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PREFACE

The Women's Technical Committee of the International Gymnastics Federation (FIG) is publishing this new edition of the CODE OF POINTS for Women's Artistic Gymnastics (January 1993), in order to further do justice to the continuous development of this sport, which is rich in tradition as well as modern.

Women's Artistic Gymnastics is, as never before, characterized by an enormous vitality in the level of development, clearly evident by two facts:

By the competition results of the world's best women gymnasts — above all from the traditional gymnastics countries, but even in those regions where women's gymnastics is relatively new, the circle of highly talented well trained gymnasts, who are striving for world class level, is constantly widening.

Totally in keeping with the Olympic ideal is to guarantee them further continued chances for development, to assure them fair competition conditions and additionally to place at their disposal a uniform basis for scoring.

The Women's Technical Committee dedicates the new edition of the CODE OF POINTS to this concern.

Their revision is based on the conscientious analysis of the new developmental trends in women's gymnastics, using the respective typical apparatus, as these become evident at the most important international competitions.

It has taken into account the realization of various sport science analyses and likewise the latest developments of the sport apparatus manufacturers. More importantly, they have consolidated the extensive practical experience and findings which were formed in women's gymnastics through the women's judging system, which must be in harmonious agreement with the total development.

Those committed to the judging system consult the following newly organized, clearly arranged chapters. Contained in these chapters are binding stipulations for the very responsible and demanding functions, which must be performed at FIG competitions by the STC, EXP, judges and assistants.

Based on this CODE OF POINTS, they are obliged to comprehend in its entirety:

- the structure of the exercise as a whole
- the degree of difficulty of the gymnastic and acrobatic elements and connections
- the complex flow of the movement, as well as the harmony with the music on floor exercise.

They must take into consideration as fitting, the exactness and technical perfection of the performance, while also at the same time the harmony and strength of expression, as well as the aesthetic presentation.

At all times they must be conscious that it depends on their unbiased decisions, to be just and correct concerning the value of the performances, which were created by the young women gymnasts often under the highest stakes in fair competition.

On behalf of the FIG/WTC I would like to express my thanks to everyone, who contributed to the compilation of this CODE OF POINTS and wish happiness and success to all who will work with it in the future!

Ellen Berger
President FIG/WTC

INTRODUCTION

These rules are based on the framework of the Technical Regulations (TR), as well as on fundamental decisions by FIG Authorities. They consider extensively the modern development of Women's Artistic Gymnastics throughout the world, as well as experiences from international competitions.

They should assist:

- to standardize the organizational forms of FIG competitions
- to impart valid general directives for behavior at competitions to the gymnasts and coaches and to convey to them orientation for construction of exercises for the competition preparations
- to standardize rules for the judges in order to insure the most objectively possible evaluation of exercises at international competitions
- to further develop the general and specific knowledge and abilities of judges.

The Technical Committee for Women (WTC) recommends to the member federations to also utilize this Code of Points at national competitions and at international invitationals.

Modifications/specifications contingent on the development can be taken up after the World Championships or the Olympic Games on the basis of the FIG-Analysis.

From now on the following abbreviations will be used:

WTC for Women's Technical Committee
STC for Scientific Technical Collaborator
EXP for Expert
OG for Olympic Games
WC for World Championship
C for Competition
TR for Technical Regulations
CODE for Code of Points

The revision of the Code of Points was carried out by the FIG/WTC WOMEN'S TECHNICAL COMMITTEE:

Ellen Berger	President	
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Maria Simionescu	2. Vice President	
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This English language version of the 1992-1996 FIG Code Of Points (COP) for Women's Artistic Gymnastics was produced for USA Gymnastics™ under the direction of Jackie Fie, President of the Women's Technical Committee (WTC) of the FIG. It is the result of the volunteer efforts of Linda Chencinski, Jan Crowley and Lance Crowley. It represents the first time the COP has been produced, in its entirety (both text and graphics), on a personal computer.

The following hardware and software were used for this project:

- A Hewlett Packard ScanJet II™ was used to scan the pictograms and symbols into the TIFF graphics file format. More than 1800 TIFF files were needed for this document.
- The computer was a Gateway 2000™ 486-25 megahertz, running DOS 5.0 and Windows 3.1.
- The document was printed on a Hewlett Packard LaserJet IV™ at 600 dpi.
- Editing and retouching of the TIFF files was done in Logitech Inc's Foto Touch®.
- Lotus Development Corporation's Ami Pro® 3.0 was used for word processing and final editing.

We hope this format of the COP assists you in your coaching and judging.

Lance Crowley
Oakdale, Minnesota — April, 1993

ARTICLE 1

Structure of the Competition Juries

1.1 The Jury of Appeal

is formed by:

- the President of FIG or a representative nominated by him
- the Main Jury

The Jury of Appeal as the highest authority observes and controls the entire C. It concerns valid decisions in debatable problems and decides regarding sanctions for serious violations against the rules by judges, coaches, and/or gymnasts. The respective Control Jury is included for the preparation of appropriate decisions.

1.2 The Main Jury

is formed by:

- the President of WTC
- the Vice President of WTC
- the Secretary of WTC.

The Main Jury leads the constant overview of the work of the subordinate juries, supervision of the scores/points for the gymnasts and has the right, in necessary cases to give verbal warnings to the judges.

The WTC President presides over the Main Jury. In preparation for the C she checks technical-organizational matters with the Members of the FIG/WTC and effects the checking:

- of the apparatus according to the Norms of the FIG
- of the signals, timing devices, score sheets, etc.

She is responsible for the selection, draw, and nomination of judges for the juries.

She has the right to consult with the Control Jury, when in her opinion the Final Scores are too high or too low in comparison to the scores on the other apparatus (same standard for all apparatus).

After a change of score, she corrects the official score sheets and signs them.

In collaboration with the Jury of Appeal, Main Jury, and Control Jury she is able to:

- remove Judges and Assistants from the C, if insufficient expert knowledge or subjective evaluation activity can be proven
- remove coaches (female and male) from the podium area, if they violate the regulations through their behavior

- deal with deductions from the corresponding result, if there were rule violations of behavior by the gymnast or coach (M/F)

She gives the Organizing Committee corresponding information concerning all questions which pertain to the C.

1.3 The Control Jury on the Apparatus

is formed by:

- one (1) or two (2) Members of the WTC
- one (1) STC and one (1) Expert

The Control Jury guides the judges before the C for the correct work on the respective apparatus and conducts the supervision over the correct work of the judging panel in the C.

They have the right to inform the Main Jury of irregular judging activities and/or violations contrary to rules of behavior during the C and to propose corresponding sanctions.

They decide whether the interruption of the exercise was caused by the gymnast or coach or was due to a technical failure.

They have to deliver an account (report) of all occurrences to the WTC President.

1.4 The Judging Panels on the Apparatus

To evaluate the actual competition-performances of the gymnasts judging panels will be formed by the WTC:

- at WC and OG six (6) judges, one (1) STC and one (1) Expert officiate, supported by Assistants and Secretaries with the international Brevet;
- at International Invitational Cs four (4) judges, as well as two (2) STCs and/or EXP (one (1) of these neutral) officiate, supported by Assistants with the international Brevet
- at Team Cs three (3) or four (4) Judges, as well as one (1) or two (2) STCs (neutral/national) officiate, supported by Assistants with the international Brevet

ARTICLE 2

Requirements of the Judging Panels

2.1 General Requirements

All members of the Judging Panel must possess exact, applicable knowledge of:

- the TR of the FIG
- the FIG CODE for Women
- the List of New Elements
- the respective Compulsory Exercises in force.

They must:

- have successfully participated in an intercontinental, continental, or international course
- be in possession of and produce the Brevet and Judges' Log Book of the current valid Cycle
- be listed in the World List of judges
- possess the corresponding CATEGORY applicable to the C
- be at the competition-site one hour before the start
- participate in the Judges' Courses before the respective C (extraordinary exceptions, which were caused by a higher power, will actually be decided by the FIG/WTC)
- wear the prescribed competition-uniform (dark blue suit and white blouse), except at the OG, where the uniform is supplied by the Organizing Committee

The judge may leave her place during the C only with the consent of the Main Jury and may not have contact with other persons. During the C only the Control Jury, the STC and EXP have the right to get in touch directly with the President of the WTC and/or the Main Jury.

2.2 Seating Arrangement for the Judging Panel

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

Examples for seating order:

6 SEC/STC/EXP/ASS 1
5 4 3 2

OR

4 5 6 SEC/STC/EXP/ASS 1 2 3

All seats should stand on a small podium of approximately 50 cm height, when a podium is available.

The seating positions for the Control Jury will be decided before the FIG-Competition.

2.3 Specific Functions of the Judges

- They must observe the exercises attentively and evaluate them correctly without bias.
- They must complete the score sheet quickly and clearly with a legible signature and enter their score immediately and **exactly** into the computer.
- They must record:
 - the number of A, B-, C-, D-, and E- value parts
 - specific errors in the compulsory program
 - execution and combination errors.
- They are **obligated** to accept the Starting Value flashed by the STC and the Expert.

2.4 Functions of the STCs/EXPs

- They determine the content value of the exercises and must record the entire program content and all requirements in writing.
- They are responsible for the Start Value (SV) [**in tenths**, i.e. 9.60] in the compulsory and optional exercises for the respective exercise, which is flashed and entered into the computer.
To the SV belongs:
 - All A-, B-, C-, D-, and E- value parts
 - Bonus Points for Special Connections, as well as E- and additional D- elements
 - Deductions for:
 - Special Requirements,
 - Exercise without dismount, as well as
 - Contrary compulsory elements or connections in C-Ib.
- After the Competitions at the WC and OG, they must make a thorough evaluation based on the video recordings.
- They must make their symbol notations available for dealing with consultations.
- They have specific duties at the OG and WC in C-Ia, which are assigned by the WTC.

2.5 Functions of the Assistants

They may be activated as:

- line judges on floor to determine stepping outside of the border marking
- time judges on beam and floor...
to time the duration of the exercise and adherence to the intermediate time, to control the start of the exercise after the green light is lit and adherence to the warm-up time

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

2.6 Functions of the Secretaries

They are responsible for:

- adherence to the correct order of the teams and gymnasts
- operating the green and red lights
- correctness of entries (*proceedings*) into the computers
- correct flashing of the Average/Final Score

ARTICLE 3

The Evaluation of the Exercises and Determination of Scores

The judges are obligated through their activity to adhere to the rules of the CODE, Articles 5 -13 in an unbiased and conscientious manner, otherwise sanctions can be imposed against them by the competition-administration and/or they can be suspended from further activity/placement.

In the evaluation of the exercises the judges work with five hundredths of points (i.e. 9.55 P.). They fill out the judge's score slip and enter the evaluation into the computer after the SV is determined and flashed by the STC/EXP.

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

Examples:

Judge:	1	2	3	4	5	6
	9.05	9.30	9.40	9.40	9.50	9.65

Scores: 9.30 + 9.40 + 9.40 + 9.50 = 37.60 ÷ 4 = 9.40 P. **FINAL SCORE**

OR

Judge:	1	2	3	4	5	6
	9.30	9.40	9.40	9.60	9.50	9.60

Scores: 9.40 + 9.40 + 9.60 + 9.50 = 37.90 ÷ 4 = 9.475 P. **FINAL SCORE**

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

ARTICLE 4

General Norms of Conduct for Gymnasts and Coaches

4.1 Requirements of the Gymnast

- She must be informed about the Code of Points, and act according to the rules.
- She has to wear correct athletic, non transparent competition attire with a national emblem; leotards with narrow shoulder straps are not allowed. The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
- The leotard must be identical in the Team C-Ib.
- Start numbers must be worn.
- Hip or **other** padding is not allowed. Bandages are permitted; they are to be securely fastened.
- The wearing of gymnastic slippers and socks is optional.
- Markings may be placed on the balance beam.
- She is entitled to a **warm-up period** on all apparatus before the Competition.

In C-Ia, II and III for:

- Vault, balance beam and floor - **each 30 seconds**
- Uneven bars - **each 50 seconds**, including the preparation of the bars

In C-Ib - per Team for:

- Vault, balance beam and floor - **each 3 minutes**
- Uneven bars - **5 minutes**, including the preparation of the bars

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

- She must present herself at the start and at the end of the exercise. She must observe that at the start of the exercise the green light is lit or that the STC/EXP has given a signal to start.
- She must begin the exercise within 30 seconds (*on all apparatus*).
- The podium must be immediately left after the conclusion of her exercise.
- If a necessity arises to leave the competition-hall, she must notify the Main Jury. The C may not be delayed through her absence. Unexcused absence from the competition-hall leads to disqualification and to withdrawal of medals.
- As a **reserve gymnast** for C-II and III, she must adhere to the rules in the TR.

4.2 General Requirements for the Coaches (Female/Male)

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

Allowed are:

- | | |
|--------------------|---|
| C-Ia each gymnast | — 1 coach (male or female) |
| C-Ib per team | — 1 female coach and 1 male coach or 2 female coaches |
| C-II each gymnast | — 1 coach (M or F) |
| C-III each gymnast | — 1 coach (M or F) |

Permitted are staying:

- in the inner circle during the entire C
- on the podium during the entire exercise on uneven bars, provided D- or E- elements are performed
- on the podium to prepare the uneven bar rails or for the removal of the springboard at uneven bars and balance beam (*after which he/she must immediately leave the podium*) on the podium, in so far as assistance is necessary for falls, injuries or defects on the apparatus

Not permitted are:

- giving signals, shouts (*cheers*) or similar during the exercise
- obstructing the view of the judges during remaining on the podium at uneven bars, or when removing the springboard
- inquiries concerning the evaluation during the C
- contact with other persons outside of the inner arena circle during the C (*exception: team doctor*)

ARTICLE 5

Generalities Concerning the Exercises

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

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

When C-Ia and Ib are performed, the optional vault and exercises must be different from the compulsory exercises. Elements from the compulsory exercise may however be included in the optional exercise. An original compulsory connection of a maximum of three elements may be accepted in the optional.

If a gymnast shows in the optional exercise an original connection of more than three (3) compulsory elements, the compulsory mount or compulsory dismount, then a deduction occurs each time by the **STC/EXP**. If the compulsory vault is performed in C-Ib, II or III, the vault is invalid.

The compulsory and optional exercises are subject to a prescribed time limit only on the balance beam and floor. Specific intermediate time periods are set for the interruption of the exercise due to a fall. The exercise interruption is timed separately; it is **not** calculated in the total time of the exercise.

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

The arrival on the springboard may be initiated from:

- a stand frontways or rearways
- a running approach
- a maximum of **one** performed element in front of the apparatus

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

ARTICLE 6

The Evaluation of the Compulsory Exercises

All compulsory exercises will be evaluated from 10.00 points. The contents and combination of the compulsory exercises will be made available by the FIG/WTC and sent out to the national federations through a publication by the General Secretary of the FIG (subject to costs).

The publication of the compulsory exercises contains:

- the text and illustrations of the compulsory exercises
- the table of deductions for faults
- time limit for the exercises on the balance beam and the floor
- a music cassette tape

The compulsory exercises may be reversed in total, in passages, and also by element, which are marked with an *). For a reverse performance on the balance beam and floor exercise, **one** step may be added or deleted.

In C-Ia the gymnast may perform only **one** vault.

ARTICLE 7

The Evaluation of the Optional Exercises

7.1 Principles

The optional exercises will be evaluated from **9.40 P.** on the apparatus - uneven bars, balance beam, and floor; the optional vaults from the value of the vault according to the Table of Vaults.

For special performance on the apparatus - uneven bars, balance beam, and floor - a bonification total of **0.60 P.** is possible, so that a maximum of 10.00 P. can be reached.

7.2 Components of the Evaluation

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

- Value Parts (A = 0.20 P., B = 0.40 P., C = 0.60 P., D = 0.80 P.)	3.00 P.
- Bonus Points (Special Connections, E- elements and additional D- elements)	0.60 P.
- Combination (Construction of the exercise)	2.00 P.
- Execution	<u>4.40 P.</u>
	Maximum 10.00 P.

7.2.1 Value Parts (3.00 P.)

It is required in:

Competition Ib	Competition II	Competition III
3A = 0.60 P.	1A = 0.20 P.	
3B = 1.20 P.	2B = 0.80 P.	2B = 0.80 P.
2C = 1.20 P.	2C = 1.20 P.	1C = 0.60 P.
	1D = 0.80 P.	2D = 1.60 P.
3.00 P.	3.00 P.	3.00 P.

7.2.2 Bonification (0.60 P.)

They are earned for:

- Special Connections	Maximum 0.30 P.
- Additional D- elements * (each 0.10 P.)	Maximum 0.30 P.
- E- elements * (each 0.20 P.)	<u>Maximum 0.60 P.</u>

* In case a D- or E- element replaces another missing VP, there are **no BP** for the D- or E- element. If there is another D- or E- element, then it is additional and receives BP.

7.2.3 Combination * (2.00 P.)

To be specially observed in the construction of the exercise:

- a diversified, creative and artistic composition of various elements and connections
- the dismount corresponding to the exercise content value
- a progressive distribution of the elements
- the use of space and directional change
- the tempo and rhythm in the course of the exercise

7.2.4 Execution * (4.40 P.)

It includes:

- correct technique, amplitude and posture
- exactness of phases during turns around several axes
- flight height during acrobatic and gymnastic leaps/jumps, flight elements on uneven bars, the second flight phase at horse vault and on dismounts

* See Article 9 - Table for General Faults

7.3 The Filling Out of the Score Slip

The judges must judge the exercise according to the aforementioned criteria and fill out the score slip as follows:

Competition Ia, Ib, II, III	
Number: _____	Nation: _____
Name: _____	
Start Value: _____	Score: <input type="text"/> P.
Signature of Judge: _____	

The STC/EXP must set the content value of the exercise and fill out their score slip as follows:

Competition Ib, II, III	
Number: _____	Nation: _____
Name: _____	
Bonus Points (+) for:	Deductions (-) for:
Special Connections _____ P.	A-, B-, C-, D- Elements _____ P.
Extra D-/E- Elements _____ P.	Special Requirements _____ P.
Starting Value (SV): <input type="text"/> P.	_____
Signature of STC/EXP _____	

7.4 Special Stipulations for the Recognition of Value Parts and Bonus Points

7.4.1 Value Parts (VP) (3.00 P.)

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

Their values are divided as follows:

A- part = easy part	0.20 P.
B- part = part with middle difficulty value	0.40 P.
C- part = part with higher difficulty value	0.60 P.
D- part = part with very high difficulty value	0.80 P.
E- part = part with highest difficulty value only for BP	0.20 P.

The Code of Points contains specific apparatus Table of Difficulties (*see Article 10 to 13*), in which each element is identified by a multi-digit number, whose digits to the right of the decimal point show the assignment to A-, B-, C-, D-, or E- elements/vaults.

Examples:

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

The A-, B-, C-, D- or E- parts require a specific technical execution. If such parts are not executed according to the requirements, a lowering of one VP step occurs.

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

The same elements can be recognized two times in an exercise as a VP, if they occur in a different connection (*exception: uneven bars*). If performed the third time, the difficulty value is not considered. The counting of elements occurs in chronological order.

7.4.2 Bonus Points (BP) (0.60 P.)

BP can be given for Special Connections and additionally performed D- and/or E- elements.

Special Connections (Maximum 0.30 P.)

They are to be achieved through diverse combinations of various value parts, through directional changes, among others.

In this context all gymnastic A-, B-, C-, D- or E- elements in the Table and all acrobatic A-, B-, C-, D- or E- **flight** elements may be used.

The order of succession of value parts A-, B-, C-, D- or E- can be freely chosen. With the connection of three or more elements, the second element (and those following) may be used a second time. (See Appendix)

“Directional change” on beam and floor is understood as:

- a) Long axis turns of 180°, 540°, 900°, etc. with continuation in the same line
- b) Counter saltos with movement execution (back/forth)
 - forward to backward or backward to forward

All connections must be **direct** *; *only on Floor* can acrobatic connections be **indirect**. *

E- elements may replace D- elements in Special Connections, but the connections will receive the same Bonus Points.

All other connections must be submitted to FIG/WTC.

* **Direct Connections** are those in which elements/connections are performed without pauses, without extra swings/extra steps.

Indirect Connections (*only in acrobatic series on floor*), are those in which directly connected A-acrobatic elements with flight phase and hand support (*from Group 7, i.e. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos (*Group 8*).

Additional D- or E- Elements (Maximum 0.30 P.)

D- or E- elements are such elements, which require a special athletic achievement and body control, for example:

- flight elements with or without additional turns in flight
- value parts with high movement intensity, coordination, orientation, balance and similar qualities

Directives for Recognition of Bonus Points

Bonus Points for Special Connections and for additional D- or E- elements will be given only for good technical presentation.

There is **no** bonification:

- with a fall on the apparatus
- with a medium fault on uneven bars, balance beam, and floor **
- with repetition of the same Special Connection

** There are no BP with -0.20 P. or more deductions for an element.

ARTICLE 8

General Stipulations for the Recognition of New Elements and the Activation of Judges

8.1 Recognition of New Elements/Connections and Vaults

All new elements, connections and vaults (*performed for the first time in the world - premiered*) are to be submitted in writing and with technical drawings and figures or also with video cassette to the WTC on the day of arrival.

The FIG/WTC discusses concerning:

- Difficulty values (A-, B-, C-, D- or E-)
- Value of the connections
- Starting Value (SV) of new vaults (*vault group and number*)

The decision is communicated:

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

8.2 WTC List of New Elements and Special Connections

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

The value of new elements and Special Connections will be determined on the basis of analysis of all program contents of the OG and WC. New elements will be provided with a number and illustration for the CODE.

This List will be sent by the Secretary General of the FIG to all affiliated federations.

It is a part of the CODE and consequently an evaluation basis for all FIG Competitions.

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

8.3 Categorization and Activation of Judges

At FIG-Competitions only judges, who possess the required category, may be activated. (*See material distributed on the occasion of the 1990 Congress in Frankfurt-Main.*)

The acquisition of the title “FIG-Judge” begins with Category III (*beginning category*). The judge must fulfill the practical judging experience in order to maintain a category or to raise to a higher category.

Practical Experience

Category III

2 international Cs

Area of Activity

Judge at Team Cs (TC),
International Tournaments (IT),
Regional Cs (RC)

Category II

4 years

3 international Cs

Judge at TC, IT, RC, Continental (CC) and
Intercontinental (IC), as well as WC

Category I

4 years

4 international Cs

Judge at TC, IT, RC, CC, IC, as well as WC/OG

Expert Category

4 years

6 international Cs

2 being FIG/Cs

Judge at all Cs. Expert in FIG Cs and/or as Leader
of Judges’ Courses, as called upon by FIG/WTC

8.4 Linguistic Understanding


The national federations must themselves provide for the translator at Judges’ Courses, in case the judges should have language difficulties.

ARTICLE 9 TABLE FOR GENERAL FAULTS *

9-1

DEDUCTIONS BY PANEL JUDGES	Type Of Fault:	Small Fault			Medium Fault			Large Fault			
		0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	More
Body Posture Faults (form breaks):											
▪ Poor foot, head position, or arm work throughout entire exercise	Up To: →			0.10							
▪ Bent arms in support, or bent knees	(UB, BB, FX) each				0.20						
▪ Leg separations	(VT) each							0.40			
▪ Relaxed leg/body/trunk posture throughout exercise	each			0.15							
Technical Faults:											
▪ Insufficient height of gymnastic leaps & jumps	each				0.20						
▪ Insufficient height of acrobatic elements with flight	each				0.20						
▪ Insufficient tuck, pike, or stretch position	(UB, BB, FX) each				0.20						
▪ Insufficient split position (when required)	(VT) each						0.30				
▪ Turns incomplete or ended to late	(UB, BB, FX) each			0.15							
▪ Touch on apparatus or mat with foot (feet) or hand(s), contrary to technique	(VT) each						0.30				
▪ Grasp on apparatus to avoid fall	(UB, BB) each							0.30			
▪ Loss of balance on landing of elements and dismounts:											
• Slight hop, unsureness		0.05									
• 1 step			0.10								
• 2 steps					0.20						
• 3 steps							0.30				
• More than 3 steps								0.40			
• Fall on one or both hands, knees, hips, or against apparatus										0.50	
• Additional movements to maintain balance							0.30				

* SEE ARTICLES 10, 11, 12, AND 13 FOR SPECIFIC DEDUCTIONS

NOTE:  = "flat" deduction

ARTICLE 9

TABLE FOR GENERAL FAULTS

9-2

Type Of Fault:	Small Fault			Medium Fault			Large Fault			
	0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	More
DEDUCTIONS BY PANEL JUDGES (cont.) Up To: →										
Compositional Faults:										
▪ More than one element before: mount (UB, BB) take off from springboard (VT)				0.20						
▪ Mount with no value (easier than A-)		0.10								Invalid
▪ Lack of progressive distribution of elements, including lack of commensurate dismount				0.20						
▪ Lack of diversified composition (elements/connections)				0.20						
▪ Insufficient use of entire apparatus (spatially and directionally)				0.20						
▪ Lack of variation in rhythm and tempo: (BB, FX) (UB)		0.10		0.20						
General Faults (Compulsory and Optional):										
▪ Insufficient dynamic performance: (UB, BB, FX) (VT)		0.10				0.30				
▪ Insufficient artistry of presentation/interpretation: (BB, FX)				0.20						
Behavioral Faults:										
▪ Gymnast: <ul style="list-style-type: none"> Missing presentation before and after exercise each 		0.10								
▪ Third run-approach during UB, BB, Ia-VT (4th run-approach not permitted) each									0.50	
▪ Coach: <ul style="list-style-type: none"> Spotting assistance during exercise and/or on dismount (UB, BB, FX) each 									0.50	

NOTE: 0.00 = "flat" deduction

ARTICLE 9
TABLE FOR GENERAL FAULTS

DEDUCTIONS

Type Of Fault:	Small Fault			Medium Fault			Large Fault			
	0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	More
BY STC/EXP:	Up To: →									
▪ Exercise without dismount (UB, BB)						0.30				
▪ Compulsory mount, dismount, or connection (more than 3 elements) in optional exercise						0.30				
▪ Compulsory Vault in C-Ib, II or III									0.50	Invalid
▪ Omission of element = element value plus						0.30				
▪ Element different/contrary to text = element value plus										
▪ Missing element(s):				0.20						
A- value part										
B- value part										
C- value part										0.60
D- value part										0.80
▪ Missing Special Requirements			0.10							

BY TIME JUDGE (written notification):

▪ Exceeding intermediate time after fall										Ex/End
▪ Unobservance of warm-up time *						0.30				
▪ Untimely start of exercise:										
• Starting exercise when red light is on										Ex/"0"
• Failure to start after green light is lit (30 seconds)						0.30				
▪ Under or overtime				0.20						


BY LINE JUDGE (written notification):

▪ Exceeding the border marking			0.10							
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BY SECRETARY (written notification):

▪ Failure to adhere to competition order *									0.30	
--	--	--	--	--	--	--	--	--	------	--

NOTE: * Unless specified above, deductions are taken in:
 C-Ia and Ib from Team Score (unless individual gymnast, then AA Score)
 C-II from All-Around Score
 C-III from Individual Event Score

NOTE:  = "flat" deduction

ARTICLE 9 TABLE FOR GENERAL FAULTS

Type Of Fault:	Small Fault		Medium Fault		Large Fault					
	0.05	0.10	0.15	0.20	0.25	0.30	0.35	0.40	0.50	More
DEDUCTIONS BY PRESIDENT IN CONSULTATION WITH MAIN OR CONTROL JURY *										
Behavior Of Gymnast:										
▪ Non-identical leotards in C-1a/Ib		0.10								
▪ Incorrect advertising		0.10								
▪ Missing national emblem		0.10								
▪ Incorrect attire		0.10								
▪ Missing start number		0.10								
▪ Apparatus irregularities:										
▪ Springboard on unpermitted surface or use of unauthorized mats						0.30			0.50	
▪ Raising or lowering LB or HB										
▪ Leaving competition area without notification to the Main Jury										Disq.
Behavior of Gymnast or Coach:										
▪ Unexcused delay or interruption of competition										
▪ Unauthorized remaining on the podium (VT, UB, BB, FX)						0.30				
Behavior of Coach:										
▪ More than the prescribed number of coaches in inner circle during competition									0.50	
▪ Two male coaches in C-1b									0.50	
▪ Signals, verbal commands, shouts, etc. by coach to own gymnast				0.20						
NOTE: *	Unless specified above, deductions are taken in:									
	C-1a and 1b from Team Score (unless an individual gymnast, then AA Score)									
	C-II from All-Around Score									
	C-III from individual Event Score									

NOTE: 0.00 = "flat" deduction

ARTICLE 10

Horse Vault

10.1 General

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

The arrival on the board is possible:

- from a run
 - from an element
- } arrival on the board with both feet

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

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

10.2 Vault Groups

The vaults will be classified into the following groups:

- Group 1 — Handsprings, Yamashitas, Cartwheels without and with longitudinal axis turn
- Group 2 — Saltos forward without and with longitudinal axis turn and Cuervos without and with additional longitudinal axis turn
- Group 3 — Saltos backward without and with longitudinal axis turn - Tsukaharas
- Group 4 — Vaults from a Round-off - Yurchenkos

10.3 Value of the Vaults

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

A- Vaults		to	9.00 P.
B- Vaults	from 9.10 P.	to	9.50 P.
C- Vaults	from 9.60 P.	to	9.70 P.
D- Vaults	from 9.80 P.	to	9.90 P.
E- Vaults			10.00 P.

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

10.4 Special Requirements

- In **C-Ia** the gymnast is allowed only **one** vault.
- In **C-Ib** two vaults are permitted. The two vaults may be the same or different; the **better** vault score is counted.
- In **C-II** the gymnast **must** show two vaults; the two vaults may be the same or different. *
- In **C-III** two vaults from different Vault Groups **must** be shown. *
- The vault number is to be flashed (*manually or electronically*) before the optional vault.

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

10.5 Running Approaches (Attempts)

- In **C-Ia** at most three running approaches are permitted.
- First attempt: the gymnast runs, but does not execute the vault. She has balked:
— not touched the springboard
— not touched the horse
- Second attempt: is permitted and the gymnast executes the vault. - **no deduction**
- Third attempt: is permitted, if she has not touched the springboard and/or the horse on the second approach. - **deduction 0.50 P.**
- In **C-Ib, II, III** altogether three running approaches are permitted, if the gymnast has not touched the springboard and/or the horse.
A fourth approach is no longer allowed.

10.6 Specific Apparatus Deductions

10.6.1 First Flight Phase

- | | Deduction |
|---|------------------|
| - Technique not corresponding to the character of the vault | up to 0.30 P. |
| - Prescribed longitudinal axis turn is not fully executed | up to 0.30 P. |

10.6.2 Support Phase

- | | |
|--|---------------|
| - Poor technique in support | up to 0.20 P. |
| - Support with only one hand or no support | Invalid |

10.6.3 Second Flight Phase

- | | |
|--|--------------------|
| - Prescribed turn begun too early or not completed | each up to 0.30 P. |
| - Insufficient height/length | each up to 0.30 P. |
| - Insufficient tuck, pike, stretch | up to 0.30 P. |
| - No stretch/open of the body before the landing | up to 0.30 P. |

10.6.4 Landing

- Deviation from a straight direction
- Spotting assistance during the landing

Deduction
up to 0.30 P.
0.50 P.

10.6.5 Other Deductions

- Spotting assistance during the vault
- Insufficient dynamics during the vault
- Run approach without execution of the vault
 - . with touch on the springboard or horse
 - . in C-Ia, performance of vault on third approach
- Compulsory vault not corresponding to the prescribed text
- Compulsory vault in C-Ib, II or III
- More than one preparatory element before the arrival on the board

Invalid
up to 0.30 P.
Invalid
0.50 P.
Invalid
Invalid
Invalid

10.6.6 Absence of Special Requirements

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

0.30 P.

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

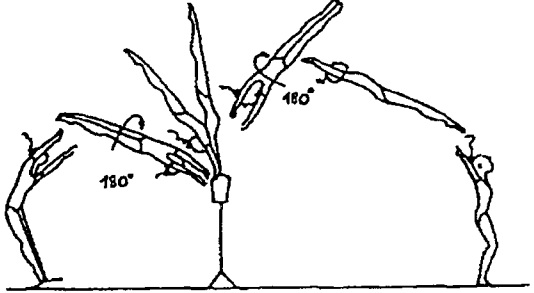
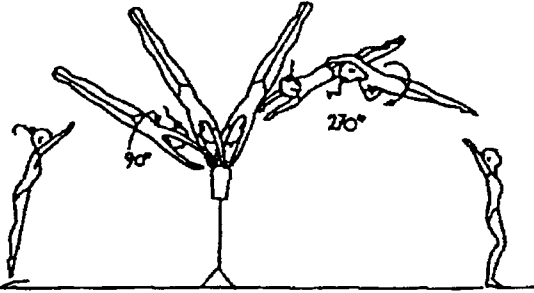
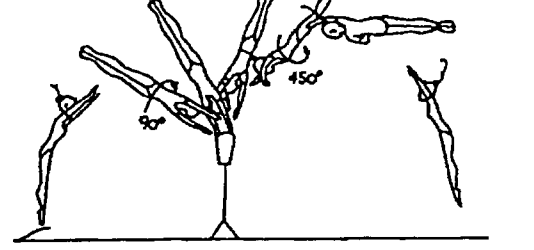
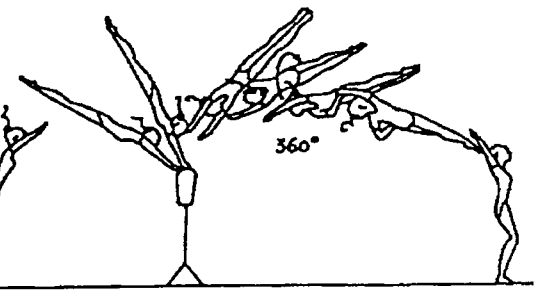
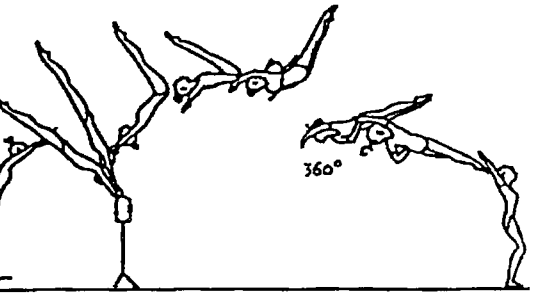
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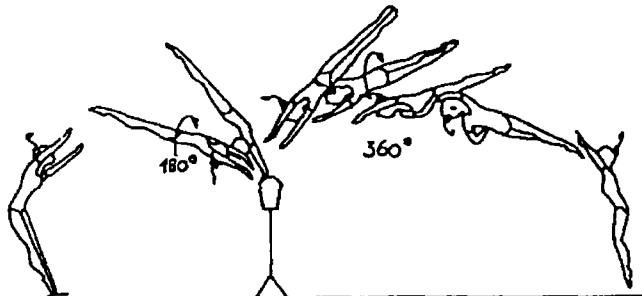
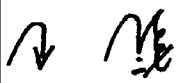
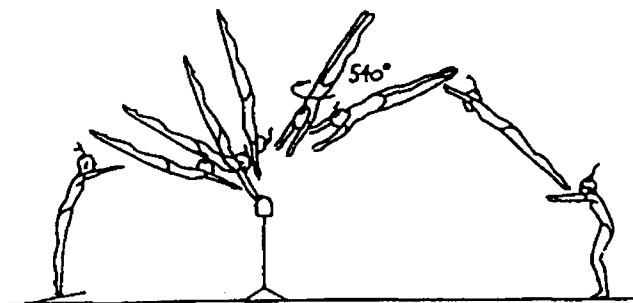
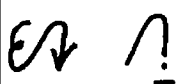
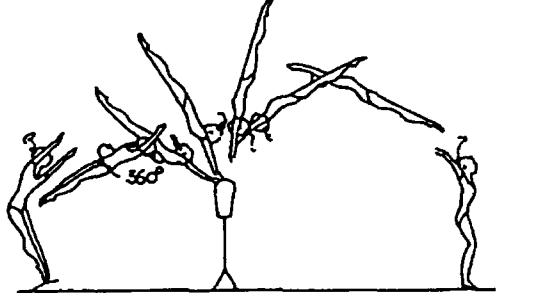
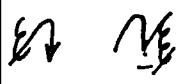
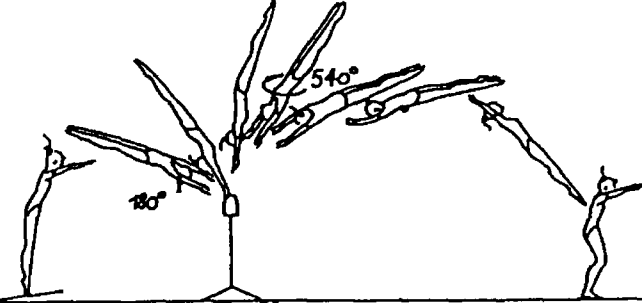
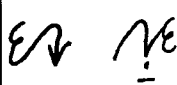
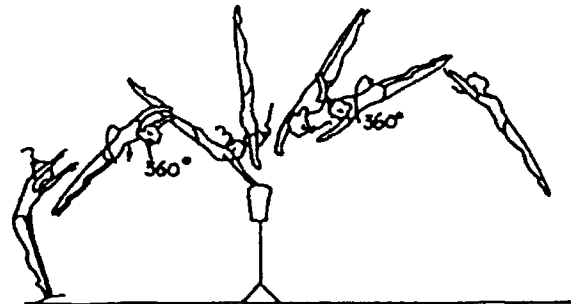
GROUP 1

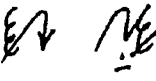
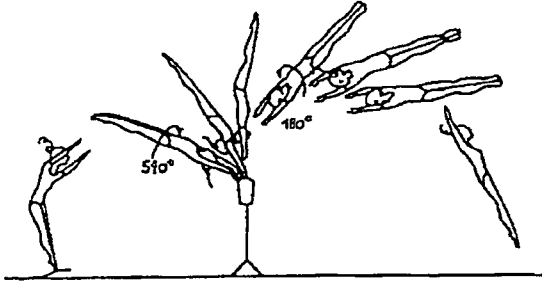
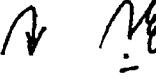
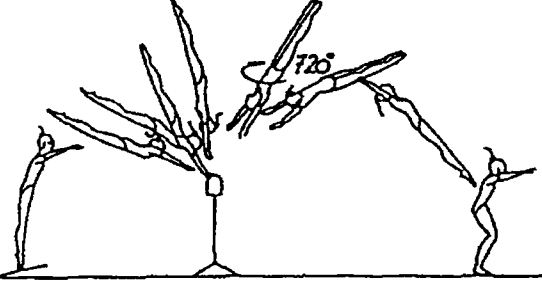
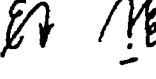
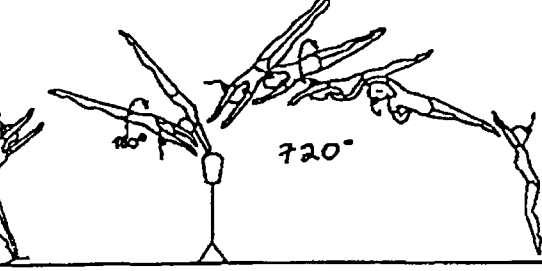

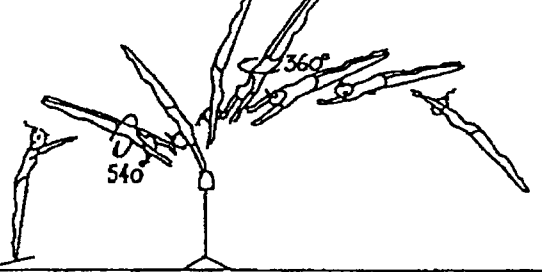
Handspring, Yamashita, Cartwheel without and with Longitudinal Axis (L.A.) Turn (Twist)

<u>A-Vaults</u>		
<p>1.101 Handspring forward</p> <p style="text-align: right;">8.50 P.</p>		
<p>1.102 Yamashita</p> <p style="text-align: right;">8.60 P.</p>		
<p>1.103 Cartwheel on - ¼ turn (90°) off <i>(to stand rearways)</i></p> <p style="text-align: right;">8.60 P.</p>		
<p>1.104 Handspring forward on - ½ turn (180°) off</p> <p style="text-align: right;">8.60 P.</p>		
<p>1.105 Yamashita with ½ turn (180°) off</p> <p style="text-align: right;">8.70 P.</p>		

Note: The use of a hyphen indicates separation of first flight from second flight: "On" indicates first flight, "Off" indicates second flight phase.



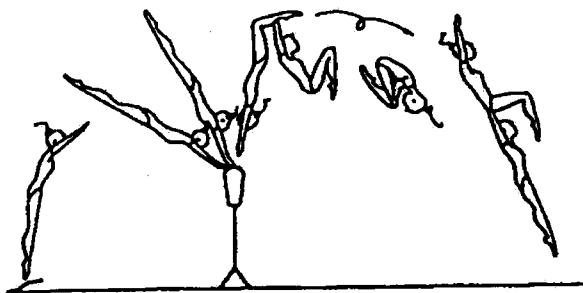


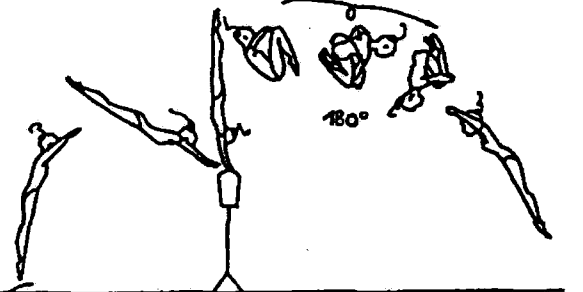


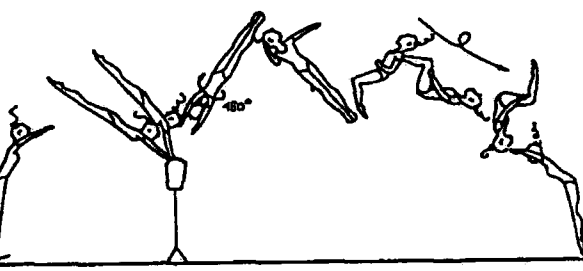


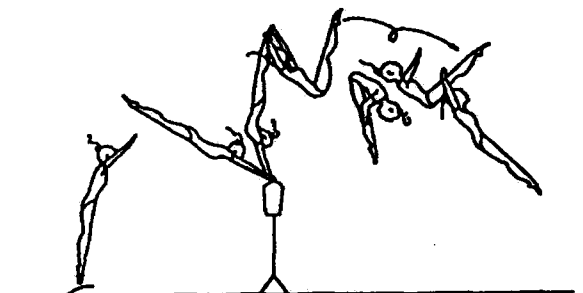


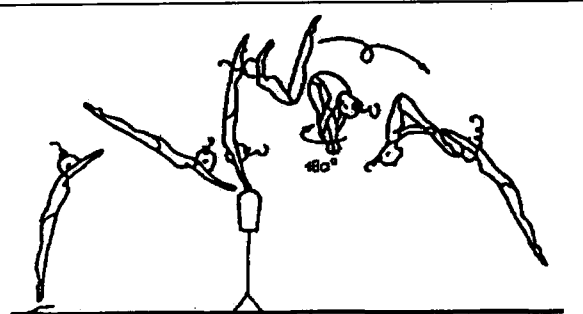
<p>1.106 $\frac{1}{2}$ turn (180°) on - $\frac{1}{2}$ turn (180°) off (in either direction)</p> <p>8.80 P.</p>	<p>EV VE</p>	
<p>1.107 Cartwheel on - $\frac{3}{4}$ turn (270°) off (to stand rearways)</p> <p>8.80 P.</p>	<p>XV XO</p>	
<u>B-Vaults</u>		
<p>1.201 Cartwheel on - $1\frac{1}{4}$ turn (450°) off (to stand frontways)</p> <p>9.10 P.</p>	<p>XV XO</p>	
<p>1.202 Handspring forward on - $1\frac{1}{1}$ turn (360°) off</p> <p>9.20 P.</p>	<p>V VE</p>	
<p>1.203 Yamashita with $1\frac{1}{1}$ turn (360°) off</p> <p>9.30 P.</p>	<p>V VE</p>	

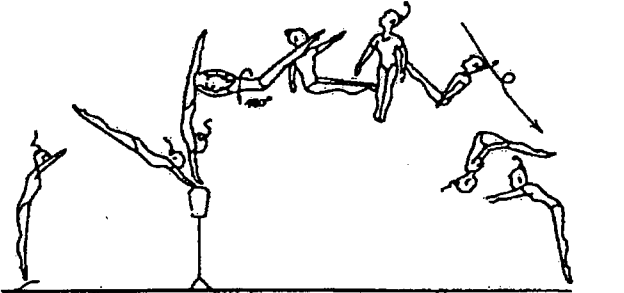
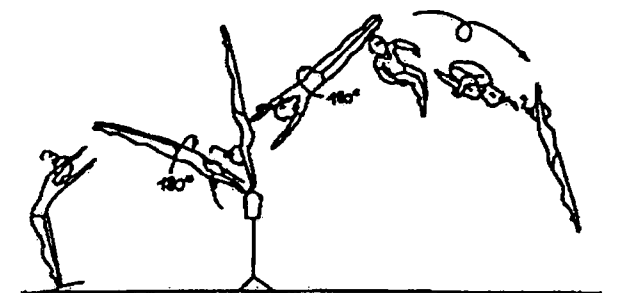
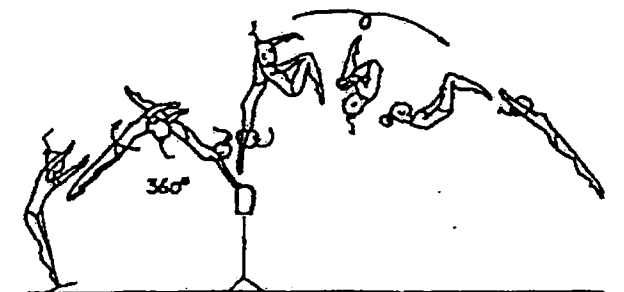
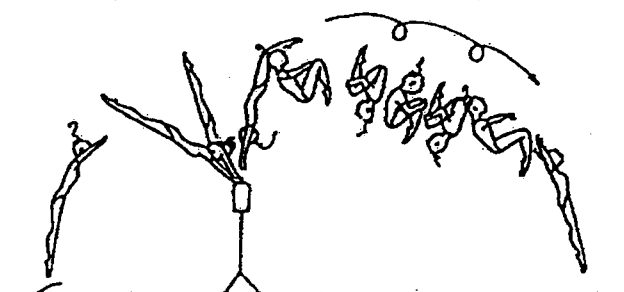
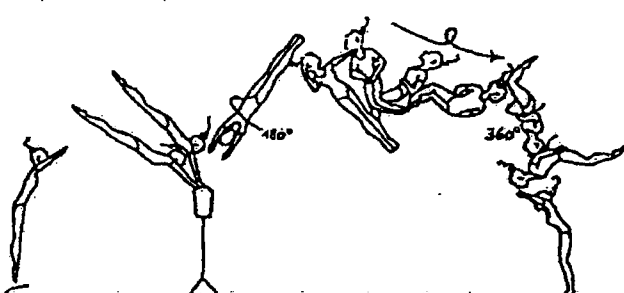
<p>1.204 $\frac{1}{2}$ turn (180°) on - $\frac{1}{1}$ turn (360°) off</p> <p>9.30 P.</p>		
<p>1.205 Handspring forward on - $\frac{1}{2}$ turn (540°) off</p> <p>9.40 P.</p>		
<p>1.206 $\frac{1}{1}$ turn (360°) on - Handspring off</p> <p>9.50 P.</p>		
<u>C-Vaults</u>		
<p>1.301 $\frac{1}{2}$ turn (180°) on - $\frac{1}{2}$ turn (540°) off</p> <p>9.60 P.</p>		
<p>1.302 $\frac{1}{1}$ turn (360°) on - $\frac{1}{1}$ turn (360°) off</p> <p>9.70 P.</p>		

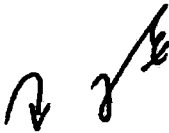
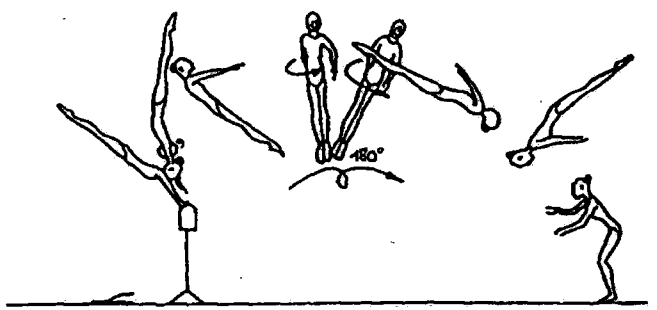
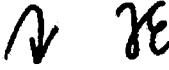
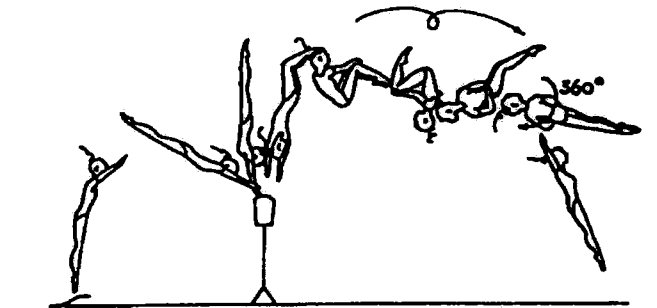
<p><u>D-Vaults</u></p> <p>1.401 $1\frac{1}{2}$ turn (540°) on - $\frac{1}{2}$ turn (180°) off</p> <p>9.80 P.</p>		
<p>1.402 Handspring forward on - $\frac{2}{1}$ turn (720°) off</p> <p>9.90 P.</p>		
<p>1.403 $\frac{1}{2}$ turn (180°) on - $\frac{2}{1}$ turn (720°) off</p> <p>9.90 P.</p>		
<p><u>E-Vaults</u></p> <p>1.501 $1\frac{1}{2}$ turn (540°) on - $\frac{1}{1}$ turn off</p> <p>10.00 P.</p>		

GROUP 2

Salto forward without and with longitudinal axis (L.A.) turn (twist) and Cuervo without and with longitudinal axis (L.A.) turn (twist)

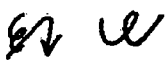
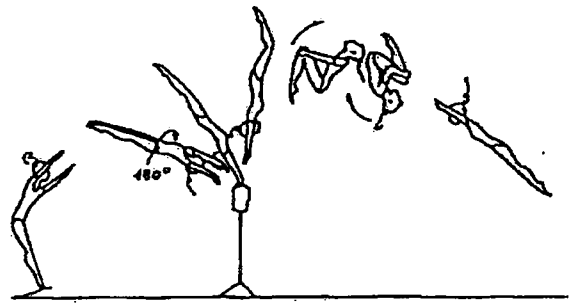
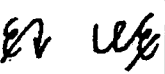
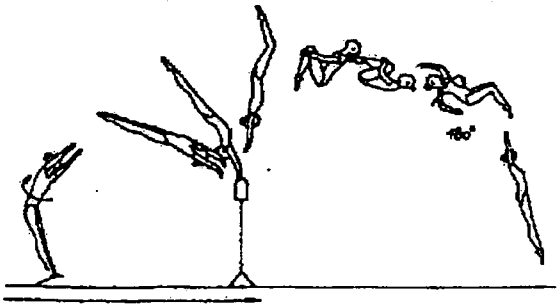
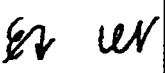
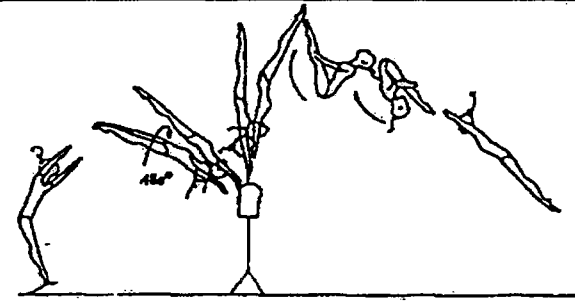

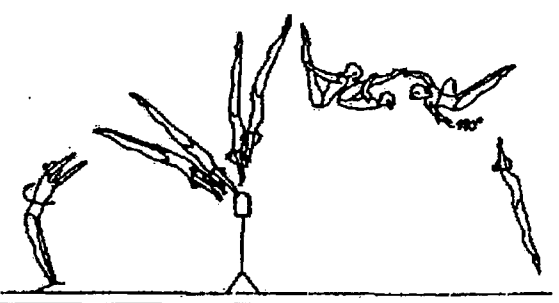

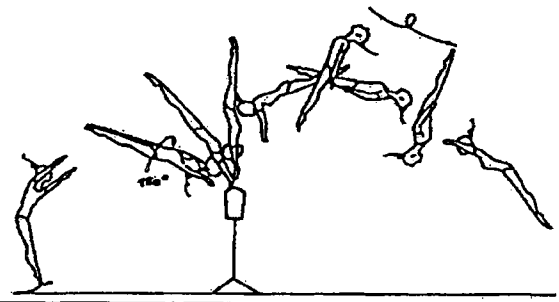
<p style="text-align: center;"><u>C- Vaults</u></p> <p>2.301 Handspring forward on - tucked 1½ salto forward off</p> <p style="text-align: right;">9.70 P.</p>	 	
<p style="text-align: center;"><u>D- Vaults</u></p> <p>2.401 Handspring forward on - tucked 1½ salto forward with ½ turn (180°) off</p> <p style="text-align: right;">9.80 P.</p>	 	
<p>2.402 Handspring forward on - ½ turn (180°) and tucked 1½ salto backward off <i>(tucked Cuervo)</i></p> <p style="text-align: right;">9.80 P.</p>	 	
<p>2.403 Handspring forward on - piked 1½ salto forward off</p> <p style="text-align: right;">9.80 P.</p>	 	
<p>2.404 Handspring forward on - piked 1½ salto forward with ½ turn (180°) off</p> <p style="text-align: right;">9.90 P.</p>	 	

<p>2.405 Handspring forward on - ½ turn (180°) and piked 1½ salto backward off <i>(piked Cuervo)</i></p> <p style="text-align: right;">9.90 P.</p>	<p style="text-align: center;">↘ EUEV</p>	
<p>2.406 ½ turn (180°) on - ½ turn (180°) with tucked 1½ salto forward off</p> <p style="text-align: right;">9.90 P.</p>	<p style="text-align: center;">↘ ER ER</p>	
<p style="text-align: center;"><u>E- Vaults</u></p> <p>2.501 1/1 turn (360°) on - tucked 1½ salto forward off</p> <p style="text-align: right;">10.00 P.</p>	<p style="text-align: center;">ER R</p>	
<p>2.502 Handspring on - tucked 2½ saltos forward off</p> <p style="text-align: right;">10.00 P.</p>	<p style="text-align: center;">↘ ER</p>	
<p>2.503 Handspring on - ½ turn (180°) and tucked 1½ salto backward with additional L.A. turn off <i>(tucked Cuervo with turn)</i></p> <p style="text-align: right;">10.00 P.</p>	<p style="text-align: center;">↘ EUEE</p>	

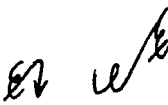
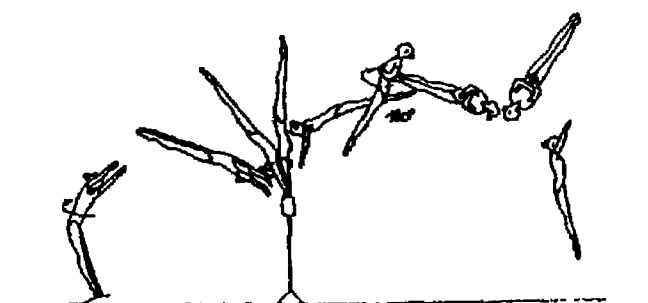

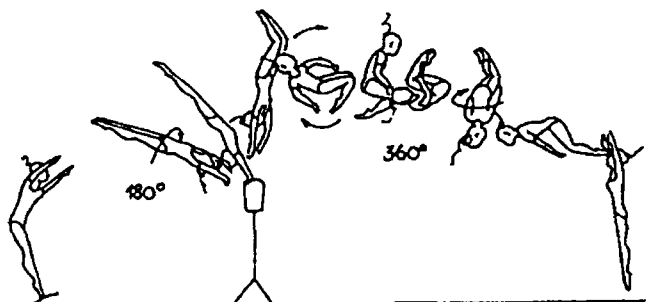

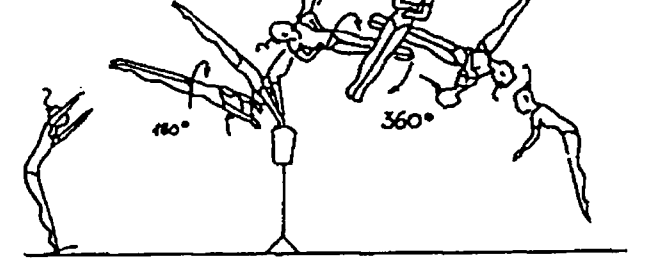
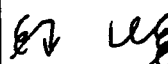
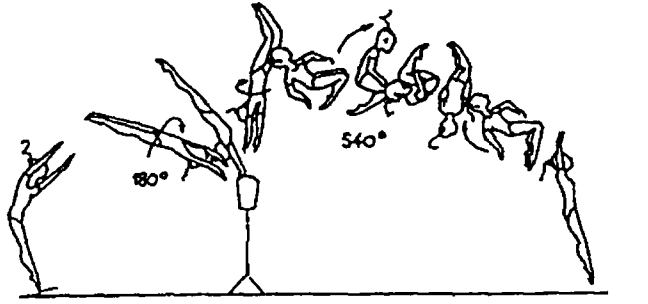
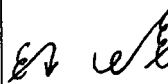
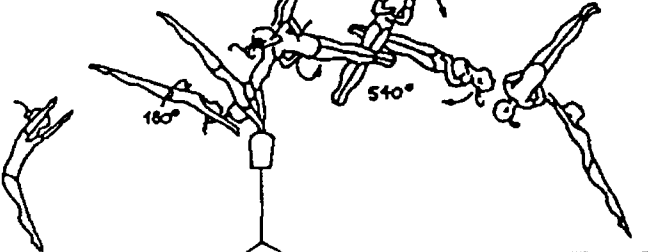
<p>2.504 Handspring on - stretched $1\frac{1}{2}$ salto forward with $\frac{1}{2}$ turn (180°) off <i>(Wang, W. G.)</i></p> <p style="text-align: right;">10.00 P.</p>		
<p>2.505 Handspring on - tucked $1\frac{1}{2}$ salto forward with $1/1$ turn (360°) off</p> <p style="text-align: right;">10.00 P.</p>		

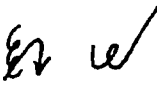
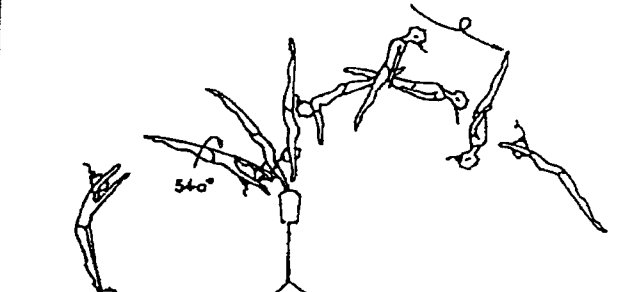
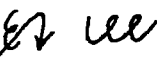
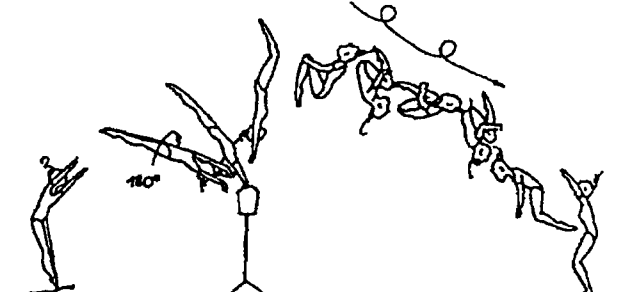

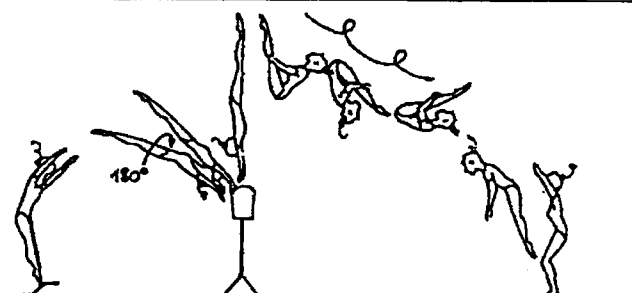
GROUP 3

Salto backward without and with longitudinal axis (L.A.) turn (twist) - Tsukahara *

<p><u>B- Vaults</u></p> <p>3.201 Tsukahara tucked</p> <p style="text-align: right;">9.40 P.</p>		
<p>3.202 Tsukahara tucked with ½ turn (180°) off</p> <p style="text-align: right;">9.50 P.</p>		
<p>3.203 Tsukahara piked</p> <p style="text-align: right;">9.50 P.</p>		
<p><u>C- Vaults</u></p> <p>3.301 Tsukahara piked with ½ turn (180°) off</p> <p style="text-align: right;">9.60 P.</p>		
<p>3.302 Tsukahara stretched</p> <p style="text-align: right;">9.60P.</p>		

* All Tsukahara vaults are to be performed with 90° (minimum) to 180° longitudinal axis (L.A.) turn (twist), in the first flight phase.

<p>3.303 Tsukahara stretched with ½ turn (180°) off</p> <p>9.70 P.</p>		
<p>3.304 Tsukahara tucked with 1/1 turn (360°) off</p> <p>9.70 P.</p>		
<u>D - Vaults</u>		
<p>3.401 Tsukahara stretched with 1/1 turn (360°) off</p> <p>9.80 P.</p>		
<p>3.402 Tsukahara tucked with 1½ turn (540°) off</p> <p>9.90 P.</p>		
<u>E - Vaults</u>		
<p>3.501 Tsukahara stretched with 1½ turn (540°) off</p> <p>10.00 P.</p>		

<p>3.502 1½ turn (540°) on - 1½ salto backward (<i>body position optional</i>) off (<i>Tsukahara with an additional 1/1 turn [360°] in first flight phase</i>)</p> <p>10.00 P.</p>		
<p>3.503 Tsukahara with tucked 2½ salto backward off</p> <p>10.00 P.</p>		
<p>3.504 Tsukahara with piked 2½ salto backward off</p> <p>10.00 P.</p>		

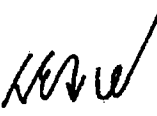
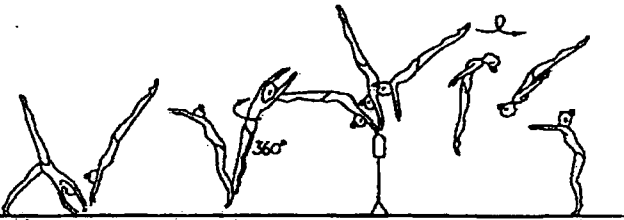
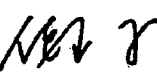
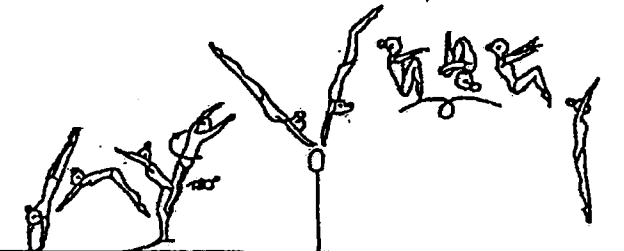
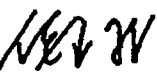
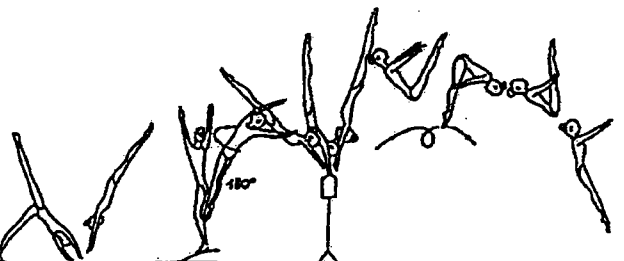
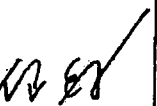
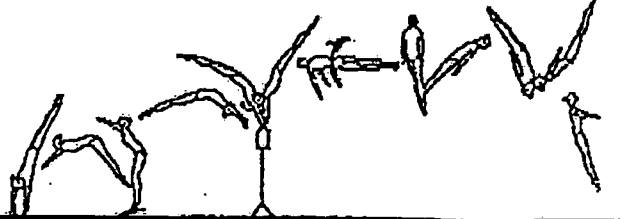
GROUP 4

Vaults from a round-off - Yurchenko

<p style="text-align: center;"><u>B- Vaults</u></p> <p>4.201 Round-off, flic-flac on - tucked 1½ salto backward off</p> <p style="text-align: right;">9.40 P.</p>		
<p>4.202 Round-off, flic-flac on - tucked 1½ salto backward with ½ turn (180°) off</p> <p style="text-align: right;">9.50 P.</p>		
<p>4.203 Round-off, flic-flac on - piked 1½ salto backward off</p> <p style="text-align: right;">9.50 P.</p>		
<p style="text-align: center;"><u>C- Vaults</u></p> <p>4.301 Round-off, flic-flac on - piked 1½ salto backward with ½ turn (180°) off</p> <p style="text-align: right;">9.60 P.</p>		
<p>4.302 Round-off, flic-flac on - stretched 1½ salto backward off</p> <p style="text-align: right;">9.60 P.</p>		

<p>4.303 Round-off, flic-flac on - stretched 1½ salto backward with ½ turn (180°) off</p> <p>9.70 P.</p>	<p><i>NR UK</i></p>	
<p>4.304 Round-off, flic-flac on - tucked 1½ salto backward with 1/1 turn (360°) off</p> <p>9.70 P.</p>	<p><i>NR UK</i></p>	
<u>D - Vaults</u>		
<p>4.401 Round-off, flic-flac with 1/1 turn (360°) on - tucked 1½ salto backward off (Luconi)</p> <p>9.80 P.</p>	<p><i>NR UK</i></p>	
<p>4.402 Round-off, flic-flac with 1/1 turn (360°) on - 1/1 turn (360°) off</p> <p>9.80 P.</p>	<p><i>NR UK</i></p>	
<p>4.403 Round-off, flic-flac on - stretched 1½ salto backward with 1/1 turn (360°) off</p> <p>9.80 P.</p>	<p><i>NR UK</i></p>	

<p>4.404 Round-off, flic-flac with 1/1 turn (360°) on - piked 1½ salto backward off</p> <p style="text-align: right;">9.90 P.</p>	<p style="text-align: center;">NES EW</p>	
<p>4.405 Round-off, flic-flac with ½ turn (180°) on - ½ turn (180°) and tucked 1½ salto backward off (Mroz)</p> <p style="text-align: right;">9.90 P.</p>	<p style="text-align: center;">NES EW</p>	
<p style="text-align: center;"><u>E- Vaults</u></p> <p>4.501 Round-off, flic-flac on - stretched 1½ salto backward with 1½ turn (540°) off</p> <p style="text-align: right;">10.00 P.</p>	<p style="text-align: center;">NES EW</p>	
<p>4.502 Round-off, flic-flac on - tucked 1½ salto backward with 2/1 turn (720°) off (Dungelova)</p> <p style="text-align: right;">10.00 P.</p>	<p style="text-align: center;">NES EW</p>	
<p>4.503 Round-off, flic-flac on - stretched 1½ salto backward with 2/1 turn (720°) off</p> <p style="text-align: right;">10.00 P.</p>	<p style="text-align: center;">NES EW</p>	

<p>4.504 Round-off, flic-flac with 1/1 turn (360°) on - stretched 1½ salto backward off</p> <p>10.00 P.</p>		
<p>4.505 Round-off, flic-flac with ½ turn (180°) on - tucked 1½ salto forward off (<i>Ivantcheva</i>)</p> <p>10.00 P.</p>		
<p>4.506 Round-off, flic-flac with ½ turn (180°) on - piked 1½ salto forward off (<i>Omelianchik</i>)</p> <p>10.00 P.</p>		
<p>4.507 Round-off, flic-flac on - ½ turn (180°) and salto forward stretched off (<i>Hristakieva</i>)</p> <p>10.00 P.</p>		

ARTICLE 11

Uneven Bars

11.1 General

The evaluation of the exercise and the counting of the value parts begins with the take off from the board (*mount = first element*).

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

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

11.2 Content of the Exercise

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

- upward swings (*ending in support*) or circular swings (*circles*)
- kips
- elements from swing to handstand
- elements with turn around the longitudinal axis (*pirouettes*)
- elements with turn around the breadth axis (*salto turn*)
- counter, grip change and flight elements
- hecht elements

11.3 Directives for the Combination

The course of the exercise should be diversely arranged through:

- execution under the low and over the high bar
- execution outside and between the bars (*rails*)
- multiple bar changes
- multiple directional changes

To be avoided are:

- additional supports
- interruption in swing through concentration pauses, intermediate swings or intermediate bounces
- predominance of close bar execution

11.4 Special Requirements

- The exercise must consist of at least ten (10) value parts.
- The exercise must contain at least **three** bar changes.
- **Within** the exercise there must be at least one directional change (*LA turn of 180°, 540° etc., excluding the mount and/or dismount*).
- The exercise must contain at least two flight elements from B- (*excluding the mount and/or dismount*).
- The dismount must be as follows:
 - in C-Ib at least B-,
 - in C-II at least C-,
 - in C-III at least D-.

