 7 - Table for General Faults*

ARTICLE 6

Stipulations for the Recognition of Value Parts and Bonus Points

6.1 Value Parts (VP) (3.00 P.)

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

Their values are divided progressively as follows:

A- part	0.20 P.
B- part	0.40 P.
C- part	0.60 P.
D- part	0.80 P.
E- part	(part with highest difficulty value only for BP) 0.20 P.

The Code of Points contains specific apparatus Table of Difficulties (*see Articles 8 to 11*), in which each element is identified by a multi-digit number, which digits to the right of the decimal point show the assignment to A-, B-, C-, D-, or E-elements/vaults.

Examples:

- 101 to 199 A- elements/vaults
- 201 to 299 B- elements/vaults
- 301 to 399 C- elements/vaults
- 401 to 499 D- elements/vaults
- 501 to 599 E- elements/vaults

Difficult VPs can replace easier value parts, but not the reverse.

The same elements can be recognized only one time in an exercise as a VP. If performed the second time, etc., the

difficulty value is not considered. The counting of elements occurs in chronological order.

6.2 Bonus Points (BP) (1.00 P.)

A total of **1.00 P.** in Bonus may be earned for Special Connections and additionally performed D- and/or E- elements. Bonus Points for Special Connections and for additional D- or E- elements will be given only for good technical presentation.

There is **No** bonification:

- with a fall on the apparatus
- with a deduction of -0.20 P. or more for an element on uneven bars, balance beam, and floor
- with repetition of the same element in another (2nd) Special Connection
- with repetition of the same D- or E- element.

6.2.1 Special Connections

They are to be achieved through unique and difficult combinations of various value parts.

- All gymnastic A-, B-, C-, D-/E- in the Table and all acrobatic A-, B-, C-, D-/E- flight elements may be used.
- All connections must be **direct**; *only on Floor* can acrobatic connections be **indirect**.
 - ♦ **Direct Connections** are those in which elements/connections are performed without pauses, without extra swings/extra steps.
 - ♦ **Indirect Connections** (*only in acrobatic series on floor*), are those in which directly connected A- acrobatic elements with flight phase and hand support (*from Group 5, e.g. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos (*Group 6*).
- Elements may be performed only two (2) times within a Special Connection for Bonus on Bars, Beam and Floor.

- Elements may not be repeated in another connection for SC Bonus.
- Recognition occurs in chronological order
 - ♦ The order of succession of value parts within a SC can be freely chosen.
 - ♦ With the connection of three or more elements, the second element (and/or those following) may be used a second time, the first time as the last element of a SC and the second time as the first element to begin a new SC.
- A maximum of 0.20 P. may be earned for any one SC.

E- elements may replace D- elements in Special Connections, but the connections will receive the same Bonus Points, unless otherwise specified as in Article 10.5.1 - Balance Beam.

6.2.2 Additional D- or E- Elements

The same D- or E- element may receive additional D- or E- bonus credit only ONE time. D- or E- elements are of the very high to highest difficulty, since they require a special athletic achievement and body control, for example:

- value parts with high movement intensity, high flight, rotation around one or more axis, coordination, orientation, balance and similar qualities.

6.3 Repetition

If an element is repeated it:

- cannot receive a second VP credit
- cannot receive a second SC Bonus
- cannot receive an additional D- or E- Bonus
- may be used to fulfill a Special Requirement.

6.4 Recognition of New Vaults, Elements and Connections

All new vaults, elements and connections (*performed for the first time at a World Championship or Olympic Games*) are to

be submitted in writing and with technical drawings and figures ²² or also with video cassette to the WTC on the day of arrival.

The FIG/WTC evaluates concerning:

- Start Value (SV) of new vaults (*vault group and number*)
- Difficulty value (A-, B-, C-, D- or E-) of the elements
- Value of the connections.

The decision is communicated to the

- concerned federation (*verbally or in writing*)
- judges at the Judges' Review Session (Instruction) before the respective competition.

6.5 WTC List of New Elements and Special Connections

After the WC and OG the FIG/WTC publishes a List, in which are itemized all new elements, as well as new Special Connections of value.

New elements will be provided with a number and illustration for the CODE, respective Table of Difficulty.

This List will be sent by the Secretary General of the FIG to all affiliated federations. **These Lists form the CODE Supplements and consequently an evaluation basis for all FIG Competitions.**

New vaults, elements and connections are able to be submitted at all other international Competitions to the organizer. The evaluation and the decision take place in the technical discussion before the corresponding Competition. The difficulty value of these elements and bonus points for Special Connections have validity only at this respective Competition. They appear for the first time on the List of the FIG/WTC, when they are submitted, confirmed and **also performed** at the OG or WC.



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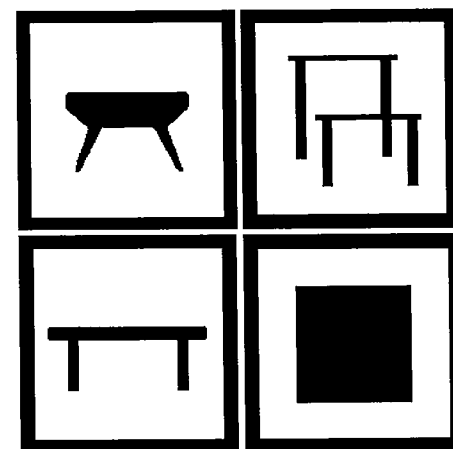


Table for General Faults ARTICLE 7

ARTICLE 7 – 1

NOTE: 0.00 = Flat deduction

Table for General Faults											
TYPE OF FAULTS	Small Faults			Medium Faults			Large Faults				
	UP TO >>>>	0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	MORE
DEDUCTIONS BY "B" PANEL JUDGES											
Body Posture Faults (Form Breaks):											
• Poor foot, head position, or arm work throughout entire exercise					0.20						
• Bent arms in support, or bent knees (UB, BB, FX) each					0.20						
• Leg separations each			0.15								
• Relaxed leg/body/trunk posture throughout exercise each				0.20							
Technical Faults:											
• Insufficient height of gymnastic leaps & jumps each				0.20							
• Insufficient height of acrobatic elements with flight each				0.20							
• Insufficient tuck, pike, or stretch position (UB, BB, FX) each				0.20							
(VT) each						0.30					
• Insufficient split position (when req.) each			0.15								
• Turns incomplete or ended too late (UB, BB, FX) each				0.20							
(VT) each						0.30					
• Touch on apparatus or mat with foot (feet) or hand(s), contrary to technique each				0.20							
• Grasp on apparatus to avoid fall (UB, BB) each						0.30					
• Loss of balance on landing of vaults, elements and dismounts:											
• Slight hop, unsureness	0.05										
• 1 step		0.10									
• 2 steps				0.20							
• 3 steps						0.30					
• More than 3 steps								0.40			
• Fall on one or both hands, knees, hips, or against apparatus									0.50		
• Additional movements to maintain balance						0.30					
General Faults - Presentation:											
• Insufficient dynamic performance (UB, BB, FX) (VT)				0.20							
						0.30					
• Insufficient artistry of presentation/interpretation (BB, FX)						0.30					

ARTICLE 7 – 2

NOTE: 0.00 = Flat deduction

Table for General Faults											
TYPE OF FAULTS	Small Faults			Medium Faults			Large Faults				
	UP TO >>>>	0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	MORE
Compositional Faults:											
• Lack of progressive distribution of elements					0.20						
• Lack of diversified composition (elements/connections)					0.20						
• Insufficient use of entire apparatus (spatially and directionally)					0.20						
Behavioral Faults:											
• Coach:											
• Spotting assistance during exercise and/or on dismount (UB, BB, FX) each										0.50	
• Spotting assistance during landing of vault (VT)										0.50	
DEDUCTIONS BY "A" PANEL (EXPERTS)											
• Missing presentation before and/or after the exercise (neutral deduction) each		0.10									
• Exercise without dismount (UB, BB) each							0.30				
• Missing element(s):											
• A- value part each					0.20						
• B- value part each									0.40		
• C- value part each											0.60
• D- value part each											0.80
• Missing Special Requirements each					0.20						
BY TIME JUDGE (WRITTEN NOTIFICATION)											
• Exceeding intermediate time after fall (UB, BB)											TERMINATED
• Flagrant exceeding of warm-up time (after warning) † (Gymnast/Evt)		0.10									
• Untimely start of exercise:											
• Starting exercise when red light is on											EX "0"
• Failure to start after green light is lit (30 sec)		0.10									
• Under or overtime		0.10									
BY LINE JUDGE (WRITTEN NOTIFICATION)											
• Exceeding the border marking each		0.10									

ARTICLE 7 – 3

NOTE: 0:00 = Flat deduction

Table for General Faults											
TYPE OF FAULTS	Small Faults			Medium Faults			Large Faults				
	0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	MORE	
DEDUCTIONS BY PRESIDENT IN CONSULTATION WITH SUPERIOR (COMPETITION) JURY AND CHAIR OF APPARATUS JURY											
Behavior of Gymnast:											
• Non-identical leotards in C-I and IV* each		0.10									
• Incorrect advertising ‡		0.10									
• Missing national emblem ‡		0.10									
• Missing start number (AA) ‡		0.10									
• Incorrect attire – leotard, jewelry ‡ each		0.10									
• Incorrect padding (Gymnast/Evt)		0.10									
• Incorrect use of magnesia (Gymnast/Evt)		0.10									
• Apparatus irregularities: (Gymnast/Evt)											
• Unauthorized placement of springboard on unpermitted surface						0.30					
• Use of unauthorized mats						0.30					
• Unauthorized raising of LB and/or HB						0.30					
• Leaving competition area without notification to the Superior Jury											DISQ.
Behavior of Gymnast or Coach:											
• Unsportsmanlike behavior											
• gymnast (Gymnast/Evt)						0.30					
• coach (Gymnast/Evt)											
• Unexcused delay or interruption of competition											DISQ.
• Unauthorized remaining on the podium (Gymnast/Evt)		0.10									
• More than the prescribed number of persons in inner circle during competition each											DISMISSAL FROM INNER CIRCLE
• Two male coaches in C-I & IV*						0.30					
• Two coaches on podium (Gymnast/Evt)		0.10									
• Signals, verbal commands, shouts, etc. by coach to own gymnast each		0.10									
NOTE –						‡ C-II All Around Score.					
* From Total Team Score.						‡ C-I, C-III, C-IV Individual Event Score.					
Deductions are taken in:											
† C-I and IV from the total Team Score (individual gymnasts from Event Score).											



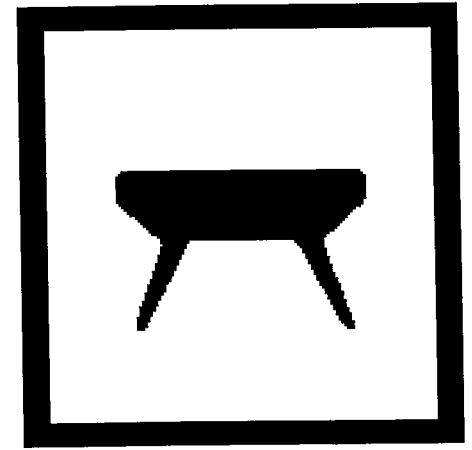
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PART III – Apparatus

ARTICLES 8 – 11



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Horse Vault ARTICLE 8

ARTICLE 8

Horse Vault

8.1 General

All vaults are to be performed with repulsion from **both** hands on the horse. The length of the run can be individually arranged.

The arrival on the board is possible:

- from a run
 - from an element
- } take-off from both feet required

The vault may not have more than **one** preparatory element before the arrival on the board. Three running approaches are permitted, if the gymnast has not touched the springboard and/or the horse. A fourth approach is not permitted.

8.2 Vault Groups

The vaults are classified into the following groups:

- Group 1 — Vaults without saltos (Handsprings, Yamashitas) and with or without long axis turns in 1st and/or 2nd flight phase
- Group 2 — Handspring forward with or without 1/1 turn (360°) in entry phase - salto forward or backward with or without long axis turn in 2nd flight phase
- Group 3 — Handspring with ½ turn (180°) in entry phase (Tsukahara entry) - salto backward or forward with or without long axis turn in 2nd flight phase
- Group 4 — Round off with or without ½ or 1/1 turn (180° or 360°) in entry phase (Yurchenko entry) - salto forward or backward with or without long axis turn in 2nd flight phase.

8.3 Value of the Vaults

All vaults are illustrated with a number - tucked, piked and stretched. The gymnast is responsible for the flashing of the correct vault number.

A- Vaults			to 8.50 P.
B- Vaults	from	8.60 P.	to 9.00 P.
C- Vaults	from	9.10 P.	to 9.40 P.
D- Vaults	from	9.50 P.	to 9.70 P.
E- Vaults	from	9.80 P.	to 10.0 P.

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

8.4 Special Requirements

The vault number is to be flashed (manually or electronically) before the vault is performed.

- In **Modified C** two vaults are permitted. The two vaults may be the same or different; the **better** vault score is counted.
- In **C-I** two vaults **must** be performed. The two vaults **may** be the same or different.
- In **C-II** and **IV** two vaults **must** be performed; the two vaults **must** be different.
- In **C-III** two vaults from different Vault Groups **must** be performed.

In C-I, II, III, and IV the score of the two vaults are averaged (*added and divided by 2*) in order to arrive at the Final Score.

8.5 Absence of Special Requirements

Deduction

- Flashing an incorrect or no vault number 0.20 P.
- In C-I, II, III and IV **only one vault** performed
Evaluation: Score of the performed vault divided by 2 = Final Score
- In C-II and IV the **same vault** performed twice
Evaluation: Final average of both vaults minus 1.00 P. = Final Score
- In C-III two vaults from the **same vault group** performed
Evaluation: Final average of both vaults minus 1.00 P. = Final Score

Deductions for missing Special Requirements will be dealt with by the EXPs and entered into the computer by the Secretary.

8.6 Specific Apparatus Deductions

8.6.1 First Flight Phase

Deduction

- Prescribed longitudinal axis turn is not fully executed up to 0.30 P.

8.6.2 Repulsion Phase

- Poor technique up to 0.20 P.
- Touch with only one hand 1.00 P.
- No touch Invalid
- Bent arms up to 0.50P.

8.6.3 Second Flight Phase

- Prescribed LA turn begun too early or too late (incomplete) each up to 0.30 P.
- Lack of exactness during turns before and after salto each up to 0.20 P.
- Insufficient height up to 0.50 P.
- Insufficient length up to 0.30 P.
- Insufficient tuck, pike, stretch up to 0.30 P.

- Late open/extension of the tuck or pike position up to 0.30 P.
- Failure to maintain extension of body before the landing (stretched vaults) up to 0.30 P.

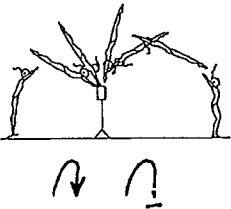
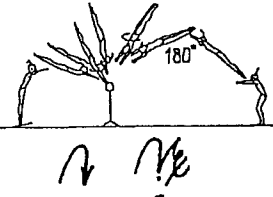
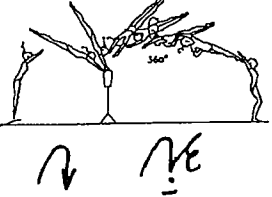
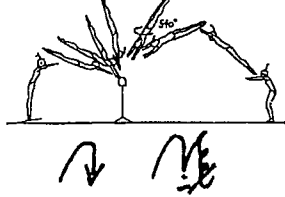

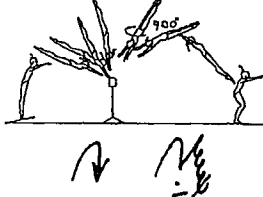
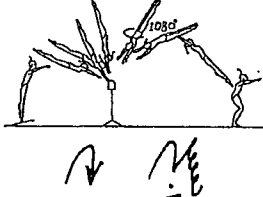
8.6.4 Landing

- Deviation from a straight direction up to 0.30 P.
- Spotting assistance during the landing 0.50 P.

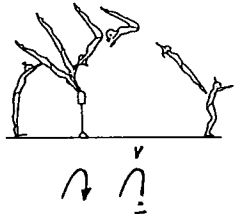
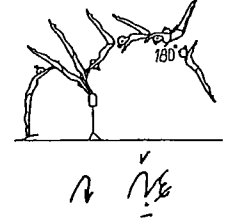
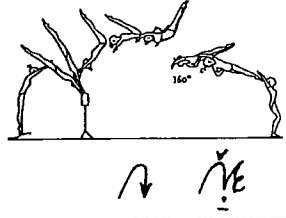
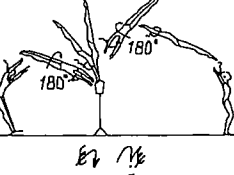
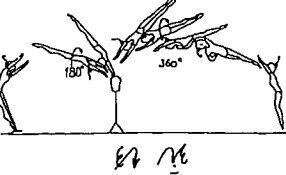
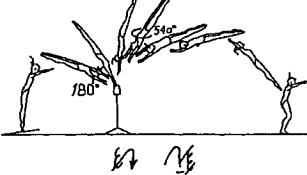
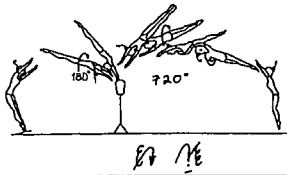
8.6.5 Other Deductions

- Bent knees (during first flight, repulsion, second flight) each up to 0.30 P.
- Spotting assistance during the vault Invalid
- Insufficient dynamics during the vault up to 0.30 P.
- Run approach without execution of the vault
 - ♦ with touch on the springboard or horse Invalid
- More than one preparatory element before the arrival on the board Invalid
- Failure to land on feet first (including fall) 1.00 P.

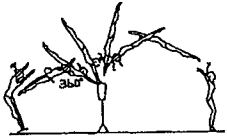
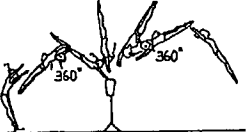
GROUP 1 – Vaults without saltos (Handsprings, Yamashitas) and with or without LA turns in 1st and/or 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
<p>1.101 Handspring forward 8.00 P.</p> 	<p>1.201</p>	<p>1.301</p>	<p>1.401</p>	<p>1.501</p>
<p>1.102 Handspring forward on — ½ turn (180°) off 8.00 P.</p> 	<p>1.202 Handspring forward on — 1/1 turn (360°) off 8.80 P.</p> 	<p>1.302 Handspring forward on — 1½ turn (540°) off 9.20 P.</p> 	<p>1.402 Handspring forward on — 2/1 turn (720°) off 9.60 P.</p> 	<p>1.502 Handspring forward on — 2½ turn (900°) off 9.80 P.</p> 
<p>1.103</p>	<p>1.203</p>	<p>1.303</p>	<p>1.403</p>	<p>1.503 Handspring forward on — 3/1 turn (1080°) off 10.0 P.</p> 

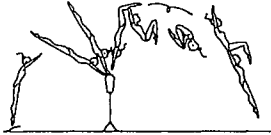


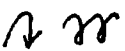

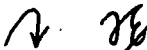
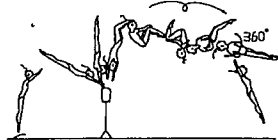
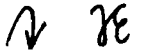
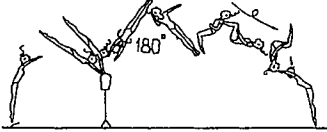

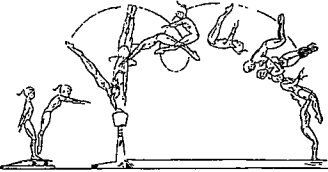
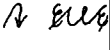
GROUP 1 – Vaults without saltos (Handsprings, Yamashitas) and with or without LA turns in 1st and/or 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
<p>1.104 Yamashita 8.20 P.</p> 	<p>1.204</p>	<p>1.304</p>	<p>1.404</p>	<p>1.504</p>
<p>1.105 Yamashita with ½ turn (180°) off 8.40 P.</p> 	<p>1.205 Yamashita with 1/1 turn (360°) off 9.00 P.</p> 	<p>1.305</p>	<p>1.405</p>	<p>1.505</p>
<p>1.106 ½ turn (180°) on – ½ turn (180°) off (in either direction) 8.50 P.</p> 	<p>1.206 ½ turn (180°) on – 1/1 turn (360°) off 8.70 P.</p> 	<p>1.306 ½ turn (180°) on – 1½ turn (540°) off 9.10 P.</p> 	<p>1.406 ½ turn (180°) on – 2/1 turn (720°) off 9.50 P.</p> 	<p>1.506</p>

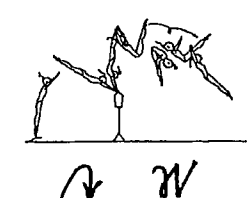

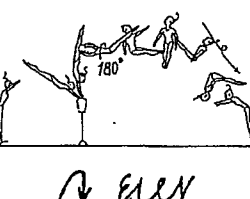
GROUP 1 – Vaults without saltos (Handsprings, Yamashitas) and with or without LA turns in 1st and/or 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
1.107	1.207 1/1 turn (360°) on – Handspring off 9.00 P.  ER <u>!</u>	1.307 1/1 turn (360°) on – 1/1 turn (360°) off 9.30 P.  ER <u>!</u>	1.407	1.507

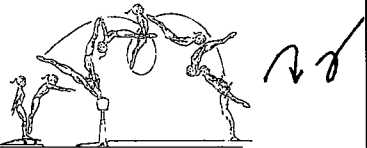
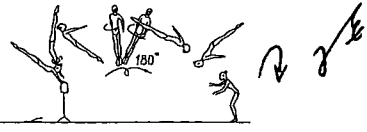

GROUP 2 – Handspring forward with or without 1/1 turn (360°) in entry phase – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
2.101	2.201	2.301 Handspring forward on – tucked salto forward off 9.30 P.  	2.401	2.501 Handspring on – tucked double salto forward off 10.0 P.  
2.102	2.202	2.302 Handspring forward on – tucked salto forward with ½ turn (180°) off 9.40 P.  	2.402 Handspring on – tucked salto forward with 1/1 turn (360°) off 9.70 P.  	2.502
2.103	2.203	2.303 Handspring forward on – ½ turn (180°) and tucked salto backward off (Cuervo) 9.40 P.  	2.403 Handspring on – ½ turn (180°) and tucked salto backward with an additional ½ turn (180°) turn off (Cuervo with ½ turn) 9.70.P.  	2.503

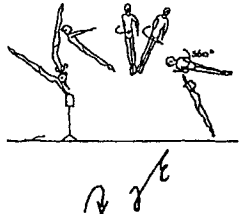
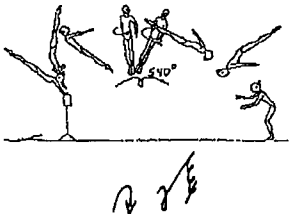
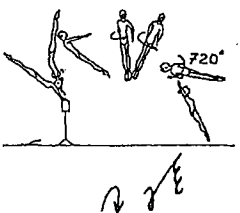
GROUP 2 – Handspring forward with or without 1/1 turn (360°) in entry phase – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
2.104	2.204	2.304	2.404 Handspring forward on – piked salto forward off 9.50 P. 	2.504
2.105	2.205	2.305	2.405 Handspring forward on – piked salto forward with ½ turn (180°) off 9.60 P. 	2.505
2.106	2.206	2.306	2.406 Handspring forward on – ½ turn (180°) and piked salto backward off (Cuervo) 9.60 P. 	2.506



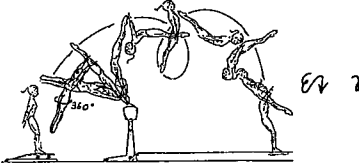
GROUP 2 – Handspring forward with or without 1/1 turn (360°) in entry phase – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
2.107	2.207	2.307	2.407	<p>2.507 Handspring forward on – salto forward stretched off (Ewdokimova) 9.80 P.</p> 
2.108	2.208	2.308	2.408	<p>2.508 Handspring on – stretched salto forward with ½ turn (180°) off (Wang W-G.) 9.90 P.</p> 
2.109	2.209	2.309	2.409	<p>2.509 Handspring on – ½ turn (180°) and stretched salto backward (Cuervo) (Polozkova) 9.90 P.</p> 

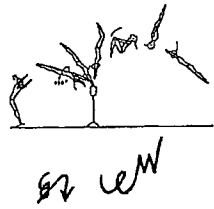
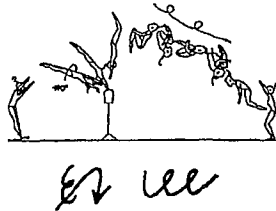
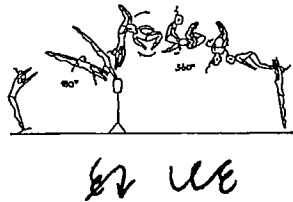
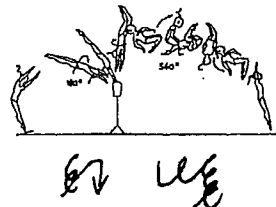
GROUP 2 – Handspring forward with or without 1/1 turn (360°) in entry phase – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
2.110	2.210	2.310	2.410	<p>2.510 Handspring on – stretched salto forward with 1/1 turn (360°) off 10.0 P.</p> 
2.111	2.211	2.311	2.411	<p>2.511 Handspring on – stretched salto forward with 1½ turn (540°) off 10.0 P.</p> 
2.112	2.212	2.312	2.412	<p>2.512 Handspring on – stretched salto forward with 2/1 turn (720°) off 10.0 P.</p> 

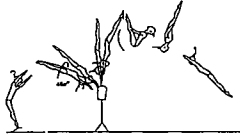
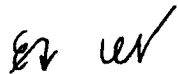
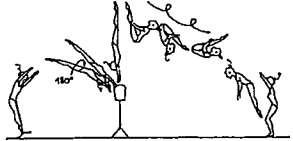

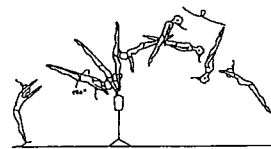
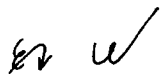
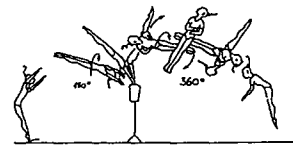

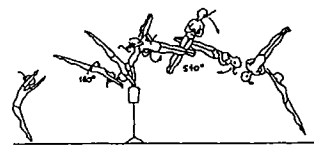
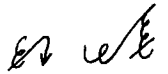

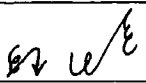
GROUP 2 – Handspring forward with or without 1/1 turn (360°) in entry phase – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
2.113	2.213	2.313	2.413	2.513 1/1 turn (360°) on – tucked salto forward off 9.80 P. 
2.114	2.214	2.314	2.414	2.514 1/1 turn (360°) on – piked salto forward off 9.90 P. 
2.115	2.215	2.315	2.415	2.515 1/1 turn (360°) on – stretched salto forward off 10.0 P. 



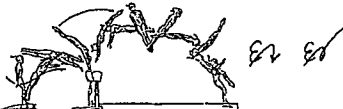
GROUP 3 – Handspring with ½ turn (180°) in entry phase (Tsukahara entry) – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
<p>3.101</p>	<p>3.201 Tsukahara tucked 9.00 P.</p>  <p>Hand-drawn diagram of a Tsukahara tucked maneuver. The gymnast is in a tucked position with arms and legs bent. Below the diagram is the handwritten notation "EW".</p>	<p>3.301</p>	<p>3.401</p>	<p>3.501 Tsukahara with tucked double salto backward off 10.0 P.</p>  <p>Hand-drawn diagram of a Tsukahara with tucked double salto backward off. The gymnast is in a tucked position, performing a double salto backward. Below the diagram is the handwritten notation "EE".</p>
<p>3.102</p>	<p>3.202</p>	<p>3.302</p>	<p>3.402 Tsukahara tucked with 1/1 turn (360°) off 9.50 P.</p>  <p>Hand-drawn diagram of a Tsukahara tucked with 1/1 turn (360°) off. The gymnast is in a tucked position, performing a full turn. Below the diagram is the handwritten notation "EE".</p>	<p>3.502</p>
<p>3.103</p>	<p>3.203</p>	<p>3.303</p>	<p>3.403 Tsukahara tucked with 1½ turn (540°) off 9.70 P.</p>  <p>Hand-drawn diagram of a Tsukahara tucked with 1½ turn (540°) off. The gymnast is in a tucked position, performing a one and a half turn. Below the diagram is the handwritten notation "EE".</p>	<p>3.503</p>

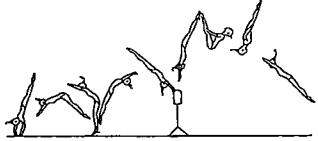
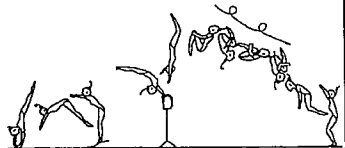
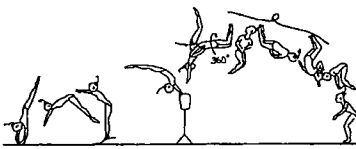
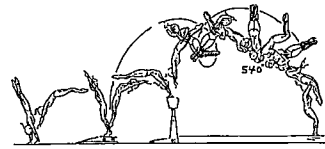
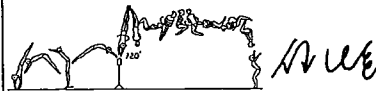
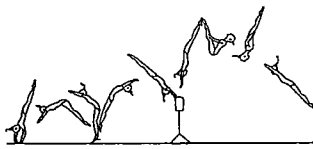
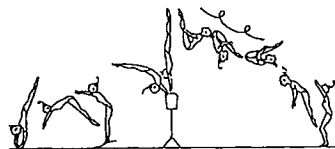
GROUP 3 – Handspring with ½ turn (180°) in entry phase (Tsukahara entry) – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
3.104	3.204	3.304 Tsukahara piked 9.20 P.  	3.404	3.504 Tsukahara with piked double salto backward off 10.0 P.  
3.105	3.205	3.305 Tsukahara stretched 9.30 P.  	3.405 Tsukahara stretched with 1/1 turn (360°) off 9.60 P.  	3.505 Tsukahara stretched with 1½ turn (540°) off 9.90 P.  
3.106	3.206	3.306	3.406	3.506 Tsukahara stretched with 2/1 turn (720°) off 10.0 P.  

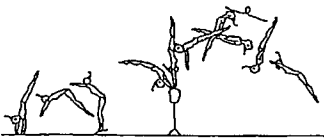
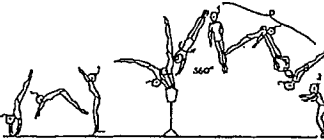
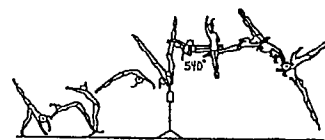
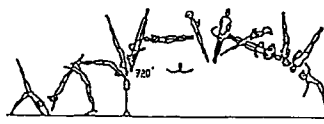
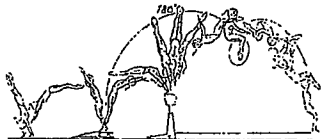
GROUP 3 – Handspring with ½ turn (180°) in entry phase (Tsukahara entry) – salto forward or backward with or without LA turn in 2nd flight phase

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
3.107	3.207	3.307	3.407 ½ turn (180°) on – ½ turn (180°) with tucked salto forward off 9.50 P. 	3.507
3.108	3.208	3.308	3.408 ½ turn (180°) on – ½ turn (180°) with piked salto forward off 9.60 P. 	3.508 ½ turn (180°) on – ½ turn (180°) and stretched salto forward off (Phelps) 9.80 P. 
3.109	3.209	3.309	3.409	3.509

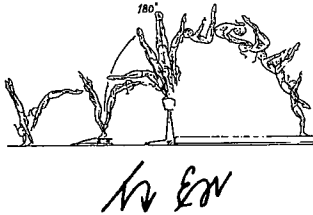
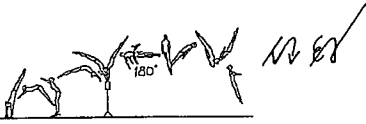

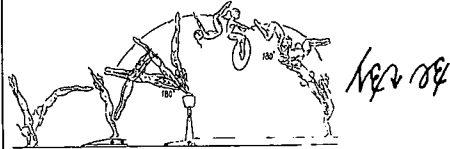
GROUP 4 – Round-off with or without ½ or 1/1 turn (180°-360°) in entry phase (Yurchenko entry) – salto forward or backward with or without LA turn in 2nd flight

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
<p>4.101</p>	<p>4.201 Round-off, flic-flac on – tucked salto backward off 9.00 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>	<p>4.301</p>	<p>4.401</p>	<p>4.501 Round-off, flic-flac on – tucked double salto backward off 10.0 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>
<p>4.102</p>	<p>4.202</p>	<p>4.302 Round-off, flic-flac on - tucked salto backward with 1/1 turn (360°) off 9.40 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>	<p>4.402 Round-off, flic-flac on – tucked salto backward with 1½ turn (540°) off 9.60 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>	<p>4.502 Round-off, flic-flac on – tucked salto backward with 2/1 turn (720°) off (Dungelova) 9.80 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>
<p>4.103</p>	<p>4.203</p>	<p>4.303 Round-off, flic-flac on – piked salto backward off 9.20 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>	<p>4.403</p>	<p>4.503 Round-off, flic-flac on – piked double salto backward off 10.0 P.</p>  <p style="text-align: center;"><i>↘ ee</i></p>

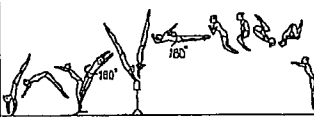
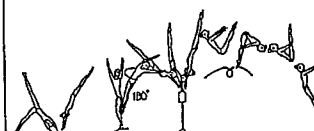
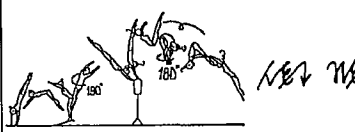
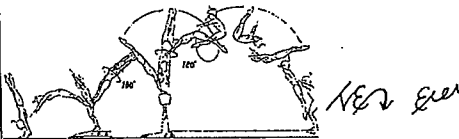
GROUP 4 – Round-off with or without ½ or 1/1 turn (180°-360°) in entry phase (Yurchenko entry) – salto forward or backward with or without LA turn in 2nd flight

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
<p>4.104</p>	<p>4.204</p>	<p>4.304 Round-off, flic-flac on – stretched salto backward off 9.30 P.</p>  <p style="text-align: center;"><i>N U</i></p>	<p>4.404 Round-off, flic-flac on – stretched salto backward with 1/1 turn (360°) off 9.50 P.</p>  <p style="text-align: center;"><i>N U</i></p>	<p>4.504 Round-off, flic-flac on – stretched salto backward with 1½ turn (540°) off 9.80 P.</p>  <p style="text-align: center;"><i>N U</i></p>
<p>4.105</p>	<p>4.205</p>	<p>4.305</p>	<p>4.405</p>	<p>4.505 Round-off, flic-flac on – stretched salto backward with 2/1 turn (720°) off 9.90 P.</p>  <p style="text-align: center;"><i>N U</i></p>
<p>4.106</p>	<p>4.206</p>	<p>4.306 Round-off, flic-flac on – ½ turn (180°) and salto forward tucked off (Peneva) 9.30 P.</p>  <p style="text-align: center;"><i>N U</i></p>	<p>4.406</p>	<p>4.506</p>

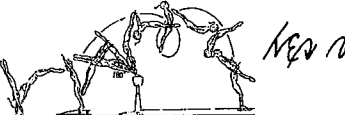

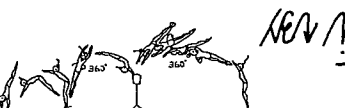


GROUP 4 – Round-off with or without ½ or 1/1 turn (180°-360°) in entry phase (Yurchenko entry) – salto forward or backward with or without LA turn in 2nd flight

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
4.107	4.207	4.307 Round-off, flic-flac on – ½ turn (180°) and salto forward piked off 9.40 P. 	4.407 Round-off, flic-flac on – ½ turn (180°) and salto forward stretched off (Hristakieva) 9.60 P. 	4.507
4.108	4.208	4.308	4.408 Round-off, flic-flac with ½ turn (180°) on – tucked salto forward off (Ivantcheva) 9.60 P. 	4.508
4.109	4.209	4.309	4.409 Round-off, flic-flac with ½ turn (180°) on – salto forward tucked with ½ turn (180°) off (Servente) 9.70 P. 	4.509

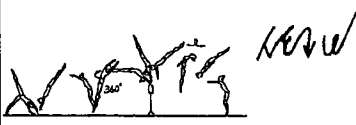
GROUP 4 – Round-off with or without ½ or 1/1 turn (180°-360°) in entry phase (Yurchenko entry) – salto forward or backward with or without LA turn in 2nd flight

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
4.110	4.210	4.310	4.410 Round-off, flic-flac with ½ turn (180°) on – ½ turn (180°) and tucked salto backward off (Mróz) 9.70 P. 	4.510
4.111	4.211	4.311	4.411 Round-off, flic-flac with ½ turn (180°) on – piked salto forward off (Omelianchik) 9.70 P. 	4.511 Round-off, flic-flac with ½ turn (180°) on – piked salto forward with ½ turn (180°) off (Podkopayeva) 9.90 P. 
4.112	4.212	4.312	4.412	4.512 Round-off, flic-flac with ½ turn (180°) on - ½ turn (180°) and piked salto backward off (Chorkina) 9.90 P. 

