

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881



CODE OF POINTS — WOMEN'S ARTISTIC GYMNASTICS
Valid 2006

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Preface

The **2006 CODE** is designed to:

- be utilized at all international competitions under the official jurisdiction of FIG, its Member Federations and Continental Unions, namely World Championships, Olympic Games and other Multisport Games, World Cup Qualifying Competitions and Final, International Competitions and Tournaments as well as special events created by FIG,
- standardize the judging of the four phases of FIG official competitions: Qualification (C-I), Team Finals (C-IV), All Around (C-II) and Individual Event Finals (C-III),
- convey to the gymnasts and the coaches the orientation for the construction of their competitive exercises,
- impart general directives for the behavior of gymnasts, coaches and judges during the competition,
- standardize the judging rules in order to possibly ensure the most objective evaluation of the exercises, thereby ensuring the identification of the best gymnast in any competition, and
- serve as the basis for the further development of the comprehension, knowledge and abilities of FIG WAG international judges.

In competitions for nations with lower level of gymnastic development, as well as for Junior Competitions, **Modified Competition** rules for Qualification and the respective Final Competitions should be appropriately designed by the continental or regional technical authorities, as indicated by the age and level of development.

See the **FIG Age Group Development Program**

– e.g. set of difficulty content, recommended technical content, element group requirements and special components for the evaluation of the four apparatus.

The following abbreviations will appear throughout the CODE:

- WTC for Women's Technical Committee
- OG for Olympic Games
- WC for World Championships
- TR for Technical Regulations
- VT for Vault
- UB for Uneven Bars
- BB for Balance Beam
- FX for Floor Exercise
- DV for Difficulty Value(s) – A, B, C, D, E, F, G, etc.
- CV for Connection Value
- EGR for Element Group Requirements

Letter of Introduction 2006 CODE OF POINTS – WAG

The WTC is pleased to present the **2006 Edition** of the **WAG CODE OF POINTS** to the FIG member federations, Continental Unions, and Regional Alliances.

The **WAG CODE** has been constructed to be valid in principle for three years that is from 2006 through 2008.

- Any necessary clarifications from the Intercontinental Judges' Course in December 2005 will be presented in the WTC Newsletter. The updated edition of the WAG Code shall be published on the official FIG Website.
- As in the past, new elements performed at official FIG competitions will be published in the form of CODE Update insert pages to the Tables of Elements.

It is fully expected that all FIG registered competitions from January 2006 will apply the 2006 Edition of the **WAG CODE**, as the basis for evaluation.

Minor corrections might be possible after the 2006 World Championships.

All Members of the WTC worked on all Articles and Apparatus Tables of Elements to insure consistency in requirements, rules, element evaluations, descriptive terminology and texts, etc. We are most grateful to the Continental Unions and the FIG Member Federations who voluntarily sent their worthy comments and philosophies for the FIG WTC consideration and which resulted in this **2006 Edition**.

The scoring formula is detailed in **Article 5**. The **CODE** has been designed to encourage variety and creativity in the composition, qualities of artistry and personal style, as well as mastered difficulties.

The scoring system was developed to insure the inclusion of the most difficult elements (DV) of A, B, C, D, E, F, G, which form the Content of the exercise. An "additive system" for Element Group requirements and Connection Value has been incorporated to allow for a *sensible* rewarding of a sufficient number of Difficulties and high level Connections. Learning charts and aids appear in **PART IV – Appendices**, at the end of the **Tables of Elements** to assist your quick understanding and grasp of the new rules.

Four (4) Element Symbol Charts – 1 for vault, 1 for uneven bars, 1 for balance beam and 1 for floor exercise have been prepared to outline the relative categorization of the elements.

Also, the Exercise Symbol Recording Sheet includes a quick summary of the Element Group requirements (EGR), Connection Value (CV) and Composition deductions for the Uneven Bars, Balance Beam and Floor Exercise.

Additionally, a set of Score Slip provides an overview of the method of scoring for the A-and B-Panels.

The release of this **2006 Edition** of the **CODE** will enable the federations to start working on the preparation of their junior and senior gymnasts, as well as their coaches and judges for the 2006-2008 competitive years.

With my very best wishes, on behalf of the Women's Technical Committee,

Nellie Kim
President FIG WTC

January 2006

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President	Nellie Kim	BLR
Editorial work		
Overall Leadership		
English/ Russian text		
Tables of Elements		
1st Vice-President	Yan Ninan	CHN
2nd Vice-President	Loubov Burda-Andrianova	RUS
Secretary	Kym Dowdell	AUS
Member	Donatella Sacchi	ITA
Member	Anca Mihailescu-Grigoras	ROM
Member	Yoshie Harinishi	JPN
Illustrations	James Stephenson	USA
Original illustrations	Ingrid Nicklaus	GER
French text	Yvette Brasier	FRA
German text	Marie-Paule Hoffman	LUX
Spanish text	Helena Lario	ARG

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PART I – Regulations Governing Competition Participants

ARTICLES 1-4

ARTICLE 1 — Regulations for Gymnasts

1.1 Rights of the Gymnast

- Each gymnast must be informed about the CODE OF POINTS and act according to the rules as specified below.

The gymnast is guaranteed the right to:

- have her performance judged correctly, fairly and in accordance with the stipulations of the CODE of POINTS.
- be provided with identical apparatus and mats in the training halls, warm-up hall and on the competition podium, that conforms to the specifications and norms for FIG official competitions.
- receive in writing the evaluation of the difficulty rating for a submitted new vault or element within a reasonable time prior to the start of the competition.
- have her score displayed to the public immediately following her performance per the electronic or manual installations accepted by FIG.
- receive through her delegation leader the correct result output, showing all her scores received in the competition.

Apparatus

She must use an additional 10 cm soft mat on top of the existing basic landing mats (20 cm) for dismounts on Vault, Bars and Beam.

- The supplementary mat can not be moved during the exercise.
- She is permitted to place the take-off board on the supplementary 10 cm landing mat (UB, BB).
- Upon written approval from the Chair of the Superior Jury, she is permitted to raise both bar rails (each 5 cm), if her feet or hips touch the mat.
- She may have one spotter on the podium during the uneven bar exercise.
 - There may be a second person (coach or gymnast) on the podium to remove the board.
- With permission of the Superior Jury, she may repeat her entire exercise, if the exercise has been interrupted for reasons beyond her control or responsibility.

Warm-up

- **In Qualifying (C-I), All Around Final (C-II) and Team Final (C-IV)**
 - each competing gymnast is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus:
 - Vault - a minimum of two (2) attempts; three (3) attempts for C-III qualifiers.
 - Balance beam and floor - **each 30 seconds**

- Uneven bars - **each 50 seconds**, including the preparation of the bars.

NOTE:

- *In Qualifying (C-I) and Team Final (C-IV) the entire warm-up time (30 seconds per gymnast on vault, beam and floor, respectively 50 seconds on bars) belongs to the team. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.*
 - *In mixed-groups the warm-up time belongs personally to the gymnast.*
- The end of the warm-up period is signaled by a gong. If at this time, a gymnast is mentally and physically prepared to vault or is still on the apparatus, she may complete the element or sequence started. Following the warm-up period or during the “competition pause”, the apparatus may be prepared, but not used.

1.2 Responsibilities of the Gymnasts

Competition Attire

- She must wear a correct sportive non transparent leotard, which may be of elegant design.
 - The neckline of the front and back of the leotard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.
 - Leotards may be with or without sleeves; shoulder strap width must be minimum 2cm.
 - The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
- A national identification or emblem must be properly centered on the sternum or breast or on either sleeve per the most recent FIG publicity rules.
- The gymnast must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG publicity rules.
- The leotard must be identical for members from the same federation in the Qualification (C-I) and Team Final Competition (C-IV). In the Qualification (C-I) individual gymnasts from the same federation (without a team) may wear different leotards.
- No jewelry (bracelets or necklaces) may be worn, except small stud type pierced earring.
- A start number, supplied by the organizers according to FIG specifications, must be worn.
 - With approval of her written petition, the gymnast may remove the number in rare cases of back spins on the Balance Beam and Floor.

- Then the number must be manually displayed by the gymnast, or coach immediately before her presentation to the A1-Judge at the beginning of the exercise.
- Hip or other padding is not allowed.
- Hand-grips at uneven bars, body bandages (*must blend with skin color*) and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance.
- The wearing of gymnastic slippers and socks is optional.

1.3 Competition Rules for the Gymnast

- Per the Work Plan designated time frame, the gymnast must submit a written request, through her coach or delegation leader, concerning the evaluation of a new vault or element.
 - *Refer to Article 5.5.*
- She must refrain from changing the height of any apparatus.
 - At least 24 hours prior to podium training, she or her coach may submit in writing to the Chair of the Superior Jury a request to raise the rails at the uneven bars, or to submit such requests in accordance with the FIG TR that govern that competition.
- At the start of the exercise, she must present herself in the proper manner (raise up hand/hands) and thereby acknowledge the A1-Judge and then again acknowledge the A1-Judge at the conclusion of her exercise.
- She must observe that, at the start of the exercise, the green light is lit or that the A1-Judge has given a visible conspicuous signal to start her exercise.
- She must begin the exercise within 30 seconds (*on all apparatus*).
- She has at her disposal 30 seconds after a fall in which to recuperate, re-chalk and confer with her coach, before remounting the uneven bars.
 - At the balance beam she has 10 seconds in which to remount.
- She must leave the podium immediately after the conclusion of her exercise.
- She must refrain from any undisciplined or abusive behavior and from otherwise abusing her rights or infringing on those of any other participant.
- She must notify the Superior Jury, if a necessity arises to leave the competition hall. The Competition may not be delayed through her absence.
 - Unexcused absence from the competition hall leads to disqualification and to withdrawal of medals.

- She must refrain from speaking with active judges during the competition.
- She must participate in the respective Award Ceremony dressed in competition attire (leotards) according to FIG Protocol Regulations.
- She must adhere to the rules in the FIG TR, as a **reserve gymnast** for Competition II and III.

Magnesia Usage

- In the preparation of the uneven bar, reasonable use of magnesia is permitted.
- Small markings with magnesia may be placed on the balance beam.
- The spreading of magnesia on the floor exercise mat is not allowed. Small marks, e.g. "X", are permitted as orientation for difficult acrobatic elements.

1.4 Gymnasts' Oath

"In the name of all gymnasts I promise that we shall take part in this World Championships (or any other official FIG Event) respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of the gymnasts."

ARTICLE 2 — Regulations for Coaches

2.1 Rights and Responsibilities of Coaches

Each coach must know the CODE OF POINTS and act according to the rules as specified below.

- They must conduct themselves in a **fair and sportsmanlike manner** at all times during the competition, in particular
 - at the apparatus.
 - during the march to and from the apparatus.
 - during their mandatory participation in the applicable award ceremony.

The coach is guaranteed the right to:

- assist the gymnast or team under her/his care on the podium during the warm-up period on **all** apparatus, in particular:
 - at vault to prepare the springboard and safety collar (*2 coaches*).
 - at vault, uneven bars and balance beam to position the supplementary landing mat (*2 coaches*).
 - at uneven bars to adjust and prepare the uneven bar rails (*2 coaches*)
- be present on the podium after the green light is lit
 - at uneven bars to remove the springboard, then spot during the entire exercise (*1 coach*).
 - There may be a second person (*coach or gymnast*) on the podium to remove the board, *after which she/he must immediately leave the podium.*
 - at balance beam to remove the springboard (*1 coach - after which she/he must immediately leave the podium*) and,
 - to help at all apparatus in case of injuries or defects on the apparatus.
- assist and advise the gymnast during the intermediate fall time period from below the podium at uneven bars and balance beam.
- have her/his gymnast's score displayed immediately following her performance in accordance with the TR governing that competition.
- submit in writing, on behalf of the gymnast and the delegation leader, a request
 - for the evaluation of a new vault or element (*Refer to Article 5.5*).
 - to raise the rails at the uneven bars (*Refer to Article 1.1*) and,
- submit the competition order and other information required as stipulated in the CODE OF POINTS and/or the FIG TR.
- inquire to A- Panel concerning the evaluation of the content of the exercise of the gymnast.(see TR 8.4).

The coach is not permitted to:

- speak directly to the gymnast, give signals, shouts (*cheers*) or similar during the exercise.
- obstruct the view of the judges
 - when remaining on the podium to spot at uneven bars or,
 - when removing the springboard.
- change the height of the apparatus without permission in writing of the Chair of the Superior Jury.
- remove springs from the springboard.
- inquire to B- Panel concerning the evaluation during the competition.
- engage in discussions with active judges within the inner circle and/or other persons outside of the inner arena circle during the Competition (*exception: team doctor, delegation leader*).
- abuse her/his rights or interfere with the rights of any other participant or,
- delay the competition.

NOTE:

****See Article 6 concerning Deductions for Violations and Unsportsmanlike Behavior**

2.1.1 Number of Coaches Permitted in the Inner Circle

- Qualifying Competition (C-I) and Team Final Competition (C-IV) for:
 - complete teams - 1 female and 1 male coach or 2 female coaches; if only 1 coach, then the coach may be a male.
 - nations with 3, 2 or 1 individual(s) – 1 coach (F or M)
- All-Around Competition (C-II) and Apparatus Finals Competition (C-III) for:
 - each gymnast – 1 coach (*UB – 2 persons*).

2.2 Inquiries

(Detailed Procedure for the request of marks reviews (Inquiry) as per T.R., Section 1, Art. 8.4)

Inquires for the A Score are allowed, provided that they are made verbally by the coach to the A¹ Judge immediately after the publication of the score, or at the very latest before the score of the following gymnast is posted.

The inquiry must be confirmed in writing within a few minutes by the coach to the A¹ Judge.

Upon receipt of a verbal inquiry, the A¹ Judge immediately informs the A² Judge and the Apparatus Supervisor.

If the A¹, A² judge and the Apparatus Supervisor agree, the decision may be taken immediately. If they accept the inquiry, the case is concluded.

If they do not agree with the inquiry, or if there is no agreement between the three persons, the President of the Superior Jury must be consulted and the final decision belongs to the Superior Jury.

The final decision (which may not be appealed) must be taken at the very latest:

- at the end of the rotation for C-I, C-II and C-IV
- before the score of the following gymnast is shown in C-III

Notes: *In the last rotation of C-II and C - IV before the score of the following gymnast is shown.*

Late inquiries will be rejected.

A federation is not allowed to complain against a gymnast from another federation.

Inquiries for Execution scores are not allowed.

The inquiry requires an agreement of payment from the national federation of:

USD 300.- for the first complaint;
USD 500.- for the second complaint and,
USD 1'000. - for the third and subsequent complaints.

This amount has to be paid the same day to the President of the Superior Jury who shall forward the payment together with a copy of all inquiries to the FIG Secretary General as soon as possible but within 10 days after the event.

Should the initial inquiry be successful, then any subsequent inquiry will start from USD 300.-. This principle applies to the second inquiry USD 500 or the third USD 1000.- and any subsequent inquiries. The starting fee is relevant of the point of success of the inquiry.

Example:

1st inquiry: USD 300.- If the inquiry is successful the sum for the 2nd inquiry is USD 300.-

If the first inquiry is not successful, the second inquiry: USD 500.-

The fee of each non successful inquiry will be transferred to the FIG Foundation.

ARTICLE 3 — WTC Functions

At official Competitions, the members of the FIG WTC will constitute the Superior Jury and act as Apparatus Supervisors.