11.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

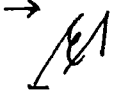
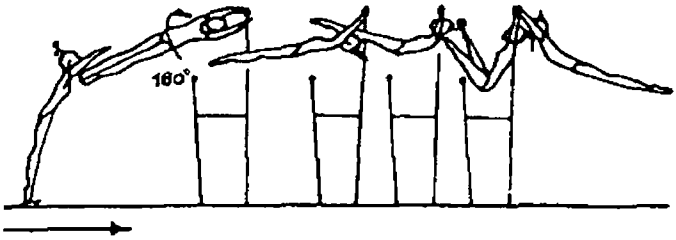

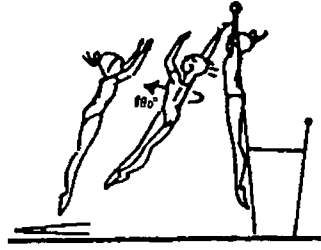
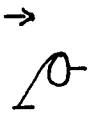
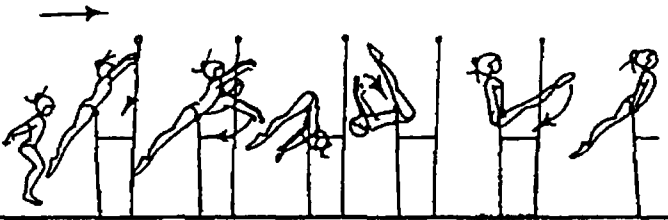
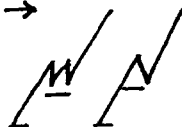
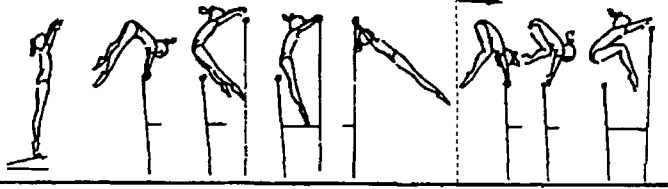

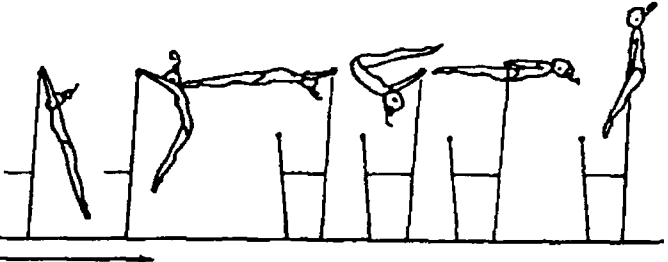
- Mount or connections within the exercise of at least two elements
 - . either, with flight phase
 - . or, with long axis (LA) turn of at least 180° } in **each** C- element
- Dismount connections
 - . the C- element before the dismount must contain a flight phase or a LA turn
 - . the dismount itself may be with or without LA turn

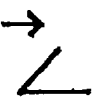
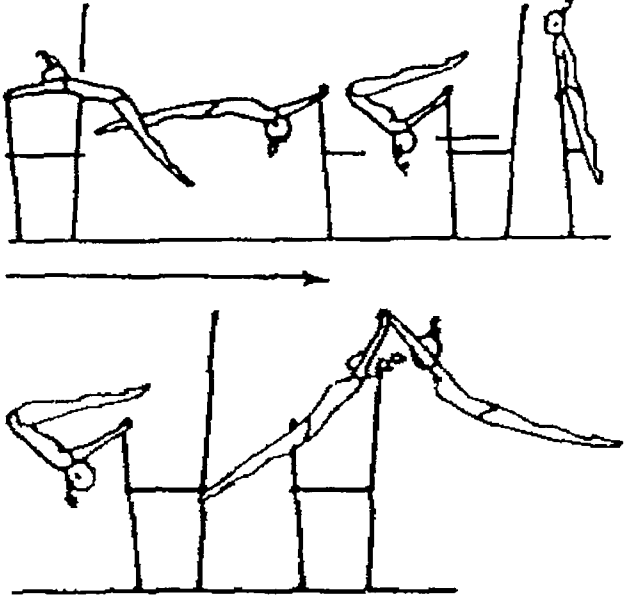

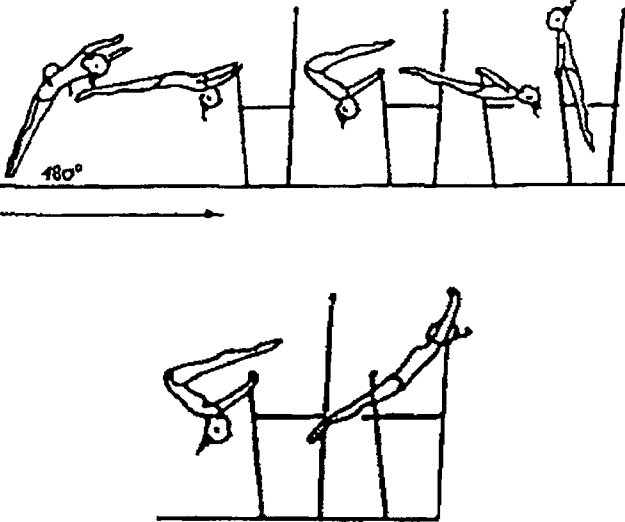
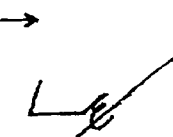
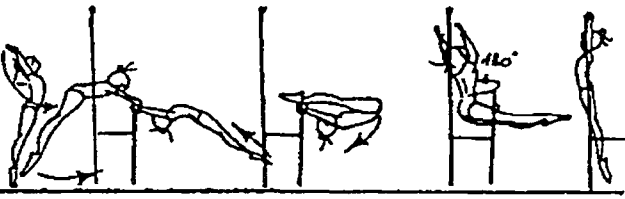
- a) C+C 0.10 P.
- b) C+D 0.10 P.
- c) D+D 0.20 P.


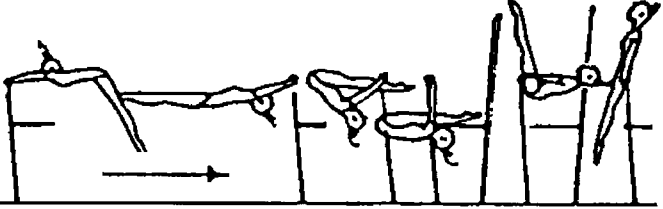

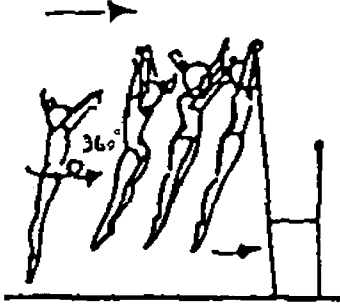

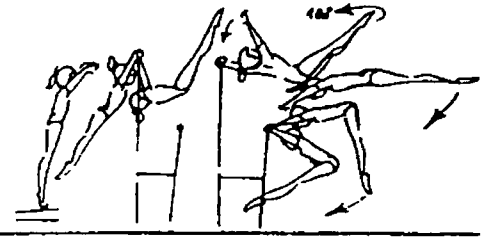
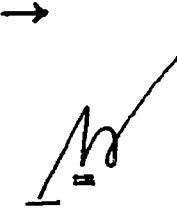
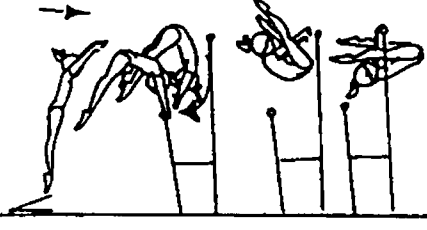
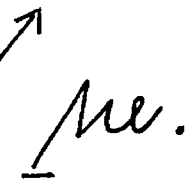
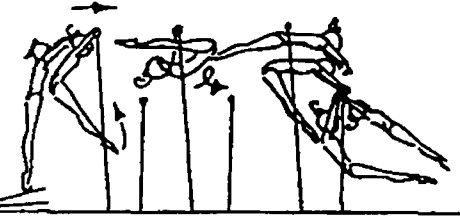
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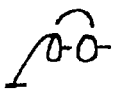
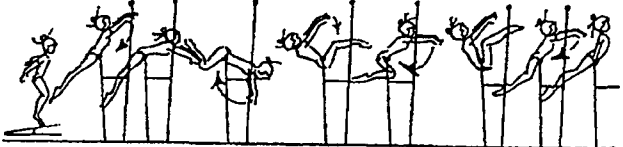
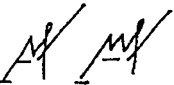

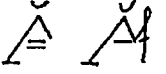
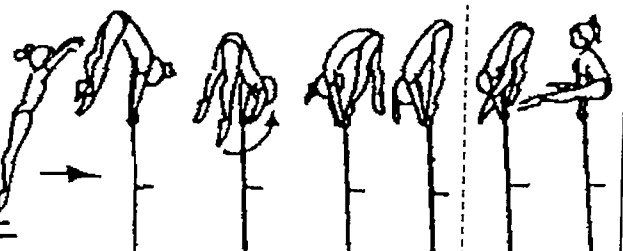
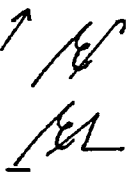
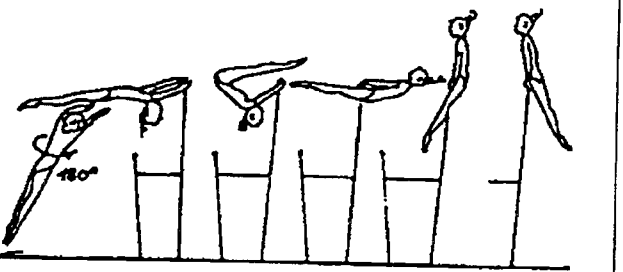
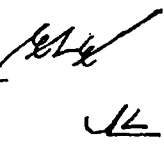
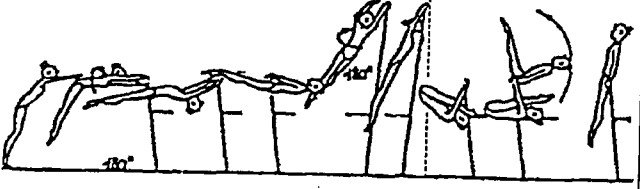
- Intermediate swing each 0.30 P.
- Predominance of close bar execution up to 0.20 P.
- Arch in handstand each up to 0.20 P.

1. MOUNTS


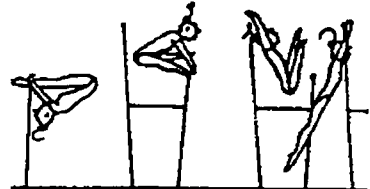
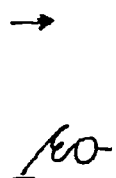
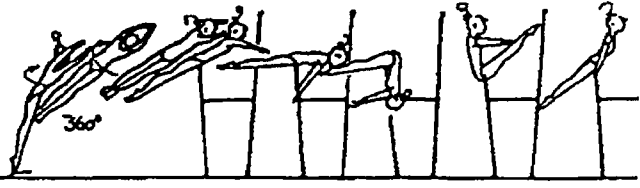
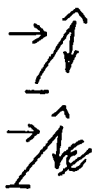
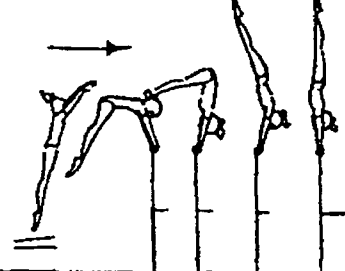
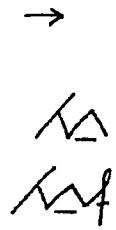
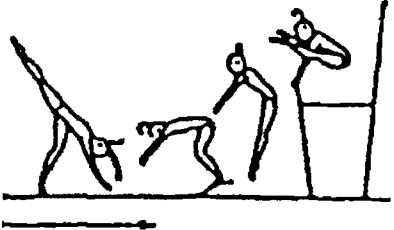

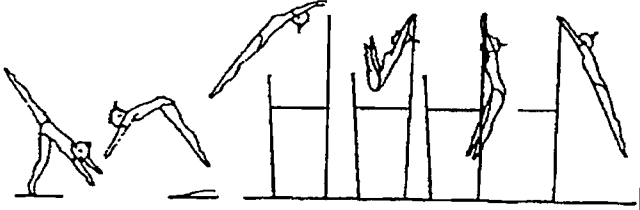
A- Elements		
<p>1.101 Free jump with ½ turn (180°) over LB to hang on HB</p>		
<p>1.102 Jump with ½ turn (180°) to hang on HB</p>		
<p>1.103 Jump to free hip circle forward on LB</p>		
<p>1.104 Squat or straddle jump with hand support over LB to hang on HB</p>		
<p>1.105 Jump to brief hang on HB, kip-up to support</p>		

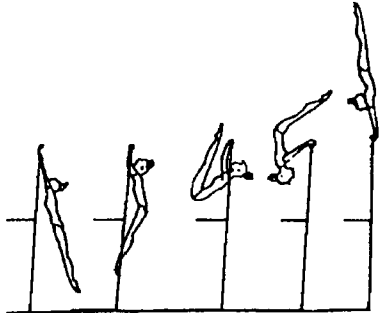
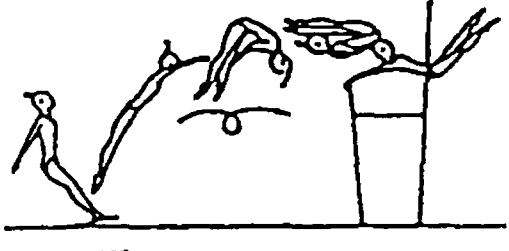

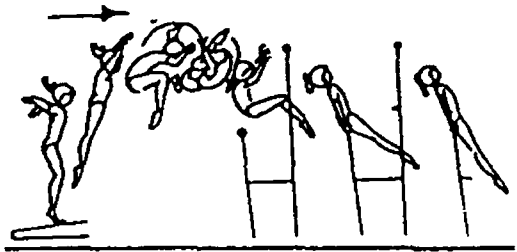
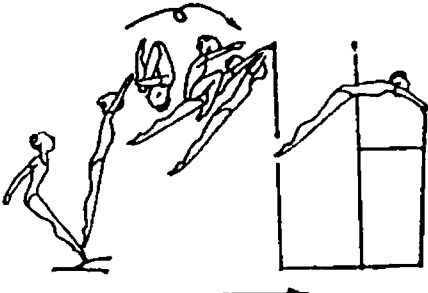
<p>1.106 Kip-up on LB to support or with grip change to hang on HB</p>		
<p>1.107 Jump with ½ turn (180°), kip-up to support on LB or with grip change to hang on HB</p>		
<p>1.108 Kip on LB with ½ turn (180°) and grip change to hang on HB</p>		

<p>1.109 Glide, stoop through, back kip-up to brief rear support on LB</p>		
<p>B- Elements 1.201 Jump with 1/1 turn (360°) in front of HB to hang on HB</p>		
<p>1.202 Jump to hang on HB - underswing with 1/2 turn (180°) and flight over LB to glide</p>		
<p>1.203 Jump to brief support or to neck position on LB - salto roll forward, tucked or straddled to hang on HB or eagle hang on LB</p>		
<p>1.204 Jump to brief hang on HB, salto roll backward with grip change to hang on LB</p>		

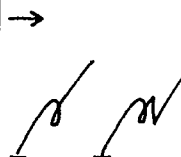
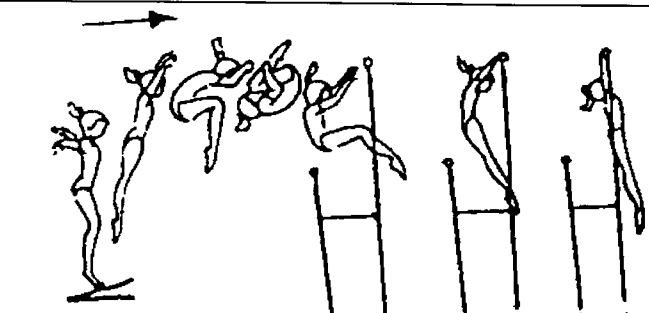

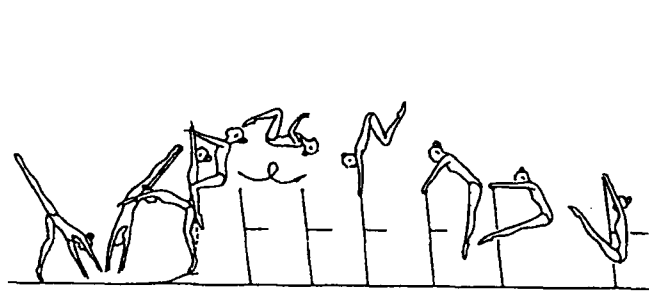
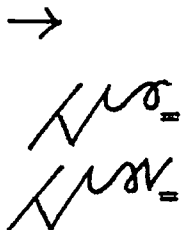
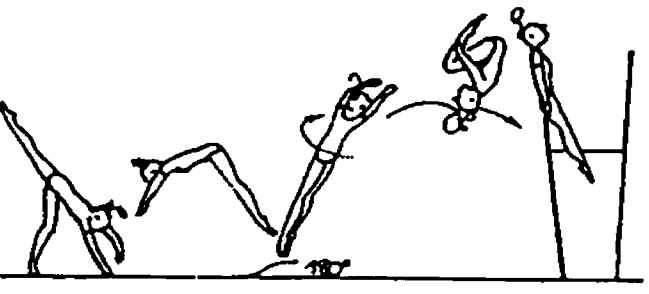
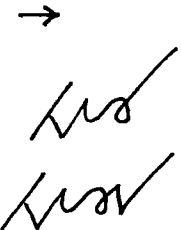
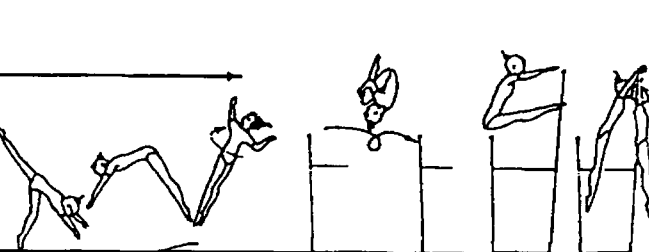

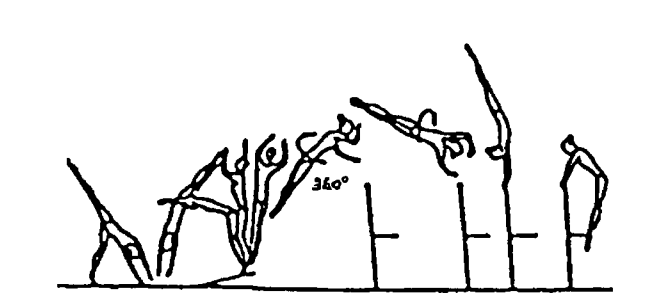
<p>1.205 Jump to double free hip circle forward on LB (<i>Caslavska Mount</i>)</p>	<p>→</p> 	
<p>1.206 Free straddle or tuck jump over LB to hang on HB</p>	<p>→</p> 	
<p>1.207 Jump with mixed grip and ½ turn (180°) through brief clear straddle support above LB to straddle stand or clear straddle support on LB</p>	<p>→</p> 	
<p>1.208 Jump with ½ turn (180°) - kip-up to support on HB</p>	<p>↑</p> 	
<p>1.209 Jump with ½ turn (180°), glide kip-up on LB with ½ turn (180°) and grip change to hang on HB or with stoop through to rear support (<i>back kip-up</i>)</p>	<p>→</p> 	

<p>1.210 Kip on LB with 1/1 turn (360°) and grip change to hang on HB</p>	<p>→</p> <p><i>✓</i></p>	
<p>1.211 Jump with 1/1 turn (360°) in front of LB - kip-up to support on LB or with grip change to hang on HB</p>	<p>→ <i>✓</i></p> <p><i>✓</i></p>	
<p>1.212 Jump with 1/2 turn (180°), glide kip on LB with 1/1 turn (360°) and grip change to hang on HB</p>	<p>→</p> <p><i>✓</i></p>	
<p>1.213 Glide on LB, stoop through, straddle cut backward to hang on LB or with grip change to hang on HB</p>	<p>→</p> <p><i>✓</i></p>	

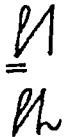
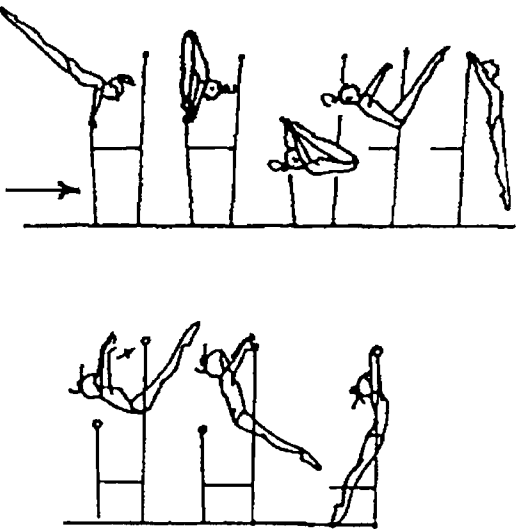
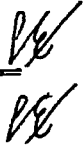
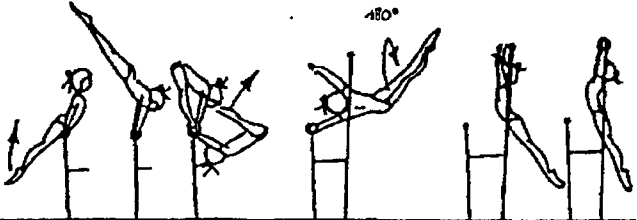

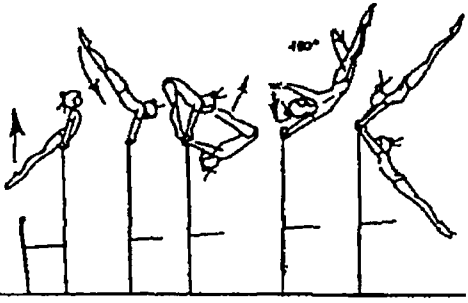

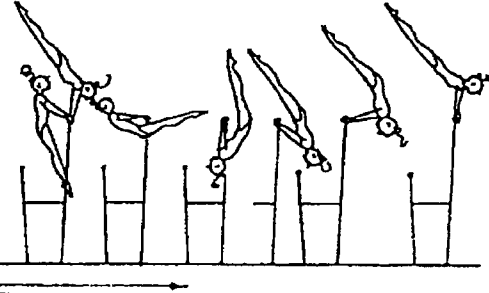
<p>1.213 (cont)</p>		
<p>1.214 Jump with 1/1 turn (360°) in front of LB to free hip circle forward on LB</p>		
<p>1.215 Jump to handstand on LB (with hips bent, then extended), also with 1/2 turn (180°) near handstand</p>		
<p>1.216 Round-off in front of LB - flight backward (straddled) through momentary clear straddle support on LB</p>		
<p>1.217 Round-off in front of LB - flight backward over the LB (legs together or straddled) to hang on HB</p>		

C- Elements		
<p>1.301 Jump to brief hang on HB-underswing to handstand (<i>clear hip circle mount</i>) on HB with reverse-mixed- or regular grip</p>	<p>↑ MPL</p>	
<p>1.302 Salto forward piked or straddled over LB into eagle hang on LB</p>	<p>→ M</p>	
<p>1.303 Jump to hang on HB, swing forward, backward to salto forward tucked or straddled to hang on HB</p>	<p>↑ M</p>	
<p>1.304 Salto forward, tucked or piked over LB to brief sit on LB</p>	<p>→ M</p>	
<p>1.305 From a sidestand in front of HB - salto forward to brief hang on HB, also with direct grip change to hang on LB</p>	<p>↑ M</p>	

<p>1.306 Round-off in front of LB, flight backward with 1/1 turn (360°) over LB to hang on HB</p>		
<p>1.307 Jump to handstand on LB (<i>hips bent, then extend</i>) with 1/1 turn (360°) near handstand</p>		
<u>D- Elements</u>		
<p>1.401 From sidestand in front of HB - jump to brief clear support hang (<i>with reverse- mixed- or regular grip</i>), clear hip circle to handstand with 1/2 turn (180°) in handstand phase on HB (<i>McNamara</i>)</p>		
<p>1.402 Jump with extended body to handstand on LB</p>		
<p>1.403 Jump with extended body and 1/2 turn (180°) to handstand on LB</p>		


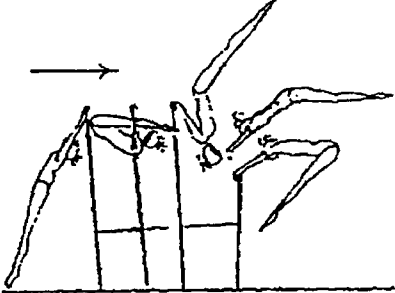

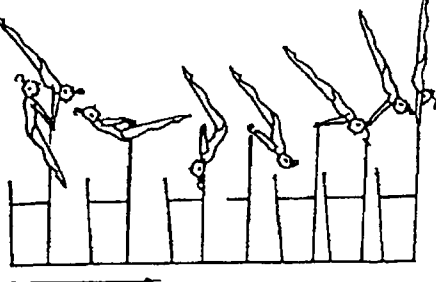

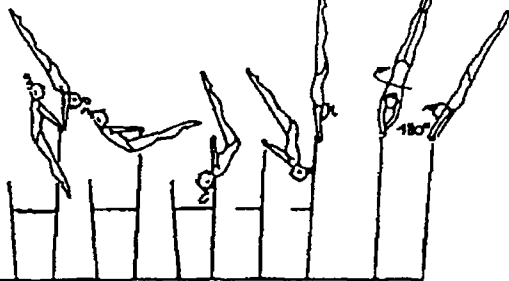

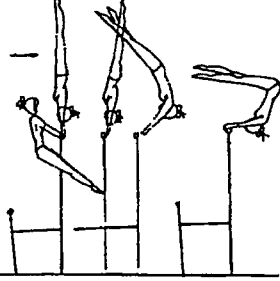

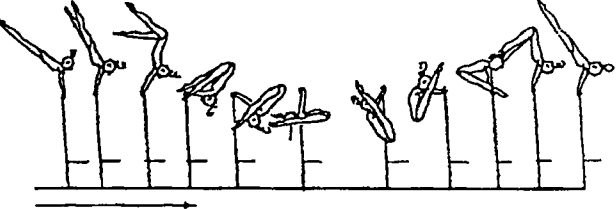
<p>1.404 Salto forward, tucked or piked over LB to hang on HB without touching LB</p>		
<p>1.405 Round-off in front of LB- tucked salto backward over LB to hang on LB (<i>Jentsch</i>)</p>		
<p>1.406 Round-off in front of LB- tucked or piked arabian salto over LB to a momentary sit on LB</p>		
<u>E- Elements</u>		
<p>1.501 Round-off in front of LB - tucked or piked arabian salto over LB to hang on HB without touching the LB</p>		
<p>1.502 Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or handstand on LB (<i>Gurova</i>)</p>		

2. CIRCLES

A- Elements		
<p>2.101 Underswing * on LB with grip change to hang or eagle hang on HB</p>		
<p>2.102 Underswing on LB with ½ turn (180°) and grip change to hang on HB</p>		
<p>2.103 Underswing with ½ turn (180°) on HB to hang on HB or front lying hang</p>		
<p>2.104 Clear hip circle to clear front support</p>		


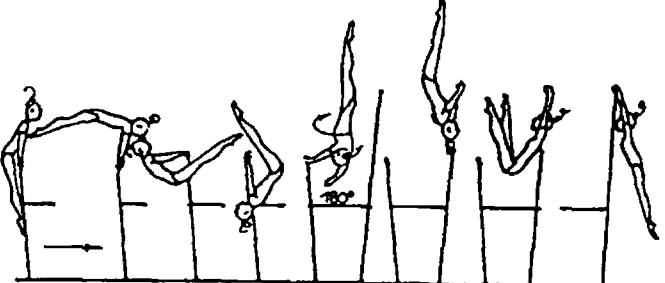

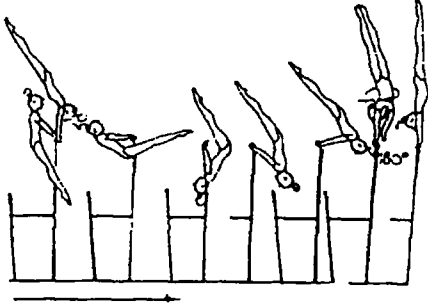

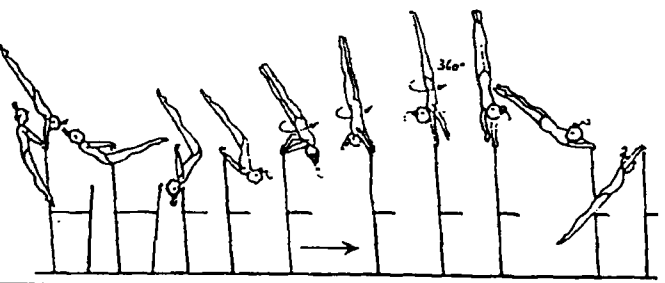

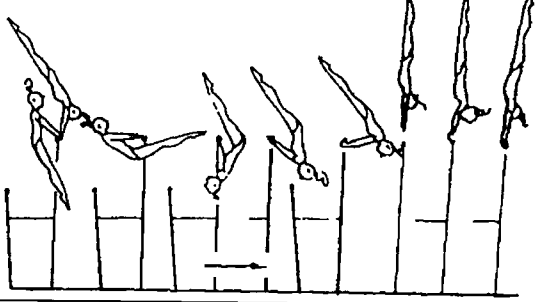

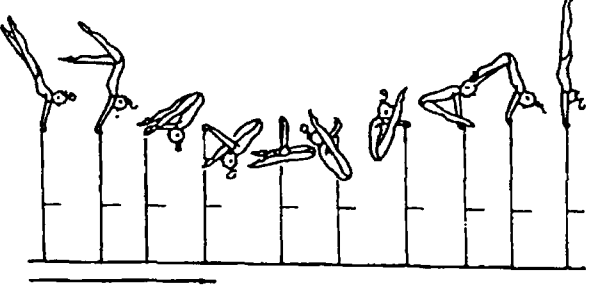
* All underswings are able to be executed:
 - with support of the feet
 - without support of the feet in the downward movement


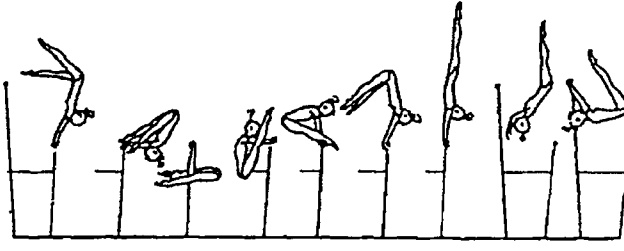

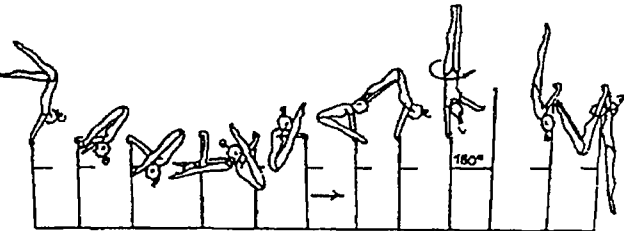
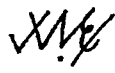
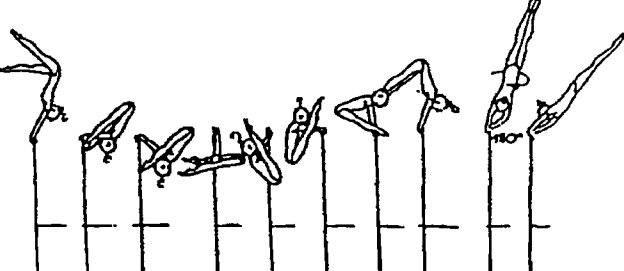

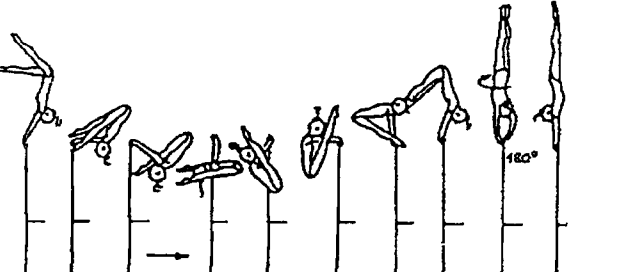

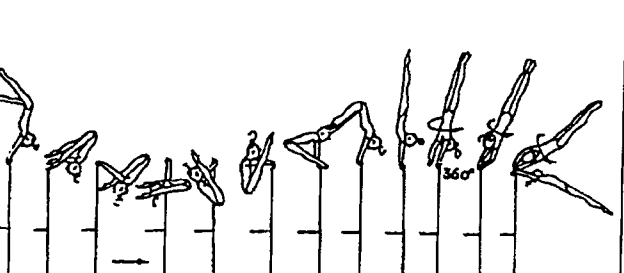
B- Elements		
<p>2.201 Underswing on LB with ½ turn (180°) and grip change to hang or eagle hang on HB</p>	<p><u>PEH</u> PEI</p>	
<p>2.202 Underswing with ½ turn (180°) and side flair of arms in flight to hang on same bar</p>	<p><u>PEI</u></p>	
<p>2.203 Underswing with ½ turn (180°) to clear support on same bar</p>	<p><u>PEH</u> PEH</p>	
<p>2.204 From hang on HB (facing LB) - underswing with ½ turn (180°) and flight over LB to hang on LB</p>	<p>h PE</p>	
<p>2.205 Underswing backward (<i>inverted pike swing</i>), dislocate (<i>Schleudern</i>) to hang</p>	<p>91</p>	

<p>2.206 From hang on HB (<i>back to LB</i>)- swing forward, stoop through, underswing backward, dislocate (<i>Schleudern</i>) with flight over LB to hang on LB</p>		
<p>2.207 Clear hip circle to handstand</p>		
<p>2.208 Clear hip circle to handstand with 1/2 turn (180°) after handstand</p>		
<p>2.209 Clear hip circle to handstand with release- hop to reverse grip after handstand</p>		
<p>2.210 Stalder forward to clear support</p>		

<p>2.211 Stalder backward to clear support</p>	<p>X</p>	
<p>2.212 Giant circle backward to handstand on HB (<i>Riesenfelge</i>), also with cross grip or mixed grip (<i>Dussier</i>) or with bending of hip joints in upper vertical, also accelerated giant circle backward</p>	<p>U U U U U</p>	
<p>2.213 Giant circle backward to handstand with release-hop to reverse grip or 1/2 turn (180°) ending in regular grip after handstand</p>	<p>U U</p>	


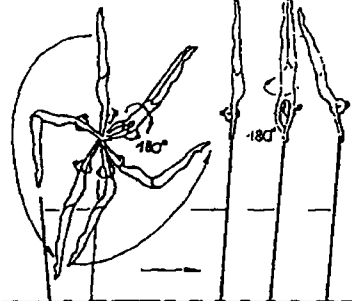


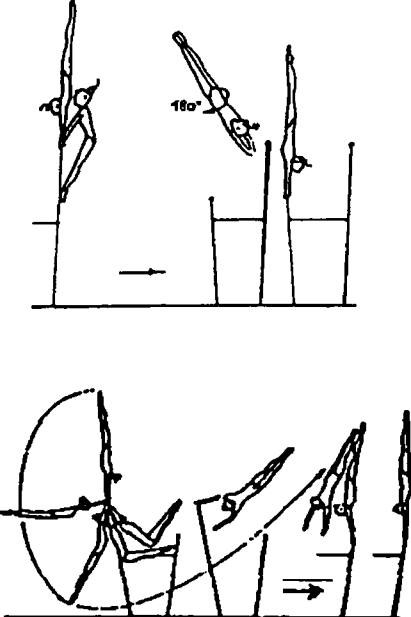


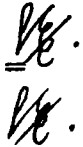
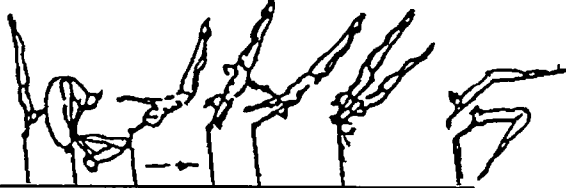
<u>C- Elements</u>		
<p>2.301 Facing outward underswing with ½ turn (180°) on HB with direct grip change to hang on LB</p>	<p><u>Re.</u> <u>Re.</u></p>	
<p>2.302 From handstand underswing with ½ turn (180°) on HB with flight over LB to hang on LB</p>	<p>! <u>Re.</u> →</p>	
<p>2.303 Underswing with 1½ turn (540°) on HB or LB to hang</p>	<p><u>Re.</u> <u>Re.</u></p>	
<p>2.304 From rear support on HB - underswing backward (<i>inverted pike swing</i>), dislocate (<i>Schleudern</i>) on HB with flight over LB to hang on LB</p>	<p>2 →</p>	
<p>2.305 From an inner front support on LB - clear hip circle through handstand with flight to hang on HB (<i>Schaposchnikova</i>)</p>	<p><u>Re.</u></p>	



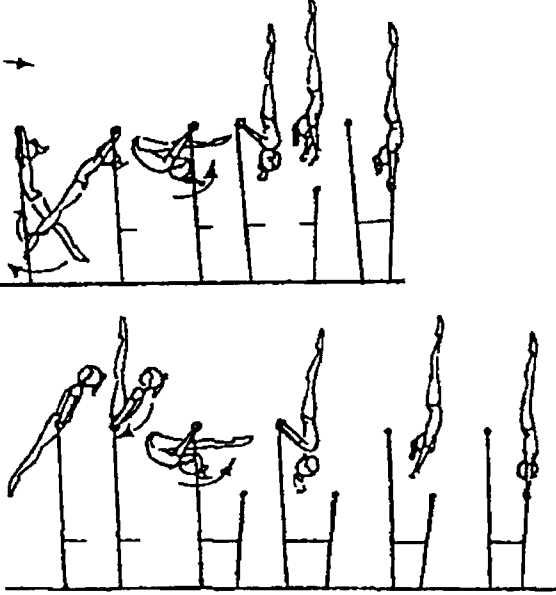

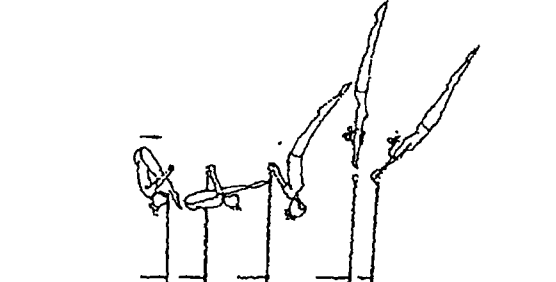

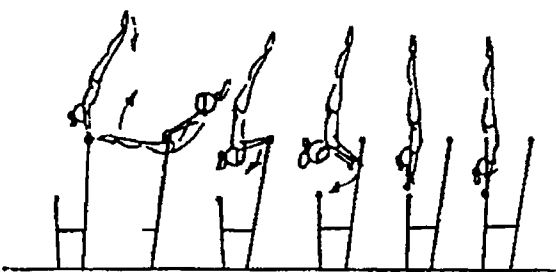

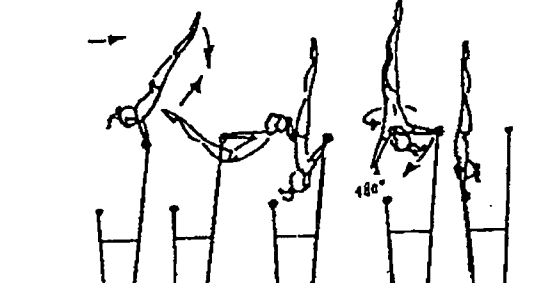
<p>2.306 From outer front support on LB - clear hip circle through handstand with flight and ½ turn (180°) to hang on HB</p>		
<p>2.307 Clear hip circle to handstand with ½ turn (180°) in handstand phase</p>		
<p>2.308 Clear hip circle through handstand with 1/1 turn (360°) after handstand (<i>Kraeker Circle</i>)</p>		
<p>2.309 Clear hip circle to handstand with release-hop to reverse grip in handstand phase (<i>after = B</i>)</p>		
<p>2.310 Stalder forward to handstand</p>		


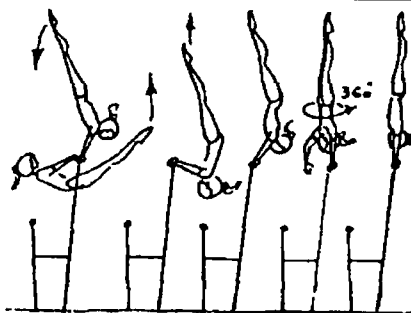

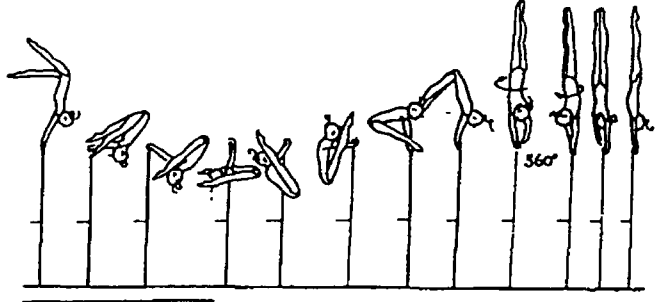

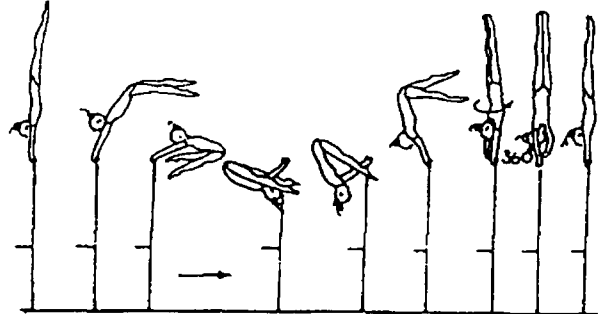

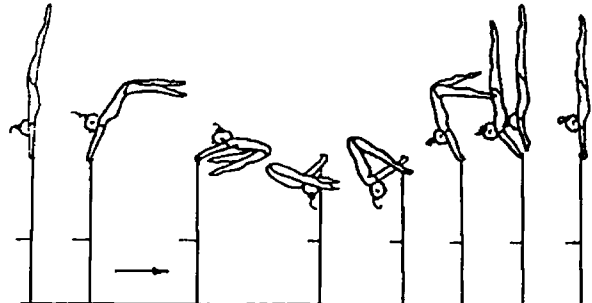
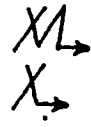
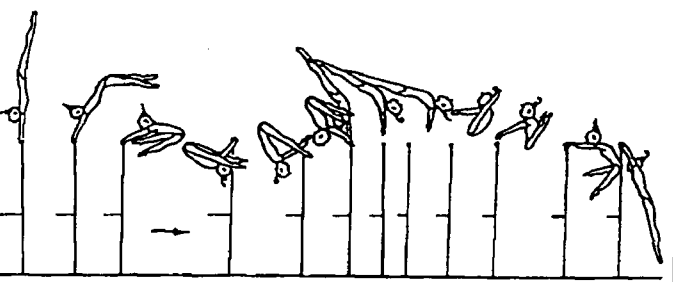
<p>2.311 From inner front support on LB - Stalder forward through handstand with flight to hang on HB</p>		
<p>2.312 From outer front support on LB - Stalder forward through handstand with ½ turn (180°) and flight to hang on HB</p>		
<p>2.313 Stalder forward to handstand with ½ turn (180°) after handstand</p>		
<p>2.314 Stalder forward to handstand with ½ turn (180°) in handstand phase</p>		
<p>2.315 Stalder forward to handstand with 1/1 turn (360°) after handstand</p>		


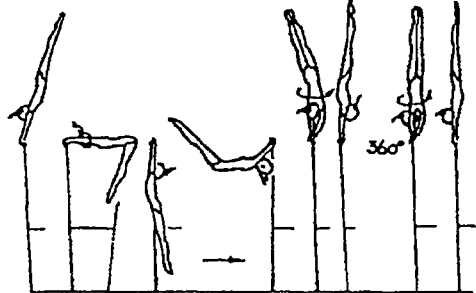

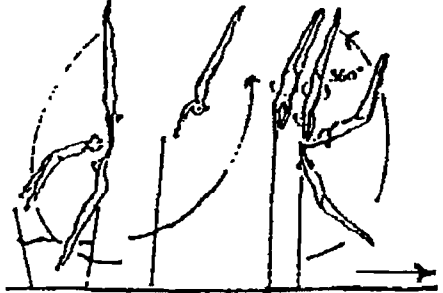

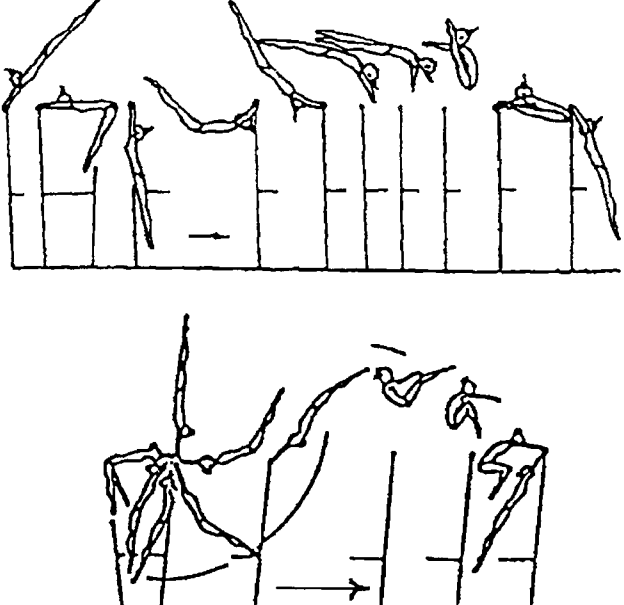

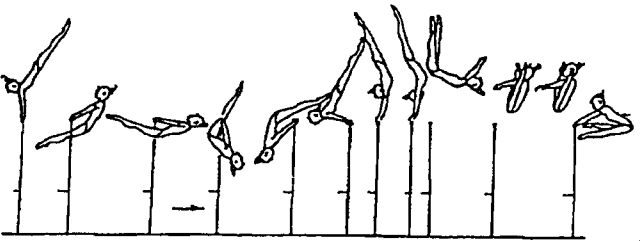
<p>2.316 Stalder backward to handstand</p>	<p>XI</p>	
<p>2.317 From inner front support on LB - Stalder backward through handstand with flight to hang on HB</p>	<p>XII</p>	
<p>2.318 From outer front support on LB - Stalder backward with ½ turn (180°) and flight to hang on HB</p>	<p>XIII</p>	
<p>2.319 Stalder backward to handstand with ½ turn (180°) in or after handstand phase</p>	<p>XIV</p> <p>XV</p>	


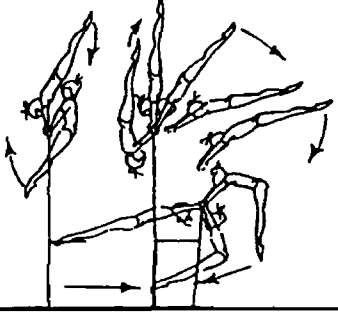

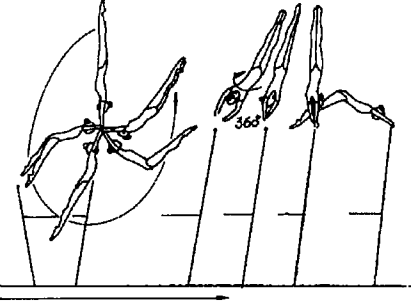

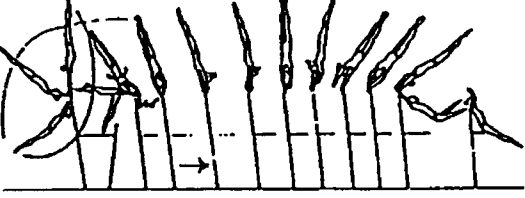

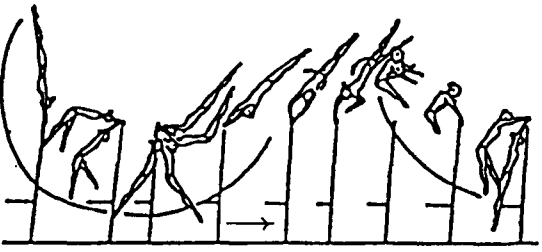
<p>2.320 Stalder backward to handstand with 1/1 turn (360°) after handstand</p>	<p>XV6</p>	
<p>2.321 Stalder backward to handstand with release-hop to reverse grip after handstand</p>	<p>Xh</p>	
<p>2.322 Giant circle backward to handstand with 1/2 turn (180°) in handstand phase or after to eagle grip</p>	<p>U.U U.V</p>	
<p>2.323 Giant circle backward to handstand with release-hop to reverse grip in handstand phase</p>	<p>U</p>	
<p>2.324 Giant circle backward with 1/1 turn (360°) after handstand, also with 1/2 1/2 LA turn (180°/180°) in or after handstand phase</p>	<p>U.V</p>	

<p>2.324 (cont)</p>		
<p><u>D- Elements</u> 2.401 From handstand or hang on HB - underswing on HB with 1/2 turn (180°) in flight to handstand on LB</p>	 	
<p>2.402 From hang (<i>facing LB</i>) - underswing with 1 1/2 turn (540°) and flight over LB to hang on LB (<i>Strong</i>)</p>		
<p>2.403 Underswing with 1 1/2 turn (540°) on HB and direct grip change to hang on LB</p>		


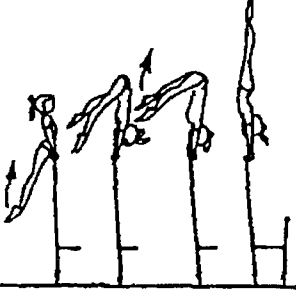



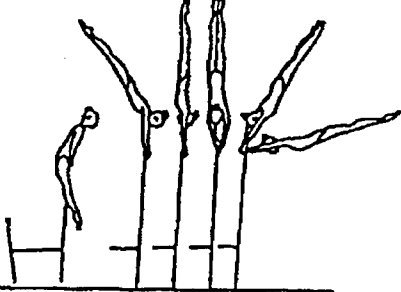

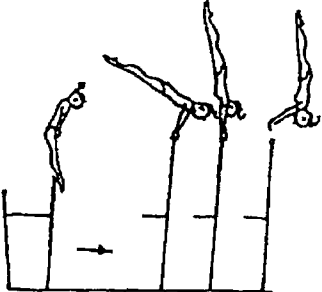

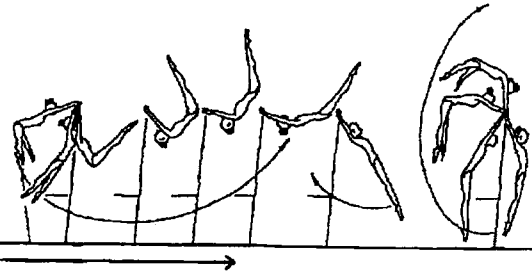
<p>2.404 From underswing (<i>inverted pike swing</i>) backward on HB - dislocate with flight to handstand on LB (<i>Zuchold-Schleudern</i>)</p>	 	
<p>2.405 Underswing backward (<i>inverted pike swing</i>), dislocate (<i>Schleudern</i>) to near handstand on HB with release-hop to regular grip on HB</p>		
<p>2.406 From outer front support on HB - clear hip circle on HB with flight to handstand on LB</p>		
<p>2.407 From outer front support on HB - clear hip circle and 1/2 turn (180°) with flight to handstand on LB</p>		


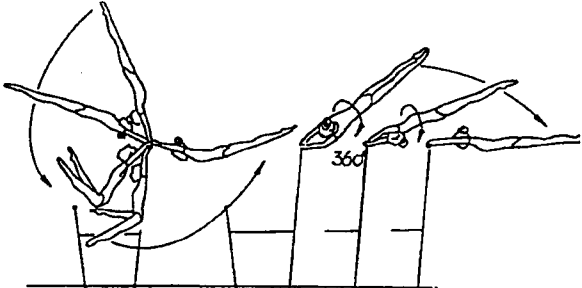

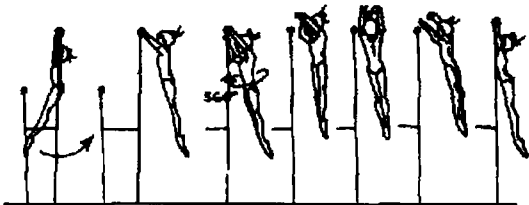

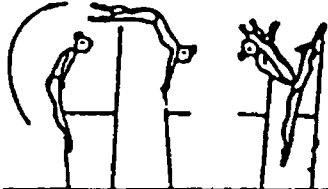
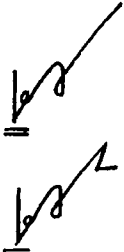
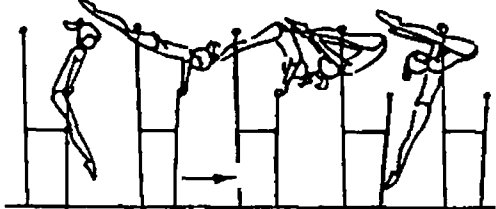

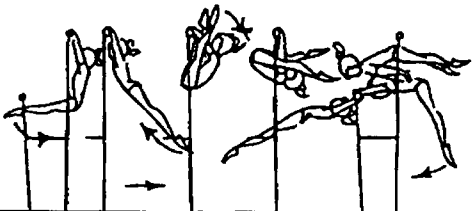
<p>2.408 Clear hip circle to handstand with 1/1 turn (360°) in handstand phase <i>(Ma)</i></p>		
<p>2.409 Stalder forward to handstand with 1/1 turn (360°) in handstand phase</p>		
<p>2.410 Stalder backward to handstand with 1/1 turn (360°) in handstand phase <i>(Frederick)</i></p>		
<p>2.411 Stalder backward to handstand with release-hop to reverse grip in handstand phase</p>		
<p>2.412 Stalder backward on HB <i>(also through handstand)</i> with reverse hecht - counter straddle to hang on HB <i>(Kessler or Ricna-Straddle)</i></p>		

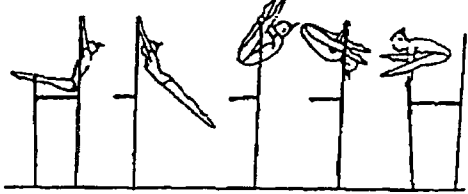
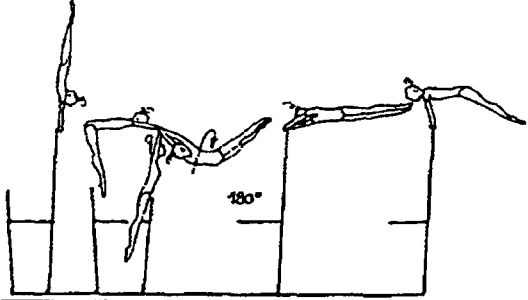
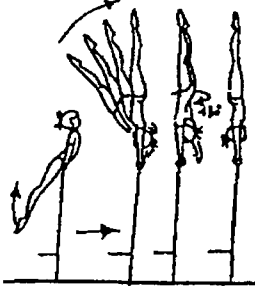
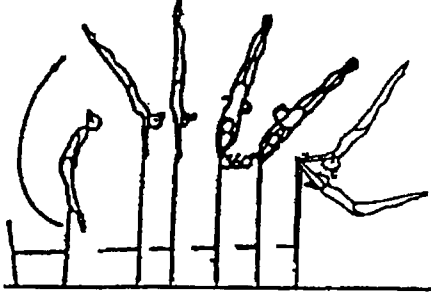
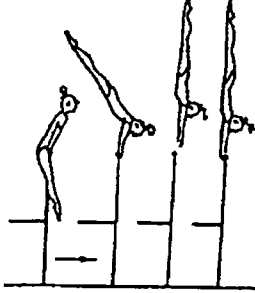
<p>2.413 Giant circle backward with 1/1 turn (360°) in handstand</p>		
<p>2.414 Giant circle backward to handstand with release-hop to reverse grip in upswing phase, then 1/1 turn (360°) in down swing phase (Oka)</p>		
<p>2.415 Giant circle backward on HB, reverse hecht-counter straddle (Tkatchev) to hang on HB (to both sides) or reverse hecht-counter tuck (Wang)</p>		
<p><u>E- Elements</u> 2.501 Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff)</p>		


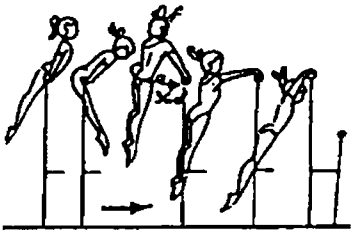


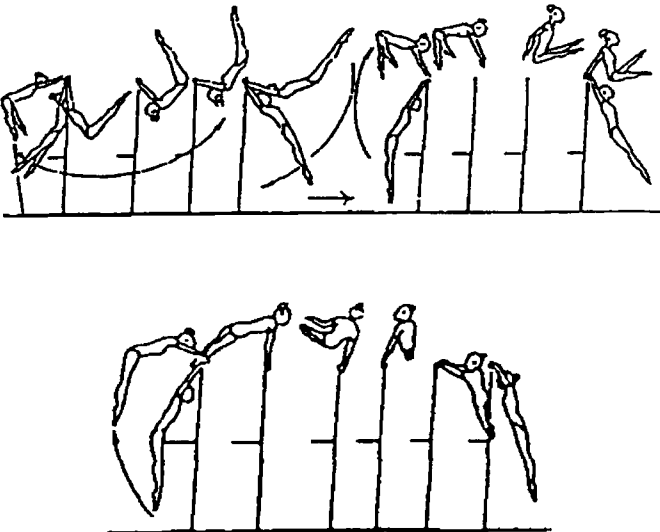

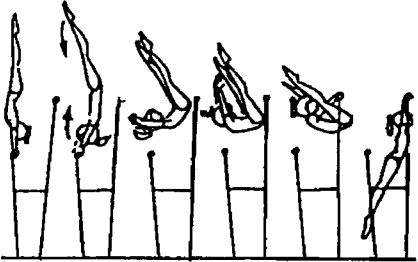

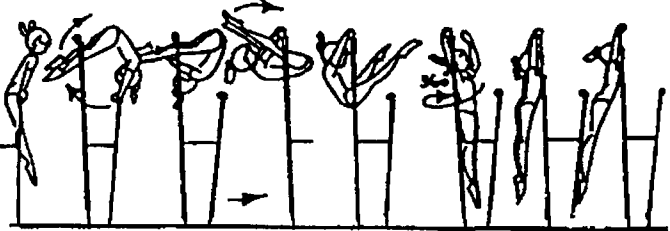
<p>2.502 From inner front support on HB - clear hip circle through handstand on HB with flight over LB to hang on LB</p>		
<p>2.503 Giant circle backward to handstand with release-hop 1/1 turn (360°) in handstand phase (Tchusovitina)</p>		
<p>2.504 Giant circle backward through handstand with 1½ turn (540°) to eagle hang on HB (Kim, G.S.)</p>		
<p>2.505 Giant circle with 1/1 turn (360°) and straddle flight backward over HB to hang on HB (Schuschunova)</p>		

3. BACKWARD SWINGS - CASTS


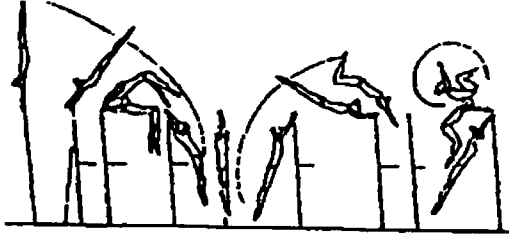

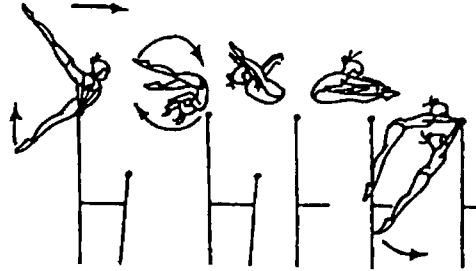
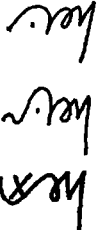
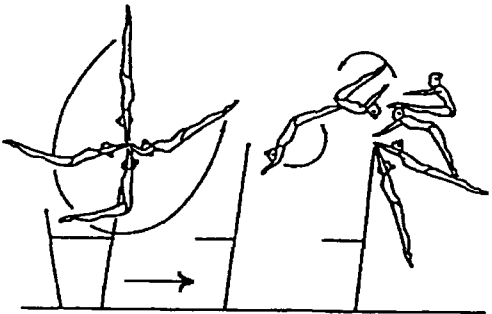

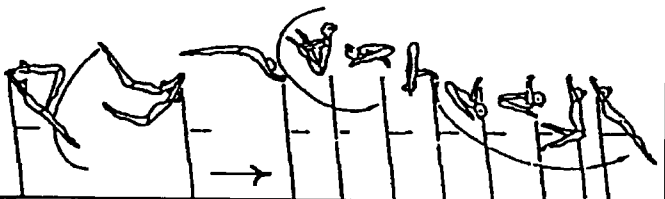
<p><u>A- Elements</u></p> <p>3.101 Cast to handstand with legs straddled and hips bent (<i>with 1/2 turn [180°] = B</i>)</p>		
<p><u>B- Elements</u></p> <p>3.201 Cast to handstand with legs together and hips extended</p>		
<p>3.202 Cast to handstand with legs together or straddled and 1/2 turn (180°) after handstand</p>		
<p>3.203 Cast to handstand with release-hop to reverse grip after handstand</p>		
<p>3.204 From hang - uprise backward to clear support on HB</p>		

<p>3.205 From handstand- downswing forward between bars, swing backward and 1/1 turn (360°) at height of HB</p>		
<p>3.206 From hang on HB, swing backward with release and 1/1 turn (360°) to hang on HB, also with direct grip change to hang on LB <i>(Pirouette)</i></p>		
<p>3.207 From outer front support on LB - cast with salto roll forward to hang on HB</p>		
<p>3.208 From inner front support on LB - Radochla roll (<i>Brause</i>) to hang or pike hang on HB</p>		
<p>3.209 Hang on HB, facing LB - swing to straddle roll backward (<i>legs straddled or tucked</i>) to hang on LB or to clear straddle support on LB (<i>legs straddled or tucked</i>)</p>		

<p>3.209 (cont)</p>	<p>ver.</p>	
<p>C- Elements 3.301 (From handstand on HB facing outward) swing down between both bars with ½ turn (180°), backward uprise to clear support on HB (turning uprise)</p>	<p>uy u/M</p>	
<p>3.302 Cast to handstand with ½ turn (180°) in handstand phase</p>	<p>!</p>	
<p>3.303 Cast to handstand with 1/1 turn (360°) after handstand</p>	<p>! 1/1</p>	
<p>3.304 Cast to handstand with release-hop to reverse grip in handstand phase</p>	<p>!</p>	



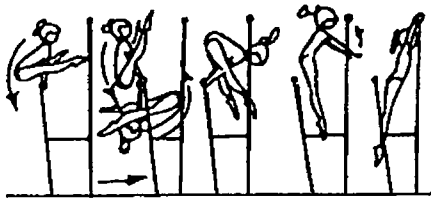
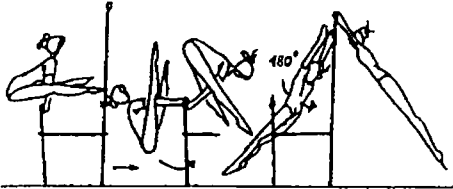

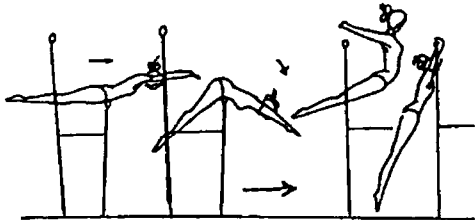
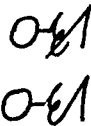


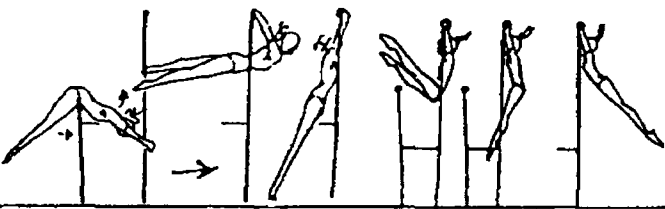
<p>3.305 Support on HB - cast with 1/1 turn (360°) to hang on HB (<i>Caslavska-Pirouette</i>)</p>		
<p>3.306 Hang on HB, back to LB - uprise backward with straddle flight over HB to eagle hang (<i>Schier straddle</i>) or with rear vault in flight over HB to hang (<i>Schier Kehre</i>)</p>	 	
<p>3.307 Cast to handstand on LB, back to HB - salto roll forward to hang on HB</p>		
<p>3.308 Inner front support on LB - Radochla roll (<i>Brause</i>) with 1/1 turn (360°) to hang on HB</p>		

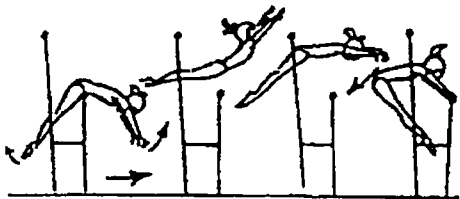
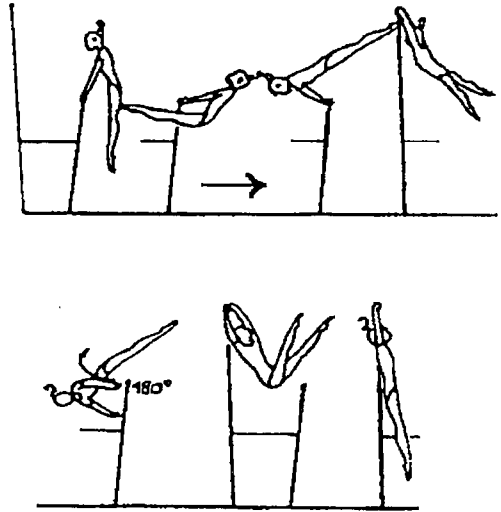
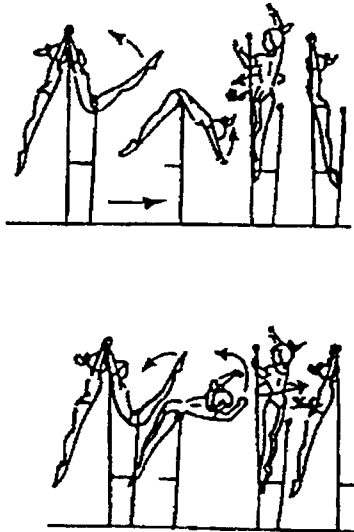
<p>3.309 <i>(From handstand on HB) swing down between the bars, swing forward, swing backward with salto forward between both bars to hang on HB</i></p>		
<i>D- Elements</i>		
<p>3.401 <i>Hang on HB, facing LB or HB - uprise backward to handstand on HB</i></p>		
<p>3.402 <i>Cast to handstand with 1/1 turn (360°) in handstand phase</i></p>		
<p>3.403 <i>From handstand on HB - circle swing forward downward between both bars with reverse or eagle grip, swing backwards with salto forward straddled or tucked to hang on HB, also with direct grip change to hang on LB (Jaeger-Salto)</i></p>		
<p>3.404 <i>From handstand on HB - swing down with 1/2 turn (180°) through brief hang with cross-mixed or grip turn to regular grip, swing backward with salto forward in straddle or tuck to hang on HB, also with direct grip change to hang on LB (Mixed-grip-Salto)</i></p>		


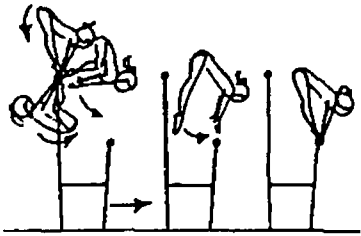
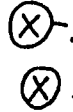
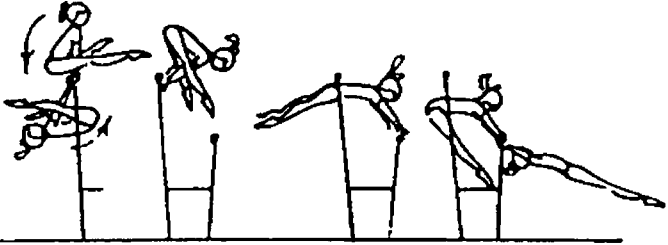

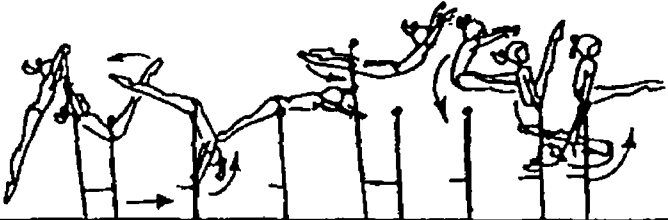

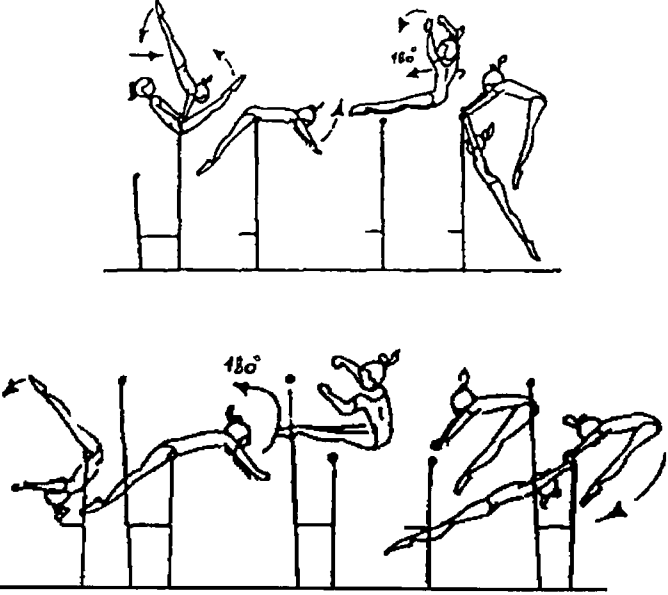
<p>3.404 (cont)</p>		
<u>E- Elements</u>		
<p>3.501 Front support on HB - cast, salto forward straddled to hang on HB (Comaneci-Salto)</p>		
<p>3.502 From handstand on HB - circle swing forward downward with reverse or eagle grip, salto forward piked to hang on HB, also with grip change to hang on LB (Jaeger Salto piked)</p>		
<p>3.503 Swing forward on HB, facing outward, counter salto forward to hang in reverse grip (Counter-Kim)</p>		


