

International Federation of Gymnastics Founded in 1881

Women's Technical Committee (WTC)



CODE OF POINTS – WOMEN

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

Made in Switzerland

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Translation by:
Mrs. Jackie Fie
FIG WTC Member

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INTRODUCTION

The explosive development of Women's Artistic Gymnastics, not only making the sport feminine-elegant, but also technically complicated throughout the world, has caused the FIG Women's Technical Committee to revise the current Code of Points.

Its purpose is to develop unified basic principles for the evaluation of these exercises, performed during international competitions. It will aid the judges of all countries in their ever difficult and responsible activities, to determine within a few moments the most fair, uninfluenced, and correct evaluation of a presentation that has taken the gymnast and her coach long and diligent preparations to create.

It is the responsibility of the judges, according to the following Code of Points, to grasp in its totality:

1. the exercise construction as a whole
2. the difficulty value of elements and connections
3. the presentation of movements as well as
4. the harmony with the music during the floor exercise

It is also the responsibility of the judges to observe the technical perfection of the execution, the harmony and strength of expression as well as taking into account feminine elegance and grace.

Each judge must be aware that it is incumbent to her function to also credit new and developing exercise elements, besides evaluating an exercise based on current norms, in order to stimulate the constant development of our beautiful and forever young sport.

Unfair and faulty evaluations cause negative results, not only for the performance/spirit of the individual gymnast and her coach, but for the general development of international gymnastics.

The Tables of Difficulties printed with the Code of Points contain elements of difficulty A-B-C as they are considered for international competitions.

The Technical Committee for Women thanks all the ladies who have contributed to this Code of Points and wishes much success to all judges in their activities.

Ellen Berger
President, FIG WTC

The total work of the Code of Points resulted from the Women's Technical Committee (WTC) of the F.I.G. and these working groups appointed by them:

WTC:

Ellen Berger, President	GDR
Maria Simionescu, Vice President	Romania
Jaroslava Matlochova, Vice President	Czechoslovakia
Riek Fentsahm, Secretary	Netherlands
Ulla Berg, Member	Sweden
Jackie Fie, Member	USA
Carol Anne Letheren, Member	Canada

Working Group:

Margot Dietz	GDR
Sylvia Hlavacek	GDR
Olga Karasheva	USSR

Illustrations:

Atanasia Albu	Romania
Ingrid Niklas	GDR

Translations:

English — Jackie Fie	USA
----------------------	-----

Editing:

Ellen Berger, President WTC	GDR
Margot Dietz	GDR
Elisabeth Kunz	Switzerland

Article 1

Purpose and Goal of the Code of Points

The following Code of Points has the task to:

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

The Code is based on the Technical Regulations as well as the fundamental decisions of the FIG authorities which take into consideration the extensive modern development of artistic gymnastics in the whole world.

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

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

Article 2

1. The Working Procedure of the Judges

The judgement of compulsory and optional exercises is performed by:

- 1 Head Judge and
- 4 Judges

The head judge and the 4 judges evaluate the exercises according to their responsibilities and independently of each other. They write their score on the score paper (judges' slip) and give it immediately to the Head Judge for proofing and calculation.

The Head Judge is assisted by:

- 1 Scientific Technical Collaborator (STC) and
- Assistants

In Competition III 2 Head Judges from the WTC evaluate the exercises, the 4 judges must belong to nations that have no gymnasts in the Finals on that respective apparatus. (Except World Cup)

2. Placement of the Judging Brigades

The Head Judge, Scientific Technical Collaborator (STC), and Assistant will sit at an angle of 90° from the middle of the apparatus in a distance which allows a correct and undisturbed observation of the exercise. The 4 judges are present either:

- on the same level, 2 each on the left and right next to the Head Judge or
- 1 right and 1 left of the Head Judge and 2 others across.

3. The Determination of the Final Score

The 4 scores of the judges are used for the evaluation. The highest and lowest scores are eliminated; the two middle scores are divided by two = **Final Score**.

Example:

Judge 1 9.20 Points
Judge 2 9.30 Points
Judge 3 9.30 Points
Judge 4 9.20 Points = 9.25 Final Score

In Competition III both scores of the Head Judges' are averaged; this middle note (average) counts as the score of the Head Judge. The score of the Head Judge(s) has a control function and comes only into the evaluation if the base score must be worked out (see Determination of Base Note – page 8). The scores of the 2 Head Judges must adhere to the allowable differences (ranges) on page 8.

Taking into consideration all factors in the evaluation of the optional exercise (see Article 7, page 14), the following compositions for the determination of the Final Score are submitted:

Example for a Scoresheet (judges' slip):

		Head Judge	Judges 1	2	3	4	STC
Starting Score	Pts.	9.50	9.50	9.50	9.50	9.50	9.50
Deductions (Techniques, Posture, Combinations, Special Requirements for Beam and Floor)	Pts.	0.50	0.30	0.40	0.30	0.50	–
Base Score:	Pts.	9.00	9.20	9.10	9.20	9.00	–
Bonus Points for:							
Risk	Pts.	0.20	0.20	0.00	0.20	0.20	0.20
Originality	Pts.	0.20	0.10	0.20	0.10	0.20	0.20
Additional "C"	Pts.	0.10	0.00	0.10	0.10	0.10	0.10
	Pts.	9.50	9.50	(9.40)	(9.60)	9.50	–

Final Score (average score) = 9.50

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

Competition I

0.10Pt. for scores between 9.50–10.00 Pts.
0.20Pt. for scores between 9.00– 9.45 Pts.
0.30Pt. for scores between 8.50– 8.95 Pts.
0.50Pt. in all other cases.

Competition II and III

The difference between the three scores (closest together) must not be greater than:

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

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

- If there is too great a difference between the middle scores, a conference of all 4 judges follows. In this conference either
- the unallowable value differences are clarified or
 - the base score is calculated with approval of the Jury.

Calculation of the Base Score:

$$\frac{\text{Score of Head Judge(s)} + \text{Final Score (average) of the Judges}}{2} = \text{Base Score}$$

Example:

$$\text{a) } \frac{9.10 \text{ Pt. = Score of H.J.} + 9.40 \text{ Pt. = Final Score of 4 Judges}}{2} = 9.25 \text{ Pt. Base Score}$$

$$\text{b) } \frac{8.80 \text{ Pt. = Score of H.J.} + 8.55 \text{ Pt. = Final Score of 4 Judges}}{2} = 8.675 \text{ Pt. Base Score}$$

4. Rights and Duties of Judging Brigades

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

- Code of Points
- Technical Reglement

They must:

- Possess a Brevet (necessary for Olympic Games, World Championships and World Cup). Condition: participant at intercontinental or international course.
- Be inscribed on the list of international acknowledged judges (Exception: the Assistants).
- Be at the competition site 1 hour before the beginning of the competition.

- Take part in the Judges' Course before the competition.
- Wear the prescribed competition uniform (grey skirt, white blouse, dark blue jacket) except at the Olympic Games; supplied by Organizing Committee.

They must not leave their place during the competition or have contact with another person.

Only the Head Judge has the right to have contact with the Jury.

Formation of the Jury:

- President of the Women's Technical Committee
- A representative of the Executive Committee of the FIG
- First Vice President of the WTC
- Secretary of the WTC
- Head Judge of the respective apparatus. (See T. R. Article 27, 1—5)

4.1. Rights and Duties of the Jury

- They may remove a judge from the competition upon recommendation of the head judge, if an incorrect evaluation of the exercises can be proven.
- They can expel a trainer (male or female) from the podium if the competition is disturbed by their behavior.
- They take a deduction for incorrect competition attire:
 - In Competition I & II from the All Around Score
 - In Competition III from the score on the Final apparatus (event).
- They handle all technical organizational matters of the competition as: checking of the apparatus according to the norms of FIG, signaling devices, timing, etc. They give respective directives to the organizers and prepare a record (of the proceedings).

4.2. Rights and Duties of the President of the Women's Technical Committee

- She conducts the Intercontinental Course for the judges.
- She is responsible for the Judges' Course before the Olympic Games, World Championships, and World Cup Competitions.
- She appoints lecturers for continental, international and national judges' courses.
- She is responsible for the special course for the scientific technical collaborators.
- She appoints the head judges on the respective apparatus. In principle they will be members of the FIG WTC for Olympic Games, World Championships, and World Cup.
- She conducts the draw of judges for use in the competition (Olympic Games, World Championships, and World Cup).
- She has the right to be included in all conferences of head judges with the judges.
- She has the right to consult with the head judge, if in her opinion the Final Scores (average scores) are too high or too low in comparison to the scores on the other apparatus (same standard for all apparatus).
- She conducts the Protest Meeting with the Jury. After a change of score, she must correct and sign the official score sheet.

4.3. Rights and Duties of the Head Judge

- She must first write down her score.
- She is responsible for the correct work of her judges.
- She must prepare the judges before the competition for the correct work on the apparatus.
- She checks whether the apparatus and mats correspond to the FIG Norms, all necessary working materials are on hand and functioning (light signals, score boards, stopwatches, gong, etc.)
- She checks the scores of the judges, the difference between the middle scores and calculates the Final Score.
- She must call together the judges in case of an unallowable score difference or incorrect evaluation. In the conference the value differences will be clarified. The head judge must consult the Jury in case of different interpretations in order to reach a decision.
- She may call a conference to counsel judges, even when the scores are in range, when in her opinion the judges have not been objective or correct. The judges may change their scores, but are not obliged to do so. This may not occur after a score has been flashed.
- She takes the deduction for:
 - incorrect flashing of the vault number
 - value of the vault according to the Vault Table
 - Undisciplined actions of the gymnast, coach, or team. She decides whether the interruption of the exercise was caused by the gymnast or team leader (coach) or was due to a technical failure.
 - Excess overtime or undertime.
 - Stepping over the floor area (boundary line).
- She checks the prescribed work of her assistants:
 - The use of the green or red light to begin or at the end of the exercise.
 - The use of the gong corresponding to the regulations.
 - The signs of the line judges on floor when the floor area is exceeded.
 - Flashing of the vault number.
 - Correct flashing of the Final Score.
- She is permitted to consult with her panel in case a deduction for time or other deductions are necessary.
- She has to deliver to the WTC President a report of all occurrences.

4.4. Rights and Duties of the Judge

- She must evaluate the exercise correctly and with great expertise.
- She must fill out the score sheet (judges' slip) quickly and clearly in approximately ten seconds.
 - She must record:
 - Number of A, B, & C Parts.
 - Bonus points for risk, originality, and additional "C" Parts.
 - Deductions for special requirements.
 - Execution and combination failures.

4.5. Rights and Duties of the Scientific Technical Collaborator (Certificate of capability by a separate (special) examination).

- She records the content value of the exercise and must write the entire program / composition.
- All A, B, and C Parts.

- All risk elements.
- All original elements and connections.
- All special requirements of the apparatus.
- In case of a value difference, she is permitted to be included in the conference with an advisory voice.
- In principle she must belong to a different nation than the head judge.

4.6. Rights and Duties of the Assistants (at Olympic Games, World Championships, and World Cup).

She may be used:

- As a line judge on floor.
- As a timer on balance beam and floor.
- As a timer for the intermediate time and control of the beginning of the exercise after the lighting of the green light or the sign from the head judge.
- To flash the vault numbers, etc.

Article 3

Rights and Duties of the Gymnast

- The gymnast must be informed about the Code of Points, and behave according to the rules. She must wear proper athletic competition attire (leotards) with a national emblem.
- The leotard may correspond to the type or character of the exercise (for example: on beam or on floor). The athletic-aesthetic character may not be lost.
- In Competition I the team must wear a uniform (identical) leotard.
- Bandages are allowed; they must be securely fastened. Starting numbers must be worn for organizational and technical purposes. Hip or other padding is not allowed.
- The wearing of gymnastic slippers and socks is optional for the gymnast.
- The gymnast must present herself to the head judge at the beginning and at the end of the exercise. Besides, she must observe that the green light is lit or that the head judge has given the signal (to start). Within 30 seconds the gymnast must begin the exercise. At the uneven bars an additional 20 seconds time may be taken, if a preparation of the bars is required.
- She must show the number of the vault.
- Prior to the competition each gymnast has a warmup of 30 seconds on the apparatus. The end of the warmup will be signaled by a gong. If the gymnast is on the apparatus at this time, then, she may finish the element she has started; if following this, or during a pause for conference of the judges, a gymnast mounts the apparatus, there is a deduction for undisciplined behavior. Exceptions can only be approved by the head judge.
- If the gymnast must leave the hall during the competition, then she must give notification. The competition must not be delayed through her absence. Unauthorized absence from the competition hall leads to disqualification and withdrawal of medals.

- The gymnast has the right to proper competition conditions according to the FIG Norms (Rules).
- She may place markings on the balance beam.
- All reserve gymnasts for Competition II & III must observe the regulations according to Article 5, page 12.

Article 4

Rights and Duties of the Coach (Female)

- She must know the Code of Points and behave according to the rules.
- She may be on the podium during the competition to remove the board at the bars and the beam, but may not obstruct the view of the judges.
- During the competition she may not have contact with other persons with the exception of the team doctor, masseur, delegation leader and pianist, and if necessary, with the Head Judge.
- She may not give signs to the gymnast during the exercise or touch the apparatus.
- Questions concerning the evaluation (scoring) by her are not allowed.
- She has the right to take part in the draw for Competition II and III if her gymnast has qualified for these competitions.
- Submission of protests, see Technical Regulations (TR) Article 27.5, page

The gymnasts are permitted to be chaperoned during the competition by one female coach only, and *only she* has the right to take care of the gymnast on the podium.

During the 3 minute warmup, she can be assisted by a second trainer (male or female). Both trainers are permitted to be with the team in the arena circle during the competition.

Article 5

General Remarks Concerning the Compulsory and Optional Exercises

In principle, the compulsory and optional exercises may not be repeated.

Exceptions: Defects in the apparatus, lack of organization, or similar things that occur through no fault of the gymnast.

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

The optional exercises must be different from the compulsory exercises. Elements from the compulsory exercise can be executed in the optional exercises, but in another connection. If the gymnast shows the compulsory mount or dismount in her optional exercise, a deduction follows. The compulsory and optional exercise on the balance beam and floor are subject to a prescribed time limit.

The Assistants begin timing when the gymnast:

- touches the beam with the hands, body, or feet
- begins with the first movement of the floor exercise.

She stops the clock when the gymnast:

- lands on the mat with the feet on the dismount from the beam or
- ends the floor exercise with the last movement.

Five seconds prior to the time limit and at the maximum time limit, a signal will be communicated that the exercise is to be finished.

For interruption in the exercise due to a fall, a limited intermediate time period is fixed, during which the continuation of the exercise is necessary. If the intermediate time period during a fall is exceeded, then the exercise is considered terminated; all missing value parts (difficulties) will be deducted.

The interruption in the exercise is timed separately; it will not be calculated in the total time of the exercise.

The interruption in the exercise begins with the touching of the mat or floor and is terminated when the gymnast touches the apparatus again. There is no time prescription at the uneven bars. The exercise must contain at least 10 elements. Too short an uneven bar exercise is against the combination prescriptions and has a deduction. A springboard is permitted for the mount (compulsory and optional) on the uneven bars and the balance beam, which may be placed on the prescribed mats. Additional supports such as mats, boards, or other objects are not permitted.

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

During the vault a third run is permitted under the same conditions, if the vaulting horse has not been touched.

In Competition II or III the same or also another optional exercise as in Competition IB may be performed.

In Competition II the 36 best placed gymnasts from Competition IA and IB will be allowed — a maximum of 3 gymnasts per nation.

In Competition III the 8 best gymnast on each apparatus from Competition IA and IB — a maximum of 2 gymnasts per nation. The next two gymnasts in rank order will be determined as reserves. They must prepare themselves as follows:

- Competition II until the end of the competition on the first apparatus
- Competition III until the start of the last gymnast on the respective apparatus. (See Technical Reglement — 12.4.4.)

Article 6

The Evaluation of the Compulsory Exercises

The compulsory exercises on the apparatus — vault, uneven bars, balance beam, and floor will be evaluated from 10.00 points. The text of the compulsory exercises will contain:

- Deductions for missing elements
- Table of Deductions for faults
- Time limits for the exercise on the balance beam and the floor.

The compulsory exercises may be reversed in total or in individual connections (parts). The prescribed direction may not be altered. To reverse a performance on the balance beam and floor exercise, 2 additional steps or less are permitted.

Article 7

1. The Evaluation of the Optional Exercises

The optional exercise on the apparatus — uneven bars, balance beam, and floor will be evaluated from 9.5 points.

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

1.1 Requirements of the Exercises

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

1.1.1 Value Parts (difficulties)	3.00 Points
1.1.2 Bonus Points	0.50 Points
1.1.3 Combinations (construction of the exercise)	2.50 Points
1.1.4 Execution and Virtuosity	4.00 Points
	10.00 Point Maximum

Requirements of the Exercise

1.1.1 Value Parts

Competition IB	Competition II	Competition III
6''A'' 0.20 = 1.20Pt.	4''A'' 0.20 = 0.80Pt.	2''A'' 0.20 = 0.40Pt.
3''B'' 0.40 = 1.20Pt.	4''B'' 0.40 = 1.60Pt.	2''B'' 0.40 = 0.80Pt.
1''C'' 0.60 = 0.60Pt.	1''C'' 0.60 = 0.60Pt.	3''C'' 0.60 = 1.80Pt.

10Value parts 3.00Pt. 9Value Parts 3.00Pt. 7Value Parts 3.00Pt.

1.1.2 Bonus Points

— Originality maximum	0.20 Pt.	
— Risk ''CR'' maximum	0.20 Pt.	
— Additional ''C'' or more than 1''CR'' maximum	0.10 Pt.	= 0.50 Pt.

1.1.3 Combination

— Progressive distribution of elements and dismount corresponding to the value of the exercise	0.50 Pt.
— Composition of the exercise from various elements and connections	1.00 Pt.
— Space and direction	0.60 Pt.
— Tempo and rhythm	0.40 Pt. = 2.50 Pt.

1.1.4 Execution and Virtuosity

— Virtuosity	0.20 Pt.
— Technique/Amplitude/Posture	3.80 Pt. = 4.00 Pt.

TOTAL 10.00 Pt.

2. Directions for the Determination of the 10.00 Points

The exercises are composed of elements that possess different difficulty values. Their values are divided as follows:

- A-Part = part (with) easy (difficulty value)
- B-Part = part with medium difficulty value
- C-Part = part with superior (high) difficulty value
- CR-Part = part with superior (high) difficulty value and additional risk.

The Code of Points contains specific apparatus value part (difficulty) Tables (see Article 10 to 13). The B and C parts require a definite technical execution. If such a part is not executed according to the requirements, then they lose their value as B or C respectively. A C part cannot be replaced by a B or an A part, but C parts can replace B and A parts and B parts can replace A parts.

If a B or a C element is performed a second time, but with another connection before or after, it will be counted as a value part (difficulty). It will not be considered as a value part (difficulty) a third time.

Example:

An uneven bar exercise contains:

Clear hip circle to a handstand ''B'' — Clear hip circle to a handstand ''B'' = 2X''B''

Stalder backward to a handstand ''C'' — Clear hip circle to a handstand (Third ''B'' — no credit)

A balance beam exercise contains:

first series: flic-flac ''B'' — walkover backward ''A'' = 1''B'' + 1''A''

second series: flic-flac ''B'' — somersault backward step-out ''C'' = 1''B'' + 1''C''

third series: flic-flac 3rd ''B'' no credit — somersault backward with ¼ twist dismount (720°) ''CR'' = 1''CR''

A floor exercise contains:

first series: somersault backward with ¼ twist ''C'' (720°) — flic-flac, somersault backward with ¼ twist (720°) ''C'' = 2X''C''

second series: somersault forward ''A'' — round off ''A'' — flic-flac ''A'' somersault backward with ¼ twist (720°) (3rd ''C'' no credit) = ''A''

3. Bonus Points for Special Performance

3.1 For originality a maximum of 0.20 bonus points will be given. In reference to originality there are different definitions. For example: ''A thing is original if it can serve as an example without having had a model.''

Referring to apparatus gymnastics, we speak of originality if a new movement form or newly constructed exercise parts or connections are performed, which go beyond the frame of what is known, traditional, or classical.

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

3.1.1 The exercise contains an element or connection or series with **originality value (OV)**, at the same time a difficulty value of ''C'' = + 0.20 bonus points (never before seen).

3.1.2 The exercise contains an element or connection or series with **rare value (RV)**, at the same time a difficulty value of ''C'' = + 0.10 bonus point (rarely seen).

3.2 For Risk a maximum of 0.20 bonus points will be given.

What is risk?

Referring to apparatus gymnastics and its evaluation, we support the following definition as a typical basis for the concept risk:

''Courage, daringness, possibility of point loss by missing an element with risk in an exercise that has been built up to achieve bonus points.''

Risk — Elements are "C" Elements with free flight and several turns around the longitudinal axis (L.A.) or horizontal breadth axis (B.A.) or around several axes, respectively, or movements which require a high degree of strength, coordination, balance, etc.

Risk elements and connections are identified in the special apparatus Tables as "C" elements with "R"

3.3 Additional "C" will be awarded totally with a maximum of 0.10 bonus points.

Example:

Competition	IB	II	III
Requirement of the exercise	6"A" 3"B" 1"C"	4"A" 4"B" 1"C"	2"A" 2"B" 3"C"
Difficulties performed in competition	6"A" 4"B" 2"C"	4"A" 4"B" 3"C"	2"A" 2"B" 3"C"
Bonus points for extra "C"	+ 0.10	+ 0.10	+ 0.00

4. There are totally 2.50 points available for the **Combination** (Composition). Combination valuable exercises are identified by:

- change in the direction of movement
- change in the tempo and rhythm
- change in the body position to the apparatus
- change in the choice of elements
- high points (peaks), which are achieved through difficult elements, through movement contrasts, etc. (Distribution of Elements)
- fluent presentation of the transitions to superior difficulties
- a dismount that corresponds to the difficulty level of the exercise.

Special apparatus requirements in composition are itemized in the specific apparatus sections.

5. For the **Execution and Virtuosity** 4.00 points are provided. What is virtuosity? "Complete mastery (domination) of the technique of artistic gymnastics."

They are identified by the following characteristics:

- Gymnastic performance from a high starting position to a high ending position (full amplitude).
- Gymnastic performance with stretched arms on the uneven bars and during strength elements on the balance beam and floor.
- Exactness of phases during turns around several axes.
- Somersault (salto) turns, combined turns, or turns around the longitudinal axis (LA-pirouettes) in the highest possible point of the flight trajectory or on the uneven bars during elements with grasp near the handstand position.
- Optimal extension and posture.
- Lightness of movement — stylish performance.
- Special Techniques beyond the frame of what is known.
- Absolute sureness of performance.

Article 8

General Directives for the Preparation and Execution of the Competition and the Course for Judges

1. Recognition of New Elements and Vaults

All new elements/connections/series and vaults are to be sent to the President of the WTC 3 months before the determined competition with a technical description and illustration. The WTC informs the respective federation concerning the recognition

- as C part with originality value (OV) = Bonus Point (BP) for originality of the new element/connection/series or
- a new vault including its value.

There exists the possibility, on the day of arrival at the competition to hand in the element/connection/series or vault.

The WTC works on the proposal at the place of the competition and publicizes the result at the instruction of the judges and at the orientation meeting. Elements with originality value (OV) are those that are introduced only by one gymnast at an intercontinental competition. If this element/connection/series or vault are also performed at the next intercontinental competition by the same gymnast only, then her element/connection/series or vault will again be recognized as new (+ 0.20 for originality).

They first lose their originality value (OV) when they are later performed by one other gymnast in the Olympic Games, World Championships, or World Cup.

2. Elements With Rare Value (RV)

The WTC issues a list that contains elements/connections/series and vaults with rare value (RV) and originality value (OV).

The list with RV and OV elements/connections/series/vaults will be sent by circular to the national federations after the intercontinental high point competitions (Olympic Games, World Championships, or World Cup).

All rarely shown elements/connections/series/vaults are valid as such, until not more than 10 gymnasts have shown them at intercontinental competitions. When they are demonstrated at the Olympic Games, World Championships, or World Cup by the 11th and 12th, etc., gymnast, then they lose their rare value, and will be removed from the list to a standard international element.

3. Linguistic Understanding at Intercontinental Judges' Courses

At judges' courses the national federations have to provide for a translator themselves in case the judges have language difficulties.

Article 9

General Deductions for Faults

Under general deductions for errors, one understands that it pertains to all exercises on all apparatus.

One distinguishes (differentiates):

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

These errors can appear as:

- **Small Faults** 0.10 to 0.20 Pt.
For example:
 - slight opening of the legs
 - poor foot or arm work
 - relaxed leg or body posture, etc.
- **Medium Faults** 0.30 to 0.40 Pt.
For example:
 - distinct deviation from perfect technique [inferior (low) amplitude, height of jumps/leaps, turns ended too late, etc.]
 - distinct posture failure like strong knee errors and open legs
 - strong relaxed leg or body posture
 - intermediate swing
- **Large Faults** 0.50 Pt.
For example:
 - falls
 - strong deviation from perfect techniques
 - spotting assistance, etc.

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

Table for General Faults

Type of Fault	0.10 Pt.	0.30 Pt.	From 0.20 Pt. 0.40 Pt. 0.50 Pt.
Faulty position of the legs, arms, feet, body, and head			
- Small	0.10 Pt.		
- Medium		0.30 Pt.	
Touching the apparatus or the floor			
- Lightly	0.10 Pt.		
- Moderately		0.30 Pt.	
Concentration pauses longer than 2 seconds (stops)			each 0.10 Pt.
Loss of balance, 1 to 2 steps, hops, unsure landing additional movements			
- Slight	0.10 Pt.		
- Moderate		0.30 Pt.	
Fall on the hips, knees, on or against the apparatus, support of both hands			0.50 Pt.
- Short support of one or both hands		0.30 Pt.	
- Short support (lean) on the apparatus		0.30 Pt.	
Exercise without mount or dismount			each 0.30 Pt.
Intermediate swing			0.30 Pt.

Missing Elements:

- "A" Difficulty each 0.20 Pt. 0.40 Pt.
- "B" Difficulty each 0.60 Pt.
- "C" Difficulty each
- Infraction against the time prescription:
 - Under time or over time each 0.20 Pt.
 - Exceeding the intermediate time during a fall Exercise is ended
- Insufficient amplitude:
 - Small amplitude partially (in sections) up to 0.20 Pt. 0.40 Pt.
 - During the entire exercise 0.40 Pt.
- Compulsory mount or dismount in the optional exercise each 0.30 Pt.

Behavior of the Gymnast:

(See Article 2.4.3)

- Springboard placed upon unauthorized mats 0.20 Pt.
- Lack of presentation, continuation of warm up after the ending of the warm up period each 0.10 Pt.
- Incorrect attire, missing starting number each 0.10 Pt.
- Leaving the competition area without permission 0.50 Pt.
- Failure to begin within 30 seconds (green light up to beginning of exercise) 0.50 Pt.
- Beginning of the exercise when the red light is on Exercise is invalid
- Conscious delay of the competition on the apparatus Disqualification on the apparatus by the Jury
- Conscious interruption of the competition Disqualification by the Jury

Behavior of the Coach:

(See Article 2.4.3.)

- Aid during the exercise and on the dismount each 0.50 Pt.
- Presence of the coach on the podium 0.50 Pt.
- Giving signals to the gymnast each 0.20 Pt.
- Touching the apparatus during the exercise each 0.20 Pt.
- Blocking the view of the judges each 0.20 Pt.
- Gymnast receives signs from the spectator area 0.30 Pt. Deduction by the Jury

Article 10

Horse Vault

1. General

All vaults must be performed with support of both hands on the horse. In the compulsory and optional vault each gymnast has the right to 2 attempts; the better score of the both vaults counts.

In a competition with a compulsory program, the compulsory vault may not be performed as the optional vault.

The optional vaults are divided into A, B, C difficulty values and each has a number. This number must be shown by the gymnast before she vaults. In Competition I B & II the vaults may be the same or different. In Competition III two vaults with difficulty value "C" from Groups 1-7 **must** be performed. All vaults from Group 8 are considered to be different. In Competition III the Final Score will be evaluated from the average score of **both** vaults.

2. Vault groups are:

Group 1

Handsprings Cartwheel and Yamashita without and with longitudinal axes (LA) turns.

Group 2

Handsprings with breadth (horizontal) (BA) axes turns of 540° in the 2nd Flight Phase (saltos forward).

Group 3

Handsprings with breadth axes (BA) turns of 540° and **additional** longitudinal axes (LA) turns in the 2nd Flight Phase.

Group 4

Tsukahara tucked, piked, stretched.

Group 5

Tsukahara with **additional** longitudinal axes (LA) turns.

Group 6

Hecht and hecht with **additional** breadth axes (BA) turns in the 2nd Flight Phase.

Group 7

Hecht with **additional** longitudinal axes (LA) turns.

Group 8

Vaults with additional longitudinal axes turns (LA) from 450° or breadth axes (BA) turns from 540° in the 1st Flight Phase or in the 1st and 2nd Flight Phase.

All judges score the vaults from 10.00 points, independently from the difficulty value. The head judge calculates the average score and checks the value of the vault according to the Table. If the vault is valued at less than 10.00 points, then she takes the difference from the average score of the judges = Final Score.

3. Special Requirements

– Compulsory vault does not correspond to the written text

Deductions

Invalid

– Vault does not correspond to the flashed vault number (Competition I B, II, III)

0.50 Pt.

– In Competition III:

Only one vault is performed –

· Evaluation: Average score of the performed vault divided by 2

· Same vault is performed twice

· Evaluation: 2nd vault is 0.00 points

Average Score = score of the 1st vault divided by 2

· A "B" – vault is performed

each 0.50 Pt.

· An "A" – vault is performed

each 1.00 Pt.

These deductions will be taken by the Head Judge.