3.1 The President of the WTC

The President of the WTC or her/his representative will serve as Chair of the Superior Jury. Her/his responsibilities and those of the Superior Jury include:

- The overall Technical Direction of the competition as outlined in the Technical Regulations.
- To supervise the checking of the apparatus measurement specifications according to the FIG Apparatus Norms.
- To call and chair all judges' meetings and instruction sessions.
- To apply the stipulations of the Judges' Regulations that applies to the competition.
- To deal with requests for rating new elements, raising the uneven bars, leaving the competition area, and other issues that may arise.
- To make sure that the time schedule published in the Workplan is respected.
- To control the work of the Apparatus Supervisors and intervene if deemed necessary. Except in case of an inquiry, no change of score whatsoever is allowed after the score has been released by the Apparatus Supervisors.
- In case of disagreement between the Apparatus Supervisor and the A Panel, to decide the A Score together with the available members of the Superior Jury.
- In case of disagreement between the Apparatus Supervisor and one or several B Panel Judges, to decide the adjustment of the respective score(s).
- To deal with inquiries as outlined herein.
- In cooperation with the members of the Superior Jury, to issue warnings to or replace any person acting in any judging capacity who is considered to be unsatisfactory or to have broken her/his oath.
- In the days following a competition, to conduct a global video analysis with the TC and in case mistakes are established, the guilty judges will be punished accordingly.

To establish a report to the FIG Executive Committee, which must be sent to the FIG Secretary General as soon as possible, but no later than 30 days after the event, which contains the following:

- General remarks about the competition including special occurrences and conclusions for the future.
- Detailed analyses of the judges including proposals for rewarding the best judges and sanctions against the judge not meeting the expectation.
- Detailed list of all interventions (score changes before and after publication).
- Technical analyses of the A judges.

3.2 The WTC Members

During each phase of the competition, the members of the WTC or their representatives will serve as members of the Superior Jury and Apparatus Supervisors for each apparatus. Their responsibilities include:

- To participate in the direction of the judges' meetings and instruction sessions and guide the judges for the correct work on the respective apparatus.
- To check the apparatus used at training, warm-up and competition against the FIG Apparatus Norms.
- To apply the "Judges' Regulations" control with fairness, consistency and completely in accordance with the currently valid regulations and criteria.
- To record the entire programme content in symbol notation.
 - calculate the A Score content,
 - calculate the B Score,
 - duly record the control scores of all exercises for the purpose of evaluation of the A and B Panels.
- To control the total evaluation and the final score for each exercise.
- To assure that the gymnast is given the correct score for her performance or intervene as ruled under 3.3.
- To release the score (validate) if no intervention is necessary and the score is deemed correct or intervene as ruled under 3.3.

3.3 Jury Intervention

3.3.1 Execution Score

The Apparatus Supervisor **must** intervene

If the score given by an individual judge or the average B score is deemed impossible.

If the difference between the 4 counting deductions (or at competitions with four or fewer B-judges, the two middle deductions) is higher than the tolerated deviations.

> 0.0 – 0.4	0.1
> 0.4 – 0.6	0.2
> 0.6 – 1.0	0.3
> 1.0 – 1.5	0.4
> 1.5 - 2.0	0.5
> 2.0	0.6

The Apparatus Supervisor **may** intervene:

If the B score is significantly different from the Apparatus Supervisor's score, e.g. would result in a different ranking of the 8 best gymnasts or deviates more than the tolerated deviations as follows:

> 0.0 – 0.4	0.1
> 0.4 – 0.6	0.2
> 0.6 – 1.0	0.3
> 1.0 – 1.5	0.4
> 1.5 - 2.0	0.5
> 2.0	0.6

The FIG / Longines IRCOS System (if not available the technical video) may be reviewed for all these cases.

If an intervention is necessary, the Apparatus Supervisor may adjust one or several B scores after consultation with and the agreement of the respective judge(s).

If an agreement can be found, the Apparatus Supervisor shall release the score.

If one or several B-Judges and the Apparatus Supervisor cannot agree, the case has to be submitted to the Superior Jury in order to adjust one or several B scores and settle the B score.

The Apparatus Supervisor must inform the judge(s) concerned about the decision and then release the score.

3.3.2 Difficulty Score

The Apparatus Supervisor **must** intervene

If the A- Score is believed to be incorrect.

In case of disagreement between the A¹ and the A² Judges or between the A-Panel and the Apparatus Supervisor, the Apparatus Supervisor settles the A-score after consultation with and the agreement of the 2 Judges. In this case, the score can be released by the Apparatus Supervisor.

The FIG / Longines IRCOS System (if not available the technical video) may be reviewed for all these cases.

If the A-Judges and the Apparatus Supervisor cannot agree, the case has to be submitted to the Superior Jury in order to decide the A score.

The Apparatus Supervisor must inform the judge(s) concerned about the decision and then release the score.

Except in the case of an inquiry (see 2.2), no score may be changed after it has been released by the Apparatus Supervisor

The Apparatus Supervisor must record all interventions and give a detailed report (mentioning the name of the gymnast and the adjustment) the same day to the President of the Superior Jury.

To deliver a written report of all occurrences to the President of the Superior Jury.

ARTICLE 4 — Regulations for Judges, Structure, Composition and Functions of the Apparatus Juries

4.1. Regulations for the Judges

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

- the FIG Technical Regulations.
- the FIG CODE OF POINTS for Women's Artistic Gymnastics.
- the FIG CODE Supplements with Lists of New Vaults and Elements.
- the FIG Judges' Rules (current Edition) and,
- the FIG Judges' Rules for WAG.

They must

- have successfully participated in an intercontinental, or international course.
- be in possession of and produce the Brevet and Judge's Log Book of the current valid Cycle.
- be listed in the World List of judges and,
- possess the corresponding CATEGORY applicable to the Competition.

They have the responsibility to

- participate in the Judges' Review Session (Instruction) before the respective Competition (extraordinary exceptions, which were unavoidable will actually be decided by the FIG/WTC).
- be punctually present before the respective Competition at all Judges' Briefings.
- attend podium training.
- be at the competition site per scheduled time.
- wear the FIG prescribed competition uniform (dark blue suit - skirt or trousers, as indicated - and white blouse), except at the OG, where the uniform is supplied by the Organizing Committee.
- follow the instructions delivered by the governing authorities.
- prepare thoroughly on all apparatus in advance of the competition.
- fulfill the duties as specified in *Article 4*, specifically.
- evaluate each exercise accurately, consistently, quickly, objectively, fairly and ethically and,
 - when in doubt, give the benefit of that doubt to the gymnast

- understand and comply with the necessary record keeping tasks, such as:
 - computer pad score entry.
 - filling out of the manual score slips.
 - use of the symbol notation sheets and,
 - maintaining a record of their personal scores.

During the competition a judge must

- not leave her/his place, except with the consent of the A¹ - Judge
- not have contact and/or discussions with other persons, e.g. coaches, delegation leaders and other panel judges.
- not have direct communication with the President of the WTC and/or the Superior Jury.

Every Judge is fully and alone responsible for her/his scores. In case of an intervention by the Apparatus Supervisor, the Judge has the right to explain her/his score and to agree (or not) to a change. In case of disagreement the Judge may be overruled by the Superior Jury and shall be informed accordingly.

All judges must act in a professional manner at all times and exemplify non partisan ethical behavior.*

In case of arbitrary action taken against a judge, she/he has the right to file an appeal

- to the Superior Jury, if the action was initiated by the Apparatus Supervisor or,
- to the Jury of Appeal, if the action was initiated by the Superior Jury.

*** NOTE:**

Refer to "FIG Judges' Rules" (current Edition)

4.2 The Judges' Oath (TR 7.12)

At the World Championships, and other important international events, juries and judges pledge to respect the terms of the Judges' Oath.

"In the name of all the judges and officials, I promise that we shall officiate in these World Championships (or any other official FIG Event) with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship".

4.3 The Apparatus Jury (Judges' Panels)

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

The B- Judging Panel's primary responsibility is to evaluate the execution faults, composition and artistry occurring during the performance of the exercise.

- The A- and B- Judging Panels will be drawn to their functions under the authority of the WTC and in accordance with *TR 7.10*, current *FIG Judges' Rules*, *FIG Judges' Rules for WAG*.

The structure of the Apparatus Jury for the various types of competitions should be as follows (See *Chart-Diagram at end of Article 4*):

WC and OG 8 Judge Panel	International Invitationals 6 Judge Panel
2 A- Panel Judges	2 A- Panel Judges
6 B- Panel Judges	4 B- Panel Judges

A¹ and/or A² may also function as B¹ and B² when there are less than 6 judges total per event.

Apparatus Juries are supported by Assistants (Timers and Line Judges) and Secretaries with the International Brevet.

4.3.1 Functions of the A-Panel

- A- Panel Judges record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the A-score content. Discussion is allowed.
 - A² judges enter the A- score into the computer.
 - In case of disagreement between A¹ and A² judges, the counsel of the Apparatus Supervisor must be solicited by the A¹ Judge
 - A¹ Judge supervises the work of the Assistants (Timers and Line Judges) and Secretaries, as specified in **Sections 4.3.3 & 4.3.4**
 - in particular the correct working order within the team or mixed group.
- A¹ Judge sees that neutral deductions for time, line and behavior faults are taken from the Final Score before being flashed.
- The A- Panel Judges decide whether the gymnast failed to present before and after the exercise.
 - The A- Panel Judges decide whether the gymnast performed an invalid "0" vault.
 - The A- Panel deducts from the final score, for Spotting assistance during the:

Vault,
Exercise,
Dismounts,

- The A- Panel must report unsportsmanlike conduct of the coach to the Apparatus Supervisor.

The A- score (content) of the exercise includes:

- Difficulty Value,
- Connection Value,
- Element Group Requirements.

After the Competition the A- panel

Will submit a competition report as directed by the WTC President with the following information:

forms listing violations, questionable decisions with the number and name of the gymnast.

submit this report as soon as possible after the competition, as directed by WTC President.

- They must make their symbol notations available during consultations.

4.3.2 Functions of the B-Panel

- They must observe the exercises attentively and evaluate the faults and corresponding deductions correctly, independently and without bias.
- They must record the deductions for:
 - General Faults,
 - Specific Apparatus Execution Faults,
 - Specific Apparatus Compositional Faults,
 - Artistry Faults.
- They work with a total of deductions in tenths of points [e.g. 0.40 P.].
- They must complete the score slip (appendix IV) with a legible signature or enter their deductions into the computer for execution/technique (general and specific) faults, composition and, artistry faults.
- They must be able to provide a personal written record of their evaluation of all exercises.
- If manual scoring is used, they must check that the runners immediately take their score slips.
- With manual scoring the flashing of the six B-scores should occur simultaneously.

4.3.3 Functions of the Assistants

They are drawn from among the Brevet judges to serve as:

- line judges on Floor and Vault to determine stepping outside of the border marking.
- time judges to:
 - check the permitted warm-up attempts (VT).
 - time the duration of the exercise (at beam and floor) and adherence to the intermediate time (at beam).
 - time the duration of the fall period (at uneven bars).
 - control the start of the exercise after the green light is lit and adherence to the warm-up time.

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

4.3.4 Functions of the Secretaries

The Secretaries, with FIG Brevet, are usually appointed by the Organizing Committee. Under the supervision of the A¹ Judge they are responsible for correctness of all entries (*proceedings*) into the computers:

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

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

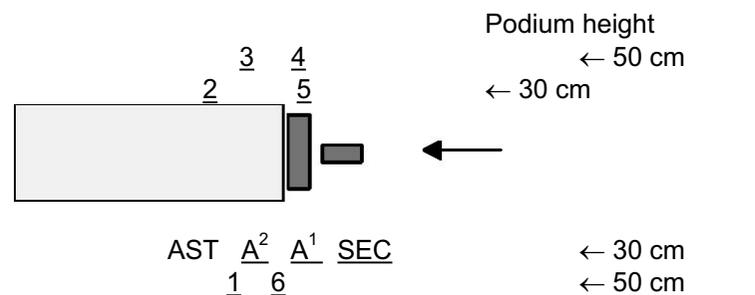
The judges must be placed as far away as possible from the apparatus, where possible on elevated podiums (30 to 50 cm in height), in order to afford an undisturbed view of the exercise. Specific to vault, both flight phases must be visible by all judges.

- A¹ Judge must be in line with the center of the apparatus.
- The timer(s) sit by the Apparatus Jury, indicated by AST in the seating diagram.
- The line judges at floor must sit at opposite corners and observe the 2 lines closest to them.
- The line judge at Vault must sit at the far corner of the landing side.
- The placement of the B-jury will be clockwise around the apparatus beginning from the left of the Chair.

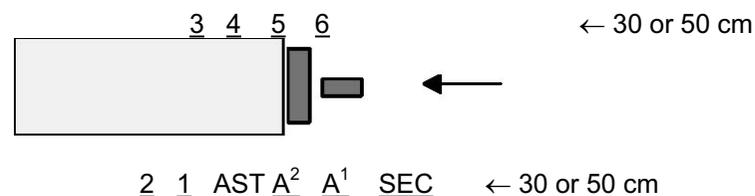
Examples for seating order:

<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>		
<u>1</u>	<u>AST</u>	<u>A2</u>	<u>A1</u>	<u>SEC</u>	<u>6</u>

Seating of the Apparatus Jury at the vault should be at least a 2 meter distance from the vaulting table, placed from the apparatus center toward the landing side. Ideal position is as follows:



OR



4.5 Determination of Scores

The judges are obligated through their activity to adhere to the rules of the CODE OF POINTS, Articles 5-11 in an unbiased and conscientious manner, otherwise sanctions can be imposed against them by the Superior Jury per the FIG Judges' Rules (current Edition).

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

Examples:

A- Panel score = 5.70 P.

B- Panel Deductions

Judge:	B-1	B-2	B-3	B-4	B-5	B-6
Execution/Artistry	0.60	0.50	0.50	0.60	0.40	0.30
Comp	0.60	0.70	0.60	0.40	0.70	0.60
Flash Deduction	1.20	1.20	1.10	1.00	1.10	0.90
		x	x	x	x	
Scores	8.80	8.80	8.90	9.00	8.90	9.10
		x	x	x	x	
FINAL SCORE	$35.60/4 = 8.90 + 5.70 = 14.60P.$					
Neutral Deduction	-0.20					
FLASHED FINAL SCORE	14.40P.					

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

4.5.1 Validity of Scores

In cases where the mark shown on the public electronic scoreboard differs from that officially entered in the computer by the judge the mark registered on the judge's electronic command desk is the one taken into account.

Professional Products for professional Gymnastics



Vaulting-Table ST-6



The CLUB-Table



Vaulting-Table ST-4 Microswing



The COMPETITION-Table



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Sportmats and apparatus

Bänfer GmbH
Industriestraße 11
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Germany

Tel.: +49 (0)5621/7878-0
Fax: +49 (0)5621/7878-32
Internet: www.baenfer.de
eMail: info@baenfer.de



PART II – General Regulations

ARTICLES 5-7

EQUIPEMENTS pour GYMNASTES

du débutant jusqu'au niveau international

E-mail : eurogymparis@noos.fr



LA GYMNASTIQUE DU NOUVEAU MILLENAIRE

New Millenium's Gymnastics



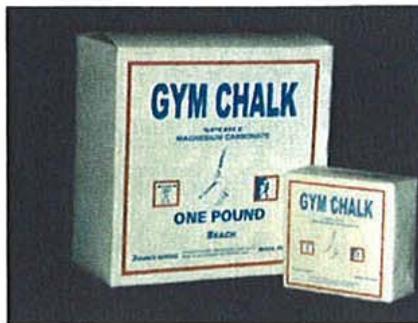
*Les meilleurs Gymnastes
savent où trouver
les meilleurs produits
Best Gymnasts know
where to find The Best*

THE BEST BRANDS



Shoes
CHAUSSONS

THE BEST PRICE



Magnesium Carbonate
MAGNESIE

THE BEST QUALITY



Hand-grips
MANIQUES

MAGNESIE : Prix Clubs EXCEPTIONNEL (nous consulter)



www.eurogym.fr

EUROGYM INTERNATIONAL

265, 267 boulevard Voltaire
75011 PARIS (France)
(Métro NATION)

Tél. : (33) 01 43 72 81 03 (Bureau)

(33) 06 07 27 77 35 (Mobile)

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ARTICLE 5 — Evaluation of the Exercises

5.1 General

In Qualifying (C-I), Team Final (C-IV), All-Around Final (C-II), and Apparatus Finals (C-III) the same or different exercises may be performed.