GROUP 4 – Round-off with or without ½ or 1/1 turn (180°-360°) in entry phase (Yurchenko entry) – salto forward or backward with or without LA turn in 2nd flight

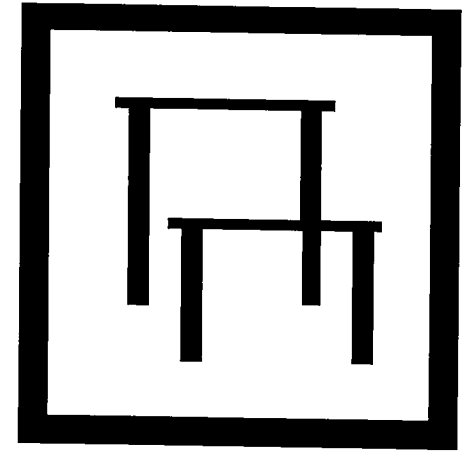
A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
4.113	4.213	4.313	4.413	4.513 Round-off, flic-flac with ½ turn (180°) on – stretched salto forward off 9.90 P. 
4.114	4.214	4.314	4.414	4.514 Round-off, flic-flac with ½ turn (180°) on – salto forward stretched with ½ turn (180°) off 10.0 P. 
4.115	4.215	4.315 Round-off, flic-flac with 1/1 turn (360°) on – 1/1 turn (360°) off 9.20 P. 	4.415 Round-off, flic-flac with 1/1 turn (360°) on – tucked salto backward off (Luconi) 9.70 P. 	4.515 Round-off, flic-flac with 1/1 turn (360°) on – piked salto backward off 9.80 P. 

GROUP 4 – Round-off with or without ½ or 1/1 turn (180°-360°) in entry phase (Yurchenko entry) – salto forward or backward with or without LA turn in 2nd flight

A (below 8.5)	B (8.6 — 9.0)	C (9.1 — 9.4)	D (9.5 — 9.7)	E (9.8 — 10.0)
4.116	4.216	4.316	4.416	4.516 Round-off, flic-flac with 1/1 turn (360°) on – stretched salto backward off 9.90 P. 



FONDÉE EN 1881



Uneven Bars ARTICLE 9

ARTICLE 9

Uneven Bars

9.1 General

The evaluation of the exercise begins with the take off from the board or the mat. Additional supports under the board (e.g. an extra board or mat) are not permitted.

A second run approach for the mount is permitted, if the gymnast on her first attempt (balk) has not touched the springboard, the apparatus, or not run underneath the apparatus. If a third run approach is necessary, she then receives a deduction of 0.50 P.

During a fall onto or from the apparatus, an interruption of 30 seconds is allowed before the exercise must be resumed.

9.2 Content of the Exercise

The exercise should be composed from different element groups. The difficulty parts A-, B-, C-, D- and E- should represent a variety of the following element groups:

- kips (as mounts or in the exercise)
- casts, counter swings
- underswings, clear hip circles
- giant swings-circles backward
- giant swings-circles forward
- stalder circles
- circle swings, hechts.

From the above structure groups, elements with turns around the longitudinal axis (pirouettes), breadth axis (salto turns), grip changes and flight should be demonstrated.

9.3 Directives for the Combination

The course of the exercise should be diversely arranged through:

- execution under the low and over the high bar
- execution outside and between the bars (rails)
- multiple bar changes
- dynamic body position changes
- swingful execution of elements and connections.

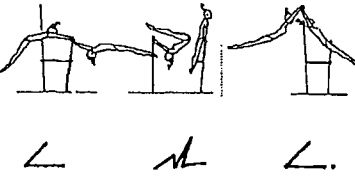
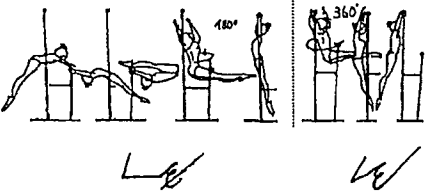
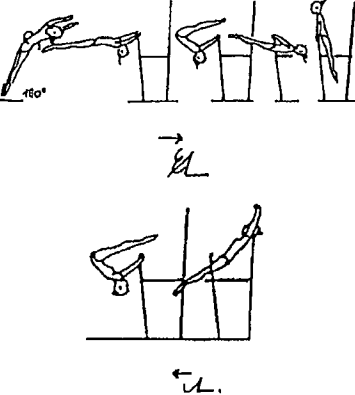
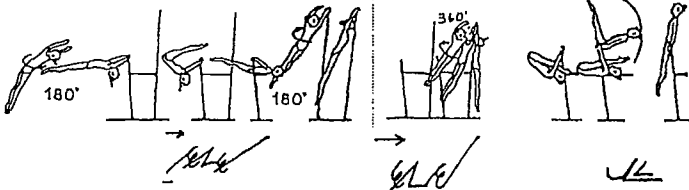
9.4 Special Requirements

The exercise must contain the following 7 Special Requirements:

SR

- 1, 2, 3 - at least **three** bar changes
- 4, 5 - at least **two** different flight* elements with release and regrasp from B- (*excluding the dismount*)
- 6 - at least **one** element within the exercise with
 - LA turn of 180°, 360°, 540°, etc. (*excluding the mount and/or dismount*)
- 7 - a dismount
 - in Modified rules at least B-
 - in C-I, II, IV at least C-
 - in C-III at least D-

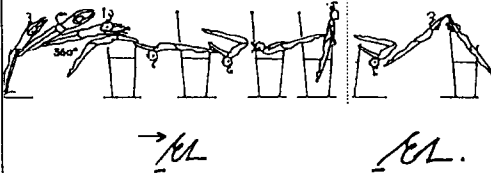
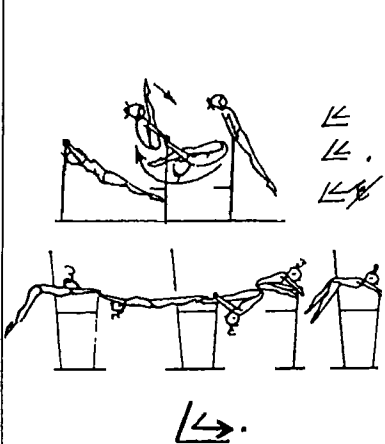
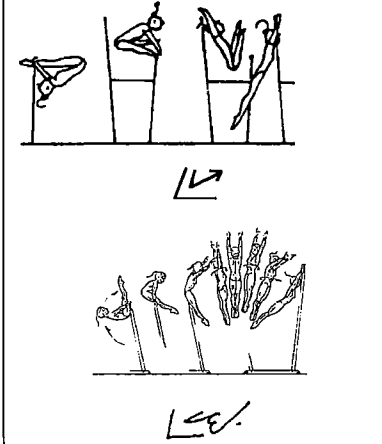
1.000 Mounts

A	B	C	D	E
<p>1.101*</p> <p>Glide kip-up on LB to support or with grip change to hang on HB – also with reverse grip</p> 	<p>1.201*</p> <p>Kip on LB with 1/2 or 1/1 turn (180°-360°) and grip change to hang on HB</p> 	<p>1.301</p>	<p>1.401</p>	<p>1.501</p>
<p>1.102</p> <p>Jump with 1/2 turn (180°), kip-up to support on LB or with grip change to hang on HB</p> 	<p>1.202</p> <p>Jump with 1/2 turn (180°), glide kip-up on LB with 1/2 or 1/1 turn (180°-360°) and grip change to hang on HB or with stoop through to rear support (back kip-up)</p> 	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>

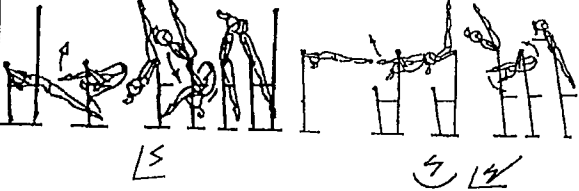
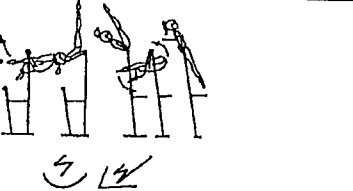
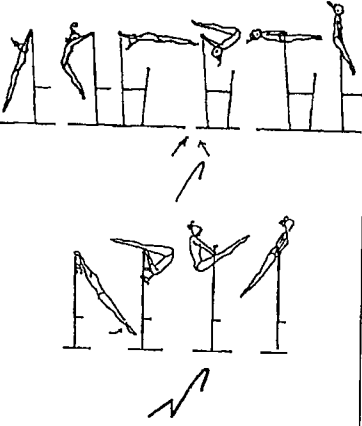
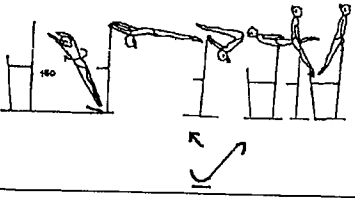
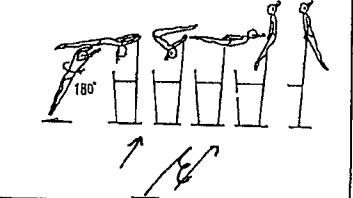
***also within the exercise**

*Note for all Element Groups:
Elements performed on one arm receive the same value part credit as elements performed on both arms.*

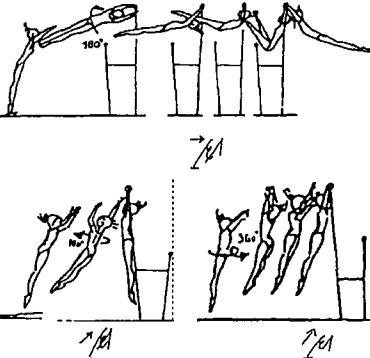
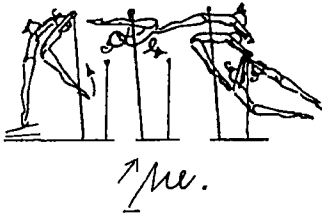


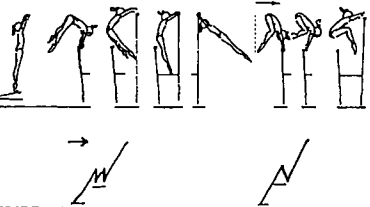
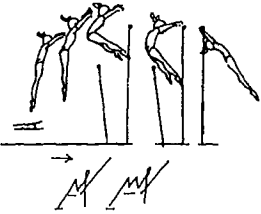
1.000 Mounts

A	B	C	D	E
<p>1.103</p>	<p>1.203</p> <p>Jump with 1/1 turn (360°) in front of LB – kip-up to support on LB or with grip change to hang on HB</p> 	<p>1.303</p>	<p>1.403</p>	<p>1.503</p>
<p>1.104*</p> <p>Glide on LB or swing forward on HB, stoop through, back kip-up to brief rear support on LB – also with grip change to hang on HB – also with ½ turn (180°) to hang on HB –also with straddle cut backward to hang on same bar</p> 	<p>1.204*</p> <p>Glide on LB – stoop through, straddle cut backward with grip change to hang on HB, also with stoop through or straddle back kip-up over LB with 1/1 turn 360° and grip change to hang on HB</p> 	<p>1.304</p>	<p>1.404</p>	<p>1.504</p>

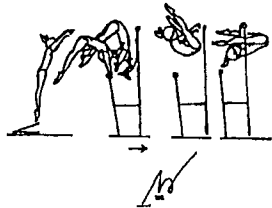
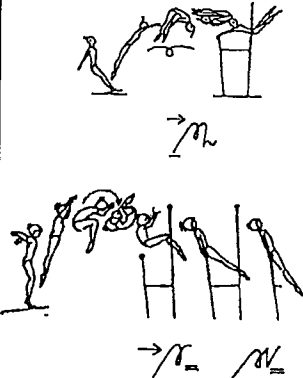

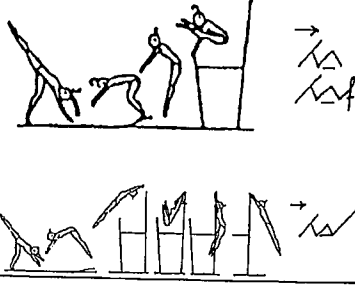
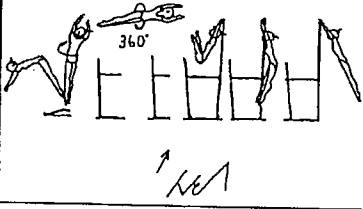
1.000 Mounts

A	B	C	D	E
<p>1.105</p>	<p>1.205*</p> <p>Reverse kip-up from: – glide forward on LB – swing forward on HB – stoop through to kip hang, back kip swing, seat (pike) circle backward to rear support on LB, also with grip change to hang on HB</p> 	<p>1.305</p> 	<p>1.405</p>	<p>1.505</p>
<p>1.106*</p> <p>Jump to brief hang on HB – also with reverse grip – kip-up to support</p> 	<p>1.206</p> <p>Side stand facing HB – Jump with 1/2 turn (180°) – kip-up to support on HB</p> 	<p>1.306</p> <p>Jump with 1/2 turn (180°) over LB – kip-up to support on HB</p> 	<p>1.406</p>	<p>1.506</p>


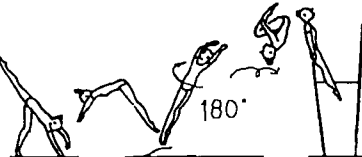
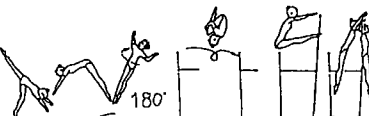
1.000 Mounts

A	B	C	D	E
<p>1.107 Free jump with ½ turn (180°) over LB to hang on HB, also from sidestand facing HB – jump with ½ or 1/1 turn (180°-360°) to hang on HB</p> 	<p>1.207 Jump to brief hang on HB, salto roll backward tucked or straddled with grip change to hang on LB</p> 	<p>1.307 * Jump to hang on HB or from swing down between bars – swing forward, swing backward to salto forward tucked or straddled to hang on HB – or from sidestand facing HB, salto forward to brief hang on HB, also with direct grip change to hang on LB</p> 	<p>1.407</p> 	<p>1.507</p>
<p>1.108 Squat or straddle vault with hand repulsion over LB to hang on HB</p> 	<p>1.208 Free straddle or tuck jump over LB to hang on HB</p> 	<p>1.308</p>	<p>1.408</p>	<p>1.508</p>

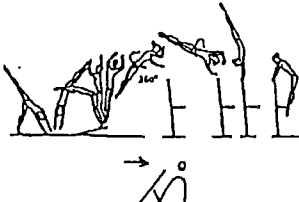
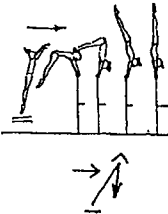
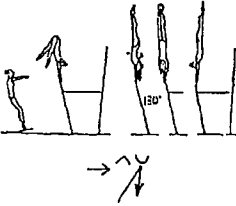
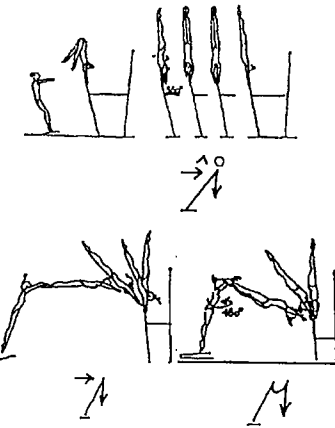
1.000 — Mounts

A	B	C	D	E
1.109	<p>1.209</p> <p>Jump to brief support on LB – salto roll forward, tucked or straddled to hang on HB</p> 	<p>1.309</p> <p>Salto forward tucked, piked or straddled over LB into L hang on LB or to brief sit on LB</p> 	<p>1.409</p> <p>Salto forward, tucked or piked over LB to hang on HB without touching LB</p> 	1.509
1.110	<p>1.210</p> <p>Round-off in front of LB – flight backward (straddled) through momentary clear straddle support on LB – also with legs together or straddled to hang on HB</p> 	<p>1.310</p> <p>Round-off in front of LB, flight backward with 1/1 turn (360°) over LB to hang on HB</p> 	1.410	1.510

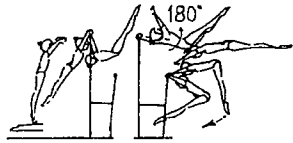
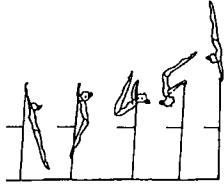

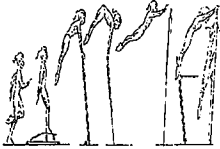
1.000 — Mounts

A	B	C	D	E
1.111	1.211	1.311	<p data-bbox="1226 206 1595 343">1.411 Round-off in front of LB – tucked salto backward over LB to hang on LB (Jentsch)</p>  <p data-bbox="1377 677 1450 726">→ <i>he</i></p>	1.511
1.112	1.212	1.312	<p data-bbox="1226 862 1595 1024">1.412 Round-off in front of LB – tucked or piked arabian salto over LB to a momentary sit on LB</p>  <p data-bbox="1295 1296 1491 1346">→ <i>no. no.</i></p>	<p data-bbox="1607 862 1976 1024">1.512 Round-off in front of LB – tucked or piked arabian salto over LB to hang on HB without touching the LB</p>  <p data-bbox="1709 1296 1926 1346">→ <i>no. no.</i></p>

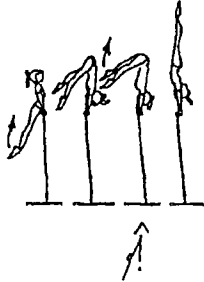
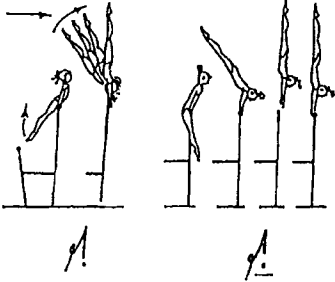
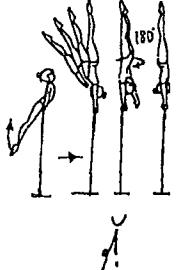
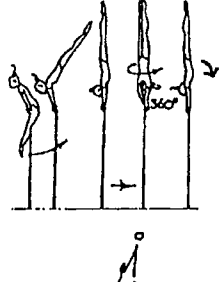
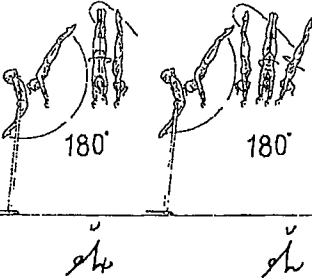
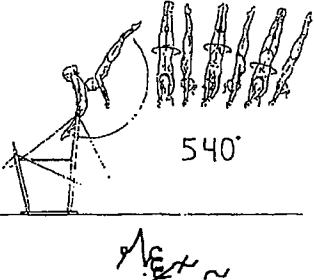
1.000 — Mounts

A	B	C	D	E
1.113	1.213	1.313	1.413	<p>1.513 Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or handstand on LB (Gurova)</p> 
1.114	<p>1.214 Jump to handstand on LB with hips bent, then extended</p> 	<p>1.314 Jump to handstand on LB with hips bent, then extended and ½ turn (180°) in handstand phase</p> 	<p>1.414 Jump to handstand on LB (hips bent, then extended) and 1/1 turn (360°) in handstand phase – or jump with extended body to handstand, also with ½ turn (180°)</p> 	1.514

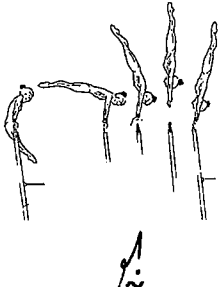
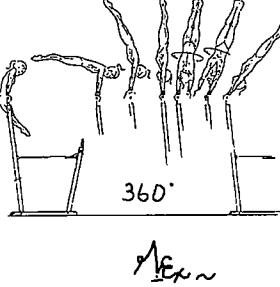
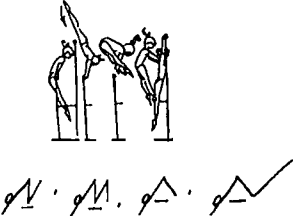
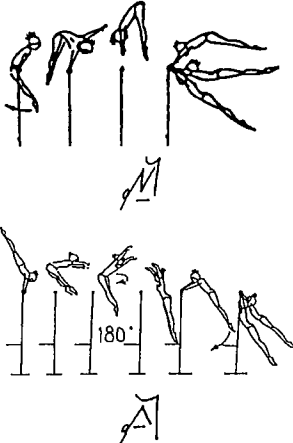
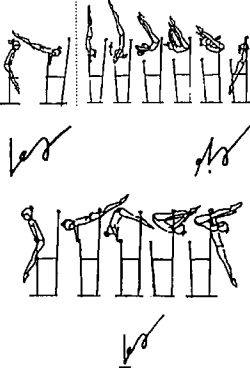


1.000 — Mounts

A	B	C	D	E
<p>1.115</p>	<p>1.215</p> <p>Jump to hang on HB – underswing with ½ turn (180°) and flight over LB to glide</p>  <p style="text-align: center;">↑ <i>M</i> <i>M</i></p>	<p>1.315</p> <p>Jump to brief clear support on HB – clear hip circle to handstand on HB with reverse-, mixed- or regular grip</p>  <p style="text-align: center;"><i>L!</i></p>	<p>1.415</p> <p>Jump to brief clear support on HB (with reverse-, mixed- or regular grip) – clear hip circle to handstand with ½ turn (180°) in handstand phase on HB (McNamara)</p>  <p style="text-align: center;"><i>L!</i></p>	<p>1.515</p>
<p>1.116</p>	<p>1.216</p> <p>Hecht jump (legs together) with hand repulsion over LB to hang on HB</p>  <p style="text-align: center;"><i>~</i></p>	<p>1.316</p>	<p>1.416</p>	<p>1.516</p>

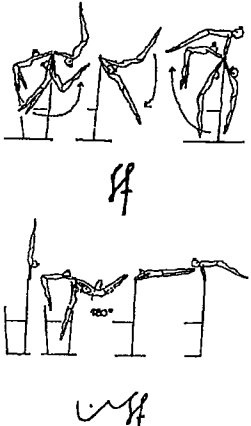
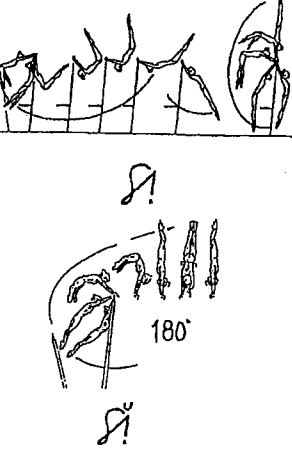
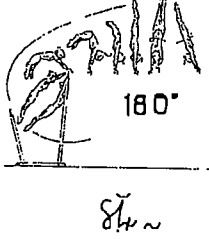
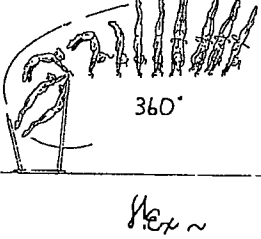
2.000 Casts and Counter Swings

A	B	C	D	E
<p>2.101 Cast to handstand with legs straddled and hips bent</p> 	<p>2.201 Cast to handstand with legs together and hips extended, also with hop-change to reverse grip in handstand phase</p> 	<p>2.301 Cast to handstand with 1/2 turn (180°) in handstand phase</p> 	<p>2.401 Cast to handstand with 1/1 turn (360°) in handstand phase</p> 	<p>2.501</p>
<p>2.102</p>	<p>2.202</p>	<p>2.302 Cast to handstand with 1/2 turn (180°) in handstand phase to mixed-L or L grip (Mirgorodskaia)</p> 	<p>2.402 Cast to handstand with 1 1/2 turn (540°) after handstand phase to mixed-L or L grip (Miller)</p> 	<p>3.502</p>


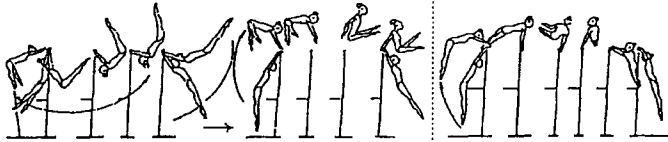
2.000 Casts and Counter Swings

A	B	C	D	E
<p>2.103</p>	<p>2.203</p>	<p>2.303</p> <p>Cast to handstand with hop-change to L grip in handstand phase</p> 	<p>2.403</p> <p>Cast to handstand with hop-change to reverse grip and 1/1 turn (360°) after handstand phase to mixed-L grip (Pacheco) or L grip</p> 	<p>2.503</p>
<p>2.104</p> <p>Front support on LB – free squat, stoop or straddle over LB with grip change to hang on HB</p> 	<p>2.204</p> <p>Front support on HB – stoop with flight or free straddle forward over HB and 1/2 turn (180°) to hang on HB</p> 	<p>2.304</p> <p>Outer front support on LB – cast (also through handstand) with salto roll forward to hang on HB, also from inner front support – Radochla roll (Brause) to hang</p> 	<p>2.404</p> <p>Inner front support on LB – Radochla roll (Brause) with 1/1 turn (360°) to hang on HB</p> 	<p>2.504</p> <p>Front support on HB – cast with salto forward straddled to hang on HB (Comaneci Salto)</p> 

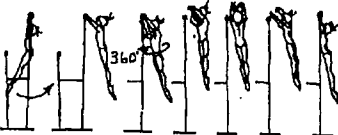



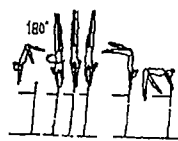

2.000 Casts and Counter Swings

A	B	C	D	E
2.105	<p>2.205</p> <p>Hang on HB – uprise backward to clear support on HB, also from handstand on HB – swing down with ½ turn (180°) and uprise backward to clear support on HB (turning uprise)</p> 	<p>2.305</p> <p>Hang on HB – uprise backward to handstand on HB, also with ½ turn (180°) in handstand phase</p> 	2.405	2.505
2.106	2.206	<p>2.306</p> <p>Hang on HB – uprise backward to handstand with ½ turn (180°) in handstand phase to mixed-L or L grip</p> 	<p>2.406</p> <p>Hang on HB – uprise backward to handstand on HB and 1/1 turn (360°) after handstand phase to mixed-L or L grip</p> 	2.506

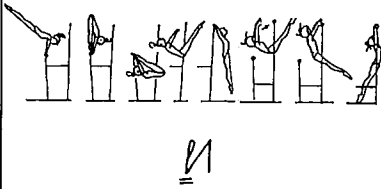
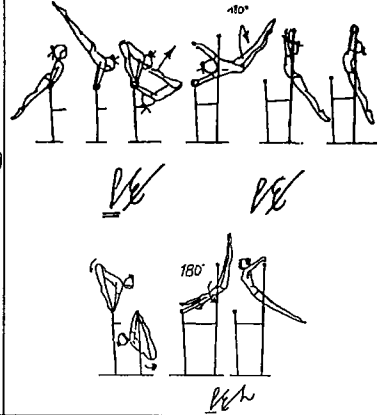
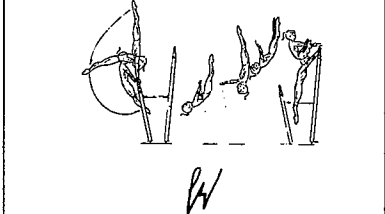
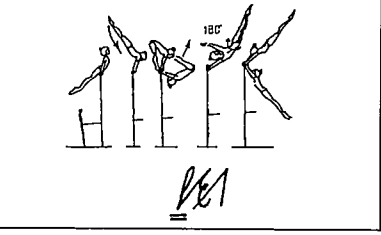
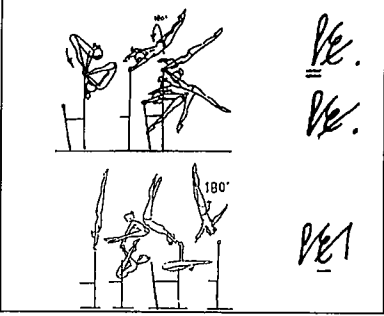
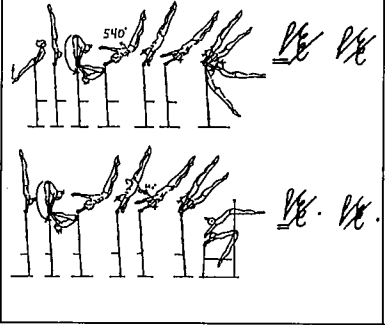
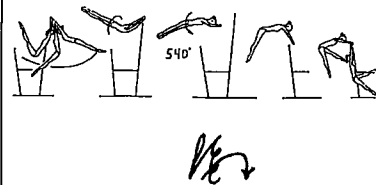
2.000 Casts and Counter Swings

A	B	C	D	E
2.107	2.207	<p>2.307 Hang on HB – uprise backward and clear hip circle to handstand on HB</p>  <p style="text-align: center;"><i>sh</i></p>	2.407	2.507
2.108	2.208	<p>2.308 Hang on HB – uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L hang or hang</p>  <p style="text-align: center;"><i>sh</i> <i>sh</i></p>	2.408	2.508

2.000 Casts and Counter Swings

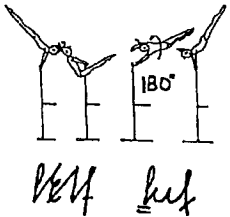
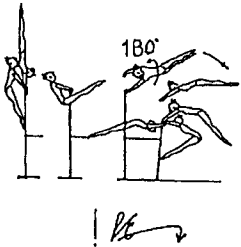
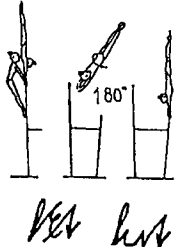
A	B	C	D	E
<p>2.109</p>	<p>2.209</p> <p>Hang on HB – swing backward with release and 1/1 turn (360°) to hang on HB, also with direct grip change to hang on LB, also from front support on HB (Caslavka Pirouette)</p>  <p>360°</p> <p><i>pe pe.</i></p>	<p>2.309</p>  <p><u>VA</u></p>	<p>2.409</p>	<p>2.509</p>
<p>2.110</p>	<p>2.210</p> <p>Hang on HB – swing forward circa 45° deviation from vertical – counter flight backward straddled over LB to hang on LB</p>  <p><i>~</i></p>	<p>2.310</p> <p>Hang on HB – Swing forward on HB circa 45° deviation from vertical – counter flight backward straddled to handstand on LB, also with 1/2 turn (180°) in handstand phase</p>  <p><i>~</i></p>	<p>2.410</p>  <p>180°</p> <p><i>~</i></p>	<p>2.510</p> <p>Swing forward on HB (facing outward) – counter salto forward straddled to hang on HB in reverse grip (Counter Kim)</p>  <p><i>~</i></p>

3.000 Underswings and Clear Hip Circles

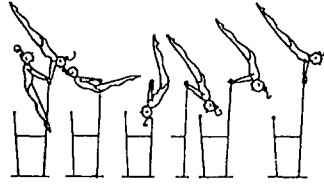
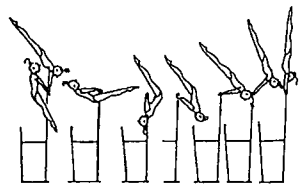
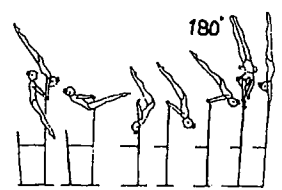
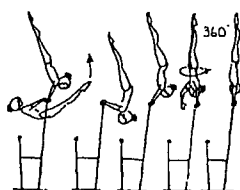
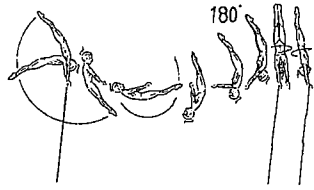
A	B	C	D	E
<p>3.101 Underswing* on LB with grip change to hang on HB</p> 	<p>3.201 Underswing on LB with 1/2 turn (180°) and grip change to hang or L hang on HB</p> 	<p>3.301 Outer front support on LB – clear underswing with release and counter movement forward in flight to hang on HB</p> 	<p>3.401</p>	<p>3.501</p>
<p>3.102 Underswing with 1/2 turn (180°) on HB to hang</p> 	<p>3.202 Facing outward – underswing on HB with 1/2 turn (180°) and direct grip change to hang on LB, also with side flair of arms in flight to hang on same bar</p> 	<p>3.302 Underswing on HB or LB with 1 1/2 turn (540°) to hang, also with direct grip change from HB to hang on LB</p> 	<p>3.402</p>	<p>3.502 Handstand or hang on HB, facing LB – underswing with 1 1/2 turn (540°) and flight over LB to hang on LB (Strong)</p> 

* All underswings maybe executed with or without support of feet in the downward movement.