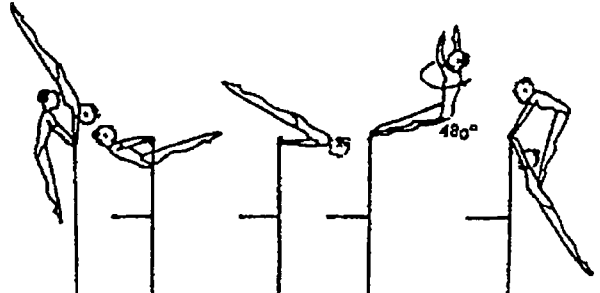

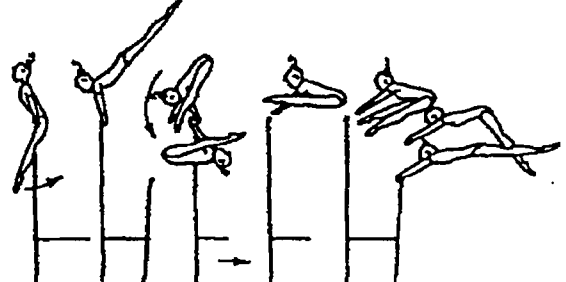

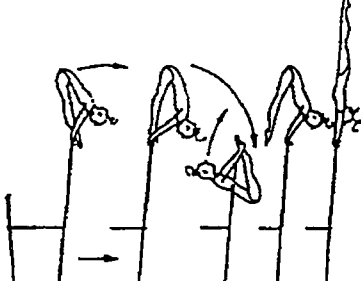


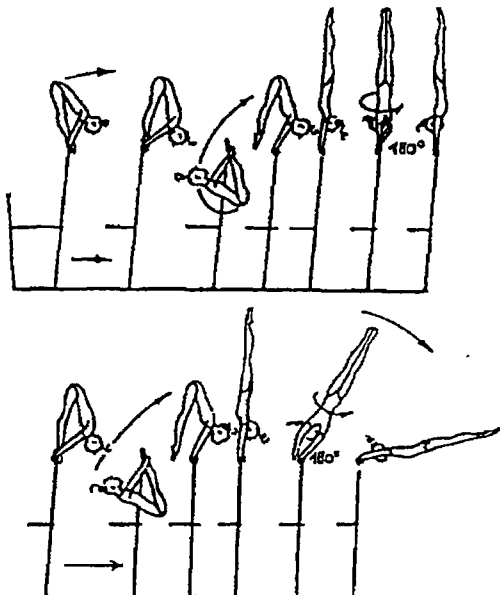
4. CIRCLE SWINGS

<u>A- Elements</u>		
<p>4.101 Hip circle forward on HB or LB to support (<i>with or without hand support</i>)</p>	○	
<p>4.102 Hip circle backward on LB or HB to support (<i>with or without hand support</i>)</p>	○	
<p>4.103 Inner free hip circle backward on LB with flight to eagle hang on HB</p>	oh	
<p>4.104 Tuck, pike or straddle sole circle forward or backward on HB or LB to stand, also with grip change to hang on HB</p>	⊕ ⊖ ⊕ ⊖	
<p>4.105 Clear straddle circle forward or backward on LB or HB to clear support</p>	⊗ ⊗ ⊗	

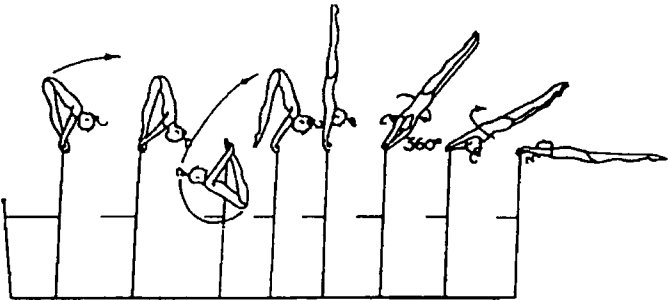
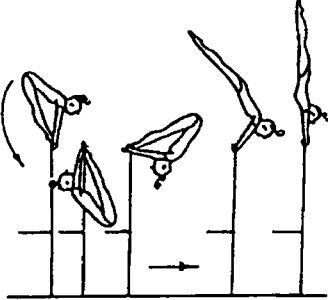
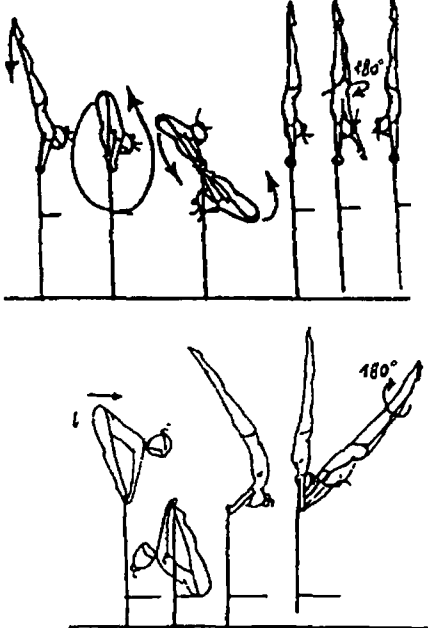
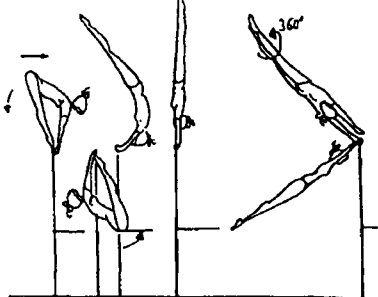
<p>4.106 Clear straddle circle forward or backward on LB with grip change to hang on HB, also with ½ turn (180°)</p>	 	 
<p><u>B- Elements</u> 4.201 Free hip circle forward on LB with flight to eagle hang on HB</p>		
<p>4.202 Free hip circle forward on LB with ½ or 1/1 turn (180° or 360°) with grip change to hang on HB</p>		
<p>4.203 From outer free front support, free hip circle backward on LB, hecht to eagle hang on HB or hang on HB, also with ½ turn (180°)</p>		


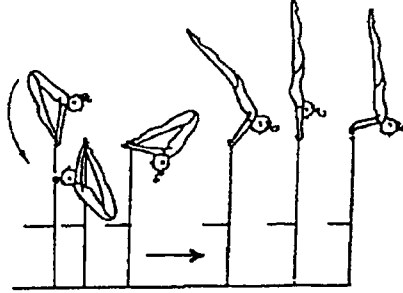
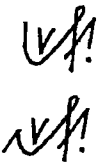
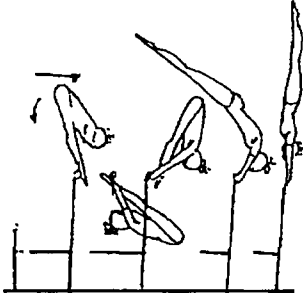
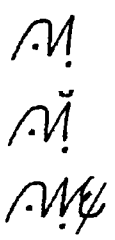
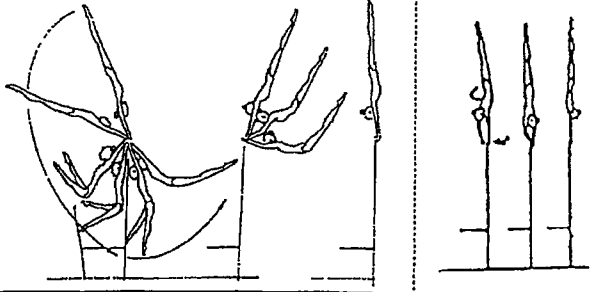

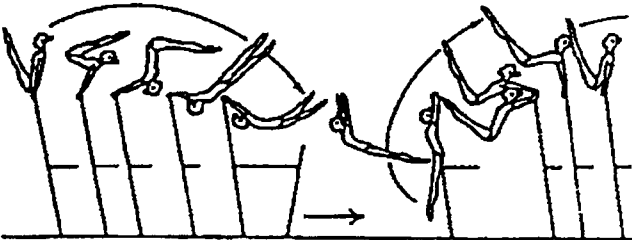

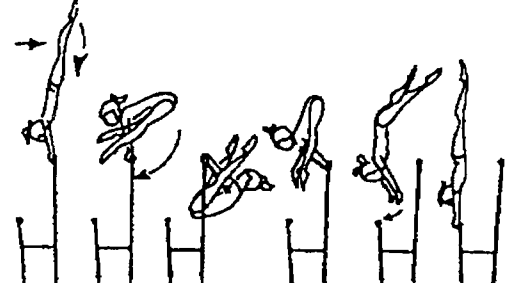
<p>4.204 Free hip circle backward on LB, hecht (<i>hip repulsion</i>), flight with regrasp on LB to glide ("False pop")</p>	<p>~.L</p>	
<p>4.205 From outer front support - clear hip circle backward on LB with hecht to hang on HB, also with 1/2 turn (180°) (<i>legs together or straddled</i>)</p>	<p>~</p> <p>~</p>	
<p>4.206 Free hip circle backward on LB with 1/2 or 1/1 turn (180° or 360°) and grip change to hang on HB</p>	<p>0/1</p> <p>0/1</p>	


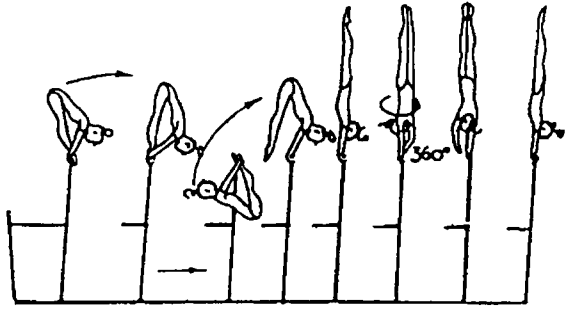

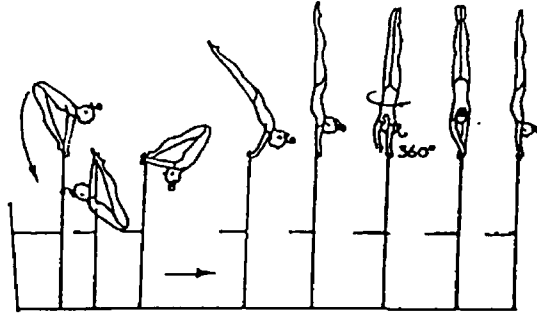

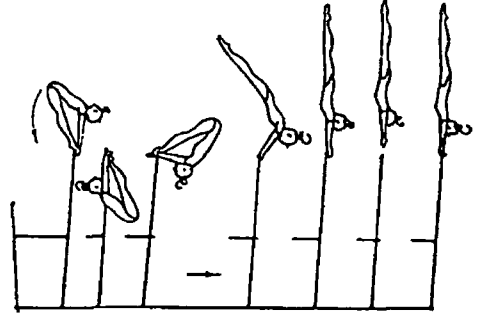
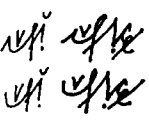
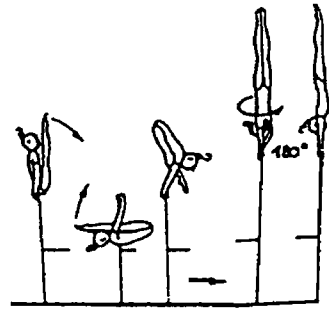

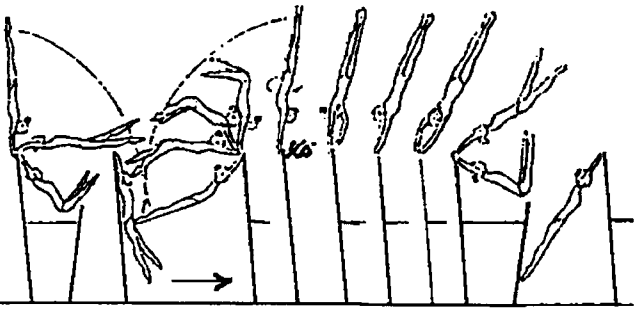
<p>4.207 Pike or straddle sole circle forward or backward on HB with flight to stand on LB</p>		
<p>4.208 Clear straddle circle or pike seat circle backward on HB with grip change to hang on LB</p>		
<p><u>C- Elements</u></p>		
<p>4.301 Free hip circle backward on LB, hecht with free straddle forward over bar to rear support (Korbut)</p>		
<p>4.302 Free hip circle backward on LB or HB, hecht with 1/2 turn (180°) passing over bar to hang on same bar (Hechtkehre)</p>		


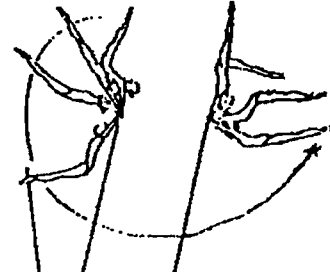





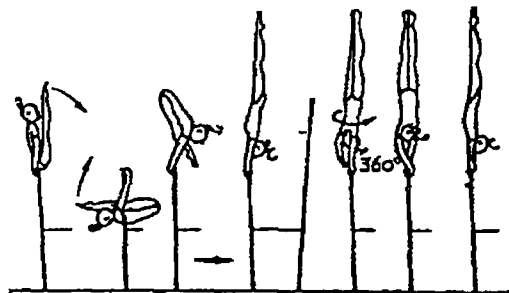
<p>4.303 Clear hip circle backward on HB or LB, with flight and ½ turn (180°) passing over bar to hang (clear Hechtkehre)</p>		
<p>4.304 Clear straddle circle forward on HB with flight backward over LB to hang on LB</p>		
<p>4.305 Pike sole circle* forward to handstand</p>		
<p>4.306 Pike sole circle forward to handstand with ½ turn (180°) in handstand phase or after</p>	 	

* All pike sole circles may be performed as straddle sole circles.


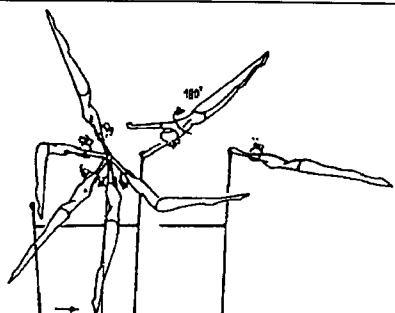

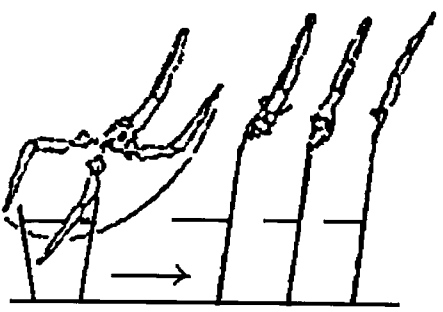

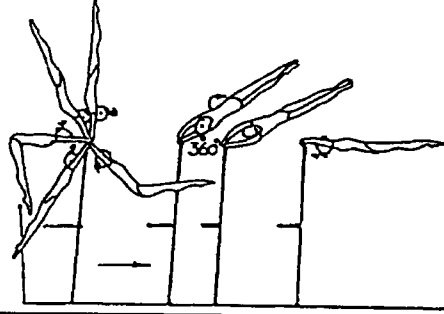

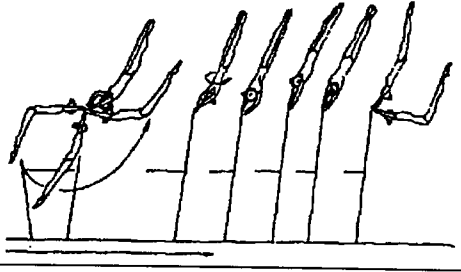

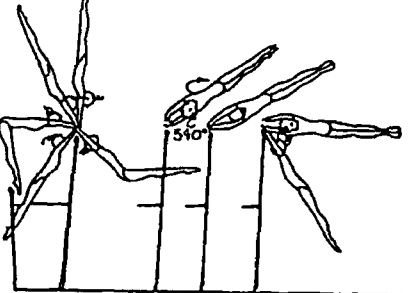
<p>4.307 Pike sole circle forward to handstand with 1/1 turn (360°) after handstand</p>	<p>UVE</p>	 <p>A sequence of six diagrams showing a pike sole circle forward to a handstand. The first diagram shows the starting pike position. The second shows the circle beginning. The third shows the circle in progress. The fourth shows the handstand phase. The fifth shows the handstand with a 360-degree turn indicated. The sixth shows the final handstand position.</p>
<p>4.308 Pike sole circle backward to handstand</p>	<p>U!</p>	 <p>A sequence of four diagrams showing a pike sole circle backward to a handstand. The first diagram shows the starting pike position. The second shows the circle beginning. The third shows the circle in progress. The fourth shows the final handstand position.</p>
<p>4.309 Pike sole circle backward with 1/2 turn (180°) in handstand phase or after</p>	<p>U!</p> <p>UVE</p>	 <p>A sequence of six diagrams showing a pike sole circle backward with a 180-degree turn. The first diagram shows the starting pike position. The second shows the circle beginning. The third shows the circle in progress. The fourth shows the handstand phase with a 180-degree turn indicated. The fifth shows the handstand with a 180-degree turn indicated. The sixth shows the final handstand position.</p>
<p>4.310 Pike sole circle backward to handstand with 1/1 turn (360°) after handstand</p>	<p>UVE</p>	 <p>A sequence of four diagrams showing a pike sole circle backward to a handstand with a 360-degree turn after handstand. The first diagram shows the starting pike position. The second shows the circle beginning. The third shows the handstand phase. The fourth shows the handstand with a 360-degree turn indicated.</p>

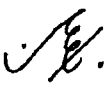
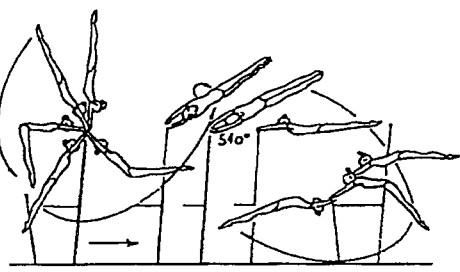
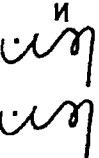
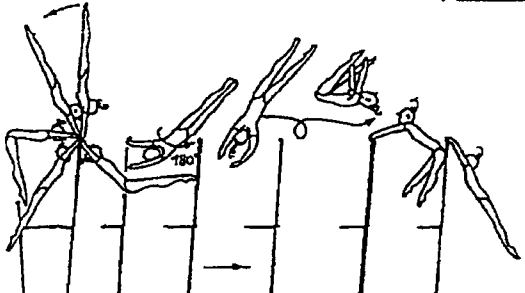
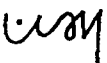
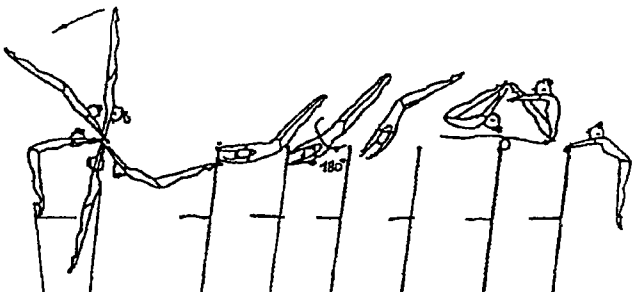

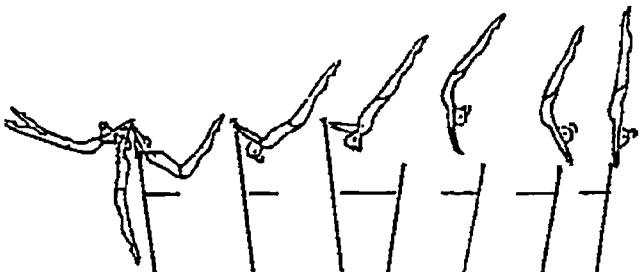

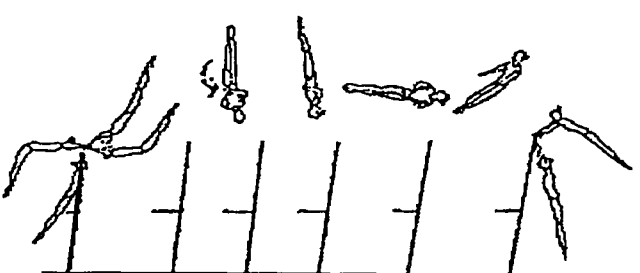
<p>4.311 Pike sole circle backward with release- hop to reverse grip after handstand</p>		
<p>4.312 Clear pike (<i>seat</i>) circle forward or backward to handstand</p>		
<p>4.313 Giant swing (<i>circle</i>) forward with reverse grip to handstand, also with 1/2 turn (180°) in handstand phase or after</p>		
<p>4.314 From clear rear pike support with legs together on HB - full circle swing backward finishing in clear rear support on HB (<i>Steinmann circle</i>)</p>		
<p><u>D- Elements</u></p>		
<p>4.401 Clear starddle circle forward or backward on HB with flight to handstand on LB</p>		

<p>4.402 Pike sole circle forward with 1/1 turn (360°) in handstand phase</p>		
<p>4.403 Pike sole circle backward to handstand with 1/1 turn (360°) in handstand phase</p>		
<p>4.404 Pike sole circle backward to handstand with release-hop to reverse grip in handstand</p>		
<p>4.405 Clear pike (<i>seat</i>) circle forward or backward to handstand with 1/2 turn (180°) in handstand phase or after</p>		
<p>4.406 Giant swing (<i>circle</i>) forward in reverse grip to handstand with 1/1 turn (360°) to eagle hang on HB</p>		

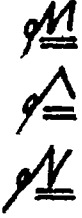

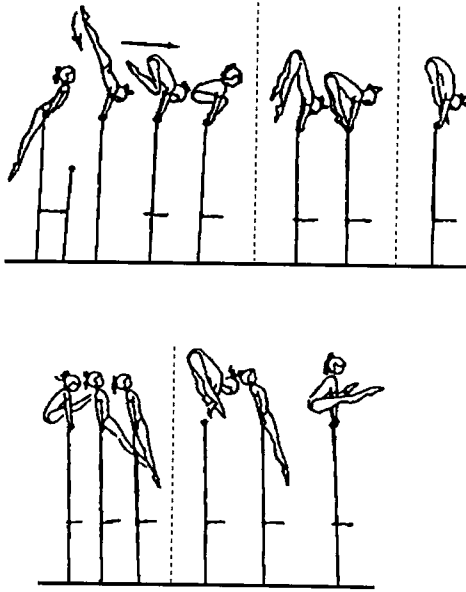
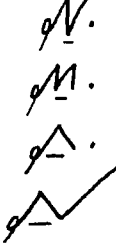
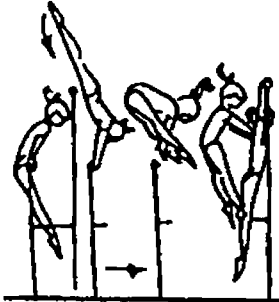



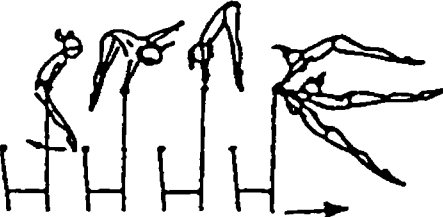
<p>4.407 Giant swing (<i>circle</i>) forward to handstand in eagle grip, with bending of hips in last part of upward swing (<i>Eagle Giant</i>)</p>		
<p>4.408 From clear rear pike support with legs together on HB - full circle swing backward with stoop out or straddle flight backward to hang on HB (<i>Li-Li</i>)</p>		
<p>4.409 From handstand on HB, back toward LB - circle swing forward downward with regular or reverse grip, straddle flight backward to handstand on LB</p>		
<p><u>E- Elements</u> 4.501 Clear pike (<i>seat</i>) circle forward or backward to handstand with 1/1 turn (360°) in handstand phase or after</p>		


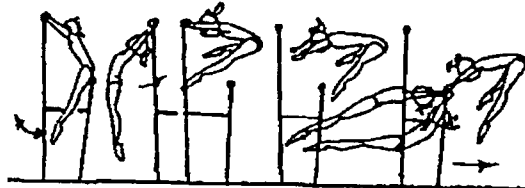

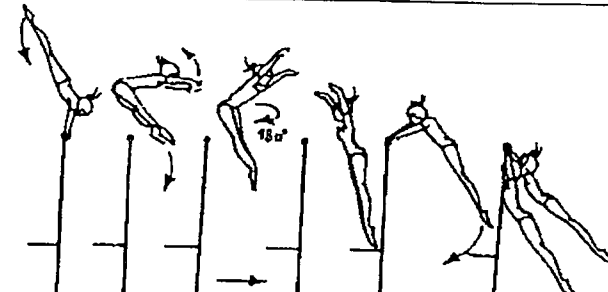
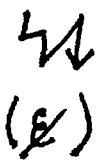
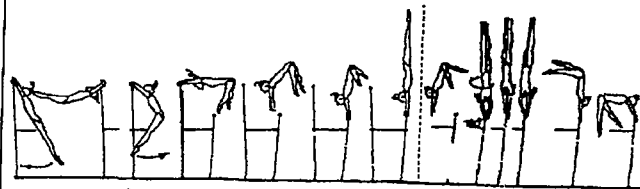
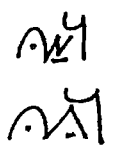
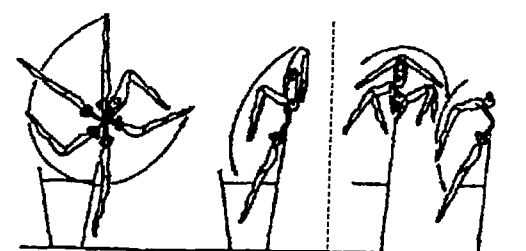
5. SWINGS FORWARD

<p><u>A- Elements</u></p> <p>5.101 <i>(From handstand on HB) swing downward between both bars, swing forward with ½ turn (180°) at or under height of HB</i></p>		
<p><u>B- Elements</u></p> <p>5.201 <i>(From handstand on HB) swing downward between both bars, swing forward with ½ turn (180°) above HB height, circa 45° deviation from vertical</i></p>		
<p>5.202 <i>(From handstand on HB) swing downward between both bars, swing forward with 1/1 turn (360°) to eagle hang at height of HB</i></p>		
<p><u>C- Elements</u></p> <p>5.301 <i>(From handstand on HB) swing forward with 1/1 turn (360°) in the upward swing movement, completed shortly before the handstand phase, ending in "eagle hang"</i> <i>(Volpi)</i></p>		
<p>5.302 <i>(From handstand on HB) swing downward between both bars, swing forward with 1½ turn (540°) at height of HB to hang on HB</i></p>		

<p><u>D- Elements</u></p> <p>5.401 <i>(From handstand on HB) swing downward between both bars, swing forward with 1½ turn (540°) at height of HB to hang on HB with direct grip change to hang on LB</i></p>		
<p>5.402 <i>(From handstand on HB) swing downward between both bars, swing forward with ½ turn (180°) and salto forward tucked or straddled to hang on HB (Deltchev-Salto)</i></p>		
<p>5.403 <i>(From handstand on HB) swing downward between both bars, swing forward with ½ turn (180°) and salto forward piked to hang on HB (Gienger-Salto)</i></p>		
<p>5.404 Hang on HB, facing LB - salto backward stretched (<i>Flyaway</i>) between bars to clear support on LB <i>(Pak Salto)</i></p>		
<p><u>E- Elements</u></p> <p>5.501 <i>(From handstand on HB) swing downward between both bars, swing forward and salto backward stretched with 1½ turn (540°) to hang on HB (Hristakieva)</i></p>		

6. LEG SWINGS


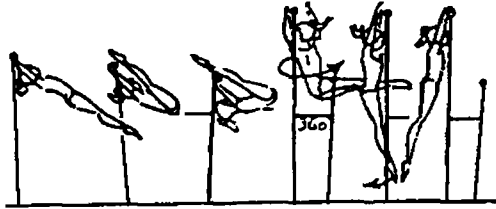
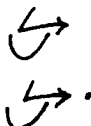
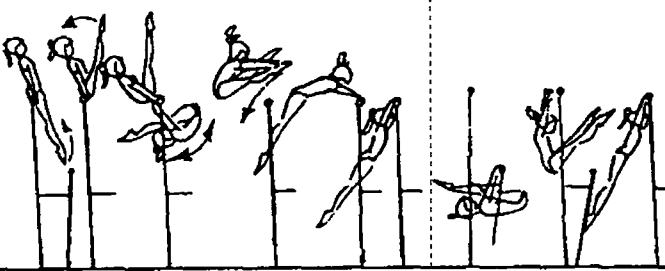

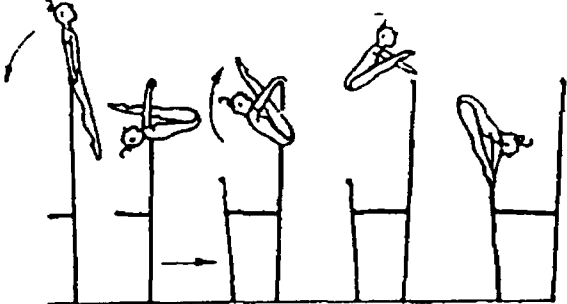

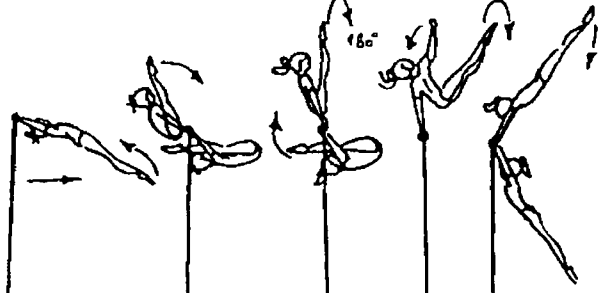

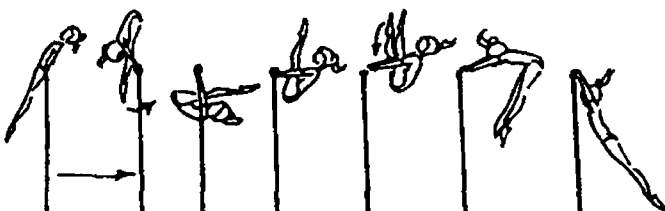
<p style="text-align: center;"><u>A- Elements</u></p> <p>6.101 From front support - squat, stoop, or straddle to tuck, pike or straddle stand, rear support or clear straddle support</p>	 	
<p>6.102 From front support on LB - cast to free squat, stoop or straddle over LB with grip change to hang on HB</p>		
<p>6.103 From inverted pike (<i>kip</i>) hang - extended body to hang (<i>disengage legs</i>)</p>		
<p style="text-align: center;"><u>B- Elements</u></p> <p>6.201 From front support- stoop over bar with flight phase and ½ turn (180°) to hang</p>		


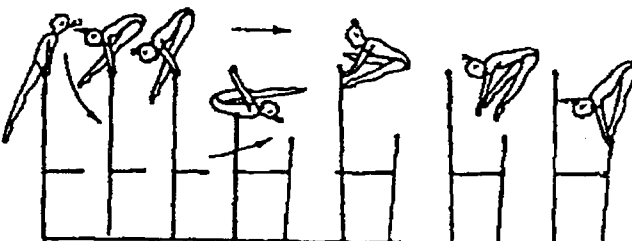

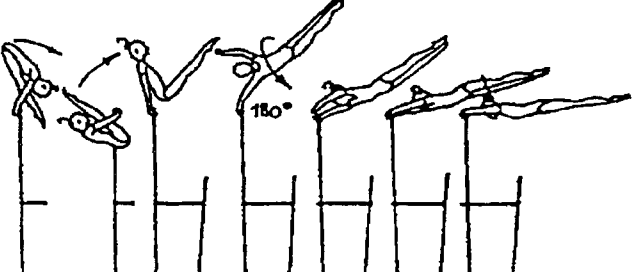



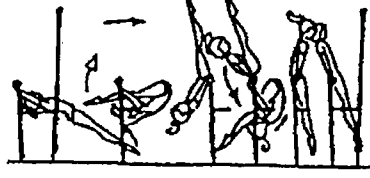
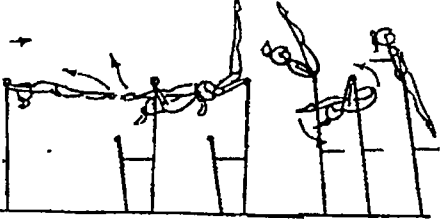

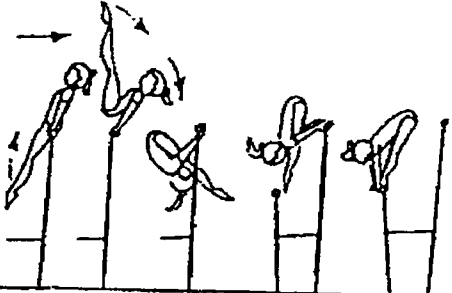
<p>6.202 From hang on HB - counter flight backward over LB with legs straddled to hang on LB</p>		
<p>6.203 From front support on HB - free straddle forward over HB with 1/2 turn (180°) to hang on HB</p>		
<p><u>C- Elements</u></p>		
<p>6.301 From swing forward in hang on HB - swing backward with straddle flight to handstand on LB, also with 1/2 turn (180°)</p>		
<p>6.302 <i>(From handstand on HB)</i> -circle swing forward in reverse grip with free stoop or straddle vault and 1/2 turn (180°) over HB to hang <i>(Wenning/Volpi)</i></p>		

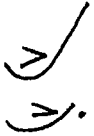
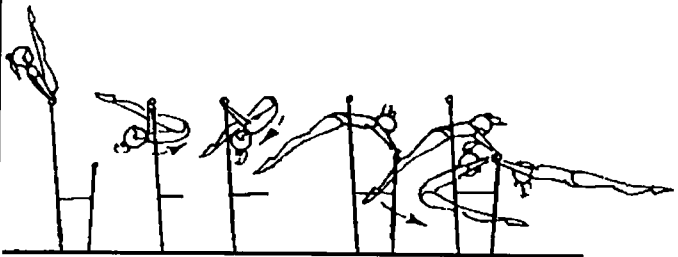

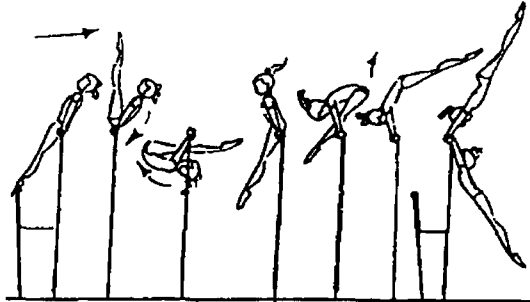

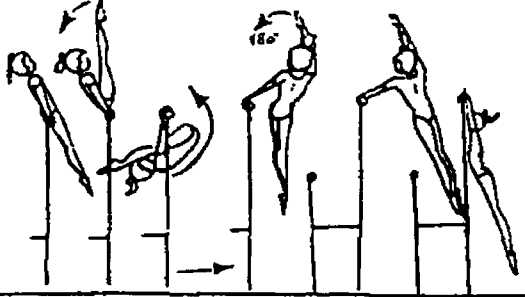

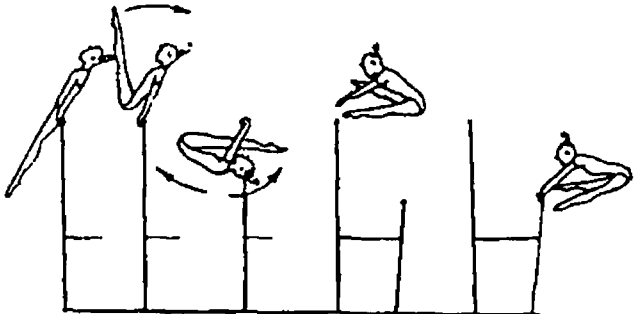

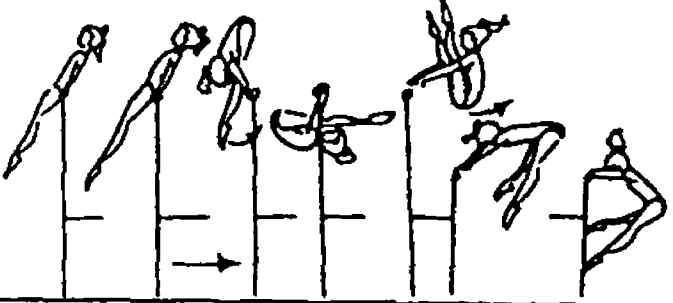
7. KIPS

<u>A- Elements</u>		
<p>7.101 Glide kip-up to support on LB or with grip change to hang on HB, also with ½ turn (180°)</p>	<p>∟ ∟. ∟</p>	
<p>7.102 Long hang kip-up to support on HB (from both sides)</p>	<p>∟</p>	
<p>7.103 From front support on LB or HB - fall backward to kip hang, kip-up to support on LB, also with grip change to hang on HB, or with ½ turn (180°) and grip change to hang on HB</p>	<p>∟ ∟. ∟</p>	
<p>7.104 Rear support on LB or HB, fall backward to inverted pike hang, disengage legs, kip-up to front support on LB or HB or with grip change from LB to hang on HB, also with ½ turn (180°)</p>	<p>∟ ∟. ∟</p>	
<p>7.105 From rear support on LB or HB - fall backward to inverted pike swing (basket), return - to rear support on same bar, also with - grip change to hang on HB</p>	<p>∟ ∟.</p>	

<p>7.106 From rear support on LB or HB - seat pike circle forward to rear support, also on LB with grip change to hang on HB, also with ½ turn (180°).</p>	<p>⓪ ⓪⓪ ⓪.</p>	
<p>7.107 From rear support on LB or HB - seat pike circle backward to rear support, also on LB with grip change to hang on HB, also with ½ turn (180°)</p>	<p>⓪ ⓪⓪</p>	
<p>7.108 Glide on LB, or swing forward on HB, stoop through, back kip-up to rear support, on LB with grip change to hang on HB, also with ½ turn (180°)</p>	<p>⚡⚡ ⚡ ⚡⚡ ⚡.</p>	
<p>7.109 Reverse grip kip-up to support on HB or LB</p>	<p>⚡ ⚡</p>	




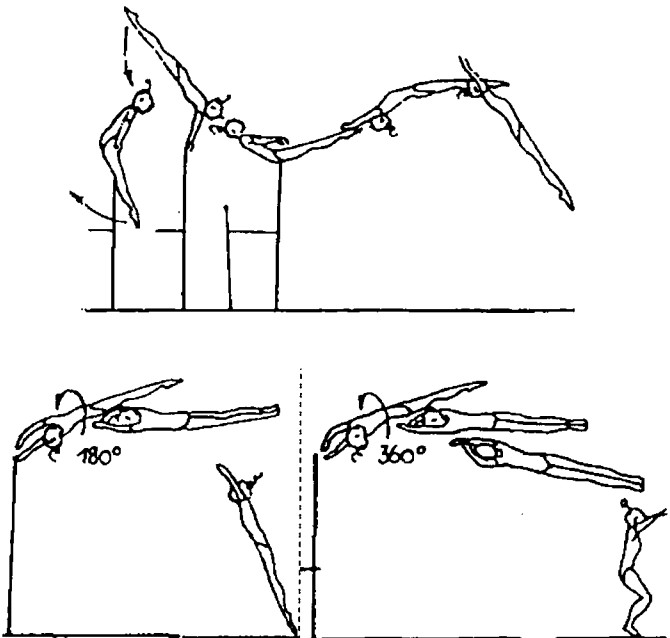




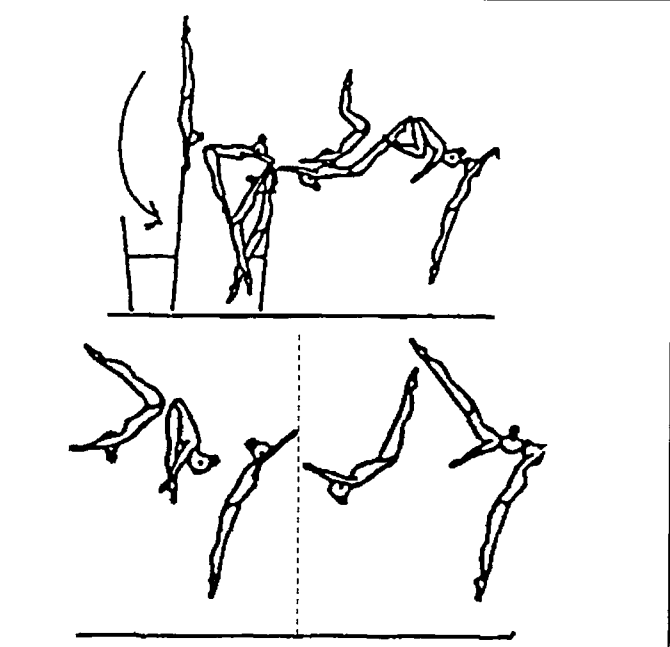


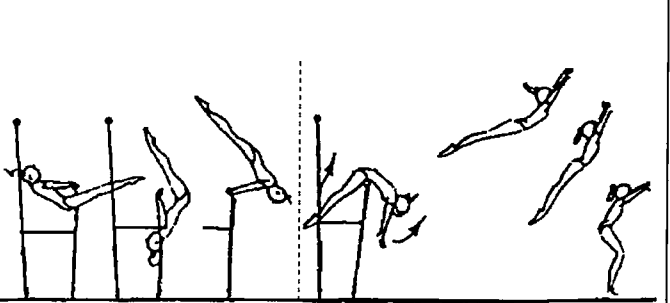
<u>B- Elements</u>		
<p>7.201 Glide kip with 1/1 turn (360°) and grip change to hang on HB</p>		
<p>7.202 From rear support - fall backward to inverted pike swing, straddle cut backward to hang on same bar, also with grip change to hang on HB</p>		
<p>7.203 From outer rear support on HB - fall backward to inverted pike swing, straddle cut backward to stand on LB</p>		
<p>7.204 From hang on HB - stoop through, back kip-up through clear rear support with 1/2 turn (180°) to hang on HB</p>		
<p>7.205 From rear support on LB or HB - seat (pike) circle forward, straddle cut backward, to hang on same bar, also with grip change to hang on HB</p>		


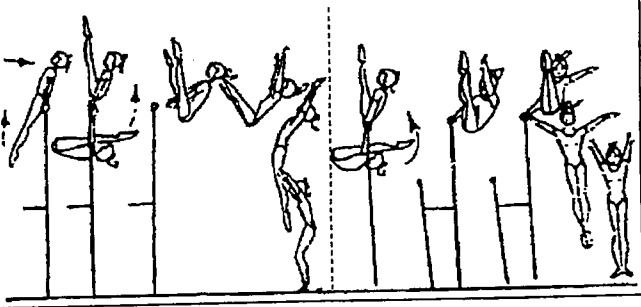
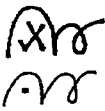
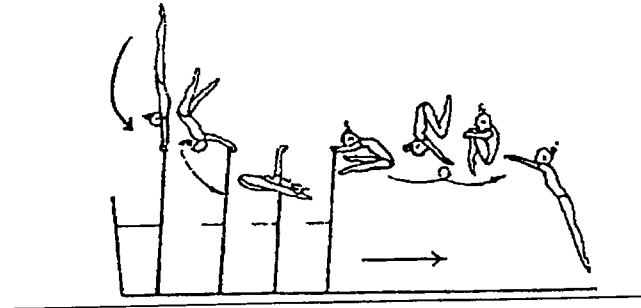
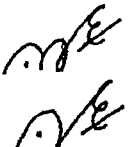
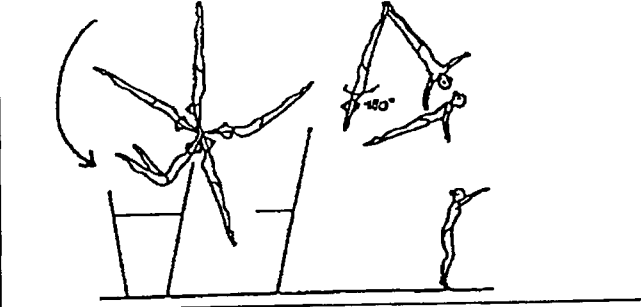

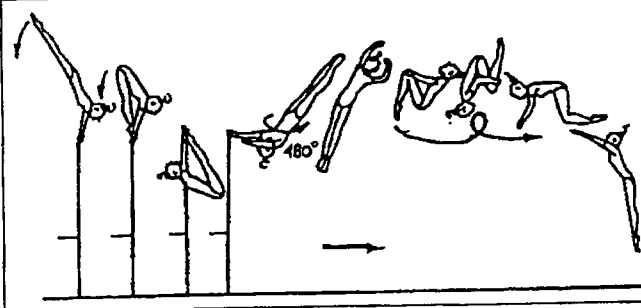
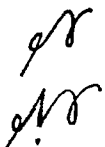
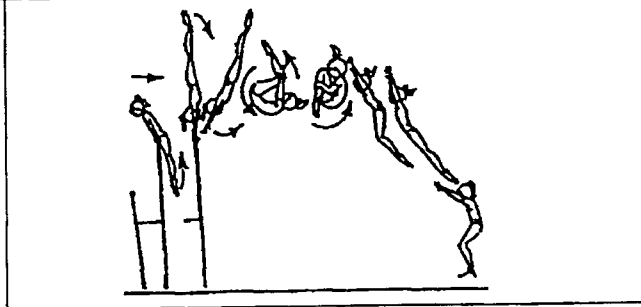
<p>7.206 From outer rear support on HB - seat (<i>pike</i>) circle forward with straddle cut backward to stand on LB</p>		
<p>7.207 From rear support on HB - seat pike circle forward through clear rear support with 1/2 turn (180°) to hang on HB</p>		
<p>7.208 Reverse kip-up from: . glide forward on LB . swing forward on HB stoop through to kip hang, back kip swing, seat (<i>pike</i>) circle backward to rear support on LB, also with grip change to hang on</p>	  	 
<p>7.209 From inner rear support on HB - seat (<i>pike</i>) circle backward with release to stand on LB or with grip change to hang on LB</p>		

<p>7.209 (cont)</p>		
<p>7.210 From rear support on LB or HB - seat (<i>pike</i>) circle backward or forward with stoop through backward over bar (<i>disengage legs</i>) to hang on same bar</p>		
<p>7.211 From rear support on HB - seat (<i>pike</i>) circle backward through clear rear support with 1/2 turn (180°) to hang on HB</p>		
<p><u>C- Elements</u></p>		
<p>7.301 From outer rear support on HB - fall backward to inverted pike swing, straddle cut backward with flight over LB to hang on LB</p>		
<p>7.302 From outer rear support on HB - seat (<i>pike</i>) circle forward, straddle cut backward with flight over the LB to hang on LB</p>		

<p>7.303 From rear support on HB - full seat (<i>pike</i>) circle forward through clear extended support near handstand, also with ½ turn (180°) (<i>Adler Circle</i>)</p>	<p>GV! GV½</p>	
<p><u>D- Elements</u> 7.401 From rear support on HB - seat (<i>pike</i>) circle forward through clear extended support near handstand with 1/1 turn (360°) to hang (<i>Adler Circle</i>)</p>	<p>GV! GV1</p>	
<p><u>E- Elements</u> 7.501 From rear support on HB - seat (<i>pike</i>) circle forward through clear extended support near handstand with 1½ turn (540°) to hang (<i>Adler Circle</i>)</p>	<p>GV! GV1½</p>	

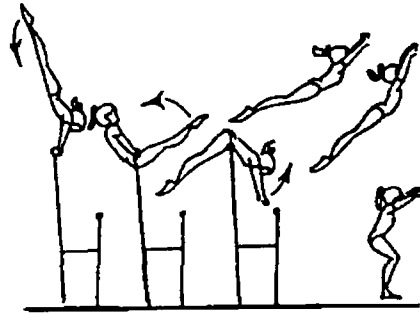
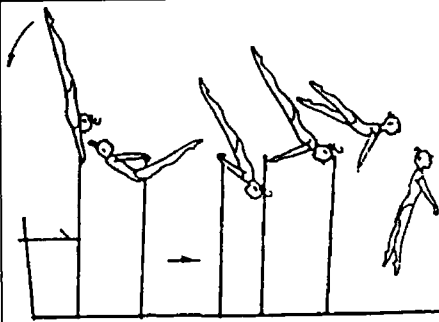
8. DISMOUNTS

<u>A- Elements</u>		
<p>8.101 Front support on HB - underswing to stand, also with $\frac{1}{2}$ twist (180°) or $1/1$ twist (360°) <i>(to both sides)</i></p>	  	
<p>8.102 <i>(Handstand on HB)</i> swing down between both bars, forward swing to salto backward tucked piked, or stretched (<i>Flyaway</i>), also with $\frac{1}{2}$ turn (180°)</p>	   	
<p>8.103 Hip circle backward on LB - hecht <i>(to both sides)</i>, also from hip circle backward <i>(clear)</i></p>	 	

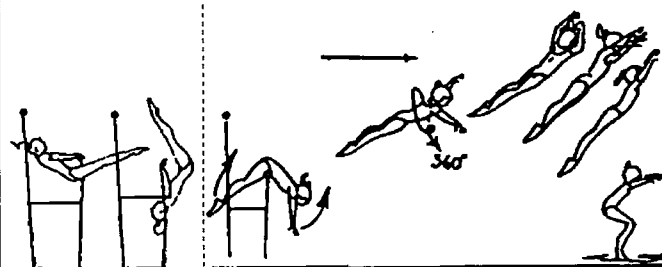
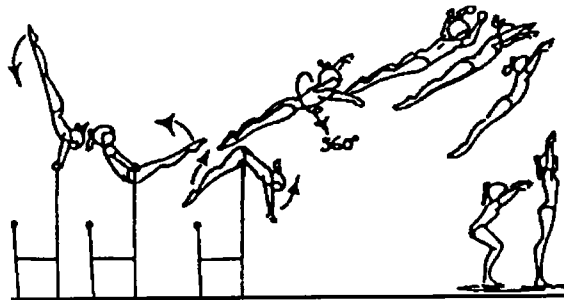
<p>8.104 . hang on HB stoop through . rear support on HB lower backward - to kip hang with straddle cut backward or flank cut to stand (<i>valid also for seat pike circle forward or backward</i>)</p>		
<p>8.105 Clear straddle circle forward on HB to salto forward tucked</p>		
<p>8.106 (<i>Handstand on HB</i>) circle swing down forward in reverse grip between both bars, salto forward stretched with ½ turn (180°)</p>		
<p>B- Elements 8.201 Front support on HB - underswing with ½ twist (180°) to salto backward tucked or piked (<i>Comaneci-Dismount, to both sides</i>)</p>		
<p>8.202 Outer front support on HB - cast to near handstand, salto forward tucked</p>		

8.203

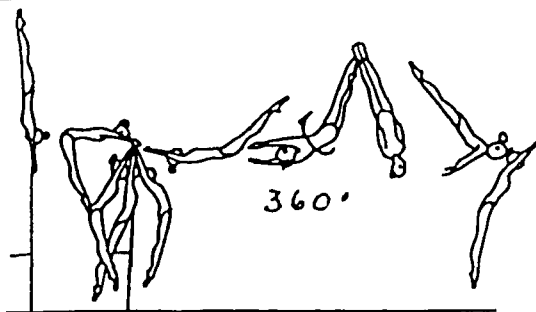
Front support on HB - clear
hecht or hecht from hip circle
backward (*free*) (*to both sides*)

**8.204**

Hip circle backward on HB or
LB (*also clear LB*) - hecht with
1/1 twist (360°) to both sides


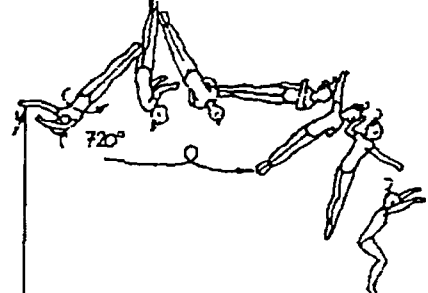



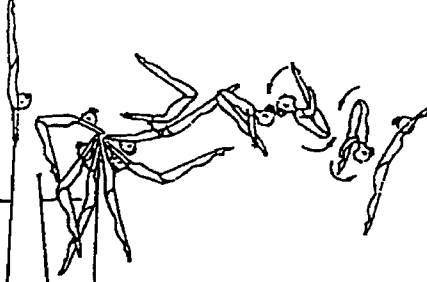
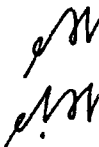
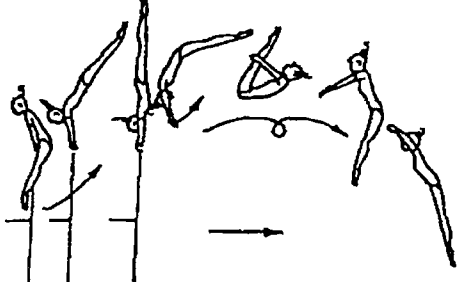


**8.205**


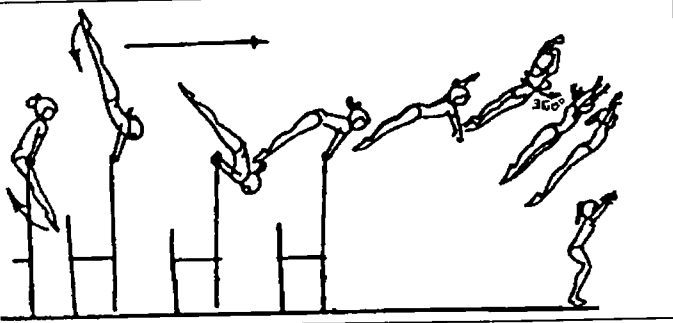
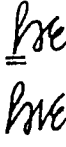
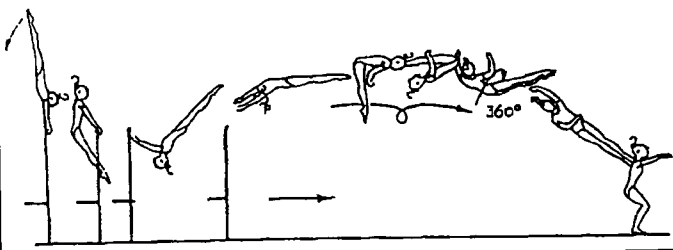

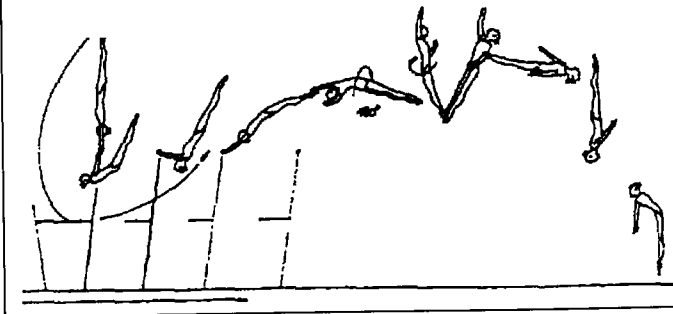

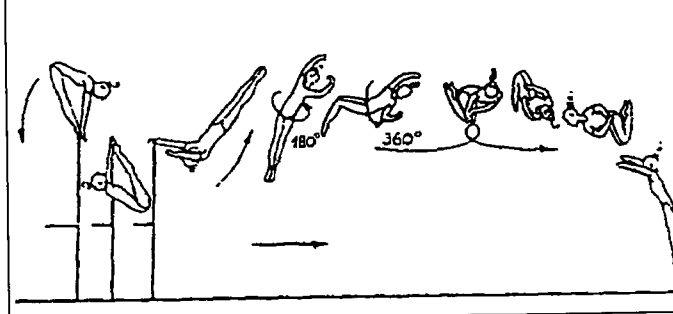

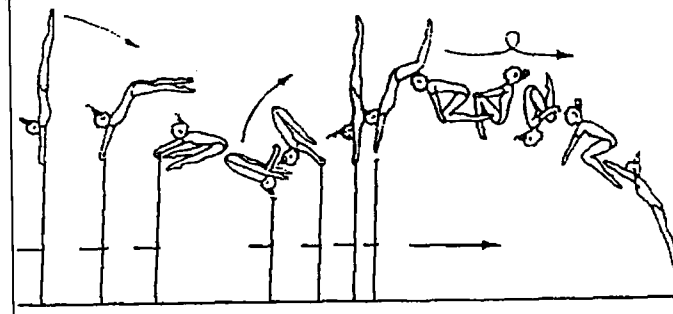
(*From handstand on HB*) swing
down between both bars,
forward swing to salto backward
stretched with 1/1 twist (360°)
(*Flyaway*)


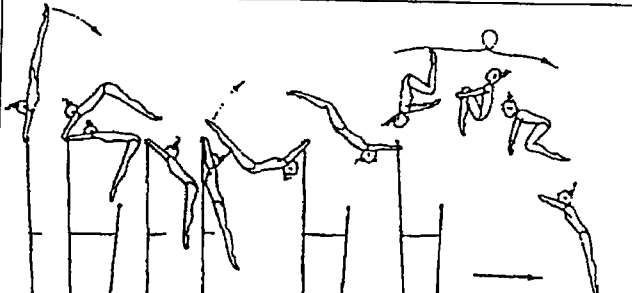

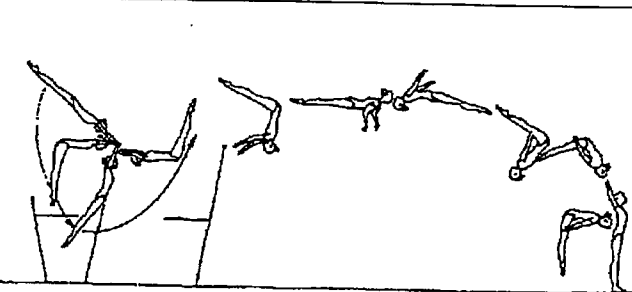

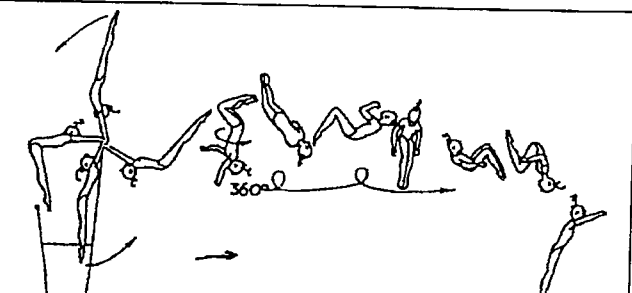

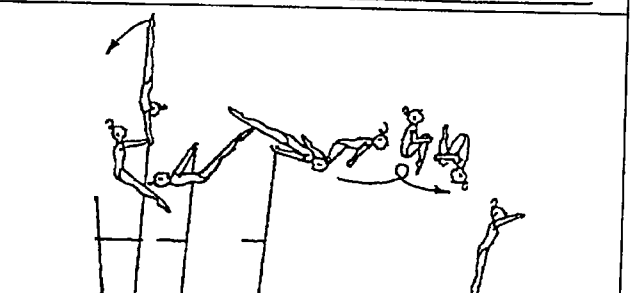

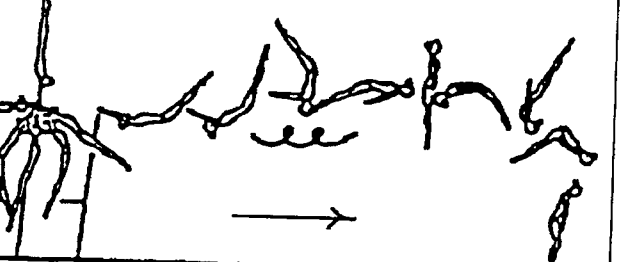



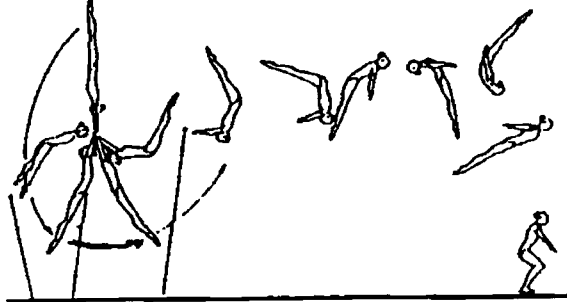

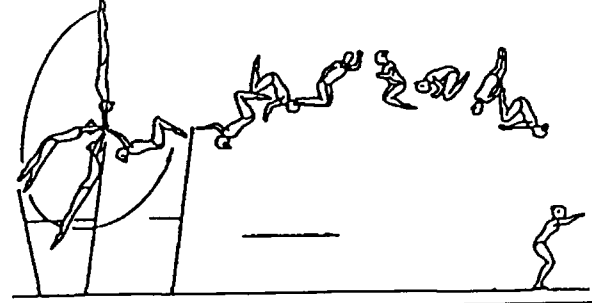
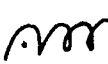
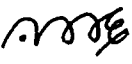
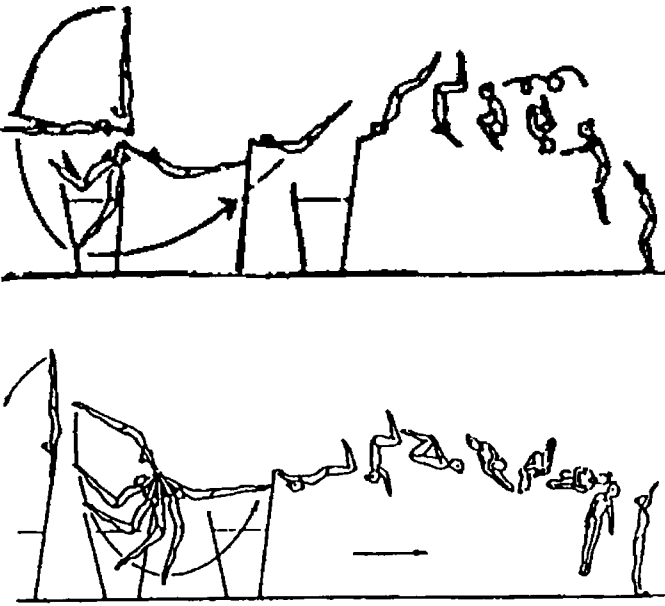

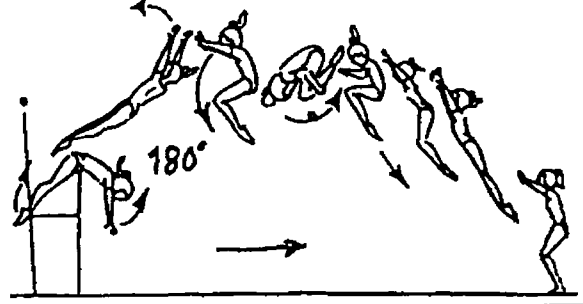
<p>8.206 <i>(Handstand on HB) swing down between both bars, forward swing to double salto backward tucked</i></p>	<p><i>cee</i></p>	
<u>C- Elements</u>		
<p>8.301 Front support on HB - underswing with salto forward tucked or piked <i>(to both sides)</i></p>	<p><i>fr</i> <u>fr</u></p>	
<p>8.302 Front support on HB - underswing with salto forward tucked or piked with 1/2 twist (180°) <i>(to both sides)</i></p>	<p><i>fr</i> <u>fr</u></p>	
<p>8.303 Front support on HB - clear underswing to salto forward tucked, also with 1/2 twist (180°) <i>(to both sides)</i></p>	<p><i>fr</i> <i>fr</i></p>	
<p>8.304 Front support on HB - underswing with 1/2 twist (180°) and salto backward stretched <i>(to both sides)</i></p>	<p><i>fr</i> <u>fr</u></p>	

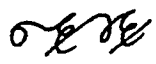
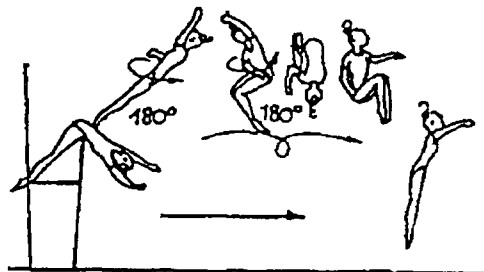

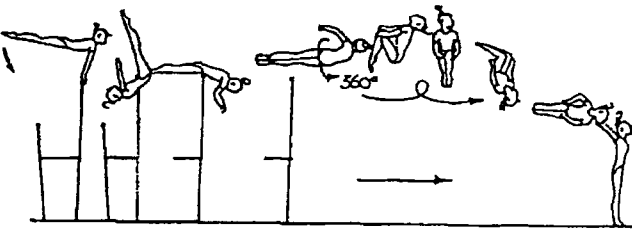
<p>8.305 Front support on HB - clear underswing with $\frac{1}{2}$ twist (180°) and salto backward tucked or piked (to both sides)</p>	<p>he hiev</p>	
<p>8.306 Front support on HB - underswing with $\frac{1}{2}$ twist (180°) and salto backward tucked with $\frac{1}{2}$ twist (180°) (to both sides)</p>	<p><u>hiev</u></p>	
<p>8.307 Outer front support - clear hip circle swing backward or clear hip circle through handstand, salto backward tucked or piked</p>	<p>he lhev</p> <p>hev lhev</p>	
<p>8.308 (Handstand on HB) swing down between both bars, forward swing to salto backward stretched with $1\frac{1}{2}$ (540°) or $2/1$ (720°) twist</p>	<p>AE</p>	

<p>8.308 (cont)</p>		
<p>8.309 <i>(Handstand on HB) giant circle backward (facing LB) salto backward tucked over HB (Gonzales)</i></p>		
<p>8.310 <i>(Handstand on HB) swing down between both bars, swing forward to double salto backward piked</i></p>		
<p>8.311 <i>Outer front support on HB - cast to near handstand, salto forward piked</i></p>		
<p>8.312 <i>Outer front support on HB - cast to near handstand, salto backward tucked or piked</i></p>		

<p>8.313 Front support on HB - clear hecht with 1/1 twist (360°) (to both sides)</p>		
<u>D- Elements</u>		
<p>8.401 Front support on HB - underswing (with or without support of feet) to salto forward tucked or piked with 1/1 twist (360°) (to both sides)</p>		
<p>8.402 Front support on HB - clear underswing with 1/2 twist (180°) and salto backward stretched (Okino)</p>		
<p>8.403 Front support on HB - underswing with 1/2 twist (180°), salto backward tucked with 1/1 twist (360°) (to both sides) (Kraeker)</p>		
<p>8.404 (Handstand on HB) Stalder backward through handstand, salto backward tucked or piked</p>		

<p>8.405 <i>(Handstand on HB) giant circle backward, through handstand with salto backward tucked over LB</i></p>		
<p>8.406 <i>(Handstand on HB) swing downward between both bars, swing forward to double salto backward stretched-piked</i></p>		
<p>8.407 <i>(Handstand on HB) swing down between both bars, swing forward to double salto backward tucked with 1/1 twist (360°) in first salto (Morio)</i></p>		
<p>8.408 <i>Hip circle backward (free) or underswing backward (clear) on LB or HB - hecht with salto backward tucked</i></p>		
<p><u>E- Elements</u></p>		
<p>8.501 <i>(Handstand on HB) swing down between both bars, swing forward to double salto backward stretched</i></p>		

<p>8.502 <i>(Handstand on HB)</i> swing down between both bars, swing forward to double salto backward piked, then stretched <i>(Gutsu)</i></p>		
<p>8.503 <i>(Handstand on HB)</i> swing down between both bars, swing forward to double salto backward tucked with 1/1 twist on second salto <i>(Tchusovitina)</i></p>		
<p>8.504 <i>(Handstand on HB)</i> circle swing down forward between both bars in reverse grip to double salto forward tucked, also with 1/2 twist (180°)</p>	 	
<p>8.505 Hip circle backward on LB or HB - hecht with 1/2 twist (180°) to salto forward</p>		

<p>8.506 Hip circle backward on LB or HB, hecht with ½ twist (180°) to salto forward with ½ twist (180°)</p>		
<p>8.507 Hip circle backward on LB or HB - hecht to salto backward with 1/1 twist (360°)</p>		

ARTICLE 12

Balance Beam

12.1 General

The evaluation of the exercise begins with the take-off from the board or from the floor.

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

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

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

If the dismount lands **at** the sound of the second signal, there is no deduction. If the dismount lands **after** the sound of the second signal - deduction 0.20 P. for exceeding time. The judges evaluate the entire exercise including the dismount.

Intermediate Time: For interruption in the exercise due to a fall on or from the apparatus, an intermediate time period of 10 seconds is fixed. The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise. The timing of the intermediate time begins with the fall. If the intermediate time period during a fall is exceeded, then the exercise is considered terminated. Missing Value Parts and Special Requirements will be deducted. After a fall the resumption of timing begins with the first movement to continue the exercise. At this moment the exercise time interruption is ended.

12.2 Content of the Exercise

The exercise should be composed from different element groups.

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

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

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

12.3 Directives for the Combination

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

- direct connections (*series*) of two or more acrobatic and/or gymnastic elements, or also mixed series
- leaps or jumps, turns and other gymnastic elements
- harmonious change between the element groups, in particular by inter-changing gymnastic and acrobatic elements
- variation in rhythm between faster and slower movements
- performance of elements in the forward, sideward, and backward movement and in a side, cross, and also oblique position to the apparatus
- change between working near and far from the beam (*level changes*)
- dynamic construction of the exercise.