The evaluation method described herein will be used at the official FIG Competitions

- Olympic Games
- World Championships
- World Cup

and is available for

- Continental
- Regional
- Team Competitions
- International Invitationals
- National Competitions

Arrangement of the Table of Elements

The Code of Points contains specific apparatus Table of Elements (Articles 9-11) in which each element is identified by a multi-digit number.

- 101 to 199 = A- Difficulty
- 201 to 299 = B- Difficulty
- 301 to 399 = C- Difficulty
- 401 to 499 = D- Difficulty
- 501 to 599 = E- Difficulty
- 601 to 699 = F- Difficulty
- 701 to 799 = G-Difficulty

5.2 Components of the Evaluation

- The current philosophy for exercise content and combination encourages an emphasis on the mastery of dance and acrobatic choreography, artistically presented
- In principle, the repetition of an exercise is not permitted.
- The execution/performance on all apparatus will be evaluated from 10.00 P.
- The responsibilities for the evaluation are distributed between the A- and B-Panels as described below.

5.3 A- Score (Content)

The A- Score on Uneven Bars, Balance Beam and Floor Exercise includes

- Difficulty Value
 - 9 most difficult elements plus dismount
 - A- = 0.10 P.
 - B- = 0.20 P.
 - C- = 0.30 P.
 - D- = 0.40 P.
 - E- = 0.50 P.
 - F- = 0.60 P.
 - G- = 0.70 P.
- Element Group Requirements: 5 at 0.50 P. each
- Connection Value

The A-Score on VT includes Difficulty Value

5.3.1 Difficulty Value (DV)

The DV are elements from The Table of Elements in the Code of Points which are open ended and may be expanded as needed.

- The Maximum 9 highest DV plus the dismount are awarded.
- The A- Panel will always recognize the difficulty value of the element unless there is a failure to meet the technical requirement of the element.

5.3.2 Recognition of the Same and Different Difficulties

The same Difficulty Value can be recognized only one time in an exercise.

- If performed the second time, the Difficulty value is **not** considered.

Elements are considered *different*, if they are listed under

- different numbers or
- the same number, when
 - there are different body positions (tuck, pike or stretched) in saltos
 - legs are together or straddled on UB in saltos and Tkatchevs
 - there are different degrees of turns $\frac{1}{2}$, $1/1$, $1\frac{1}{2}$ (180°, 360°, 540°), etc. (see Article 7 for specific apparatus requirements)
 - the support is performed on one or both arms or free
 - the acrobatic elements take-off or land on one or both legs (Balance Beam)

5.3.3 Element Group Requirements (2.50 P.)

Five (5) element groups are described in the respective Apparatus Articles. Each element group requirement presented receives 0.50 P. with a maximum of 2.50 P. possible.

- EGR must be contained within the 9 highest DV plus the dismount.
- One element can **NOT** fulfill more than one Element Group Requirement
- **Dismount Principle**
 - No dismount, A- or B- dismount – award 0.00 P.
 - C- dismount – award 0.30 P.
 - D- or higher dismount – award 0.50 P.

Dismounts on UB and BB:

If salto for dismount has begun and then fall occurs:

- - 0.80 Fall – B panel
- + 0.00 EGR missing – A- panel

If salto for dismount has not begun and fall occurs (no dismount):

- - 0.80 Fall – B- panel
- - 0.30 No attempt to dismount – B- panel
- + 0.00 EGR missing – A- panel

5.3.4 Connection Value (CV)

Connection value is to be achieved through unique and highly difficult combinations of elements on Uneven Bars, Balance Beam and Floor Exercise.

Connection Value is evaluated at:

- +0.10 P. or 0.20 P.

Formulas for CV are described in the respective apparatus **Articles 9.4, 10.4 and 11.4.**

- All acrobatic flight elements and dance elements (C - or more value), as specified in the CV formulas, may be used.
- Devaluated Elements may be used for CV.
- In order to recognize the connection it must be performed without a fall.
- Elements may not be repeated in another connection for CV.
 - Recognition occurs in chronological order.
- Elements on Bars and acrobatic elements on Beam and Floor may be performed two times (2x) **within** one connection – examples:

- Bars – Tkatchev 2x
- Bars – giant circle backward to handstand with hop 1/1 pirouette 2x
- Beam – aerial walkover, aerial walkover
- Floor – indirect or direct connection with whip salto backward 2x to double salto backward piked.

- The order of succession of elements within a connection can be freely chosen on BB, FX and UB (*with two exceptions*).
- All connections must be **direct**; *only on Floor* can acrobatic connections be **indirect**.
- **Direct Connections** are those in which acrobatic and/or dance/acro-elements are performed without
 - hesitation or pause between elements
 - extra step between elements
 - foot touching beam between elements
 - loss of balance between elements
 - additional arm/leg swing
- **Indirect Connections** (*only in acrobatic series on Floor*), are those in which directly connected acrobatic elements with flight phase and hand support (*from Group 3, e.g. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos.
- With the direct connection of three or more elements, the second element (and/or those following) may be used a second time –
 - the first time as the last element of a connection and
 - the second time as the first element to begin a new connection.

5.4 B-Score 10.0 (Performance)

For perfection of execution, composition, combination and artistry of presentation, the gymnast may earn a score of **10.00 P.**

The B- Score includes deductions for faults in:

- Execution
- Composition
- Artistry of presentation

These deductions for faults are described in the **Table of General Faults and Penalties** (Article 6), **Specific Apparatus Articles 8-11** and **Technique** (Article 7).

The Final Score Calculation

A- Score + B- Score* = Final Score

Scoring example:

– A- Score

Difficulty (4 C-, 4 D-, 2 E-)	+3.80 P.
Element Groups (5 x 0.50 P.)	+2.50 P.
Connection Value	+ 0.60 P.

A-Score 6.90 P.

– B- Score

Execution & Artistry	-0.70 P.	10.00 P.
Composition	-0.30 P.	- 1.00 P.

The B-Score is calculated by averaging the middle four (4) of six (6) scores (deductions).

B-Score 9.00 P.

Final Score 15.90 P.

*B- Score

Sum of the execution, artistry and composition deductions are added together and then subtracted from 10.00 P.

Specific Deductions for Short Exercises

A deduction of 5.00 P. is taken from the Final Score for short exercises as follows:

- Uneven Bar exercise with 5 elements or less
- Balance Beam exercise with duration of less than 30 seconds and
- Floor exercise with duration of less than 30 seconds

in addition to deductions from the B- Score for faults in execution/artistry and composition.

5.5 Recognition of New Vaults and Elements

The coaches and gymnasts are encouraged to submit new vaults and elements that have not yet been performed and/or do not yet appear in the Table of Elements.

- In principle, only those elements which have been performed will appear in the Code of Points.
- In order to be recognized as a new element, the element must be considered fully completed.

All new vaults and elements (*performed for the first time at an FIG Official Competition: World Championship, World Cup or Olympic Games, etc.*) are encouraged to be submitted to the WTC by electronic mail, facsimile or post at any time during the year.

However, they must be presented no later than the day and hour, as stipulated in the Work Plan. The request for evaluation must be accompanied with technical drawings and figures, as well as with a video cassette.

The FIG/WTC will evaluate concerning:

- Difficulty Value of new vaults (*vault group and number*)
- Difficulty Value of new elements

The evaluation may be different in comparison to the value received at competitions other than Official FIG Competitions.

The decision will then be communicated as soon as possible in writing to the

- Concerned federation and
- Judges at the Judges' Review Session (Instruction) or Judges' Briefing before the respective competition.

New vaults and elements are able to be submitted at all other International Competitions to the technical director and/or FIG Technical Representative. The evaluation and decision takes place in the technical discussions prior to the respective competition.

The decisions have validity **only** at that respective competition, however these should be forwarded to the President of the WTC for review by the WTC at the next subsequent meeting of the WTC. Such new elements, etc. will appear for the first time in the **Code Update**, only when they have been submitted, confirmed and **also performed** at an Official FIG Competition.

5.6 FIG Code Updates

After the Official FIG Competitions the FIG/WTC publishes a **Code Update** which includes

- all new elements and variations with a number and illustration.

The **Code Update** will be sent by the FIG Secretary General to all affiliated federations, including the effective date, from which time it is valid for all further FIG Competitions.

ARTICLE 6 – Table of General Faults and Penalties

Faults	Small	Med.	Large	Very Large
	0.10	0.30	0.50	0.80
By B-Panel Judges (B1 – B6)				
Execution Faults				
– Bent arms or bent knees	each time X	X	X	
– Leg or knee separations	each time ≤shoulder width	X		
– Legs crossed during elements with twist	each time X			
– Insufficient height of elements	each time X	X		
– Insufficient exactness of tuck, pike or stretch position	each time X	X		
– Insufficient split	each time X	X		
– Incorrect position of legs in dance elements	each time X			
– Body posture in dance elements	each time X	X		
– Hesitation during jumps, press or swing to handstand	each time X			
– Insufficient extension in the preparation for landing	each time X			
– Precision (Each movement has a clear start and finish position. Each phase of the movement has to demonstrate perfect control.)	each time X			
– Throughout the entire exercise:				
• Relaxed or incorrect foot/body/trunk posture	X	X		
• Insufficient flexibility	X			
• Insufficient dynamics	X	X		
• Insufficient amplitude of elements	X	X		
Landing Faults (all elements including dismounts)				
– Deviation from straight direction	each time X			
– Legs apart on landing	each time X			
– Movements to maintain balance:				
• extra arm swings	X			
• additional trunk movements to maintain balance	each time X	X		
• extra steps, slight hop	each time X			Max. 0.70
• very large step or jump (guideline – 1 meter)	each time X	X		Max. 0.70
• body posture fault	each time X	X		
• deep squat	each time X		X	
• brushing apparatus with hands-arms, but not falling against the apparatus	each time X	X		
• support on mat or apparatus with 1 or 2 hands	each time X			0.80
• fall on mat to knees or hips	each time X			0.80
• fall on or against apparatus	each time X			0.80

ARTICLE 6 – Table of General Faults and Penalties

Faults	Small	Med.	Large	Very Large
	0.10	0.30	0.50	More
By A-Panel Judges (A¹ – A²)				
– Performance of connection with fall	UB, BB, FX each time			No CV
– Failure to land feet first from salto				No DV, CV, EG
– Take-off outside the border markings	FX			No DV, CV, EG
– Short exercises <ul style="list-style-type: none"> • UB – 5 elements or less • BB and FX less than 30 sec. 				5.00 from Final Score
– Failure to present to A ¹ - Judge before and/or after exercise	Gym/Evt	X		
Behavior of Coach				
– Spotting assistance (help)	UB, BB, FX each time			0.80 from Final Score No DV, CV, EG
– Spotting assistance (coach brushes gymnast on UB)	each time		0.50 from Final Score	
– Unauthorized remaining of coach on the podium	each time		0.50 from Final Score	
– Signals, verbal cues, cheers, etc. by coach to own gymnast	Gym/Evt	X		
By A-panel (In Consultation with Superior Jury) from Final Score				
– Non identical leotards (for gymnasts from same team) <ul style="list-style-type: none"> • <i>taken 1 x from the team score total</i> 	Team	X		
– Incorrect or unaesthetic padding	Gym/Evt	X		
– Incorrect use of magnesium	Gym/Evt	X		
– Apparatus irregularities through: <ul style="list-style-type: none"> • failure to properly use safety collar mat for round-off entry vaults (see 8.4.2) • failure to use supplementary landing mat • raising of apparatus without permission • placement of springboards on unpermitted surface • removal of springs from springboard • use of unpermitted supplementary mats • moving the supplementary mat 	Gym/Evt			Invalid VT "0"
– Missing national emblem	Gym/Evt	X		
– Missing start number	Gym/Evt	X		
– Incorrect attire – leotard, jewelry, bandage color	Gym/Evt	X		
– Competing in the incorrect order	Gym/Evt		0.80 C-I & IV from team total	
Written Notification by TIME JUDGE To A¹- Judge				
– Flagrant exceeding of touch warm-up time (after warning) <ul style="list-style-type: none"> • by Individuals from 	Team	X		
– Starting exercise when red light is lit	Gym/Evt	X		"0"
– Failure to start within 30 sec. after green light is lit	Gym/Evt		X	
– Exceeding intermediate fall time (UB and BB)	Gym/Evt			Exercise ended
– Overtime (BB, FX)	Gym/Evt	2 sec. or less	More than 2 sec.	

ARTICLE 6 – Table of General Faults and Penalties

Faults	Small	Med.	Large	Very Large
	0.10	0.30	0.50	More
By Chair of Superior Jury (In Consultation with Superior Jury)				
Behavior of Gymnast				
– Incorrect advertising (NOTE: taken each time in apparatus finals)	Gym/Evt	x		
– Leaving competition area without permission from Chair of Superior Jury				Disqualified
– Failure to participate in Award Ceremony (without permission)			Score/Rank cancelled	
– Unexcused delay or interruption of competition				Disqualified
– Unsportsmanlike conduct	Gym/Evt	x		
– Unauthorized remaining on the podium	Gym/Evt	x		
– Speaking to active judges during the competition	Gym/Evt	x		
By Chair of Superior Jury (In Consultation with Superior Jury)				
Behavior of Coach with no direct impact on the result/performance of the gymnast/team				
Unsportsmanlike conduct with no direct impact on the result/performance of the gymnast/team (valid for competitions, trainings, warm-ups and the entire period of the event)	1 st time –Yellow card for coach (warning) 2 nd time –Red card for coach and removal of coach from the competition, training, or warm-up floor.*			
Other flagrant, undisciplined and abusive behavior with no direct impact on the result/performance of the gymnast/team (Valid for competitions, trainings, warm-ups and the entire period of the event)	Immediate Red card for coach and removal of coach from the competition, training, or warm-up floor.*			
Behavior of Coach with direct impact on the result/performance of the gymnast/team				
Unsportsmanlike conduct with direct impact on the result/performance of the gymnast/team (valid for trainings, warm-ups and the entire period of the event)	1 st time –Yellow card for coach (warning) 2 nd time –Red card for coach and removal of coach from the training or warm-up floor.*			
Unsportsmanlike conduct with direct impact on the result/performance of the gymnast/team (valid for competitions), i.e. unexcused delay or interruption of competition, speak to active judges during the competition except to A ¹ - Judge – inquiry only permitted, etc.	1 st time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks to active judges 1 st time – 0.80 (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks aggressively to active judges 2 nd time – 0.80 (from gymnast/team at event), Red card for coach and removal of coach from the competition floor.*			
Other flagrant, undisciplined and abusive behavior with direct impact on the result/performance of the gymnast/team (valid for trainings, warm-ups and the entire period of the event)	Immediate Red card for coach and removal of coach from the training or warm-up floor.*			
Other flagrant, undisciplined and abusive behavior with direct impact on the result/performance of the gymnast/team, (valid for competitions), i.e. incorrect presence of the prescribed persons in inner circle during competition, etc.	– 0.80 (from gymnast/team at event), immediate Red card for coach and removal of coach from the competition floor.*			

*Note: If one coach from a gymnast/team is dismissed from the competition inner circle or the training floor, or the warm-up floor, it is possible to replace this coach with another coach **one time** during the competitions, trainings, warm-ups and the entire period of the event

If one coach from a gymnast/team is dismissed from the competition inner circle or the training floor, or the warm-up floor, but cannot be replaced with another coach during the competitions, trainings, warm-ups, and the entire period of the event, this coach may remain in the competition inner circle or the training floor, or the warm-up floor, for security reasons but his/her member Federation must pay a fine of CHF2,000.