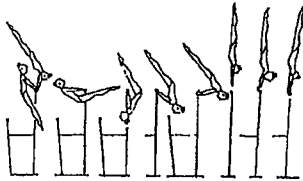

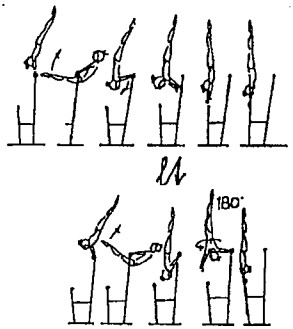

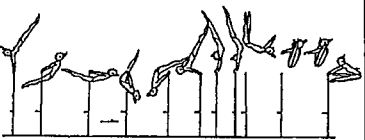

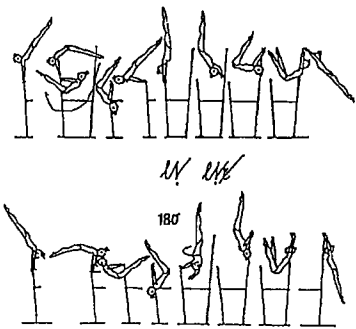



3.000 Underswings and Clear Hip Circles

A	B	C	D	E
3.103	<p>3.203 Underswing with ½ turn (180°) to clear support on same bar</p> 	3.303	3.403	3.503
3.104	<p>3.204 Handstand on HB – clear hip circle with ½ turn (180°) and flight over LB to hang</p> 	3.304	<p>3.404 Handstand on HB – clear hip circle with ½ turn (180°) in flight to handstand on LB</p> 	3.504

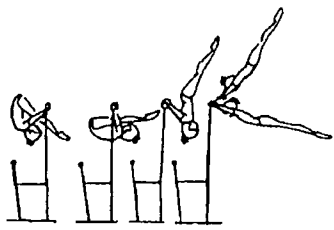
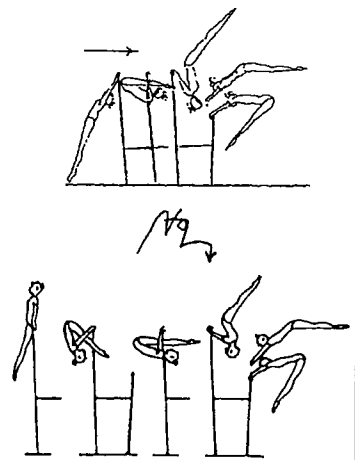
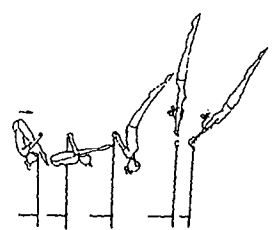
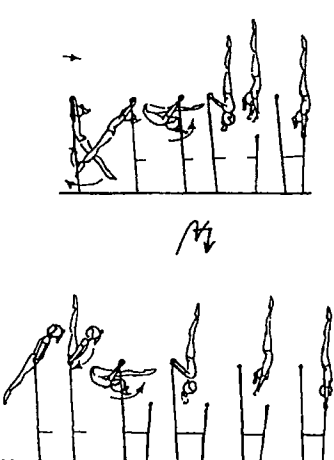
3.000 Underswings and Clear Hip Circles

A	B	C	D	E
<p>3.105 Clear hip circle to clear front support</p>  <p style="text-align: center;"><i>l</i></p>	<p>3.205 Clear hip circle to handstand</p>  <p style="text-align: center;"><i>ll!</i></p>	<p>3.305 Clear hip circle to handstand with ½ turn (180°) in handstand phase</p>  <p style="text-align: center;"><i>ll!</i></p>	<p>3.405 Clear hip circle to handstand with 1/1 turn (360°) in handstand phase (Ma)</p>  <p style="text-align: center;"><i>ll!</i></p>	<p>3.505</p>
<p>3.106</p>	<p>3.206</p>	<p>3.306 Clear hip circle to handstand with ½ turn (180°) in handstand phase to mixed-L or L grip (Karpenko)</p>  <p style="text-align: center;"><i>llh llh</i></p>	<p>3.406</p>	<p>3.506</p>

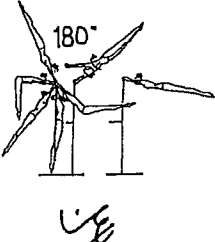

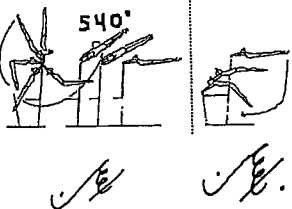
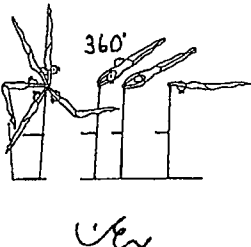
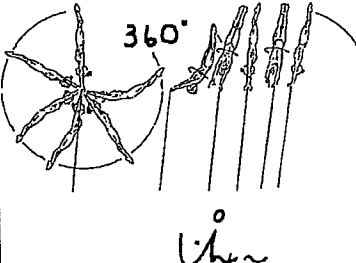

3.000 Underswings and Clear Hip Circles

A	B	C	D	E
3.107	3.207	3.307 Clear hip circle to handstand with hop-change to reverse grip in handstand phase  	3.407 Outer front support on HB – clear hip circle on HB with flight to handstand on LB, also with ½ turn (180°)  	3.507 Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff)  
3.108	3.208	3.308	3.408 Inner front support on LB – clear hip circle through handstand with flight to hang on HB (Schaposchnikova), also with ½ turn (180°) in flight (Chorkina), or from outer front support on LB with ½ turn (180°) in flight  also, (Chorkina)   	3.508

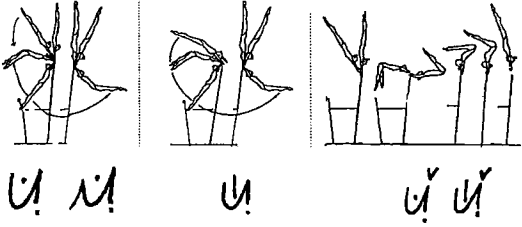
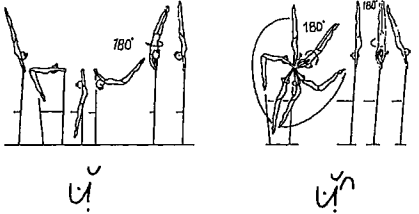
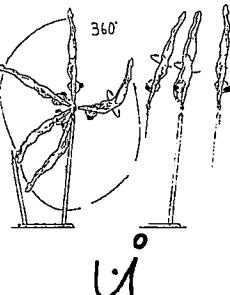
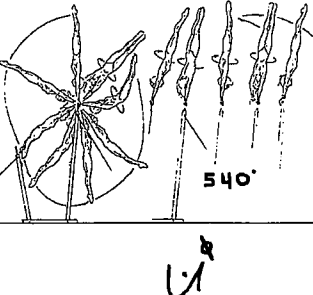
3.000 Underswings and Clear Hip Circles

A	B	C	D	E
<p>3.109 Underswing backward (inverted pike swing), dislocate (Schleudern) to hang on HB</p>  <p style="text-align: center;">91</p>	<p>3.209 Hang on HB, back to LB—stoop through, underswing backward (inverted pike swing), dislocate (Schleudern) with flight over LB to hang, also from rear support on HB, underswing backward, etc.</p>  <p style="text-align: center;">92</p>	<p>3.309 Underswing backward (inverted pike swing), on HB – dislocate (Schleudern) to near handstand with hop-change to regular grip on HB</p>  <p style="text-align: center;">91</p>	<p>3.409 Underswing backward (inverted pike swing) on HB – dislocate with flight to handstand on LB (Zuchold-Schleudern)</p>  <p style="text-align: center;">91</p>	<p>3.509</p>

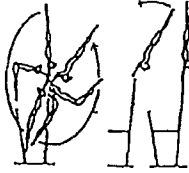
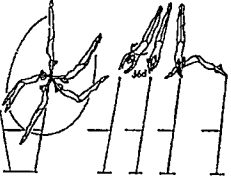
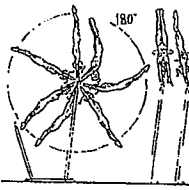
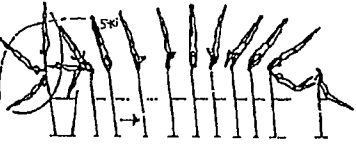
4.000 Giant Swings Backward

A	B	C	D	E
<p>4.101 (Handstand on HB →) swing down between bars, swing forward with ½ turn (180°) at height of HB (at horizontal)</p> 	<p>4.201 (Handstand on HB →) swing down between bars, swing forward with ½ turn (180°) above HB height, circa 45° deviation from vertical</p> 	<p>4.301 (Handstand on HB →) swing down between bars, swing forward with 1½ turn (540°), circa 45° deviation from vertical to hang on HB, also with direct grip change to hang on LB</p> 	<p>4.401</p>	<p>4.501</p>
<p>4.102</p>	<p>4.202 (Handstand on HB →) swing down between bars, swing forward with 1/1 turn (360°) to L hang at height of HB (at horizontal)</p> 	<p>4.302</p>	<p>4.402 Handstand on HB – giant circle backward to handstand with 1/1 turn (360°) in handstand phase to L grip (Mao), also with hop-change to reverse grip and 1/1 turn (360°) after handstand phase to mixed-L grip (Oka)</p> 	<p>4.502</p> 

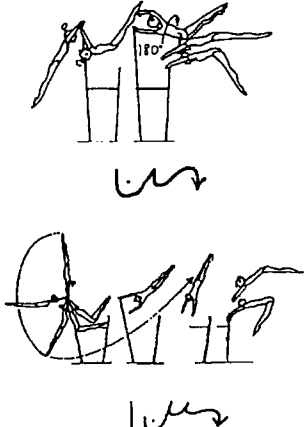

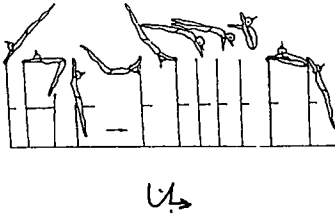
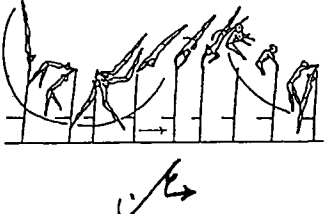
4.000 Giant Swings Backward

A	B	C	D	E
<p>4.103</p>	<p>4.203 Handstand on HB – giant circle backward to handstand, in regular or cross grip (Dussier), also or with bending of hip joints in upper vertical, also accelerated giant circle backward, also on one arm (Liu)</p> 	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>
<p>4.104</p>	<p>4.204 Handstand on HB – giant circle backward to handstand with ½ turn (180°) or with ½ turn / ½ turn (180°/180°=360°) in handstand phase, also with hop-change in first ½ turn (180°)</p> 	<p>4.304 Handstand on HB – giant circle backward to handstand with 1/1 turn (360°) in handstand phase</p> 	<p>4.404 Handstand on HB – giant circle backward to handstand with 1½ turn (540°) in handstand phase (Dawes)</p> 	<p>4.504</p>





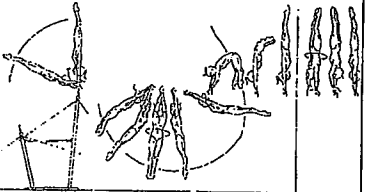
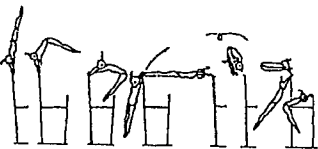
4.000 Giant Swings Backward

A	B	C	D	E
4.105	4.205	<p>4.305 Handstand on HB – giant circle backward to handstand with hop-change to reverse grip in handstand phase</p>  <p style="text-align: center;">۷۱</p>	<p>4.405 Handstand on HB – giant circle backward to handstand with hop 1/1 turn (360°) in handstand phase (Tchusovitina)</p>  <p style="text-align: center;">۷۱^o</p>	4.505
4.106	4.206	<p>4.306 Handstand on HB – giant circle backward to handstand with ½ turn (180°) in handstand phase to mixed-L grip or L grip, also with hop-change</p>  <p style="text-align: center;">۷۱ ۷۲</p>	<p>4.406 Handstand on HB – giant circle backward to handstand with 1½ turn (540°) after handstand phase to mixed-L (Kim, G.S.) or L grip</p>  <p style="text-align: center;">۷۱ ۷۲ ~</p>	4.506

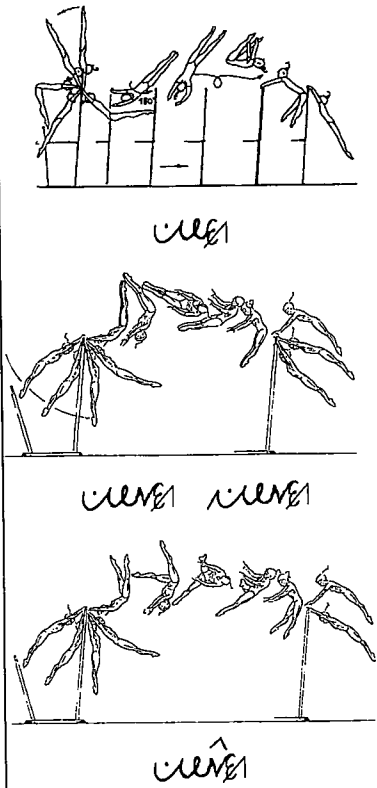
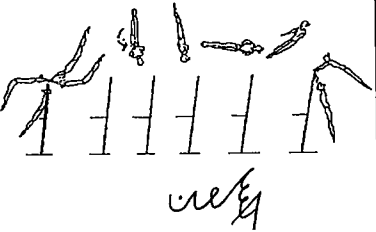
4.000 Giant Swings Backward

A	B	C	D	E
4.107	4.207 Handstand or hang on HB – swing with ½ turn (180°) and flight over LB to hang 	4.307	4.407 Handstand or hang on HB – swing with ½ turn (180°) in flight to handstand on LB 	4.507
4.108	4.208	4.308	4.408 Handstand on HB – giant circle backward, counter straddle-reverse hecht (Tkatchev) over HB to hang 	4.508 Handstand on HB – giant circle backward and counter straddle-reverse hecht flight with 1/1 turn (360°) over HB to hang (Schuschunova) 

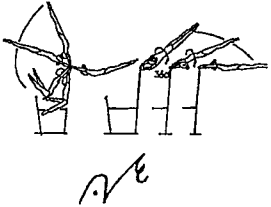
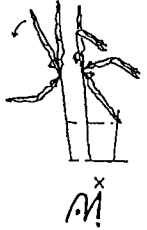
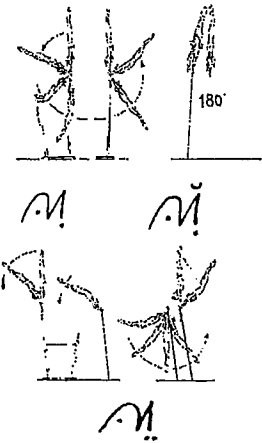
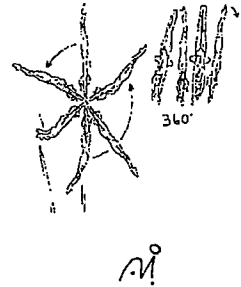
4.000 Giant Swings Backward

A	B	C	D	E
4.109	4.209 Hang on HB, facing LB – swing forward and salto roll backward (legs tucked or straddled) to hang or clear straddle support on LB	4.309 Hang on HB, facing LB – swing forward and salto backward stretched between bars to hang on LB	4.409 Hang on HB, facing LB – swing forward, salto backward stretched between bars to clear support on LB (Pak Salto)	4.509
 <p style="text-align: center;">u.</p>	 <p style="text-align: center;">u f.</p>	 <p style="text-align: center;">u /</p>	 <p style="text-align: center;">u.</p>	
4.110	4.210	4.310 Handstand on HB - swing down between bars with grip change to cross grip, ½ turn (180°) in range of hang position and swing upward with stretched body to handstand on HB, also with ½ turn (180°) in handstand phase (Shahaf)	4.410 (Handstand on HB) – swing down between bars with ½ turn (180°) through brief hang in cross grip or change to regular grip, swing backward with salto forward straddled or tucked to hang on HB, also with direct grip change to hang on LB	4.510
		 <p style="text-align: center;">u. u</p>	 <p style="text-align: center;">u</p>	

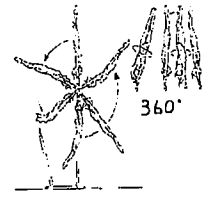
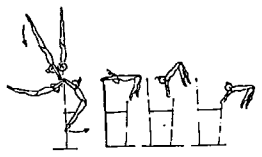

4.000 Giant Swings Backward

A	B	C	D	E
4.111	4.211	4.311	<p data-bbox="1212 206 1605 536">4.411 (Handstand on HB –) swing down between bars, swing forward and salto backward with ½ turn (180°) – tucked or straddled (Deltchev Salto), piked (Gienger Salto), or straddle-piked (Nyeste Salto) – to hang on HB, also from one arm giant swing (Liu)</p>  <p>The diagrams in column D show three variations of a salto backward with a 180-degree turn. The first diagram shows a tucked salto (Deltchev Salto) with the gymnast's legs tucked together. The second diagram shows a piked salto (Gienger Salto) with the legs straight and together. The third diagram shows a straddle-piked salto (Nyeste Salto) with the legs spread apart. Each diagram includes a small sketch of the gymnast's hand position on the horizontal bar.</p>	<p data-bbox="1605 206 1989 404">4.511 (Handstand on HB –) swing down between bars, swing forward and salto backward stretched with 1½ turn (540°) to hang on HB (Hristakieva)</p>  <p>The diagram in column E shows a stretched salto backward with a 540-degree turn (Hristakieva). The gymnast's legs are fully extended. The diagram includes a small sketch of the gymnast's hand position on the horizontal bar.</p>

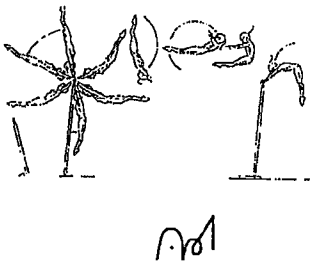
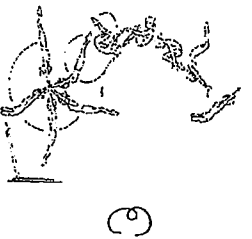
5.000 Giant Swings-Circles Forward

A	B	C	D	E
5.101	5.201 (Handstand on HB) – swing down forward between bars, swing backward and 1/1 turn (360°) at height of HB 	5.301	5.401	5.501
5.102	5.202 Handstand on HB – giant circle swing forward in reverse grip – legs straddled or hips bent in upswing phase – to handstand 	5.302 Handstand on HB – giant circle swing forward in reverse or regular grip (Galloway) to handstand, also with 1/2 turn (180°) in handstand phase 	5.402 Handstand on HB – giant circle swing forward in reverse grip to handstand with 1/1 turn (360°) in handstand phase (Portocarrero) 	5.502

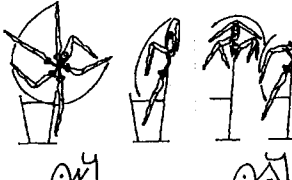
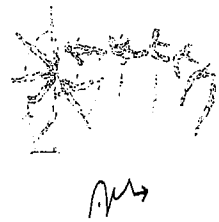
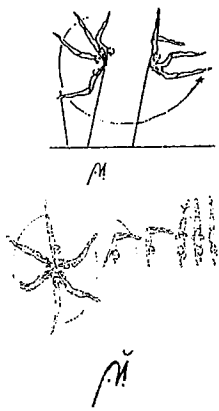
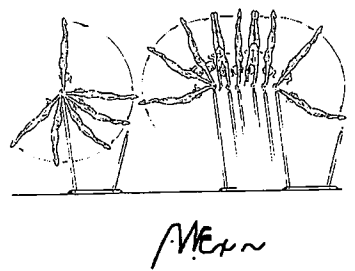
5.000 Giant Swings-Circles Forward

A	B	C	D	E
5.103	5.203	5.303	<p>5.403</p> <p>Handstand on HB – giant swing (circle) forward in reverse grip to handstand with 1/1 turn (360°) after handstand phase to mixed-L grip, L- or reverse grip (Miura)</p>  <p>360°</p> <p><i>A. Miura</i></p>	5.503
5.104	<p>5.204</p> <p>Handstand on HB – swing down forward (back facing LB) in regular or reverse grip – straddle flight backward over LB to hang on LB</p>  <p><i>A. Miura</i></p>	<p>5.304</p> <p>Handstand on HB – swing down forward (back facing LB) in regular or reverse grip – straddleflight backward to handstand on LB</p>  <p><i>A. Miura</i></p>	5.404	5.504

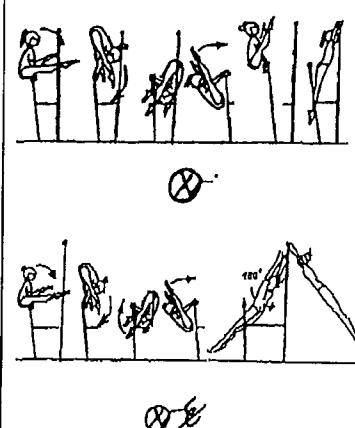
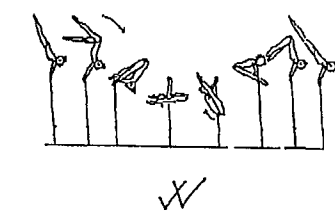
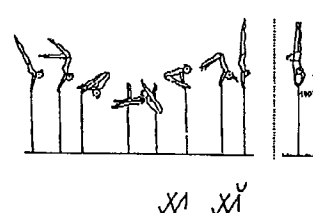
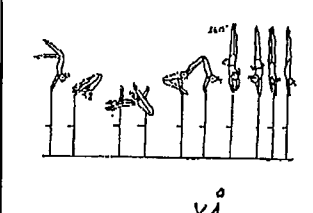
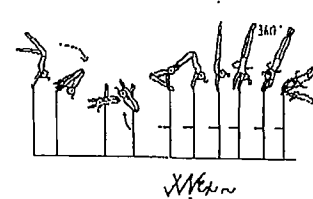
5.000 Giant Swings-Circles Forward

A	B	C	D	E
5.105	5.205	5.305	<p>5.405 (Handstand on HB) – swing down forward between bars in reverse or L grip, swing backward and salto forward straddled or piked to hang on HB, also with direct grip change to hang on LB (Jaeger-Salto)</p>	<p>5.505 (Handstand on HB –) swing down forward between bars in reverse or L grip, swing backward and salto forward stretched to hang on HB (Cappuccitti), also with direct grip change to hang on LB</p> 
5.106	5.206	5.306	5.406	<p>5.506 (Handstand on HB –) circle swing forward in L grip with salto forward tucked over HB to hang on HB in reverse grip (Mo-Salto)</p> 

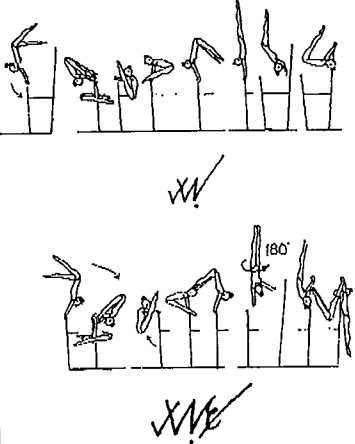
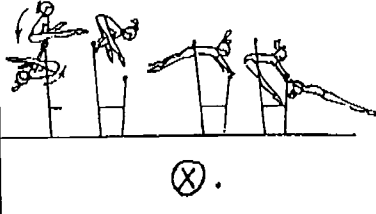
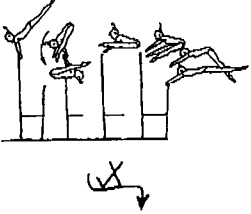
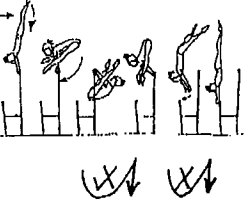
5.000 Giant Swings-Circles Forward

A	B	C	D	E
5.107	5.207	<p>5.307 (Handstand on HB →) circle swing forward in reverse grip with free stoop or straddle vault and ½ turn (180°) over HB to hang (Wenning/Volpi)</p> 	<p>5.407 (Handstand on HB →) circle swing forward in reverse grip with ½ turn (180°) and straddle flight backward over the HB to hang on HB (Chorkina)</p> 	5.507
5.108	5.208	5.308	<p>5.408 Handstand on HB – giant circle swing forward in L grip (rearways) to handstand with pike or stretched body (L grip giant) through handstand phase, also with ½ turn (180°) in handstand phase (Zaytseva)</p> 	<p>5.508 Handstand on HB – giant circle swing forward in L grip (rearways) with stretched body to handstand and 1/1 turn (360°) after handstand phase to mixed-L or L grip (Karpenko)</p> 

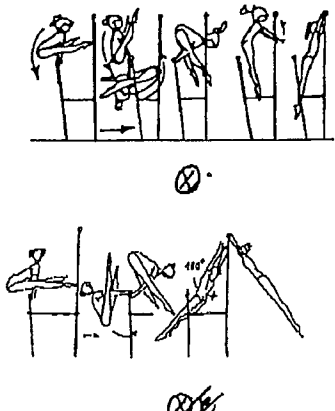
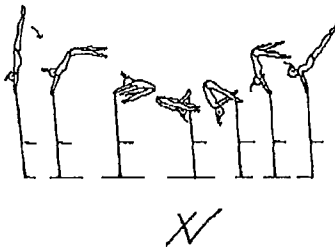
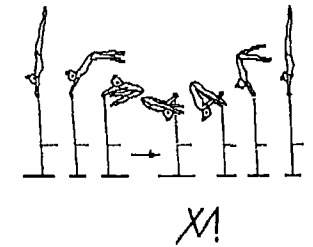
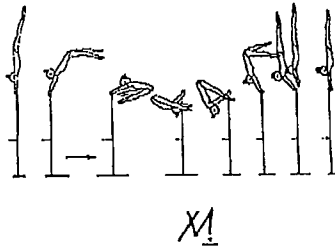
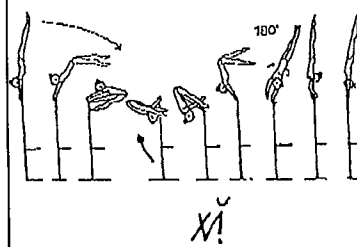
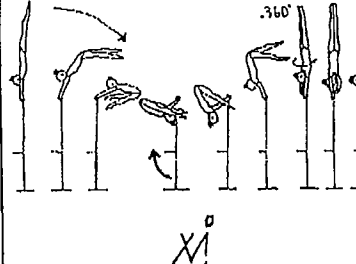
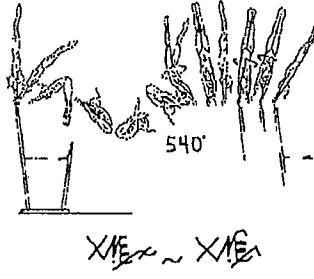
6.000 Stalder Circles

A	B	C	D	E
<p>6.101 Clear straddle circle forward on LB or HB to clear support, also with grip change to hang on HB, also with 1/2 turn (180°)</p> 	<p>6.201 Stalder forward to clear support</p> 	<p>6.301 Stalder forward to handstand, also with 1/2 turn (180°) in handstand phase</p> 	<p>6.401 Stalder forward to handstand with 1/1 turn (360°) in handstand phase</p> 	<p>6.501</p>
<p>6.102</p>	<p>6.202</p>	<p>6.302</p>	<p>6.402 Stalder forward to handstand with 1/1 turn (360°) after handstand phase to mixed-L or L grip</p> 	<p>6.502</p>

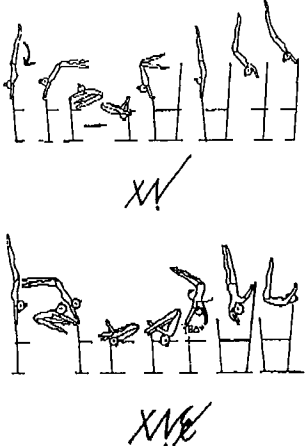
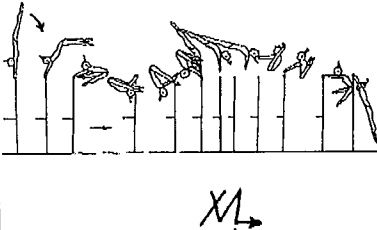
6.000 Stalder Circles

A	B	C	D	E
6.103	6.203	6.303	<p>6.403</p> <p>Inner front support on LB – Stalder forward through handstand with flight to hang on HB – also from outer front support with ½ turn (180°)</p> 	6.503
6.104	<p>6.204</p> <p>Clear straddle circle backward on HB with grip change to hang on LB</p> 	<p>6.304</p> <p>Clear straddle circle forward on HB with flight backward over LB to hang on LB</p> 	<p>6.404</p> <p>Clear straddle circle forward or backward on HB with flight to handstand on LB</p> 	6.504

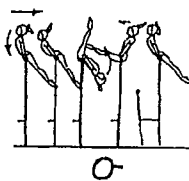
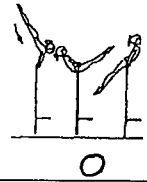
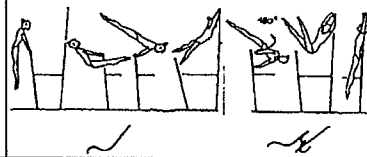
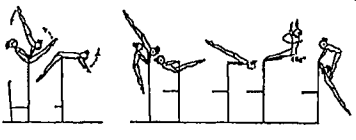

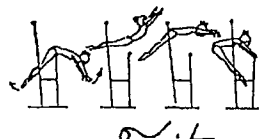
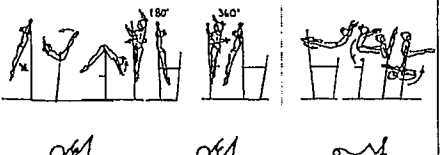
6.000 Stalder Circles

A	B	C	D	E
<p>6.105 Clear straddle circle backward on LB or HB to clear support, also with grip change to hang on HB, also with 1/2 turn (180°)</p> 	<p>6.205 Stalder backward to clear support</p> 	<p>6.305 Stalder backward to handstand</p> 	<p>6.405 Stalder backward to handstand with hop-change to reverse grip in handstand phase</p> 	<p>6.505</p>
<p>6.106</p>	<p>6.206</p>	<p>6.306 Stalder backward to handstand with 1/2 turn (180°) in handstand phase</p> 	<p>6.406 Stalder backward to handstand with 1/1 turn (360°) in handstand phase (Frederick)</p> 	<p>6.506 Stalder backward to handstand on HB with 1 1/2 turn (540°) after handstand phase to mixed-L grip (Chow, Chorkina) or L grip</p> 

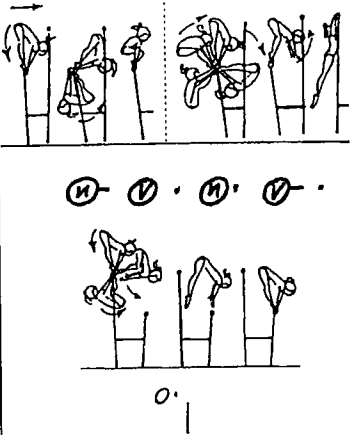
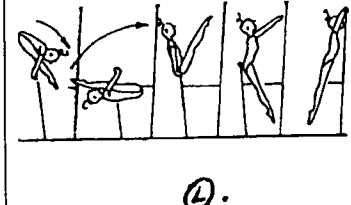
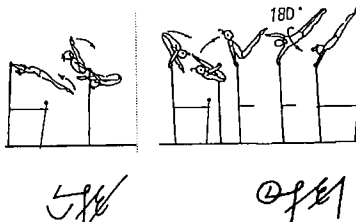
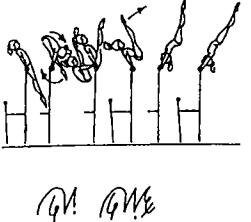
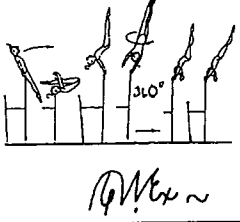
6.000 Stalder Circles

A	B	C	D	E
6.107	6.207	6.307	<p data-bbox="1220 203 1566 431">6.407 Inner front support on LB – Stalder backward through handstand with flight to hang on HB – also from outer support on LB with ½ turn (180°)</p> 	6.507
6.108	6.208	6.308	<p data-bbox="1220 935 1566 1095">6.408 Stalder backward on HB through handstand with counter straddle to hang on HB (Ricna-Straddle)</p> 	6.508

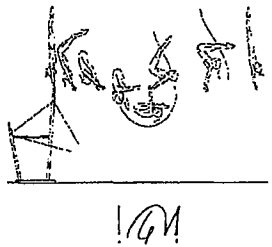
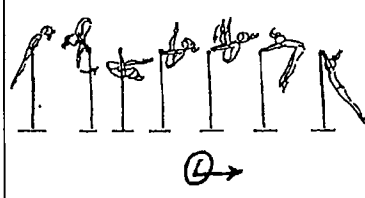
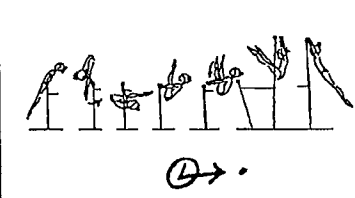
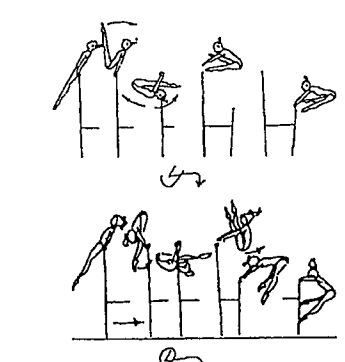
7.000 Circle Swings and Hechts

A	B	C	D	E
<p>7.101 Hip circle forward on HB or LB to support (with or without hand support)</p> 	<p>7.201</p>	<p>7.301</p>	<p>7.401</p>	<p>7.501</p>
<p>7.102 Hip circle backward on LB or HB to support (with or without hand support)</p> 	<p>7.202 Outer front support – clear hip circle backward on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled)</p> 	<p>7.302 Free hip circle backward on LB or HB hecht with flight and ½ turn (180°) passing over bar to hang on same bar – also from clear hip circle backward on HB (free or clear Hechtkehre)</p> 	<p>7.402</p> 	<p>7.502</p>
<p>7.103 Free hip circle backward on LB – hip repulsion – flight with regrasp on LB to glide ("false-pop")</p> 	<p>7.203 Free hip circle backward on LB – hip repulsion – with ½ or 1/1 turn (180° or 360°) and grip change to hang on HB, also with free straddle forward over LB to rear support (Korbut)</p> 	<p>7.303</p>	<p>7.403</p>	<p>7.503</p>

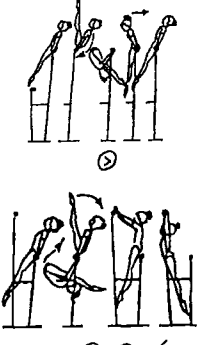
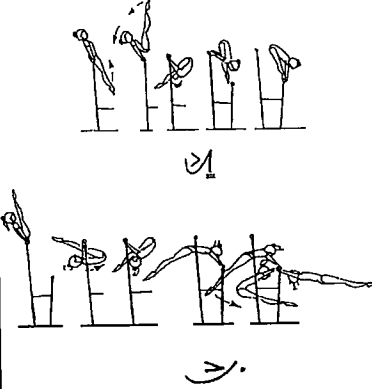
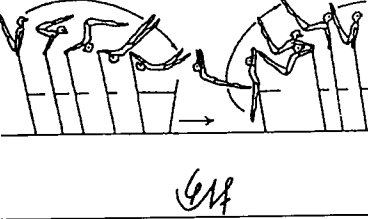
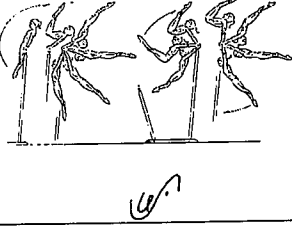
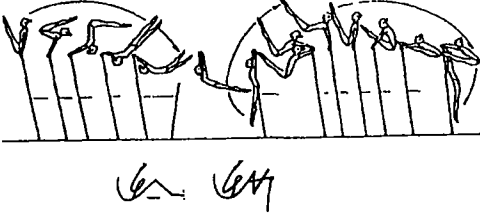
7.000 Circle Swings and Hechts

A	B	C	D	E
<p>7.104</p> <p>Sole circle forward or backward (tucked or piked) on HB or LB to stand, also with grip change to hang on HB, also piked with flight from HB to stand on LB</p> 	<p>7.204</p>	<p>7.304</p>	<p>7.404</p>	<p>7.504</p>
<p>7.105</p> <p>Rear support on LB or HB – seat (pike) circle forward to rear support, also on LB with grip change to hang on HB, also with 1/2 turn (180°)</p> 	<p>7.205</p> <p>Hang or rear support on HB – stoop through, back kip-up or seat (pike) circle forward – through clear rear support with 1/2 turn (180°) to hang on HB</p> 	<p>7.305</p> <p>Rear support on HB – seat (pike) circle forward through clear extended support (in L grip) in handstand phase (Adler), also with 1/2 turn (180°)</p> 	<p>7.405</p> <p>Rear support on HB – seat (pike) circle forward through clear extended support (in L grip) after handstand phase (Adler) – with 1/1 turn (360°)</p> 	<p>7.505</p>

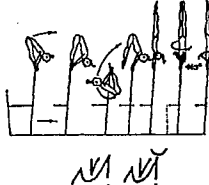
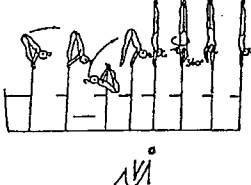
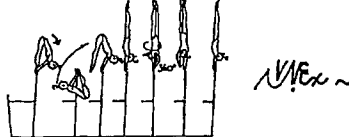
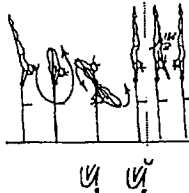
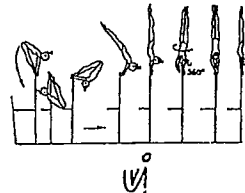
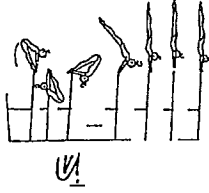
7.000 Circle Swings and Hechts

A	B	C	D	E
<p>7.106</p>	<p>7.206</p>	<p>7.306</p>	<p>7.406 Handstand on HB – stoop in to Adler-seat (pike) circle forward through clear extended support (in L grip) in handstand phase (Luo)</p> 	<p>7.506</p>
<p>7.107 Rear support on LB or HB – seat (pike) circle forward with straddle cut backward to hang on same bar</p> 	<p>7.207 Rear support on LB - seat (pike) circle forward with straddle cut backward and grip change to hang on HB</p> 	<p>7.307 Outer rear support on HB – fall backward to inverted pike swing or seat (pike) circle forward – straddle cut backward with flight over LB to hang</p> 	<p>7.407</p>	<p>7.507</p>

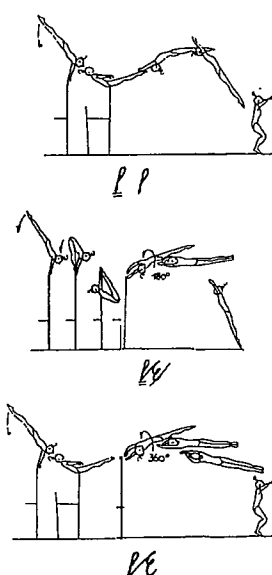
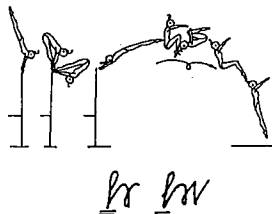
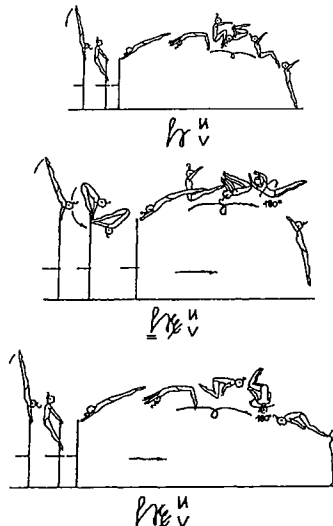
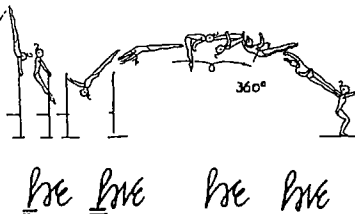
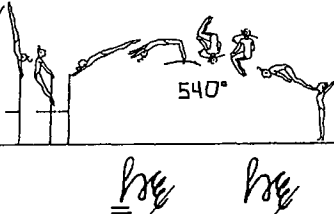
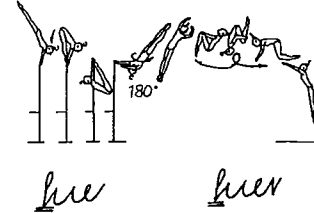
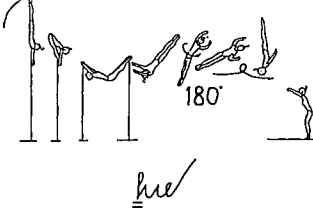

7.000 Circle Swings and Hechts

A	B	C	D	E
<p>7.108 Rear support on LB or HB – seat (pike) circle backward to rear support, also on LB with grip change to hang on HB, also with ½ turn (180°)</p> 	<p>7.208 Inner rear support on HB – seat (pike) circle backward with release to stand on LB or with grip change to hang on LB</p> 	<p>7.308 Rear pike support on HB (legs together) – full circle swing backward to finish in clear rear support on HB (Steinmann circle)</p> 	<p>7.408 Clear rear pike support on HB – full circle swing backward – continuing through clear rear pike support backward over HB into hang (Mirgorodskaja)</p> 	<p>7.508</p>
<p>7.109</p>	<p>7.209</p>	<p>7.309</p>	<p>7.409 Clear rear pike support (legs together) on HB – full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB (Li-Li)</p> 	<p>7.509</p>