12.4 Special Requirements

The exercise must contain at least:

- one acrobatic series of two or more flight elements
- one gymnastic series of two or more elements
- one mixed series of two or more elements (gymnastic/acrobatic).
(*These series in principle are to be performed on the beam, not as dismount series. "Hold" elements [Group 5] are not permitted in Series.*)
- one element/connection close to the beam.

As an individual element or as a component of the gymnastic or mixed series must be:

- one gymnastic turn of minimum 360° on one leg
- one gymnastic leap or jump with great amplitude
- one gymnastic element, minimum B-

The dismount must be as follows: in C-Ib at least B-,
 in C-II at least C-,
 in C-III at least D-.

12.5 Bonus Points for Special Connections

Additional BP for special connections can be given for:

12.5.1 Connections of two or more gymnastic elements or two or more gymnastic/acrobatic elements (or reversed)

- | | |
|--|---------|
| a) A+D, B+C | 0.10 P. |
| b) B+D | 0.20 P. |
| C+C (with exception of split leap forward with leg change 2x = 0.10P.) | 0.20 P. |
| C+B+C (gym/acro/gym or acro/gym/acro) | 0.20 P. |
| c) C+ C+ C and more difficult | 0.30 P. |

12.5.2 Connections of two or more of the following elements:

- free aerial walkover or cartwheel
- forward or sideward acrobatic element with hand support
- forward or sideward salto
 - a) A (without flight) + C, B+C 0.10 P.
 - b) A (without flight) + D, B+D, C+C and more difficult 0.20 P.
 - c) C+C+C, B+C+D 0.30 P.

12.5.3 Connections of two flight acrobatic elements with

- “directional change” in one element or
- counter element execution
 - a) B+C 0.10 P.
 - b) C+C, B+D and more difficult 0.20 P.

12.5.4 Connections of at least three acrobatic flight elements

- a) B+B+C (with exception of two flic-flacs with landing on one or two legs + salto stretched with step-out) 0.10 P.
B+C+C 0.10 P.
- b) B+B+C+C, B+B+D, C+C+C and more difficult 0.20 P.
- c) B+B+C+D and more difficult 0.30 P.

12.5.1 to 12.5.4 apply to mount, dismount, and connections within the exercise.


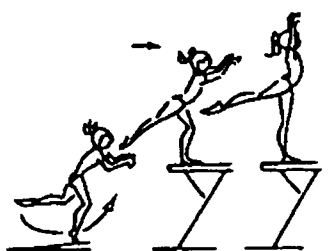

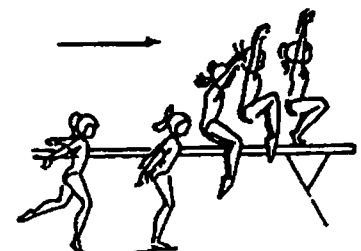

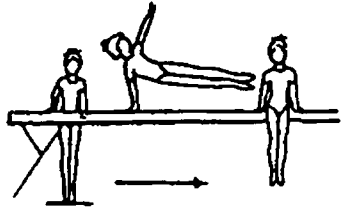
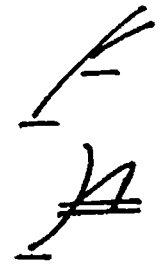
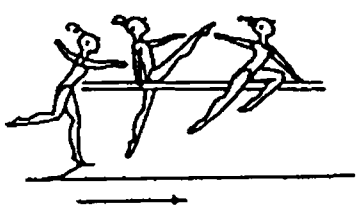

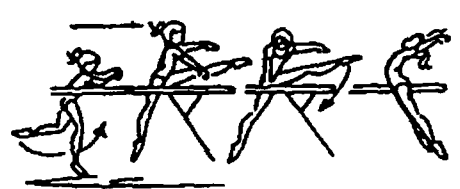
12.6 Specific Apparatus Deductions

- Support of one leg against the side surface of the beam each 0.20 P.
- More than two typical beam holds (*Group 5*) each 0.10 P.
- Concentration pause (*longer than 2 seconds*) each 0.10 P.

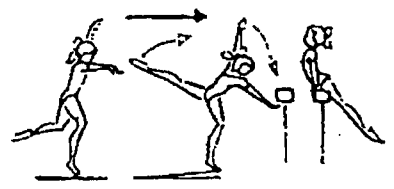
12.7 Compositional Faults

- Domination of acrobatics 0.10 P.
- More than one beam pass without value part each 0.10 P.

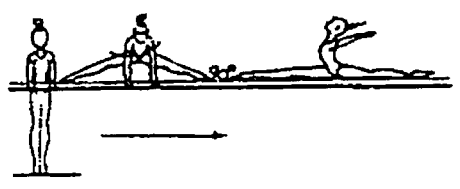
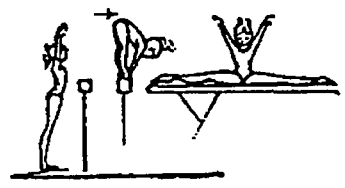
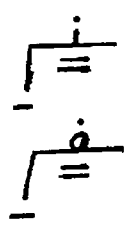
1. MOUNTS

A- Elements		
<p>1.101 Free leap to stand on one leg at middle or end of beam, also with lowering to a scale - take-off from one leg (with ½ turn [180°]=B)</p>		
<p>1.102 Free jump to stand in middle or at end of beam or diagonal to beam - take-off from both legs</p>		
<p>1.103 Flank over to rear support - from front stand</p>		
<p>1.104 Scissors leap to cross sit on L or R thigh - diagonal approach to beam</p>		
<p>1.105 Stride leap with ½ turn (180°) to cross straddle sit - diagonal approach to beam</p>		

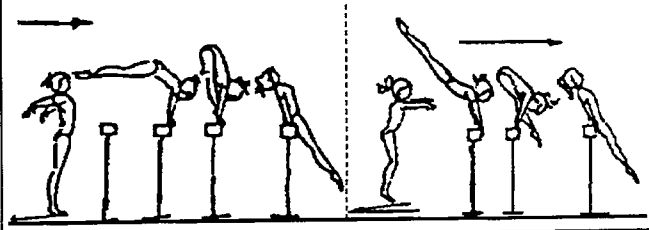
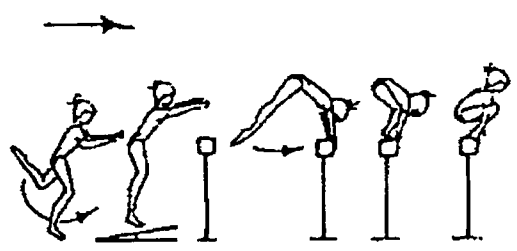
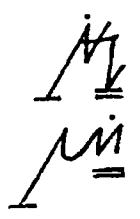
1.106
 Stride leap with 1/2 turn (180°) to front support - 90° approach to beam

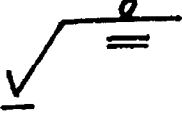
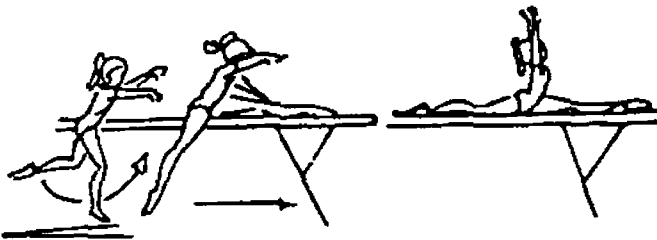

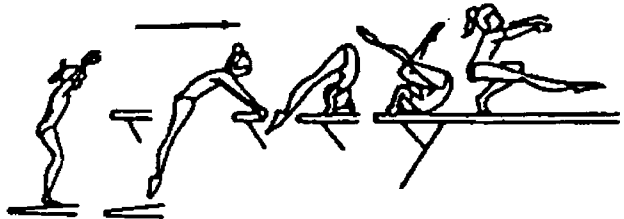

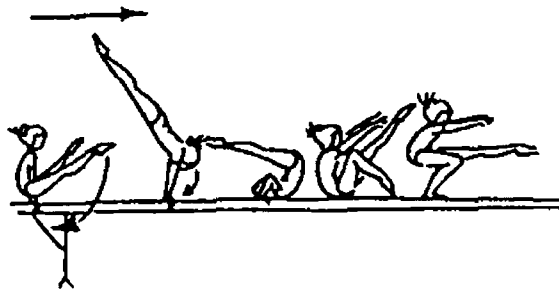
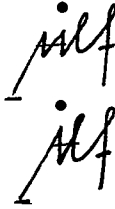
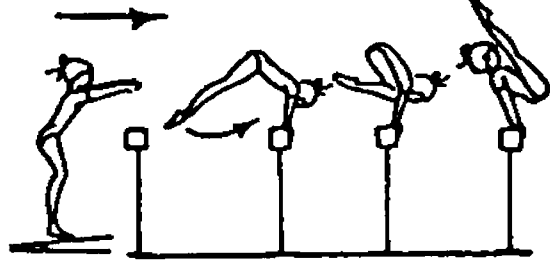

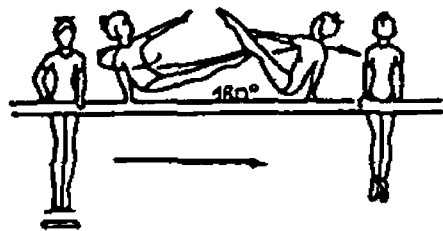


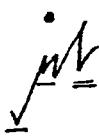
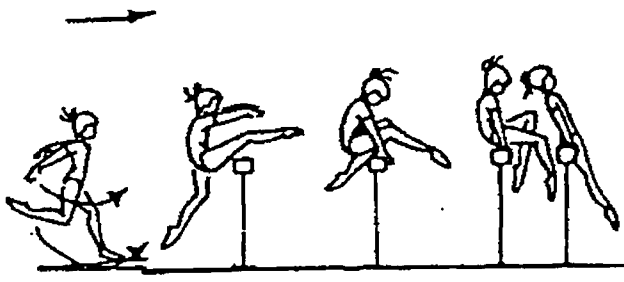
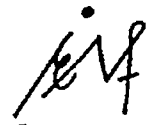

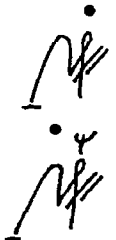
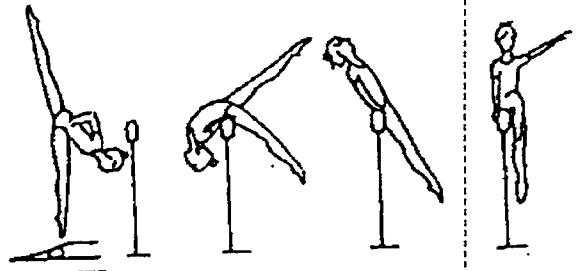
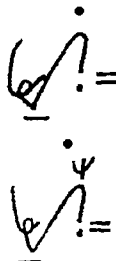
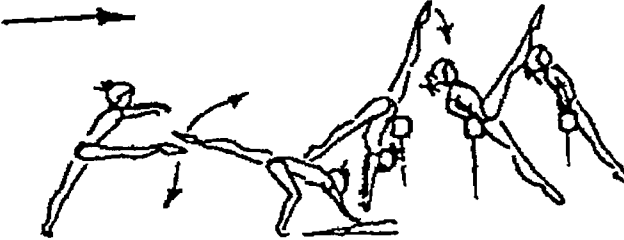
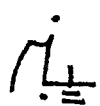
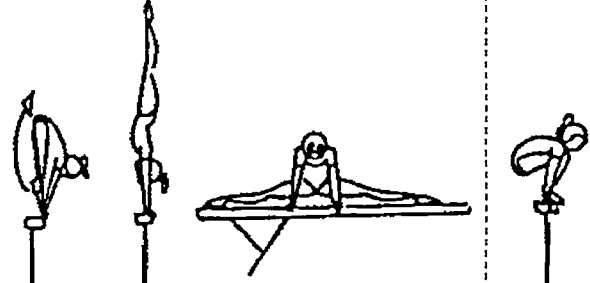
1.107
 From front stand jump (with hand support) to side straddle stand or split sit, also with 1/4 turn (90°) to cross split sit



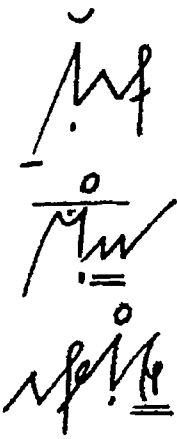
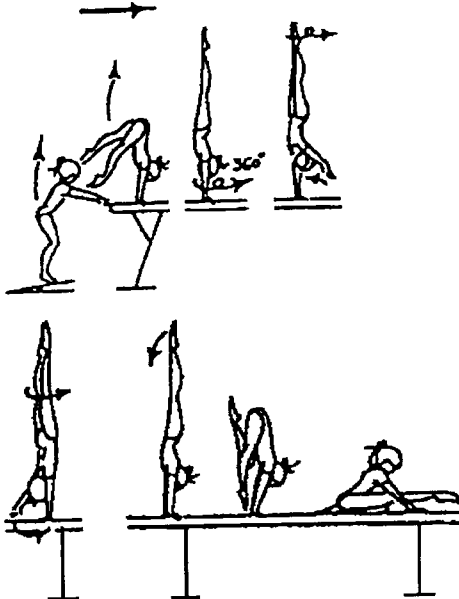

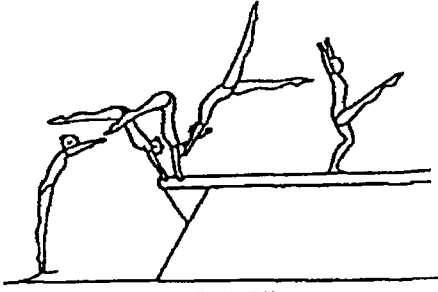

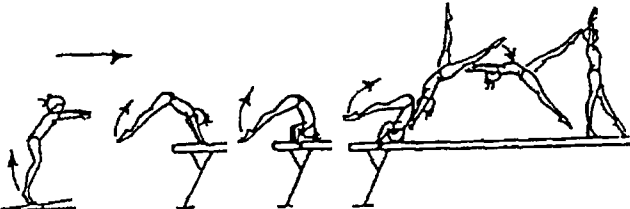

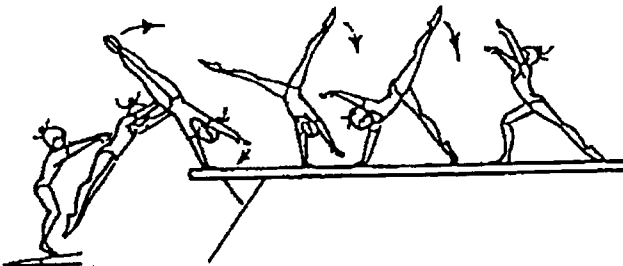
1.108
 From front stand or 90° approach to beam - jump to tuck stand, squat through or stoop through with or without hecht phase to rear support


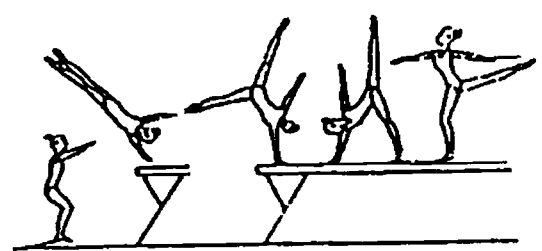

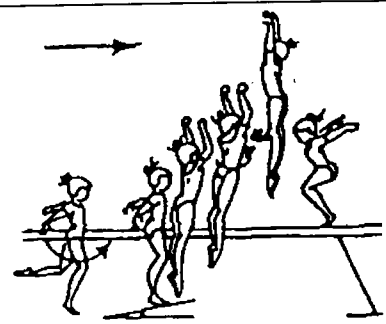
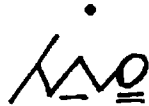
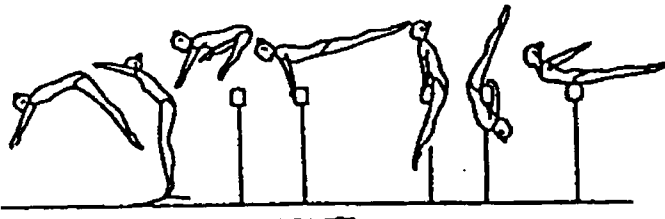
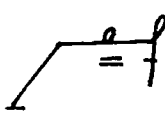
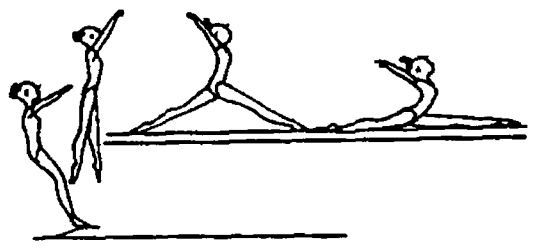

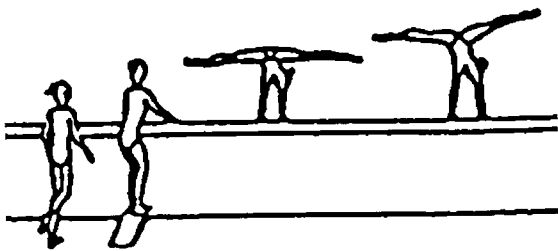


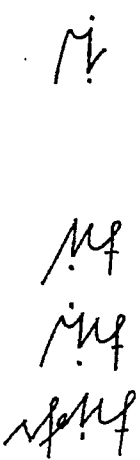
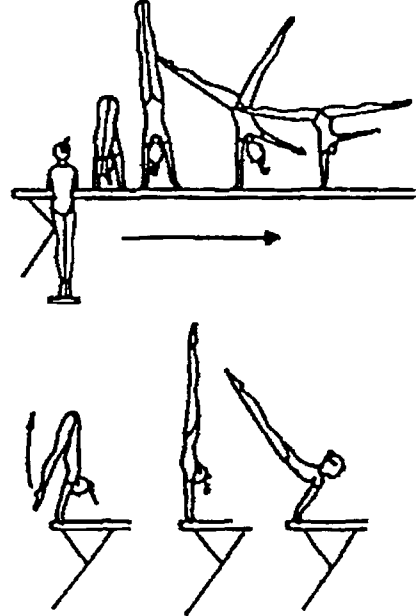
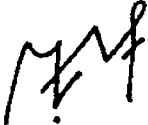
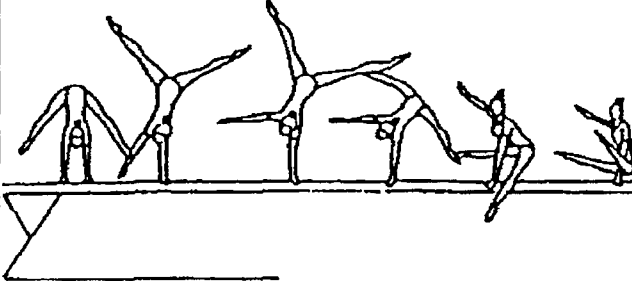

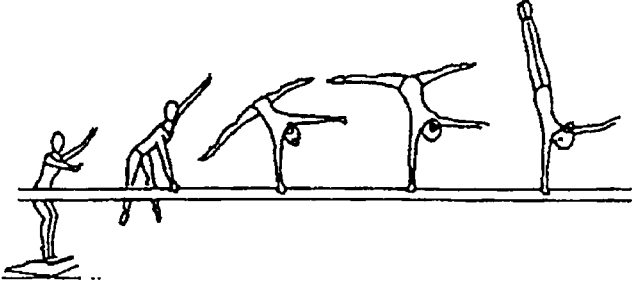
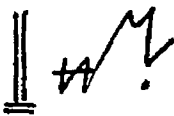
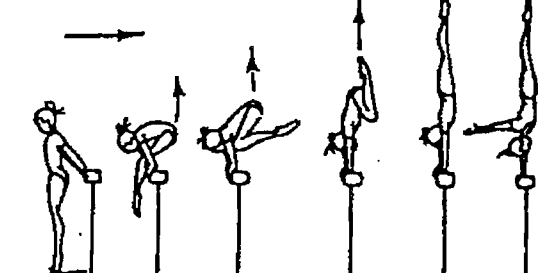
<p>1.109 Leap to cross split sit from one foot take-off - diagonal approach to beam (<i>support of one hand permitted</i>)</p>		
<p>1.110 Jump to roll forward at end or middle of beam</p>		
<p>1.111 Clear straddle support on end of beam - swing backward to roll forward</p>		
<u>B- Elements</u>		
<p>1.201 From side stand - squat or stoop through to clear pike support (<i>two seconds</i>)</p>		
<p>1.202 From front stand - double leg swing (<i>Kehre-in</i>) with ½ turn (180°) to rear support (<i>Kreiskehreswing</i>)</p>		


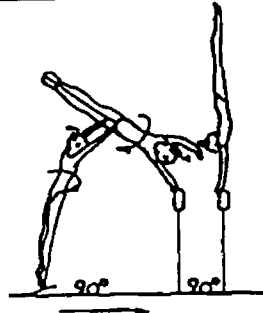
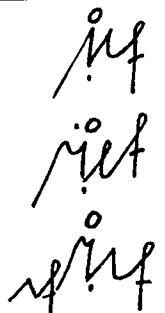
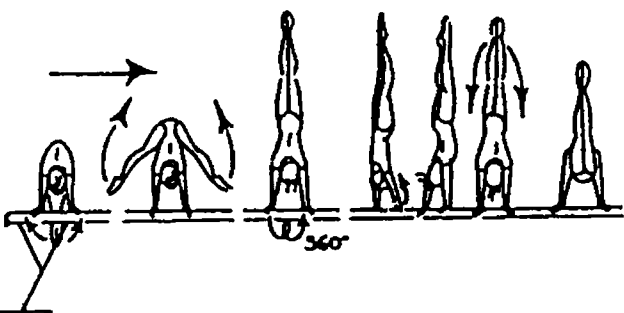
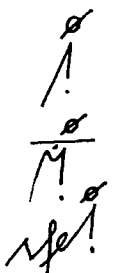
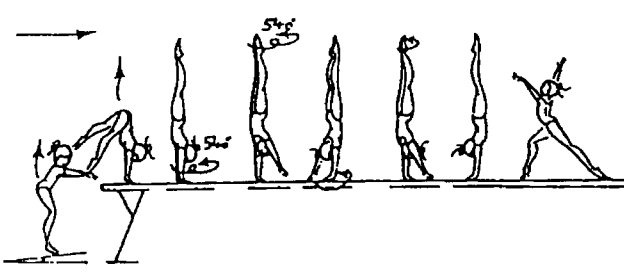

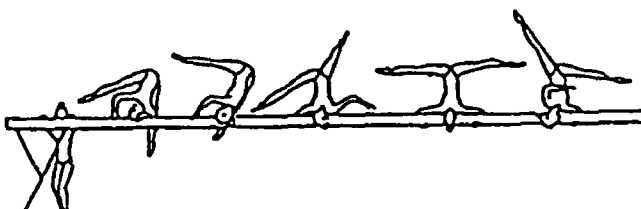

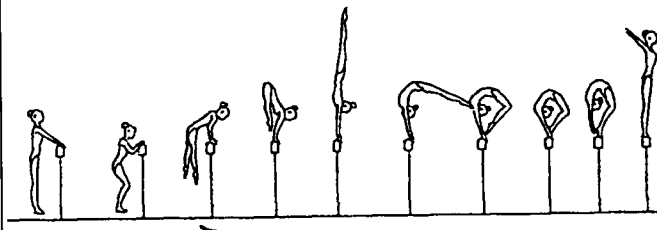
<p>1.203 Thief vault - take-off from one leg- free leap over beam, one leg after another to rear support - 90° approach to beam</p>		
<p>1.204 Jump with ½ turn (180°) to clear straddle support - 90° approach to beam</p>		
<p>1.205 Free (<i>aerial</i>) walkover forward to rear support or with ¼ turn (90°) to cross sit on R or L thigh - 90° approach to beam</p>		
<p>1.206 Handspring forward with hand repulsion from springboard to rear support - or with ¼ turn (90°) to cross sit on R or L thigh - 90° approach to beam</p>		
<p>1.207 Jump, press, or swing to side or cross handstand - lower to - optional end position or - continue to roll forward, walkover forward, etc.</p>		

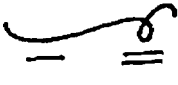
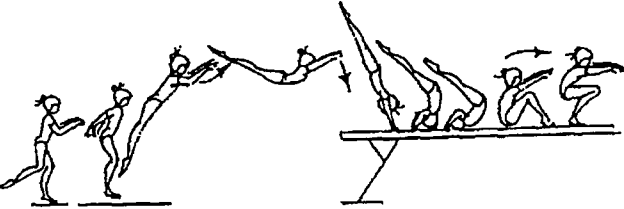


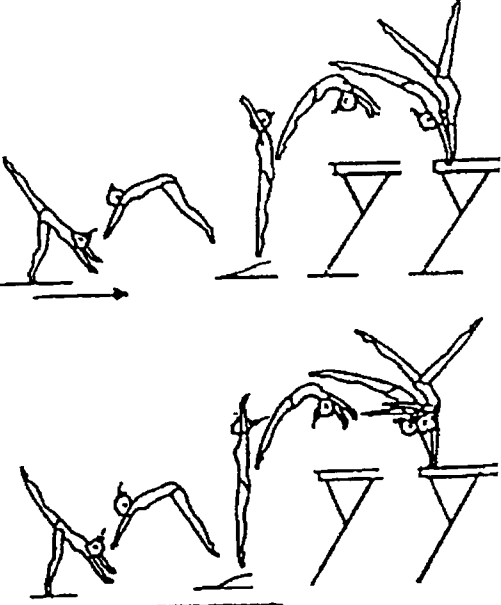

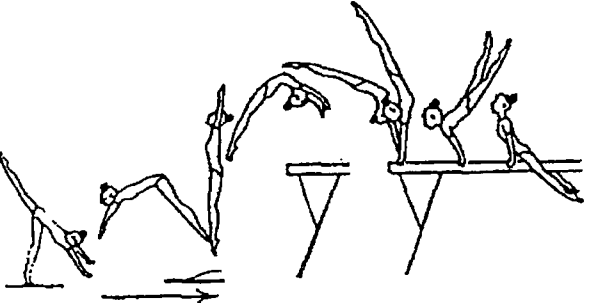

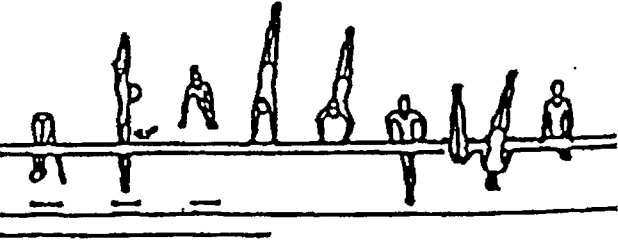
<p>1.207 (cont)</p>	<p>Handwritten notation consisting of a zigzag line with a vertical line and a crossbar, followed by a series of symbols: a cursive 'y', a vertical line with a crossbar, and a vertical line with a crossbar.</p>	<p>Diagrammatic representation of skill 1.207 (cont) showing five sequential stages of a gymnast performing a series of handstands on a beam, with legs in various positions.</p>
<p>1.208 Press to side handstand, with bending/stretching of legs - hop with ¼ turn (90°) to cross handstand (Lori-hop)</p>	<p>Handwritten notation consisting of a zigzag line with a vertical line and a crossbar, followed by a vertical line with a crossbar.</p>	<p>Diagrammatic representation of skill 1.208 showing four sequential stages of a gymnast performing a press to side handstand, followed by a hop with a ¼ turn to a cross handstand.</p>
<p>1.209 Jump to handstand with extended hips (<i>hecht phase</i>) in on flight phase - lower to end position touching beam</p>	<p>Handwritten notation consisting of a zigzag line with a vertical line and a crossbar, followed by a vertical line with a crossbar.</p>	<p>Diagrammatic representation of skill 1.209 showing five sequential stages of a gymnast performing a jump to handstand with extended hips, followed by a flight phase and a landing on the beam.</p>
<p>1.210 From rear stand- jump backward, press to side handstand</p>	<p>Handwritten notation consisting of a vertical line with a crossbar, followed by a vertical line with a crossbar.</p>	<p>Diagrammatic representation of skill 1.210 showing six sequential stages of a gymnast performing a jump backward from a rear stand, followed by a press to side handstand.</p>

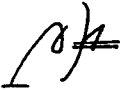
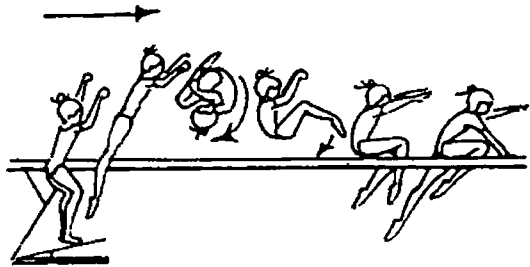
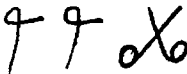
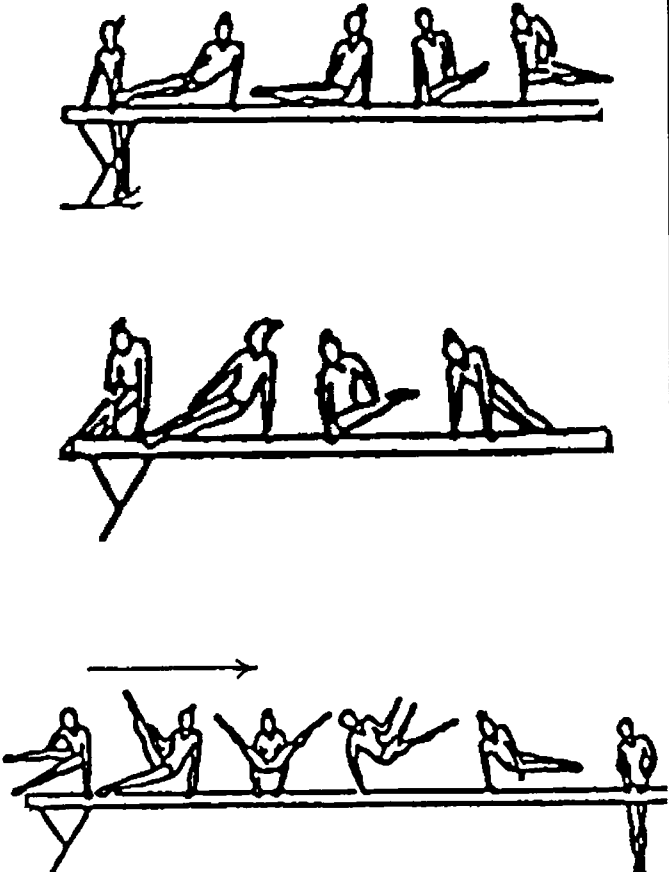

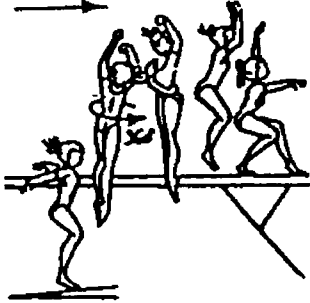
<p>1.211 Jump, press or swing to cross or side handstand with ½ or 1/1 turn (180° or 360°) - lower to end position touching beam or clear straddle support</p>		
<p>1.212 From cross stand facing end of beam - jump to handstand with hip angle (<i>pike</i>) to handspring forward with step-out</p>		
<p>1.213 All head and neck kips</p>		
<p>1.214 Cartwheel with support on one or both arms, extended hip angle before hand support on beam- approach at end or diagonal to beam</p>		


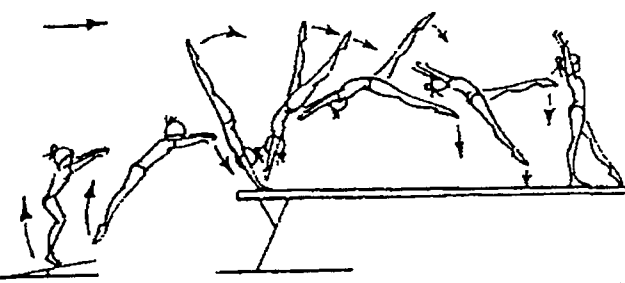

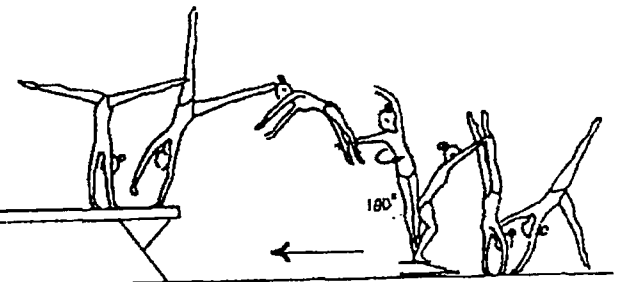

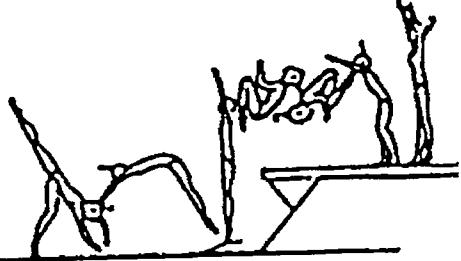
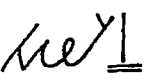
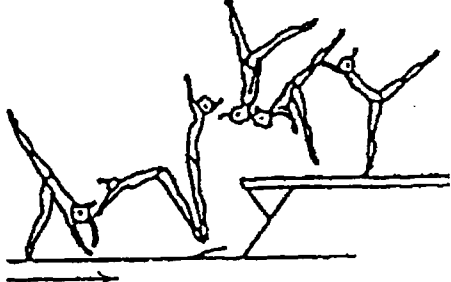

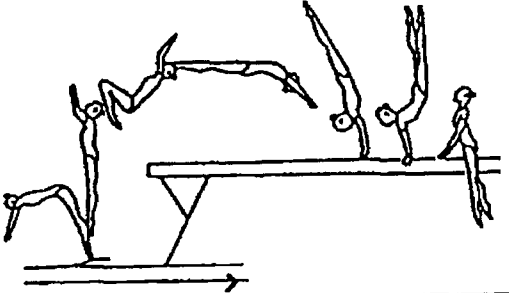
<p>1.214 (cont)</p>		
<p>1.215 Free jump with ½ turn (180°) in flight phase to stand - take-off from both legs - 90° or diagonal approach to beam</p>		
<p>1.216 Round-off, straddle pike jump backward over beam into immediate hip circle backward - 90° approach to beam</p>		
<p><u>C- Elements</u></p>		
<p>1.301 Free jump to cross split sit - take-off from both legs - diagonal approach to beam</p>		
<p>1.302 Jump with stretched hips to planche (<i>Schuschunova</i>) (<i>Jump with bent hips = "B"</i>) (<i>two seconds</i>)</p>		

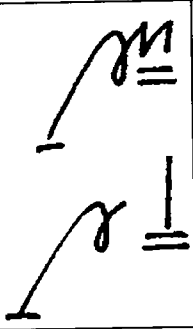
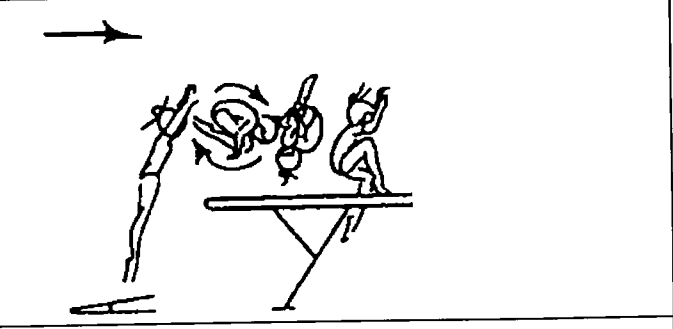
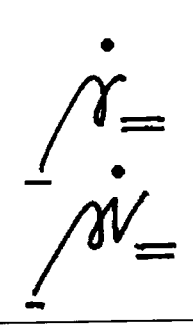
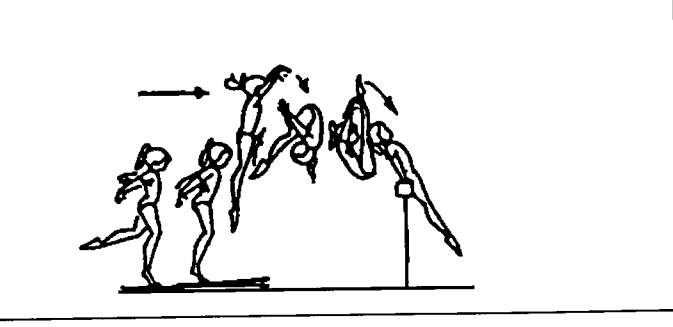
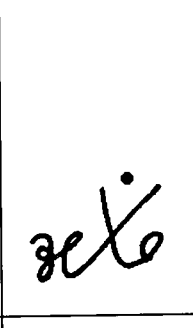
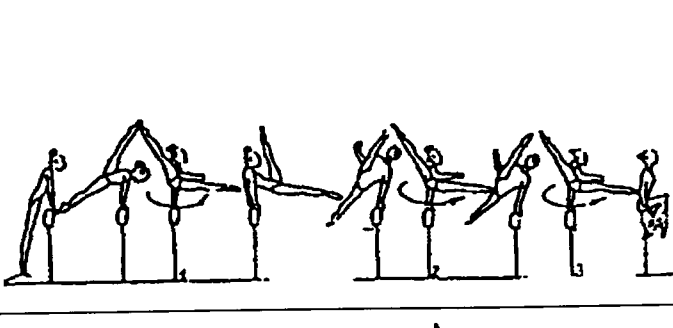
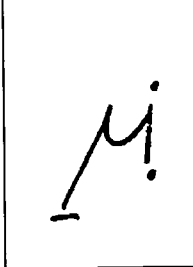
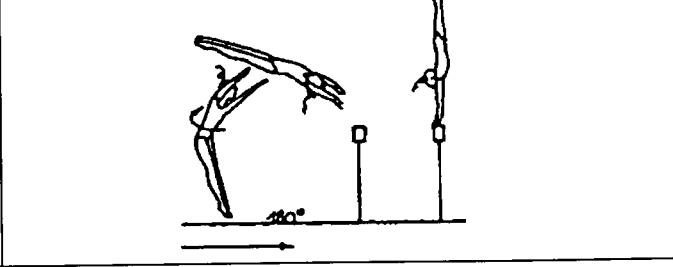
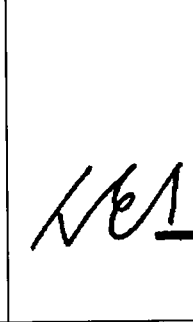
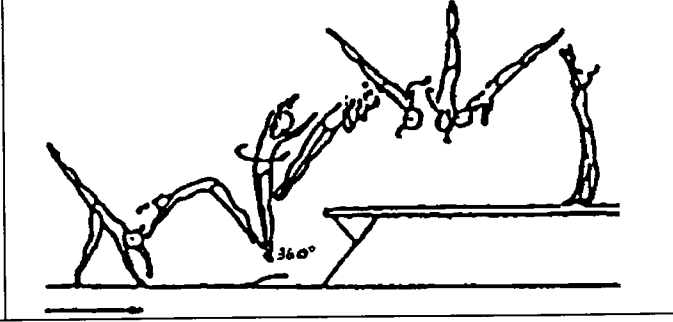
<p>1.303 Jump, press or swing to cross or side handstand - lower to planche (clear front support above horizontal) or shift weight to side handstand on one arm (two seconds)</p>		
<p>1.304 Press to side handstand, shift weight to one arm, lower to clear straddle support on one arm (Lowing)</p>		
<p>1.305 Jump to handstand on one arm (two seconds) (Rankin)</p>		
<p>1.306 From rear stand - jump backward, press to side handstand, shift weight to handstand on one arm (two seconds)</p>		

<p>1.307 Jump with extended hips and with $\frac{1}{4}$ turn (90°) through a momentary handstand on one arm with immediate $\frac{1}{4}$ turn (90°) and support on second arm to side handstand- 90° approach to beam</p>		
<p>1.308 Jump, press or swing to cross or side handstand - up to $1/1$ turn (360°) in handstand - lower to planche or clear pike support (two seconds)</p>		
<p>1.309 Jump, press, or swing to cross or side handstand - $1\frac{1}{2}$ turn (540°) in handstand</p>		
<p>1.310 Jump to neckstand, $1/1$ turn (360°) over shoulder to stand (Silivas)</p>		
<p>1.311 Press to side handstand - walkover forward to sidestand (Phillips)</p>		

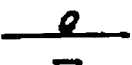

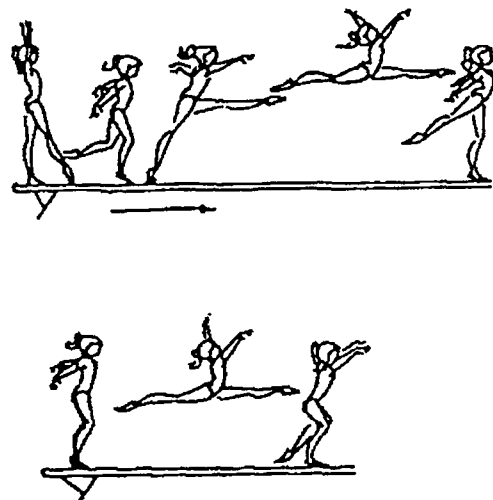
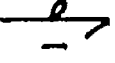
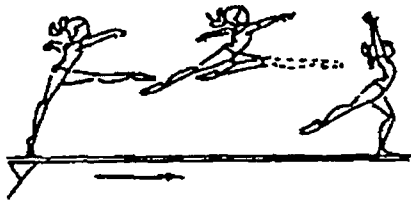

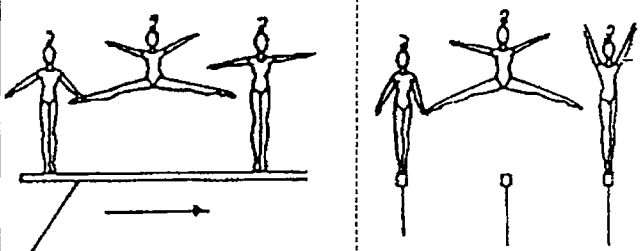


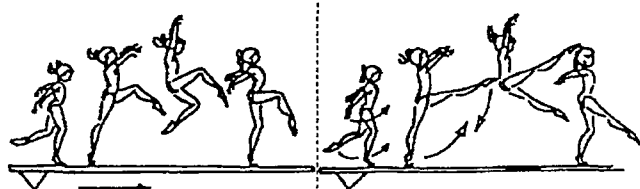
<p>1.312 Hecht roll (<i>requirement: extended hip angle in flight phase</i>) - approach at end or diagonal to beam</p>		
<p>1.313 Round-off in front of beam (<i>at end</i>) - flic-flac through handstand to cross stand on beam, also with support of one arm</p>	 	
<p>1.314 Round-off in front of beam (<i>at end</i>) - flic-flac through handstand with swing down to cross straddle sit</p>		
<p>1.315 Round-off in front of beam - flic-flac ½ twist (180°) to clear side support - 90° approach to beam (<i>Gurova</i>)</p>		


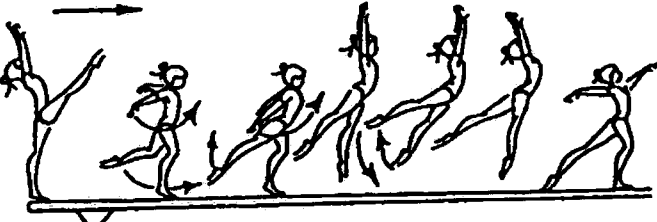
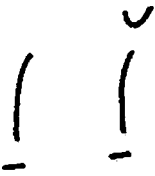
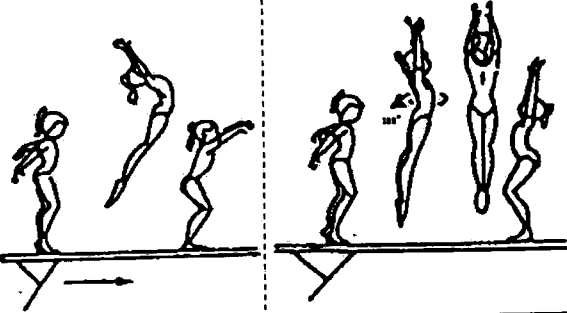
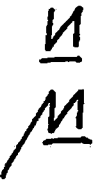
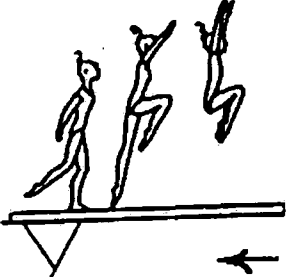

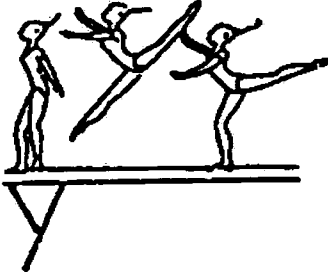

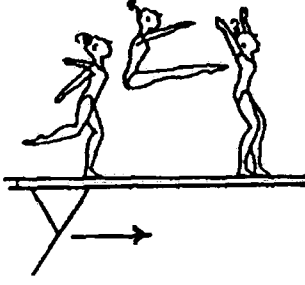
<p>1.316 Salto forward tucked to cross sit R or L - diagonal approach to beam</p>		
<p>1.317 Two flank circles followed by leg "Flair" (Baitova)</p>		
<p><u>D- Elements</u> 1.401 Free jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs - approach at end or diagonal to beam</p>		


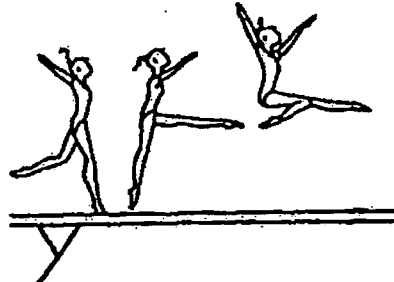

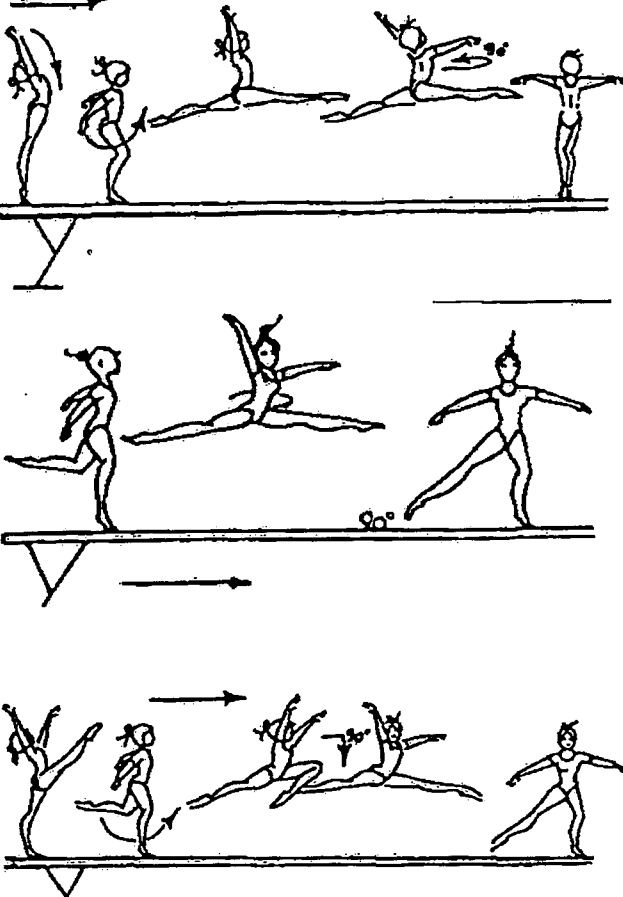

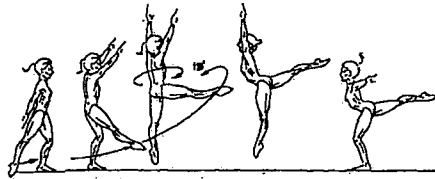
<p>1.402 Handsprings forward with hecht phase (<i>extended hip angle</i>) before hand support on beam - approach at end or diagonal to beam</p>		
<p>1.403 Round-off in front of beam (<i>at end</i>), flic-flac with 1/1 twist (360°) to cross or side stand on beam (<i>Luconi</i>)</p>		
<p>1.404 Round-off in front of beam (<i>at end</i>) - salto backward tucked to cross stand on beam</p>		
<p>1.405 Round-off in front of beam (<i>at end</i>) - salto backward stretched with step out to cross stand on beam</p>		
<p>1.406 Round-off in front of beam (<i>at end</i>) - salto backward tucked with swing down to cross straddle sit (<i>Milosovici</i>)</p>		

<p>1.407 Salto forward tucked to tuck stand or stand - approach at end of beam</p>		
<p>1.408 Salto forward tucked or piked to rear support - 90° approach to beam</p>		
<p>1.409 3 x flying scissors (Homma)</p>		
<u>E- Elements</u>		
<p>1.501 Jump with extended hips and ½ turn (180°) in flight phase to side handstand - 90° approach to beam</p>		
<p>1.502 Round-off in front of beam (<i>at end</i>) - salto backward stretched with 1/1 twist (360°) to cross stand on beam (Garrison)</p>		


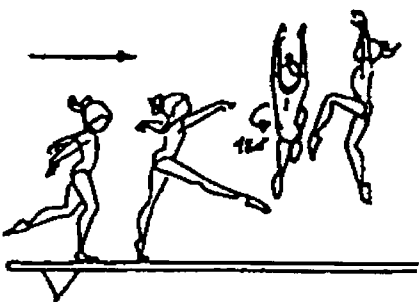

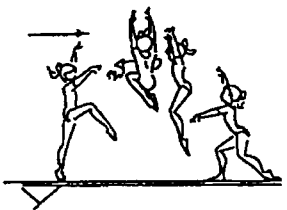
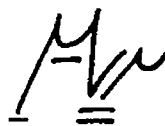


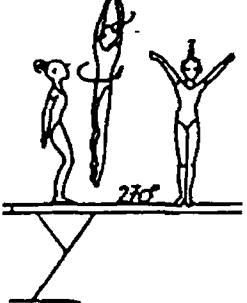


2. GYMNASTIC LEAPS, JUMPS AND HOPS


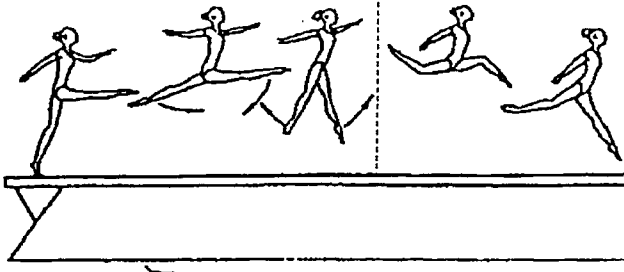

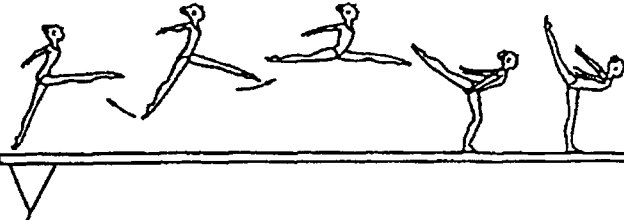

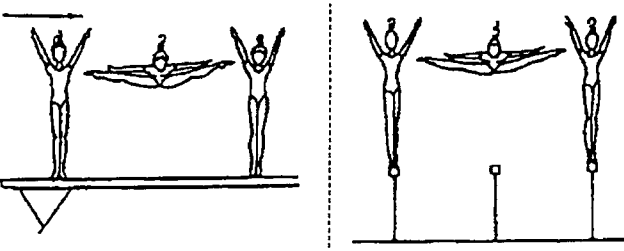

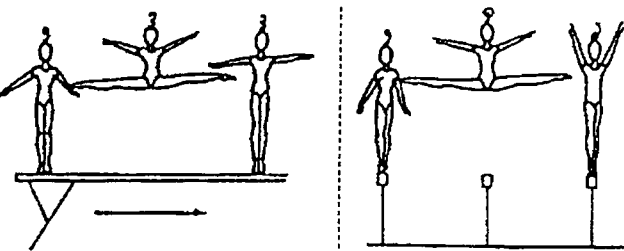

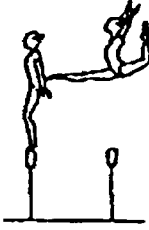
A- Elements		
<p>2.101 Split leap forward (<i>take-off from one leg</i>) or split jump in place (<i>take-off from both legs</i>)</p>	 	
<p>2.102 Split leap forward or split jump in place with bending of front leg (<i>Stag leap-jump</i>)</p>		
<p>2.103 Side straddle jump (<i>hip angle extended</i>) in a cross or side position - straddle $\nless 150^\circ$</p>		
<p>2.104 Scissors leap forward with bent (<i>Cat Leap</i>) or extended legs</p>	 	

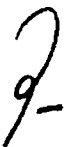
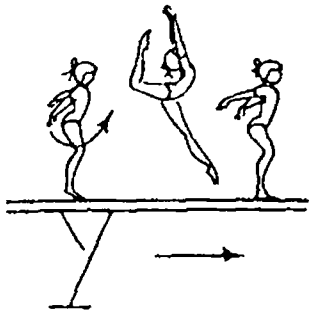

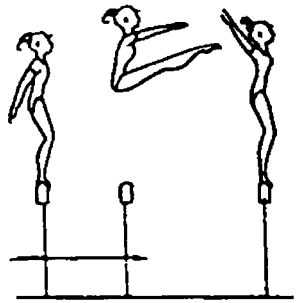

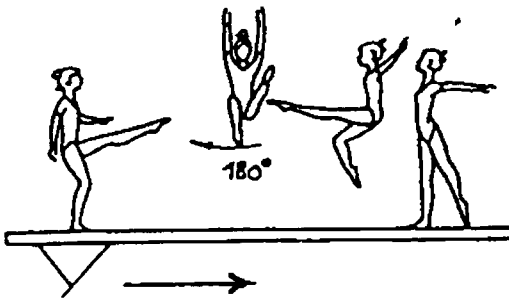

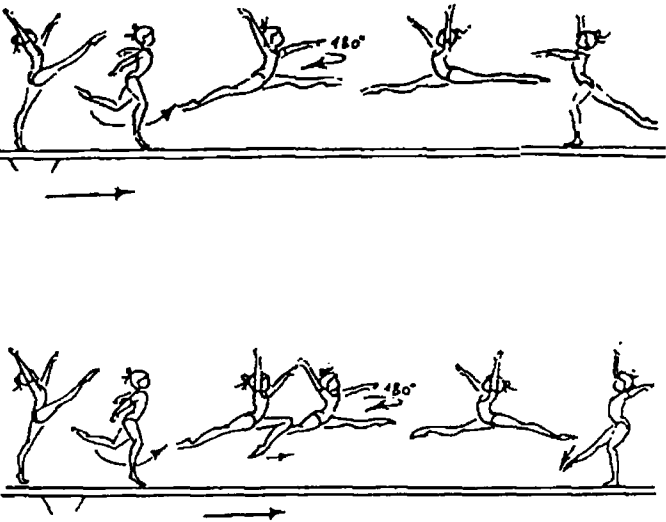
<p>2.105 Scissors leap backward with extended or bent legs</p>		
<p>2.106 Stretched jump forward with arch or with 1/2 turn (180°)</p>		
<p>2.107 Tuck jump with take-off from one or both legs</p>		
<p>2.108 Sissone</p>		
<p><u>B- Elements</u> 2.201 Pike jump in cross position (<i>hip</i> <i>∠ of 90° = requirement</i>)</p>		

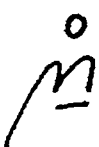
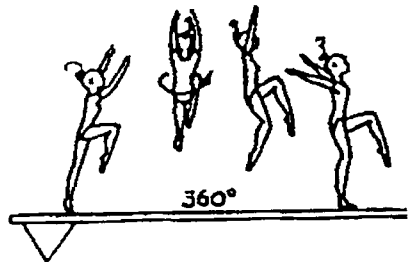

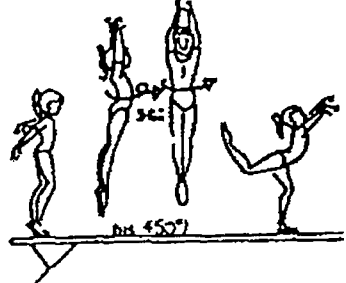

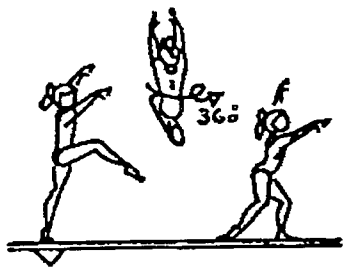

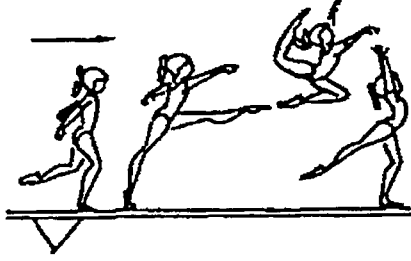
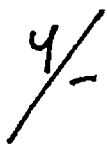
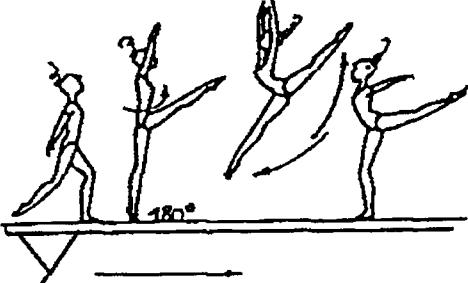
<p>2.202 Tuck jump (<i>hop</i>) with one leg extended horizontally forward, take-off from one or both legs</p>		
<p>2.203 Split * or stag split leap forward or jump in place with 1/4 turn (90°) - landing of legs one after another or on both legs in side stand</p>		
<p>2.204 Swing extended free leg forward upward, hop with 1/2 turn (180°) to land on take-off leg (<i>Fouetté hop</i>)</p>		


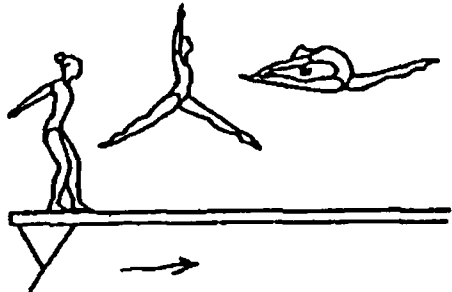

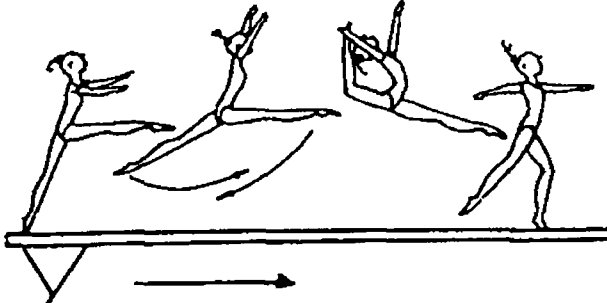

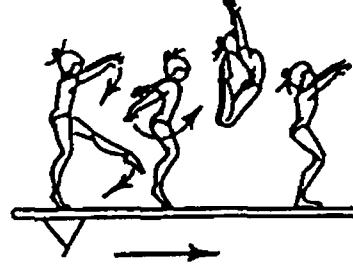

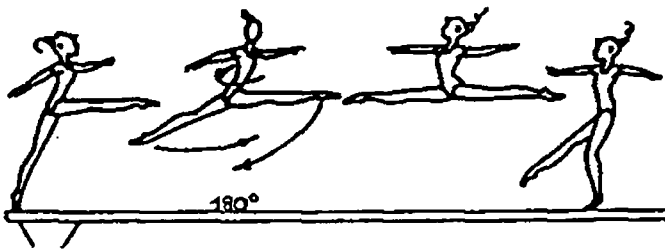

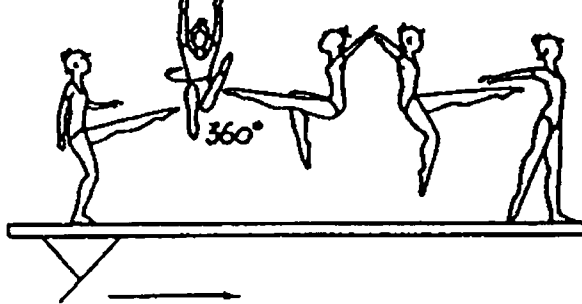
* Split leaps and jumps require 180° leg separation

<p>2.205 Scissors leap forward with bent legs and ½ turn (180°) (<i>cat leap with ½ turn [180°]</i>)</p>		
<p>2.206 Tuck jump with ½ turn (180°), take-off from one or both legs</p>		
<p>2.207 Jump with ½ turn (180°) over free leg to momentary cross sit on one thigh with immediate further turning in support or sit</p>		
<p>2.208 Stretched jump with ¾ turn (270°) - landing on one or both legs</p>		
<p><u>C- Elements</u></p>		
<p>2.301 Split leap forward with change of legs (180° separation <i>not</i> after leg change), also with bending of both legs in cross split (<i>double stag</i>)</p>		

<p>2.301 (cont)</p>		
<p>2.302 Split leap forward with leg change (180° separation \neq after the leg change) to scale forward</p>		
<p>2.303 Straddle pike jump in side or cross position</p>		
<p>2.304 Side split jump in side or cross position (separation $\neq 180^\circ$)</p>		
<p>2.305 Cross split jump in side position with bending of rear leg backward upward (Henrich Jump)</p>		

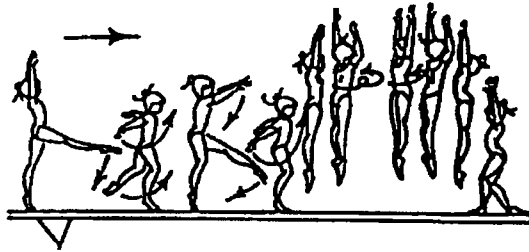
<p>2.306 Ring leap or jump (<i>rear leg at head height</i>)</p>		
<p>2.307 Pike jump in side position (<i>hip \neq of 90° = requirement</i>)</p>		
<p>2.308 Tuck jump (<i>hop</i>) with $\frac{1}{2}$ turn (180°), one leg extended horizontally forward, take-off from one or both legs</p>		
<p>2.309 Split leap or stag split leap forward and split jump in place, each with $\frac{1}{2}$ turn (180°)</p>		

<p>2.310 Scissors leap forward with bent legs (<i>Cat Leap</i>) and 1/1 turn (360°)</p>		
<p>2.311 Stretched jump with 1/1 turn (360°)</p>		
<p>2.312 Tuck jump with 1/1 turn (360°), take-off from one or both legs</p>		
<p><i>D- Elements</i></p>		
<p>2.401 Stag-ring leap or jump (<i>rear leg at head height</i>)</p>		
<p>2.402 Scissors leap with extended legs and 1/2 turn (180°) (<i>Tour jeté - separation ≠ 180°</i>)</p>		


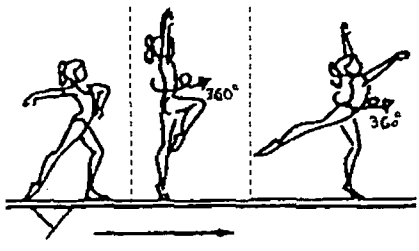

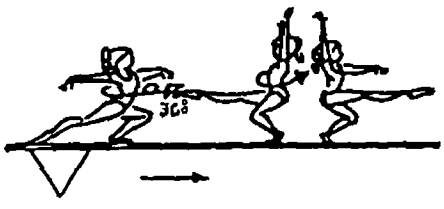


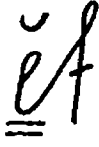
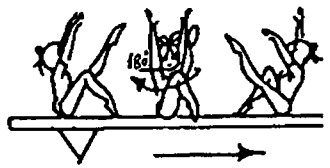


<i>E- Elements</i>		
<p>2.501 From cross stand - jump from both legs to cross split with over split ($> 180^\circ$) and backward bending (<i>arch</i>) of upper body parallel to rear leg (<i>Yang-Bo Jump</i>)</p>		
<p>2.502 Split leap forward with leg change to ring leap (180° separation \neq after leg change)</p>		
<p>2.503 Tuck jump with arch (<i>Sheep jump</i>), feet at head height</p>		
<p>2.504 Split leap forward with leg change (180° separation \neq after leg change) and $\frac{1}{2}$ turn (180°)</p>		
<p>2.505 Tuck jump (<i>hop</i>) with 1/1 turn (360°), one leg extended horizontally forward or higher</p>		


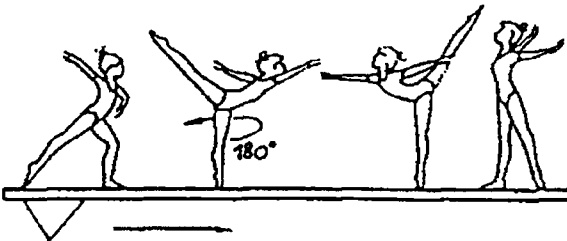

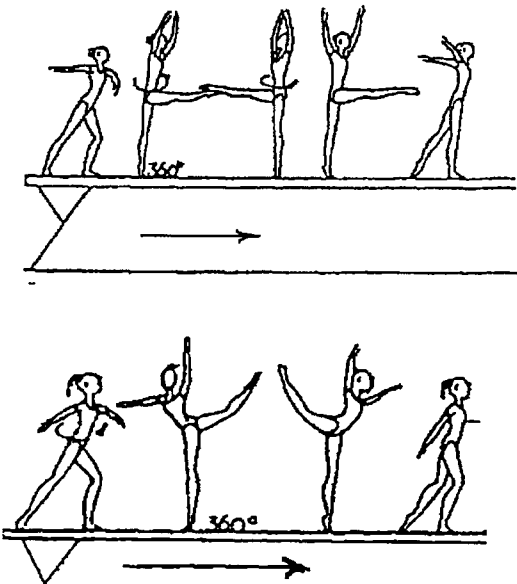

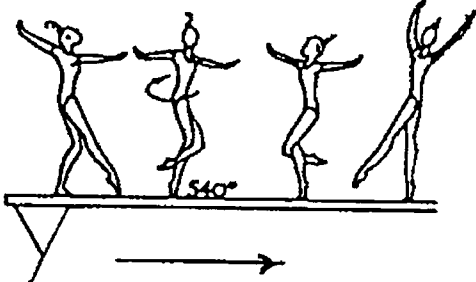
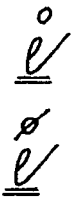
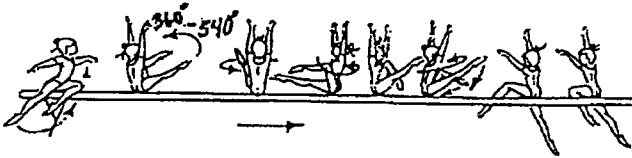
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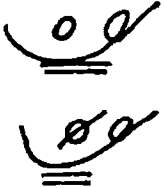


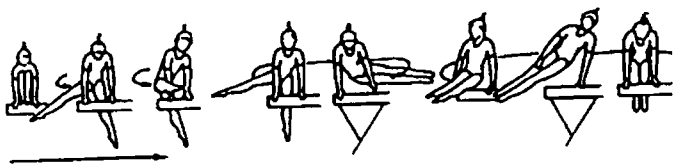

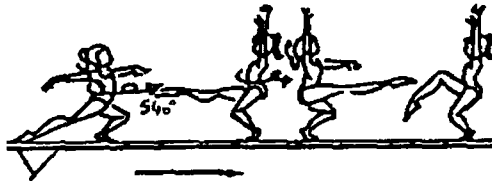

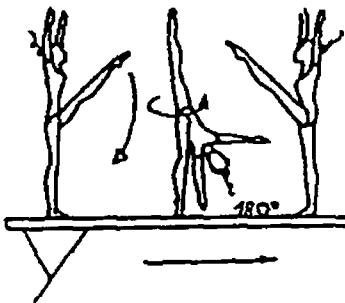

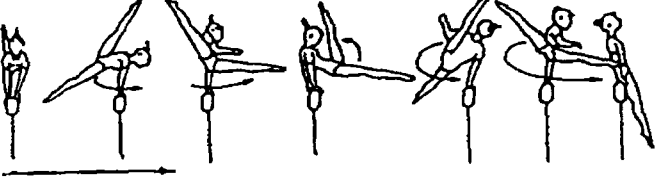
Stretched jump with 1½ turn
(540°)