In any cases, all “Red Cards” must be reported to the Secretary General who shall forward each case to the Disciplinary Commission for possible further sanctions (e.g. suspension of the coach for a certain period of time or a number of Championships).

The coach who receives a sanction during an event has the right to make an appeal to the Jury of Appeal. Such an Appeal must be made as soon as possible, but no later than one (1) hour after having received the sanction.

1st offense = yellow card

2nd offense = red card; at which time the coach is excluded from the rest of the competition phases.

ARTICLE 7 — Technical Element Recognition

In order to recognize DV specific technical expectations are required.

ALL EVENTS

Landings from Saltos with Twists

- as dismounts from **uneven bars** and **balance beam** and
- during the exercise on **balance beam** and **floor**
- **VT** – all landings

Twist must be completed exactly or the Lower DV will be recognized.

For under turning:

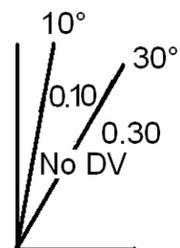
- 3/1 twist becomes 2½ twist
- 2½ twist becomes 2/1 twist
- 2/1 twist becomes 1½ twist
- 1½ twist becomes 1/1 twist

Falls on Landing –

- with landing feet first – the DV is awarded
- without landing feet first – **No** DV is awarded

UNEVEN BARS

Cast to Handstand

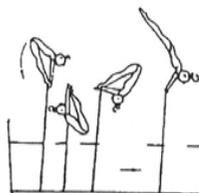


Handstand position is considered reached when all body parts arrive within 10° of vertical

If completed within 10° of vertical – No deduction

- > 10° – 30° – No DV - 0.10 (B- Panel Deductions)
- > 30° – No DV - 0.30 (B- Panel Deductions)

> = (greater than)



Circle elements reached 30°

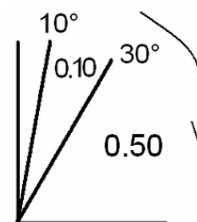
- > 30° – 0.10/0.30 (B- Panel)

Rational: The requirement for B- circles in Tables is 30° therefore no devaluation.

If between 10° and 30° - good execution.

If below horizontal = A- element in Code

Elements with turns to Handstand and Hop-Grip Changes



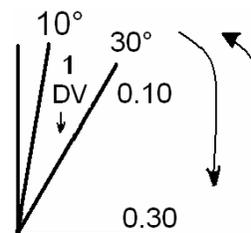
Principles: For 180°, 360°, 540° turns **to** handstand

If completed within 10° of vertical – No deduction

- > 10° - 30° – 0.10 (B- Panel Deductions)
- > 30° – 0.50 (B- Panel Deductions)

E- elements  and  the turn must be initiated before handstand to receive value. If not initiated before handstand then the element will be recognized as the lower value element in the Code.

*Swings with turns



- >10° - 30° – **1 DV** lower (A- Panel)
- > 30° – 0.10/0.30 (B- Panel)

*Swings are elements which do not reach handstand.

Rational: Elements that are required to reach handstand but do not reach the 10° required and are not in the Code are devalued 1 step and deducted by B- Panel.

B-Panel: Execution Deductions for body posture faults and insufficient amplitude of elements throughout.

BALANCE BEAM AND FLOOR EXERCISE — DANCE

Turns on One Leg* and Leaps, Jumps and Hops with Turns

Turns on One Leg are in increments of:

- 180° for BB and
- 360° for FX

The turn must be completed exactly.

For under turning:

- 3/1 turn becomes 2/1 turn (FX)
- 2/1 turn becomes 1½ turn (BB)

Turn Considerations:

- Must be performed on the toes
- Have a fixed and well defined shape throughout the turn
- The support leg whether stretched or bent does not change the value of the difficulty
- Degree of rotation is determined once the heel drops (turn is considered finished)

For turns on One Leg requiring the free leg to be at horizontal –

- If leg is below horizontal credit one DV lower (if there is no element in the Code)
- Horizontal position must be maintained throughout the turn

All turns in jumps, leaps, hops must be completed exactly.

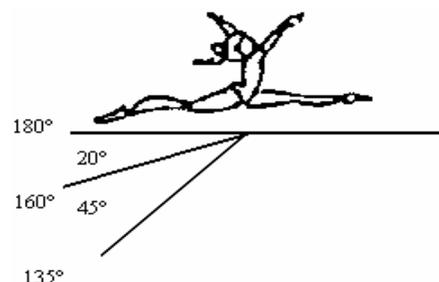
Various techniques of jump turns are permitted including piking, tucking or straddling the legs in the beginning, middle or end of the turn.

Direct Connections (BB & FX)

- **Direct connection** of leaps or acrobatic elements in **one direction** are recognized, when there is a
 - landing from the 1st element, followed by an immediate take-off/rebound into the 2nd element or
 - landing from the 1st element on one leg and placing the free leg with an immediate rebound from the take-off leg into the 2nd element.
- **Timing:** Connections of Acrobatic elements **forward/backward** (or reversed) and Dance/Acro (or reversed):
 - It is a feeling of continuous dynamic rhythm without slowing down or stopping between landing and take-off.
 - There is not a rebounding effect, as is performed with 2 acro elements moving in the same direction - forward or backward.

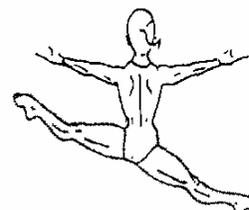
Leaps, Jumps and Hops with 180° Leg Separation (Split)

For missing degrees of leg separation (insufficient split) and or incorrect position of legs:



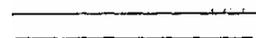
Insufficient Split

- 0° - 20° deduct 0.10
- > 20° - 45° deduct 0.30
- > 45° credit the lower VP performed



Incorrect Leg Position

Legs uneven in split position 0.10 P.



Leaps – take off from one foot and land on the other or both.

Except: Switch leap

Hops – take off one foot and land on the same foot

Jumps – take off of two feet and land on one or two feet

Switch Leap



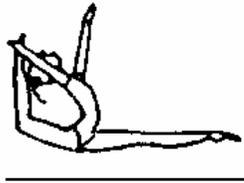
Considerations

First leg swing must be a min. of 45°

Evaluation:

- If less than 45° credit Split Leap.

Ring Leap



Considerations:

Release of Head backward in arch position
 Foot to head height and leg bent ~ 90°
 Legs parallel to the floor in split position

Evaluation:

- Foot to shoulder height - 0.10
- Foot below shoulder or straight leg credit 1 DV lower
- If front leg is below horizontal credit 1 DV lower
- If no release of head credit Split Leap

Sheep Jump



Considerations:

Release of Head backward in arch position
 Feet to head height

Evaluation:

- Feet to shoulder height -0.10
- Feet below shoulder Credit 1 DV lower.
- If no release of head Credit Straight Jump.

Yang Bo



Considerations:

Release of Head backward in arch position
 Over split of legs
 Legs parallel to BB in split position

Evaluation:

- No release of head credit Split jump
- If legs are not parallel to ground credit 1 DV lower

Tuck Jump



Considerations:

Knees at horizontal
 90° or less angle at knees
 Knees together

Wolf Jump



Considerations:

Extended leg at horizontal
 90° or less angle at knee
 Knees together

Cat Leap



Considerations:

Knees lift alternately at horizontal

Straddle Pike Jump



Considerations :

Legs at horizontal

Body Posture: Deductions for body posture faults (form breaks) in body-torso, arms-elbows, legs-knees must be taken in addition to penalties assessed for amplitude.

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NASTIA LUKIN

Nastia Lukin

 (www.zen-studio.com) - Photo : Dave BLACK

GYMNOVA - BP 56 - 45, RUE GASTON DE FLOTTE - 13375 MARSEILLE CEDEX 12 - FRANCE
TEL. : +33 4 91 87 51 20 - FAX : +33 4 91 93 86 89 - www.gymnova.com - info@gymnova.com



PART III – Apparatus

ARTICLES 8-11

ARTICLE 8 — Vault

8.1 General

The gymnast is required to perform one or two vaults from the Table of Vaults, depending on the Requirements for that competition phase. She is responsible for the flashing of the intended vault number prior to the beginning each vault.

The recommended run distance is 25 meters. However, the run distance may be individually set.

After receiving the green light or signal from the A¹ - judge, the gymnast executes the first vault and then returns to the end of the runway to post the number for her second vault. After the score of the first vault is flashed, she must be ready to immediately begin her second vault.

The vault begins with a run, an arrival and take-off from the board on two feet with legs together, from either a

- forward position or
- backward position

Beginning with the take-off, the vault phases are evaluated: pre-flight (1st flight), repulsion, after-flight (2nd flight) and landing. No vault with sideward take-off or landing may be submitted.

All vaults must be performed with repulsion by **both** hands from the **vaulting table**.

Permitted running approaches, if the gymnast has not touched the springboard and/or the **vaulting table**, are:

- two approaches, when 1 vault is required (third approach not permitted)
- three approaches, when 2 vaults are required (fourth approach not permitted).

The gymnast is required to properly use the "safety collar" supplied by the Organizing Committee for round-off entry vaults.

As an orientation for directional deductions, there will be a marked corridor (lane) down the center of the landing mat, measuring 50 cm to each side of an extended line from **the vaulting table**. The gymnast must land and finish to a stable stand in this zone.

8.2 Vault Groups

The vaults are classified into the following groups:

- Group 1 – Vault without salto (Handspring, Yamashita, Round-off) with or without LA turn in 1st and/or 2nd flight phase
- Group 2 – Handspring forward with or without 1/1 turn (360°) in 1st flight phase – salto forward with or without LA turn in 2nd flight phase
- Group 3 – Handspring with ¼ - ½ turn (90° - 180°) in 1st flight phase (Tsukahara) – salto backward with or without LA turn in 2nd flight phase
- Group 4 – Round-off (Yurchenko) with or without 1/1 LA turn (360°) in 1st flight phase – salto backward with or without LA turn in 2nd flight phase.
- Group 5 – Round-off with ½ LA turn (180°) in 1st flight phase – salto forward with or without LA turn in 2nd flight phase

8.3 Requirements

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed
- In the **Qualifying, Team Final and All-Around**:
One vault must be performed. The one vault score counts.
 - In **Qualifying**, the 1st vault score counts toward the **Team** and/or **All-Around Total**.
 - The gymnast who wishes to qualify for the **Apparatus Final** must perform two vaults as per the **Apparatus Finals** rules below.

Apparatus Finals

The gymnast must perform two vaults, which will be averaged for the final score.

- The two vaults must show a different 2nd flight phase as follows:
 - a different direction of salto (Fwd, Bwd) in the 2nd flight phase or
 - 2nd flight phase without salto

Example for Finals:

If the first vault has a salto in the 2nd flight then the choices for the 2nd vault would be:

1. vault with a salto in the other direction (FWD, BWD)
 - # 4.14 Yurchenko on – Salto Bwd. 2/1 twist off and
 - # 5.10 Round off ½ turn on – salto fwd. offor
2. vault without salto in the 2nd flight (Group 1 handsprings)
 - # 2.10 Handspring on – Salto fwd off and
 - # 1.02 Handspring on – 1/1 turn off

8.3.1 Corridor Markings

The Line Judge (*with written notification to the A¹ - judge*) will deduct from Final Score for exceeding the prescribed vault corridor lines as follows:

- Land outside Corridor with one foot - 0.10 P.
- Land outside Corridor with two feet - 0.30 P.

The initial contact of landing is decisive.

8.4 Specific Apparatus Deductions (A-Panel)

All vaults are illustrated with a number

The gymnast is responsible for flashing the **intended** vault number. There is no penalty, if a different vault than the flashed vault is performed.

- Failure to flash the intended vault number*
(no vault number flashed) 0.30.P
* taken from the Final Score of the vault performed
- In the **Qualification and Apparatus Finals**, when the **two vaults** do not show a different 2nd flight phase.
Evaluation: Final average of both vaults minus 2.00 P. = Final Score
- In the **Apparatus Finals**, when **only one vault** is performed
Evaluation: Score of the performed vault divided by 2 = Final Score
- Touch with one hand 2.00 P.

Performance of Invalid Vaults*

- Run approach with touch on the springboard or vaulting table, without execution of vault Invalid -0 Score
- No touch on vault table Invalid -0 Score
- During the vault
 - Any spotting assistance Invalid -0 Score
- Failure to use the safety collar for round-off entry vaults Invalid -0 Score
- Failure to land on feet first Invalid -0 Score

***Note:** "0" score recorded by both A- and B- Panels

A video review by the A- Panel and Apparatus Supervisor will automatically occur for every vault that receives an Invalid - 0 Score or receives a 2.00 P. deduction for "touch with one hand".

8.5 Method of Scoring

A-Panel: enters the Value of the performed vault

B-Panel: each judge evaluates the performed vault and enters their respective deductions total, e.g. -0.40 P.

The score of the first vault must be flashed before the gymnast executes the second vault.

8.6 Specific Execution Deductions (B-Panel)

Faults	0.10	0.30	0.50	0.80
First Flight Phase				
- Incomplete LA turn	X	X		
- Poor technique <ul style="list-style-type: none"> • hip angle • arch • legs separated • knees bent 	X X X X	X X X X		X
Repulsion Phase				
- Poor technique <ul style="list-style-type: none"> • Staggered/alternate hand placement on forward entry vaults • shoulder angle • Failure to pass through vertical 	X X X	X X X		
- Bent arms	X	X	X	
- Prescribed LA turn begun too early	X	X	X	
Second Flight Phase				
- Height	X	X	X	X
- Precision of (LA) turn	X	X		
- Legs <ul style="list-style-type: none"> • Crossed • Separated 	X X	X		
- Knees bent	X	X	X	
- Body position <ul style="list-style-type: none"> • Insufficient tuck, pike, stretch • failure to maintain stretched body (pike down of stretched vaults) • insufficient and/or late extension (tuck and pike vaults) - double salto vaults 	X X X X	X X X		X
Landing				
- Insufficient length (distance)	X	X	X	
General				
- Insufficient Dynamics	X	X	X	

Falls

Second Flight

- with landing feet first, the vault is awarded
- without landing feet first, the vault is 0.00 P.

ARTICLE 9 — Uneven Bars

9.1 General

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

A **second** run approach for the mount is permitted, if the gymnast on her **first** attempt (balk) has **not** touched the springboard, the apparatus, or run underneath the apparatus. After a 2nd unsuccessful attempt to mount she should begin the exercise. There is no penalty if she has not touched the springboard, the apparatus or run underneath the apparatus.

During a fall from the apparatus, an interruption of 30 seconds is allowed before the gymnast must remount the uneven bars to continue the exercise. The elapsed time during the fall will be displayed in seconds on the scoreboard. A warning signal (gong) will be communicated at 10 seconds, 20 seconds and again at the 30 second time limit.