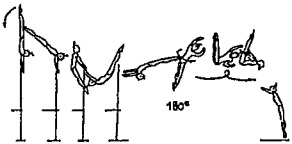
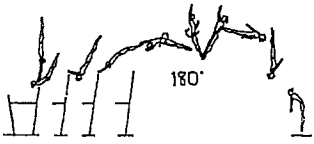
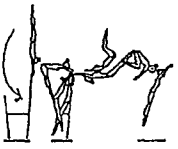
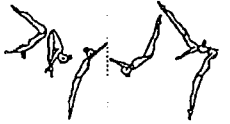
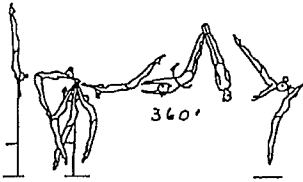
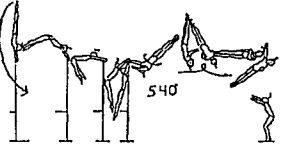
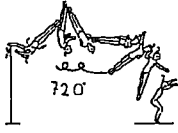
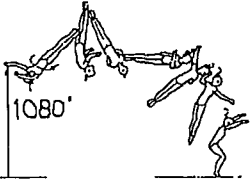
7.000 Circle Swings and Hechts

A	B	C	D	E
<p>7.110</p> <div data-bbox="209 282 721 422" style="border: 2px solid black; padding: 5px; margin: 10px;"> <p>* All pike sole circles may be performed as straddle sole circles.</p> </div>	<p>7.210</p>	<p>7.310</p> <p>Pike sole circle* forward to handstand, also with 1/2 turn in handstand phase</p> 	<p>7.410</p> <p>Pike sole circle forward with 1/1 turn (360°) in handstand phase</p> 	<p>7.510</p>
<p>7.111</p>	<p>7.211</p>	<p>7.311</p>	<p>7.411</p> <p>Pike sole circle forward with 1/1 turn (360°) after handstand phase to mix-L or L grip</p> 	<p>7.511</p>
<p>7.112</p>	<p>7.212</p>	<p>7.312</p> <p>Pike sole circle backward to handstand, also with 1/2 turn (180°) in handstand phase</p> 	<p>7.412</p> <p>Pike sole circle backward to handstand with 1/1 turn (360°) in handstand phase, also pike sole circle backward with hop-change to reverse grip in handstand phase</p> 	<p>7.512</p> 

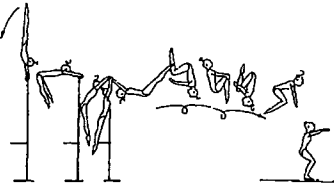
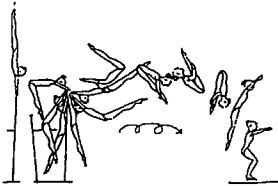
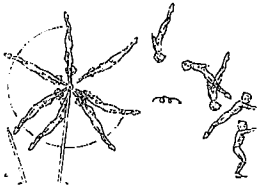
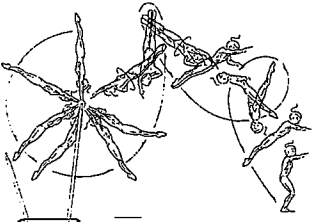

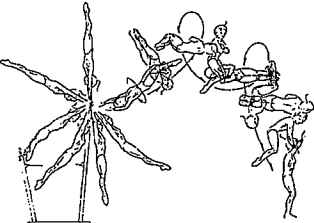
8.000 Dismounts

A	B	C	D	E
<p>8.101 Front support on HB – underswing * (also clear **) to stand, also with ½ twist (180°) or 1/1 twist (360°) (to both sides)</p>  <p>PP P P</p>	<p>8.201 Front support on HB – underswing with salto forward tucked or piked</p>  <p>P P</p>	<p>8.301 Front support on HB – clear underswing to salto forward tucked or piked, also with ½ twist (180°) (with or without [clear] support of feet)</p>  <p>P P P P P P</p>	<p>8.401 Front support on HB – underswing (also clear) to salto forward tucked or piked with 1/1 twist (360°)</p>  <p>360° P P P P</p>	<p>8.501 Front support on HB – underswing (also clear) to salto forward tucked with 1½ twist (540°)</p>  <p>540° P P</p>
<p>8.102</p>	<p>8.202 Front support on HB – underswing with ½ twist (180°) to salto backward tucked or piked (Comaneci)</p>  <p>180° P P</p>	<p>8.302 Front support on HB – underswing with ½ twist (180°) to salto backward stretched</p>  <p>180° P</p>	<p>8.402 Front support on HB – underswing with ½ twist (180°) to salto backward tucked with 1/1 twist (360°) (Kraeker)</p>  <p>P P</p>	<p>8.502</p> <div data-bbox="1616 1172 1968 1437" style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p>Dismounts: * Underswing = with support of feet ** Clear underswing = without support of feet</p> </div>

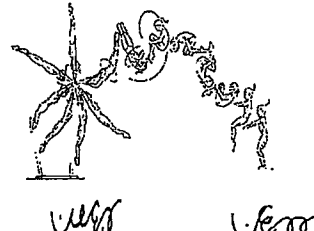
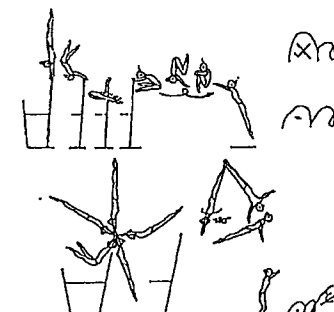
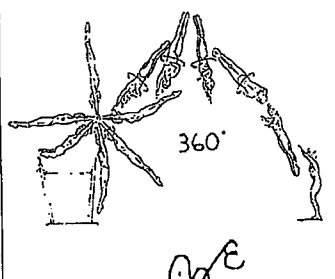
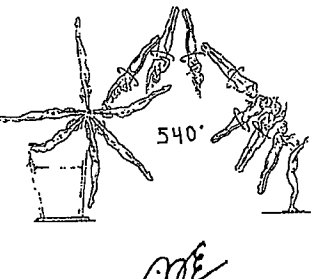

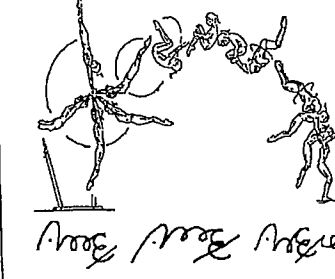
8.000 Dismounts

A	B	C	D	E
<p>8.103</p>	<p>8.203</p>	<p>8.303 Front support on HB – clear underswing with ½ twist (180°) to salto backward tucked or piked</p>  <p>hce hce</p>	<p>8.403 Front support on HB – clear underswing with ½ twist (180°) to salto backward stretched (Okino)</p>  <p>hce</p>	<p>8.503</p>
<p>8.104 (Handstand on HB –) swing down between bars, swing forward to salto backward tucked, piked or stretched (Flyaway), also with ½ twist (180°)</p>  <p>hce (E)</p>  <p>hce hce (E)</p>	<p>8.204 (Handstand on HB –) swing down between bars, swing forward to salto backward stretched with 1/1 twist (360°) (Flyaway)</p>  <p>360°</p> <p>hce</p>	<p>8.304 (Handstand on HB –) swing down between bars, swing forward to salto backward stretched with 1½ (540°) or 2/1 (720°) twist</p>  <p>540°</p>  <p>720°</p> <p>hce</p>	<p>8.404</p>	<p>8.504 (Handstand on HB –) swing down between bars, swing forward to salto backward stretched with 3/1 twist (1080°) (Bar)</p>  <p>1080°</p> <p>hce</p>

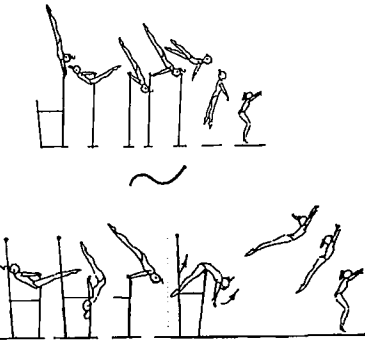
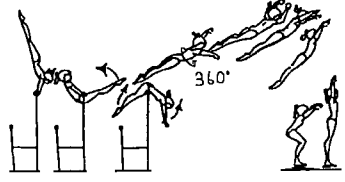
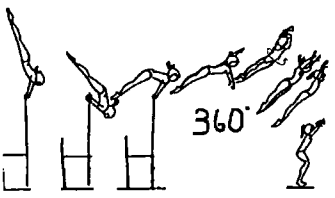
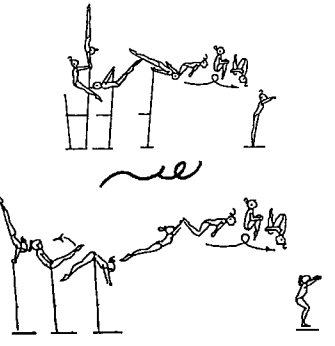
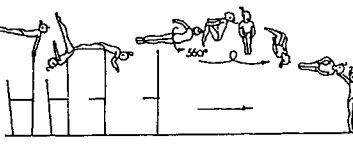

8.000 Dismounts

A	B	C	D	E
8.105	<p>8.205 (Handstand on HB –) swing down between bars, swing forward to double salto backward tucked</p>  <p><i>Free</i></p>	<p>8.305 (Handstand on HB –) swing down between bars, swing forward to double salto backward piked</p>  <p><i>Free</i></p>	<p>8.405 (Handstand on HB –) swing down between bars, swing forward to double salto backward stretched</p>  <p><i>Free</i></p>	<p>8.505 (Handstand on HB –) swing down between bars, swing forward to double salto backward stretched with 1/1 twist (360°) in first or second salto</p>  <p><i>Free Free</i></p>
8.106	8.206	8.306	<p>8.406 (Handstand on HB –) swing down between bars, swing forward to double salto backward tucked with 1/1 twist (360°) in first (Morio) or second salto (Chousovitina)</p>  <p><i>Free</i></p>	<p>8.506 (Handstand on HB –) swing down between bars, swing forward to double salto backward tucked with 2/1 twist (720°) (Fabrichnova)</p>  <p><i>Free</i></p>


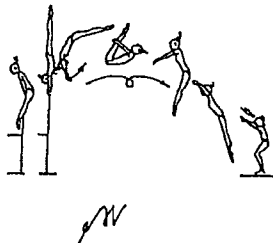

8.000 Dismounts

A	B	C	D	E
<p>8.107</p>	<p>8.207</p>	<p>8.307</p>	<p>8.407</p>	<p>8.507 (Handstand on HB →) swing down between bars – swing forward to salto backward tucked with ½ twist (180°) into salto forward tucked (Fontaine) – also swing forward with ½ twist (180°) to double salto forward tucked</p> 
<p>8.108 (Handstand on HB →) clear straddle circle forward on HB to salto forward tucked – or swing down forward in reverse grip between bars, salto forward tucked, piked or stretched, also with ½ twist (180°)</p> 	<p>8.208 (Handstand on HB →) swing down forward between bars to salto forward stretched with 1/1 twist (360°)</p> 	<p>8.308 (Handstand on HB →) swing down forward between bars with reverse grip to salto forward stretched with 1½ twist (540°) (Pechstein)</p> 	<p>8.408 (Handstand on HB →) swing down forward between bars in reverse or L Grip, swing backward to double salto forward tucked</p> 	<p>8.508 (Handstand on HB →) swing down forward between bars in reverse grip or L Grip (Arai), swing backward to double salto forward tucked with ½ twist (180°) – also salto forward with ½ twist (180°) into salto backward tucked</p> 

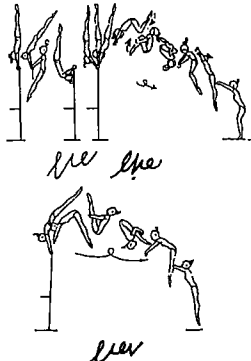

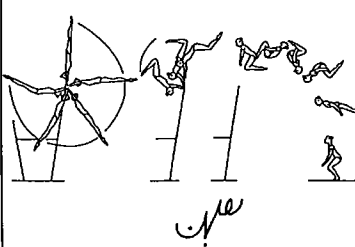
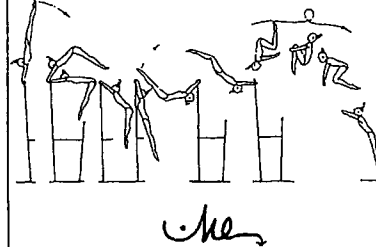
8.000 Dismounts

A	B	C	D	E
<p>8.109 Hip circle backward on LB or HB – hecht , also from clear hip circle backward</p>  <p style="text-align: center;"><i>wavy line</i></p>	<p>8.209 Hip circle backward on LB or HB – hecht with 1/1 twist (360°)</p>  <p style="text-align: center;"><i>wavy line</i></p>	<p>8.309 Front support on LB or HB– clear hecht with 1/1 twist (360°)</p>  <p style="text-align: center;"><i>wavy line</i></p>	<p>8.409 Hip circle backward (also clear) on LB or HB – hecht with salto backward tucked</p>  <p style="text-align: center;"><i>wavy line</i></p>	<p>8.509 Hip circle backward on LB or HB – hecht to salto backward with 1/1 twist (360°) (Ma)</p>  <p style="text-align: center;"><i>wavy line</i></p>
<p>8.110</p>	<p>8.210</p>	<p>8.310</p>	<p>8.410</p>	<p>8.510 Hip circle backward on LB or HB – hecht with ½ twist (180°) to salto forward</p>  <p style="text-align: center;"><i>wavy line</i></p>

8.000 Dismounts

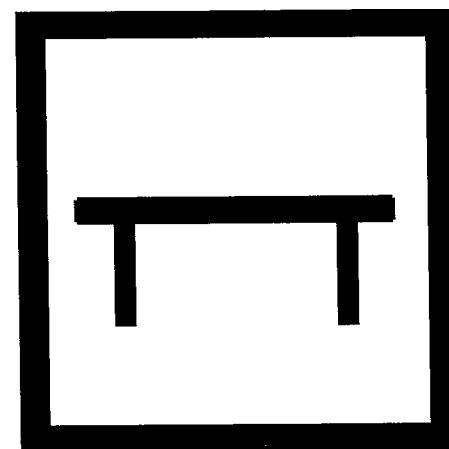
A	B	C	D	E
8.111	8.211 Outer front support on HB – cast to near handstand, salto forward tucked 	8.311 Outer front support on HB – cast near handstand to salto forward piked 	8.411	8.511
8.112	8.212	8.312 Outer front support on HB – cast near handstand to salto backward tucked or piked 	8.412	8.512

8.000 Dismounts

A	B	C	D	E
8.113	8.213	<p>8.313</p> <p>Outer front support – clear hip circle swing backward or clear hip circle through handstand to salto backward tucked or piked</p> 	<p>8.413</p> <p>(Handstand on HB →) Stalder backward through handstand to salto backward tucked or piked</p> 	8.513
8.114	8.214	<p>8.314</p> <p>(Handstand on HB →) giant circle backward (facing LB) to salto backward tucked over HB (Gonzales)</p> 	<p>8.414</p> <p>(Handstand on HB →) giant circle backward with salto backward tucked over LB HB</p> 	8.514



FONDÉE EN 1881



Balance Beam ARTICLE 10

ARTICLE 10

Balance Beam

10.1 General

The evaluation of the exercise begins with the take-off from the board or from the mat. Additional supports under the board (e.g. an extra board or mat) are **not** permitted.

A **second** run approach for the mount is permitted, if the gymnast on her **first** attempt (balk) has **not** touched the springboard, the apparatus, or not run underneath the apparatus. If a **third** run approach is necessary, she then receives a deduction of 0.50 P.

The duration of the exercise on the balance beam may not amount to less than 1:10 minutes and not more than 1:30 minutes. The deduction is 0.10 P. for undertime or overtime.

Timing: The Assistants begin timing when the gymnast's feet leave the springboard or mat. They stop the clock, when the gymnast touches the mat upon completion of her balance beam exercise. A signal will be communicated **ten** (10) seconds prior to and at the maximum time limit, in each case, that the exercise is to be finished.

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

If the dismount lands **after** the sound of the second signal, deduct for exceeding time limit.

The judges evaluate the entire exercise including the dismount.

Intermediate (Fall) Time:

- For interruption of the exercise due to a fall from the apparatus, an intermediate time period of 10 seconds is allowed. The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise.
- The timing of the fall period begins when the gymnast touches the mat.
- The fall period ends when the gymnast's feet leave the mat to remount the beam.
- After remounting the beam the resumption of timing begins with the first movement to continue the exercise.
- If the 10 second fall period is exceeded, then the exercise is terminated. Missing Value Parts and Special Requirements are deducted.

10.2 Content of the Exercise

The value parts A-, B-, C-, D- and E- 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*)
- Gymnastic elements: turns, leaps or jumps and hops, step and running combinations, balance elements in a stand, sit and lying position, body waves.

Two static, typical beam elements (*Holds - Group 5*) are permitted. Additional holds will be penalized.

10.3 Directives for the Combination

In the course of the exercise, combination high points (*peaks*) should be created through:

- direct connections (*series*) of two or more acrobatic and/or gymnastic elements, or mixed series
- leaps or jumps, turns and other gymnastic elements

- harmonious change between the element groups, in particular by inter-changing gymnastic and acrobatic elements
- variation in rhythm between faster and slower movements
- performance of elements forward, sideward, and backward
- movements in a side, cross, and oblique position to the apparatus
- change between working near and far from the beam (*level changes*)
- Dynamic construction of the exercise.

10.4 Special Requirements

The exercise must contain the following 7 Special Requirements:

SR

- 1 - one acrobatic series of two or more flight elements
- 2 - one gymnastic series of two or more elements
 - one mixed series of two or more elements
- 3 (gymnastic/acrobatic). (These series in principle are to be performed on the beam, not as dismount series. "Wave" and "Hold" elements [Group 4 and 5] are not permitted in Series.)
- 4 - one movement close to the beam. (*The torso must touch the beam.*)
- 5 - one gymnastic turn of minimum 360° on one leg
- 6 - one leap, jump or hop with large amplitude
- 7 - a dismount

in Modified rules	at least B-
in C-I, II, IV	at least C-
in C-III	at least D-

10.5 Bonus Points for Special Connections

Additional BP for special connections can be given for:

10.5.1 Connections of two (2) acrobatic flight elements (excluding the mount and dismount)

- | | |
|---------------------------------|---------|
| a) B+D | 0.10 P. |
| b) B+E, C/D+D or more difficult | 0.20 P. |

10.5.2 Connections of three (3) or more acrobatic flight elements

- | | |
|---|---------|
| a) B+B+C (with exception of two flic-flacs with landing on one leg + salto stretched with step-out) | 0.10 P. |
| b) B+C+C | 0.10 P. |
| C+C+C, B+B/C+D, B+C+C+C or more difficult | 0.20 P. |

Note: 10.5.2 apply to mount, dismount, and connections within the exercise.

10.5.3 Connections of two acrobatic flight elements:

- counter element execution (acrobatic elements forward to backward or backward to forward)
- forward or sideward

Connections of two:

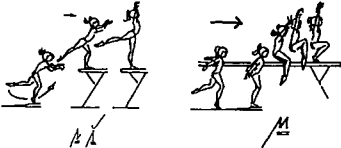
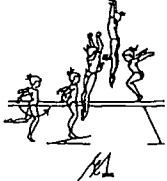
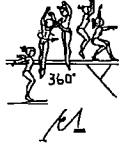

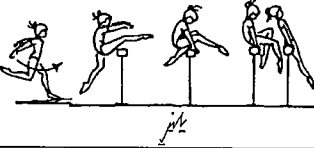
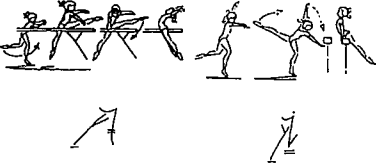
- gymnastic elements or
 - gymnastic/acrobatic elements (*or reversed*)
- | | |
|--------------------------|---------|
| a) A+D, B+C | 0.10 P. |
| b) B+D | 0.20 P. |
| c) C+C or more difficult | 0.20 P. |

Note: 10.5.3 applies to mount and connection within the exercise.

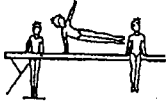

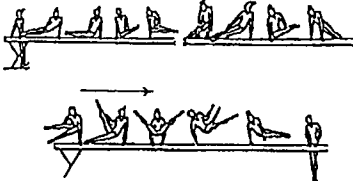

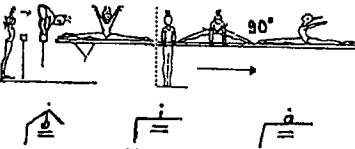

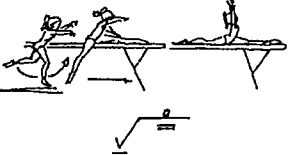
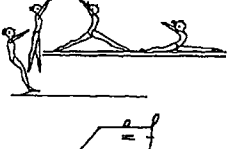
10.6 Specific Apparatus**Deductions**

- More than one element before mount
(take off from springboard) 0.20 P.
- Support of one leg against the side
surface of the beam each 0.20 P.
- More than two typical beam holds (*Group 5*) each 0.10 P.
- Concentration pause (*longer than 2 seconds*) each 0.10 P.
- Lack of variation in rhythm and tempo up to 0.20 P.
- Domination of acrobatics 0.10 P.
- More than one beam pass without value part each 0.10 P.
- Third run approach 0.50 P.

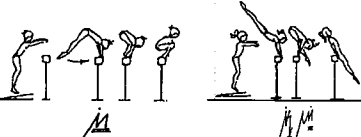

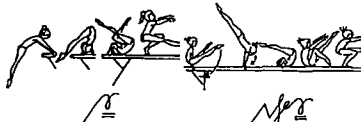
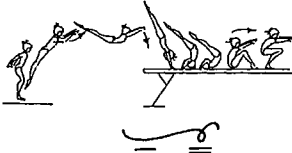
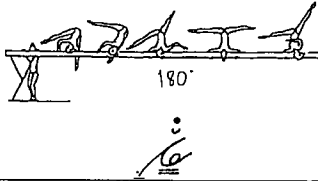
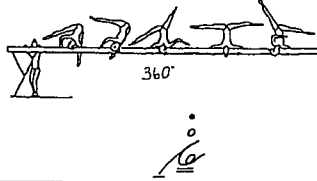
1.000 Mounts

A	B	C	D	E
<p>1.101 Free leap to stand on one or both legs at middle, end or diagonal to beam, also with lowering to a scale – take-off from one or both legs</p> 	<p>1.201 Free jump with 1/2 turn (180°) in flight phase to stand – take-off from one or both legs – approach at end or diagonal to beam</p> 	<p>1.301</p>	<p>1.401 Free jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam</p> 	<p>1.501</p>
<p>1.102 Scissors leap to cross sit on L or R thigh diagonal approach to beam</p> 	<p>1.202 Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam</p> 	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>
<p>1.103 Stride leap with 1/2 turn (180°) to cross straddle sit or front support – 90° or diagonal approach to beam</p> 	<p>1.203</p>	<p>1.303</p>	<p>1.403</p>	<p>1.503</p> <div data-bbox="1643 1260 1933 1318" style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>* also within exercise</p> </div>


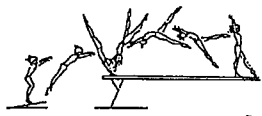
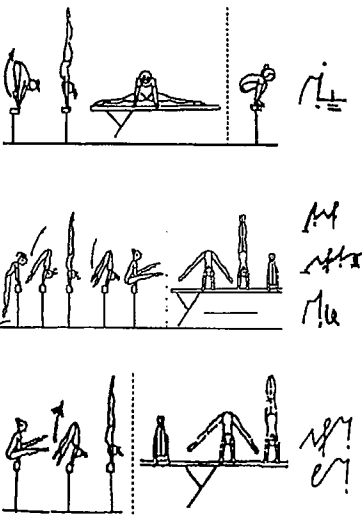
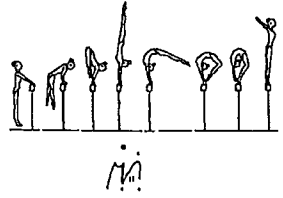
1.000 Mounts

A	B	C	D	E
<p>1.104*</p> <p>From front stand – flank over to rear support</p>  <p><i>ii</i></p>	<p>1.204*</p> <p>From front stand – double leg swing (Kehre-in) with ½ turn (180°) to rear support (Kreiskehreswing)</p>  <p><i>ik</i></p>	<p>1.304*</p> <p>Two flank circles followed by leg «Flair» (Baitova)</p>  <p><i>99x</i></p>	<p>1.404*</p> <p>3 flying scissors (Homma)</p>  <p><i>rel</i></p>	<p>1.504</p>
<p>1.105</p> <p>From front stand jump (with hand support) to side straddle stand or split sit, also with ¼ turn (90°) to cross split sit</p>  <p><i>ii</i></p>	<p>1.205</p> <p>Jump with ½ turn (180°) to clear straddle support, also round-off, straddle pike jump backward over beam into immediate hip circle backward – 90° approach to beam</p>  <p><i>ii</i></p>	<p>1.305</p>	<p>1.405</p>	<p>1.505</p>
<p>1.106</p> <p>Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)</p>  <p><i>ii</i></p>	<p>1.206</p>	<p>1.306</p> <p>Free jump to cross split sit – take-off from both legs – diagonal approach to beam</p>  <p><i>ii</i></p>	<p>1.406</p>	<p>1.506</p>


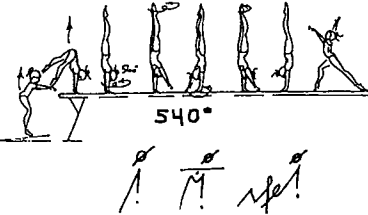
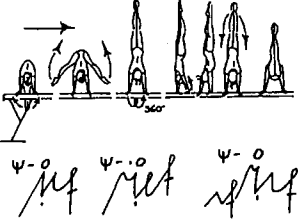
1.000 Mounts

A	B	C	D	E
<p>1.107 From front stand or 90° approach to beam – jump to tuck stand, squat through or stoop through with or without hecht phase to rear support</p> 	<p>1.207 From side stand – squat or stoop through to clear pike support (2 sec.)</p> 	<p>1.307</p>	<p>1.407</p>	<p>1.507</p>
<p>1.108 Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward</p> 	<p>1.208</p>	<p>1.308 Hecht roll (extended hip angle in flight phase) – approach at end or diagonal to beam</p> 	<p>1.408</p>	<p>1.508</p>
<p>1.109</p>	<p>1.209* Jump to neckstand, ½ turn (180°) over shoulder to cheststand</p> 	<p>1.309* Jump to neckstand, 1/1 turn (360°) over shoulder to cheststand (Silivas)</p> 	<p>1.409</p>	<p>1.509</p>

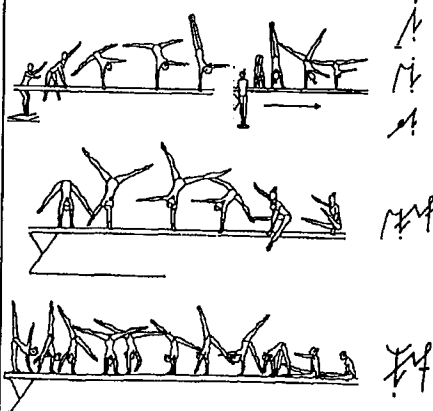
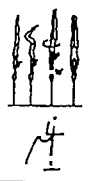
1.000 Mounts

A	B	C	D	E
<p>1.110</p>	<p>1.210*</p> <p>From cross stand facing end of beam – head kip, also jump to handstand with hip angle (pike) to handspring forward with step-out</p>  <p style="text-align: center;">L M</p>	<p>1.310</p>	<p>1.410</p> <p>Handspring forward with hecht phase (extended hip angle) before hand support on beam – approach at end or diagonal to beam</p> 	<p>1.510</p>
<p>1.111</p>	<p>1.211*</p> <p>Jump, press, or swing to side or cross handstand, also from clear straddle or clear pike support – lower to optional end position</p> 	<p>1.311*</p> <p>Press to side handstand – walkover forward to sidestand (Phillips)</p> 	<p>1.411</p>	<p>1.511</p>

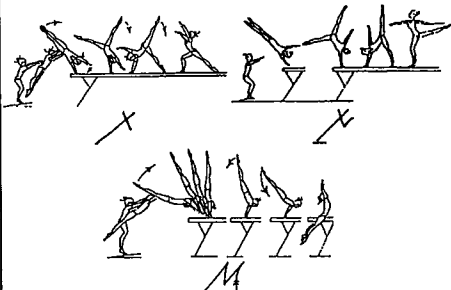
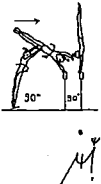
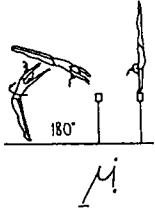
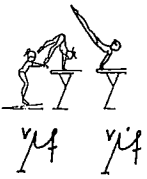
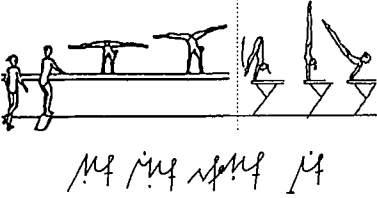
1.000 Mounts

A	B	C	D	E
1.112	<p>1.212*</p> <p>Jump, press or swing to cross or side handstand with ½ or 1/1 turn (180° or 360°) – lower to end position touching beam or clear straddle support</p> 	<p>1.312*</p> <p>Jump, press, or swing to cross or side handstand – 1½ turn (540°) in handstand</p> 	1.412	1.512
1.113	1.213	<p>1.313*</p> <p>Jump, press or swing to cross or side handstand – ¼ to 1/1 turn (90° – 360°) in handstand – lower to planche or clear pike support (2 sec.)</p> 	1.413	1.513


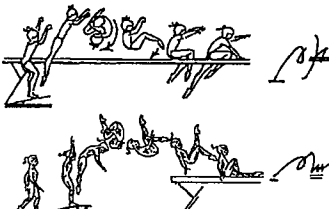
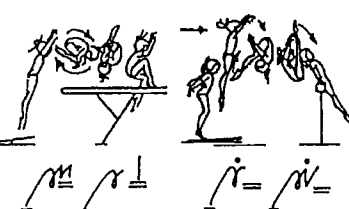
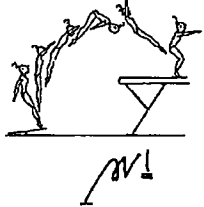
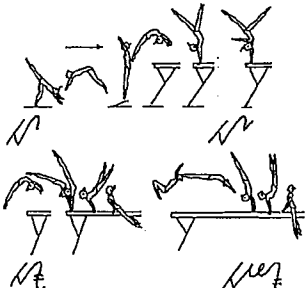
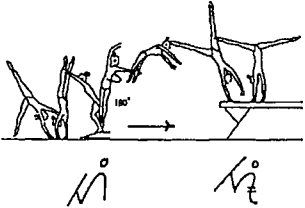
1.000 Mounts

A	B	C	D	E
1.114	1.214	<p>1.314*</p> <p>Jump or press to handstand on one arm (Rankin), also jump, press or swing to cross or side handstand – shift weight (Rankin) to side handstand on one arm (2 sec.), lowering to clear straddle support on one arm (Rankin, Lowing)</p> 	1.414	1.514
1.115	<p>1.215*</p> <p>Press to side handstand, with bending - stretching of legs – hop with ¼ turn (90°) to cross handstand (Lori-hop)</p> 	1.315	1.415	1.515

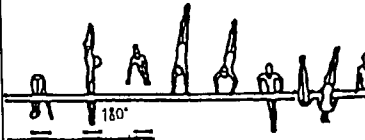
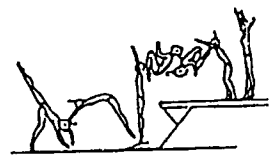
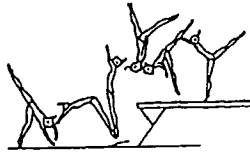
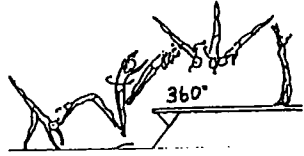
1.000 Mounts

A	B	C	D	E
1.116	<p>1.216</p> <p>Jump with extended hips (hecht phase) to cartwheel on one or both arms or to cross handstand – lower to stand or end position touching beam – approach at end of beam</p> 	<p>1.316</p> <p>Jump with extended hips and with ¼ turn (90°) through a momentary handstand on one arm with immediate ¼ turn (90°) and support on second arm to side handstand – 90° to approach to beam</p> 	<p>1.416</p> <p>Jump with extended hips and ½ turn (180°) in flight phase to side handstand – 90° approach to beam</p> 	1.516
1.117	<p>1.217</p> <p>Jump with bent hips to side planche (clear front support above horizontal) (2 sec.)</p> 	<p>1.317</p> <p>Jump with stretched hips to planche (Schuschunova), also jump, press, or swing to cross or side handstand – lower to planche (2 sec.)</p> 	1.417	1.517

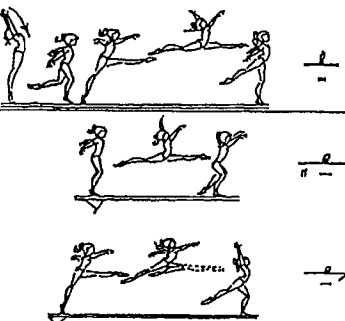
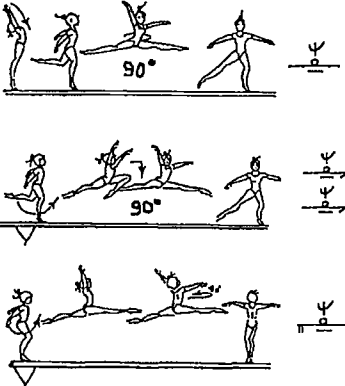
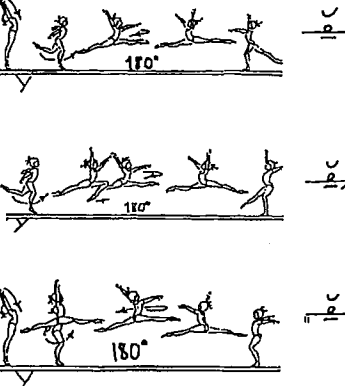
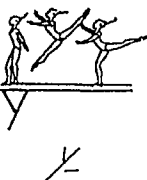
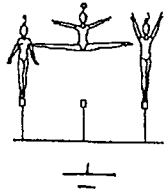
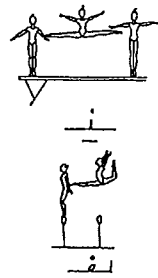
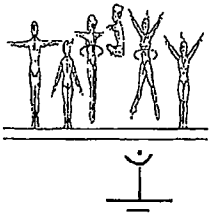
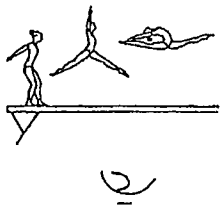
1.000 Mounts

A	B	C	D	E
<p>1.118</p>	<p>1.218</p> <p>Handspring forward with hand repulsion from springboard or free (aerial) walkover forward to rear support – or with ¼ turn (90°) to cross sit on R or L thigh – 90° approach to beam</p> 	<p>1.318</p> <p>Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end of beam</p> 	<p>1.418</p> <p>Salto forward tucked to tuck stand or stand – approach at end of beam, also salto tucked or piked to rear support – 90° approach to beam</p> 	<p>1.518</p> <p>Salto forward piked to stand – approach at end of beam</p> 
<p>1.119</p>	<p>1.219</p>	<p>1.319</p> <p>Round-off in front of beam (at end) – flic-flac through handstand – support on one or both arms – to cross stand on beam or with swing down to cross straddle sit, also with tucking and stretching of legs – support on both arms – swing down to cross straddle sit (Milosovici)</p> 	<p>1.419</p> <p>Round-off in front of beam (at end), flic-flac with 1/1 twist (360°) to cross stand on beam (Luconi), also into swing down to cross straddle sit (Tsavdaridou)</p> 	<p>1.519</p>

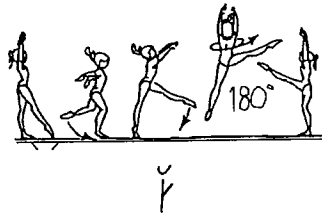
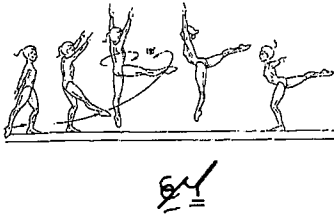
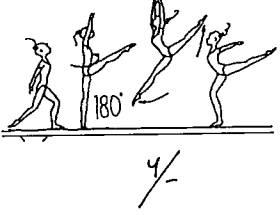