4. Specific Apparatus Deductions:

1. Flight Phase:

– Body position fault (trunk, legs)

up to 0.20 Pt.

– Strong tuck or pike of the legs (not according to the character of the vault)

0.30 Pt.

– Prescribed longitudinal axes turn of the performed vault is not fully completed

up to 0.30 Pt.

– Flight phase does not correspond with the character of the vault

up to 0.50 Pt.

Support Phase

– Body position fault (trunk, legs)

up to 0.20 Pt.

– Too long a support

up to 0.30 Pt.

– Arms remain bent in the support phase

up to 0.50 Pt.

2. Flight Phase:

– Body position failure (trunk, legs)

up to 0.20 Pt.

– Turn is not completed according to the flashed vault

up to 0.30 Pt.

– Insufficient

· Height

up to 0.50 Pt.

· Length

up to 0.50 Pt.

Landing

– Deviation from a straight direction

up to 0.30 Pt.

– Bad landing (see general Table of Faults)

– Insufficient dynamics during the vault Aid during the vault

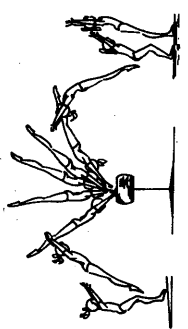
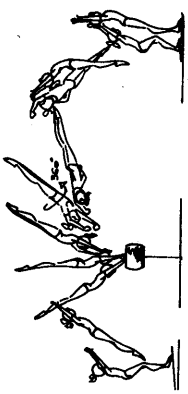
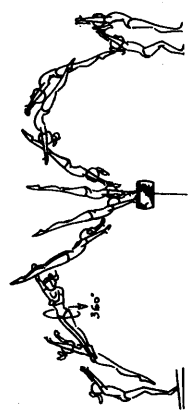
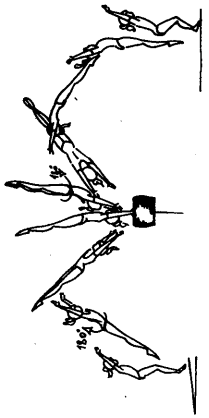
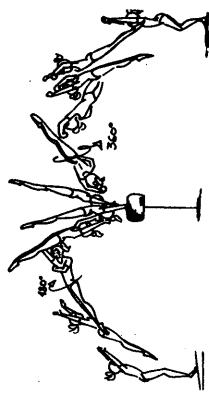
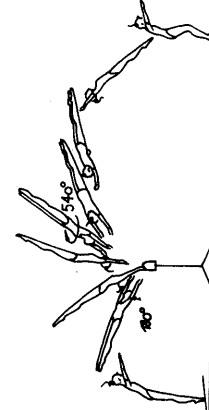
up to 0.20 Pt. Invalid

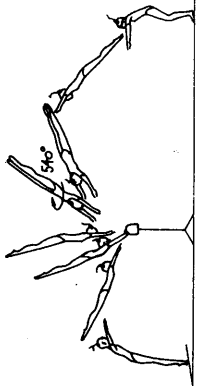
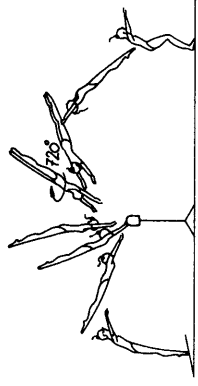
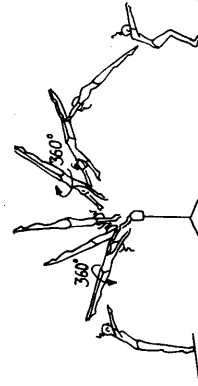
Aid during the landing

0.50 Pt.

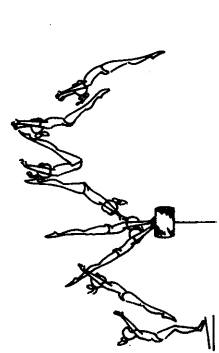
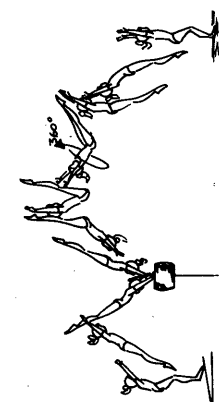
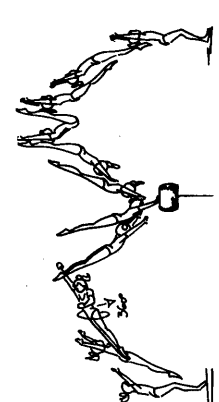
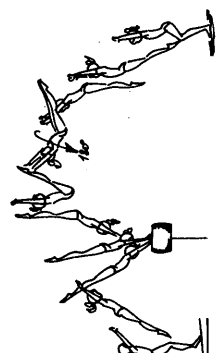
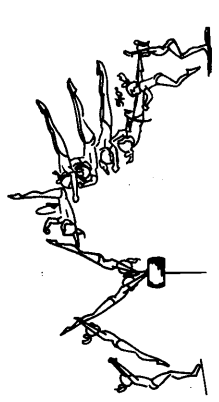
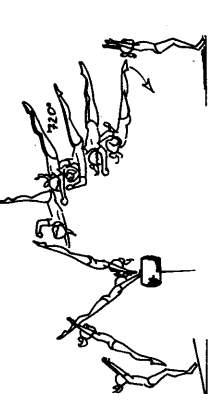
Deductions by Head Judge

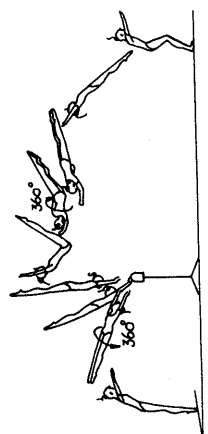
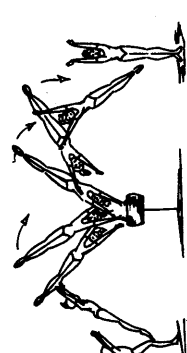
GROUP 1 – Handspring, Cartwheel, and Yamashita with and without longitudinal Axes (LA) Turns
(Twists)

-A-	-B-	-C-
<p>up to 9.00 P.</p> <p>1.1 Handspring 8.80 P.</p> 	<p>9.10-9.50 P.</p> <p>1.2 Handspring — ¼ turn (360°) off 9.40 P.</p> 	<p>9.60-10.00 P.</p> <p>1.3 ¾ turn (360°) on — Handspring off 9.60 P.</p> 
<p>1.4 ½ turn (180°) on — ½ turn (180°) off 9.00 P.</p> 	<p>1.5 ½ turn (180°) on — ¼ turn (360°) off 9.40 P.</p> 	<p>1.6 ½ turn (180°) on — 1½ turn (540°) off 9.60 P.</p> 

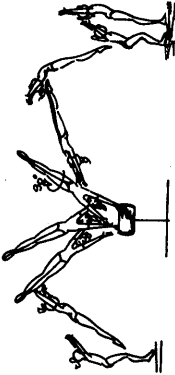
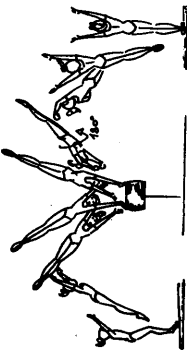
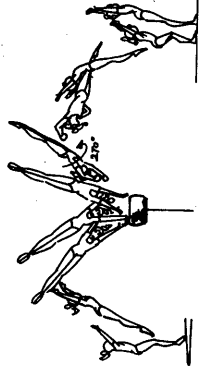
	<p>1.7 Handspring — 1½ turn (540°) off 9.50 P.</p> 	<p>1.8 Handspring — ¾ turn (720°) off 10.00 P.</p> 
		<p>1.9 ¼ turn (360°) on — ¼ turn (360°) off 10.00 P.</p> 

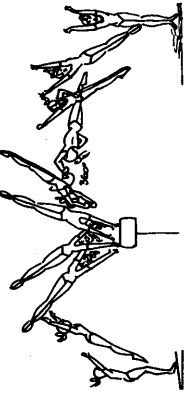
**GROUP 1 — Handspring, Cartwheel, and Yamashita with and without longitudinal Axes (LA) Turns
(Twists)**

-A— up to 9.00 P.	-B— 9.10—9.50 P.	-C— 9.60—10.00 P.
<p>1. 10 Yamashita 8.80 P.</p> 	<p>1. 11 Yamashita with $\frac{1}{2}$ turn (360°) off 9.40 P.</p> 	<p>1. 12 $\frac{1}{2}$ turn (360°) on — Yamashita off 9.60 P.</p> 
<p>1. 13 Yamashita with $\frac{1}{2}$ (180°) turn off 9.00 P.</p> 	<p>1. 14 Yamashita with $1\frac{1}{2}$ turn (540°) off 9.50 P.</p> 	<p>1. 15 Yamashita with $\frac{3}{4}$ turn (720°) off 10.00 P.</p> 

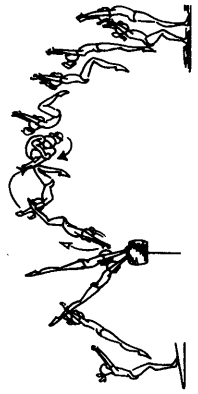
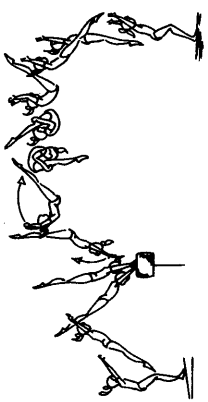
<p>1. 16 $\frac{1}{2}$ twist (360°) on — Yamashita $\frac{1}{2}$ turn (360°) off 10.00 P.</p> 		<p>1. 17 Cartwheel 8.80 P.</p> 
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GROUP 1 — Handspring, Cartwheel, and Yamashita with and without longitudinal Axes (LA) Turns (Twists)

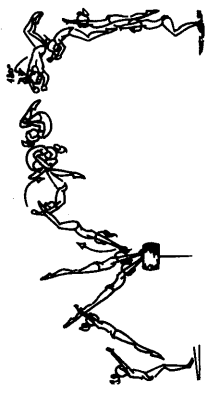
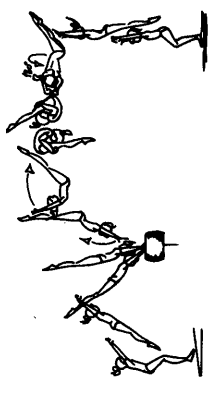
-A-	-B-	-C-
up to 9.00 P. 1. 18 Cartwheel — $\frac{1}{4}$ turn (90°) off 8.80 P. 		9.60—10.00 P.
1. 19 Cartwheel — $\frac{1}{2}$ turn (180°) off 9.00 P. 	1. 20 Cartwheel — $\frac{3}{4}$ turn (270°) off (in same direction) 9.20 P. 	

	1. 21 Cartwheel — $\frac{1}{2}$ turn (360°) off 9.40 P. 	
Hyphen indicates separation between 1st and 2nd flight phase for all vaults.		

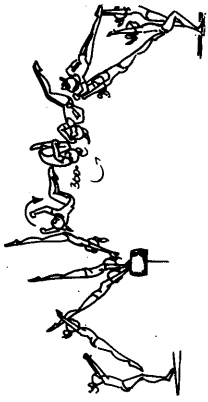
GROUP 2 — Handspring with Breadth Axes (BA) turns of 540° in the 2. Flightphase

-A— up to 9.00 P.	-B— 9.10—9.50 P.	-C— 9.60—10.00 P.
		2.1 Handspring — tucked 1½salto forward 9.70 P. 
		2.2 Handspring — piked 1½salto forward 9.80 P. 

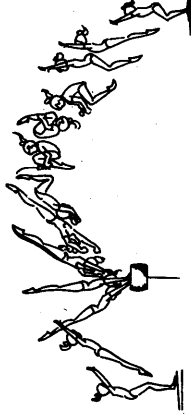
GROUP 3 — Handsprings with Breadth Axes (BA) turns of 540° and additional longitudinal Axes (L-A) turns (twists) in the 2. Flightphase

-A— up to 9.00 P.	-B— 9.10—9.50 P.	-C— 9.60—10.00 P.
		3.1 Handspring — tucked 1½salto forward with ½turn (180°) L.A. 
		3.2 Handspring — piked 1½salto forward with ½turn (180°) L.A. 

3.3 Handspring — tucked 1½ salto with ¼ turn (360°) L.A. 10.00 P.

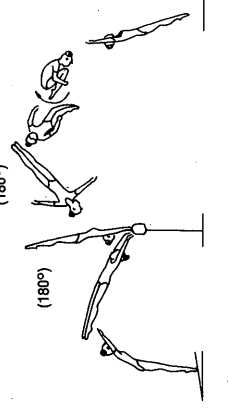


3.4 Handspring — or Yamashita with ½ turn (180°) L.A. and tucked salto backward 10.00 P.

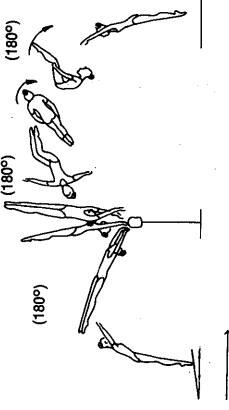


—C—

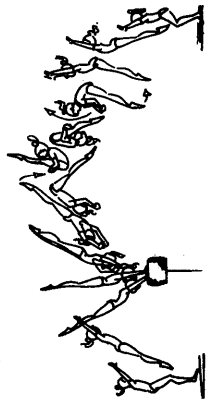
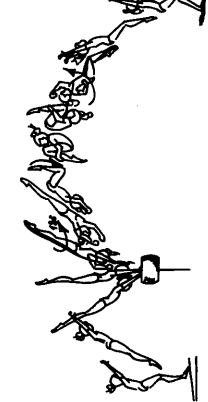
3.7 ½ turn (180°) on - ½ turn (180°) off with salto forward 10.00 P.



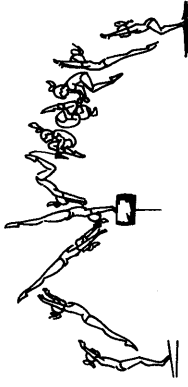
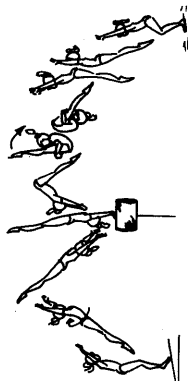
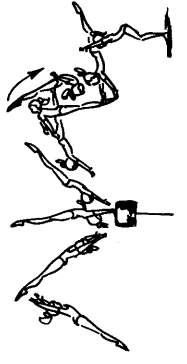
3.8 ½ turn (180°) on - ½ turn (180°) off with salto forward with ½ turn (180°) in the salto 10.00 p.



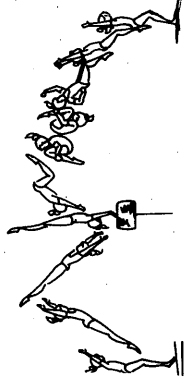
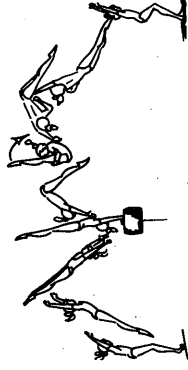
GROUP 3— Handsprings with Breadth Axes (BA) turns of 540° and additional longitudinal Axes (LA) turns (twists) in the 2. Flightphase

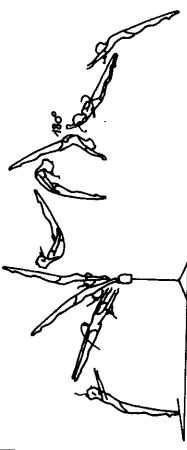
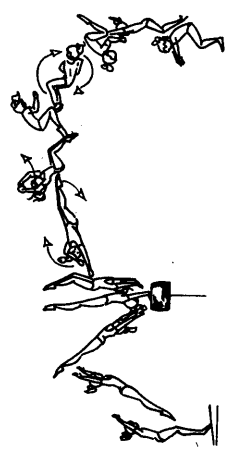
-A— up to 9.00 P.	-B—	9.10—9.50 P.	-C— 9.60—10.00 P.
			<p>3.5 Handspring — or Yamashita with $\frac{1}{2}$ turn (180°) L.A. and piked salto backward 10.00 P.</p> 
			<p>3.6 Handspring — or Yamashita with $\frac{1}{2}$ turn (180°) L.A. and tucked or piked salto with an additional turn in salto 10.00 P.</p> 

GROUP 4 — Tsukahara tucked, piked, stretched

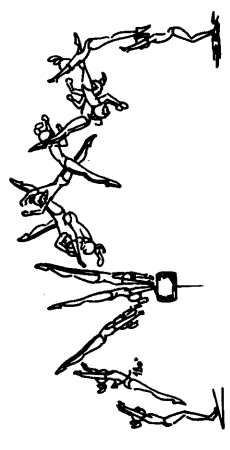
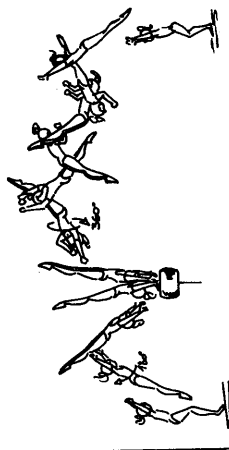
-A— up to 9:00 P.	-B— 9.10—9.50 P. 9.40 P.	-C— 9.60—10:00P.
	4.1 Tsukahara tucked 	
	4.2 Tsukahara piked 	
	4.3 Tsukahara stretched 9.50 P. 9.90 P. 	

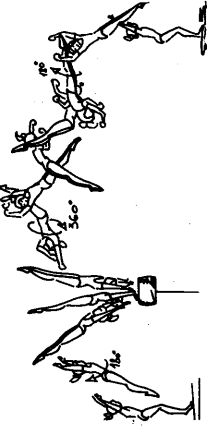
GROUP 5 — Tsukahara with additional longitudinal Axes (LA) turns (twists)

-A— up to 9:00 P.	-B— 9.10—9.50 P.	-C— 9.60—10.00 P.
		5.1 Tsukahara tucked with ½ turn (180°) 9.80 P. 
		5.2 Tsukahara piked with ½ turn (180°) 9.80 P. 

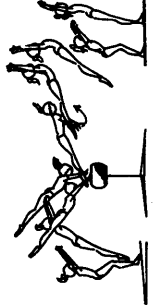
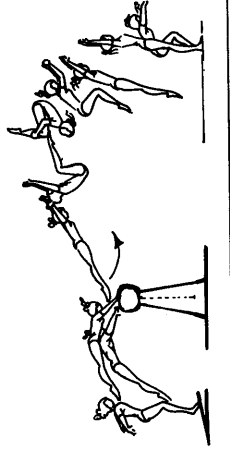
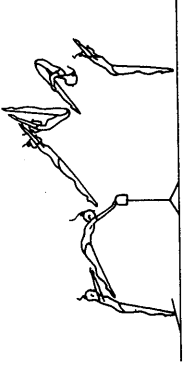
		5.3 Tsukahara stretched with $\frac{1}{2}$ turn (180°) 10.00 P. 
		5.4 Tsukahara tucked with $\frac{1}{4}$ turn (360°) 10.00 P. 

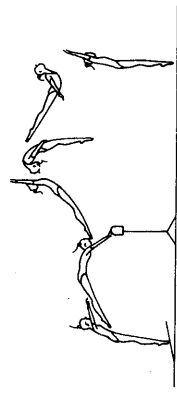
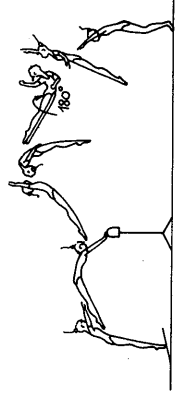
GROUP 5 — Tsukahara with additional longitudinal Axes (LA) turns (twists)

-A— up to 9.00 P.	-B— 9.10—9.50 P.	-C— 9.60—10.00 P.
		5.5 Tsukahara piked with $\frac{1}{4}$ turn (360°) 10.00 P. 
		5.6 Tsukahara stretched with $\frac{1}{4}$ turn (360°) 10.00 P. 

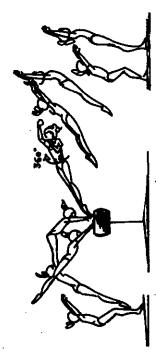
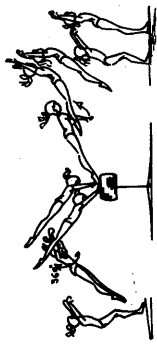
		<p>5.7 Tsukahara tucked, piked, or stretched with 1½ turn (540°)</p> 

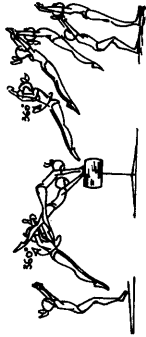
GROUP 6 — Hecht with and without additional Breadth Axes (BA) turns in the 2. Flightphase

<p>6.1 Hecht</p> 	<p>up to 9.00 P.</p> <p>9.10–9.50 P.</p> <p>–B–</p>	<p>9.60–10.00 P.</p> <p>–C–</p> <p>6.2 Hecht with tucked salto backward 10.00 P.</p> 
		<p>6.3 Hecht with piked salto backward 10.00 P.</p> 

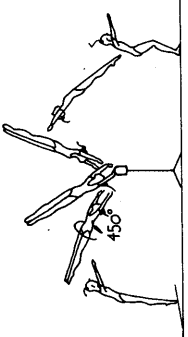
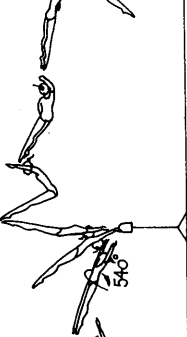
		<p>6.4 Hecht with stretched salto backward 10.00 P.</p> 
		<p>6.5 Hecht with salto backward and 1/2 turn (180°) L.A. in salto 10.00 P.</p> 

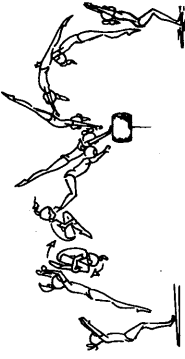
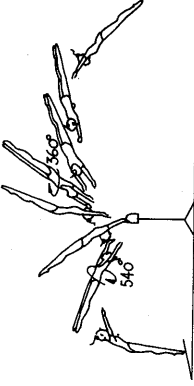
GROUP 7 — Hecht with additional Longitudinal Axes (LA) turns (twists)

<p>—A— up to 9.00 P.</p>	<p>—B— 9.10—9.50 P.</p>	<p>—C— 9.60—10.00 P.</p>
		<p>7.1 Hecht with 1/4 turn (360°) off 9.80 P.</p> 
		<p>7.2 1/2 turn (360°) on — Hecht off 9.90 P.</p> 

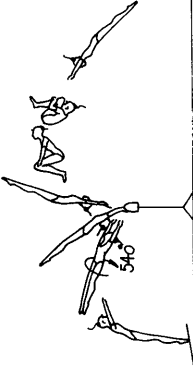
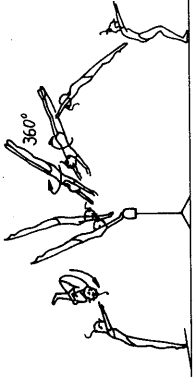
		<p>7.3 $\frac{1}{2}$turn (360°) on — Hecht with $\frac{1}{2}$turn (360°) 10.00 P.</p> 

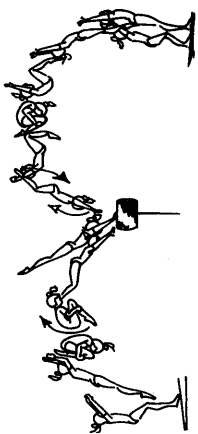
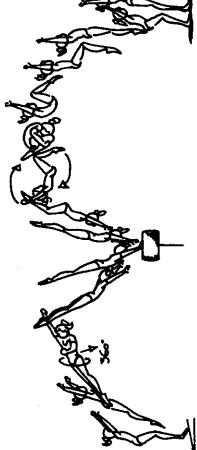
GROUP 8 — Vaults with additional Longitudinal Axes (L.A) turns (Twists) from 450° or Breadth Axes (BA) turns from 540° in the 1st Flightphase or 1st and 2nd Flightphase

<p>—A— up to 9.00 P.</p>	<p>—B— 9.10—9.50 P.</p>	<p>—C— 9.60—10.00 P.</p>
		<p>8.1 $1\frac{1}{2}$turn (450°) L.A. on — optional 2nd phase 10.00 P.</p> 
		<p>8.2 $1\frac{1}{2}$turn (540°) L.A. on — optional 2nd phase 10.00 P.</p> 

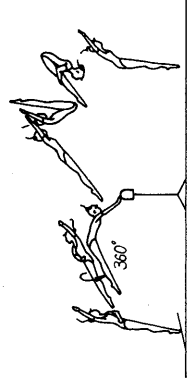
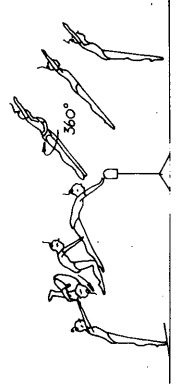
		<p>8.3 Tucked or piked $1\frac{1}{2}$ salto forward on — optional 2nd phase (Handspring) 10.00 P.</p> 
		<p>8.4 $1\frac{1}{2}$ or $1\frac{1}{4}$ turn (450° — 540°) L.A. turn on — L.A. turn in 2nd phase 10.00 P.</p> 

GROUP 8 — Vaults with additional Longitudinal Axes (LA) turns (Twists) from 450° or Breadth Axes (BA) turns from 540° in the 1st and 2nd Flightphase

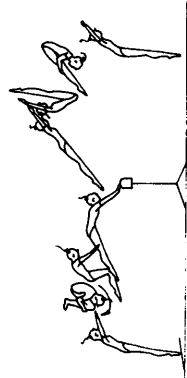
<p>—A— up to 9.00 P.</p>	<p>—B—</p>	<p>9.10—9.50 P.</p>	<p>—C— 9.60—10.00 P.</p>
		<p>8.5 $1\frac{1}{4}$ or $1\frac{1}{2}$ turn (450° — 540°) L.A. on — $1\frac{1}{2}$ salto backward off (Tsukahara with an additional $\frac{1}{4}$ turn (360°) in 1st phase) 10.00 P.</p> 	<p>8.6 $1\frac{1}{2}$ salto forward on — Handspring with L.A. turn off 10.00 P.</p> 

		<p>8.7 1½ salto forward on — 1½ salto forward off 10.00 P.</p> 
		<p>8.8 ¼ turn (360°) on — 1½ salto forward off 10.00 P.</p> 

GROUP 8 — Vaults with additional Longitudinal Axes (LA) turns (Twists) from 450° or Breadth Axes (BA) turns from 540° in the 1st Flightphase or 1st and 2nd Flightphase

<p>—A— up to 9.00 P.</p>	<p>9.10—9.50 P.</p>	<p>—C— 9.60—10.00 P.</p>
		<p>8.9 ¼ turn (360°) on — Hecht with salto backward off 10.00 P.</p> 
		<p>8.10 Salto forward on — Hecht with ¼ turn (360°) off 10.00 P.</p> 

8. 11 Salto forward on – Hecht with salto backward off 10.00 P.



8. 12 All vault with 2½ (900°) turns around B.A.: e.i. = Handspring – 2½ saltos forward 10.00 P.



Article 11

Uneven bars

1. General

During a fall onto or from the apparatus, an interruption of 30 seconds is permitted.

2. Content of the Exercise

The exercise should be composed from different element groups. The difficulty parts "B" and "C" must come from at least 3 of the following element groups:

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

3. For the Composition; Note:

Composition with a variety of directional changes (spatial orientation) through:

- Execution under the low bar and over the high bar
- Execution outside and inside the bars (rails)
- Elements with great amplitude
- Several bar changes

Only 4 elements in consecutive order may be performed on the same bar. The 5th element must lead to a bar change, touch another bar or lead to a dismount.

To be avoided:

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

4. Specific Apparatus Deductions

4.1	Compositional Faults:	Deductions
4.1.1	Dismount not corresponding to the difficulty level of the exercise (at least "B")	0.20 Pt.
4.1.2	Exercise without high points (peaks)	
	– Spacing and timing in progress of difficulties	up to 0.20 Pt.
	– exercise not composed from different element groups	up to 0.20 Pt.

4.1.3	Monotony in Presentation	up to 0.20 Pt.
	– close bar execution predominately	up to 0.20 Pt.
	– uncharacteristic elements	each 0.20 Pt.
4.1.4	Monotony in the Direction of Movement	
	– execution predominately in one direction	up to 0.20 Pt.
	– insufficient bar changes toward the inside and outside of the bars, over the low bar and over the high bar	up to 0.20 Pt.
	– unpermissible number of elements on one bar	each 0.20 Pt.
4.1.5	Monotony in Rhythm	up to 0.20 Pt.
4.2	Too short an exercise (less than 10 elements)	0.20 Pt.

5. Repetition through direct Connection of Difficulties (Value Parts) – Series on the Uneven Bars

5.1 When 2 B Elements are directly connected, the value of the second "B" raises to "C"

Examples:

- Clear hip circle backward to a handstand – "B"
- Clear hip circle backward to a handstand – "B" becomes "C"
- Lying hang pirouette – "B" Uprise backward – "B" becomes "C"

5.2 When more than 2 B Elements are directly connected, then the value of the last "B" in the Series raises to "C"

Examples:

- Uprise backward – "B"
- Clear hip circle to a handstand – "B"
- Clear hip circle to a handstand – "B" becomes "C"
- Reverse kip on HB with release (hop) to a pike stand on the LB – "B"
- Pike sole circle backward to a handstand – "B"
- Clear hip circle backward to a handstand – "B" becomes "C"

5.3 When 2 C Elements are directly connected, the value of the second "C" raises to "CR", if in this series there is a directional change or a release (hop) to another grip position or from one bar to another.