- If the gymnast does not remount the uneven bars by the 30 second time limit, the exercise is considered as terminated.

9.2 Content and Construction of the Exercise

The value parts should represent a variety of the following categories of movement:

- Circle and Swings
 - Giant Circles backward
 - Giant Circles forward
 - Swings & Clear Hip Circles
 - Stalders Forward/Backward
 - Pike Circles Forward/Backward
- Flights
 - flight from HB to grasp on LB (or reversed)
 - counter flight
 - vaults
 - hechts
 - saltos

Note: From the above categories, elements with turns around the longitudinal axis (*pirouettes*), breadth axis (*salto turns*), grip changes or releases and flight should be demonstrated.

9.3 Element Group Requirements (A-Panel)

Each element group requirement has a value of 0.50 P. The 5 Element Group Requirements must be contained within the 9 most difficult elements (DV) plus the dismount.

- 1 – Flight from HB to LB
- 2 – Flight from LB to HB
- 3 – Flight on the same bar
- 4 – Close bar elements, (groups 2, 4, 5) excluding:
 - Flight elements and
 - Cast to Handstand
- 5 – Dismount
 - No dismount, A- or B- dismount – award 0.00 P.
 - C- dismount – award 0.30 P.
 - D- or higher dismount – award 0.50 P.

9.4 Connection Value (CV) (A-Panel)

Connection Value can be awarded for direct connections. The value of the coefficients for CV will be added into the A-Score.

Formulas for direct connections follow:

0.10	0.20
D (flight) + C (flight or turn)	D (flight- same bar or LB to HB) + C or more on HB (flight or turn)
-must be performed in this order	- must be performed in this order
D + D	D + E (one element with flight)
D + E	E + E

- An element can be performed two (2) times within the same direct connection for CV, but may not receive difficulty value (DV) credit a second time.
- Flight elements include elements with visible flight
 - From HB to grasp on LB (or reversed)
 - With counter flight, vault, hecht or salto followed by regrasp on same bar or other bar
 - Performed as dismounts

Note: Hop-grip changes with/without 180°-360° turns do NOT constitute flight.

These direct connections can be performed as a:

- mount connection (can not be considered a flight element)
eg : D+D = 0.10 

- connection within the exercise
- dismount connection.

If an **empty swing*** or **intermediate swing*** is performed between two (2) elements, CV can not be awarded.

- ***Empty swing = swing forward/backward without the execution of an element** in the Table, before the swing reverses to the opposite direction.

Except "Shaposhnikova" type elements. 

- **Intermediate swing** = pump swing from a front support and/or a long swing not needed in order to perform the next element.

9.5 Specific Composition Deductions (B- Panel)

Faults	0.10	0.30	0.50
- More than one element before mount		x	
- Missing non-flight element with (360°) LA turn		x	
- Less than two different grips*		x	
- Bar change without performing an element	ea x		
- Empty swing		x	
- More than 2 of the same elements directly connected to the dismount	x		
- No attempt to dismount		x	

* **Grips** = Element with Forward grip, Reverse grip, or L-grip

eg: 

Mixed grip does not fulfill this requirement.

9.6 Specific Execution Deductions (B-Panel)

Faults	0.10	0.30	0.50 or more
- Adjusted grip position	x		
- Brush/Touch on apparatus/mat with feet		x	
- Hit on apparatus with feet			x
- Hit on mat with feet			0.50
- Legs split before arrival in Handstand		x	
- Angle of completion of elements	x	x	x
- Poor rhythm of entire exercise	x	x	
- Poor rhythm of turn in Handstand phase	x		
- Insufficient height of flight elements	x	x	
- Insufficient swingful exercise	x		
- Intermediate swing			x
- Amplitude of swings <ul style="list-style-type: none"> • Swing fwd or bwd under horizontal 	x		
- Amplitude of casts	x	x	
- Technical virtuosity (<i>exceptional technical performance</i>)	x		

9.7 Notes

Falls – Flight Elements

- with grasp of one or both hands (momentary hang) on the bar, the DV is awarded
- without grasp of one or both hands on the bar – **No** DV is awarded

Mounts

- Can fulfill EGR 1 or 2 for flight from LB to HB or HB to LB
- Elements performed as mounts can be performed in the exercise but receive DV only once.

ARTICLE 10 — Balance Beam

10.1 General

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

A **second** run approach for the mount is permitted, if the gymnast on her **first** attempt (balk) has **not** touched the springboard, the apparatus, or run underneath the apparatus. After a 2nd unsuccessful attempt to mount she should begin the exercise. "Mount (not from the table of elements)" deduction will apply, but no additional penalty if she has not touched the springboard, the apparatus or run underneath the apparatus.

The duration of the exercise on the balance beam may not exceed 1:30 minutes (90 seconds).

Timing:

- The Assistant begins timing when the gymnast takes-off from the springboard or mat. She stops the clock, when the gymnast touches the mat upon completion of her beam exercise.
 - A signal (gong) will be communicated **ten** (10) seconds prior to the maximum time limit and again at the maximum time limit to indicate 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, there is a deduction for exceeding the time limit. The judges evaluate the entire exercise including the dismount.
 - The deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 sec.).
 - 0.10 P for 2 seconds or less
 - 0.30P for more than 2 seconds
 - Elements performed after the 90 second time limit will be recognized by the A- Panel and evaluated by the B- Panel.
- Time violations are reported in writing by the respective Time Judge to the A¹ Judge, who then takes the deduction from the Final Score.

Intermediate (Fall) Time:

- For interruption of the exercise due to a fall from the apparatus, an intermediate time period of **ten** (10) seconds is allowed. The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise.
- The Assistant begins timing of the fall period when the gymnast touches the mat.
- The fall period ends when the gymnast takes-off from the mat to remount the beam.
- After remounting the beam the resumption of timing begins with the first movement to continue the exercise.
- The elapsed time during the fall will be displayed in seconds on the scoreboard. A signal (gong) will be communicated at the 10 second limit.
 - If the gymnast does not remount the beam by the 10 second time limit, the exercise is considered as terminated.

10.2 Content and Construction of the Exercise

The **difficulty** value should represent a variety of the categories of movement:

- Acrobatic elements with or without
 - hand support
 - flight phase
- Dance
 - leaps, jumps and hops
 - turns
 - body waves
 - holds (in stand, sit and lying position)

10.3 Element Group Requirements (EGR) (A-Panel)

Each element group requirement has a value of 0.50 P. The 5 Element Group Requirements must be contained within the 9 most difficult elements (DV) plus the dismount.

- 1 – Leaps – One leap, jump or hop with 180° split (Cross position only)
- 2 – Turns – On one foot
- 3 – Acro Forward/Sideward
- 4 – Acro Backward
- 5 – Dismount
 - No dismount, A- or B- dismount – award 0.00 P.
 - C- dismount – award 0.30 P.
 - D- or higher dismount – award 0.50 P.

Note: EGR 1, 3 and 4 must be performed on the Beam.

10.4 Connection Value (CV) (A-Panel)

Connection Value can be awarded for direct connections.
The value of the coefficients for CV will be added into the A- Score.

Formulas for direct connections follow:

ACROBATIC	
0.10	0.20
<i>2 acro flight elements, excluding the dismount</i>	
C + C/ D B + E	C+ E D+D
<i>3 acrobatic flight elements, including the mount and dismount (DMT minimum D)</i>	
B+B+D	B+B+E C+C+C (2 elements can be the same) B+C+D
MIXED	
0.10	
C + C or more (excluding dismount)	

- An acrobatic element can be performed only two (2) times within the same series for CV, but may not receive Difficulty Value (DV) credit a second time.
- The following B-acro elements with hand support and flight
 - flic-flac with legs together
 - flic-flac with step-out
 - gainer flic-flac
 - round-off
 - handspring forward
 - handspring forward with step out
 can be performed a second time in the exercise and/or dismount to receive CV.

10.5 Specific Composition Deductions (B-Panel)

Composition Faults	0.10	030	0.50
- More than one element before mount		x	
- Mount (not from the Table of Elements)	x		
- One sided use of elements: <ul style="list-style-type: none"> • Missing one connection of dance elements • Missing acro series, min. of 2 elements 1 being a salto • More than one ½ turn on 2 feet with straight legs • More than one leap/jump/hop element to prone or front support position 	entire ex. x ea	x x	
- Insufficient use of entire beam apparatus: <ul style="list-style-type: none"> • missing one movement close to the beam with a part of the torso and/or head touching the beam (element not necessary) • length of the beam 	x x		
- No attempt to dismount		x	

10.6 Artistry Faults (B-Panel)

- Insufficient variation in rhythm	x		
- Sureness of performance	x		
- Insufficient artistry of presentation throughout the exercise including: <ul style="list-style-type: none"> • Creative choreography <i>originality of composition of elements and movements</i> • Personal style <i>expresses the personality and morphological type of the gymnast</i> 	x x		
- Inappropriate gesture or mimic not corresponding to the movements	x		

10.7 Specific Execution Deductions (B-Panel)

Faults	0.10	0.30	0.50
- Additional support of leg against the side-surface of the beam		ea x	
- Failure to meet the technical requirement of the element through use of the additional support.		ea x	
- Grasp on beam in order to avoid a fall			ea x
- Additional movements to maintain balance	x	x	x
- Concentration pause (<i>longer than 2 seconds</i>)	ea x		
- Extended preparation into dance elements	ea x		
- Poor rhythm in connections	ea x		

10.8 Notes:

Falls – Acro and Dance Elements

- with a landing of one or two feet or in prescribed position on the beam – the DV is awarded
- without a landing of one or two feet or in prescribed position on the beam – **No** DV is awarded

Mounts

- Only a Round-off may precede the mount
- Handstand mount elements may be performed within the routine but receive difficulty value only once for the same element.

Holds

- Holds must be held for 2 sec., in order to receive Difficulty value.
 - If the element is not held for 2 sec. and does not appear as another element in Code award 1 DV lower.
- For CV “Hold” acro elements (with flight) may be used as the second element in an Acro series.
-  and  will be credited 1 DV lower if the handstand is not held for 2sec

Onodi Elements

- Element (Onodi)  and (Arabian salto)  are considered forward elements.
- Element (Onodi) can be used as 1st or 2nd element in an acro series.
- Onodi Tic Toc  can only be used as the last element in a series and will be considered the same element as Onodi

Dance Elements

Tuck hops (take off from one foot) and Tuck jumps (take off from two feet) are considered the same element.

-  and 

Wolf hops (take off from one foot) and Wolf jumps (take off from two feet) are considered the same element.

-  and 

All others are different

Specific Elements

-  hands must land in cross position. If hands land in side position then the element is awarded one DV lower.



Hands placed together in Cross position – Correct



Hands one in front of the other in Cross position – Correct



Hands in Side Position – award C- DV

-  and  may end in front support only.

ARTICLE 11 — Floor Exercise

11.1 General

The evaluation of the exercise begins with the first movement of the gymnast. The duration of the floor exercise may not exceed 1:30 minutes (90 seconds).

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

The floor exercise music tapes will be given to the competition administration. Each tape will be timed with the time approved by the administration and the delegation head coach.

- The deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 sec.).
 - 0.10 P. for 2 seconds or less
 - 0.30 P. for more than 2 seconds
- Elements performed after the 90 second time limit will be recognized by the A- Panel and evaluated by the B- Panel.

The musical accompaniment with orchestration, piano or other instruments (without singing) occurs through a recording.

- Absence of music or music with voice (song) **1.00 P.**
 Note: Taken by the A- Panel from the Final Score.

Border Markings: 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.

- One step outside boundary with foot/hand - 0.10 P.
- Step outside with both feet/hands or body part - 0.30 P.
- Land outside with both feet - 0.50 P.

Both time and line violations are reported in writing by the respective Time and Line Judge to the A¹- Judge, who then takes the deduction from the Final Score.

11.2 Content and Construction of the Exercise

The difficulty value should represent a variety of the categories of movement:

- Acrobatic Elements
 - rolls
 - handstands
 - hand support elements with or without flight phase and
 - saltos
- Dance
 - leaps, jumps and hops
 - turns

11.3 Element Group Requirements (A- Panel)

Each element group requirement has a value of 0.50 P. The 5 Element Group Requirements must be contained within the 9 most difficult elements (DV) plus the dismount.

The dismount is the last salto or connection of final saltos.

- 1 – Leaps – One leap, jump or hop with 180° split (cross position only)
- 2 – Turns – On one foot
- 3 – Salto Forward/Sideward
- 4 – Salto Backward
- 5 – Dismount
 - No dismount, A- or B- dismount - award 0.00 P.
 - C- dismount - award 0.30 P.
 - D- or higher dismount - award 0.50 P.

3 different saltos in one series may satisfy EGR 3, 4, and 5 (*if it is the last series*)

11.4 Connection Value (CV) (A- Panel)

Connection Value can be awarded for indirect and direct acrobatic connections.

The value of the coefficients for CV will be added into the A- Score.

Formulas for indirect and direct connections of acro* follow.

Indirect Acrobatic	
0.10	0.20
C + D	C + E
A + A + D (A may be the same)	
Direct Acrobatic	
0.10	0.20
A + A + D (A may be the same)	A/B + E
B + D	C + D
C + C	

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

* Acro elements for CV are without hand support only.

11.5 Specific Composition & Artistry Deductions (B-Panel)

Compositional Faults	Small 0.10	Med 0.30	Large 0.50
– One sided use of elements: <ul style="list-style-type: none"> • More than one leap/jump/hop element to prone position • Missing 1 acro series* with 2 different saltos • Missing a double BA salto • Missing a 360° LA salto • Less than 2 acro series 	x ea x x	 x x	
– Insufficient versatile use of the floor area <ul style="list-style-type: none"> • Missing movement close to the floor • Missing a passage of dance elements 	 x x		
Artistry Faults			
– Inability to express idea (theme) of the music through movements <ul style="list-style-type: none"> • No relationship of music and movement 	 x	 x	
– Insufficient variation in rhythm	x		
– Insufficient artistry of presentation throughout the exercise including: <ul style="list-style-type: none"> • Creative choreography <i>originality of composition of elements and movements</i> • Personal style <i>expresses the personality and morphological type of the gymnast</i> 	 x x		
– Inappropriate gesture or mimic not corresponding to the music or to the movements	ea x		

*An Acro Series must consist of a minimum of 2 acrobatic flight elements, one of which is a salto.

11.6 Specific Execution Deductions (B-Panel)

Faults	Small 0.10	Med 0.30	Large 0.50
– Concentration pause prior to acrobatic series <i>(more than 2 seconds)</i>	ea x		
– Excessive preparation for a dance element	ea x		
– Missing synchronization of movement with musical beat at the end of the exercise	x		

11.7 Notes

Arabian elements are considered Forward Elements



Dance

Tuck hops (take off from one foot) and Tuck jumps (take off from two feet) are considered the same element.