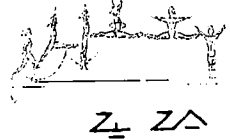
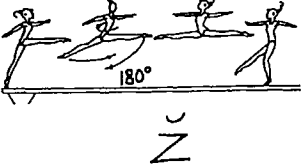
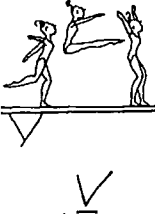
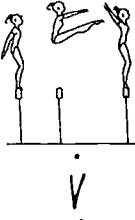
1.000 Mounts

A	B	C	D	E
1.120	1.220	<p>1.320</p> <p>Round-off in front of beam – flic-flac ½ twist (180°) to clear side support – 90° approach to beam (Gurova)</p>  <p><i>Nei Nei</i></p>	1.420	1.520
1.121	1.221	1.321	<p>1.421</p> <p>Round-off in front of beam (at end) – salto backward tucked or stretched with step-out to cross stand on beam</p>  <p><i>Nei</i></p>  <p><i>Nei</i></p>	<p>1.521</p> <p>Round-off in front of beam (at end) – salto backward stretched with 1/1 twist (360°) to cross stand on beam (Garrison)</p>  <p><i>Nei</i></p>

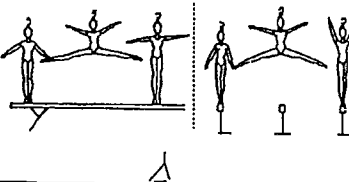
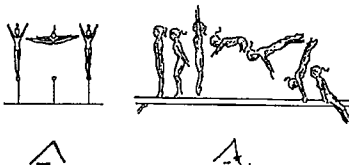
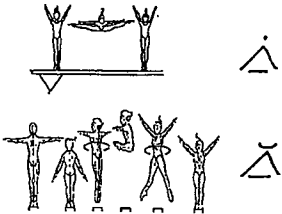

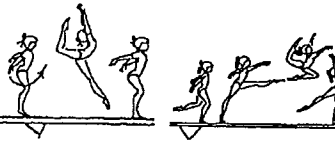


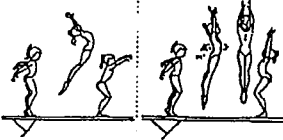



2.000 Gymnastic Leaps, Jumps and Hops

A	B	C	D	E
<p>2.101 Split* leap forward (take-off from one leg) or split jump in place (take-off from both legs), also with bending of front leg (stag leap-jump)</p> 	<p>2.201 Split or stag split leap forward or jump in place with ¼ turn (90°) – landing of legs one after another or on both legs in side stand</p> 	<p>2.301 Split or stag-split leap forward with ½ turn (180°), also split or stag-split jump with ½ turn (180°) – landing alternately or on both legs</p> 	<p>2.401</p> <div data-bbox="1218 379 1916 553" style="border: 2px solid black; padding: 10px;"> <p>ATTENTION: Leaps, jumps and hops with the same number and different degrees of turn are considered different elements.</p> </div> <div data-bbox="1274 669 1839 726" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>*Split leaps and jumps require 180° separation.</p> </div>	<p>2.501</p>
<p>2.102 Sissone, take off from both legs</p> 	<p>2.202 Side split jump in cross position (separation < 180°)</p> 	<p>2.302 Side split jump in side position (separation < 180°), also cross split jump in side position with bending of rear leg backward upward (Henrich)</p> 	<p>2.402 Side split jump (separation < 180°) with ½ (180°) turn (Borden)</p> 	<p>2.502 From cross stand – jump to cross split (split > over 180°) and backward bending (arch) of upper body (Yang-Bo)</p> 

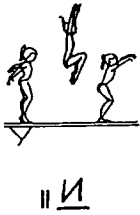
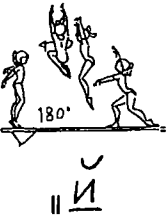
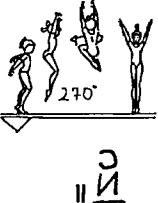
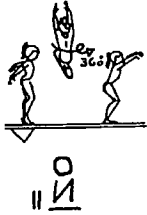
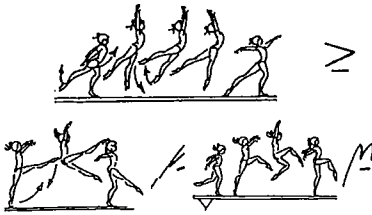
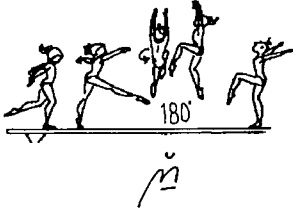
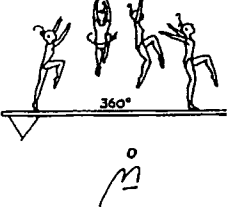
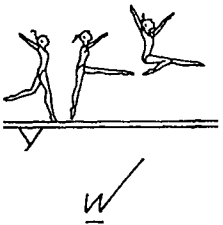
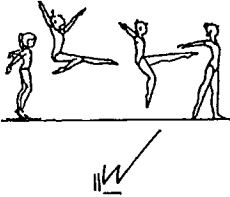
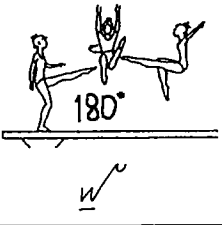
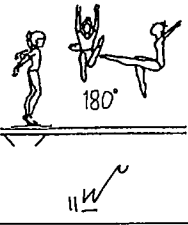
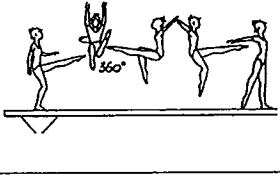
2.000 Gymnastic Leaps, Jumps and Hops

A	B	C	D	E
2.103	2.203 Hop with $\frac{1}{2}$ turn (180°), free leg extended above horizontal 	2.303 Fouetté-hop with $\frac{1}{2}$ turn (180°) to land in scale (free leg above horizontal) 	2.403 Scissors leap with extended legs and $\frac{1}{2}$ turn (180°) (tour jeté – separation $\angle 180^\circ$) 	2.503
2.104	2.204	2.304 Split leap forward with change of legs (180° separation \angle after leg change), also to scale forward (2 sec.) 	2.404 Split leap forward with leg change and $\frac{1}{4}$ (90°) turn to side split or straddle pike position (180° separation \angle) 	2.504 Split leap forward with leg change (180° separation \angle after leg change) and $\frac{1}{2}$ turn (180°) 
2.105	2.205 Pike jump in cross position (hip $\angle 90^\circ$) 	2.305 Pike jump in side position (hip $\angle 90^\circ$) 	2.405	2.505




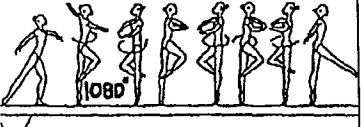
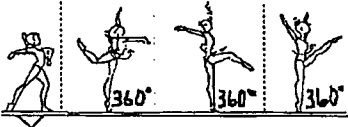
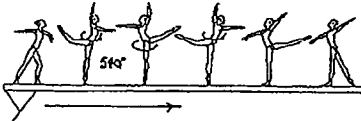
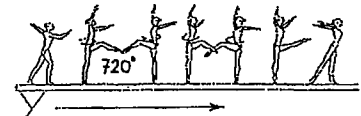
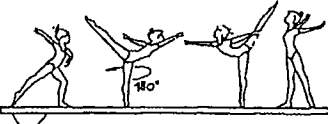
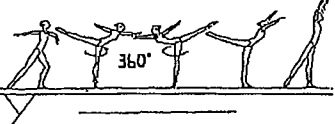
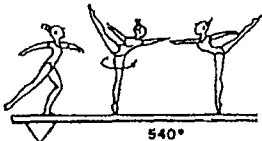
2.000 Gymnastic Leaps, Jumps and Hops

A	B	C	D	E
<p>2.106 Side straddle jump (hip angle extended) in a cross or side position (straddle \angle minimum 150°)</p> 	<p>2.206 Straddle pike jump in cross position, also straddle jump to hand support with swing down to cross straddle sit</p> 	<p>2.306 Straddle pike jump in side position, also in cross position with 1/2 (180°) turn (Hill)</p> 	<p>2.406 Straddle pike jump with 1/2 turn (180°) (separation \angle 180°) in side position (Borden)</p> 	<p>2.506</p>
<p>2.107</p>	<p>2.207</p>	<p>2.307 Ring or stag-ring leap or jump (rear leg at head height)</p> 	<p>2.407 Tuck jump with arch (Sheep jump), feet at head height</p> 	<p>2.507 Split leap forward with leg change to ring leap (180° separation \angle after leg change)</p> 
<p>2.108 Stretched jump forward with arch or with 1/2 turn (180°)</p> 	<p>2.208 Stretched jump with 3/4 turn (270°)</p> 	<p>2.308 Stretched jump with 1/1 turn (360°)</p> 	<p>2.408 Stretched jump with 1 1/2 turn (540°), landing optional</p> 	<p>2.508</p>

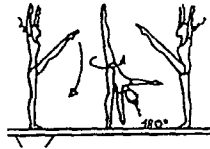
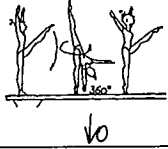
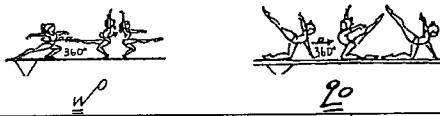
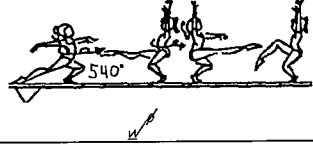
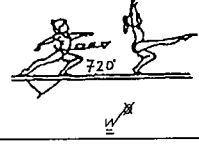
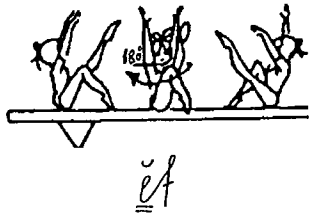
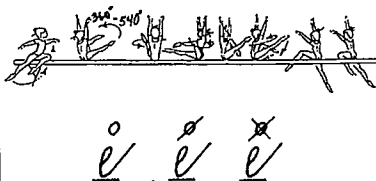
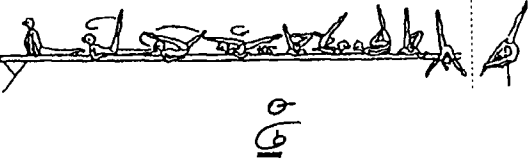
2.000 Gymnastic Leaps, Jumps and Hops

A	B	C	D	E
<p>2.109 Tuck jump , take-off from both legs</p> 	<p>2.209 Tuck jump with ½ turn (180°), take off from both legs</p> 	<p>2.309 Tuck jump with 3/4 turn (270°), take-off from both legs</p> 	<p>2.409 Tuck jump with 1/1 turn (360°), take-off from both legs</p> 	<p>2.509</p>
<p>2.110 Scissors leap forward or backward with bent (Cat Leap) or extended (Hitchkick) legs</p> 	<p>2.210 Cat leap with ½ turn (180°)</p> 	<p>2.310 Cat leap with 1/1 turn(360°)</p> 	<p>2.410</p>	<p>2.510</p>
<p>2.111 Tuck jump (hop) with one leg extended horizontally forward, take-off from one leg</p> 	<p>2.211 Tuck jump (hop) with one leg extended horizontally forward, take-off from both legs</p> 	<p>2.311 Tuck jump (hop) with ½ turn (180°), one leg extended horizontally forward, take-off from one leg</p> 	<p>2.411 Tuck jump (hop) with ½ turn (180°), one leg extended horizontally forward, take-off from both legs</p> 	<p>2.511 Tuck jump (hop) with 1/1 turn (360°), one leg extended horizontally forward or higher – take-off optional</p> 

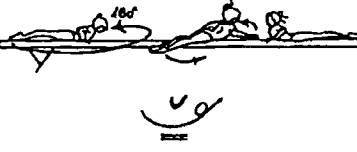
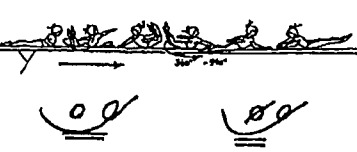
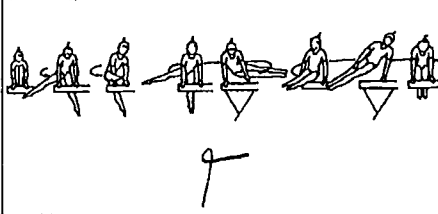
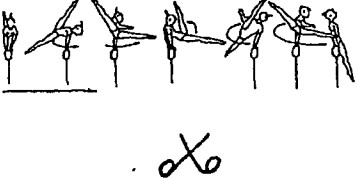
3.000 Gymnastic Turns

A	B	C	D	E
<p>3.101 1/1 turn (360°) on one leg, free leg optional</p>  <p style="text-align: center;">0</p>	<p>3.201 1½ turn (540°) on one leg, free leg optional</p>  <p style="text-align: center;">∅</p>	<p>3.301</p>	<p>3.401 2/1 turn (720°) on one leg, free leg optional</p>  <p style="text-align: center;">∅</p>	<p>3.501 3/1 turn (1080°) on one leg (Okino)</p>  <p style="text-align: center;">∅</p>
<p>3.102</p>	<p>3.202</p>	<p>3.302 1/1 turn (360°) on one leg, thigh of free leg above horizontal (forward-, sideward-, or backward upward)</p>  <p style="text-align: center;">0</p>	<p>3.402 1½ turn (540°) on one leg, thigh of free leg above horizontal (forward-, sideward-, or backward upward)</p>  <p style="text-align: center;">∅</p>	<p>3.502 2/1 turn (720°) on one leg with thigh of free leg above horizontal (forward-, sideward-, or backward upward)</p>  <p style="text-align: center;">∅</p>
<p>3.103</p>	<p>3.203 ½ turn (180°) in scale, free leg above horizontal from start to end of turn</p>  <p style="text-align: center;">∅</p>	<p>3.303 1/1 turn (360°) in scale forward, free leg above horizontal from start to end of turn</p>  <p style="text-align: center;">∅</p>	<p>3.403 1½ turn (540°) in scale forward, free leg above horizontal from start to end of turn</p>  <p style="text-align: center;">∅</p>	<p>3.503</p>



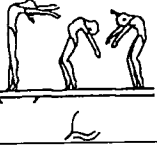
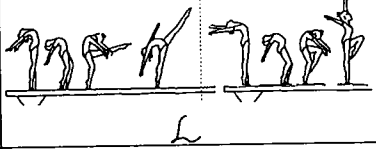
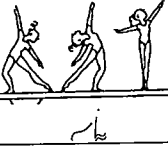

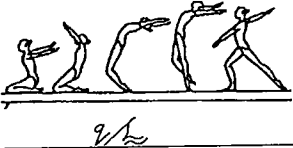
3.000 Gymnastic Turns

A	B	C	D	E
<p>3.104</p>	<p>3.204</p> <p>½ illusion turn (180°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)</p> 	<p>3.304</p>	<p>3.404</p> <p>1/1 illusion turn (360°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)</p> 	<p>3.504</p>
<p>3.105</p> <p>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°), also 1/1 turn (360°) in knee scale – hand support alternate</p> 	<p>3.205</p>	<p>3.305</p> <p>1½ turn (540°) in tuck stand on one leg, free leg in forward horizontal, placing of the free leg at end of 1½ turn</p> 	<p>3.405</p> <p>2/1 turn (720°) and more in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 2/1 turn</p> 	<p>3.505</p>
<p>3.106</p> <p>½ turn (180°) in free sit – without hand support</p> 	<p>3.206</p> <p>1/1 turn to 2/1 turn (360° to 720°) in sit – alternate support of hands permitted</p> 	<p>3.306</p> <p>1¼ (450°) turn on back in kip position (hip-leg angle closed) (Li-Li)</p> 	<p>3.406</p>	<p>3.506</p>

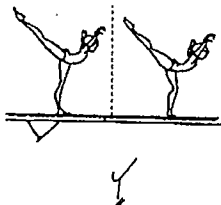
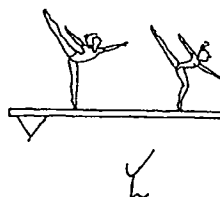



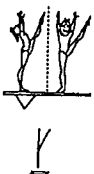

3.000 Gymnastic Turns

A	B	C	D	E
<p>3.107 ½ turn (180°) in prone position – hand support alternate</p> 	<p>3.207 1/1 turn to 1½ turn (360° to 540°) in prone position – alternate support of hands permitted</p> 	<p>3.307</p>	<p>3.407</p>	<p>3.507</p>
<p>3.108</p>	<p>3.208 1/1 turn (360°) flank circle, legs together (Kreis flank-Voigt flank)</p> 	<p>3.308 One leg circle with «flair» (legs separated) (Talavera)</p> 	<p>3.408</p>	<p>3.508</p>

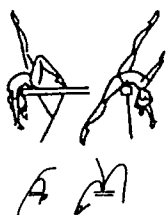

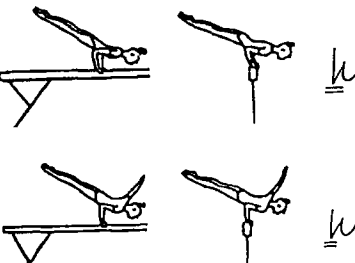
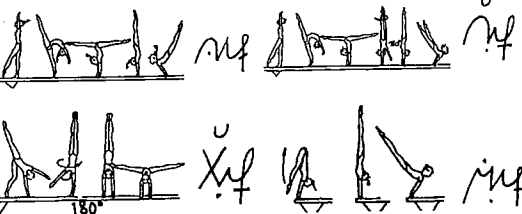
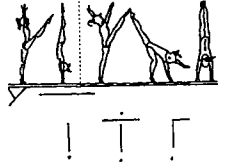
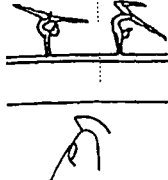
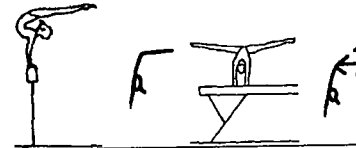
4.000 Waves

A	B	C	D	E
<p>4.101 Body wave forward to balance stand on both legs*</p> 	<p>4.201 Body wave forward to balance stand on one leg</p> 	<p>4.301</p>	<p>4.401</p>	<p>4.501</p>
<p>4.102 Body wave backward to balance stand on both legs</p> 	<p>4.202 Body wave backward to balance stand on one leg</p> 	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>
<p>4.103 Body wave sideward to balance stand on both legs</p> 	<p>4.203 Body wave sideward to balance stand on one leg</p> 	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>
<p>4.104</p>	<p>4.204 From kneeling sit position, rise upward with body wave through toe-balance stand</p> 	<p>4.304</p>	<p>4.404</p>	<p>4.504</p> <div data-bbox="1622 1260 1984 1326" style="border: 1px solid black; padding: 2px;"> <p>* balance stand = ball of foot</p> </div>

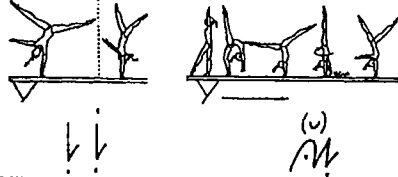
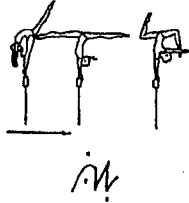
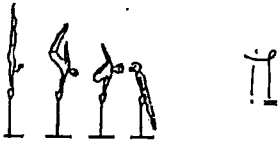
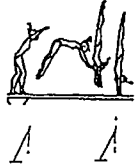
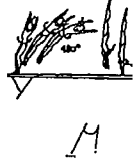
5.000 Holds - Stands

A	B	C	D	E
<p>5.101 Scale forward, support leg extended or bent (2 sec.)</p> 	<p>5.201 Scale forward in balance stand, support leg extended or bent (2 sec.)</p> 	<p>5.301</p>	<p>5.401</p>	<p>5.501</p>
<p>5.102 Standing split forward with hand support in front of support leg (separation \angle 180°) – Needle scale (2 sec.)</p> 	<p>5.202</p>	<p>5.302 Standing split backward, in stand on whole foot (2 sec.)</p> 	<p>5.402 Scale backward in balance stand (2 sec.)</p> 	<p>5.502</p>
<p>5.103 Stand on one leg (whole foot), free leg in forward or sideward hold above 90° (2 sec.)</p> 	<p>5.203 Balance stand on one foot, free leg in sideward upward hold above 140° (2 sec.)</p> 	<p>5.303</p>	<p>5.403</p>	<p>5.503</p>

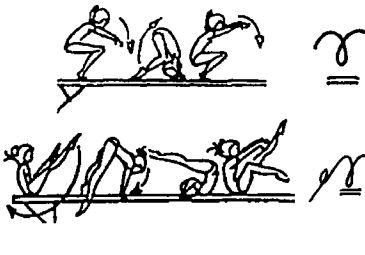
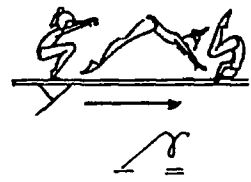
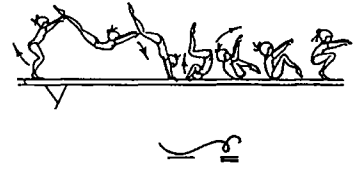

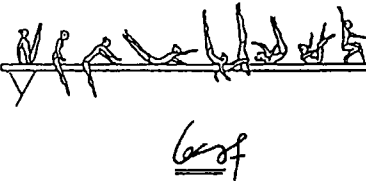
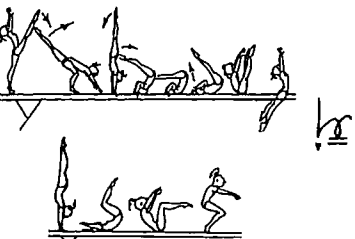
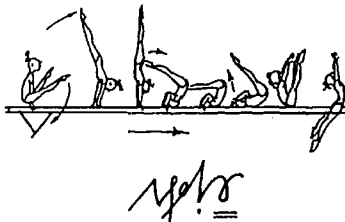
5.000 Holds - Stands

A	B	C	D	E
<p>5.104 Free lying with large leg – torso position (2 sec.)</p> 	<p>5.204 Clear pike – «V» – support (2 sec.)</p> 	<p>5.304</p>	<p>5.404</p>	<p>5.504</p>
<p>5.105 Planche with support on one or both arms (2 sec.)</p> 	<p>5.205</p>	<p>5.305 Jump, press, or swing to cross or side handstand – walkover backward or cartwheel to cross or side handstand – with or without ¼ to 1/1 turn (90° – 360°) in handstand, lower to cross or side planche (2 sec.)</p> 	<p>5.405</p>	<p>5.505</p>
<p>5.106 Kick to cross or side handstand, also with ½ turn (180°) (2 sec.)</p> 	<p>5.206 Handstands with large arch span («over hang») (2 sec.)</p> 	<p>5.306 Cross or side handstand with horizontal leg hold – reverse planche in different variations (2 secs.)</p> 	<p>5.406</p>	<p>5.506</p>



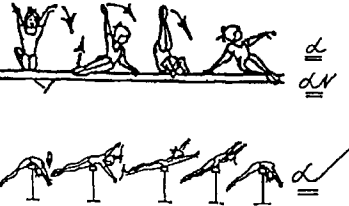
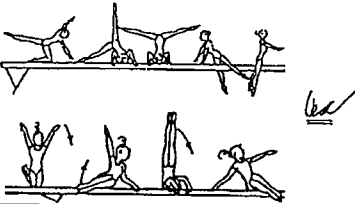
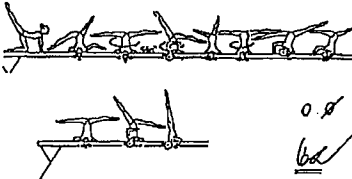
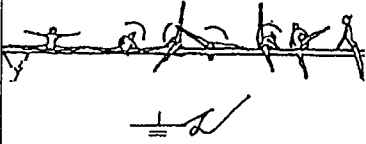
5.000 Holds - Stands

A	B	C	D	E
5.107	5.207	5.307 Cross or side handstand on one arm (2 sec.), also from walkover backward in cross position with or without turn in handstand 	5.407 Walkover backward in side position to handstand – shift weight to handstand on one arm (2 sec.) 	5.507
5.108	5.208	5.308 Side handstand (2 sec.) – release one hand with swing down sideward (flank) to side sit, back lying or other end position (Hand-Li) 	5.408	5.508
5.109	5.209 Jump to cross or side handstand, also to cheststand (2 sec.) 	5.309 Jump with 1/2 twist (180°) to cross handstand (2 sec.) 	5.409	5.509

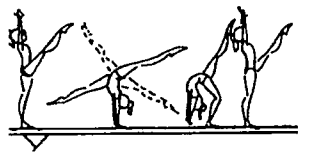
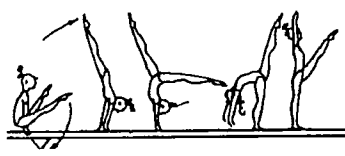
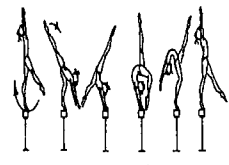
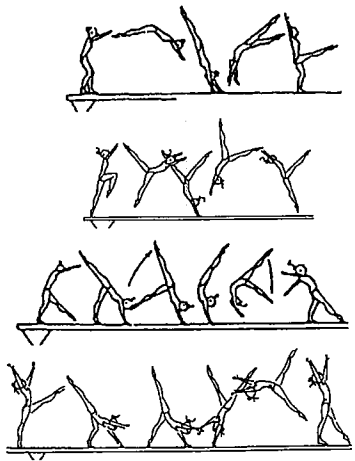
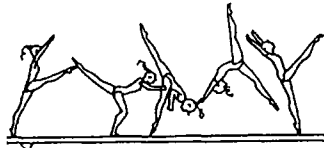
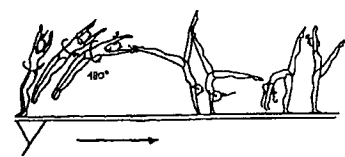
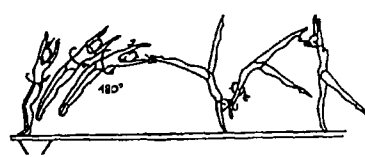
6.000 Rolls

A	B	C	D	E
<p>6.101 Roll forward with hand support, also roll forward from backward swing</p> 	<p>6.201 Dive roll forward</p> 	<p>6.301 Hecht roll (hip \angle extended in flight)</p> 	<p>6.401</p>	<p>6.501</p>
<p>6.102</p>	<p>6.202 Roll forward without hand support</p> 	<p>6.302 Free shoulder roll forward with straightening to tuck stand or stand without hand support (Garrison)</p> 	<p>6.402</p>	<p>6.502</p>
<p>6.103 Kick to cross handstand – roll forward with or without hand support</p> 	<p>6.203 From clear straddle support – swing backward to handstand – roll forward</p> 	<p>6.303</p>	<p>6.403</p>	<p>6.503</p>


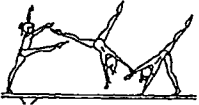



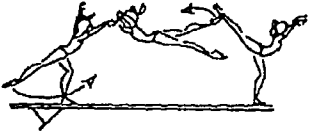
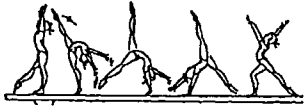
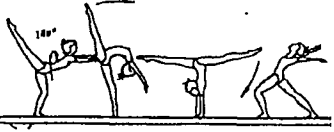
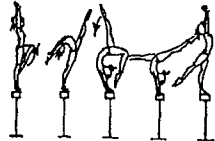
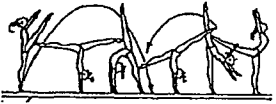
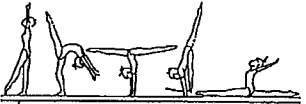
6.000 Rolls

A	B	C	D	E
<p>6.104 Roll backward</p> 	<p>6.204 Roll backward to handstand</p> 	<p>6.304</p>	<p>6.404</p>	<p>6.504</p>
<p>6.105 Roll sideward, body tucked, piked, or stretched</p> 	<p>6.205 Roll sideward stretched through neckstand, also with 1/2 turn (180°) over shoulder</p> 	<p>6.305 Neck roll stretched with 1/1 turn (360°) or 1 1/2 turn (540°)</p> 	<p>6.405</p>	<p>6.505</p>
<p>6.106</p>	<p>6.206 Side split – roll sideward stretched, legs separated – end position optional</p> 	<p>6.306</p>	<p>6.406</p>	<p>6.506</p>

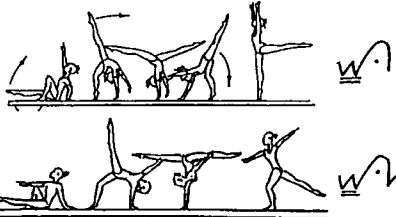

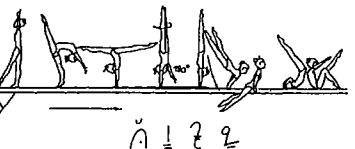
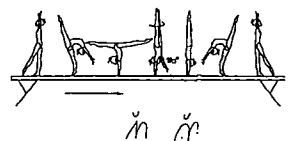
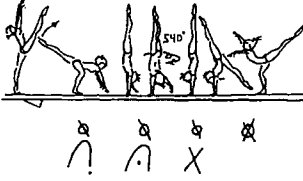

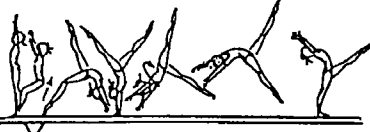
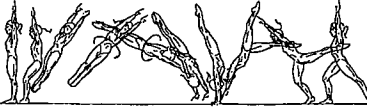
7.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
<p>7.101 Walkover forward, also with support of one arm or with alternate hand support (Tinsica)</p>  <p>Handwritten symbols: a checkmark, a checkmark with an exclamation point, and a checkmark with a question mark.</p>	<p>7.201 From clear straddle support – swing backward to handstand – walkover forward</p>  <p>Handwritten symbol: a checkmark with an exclamation point.</p>	<p>7.301 Walkover forward in side position to sidestand</p>  <p>Handwritten symbol: a checkmark with an exclamation point.</p>	<p>7.401</p>	<p>7.501</p>
<p>7.102</p>	<p>7.202 Handspring forward with flight before or after support of hands, also with support on one arm, with leg change in flight phase, or with alternate hand support (Tinsica spring)</p>  <p>Handwritten symbols: a vertical sequence of checkmarks with exclamation points and question marks.</p>	<p>7.302 Free (aerial) walkover forward</p>  <p>Handwritten symbol: a checkmark with an exclamation point.</p>	<p>7.402 Jump backward (flic-flac take-off) with 1/2 twist (180°) to walkover forward</p>  <p>Handwritten symbol: a checkmark with an exclamation point.</p>	<p>7.502 Jump backward (flic-flac take-off) with 1/2 twist (180°) to handspring forward (Arabian handspring) (Onodi)</p>  <p>Handwritten symbol: a checkmark with an exclamation point.</p>

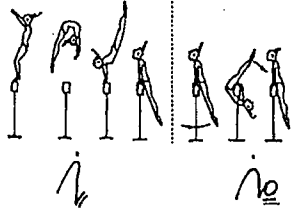
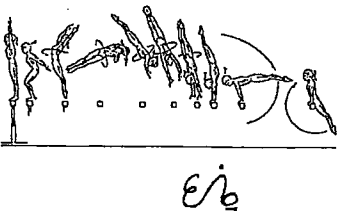
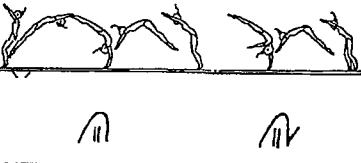
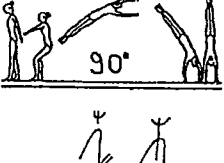
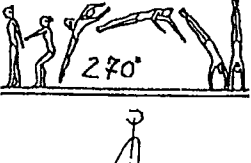
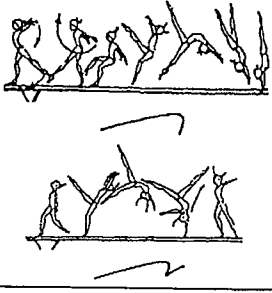
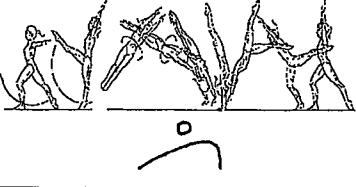
7.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
<p>7.103 Cartwheel, also with support of one arm or with bending of both arms or on forearms through cheststand</p>  <p>X X X</p>	<p>7.203 Cartwheel with flight phase before or after hand support, also round-off</p>  <p>X X X</p>  <p>X</p>	<p>7.303 Free (aerial) round-off, landing on both legs, also free (aerial) cartwheel</p>  <p>X</p>  <p>X</p>	<p>7.403</p>	<p>7.503 Butterfly</p>  <p>X</p>
<p>7.104 Walkover backward, also with support of one arm, with alternate hand support (Tinsica) or with swing down to cross sit</p>  <p>A V V A</p>	<p>7.204 Scale forward, 1/2 turn (180°) to walkover backward (Turning Bridge)</p>  <p>A</p>	<p>7.304 Walkover backward in side position to side stand</p>  <p>A</p>	<p>7.404</p>	<p>7.504</p>
<p>7.105 Walkover forward, backward (Tic-toc)</p>  <p>A</p>	<p>7.205 Walkover backward with stoop through of one leg to cross split sit or lower to clear straddle support</p>  <p>A X X</p>	<p>7.305</p>	<p>7.405</p>	<p>7.505</p>

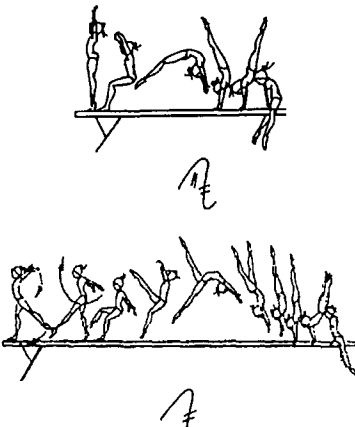
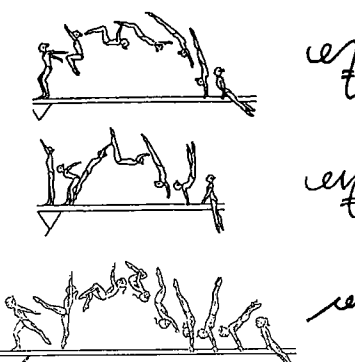
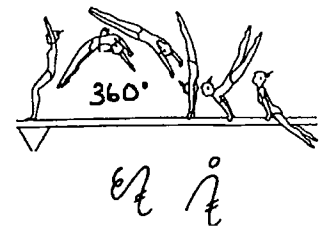
7.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
<p>7.106 From extended tuck sit – walkover backward (Valdez), also with support on one arm</p> 	<p>7.206</p>	<p>7.306 From extended tuck sit – walkover backward with 1/1 turn (360°) – 1/2 turn (180°) in handstand on one arm, second 1/2 turn (180°) with late support of second arm, also "Valdez" swing over backward through horizontal plane with support on one arm (Garrison)</p> 	<p>7.406</p>	<p>7.506</p>
<p>7.107 Walkover backward to handstand, 1/2 turn (180°) in handstand – lower to end position touching beam</p> 	<p>7.207 Walkover forward or backward with 1/2 turn (180°) in handstand and continuation of movement to walkover forward</p> 	<p>7.307 All walkovers forward, backward, or cartwheels with 1 1/2 or 2/1 turn (540°-720°) in handstand</p> 	<p>7.407</p>	<p>7.507</p>
<p>7.108</p>	<p>7.208 Flic-flac with step-out, also with support on one arm</p> 	<p>7.308 Flic-flac with 1/2 twist (180°) after hand support</p> 	<p>7.408 Flic-flac with 1/1 twist (360°) before hand support (Kochetkova)</p> 	<p>7.508</p>


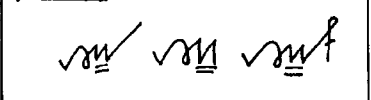
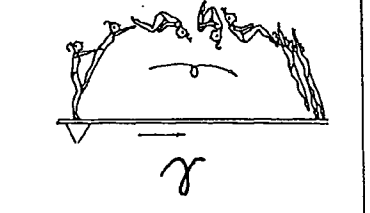
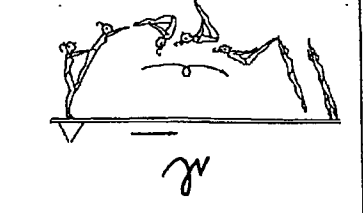
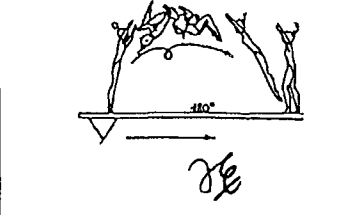
7.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
7.109	7.209	<p>7.309</p> <p>Flic-flac in side position to front support or with hip circle backward</p> 	7.409	<p>7.509</p> <p>Flic-flac in side position with 1/1 twist (360°) to hip circle backward (Teza)</p> 
7.110	<p>7.210</p> <p>Flic-flac from stand with legs together, landing on both legs in stand, also with support on one arm</p> 	<p>7.310</p> <p>Flic-flac with 1/4 twist (90°) to side handstand</p> 	<p>7.410</p> <p>Flic-flac with 3/4 twist (270°) to side handstand (Omelianchik)</p> 	7.510
7.111	<p>7.211</p> <p>Gainer flic-flac, also with support on one arm</p> 	7.311	<p>7.411</p> <p>Gainer flic-flac with 1/1 twist (360°) before hand support (Chorkina)</p> 	7.511