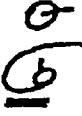


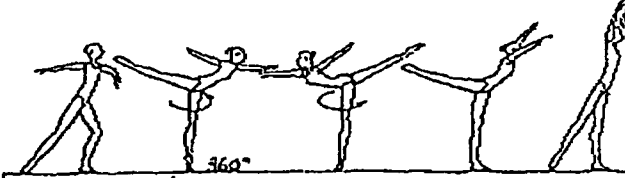

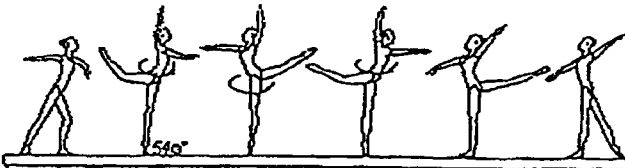



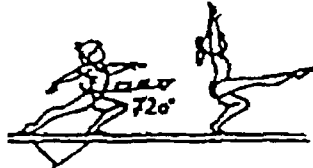



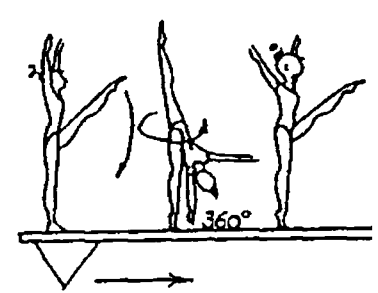

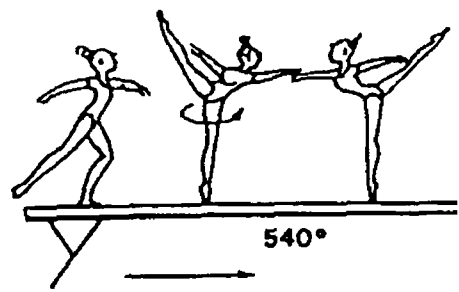

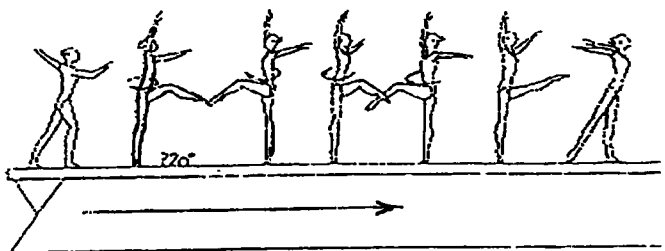

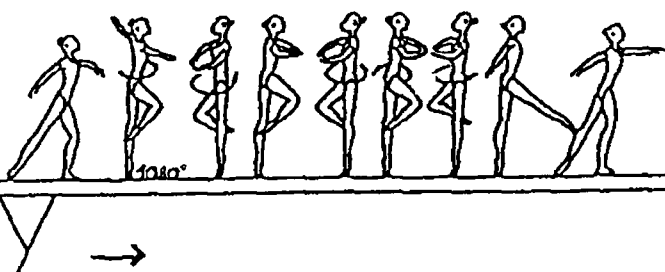
3. GYMNASTIC TURNS

<u>A- Elements</u>		
<p>3.101 1/1 turn (360°) on one leg, free leg optional</p>		
<p>3.102 1/1 turn (360°) in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1/1 turn (360°)</p>		
<p>3.103 1/1 turn (360°) in knee scale - hand support alternate</p>		
<p>3.104 ½ turn (180°) in free sit - without hand support</p>		
<p>3.105 ½ turn (180°) in prone position - hand support alternate</p>		


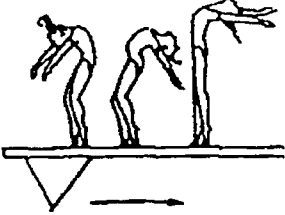

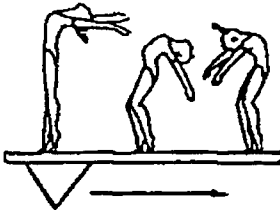

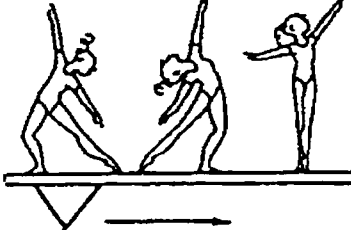

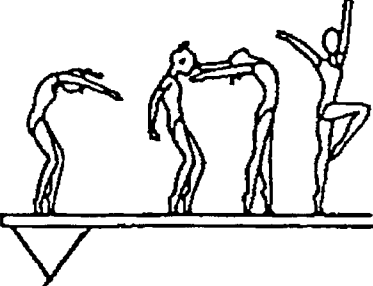

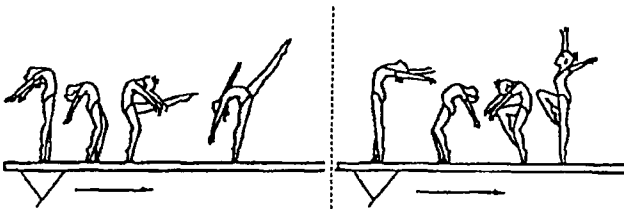
<u>B- Elements</u>		
<p>3.201 ½ turn (180°) in scale, free leg above horizontal from start to end of turn</p>		
<p>3.202 1/1 turn (360°) on one leg, thigh of free leg horizontal (<i>forward-, sideward-, or backward upward</i>)</p>		
<p>3.203 1½ turn (540°) on one leg, free leg optional</p>		
<p>3.204 1/1 turn to 1½ turn (360° to 540°) in sit - alternate support of hands permitted</p>		


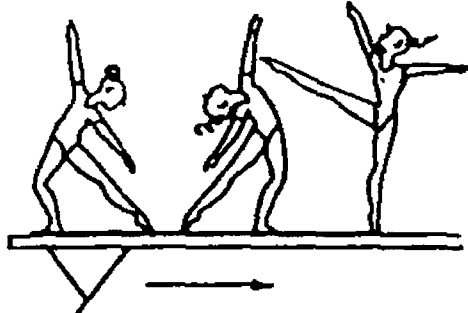

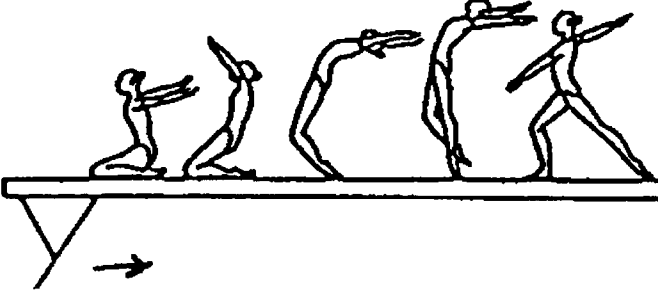

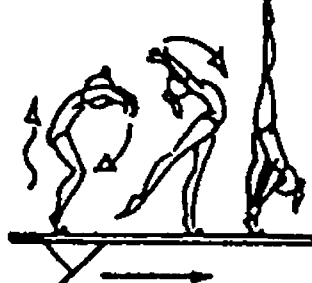

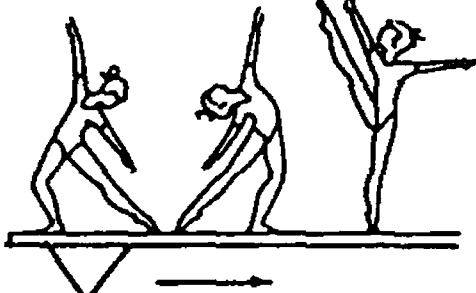
<p>3.205 1/1 turn to 1 ½ turn (360° to 540°) in prone position - alternate support of hands permitted</p>		
<p>3.206 1/1 turn (360°) flank circle, legs together <i>(Kreis flank-Voigt flank)</i></p>		
<p><u>C- Elements</u></p>		
<p>3.301 1 ½ turn (540°) in tuck stand on one leg, free leg in forward horizontal, placing of the free leg at end of 1 ½ turn (540°)</p>		
<p>3.302 ½ illusion turn (180°) through standing split without touching beam with free leg <i>(brief touching of beam with one hand permitted)</i></p>		
<p>3.303 One leg circle with "flair" <i>(legs separated)</i> <i>(Talavera-Flair)</i></p>		

<p>3.304 $1\frac{1}{4}$ (450°) turn on back in kip position (<i>hip-leg angle closed</i>) <i>(Li-Li turn)</i></p>		
<u>D- Elements</u>		
<p>3.401 $1/1$ turn (360°) in scale forward, free leg above horizontal from start to end of turn</p>		
<p>3.402 $1\frac{1}{2}$ turn (540°) on one leg, thigh of free leg horizontal (<i>forward-, sideward-, or backward upward</i>)</p>		
<p>3.403 $2/1$ turn (720°) on one leg, free leg optional</p>		
<p>3.404 $2/1$ turn (720°) and more in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of $2/1$ turn (720°)</p>		


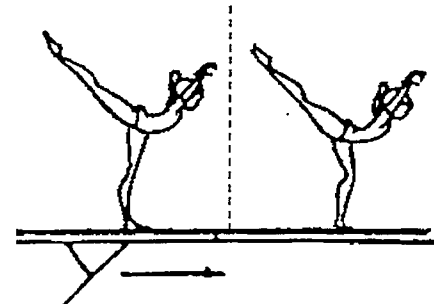

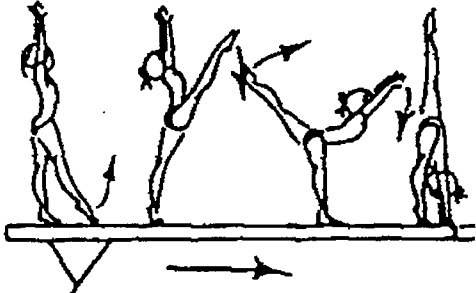

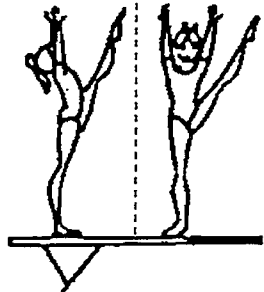


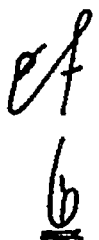
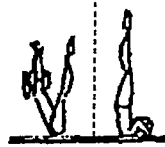
<u>E- Elements</u>		
<p>3.501 1/1 illusion turn (360°) through standing split without touching beam with free leg (<i>brief touching of beam with one hand permitted</i>)</p>		
<p>3.502 1½ turn (540°) or more in scale forward, free leg above horizontal from start to end of turn</p>		
<p>3.503 2/1 turn (720°) on one leg with thigh of free leg at horizontal (<i>forward-, sideward-, or backward upward</i>)</p>		
<p>3.504 3/1 turn (1080°) on one leg (<i>Okino</i>)</p>		


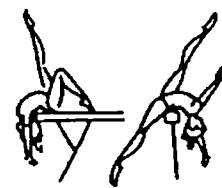

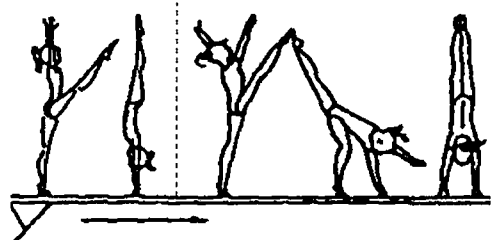
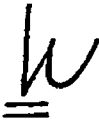
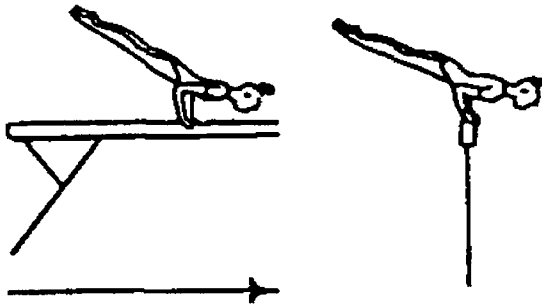


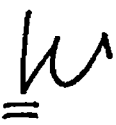
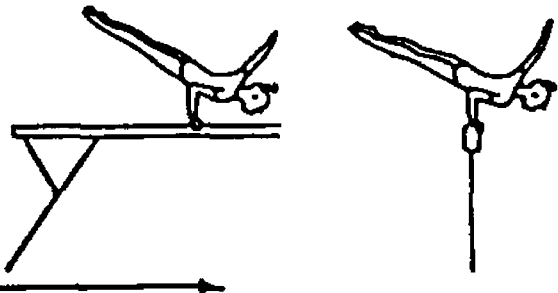
4. WAVES


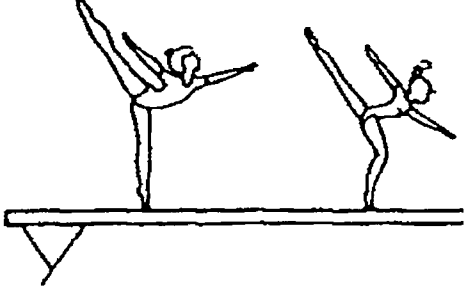

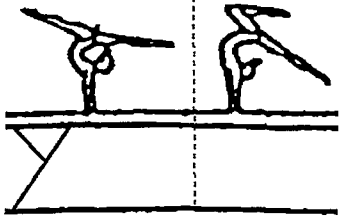
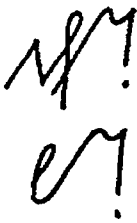
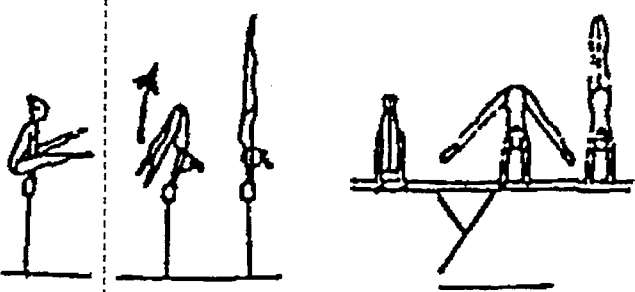
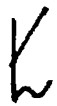
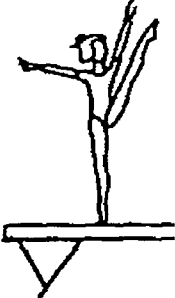
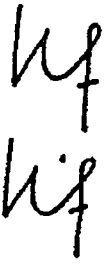
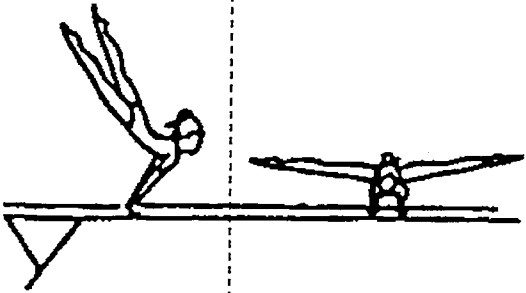
<p><u>A- Elements</u></p> <p>4.101 Body wave forward to balance stand on both legs *</p>		
<p>4.102 Body wave backward to balance stand on both legs</p>		
<p>4.103 Body wave sideward to balance stand on both legs</p>		
<p><u>B- Elements</u></p> <p>4.201 Body wave forward to balance stand on one leg</p>		
<p>4.202 Body wave backward to balance stand on one leg</p>		



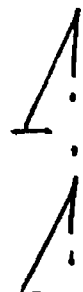
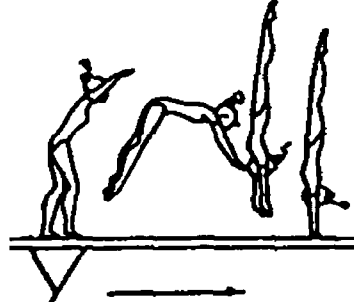
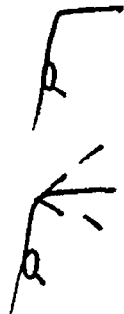
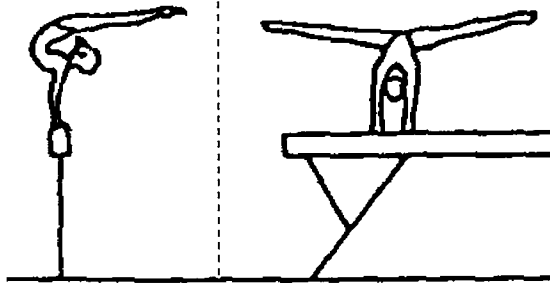
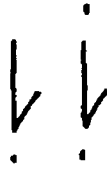
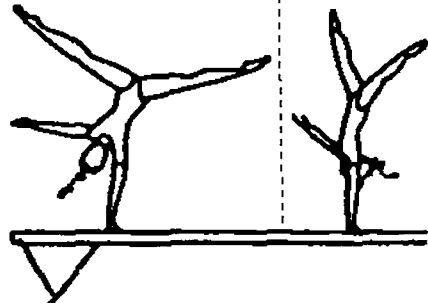

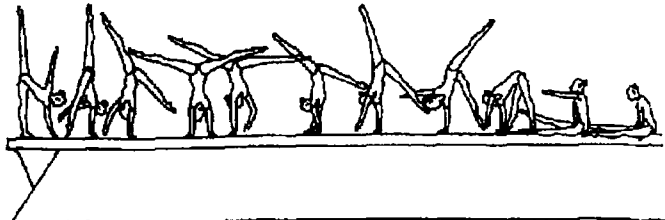
<p>4.203 Body wave sideward to balance stand on one leg</p>		
<p>4.204 From kneeling sit position, rise upward with body wave through toe-balance stand (<i>requirement</i>)</p>		
<p><u>C- Elements</u></p>		
<p>4.301 Body wave forward to standing split in balance stand (<i>two seconds</i>)</p>		
<p>4.302 Body wave sideward to balance stand with sideward upward hold of free leg above 140° (<i>two seconds</i>)</p>		


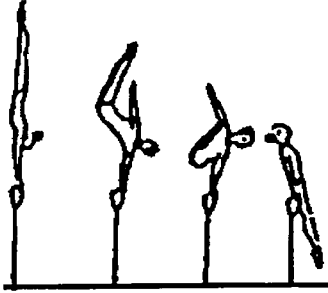


5. HOLDS - STANDS

<u>A- Elements</u>		
<p>5.101 Scale forward, support leg extended or bent (<i>two seconds</i>)</p>		
<p>5.102 Standing split forward with hand support in front of support leg (<i>separation $\neq 180^\circ$</i>) - Needle scale (<i>two seconds</i>)</p>		
<p>5.103 Stand on one leg (<i>whole foot</i>), free leg in forward or sideward hold above 90° (<i>two seconds</i>)</p>		
<p>5.104 Free knee scale (<i>two seconds</i>)</p>		
<p>5.105 Free pike -"V"- sit, neckstand, etc. (<i>two seconds</i>)</p>		


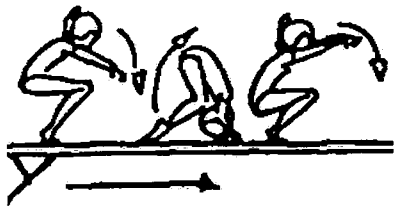

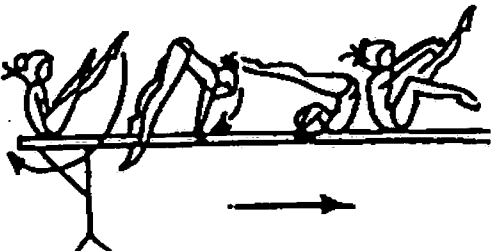

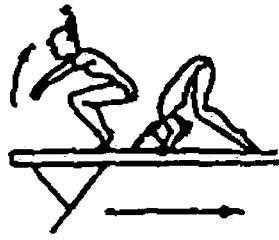
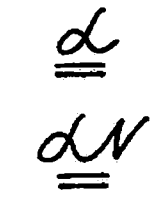
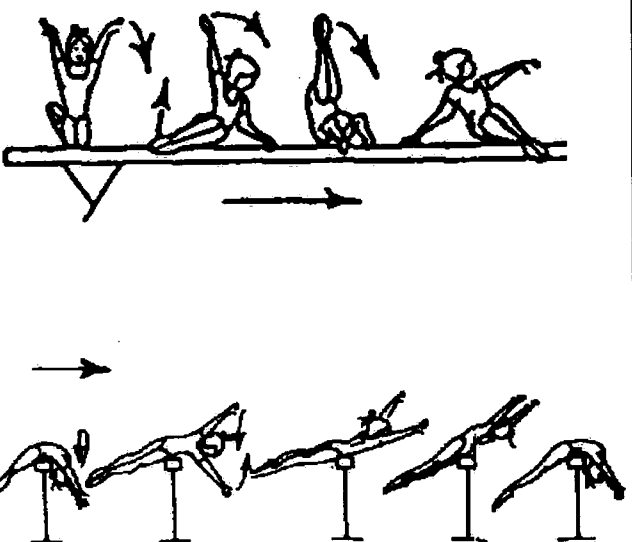
<p>5.106 Free lying with large leg - torso position (<i>two seconds</i>)</p>		
<p>5.107 Kick to cross or side handstand (<i>two seconds</i>)</p>		
<p>5.108 Planche with support on both arms (<i>two seconds</i>)</p>		
<u>B- Elements</u>		
<p>5.201 Clear pike -"V"- support (<i>two seconds</i>)</p>		
<p>5.202 Planche with support on one arm (<i>two seconds</i>)</p>		

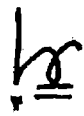
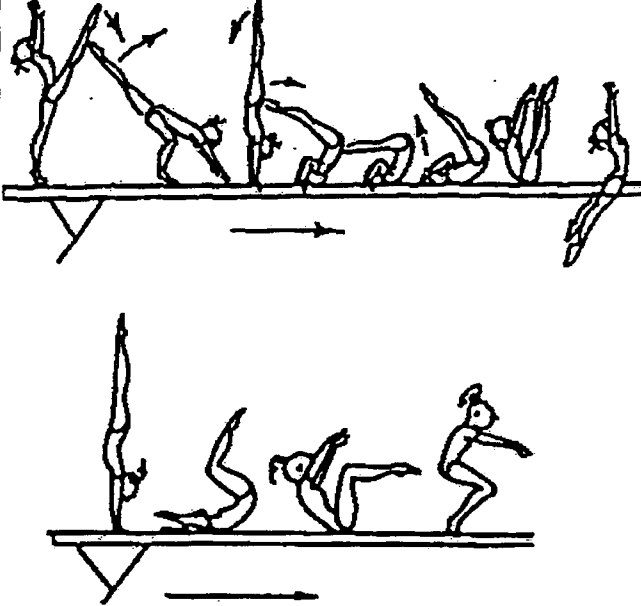
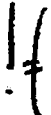
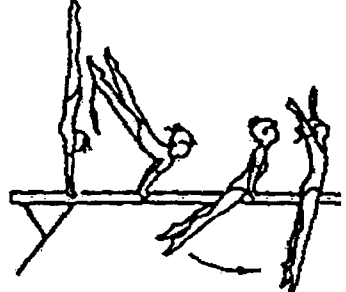


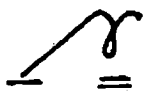

<p>5.203 Scale forward in balance stand, support leg bent or extended (two seconds)</p>		
<p>5.204 Handstands with large arch span ("over hang") (two seconds)</p>		
<p>5.205 From clear straddle support or clear pike support press to side handstand (two seconds)</p>		
<p><u>C- Elements</u></p>		
<p>5.301 Balance stand on one foot, free leg in sideward upward hold above 140° (two seconds)</p>		
<p>5.302 Planche (clear front support) in cross or side position (two seconds)</p>		


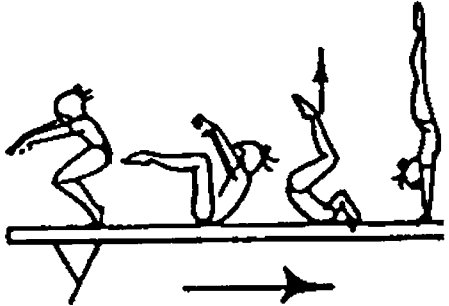

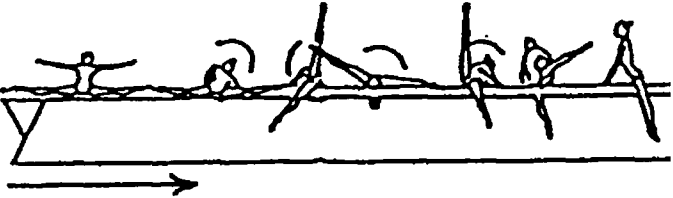

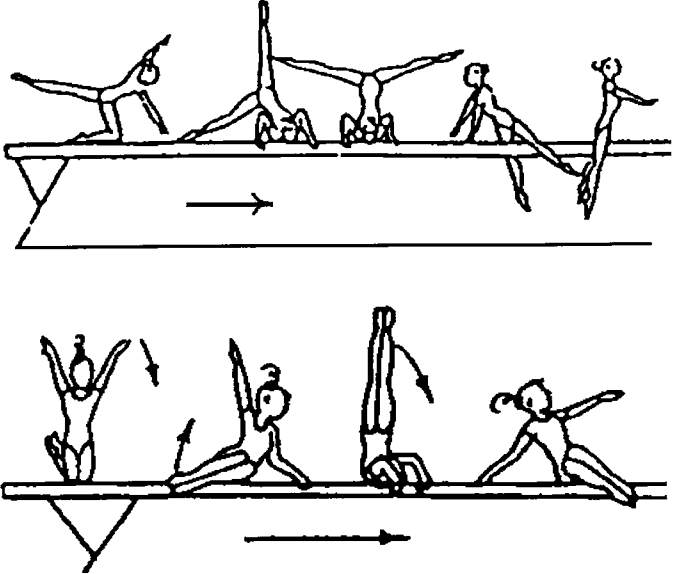

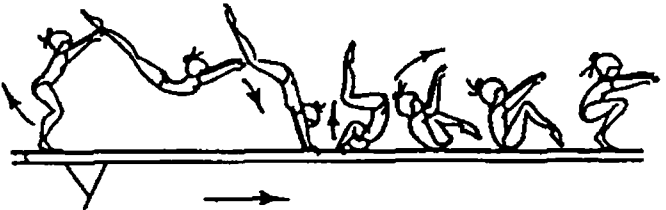
<p>5.303 Standing split backward, in stand on whole foot <i>(two seconds)</i></p>		
<p>5.304 Jump to cross or side handstand, also to cheststand <i>(two seconds)</i></p>		
<p>5.305 Side or cross handstand with horizontal leg hold - reverse planche in different variations <i>(two seconds)</i></p>		
<p>5.306 Cross or side handstand on one arm <i>(2 seconds)</i></p>		
<p>5.307 Press to cross or side handstand on one arm, 1/4 turn (90°) to handstand on both arms, cross "step" to one arm handstand, lowering to clear straddle support on one arm <i>(two seconds)</i> <i>(Rankin)</i></p>		

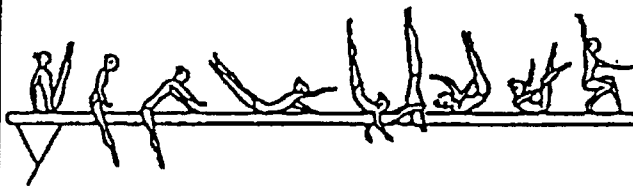
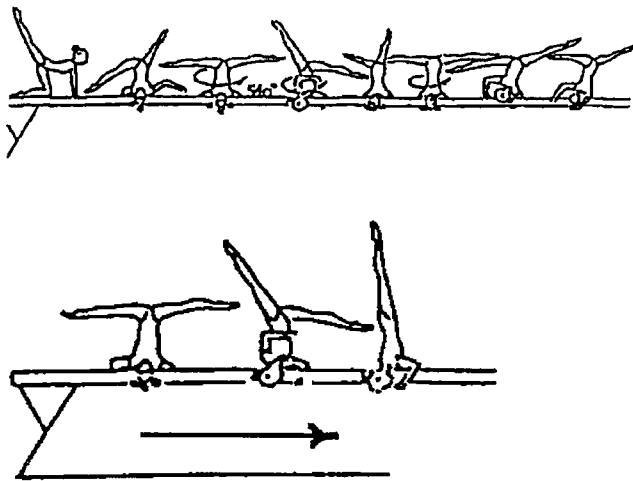
<p>5.308 Side handstand (2 seconds) - release one hand with swing down sideward (<i>flank</i>) to side sit, back lying or other end position (<i>Hand-Li</i>)</p>		
<p><u>D- Elements</u> 5.401 Scale backward in balance stand (<i>two seconds</i>)</p>		

6. ROLLS

A- Elements		
<p>6.101 Roll forward with hand support</p>		
<p>6.102 Roll forward from backward swing</p>		
<p>6.103 Roll backward</p>		
<p>6.104 Roll sideward, body tucked, piked, or stretched</p>		


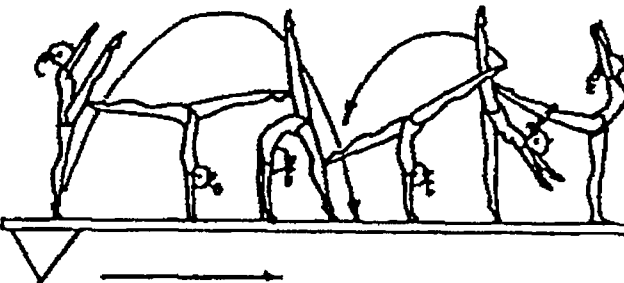

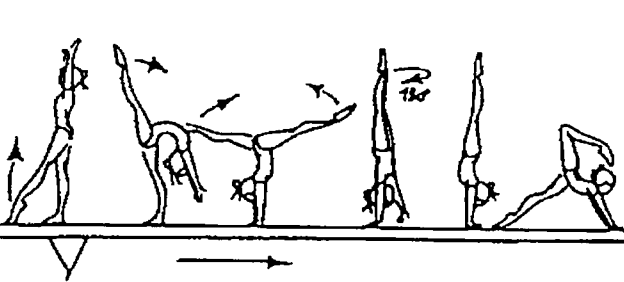
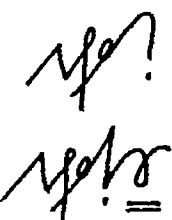
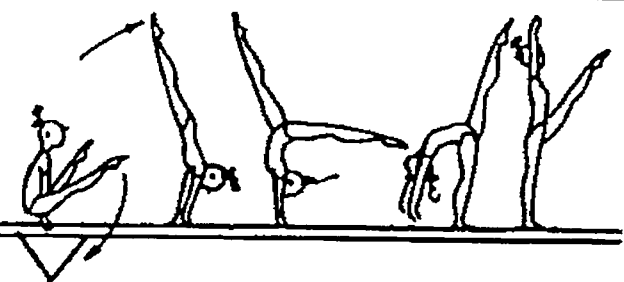

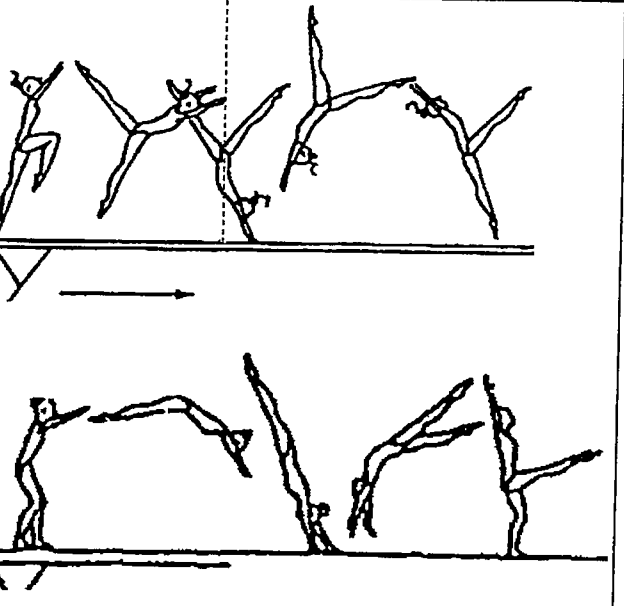
<p>6.105 Kick to cross handstand - rollout forward with or without hand support</p>		
<p>6.106 Kick to cross handstand - swing down to cross straddle sit</p>		
<i>B- Elements</i>		
<p>6.201 Roll forward without hand support</p>		
<p>6.202 Dive roll forward</p>		


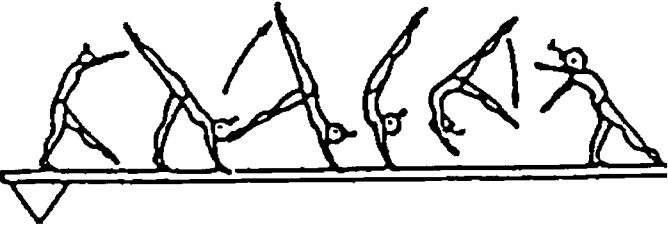
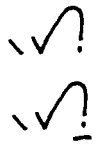
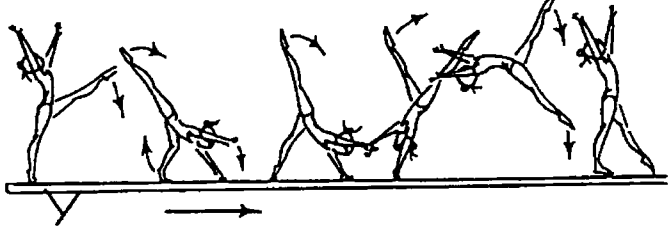

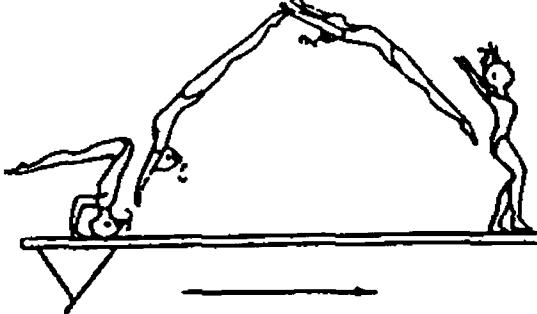

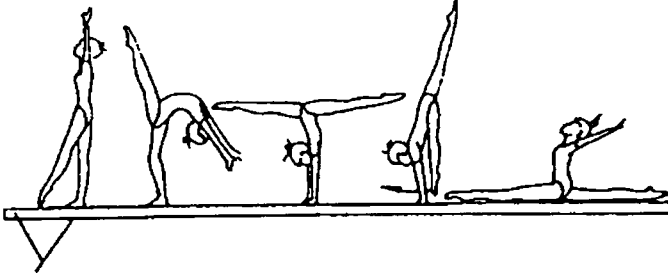

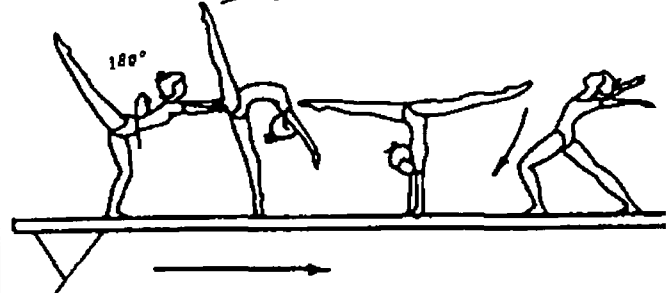
<p>6.203 Roll backward to handstand</p>		
<p>6.204 Side split - roll sideward stretched, legs separated - end position optional</p>		
<p>6.205 Roll sideward stretched through neckstand, also with 1/2 turn (180°) over shoulder</p>		
<p><u>C- Elements</u> 6.301 Hecht roll (<i>hip x extended in flight</i>)</p>		


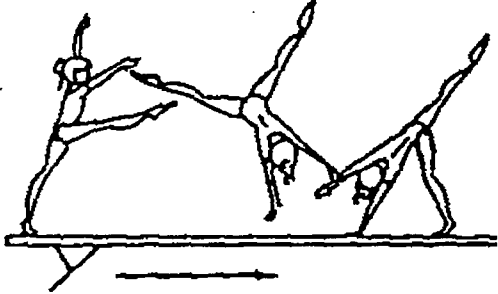

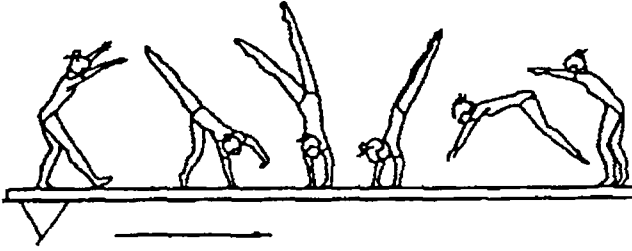

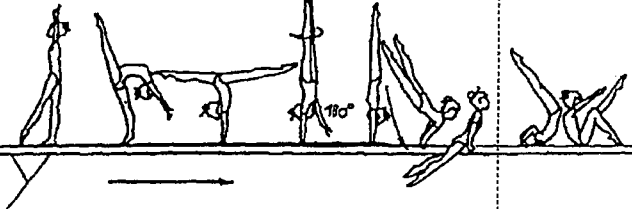

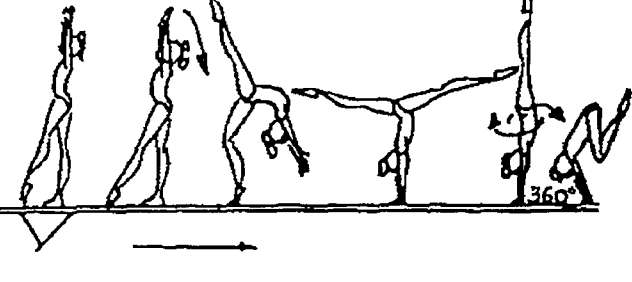

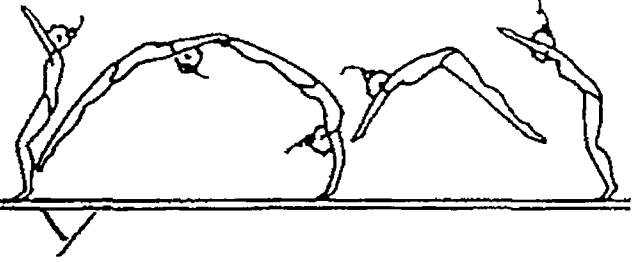
<p>6.302 Free shoulder roll forward with straightening to tuck stand or stand without hand support <i>(Garrison)</i></p>	<p><u>6.302</u></p>	
<p>6.303 Neck roll stretched with 1/1 turn (360°) or 1½ turn (540°)</p>	<p>o ∅ <u>6.303</u></p>	


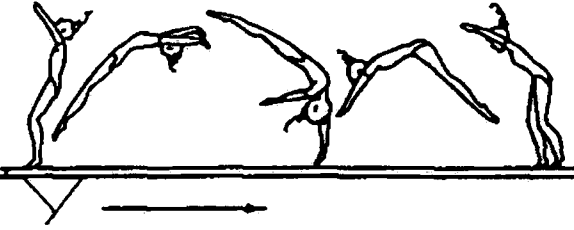
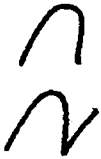
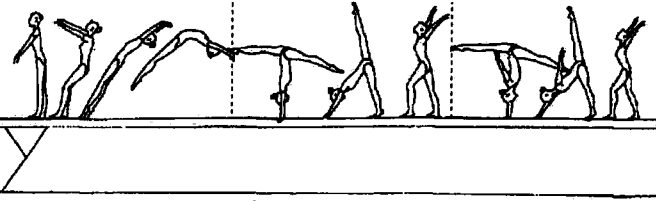


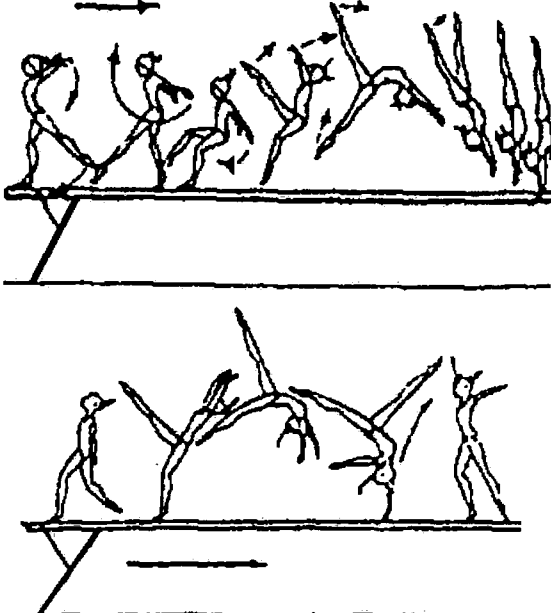
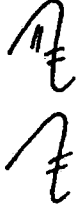
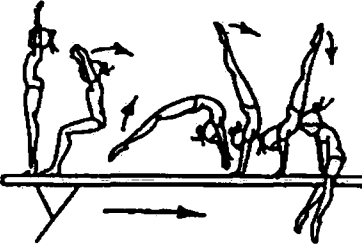
7. WALKOVERS, CARTWHEELS, ETC.




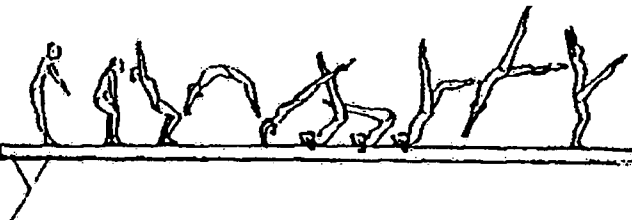
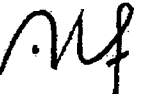
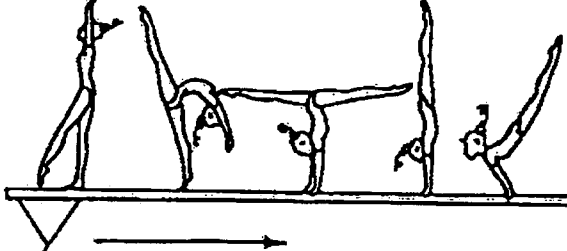
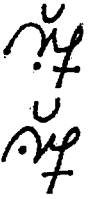
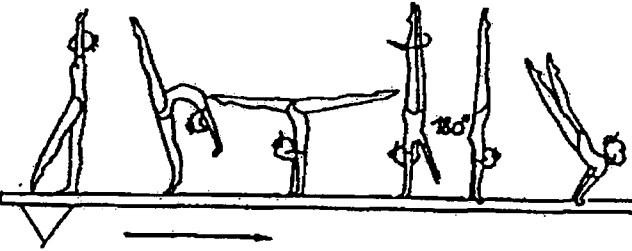

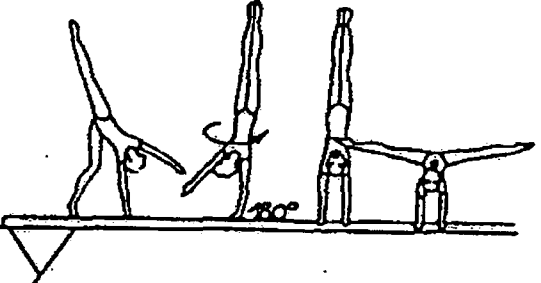
<u>A- Elements</u>		
<p>7.101 Walkover forward, also with support of one arm or with alternate hand support (<i>Tinsica</i>)</p>		
<p>7.102 Cartwheel, also with support of one arm or with bending of both arms or on forearms through cheststand</p>		
<p>7.103 Walkover backward, also with support of one arm, with alternate hand support (<i>Tinsica</i>) or with swing down in cross sit</p>		
<p>7.104 Walkover backward from extended tuck sit (<i>Valdez</i>), also with support on one arm</p>		

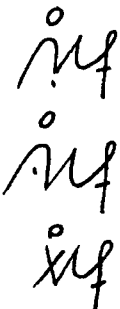
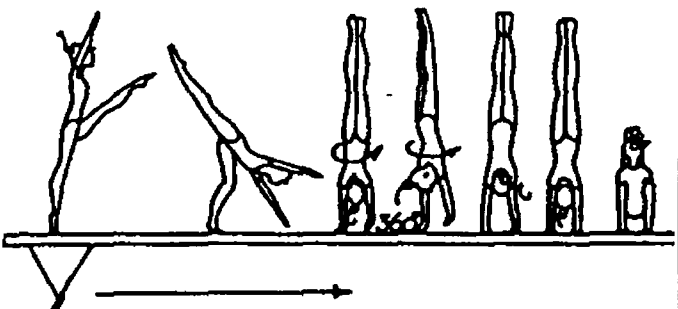

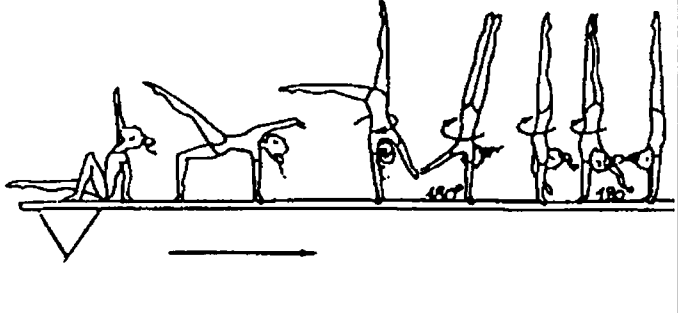

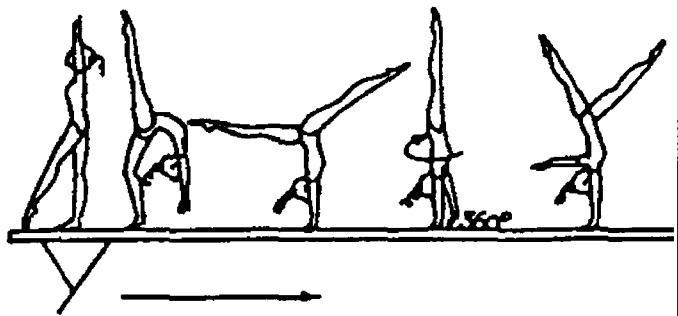
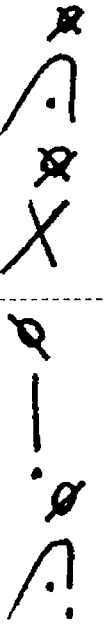
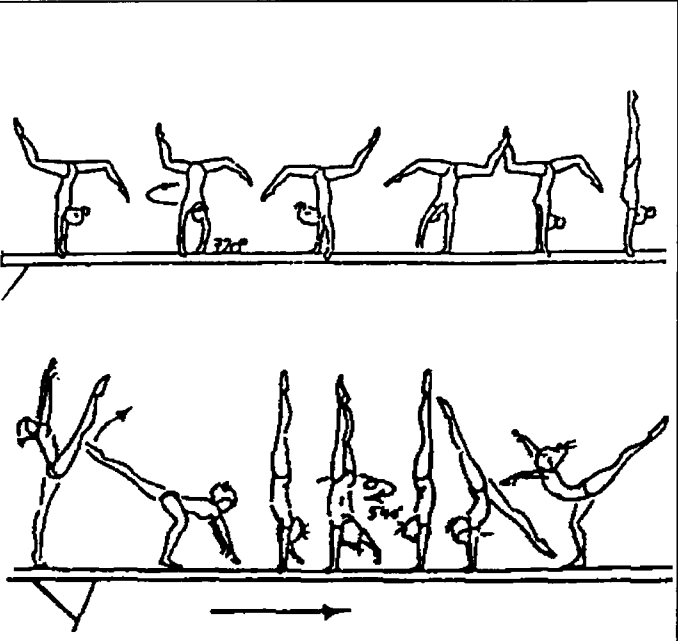
<p>7.105 Walkover forward, backward (Tic-toc)</p>		
<p>7.106 Walkover forward, backward, or cartwheel to handstand, 1/2 turn (180°) in handstand - end position touching beam</p>		
<p><u>B- Elements</u> 7.201 From sit or support - swing backward to handstand, roll out forward, walkover forward, or another variation of end movement</p>		
<p>7.202 Handspring forward with flight before or after hand support, also with support on one arm or with leg change in flight phase</p>		

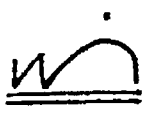
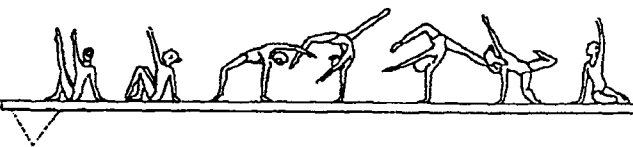

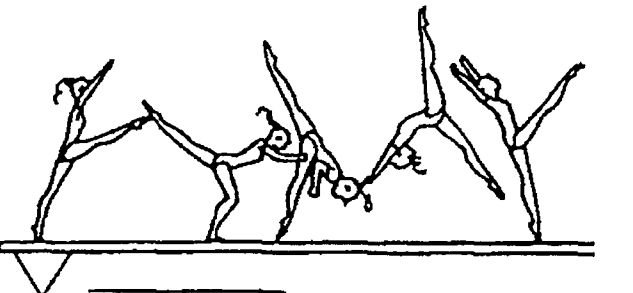

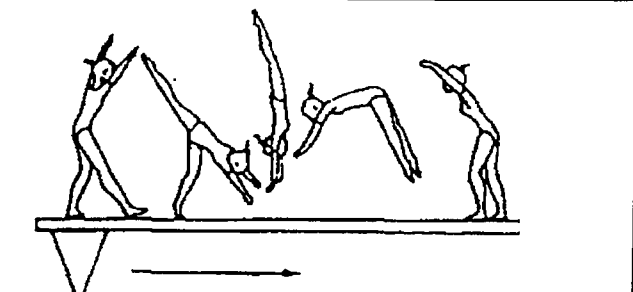

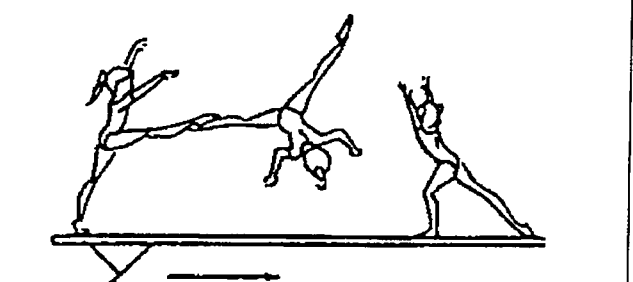

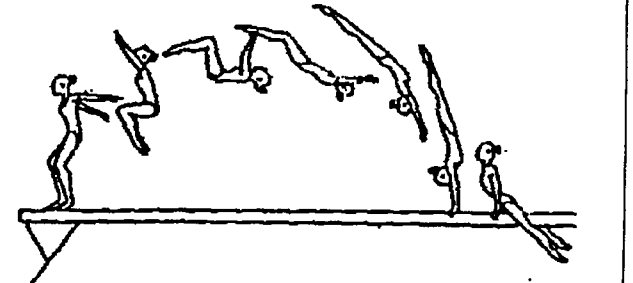
<p>7.202 (cont)</p>		
<p>7.203 Handspring forward with alternate hand support (<i>Tinsica spring</i>) and flight phase before or after hand support</p>		
<p>7.204 Head kip to stand or tuck stand</p>		
<p>7.205 Walkover backward with stoop through of one leg to cross split sit or lower to clear straddle support</p>		
<p>7.206 Scale forward, ½ turn (180°) to walkover backward (<i>Turning Bridge</i>)</p>		


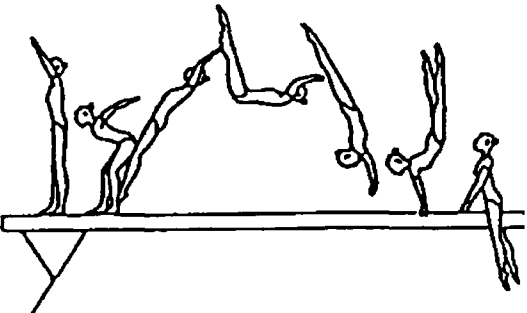

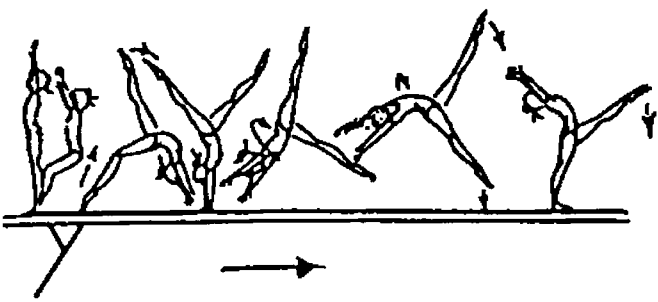
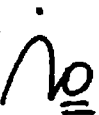

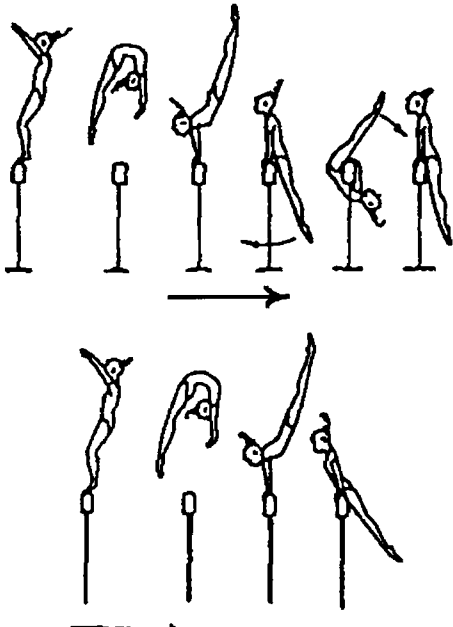
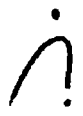
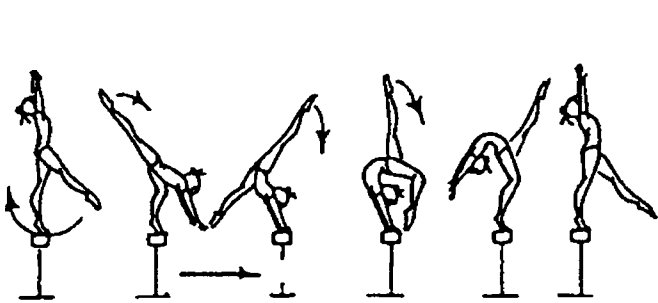
<p>7.207 Cartwheel with flight phase before or after hand support</p>		
<p>7.208 Round-off</p>		
<p>7.209 Walkover forward, backward, or cartwheel with 1/2 turn (180°) in handstand and continuation of movement to walkover forward, backward, cartwheel, roll out forward, swing down to cross straddle sit, or lower to clear straddle support</p>		
<p>7.210 Walkover forward, backward, or cartwheel with 1/1 turn (360°) in handstand, lower to end position touching beam or to clear straddle support</p>		
<p>7.211 Flic-flac from stand with legs together, landing on both legs in stand, also with support on one arm</p>		


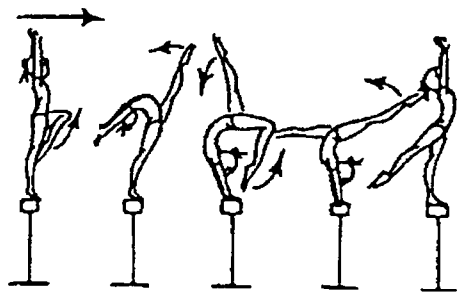

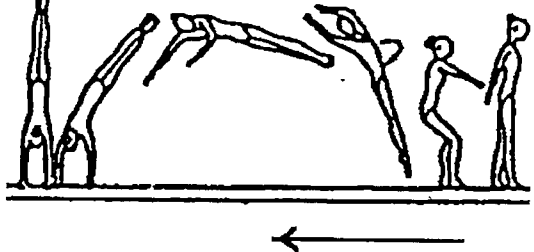
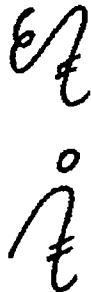
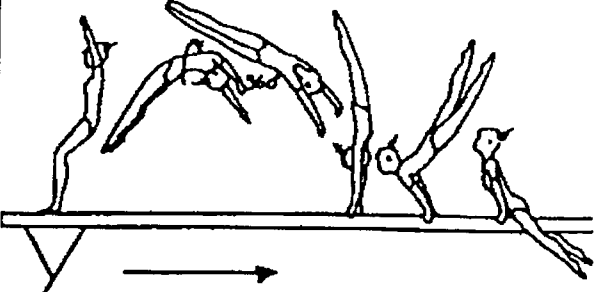
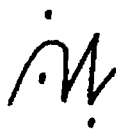
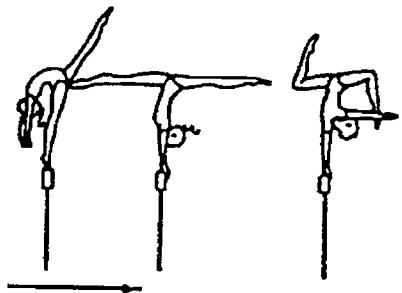

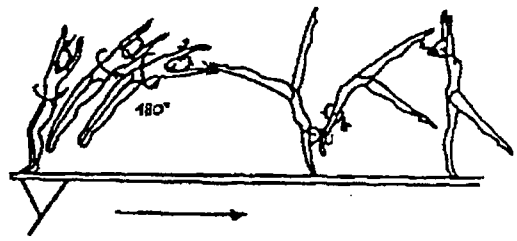
<p>7.211 (cont)</p>		
<p>7.212 Flic-flac with step-out, also with support on one arm</p>		
<p>7.213 Gainer flic-flac, also with support on one arm</p>	 	
<p>7.214 All flic-flac variations, with high flight phase, and swing down to cross straddle sit (Korbut-flic-flac)</p>		

<p>7.214 (cont)</p>		
<p>7.215 Flic-flac dive backward to neck kip (cradle) (Kobelinsky)</p>		
<p><u>C- Elements</u></p>		
<p>7.301 Cross handstand or walkover backward with lowering to planche in cross position (two seconds)</p>		
<p>7.302 Walkover forward or backward with 1/2 turn (180°) in handstand, lower to planche in cross position (two seconds)</p>		
<p>7.303 Cartwheel with 1/2 turn (180°) in handstand, lower to planche in side position (two seconds)</p>		

<p>7.304 Walkover forward, backward, or cartwheel with 1/1 turn (360°) in handstand, lower to planche or clear pike support (two seconds)</p>		
<p>7.305 From extended tuck sit-walkover backward with 1/1 turn (360°) - 1/2 turn (180°) in handstand on one arm, second 1/2 turn (180°) with late support of second arm</p>		
<p>7.306 Walkover backward in cross position to handstand, also with turn in handstand, shift weight to handstand on one arm (two seconds)</p>		
<p>7.307 All handstands, walkovers forward-, backward, or cartwheels with 1 1/2 turn (540°) or 2/1 (720°) in handstand - end position optional</p>		

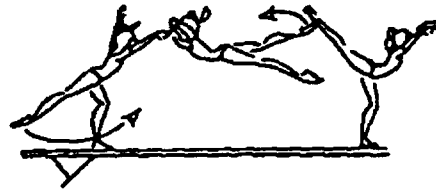
<p>7.308 From extended-tuck sit, support on one arm - "Valdez" swing over backward through horizontal plane (Garrison)</p>		
<p>7.309 Free (aerial) walkover forward</p>		
<p>7.310 Free (aerial) round-off, landing on both legs</p>		
<p>7.311 Free (aerial) cartwheel</p>		
<p>7.312 Flic-flac with - tucking and stretching or - piking and stretching of legs in flight phase with swing down to cross straddle sit (Chen flic - Rueda flic)</p>		

<p>7.312 (cont)</p>		
<p>7.313 Flic-flac with ½ turn (180°) after hand support</p>		
<p>7.314 Flic-flac in side position to front support or with hip circle backward</p>	 	
<p>7.315 Walkover forward in side position to sidestand</p>		


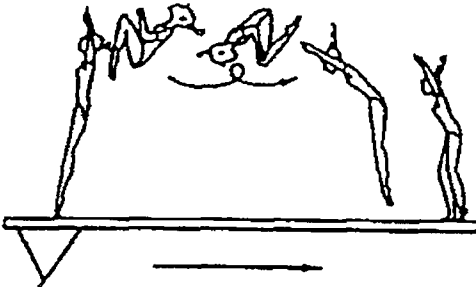



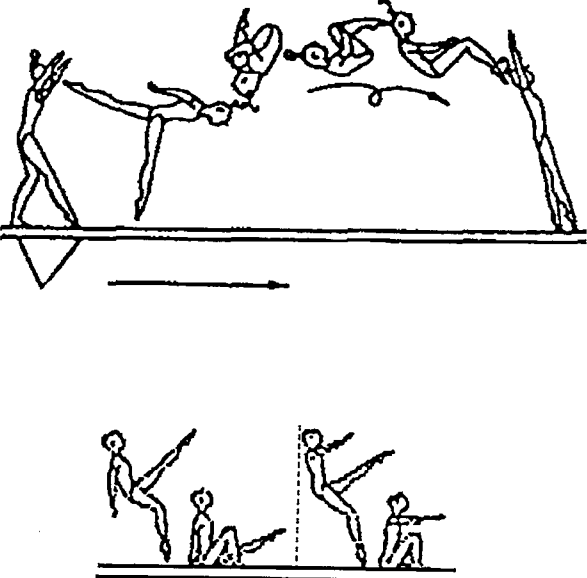

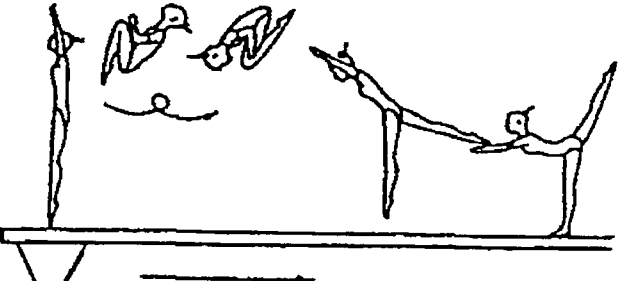
<p>7.316 Walkover backward in side position to side stand</p>		
<u>D- Elements</u>		
<p>7.401 Flic-flac with ¼ turn (90°) to side handstand (<i>Omelianchik</i>)</p>		
<p>7.402 Flic-flac with 1/1 twist (360°) - swing down to cross straddle sit (<i>Rulfova-flic</i>)</p>		
<p>7.403 Walkover backward in side position to handstand - shift weight to handstand on one arm (two seconds)</p>		
<u>E- Elements</u>		
<p>7.501 Jump backward (<i>flic-flac take-off</i>) with ½ twist (180°) to handspring forward (<i>Arabian handspring</i>) (<i>Onodi</i>)</p>		


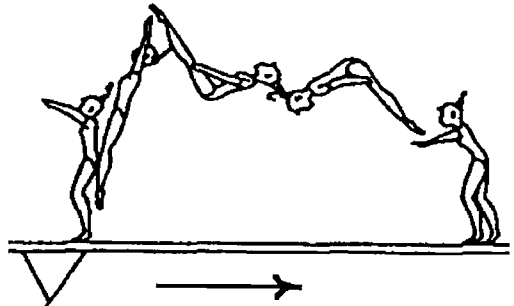

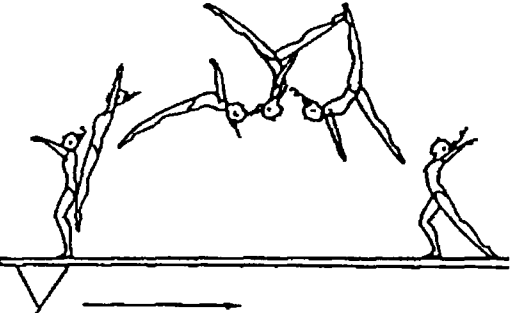


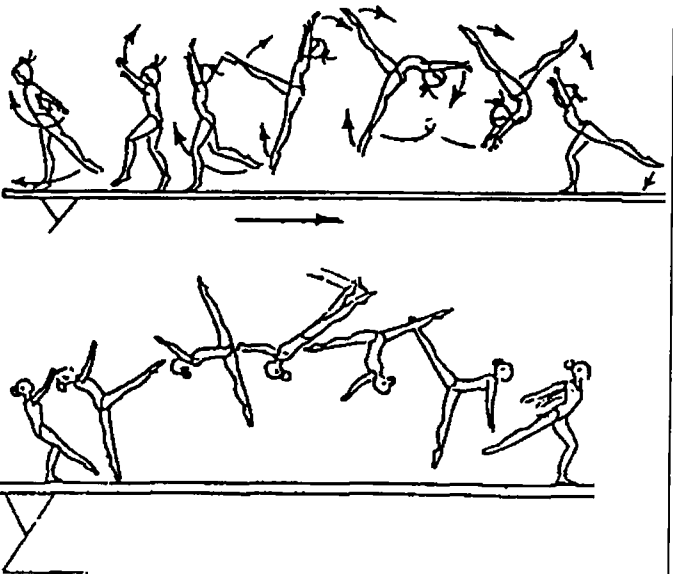

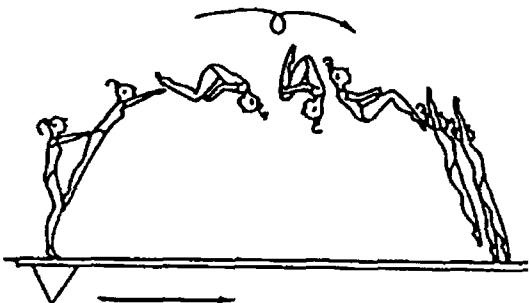
7.502
Butterfly


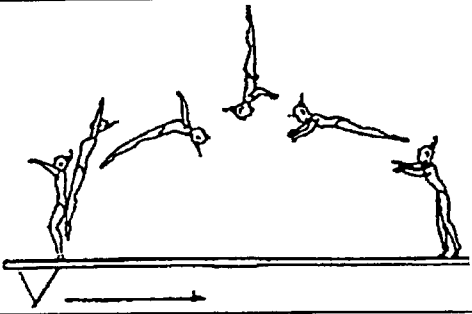

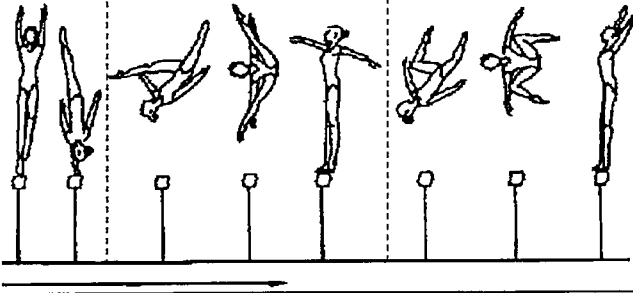

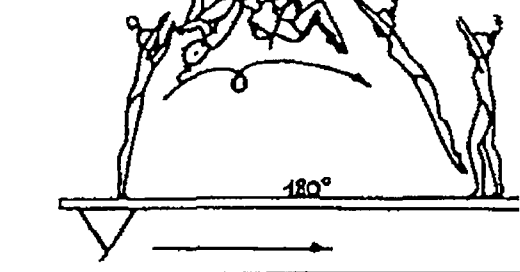

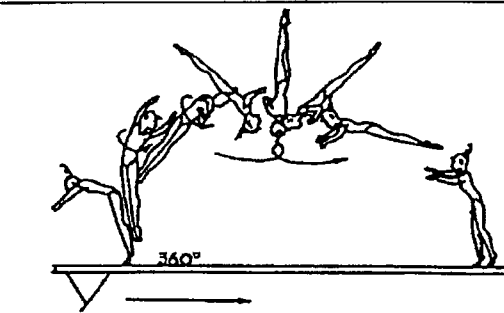

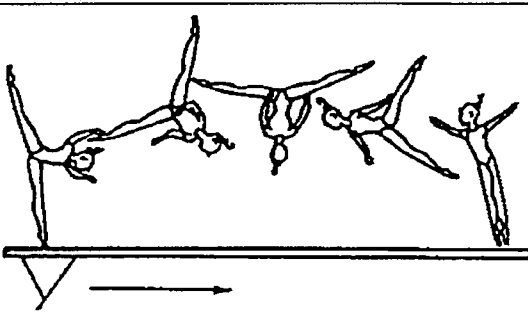
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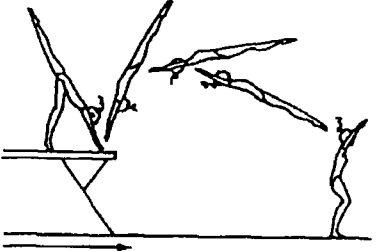
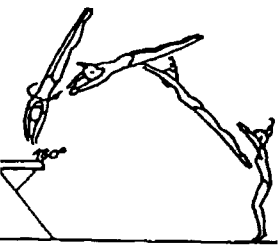

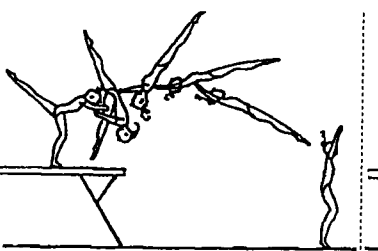
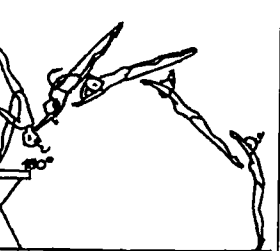
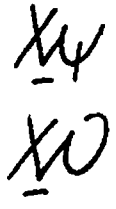
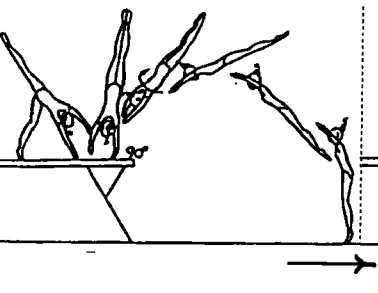
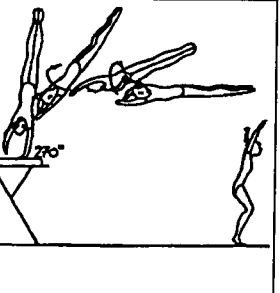
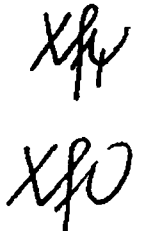
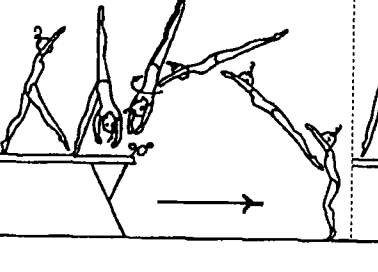
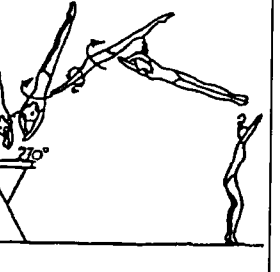
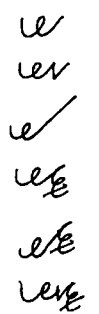
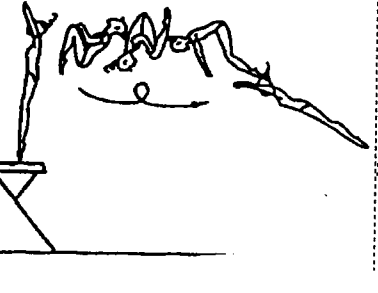
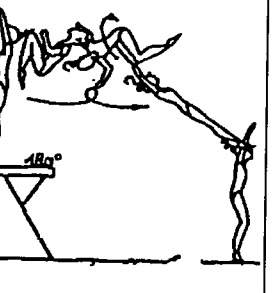
8. SALTOS

<p><u>B- Elements</u> 8.201 Salto backward tucked</p>		
<p>8.202 Gainer salto backward tucked</p>		
<p><u>C- Elements</u> 8.301 Salto forward tucked, take-off from one leg to stand or to extended-tuck sit, also without hand support <i>(Portocarrero)</i></p>		
<p>8.302 Salto backward tucked to scale forward <i>(two seconds)</i></p>		