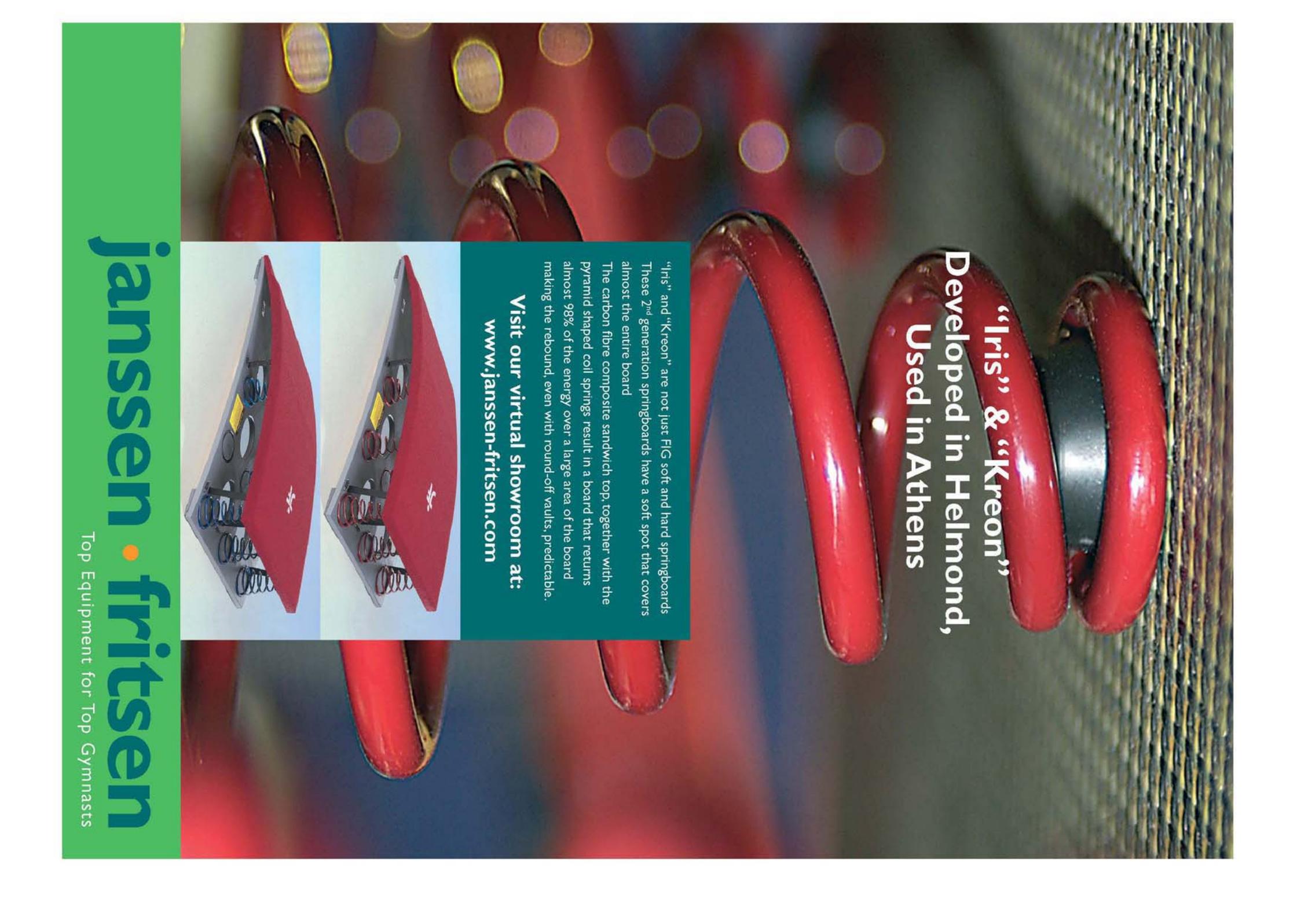
- and

Wolf hops (take off from one foot) and Wolf jumps (take off from two feet) are considered the same element.

- and

Landing of Leaps, Hops or Jumps on the feet or in a prone position are considered the same element.

All others are different

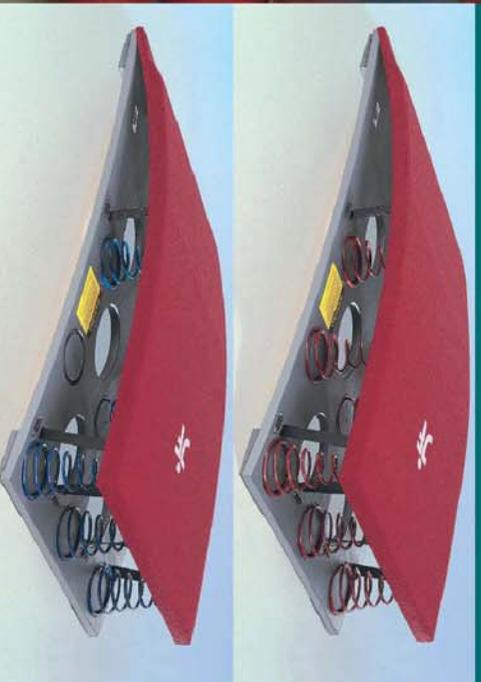


“Iris” & “Kreon”
Developed in Helmond,
Used in Athens

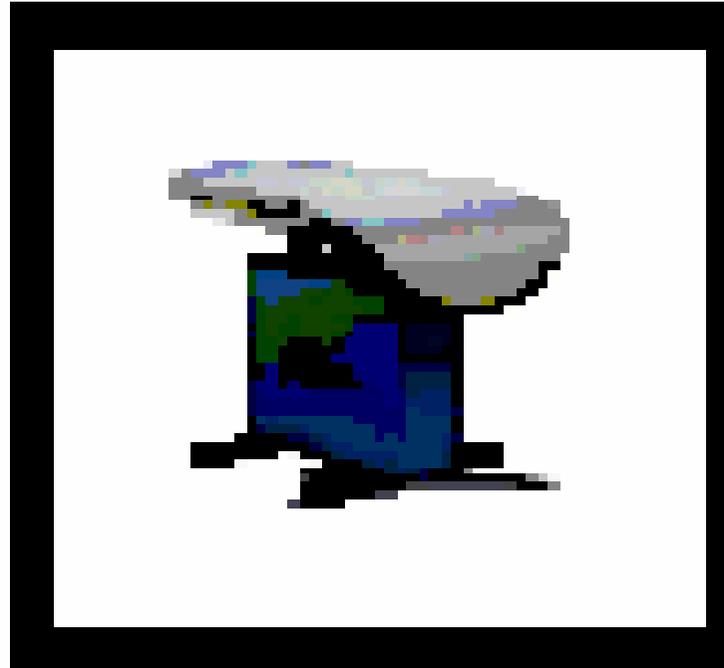
“Iris” and “Kreon” are not just FIG soft and hard springboards. These 2nd generation springboards have a soft spot that covers almost the entire board.

The carbon fibre composite sandwich top, together with the pyramid shaped coil springs, result in a board that returns almost 98% of the energy over a large area of the board making the rebound, even with round-off vaults, predictable.

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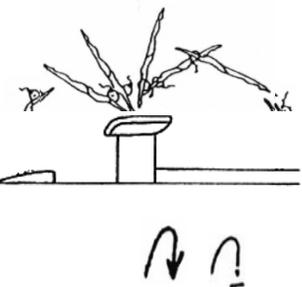
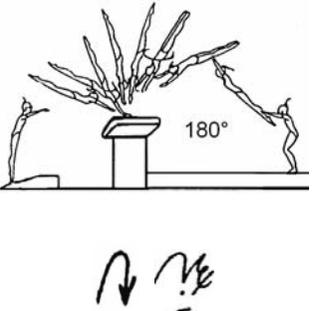
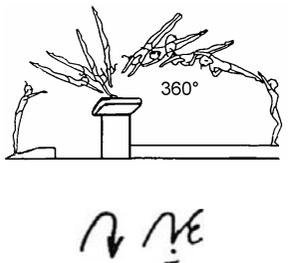
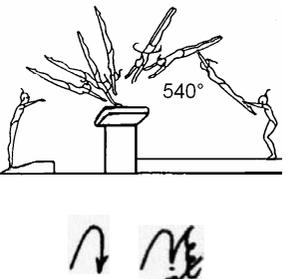
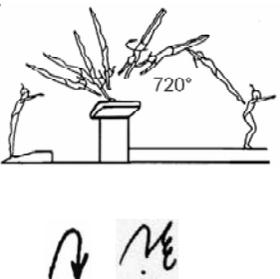
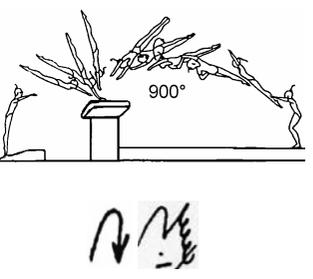
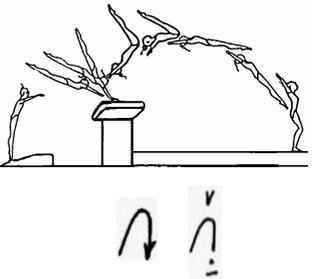
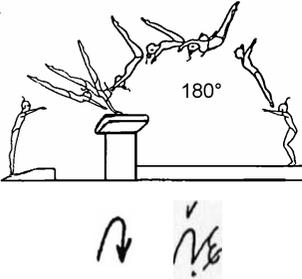
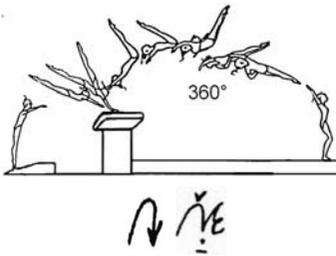


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Top Equipment for Top Gymnasts

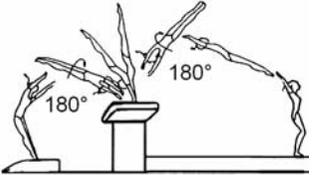
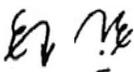
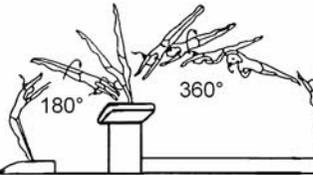
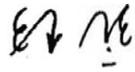
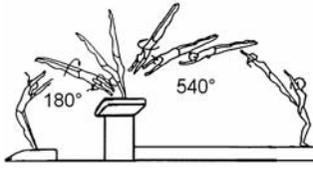
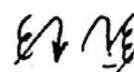
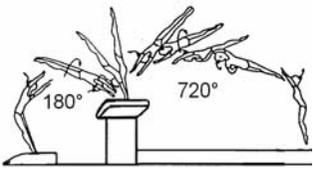
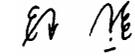
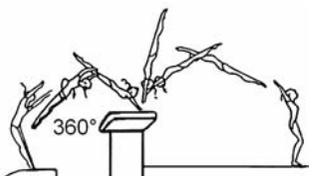
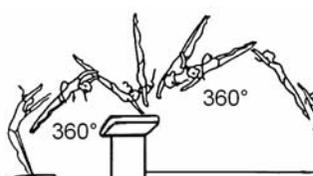
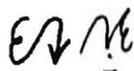


Vault Table — Elements

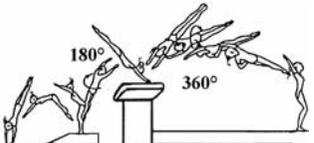
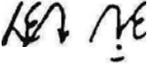
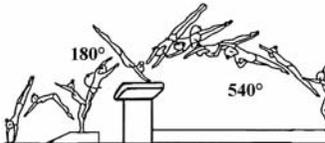
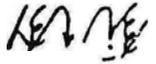
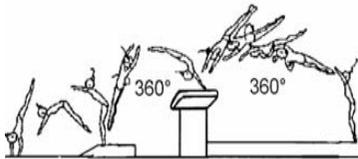
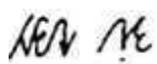
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<p>1.00 Handspring forward on 2.40 P.</p> 	<p>1.01 Handspring forward on – ½ turn (180°) off 2.80P.</p> 	<p>1.02 Handspring forward on – 1/1 turn (360°) off 3.20 P.</p> 	<p>1.03 Handspring forward on – 1½ turn (540°) off 3.60 P.</p> 	<p>1.04 Handspring forward on – 2/1 turn (720°) off 4.00 P.</p> 	<p>1.05 Handspring forward on – 2½ turn (900°) off 4.50 P.</p> 
<p>1.10 Yamashita 2.60 P.</p> 	<p>1.11 Yamashita with ½ turn (180°) off 3.00 P.</p> 	<p>1.12 Yamashita with 1/1 turn (360°) off 3.40 P.</p> 	<p>1.13</p>	<p>1.14</p>	<p>1.15</p>

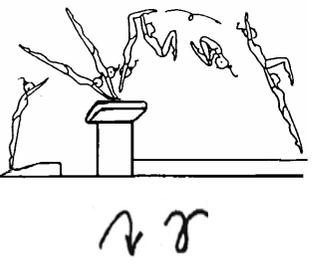
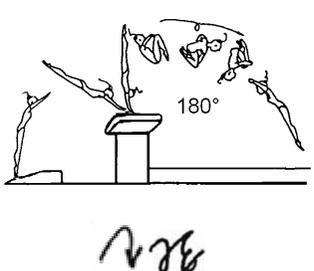
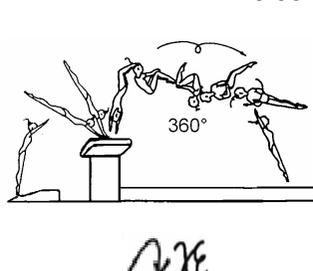
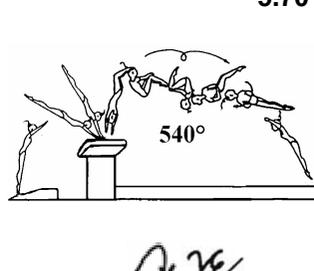
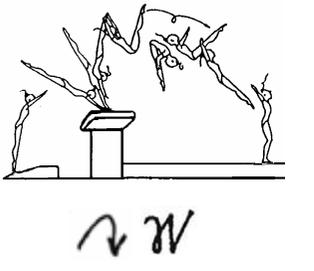
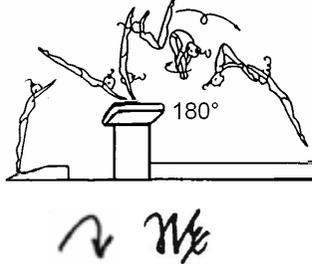
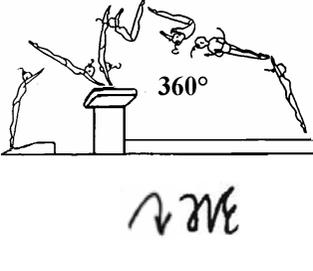
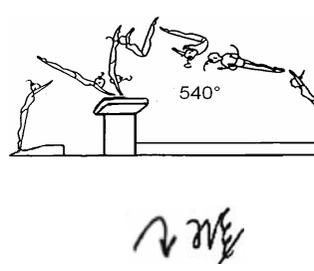
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT LA TURN IN 1ST AND/OR 2ND FLIGHT PHASE

<p>1.20 <i>Handspring forward with ½ turn (180°) on – ½ turn (180°) off (in either direction)</i></p> <p>3.00 P.</p>  	<p>1.21 <i>Handspring forward with ½ turn (180°) on – 1/1 turn (360°) off</i></p> <p>3.40 P.</p>  	<p>1.22 <i>Handspring forward with ½ turn (180°) on – 1½ turn (540°) off</i></p> <p>3.80 P.</p>  	<p>1.23 <i>Handspring forward with ½ turn (180°) on – 2/1 turn (720°) off</i></p> <p>4.20 P.</p>  	<p>1.24</p>	<p>1.25</p>
<p>1.30 <i>Handspring forward with 1/1 turn (360°) on – Handspring off</i></p> <p>3.20 P.</p>  	<p>1.31 <i>Handspring forward with 1/1 turn (360°) on – 1/1 turn (360°) off</i></p> <p>4.00 P.</p>  	<p>1.32</p>	<p>1.33</p>	<p>1.34</p>	<p>1.35</p>