Examples:

- Cast to handstand with ½ turn (180°) – "C"
- Stalder backward to a handstand – "C" becomes "CR"
- From an inner front support on HB, cast to pirouette to a front lying hang – "C"
- Janz salto – "C" becomes "CR"

5.4 When more than 2 C Elements are directly connected, the value of the last "C" raises to "CR", if in this series there is a directional change or a release (hop) to another grip position or from one bar to another.

Examples:

- Underswing with $\frac{1}{2}$ turn (180°) to a clear support – "C"
Stalder backward to a handstand – "C"
Clear hip circle with $\frac{1}{4}$ turn (360°) after the handstand – "C"
becomes – "CR"
- Kreisel (from a front lying hang, cast with grip release and $\frac{1}{2}$ turn (180°) to a handstand on the LB) – "C"
Stalder backward to handstand – "C"
Stalder backward to handstand with release (hop) to a hang on HB
– "C" becomes – "CR"

Examples of Difficulties on the Uneven Bars

1. Mounts:

A-Parts:

- Squat or straddle over LB to a hang on HB
- Jump with $\frac{1}{2}$ turn (180°) over LB to a hang on HB
- Jump (with mixed grip) passing through brief clear support above LB to a straddle stand or clear support
- All kips frontways or rearways (stoop through, rear kip) and turning kips on LB to a support on LB or a hang on HB (see also kips)
- Jump to hang on HB, kip to support on HB
- Jump to free hip circle forward on LB

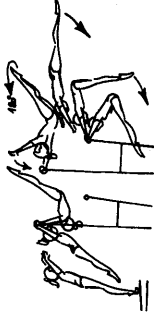
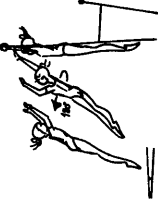
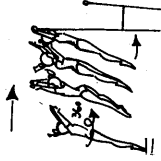
B-Parts:

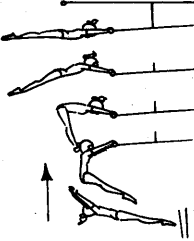
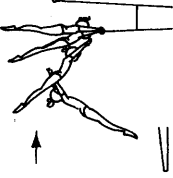
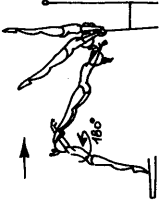
- Jump to hang on HB
 - Underswing with $\frac{1}{2}$ turn (180°) over LB
 - Straddle roll backward
 - Turning kip to support on HB
- Jump with $\frac{1}{4}$ turn (360°) to hang
- Jump with $\frac{1}{4}$ turn (360°) and hip circle forward on LB
- Jump with $\frac{1}{2}$ turn (180°) – knee circle on LB
- Caslavka – Mount
- Kip or turning kip on LB
 - With $\frac{1}{4}$ turn (360°) to hang on HB
- Jump to handstand on LB
- Straddle salto roll forward over the LB to hang on HB
- Jump (with mixed grip) through brief clear support above LB to clear support

C-Parts:

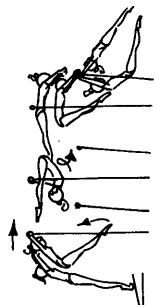
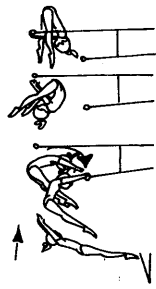
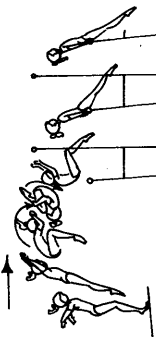
- Free straddle jump over LB to hang on HB
- Jump to handstand on LB
 - With stretched leg – torso angle
 - With $\frac{1}{2}$ turn (180°) in on flight phase
- Salto forward over LB or under HB to a hang on HB

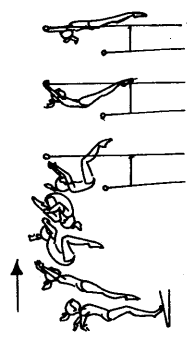
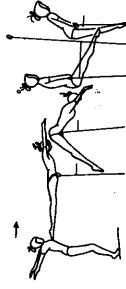

1. Mounts

-A-	-B-	-C-
	<p>1.1 Jump to hang on HB — underswing with $\frac{1}{2}$ turn (180°) over LB — glide, etc.</p> 	
<p>1.2 Jump with $\frac{1}{2}$ turn (180°) to hang on HB</p> 	<p>1.3 Jump with $\frac{1}{4}$ turn (360°) to hang on HB</p> 	

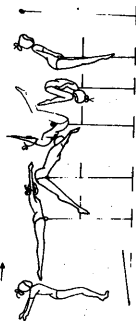
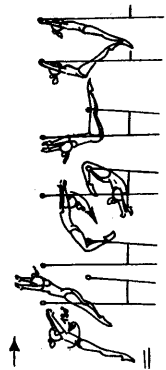
	<p>1.4 Jump to handstand on LB (hips bent in rise)</p> 	<p>1.5 Jump with stretched body to handstand on LB</p> 
		<p>1.6 Jump with stretched body and $\frac{1}{2}$ turn (180°) to handstand on LB —R—</p> 

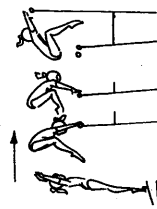
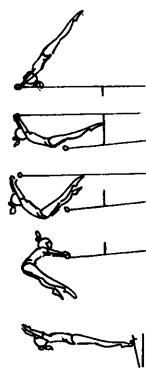
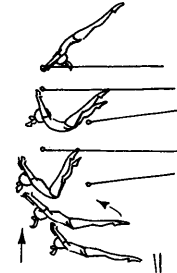
1. Mounts

-A-	-B-	-C-
	<p>1.7 Jump to brief hang on HB, straddle roll backward to hang on LB</p> 	
	<p>1.8 With repulsion of hands from LB, salto roll forward, tucked or straddled, to hang on HB</p> 	<p>1.9 Salto forward, tucked or piked, over LB to brief sit</p> 

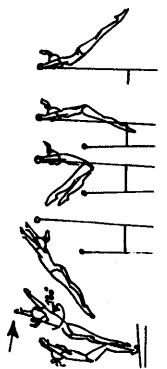
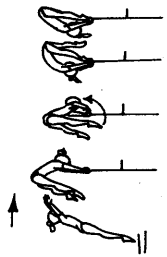
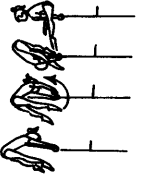
		<p>1.10 Salto forward, tucked or piked over LB to hang on HB without touching LB</p> 
<p>1.11 Jump to free hip circle forward on LB</p> 	<p>1.12 Jump with 1/4 turn (360°) to free hip circle forward on LB</p> 	



1. Mounts

-A-	-B-	-C-
	<p>1.13 Jump to double free hip circle forward on LB (Caslavka-Mount)</p> 	
	<p>1.14 Jump with 1/4 turn (180°), knee circle backward (hock circle) on LB to hang on HB</p> 	

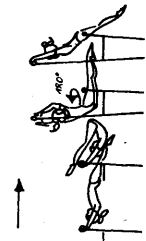
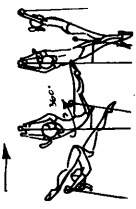

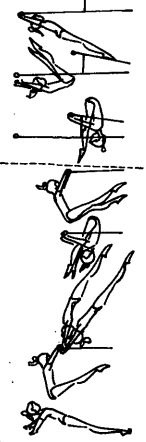
<p>1.15 Squat jump with hand support over LB to hang on HB</p> 		
<p>1.16 Straddle jump with hand support over LB to hang on HB</p> 		<p>1.17 Free straddle jump over LB to hang on HB</p> 

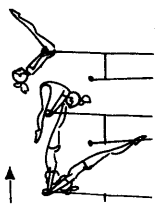
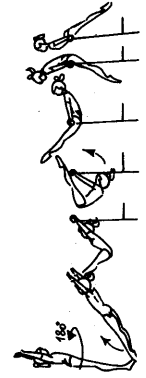
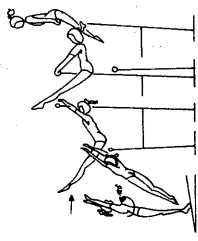
I. MOUNTS

-A-	-B-	-C-
<p>1. 18 Free jump with $\frac{1}{2}$ turn (180°) over LB to hang on HB</p> 		
<p>1. 19 Jump (with mixed grip) through brief clear straddle support above LB to straddle stand</p> 	<p>1. 20 Jump (with mixed grip) through brief clear straddle support above LB to clear pike 'L' support</p> 	

<p>1. 21 Kip-up on LB to support</p> 		
<p>1. 22 Kip on LB with grip change to hang on HB</p> 		

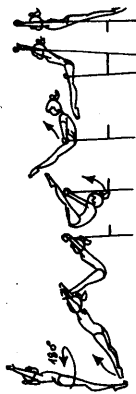
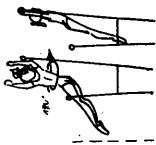
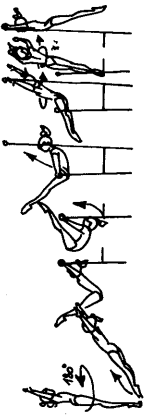
I. MOUNTS

-A-	-B-	-C-
<p>1.23 Kip on LB with $\frac{1}{2}$ turn (180°) and grip change to hang on HB</p> 	<p>1.24 Kip on LB with $\frac{1}{4}$ turn (360°) and grip change to hang on HB</p> 	
<p>1.25 Glide, stoop through, back kip-up to rear support on LB or with grip change to rear lying hang</p> 	<p>1.26 Glide on LB, stoop through, straddle cut backward to hang on LB or with grip change to hang on HB</p> 	

<p>1.27 Jump to brief hang on HB, kip-up to support</p> 		
<p>1.28 Jump with $\frac{1}{2}$ turn (180°), kip-up to support on LB</p> 	<p>1.29 Jump with $\frac{1}{2}$ turn (180°), kip-up to support on HB</p> 	

I. MOUNTS

64

-A-	-B-	-C-
<p>1.30 Jump with $\frac{1}{2}$ turn (180°), kip on LB with grip change to hang on HB</p> 	<p>1.31 Jump with $\frac{1}{2}$ turn (180°), kip on LB with $\frac{1}{2}$ turn (180°) and grip change to hang on HB</p> 	
	<p>1.32 Jump with $\frac{1}{2}$ turn (180°), kip on LB with $\frac{1}{4}$ turn (360°) to hang on HB</p> 	<p>Remarks: Elements performed as mounts, which are not mentioned under mounts, receive difficulty credit (value) according to their value in the Table (e. i. = clear hip circle).</p>

Examples of Difficulties on the Uneven Bars

2. Circles:

A-Parts:

- Underswing
 - With $\frac{1}{2}$ turn (180°) and grip release
 - From LB to hang on HB
- Clear hip circle to hang (handstand not reached)

B-Parts:

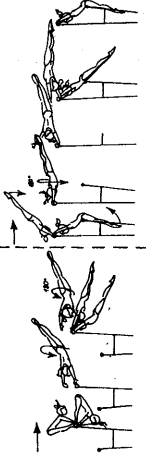
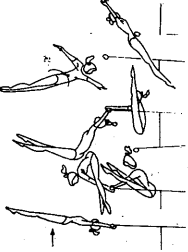
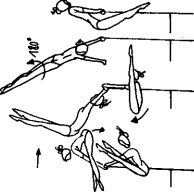
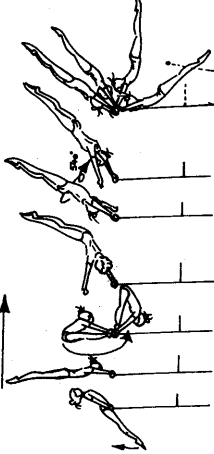
- Underswing on LB
 - To a hang on HB
 - With $\frac{1}{2}$ turn (180°) to eagle hang on HB
- Underswing on HB
 - With $\frac{1}{2}$ turn (180°) and side "flair" of arms (free)
 - With $\frac{1}{2}$ turn (180°) and release hop (between the bars) to a hang on the LB
- Underswing backward (inverted pike swing) to dislocate (Schleudern)
- Stalder circle forward or backward to a clear front support (handstand not reached)
- Clear hip circle to a handstand
 - With $\frac{1}{2}$ turn (180°)
 - With release hop to reverse grip after the handstand

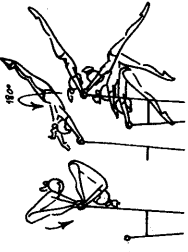
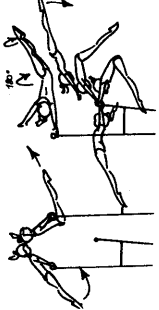
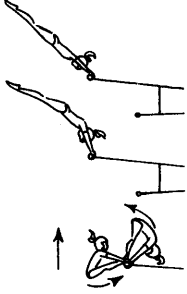
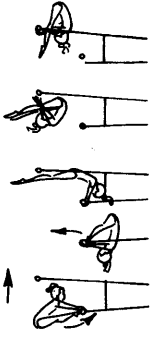
C-Parts:

- Underswing
 - On HB with flight over the LB in a glide
 - With $\frac{1}{2}$ turn (180°) to a clear support
 - With $1\frac{1}{2}$ turn (540°) to a hang
- Underswing backward (inverted pike swing) to dislocate with release hop and flight phase to regular grip (Schleudern)
- Stalder forward or backward to handstand
- Clear hip circle and stalder forward or backward
 - With $\frac{1}{2}$ to $\frac{1}{4}$ turn (180° to 360°) in range of the handstand phase
 - With release hop to reverse grip in range of the handstand phase
 - With flight to the handstand on the LB
- Clear hip circle salto (Hindorff-salto)
- Giant circle backward to handstand (Riesenfelge)

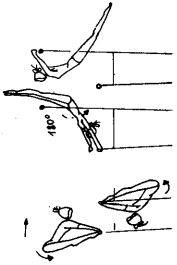
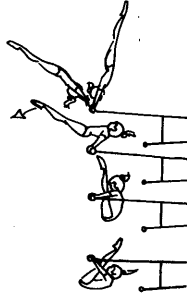
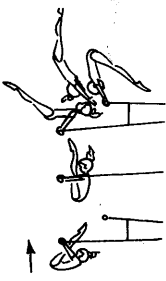
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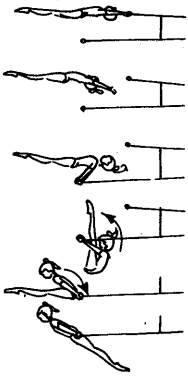
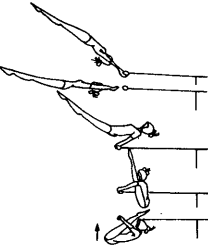
2. Circles

-A-	-B-	-C-
<p>2.1 Underswing with $\frac{1}{2}$ turn (180°) on HB to hang or lying hang</p> 	<p>2.2 Underswing with $\frac{1}{2}$ turn (180°) with free flight and side "flair" of arms</p> 	<p>2.3 Underswing with $\frac{1}{2}$ turn (180°) to clear support on same bar</p> 
		<p>2.4 Underswing with $1\frac{1}{2}$ turn (540°) to hang or lying hang</p> 

	<p>2.5 Underswing with $\frac{1}{2}$ turn (180°) on HB and immediate grip change to hang on LB</p> 	<p>2.6 Underswing with $\frac{1}{2}$ turn (180°) on HB with free flight over LB to hang</p> 
<p>2.7 Underswing on LB with grip change to hang on HB</p> 	<p>2.8 Underswing on LB with free flight to pike hang on HB (legs together)</p> 	

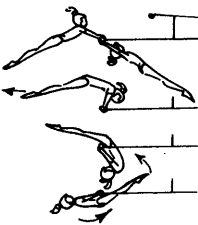
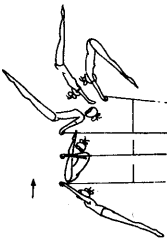
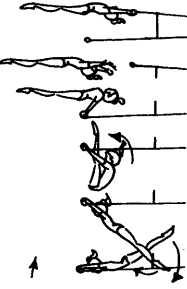
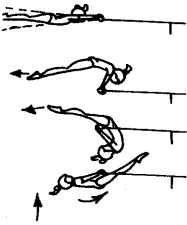
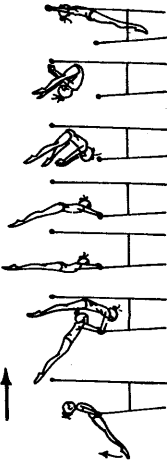
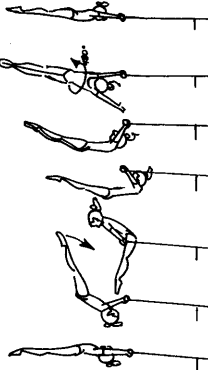
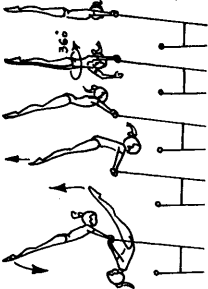
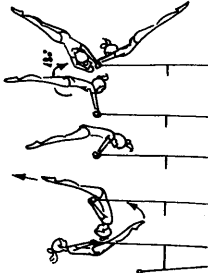
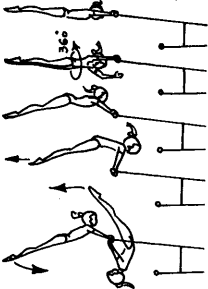
2. Circles

-A-	-B-	-C-
	<p>2.9 Underswing on LB with ½ turn (180°) to "eagle" hang on HB</p> 	
	<p>2.10 Underswing backward (inverted pike swing) dislocate (Schleudern) to hang or lying hang</p> 	<p>2.11 Underswing backward (inverted pike swing), dislocate (Schleudern) on HB with free flight over LB to hang</p> 

		<p>2.12 Underswing (inverted pike swing) backward on HB, dislocate (Schleudern) with free flight to handstand on LB (Zucholdschleudern) -R-</p> 
		<p>2.13 Underswing backward (inverted pike swing), dislocate (Schleudern) on HB with release to hop to regular grip on HB -R-</p> 

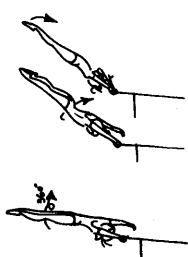
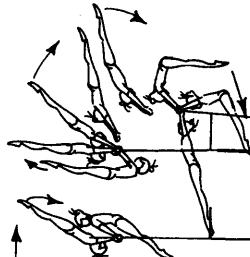
2. Circles

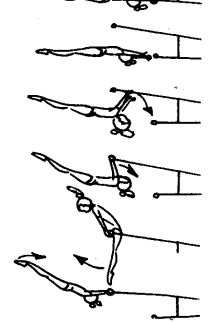
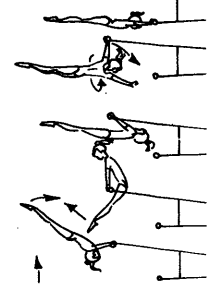
70

-A-	-B-	-C-
<p>2. 16 Clear hip circle to hang</p> 	<p>2. 14 Hang on HB (back to LB) Swing forward, stoop through, back kip swing with stretch and free flight over LB to hang</p> 	<p>2. 15 Hang on HB (back to LB), swing forward, stoop through, back kip swing with stretch and free flight to handstand on LB -R-</p> 
<p>2. 17 Clear hip circle to handstand</p> 	<p>2. 18 Clear hip circle to handstand on LB with flight to hang on HB (Schaposchnikowa)</p> 	<p>2. 20 Clear hip circle with 1/2 turn (180°) in handstand phase</p> 
<p>2. 21 Clear hip circle with 1/4 turn (360°) in handstand phase -R-</p> 	<p>2. 19 Clear hip circle to handstand with 1/4 turn (180°) after handstand</p> 	<p>2. 21 Clear hip circle with 1/4 turn (360°) in handstand phase -R-</p> 

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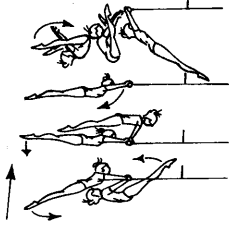
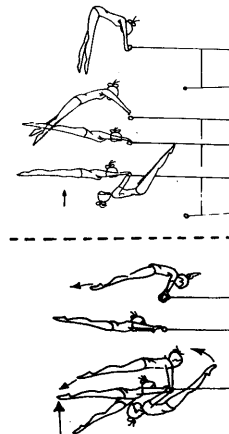
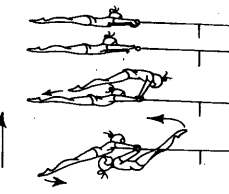
2. Circles

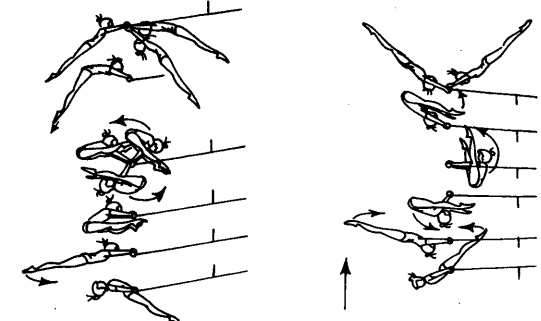
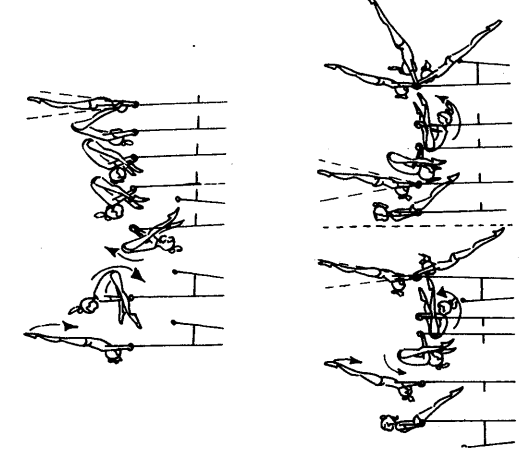
-A-	-B-	-C-
		<p>2. 22 Clear hip circle through the handstand with $\frac{1}{4}$ turn (360°) after handstand (Kräckerfelge)</p> 
		<p>2. 23 Clear hip circle on HB with free flight over LB to glide</p> 

		<p>2. 24 Clear hip circle on HB with free flight to handstand on LB -R-</p> 
		<p>2. 25 Clear hip circle on HB with free flight with $\frac{1}{2}$ turn (180°) to handstand on LB -R-</p> 

2. Circles

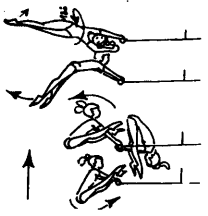
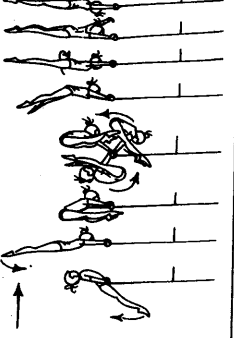
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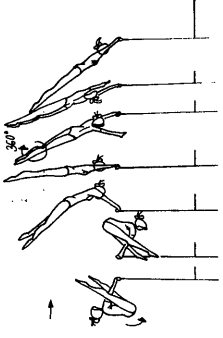
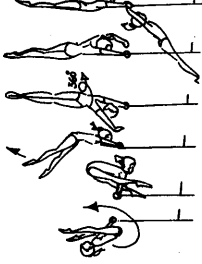
-A-	-B-	-C-
		<p>2.26 Clear hip circle — handstand with salto forward to hang (Hindorffsalto) —R—</p> 
	<p>2.27 Clear hip circle to handstand with release, hop to reverse grip after handstand</p> 	<p>2.28 Clear hip circle to handstand with release, hop to reverse grip in handstand phase</p> 

	<p>2.29 Stalder backward or forward to clear support or hang</p> 	<p>2.30 Stalder backward or forward to handstand</p> 
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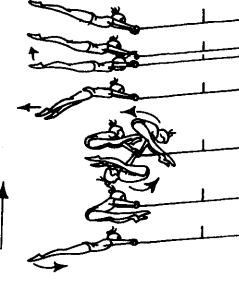
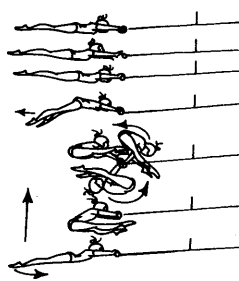
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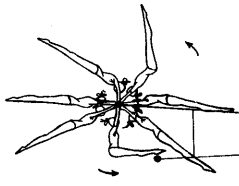
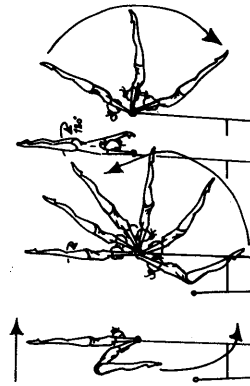
2. Circles

-A-	-B-	-C-
		<p>2.31 Stalder backward or forward with $\frac{1}{2}$ turn (180°) after handstand</p> 
		<p>2.32 Stalder backward or forward with $\frac{1}{2}$ turn (180°) in handstand phase</p> 

		<p>2.33 Stalder backward or forward with $\frac{1}{4}$ turn (360°) after handstand</p> 
		<p>2.34 Stalder backward or forward with $\frac{1}{4}$ turn (360°) in handstand phase (Frederick) -R-</p> 

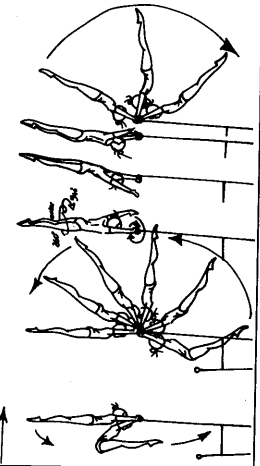
2. Circles

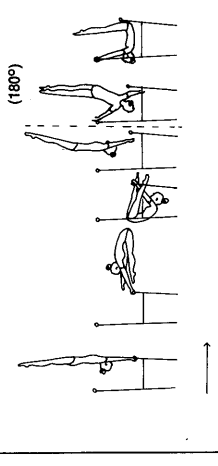
-A-	-B-	-C-
		<p>2. 35 Stalder backward to handstand with release, hop to reverse grip after handstand</p> 
		<p>2. 36 Stalder backward to handstand with release, hop to reverse grip in handstand phase -R-</p> 

		<p>2. 37 Giant circle backward to handstand (Riesenfelge)</p> 
		<p>2. 38 Giant circle backward with 1/4 turn (180°) in handstand phase or after</p> 

2. Circles

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-A-	-B-	-C-
		<p>2.39 Giant circle backward with $\frac{1}{4}$ turn or $1\frac{1}{4}$ turn (360° or 540°) in handstand phase -R-</p> 

		-C-
		<p>2.40 Stalder backward om LB with release - hop to hang on HB, also with 180° LA-turn (180°)</p> 

Examples of Difficulties on the Uneven Bars

3. Backward Swings (casts):

A-Parts:

- Cast
 - To handstand with legs straddled
 - From front lying hang with grip change to a hang on LB

B-Parts:

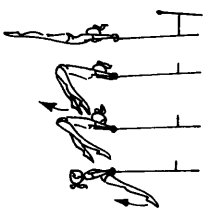
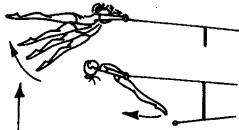
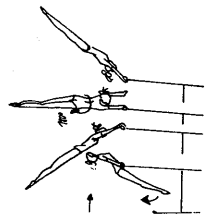
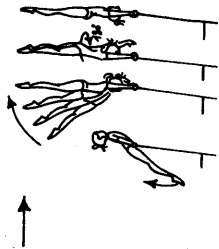
- Cast to handstand with legs together
 - Also with $\frac{1}{2}$, $\frac{1}{4}$ turn ($180^\circ / 360^\circ$) **after** handstand
 - Release hop to reverse grip **after** the handstand
- Pirouette from hang or front lying hang
- Salto roll forward between the bars (exception: Janz-salto)
- Uprise backward (also with pirouette to hang on LB)

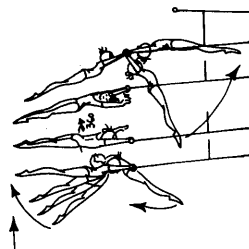
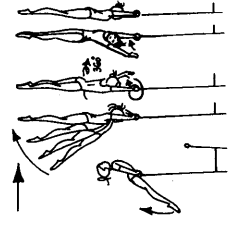
C-Parts:

- Cast to handstand
 - With $\frac{1}{2}$, $\frac{1}{4}$ turn ($180^\circ / 360^\circ$) in handstand phase
 - With release hop to reverse grip in handstand phase
- Front lying hang — cast to handstand on HB
- Cast on HB — salto forward to hang (Comaneci — salto)
- Radochlaroll (Brause) with $\frac{1}{4}$ turn (360°) to hang on HB
- Salto roll from LB (outside) to pike hang on HB
- Pirouette from support on HB to hang
- Front lying hang
 - Cast with release hop to handstand on LB
 - Cast with $\frac{1}{2}$ turn (180°) and release to grasp in handstand on LB

3. Backward Swings — Casts

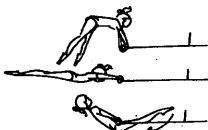
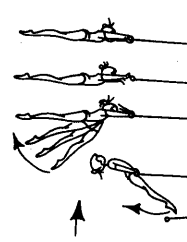

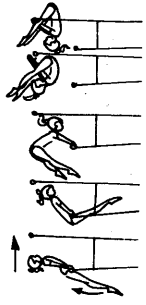
82

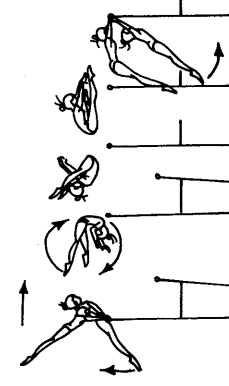

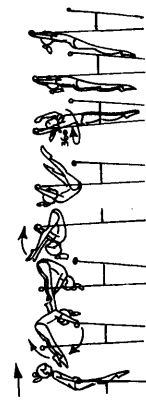
-A-	-B-	-C-
<p>3.1 Cast with legs straddled and hips bent to handstand</p> 	<p>3.2 Cast with legs straddled and hips extended to handstand</p> 	
	<p>3.3 Cast to handstand (like 3.1 or 3.2) with 1/4 turn (180°) after handstand</p> 	<p>3.4 Cast to handstand (like 3.1 or 3.2) with 1/4 turn (180°) in handstand phase</p> 