<p>8.303 Salto backward piked</p>		
<p>8.304 Salto backward stretched with step-out</p>		
<p>8.305 Gainer salto backward stretched, also with leg change in flight</p>	 	
<p><u>D- Elements</u> 8.401 Salto forward tucked, take-off from both legs</p>		



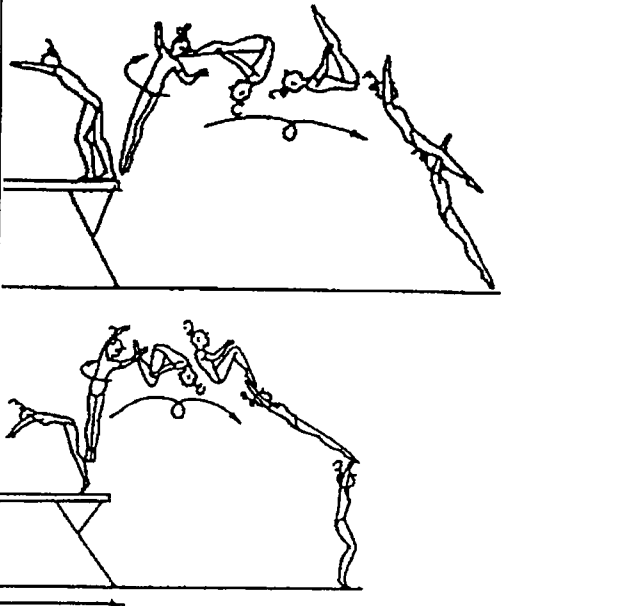

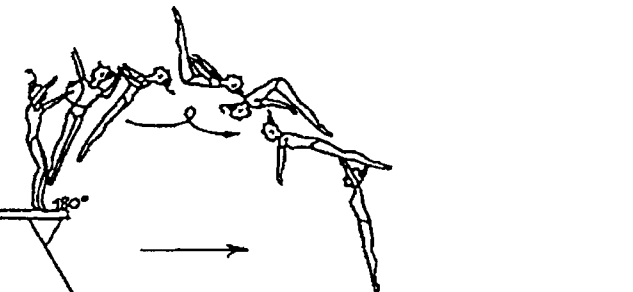
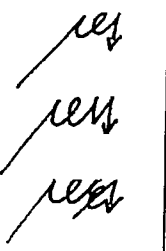
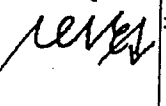
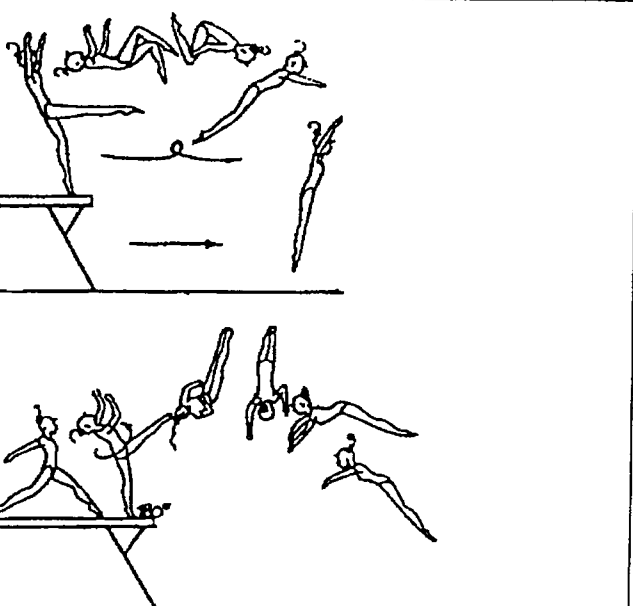
<p>8.402 Salto backward stretched with legs together</p>		
<p>8.403 Salto sideward tucked or piked, take-off forward or sideward from one leg to side stand</p>		
<p><u>E- Elements</u></p>		
<p>8.501 Salto forward tucked with 1/2 twist (180°), take-off from both legs</p>		
<p>8.502 Salto backward tucked or stretched with 1/1 twist (360°) (Shishova)</p>		
<p>8.503 Salto sideward stretched, take-off forward or sideward from one leg to side stand</p>		

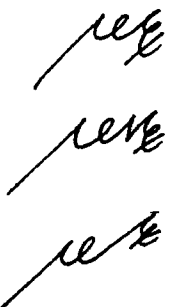
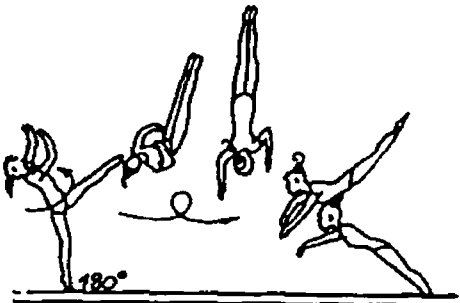

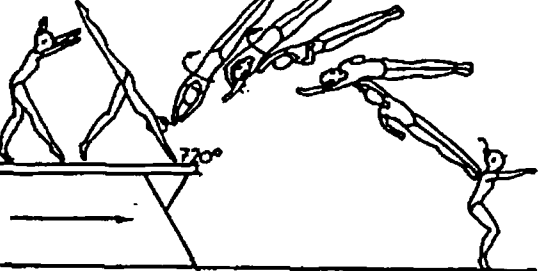

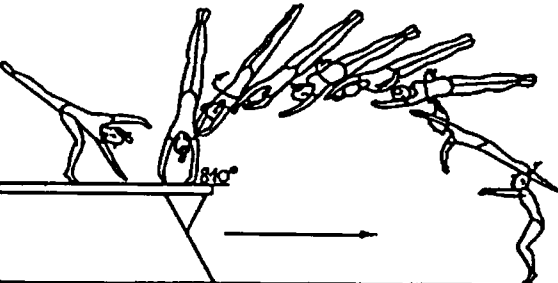

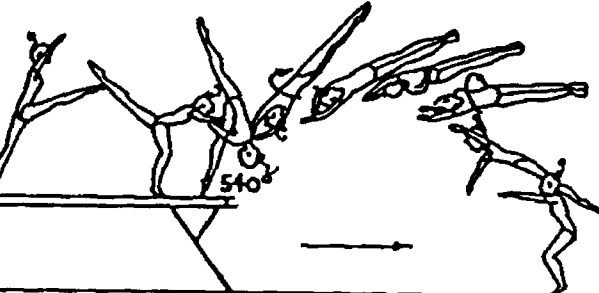
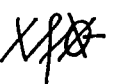
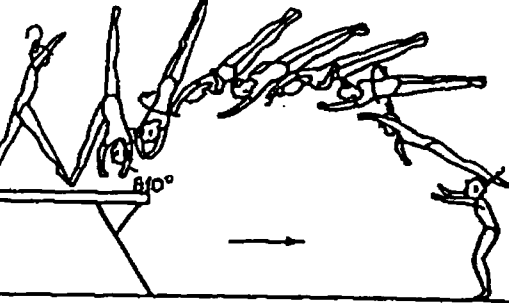
9. DISMOUNTS

<u>A- Elements</u>			
9.101 Handspring forward, also with $\frac{1}{2}$ twist (180°) after hand support			
9.102 Free (aerial) walkover forward, also with $\frac{1}{2}$ twist (180°)			
9.103 Cartwheel with $\frac{1}{4}$ twist (90°) or $\frac{3}{4}$ twist (270°) to cross stand at end of beam			
9.104 Free (aerial) cartwheel with $\frac{1}{4}$ twist (90°) or $\frac{3}{4}$ twist (270°) to cross stand at end of beam			
9.105 Salto backward tucked, piked, or stretched, also with $\frac{1}{2}$ twist (180°)			

<p>9.106 Gainer salto tucked, piked, or stretched to side of beam</p>	<p><i>re</i></p> <p><i>rev</i></p> <p><i>re</i></p>	
<p><u>B- Elements</u> 9.201 Handspring forward with 1/1 twist to 1 1/2 twist (360° to 540°) after hand support</p>	<p><i>Ne</i></p> <p><i>Ne</i></p>	
<p>9.202 Cartwheel with 1 1/4 twist (450°) to 1 3/4 twist (630°) after hand support to cross stand at end of beam</p>	<p><i>Xo</i></p> <p><i>Xo</i></p>	

<p>9.203 Free (<i>aerial</i>) walkover forward with 1/1 twist (360°)</p>	<p><i>2/1e</i></p>	
<p>9.204 Free (<i>aerial</i>) cartwheel with 1¼ twist (450°) to 1¾ twist (630°) to cross stand at end of beam</p>	<p><i>X/1.25</i> <i>X/1.75</i></p>	
<p>9.205 Salto forward tucked, piked, or stretched, also with ½ twist (180°)</p>	<p><i>2</i> <i>2V</i> <i>2E</i> <i>2E</i> <i>2</i> <i>2E</i></p>	
<p>9.206 Salto backward tucked, piked, or stretched with 1/1 twist (360°)</p>	<p><i>E1</i> <i>E1V</i> <i>E</i></p>	


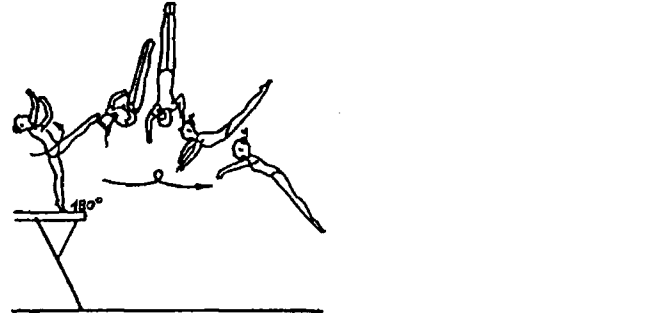

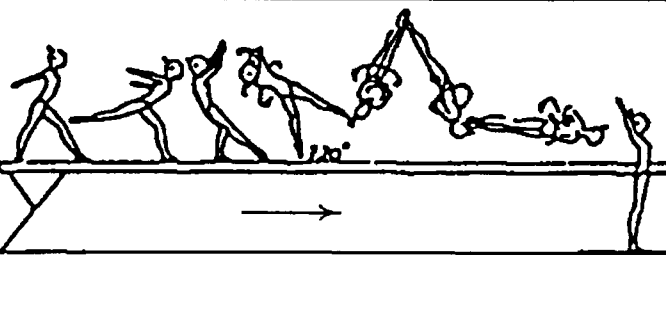
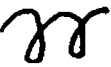
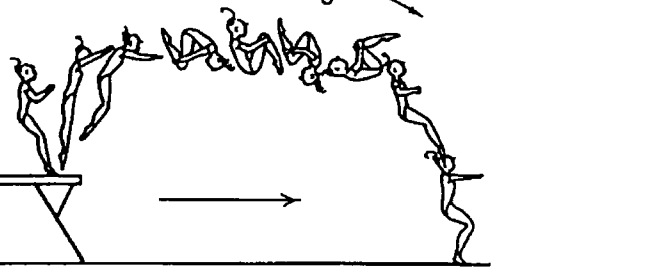

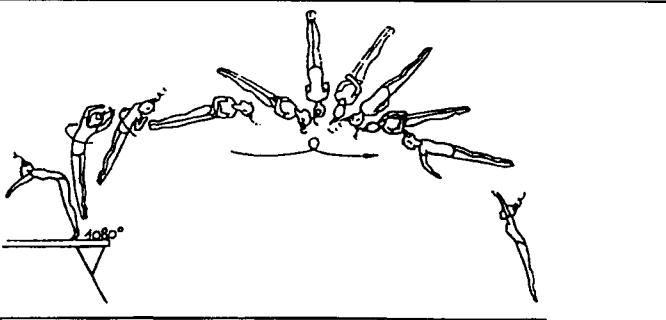

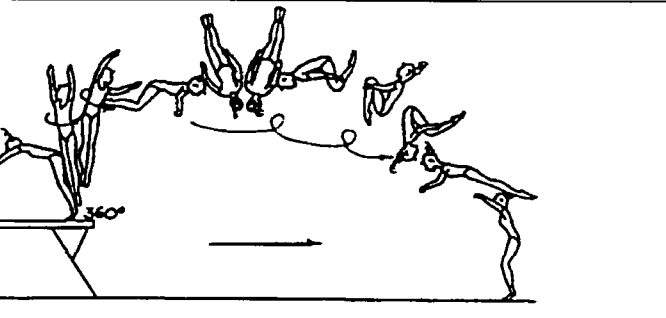
<p>9.207 Arabian salto tucked or piked <i>(jump backward, ½ twist [180°], salto forward)</i></p>	 	
<p>9.208 Stretched jump forward with ½ twist (180°) and salto backward tucked or piked</p>		
<p>9.209 Gainer salto tucked or piked at end of beam, also with ½ twist (180°)</p>	 	


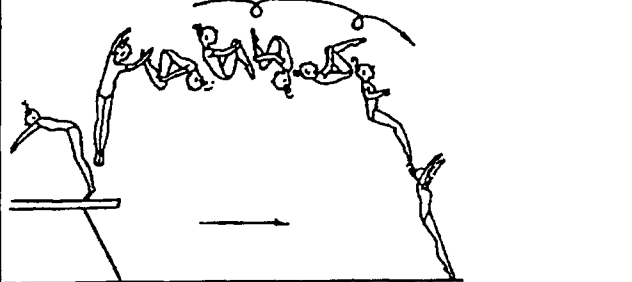

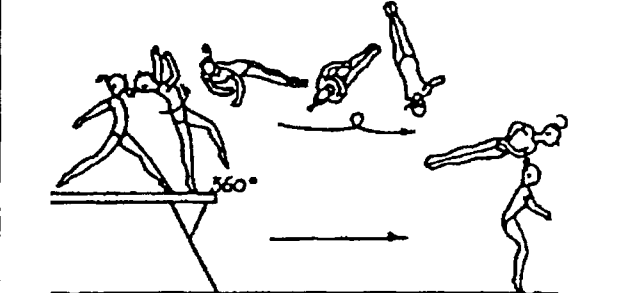
<p>9.210 Gainer salto tucked, piked, or stretched with ½ twist (180°) to side of beam</p>		
<u>C- Elements</u>		
<p>9.301 Handspring forward with 2/1 twist (720°) after hand support</p>		
<p>9.302 Cartwheel with 2¼ twist (810°) to cross stand at end of beam</p>		
<p>9.303 Free (aerial) walkover forward with 1½ twist (540°) and more</p>		
<p>9.304 Free (aerial) cartwheel with 2¼ twist (810°) to cross stand at end of beam</p>		

<p>9.305 Salto forward tucked, piked, or stretched with 1/1 twist (360°) - take-off only from both legs</p>	<p>2E 2E</p> <p>2E</p>	
<p>9.306 Salto forward tucked, piked, with 1½ twist (540°) - take-off from both legs</p>	<p>2E 2E</p> <p>2E</p>	
<p>9.307 Salto backward stretched with 1½ twist (540°) or 2/1 twist (720°)</p>	<p>2E</p> <p>2E</p>	

<p>9.308 Stretched jump forward with ½ twist (180°) and salto backward stretched - take-off from both legs</p>		
<p>9.309 Stretched jump forward with ½ twist (180°) and salto backward tucked or piked with ½ twist (180°)</p>		
<p>9.310 Gainer salto tucked, piked, or stretched with 1/1 twist (360°) to side of beam</p>		
<p>9.311 Gainer salto stretched with legs together at end of the beam</p>		
<p>9.312 Gainer salto tucked or piked with 1/1 twist (360°) at end of beam</p>		

<u>D- Elements</u>		
<p>9.401 Stretched jump forward with 1/1 twist (360°) and salto forward tucked, piked, or stretched</p>		
<p>9.402 Salto backward stretched with 2½ twist (900°)</p>		
<p>9.403 Double salto backward tucked and piked</p>		
<p>9.404 Double salto sideward with ¼ twist (90°) to cross stand at end of beam</p>		

<p>9.405 Gainer salto stretched with legs together and ½ twist (180°) at end of beam</p>		
<p>9.406 Gainer salto backward stretched with 2/1 twist (720°) to side of beam</p>		
<p><u>E- Elements</u></p>		
<p>9.501 Double salto forward</p>		
<p>9.502 Salto backward stretched with 3/1 twist (1080°)</p>		
<p>9.503 Double salto backward tucked with 1/1 twist (360°) in first salto</p>		

<p>9.504 Arabian double salto</p>		
<p>9.505 Gainer salto stretched with legs together and 1/1 twist (360°) at end of beam</p>		

ARTICLE 13

Floor

13.1 General

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

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

Permitted are:

- musical accompaniment with orchestration without singing
- musical accompaniment with piano or one other instrument

The musical accompaniment occurs through a tape recording.

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

13.2 Content of the Exercise

The exercise should be composed from different element groups. The value parts A-, B-, C-, D-, and E- must come from the following element groups:

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

13.3 Directives for the Combination

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

- acrobatic series with at least one or more saltos
- gymnastic series
- acrobatic/gymnastic series
- harmonious change between gymnastic elements and acrobatic elements (*jumps*)
- dynamic change between the slow and fast movements, corresponding to the character of the music
- harmony of the music and movement
- versatile use of the floor area - original directional patterns
- change between forward, sideward, and backward movements, as well as movements in place

- change between movements executed near to and far from the floor
Unesthetic exaggerations, which are incompatible with gymnastics and possess no sportive value, are **undesirable**.

13.4 Special Requirements

The exercise must contain at least:

- one gymnastic series with three elements, one being minimum B-
- one mixed series with at least three elements (gym/acro/gym or acro/gym/acro)
("Hold" elements [Group 4] are not permitted in series)
- two acrobatic series *, of these:
 - . one series with at least two (2) saltos
 - . the other series with at least one (1) salto
 The three (3) saltos must be different.

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

- The last **series** must contain one acrobatic or gymnastic element as follows:
 - in C-Ib at least B-,
 - in C-II at least C-,
 - in C-III at least D-.

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

13.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

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

- C- salto series
 - a) C+C, A+A+C, A+B+C 0.10 P.
 - b) A+C+C, A+A+A+C 0.20 P.
- D- salto series
 - a) A+D, B+D 0.10 P.
 - b) C+D 0.20 P.

** **Indirect connections** are those in which directly connected A- acrobatic elements with flight phase and hand support (*from Group 7, i.e. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos (*Group 8*).

13.5.2 Direct * acrobatic connections of:

- two or three acrobatic flight phase elements in same directional line (forward or backward)
or
- two saltos with “directional change” in first salto, (also with third acrobatic element)
or
- two counter saltos (also with third acrobatic element)

- a) A+C, B+C, B+B+B 0.10 P.
- b) A/B+D, A/B+A+C, B+B+C, C+C 0.20 P.
- c) C+D, A+A+D and more difficult 0.30 P.

* A- elements **must** be saltos. B- elements and more difficult may be executed with or without hand support.

13.5.3 Connections of two different gymnastic or two gymnastic/acrobatic elements (or reversed)

- a) C+C, D+B 0.10 P.
- b) D+C, D+D 0.20 P.


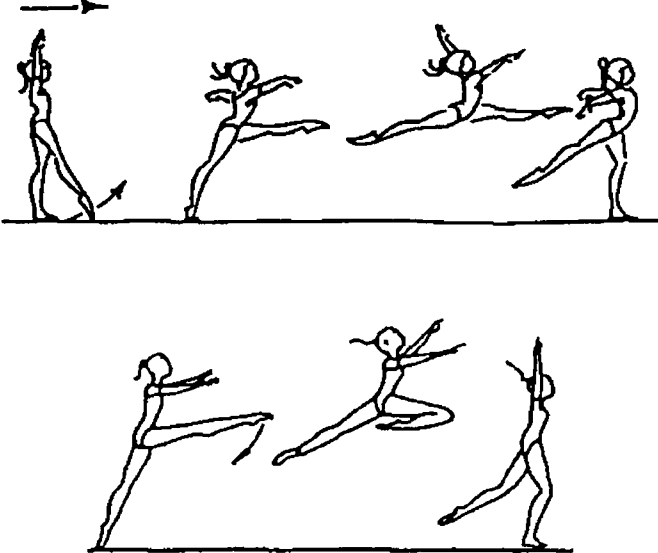


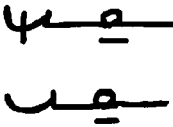



13.5.4 Connections of three different gymnastic or three gymnastic/acrobatic elements (gym/acro/gym or acro/gym/acro)

- a) B+C+C 0.10 P.
- b) B+B+D, B+C+D, C+C+C 0.20 P.
- c) C+C+D and more difficult 0.30 P.


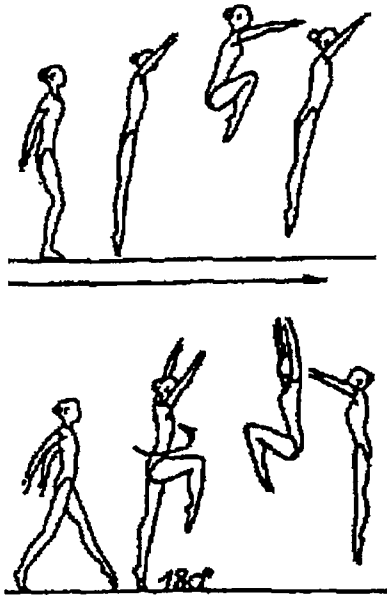
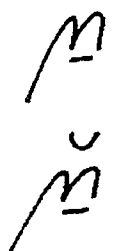
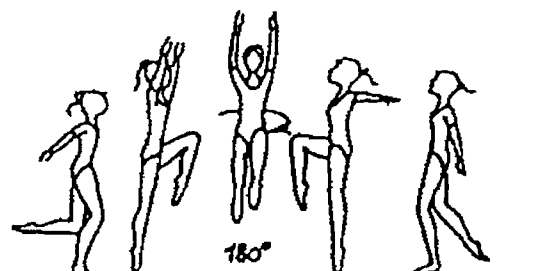
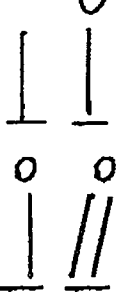
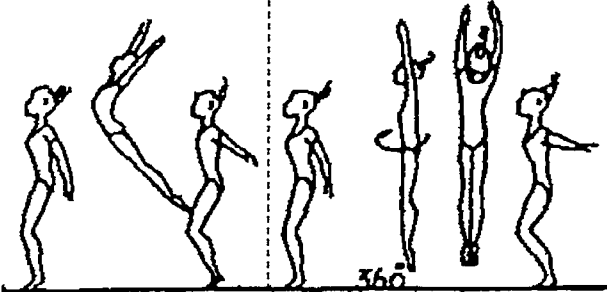

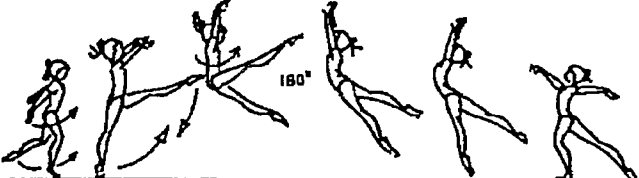
13.6 Specific Apparatus Deductions


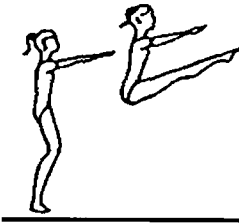

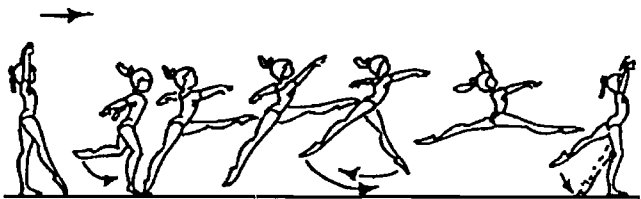
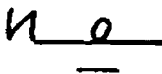
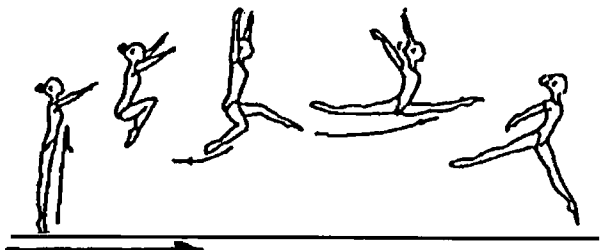

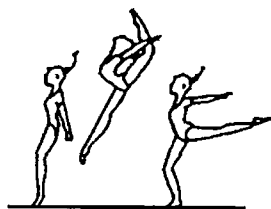

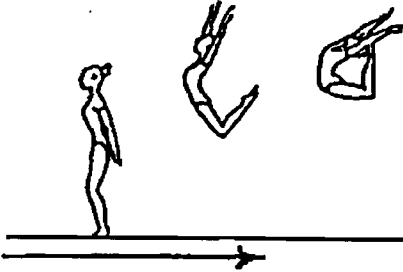
- Insufficient use of the floor area up to 0.20 P.
- Absence of music or music with voice (*song*) 0.50 P.
- Music and movement not in harmony each 0.10 P.
- Exceeding the border marking each 0.10 P.
- Concentration pause (*longer than 2 seconds*) each 0.10 P.

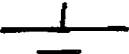
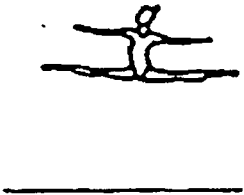

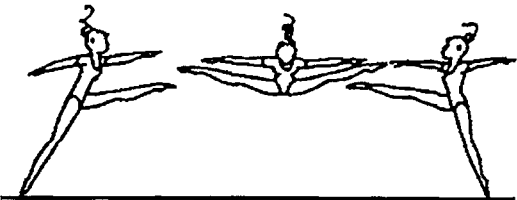



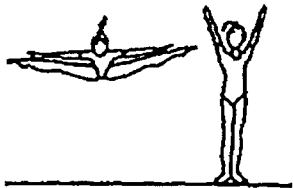
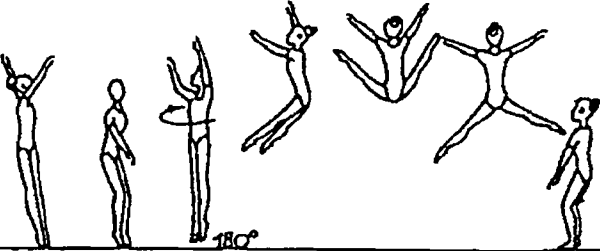
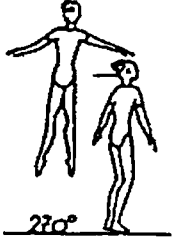
1. Gymnastic Leaps, Jumps, And Hops

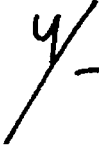


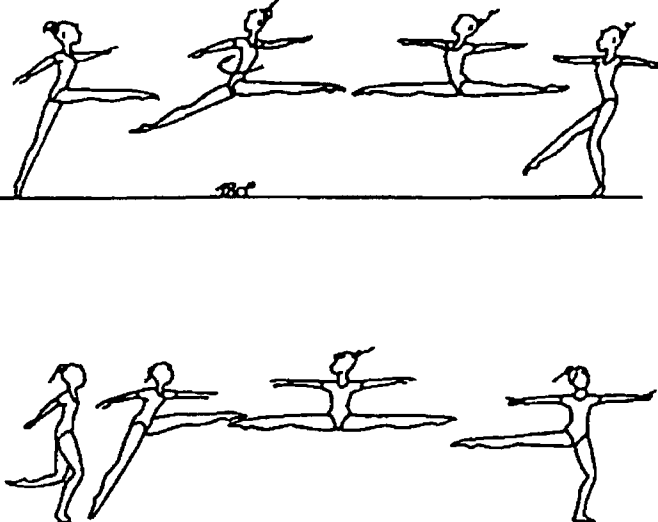

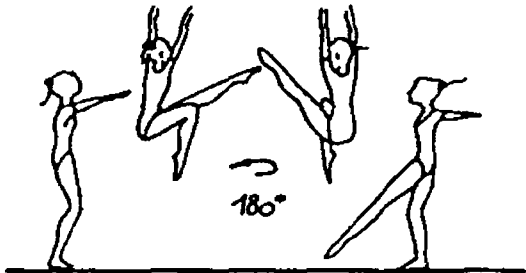

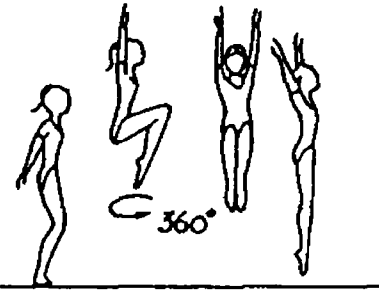
<i>A- Elements</i>		
<p>1.101 Split leap * forward or split jump in place, also with bending of the forward leg (<i>stag position in flight phase</i>)</p>		
<p>1.102 Sissone</p>		
<p>1.103 Split leap backward with $\frac{1}{4}$ to $\frac{1}{2}$ turn (90° to 180°) - take-off from one leg (<i>Jeté entournant</i>)</p>		
<p>1.104 Tuck jump (<i>hop</i>) with one leg extended horizontally forward, take-off from one or both legs</p>		

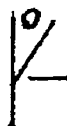
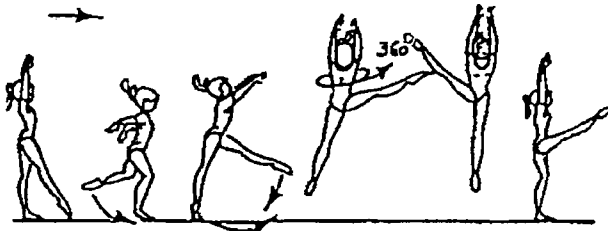
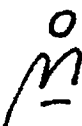
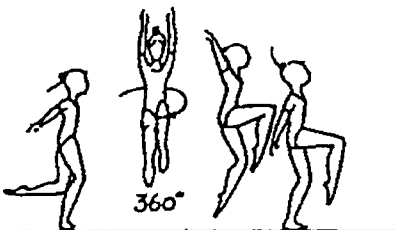

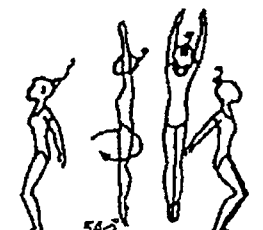
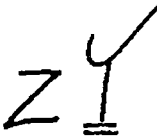
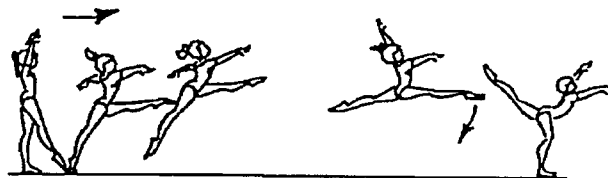


* Split leaps and jumps require 180° separation.


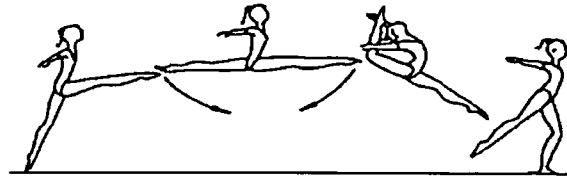

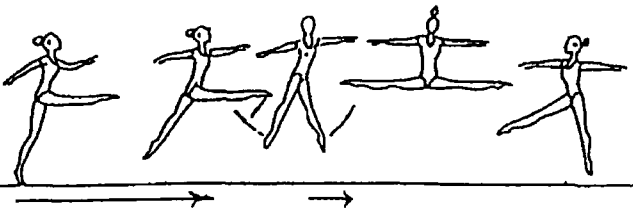

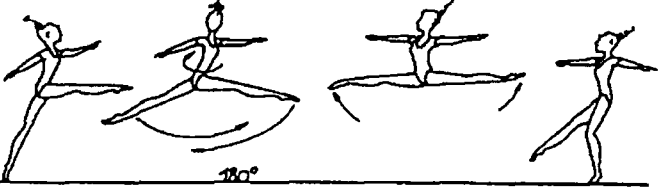

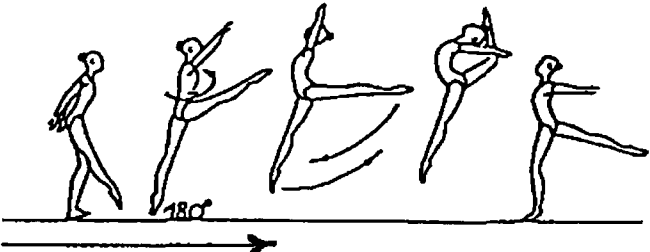


<p>1.105 Tuck jump with legs together, also with ½ turn (180°) - take-off from one or both legs</p>		
<p>1.106 Scissors leap forward with bent legs (<i>cat leap</i>), also with ½ turn (180°)</p>		
<p>1.107 Stretched jump, also with ½ turn (180°) or 1/1 turn (360°) take-off from both legs - 1/1 turn (360°) take-off from one leg (<i>chassé with 1/1 turn</i>)</p>		
<p>1.108 Scissors leap forward with ½ turn (180°)</p>		

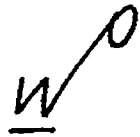
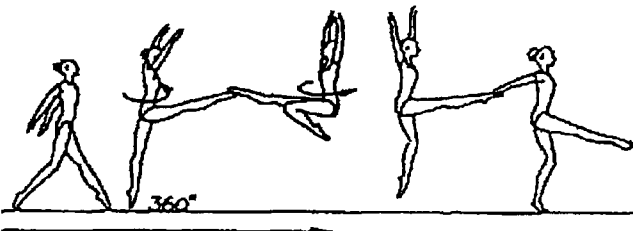
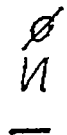
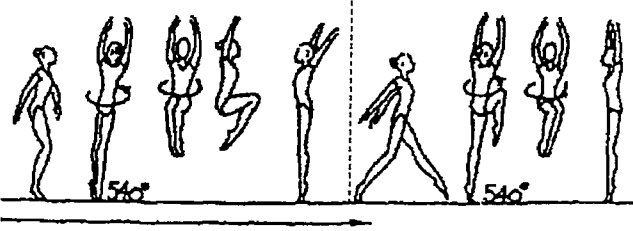

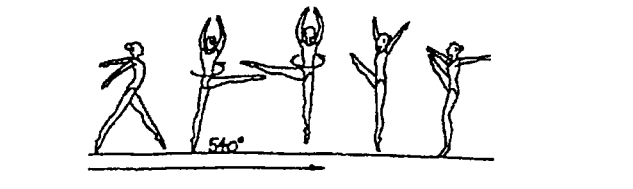

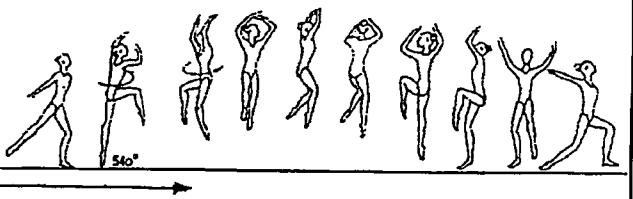
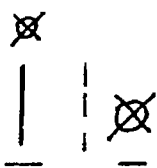
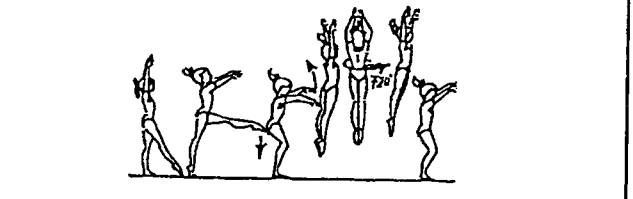
<u>B- Elements</u>		
<p>1.201 Pike jump or leap, legs above horizontal - take-off from one or both legs</p>		
<p>1.202 Split leap forward with leg change, (180° separation \neq after leg change)</p>		
<p>1.203 Tuck jump with separation of legs to cross split (180°) during flight phase</p>		
<p>1.204 Ring leap or jump (<i>rear leg at head height</i>) - take-off from one or two legs</p>		
<p>1.205 Tuck jump backward with arch (<i>sheep jump</i>), feet to head height</p>		

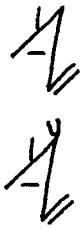
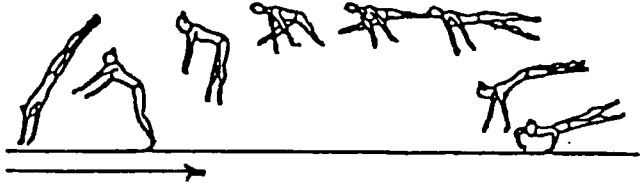

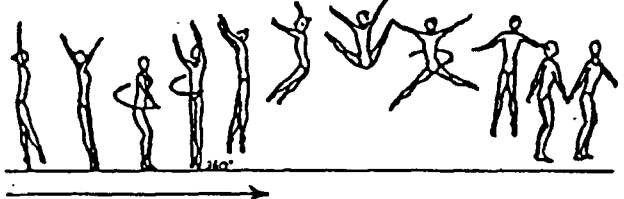

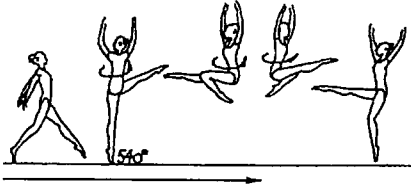

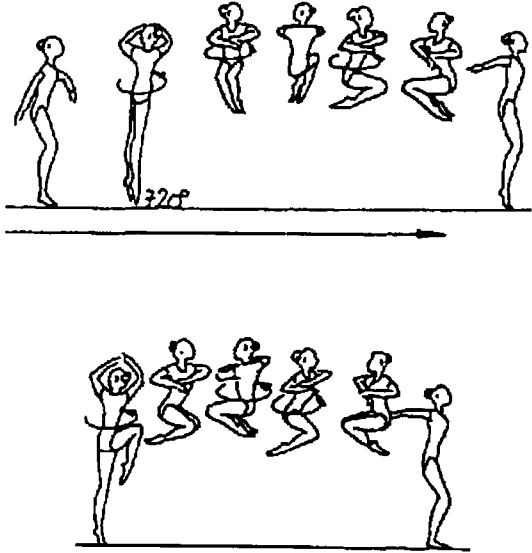
<p>1.206 Side split jump</p>		
<p>1.207 Straddle pike leap (<i>legs horizontal</i>) - take-off from one leg</p>		
<p>1.208 Straddle pike jump - take-off from two legs, also with $\frac{1}{2}$ turn (180°) or $\frac{3}{4}$ turn (270°)</p>	  	  

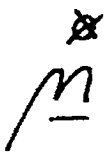

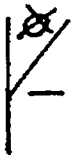
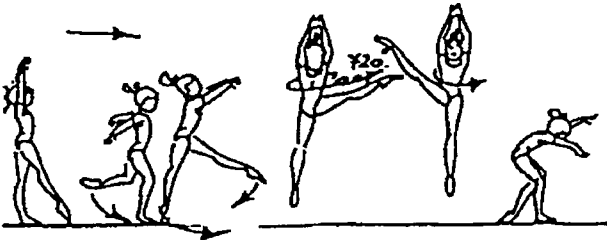
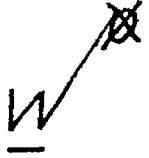
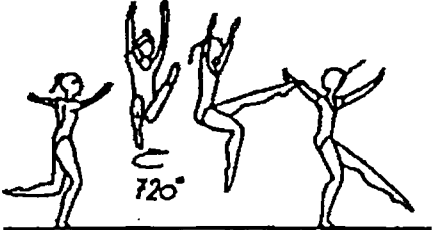
<p>1.209 Scissors leap forward with stretched legs and ½ turn (180°) <i>(Tour jeté)</i></p>		
<p>1.210 Split leap forward with ¼ or ½ turn (90° to 180°) - take-off from one or both legs</p>		
<p>1.211 Tuck jump (<i>hop</i>) with one leg extended horizontally forward and ½ turn (180°) - take-off from one or both legs</p>		
<p>1.212 Tuck jump with legs together and 1/1 turn (360°) - take-off from one or both legs</p>		

<p>1.213 Hop with 1/1 turn (360°), free leg extended at horizontal (90° requirement)</p>		
<p>1.214 Scissors leap with bent legs (<i>cat leap</i>) and 1/1 turn (360°) - landing on one or both legs</p>		
<p>1.215 Stretched jump with 1½ turn (540°) - take-off from both legs</p>		
<u>C- Elements</u>		
<p>1.301 Split leap forward with leg change to scale (<i>two seconds</i>) (180° separation <i>not</i> after leg change)</p>		
<p>1.302 Split leap forward with leg change through forward, sideward, to backward horizontal (<i>rond de jambe position</i>) (<i>Plataroti</i>)</p>		


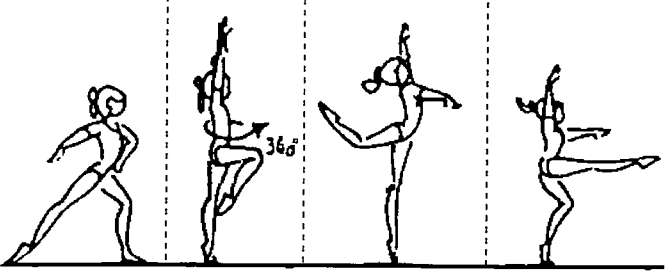

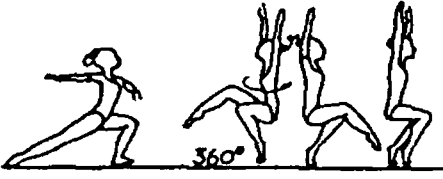


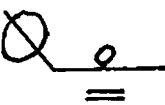
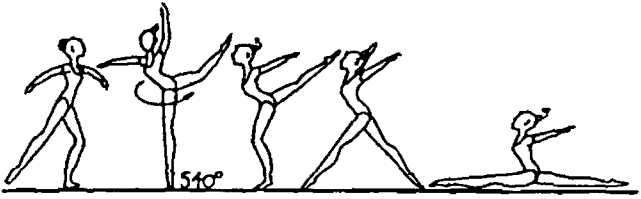

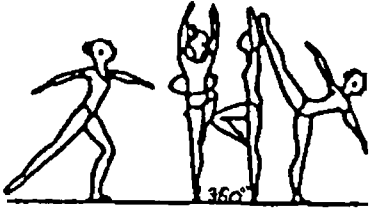
<p>1.303 Split leap forward with leg change to ring leap (180° separation \neq after leg change)</p>		
<p>1.304 Split leap forward with leg change and $\frac{1}{4}$ turn (90°) to side split leap (180° leg separation) (Johnson)</p>		
<p>1.305 Split leap forward with leg change and $\frac{1}{2}$ turn (180°) in flight phase (180° separation \neq after flight phase) (Frolova)</p>		
<p>1.306 Scissors leap forward with extended legs with $\frac{1}{2}$ turn (180°) (Tour jeté) to ring leap (Boucher)</p>		
<p>1.307 Leap with $\frac{1}{1}$ turn (360°), with free leg bending forward then thrusting backward to split position ($180^\circ \neq$ separation)</p>		


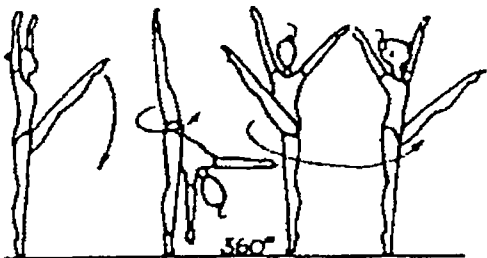

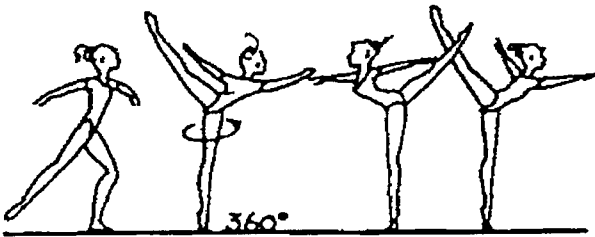



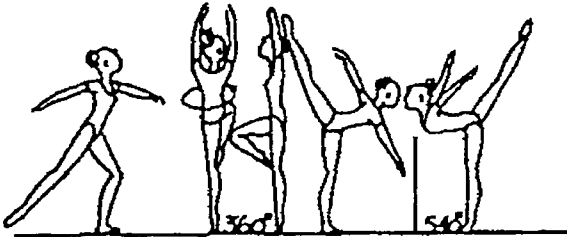

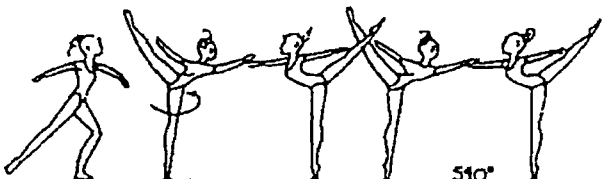
<p>1.308 Tuck jump (<i>hop</i>) with one leg extended horizontally forward and 1/1 turn (360°)</p>		
<p>1.309 Tuck jump with legs together and 1½ turn (540°) - take-off from one or both legs</p>		
<p>1.310 Hop with 1½ turn (540°) - free leg extended at horizontal (90° requirement)</p>		
<p>1.311 Cat leap forward with bent legs and 1½ turn (540°) (<i>Garrison</i>)</p>		
<p>1.312 Stretched jump with 2/1 turn (720°) - take-off from both legs</p>		


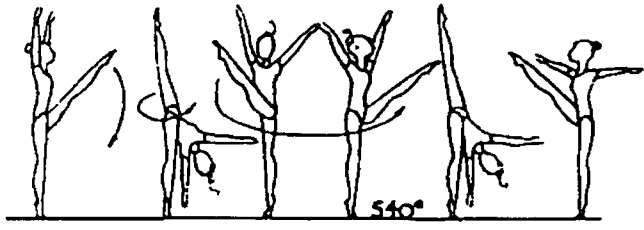

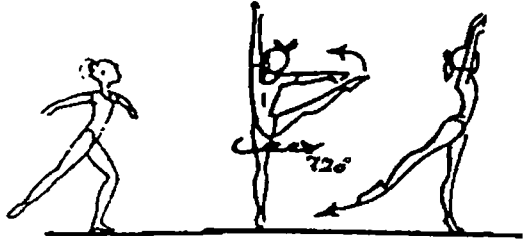

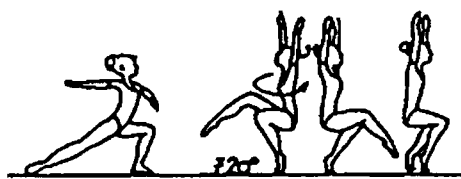

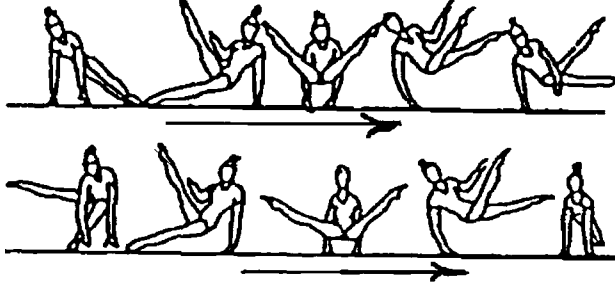

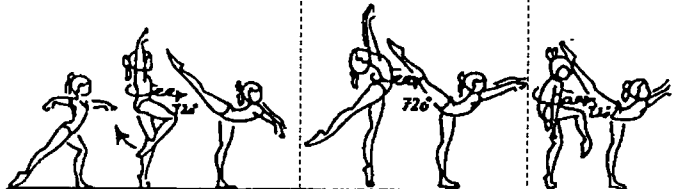
<p>1.313 Side split jump (180° separation \neq) with landing to front lying support or similar (<i>Schuschunova</i>), also with $\frac{1}{2}$ turn (180°)</p>		
<u>D- Elements</u>		
<p>1.401 Straddle pike jump with $1/1$ turn (360°) - take-off from both legs (<i>Popa</i>)</p>		
<p>1.402 Tuck jump (hop) with one leg extended horizontally forward and $1\frac{1}{2}$ turn (540°)</p>		
<p>1.403 Tuck jump with legs together and $2/1$ turn (720°) - take-off from one or both legs</p>		


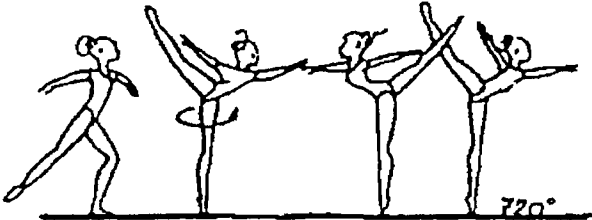

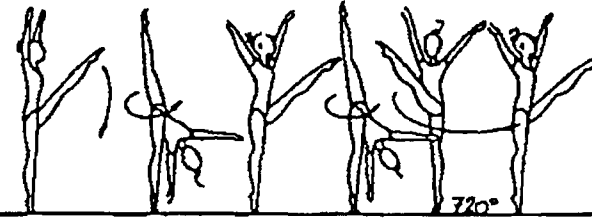

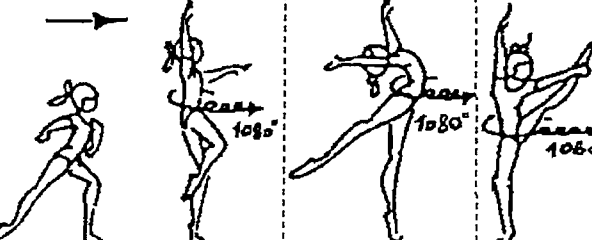

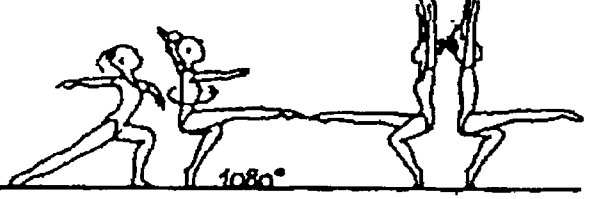
<p>1.404 Cat leap with 2/1 turn (720°) in flight phase <i>(Benton)</i></p>		
<p>1.405 Hop with 2/1 turn (720°) - free leg extended at horizontal <i>(90° requirement)</i></p>		
<p><u>E- Elements</u></p>		
<p>1.501 Tuck jump (or hop) with one leg extended horizontally forward and 2/1 turn (720°)</p>		

2. Gymnastic Turns


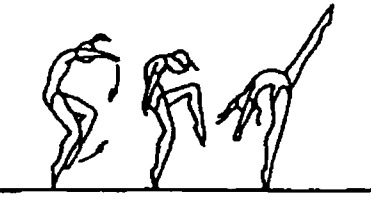

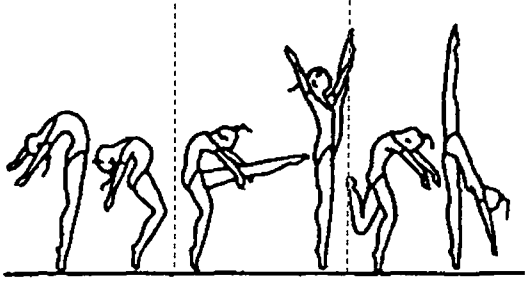

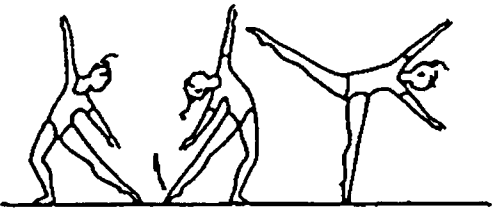
<p style="text-align: center;"><u>A- Elements</u></p> <p>2.101 1/1 turn (360°) on one leg <i>(free leg optional)</i></p>		
<p>2.102 1/1 turn (360°) in tuckstand on one leg <i>(free leg optional)</i></p>		
<p style="text-align: center;"><u>B- Elements</u></p> <p>2.201 1½ turn (540°) on one leg <i>(free leg optional)</i></p>		
<p>2.202 1½ turn (540°) to cross split sit</p>		
<p>2.203 1/1 turn (360°) on one leg to scale forward <i>(two seconds)</i></p>		

<p>2.204 1/1 illusion turn (360°), without touching floor with free leg or hand</p>		
<p>2.205 1/1 turn (360°) in scale forward with free leg hold above 90° from start to end of turn</p>		
<p>2.206 2¼ spin (810°) on back in kip position (<i>hip-leg & closed</i>)</p>		
<u>C- Elements</u>		
<p>2.301 1½ turn (540°) on one leg to scale forward (<i>two seconds</i>)</p>		
<p>2.302 1½ turn (540°) in scale forward with free leg hold above 90° from start to end of turn</p>		







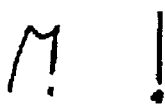
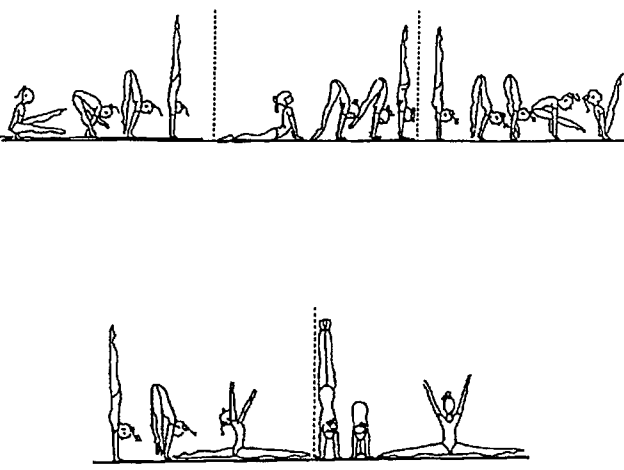
<p>2.303 1½ illusion turn (540°) without touching floor with free leg or hand</p>		
<p>2.304 2/1 turn (720°) on one leg, free leg position optional</p>		
<p>2.305 2/1 turn (720°) in tuckstand on one leg-free leg position optional, placing of free leg at end of turn</p>		
<p>2.306 Double scissors (Homma Scissors)</p>		
<p><u>D- Elements</u> 2.401 2/1 turn (720°) to scale forward (two seconds)</p>		




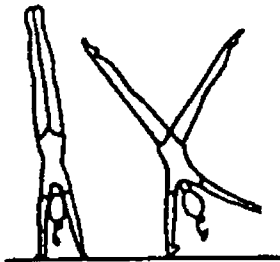
<p>2.402 2/1 turn (720°) in scale with free leg hold above 90° from start to end of turn</p>		
<p>2.403 2/1 illusion turn (720°) without touching floor with free leg or hand</p>		
<p>2.404 3/1 turn (1080°) on one leg (free leg optional)</p>		
<p>2.405 3/1 turn (1080°) in tuckstand on one leg (free leg optional), placing of free leg at end of turn</p>		

3. Waves

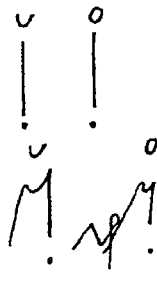
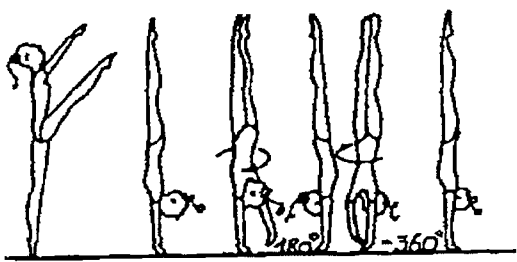
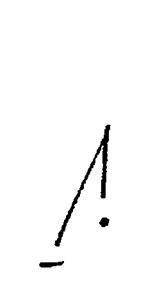
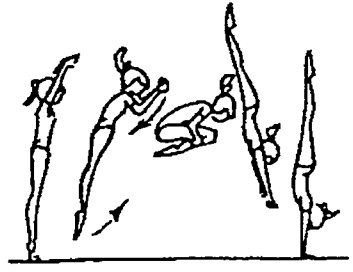
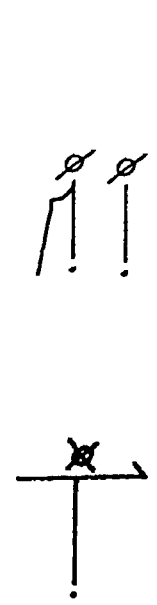
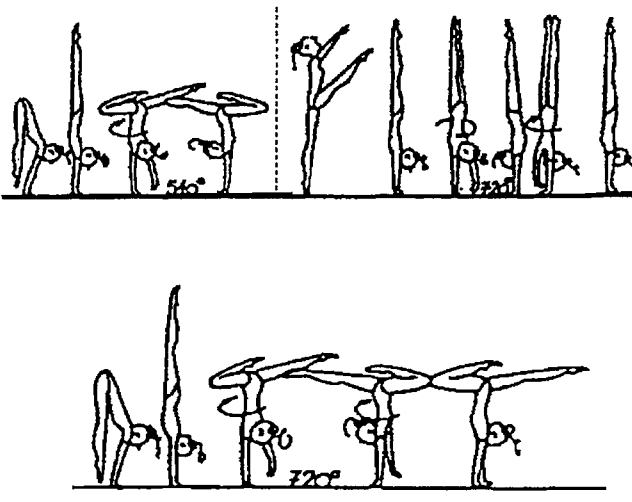

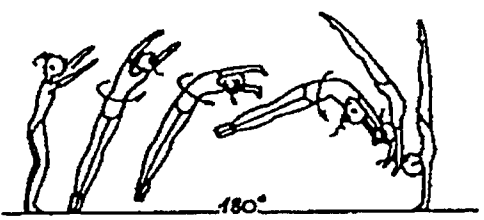
<u>A- Elements</u>		
<p>3.101 Body wave forward to scale backward in balance stand</p>		
<p>3.102 Body wave backward to standing split (<i>in balance stand</i>) without hand support on floor</p>		
<p>3.103 Body wave sideward to scale sideward in balance stand</p>		

4. Holds

<u>A- Elements</u>		
<p>4.101 Bridge stand backward with hand support on floor - support leg on whole foot, free leg in upward hold (180° separation \neq) (two seconds)</p>		
<p>4.102 Back bending of upper body through a brief backward scale support leg on whole foot</p>		
<p>4.103 Scale forward in balance stand (two seconds)</p>		
<p>4.104 Start position optional - kick or press to handstand (two seconds), return movement optional</p>		

<u>B- Elements</u>		
<p>4.201 Scale backward in balance stand <i>(two seconds)</i></p>		
<p>4.202 Handstand on one arm <i>(two seconds)</i></p>		

5. Handstands

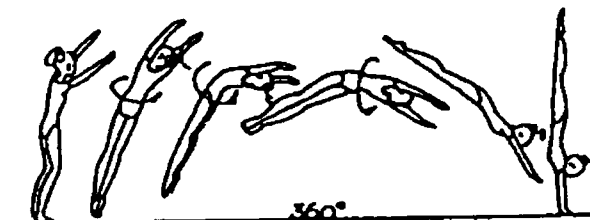
<p style="text-align: center;"><u>A- Elements</u></p> <p>5.101 Kick or press to handstand - ½ turn to 1/1 turn (180° to 360°) in handstand - return movement optional</p>		
<p>5.102 Jump to handstand - return movement optional</p>		
<p style="text-align: center;"><u>B- Elements</u></p> <p>5.201 Kick or press to handstand - 1½ turn (540°) or more in handstand - return movement optional</p>		
<p>5.202 Jump with ½ twist (180°) to handstand - return movement optional</p>		

C- Elements

5.301

Jump with 1/1 twist (360°) to
handstand - return movement
optional

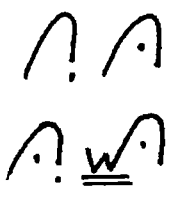
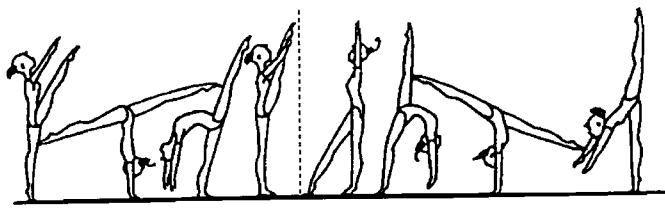

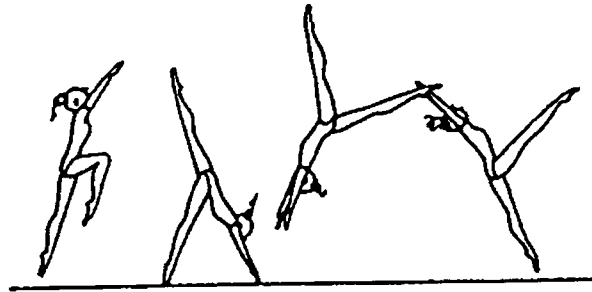

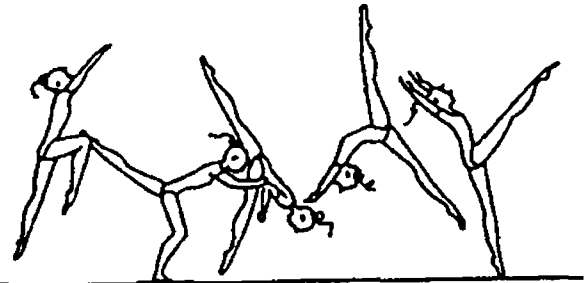
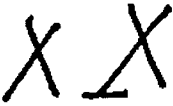
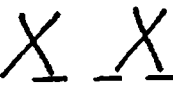
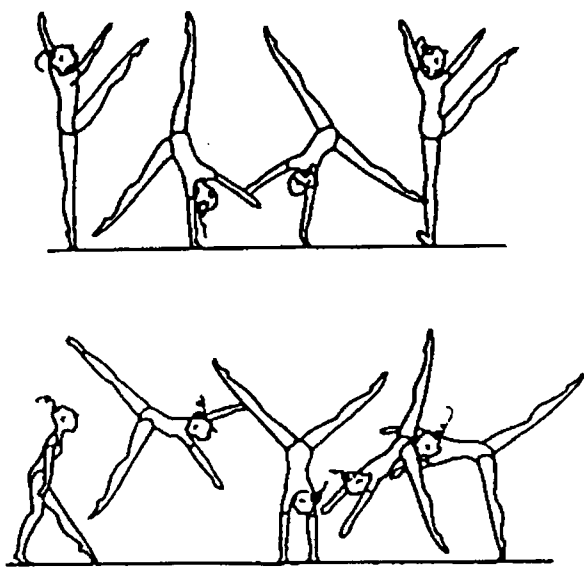
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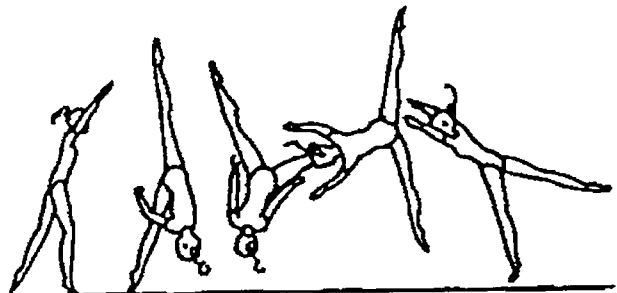
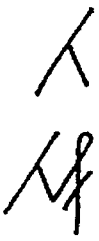
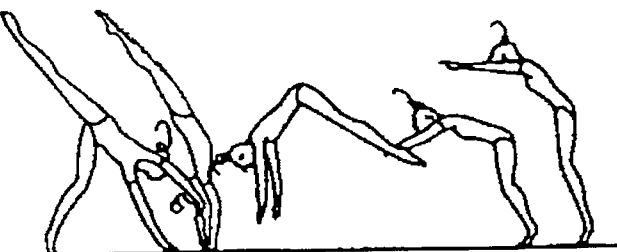

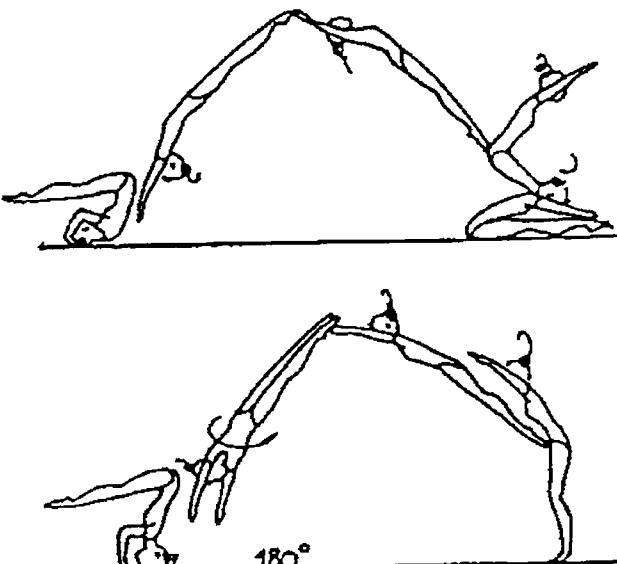

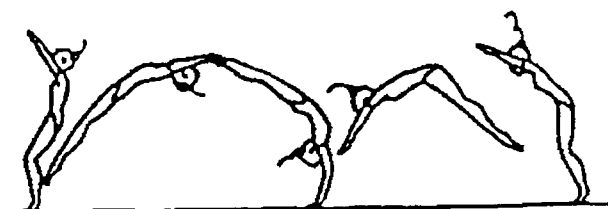



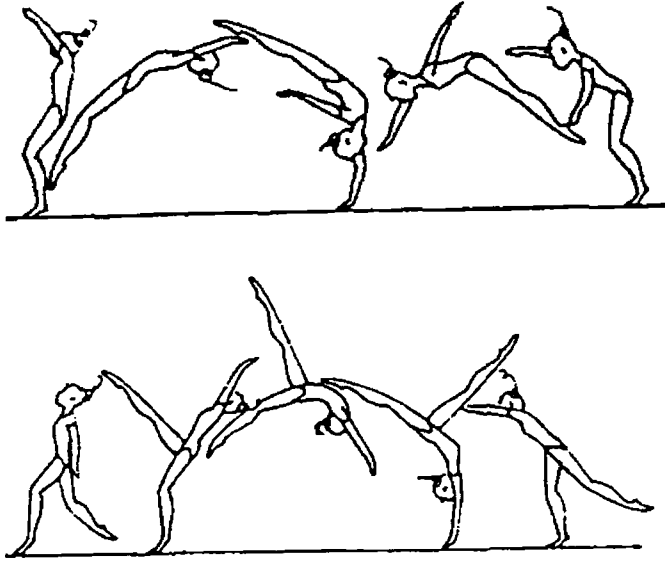

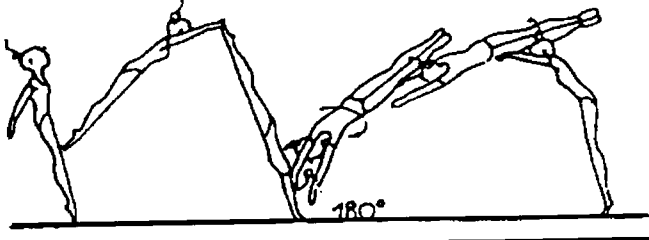

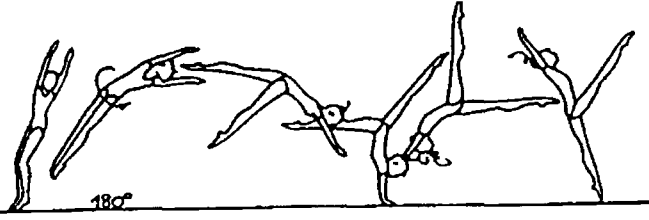
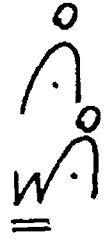
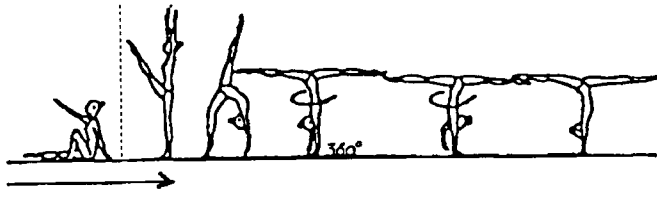
6. Rolls


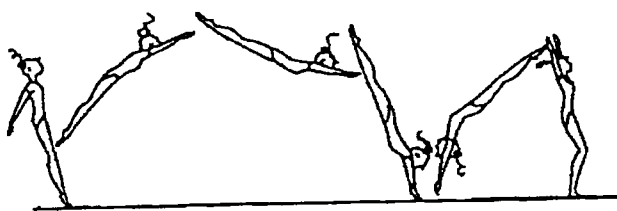

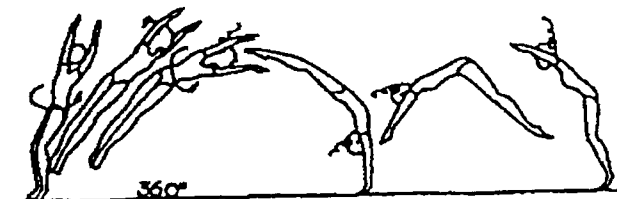
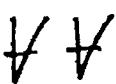
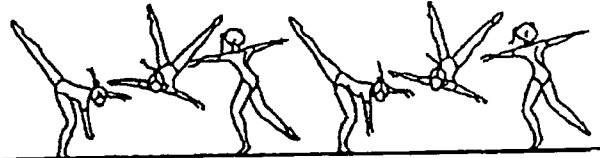

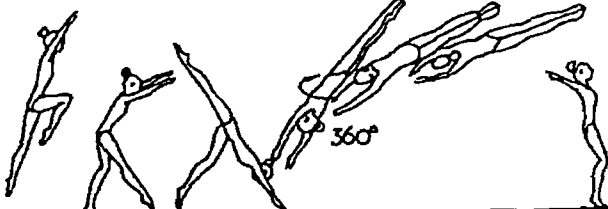

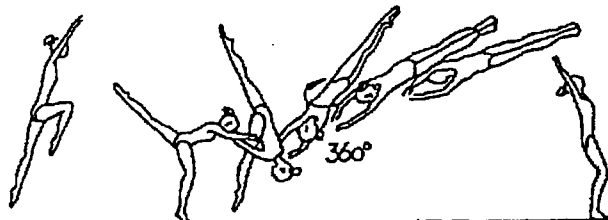
<p style="text-align: center;"><u>A- Elements</u></p> <p>6.101 Spring roll, dive roll or hecht roll</p>		
<p>6.102 From backward take-off - stretched jump with ½ twist (180°) to hecht roll (<i>turning hecht roll with ½ turn</i>)</p>		
<p>6.103 Roll backward to handstand - also with ½ turn (180°)</p>		
<p style="text-align: center;"><u>B- Elements</u></p> <p>6.201 Stretched jump forward with 1/1 twist (360°) to hecht roll</p>		
<p>6.202 Roll backward to handstand with 1/1 turn (360°) or more in handstand</p>		

7. Walkovers, Cartwheels, Etc

<u>A- Elements</u>		
<p>7.101 Walkover forward or backward (<i>all variations</i>), also from tuck sit - Valdez</p>		
<p>7.102 Handspring forward- take-off from on leg- landing optional</p>		
<p>7.103 Free (<i>aerial</i>) walkover forward</p>		
<p>7.104 Cartwheel with or without flight phase</p>	 	

<p>7.105 Free (<i>aerial</i>) cartwheel</p>		
<p>7.106 Round-off or free (<i>aerial</i>) round-off</p>		
<p>7.107 All head or neck kips, also with $\frac{1}{2}$ twist (180°).</p>		
<p>7.108 All flic-flac and gainer flic flac variations, also with support of one arm</p>		

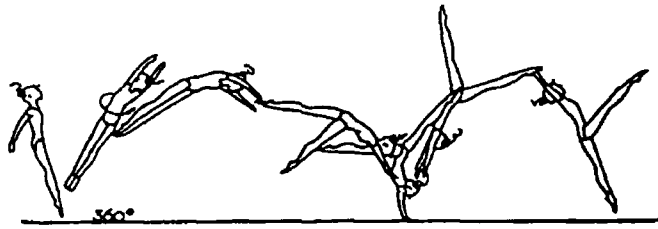
<p>7.108 (cont)</p>		
<p>7.109 Handspring forward with 1/2 twist (180°) after hand support - take-off from one or both legs</p>		
<p>7.110 Jump backward with 1/2 twist (180°) to handspring forward (arabian handspring)</p>		
<p>B- Elements</p> <p>7.201 Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand - return movement optional</p>		

<p>7.202 Handsprings forward with hecht phase before hand support - take-off from both legs - landing optional (<i>Flyspring</i>)</p>		
<p>7.203 Flic-flac with 1/1 twist (360°) before hand support</p>		
<p>7.204 Series of at least two butterflies forward</p>		
<u>C- Elements</u>		
<p>7.301 Handsprings forward with 1/1 twist (360°) after hand support</p>		
<p>7.302 Free (<i>aerial</i>) walkover forward with 1/1 twist (360°)</p>		

7.303

Jump forward with 1/1 twist (360°), handspring forward (*Mostepanova*)

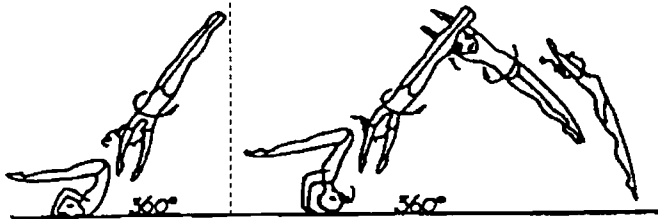
M!