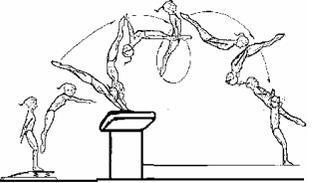
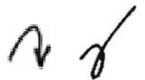
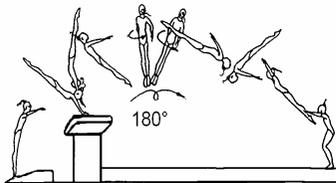
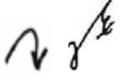
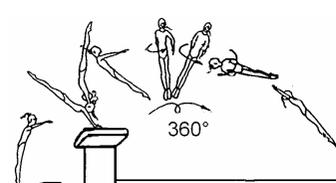
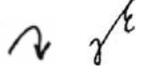
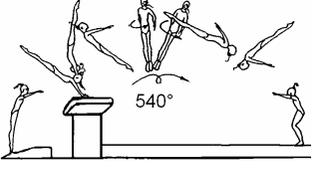
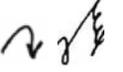
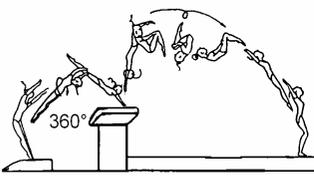
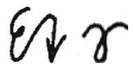
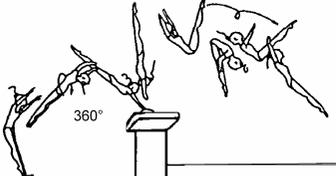
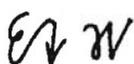
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT LA TURN IN 1ST AND/OR 2ND FLIGHT PHASE

<p>1.40 <i>Round-off, flic-flac with ½ turn (180°) on – Handspring 1/1 turn (360°) off</i></p> <p style="text-align: right;">3.40 P.</p>  	<p>1.41 <i>Round-off, flic-flac with ½ turn (180°) on – Handspring 1½ turn (540°) off</i></p> <p style="text-align: right;">3.80 P.</p>  	<p>1.42 <i>Round-off, flic-flac with 1/1 turn (360°) on – 1/1 turn (360°) off</i></p> <p style="text-align: right;">4.00 P.</p>  	<p>1.43</p>	<p>1.44</p>	<p>1.45</p>
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GROUP 2 — HANDSPRING FORWARD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FORWARD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

<p>2.10 Handspring forward on – tucked salto forward off</p> <p style="text-align: right;">4.40 P.</p> 	<p>2.11 Handspring forward on – tucked salto forward with ½ turn (180°) off</p> <p style="text-align: right;">4.80 P.</p> 	<p>2.12 Handspring forward on – tucked salto forward with 1/1 turn (360°) off</p> <p style="text-align: right;">5.30 P.</p> 	<p>2.13 Handspring forward on – tucked salto forward with 1½ turn (540°) off</p> <p style="text-align: right;">5.70 P.</p> 	<p>2.14</p>	<p>2.15</p>
<p>2.20 Handspring forward on – piked salto forward off</p> <p style="text-align: right;">4.60 P.</p> 	<p>2.21 Handspring forward on – piked salto forward with ½ turn (180°) off</p> <p style="text-align: right;">5.00 P.</p> 	<p>2.22 Handspring forward on – piked salto forward with 1/1 turn (360°) off (Chusovitina)</p> <p style="text-align: right;">5.50 P.</p> 	<p>2.23 Handspring forward on – piked salto forward with 1½ turn (540°) off</p> <p style="text-align: right;">5.90 P.</p> 	<p>2.24</p>	<p>2.25</p>

GROUP 2 — HANDSPRING FORWARD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FORWARD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

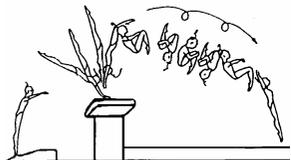
<p>2.30 Handspring forward on – salto forward stretched off (Ewdokimova)</p> <p style="text-align: right;">5.00 P.</p>  	<p>2.31 Handspring forward on – stretched salto forward with ½ turn (180°) off (Wang W-G)</p> <p style="text-align: right;">5.40 P.</p>  	<p>2.32 Handspring forward on – stretched salto forward with 1/1 turn (360°) off</p> <p style="text-align: right;">5.90 P.</p>  	<p>2.33 Handspring forward on – stretched salto forward with 1½ turn (540°) off (Chusovitina)</p> <p style="text-align: right;">6.30 P.</p>  	<p>2.34</p>	<p>2.35</p>
<p>2.40 Handspring forward with 1/1 turn (360°) on – tucked salto forward off</p> <p style="text-align: right;">5.20 P.</p>  	<p>2.41 Handspring forward with 1/1 turn (360°) on – piked salto forward off</p> <p style="text-align: right;">5.40 P.</p>  	<p>2.42</p>	<p>2.43</p>	<p>2.44</p>	<p>2.45</p>

GROUP 2 — HANDSPRING FORWARD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FORWARD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

2.50

*Handspring forward on – tucked
double salto forward off*

7.10 P.



↘ 2x

2.51

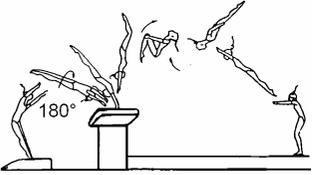
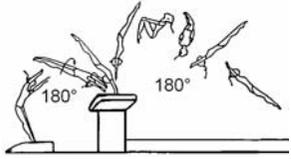
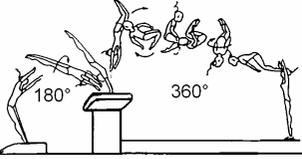
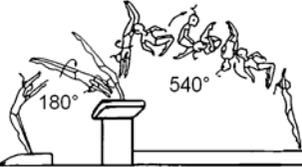
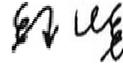
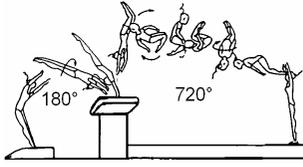
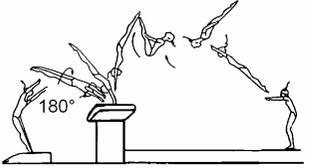
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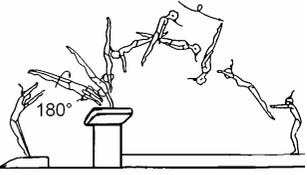
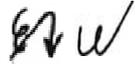
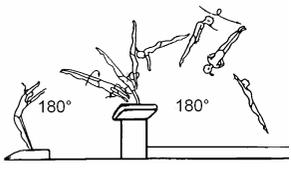
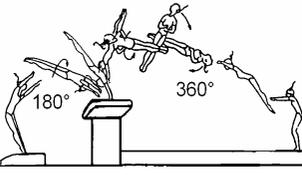
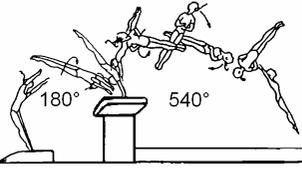
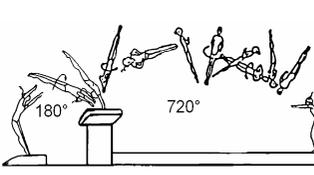
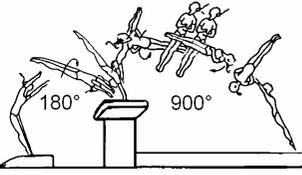
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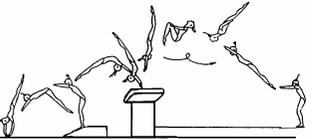
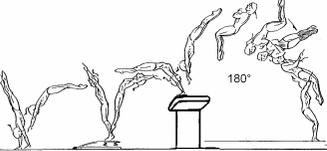
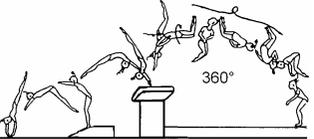
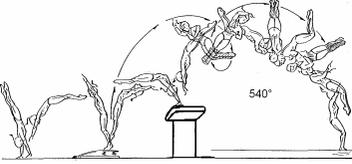
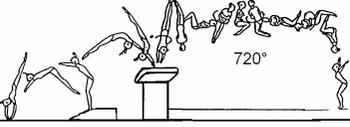
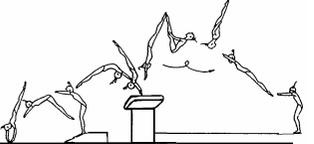
GROUP 3 — HANDSPRING WITH 1/4 - 1/2 TURN (90°-180°) IN 1ST FLIGHT PHASE (TSUKAHARA) – SALTO BACKWARD WITH/WO LA TURN IN 2ND FLIGHT PHASE

<p>3.10 <i>Tsukahara tucked</i></p> <p style="text-align: right;">4.00 P.</p>  <p style="text-align: center;">180°</p> 	<p>3.11 <i>Tsukahara tucked with 1/2 turn (180°)</i></p> <p style="text-align: right;">4.30 P.</p>  <p style="text-align: center;">180° 180°</p> 	<p>3.12 <i>Tsukahara tucked with 1/1 turn (360°) off</i></p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;">180° 360°</p> 	<p>3.13 <i>Tsukahara tucked with 1 1/2 turn (540°) off</i></p> <p style="text-align: right;">5.10 P.</p>  <p style="text-align: center;">180° 540°</p> 	<p>3.14 <i>Tsukahara tucked with 2/1 turn (720°) off</i></p> <p style="text-align: right;">5.40 P.</p>  <p style="text-align: center;">180° 720°</p> 	<p>3.15</p>
<p>3.20 <i>Tsukahara piked</i></p> <p style="text-align: right;">4.20 P.</p>  <p style="text-align: center;">180°</p> 	<p>3.21</p>	<p>3.22</p>	<p>3.23</p>	<p>3.24</p>	<p>3.25</p>

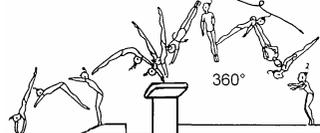
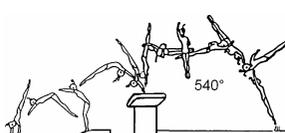
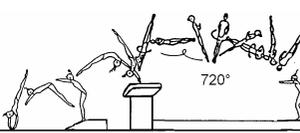
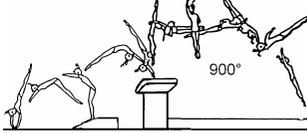
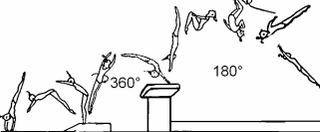
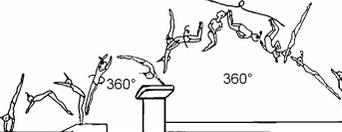
GROUP 3 — HANDSPRING WITH 1/4 - 1/2 TURN (90°-180°) IN 1ST FLIGHT PHASE (TSUKAHARA) – SALTO BACKWARD WITH/WO LA TURN IN 2ND FLIGHT PHASE

<p>3.30 Tsukahara stretched</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;">180°</p> 	<p>3.31 Tsukahara stretched with 1/2 turn (180°)</p> <p style="text-align: right;">4.90 P.</p>  <p style="text-align: center;">180° 180°</p> 	<p>3.32 Tsukahara stretched with 1/1 turn (360°) off</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;">180° 360°</p> 	<p>3.33 Tsukahara stretched with 1 1/2 turn (540°) off</p> <p style="text-align: right;">5.70 P.</p>  <p style="text-align: center;">180° 540°</p> 	<p>3.34 Tsukahara stretched with 2/1 turn (720°) off</p> <p style="text-align: right;">6.00 P.</p>  <p style="text-align: center;">180° 720°</p> 	<p>3.35 Tsukahara stretched with 2 1/2 turn (900°) off</p> <p style="text-align: right;">6.70 P.</p>  <p style="text-align: center;">180° 900°</p> 
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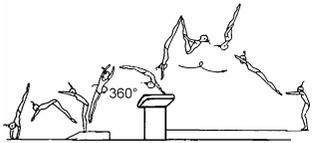
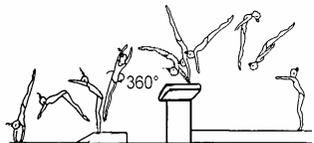
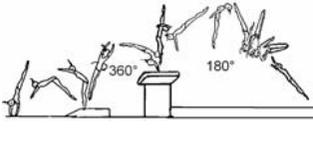
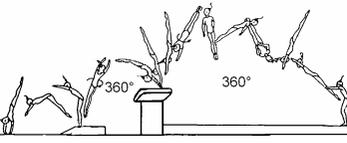
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 1/1 LA TURN (360°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WO LA TURN IN 2ND FLIGHT PHASE

<p>4.10 Round-off, flic-flac on – tucked salto backward off</p> <p style="text-align: right;">3.80 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N U E</i></p>	<p>4.11 Round-off, flic-flac on – tucked salto backward with ½ turn (180°) off</p> <p style="text-align: right;">4.10 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N U E</i></p>	<p>4.12 Round-off, flic-flac on - tucked salto backward with 1/1 turn (360°) off</p> <p style="text-align: right;">4.40 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N U E</i></p>	<p>4.13 Round-off, flic-flac on – tucked salto backward with 1½ turn (540°) off</p> <p style="text-align: right;">4.90 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N U E</i></p>	<p>4.14 Round-off, flic-flac on – tucked salto backward with 2/1 turn (720°) off (Dungelova)</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N U E</i></p>	<p>4.15</p>
<p>4.20 Round-off, flic-flac on – piked salto backward off</p> <p style="text-align: right;">4.00 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N U E</i></p>	<p>4.21</p>	<p>4.22</p>	<p>4.23</p>	<p>4.24</p>	<p>4.25</p>

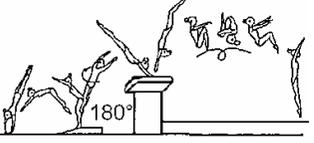
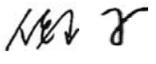
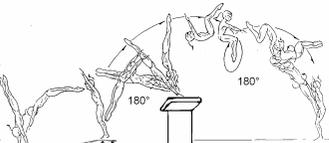
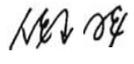
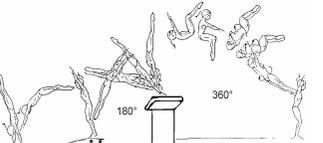
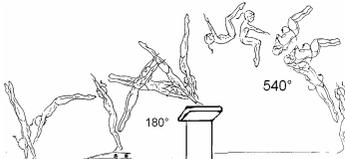
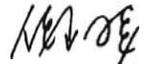
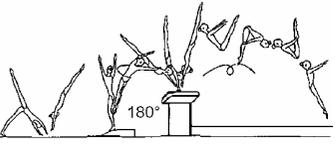
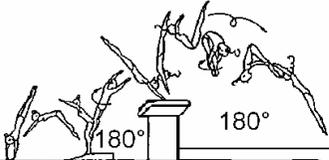
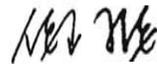
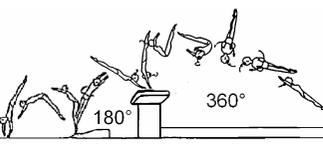
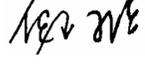
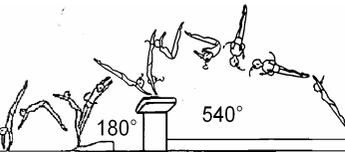
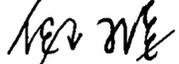
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 1/1 LA TURN (360°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WO LA TURN IN 2ND FLIGHT PHASE