		<p>3.5 Cast to handstand (like 3.1 or 3.2) with 1/4 turn (360°) after handstand</p> 
		<p>3.6 Cast to handstand (like 3.1 or 3.2) with 1/4 turn (360°) in handstand phase</p> <p>-R-</p> 

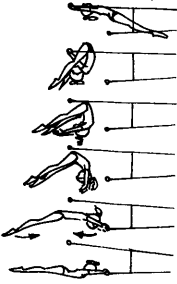
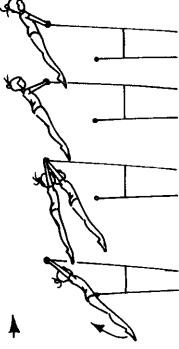
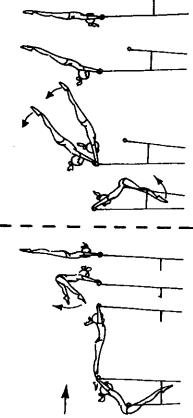
83

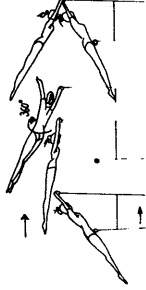
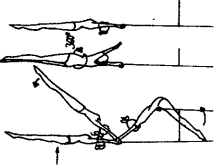
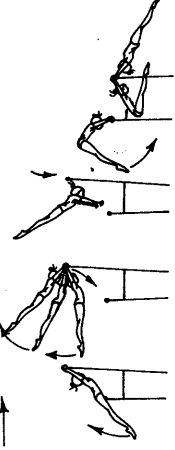
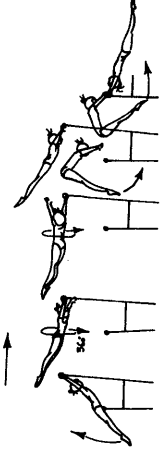
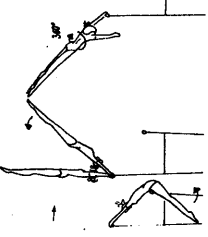
3. Backward Swings – Casts

-A-	-B-	-C-
	<p>3.7 Cast to handstand (like 3.1 or 3.2) with release to reverse grip after handstand</p> 	<p>3.8 Cast to handstand (like 3.1 or 3.2) with release, hop to reverse grip in handstand phase</p> 
	<p>3.9 Outer-front support on LB, cast with salto roll to hang on HB</p> 	<p>3.10 Outer-front support on LB, cast with salto roll to pike hang on HB (legs straddled or together)</p> 

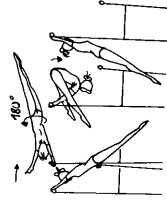
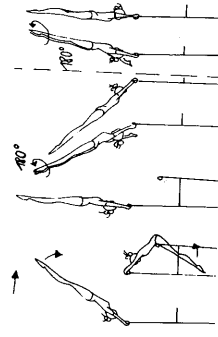
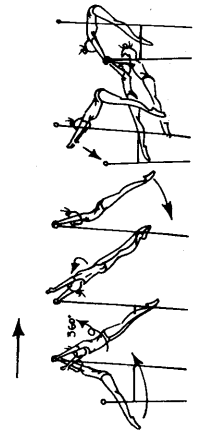
		<p>3.11 Support on HB, cast—salto roll to hang on HB or front lying hang</p> 
	<p>3.12 Inner-front support on HB, Radochlasalto (Brause) to hang or pike hang on HB (legs together or straddled)</p> 	<p>3.13 Inner-front support on LB, Radochlasalto (Brause) and 1/4 turn (360°) to hang on HB</p> 

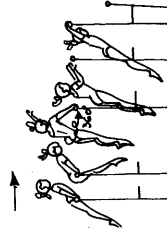
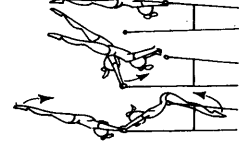
3. Backward Swings — Casts

-A-	-B-	-C-
	<p>3. 14 Handstand on LB, salto roll to hang or pike hang on HB (legs together or straddled)</p> 	
	<p>3. 15 Front lying hang — uprise backward to clear support or clear straddle support on HB</p> 	<p>3. 16 Front lying hang — cast to handstand with straddled legs and bent hips or legs together and extended hips</p> 

	<p>3. 17 Front lying hang — pirouette to front lying hang (beat LB, 1/4 twist, beat LB)</p> 	<p>3. 18 Front lying hang — cast with 1/4 turn (360°) to handstand on HB (turn in handstand phase)</p> 
<p>3. 19 Front lying hang — cast with grip change to hang on LB</p> 	<p>3. 20 Front lying hang — pirouette with grip change to hang on LB (beat LB, 1/4 twist)</p> 	<p>3. 21 Front lying hang — cast to handstand with 1/4 turn (360°) after handstand</p> 

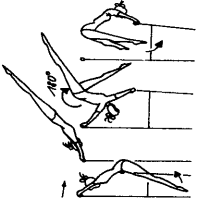
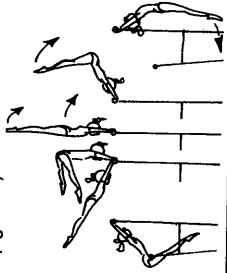
3. Backward Swings — Casts

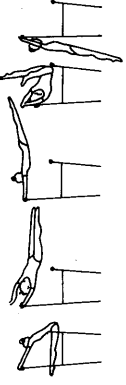
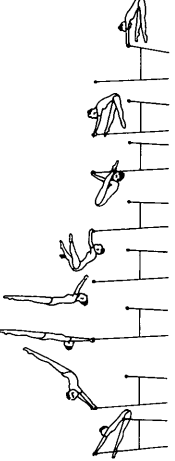
-A-	-B-	-C-
<p>3.22 Front lying hang — cast with ½ turn (180°) — straddled legs — grip change to hang on LB</p> 		<p>3.23 Front lying hang — cast to handstand with ¼ turn (180°) after handstand phase — turn in handstand phase — R—</p> 
		<p>3.24 Hang on HB — cast with pirouette to hang on HB or with grip change to hang on LB</p> 

		<p>3.25 Support on HB — cast with pirouette to hang on HB or with grip change to hang on LB (Cas-lavska-Pirouette)</p> 
		<p>3.26 Front lying hang — cast with release to handstand on LB</p> 

3. Backward Swings – Casts

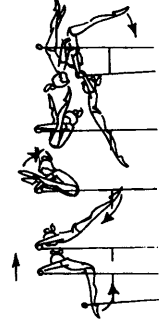
90

-A-	-B-	-C-
		<p>3. 27 Front lying hang – cast with release and ½ turn (180°) to handstand on LB (Kreisel)</p> 
		<p>3. 28 Front lying hang – cast to handstand on HB (legs straddled or together) with release – hop to reverse grip or eagle grip in or after handstand (Egervari)</p> 

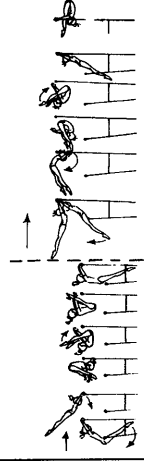
-C-		
		<p>3. 31 Front lying hang pirouette with 540° LA-turn and straddle backw. to hang on HB</p>  <p>(180°) (+180°) (+180°) \triangleq 540° LA-Dre.)</p>
		<p>3. 32 Front lying hang – cast to handstand on HB with release – hop to reserve grip after handstand with free flight to LB in clear straddle circle</p> 

91a

3. 29 Hang on HB — cast backward to straddle roll
backward to hang on LB



3. 30 Front lying hang Janz salto to hang or pike
hang (legs together or straddled)



Examples of Difficulties on the Uneven Bars

4. Elements with take off from the feet:

A-Parts:

- Jump to handstand

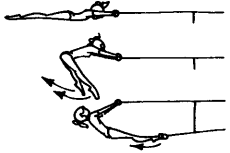
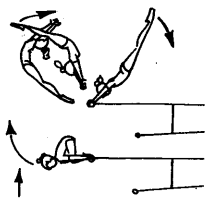
B-Parts:

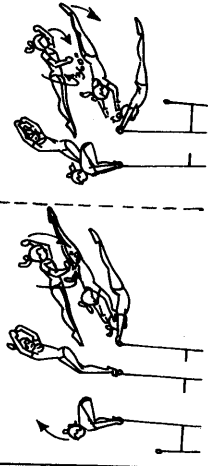
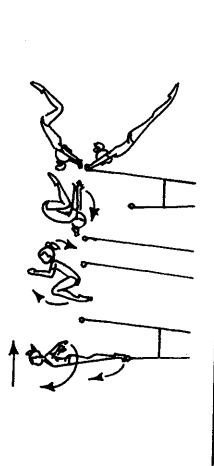
- None

C-Parts:

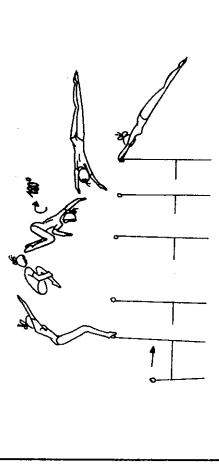
- Korbut salto
- Muchina twisting salto (Muchina twist)
- Stand on LB, salto backward over HB to hang
- Stand on HB, salto forward with 1/2 turn (180°) to hang on HB

4. Elements with take off from the feet

-A-	-B-	-C-
<p>4.1 Stand on LB — jump to handstand on HB (legs straddled, hips bent)</p> 		<p>4.2 Korbut salto to hang or front lying hang — R—</p> 

	<p>4.3 Muchina salto ($\frac{1}{2}$ twist) to hang or front lying hang -R-</p> 
	<p>4.4 Stand on LB - Salto backward over HB to hang -R-</p> 

4. Elements with take off from the feet

<p style="text-align: center;">-A-</p>	<p style="text-align: center;">-B-</p>	<p style="text-align: center;">-C-</p>
		<p>4.5 Stand on HB - Salto forward with $\frac{1}{2}$ turn (180°) to hang on HB or front lying hang -R-</p> 

Examples of Difficulties on the Uneven Bars

5. Circle Swings:

A-Parts:

- Clear straddle circle forward or backward to support, hang, or lying hang
- Sole circle forward or backward to stand or hang
- Hip circle forward or backward
 - in support
 - with grip change from LB to hang on HB

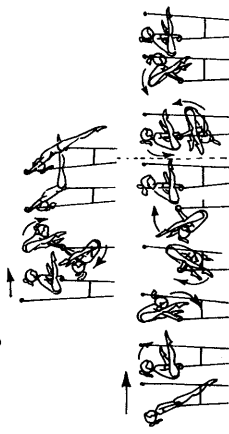
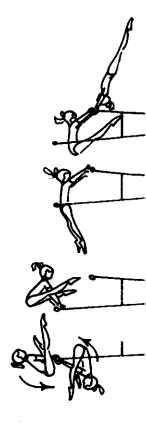
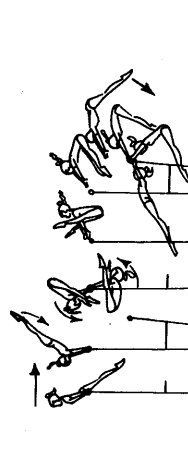
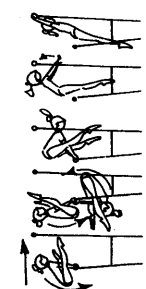
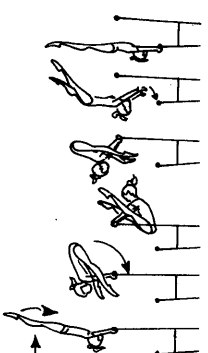
B-Parts:


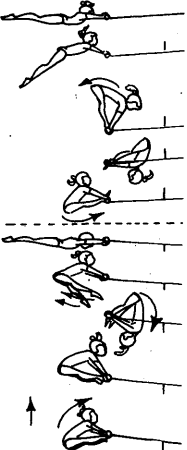
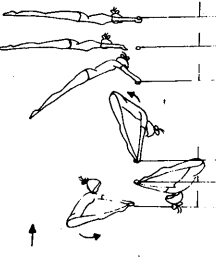
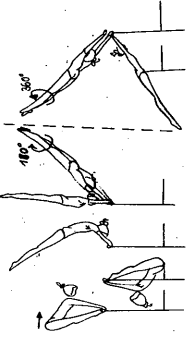
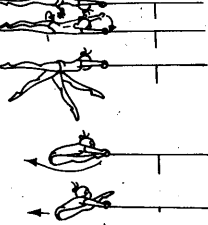
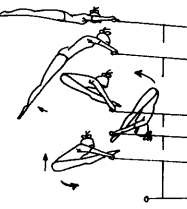
- Clear straddle circle backward on HB with grip change to glide on LB
- Sole circle (straddled or piked) forward or backward to handstand (also with release hop to reverse grip or LA turn after handstand)
- Free hip circle (without hand support) forward or backward
 - Hecht to eagle hang on HB
 - With $\frac{1}{2}$ or $\frac{1}{4}$ turn (180° or 360°) to hang on HB
 - With hecht to free flight ("false pop") and regrasp on LB

C-Parts:

- Clear straddle circle forward on HB with free flight backward over LB to hang
- Clear straddle circle forward or backward with release (flight) to handstand on LB
- Sole circle (piked or straddled) to handstand with $\frac{1}{2}$ or $\frac{1}{4}$ turn (180° or 360°) in handstand phase or release hop to reverse grip
- Hecht with $\frac{1}{2}$ turn (180°) (rear) passing over HB or LB (Kehre)
- Free (without hand support) hip circle backward with hecht and free straddle forward over bar to clear rear support (Korbut)

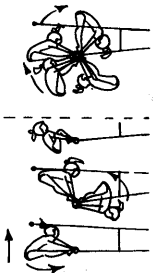
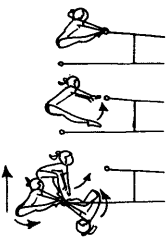
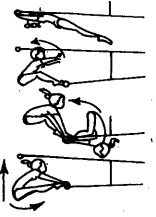
5. Circle Swings

-A-	-B-	-C-
<p>5.1 Clear straddle circle forward or backward on LB or HB to clear support or front or rear lying hang</p> 	<p>5.2 Clear straddle circle backward on HB with grip change to hang on LB (also as sole circle)</p> 	<p>5.3 Clear straddle circle forward on HB with free flight backward over LB to hang</p> 
<p>5.4 Clear straddle circle forward or backward on LB with grip change to hang on HB</p> 	<p>5.5 Clear straddle circle forward or backward on HB with free flight to handstand on LB - R-</p> 	

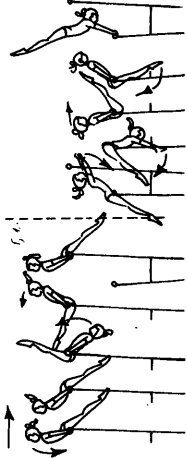
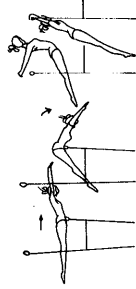
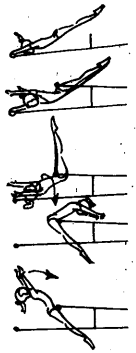
<p>5.6 Clear straddle circle forward or backward on LB with grip change and 1/2 turn (180°) to hang on HB</p> 	<p>5.7 Pike or straddle sole circle forward or backward to handstand</p> 	<p>5.8 Pike or straddle sole circle forward or backward with release — hop to reverse grip in handstand phase (release hop after handstand "B")</p> 
<p>5.9 Pike or straddle sole circle forward or backward to handstand = B with 1/1 turn (360°) after handstand = C</p> 	<p>5.10 Pike or straddle sole circle forward or backward with 1/2 turn (180°) in handstand phase = C with 1/1 turn (360°) in handstand phase = CR</p> 	<p>5.11 Clear pike (seat) circle forward or backward to handstand</p> 

5. Circle Swings

<p>5.6 Clear straddle circle forward or backward on LB with grip change and 1/2 turn (180°) to hang on HB</p>	<p>5.7 Pike or straddle sole circle forward or backward to handstand</p>	<p>5.8 Pike or straddle sole circle forward or backward with release — hop to reverse grip in handstand phase (release hop after handstand "B")</p>
<p>5.9 Pike or straddle sole circle forward or backward to handstand = B with 1/1 turn (360°) after handstand = C</p>	<p>5.10 Pike or straddle sole circle forward or backward with 1/2 turn (180°) in handstand phase = C with 1/1 turn (360°) in handstand phase = CR</p>	<p>5.11 Clear pike (seat) circle forward or backward to handstand</p>

<p>5. 13 Pike or straddle sole circle forward or backward on HB or LB in stand</p> 	<p>5. 14 Pike or straddle sole circle forward or backward on HB with free flight to pike, straddle, or tuck stand on LB</p> 
<p>5. 15 Pike or straddle sole circle forward or backward on LB with grip change to hang on HB</p> 	

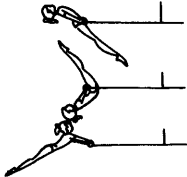
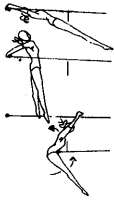

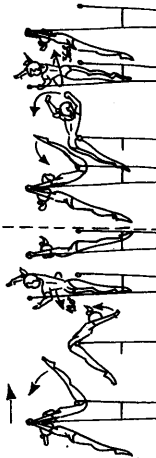
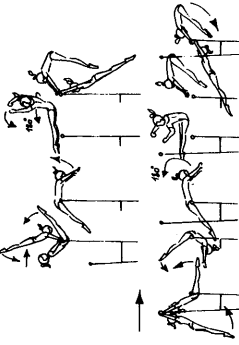
5. Circle Swings

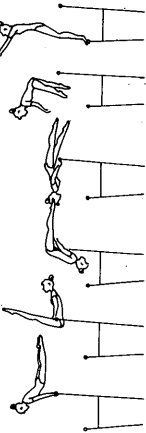
<p>5. 16 Hip circle forward on HB or LB in support (with or without hands-free)</p> 	<p>5. 17 Free hip circle forward on LB with free flight to eagle hang</p> 
<p>5. 18 Free hip circle forward on LB with grip change and 1/2 or 3/4 turn (180° or 360°) to hang on HB</p> 	

-A-

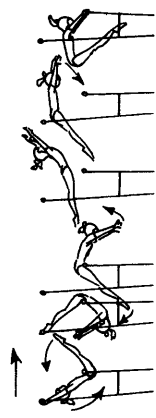
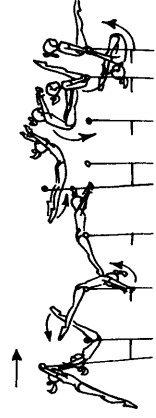
-B-

-C-

<p>5. 19 Hip circle backward on LB or HB in support</p> 	<p>5. 20 Outer free hip circle backward on LB, hecht to eagle hang on HB</p> 	
<p>5. 21 Inner free hip circle backward on LB, with free flight to eagle hang on HB</p> 	<p>5. 22 Free hip circle backward on LB with free flight and 1/2 or 3/4 turn (180° or 360°) to hang on HB</p> 	<p>5. 23 Free hip circle backward on LB or HB, hecht with 1/2 turn (180°) passing over bar to hang (Hechtkehre)</p> 

		<p>—C—</p>
		<p>5. 26 Hecht from HB with free straddle over to a stand on LB</p> 

5. Circle Swings

-A-	-B-	-C-
	<p>5.24 Free hip circle backward with hecht (repulsion from hips), free flight (false "pop") to regrasp on same bar</p> 	<p>5.25 Free hip circle backward, hecht with free straddle forward over bar to clear pike support (Korbut)</p> 

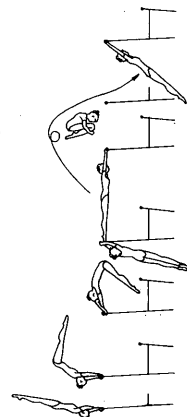
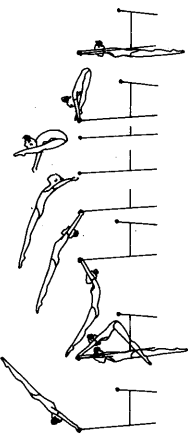
Examples of Difficulties on the Uneven Bars

6. Stretched swings forward:

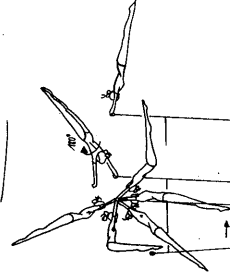
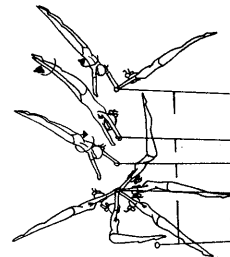
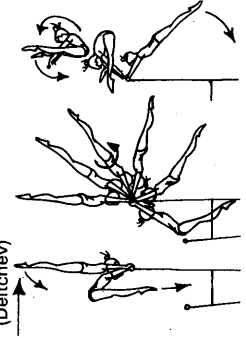
A-Parts:
 - None

B-Parts:
 - Swing forward with $\frac{1}{2}$ turn (180°) at height of HB

C-Parts:
 - Swing forward with $1\frac{1}{2}$ turn (540°) at height of HB
 - Deltchev

—C—	<p>6.3 From handstand on HB - underswing between the bars with grip - change to cross grip - $\frac{1}{2}$ (180°) LA-turn in the swing forward cast with salto forward to hang on HB —R—</p> 	—R—
		<p>6.4 Counter straddle over HB</p> 

6. Stretched swings forward

-A-	-B-	-C-
	<p>6.1 Swing forward through inside of bars with $\frac{1}{2}$ turn (180°) at height of HB</p> 	<p>6.2 Swing forward through inside of bars with $1\frac{1}{2}$ turn (540°) at height of HB</p> 
		<p>6.3 Swing forward through inside of bars with $\frac{1}{2}$ turn (180°) and salto forward to hang (Deltchev)</p> 

Examples of Difficulties on the Uneven Bars

7. Leg Swings:

A-Parts:

- Straddle squat stoop flank rear front (double leg swings or vaults over bar)
- from jump or support to stand support or hang
- Stoop vault over bar with $\frac{1}{2}$ turn (180°) to hang
- High front vault over bar with $\frac{1}{2}$ turn (180°) inward to front support (Wendy Swing)
- Flank vault over bar with $\frac{1}{4}$ turn to hang or front support
- From pike (kip) hang disengage legs to stretched hang

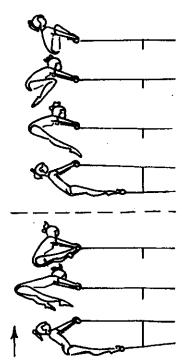
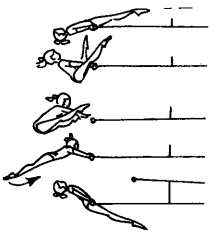
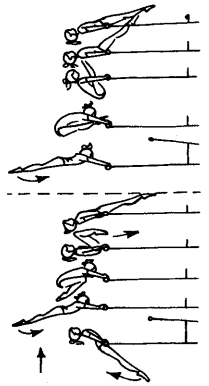
B-Parts:

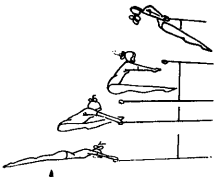
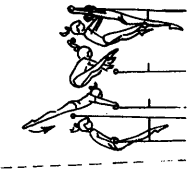
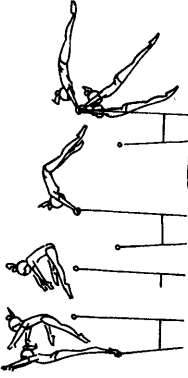
- Straddle or stoop vault over bar (with definite flight phase) — also with $\frac{1}{2}$ turn (180°)
- Flank vault over bar, $\frac{3}{4}$ turn (270°) to clear pike support (double rear or double leg circle)
- Rear vault over bar with $\frac{1}{4}$ turn (90°) outward to front support or hang
- Counter swing straddle backward with flight over LB to hang

C-Parts:

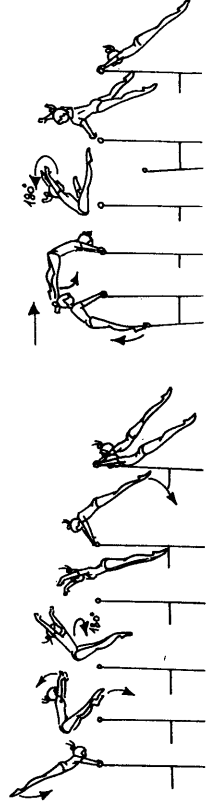
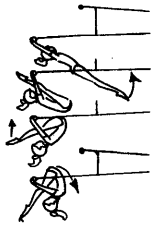
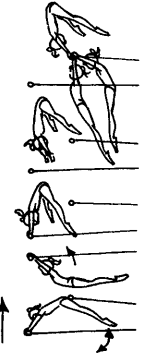
- Flank vault over bar, $1\frac{1}{4}$ turn (450°) to clear pike support

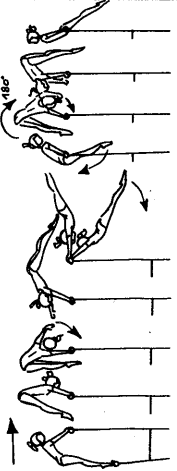
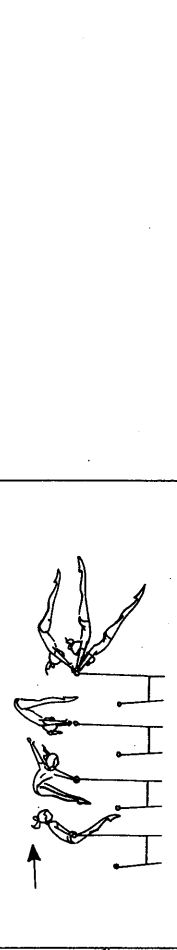
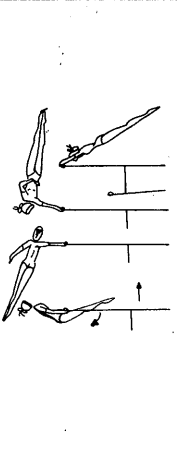
7. Leg Swings

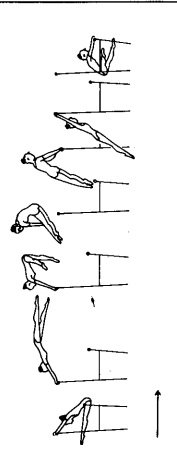
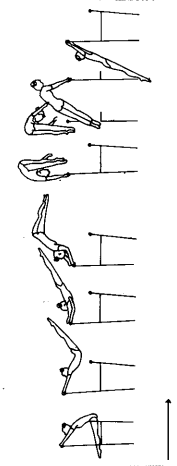
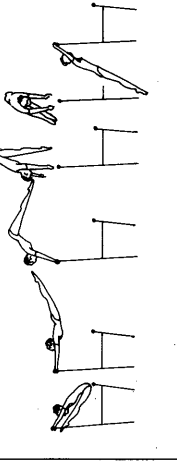
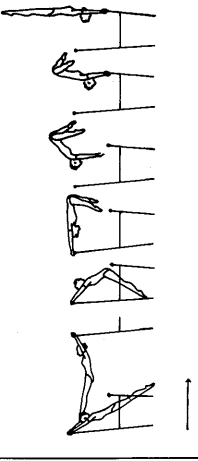
-A-	-B-	-C-
<p>7.1 Squat, stoop, straddle on to bar (from support on HB or LB or from stand on LB)</p> 	<p>7.3 Straddle cut forward with flight phase to rear support (on HB or LB)</p> 	
<p>7.2 Squat, stoop, straddle over bar to rear support or clear straddle support (from support on HB or LB or from stand on LB)</p> 		

	<p>7.4 Stoop through over HB with free flight to support on LB</p> 	
<p>7.5 Squat, stoop, or straddle over LB with free flight and grip change to hang on HB</p> 	<p>7.6 From stand on LB — straddle jump backward over HB on HB</p> 	

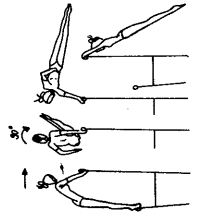
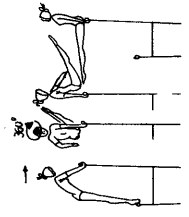
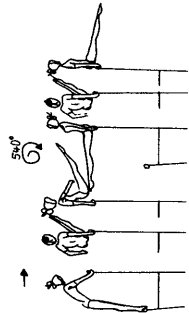
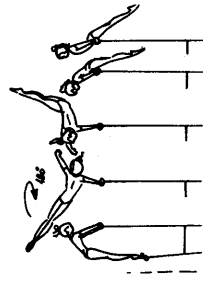
7. Leg Swings

	<p>7.7 From stand on HB or support on HB — straddle forward over HB with flight phase and 1/2 turn (180°) to hang on HB</p> 	<p>7.8 From inverted pike (Kip) hang (HB or LB), extend body to hang (disengage legs)</p> 
	<p>7.9 From hang on HB — counter swing, straddle backward with flight over LB to hang on LB</p> 	

<p>7. 10 Stoop vault over bar with release and ½ turn (180°) to hang (from support on HB or stand on LB) or front lying hang</p> 	<p>7.11 Stoop vault with flight phase and ½ turn (180°) to hang (from support on HB, stand on LB) or to front lying hang</p> 
<p>7.12 Cast high front vault over bar, with ½ turn (180°) inward to front support (Wendy Swing) from support on HB or LB or stand on LB</p> 	