7.304

All head or neck kips with 1/1 twist (360°)

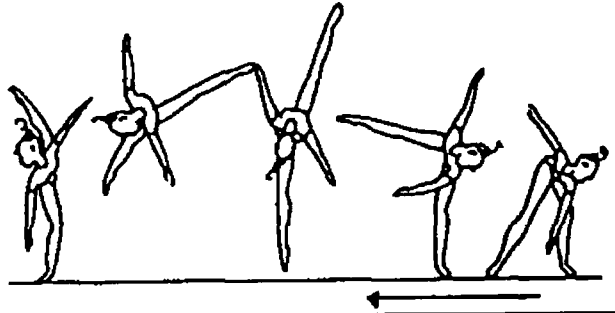
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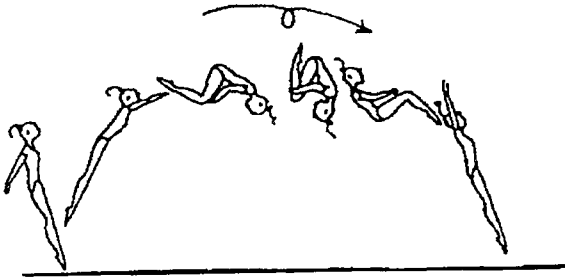

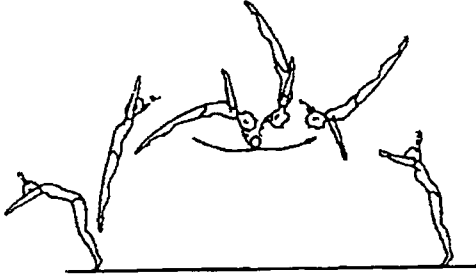

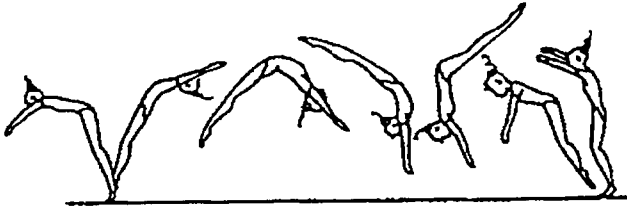
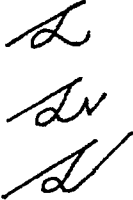
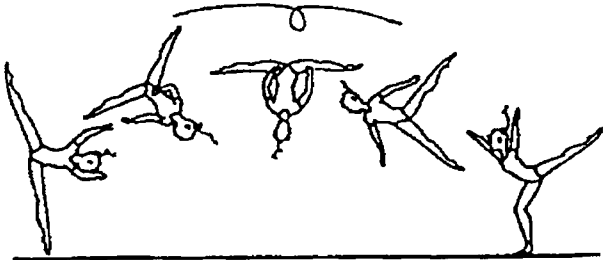
7.305

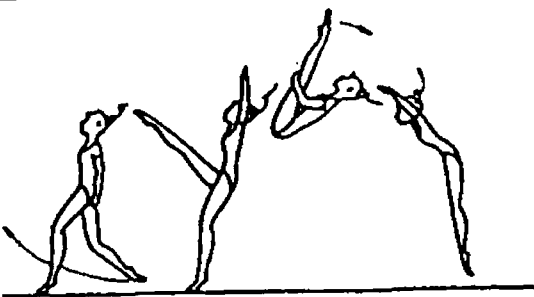
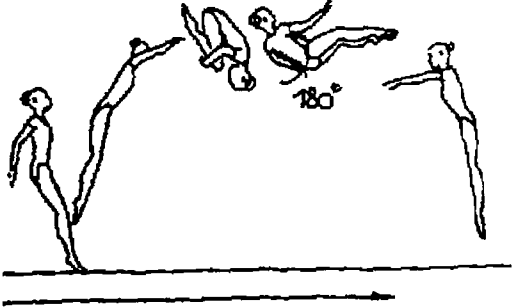
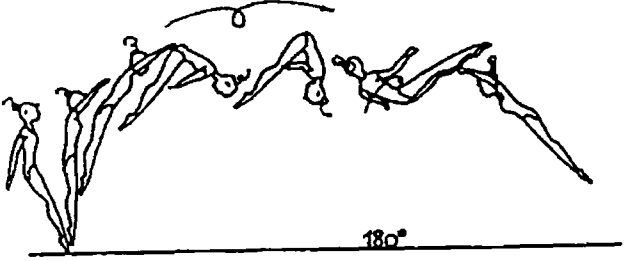
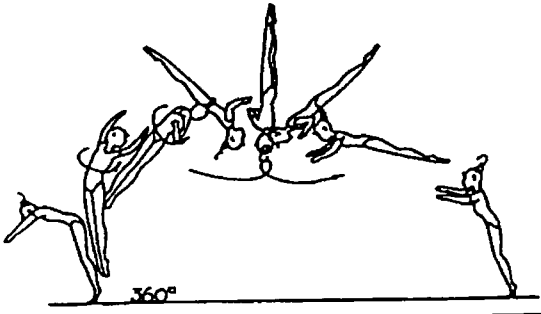
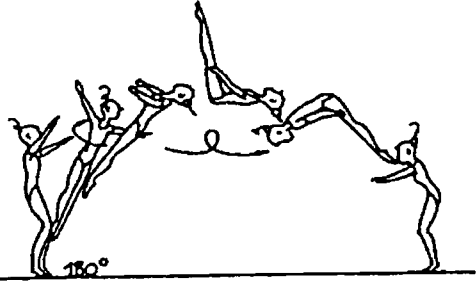
Series of at least two butterflies backward


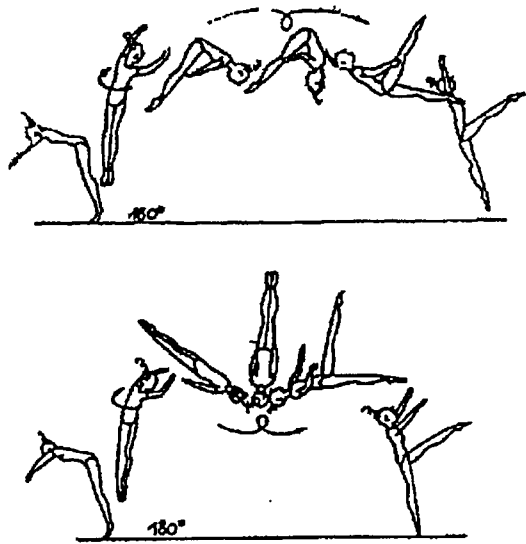
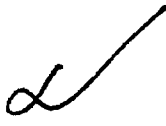
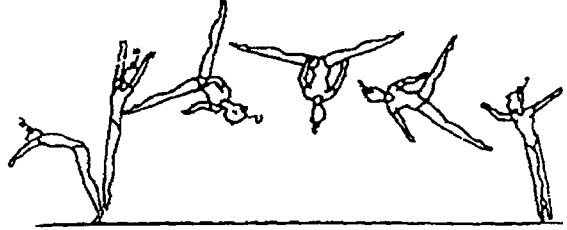

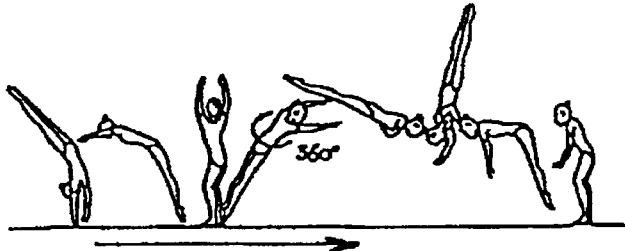
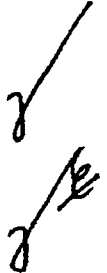
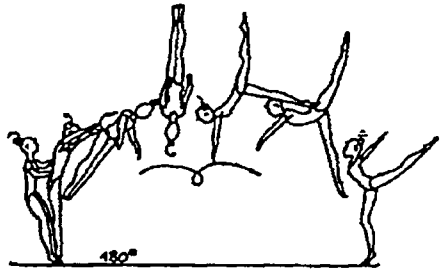
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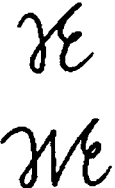
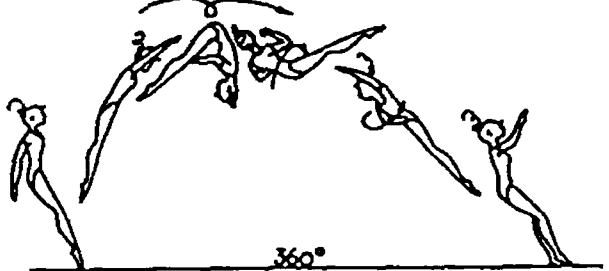

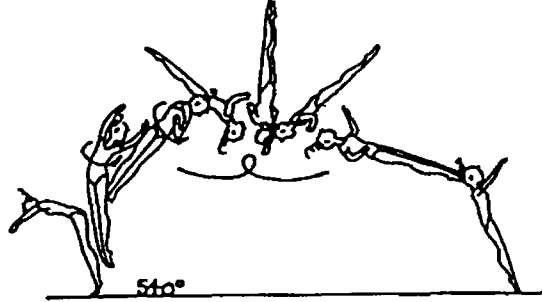

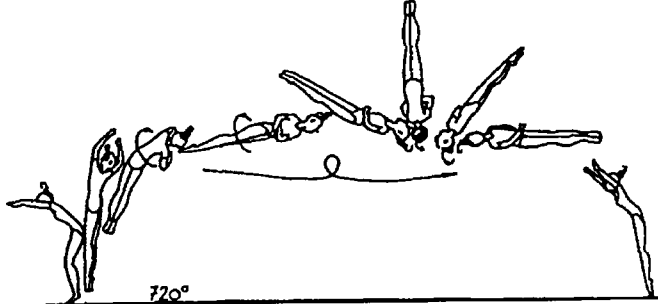

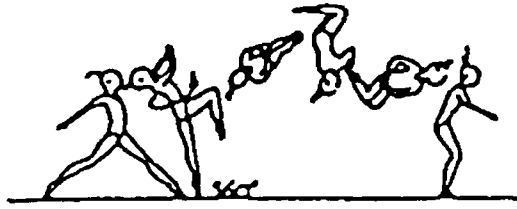

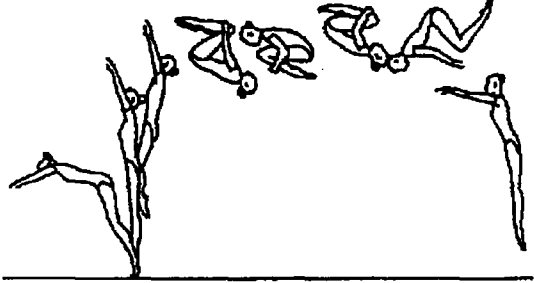



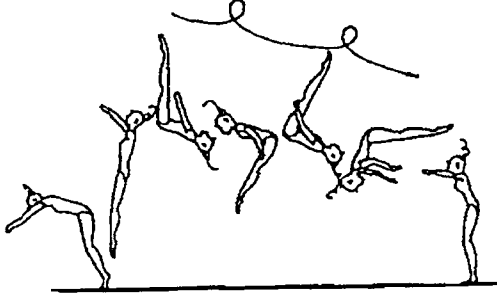

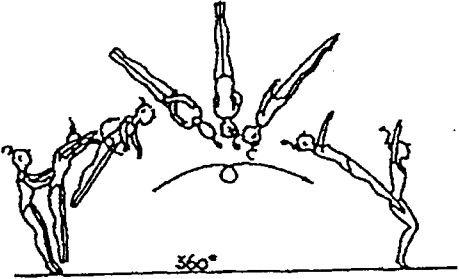

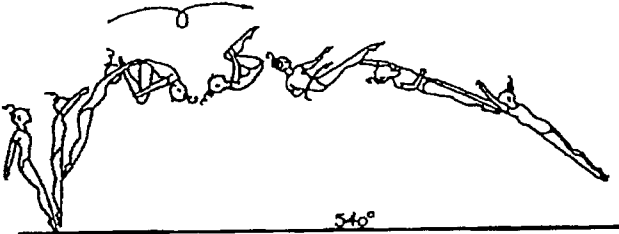

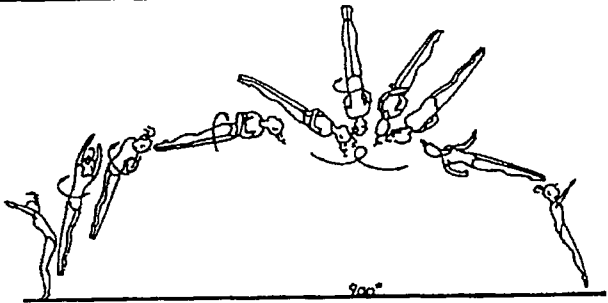

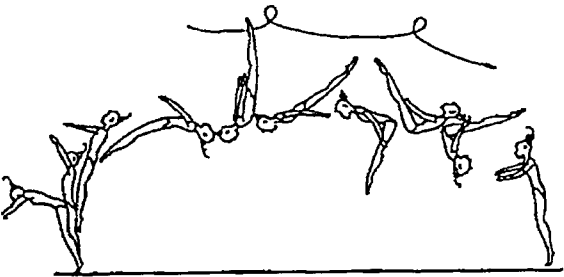
8. Saltos


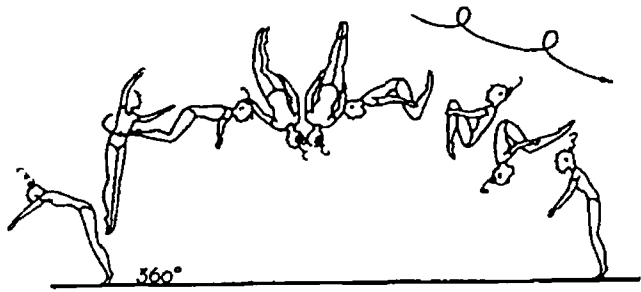

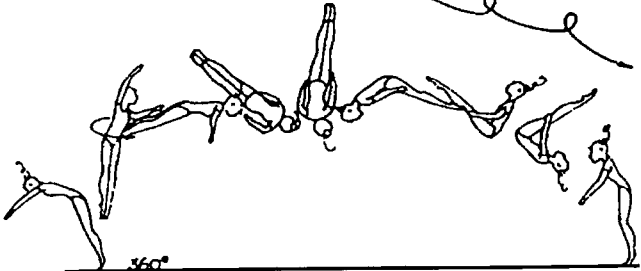

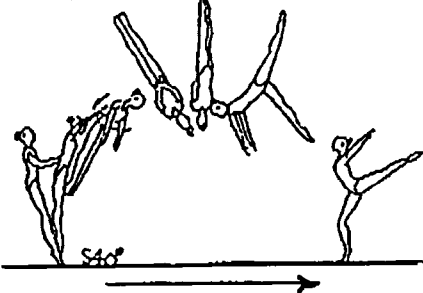

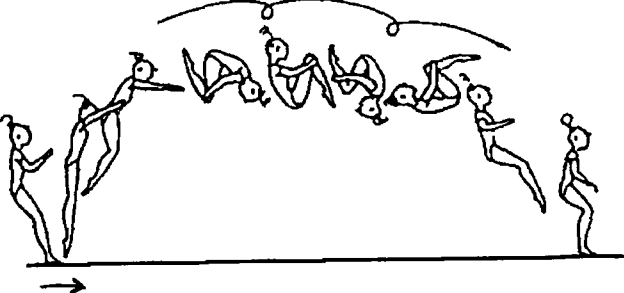

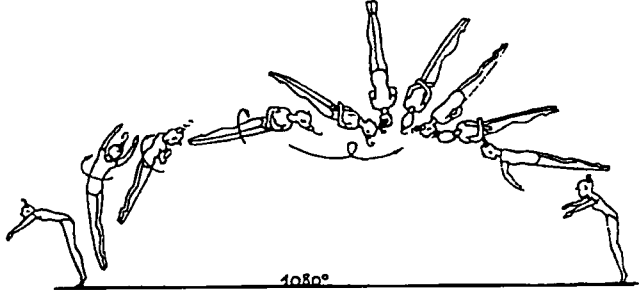
<u>A- Elements</u>		
<p>8.101 Salto forward tucked</p>		
<p>8.102 Salto backward tucked, piked, stretched, also tucked-stretched, piked-stretched</p>		
<p>8.103 Whip-salto backward (<i>flic-flac without hand support</i>)</p>		
<p>8.104 From take-off forward from one or both legs - salto sideward tucked, piked, or stretched</p>		


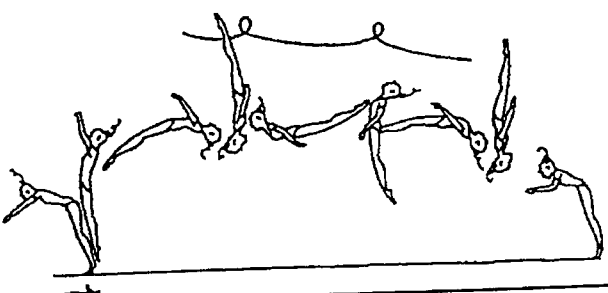

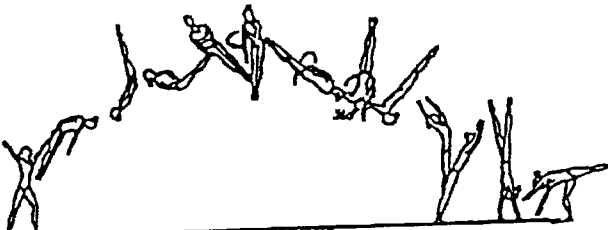

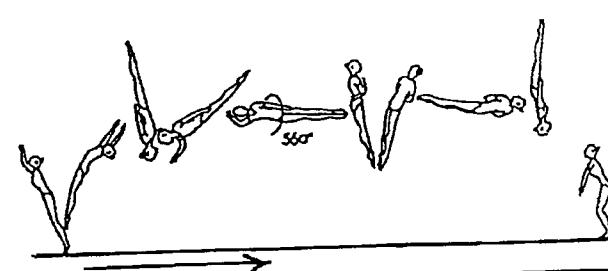
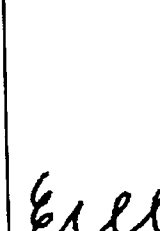
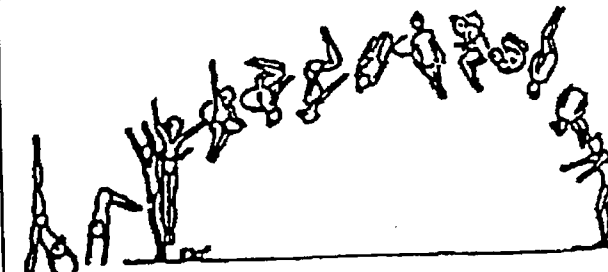
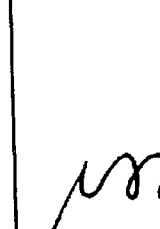
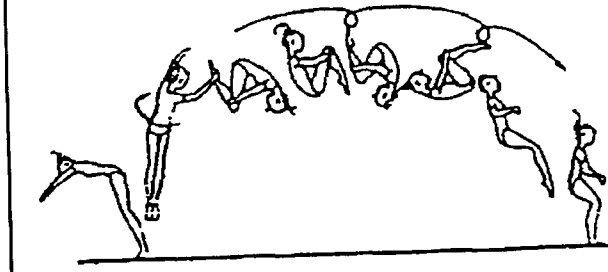
<p>8.105 Gainer salto tucked, piked, stretched</p>	<p><i>re</i> <i>rev</i> <i>re</i></p>	
<u>B- Elements</u>		
<p>8.201 Salto forward tucked with 1/2 twist (180°)</p>	<p><i>7/2</i></p>	
<p>8.202 Salto forward piked, also with 1/2 twist (180°)</p>	<p><i>7V</i> <i>7V/2</i></p>	
<p>8.203 Salto backward tucked, piked or stretched with 1/1 twist (360°)</p>	<p><i>E1</i> <i>E1V</i> <i>E</i></p>	
<p>8.204 Jump forward with 1/2 twist (180°) - salto backward tucked or piked</p>	<p><i>7/2</i> <i>7/2V</i></p>	

<p>8.205 Arabian salto tucked, piked, or stretched (<i>take-off backward with ½ twist [180°], salto forward</i>) - landing on one or both legs</p>		
<p>8.206 From take-off backward - salto sideward stretched</p>		
<p>8.207 Whip salto backward with 1/1 twist (360°)</p>		
<p><u>C- Elements</u> 8.301 Salto forward stretched, also with ½ twist (180°) - landing on one or both legs</p>		

<p>8.302 Salto forward tucked or piked with 1/1 twist (360°)</p>		
<p>8.303 Salto backward with 1½ twist (540°)</p>		
<p>8.304 Salto backward with 2/1 twist (720°)</p>		
<p>8.305 Gainer salto, tucked with 1/1 twist (360°)</p>		
<p>8.306 Double salto backward tucked</p>		

<p>8.307 Double salto backward piked</p>		
<p><u>D- Elements</u> 8.401 Salto forward stretched with 1/1 twist (360°)</p>		
<p>8.402 Salto forward tucked with 1½ twist (540°)</p>		
<p>8.403 Salto backward with 2½ twist (900°)</p>		
<p>8.404 Double salto backward stretched in first salto, piked in second salto</p>		

<p>8.405 Double salto backward tucked with 1/1 twist (360°) in first salto <i>(Muchina)</i></p>		
<p>8.406 Double salto backward piked with 1/1 twist (360°) in first salto</p>		
<p><u>E- Elements</u></p>		
<p>8.501 Salto forward stretched with 1½ twist (540°)</p>		
<p>8.502 Double salto forward</p>		
<p>8.503 Salto backward with 3/1 twist (1080°)</p>		

<p>8.504 Double salto backward stretched</p>		
<p>8.505 Double salto backward stretched with 1/1 twist (360°) in first salto (<i>Tougikova</i>)</p>		
<p>8.506 Double salto backward stretched with 1/1 twist (360°) in second salto (<i>Tchusovitina</i>)</p>		
<p>8.507 Double salto backward with 2/1 twist (720°) (<i>Silivas</i>)</p>		
<p>8.508 Arabian double salto</p>		

APPENDIX

General Directives for Special Connections

Special Connections are to be achieved through diverse combinations of various value parts, through directional changes, among others.

In this context all gymnastic A-, B-, C-, D- or E- elements in the Table and all acrobatic A-, B-, C-, D- or E- **flight** elements may be used.

With the connection of three or more elements, the second element (*and those following*) may be used a second time.

The order of succession of value parts A-, B-, C-, D- or E- can be freely chosen.

“Directional change” on Beam and Floor is understood as:

- a) Long axis turns of 180°, 540°, 900°, etc. with continuation in the same line
- b) Counter saltos with movement execution (back/forth), forward to backward or backward to forward

All connections must be **direct**; only on Floor can acrobatic connections be **indirect**.

Direct Connections are those in which elements/connections are performed without pauses, without extra steps/extra swings.

Indirect Connections (*only in acrobatic series on floor*), are those in which directly connected A-acrobatic elements with flight phase and hand support (*from Group 7, i.e. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos (*Group 8.*)

E- elements may replace D- elements in Special Connections, but the connections will receive the same Bonus Points.

All other connections must be submitted to FIG/WTC.

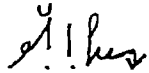
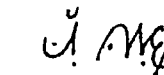
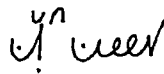
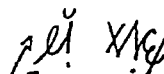
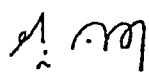
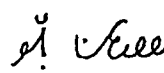
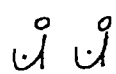
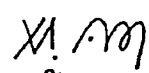
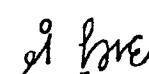
Uneven Bars

11.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

- Mount or connections within the exercise of at least two elements
 - . either, with flight phase
 - . or, with long axis (LA) turn of at least 180° } in each C- element
 - . Dismount connections
 - . the C- element **before** the dismount must contain a flight phase or turn
 - . the dismount itself may be **with** or **without** LA turn

Examples:

a) C + C	0.10 P.	1. 	C with turn C with flight phase
		2. 	C with turn C with turn
		3. 	C with turn C with dismount
b) C + D	0.10 P.	1. 	C with turn
		2. 	C with flight phase
		3. 	C with turn
c) D + D	0.20 P.	1. 	
		2. 	
		3. 	

With connections of three or more elements, the second element (*and those following*) may be used a second time.

Examples of three or more elements:

1. عین آئین آئین $C + C + C = 0.10 + 0.10$

2. آئین آئین آئین $C + C + D = 0.10 + 0.10$

3. آئین آئین آئین $C + C + E = 0.10 + 0.10$

4. آئین آئین آئین $C + D + D = 0.10 + 0.20$

5. آئین آئین آئین $D + D + D = 0.20 + 0.20$

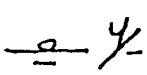
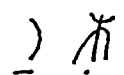
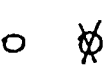
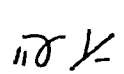
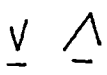

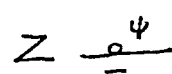
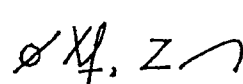
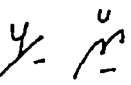
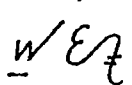
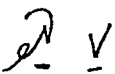
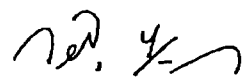

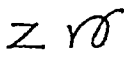
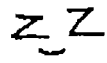


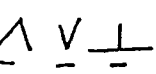
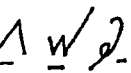
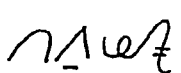
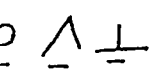
Balance Beam

12.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

12.5.1 Connections of two or more gymnastic elements or two or more gymnastic/acrobatic elements (or reversed)

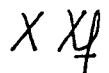
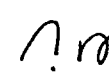

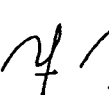
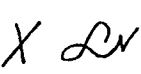
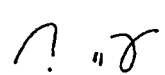
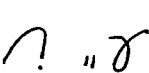
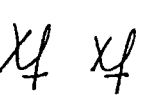
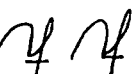

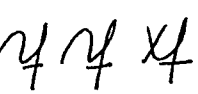

Examples:

			Gym	Gym/Acro Acro/Gym
a) A + D	0.10 P.	1.		
		2.		
B + C	0.10 P.	1.		
		2.		
b) B + D	0.20 P.	1.		
		2.		
C + C (except below)	0.20 P.	1.		
	0.10 P.	1.		
		2.		
		0.20 P.	1.	
C + B + C (gym/acro/gym or acro/gym/acro)	0.20 P.	2.		
		0.30 P.	1.	

12.5.2 Connections of two or more of the following elements:

- free aerial walkover or cartwheel
- forward or sideward acrobatic element with hand support
- forward or sideward salto

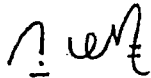
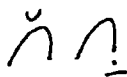
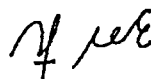
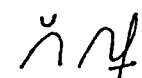
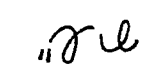

Examples:

a) A (without flight) + C	0.10 P.	1.		sideward
		2.		forward
B + C	0.10 P.	1.		forward
		2.		forward
b) A (without flight) + D	0.20 P.	1.		sideward
		2.		forward
B + D	0.20 P.	1.		forward
C + C (and more difficult)	0.20 P.	1.		sideward
		2.		forward
		3.		dismount
c) C + C + C	0.30 P.	1.		forward/sideward
B + C + D	0.30 P.	1.		forward

12.5.3 Connections of two flight acrobatic elements:

- with "directional change" in one element or
- with counter element execution






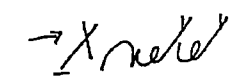
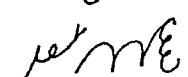

Examples:

a) B + C	0.10 P.	1.		counter
		2.		direction change
b) C + C	0.20 P.	1.		counter
		2.		direction change
B + D (and more difficult)		1.		counter
		2.		direction change

12.5.4 Connections of at least three acrobatic flight elements:

Examples:

- a) B + B + C (with exception of two flic-flacs with landing on one or both legs + salto stretched with step-out, i.e.)

	0.10 P.	1.		dismount
		2.		mount
		3.		
B + C + C	0.10 P.	1.		
		2.		
b) B + B + C + C	0.20 P.	1.		mount
		2.		dismount
B + B + D		1.		dismount

		2.		dismount
C + C + C (and more difficult)	0.20 P.	1.		mount
		2.		
c) B + B + C + D (and more difficult)	0.30 P.	1.		
		2.		mount
		3.		dismount

12.5.1 to 12.5.4 apply to mount, dismount, and connections within the exercise.

Floor Exercise



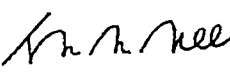





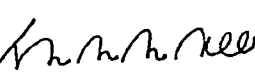
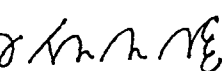
13.5 Bonus Points for Special Connections

Additional BP for Special Connections can be given for:

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

I) C- salto series


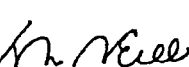
Examples:

- | | | | |
|---------------|---------|----|--|
| a) C + C | 0.10 P. | 1. |  |
| A + A + C | 0.10 P. | 1. |  |
| | | 2. |  |
| A + B + C | 0.10 P. | 1. |  |
| | | 2. |  |
| | | 3. |  |
| b) A + C + C | 0.20 P. | 1. |  |
| | | 2. |  |
| A + A + A + C | 0.20 P. | 1. |  |
| | | 2. |  |

* **Indirect connections** are those in which directly connected A- acrobatic elements with flight phase and hand support (*from Group 7, i.e. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos (*Group 8.*)

II) D- salto series

Examples:

- | | | | |
|----------|---------|----|---|
| a) A + D | 0.10 P. | 1. |  |
| | | 2. |  |

B + D	0.10 P.	1.
		2.
b) C + D	0.20 P.	1.
		2.

13.5.2 Direct * acrobatic connections of:

- two or three acrobatic flight phase elements in same directional line (forward or backward) or
- two saltos with “directional change” in first salto, (also with third acrobatic element) or
- two counter saltos (also with third acrobatic element)


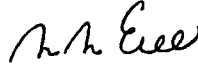



Examples:

a) A + C	0.10 P.	1.	backward
		2.	forward
		3.	direction change
		4.	counter
B + C	0.10 P.	1.	backward
		2.	forward
		3.	direction change
		4.	counter
B + B + B	0.10 P.	1.	backward
		2.	forward
		3.	direction change
		4.	counter

* A- elements **must** be saltos, B- elements (*and more difficult*) may be executed with or without hand support.





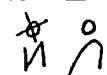
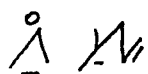

b) A/B + D	0.20 P.	1.		backward
		2.		forward
		3.		direction change
		4.		counter
A/B + A + C	0.20 P.	1.		backward
		2.		forward
		3.		direction change
		4.		counter
B + B + C	0.20 P.	1.		backward
		2.		forward
		3.		direction change
		4.		counter
C + C	0.20 P.	1.	Theory	backward
		2.		forward
		3.		direction change
		4.		counter
c) C + D (and more difficult)	0.30 P.	1.	Theory	backward
		2.		forward
		3.		direction change

A + A + D
(and more difficult)

- | | | |
|----|---|------------------|
| 4. |  | counter |
| 1. |  | backward |
| 2. |  | forward |
| 3. |  | direction change |
| 4. |  | counter |

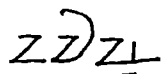

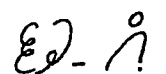
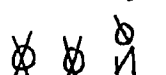
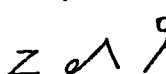
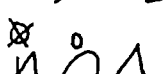
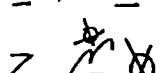

13.5.3 Connections of two different gymnastic or two gymnastic/acrobatic elements (or reversed):

Examples:

- | | | | | |
|----------|---------|----|---|----------|
| a) C + C | 0.10 P. | 1. |  | gym/gym |
| | | 2. |  | gym/acro |
| D + B | 0.10 P. | 1. |  | gym/gym |
| | | 2. |  | gym/gym |
| | | 3. |  | gym/acro |
| D + C | 0.20 P. | 1. |  | gym/gym |
| D + D | 0.20 P. | 1. |  | gym/gym |

13.5.4 Three different gymnastic or three gymnastic/acrobatic elements (gym/acro/gym or acro/gym/acro):

Examples:

a) B + C + C	0.10 P.	1.		gym/gym/gym
		2.		gym/acro/gym
		3.		acro/gym/acro
b) C + C + C	0.20 P.	1.		gym/gym/gym
B + B + D	0.20 P.	1.		gym/gym/gym
		2.		gym/acro/gym
B + C + D	0.20 P.	1.		gym/gym/gym
C + C + D (and more difficult)	0.30 P.	1.		gym/gym/gym

USGF WOMEN'S TECHNICAL COMMITTEE

ELEMENT SUPPLEMENT

1993-96

USGF WTC

Joanne Pasquale - RTC I
Carole Bunge - RTC III
Carolyn Bowers - RTC V
Cheryl Hamilton - RTC VII

Karen Wisen - RTC II
Linda Beran - RTC IV
Cindy Sielski - RTC VI
Marian Dykes - RTC VIII

Marilyn Cross - Chairman
Audrey Schweyer - ETC
Sharon Weber - JTCC
Kathy Feldmann - ABC
Roe Kreutzer - ETCC
Tom Koll - JOPCC
Connie Maloney - JOPC

*This Supplement governs element values for the J.O. Program in the United States.
(It may be used in Elite Competitions if FIG has not evaluated the element(s) but these evaluations are
valid only in the United States.)*

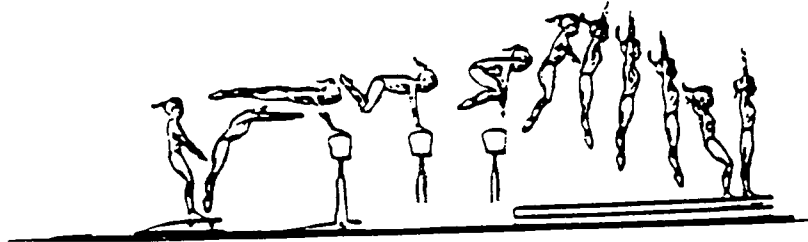


GROUP O
Level 8 Optional Only

S-0.1 Squat Vault

7.0

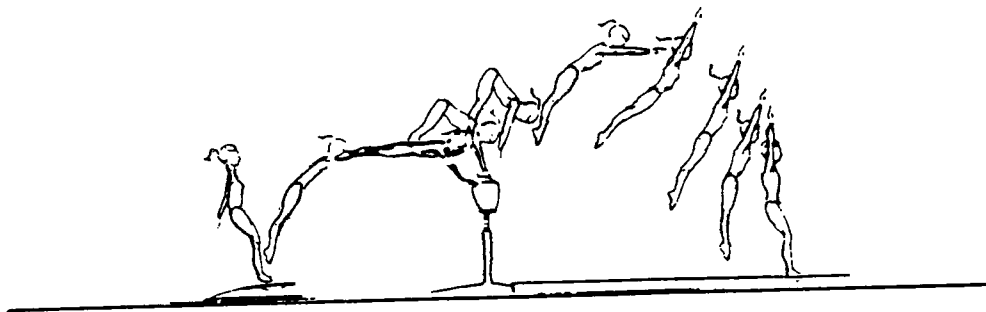
M



S-0.2 Stoop Vault

7.5

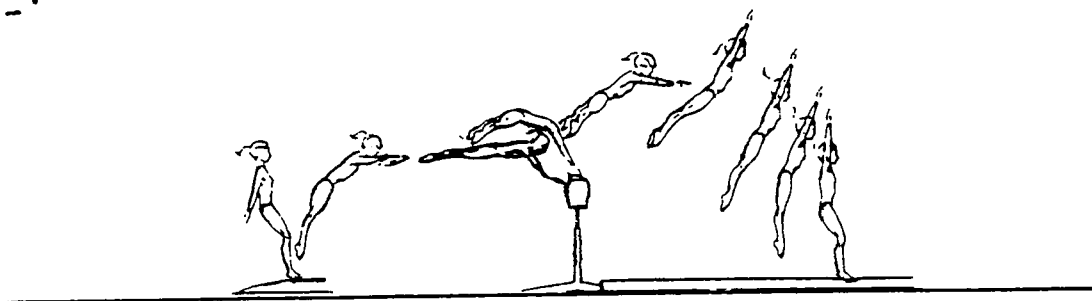
N



S-0.3 Straddle Vault

7.5

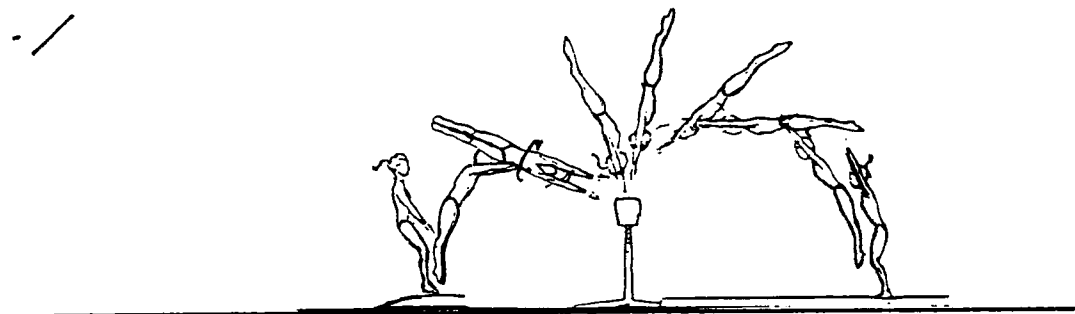
A



S-0.4 1/2 turn (180) on - Repulsion off

8.0

EV - /



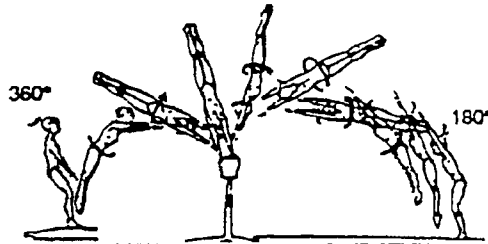
GROUP 1

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

B Vaults

S-1.310 1/1 (360°) turn on - 1/2 (180°) turn off

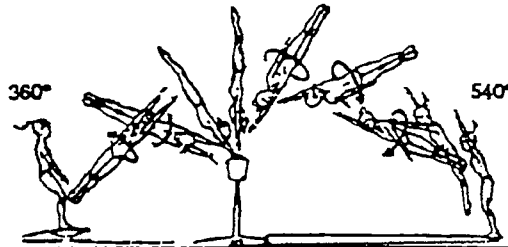
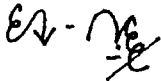
9.5



D Vaults

S-1.410 1/1 (360°) turn on - 1 1/2 (540°) turn off

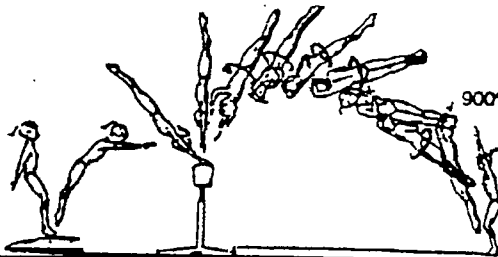
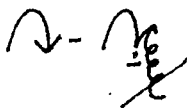
9.8



E Vaults

S-1.411 Handspring on - 2 1/2 (900°) turn or more off

10.0



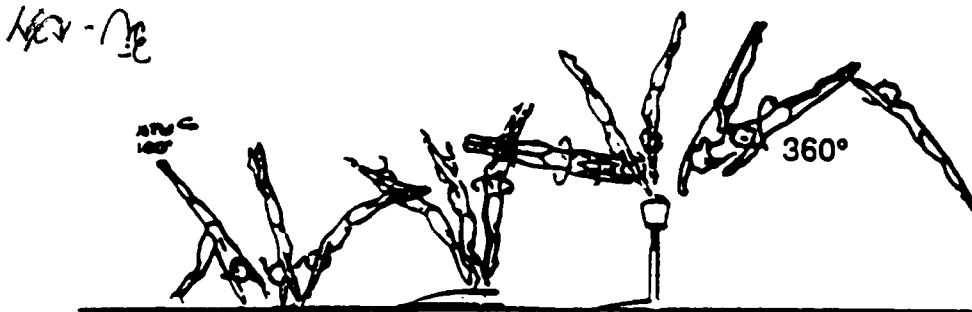
GROUP 4

Vaults from a Round-off (Elite & Level 10 Only)

B Vaults

S-4.210 Round-off flic flac with 1/2 (180°) turn on - Handspring with 1/1(360°) twist off

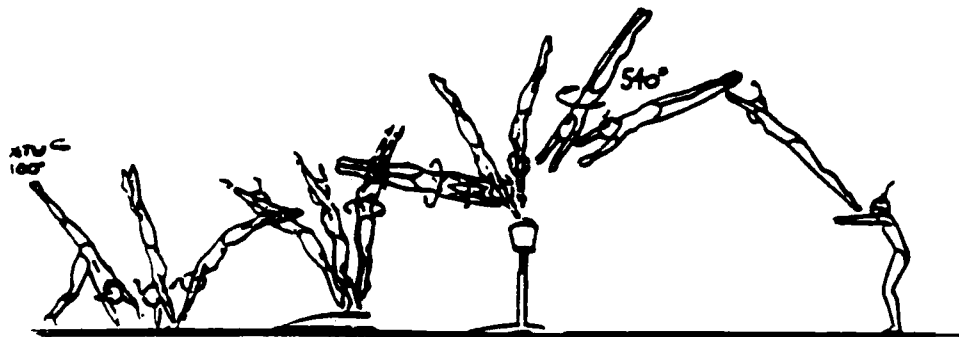
9.2



S-4.211 Round-off flic flac with 1/2 (180°) turn on - Handspring 1 1/2 (540°) twist off

9.4

Handwritten notes: 180°

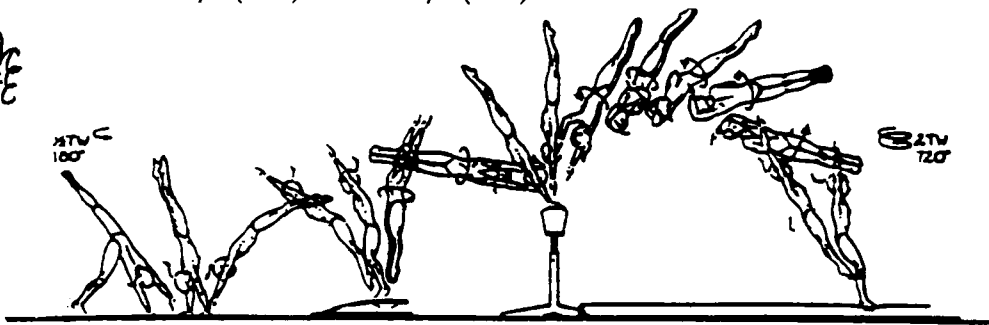


D Vaults

S-4.410 Round-off flic flac with 1/2 (180°) turn on - 2/1 (720°) off

9.9

Handwritten notes: 180°

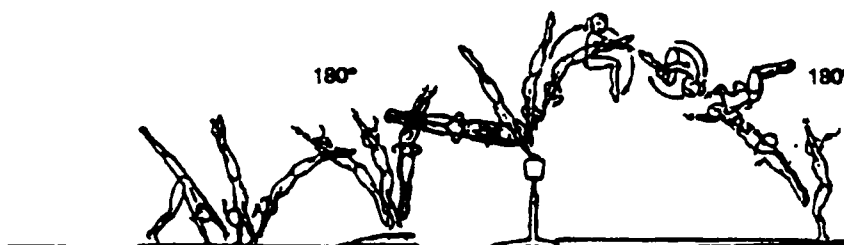


E Vaults

S-4.510 Round-off flic flac with 1/2 (180°) turn on - Tucked 1 1/2 (540°) Salto Forward with 1/2 (180°) turn off

10.0

Handwritten notes: 180°



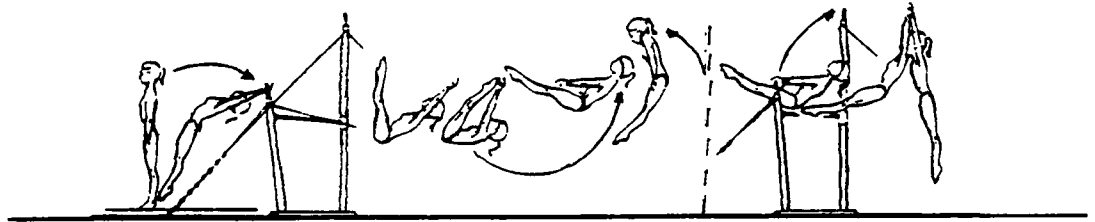
UNEVEN BARS

1. MOUNTS

A-Parts

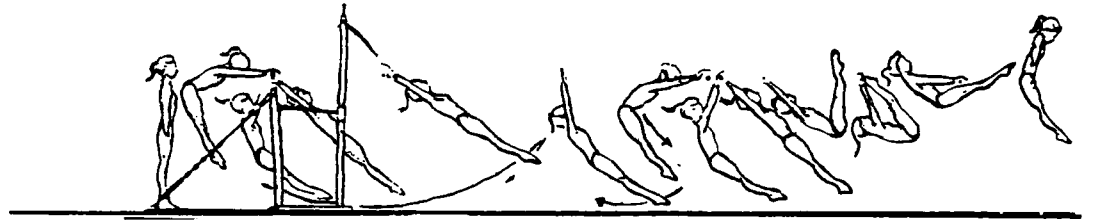
S-1.110 From rearward stand in front of LB, jump backwards under LB to kip catch HB.

|| L'



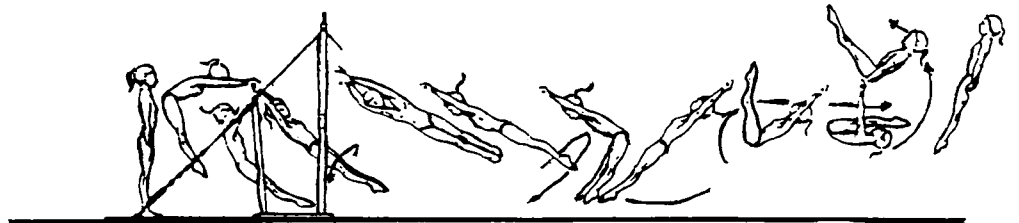
S-1.111 Glide, hop change hands to eagle grip, glide back, hop change to regular grip, glide kip.

L~L~L



S-1.112 Glide, 1/2 (180°) turn, glide back kip up.

L~L



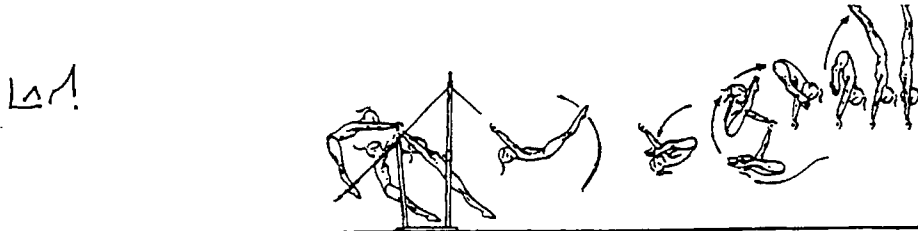
S-1.113 Free tuck/pike jump to stand on LB.

M

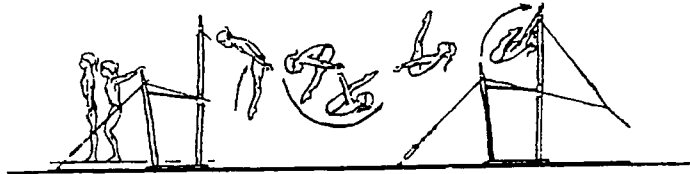


B-Parts

S-1.220 From a long swing on HB or a glide on LB: Swing forward to a straddle circle swing through support to a handstand.

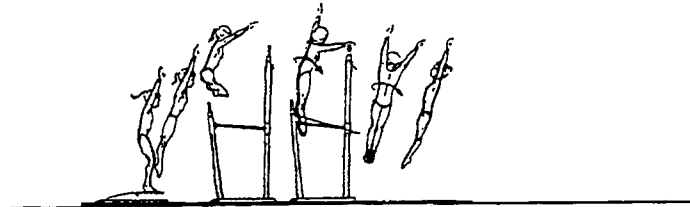
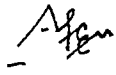


S-1.221 From rearward stand in front of LB, jump backward under LB to inverted pike hang, back kip, or straddle cut to regrasp HB or LB

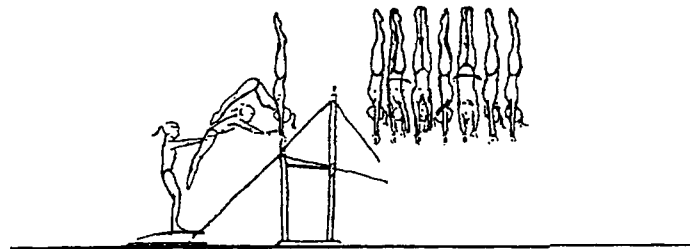


C-Parts

S-1.310 Jump forward with free straddle over LB, 1/2 (180°) turn to catch HB in eagle grip.
(1/2 turn must be free)

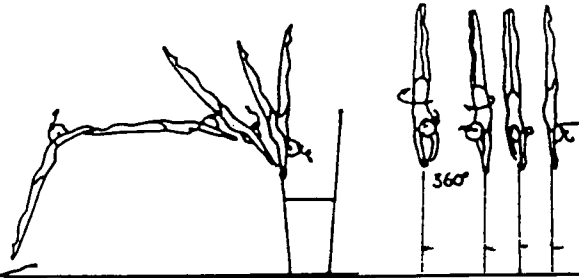
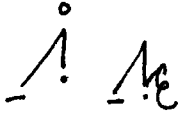


S-1.311 Jump with bent hips to handstand with 1/1 (360°) after handstand phase



D-Parts

S-1.410 Jump with extended body to handstand 1/1 (360°) in or after handstand phase



S-1.411 Front salto over LB with 1/2 (180°) turn to grasp LB.

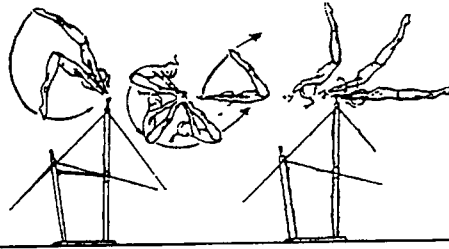


2. CIRCLES

A-Parts

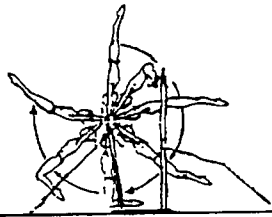
S-2.110 Backward sole circle, shoot legs, release hands, regrasp in eagle grip on backswing.

h



S-2.111 Backward giant circle to handstand on LB (either side).

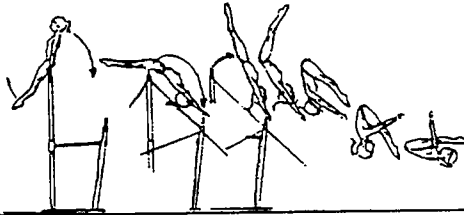
u



B-Parts

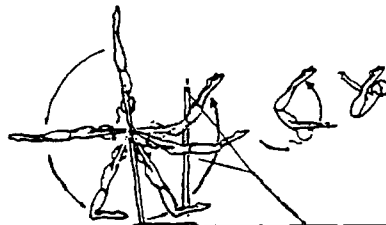
S-2.220 From rearward sit on HB or from long swing, reach back to grasp LB to clear pike or stalder circle on LB.

u v w



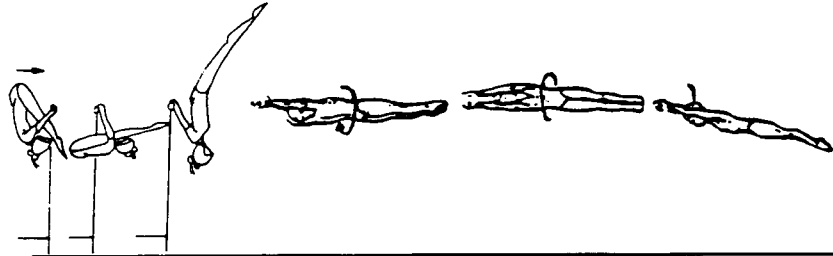
S-2.221 Reverse grip (front giant) or forward stalder on LB to forward salto catch on HB.

u v w



S-2.222 Underswing backward, dislocate with 1/1 (360°) turn - Schleudern 360°

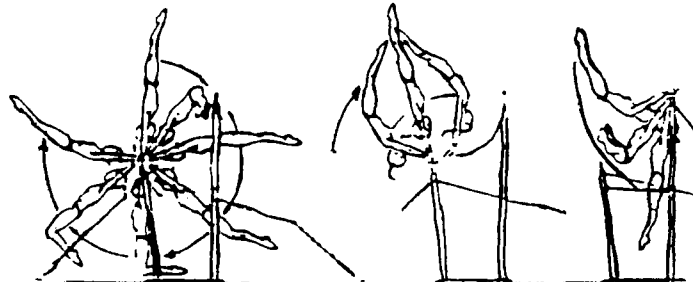
9°



C-Parts

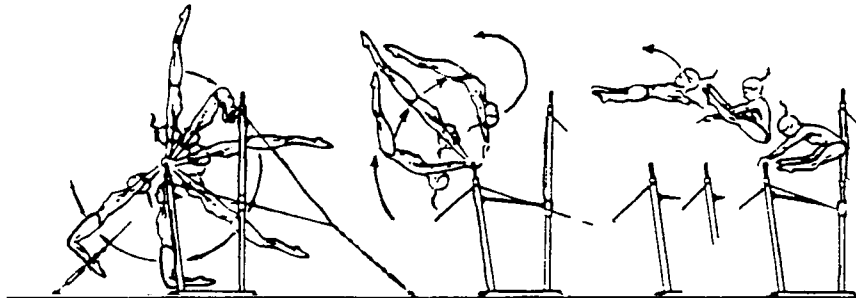
S-2.330 Backward giant on LB into a reverse hecht action to catch HB

U↳/



S-2.331 Backward giant on LB into a reverse hecht action to regrasp LB in glide

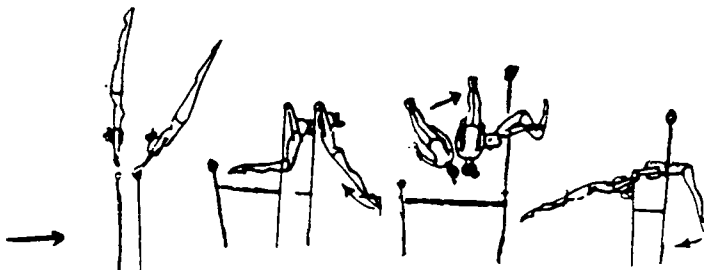
U↳



D-Parts

S-2.420 3/4 backward giant circle (between the bars) to tuck salto with 1/1 (360°) twist regrasp LB.

ue.

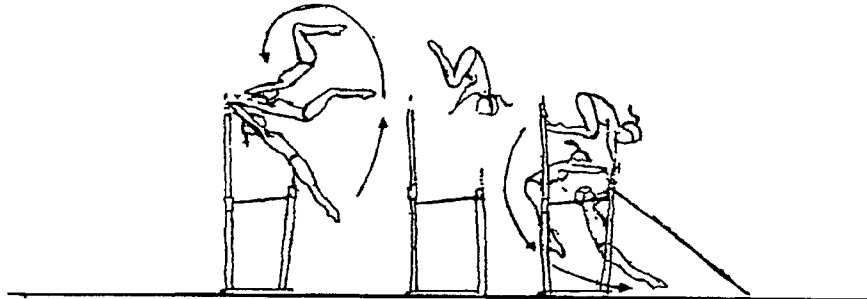


3. BACKWARD SWINGS - CASTS

B-Parts

S-3.220 Rear lying hang, lift body upward to a salto backward (tuck) to catch LB
(Salto must be done with flight).

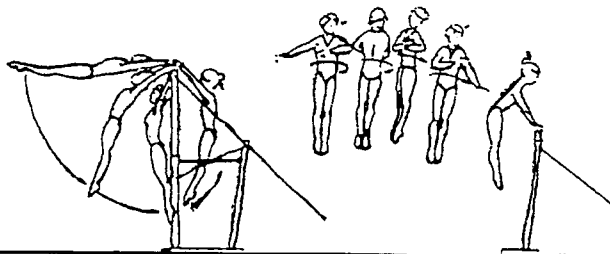
w.



C-Parts

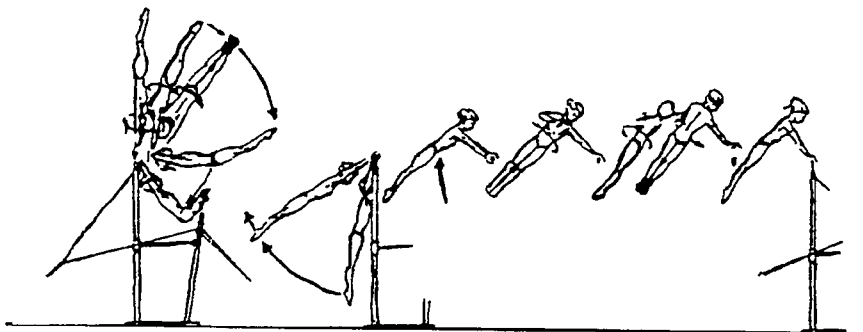
S-3.320 Uprise with 1 1/2 (540°) twist to catch LB.

See



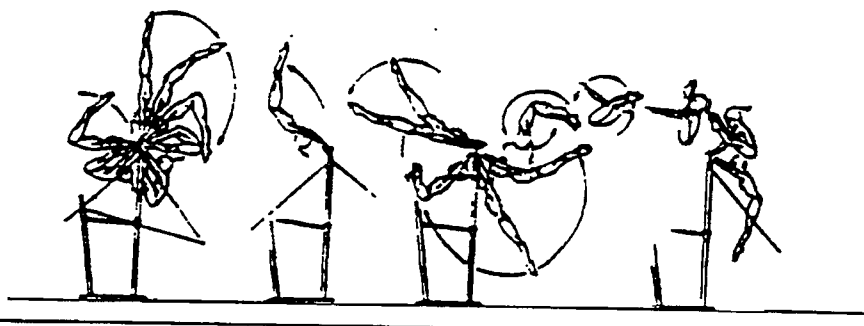
S-3.321 From handstand, long swing between bars with 1/2 twist (one hand change), back uprise, release HB, 1/1 (360°) twist to recatch on HB.

See



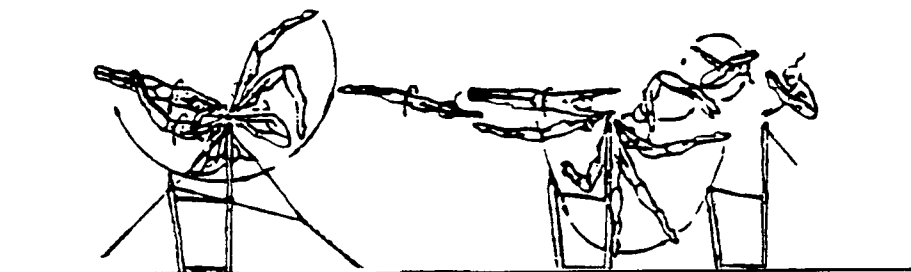
S-3.322 Backward sole circle, release HB and regrasp in eagle grip, on backswing, straddle front salto catching same bar.

See



S-3.323 Sole circle 1/1 (360°) turn, regrasp in eagle grip, on backswing, straddle front salto, catching same bar.
(Schlegel Salto)

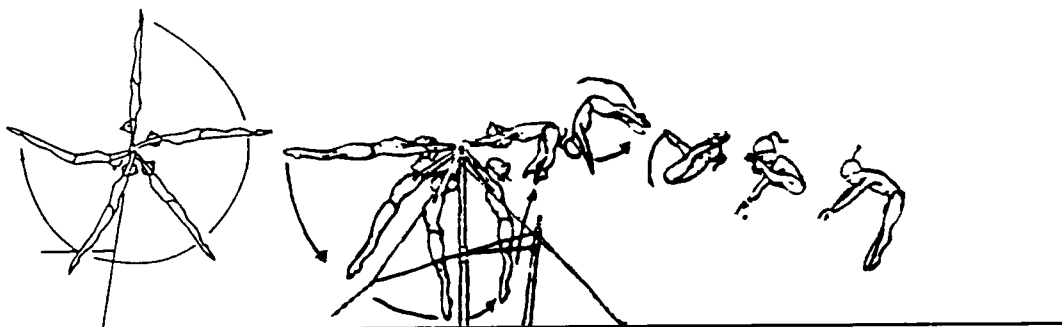
Schlegel



D-Parts

S-3.410 From handstand, long swing between bars, on counterswing salto forward over LB to catch LB.

Salto

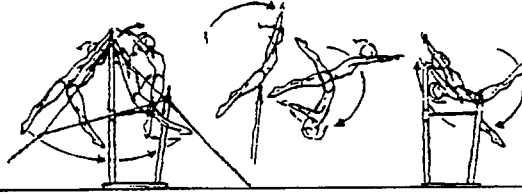


4. CIRCLE SWINGS

A-Parts

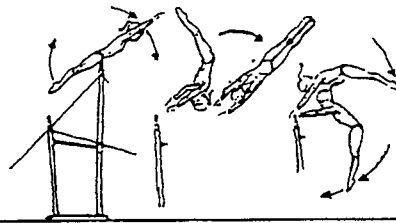
S-4.110 From hang on HB, swing forward to free front hip circle on LB, recatch, HB.

o.



S-4.111 Free front support on HB, fall forward with 1/2 (180°) twist to catch LB.

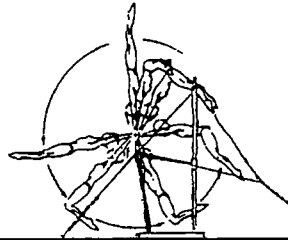
e.



B - Parts

S-4.220 LB front giant (reverse grip) - must start and finish in handstand - also with 1/2 turn in or after handstand

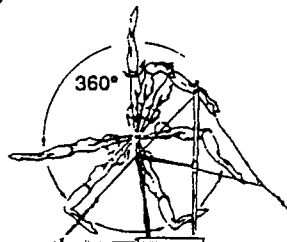
u. u. u.



C-Parts

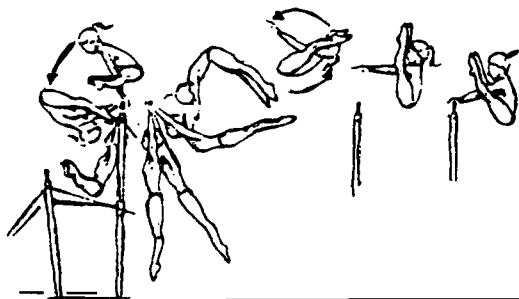
S-4.320 LB front giant (reverse grip) with a 1/1 (360°) turn in or after handstand

u. u.



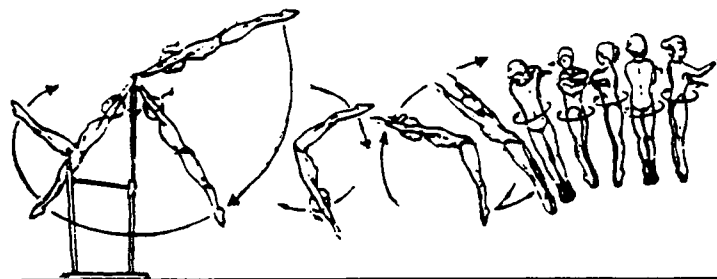
S-4.321 Clear straddle circle forward on HB, front salto, regrasp HB.

xs.



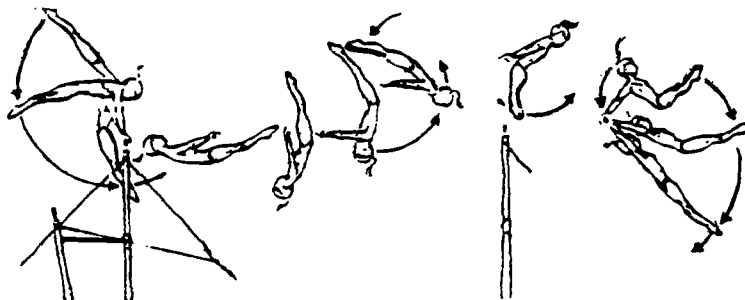
S-4.322 Hang on HB, backward hip circle on LB, hecht with 1 1/2 (540°) twist to catch HB.

ae.



S-4.323 Single bar hecht, recatching same bar in eagle grip.

~w



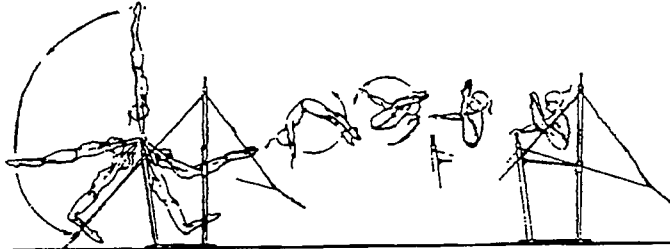
S-4.324 False eagle with 1/1 (360°) twist to catch LB.

ae.



S-4.325 LB front giant, forward salto catch same bar.

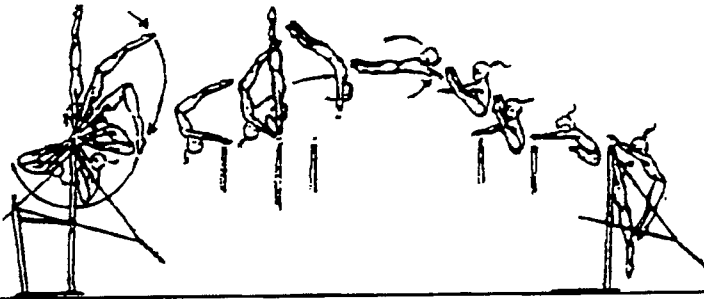
A.M.



D-Parts

S-4.420 Underswing (backward sole circle) reverse hecht.