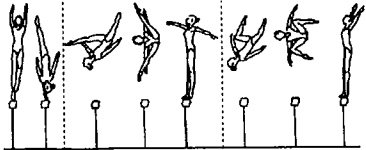

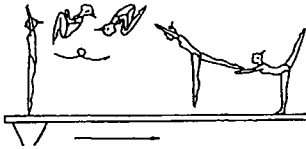
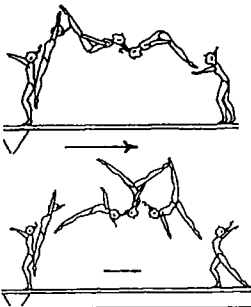
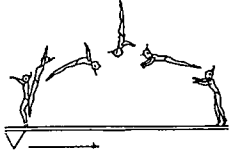
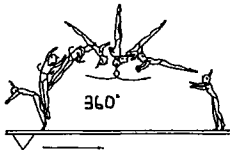
7.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
7.112	<p>7.212</p> <p>All flic-flac variations, with high flight phase, and swing down to cross straddle sit (Korbut Flic-flac)</p> 	<p>7.312</p> <p>Flic-flac with – tucking and stretching of legs (Chen) or – piking and stretching (Rueda) of body in flight phase with swing down to cross straddle sit, also gainer flic-flac with tucking and stretching of legs (Cousineau)</p> 	<p>7.412</p> <p>Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit (Rulfova-flic)</p> 	7.512


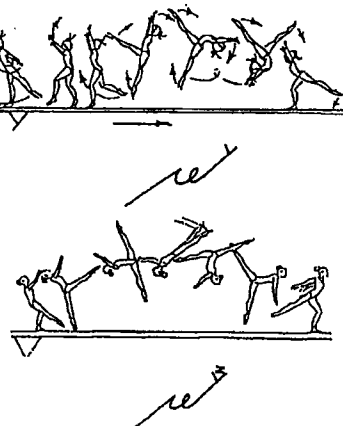
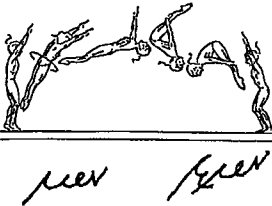
8.000 Saltos

A	B	C	D	E
8.101	8.201	<p>8.301</p> <p>Salto forward tucked, take-off from one leg to stand or to extended-tuck sit, also without hand support (Portocarrero), likewise with take-off from both legs to extended-tuck sit (Poulin)</p>  	<p>8.401</p> <p>Salto forward tucked, take-off from both legs</p> 	<p>8.501</p> <p>Salto forward piked</p> 
8.102	8.202	8.302	8.402	<p>8.502</p> <p>Salto forward tucked with $\frac{1}{2}$ twist (180°), take-off from both legs (Grigoras)</p> 

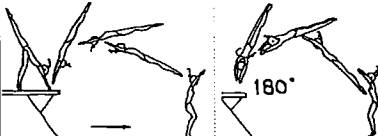
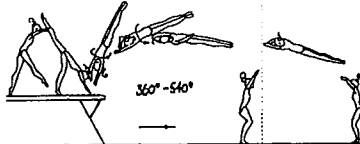
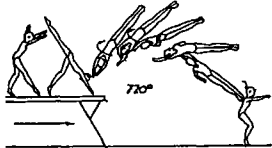
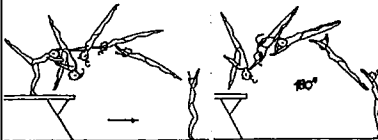
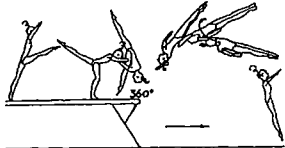
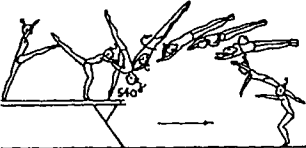
8.000 Saltos

A	B	C	D	E
8.103	8.203	8.303	<p>8.403 Salto sideward tucked or piked, take-off forward or sideward from one leg to side stand</p>  <p style="text-align: center;"><i>du du</i></p>	8.503
8.104	<p>8.204 Salto backward tucked</p>  <p style="text-align: center;"><i>u</i></p>	<p>8.304 Salto backward tucked to scale forward (2 sec.)</p>  <p style="text-align: center;"><i>u/</i></p>	8.404	8.504
8.105	8.205	<p>8.305 Salto backward piked, also stretched with step-out</p>  <p style="text-align: right;"><i>u/</i></p> <p style="text-align: right;"><i>u/</i></p>	<p>8.405 Salto backward stretched with legs together</p>  <p style="text-align: center;"><i>u </i></p>	<p>8.505 Salto backward tucked or stretched with 1/1 twist (360°) (Shishova)</p>  <p style="text-align: center;"><i>En E</i></p>

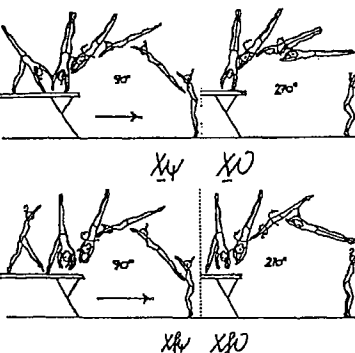
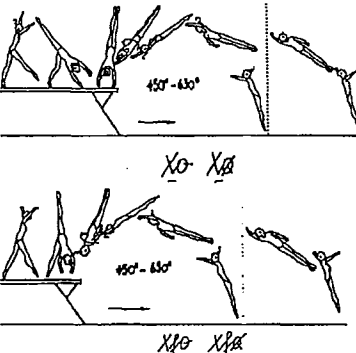
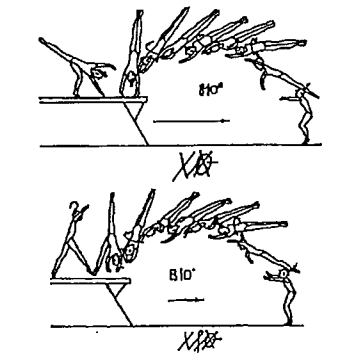
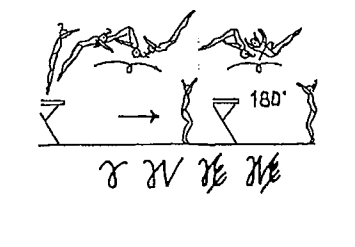
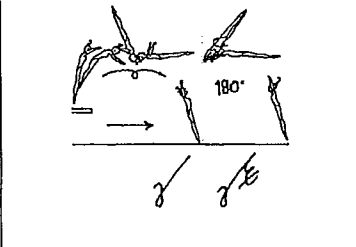
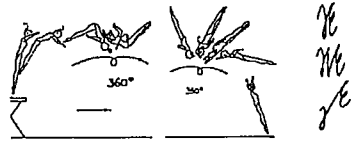

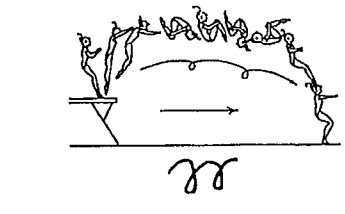
8.000 Saltos

A	B	C	D	E
<p>8.106</p>	<p>8.206 Gainer salto backward tucked</p> 	<p>8.306 Gainer salto backward stretched, also with leg change in flight</p> 	<p>8.406</p>	<p>8.506 Jump forward with 1/2 twist (180°) – salto backward piked (Prodnova)</p> 

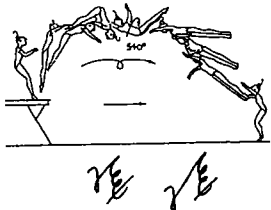
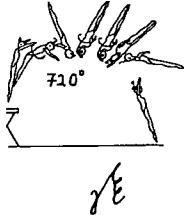
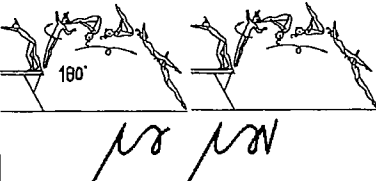
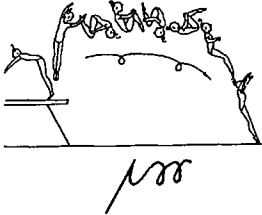
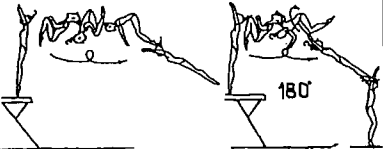
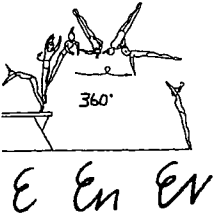

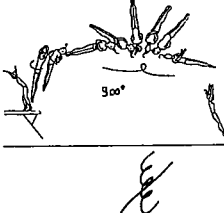
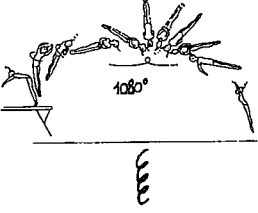
9.000 Dismounts

A	B	C	D	E
<p>9.101 Handspring forward, also with ½ twist (180°) after hand support</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;"><i>Ne</i> <i>Ne</i></p>	<p>9.201 Handspring forward with 1/1 twist to 1½ twist (360° to 540°) after hand support</p>  <p style="text-align: center;">360°-540°</p> <p style="text-align: center;"><i>Ne</i> <i>Ne</i></p>	<p>9.301 Handspring forward with 2/1 twist (720°) after hand support</p>  <p style="text-align: center;">720°</p> <p style="text-align: center;"><i>Ne</i></p>	<p>9.401</p>	<p>9.501</p>
<p>9.102 Free (aerial) walkover forward, also with ½ twist (180°)</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;"><i>Ne</i> <i>Ne</i></p>	<p>9.202 Free (aerial) walkover forward with 1/1 twist (360°)</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;"><i>Ne</i></p>	<p>9.302 Free (aerial) walkover forward with 1½ twist (540°)</p>  <p style="text-align: center;">540°</p> <p style="text-align: center;"><i>Ne</i></p>	<p>9.402</p>	<p>9.502</p>

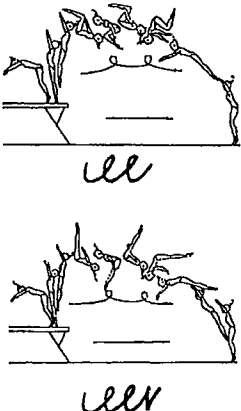
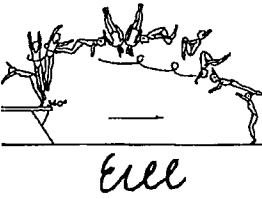
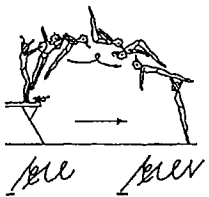

9.000 Dismounts

A	B	C	D	E
<p>9.103 Cartwheel or free (aerial) cartwheel with ¼ twist (90°) or ¾ twist (270°) to cross stand at end of beam</p> 	<p>9.203 Cartwheel or free (aerial) cartwheel with 1¼ twist (450°) to 1¾ twist (630°) after hand support to cross stand at end of beam</p> 	<p>9.303 Cartwheel or free (aerial) cartwheel with 2¼ twist (810°) to cross stand at end of beam</p> 	<p>9.403</p>	<p>9.503</p>
<p>9.104 Salto forward tucked or piked, also with ½ twist (180°)</p> 	<p>9.204 Salto forward stretched, also with ½ twist (180°)</p> 	<p>9.304 Salto forward tucked, piked, or stretched with 1/1 twist (360°) – take-off only from both legs</p> 	<p>9.404 Stretched jump forward with 1/1 twist (360°) and salto forward tucked, piked, or stretched</p> 	<p>9.504 Double salto forward</p> 

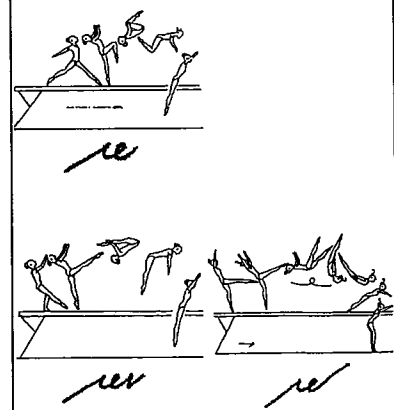
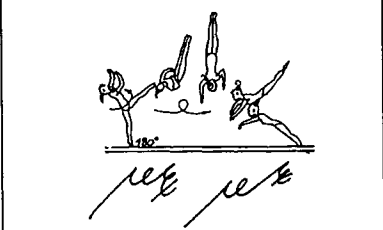
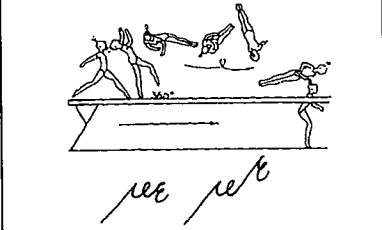
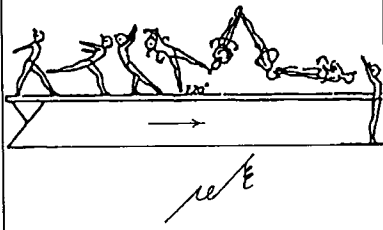
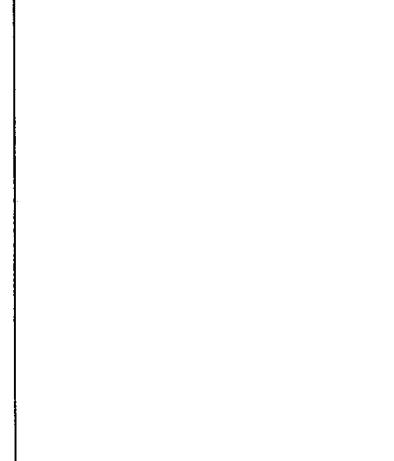
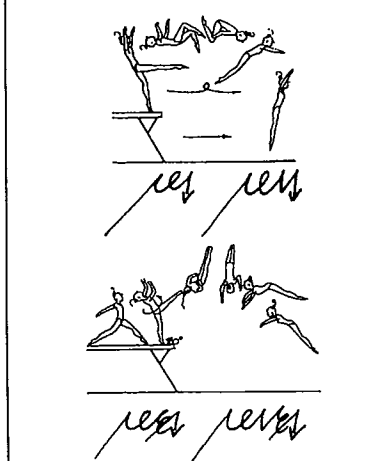
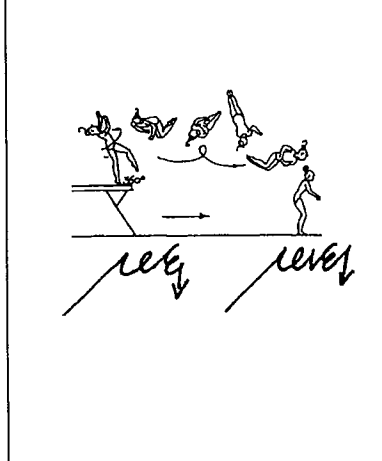
9.000 Dismounts

A	B	C	D	E
<p>9.105</p>	<p>9.205</p>	<p>9.305</p> <p>Salto forward tucked or stretched (Targas) with 1½ twist (540°) – take-off from both legs</p> 	<p>9.405</p> <p>Salto forward stretched with 2/1 twist (720°) – take-off from both legs (Bi)</p> 	<p>9.505</p>
<p>9.106</p>	<p>9.206</p> <p>Arabian salto tucked or piked (jump backward, ½ twist [180°], salto forward)</p> 	<p>9.306</p>	<p>9.406</p>	<p>9.506</p> <p>Arabian double salto</p> 
<p>9.107</p> <p>Salto backward tucked, piked, or stretched, also with ½ twist (180°)</p> 	<p>9.207</p> <p>Salto backward tucked, piked, or stretched with 1/1 twist (360°)</p> 	<p>9.307</p> <p>Salto backward stretched with 1½ or 2/1 twist (540° - 720°)</p> 	<p>9.407</p> <p>Salto backward stretched with 2½ twist (900°)</p> 	<p>9.507</p> <p>Salto backward stretched with 3/1 twist (1080°)</p> 

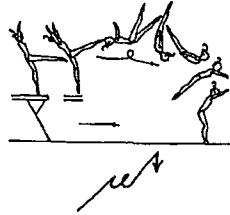
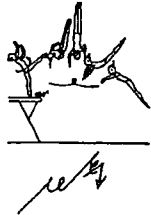
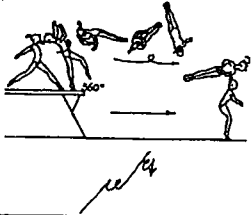
9.000 Dismounts

A	B	C	D	E
<p>9.108</p>	<p>9.208</p>	<p>9.308</p>	<p>9.408 Double salto backward tucked and piked</p> 	<p>9.508 Double salto backward tucked with 1/1 twist (360°) in first salto</p> 
<p>9.109</p>	<p>9.209 Stretched jump forward with 1/2 twist (180°) and salto backward tucked or piked</p> 	<p>9.309 Stretched jump forward with 1/2 twist (180°) and salto backward stretched – take-off from both legs</p> 	<p>9.409</p>	<p>9.509</p>

9.000 Dismounts

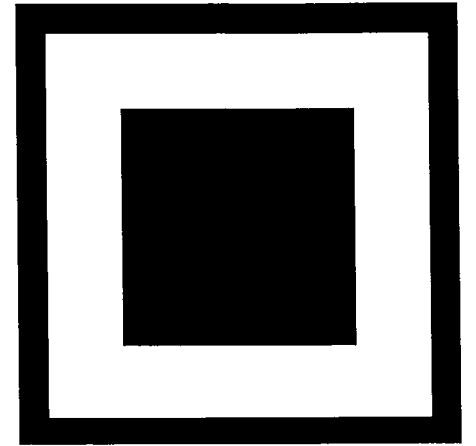
A	B	C	D	E
<p>9.110 Gainer salto tucked, piked, or stretched to side of beam</p> 	<p>9.210 Gainer salto tucked or stretched with 1/2 twist (180°) to side of beam</p> 	<p>9.310 Gainer salto tucked or stretched with 1/1 twist (360°) to side of beam</p> 	<p>9.410 Gainer salto backward stretched with 2/1 twist (720°) to side of beam</p> 	<p>9.510</p>
<p>9.111</p> 	<p>9.211 Gainer salto tucked or piked at end of beam, also with 1/2 twist (180°)</p> 	<p>9.311 Gainer salto tucked or piked with 1/1 twist (360°) at end of beam</p> 	<p>9.411</p>	<p>9.511</p>

9.000 Dismounts

A	B	C	D	E
9.112	9.212	<p>9.312 Gainer salto stretched with legs together at end of the beam</p> 	<p>9.412 Gainer salto stretched with legs together and 1/2 twist (180°) at end of beam</p> 	<p>9.512 Gainer salto stretched with legs together and 1/1 twist (360°) at end of beam</p> 



FONDÉE EN 1881



Floor
ARTICLE 11

ARTICLE 11

Floor

11.1 General

The evaluation of the exercise begins with the first gymnastic or acrobatic movement of the gymnast. The duration of the floor exercise may not amount to less than 1:10 minutes and not more than 1:30 minutes. The deduction is 0.10 P. for undertime or overtime.

Timing: The assistant begins timing, when the gymnast on floor begins with the first movement of her exercise. The assistant stops timing, when the gymnast ends her floor exercise with the last movement. The exercise is to be ended with the music.

Permitted is:

- musical accompaniment with orchestration, piano or other instruments without singing

The musical accompaniment occurs through a tape recording.

Exceeding the prescribed floor area (12 X 12 m), that is touching on the floor with any part of the body outside of the border marking, will result in a deduction **each time**.

11.2 Content of the Exercise

The value parts A-, B-, C-, D-, and E- must come from the following element groups:

- acrobatic elements with and without flight phase in forward, sideward, or backward movement
- gymnastic elements such as turns, leaps or jumps and hops, stepping and running combinations and body waves.

11.3 Directives for the Combination

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In the course of the exercise, combination high points (*peaks*) should be created through:

- gymnastic series
- acrobatic/gymnastic series
- harmonious change between gymnastic elements and acrobatic elements
- dynamic change between the slow and fast movements, corresponding to the character of the music
- harmony of the music and movement
- versatile use of the floor area - original directional patterns
- change between forward, sideward, and backward movements, as well as movements in place
- change between movements executed near to and far from the floor.

Unesthetic exaggerations, which are incompatible with gymnastics and possess no sportive value, are **undesirable**.

11.4 Special Requirements

The exercise must contain the following 7 Special Requirements:

SR

1 - two Acrobatic Series:*

2 - one of which is a combination series **

3 - 3 different saltos in the above 2 series.

* An acrobatic series must consist of a least three acrobatic flight elements, one being a salto.

** Combination Series = a series with a minimum of 2 saltos from different take-off directions (forward, sideward or backward take-off).

4 - one gymnastic series with three elements

5 - one mixed series with at least three elements
(gym/acro/gym or acro/gym/acro)

6 - one gymnastic C-, which may be a component of the gymnastic or mixed series

7 - the last combination of 3 or more directly connected elements with one acrobatic or gymnastic element as follows:

in Modified Rules	at least B-
in C-I, II, IV	at least C-
in C-III	at least D-

Gymnastics elements can not replace acrobatic elements in an acrobatic series; they can only be additionally included.

11.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

11.5.1 Indirect ** acrobatic connections of two or more saltos in a:

- C- salto series
 - a) A+A/B+C, C+C 0.10 P.
- D- salto series
 - b) A/B+D 0.10 P.
 - c) C+D or more difficult 0.20 P.

** Indirect connections are those in which directly connected A- acrobatic elements with flight phase and hand support (from Group 5, e.g. round-off, flic-flac, etc. as preparatory elements) are performed between saltos (Group 6).

11.5.2 Direct acrobatic connections of 2 or more saltos:

- a) A/B+C, A+A+C 0.10 P.
- b) A/B+D, A+A+D, C+C or more difficult 0.20 P.

11.5.3 Connections of:

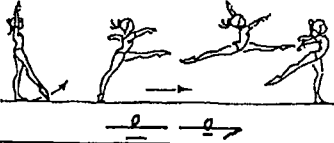
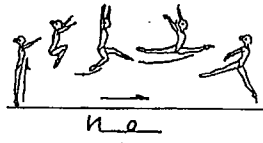
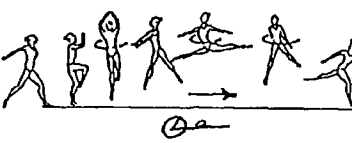
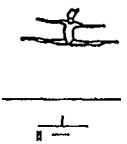
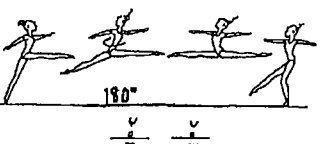

- 2 gymnastic elements
- 2 gymnastic/acrobatic elements (or reversed) *
 - a) C+C, B+D 0.10 P.
 - b) C+D or more difficult 0.20 P.

* Acrobatic elements may include saltos and hand support elements with flight.


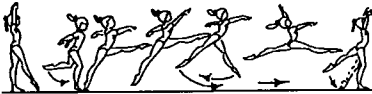


11.6 Specific Apparatus

- | | Deductions |
|---|---------------|
| - Absence of music or music with voice (song) | 1.00 P. |
| - Music and movement not in harmony | each 0.05 P. |
| - Exercise not ended with the music | 0.10 P. |
| - Lack of variation in rhythm and tempo | up to 0.20 P. |
| - Exceeding the border marking | each 0.10 P. |
| - Concentration pause (more than 2 seconds) | each 0.10 P. |

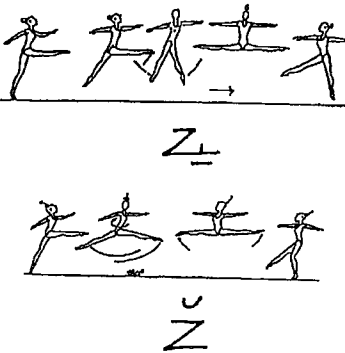

1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
<p>1.101 Split* leap forward or split jump in place, also with bending of the forward leg (stag position in flight phase)</p> 	<p>1.201 Tuck jump with separation of legs to cross split (180°) during flight phase</p> 	<p>1.301 Leap with 1/1 turn (360°), with free leg bending forward then thrusting backward to split position (180° ∠ separation)</p> 	<p>1.401</p>	<p>1.501</p>
<p>1.102 Side split leap</p> 	<p>1.202 Split leap forward with ¼ or ½ turn (90° or 180°) take-off from one or both legs</p> 	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>
<p>1.103</p>	<p>1.203 Split leap backward with ¼ to ½ turn (90° to 180°) – take-off from one leg (jeté en tournant)</p> 	<p>1.303</p>	<p>1.403</p> <div data-bbox="1239 1091 1887 1281" style="border: 1px solid black; padding: 5px;"> <p>ATTENTION Leaps, jumps, and hops with the same number and different degrees of turn are considered different elements.</p> </div>	<p>1.503</p> <div data-bbox="1280 1339 1856 1397" style="border: 1px solid black; padding: 5px;"> <p>*Split leaps and jumps require 180° separation.</p> </div>

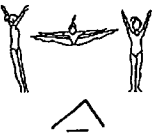
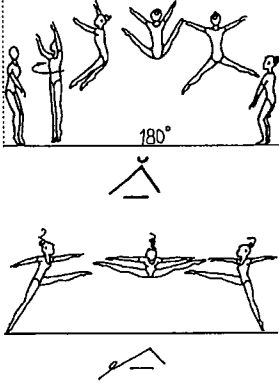
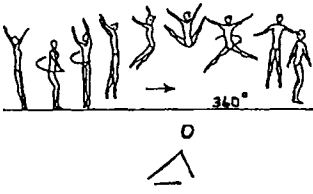
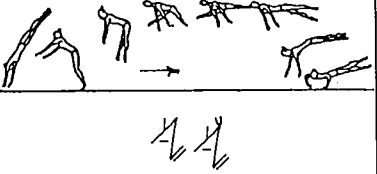
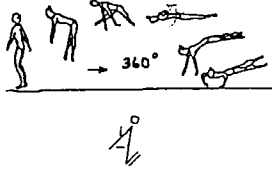
1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
<p>1.104 Sissone</p> 	<p>1.204</p>	<p>1.304</p>	<p>1.404</p>	<p>1.504</p>
<p>1.105</p>	<p>1.205 Split leap forward with leg change (180° separation \angle after leg change)</p>  <p style="text-align: center;">Z</p>	<p>1.305 Split leap forward with leg change to scale (2 sec.) (180° separation \angle after leg change)</p>  <p style="text-align: center;">ZY</p>	<p>1.405</p>	<p>1.505</p>
<p>1.106</p>	<p>1.206</p>	<p>1.306 Split leap forward with leg change through forward, sideward, to backward horizontal (rond-de-jambe) (Plataroti)</p>  <p style="text-align: center;">Z</p>	<p>1.406</p>	<p>1.506</p>



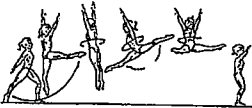




1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
1.107	1.207	<p>1.307</p> <p>Split leap forward with leg change and ¼ turn (90°) to side split leap (180° leg separation) (Johnson), also with ½ turn (180°) in flight phase (180° separation \angle after leg change) (Frolova)</p>  <p>The diagram shows two rows of stick figures illustrating different split leap variations. The top row shows a sequence of five figures: a starting position, a split leap with a 90-degree turn, a side split leap, a split leap with a 180-degree turn in flight, and a final landing position. Below this row is a horizontal line with a 'Z' symbol and a small horizontal bar underneath it. The bottom row shows another sequence of four figures: a starting position, a split leap with a 180-degree turn in flight, a side split leap, and a final landing position. Below this row is a horizontal line with a 'Z' symbol and a small horizontal bar underneath it.</p>	1.407	1.507
1.108	<p>1.208</p> <p>Pike jump or leap, legs above horizontal – take-off from one or both legs</p>  <p>The diagram shows a stick figure in a pike position, with legs raised above the horizontal line. Below the figure is a horizontal line with a 'V' symbol underneath it.</p>	1.308	1.408	1.508

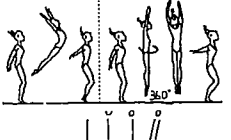
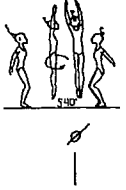
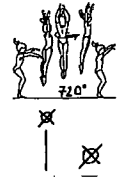
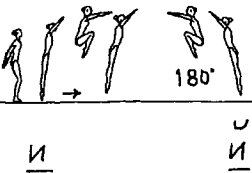
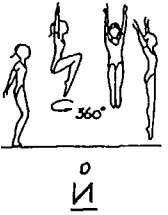
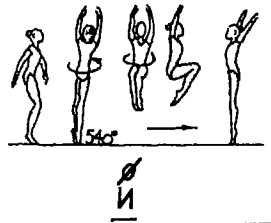
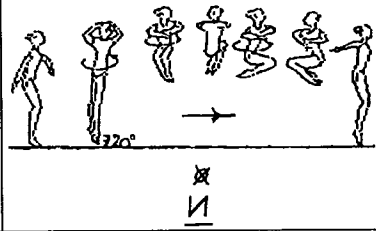
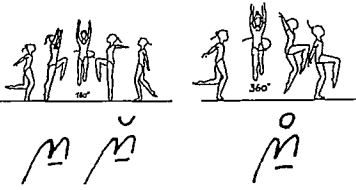
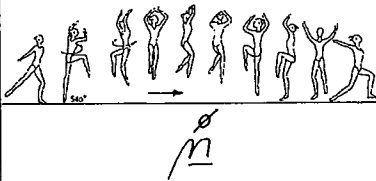
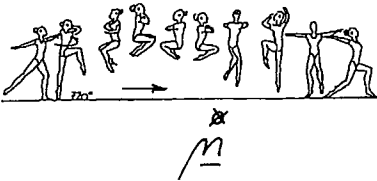
1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
<p>1.109 Straddle pike jump</p> 	<p>1.209 Straddle pike jump with ½ turn (180°), also straddle pike leap</p> 	<p>1.309 Straddle pike jump with 1/1 turn (360°) – take-off from both legs (Popa)</p> 	<p>1.409</p>	<p>1.509</p>
<p>1.110</p>	<p>1.210</p>	<p>1.310 Side split jump (180° separation \sphericalangle) with landing to front lying support or similar, also with ½ turn (180°) (Schuschunova)</p> 	<p>1.410 Side split jump (180° separation \sphericalangle) with 1/1 turn (360°), landing in front lying support or similar</p> 	<p>1.510</p>





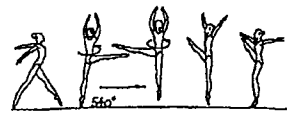




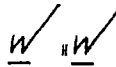


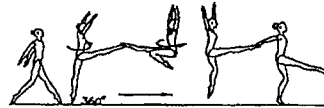
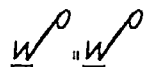



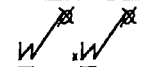
1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
<p>1.111 Scissors leap forward with ¼ turn – ¼ turn (90° – 90°)</p>  <p style="text-align: center;">44</p>	<p>1.211 Scissors leap forward with stretched legs and ½ turn (180°) (tour jeté)</p>  <p style="text-align: center;">4-</p>	<p>1.311 Tour jeté with additional ½ turn (180°) to land on both legs (Strug)</p>  <p style="text-align: center;">44</p>	<p>1.411</p>	<p>1.511</p>
<p>1.112</p>	<p>1.212 Ring leap or jump (rear leg at head height) – take-off from one or two legs</p>  <p style="text-align: center;">2-2</p>	<p>1.312 Tour jeté to ring leap (Boucher)</p>  <p style="text-align: center;">2</p>	<p>1.412</p>	<p>1.512</p>
<p>1.113</p>	<p>1.213 Tuck jump backward with arch (Sheep jump), feet to head height</p>  <p style="text-align: center;">2</p>	<p>1.313 Split leap forward with leg change to ring leap (180° separation \angle after leg change)</p>  <p style="text-align: center;">2</p>	<p>1.413</p>	<p>1.513</p>

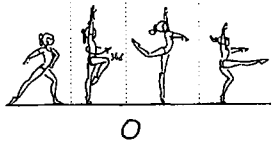
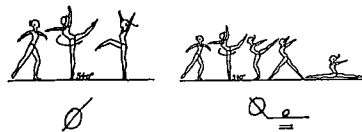

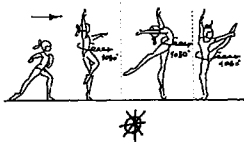
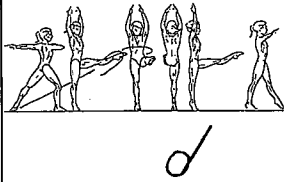
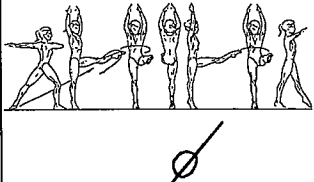
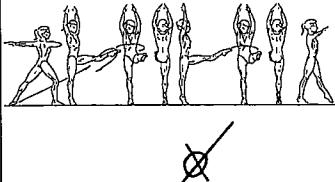
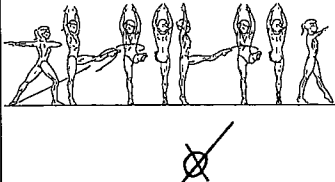
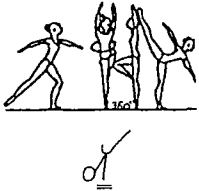
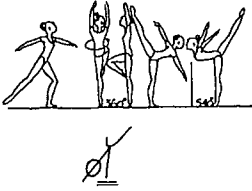
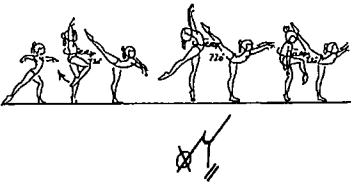
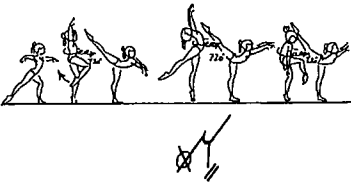
1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
<p>1.114 Stretched jump, also with ½ turn (180°) take-off from both legs, 1/1 turn (360°) from both legs or 1/1 turn (360°) take-off from one leg (chassé with 1/1 turn)</p> 	<p>1.214 Stretched jump with 1½ turn (540°) – take-off from both legs</p> 	<p>1.314 Stretched jump with 2/1 turn (720°) – take-off from both legs</p> 	<p>1.414</p>	<p>1.514</p>
<p>1.115 Tuck jump with legs together, also with ½ turn (180°) – take-off from both legs</p> 	<p>1.215 Tuck jump with legs together and 1/1 turn (360°) – take-off from both legs</p> 	<p>1.315 Tuck jump with legs together and 1½ turn (540°) – take-off from both legs</p> 	<p>1.415 Tuck jump with legs together and 2/1 turn (720°) – take-off from both legs</p> 	<p>1.515</p>
<p>1.116 Scissors leap forward with bent legs (cat leap), also with ½ or 1/1 turn (180° or 360°)</p> 	<p>1.216 Cat leap forward with bent legs and 1½ turn (540°) (Garrison)</p> 	<p>1.316 Cat leap forward with bent legs and 2/1 turn (720°) (Benten)</p> 	<p>1.416</p>	<p>1.516</p>

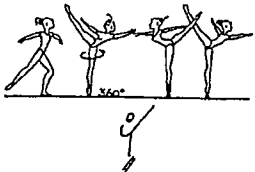
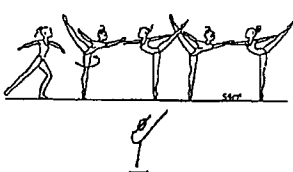
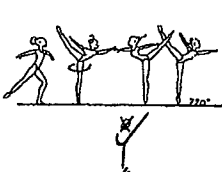

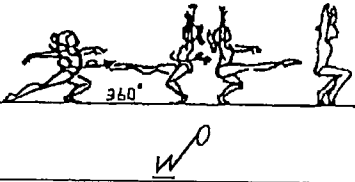
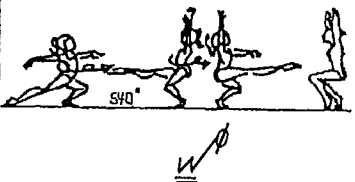
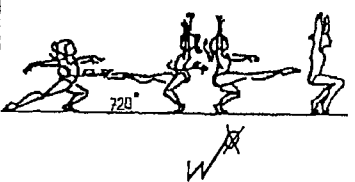
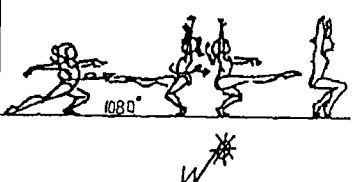
1.000 Gymnastics Leaps, Jumps, and Hops