<p>—C—</p>	<p>—C—</p>	<p>—C—</p>
<p>7.17 From front lying hang - cast uprise to free straddle over HB with 180° LA-turn to hang, C - with direct grip change to LB —R—</p> 	<p>7.18 Gnauck-Kehre - with direct grip change to LB —R—</p> 	<p>7.19 From front lying hang - cast with stoop vault over HB, C - with direct grip change to LB —R—</p> 
		<p>7.20 Counter swing to hang back toward LB, free flight backward to handstand on LB.</p> 

7. Leg Swings

-A-	-B-	-C-
<p>7.13 Flank vault over bar with $\frac{1}{4}$ turn (90°) (From support on HB or LB to stand on LB to front support or hang)</p> 	<p>7.14 Flank vault over bar, $\frac{3}{4}$ turn (270°) to clear pike support (double rear or double leg circle) (From support on HB or LB or stand on LB)</p> 	<p>7.15 Flank vault over bar, $1\frac{1}{4}$ turn (450°) to clear pike support (From support on HB or LB or stand on LB)</p> 
	<p>7.16 Rear vault over bar with $\frac{1}{4}$ turn (90°) outward to front support or hang</p> 	

Examples of Difficulties on the Uneven Bars

8. Kips:

A-Parts:

- All kips, and seat (pike) circles, forward and backward
 - To front or rear support
 - On LB to hang on HB or front lying hang
 - With $\frac{1}{2}$ turn (180°) and grip change from LB to hang on HB

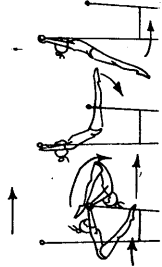
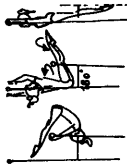
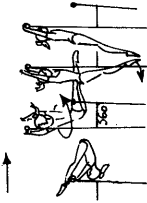
B-Parts:

- All kips on LB with $\frac{1}{4}$ turn (360°) to hang on HB
- Front lying hang — cast with $\frac{1}{2}$ turn (180°), kip up to support on HB
- Seat (pike) circles forward
 - With straddle cut backward to hang or front lying hang
 - With straddle cut backward and release to stoop or straddle stand on LB
 - With release to hang on LB (applicable only for reverse kips)
- Seat (pike) circle forward or backward with $\frac{1}{2}$ turn (180°) to hang or with stoop backward over bar to hang or front lying hang
- Rear lying hang, stoop through, reverse kip to support
- Reverse grip kip

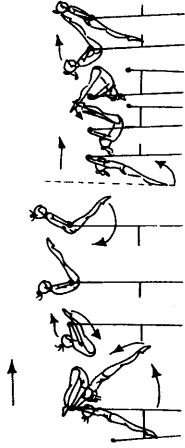
C-Parts:

- Seat (pike) circles forward on HB
 - With straddle cut backward and flight **over** LB to hang (glide)
 - With stretching of body near handstand in eagle grip (Adler) — also with $\frac{1}{2}$ turn (180°)
- Steinmannoverthrow — From rear support on HB, begin Czech giant backward (stretching near handstand position) to hang or front lying hang

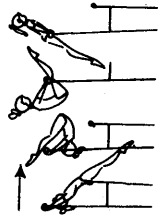
8. Kips

<p style="text-align: center;">—C—</p>		
<p style="text-align: center;">—A—</p>	<p>8.1 Glide kip up to support on LB or with grip change to hang on HB</p> 	<p>8.2 Glide kip with $\frac{1}{2}$ turn (180°) to hang on HB</p> 
<p style="text-align: center;">—B—</p>		<p>8.3 Glide-kip with $\frac{1}{4}$ turn (360°) to hang on HB</p> 

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

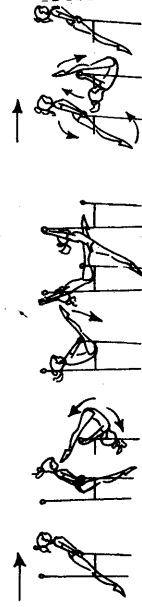


8.5 Rear lying hang, short kip-up on HB

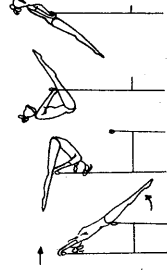


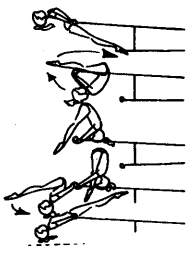
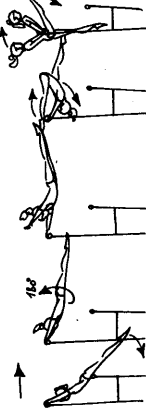
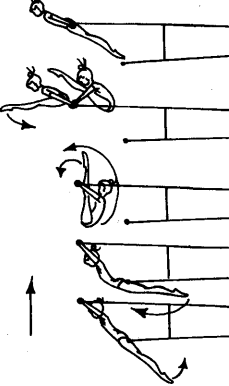
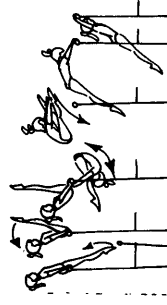
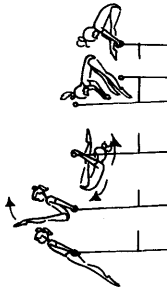
8. Kips

8.6 From front support, fall backward, kip up to front. Support on HB or LB
Remarks: on LB with turn and grip change.
See 8.2/78.3 Glide kip.

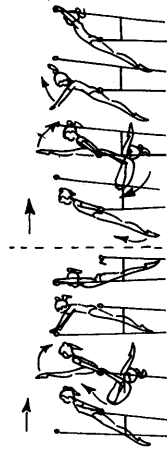
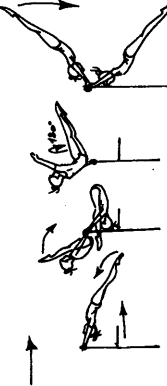
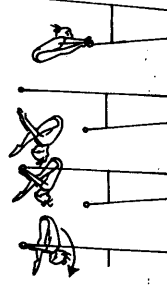


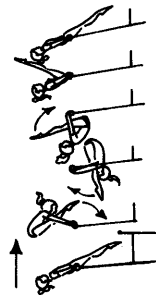
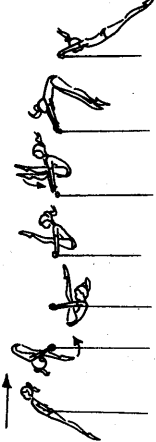
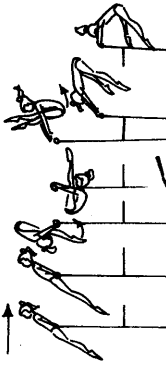
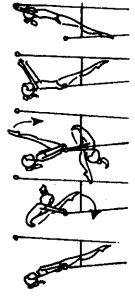
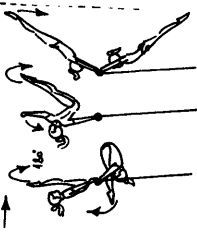
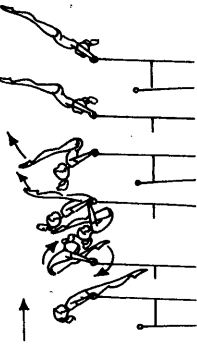
8.7 Reverse grip kip up to support on HB or LB



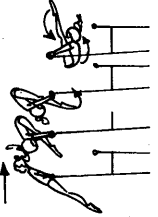
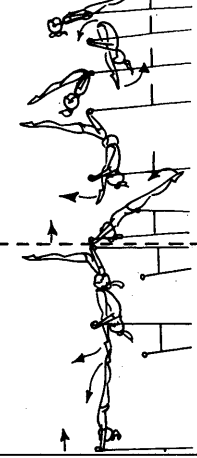
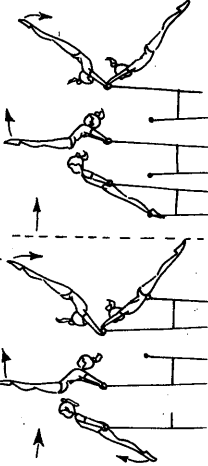
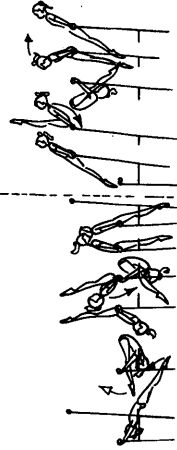
<p>8.8 Rear support, fall backward to inverted pike swing, disengage legs, kip up to front support (on HB or LB)</p> 	<p>8.9 Front lying hang, swing backward with 1/2 turn (180°), kip up to support on HB</p> 	
<p>8.10 From glide or rear lying hang, stoop through, back kip up to rear support or brief sit</p> 	<p>8.11 From rear support, glide or rear lying hang — Stoop through, inverted pike swing straddle cut backward — to hang on same bar or front lying hang — from LB with grip change to hang on HB</p> 	<p>8.12 From outer rear support or glide, stoop through, inverted pike swing, straddle cut backward, with free flight over LB to hang</p> 

8. Kips

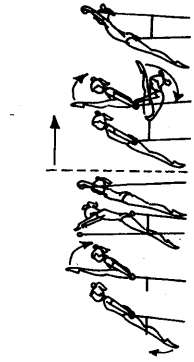
<p>8.13 Seat (pike) circle backward on LB to hang on HB or rear lying hang</p> 	<p>8.14 From hang or rear lying hang, stoop through, back kip up over bar with 1/2 turn (180°) to hang or front lying hang</p> 	<p style="text-align: center;">—A— —B— —C—</p>
	<p>8.15 Inverted pike swing backward on HB with release to stoop or straddle stand on LB (from outer rear support)</p> 	

<p>8. 16 Seat (pike) circle forward to rear support or brief sit on LB or HB</p> 	<p>8. 17 Seat (pike) circle forward, straddle cut backward — to hang on same bar or front lying hang</p> 	<p>8. 18 From outer rear support, seat (pike) circle, forward, straddle cut backward with free flight over the LB to hang</p> 
<p>8. 19 Seat (pike) circle forward on LB with grip change to hang on HB or rear lying hang</p> 	<p>8. 20 Seat (pike) circle forward over HB with ½ turn (180°) to hang</p> 	<p>8. 21 Seat (pike) circle forward with or without ½ turn (180°) to clear stretched support over HB near handstand position — (like stretch into eagle giant) (Adler) — with ½ or 1 ½ turn (360° or 540°) — R —</p> 

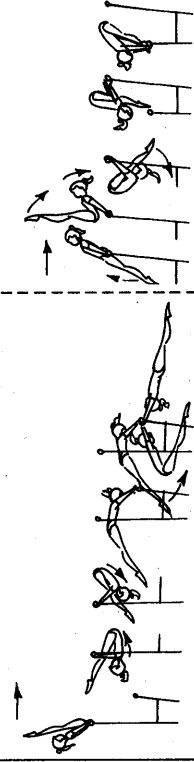
8. Kips

<p>8. 22 Seat (pike) circle forward on HB with release to stoop or straddle stand on LB (from outer rear support)</p> 	<p>8. 24 From rear lying hang or stretched swing forward (long hang) on HB. Stoop through, back pike swing, reverse kip (circle) up to rear support on HB</p> 	<p>8. 25 From rear support on HB, begin Czech giant backward (stretching near handstand position) to hang or front lying hang (Steinmann overthrow)</p> 
<p>8. 23 Inverted pike swing or Seat (pike) circle backward to rear support on HB or LB</p> 	<p>—B—</p>	
<p>—A—</p>		<p>—C—</p>

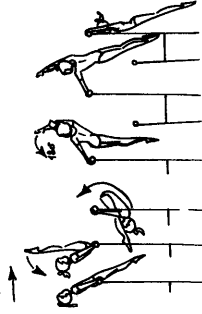
8.26 Seat (pike) circle backward on LB with grip change to hang on HB or rear lying hang. Picture and text (Same as 8.13)



8.27 Seat (pike) circle backward on HB with release to stoop or straddle stand on LB or with grip change to glide on LB (from inner rear support)



8.28 Seat (pike) circle backward on HB with 1/2 turn (180°) to hang or front lying hang



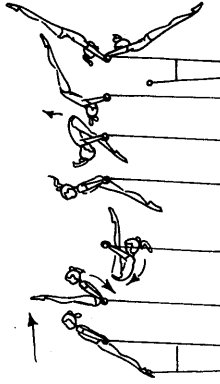
8. Kips

-A-

-B-

-C-

8.29 Seat (pike) circle backward with stoop through backward over bar (disengage legs) to hang



Examples of Difficulties on the Uneven Bars

9. Dismounts:

A-Parts:

- Underswing with and without $\frac{1}{2}$ turn (180°)
- Salto forward or backward (take off from HB)
- Hecht from LB or HB (to both sides)
- Seat circles forward with straddle cut backward or flank turn from HB (pike)

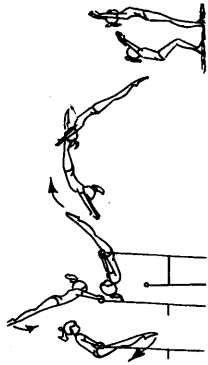
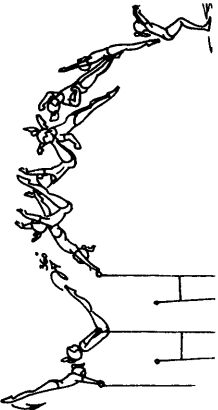
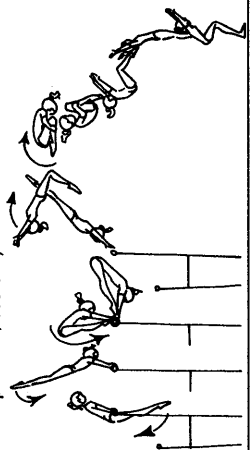
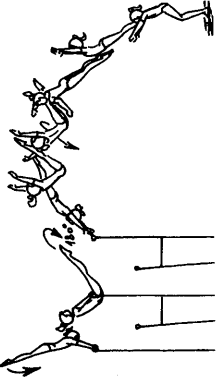
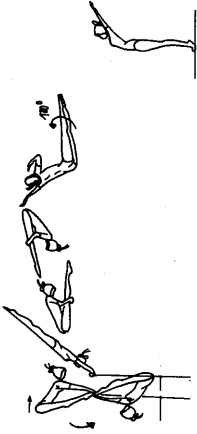
B-Parts:


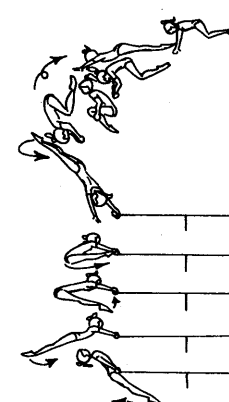
- Underswing with $\frac{1}{4}$ turn (360°) from HB (to both sides)
- Clear hip circle or cast with salto forward or backward
- Clear hecht from HB (to both sides)
- Hecht with $\frac{1}{4}$ turn (360°) from LB
- Giant swing backward with salto backward tucked, piked or stretched - also with $\frac{1}{2}$ or $\frac{1}{4}$ turn (180° or 360°)
- Salto forward or backward with $\frac{1}{4}$ turn (360°) (take off from HB)

C-Parts:

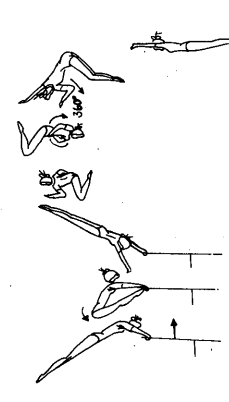
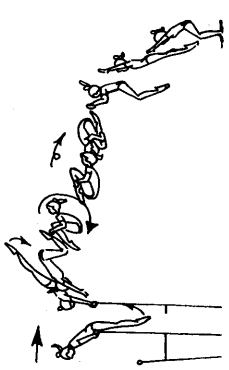
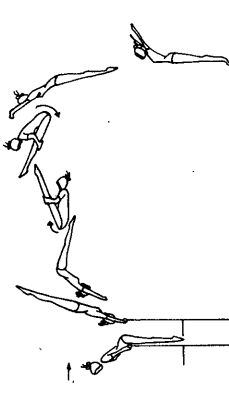
- Underswing (sole circle) with salto forward or backward with or without turn around the longitudinal axis (LA)
- Cast or clear hip circle to handstand with piked salto forward or backward
- Clear hecht from HB with $\frac{1}{4}$ turn (360°)
- Hecht, salto backward - also with additional longitudinal axis (LA) turn
- Giant swing backward
 - Salto backward, tucked, piked, or stretched with $1\frac{1}{2}$ turn (540°)
 - With double salto backward
- Salto forward or backward - take off from HB
 - With $\frac{3}{4}$ turn (720°) or with double breadth axis (BA) turn

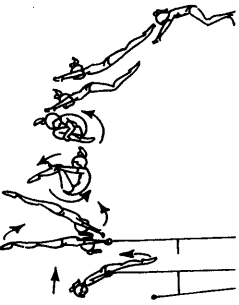
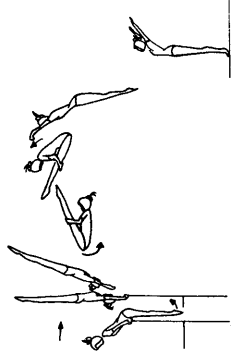
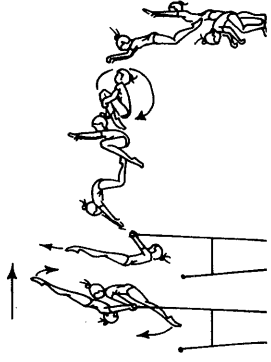
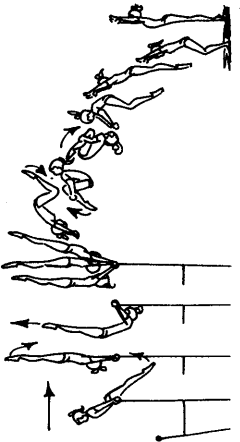
9. Dismounts

-A-	-B-	-C-
<p>9.1 From stoop or straddle stand or clear support on HB - underswing to stand (to both sides, also with bending and stretching of hips)</p> 	<p>9.4 Underswing with $\frac{1}{4}$ turn (360°) to stand (to both sides - starting position, see 9.1)</p> 	<p>9.2 Underswing with salto forward tucked or piked from HB (to both sides - starting position, see 9.1)</p> 
<p>9.3 Underswing with $\frac{1}{2}$ turn (180°) to stand (to both sides - starting position, see 9.1)</p> 	<p>9.5 Underswing with salto forward tucked or piked with $\frac{1}{2}$ turn (180°) (to both sides - starting position, see 9.1)</p> 	

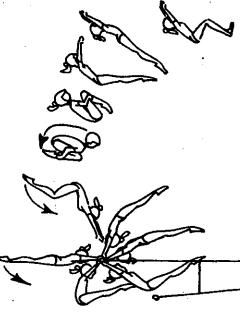
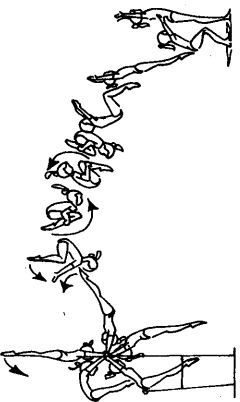
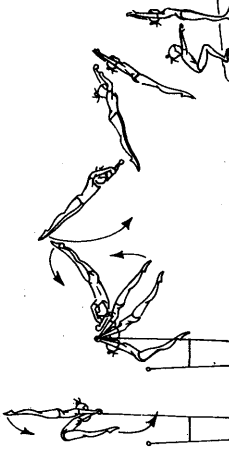
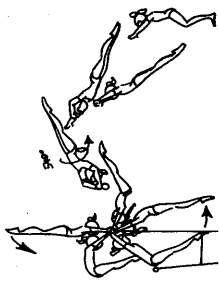
		<p>9.6 Underswing with Salto forward tucked or piked with $\frac{1}{4}$ turn (360°) to both sides — starting position, see 9.1 — —R—</p> 
		<p>9.7 Underswing with $\frac{1}{2}$ turn (180°) and salto backward tucked or piked (Comaneci-Dismount)</p> 

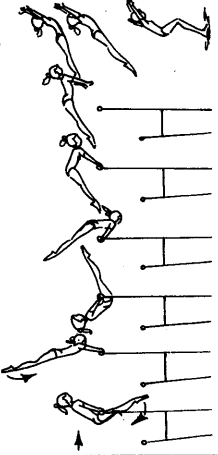
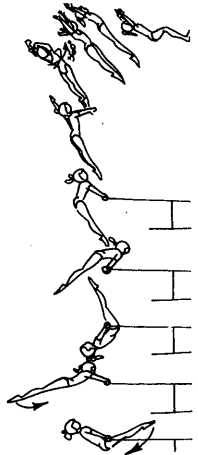
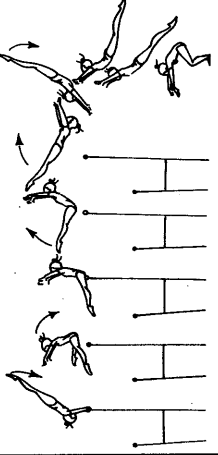
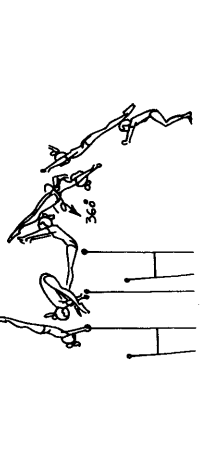
9. Dismounts

		<p>—A—</p> <p style="text-align: center;">—B—</p> <p style="text-align: center;">—C—</p> <p>9.8 Comaneci-Dismount — $\frac{1}{4}$ turn (360°) —R—</p> 
	<p>9.9 Cast to near handstand on HB — Salto backward tucked</p> 	<p>9.10 Cast to near handstand on HB — salto backward piked</p> 

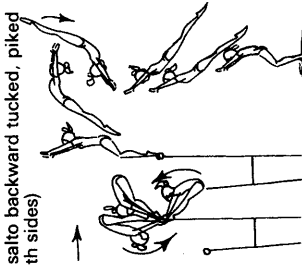
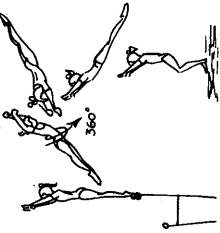
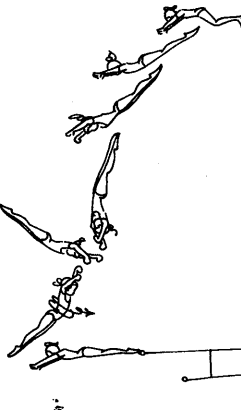

	<p>9. 11 Cast to near handstand — salto forward tucked</p> 	<p>9. 12 Cast to near handstand — salto forward piked —R—</p> 
	<p>9. 13 Clear hip circle — salto backward tucked or piked</p> 	<p>9. 14 Clear hip circle to handstand —salto backward tucked or piked</p> 

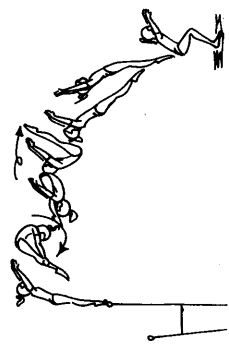
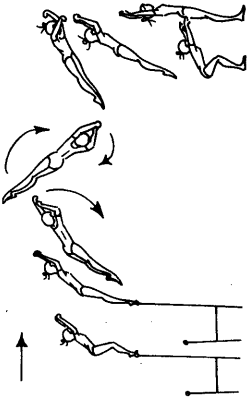

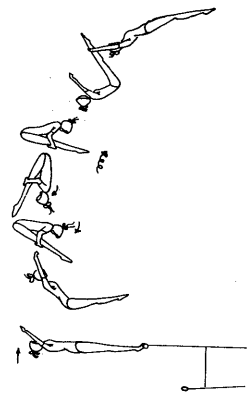
9. Dismounts

<p>—A—</p>	<p>9. 15 Giant swing backward, with salto backward tucked, piked, or stretched</p> 	<p>9. 16 Giant swing backward with double salto backward tucked —R—</p> 
<p>—B—</p>	<p>9. 17 Giant swing backward with salto backward stretched with 1/2 or 3/4 turn (180° or 360°)</p> 	<p>9. 18 Giant swing backward with salto backward stretched with 1 1/2 turn (540°)</p> 
<p>—C—</p>		

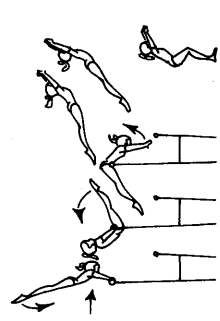
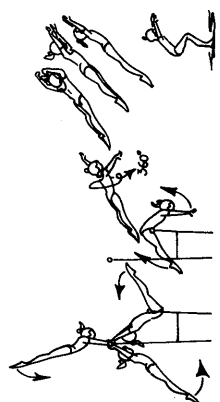
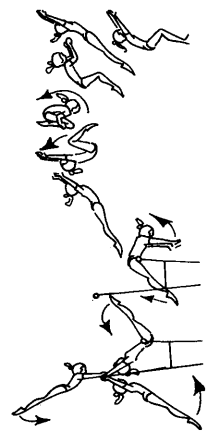
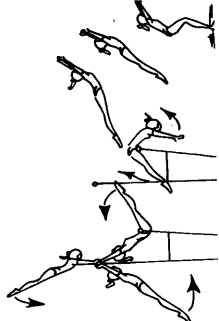
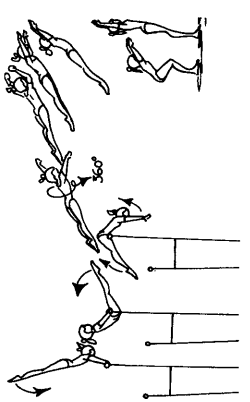

	<p>9. 19 Clear hecht from HB (to both sides)</p> 	<p>9. 20 Clear hecht with $\frac{1}{4}$ turn (360°) (to both sides)</p> 
	<p>9. 21 Support on HB — free straddle over to repulsion from both thighs — salto backward tucked, piked, or stretched (Wippsalto — Tanac)</p> 	<p>9. 22 Wippsalto — Tanac with $\frac{1}{4}$ turn (360°) or more</p> 

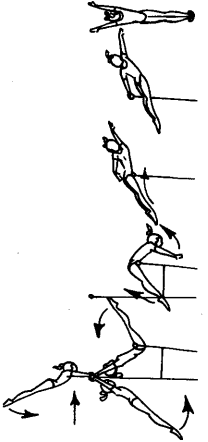
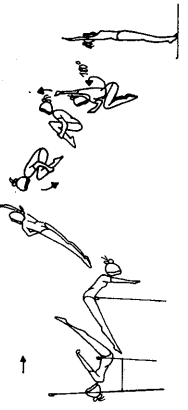
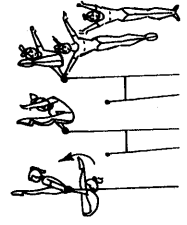
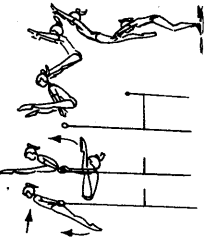
9. Dismounts

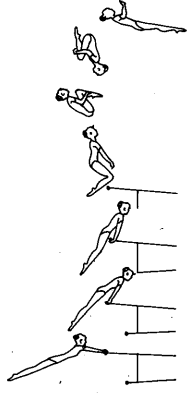
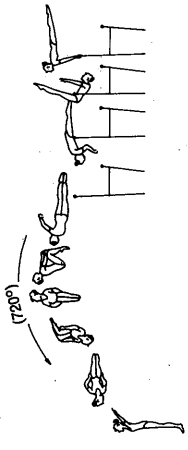
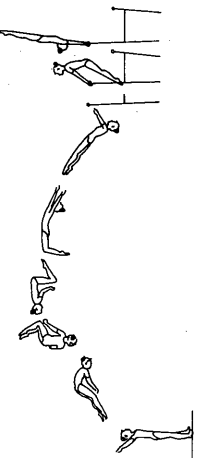
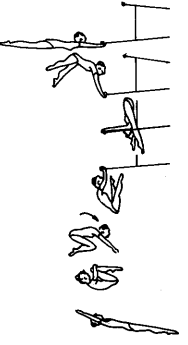
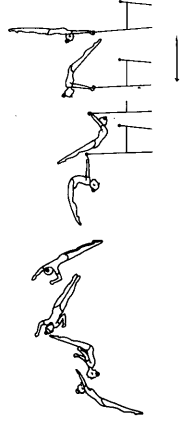
<p>9. 23 Stand on HB — salto backward tucked, piked stretched (to both sides)</p> 	<p>9. 24 Stand on HB — salto backward tucked, piked, stretched with $\frac{1}{4}$ or $1\frac{1}{2}$ turn (360° or 540°) (to both sides)</p> 	<p>9. 25 Stand on HB — salto backward stretched with $\frac{1}{4}$ turn (720°) (to both sides)</p> 
		<p>9. 26 Stand on HB — double salto backward (to both sides)</p> 

<p>9.27 Stand on HB — salto forward tucked, piked, stretched (to both sides)</p> 	<p>9.28 Stand on HB — salto forward tucked, piked, stretched with $\frac{1}{4}$ or $1\frac{1}{2}$ turn (360° or 540°) (to both sides)</p> 	<p>9.29 Stand on HB — salto forward stretched with $\frac{1}{4}$ turn (720°) (to both sides)</p> 
<p>Remarks: The dismounts 9.23 to 9.30 are executed out of movement.</p>		
<p>9.30 Stand on HB — Double salto forward — R-</p> 		

9. Dismounts

<p>9.31 Hecht from LB or HB (to both sides)</p> 	<p>9.32 Hecht from LB or HB with $\frac{1}{4}$ turn (360°) (to both sides)</p> 	<p>9.33 Hecht on LB with salto backward (Muchina) — R-</p> 
	<p>9.34 Hecht on LB with $\frac{1}{2}$ turn (180°) and salto forward — R-</p> 	

<p>9. 35 Hecht with $\frac{1}{4}$ turn from LB or HB</p> 		<p>9. 36 Hecht from LB with $\frac{1}{2}$ (180°) turn — salto forward with $\frac{1}{2}$ turn (180°) —R—</p> 
<p>9. 37 From inverted pike swing on HB, straddle cut backward or flank turn to stand</p> 	<p>9. 38 From inverted pike swing on HB, straddle cut backward or flank turn over LB</p> 	

<p>9. 39 Clear hecht from HB or LB with salto backward —R—</p> 	<p>9. 40 Clear hecht off HB or LB - salto backward with 360° LA-turn —R—</p> 	<p>9. 41 Free underswing without support of the feet, salto forward, also with 180° LA-turn</p> 
<p>9. 42 Clear straddle circle forward with salto forward</p> 	<p>9. 43 Free underswing without support of the feet, 180° LA-turn, salto backward tucked or piked</p> 	

Article 12

Balance Beam

1. General

The duration of the optional exercise on the balance beam may not be less than

1:10 minutes and not more than

1:30 minutes.