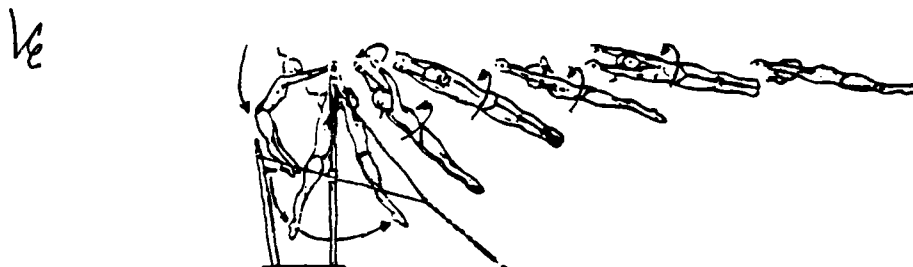
L →



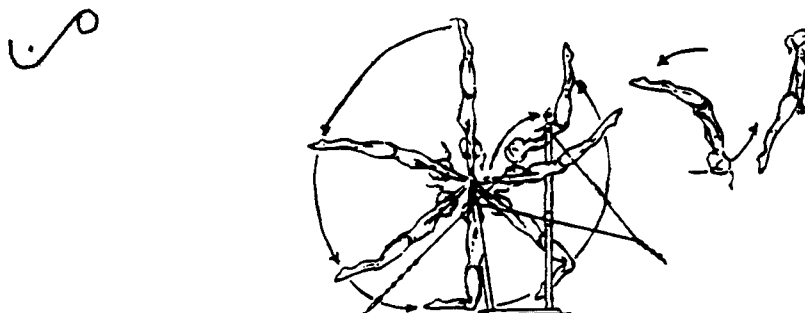
5. STRETCHED SWINGS FORWARD

A-Parts

S-5.110 Front lying hang, straddle over, long hang swing on HB, release one hand and regrasp in mixed grip to twist 360° as the other hand releases to regrasp HB in eagle grip.

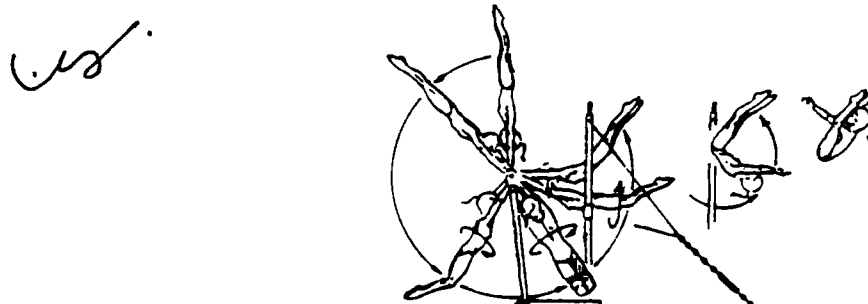


S-5.111 From handstand on LB, 1/2 giant circle backward, release to grasp HB and continue to pull hips over to front support HB. (Must show flight to HB)



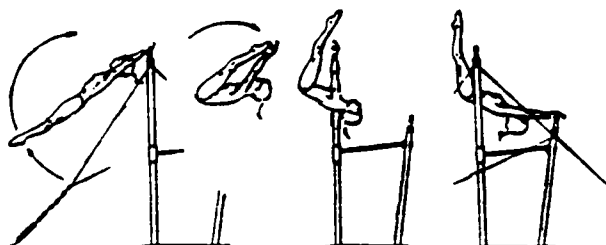
B-Parts

S-5.210 From handstand on LB, 1/2 giant circle backward with 1/2 (180°) turn and salto forward to catch HB (described as Deltchev LB to HB)



S-5.211 From HB facing out, long hang swing, lift legs, release HB, drop backward to catch LB
(Also from sit on HB)

p.

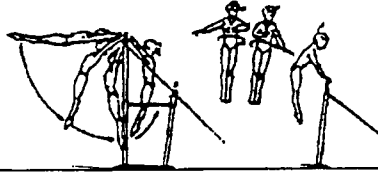


6. LEG SWINGS

A-Parts

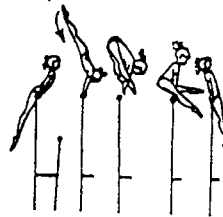
S-6.110 Counter swing 1/2 (180°) turn grasp LB.

Le.



S-6.111 Forward straddle cut

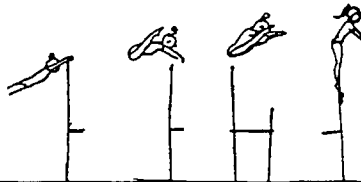
A



B-Parts

S 6.210 Stand on LB - straddle pike jump backward over HB to hang

LAH



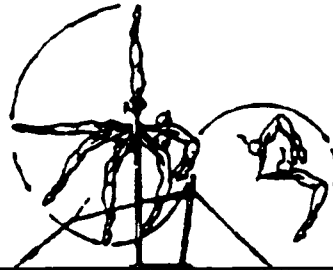
C-Parts

S-6.310 Counterswing to handstand on LB - 1/1 (360°) turn after handstand

WLe



S-6.311 1/2 forward giant circle to backward straddle over LB to hang

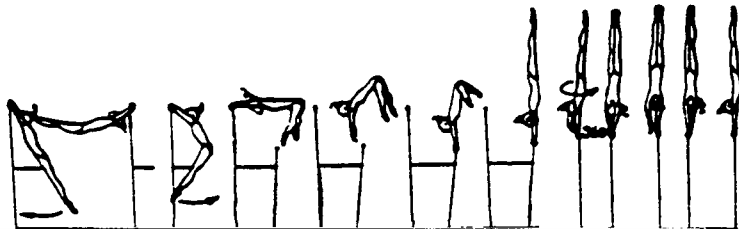


D-Parts

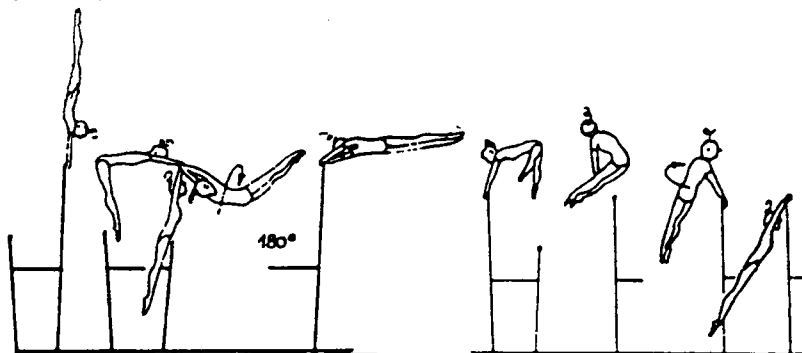
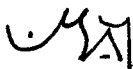
S-6.410 Counter swing to uprise with 1/2 (180°) in flight to arrive in handstand on LB.



S-6.411 Counterswing, straddle back to handstand on LB with 1/1 (360°) turn in handstand.



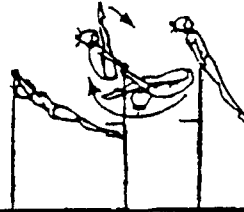
S-6.412 From a cast on HB, swing down between the bars, uprise with 180° turn, straddle forward over HB with 108° turn to regrasp HB (Wilson)



7. KIPS

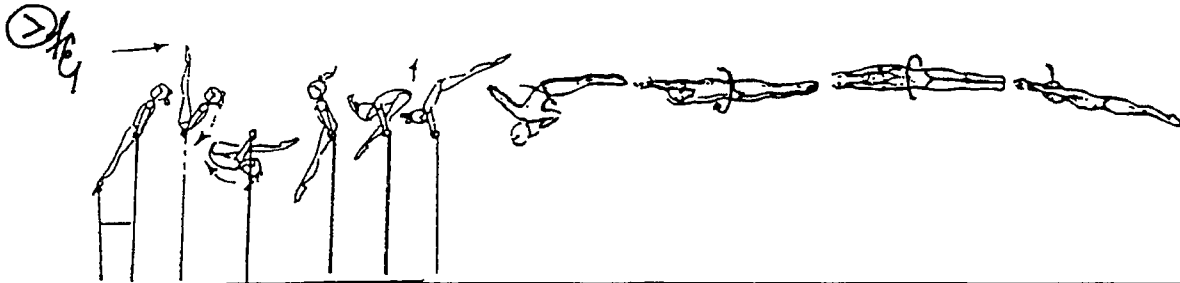
A-Parts

S-7.120 Long hang swing, pike legs between hands and extend to a rear support on HB.



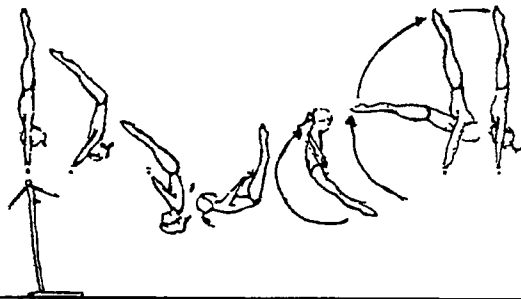
B-Parts

S-7.220 From a rear support on HB - seat (pike) circle backward through clear rear support with 1/1 (360°) turn. [Code 7.211 with an additional 1/2 (180°) turn]



D-Parts

S-7.410 From handstand, swing forward, pike into bar, kip backward to handstand (Weiler Kip).

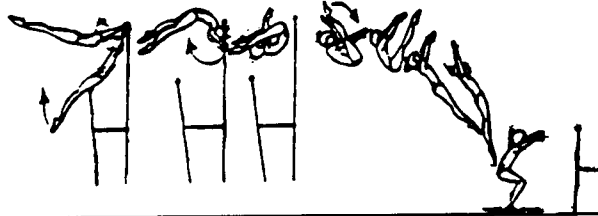


8. DISMOUNTS

A-Parts

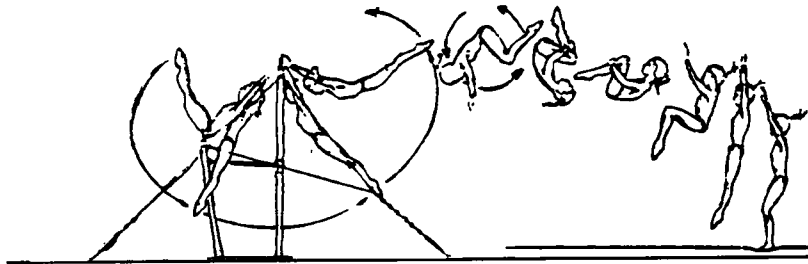
S-8.110 From a Front Lying hang, cast uprise to a tuck or pike front salto over LB to stand.

- So →



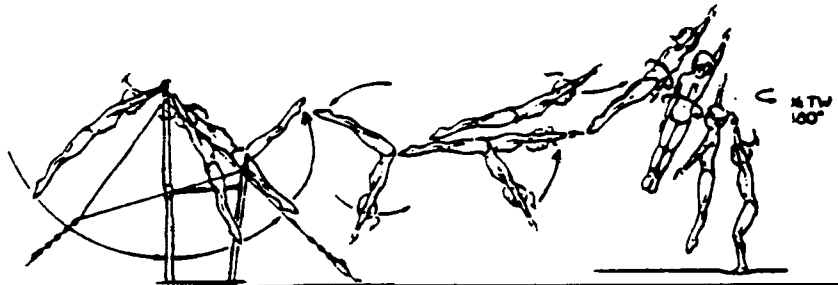
S-8.111 Long swing beat LB, swing back with front salto to stand.

~ So



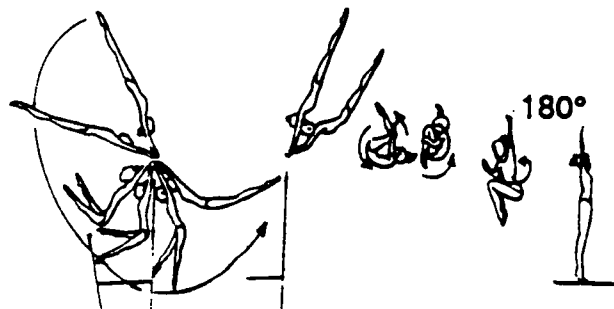
S-8.112 Hecht with 1/2 (180°) twist. (on LB)

o e

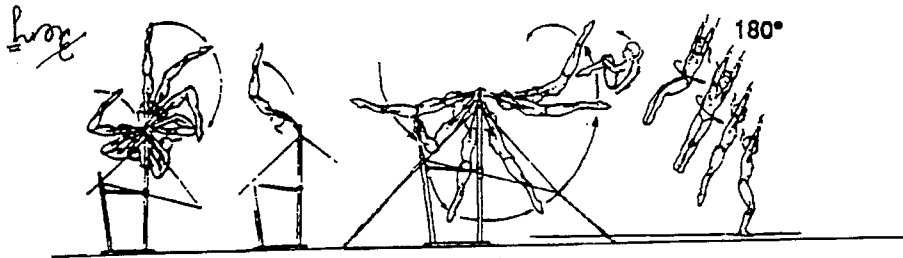


S-8.113 Forward giant to forward swing flyaway in tuck/pike position with 1/2 (180°) twist.

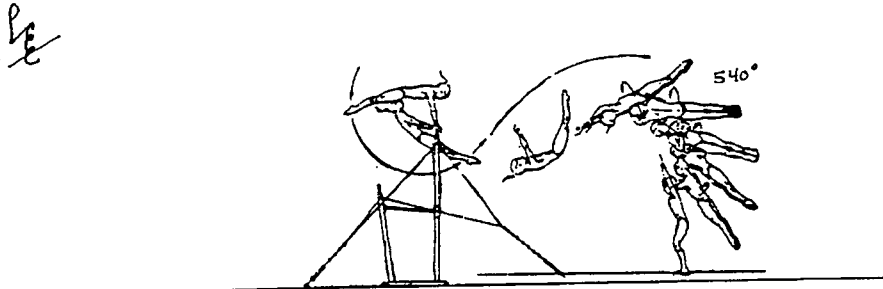
o r o y v



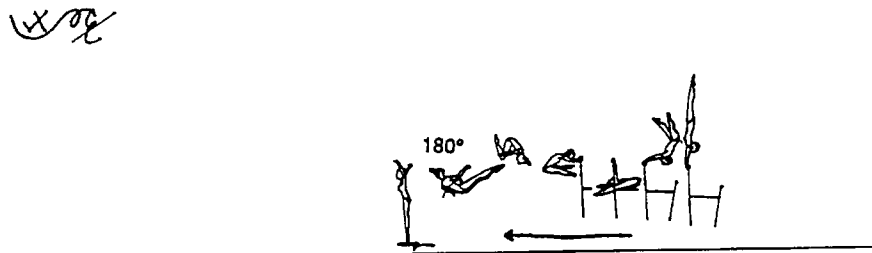
S-8.114 Backward sole circle, release HB and regrasp in eagle grip, on backswing salto forward tucked with 1/2 (180°) twist.



S-8.115 From front support on HB, underswing with 1 1/2 (540°) twist.



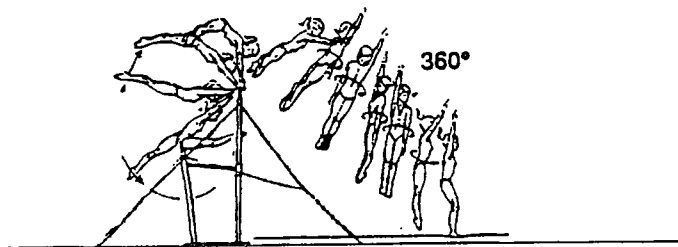
S-8.116 From handstand, clear straddle circle forward on HB to salto forward tucked with 1/2 (180°) twist.



B-Parts

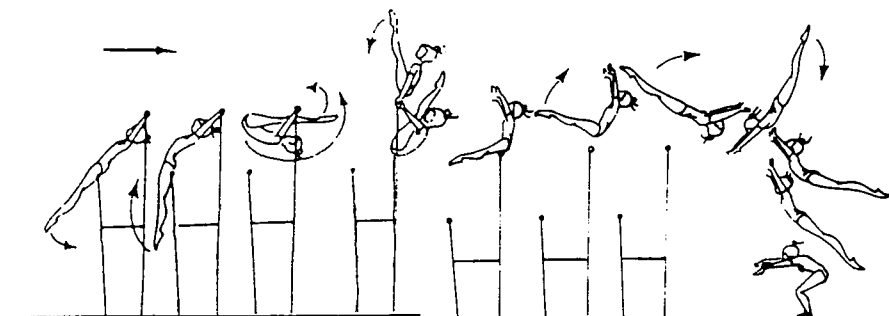
S-8.210 Front lying hang, cast upright straddle over HB to stand - also with 1/2 (180°) or 1/1 (360°) twist

- SA
- SA-E
- SA-E



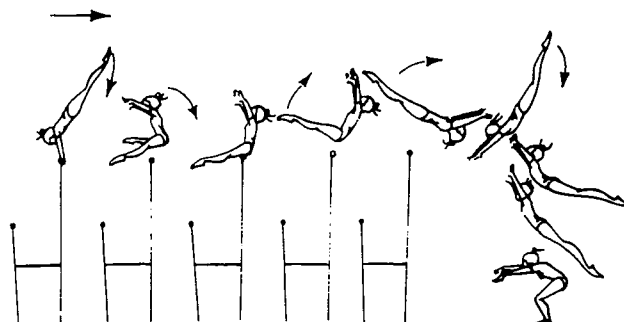
S-8.211 Short kip, double leg jam, salto backward (whipsalto tanac from pike)

Handwritten notation: a checkmark followed by a stylized symbol resembling a combination of 'r' and 'e'.



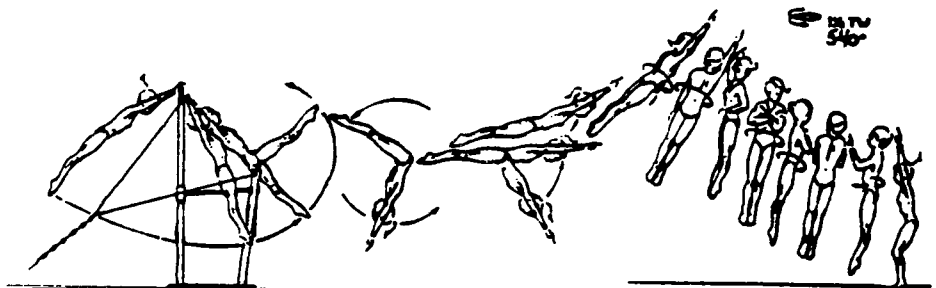
S-8.212 From a cast, uprise or backswing to straddle cut, salto backward tucked, piked or stretched (Whippsalto-Tanac). (LB or HB)

Handwritten notation: a stylized symbol resembling 'A' followed by 'pe'.



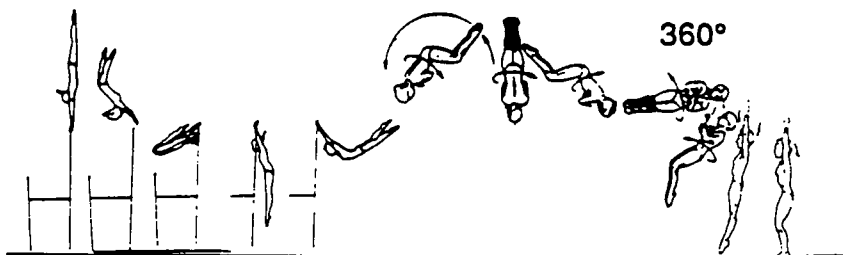
S-8.213 Hecht with 1 1/2 (540°) twist

Handwritten notation: a stylized symbol resembling 'a' followed by 'e'.



S-8.214 From handstand - circle swing down forward in reverse grip or clear straddle circle forward between the bars to salto forward tuck/pike position with 1/1 (360°) twist

Handwritten notation: a stylized symbol resembling 'L' followed by 'e'.



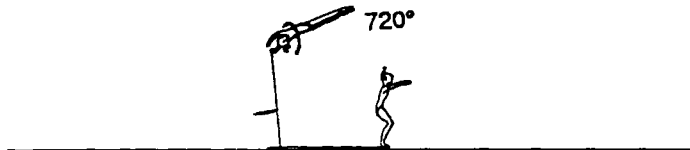
S-8.215 Backward sole circle, release HB, and regrasp in an eagle grip, on backswing salto forward tucked with 1/1 (360°) twist.

long



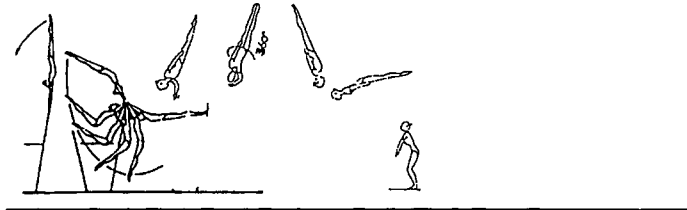
S-8.216 Underswing with 2/1 (720°) twist

long



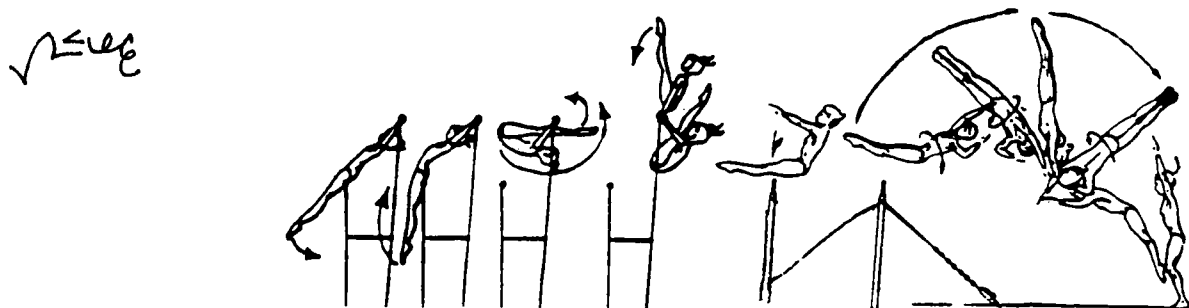
S-8.217 Forward giant to forward swing flyaway in stretched position with 1/1 (360°) twist.

long



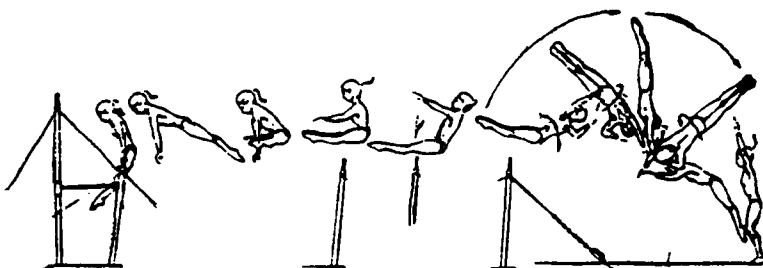
C- Parts

S-8.320 Short kip, double leg jam, or from reverse kip, salto backward with 1/1 (360°) twist.



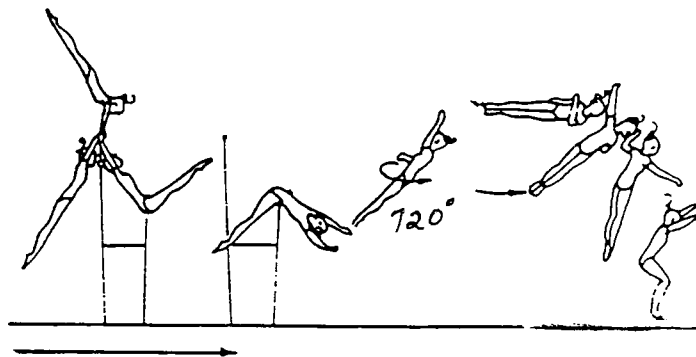
S-8.321 Whipsalto - Tanac with 1/1 (360°) twist (LB or HB).

✓ 1 leg



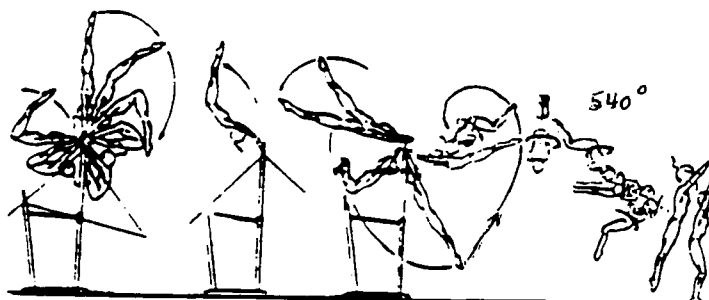
S-8.322 Hecht from LB with 2/1 (720°) twist

✓ 2 leg

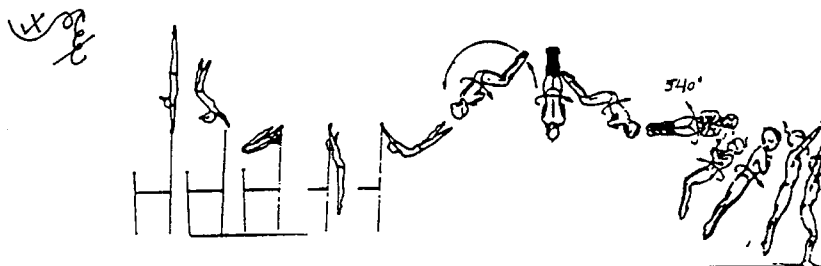


S-8.323 Backward sole circle, release HB, and regrasp in an eagle grip, on backswing salto forward tucked with 1 1/2 (540°) twist.

✓ 1 leg

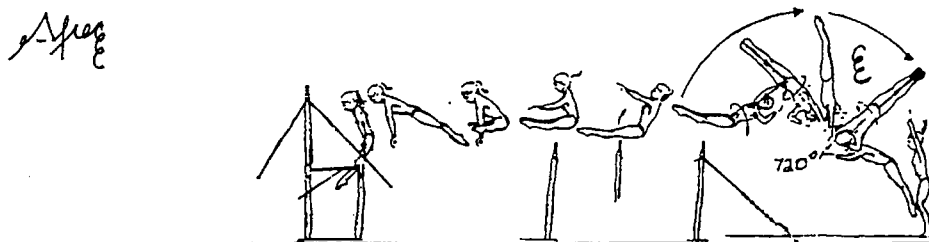


S-8.324 From a handstand, clear straddle circle forward on HB to salto forward tucked with 1 1/2 (540°) twist.

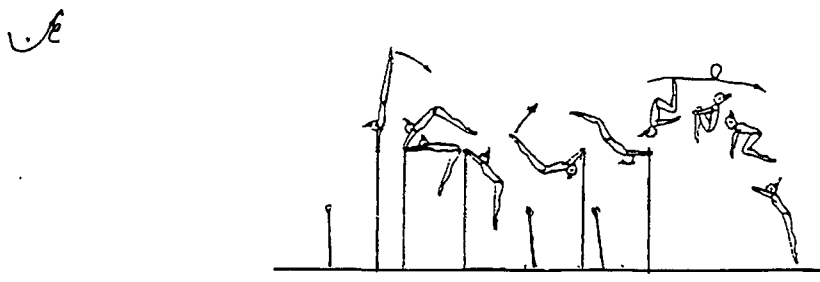


D-Parts

S-8.410 Whipsalto (Tanac) with 2/1 (720°) twist.

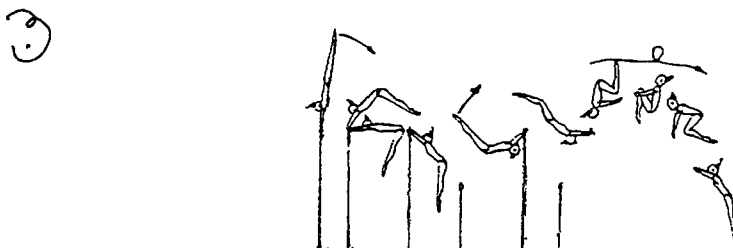


S-8.411 Giant circle backward (facing LB) to a salto backward tucked with 1/1 (360°) twist. (Harriman)



E-Parts

S-8.510 Giant circle backward to handstand, salto backward tucked over the LB.



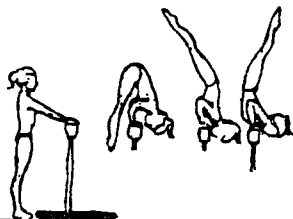
BALANCE BEAM

1. MOUNTS

A-Parts

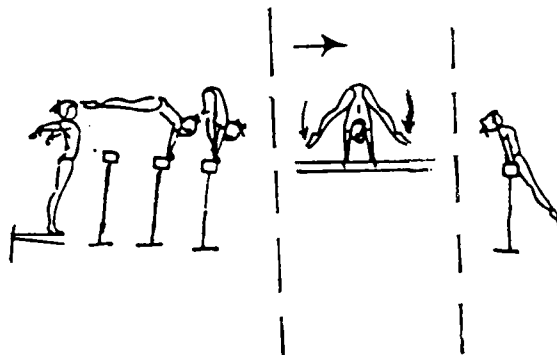
S-1.120 Chest stand

b



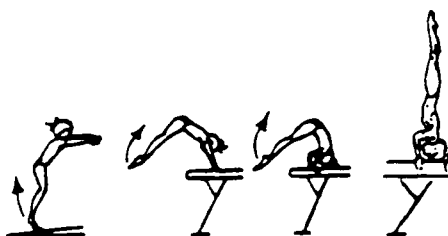
S-1.121 Straddle cut forward to rear support.

A



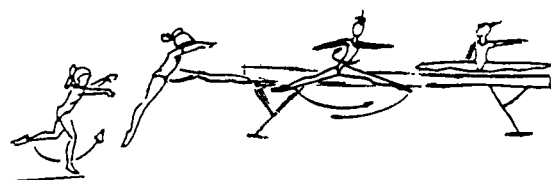
S-1.122 Headstand Mount

o

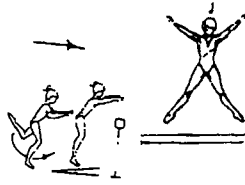


S-1.123 Switch leg Leap to Straddle sit sideways with one hand support

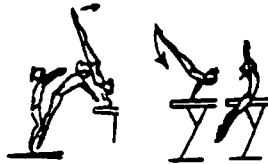
Z



S-1.124 Free jump to straddle stand - 90° approach

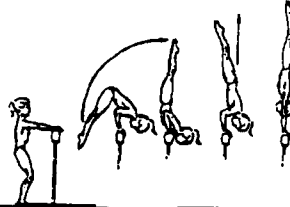


S-1.125 Jump to 3/4 handstand, lower to beam

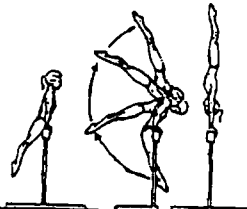


B-Parts

S-1.220 Chest Stand press to Handstand

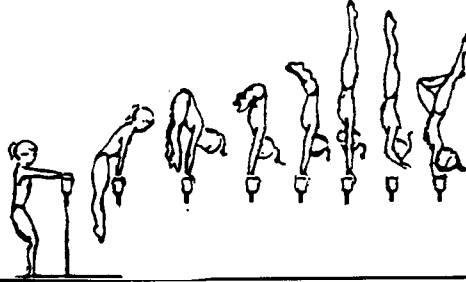


S-1.221 Cast to Straight body HS (Sideways to Beam)



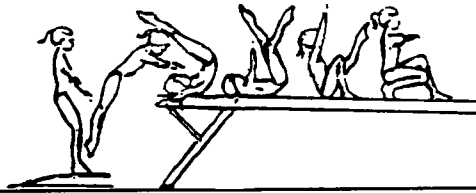
S-1.222 Press to HS, release hands, simultaneously to drop to forearm stand

1. k₂



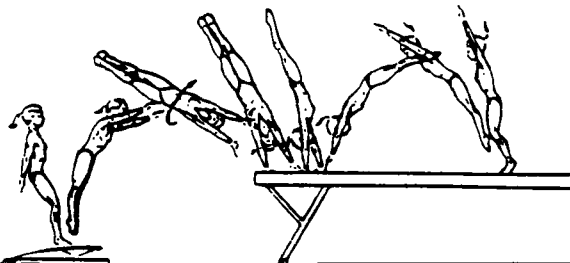
S-1.223 Free Forward Roll

fo



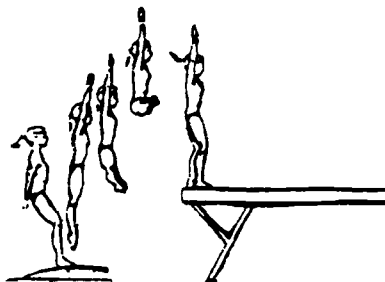
S-1.224 Round-off with Hecht Phase before hand support (must pass through vertical)

1



S-1.225 Straddle Jump Mount on the end (150° Split)

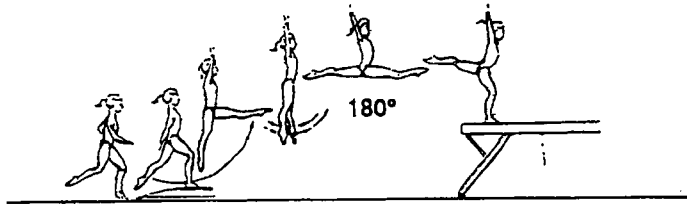
1



C-Parts

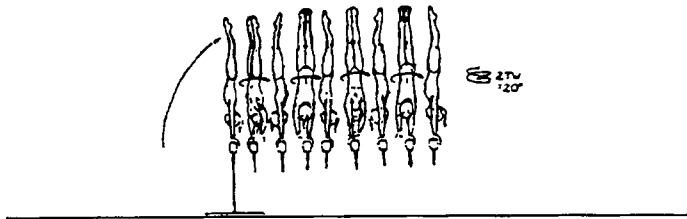
S-1.330 Free Switch leg Leap

Z!



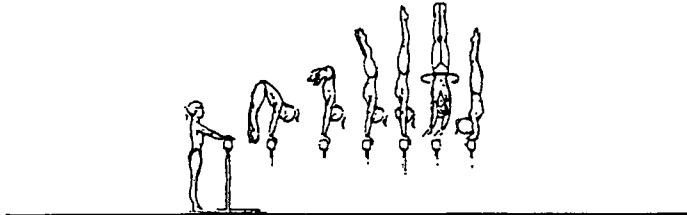
S-1.331 Handstand - 2/1 Pirouette

X!



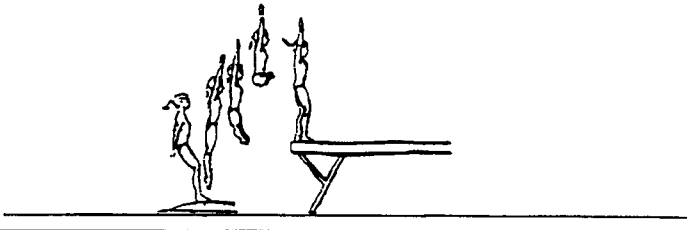
S-1.332 Press to HS - Hop 1/2 turn drop to forearm stand

A!

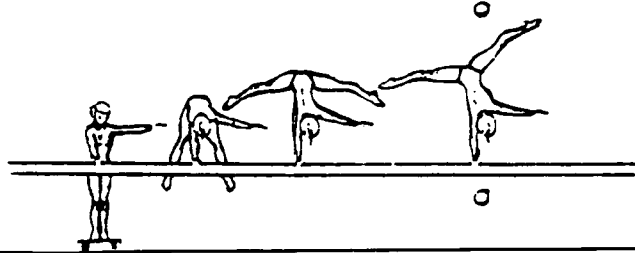


S-1.333 Straddle Jump Mount on the end (180° Split)

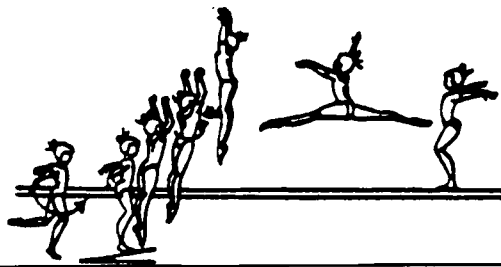
A!



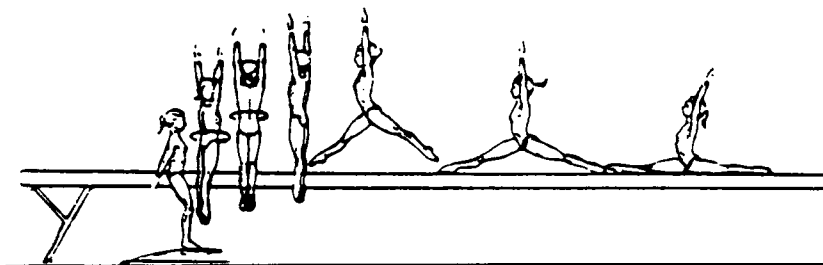
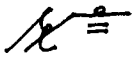
S-1.334 One arm Press to Handstand (2 second hold)



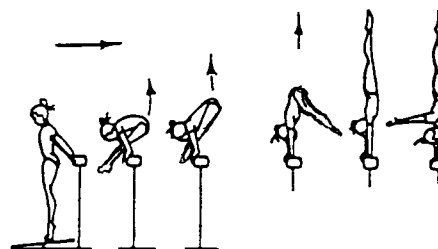
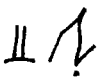
S-1.335 Free Jump with 1/2 turn and split in flight phase to a stand (Code 1.215 with split)



S-1.336 Free Jump 1/2 turn to cross split

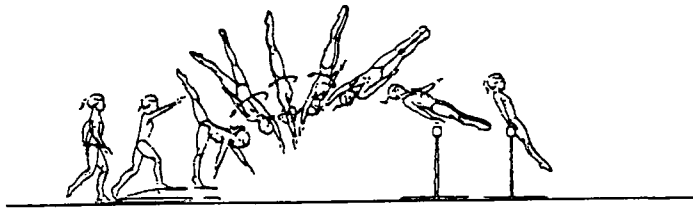
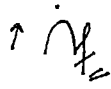


S-1.337 From rearstand - jump backward in pike position, press to side handstand, shift weight to handstand on one arm

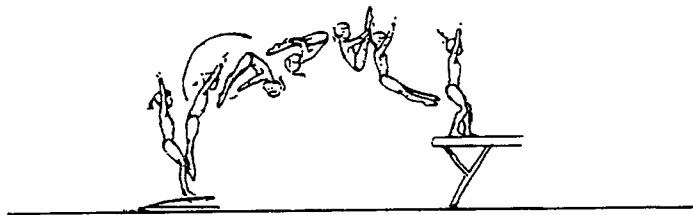
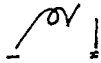


D-Parts

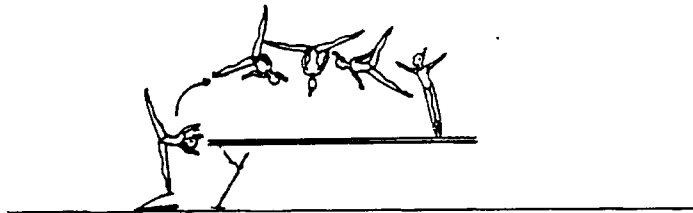
S-1.420 Full Twisting Aerial Walkover to rear support (from side of beam)



S-1.421 Front Salto in Pike Position to Stand

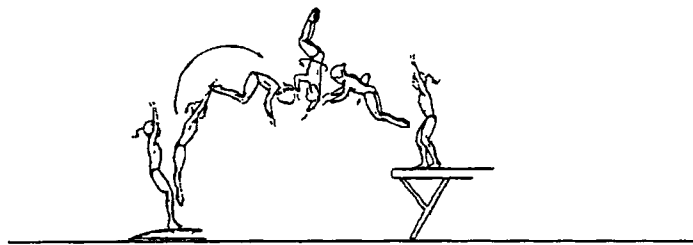
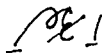


S-1.422 Side Salto



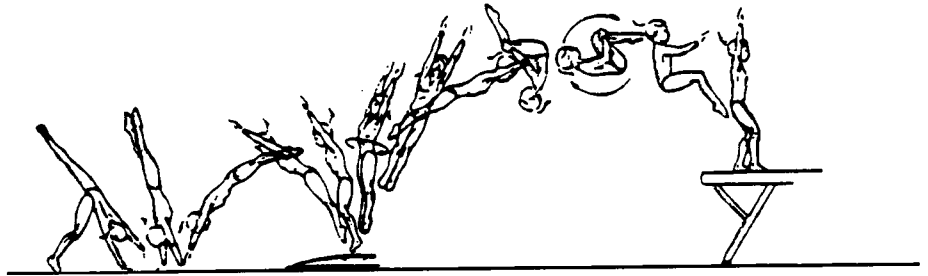
E-Parts

S-1.510 Front Salto with 1/2 turn to stand



S- 1.511 Round off, Arabian Salto

low!

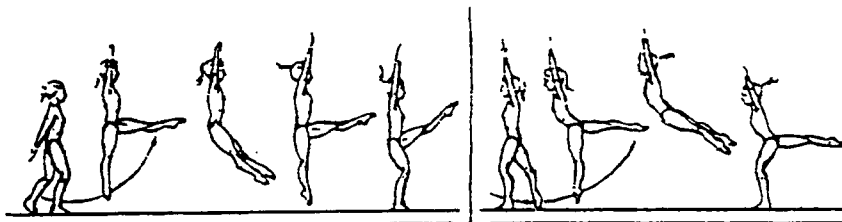


2. LEAPS, JUMPS

A-Parts

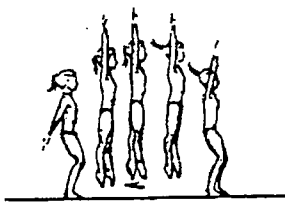
S-2.120 Cabriole (Front or Back)

≤ ≥



S-2.121 Straight Jump with Change of legs (Front, Back, Front)

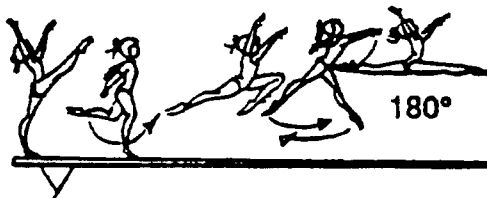
z



B-Parts

S-2.220 Stag Switch leg Leap with 180° on second Split

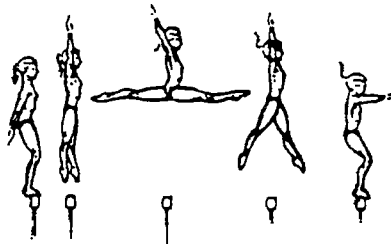
z



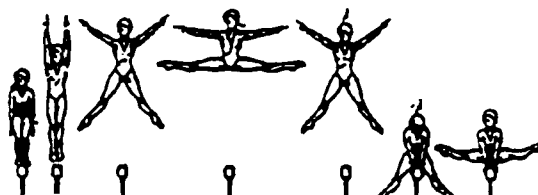
C-Parts

S-2.320 Forward Split Jump performed sideways on beam with 180° Split

z

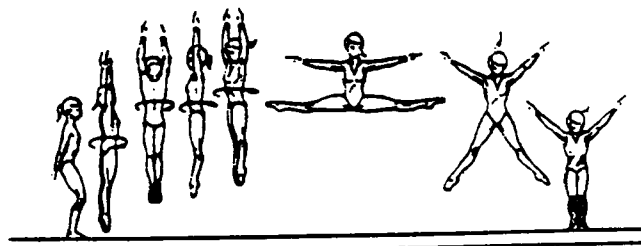
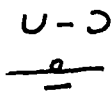


S-2.321 Standing on the beam in a cross position - Jump to 180° Side Split - Legs rotate backward, arms each to the beam to swing down, finishing in cross straddle sit.

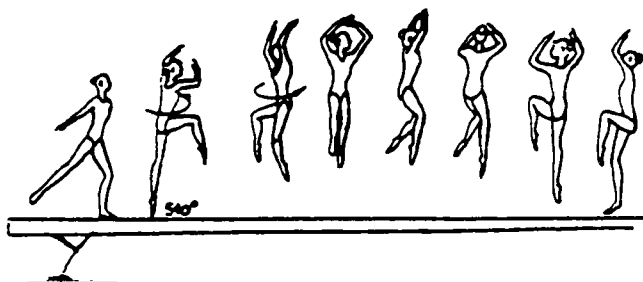
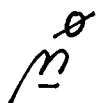


D-Parts

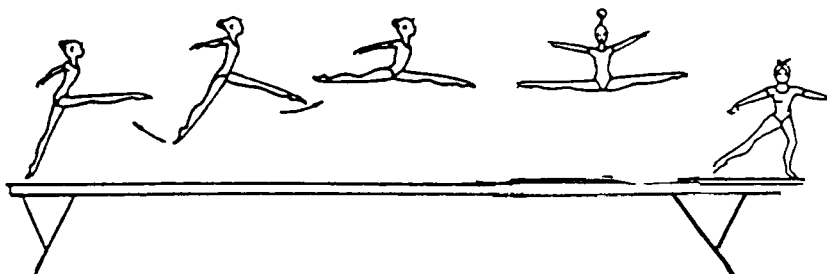
S-2.410 Jump 1/2 or 3/4 turn with 180° split sideways



S-2.411 Cat Leap with 1 1/2 (540°) turn

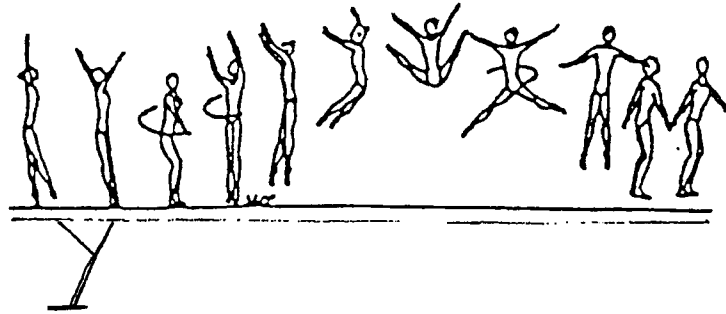


S-2.412 switch leg leap, 1/4 turn with 180° split sideways

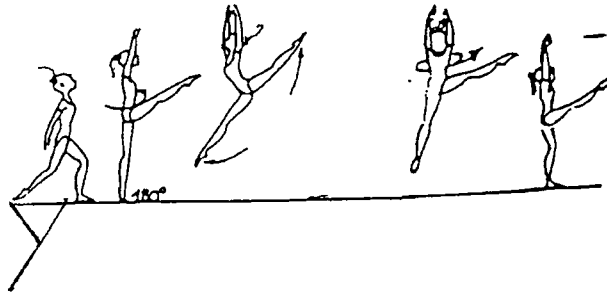


E-Parts

S-2.510 Straddle Jump with 1/1 turn



S-2.511 Tour jeté with an additional 1/2 turn or more

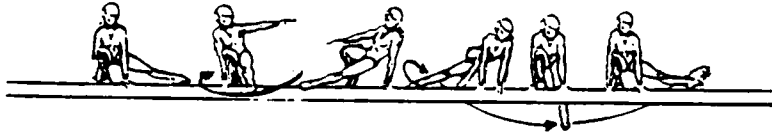


3. GYMNASTICS TURNS

A-Parts

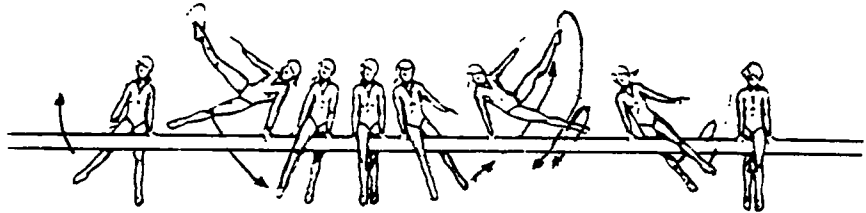
S-3.110 Single leg circle through flank position, lifting hands and foot as leg cuts around

d



S-3.111 Scissor swing forward or backward as in men's pommel horse

d



S-3.112 Back spin 180° turn

180°

180°



B-Parts

S-3.210 Back spin 360° turn

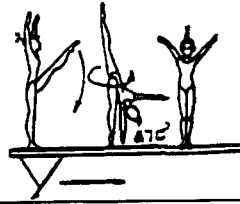
360°

360°

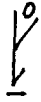


C-Parts

S-3.310 3/4 Illusion turn



S-3.311 1/1 turn holding leg (front, side 45° above horizontal)

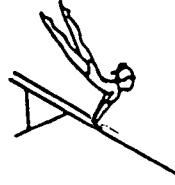


5. HOLDS

C-Parts

S-5.310 Planche in a diagonal line. Hand position on beam is between cross and side position.
Shoulders angled to the beam (45°)

hf

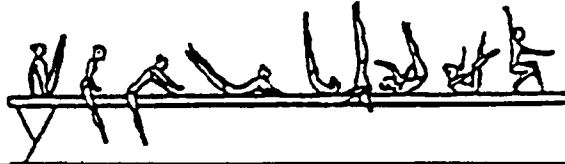


6. ROLLS

A-Parts

S-6.110 Forward shoulder roll with hand support

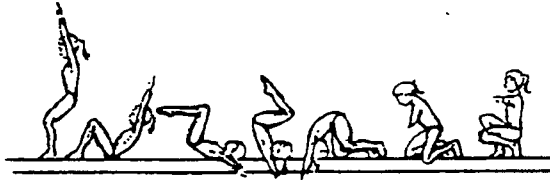
18
=



B-Parts

S-6.210 From Squat Stand, Free Backward Roll to feet

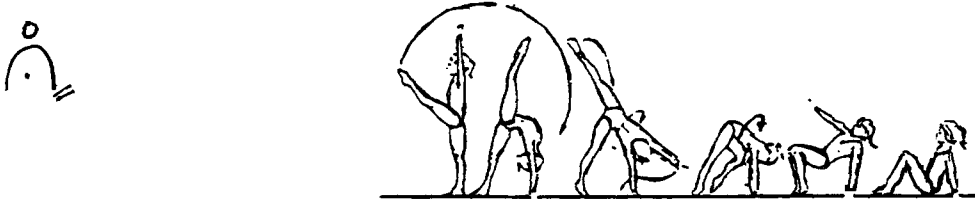
19
=



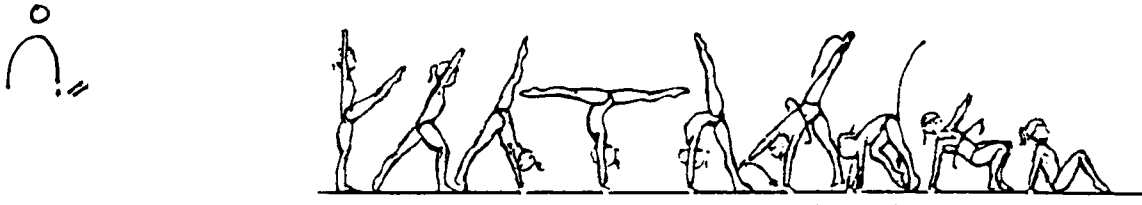
7. WALKOVER, CARTWHEELS, ETC

A-Parts

S-7.110 Back Walkover to Bridge, full turn on 1 foot (1 hand support) to sit

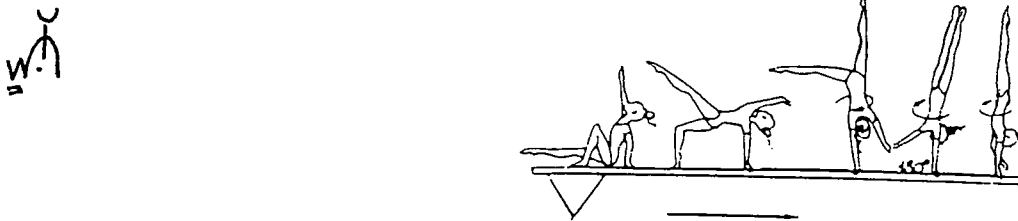


S-7.111 Front Walkover to Bridge, Full turn to sit

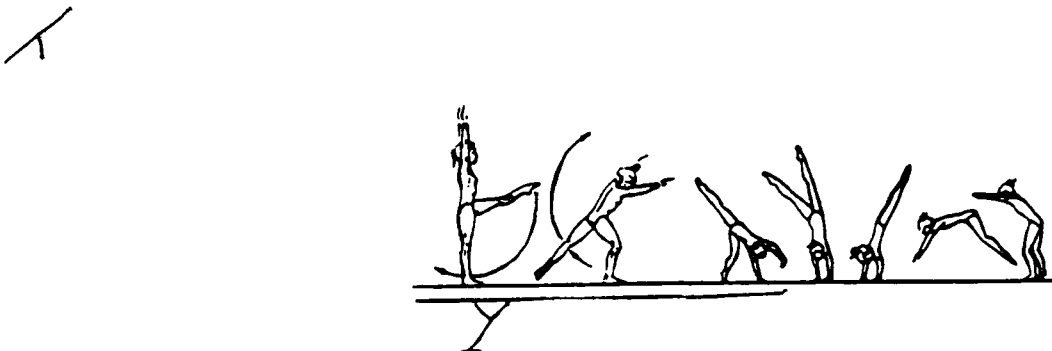


B-Parts

S-7.220 Valdez with 1/2 pirouette in handstand

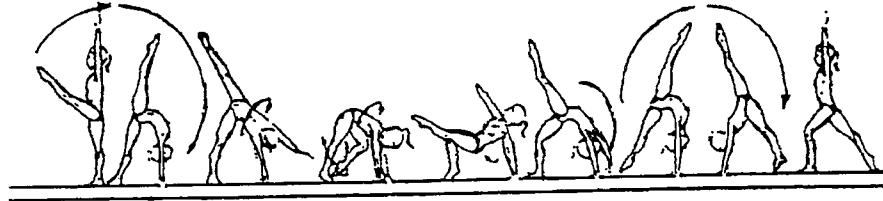


S-7.221 Swing through right leg to a push off left leg to Round off (swing through round off)



S-7.222 Back Walkover to Bridge, 1/1 turn on 1 foot (1 hand support) and complete walkover without pause

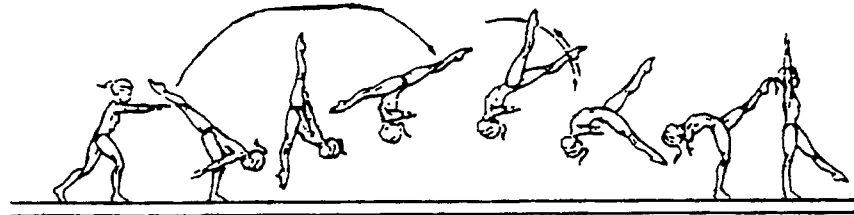
no



C-Parts

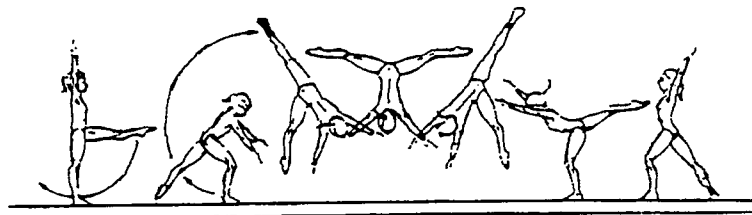
S-7.330 Switch leg Aerial Walkover

z
f



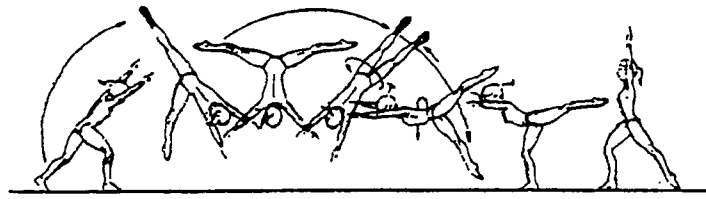
S-7.331 Gainer (swing through) Side Aerial

x
f



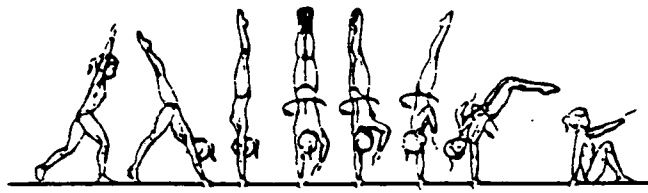
S-7.332 Switch leg Aerial Cartwheel

z
x
f



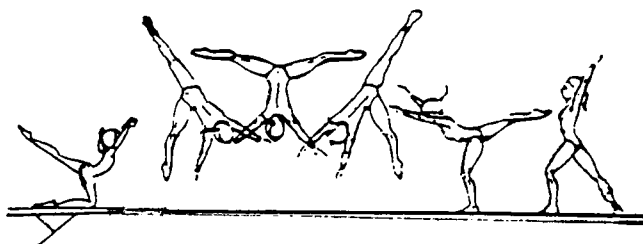
S-7.333 Walkover Forward with 1/1 turn and release of one arm to a tuck sit (healy twirl)

Wey



S-7.334 Side Aerial from knee

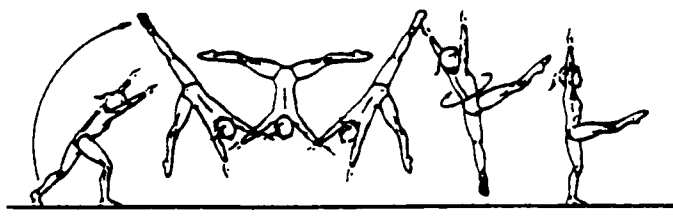
2x4



D-Parts

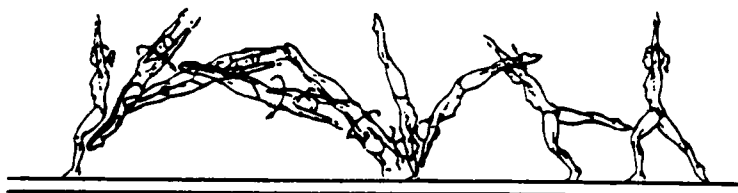
S-7.410 Aerial Cartwheel with 1/4 turn outward to land in cross position on 1 foot in a balance stand
- free leg extended

4x4

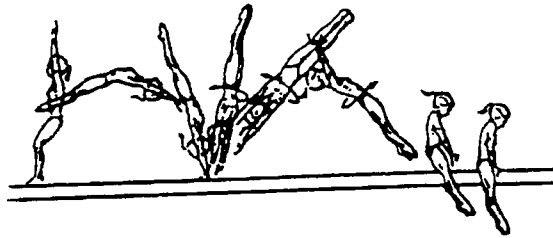


S-7.411 Flic Flac with 1/1 twist before hand support

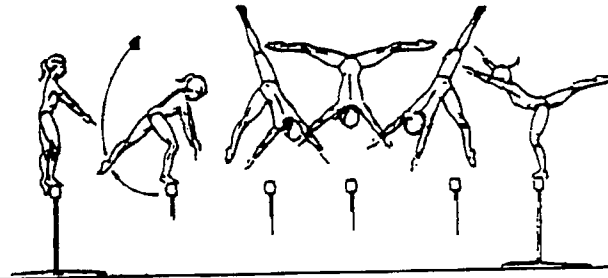
61



S-7.412 Flic Flac 1/2 turn to straddle sit

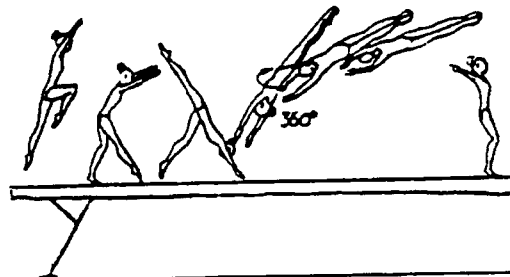


S-7.413 Side Aerial crossways

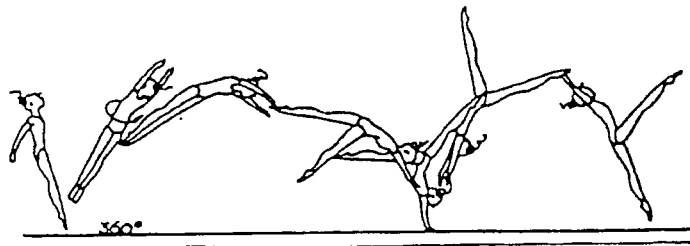
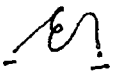


E-Parts

S-7.510 Front handspring 1/1 after hand support



S-7.511 Jump forward with 1/1 twist handspring forward

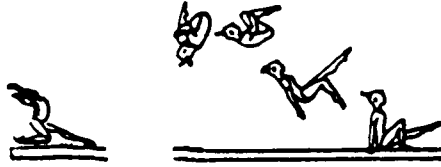


8. SALTOS

C-Parts

S-8.310 From one knee, push off to a Salto Forward to a sitting position

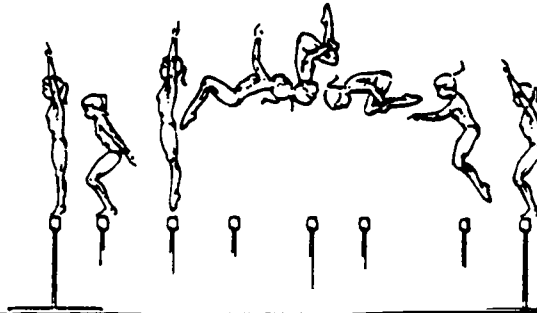
q m n



D-Parts

S-8.410 Back Tuck Sideways

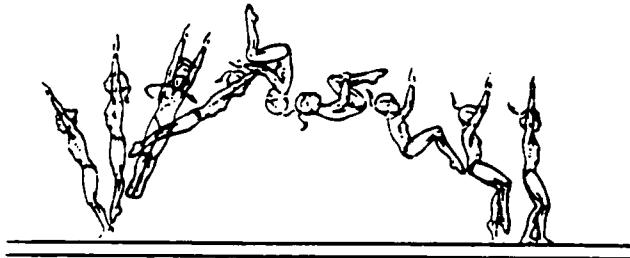
e



E-Parts

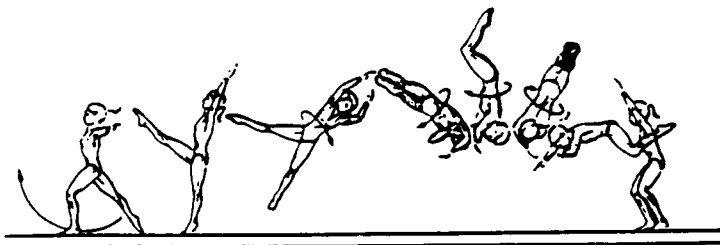
S-8.510 Arabian Salto

no



S-8.511 Gainer Back Salto with 1/1 twist

ref

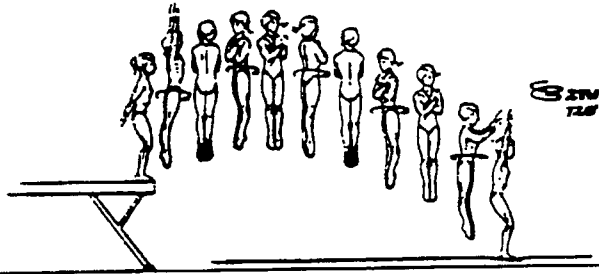


9. DISMOUNTS

A-Parts

S-9.110 Jump from end of beam with 2/1 twist to stand

E

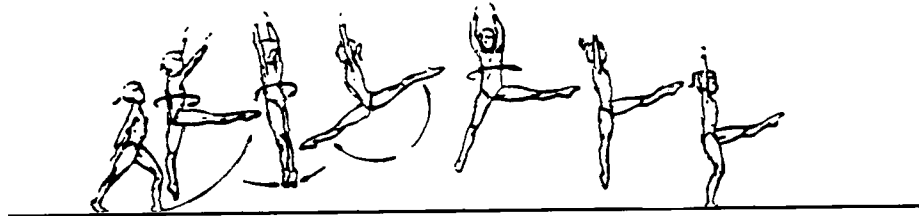


FLOOR EXERCISE

1. GYMNASTICS LEAPS, JUMPS, HOPS

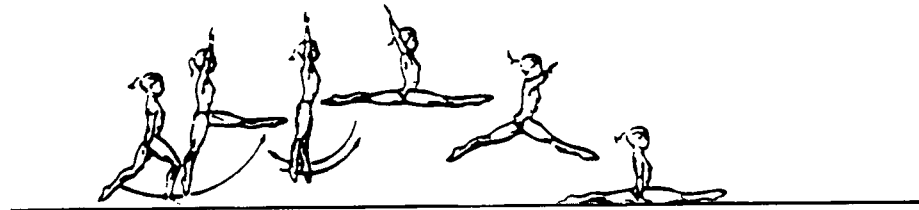
B-Parts

S-1.220 Tour Jete followed by an additional 1/2 turn to land on one leg

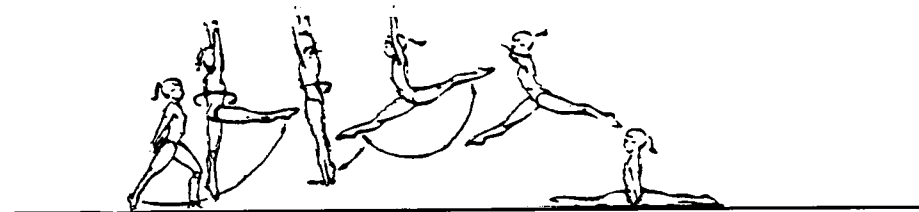
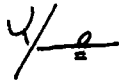


C-Parts

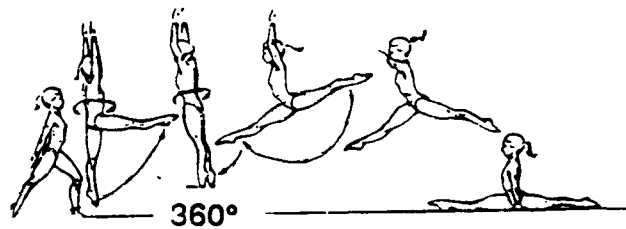
S-1.320 Switch leg Leap to land in Split Sit



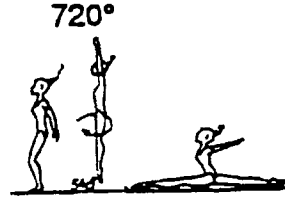
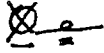
S-1.321 Tour Jeté to immediate Split Sit



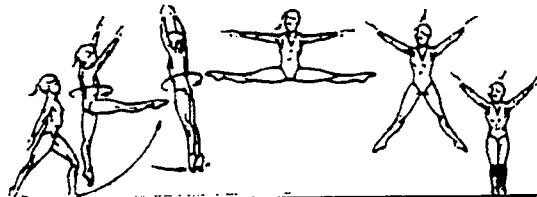
S-1.322 Full twisting Tour Jeté to Split Sit



S-1.323 Jump 2/1 turn in air to immediate Split Sit



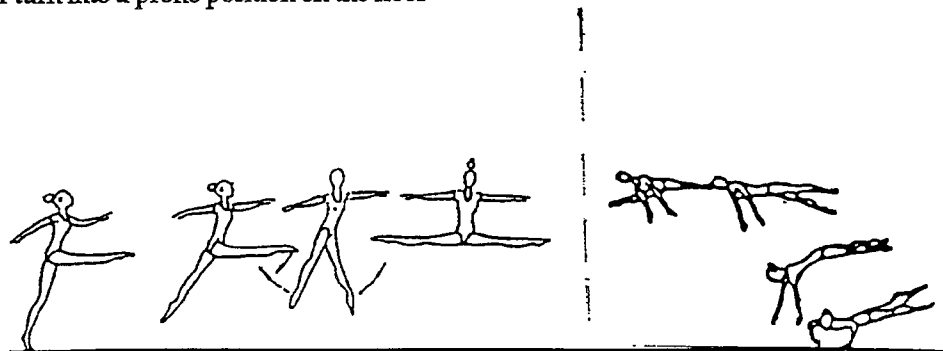
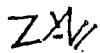
S-1.324 Tour Jeté 1/4 turn to Side Split Leap (total 270 °)



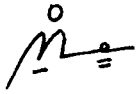
S-1.325 Stretched Jump with 2 1/2 (900°) turn



S-1.326 Switch leg Leap and 1/4 turn into a prone position on the floor



S-1.327 Cat leap 1/1 turn to immediate Split Sit

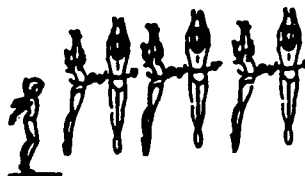


D-Parts

S-1.410 Switch leg Leap and 1/2 turn to Split Sit



S-1.411 Stretched Jump with 3/1.(1080°) turn



S-1.413 Shushanova with 1/1 (360°) twist in horizontal plane



2. GYMNASTICS TURNS

D-Parts

S-2.410 4/1 turn on one leg

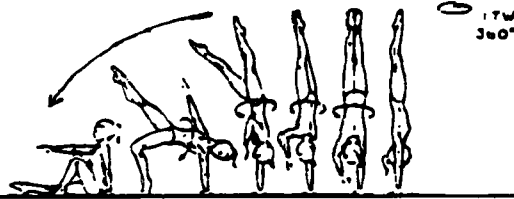


5. HANDSTANDS

A-Parts

S-5.110 Healy twirl - from handstand 1/1 twist on descent

!en

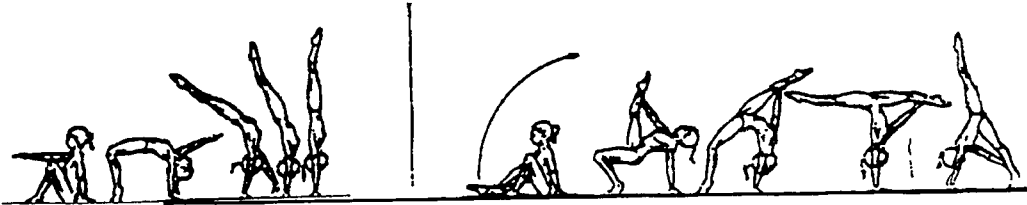


7. WALKOVERS, CARTWHEELS, ETC.

A-Parts

S-7.120 Valdez from two feet or with one arm holding ankle

W-2



S-7.121 Cartwheel 1/1 twist

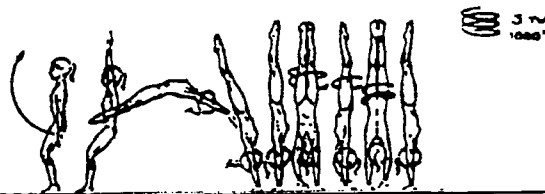
X



B-Parts

S-7.210 Straight Jump, Cradle or Flic Flac to Handstand with 2/1 - 3/1 (720° - 1080°) turn in handstand

~~X~~ - ~~X~~



C-Parts

S-7.310 Butterfly with 1/1 (360°) twist

V