A	B	C	D	E
<p>1.117 Hop with ½ turn (180°), free leg extended above horizontal – also fouetté-hop to land in scale</p>  	<p>1.217 Hop with 1/1 turn (360°), free leg extended above horizontal</p>  	<p>1.317 Hop with 1½ turn (540°) – free leg extended above horizontal</p>  	<p>1.417 Hop with 2/1 turn (720°) – free leg extended above horizontal</p>  	<p>1.517</p>
<p>1.118 Tuck jump (hop) with one leg extended horizontally forward, take-off from one or both legs</p>  	<p>1.218 Tuck jump (hop) with one leg extended horizontally forward and ½ turn (180°) – take-off from one or both legs</p>  	<p>1.318 Tuck jump (hop) with one leg extended horizontally forward and 1/1 turn (360°)</p>  	<p>1.418 Tuck jump (hop) with one leg extended horizontally forward and 1½ turn (540°)</p>  	<p>1.518 Tuck jump (or hop) with one leg extended horizontally forward and 2/1 turn (720°)</p>  

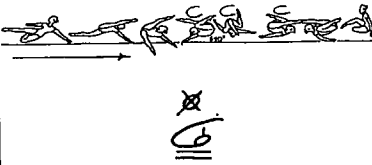
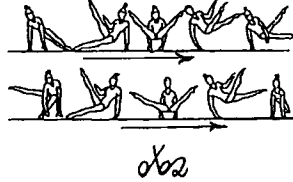
2.000 Gymnastic Turns

A	B	C	D	E
<p>2.101 1/1 turn (360°) on one leg (free leg optional)</p> 	<p>2.201 1½ turn (540°) on one leg (free leg optional), also to cross split sit</p> 	<p>2.301 2/1 turn (720°) on one leg (free leg optional)</p> 	<p>2.401 3/1 turn (1080°) on one leg (free leg optional)</p> 	<p>2.501</p>
<p>2.102</p> 	<p>2.202 1/1 turn (360°) with free leg above horizontal from start to end of turn</p> 	<p>2.302 1½ turn (540°) with free leg above horizontal from start to end of turn</p> 	<p>2.402 2/1 or 2½ turn (720° – 900°) with free leg above horizontal from start to end of turn</p> 	<p>2.502</p>
<p>2.103</p> 	<p>2.203 1/1 turn (360°) on one leg to scale forward (2 sec.)</p> 	<p>2.303 1½ turn (540°) on one leg to scale forward (2 sec.)</p> 	<p>2.403 2/1 turn (720°) to scale forward (2 seconds)</p> 	<p>2.503</p>

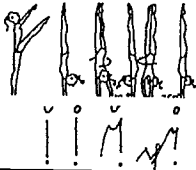
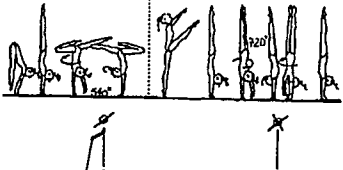
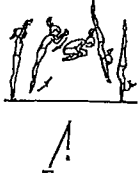
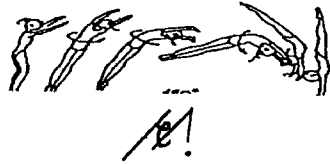
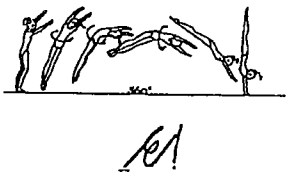
2.000 Gymnastic Turns

A	B	C	D	E
<p>2.104</p>	<p>2.204 1/1 turn (360°) in scale forward with free leg above horizontal from start to end of turn</p> 	<p>2.304 1½ turn (540°) in scale forward with free leg above horizontal from start to end of turn</p> 	<p>2.404 2/1 turn (720°) in scale forward with free leg above horizontal from start to end of turn</p> 	<p>2.504</p>
<p>2.105</p>	<p>2.205 1/1 to 1½ illusion turn (360° – 540°), without touching floor with free leg or hand</p> 	<p>2.305</p>	<p>2.405</p>	<p>2.505</p>
<p>2.106 1/1 turn (360°) in tuckstand on one leg – free leg optional</p> 	<p>2.206 1½ turn (540°) in tuckstand on one leg – free leg optional</p> 	<p>2.306 2/1 turn (720°) in tuckstand on one leg – free leg position optional</p> 	<p>2.406 From 3/1 turn (1080°) in tuckstand on one leg – free leg optional</p> 	<p>2.506</p>

2.000 Gymnastic Turns

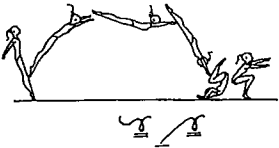
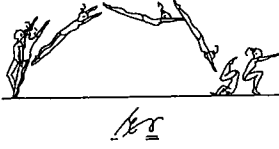
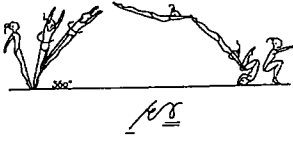

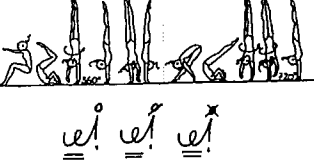
A	B	C	D	E
2.107	2.207 2/1 spin (720°) or more on back in kip position (hip-leg ∠ closed) 	2.307	2.407	2.507
2.108	2.208	2.308 Double scissors (Homma Scissors) 	2.408	2.508

3.000 Handstands


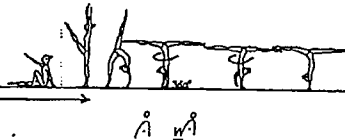
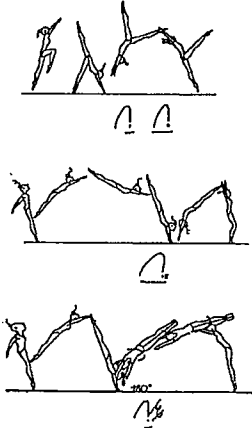
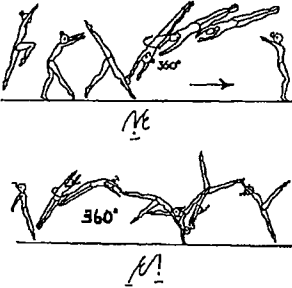
A	B	C	D	E
<p>3.101 Kick or press to handstand – ½ to 1/1 turn (180° to 360°) in handstand – return movement optional</p> 	<p>3.20 Kick or press to handstand – 1½ turn (540°) or more in handstand – return movement optional</p> 	<p>3.301</p>	<p>3.401</p>	<p>3.501</p>
<p>3.102 Jump to handstand – return movement optional</p> 	<p>3.202 Jump with ½ twist (180°) to handstand – return movement optional</p> 	<p>3.302 Jump with 1/1 twist (360°) to handstand – return movement optional</p> 	<p>3.402</p>	<p>3.502</p>
<p>3.103</p>	<p>3.203</p>	<p>3.303</p>	<p>3.403</p>	<p>3.503</p>

ATTENTION:
All handstands must be marked.


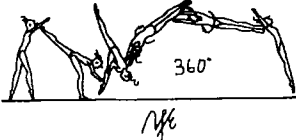
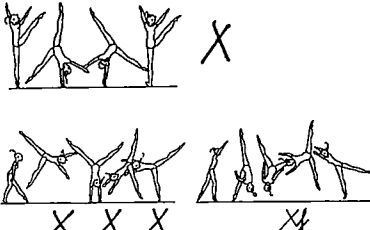
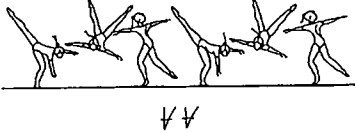
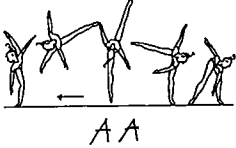
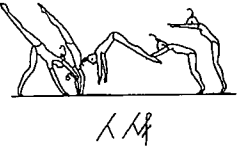
4.000 Rolls

A	B	C	D	E
<p>4.101 Dive roll or hecht roll</p> 	<p>4.201</p>	<p>4.301</p>	<p>4.401</p>	<p>4.501</p>
<p>4.102 From backward take-off – stretched jump with ½ twist (180°) to hecht roll (turning hecht roll with ½ turn)</p> 	<p>4.202 Stretched jump forward with 1/1 twist (360°) to hecht roll</p> 	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>
<p>4.103 Roll backward to handstand – also with ½ turn (180°)</p> 	<p>4.203 Roll backward to handstand with 1/1 turn (360°) or more in handstand</p> 	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>

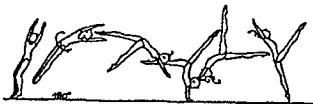
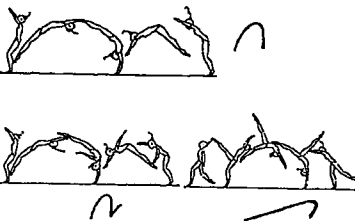
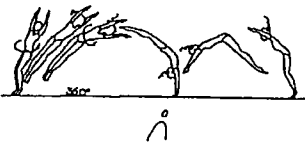
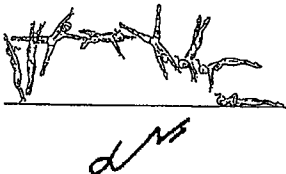
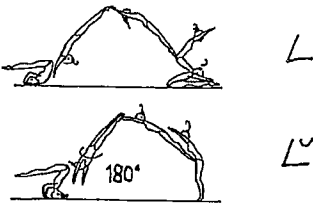
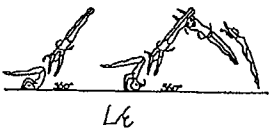
5.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
<p>5.101 Walkover forward or backward (all variations), also from tuck sit – Valdez</p> 	<p>5.201 Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand – return movement optional</p> 	<p>5.301</p>	<p>5.401</p>	<p>5.501</p>
<p>5.102 Handspring or flyspring forward – take-off from one or both legs – with or without hecht phase before hand support – also with 1/2 twist (180°) after hand support – landing optional</p> 	<p>5.202</p>	<p>5.302 Handspring forward with 1/1 twist (360°) after hand support, also with 1/1 twist (360°) before hand support (Mostepanova)</p> 	<p>5.402</p>	<p>5.502</p>

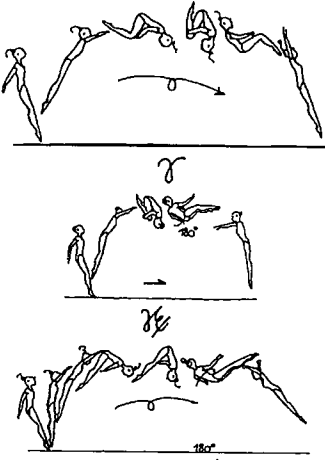
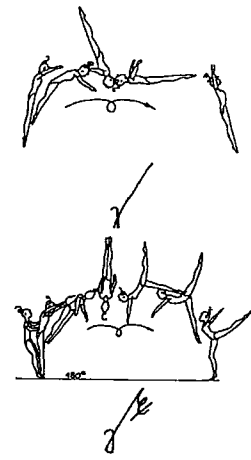
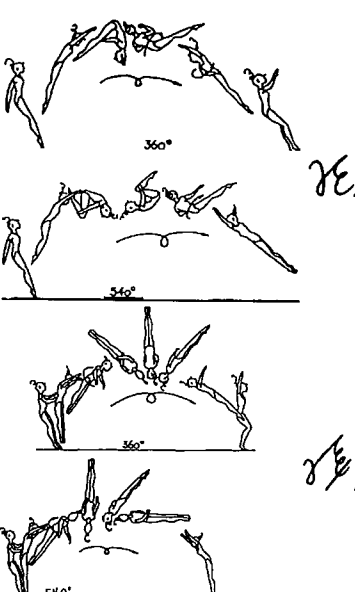
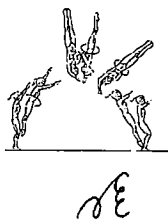
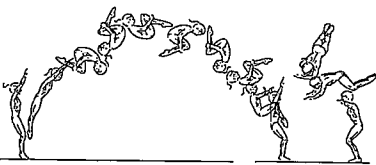
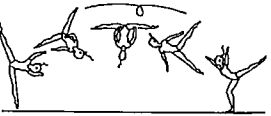

5.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
<p>5.103 Free (aerial) walkover forward</p> 	<p>5.203</p>	<p>5.303 Free (aerial) walkover forward with 1/1 twist (360°)</p> 	<p>5.403</p>	<p>5.503</p>
<p>5.104 Cartwheel with or without flight phase, also Free (aerial) cartwheel</p> 	<p>5.204 Series of at least two butterflies forward</p> 	<p>5.304 Series of at least two butterflies backward</p> 	<p>5.404</p>	<p>5.504</p>
<p>5.105 Round-off or free (aerial) round-off</p> 	<p>5.205</p>	<p>5.305</p>	<p>5.405</p>	<p>5.505</p>

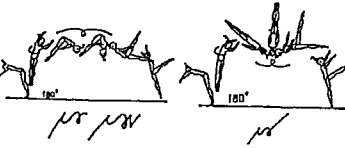
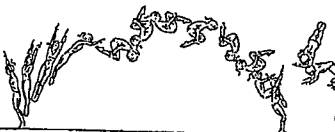

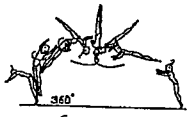
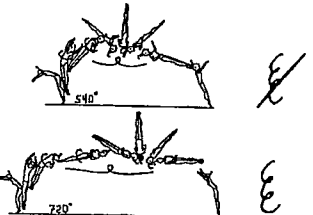
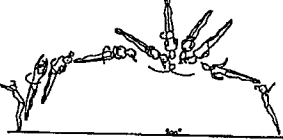
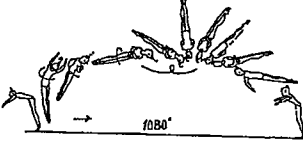

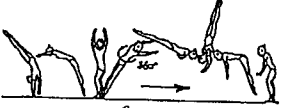
5.000 Walkovers, Cartwheels, etc.

A	B	C	D	E
<p>5.106 Jump backward with ½ twist (180°) to handspring forward (arabian handspring) – landing optional</p>  <p style="text-align: center;">M</p>	<p>5.206</p>	<p>5.306</p>	<p>5.406</p>	<p>5.506</p>
<p>5.107 All flic-flac and gainer flic flac variations, also with support of one arm</p> 	<p>5.207 Flic-flac with 1/1 twist (360°) before hand support</p>  <p style="text-align: center;">i</p>	<p>5.307 Arabian (backward take-off) with ¼ twist (90°) – free (aerial) cartwheel – continuing with ¼ twist (90°) to front lying support (Tsavdaridou)</p> 	<p>5.407</p>	<p>5.507</p>
<p>5.108 All head or neck kips, also with ½ twist (180°)</p> 	<p>5.208</p>	<p>5.308 All head or neck kips with 1/1 twist (360°)</p>  <p style="text-align: center;">Lc</p>	<p>5.408</p>	<p>5.508</p>

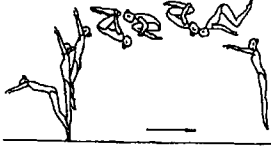
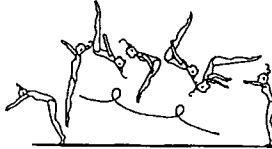
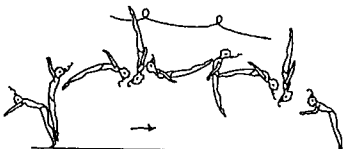
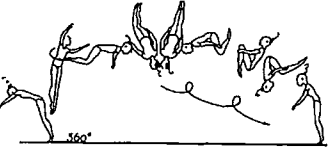
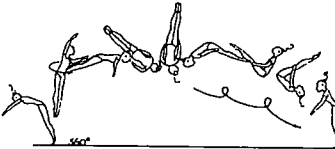
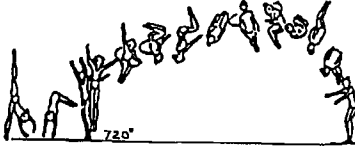
6.000 Saltos

A	B	C	D	E
<p>6.101 Salto forward tucked or piked, also with ½ twist (180°)</p> 	<p>6.201 Salto forward stretched, also with ½ twist (180°) – landing optional</p> 	<p>6.301 Salto forward tucked, piked or stretched with 1/1 twist (360°), also tucked or stretched with 1½ twist (540°)</p> 	<p>6.401 Salto forward stretched with 2/1 twist (720°) (Tarasevich)</p> 	<p>6.501</p>
<p>6.102</p>	<p>6.202</p>	<p>6.402</p>	<p>6.502 Double salto forward, also with ½ twist (180°) (Podkopayeva)</p> 	
<p>6.103 From take-off forward from one or both legs salto sideward tucked, piked, or stretched</p> 	<p>6.203 From take-off backward – salto sideward stretched</p> 	<p>6.302</p> <p>6.303</p>	<p>6.403</p> <div data-bbox="1326 1189 1875 1346" style="border: 2px solid black; padding: 5px;"> <p>ATTENTION: Saltos in tuck, pike and stretch position are considered different saltos.</p> </div>	<p>6.503</p>

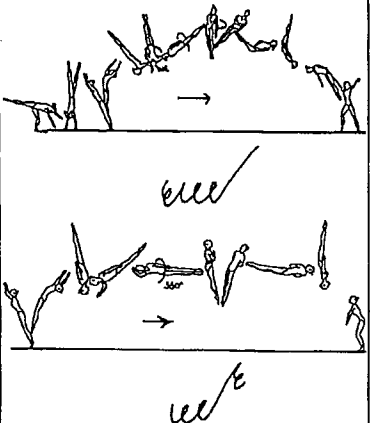
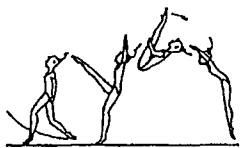


6.000 Saltos

A	B	C	D	E
<p>6.104</p>	<p>6.204 Arabian salto tucked, piked, or stretched (take-off backward with ½ twist [180°], salto forward) – landing optional</p> 	<p>6.304</p>	<p>6.404</p>	<p>6.504 Arabian double salto, also with ½ twist (180°) (Andreasen)</p> 
<p>6.105 Salto backward tucked, piked, stretched, also tucked-stretched, piked-stretched</p>  <p>ve uen ue ue ue ue ue</p>	<p>6.205 Salto backward tucked, piked or stretched with 1/1 twist (360°)</p>  <p>En EN E</p>	<p>6.305 Salto backward with 1½ or 2/1 twist (540° – 720°)</p> 	<p>6.405 Salto backward with 2½ twist (900°)</p> 	<p>6.505 Salto backward with 3/1 twist (1080°)</p> 
<p>6.106 Whip-salto backward (flic-flac without hand support)</p>  <p>in</p>	<p>6.206 Whip salto backward with 1/1 twist (360°)</p>  <p>in</p>	<p>6.306</p>	<p>6.406</p>	<p>6.506</p>

6.000 Saltos

A	B	C	D	E
6.107	6.207	6.307 Double salto backward tucked  uel	6.407 Double salto backward piked  ueev	6.507 Double salto backward stretched  uee
6.108	6.208	6.308	6.408 Double salto backward tucked or piked with 1/1 twist (360°) (Muchina)  Euel  Eueev	6.508 Double salto backward with 2/1 twist (720°) (Silivas)  Euel

6.000 Saltos

A	B	C	D	E
<p>6.109</p>	<p>6.209</p>	<p>6.309</p>	<p>6.409</p>	<p>6.509</p> <p>Double salto backward stretched with 1/1 twist (360°) in first salto (Tougikova) or in second salto (Tchusovitina)</p> 
<p>6.110</p> <p>Gainer salto tucked, piked, stretched</p>  <p><i>pe per pe</i></p>	<p>6.210</p> <p>Jump forward with 1/2 twist (180°) – salto backward tucked or piked</p>  <p><i>pe pe</i> <i>pe pe</i></p>	<p>6.310</p> <p>Gainer salto, tucked with 1/1 twist (360°)</p>  <p><i>pe pe</i></p>	<p>6.410</p>	<p>6.510</p> <p><i>pe pe</i></p>



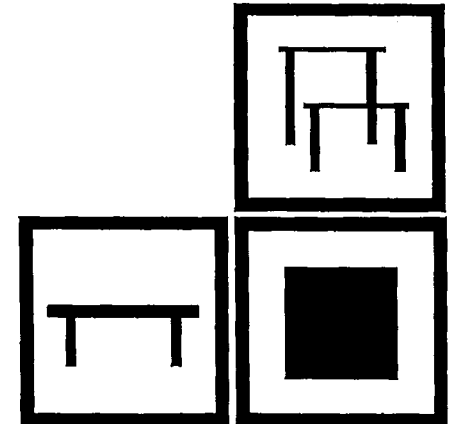
FONDÉE EN 1881

PART IV – Appendices

APPENDIXES 1 – 6



FONDÉE EN 1881



Required Technique for Recognition of Value Parts

Appendix 1

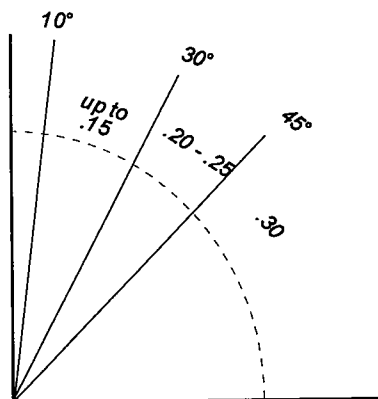
REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

The A-, B-, C-, D- or E- parts require a specific technical execution.

UNEVEN BARS

Amplitude of Body at Turn Completion*

During Handstand Pirouettes, Hop Grip Changes and Flights to Handstand (on LB)



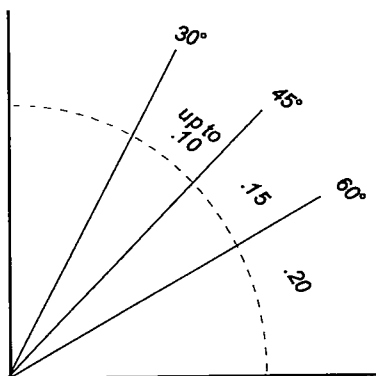
Turns (180°, 360°, 540°) in handstand phase[†]

(to regular grip, under grip, mixed grip, mixed L grip, or L grip)

> 10° — 30° deduct up to 0.15 P.

> 30° — 45° deduct 0.20 - 0.25 P.
(0.20 P. = No BP)

> 45° deduct 0.30 P.



Turns (360° and 540°) after handstand phase^{††}

(to mixed L grip or L grip) performed in downswing phase ending with backside of body leading.

> 30° — 45° deduct up to 0.10 P.

> 45° — 60° deduct 0.15 P.

> 60° deduct 0.20 P.
(0.20 P. = No BP)

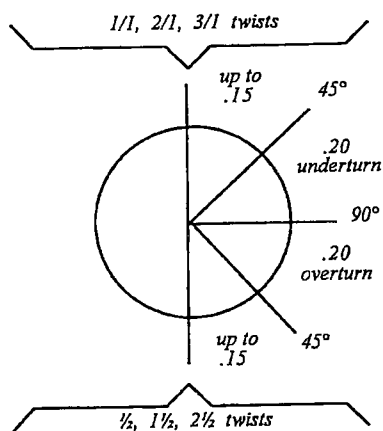
[†] completed in handstand phase = within 10° either side of vertical

^{††} completed after handstand phase = within 30° either side of vertical

* **Note:** Deductions for body posture faults (form breaks) in body-torso, arms-elbows, legs-knees must be taken in addition to penalties assessed for amplitude of turn completion.

SALTOS

- ♦ with twists as dismounts from uneven bars and balance beam and
- ♦ during the exercise on balance beam and floor*



For under or over turning, the evaluation is as follows:

0° — 45° deduct up to 0.15 P.

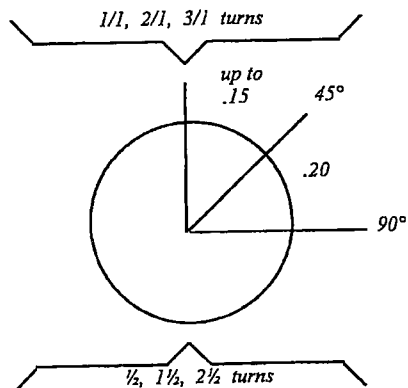
**46° — 90° deduct 0.20 P.
(0.20 = No BP)**

If 90° of twist is missing, credit the lesser VP in Code, i.e.:

- ♦ 3/1 twist becomes 2½ twist
- ♦ 2½ twist becomes 2/1 twist
- ♦ 2/1 twist becomes 1½ twist
- ♦ 1½ twist becomes 1/1 twist

GYMNASTIC TURNS and GYMNASTIC LEAPS, JUMPS AND HOPS WITH TURNS

- ♦ on balance beam and floor:*



For under turning the evaluation is as follows:

0° — 45° deduct up to 0.15 P.

**> 45° deduct 0.20 P.
(0.20 P. = No BP)**

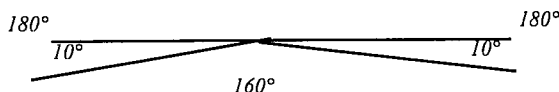
If 90° of turn is missing, credit the lesser VP in CODE, i.e.:

- ♦ 3/1 turn becomes 2/1 turn
- ♦ 2/1 turn becomes 1½ turn
- ♦ 1/1 turn becomes ½ turn

** Note: Deductions for body posture faults (form breaks) in body-torso, arm-elbows, legs-knees must be taken in addition to penalties assessed for degree of turn completion.*

GYMNASTIC LEAPS, JUMPS AND HOPS

- ♦ with 180° leg separation (split) on balance beam and floor:*



If missing degrees of leg separation, the evaluation is as follows:

20° deduct up to 0.15 P. for insufficient split

OR

Credit the actual lower VP performed

RING LEAPS AND JUMPS on balance beam and floor*



For incorrect amplitude and position of rear leg(s), the evaluation is as follows:

1. *Rear leg(s) to head height = No deduction*
2. *Rear leg(s) to shoulder or upper back height = deduct up to 0.10 P.*
3. *Rear leg(s) to hip height - credit the actual appropriate VP performed*



1. 2. 3.

Ring leap becomes sissone; sheep jump becomes stretched jump with bent legs.

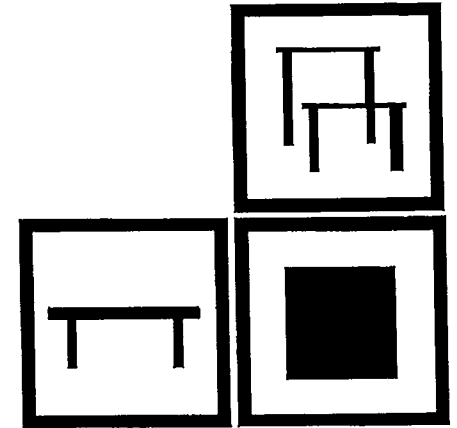
** Note: Deductions for body posture faults (form breaks) in body-torso and legs-knees must be taken in addition to penalties assessed.*

Falls

- Uneven Bars:** Flight elements - after a grasp or touch of one or both hands on the bar, the VP part is awarded, otherwise NO VP credit.
- Balance Beam:** Acro and gym elements - with a landing of one or two feet on the beam the VP is awarded, otherwise NO VP credit.
- Floor Exercise:** Salto elements – with landing feet first, the VP is awarded, otherwise NO VP credit.



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Special Connections

Appendix 2

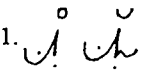
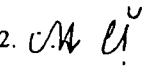
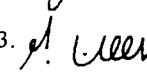
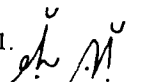
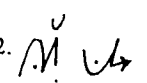
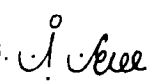
Uneven Bars

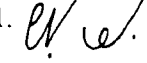
9.5 Bonus Points for Special Connections

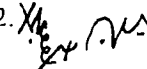
Additional BP for Special Connections can be given for:

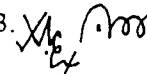
- Mount connection or connection within the exercise of at least two elements each
 - either, with flight phase
 - or, with long axis (LA) turn of at least 180°
- Dismount connection with:
 - the C- or D- element **before** the dismount containing a flight phase or a LA turn and
 - the dismount **with** or **without** LA turn.

Examples:

- a) C + C 0.10 P.
-  C with turn
C with turn
 -  C with flight
C with turn
 -  C with turn
C-dismount
- b) C + D 0.10 P
-  C with turn
D with turn
 -  C with turn
D with flight
 -  C with turn
D-dismount

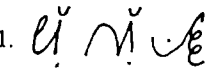
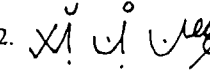
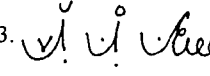
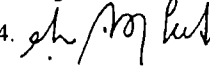
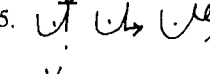
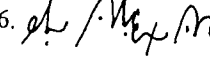
- c) D + D 0.20 P.
-  D with flight
D with flight

-  E with turn
D with flight

-  D with turn
D-dismount

With connections of three elements or more, the second element (if different) may be used a second time to begin a new connection.

Examples of three (3) or more elements:

-  C + C + C = 0.10 P. + 0.10 P
-  C + C + D = 0.10 P. + 0.10 P.
-  C + C + E = 0.10 P. + 0.10 P.
-  C + D + D = 0.10 P. + 0.20 P.
-  D + D + D = 0.20 P. + 0.20 P.
-  C + E + D = 0.10 P + 0.20 P.

Balance Beam

10.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

10.5.1

Connections of two (2) acrobatic flight elements (excluding the mount and dismount)

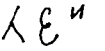
Examples:

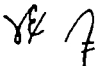
- a) B + D 0.10 P.
- 

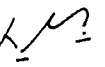
- 

- 

- b) B + E 0.20 P.

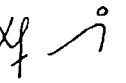
- 

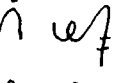
- 

- 


- C + D 0.20 P.

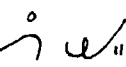
- 

- 

- 

- D + D 0.20 P.
(or more difficult)

- 

- 

10.5.2

Connections of at least three acrobatic flight elements

- a) B+B+C 0.10 P. (with exception of two flic-flacs with landing on one leg + salto stretched with step-out) *me*
1. *nnuv*
 2. *nnuf*
- b) B+C+C 0.10 P.
1. *huvuv*
 2. *nnuf*
- C+C+C 0.20 P.
1. *xfreuv*
 2. *uvru*
 3. *uvuv*
- B+B+D 0.20 P.
1. *nnuv*
 2. *uvuv*
 3. *nnuf*
- B+C+D 0.20 P. (or more difficult)
1. *huvuv*
 2. *huvuv*
 3. *nnuv*
- B+C+C+C 0.20 P.
1. *huvuf*
 2. *nnuvuv*
 3. *xfreuv*

10.5.3

Connections of two acrobatic flight elements with

- counter element execution

- a) B+C 0.10 P.
1. *nfuv*
 2. *nnuf*
 3. *nnuv*
- b) B+D 0.20 P.
1. *uvuv*
 2. *nnuf*
 3. *nnuv*
- c) C+C 0.20 P.
1. *nfuv*
 2. *uvuv*
 3. *nfuv*

Connections of two acrobatic flight elements:

- forward or sideward

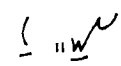
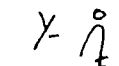
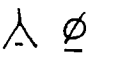
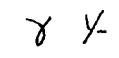
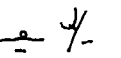
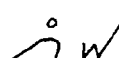
- a) B+C 0.10 P.
1. *nnuf*
 2. *xfuv*
 3. *nnuv*
- b) B+D 0.20 P.
1. *xfuv*
 2. *nnuv*
- c) C+C 0.20 P. (or more difficult)
1. *huvuv*
 2. *huvuv*
 3. *huvuv*

Connections of two:


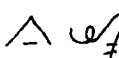
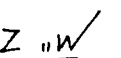
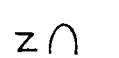
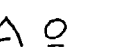

- gymnastic elements or
- Gymnastic/acrobatic elements (or reversed)

a) A + D 0.10 P.


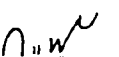
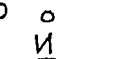

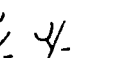
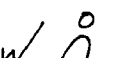
gym/gym gym/acro

1.  
2.  
3.  

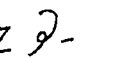


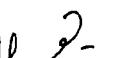


B + C 0.10 P.

1.  
2.  
3.  

b) B + D 0.20 P.

1.  
2.  
3.  

C + C 0.20 P.

1.  
2.  
3.  

Floor

11.5 Bonus Points for Special Connections

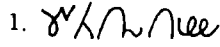

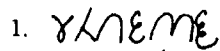
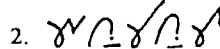

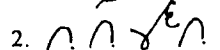
Additional BP for Special Connections can be given for:

11.5.1



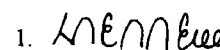
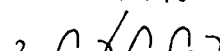
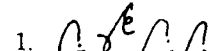
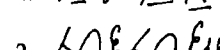
Indirect* acrobatic connections of two or more saltos in a:

I. C-salto series

Examples:

- A + A + C 0.10 P.**
 1. 
 2. 
- A + B + C 0.10 P.**
 1. 
 2. 
- C + C 0.10 P.**
 1. 
 2. 

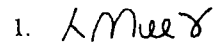

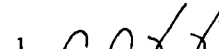
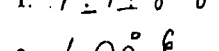
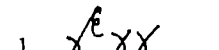
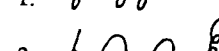
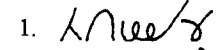
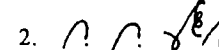



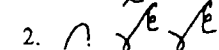
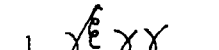
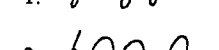
II. D-salto series

- A + D 0.10 P.**
 1. 
 2. 
- B + D 0.10 P.**
 1. 
 2. 
- b) C + D 0.20 P. (or more difficult)**
 1. 
 2. 

11.5.2

Direct* acrobatic connections of two or more saltos :

Examples:

- A + C 0.10 P.**
 1. 
 2. 
- B + C 0.10 P.**
 1. 
 2. 
- A + A + C 0.10 P.**
 1. 
 2. 
- b) A + D 0.20 P.**
 1. 
 2. 
- B + D 0.20 P.**
 1. 
 2. 
- C + C 0.20 P. (or more difficult)**
 1. 
 2. 
- A + A + D 0.20 P.**
 1. 
 2. 