The exercise is ended at 1:30 minutes; further performance that follows is not evaluated.

An interruption of 10 seconds is possible due to a fall on or from the apparatus. (This will be timed separately.)

Three static, typical beam elements — holds are permitted. Additional holds (pauses) taken for concentration prior to difficult elements or connections will be penalized.

2. Content of the Exercise

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

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

3. For the Composition, Note:

Creation of high points (peaks) through the direct connection (Series) of:

- 2 or more acrobatic elements.
- 2 or more gymnastic elements.
- 2 or more acrobatic and gymnastic elements in a Series.
- Leaps or jumps, turns and other gymnastic elements.

Harmonious change between element groups, in particular by changing of gymnastic and acrobatic elements.

Variation in rhythm between faster and slower movements.

Execution of elements in the forward, sideward, and backward movement in a dynamic exercise presentation.

Change between movements near and far from the beam (level changes).

Use of the entire length of the beam.

4. Special Requirements which the Exercise must Contain:

- One acrobatic Series of 2 or more elements, one of which must be an element with flight phase.
- A gymnastic turn of 360° on one leg.
- A gymnastic leap or jump with great amplitude.
- Acrobatic elements in at least two directions (forward, backward or sideward).

5. Specific Apparatus Deductions

5.1 Compositional Faults:

Deductions

- Dismount not corresponding to the difficulty level of the exercise (at least "B") 0.20 Pt.
- Exercise without high points (peaks)
 - too few direct connections of gymnastic and acrobatic elements up to 0.20 Pt.
 - more than 2 beam passes in succession without difficulties of a minimum "B" level each 0.10 Pt.
- Monotony in Presentation
 - domination of acrobatics up to 0.20 Pt.
 - one-sided choice of gymnastic elements up to 0.20 Pt.
 - connections not corresponding to the difficulty level of the exercise up to 0.20 Pt.
- Monotony in the direction of movement
 - general insufficient directional changes up to 0.20 Pt.
- Monotony in Rhythm
 - uniform (monotous) tempo during the entire exercise up to 0.40 Pt.
 - uniform tempo during a long passage of the exercise each 0.10 Pt.
 - insufficient change of movements near and far from the beam 0.10 Pt.

5.2 Absence of Special Requirements

- Without an acrobatic Series 0.20 Pt.
- Without a 360° turn on one leg 0.10 Pt.
- Without a gymnastic leap or jump 0.10 Pt.
- All acrobatic elements executed in one direction 0.20 Pt.

5.3 Specific Apparatus Faults

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

6. Increase in Value Through Connection of Difficulties (Series)

6.1 When acrobatic or gymnastic A-elements are directly connected to acrobatic B-elements, the value of the "B" raises to "C".

Examples:

- | | |
|-----------------------|-------------------|
| — walkover backward | — "A" |
| salto backward tucked | — "B" becomes "C" |
| — walkover forward | — "A" |
| free walkover forward | — "B" becomes "C" |
| — split jump in place | — "A" |
| flic-flac | — "B" becomes "C" |

6.2 When acrobatic or gymnastic "B"-elements are directly connected, the value of the second "B" raises to "C".

Examples:

- flic-flac — "B"
- flic-flac — "B" becomes "C"
- gainer flic-flac — "B"
- salto backward tucked — "B" becomes "C"
- flic-flac — "B"
- straddle jump with less forward — "B" becomes "C"
- 1½ turn (540°) with free leg held backward — "B"
- swing through of the free leg to gainer flic-flac — "B" becomes "C"

6.3 When acrobatic or gymnastic B- and C-elements are directly connected to each other, the value of the "C" raises to "C^R", if it is performed as the last element of the series.

Examples:

- flic-flac — "B"
- salto backward with step-out — "C" becomes "C^R"
- stretched jump with ¼ turn (360°) — "B"
- salto forward — "C" becomes "C^R"
- 1½ turn (540°) on one leg — "B"
- ¾ turn (720°) on one leg — "C" becomes "C^R"

6.4 When acrobatic or gymnastic C-elements are directly connected the value of the second "C" raises to "C^R".

Examples:

- head kip, — "C"
- stretched jump with 1½ turn (540°) — "C" becomes "C^R"
- free cartwheel — "C"
- salto backward piked — "C" becomes "C^R"
- flic-flac with support of one arm — "C"
- flic-flac with support of one arm — "C" becomes "C^R"

6.5 When three acrobatic or gymnastic elements (from "B") are directly connected, there are bonus points for risk.

Examples:

- flic-flac 3x — "B" — "B" — "C" +0.20 BP
- flic-flac "B" } +0.20 BP
- flic-flac "B" }
- salto backward tucked "C" }
- flic-flac "B" } +0.20 BP
- stretched jump with ¼ turn (360°) "B" }
- salto backward tucked "C" }

Examples of Difficulties on the Balance Beam**1. Mounts:****A-Parts:**

- Free leap to a stand on one leg
- Walkover forward to a sit or support
- Support of the hands on the beam — jump to a split sit, to a sit, support or a stand

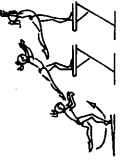
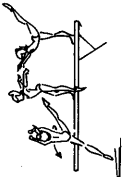
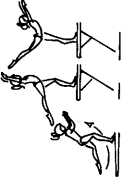
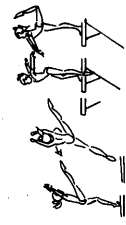
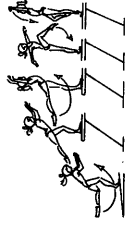
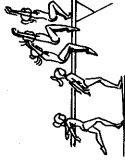
B-Parts:

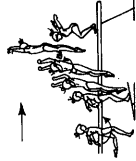
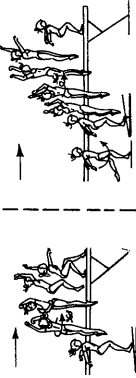

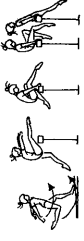
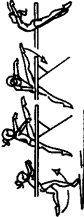
- Free leap with ½ turn (180°) in the flight phase to a
 - Standing scale
 - Split sit (side or cross) or
 - Free leap over to a rear support (thief mount)
- Free (aerial) walkover to a sit or support
- Jump, press or swing backward to a
 - Handstand
 - Walkover forward, cartwheel or
 - To a roll forward
- Free jump — take-off from both legs

C-Parts:


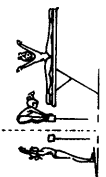
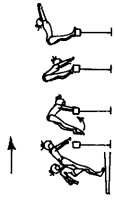
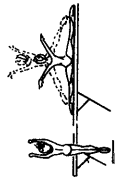
- At the end or diagonal to the beam — Jump (leap) with flight phase (stretched legs — body angle is required) to a
 - Handstand
 - Walkover forward or cartwheel
 - Roll forward
- Salto forward
- Free Jump
 - to a cross split sit without hand support (take-off from both legs)
 - with a 360° turn in flight phase to a stand (take-off from both legs)
- Head or neck kip

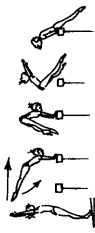
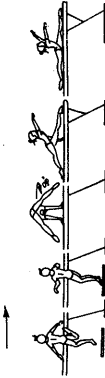

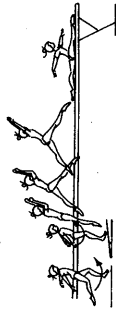
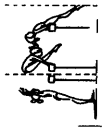
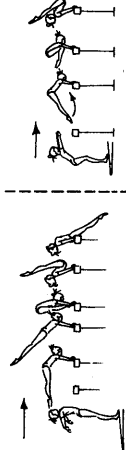
1. Mounts

-A-	-B-	-C-
<p>1.1 Free leap (without hand support) to stand on 1 leg (at end or in the middle of beam)</p> 	<p>1.2 Free leap with 1/2 turn (180°) in flight phase to standing scale (diagonal running approach to beam)</p> 	
<p>1.3 Free leap with lowering into standing scale (at end or in middle of beam)</p> 	<p>1.4 Free leap with 1/2 turn (180°) to balance element on 1 leg (other leg above 90° — horizontal)</p> 	
<p>1.5 Free leap to stand on 1 leg with 1/2 turn (180°) on support leg</p> 	<p>1.6 Free jump to stand — take-off from both legs</p> 	

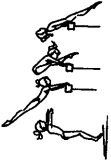
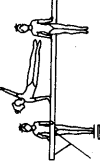

	<p>1.7 Free jump with 1/2 turn (180°) in flight phase to stand — take-off from both legs</p> 	<p>1.8 Free jump with 1/2 turn (360°) in flight phase to stand — take-off from both legs</p> 
<p>1.9 Scissors leap to cross sit (left or right) — diagonal running approach to beam</p> 	<p>1.10 Thief vault running approach from 90° < to beam, take-off from 1 leg, free leap from 1 leg followed by the other to rear support</p> 	
<p>1.11 Stride leap with 1/2 turn (180°) to a cross straddle sit (diagonal running approach to beam)</p> 		


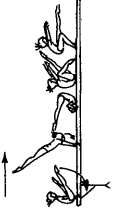

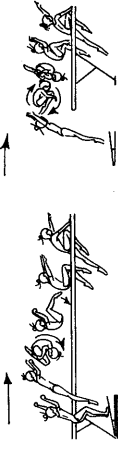

1. Mounts

-A-	-B-	-C-
<p>1.12 Stride leap with $\frac{1}{2}$ turn (180°) to front support (running approach from $90^\circ <$ to beam)</p> 		
<p>1.13 Jump (with hand support from front stand) to side split sit</p> 		
<p>1.14 Jump (with hand support from front stand) to straddle stand</p> 	<p>1.15 Free jump to straddle stand (from running approach $90^\circ <$ to beam)</p> 	

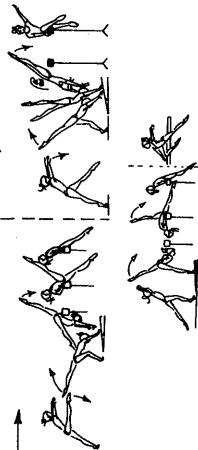
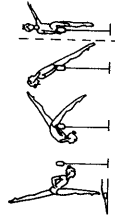
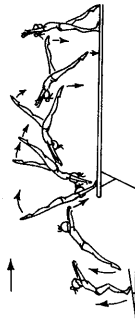
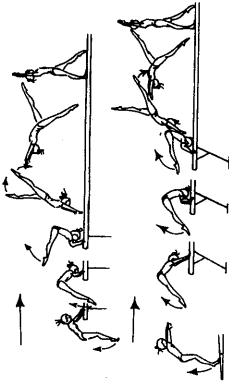
<p>1.16 Straddle-cut forward (with push off from hands) to rear support</p> 		
<p>1.17 Jump (with hand support from front stand) with $\frac{1}{2}$ turn (90°) to cross split sit</p> 	<p>1.18 Free leap to cross split sit from 1 leg (diagonal running approach to beam)</p> 	<p>1.19 Free jump to cross split sit - take-off from both legs (diagonal running approach to beam)</p> 
<p>1.20 Stoop or squat jump (from front stand) to pike stand, tuck stand or rear support</p> 	<p>1.21 Stoop or squat jump over to clear pike support</p> 	

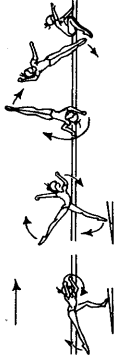
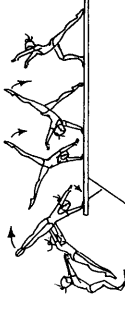
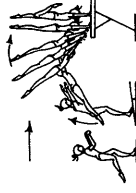
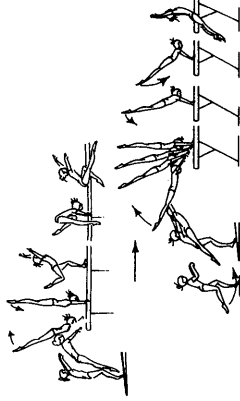
1. Mounts

-A-	-B-	-C-
	<p>1.22 Stoop jump over with hechtphase (90° < required) to rear support</p> 	
<p>1.23 Flank over to rear support</p> 		
	<p>1.24 Double leg circle or double rear (with 180° body turn) to rear support to end on mount side of beam (Kehre-in or Kreiskehre)</p> 	

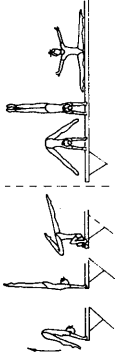
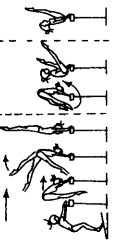
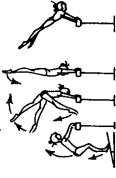
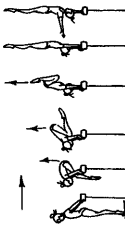
<p>1.25 Jump into roll forward on end of beam</p> 	<p>1.26 Clear straddle support -- pike swing backward to roll forward</p> 	<p>1.27 Hecht roll (stretched leg -- torso angle < required)</p> 
		<p>1.28 Salto forward to tuckstand or cross sit on right or left leg (running approach from end or diagonal to beam)</p> 
		<p>1.29 Salto forward to rear support (running approach from 90° < to beam)</p> 

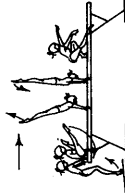

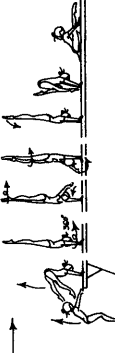
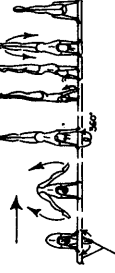
1. Mounts

-A-	-B-	-C-
<p>1.30 Handspring forward with repulsion from springboard to rear support or with $\frac{1}{4}$ turn (90°) to cross sit right or left</p> 	<p>1.31 Free (aerial) walkover forward to rear support or with $\frac{1}{4}$ turn (90°) to cross sit right or left</p> 	<p>1.32 Handspring forward with hecht phase before support of hands on beam (stretched leg - torso angle in hecht phase required) -R-</p> 
		<p>1.33 Head or neck kip to stand</p> 

	<p>1.34 Free (aerial) cartwheel to cross sit right or left or with $\frac{1}{4}$ turn (45°) to front support (diagonal running approach to beam)</p> 	<p>1.35 Cartwheel with hecht phase before support of hands on beam (stretched leg-torso angle required) (running approach from end or diagonal to beam) -R-</p> 
	<p>1.36 Jump to handstand-lower to end position touching beam (running approach from end of beam, 90° or diagonal to beam)</p> 	<p>1.37 Jump to handstand with hecht phase before support of hands on beam (stretched leg-torso in hecht phase required). End position touching the beam -R-</p> 

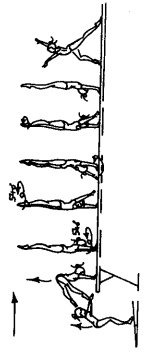
1. Mounts

-A-	-B-	-C-
	<p>1.38 Press to handstand — lower to end position touching beam (on end or from 90° < to beam)</p> 	<p>1.39 Press to handstand — lower to a clear support (straddle, pike-V, etc.)</p> 
		<p>1.40 Press to handstand — lower to planche (clear front support above horizontal)</p> 
		<p>1.41 Jump, press or pike swing to handstand — transfer body weight to handstand on 1 arm (2 sec.)</p> 

	<p>1.42 Swing to handstand — lower to end position touching the beam</p> 	
	<p>1.43 Jump, press or swing to handstand — walk-over forward, roll forward or swing down to cross sit, etc.</p> 	
	<p>1.44 Jump, press or swing to handstand — turn in handstand (up to 360°) — lower to end position touching beam</p> 	<p>1.45 Jump, press or swing to handstand — turn in handstand (up to 360°) — lower to clear support</p> 

1. Mounts

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-A-	-B-	-C-
		<p>1.46 Jump, press or swing to handstand — turn in handstand (from 540°) — end position optional (clear front support — planche, split sit, etc.)</p> 

Examples of Difficulties on the Balance Beam

2. Gymnastics Jumps and Leaps:

A-Parts:

- Split, scissors, tuck, and stretched jumps forward or in place landing on both legs or in a balance element on 1 leg
- Stretched jump with $\frac{1}{2}$ turn (180°) to a stand

B-Parts:




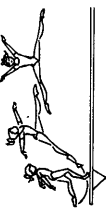
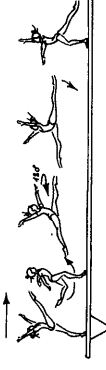
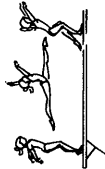
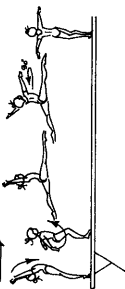
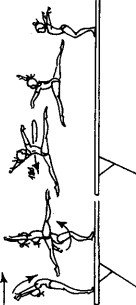
- Jumps or leaps with $\frac{1}{2}$ turn (180°) landing on both legs or in a balance element on 1 leg
- Stretched jump $\frac{1}{4}$ turn (360°)
- Split jumps or leaps with a large additional movement of the leg or the upper body

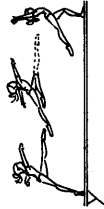
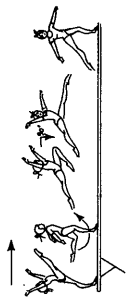
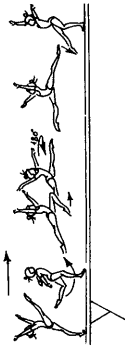
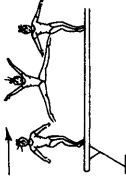
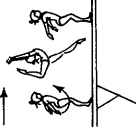
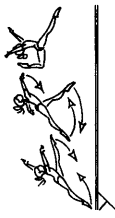
C-Parts:

- Jumps or leaps with $\frac{1}{4}$ turn (360°) or more
- Large leaps or jumps in sideward position
- Large jumps or leaps
 - with $\frac{1}{2}$ turn 180° or
 - with additional movement of the leg or the upper body

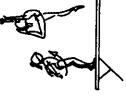
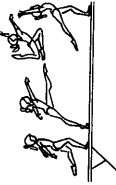

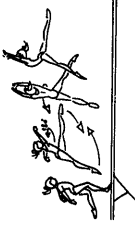
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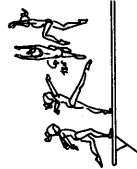
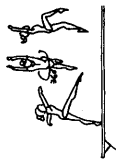
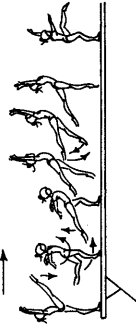

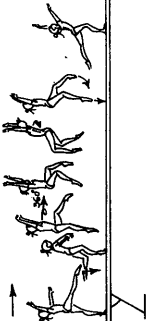
2. Gymnastic Jumps and Leaps

-A-	-B-	-C-
<p>2.1 Split leap forward</p> 	<p>2.2 Split leap forward with change of legs</p> 	<p>2.3 Split leap forward with change of legs and 1/2 turn (180°)</p> 
	<p>2.4 Split leap forward with 1/4 turn (90°)</p> 	<p>2.5 Split leap forward with 1/2 turn (180°)</p> 
<p>2.6 Split jump in place (take-off from both legs)</p> 	<p>2.7 Split jump in place with 1/4 turn (90°) turn</p> 	<p>2.8 Split jump in place with 1/2 turn (180°)</p> 

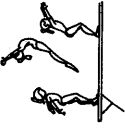
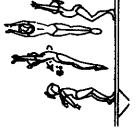
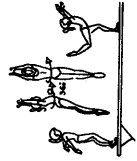


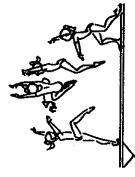
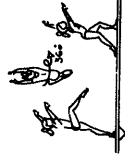
<p>2.9 Stag leap forward (forward leg bent, then stretched to split)</p> 	<p>2.10 Stag leap forward with 1/4 turn (90°)</p> 	<p>2.11 Stag leap forward with 1/2 turn (180°)</p> 
		<p>2.12 Split jump, in sideward position — leg separation of 180° (take-off from both legs)</p> 
	<p>2.13 Ring leap forward (rear leg at head height)</p> 	<p>2.14 Split leap forward with leg change to ring leap (rear leg at head height)</p> 

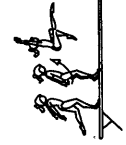
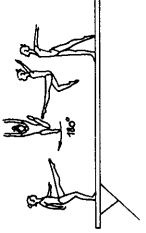
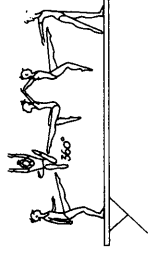
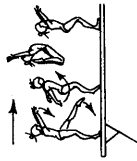


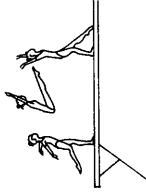
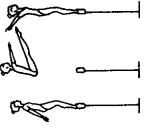
2. Gymnastic Jumps and Leaps

-A-	-B-	-C-
	<p>2. 15 Ring jump (in place — from both feet with rear leg at head height)</p> 	
	<p>2. 16 Stag-ring leap (forward leg bent, rear leg at head height)</p> 	
<p>2. 17 Scissors leap forward</p> 	<p>2. 18 Scissors leap forward with $\frac{1}{2}$ (180°) turn (Tour jeté)</p> 	

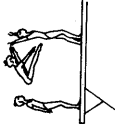
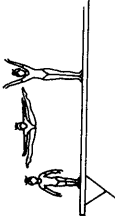
<p>2. 19 Scissors leap backward</p> 		
<p>2. 20 Cat leap forward (scissors leap with bent legs)</p> 	<p>2. 21 Cat leap forward with $\frac{1}{4}$ turn (180°)</p> 	<p>2. 22 Cat leap forward with $\frac{1}{4}$ turn (360°)</p> 
<p>2. 23 Scissors leap backward to a balance element on 1 leg (legs stretched or bent during change)</p> 	<p>2. 24 Scissors leap backward with $\frac{1}{2}$ turn (180°) to balance element on 1 leg (legs stretched or bent)</p> 	<p>2. 25 Scissors leap forward with $\frac{1}{4}$ turn (360°) to balance element on 1 leg (legs bent)</p> 

2. Gymnastic Jumps and Leaps

-A-	-B-	-C-
<p>2.26 Stretched — arched jump forward</p> 		
<p>2.27 Stretched jump with ½ turn (180°) landing on 1 or 2 legs</p> 	<p>2.28 Stretched jump with ¼ turn (360°) landing on 1 or 2 legs</p> 	<p>2.29 Stretched jump with 1½ turn (540°) or more, landing on 1 or 2 legs</p> 
<p>2.30 Tuck jump</p> 	<p>2.31 Tuck jump with ½ turn (180°)</p> 	<p>2.32 Tuck jump with ¼ turn (360°)</p> 

<p>2.33 Tuck leap or jump, 1 leg stretched forward</p> 	<p>2.34 Tuck leap or jump, 1 leg stretched forward — with ½ turn (180°)</p> 	<p>2.35 Tuck leap or jump, 1 leg stretched forward — with ¼ turn (360°)</p> 
<p>2.36 Tuck jump (sheep jump) (take-off from both legs)</p> 	<p>2.37 Tuck jump (sheep jump) with arched body — take-off from both legs</p> 	<p>2.38 Tuck jump (sheep jump) with arched body and turn from ¼ turn (180°) — take-off from both legs</p> 
	<p>2.39 Pike jump in cross position</p> 	<p>2.40 Pike jump in sideward position</p> 

2. Gymnastic Jumps and Leaps

<p style="text-align: center;">-A-</p>	<p style="text-align: center;">-B-</p> <p>2.41 Straddle jump with legs forward from cross stand</p> 	<p style="text-align: center;">-C-</p> <p>2.42 Straddle jump with legs forward from side stand</p> 

Examples of Difficulties on the Balance Beam (corrected to match difficulty table)

3. Gymnastic Turns:

A-Parts:

- $\frac{1}{4}$ turn (360°) in knee scale (hand support alternate)
- $\frac{1}{4}$ turns (360°) in stand on 1 leg, in tuck stand
- $\frac{1}{2}$ turns (180°)
 - in sitting position
 - in prone position



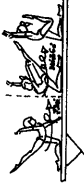

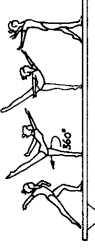



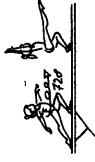
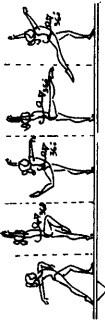
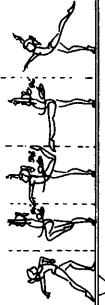
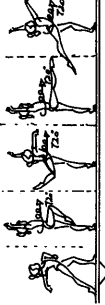
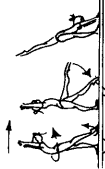

B-Parts:

- $1\frac{1}{2}$ turn (540°) in knee scale (hand support alternate)
- $1\frac{1}{2}$ turns (540°) in stand on 1 leg, in tuck stand
- $\frac{1}{2}$ turn (180°) in standing scale
- $\frac{1}{2}$ turn (180°) through momentary standing split (illusion)
- $\frac{1}{4}$ to $1\frac{1}{2}$ turns (360°-450°) (slight hand support permitted)
 - in sitting position
 - in prone position

C-Parts:

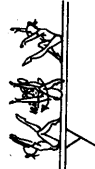
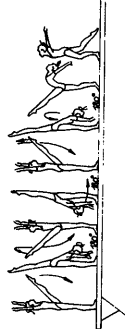

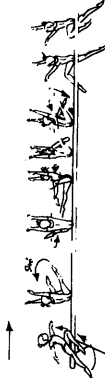
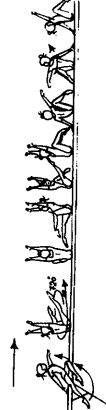

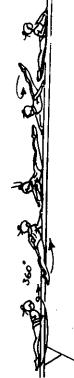

- $\frac{3}{4}$ turns - up to $\frac{1}{4}$ turn (360°) free - $\frac{1}{4}$ turn (360°) with support of the hands permitted
 - in sitting position
 - in knee scale
 - in prone position
- $\frac{3}{4}$ turns (720°) in stand on 1 leg, tuck stand
- $\frac{1}{4}$ turn (360°) or more in standing scale
- $\frac{1}{4}$ turn (360°) or more through momentary standing split (illusion)

3. Gymnastic Turns

-A-	-B-	-C-
<p>3.1 $\frac{1}{4}$ turn (360°) in knee scale – hand support alternate</p> 	<p>3.2 $1\frac{1}{2}$ turns (540°) in knee scale – hand support alternate</p> 	<p>3.3 $\frac{3}{4}$ turns (720°) in knee scale, out of which one $\frac{1}{4}$ turn (360°) turn must be free –R-</p> 
	<p>3.4 $\frac{1}{2}$ turn (180°) in standing scale (Scale must be maintained from beginning to end of turn!)</p> 	<p>3.5 $\frac{1}{4}$ turn (360°) in standing scale (technical requirement see Nr. 3.4)</p> 
		<p>3.6 $1\frac{1}{2}$ turns (540°) in standing scale (technical requirement see Nr. 3.4)</p> 
<p>3.7 $\frac{1}{4}$ turn (360°) in tuck stand on 1 leg, the other leg stretched</p> 	<p>3.8 $1\frac{1}{2}$ turns (540°) in tuck stand on 1 leg – the other leg stretched</p> 	<p>3.9 $\frac{3}{4}$ turns (720°) in tuck stand on 1 leg – the other leg stretched</p> 
<p>3.10 $\frac{1}{4}$ turn (360°) on 1 leg – the other leg held backward, forward or sideward</p> 	<p>3.11 $1\frac{1}{2}$ turns (540°) on 1 leg – the other leg held backward, forward or sideward</p> 	<p>3.12 $\frac{3}{4}$ turns (720°) on 1 leg, the other leg held backward, forward or sideward</p> 
	<p>3.13 $\frac{1}{2}$ Illusion turn (180°) (through a momentary standing scale)</p> 	<p>3.14 $\frac{1}{4}$ Illusion turn (360°) (through a momentary standing scale)</p> 

3. Gymnastic Turns

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-A-	-B-	-C- -R-
<p>3. 16 ½ turn (180°) in free sit (without hand support)</p> 		<p>3. 15 1½ Illusion turn (540°)</p> 
<p>3. 19 ½ turn (180°) in prone position — slight hand support permitted</p> 	<p>3. 17 ¼ to 1½ turns (360° — 540°) in sit — slight support of hands permitted</p> 	<p>3. 18 ¾ turns (720°) in sit — slight support of hands permitted</p> 
<p>3. 20 ¼ turn (180°) in prone position — slight hand support permitted</p> 	<p>3. 20 ¼-1½ turns (360° — 540°) in prone position — slight hand support permitted</p> 	<p>3. 21 ¾ turn (720°) in prone position — ¼ turn (360°) free, ¼ turn (360°) with slight hand support permitted</p> 

Examples of Difficulties on the Balance Beam

4. Waves:

A-Parts:

- Body waves forward, backward, or sideward in stand on both legs


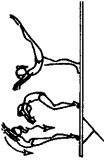
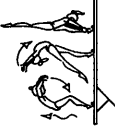