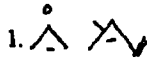
11.5.3

Connections of:

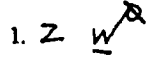
- 2 gymnastic elements


- 2 gymnastic/acrobatic elements (or reversed)


Examples:

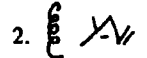
a) C + C 0.10 P. 1.  gym/gym

2.  gym/acro

B + D 0.10 P. 1. Z  gym/gym

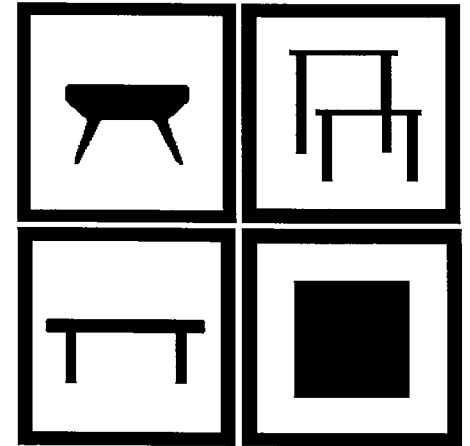
2.  gym/acro

b) C + D 0.20 P. 1.  gym/gym
(or more difficult)

2.  gym/acro



FONDÉE EN 1881



Element Symbols

Appendix 3

FIG VAULT TABLE (1997)

GROUP I Handsprings, Yamashitas	GROUP II Cuervos & Saltos Forward	GROUP III ½ Turn Entry Phase	GROUP IV Round-Off Entry (Yurchenko)
A 1.101 Handspring 8.00 1.102 Handspring - ½ 8.00 1.104 Yamashita 8.20 1.105 Yamashita - ½ 8.40 1.106 ½ on - ½ 8.50	Modified C - Two vaults (the same or different) are permitted. The better score counts. C-I Two vaults (same or different) must be performed. The two vaults are averaged. C-II and IV two different vaults must be performed. The two vaults are averaged. C-III two vaults from different Vault groups must be performed. The two vaults are averaged.		
B 1.202 Handspring - 1/1 8.80 1.205 Yamashita - 1/1 9.00 1.206 ½ on - 1/1 8.70 1.207 1/1 on - Handsp 9.00		3.201 ½ on - Back Tuck 9.00	4.201 RO,FF - Back Tuck 9.00
C 1.302 Handspring - 1½ 9.20 1.306 ½ on - 1½ 9.10 1.307 1/1 on - 1/1 9.30	2.301 Handspring - Front Tuck 9.30 2.302 Handspring - Front Tuck ½ 9.40 2.303 Handspring - ½ Back Tuck 9.40	3.304 ½ on - Back Pike 9.20 3.305 ½ on - Back Layout 9.30	4.302 RO, FF - Back Tuck 1/1 9.40 4.303 RO, FF - Back Pike 9.20 4.304 RO, FF - Back Layout 9.30 4.306 RO, FF - ½ Front Tuck 9.30 4.307 RO, FF - ½ Front Pike 9.40 4.315 RO, FF 1/1 - Handsp. 1/1 9.20
D 1.402 Handspring - 2 9.60 1.406 ½ on - 2/1 9.50	2.402 Handspring - Front Tuck 1/1 9.70 2.403 Handspring - ½ Back ½ 9.70 2.404 Handspring - Front Pike 9.50 2.405 Handspring - Front Pike ½ 9.60 2.406 Handspring - ½ Back Pike 9.60	3.402 ½ on - Back Tuck 1/1 9.50 3.403 ½ on - Back Tuck 1½ 9.70 3.405 ½ on - Layout 1/1 9.60 3.407 ½ on - ½ off Front Tuck 9.50 3.408 ½ on - ½ off Front Pike 9.60	4.402 RO, FF - Back Tuck 1½ 9.60 4.404 RO, FF - Layout 1/1 9.50 4.407 RO, FF - ½ Front Layout 9.60 4.408 RO, FF ½ - Front Tuck 9.60 4.409 RO, FF ½ - Front Tuck ½ 9.70 4.410 RO, FF ½ - ½ Back Tuck 9.70 4.411 RO, FF ½ - Front Pike 9.70 4.415 RO, FF 1/1 - Back Tuck 9.70
E 1.502 Handspring - 2½ 9.80 1.503 Handspring - 3/1 10.00	2.501 Handspring - Double Front 10.00 2.507 Handspring - Front Layout 9.80 2.508 Handspring - Front Layout ½ 9.90 2.509 Handspring - ½ Back Layout 9.90 2.510 Handspring - Front Layout 1/1 10.00 2.511 Handspring - Front Layout 1½ 10.00 2.512 Handspring - Front Layout 2/1 10.00 2.513 1/1 on - Front Tuck 9.80 2.514 1/1 on - Front Pike 9.90 2.515 1/1 on - Front Layout 10.	3.501 ½ on - Double Back tuck 10.00 3.504 ½ on - Double Back Pike 10.00 3.505 ½ on - Back Layout 1½ 9.90 3.506 ½ on - Back Layout 2/1 10.00 3.508 ½ on - ½ off Front Layout 9.80	4.501 RO, FF - Dble Back Tuck 10.00 4.502 RO, FF - Tuck 2/1 9.80 4.503 RO, FF - Dble Back Pike 10.00 4.504 RO, FF - Layout 1½ 9.80 4.505 RO, FF - Layout 2/1 9.90 4.511 RO, FF ½ - Front Pike ½ 9.90 4.512 RO, FF ½ - ½ Back Pike 9.90 4.513 RO, FF ½ - Front Layout 9.90 4.514 RO, FF ½ - Front Layout ½ 10.00 4.515 RO, FF 1/1 - Back Pik 9.80 4.516 RO, FF 1/1 - Back Lay. 9.90

— Notes —

FIG VAULT TABLE (1997)

GROUP I				GROUP II				GROUP III				GROUP IV			
1.101	↷	↷	8.00	<p>Modified C - Two vaults (the same or different) are permitted. The better score counts. C-I Two vaults (same or different) must be performed. The two vaults are averaged. C-II and IV two different vaults must be performed. The two vaults are averaged. C-III two vaults from different Vault groups must be performed. The two vaults are averaged.</p>											
1.102	↷	↷	8.00												
1.104	↷	↷	8.20												
1.105	↷	↷	8.40												
1.106	↷	↷	8.50												
1.202	↷	↷	8.80					3.201	↷	↷	9.00	4.201	↷	↷	9.00
1.205	↷	↷	9.00												
1.206	↷	↷	8.70												
1.207	↷	↷	9.00												
1.302	↷	↷	9.20	2.301	↷	↷	9.30					4.302	↷	↷	9.40
				2.302	↷	↷	9.40					4.303	↷	↷	9.20
				2.303	↷	↷	9.40	3.304	↷	↷	9.20	4.304	↷	↷	9.30
1.306	↷	↷	9.10					3.305	↷	↷	9.30	4.306	↷	↷	9.30
1.307	↷	↷	9.30									4.307	↷	↷	9.40
												4.315	↷	↷	9.20
1.402	↷	↷	9.60	2.402	↷	↷	9.70	3.402	↷	↷	9.50	4.402	↷	↷	9.60
				2.403	↷	↷	9.70	3.403	↷	↷	9.70	4.404	↷	↷	9.50
1.406	↷	↷	9.50	2.404	↷	↷	9.50	3.405	↷	↷	9.60	4.407	↷	↷	9.60
				2.405	↷	↷	9.60	3.407	↷	↷	9.50	4.408	↷	↷	9.60
				2.406	↷	↷	9.60	3.408	↷	↷	9.60	4.409	↷	↷	9.70
												4.410	↷	↷	9.70
												4.411	↷	↷	9.70
												4.415	↷	↷	9.70
1.502	↷	↷	9.80	2.501	↷	↷	10.00	3.501	↷	↷	10.00	4.501	↷	↷	10.00
1.503	↷	↷	10.00	2.507	↷	↷	9.80					4.502	↷	↷	9.80
				2.508	↷	↷	9.90					4.503	↷	↷	10.00
				2.509	↷	↷	9.90	3.504	↷	↷	10.00	4.504	↷	↷	9.80
				2.510	↷	↷	10.00	3.505	↷	↷	9.90	4.505	↷	↷	9.90
				2.511	↷	↷	10.00	3.506	↷	↷	10.00	4.511	↷	↷	9.90
				2.512	↷	↷	10.00					4.512	↷	↷	9.90
				2.513	↷	↷	9.80	3.508	↷	↷	9.80	4.513	↷	↷	9.90
				2.514	↷	↷	9.90					4.514	↷	↷	10.00
				2.515	↷	↷	10.00					4.515	↷	↷	9.80
												4.516	↷	↷	9.90

	R	A - .100	B - .200	C - .300	D - .400	E - .500
1.	01	$\rightarrow \underline{A}$ 8.0				
	02	$\rightarrow \underline{AE}$ 8.0	$\rightarrow \underline{BE}$ 8.8	$\rightarrow \underline{CE}$ 9.2	$\rightarrow \underline{DE}$ 9.6	$\rightarrow \underline{EE}$ 9.8
	03					$\rightarrow \underline{EE}$ 10.0
	04	$\rightarrow \underline{A}$ 8.2				
	05	$\rightarrow \underline{AE}$ 8.4	$\rightarrow \underline{BE}$ 9.0			
	06	$\rightarrow \underline{AE}$ 8.5	$\rightarrow \underline{BE}$ 8.7	$\rightarrow \underline{CE}$ 9.1	$\rightarrow \underline{DE}$ 9.5	
	07		$\rightarrow \underline{A}$ 9.0	$\rightarrow \underline{BE}$ 9.3		
2.	01			$\rightarrow \delta$ 9.3		$\rightarrow \delta\delta$ 10.0
	02			$\rightarrow \delta\delta$ 9.4	$\rightarrow \delta E$ 9.7	
	03			$\rightarrow \underline{ue}$ 9.4	$\rightarrow \underline{ue\delta}$ 9.7	
	04				$\rightarrow \delta$ 9.5	
	05				$\rightarrow \delta\delta$ 9.6	
	06				$\rightarrow \underline{uev}$ 9.6	
	07					$\rightarrow \delta$ 9.8
	08					$\rightarrow \delta\delta$ 9.9
	09					$\rightarrow \underline{ue}$ 9.9
	10					$\rightarrow \delta E$ 10.0
	11					$\rightarrow \delta\delta$ 10.0
	12					$\rightarrow \delta E$ 10.0
	13					$\rightarrow \delta$ 9.8
	14					$\rightarrow \delta$ 9.9
	15					$\rightarrow \delta$ 10.0

	R	A - 100	B - 200	C - 300	D - 400	E - 500
3.	01		$\rightarrow \underline{u}$ 9.0			$\rightarrow \underline{ue}$ 10.0
	02				$\rightarrow \underline{ue}$ 9.5	
	03				$\rightarrow \underline{ue}$ 9.7	
	04			$\rightarrow \underline{uev}$ 9.2		$\rightarrow \underline{uev}$ 10.0
	05			$\rightarrow \underline{u}$ 9.3	$\rightarrow \underline{u}^E$ 9.6	$\rightarrow \underline{u}^E$ 9.9
	06					$\rightarrow \underline{u}^E$ 10.0
	07				$\rightarrow \delta$ 9.5	
	08				$\rightarrow \delta v$ 9.6	$\rightarrow \delta$ 9.8
4.	01		$\rightarrow \underline{u}$ 9.0			$\rightarrow \underline{ue}$ 10.0
	02			$\rightarrow \underline{ue}$ 9.4	$\rightarrow \underline{ue\delta}$ 9.6	$\rightarrow \underline{ue}$ 9.8
	03			$\rightarrow \underline{uev}$ 9.2		$\rightarrow \underline{uev}$ 10.0
	04			$\rightarrow \underline{u}$ 9.3	$\rightarrow \underline{u}^E$ 9.5	$\rightarrow \underline{u}^E$ 9.8
	05					$\rightarrow \underline{u}^E$ 9.9
	06			$\rightarrow \delta$ 9.3		
	07			$\rightarrow \delta v$ 9.4	$\rightarrow \delta$ 9.6	
	08				$\rightarrow \delta$ 9.6	
	09				$\rightarrow \delta$ 9.7	
	10				$\rightarrow \underline{ue}$ 9.7	
	11				$\rightarrow \delta$ 9.7	$\rightarrow \delta\delta$ 9.9
	12					$\rightarrow \underline{uev}$ 9.9
	13					$\rightarrow \delta$ 9.9
	14					$\rightarrow \delta$ 10.0
	15			$\rightarrow \underline{ue}$ 9.2	$\rightarrow \underline{u}$ 9.7	$\rightarrow \underline{uev}$ 9.8
	16					$\rightarrow \underline{u}$ 9.9

V	A-100	B-200	C-300	D-400	E-500
1. ↑	01	L	L ₂		
		L.	L ₂		
	02	u	u ₂		
		u.	u ₂		
	03		u ₂		
	04	L ₂ L ₂	L ₂		
		L ₂ L ₂	L ₂		
	05		L ₂		
	06	∩	∩	∩	
	07	∩ ∩	∩.	∩ ∩	
	08	∩ ∩	∩ ∩		
	09		∩	∩	∩
	10		∩ ∩	∩	
	11			∩	
	12			∩ ∩	∩ ∩
	13				∩
14		∩	∩	∩ ∩	
15		∩	∩	∩	
16		∩			
2. ↓	01	∩	∩ ∩	∩	∩
	02			∩	∩
	03			∩	∩
	04	∩ ∩	∩ ∩	∩ ∩	∩ ∩
	05		∩ ∩	∩ ∩	
	06			∩ ∩	∩ ∩
	07			∩	
	08			∩ ∩	
	09		∩ ∩		
	10		∩	∩ ∩	∩

V	A-100	B-200	C-300	D-400	E-500
3. ↓	01	∩	∩ ∩	∩	
	02	∩	∩ ∩	∩	∩
	03		∩		
	04		∩		∩
	05	∩	∩	∩	∩
	06			∩	
	07			∩	∩ ∩
	08			∩	∩ ∩
	09	∩	∩ ∩	∩	∩ ∩
4. ∩	01	∩	∩ ^{45°}	∩	
	02		∩		∩ ∩
	03		∩ ∩		
	04		∩ ∩	∩	∩
	05			∩	∩
	06			∩	∩ ∩
	07		∩		∩
	08		∩		∩
	09		∩ ∩	∩	∩
	10			∩ ∩	∩ ∩
	11			∩ ∩	∩ ∩
5. ∩	01		∩		
	02		∩	∩ ∩ ∩	∩
	03			∩ ∩ ∩	
	04		∩ ∩	∩ ∩	
	05				∩ ∩
	06				∩
	07			∩ ∩	∩ ∩
	08			∩ ∩	∩ ∩

V	A-100	B-200	C-300	D-400	E-500
6. X	01	⊗	∩	∩ ∩	∩
	02				∩ ∩
	03				∩ ∩
	04		⊗	∩	∩ ∩
	05	⊗	∩	∩	∩
	06			∩	∩
	07				∩ ∩
	08				∩ ∩
7. 0	01	0			
	02	0	∩	∩	
	03	∩	∩ ∩		
	04	⊗	⊗	∩ ∩	∩ ∩
	05	⊗	⊗	∩ ∩	∩ ∩
	06				∩ ∩
	07	⊗	⊗	∩	
	08	⊗	⊗	∩ ∩	∩ ∩
	09				∩ ∩
	10			∩ ∩	∩
	11				∩ ∩
	12			∩ ∩	∩ ∩
8. ↓	01	∩ ∩	∩ ∩	∩ ∩	∩ ∩
	02		∩ ∩	∩ ∩	∩ ∩
	03			∩ ∩	∩ ∩
	04	∩ ∩	∩	∩ ∩	
	05		∩ ∩	∩ ∩	∩ ∩
	06				∩ ∩
	07				∩ ∩
	08	∩ ∩	∩ ∩	∩ ∩	∩ ∩
	09	∩	∩	∩	∩
	10				∩ ∩
	11			∩ ∩	
	12			∩ ∩	
	13			∩ ∩	∩ ∩
	14			∩ ∩	∩ ∩

	A-100	B-200	C-300	D-400	E-500
01	KX M	M		M	
02	E	MK			
03	F M				
04	M	L	Y X	3 X	
05	M	MK			
06	M				
07	M	MK			
08	M				
09		M	M		
10		L M		M	
11		M M	M		
12		M M	M M		
13			M M		
14			M		
15		M			
16		X M	M	M	
17		M M	M M		
18		M	M M	M M	M
19			M M	M M	
20			M M		
21				M M	M M
2.					
01	M M	M M	M M		
02	X	M	M M	M	M
03		M	M M	M	
04			Z Z	Z Z	Z
05		M	M		
06	M	M M	M M	M	
07			M M	M	M
08	M	M	M	M	
09	M	M	M	M	
10	M	M	M	M	
11	M	M	M	M	M

	A-100	B-200	C-300	D-400	E-500
3.					
01	O	Ø		Ø	Ø
02			Ø	Ø	Ø
03		Y	Y	Y	
04		W		W	
05	W		W	W	
06	W	W	W		
07	W	W	W		
08			W		
4.					
01	W	W			
02	W	W			
03	W	W			
04		W			
5.					
01	Y	Y			
02	K		A	A	
03	Y	K			
04	A	A			
05	M M		M M		
06	M M	M	M		
07			M	M	
08			M		
09			M		
6.					
01	M	M	M		
02		M	M		
03	M	M			
04	M	M			
05	M	M	M		
06	M	M	M		

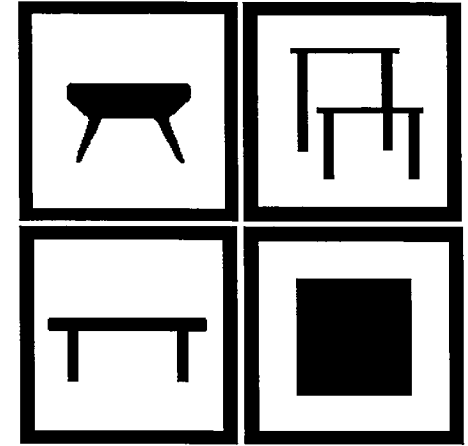
	A-100	B-200	C-300	D-400	E-500
7.					
01	M M	M M	M		
02		M M	M	M	M
03	X X X	X X	X X		X
04	M M	M	M		
05	M	M M			
06	M		M		
07	M	M M	M M		
08		M M	M	M	
09			M M	M	M
10		M M	M	M	
11		M M	M	M	
12		M M	M M	M	
8.					
01			M M	M	M
02					M
03				M M	
04		M	M M	M	
05			M M	M	M
06		M	M		M M
9.					
01	M M	M M	M M		
02	M M	M M	M M		
03	X X	X X	X X		
04	M M	M	M M	M M	M
05			M M	M	
06		M M			M M
07	M M	M	M M	M	M
08			M M	M M	M M
09		M M	M M	M M	
10	M M	M M	M M	M M	
11		M M	M M	M M	
12			M M	M M	M M

1.	□	A - 100	B - 200	C - 300	D - 400	E - 500
		01				
	02					
	03					
	04	Y-				
	05		Z	ZY		
	06			Z		
	07			Z Z		
	08		Y			
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
	17					
	18					
2.	01	O				
	02					
	03					
	04					
	05					
	06					
	07					
	08					

3.	□	A - 100	B - 200	C - 300	D - 400	E - 500
		01				
	02					
4.	01					
	02					
	03					
5.	01					
	02					
	03					
	04	X X	W	W		
	05	Y Y				
	06					
	07					
	08					
6.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					



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Score Slip Appendix 4



WOMEN'S ARTISTIC GYMNASTICS – A Panel Judge's Slip

Competition

I II III IV

Date: _____

Gymnast No.

Country

Gymnast's Name



1 _____

2 _____

Deductions (-):			Bonus Points (+):	
B	C	D	Special Connections	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	
Special Requirements			Extra D/E Elements	
<input type="text"/>			<input type="text"/>	
No Dismount			Starting Value (SV)	
<input type="text"/>			<input type="text"/> P.	

Signature of Expert 1

Signature of Expert 2



WOMEN'S ARTISTIC GYMNASTICS – B Panel Judge's Slip

Competition

I II III IV

Date: _____

Gymnast No.

Country

Gymnast's Name



1 _____

2 _____

TOTAL DEDUCTIONS

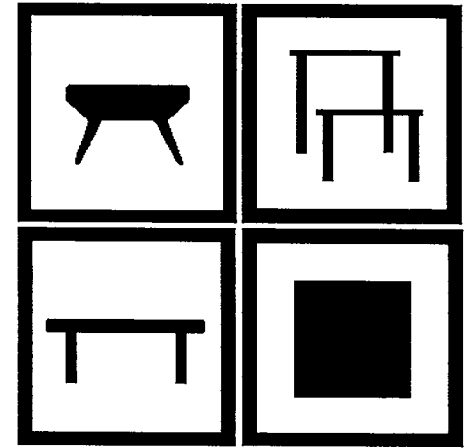
P.

Judge's Position

Signature of Judge



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Exercise Symbol Sheet Appendix 5

Special Conn.		SR	Special Conn.		SR	Special Conn.		SR	Content	
0.1	0.2		0.1	0.2		0.1	0.2			
C+C C+D	D+D	\swarrow 3 Flight (diff) 2B Direction 1	Acro Flight (2 ele. on BB only)	B+D B+E C/D+D B+ B/C +C B+ B/C +D C+C+C B+C+C+C	Acro S. Gym S. Mix S. \uparrow \uparrow \uparrow \uparrow	Acro. Indirect A+ A/B +C C+C A/B+D A/B+C A+A+C	C+D	2 Acro S. with 1 Comb. S. 3 Diff. Saltos Gym S. Mix S. 1 Gym C Dmt B/C/D	M A B C D	Q 3 3 2 2 1
(Must <u>each</u> contain either: flight phase or LA turn except Dmt)		Dmt B/C/D	Counter Fwd/Side Acro 2 Gym/Mix	A+D B+D B+C C+C	Dmt B/C/D	2 Gym/Mix B+D C+C	C+D			

	B	SC	VP
	C	D/E	SR
	D	SV	
	E		
			FIN
	B	SC	VP
	C	D/E	SR
	D	SV	
	E		
			FIN
	B	SC	VP
	C	D/E	SR
	D	SV	
	E		
			FIN

Special Conn.	0.1	0.2	SR	Special Conn.	0.1	0.2	SR	Special Conn.	0.1	0.2	SR	Content	
C+C C+D		D+D	$\sqrt{\quad}$ 3 Flight (diff) 2B Direction 1 Dmt B/C/D	Acro Flight (2 ele on BB only)	B+D	B+E C/D+D B+ B/C +C B+ B/C +D C+C+C B+C+C+C	Acro S. Gym S. Mix S. $\frac{6}{0}$ Dmt B/C/D	Acro. Indirect	A+ A/B +C C+C A/B+D A/B+C A+A+C	C+D	\square	2 Acro S. with 1 Comb. S. 3 Diff. Saltos Gym S. Mix S. 1 Gym C Dmt B/C/D	M O A 3 1 B 3 2 C 2 2 D 1
(Must each contain either: flight phase or LA turn except Dmt)													

												B C D E	SC D/E SV	VP SR	Fin
												B C D E	SC D/E SV	VP SR	Fin
												B C D E	SC D/E SV	VP SR	Fin
												B C D E	SC D/E SV	VP SR	Fin
												B C D E	SC D/E SV	VP SR	Fin



FONDÉE EN 1881

Activation and Categorization, etc.

Appendix 6

Appendix 6

Guideline for Judges' Control

6.1 Judging Behavior Requirements

Judges must act in a professional manner at all times by

- displaying high ethical standards of conduct and personal demeanor
- adhering to the general requirements and rules stipulated in the CODE of POINTS
- following the instructions given by the WTC or the Chair of the Apparatus (Judging Panels)
- following the instructions by the WTC for an orderly and disciplined competition and
- judging fairly, objectively and without bias for all individual gymnasts and teams.

Violations of the above requirements will result in warnings and/or ultimate sanctions by the WTC, pronounced by the President of the Technical Committee and/or the President of the Jury of Appeal.

6.2 Method Of Control

In order to monitor and ensure the practical application of the CODE rules by the FIG judges, the scores of the judges are constantly checked for competence and/or objective judging.

At all FIG Competitions the judges' work will be analyzed by the FIG/WTC and supported by the WTC official computerized analysis program.

Violations against the requirements in Appendix 6.1, may result in warnings and/or sanctions by the WTC, pronounced by the President of the Technical Committee and/or the President of the Jury of Appeal.

6.3 Judges' Evaluation

All judges will receive their personal evaluation form after Competition I, II, III, and IV.

Those judges consistently receiving a composite evaluation of excellent, very good and good plus (+) may be specially recognized by the FIG/WTC through:

- special citation
- a raise in their classification/category and/or
- selection to judge in the Olympic Games.

6.4 Judging Faults In Awarding A Score

The following are considered as faults in awarding of a score (in comparison to the Final Score and/or Base score):

- scoring the gymnasts of one's own country higher, compared to the personal tendency of the judge
- systematically scoring lower, in comparison to the personal tendency of the judge, for the individual gymnasts and teams directly in competition for placement with the gymnasts of one's own country
- collaborating with one or several other judges in order to manipulate scores and
- giving scores, causing incorrect ranking of the gymnasts as compared to the final ranking.

6.5 Immediate Actions During The Competition

Immediate actions that may be applied during the competition are:

- "verbal warning"
- replacement by the reserve judge
 - if a judge has already received a warning and does not alter her behavior
 - without warning, if the case is an obvious serious transgression against the rules.

6.6 Actions Following the Complete Judging Analysis Of The Competition

After thorough analysis of the judges' scores the following actions may be imposed:

- a serious written warning mailed to the respective Federation
- a sanction in the form of –
 - the Brevet lowered one or more categories
 - the Brevet suspended for one or two years, according to the gravity of the fault
 - the Brevet withdrawn and/or
 - the Federation denied a judge placement at the next competition.

A judge has the right to file a written protest with the competition Jury of Appeal, in case of arbitrary action taken against her by the Chair of the Apparatus Jury or the Superior Jury.

USAG JR. OLYMPIC VAULT TABLE (Effective Aug. 1, 1997)

S indicates J. O. Element Supplement

GROUP I HANDSPRINGS & YAMASHITAS	GROUP II CUERVOS (Hndsp - 1/2 off, Back Salto) & Handspring on - SALTOS FORWARD	GROUP III TSUKAHARAS* & 1/2 TURN ENTRY PHASE	GROUP IV ROUND-OFF ENTRY (Yurchenko)
1.101 Handspring 8.5 1.102 Handspring - 1/2 turn 8.6 1.104 Yamashita 8.6 1.105 Yamashita - 1/2 turn 8.7 1.106 1/2 on - 1/2 off 8.8			
1.202 Handspring - 1/1 9.2 1.205 Yamashita - 1/1 9.3 1.206 1/2 on - 1/1 9.2 1.207 1/1 on - Hndsprng 9.5 S1.210 1/1 on - 1/2 9.5		3.201 Tsukahara - Tuck 9.4	4.201 RO,FF - Back Tuck 9.4 S4.210 RO,FF 1/2 - 1/1 twist off 9.2 S4.211 RO,FF 1/2 - 1/2 twist 9.4
1.302 Handspring - 1 1/2 9.4 1.306 1/2 on - 1 1/2 9.4 1.307 1/1 on - 1/1 off (H/Y) 9.7	2.301 HS- Front Tuck 9.7 2.302 HS - Front Tuck 1/2 9.8 2.303 HS- 1/2 Back Tuck 9.8	3.303 Tsukahara - Pike 9.5 3.305 Tsukahara - Layout 9.7 S3.310 Tsukahara - Tuck 1/2 9.5 S3.311 Tsukahara- Pike 1/2 9.6 S3.312 Tsukahara- Layout 1/2 9.7	4.302 RO,FF - Back Tuck 1/1 9.7 4.303 RO,FF - Back Pike 9.5 4.304 RO,FF - Back Layout 9.7 4.306 RO, FF- 1/2 off, Fr. Tuck 9.7 4.307 RO, FF- 1/2 off, Fr. Pike 9.8 4.315 RO, FF 1/1- HS 1/1 9.7 S4.320 RO,FF - Back Tuck 1/2 9.5 S4.321 RO,FF - Back Pike 1/2 9.6 S4.322 RO,FF - B. Layout 1/2 9.7
1.402 Handspring - 2/1 9.9 1.406 1/2 on - 2/1 9.9 S1.410 1/1 on - 1 1/2 9.8	2.402 HS- Front Tuck 1/1 10.0 2.403 HS- 1/2 off, Back 1/2 10.0 2.404 HS - Front Pike 9.8 2.405 HS - Front Pike 1/2 9.9 2.406 HS- 1/2 Back Pike 9.9	3.402 Tsukahara- Tuck 1/1 9.7 3.403 Tsukahara- Tuck 1 1/2 9.9 3.405 Tsuk - Layout 1/1 9.8 3.407 1/2 on - 1/2 off, Ft. Tuck 9.9 3.408 1/2 on - 1/2 off, Ft. Pike 9.9	4.402 RO, FF- Back Tuck 1 1/2 9.9 4.404 RO,FF - B. Layout 1/1 9.8 4.407 RO,FF - 1/2 off, Fr. Layout 9.9 4.408 RO, FF 1/2 - Front Tuck 9.8 4.409 RO, FF 1/2- Fr. Tuck 1/2 9.9 4.410 RO,FF 1/2 - 1/2 off, B. Tuck 9.9 4.411 RO,FF 1/2 - Front Pike 9.9 4.415 RO,FF 1/1- Back Tuck 9.8 S4.20 RO,FF 1/2 - 2/1 twist 9.9
1.502 Handspring- 2 1/2 10.0 1.502 Handspring- 3/1 10.0	2.501 HS- Double Front 10.0 2.507 HS- Front Layout 10.0 2.508 HS - Front Layout 1/2 10.0 2.509 HS- 1/2, Back Layout 10.0 2.510 HS- Front Layout 1/1 10.0 2.511 HS- Front Layout 1 1/2 10.0 2.512 HS- Front Layout 2/1 10.0 2.513 1/1 on - Front Tuck 10.0 2.514 1/1 on- Front Pike 10.0 2.515 1/1 on- Front Layout 10.0	3.501 Tsuk- Double B. Tuck 10.0 3.504 Tsuk- Double B. Pike 10.0 3.505 Tsuk- Back Layout 1 1/2 10.0 3.506 Tsuk- B. Layout 2/1 10.0 3.508 1/2 on- 1/2 off, Fr. Layout 10.0 *All Tsukaharas may be performed with 90 degree to 180 degree LA turn in the first flight phase.	4.501 RO,FF - Double Tuck 10.0 4.502 RO,FF- B. Tuck 2/1 10.0 4.503 RO,FF- Double Pike 10.0 4.504 RO,FF- B. Layout 1 1/2 10.0 4.505 RO,FF- B. Layout 2/1 10.0 4.511 RO, FF 1/2- Fr. Pike 1/2 10.0 4.512 RO, FF 1/2- 1/2 off, B. Pike 10.0 4.513 RO, FF 1/2- Fr. Layout 10.0 4.514 RO, FF 1/2- Fr. Layout 1/2 10.0 4.515 RO,FF 1/1- Back Pike 10.0 4.516 RO,FF 1/1-Back Layout 10.0

Level 7/PREP Optional: S0.1 Squat 7.0
S0.2 Stoop 7.5 S0.3 Straddle 7.5

Allowable Vaults: Level 10: All vaults from all four Groups Level 9: All Group 1, 2 & 3 vaults
Level 8: Vaults valued at 9.5 or less from Group 1 (Handspring) & Group 3 (Tsukahara)
Level 7: Group I vaults (no more than 360° turn in one flight & no more than 540° turn in total (1.100's and 1.200's))

OPTIONAL RULES FOR THE WOMEN'S JR. OLYMPIC PROGRAM (effective August 1, 1997)

Requirements	LEVEL 8	LEVEL 9	LEVEL 10
VALUE PARTS	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C	3 A's, 3 B's, 2 C's (FIG-modified)
START VALUE	10	9.7	9.5
BONUS	Not eligible for bonus	Maximum of 0.3 in Special Connections	Maximum of 0.50 (minimum of 0.10 for additional D/E, minimum of 0.1 for Spec. Conn., remaining 0.3 may be earned by additional D/E or SCs)
DIFFICULTY RESTRICTIONS	D or E will VOID the exercise. "C" Gymnastics (dance) &/or Acro-strength- balance elements are allowed & will receive VP credit. All other C's will not receive VP credit (exception: Cast HS or Clear Hip HS w/ 180° turn in or after HS receives "B" on UB)	No difficulty restrictions; however if a D or E element is performed, it receives C Value part credit and may fulfill compositional and Special Requirements and acts as a C in Special Connection bonus.	No restrictions
VAULTS ALLOWED	Group 1 and 3 Vaults valued at 9.50 or less. All other vaults are not permitted and if performed would VOID the event.	All Group 1, 2 & 3 Vaults are allowed. Group 4 (Round-off entry vaults) are NOT permitted.	All vaults from Groups 1, 2, 3 and 4
SPECIAL REQUIREMENTS (Deduction of 0.20 for each missing SR)	<p>BARS: (4 SR at 0.20 each)</p> <p>1,2 Bar Changes *</p> <p>3 Flight element, minimum of "B" *</p> <p>4 Minimum of "A" dismount</p> <p>* No LA turn required</p> <p>BEAM (7 SR at 0.20 each)</p> <p>1. Acro series of 2 or more elements (minimum of 1 with flight*)</p> <p>2. Gym series of 2 or more elements</p> <p>3. Mixed series of 2 or more elements</p> <p>4. Element/connections close to the beam</p> <p>5. 360° turn on one leg</p> <p>6. Large leap/jump/hop</p> <p>7. Minimum of "A" dismount</p> <p>FLOOR: (7 SR at 0.20 each)</p> <p>1. Gymnastics Series with 3 elements</p> <p>2. Mixed series (3 elements-A/G/A or G/A/G)</p> <p>3. 1 Gymnastics "B" *</p> <p>4. 2 Different Acro series (3 flight elements, one a salto)</p> <p>5. 1 Acro series with 2 saltos *</p> <p>6. 3 different saltos, performed in two Acro series</p> <p>7. Minimum of "A" (acro or gym) in the last combination of three directly connected elements.</p>	<p>BARS (5 SR at 0.20 each)</p> <p>1,2 2 Bar Changes *</p> <p>3 1 Flight element, minimum of "B" *</p> <p>4 1 LA turn required (180° or more)- not in mount or dismount</p> <p>5 Minimum of "B" dismount</p> <p>BEAM (7 SR at 0.20 each)</p> <p>1. Acro series with 2 or more flight elements</p> <p>2. Gym series of 2 or more elements</p> <p>3. Mixed series of 2 or more elements</p> <p>4. Element/connections close to the beam</p> <p>5. 360° turn on one leg</p> <p>6. Large leap/jump/hop</p> <p>7. Minimum of "B" dismount</p> <p>FLOOR: (7 SR at 0.20 each)</p> <p>1. Gymnastics Series with 3 elements</p> <p>2. Mixed series (3 elements-A/G/A or G/A/G)</p> <p>3. 1 Gymnastics "B" *</p> <p>4. 2 Different Acro series (3 flight elements, one a salto)</p> <p>5. 1 Acro series with 2 saltos *</p> <p>6. 3 different saltos, performed in two Acro series</p> <p>7. Minimum of "B" (acro or gym) in the last combination of three directly connected elements.</p>	<p>BARS 6 SR at 0.20 each)</p> <p>1,2 2 Bar Changes *</p> <p>3,4 2 different Flight elements, minimum of "B" (* hops IN handstand included)</p> <p>5 1 LA turn required (180° or more)-not in mount or dismount</p> <p>6 Minimum of "B" dismount</p> <p>BEAM (7 SR at 0.20 each)</p> <p>1. Acro series with 2 or more flight elements</p> <p>2. Gym series of 2 or more elements</p> <p>3. Mixed series of 2 or more elements</p> <p>4. Element/connections close to the beam</p> <p>5. 360° turn on one leg</p> <p>6. Large leap/jump/hop</p> <p>7. Minimum of "B" dismount</p> <p>FLOOR: (7 SR at 0.20 each)</p> <p>1. Gymnastics Series with 3 elements</p> <p>2. Mixed series (3 elements-A/G/A or G/A/G)</p> <p>3. 1 Gymnastics "C"</p> <p>4. 2 Different Acro series (3 flight elements, one a salto)</p> <p>5. 1 Acro series with 2 saltos *</p> <p>6. 3 different saltos, performed in two Acro series</p> <p>7. Minimum of "B" (acro or gym) in the last combination of three directly connected elements.</p>

ELEMENT VALUES FOR THE JR. OLYMPIC PROGRAM THAT DIFFER FROM FIG

UNEVEN BARS

# in 1997 Code	Element	Value for JO Competition
	<i>MOUNTS</i>	
1.104	Glide stoop through, cut catch same bar	B
	<i>CASTS AND COUNTERSWINGS</i>	
2.201	Cast Handstand, hop to reverse grip in Handstand	C
2.205	Turning uprise	C
2.305	Uprise to Handstand, also with ½ turn in Handstand	D
	<i>UNDERSWINGS AND CLEAR HIPS</i>	
3.209	Rear support on HB, (inverted pike swing) dislocate w/ flight over LB	C
	<i>GIANT SWINGS BACKWARDS</i>	
4.204	Backward giant w/ ½ turn in Handstand	C
4.204	Backward giant w ½ turn, ½ turn (different directions)	C
4.204	Backward giant w / hop ½ turn and ½ turn (different directions)	C
4.304	Backward giant w/ 1/1 turn in Handstand, also with hop on first ½ turn (turns in same direction)	D
4.405	Backward giant w/ hop 1/1 turn	E
4.207	HS on HB, long swing (bail) ½ turn to hang on LB (½ turn Overshoot)	C
	<i>GIANT SWINGS/CIRCLES FORWARD</i>	
5.202	Front Giant w/ legs straddled or hips piked in upswing	C
5.302	Front Giant with regular grip (slip grip) (Galloway)	D
5.304	HS on HB, Swing down fwd, back facing LB, straddle back to HS on LB	D
5.405	Jaeger Salto piked	E
	<i>CIRCLE SWINGS AND HECHTS</i>	
7.107	Front seat circle with straddle cut to hang on same bar	B
	<i>BAR DISMOUNTS</i>	
8.201	Underswing front salto tucked or piked (toe on front off)	C
8.405	Flyaway double salto backward stretched	E
8.406	Flyaway , double salto backward tucked with 1/1 twist on first or second salto	E
8.202	Underswing ½ turn to salto backward tucked or piked (Comaneci)	C
8.205	Flyaway with double salto backward tucked	C
8.408	From HS, Swing down forward to Double salto forward tucked	E
*8.305	Flyaway, double salto backward in layout/pike or pike/layout	D
8.109	Clear hip hecht dismount	B

Any double salto flyaway with twists on first or second salto = E

* new code does not recognize this as a separate element. If there is a pike in any one salto, it is considered a piked double flyaway.

BALANCE BEAM

# in 1997 Code	Element	Value for JO Competition
	LEAPS AND JUMPS	
2.202/2.206	Straddle Pike or Side Split Jump in cross position	C
2.302/2.306	Straddle Pike or Side Split Jump w/ ½ turn in cross pos.	D
	TURNS	
3.204	½ illusion	C
3.404	1/1 illusion	E
	WALKOVERS AND CARTWHEELS	
7.402	New element- Onodi (jump ½ turn to front walkout -no flight off hands) Onodi with flight remains E in new code.	E

FLOOR EXERCISE

# in 1997 Code	Element	Value for JO Competition
	LEAPS, JUMPS, AND HOPS	
1.116	Cat leap 1/1	B
1.216	Cat leap 1½	C
1.316	Cat Leap 2/1	D
1.105/1.109	Straddle pike or side split jump	B
	WALKOVERS/CARTWHEELS	
5.102	Flyspring	B
	SALTOS	
6.307	Double salto backward tucked	D
6.408	Double salto backward tucked or piked with 1/1 twist	E
6.101	Front Salto Piked	B
6.201	Front salto stretched, also w/ ½ twist	C
6.301	Front salto stretched w/ 1/1 twist	D
6.301	Front salto tucked or stretched w/ 1½ twist	D
6.401	Layout front with double twist	E