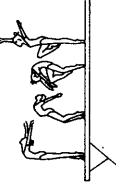

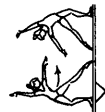
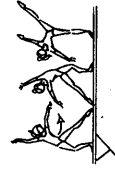
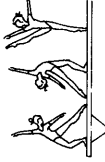
B-Parts:


- Body waves forward, backward, or sideward to stand on 1 leg

C-Parts:

- Body waves forward, backward, or sideward on both legs to a standing split (on the balls of the feet)

4. Waves

-A-	-B-	-C-
<p>4.1 Body wave forward to stand on both legs</p> 	<p>4.2 Body wave forward to stand on 1 leg</p> 	<p>4.3 Body wave forward to standing split (2sec.) (to ball of foot)</p> 
<p>4.4 Body wave backward to stand on both legs</p> 	<p>4.5 Body wave backward to stand on 1 leg</p> 	<p>4.6 Body wave backward to standing split with backward bend of the upper body (to ball of foot) (2sec.)</p> 
<p>4.7 Body wave sideward to stand on both legs</p> 	<p>4.8 Body wave sideward to stand on 1 leg (90°)</p> 	<p>4.9 Body wave sideward to stand on ball of the foot with sideward hold of free leg (over 135°) (2sec.)</p> 

	<p>4.10 Body wave forward or backward with ½ turn (180°)</p> 	

Examples of Difficulties on the Balance Beam

5. Holds-Stands:

A-Parts:

- Stand on 1 leg (whole foot) – backward hold of the other leg above 90°
- Knee scale without hand support
- Clear pike – “V” support
- Large, free extension in sitting or lying position


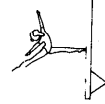

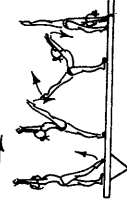
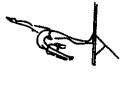
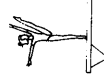
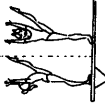
B-Parts:




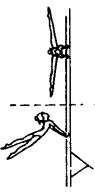


- Standing scale forwards or sideways on the ball of the foot
- Standing split backwards on the whole foot
- From a stand, lower backwards (free) to a large free extension

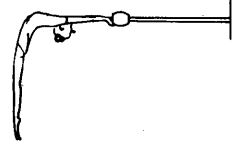
C-Parts:

- Standing split backwards on the ball of the foot (2sec.)
- Planche (clear front support above horizontal)

5. Holds-Stands:

-A-	-B-	-C-
<p>5.1 Standing scale forwards – support leg stretched or bent (2sec.)</p> 	<p>5.2 Standing scale forwards on ball of foot (2sec.) – support leg stretched or bent</p> 	<p>5.5 Standing split backwards on ball of foot –R- (2sec.)</p> 
<p>5.3 Standing split forwards with hand support (needle scale)</p> 	<p>5.4 Standing split backwards – on whole foot (2sec.)</p> 	<p>5.7 Stand on ball of 1 foot – sideward hold of free leg (from 135° – 2sec.)</p> 
<p>5.6 Stand on 1 leg – free leg in forward, sideward, or backward hold (90° – 2sec.) (Stand on whole foot)</p> 		

<p>5.8 Free Knee scale</p> 		
<p>5.9 Free pike – 'V' sit – neckstand, etc.</p> 	<p>5.10 Clear pike 'V' support (2 sec.)</p> 	<p>5.11 Planche (clear front support above horizontal) (2sec.) in cross or side position</p> 
<p>5.12 Free lying position backward with large leg or torso amplitude</p> 	<p>5.13 Lower backward without support of hands to a free lying position (like 5.12)</p> 	

		<p>—C—</p>
		<p>5.14 Handstand with legs horizontal – 2 sec.</p> 

Examples of Difficulties on the Balance Beam

6. Rolls:

A-Parts:

- Roll forward, backward with hand support
- Roll sideward – stretched body






B-Parts:


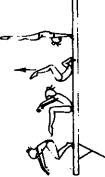

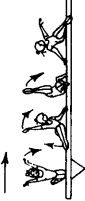
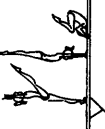
- Roll forward from jump (take off) or backward swing
- Roll forward without hand support
- Roll backward to handstand
- Roll sideward, hips angled (piked)
- Handstand, roll forward

C-Parts:

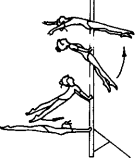
- Hecht roll forward, leg-torso angle stretched in flight phase

6. Rolls

-A-	-B-	-C-
<p>6.1 Roll forward with hand support</p> 	<p>6.2 Roll forward without hand support</p> 	
	<p>6.3 Roll forward out of backward Swing</p> 	
	<p>6.4 Jump (push-off) into roll forward</p> 	<p>6.5 Hechtroll (leg-torso angle stretched)</p> 

<p>6.6 Roll backward</p> 	<p>6.7 Roll backward to handstand</p> 	
<p>6.8 Roll sideward — body stretched</p> 	<p>6.9 Roll sideward — body piked</p> 	
	<p>6.10 Handstand — roll forward</p> 	

6. Rolls

-A-	-B-	-C-
	<p>6.11 Swing down from handstand into cross straddle sit (legs separated)</p> 	

Examples of Difficulties on the Balance Beam

7. Walkover, cartwheels, etc:

A-Parts:

- All walkovers, cartwheels, etc. without flight phase,
- All walkovers, cartwheels, etc. with $\frac{1}{4}$ or $\frac{1}{2}$ turn (90° or 180°) in the handstand phase

B-Parts:

- All walkovers, cartwheels, etc. with flight phase
- Free (aerial) walkover forward
- All walkovers, cartwheels, etc. with $\frac{1}{4}$ turn (360°) in handstand and lowering to an end position touching the beam
- Flic-flac

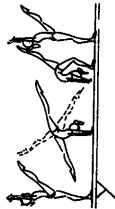
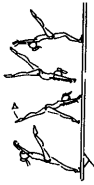
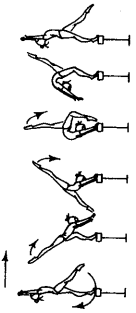
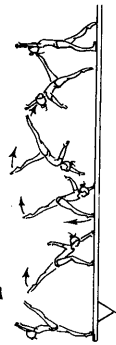

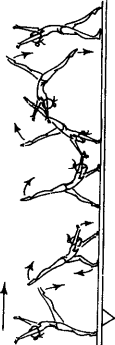
C-Parts:

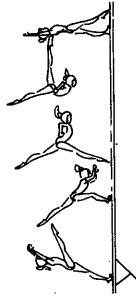

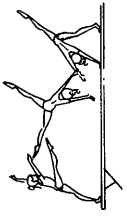


- Butterfly
- Salto sideward (take-off from 1 leg)
- Free (aerial) cartwheel
- Walkover, etc. backward, also with $\frac{1}{2}$ turn in handstand (180°) with lowering to a planche (clear front support)
- All walkovers, etc. with $\frac{1}{4}$ to $1\frac{1}{2}$ turns (360° to 540°) in handstand, lowering to a clear support
- All walkovers, etc. with $1\frac{1}{2}$ turn (540°) or more in handstand, end position optional
- Korbut flic-flac
- Flic-flac with $\frac{1}{2}$ turn (180°)

Remarks:


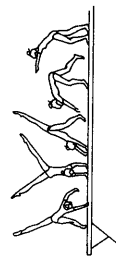
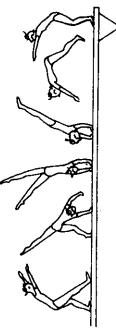
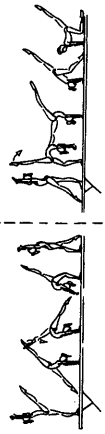
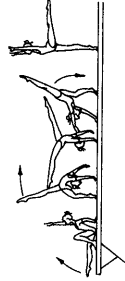
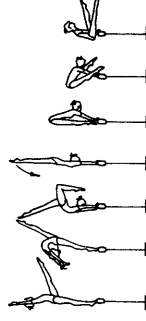
Handstands are not categorized, since they are already listed under 1. Mounts. In the exercise they have the same difficulty value as a mount.

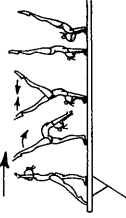
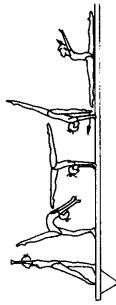
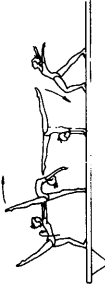
7. Walkovers, Cartwheels, etc.

-A-	-B-	-C-
<p>7.1 Walkover forward without flight phase, also with support of 1 arm</p> 	<p>7.2 Walkover forward with flight phase before or after the hand support</p> 	<p>7.3 Walkover forward in side position</p> 
<p>7.4 Walkover forward with support of 1 arm with flight phase</p> 	<p>7.5 Walkover forward with alternate hand support (Tinsica)</p> 	<p>7.6 Walkover forward with alternate hand support and flightphase before or after the hand support</p> 

<p>7.7 Free (aerial) walkover forward to stand or tuck stand</p> 	<p>7.8 Cartwheel without flight phase (also with support of 1 arm)</p> 	<p>7.9 Free (aerial) walkover forward to stand or tuck stand</p> 
<p>7.10 Free (aerial) cartwheel</p> 	<p>7.11 Butterfly</p> 	<p>-R-</p>

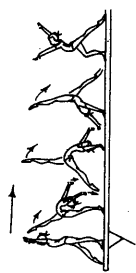

7. Walkovers, Cartwheels, etc.

-A-	-B-	-C- -R-
		7.12 Salto sideways from 1 leg 
	7.13 Round-off to 1 leg 	7.14 Round-off to both legs 
7.15 Walkover backward without flight phase (start and end position optional) 	7.16 Walkover backward from tuck sit (Valdez) 	7.17 Walkover backward from sideward stand 

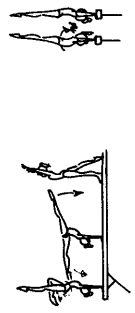
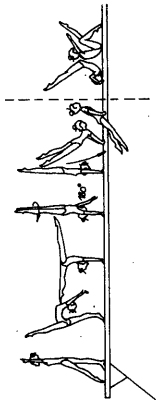
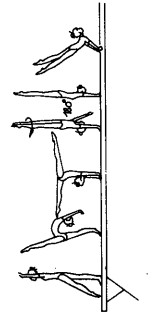
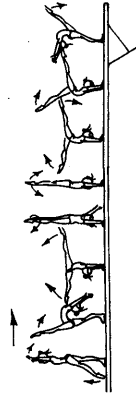
		7.18 Walkover backward, lower to planche (clear front support) (2sec.) 
	7.19 Walkover backward with stoop through of 1 leg to cross split sit or lower to clear straddle support 	
	7.20 Standing scale forward - 1/2 turn (180°) - walkover backward 	

7. Walkovers, Cartwheels, etc.

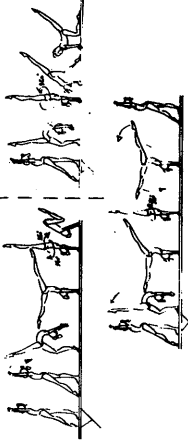
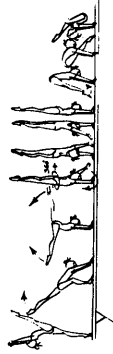
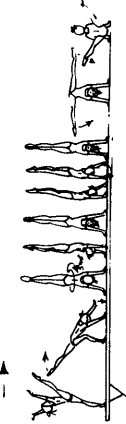
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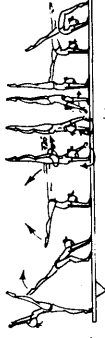

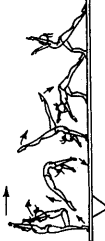

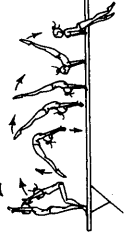
-A-	-B-	-C-
<p>7.21 Walkover backward with support of 1 arm</p> 		
<p>7.22 Walkover backward with alternate hand support</p> 		

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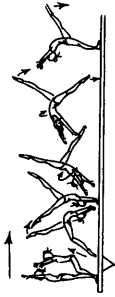


<p>7.23 Walkover forward, backward or cartwheel with $\frac{1}{2}$ turn (180°) in handstand phase, lower to stand, tuckstand, knee scale, etc.</p> 	<p>7.24 Walkover forward, backward, or cartwheel with $\frac{1}{2}$ turn (180°) in handstand phase, lower to clear support or roll forward or swing down to cross straddle sit</p> 	<p>7.25 Walkover forward, backward, or cartwheel with $\frac{1}{2}$ turn (180°), lower to planche (clear front support)</p> 
	<p>7.26 Walkover forward, backward, or cartwheel with $\frac{1}{2}$ turn (180°) in handstand phase, leading into walkover forward, backward, or cartwheel</p> 	

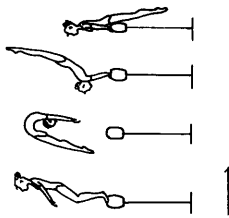
7. Walkovers, Cartwheels, etc.

-A-	-B-	-C-
	<p>7.27 Walkover forward, backward, or cartwheel with $\frac{1}{2}$ turn (360°) in handstand phase, lower to end position touching beam (e. i. stand, sit)</p> 	<p>7.28 Walkover forward, backward, or cartwheel with $\frac{1}{4}$ turn (360°) in handstand phase, lower to clear support (e. i. Pike "V" support, planche)</p> 
		<p>7.29 Walkover forward, backward, or cartwheel with $1\frac{1}{2}$ turn (540°) in handstand phase, end position optional</p> 

		<p>7.30 Walkover forward, backward, or cartwheel with $\frac{3}{4}$ turn (720°) in handstand phase, end position optional</p> 
	<p>7.31 Flic-flac from stand to stand</p> 	<p>7.32 Flic-flac with support of 1 arm</p> 
	<p>7.33 Flic-flac with swing down to cross straddle sit</p> 	<p>7.34 Flic-flac with high flight to swing down into cross straddle sit (Korbut flic-flac)</p> 

7. Walkovers, Cartwheels, etc.

-A-	-B-	-C-
		<p>7.35 Flic-flac with $\frac{1}{2}$ turn (180°) after repulsion of hands</p> 
	<p>7.36 Gainer flic-flac (from forward movement with take-off from 1 leg into backward movement)</p> 	<p>7.37 Gainer flic-flac with high flight phase, swing down into cross straddle sit</p> 

		-C-
		<p>7.38 Flic-flac in side position</p> 
		<p>-R-</p>

Examples of Difficulties on the Balance Beam

8. Saltos:

A-Parts:

- not applicable

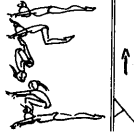
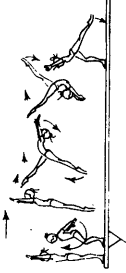

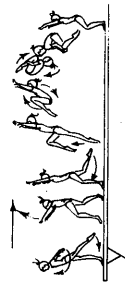
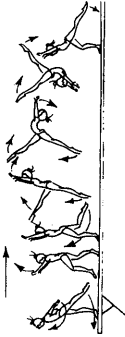
B-Parts:

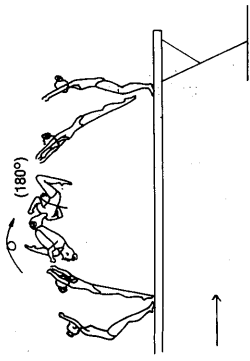
- Tucked salto backward from a stand
- Gainer salto
- Salto forward with take-off from 1 leg

C-Parts:

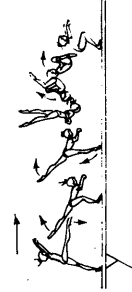
- Piked, stretched, stretched – with step-out salto backward
- Salto forward with take-off from both legs
- Salto sideward (from backward take-off, arabian salto)
- Gainer salto stretched – with step-out

8. Saltos

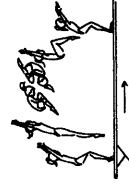
-A-	-B-	-C-
	<p>8.1 Tucked salto backward from stand to stand</p> 	<p>8.2 Stretched — step-out salto backward from stand to stand</p> 
		<p>8.3 Piked salto backward from stand to stand</p> 
	<p>8.4 Tucked Gainer salto backward</p> 	<p>8.5 Stretched — step-out Gainer salto backward</p> 

		-C-
		<p>8.8 Salto forward with (take off from two feet) 180° LA-turn</p> 

8.6 Salto forward with take-off from 1 leg



8.7 Salto forward with take off from both legs



Examples of Difficulties on the Balance Beam

9. Dismounts:

A-Parts:

- Handspring forward or cartwheel with hand repulsion, free (aerial) walkover or cartwheel, also with $\frac{1}{2}$ twist (180°) around the longitudinal axis (L.A.)
- Flic-flac, also on 1 arm or with $\frac{1}{2}$ L.A. twist (180°)
- Tucked, piked, or stretched salto forward, backward, also with $\frac{1}{2}$ L.A. twist (180°)
- Tucked, piked, stretched gainer-salto to the side of the beam
- Arabian salto, tucked or piked

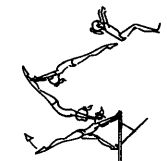

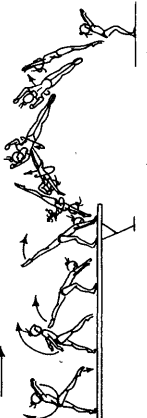
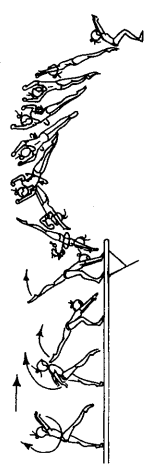
B-Parts:

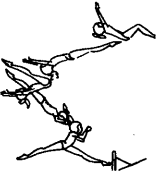
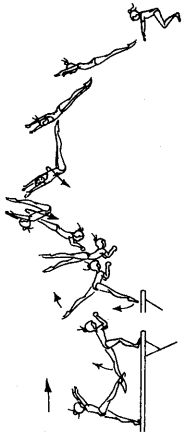
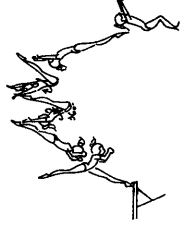
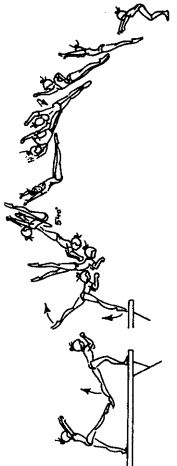
- Handspring forward or cartwheel with hand repulsion with $\frac{1}{4}$ to $1\frac{1}{2}$ L.A. twist (360° to 540°)
- Tucked, piked, or stretched salto forward with $\frac{1}{4}$ L.A. twist (360°)
- Salto backward with $\frac{1}{4}$ to $1\frac{1}{2}$ L.A. twist (360° to 540°)
- Arabian salto, tucked or piked with $\frac{1}{2}$ L.A. twist (180°)
- Tucked, piked gainer salto at end of beam, also with $\frac{1}{2}$ L.A. twist (180°)
- Free (aerial) walkover forward with $\frac{1}{4}$ L.A. twist (360°)
- Free (aerial) cartwheel with $\frac{3}{4}$ to $1\frac{1}{2}$ L.A. twist (270° to 540°)
- Stretched jump forward with $\frac{1}{2}$ L.A. twist (180°) and salto backward

C-Parts:

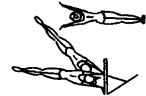

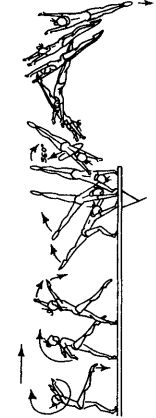
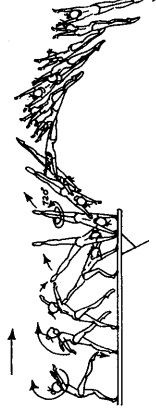
- All saltos with double turn around the breadth axis (B.A.)
- All saltos with double B.A. turn and additional L.A. twist
- Handspring forward, cartwheel with hand repulsion, salto forward and backward with $\frac{3}{4}$ L.A. twist (720°)
- Stretched gainer salto at the end of the beam, also with L.A. twist
- Jump forward with $\frac{1}{4}$ L.A. twist (360°) and salto forward

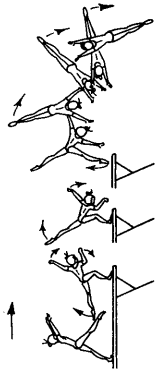
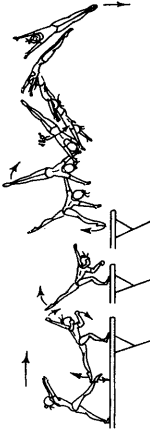
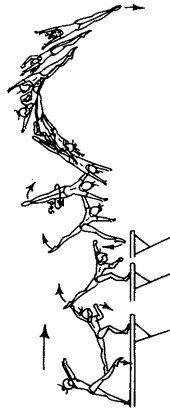
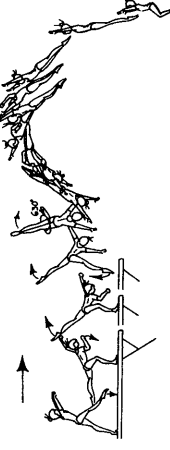
9. Dismounts

-A-	-B-	-C-
<p>9.1 Handspring forward (also with arm circle before hand support)</p> 	<p>9.2 Handspring forward with $\frac{1}{4}$ twist (180°) (also with arm circle before hand support)</p> 	<p>9.3 Handspring forward with $\frac{1}{4}$ to $1\frac{1}{2}$ twist (360° - 540°) (also with arm circle before hand support)</p> 
		<p>9.4 Handspring forward with $\frac{3}{4}$ twist (720°) (also with arm circle before hand support)</p> 

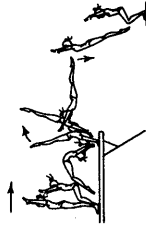
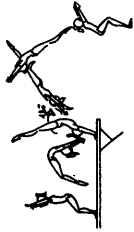

<p>9.5 Free (aerial) walkover forward (also with piking and stretching of the hips)</p> 		
<p>9.6 Free (aerial) walkover forward with $\frac{1}{4}$ twist (180°) — (also with piking and stretching of the hips)</p> 	<p>9.7 Free (aerial) walkover forward with $\frac{1}{4}$ twist (360°) — (also with piking and stretching of the hips)</p> 	<p>9.8 Free (aerial) walkover forward with twist from $1\frac{1}{2}$ (540°) — (also with piking and stretching of the hips)</p> 

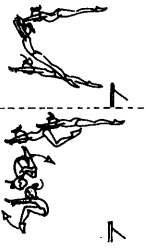

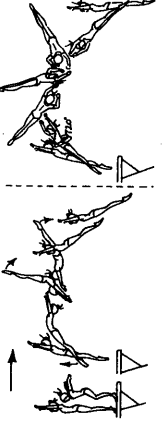


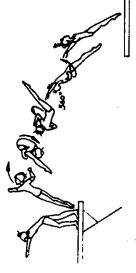
9. Dismounts

<p>9.9 Cartwheel with hand repulsion (also with arm circle before hand support)</p> 		
<p>9.10 Cartwheel with hand repulsion and $\frac{1}{4}$ twist (180°) — (also with arm circle before hand support)</p> 	<p>9.11 Cartwheel with hand repulsion and $\frac{1}{4}$ twist (360° to 540°) — (also with arm circle before hand support)</p> 	<p>9.12 Cartwheel with hand repulsion and $\frac{3}{4}$ twist (720°) (also with arm circle before hand support)</p> 


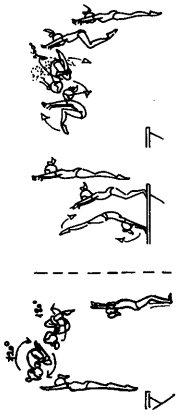
<p>9. 13 Free (aerial) cartwheel</p> 		
<p>9. 14 Free (aerial) cartwheel with $\frac{1}{2}$ twist (180°)</p> 	<p>9. 15 Free (aerial) cartwheel with twist from $\frac{3}{4}$ to $1\frac{1}{2}$ (270° to 540°)</p> 	<p>9. 16 Free (aerial) cartwheel with $1\frac{1}{4}$ twist (630°) or more</p> 






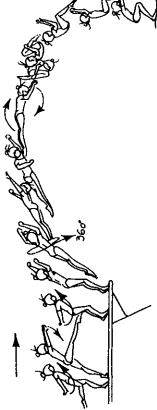
9. Dismounts

<p>9. 17 Flic-flac at end or middle of beam (also with support of 1 arm)</p> 	<p style="text-align: center;">-A-</p>	<p style="text-align: center;">-B-</p>
<p>9. 18 Flic-flac at end or in middle of beam with $\frac{1}{2}$ twist (180°)</p> 	<p>9. 19 Flic-flac with $\frac{1}{2}$ twist (360°) (at end or middle of beam)</p> 	<p style="text-align: center;">-C-</p>


<p>9.20 Tucked, piked, or stretched salto backward, also with $\frac{1}{2}$ twist (180°)</p> 	<p>9.21 Stretched salto backward with twist from $\frac{1}{4}$ (360°) to $1\frac{1}{2}$ (540°)</p> 	<p>9.22 Stretched salto backward with $\frac{1}{4}$ twist (720°) —R—</p> 
<p>9.23 Arabian salto, tucked or piked (jump backward, $\frac{1}{2}$ twist (180°), salto forward)</p> 	<p>9.24 Arabian Salto, tucked or piked with $\frac{1}{2}$ twist (180°) (jump backward, $\frac{1}{2}$ twist (180°), salto forward with $\frac{1}{2}$ twist (180°)</p> 	<p>9.25 Arabian salto, tucked or piked with $\frac{1}{4}$ twist (360°) or —R— — with $1\frac{1}{2}$ twist (540°) or more —R— — Arabian double salto (jump backward, $\frac{1}{2}$ twist (180°), double salto forward) —R—</p> 

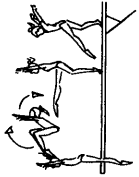

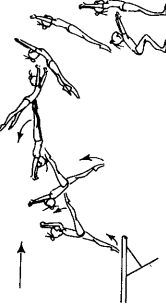



9. Dismounts

<p>—A—</p>	<p>—B—</p>	<p>—C—</p>
<p>9.26 Tucked or piked double salto backward —R—</p>	<p>9.27 Double salto backward containing $\frac{1}{2}$ or $\frac{1}{4}$ L.A. twist (180° or 360°) —R—</p>	 


<p>9. 28 Tucked, piked, or stretched salto forward, also with $\frac{1}{4}$ twist (180°)</p> 	<p>9. 29 Tucked, piked, or stretched salto forward with $\frac{1}{4}$ twist (360°)</p> 	<p>9. 30 Tucked, piked, or stretched salto, forward with twist from $1\frac{1}{2}$ (540°)</p> 
<p>9. 31 Stretched jump forward with $\frac{1}{2}$ twist (180°) into tucked, piked, or stretched salto backward (take-off from 1 or 2 legs)</p> 	<p>9. 32 Stretched jump forward with $\frac{1}{4}$ twist (180°) into tucked, piked, or stretched salto backward with $\frac{1}{4}$ twist (180°) or more in salto</p> 	<p>9. 33 Stretched jump forward with $\frac{1}{4}$ twist (360°) into tucked, piked, or stretched salto forward</p> 

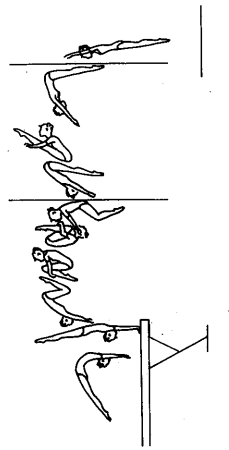
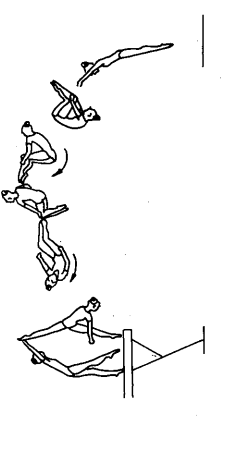
9. Dismounts

<p>—A—</p>	<p>—B—</p>	<p>—C—</p>
<p>9. 34 Double salto forward</p> 	<p>—R—</p>	<p>—R—</p>

<p>9.35 Tucked, piked, or stretched gainer salto from the side of beam</p> 	<p>9.36 Tucked or piked gainer salto at end of beam</p> 	<p>9.37 Stretched gainer salto at end of beam</p> 
<p>9.38 Tucked or piked gainer salto with 1/2 twist (180°) at end of beam</p> 	<p>9.39 Tucked, piked gainer salto with 1/4 twist (90°) at end of beam</p> 	<p>9.40 Stretched gainer salto with 1/4 twist (90°) at end of beam</p> 

9. Dismounts

<p>-A-</p>	<p>-B-</p>	<p>-C-</p>
<p>9.40 Stretched gainer salto with 1/4 twist (90°) — 1/2 twist (180°) — —R—</p> 		

<p style="text-align: center;">—C—</p> <p>9. 41 Tucked or piked Tsukahara</p> 		
<p style="text-align: center;">—R—</p> <p>9. 42 Double salto sideward with 90° LA-turn</p> 		

Article 13

Floor Exercise

1. General

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

A musical lead in or lead out of 4 measures is permitted. It is permissible:

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

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

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

2. Content of the Exercise

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

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

3. For the composition; Note:

Creation of high points (peaks) through:

- Acrobatic series with at least one or more saltos
- Acrobatic-gymnastic series with great amplitude
- Gymnastic series with great amplitude in the height and distance of movement
- Harmonious change between gymnastic and acrobatic elements. Dynamic change between the slower and faster movements, corresponding to the character of the music.

Harmony of the music and movement, versatile use of the floor area — original directions. Change between movements executed near to and far from the floor. Change between movements forward, sideward, and backward and movements in place.

Undesirable

Exaggerations of "theatrical" character, elements and connections unrelated to gymnastics.

4. Special requirements, which the exercise must contain:

- 2 different acrobatic series each with a salto
- One of the two series must contain 2 high points (saltos). This requirement is also fulfilled, when one of the two series contains a double salto.

5. Specific Apparatus Deductions

5.1 Compositional Faults:

	Deductions
— Last series not corresponding to the difficulty level of the exercise (at least "B")	0.20 Pt.
— Exercise without high points (peaks)	
· Absence of composition (building) of gymnastic highpoints	0.10 Pt.
· Absence of acrobatic highpoints	0.10 Pt.
— Monotony in presentation	
· One-sided choice of acrobatic elements and connections	up to 0.20 Pt.
· One-sided choice of gymnastic elements and connections	up to 0.20 Pt.
— Monotony in the direction of (forward, sideward or backward) body movement	0.20 Pt.
· Insufficient use of the floor area	up to 0.20 Pt.
· Predominance of straight directions	up to 0.20 Pt.
· Lack of one passage covering great distance	up to 0.20 Pt.
· Insufficient change of elements near to and far from the floor (level change)	up to 0.20 Pt.
— Monotony in Rhythm	
· Music and movement not in harmony	up to 0.50 Pt.
· Music and movement not in harmony in a part	0.10 Pt.
— Elements with "theatrical" character	each 0.10 Pt.

5.2 Absence of special requirements

— Absence of acrobatic series with different salto	0.20 Pt.
— Absence of a series with 2 highpoints (saltos) or double salto	0.20 Pt.

5.3 Specific Deductions

— Stepping outside of the floor area	each 0.10 Pt.
— Lack of musical accompaniment	time 0.50 Pt.

6. Increase in Value Through Connection of Difficulties (Series) on Floor

6.1 When 2 or more acrobatic flight elements without hand support are performed in a series, then the value of the last acrobatic flight element raises one difficulty level (step).

Examples:

6.1. "A"—"A" becomes "A"—"B"

- round off, flic-flac, salto backward stretched — "A"
flic-flac, salto backward stretched — "A" becomes "B"
- handspring forward, salto forward — "A"
salto forward — "A" becomes "B"
- free (aerial) walkover forward — "A"
free (aerial) walkover forward — "A" becomes "B"

6.1.2 "A"—"B" becomes "A"—"C"

- salto forward — "A"
jump with $\frac{1}{2}$ turn to salto backward — "B" becomes "C"
- free walkover forward — "A"
round off, flic-flac, Arabian salto — "B" becomes "C"
- gainer salto tucked — flic-flac — "A"
salto sideward — "B" becomes "C"

6.1.3 "B"—"B" becomes "B"—"C"

- round off, flic-flac, Arabian salto — "B"
round off, flic-flac, whip back — "B" becomes "C"
- round off, flic-flac, whip back — "B"
whip back — "B" becomes "C"
- whip back, flic-flac — "B"
salto sideways — "B" becomes "C"
- round off, flic-flac, Arabian salto — "B"
salto forward stretched — "B" becomes "C"

6.1.4 "C"—"C" becomes "C"—"C^R"

- round off, flic-flac, salto backward with $1\frac{1}{2}$ twist (540°) — "C"
round off, flic-flac, salto backward with $\frac{3}{4}$ twist — "C" becomes "C^R"

Remarks:

"A"—"C" or "B"—"C" in a series does not lead to an increase in value to "C^R"

- "C" first raises to "C^R" if 2 "C"s occur in a series
- see example 6.1.4

6.2 When 2 or more "B" gymnastic elements are directly connected, then the value of the last "B" raises to "C"

Examples:

- split leap with change of the legs — "B"
split leap with change of the legs — "B" becomes "C"
- $\frac{3}{4}$ turn (720°) in tuckstand on one leg — "B"
 $1\frac{1}{2}$ turn (540°) in stand on one leg — "B" becomes "C"
- $1\frac{1}{2}$ turn (540°) on one leg — "B"
tuck jump (take off from both legs) with one leg stretched with $\frac{1}{4}$ turn (360°) — "B" becomes "C"

'Direct' means that the free leg of the first element is placed immediately to stand or take off leg for the following element.

6.3 When 2 or more gymnastic "B" elements are directly connected to one or more acrobatic "B" elements (also with hand support), the value of the last "B" raises to "C"

Examples:

- split leap with leg change — "B"
gainer salto tucked — "B" becomes "C"
- staddle jump with legs forward — "B"
jump with $\frac{1}{2}$ turn (180°) to a handstand — "B" becomes "C"
- $1\frac{1}{2}$ turn (540°) on one leg — "B"
stretched jump with arched body and $\frac{1}{4}$ turn (360°) — "B" becomes "C"

Examples of Difficulties on Floor

1. Gymnastic Leaps and Jumps:

A-Parts:

- Split, tuck, scissors, stretched and ring (rear leg at head height) leap and jump forward or in place, with and without $\frac{1}{2}$ turn (180°)





B-Parts:



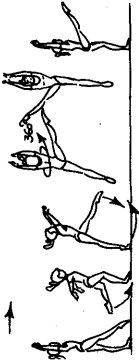
- Leaps and Jumps with $\frac{1}{4}$ turn (360°)
- Forward pike or straddle jump
- Split jumps with leg change

C-Parts:

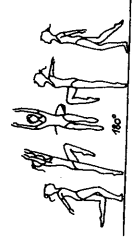
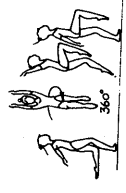
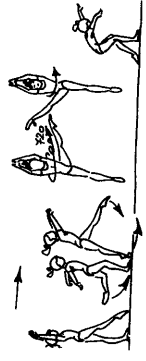
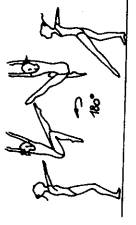
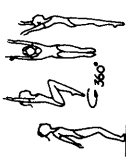
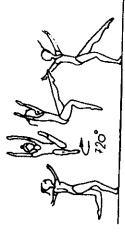
- Leaps and Jumps with $\frac{3}{4}$ turns (720°)
- Split leap with leg change to a standing scale (2 sec.)


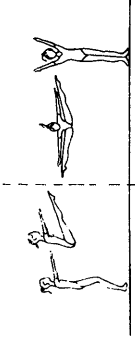
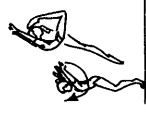

1. Gymnastic Leaps, Jumps, Hops

-A-	-B-	-C-
<p>1.1 Split leap forward or split jump in place</p> 	<p>1.2 Split leap forward with 1/2 turn (180°) or with leg change</p> 	<p>1.3 Split leap forward with leg change to a standing seale (2sec.)</p> 
<p>1.4 Split jump-leap with 1/4 turn (90°)</p> 		

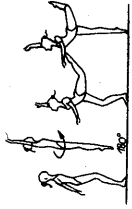

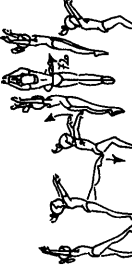
<p>1.5 Stride leap with bending of the forward leg (stag leap)</p> 		
<p>1.6 Hop with 1/2 turn (180°), legs separated (Fouetté)</p> 	<p>1.7 Leap with 1/4 turn (360°), 1 leg separated (90°)</p> 	

1. Gymnastic Leaps, Jumps, Hops

-A-	-B-	-C-
<p>1.8 Scissors leap with bent legs and $\frac{1}{2}$ turn (180°)</p> 	<p>1.9 Scissors leap with bent legs and $\frac{1}{4}$ turn (360°)</p> 	<p>1.10 Leap - Jump with turn from $\frac{3}{4}$ (720°)</p> 
<p>1.11 Tuck jump with legs together or 1 leg stretched forward with $\frac{1}{2}$ turn (180°) - take-off from both legs</p> 	<p>1.12 Tuck jump with legs together or 1 leg stretched forward with $\frac{1}{4}$ turn (360°)</p> 	<p>1.13 Tuck jump with legs together or 1 leg stretched with $\frac{3}{4}$ turn (360°)</p> 

<p>1.14 Tuck jump with arched body (flexing both legs backward to head height), also with $\frac{1}{2}$ turn (180°)</p> 	<p>1.15 Pike or straddle jump (legs forward) - take-off from both legs</p> 	
<p>1.16 Stag-ring leap (forward leg bent - rear leg at head height) or ring leap (also both as jumps) - take-off from 1 or 2 legs</p> 	<p>1.17 Split leap with leg change to ring leap</p> 	

1. Gymnastic Leaps, Jumps, Hops

-A-	-B-	-C-
<p>1. 18 Stretched jump with arched body and $\frac{1}{2}$ turn (180°) to balance element on 1 leg</p> 	<p>1. 19 Stretched jump with arched body and $\frac{1}{4}$ turn (360°)</p> 	<p>1. 20 Stretched jump with arched body and $\frac{3}{4}$ turn (720°)</p> 
<p>Definitions: Leap — from 1 leg to the other Jump — from both legs to 1 leg or 2legs Hop — from 1 leg to same leg</p> <p>Remarks: — All series of Hops are "A"</p> <p>Direct connection of leaps — jumps (without an extra step) will be evaluated higher as a rule.</p>		

Examples of Difficulties on Floor

2. Gymnastic Turns:

A-Parts:

- All $\frac{1}{4}$ turns (360°) on 1 leg
- $1\frac{1}{2}$ turns (540°) in tuck stand on 1 leg

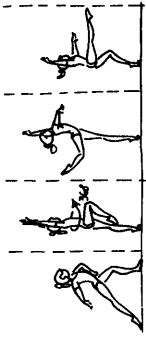

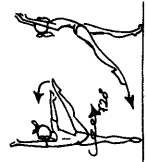
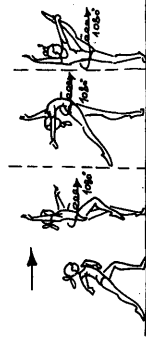
B-Parts:

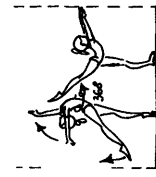

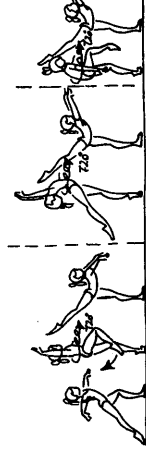



- All $1\frac{1}{2}$ turns (540°) on 1 leg
- $\frac{3}{4}$ turns (720°) in tuck stand on 1 leg

C-Parts:

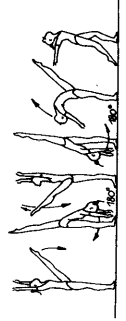
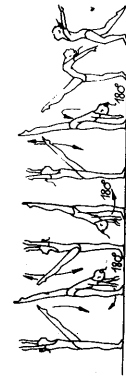

- All $\frac{3}{4}$ turns (720°) on 1 leg

2. Gymnastic Turns

-A-	-B-	-C-
<p>2.1 Turns from $\frac{1}{4}$ (360°) on 1 leg to balance element</p> 	<p>2.2 Turns from $1\frac{1}{2}$ (540°) on 1 leg, also to balance element</p> 	<p>2.3 Turns from $\frac{1}{4}$ (720°) on 1 leg</p> 
		<p>2.4 $\frac{3}{4}$ turn (1080°) on 1 leg</p> <p style="text-align: right;">-R-</p> 

<p>2.5 $\frac{1}{2}$ turn (360°) to standing scale — free leg held above 90°</p> 	<p>2.6 $1\frac{1}{2}$ turn (540°) to cross split sit</p> 	<p>2.7 $\frac{3}{4}$ turn (720°) to standing scale — free leg held above 90°</p> 
<p>2.8 $1\frac{1}{2}$ turns (540°) in tuckstand on 1 leg, the other leg stretched</p> 	<p>2.9 $\frac{3}{4}$ turn (720°) in tuckstand on 1 leg, the other leg stretched</p> 	<p>2.10 $2 \times \frac{1}{4}$ turn (each 720°) in tuck stand on 1 leg with change in stand and leg hold</p> 

2. Gymnastic Turns

-A-	-B-	-C-
2.11 $\frac{1}{2}$ illusion turn (360°) 	2.12 $1\frac{1}{2}$ illusion turn (540°) 	2.13 $\frac{3}{4}$ illusion turn (720°) 

Examples of Difficulties on Floor

3. Waves

A-Parts:

- Body wave forward, sideward, and backward

B-Parts:


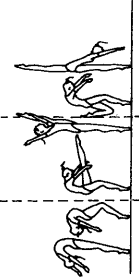
- None

C-Parts:

- None

3. Waves

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-A-	-B-	-C-
<p>3.1 Bodywave forward to standing scale backward on ball of foot.</p> 		
<p>3.2 Bodywave backward to standing split (on ball of foot) without hand support on floor</p> 		

3.3 Bodywave sideward to standing scale sideward



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Examples of Difficulties on Floor

4. Holds:

A-Parts:

- Standing scale forward or backward on the ball of foot
- Bridge stand backward on 1 leg and hold of the free leg in split


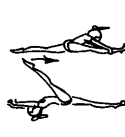
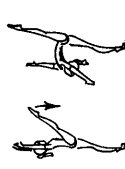
B-Parts:

- Standing split backward on the ball of the foot (2 sec.)

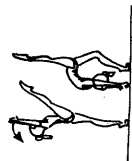
C-Parts:

- None

4. Holds

	-B-	-C-
<p>4.1 Standing scale backward</p> 		
<p>4.2 Standing scale forward on ball of foot (2sec.)</p> 	<p>4.3 Standing split backward on ball of foot (2 sec.)</p> 	

4.4 Bridge stand backward on 1 leg on ball of foot and hold of free leg in split



Examples of Difficulties on Floor

5. Handstands:

A-Parts:

- Press to handstand
- Lower from handstand to clear support
- Jump to handstand
- $\frac{1}{2}$ turn (180°) in handstand

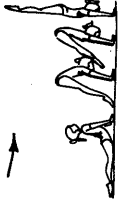
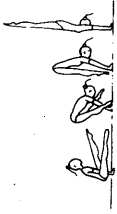
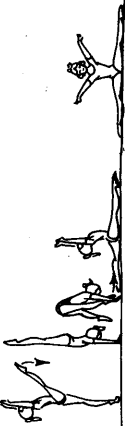

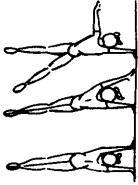
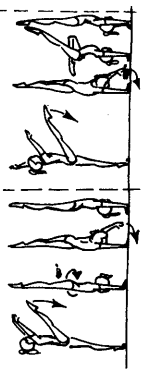
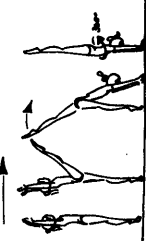
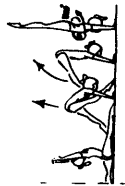
B-Parts:

- Press to handstand from clear support
- Handstand on 1 arm (2 sec.)
- Jump with $\frac{1}{2}$ turn (180°) to handstand
- $\frac{1}{4}$ turn (360°) in handstand

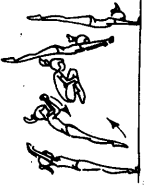
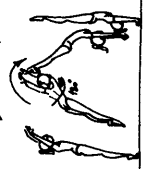
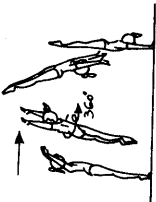

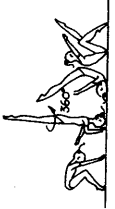
C-Parts:

- Jump with $\frac{1}{4}$ turn (360°) to handstand
- $\frac{3}{4}$ turn (720°) in handstand

5. Handstands

-A-	-B-	-C-
<p>5.1 Press to handstand from stand, front lying support or sit (e. i. split)</p> 	<p>5.2 Press to handstand from clear support</p> 	
<p>5.3 Handstand — lower, stoop through to cross (front) or side split sit</p> 		
<p>5.4 Handstand — lower to clear support or pike V support</p> 	<p>5.5 Handstand on 1 arm (2sec.)</p> 	
<p>5.6 Swing or press to handstand — 1/4 turn (180°) in handstand (return movement optional, e. i. as in 5.3 or 5.4)</p> 	<p>5.7 Swing or press to handstand — 1/4 turn (360°) in handstand</p> 	<p>5.8 Swing or press to handstand 3/4 turn (720° = 4x180°) in handstand</p> 

5. Handstands

-A-	-B-	-C-
5.9 Jump to handstand (return movement optional) 	5.10 Jump with $\frac{1}{2}$ turn (180°) to handstand 	5.11 Jump with $\frac{1}{4}$ turn (360°) to handstand 
5.12 Headstand, also with $\frac{1}{2}$ turn (180°) 	5.13 Headstand with $\frac{1}{4}$ turn (360°) — hand support permitted 	

6. Walkovers, Cartwheels, Handsprings (Turnovers)

A-Parts:

- Walkovers, cartwheels, handsprings with or without flight phase
- Free (aerial) walkover, forward, free cartwheel
- Roundoff

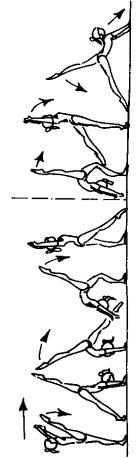

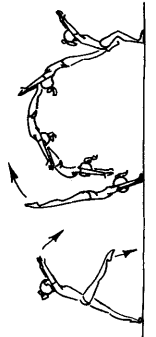
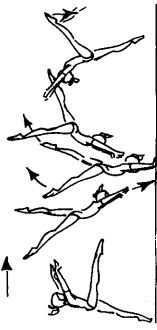
B-Parts:

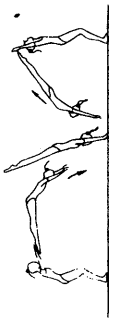
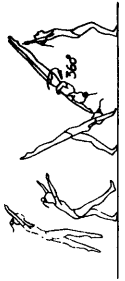
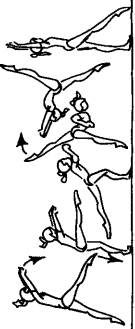

- Free round — off
- Flic-flac on 1 arm
- Flic-flac without hand support (whip-back)
- Salto sideward (take off from 1 leg)
- Butterflies

C-Parts:

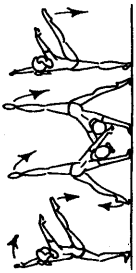
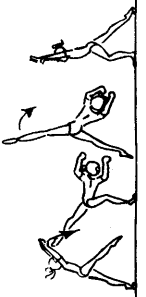
- Handsprings with $\frac{1}{4}$ twist (360°) in flight phase
- Flic-flac with $\frac{1}{4}$ twist (360°) in flight phase


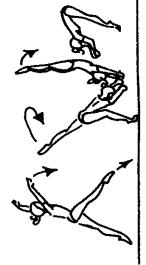

6. Walkovers, Cartwheels, etc.

-A-	-B-	-C-
<p>6.1 Walkover forward or backward (all variations)</p> 		
<p>6.2 Handspring forward — landing on 1 or 2 legs</p> 		

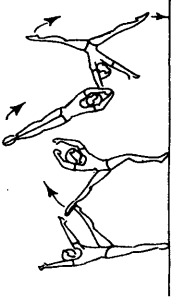



<p>6.3 Handspring forward from both legs (flyspring) — take-off from both legs</p> 		<p>6.4 Handspring forward with $\frac{1}{2}$ twist (360°)</p> 
<p>6.5 Free (aerial) walkover</p> 		<p>6.6 Free walkover forward with $\frac{1}{2}$ twist (360°)</p> 



6. Walkovers, Cartwheels, etc.

-A-	-B-	-C-
<p>6.7 Cartwheel with or without flightphase</p> 		
<p>6.8 Free (aerial) cartwheel</p> 		

<p>6.9 Round-off</p> 	<p>6.10 Free (aerial) Round-off</p> 	
	<p>6.11 Butterflies (Series of at least 2)</p> 	

6. Walkovers, Cartwheels, etc.

-A-	-B-	-C-
	<p>6. 12 Tucked, piked, stretched salto sideward — take off from 1 leg!</p> 	
<p>6. 13 Flic-flac — take off from 1 or both legs</p> 	<p>6. 14 Flic-flac on 1 arm</p> 	<p>6. 15 Flic-flac with 1/2 twist (360°) before or after hand support</p> 

<p>6. 16 Gainer flic-flac</p> 	<p>6. 17 Flic-flac without hand support (whip back)</p> 	

Examples of Difficulties on Floor

7. Saltos:

A-Parts:

- All tucked, piked, stretched saltos (with the exception) of the stretched salto forward, also with $\frac{1}{2}$ twist (180°)
- Tucked, piked, stretched with step-out gainer salto

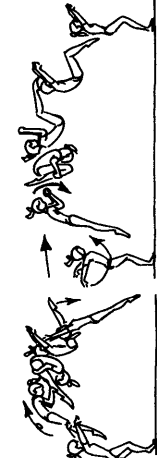
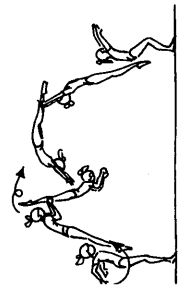
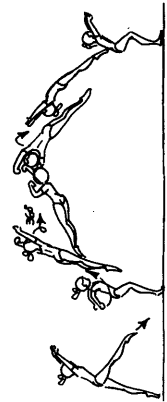


B-Parts:


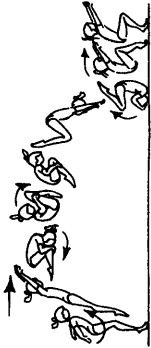
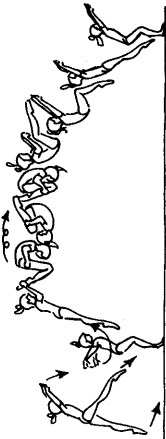
- Stretched salto forward
- All saltos forward and backward with $\frac{1}{4}$ twist (360°)
- Hecht jump with $\frac{1}{2}$ twist (180°) and salto backward
- Salto sideward from backward take off (from both legs)
- Arabian salto, tucked, piked, stretched (with legs apart to step-out)

C-Parts:

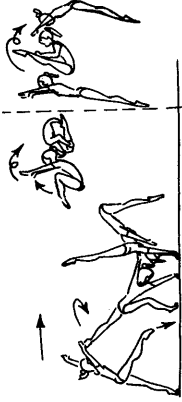



- All saltos backward and forward with $1\frac{1}{2}$ twist (540°) and more
- $1\frac{1}{2}$ (540°) salto forward or Arabian $1\frac{1}{2}$ salto to roll forward or to front lying support
- All double saltos or Arabian double saltos
- Jump with $\frac{1}{4}$ twist (360°) and salto backward or forward


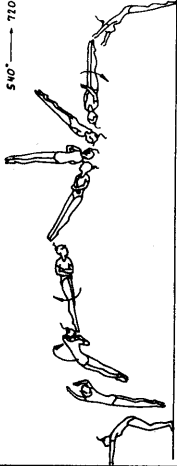
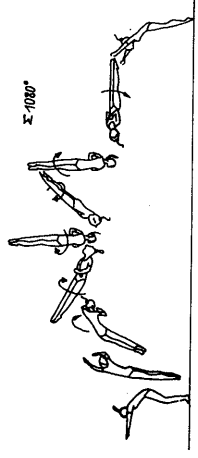
7. Saltos

-A-	-B-	-C-
<p>7.1 Tucked, piked salto forward, also with $\frac{1}{2}$ twist (180°)</p> 	<p>7.2 Stretched salto forward, also with $\frac{1}{2}$ twist (180°)</p> 	<p>7.3 Stretched salto forward with $\frac{1}{4}$ turn (360°)</p> 
	<p>7.4 Tucked, piked salto forward with $\frac{1}{4}$ turn (360°)</p> 	<p>7.5 All saltos forward with $1\frac{1}{2}$ turn (540°) and more</p> 

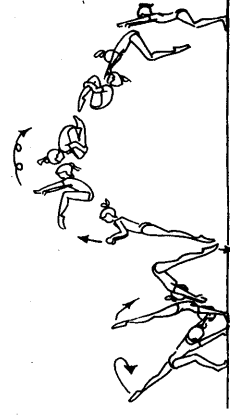

		<p>7.6 1 1/2 salto forward to roll forward or to front lying support —R—</p> 
		<p>7.7 Double salto forward —R—</p> 




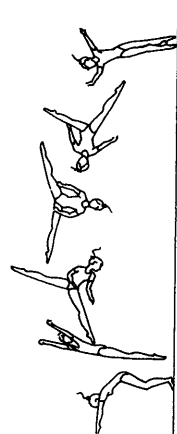
7. Saltos

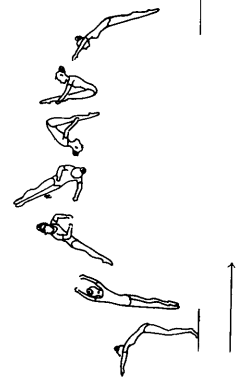
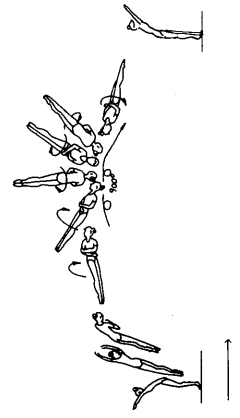
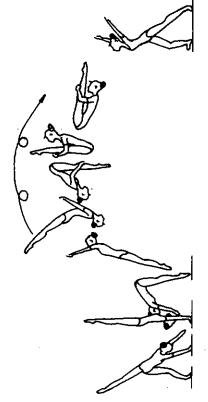
<p>7.8 Tucked, piked, stretched salto backward</p> 	<p>7.9 Jump 1/2 turn (180°), salto forward tucked, piked, stretched — landing in step-out or on both legs (Arabian salto)</p> 	<p>7.10 1 1/2 Arabian salto to roll forward or to front lying support —C—</p> 
		<p>7.11 Arabian double salto —R—</p> 

	<p>7.12 Tucked, piked, stretched salto backward with $\frac{1}{4}$ twist (360°)</p> 	<p>7.13 Salto backward with $1\frac{1}{2}$ or $\frac{3}{4}$ twist (540° or 720°)</p> 
		<p>7.14 Salto backward with $\frac{3}{4}$ twist (1080°) —R—</p> 

7. Saltos

<p>—A—</p>	<p>—B—</p>	<p>—C—</p>
		<p>7.15 Double salto backward, tucked or piked —R—</p> 
		<p>7.16 Tucked double salto containing L.A. twist (Muchina) —R—</p> 

<p>7.17 Tucked, piked, stretched step — out gainer salto</p> 	<p>7.18 Hechtjump forward with 1/2 turn (180°), tucked or piked salto backward</p> 	<p>7.19 Jump with 1/4 twist (360°), salto backward —R—</p> 
	<p>7.20 Piked or stretched salto sideward from backward take-off</p> 	

<p>7.21 Piked double salto backward with 1/1 (360°) turn —R—</p> 	<p>7.22 Salto backward with 900° LA-turn —R—</p> 	<p>7.23 Double salto backward, stretched-piked —R—</p> 

Examples of Difficulties on Floor

8. Rolls:

A-Parts:

- Rolls, hecht rolls – also with $\frac{1}{2}$ twist (180°)
- Roll backward to handstand – with $\frac{1}{2}$ turn (180°)

B-Parts:





- Hecht roll forward with $\frac{1}{4}$ twist (360°)
- Roll backward to handstand with $\frac{1}{4}$ turn (360°)

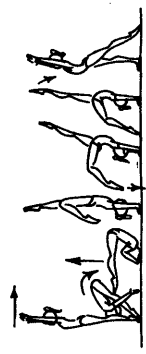
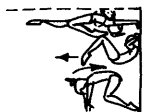
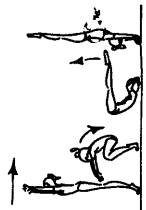
C-Parts:

- $1\frac{1}{2}$ twisting (540°) hecht (dive) roll
- Roll backward to handstand with $\frac{3}{4}$ turn (720°)

8. Rolls

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-A-	-B-	-C-
<p>8.1 Roll or hechtroll (dive) forward</p> 		
<p>8.2 Stretched Jump with $\frac{1}{2}$ twist (180°) into hechtroll (backward take-off)</p> 	<p>8.3 Stretched Jump with $\frac{1}{4}$ twist (360°) into hechtroll (forward take-off)</p> 	<p>8.4 Stretched jump with $1\frac{1}{2}$ twist (540°) hechtroll (backward take off)</p> 

<p>8.5 Roll backward to handstand with $\frac{1}{2}$ turn (180°)</p> 	<p>8.6 Roll backward to handstand with $\frac{1}{4}$ turn (360°)</p> 	<p>8.7 Roll backward to handstand with $\frac{1}{4}$ turn and $2 \times 180^\circ$ or $4 \times 180^\circ$</p> 
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Examples of Difficulties on Floor

9. Kips:

A-Parts:

- All head and neck kips, also with $\frac{1}{2}$ twist (180°)

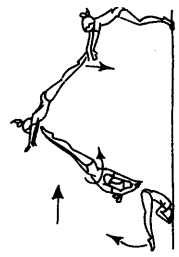

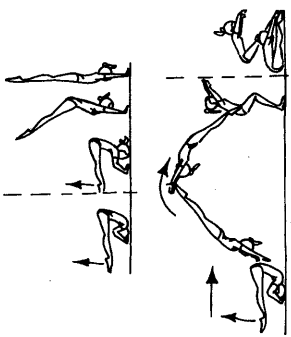
B-Parts:

- All head and neck kips with $\frac{1}{4}$ twist (360°)

C-Parts:

- None

9. Kips

<p>-A-</p>	<p>-B-</p>	<p>-C-</p>
<p>9.1 All head or neck kips also with $\frac{1}{2}$ twist (180°)</p> 	<p>9.2 All head or neck kips with $\frac{1}{4}$ turn (360°)</p> 	
		

9.3 Flic-flac to neck kip (Cradle), also with $\frac{1}{2}$ twist (180°)