<p>4.30 Round-off, flic-flac on – stretched salto backward off</p> <p>4.40 P.</p>  <p><i>NW</i></p>	<p>4.31 Round-off, flic-flac on – stretched salto backward with ½ turn (180°) off</p> <p>4.70 P.</p>  <p><i>NW 1/2</i></p>	<p>4.32 Round-off, flic-flac on – stretched salto backward with 1/1 turn (360°) off</p> <p>5.00 P.</p>  <p><i>NW 1</i></p>	<p>4.33 Round-off, flic-flac on – stretched salto backward with 1½ turn (540°) off</p> <p>5.50 P.</p>  <p><i>NW 1 1/2</i></p>	<p>4.34 Round-off, flic-flac on – stretched salto backward with 2/1 turn (720°) off</p> <p>5.80 P.</p>  <p><i>NW 2</i></p>	<p>4.35 Round-off, flic-flac on – stretched salto backward with 2½ turn (900°) off (Amanar)</p> <p>6.50 P.</p>  <p><i>NW 2 1/2</i></p>
<p>4.40 Round-off, flic-flac with 1/1 turn (360°) on – tucked salto bwd off (Luconi)</p> <p>4.60 P.</p>  <p><i>NW 1</i></p>	<p>4.41 Round-off, flic-flac with 1/1 turn (360°) on – tucked salto bwd with ½ turn (180°) off</p> <p>4.90 P.</p>  <p><i>NW 1 1/2</i></p>	<p>4.42 Round-off, flic-flac with 1/1 turn (360°) on – tucked salto bwd with 1/1 turn (360°) off</p> <p>5.20 P.</p>  <p><i>NW 1</i></p>	<p>4.43</p>	<p>4.44</p>	<p>4.45</p>

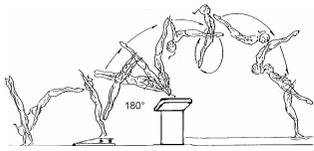
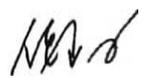
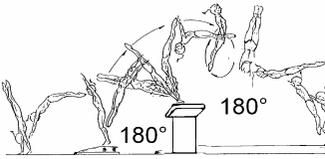
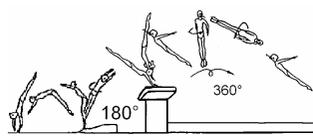
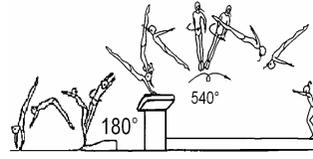
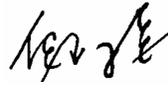
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 1/1 LA TURN (360°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WO LA TURN IN 2ND FLIGHT PHASE

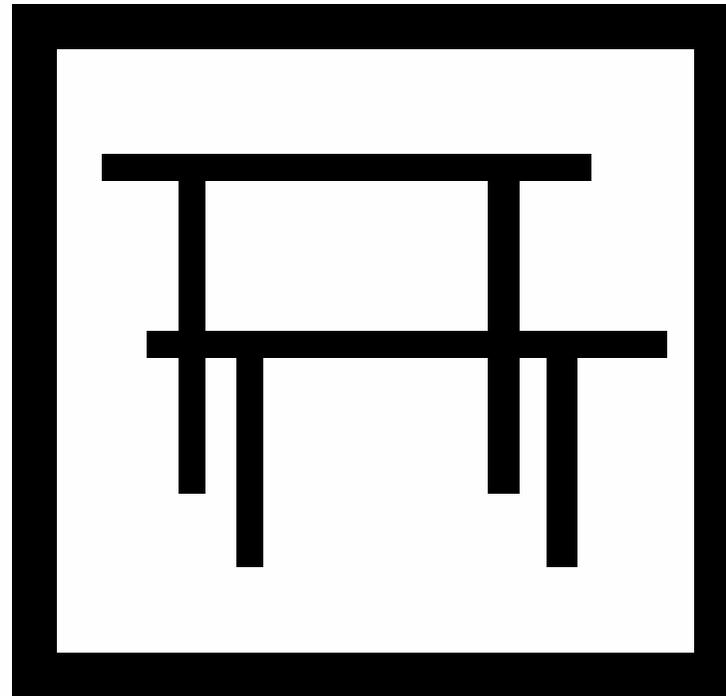
<p>4.50 Round-off, flic-flac with 1/1 turn (360°) on – piked salto bwd off</p> <p style="text-align: right;">4.80 P.</p>  <p style="text-align: center;"><i>Handwritten notation: NoR W</i></p>	<p>4.51 Round-off, flic-flac with 1/1 turn (360°) on – stretched salto bwd off</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;"><i>Handwritten notation: NoR W</i></p>	<p>4.52 Round-off, flic-flac with 1/1 turn (360°) on – stretched salto bwd with 1/2 turn (180°) off</p> <p style="text-align: right;">5.50 P.</p>  <p style="text-align: center;"><i>Handwritten notation: NoR W 1/2</i></p>	<p>4.53 Round-off, flic-flac with 1/1 turn (360°) on – stretched salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;">5.80 P.</p>  <p style="text-align: center;"><i>Handwritten notation: NoR W 1</i></p>	<p>4.54</p>	<p>4.55</p>
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GROUP 5 – ROUND-OFF WITH ½ LA TURN (180°) IN 1ST FLIGHT PHASE – SALTO FORWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

<p>5.10 Round-off, flic-flac with ½ turn (180°) on – tucked salto forward off (Ivancheva)</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.11 Round-off, flic-flac with ½ turn (180°) on – salto forward tucked with ½ turn (180°) off (Servente)</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.12 Round-off, flic-flac with ½ turn (180°) on – salto forward tucked with 1/1 turn (360°) off</p> <p style="text-align: right;">5.50 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.13 Round-off flic-flac with ½ turn (180°) - tucked salto forward with 1½ turn (540°) off (Khorkina)</p> <p style="text-align: right;">5.90 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.14</p>	<p>5.15</p>
<p>5.20 Round-off, flic-flac with ½ turn (180°) on – piked salto forward off (Omelianchik)</p> <p style="text-align: right;">4.80 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.21 Round-off, flic-flac with ½ turn (180°) on – piked salto forward with ½ turn (180°) off (Podkopayeva)</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.22 Round-off, flic-flac with ½ turn (180°) on – piked salto forward with 1/1 turn (360°) off</p> <p style="text-align: right;">5.70 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.23 Round-off, flic-flac with ½ turn (180°) on – piked salto forward with 1½ turn (540°) off</p> <p style="text-align: right;">6.10 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.24</p>	<p>5.25</p>

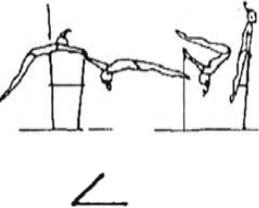
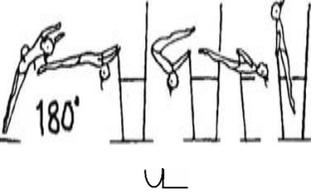
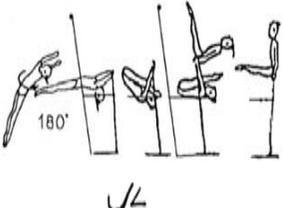
GROUP 5 – ROUND-OFF WITH ½ LA TURN (180°) IN 1ST FLIGHT PHASE – SALTO FORWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

<p>5.30 Round-off, flic-flac with ½ turn (180°) on – stretched salto forward off</p> <p style="text-align: center;">5.20 P.</p>  	<p>5.31 Round-off, flic-flac with ½ turn (180°) on –salto forward stretched with ½ turn (180°)</p> <p style="text-align: center;">5.60 P.</p>  	<p>5.32 Round-off flic-flac with ½ turn (180°) – stretched salto forward with 1/1 turn (360°) off</p> <p style="text-align: center;">6.10 P.</p>  	<p>5.33 Round-off flic-flac with ½ turn (180°) – stretched salto forward with 1½ turn (540°) off</p> <p style="text-align: center;">6.50 P.</p>  	<p>5.34</p>	<p>5.35</p>
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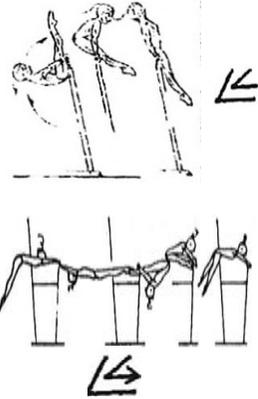
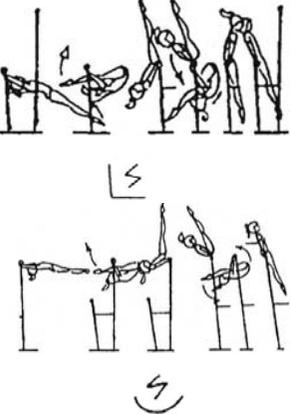
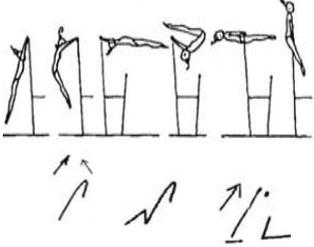
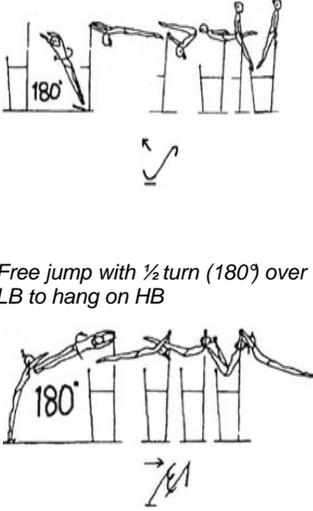
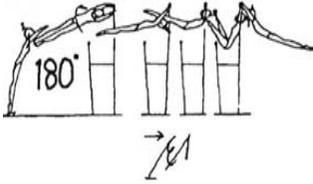
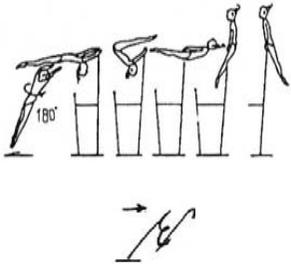


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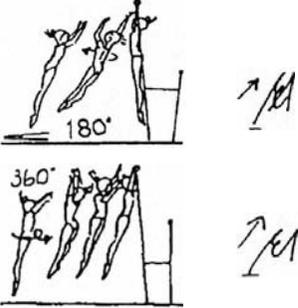
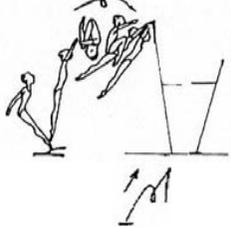
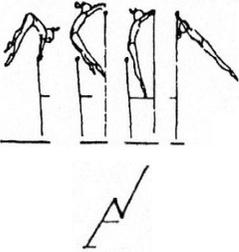
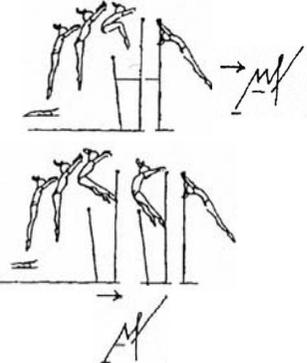
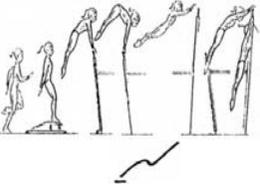
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 <i>Glide Kip-up on LB</i></p> 	<p>1.201</p>	<p>1.301</p>	<p>1.401</p>	<p>1.501</p>	<p>1.601</p>
<p>1.102 <i>Jump with ½ turn (180°) kip-up to support on LB</i></p>  <p>180°</p> <p><i>Jump with ½ turn (180°) stoop through to rear support on LB</i></p>  <p>180°</p>	<p>1.202 <i>Jump with 1/1 turn (360°) and kip-up to support on LB</i></p>  <p>360°</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>

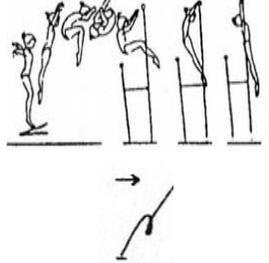
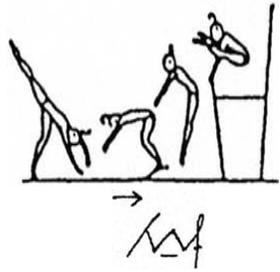
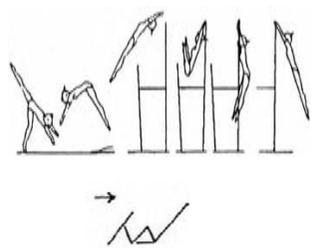
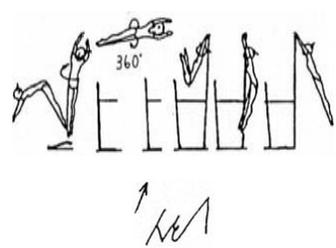
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.103 Glide on LB or swing fwd on HB and stoop through, back kip up; also with straddle cut bwd to hang on same bar</p> 	<p>1.203 Reverse kip-up from: – glide forward on LB – swing forward on HB – stoop through to kip hang, back kip swing, seat (pike) circle backward to rear support</p> 	<p>1.303</p>	<p>1.403</p>	<p>1.503</p>	<p>1.603</p>
<p>1.104 Jump to brief hang on HB – also with reverse grip – kip-up to support, or with grip change from HB to hang on LB with kip-up to support (or similar)</p> 	<p>1.204 Side stand facing HB – Jump with ½ turn (180°) – kip-up to support on HB</p>  <p>Free jump with ½ turn (180°) over LB to hang on HB</p> 	<p>1.304 Jump with ½ turn (180°) over LB – kip-up to support on HB</p> 	<p>1.404</p>	<p>1.504</p>	<p>1.604</p>

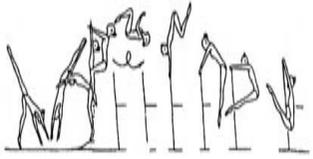
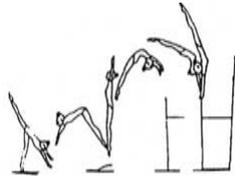
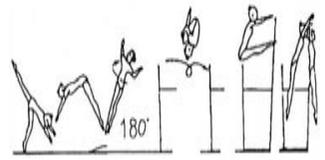
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.105 From sidestand facing HB – jump with ½ turn (180°) or 1/1 turn (360°) to hang on HB</p> 	<p>1.205</p>	<p>1.305 From side stand facing HB – salto forward to brief hang on HB</p> 	<p>1.405</p>	<p>1.505</p>	<p>1.605</p>
<p>1.106 Straddle vault with hand repulsion over LB to catch HB</p> 	<p>1.206 Free tuck or straddle jump over LB to hang on HB</p>  <p><i>Hecht jump (legs together) with hand repulsion over LB to hang on HB</i></p> 	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>

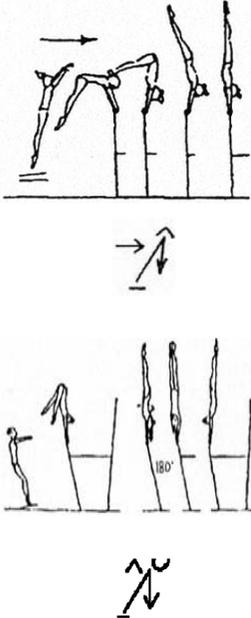
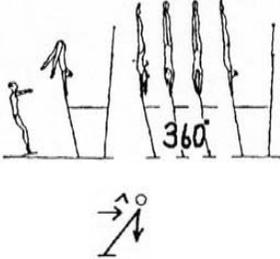
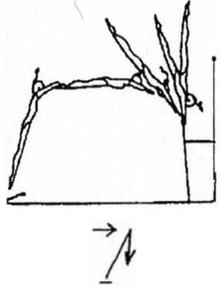
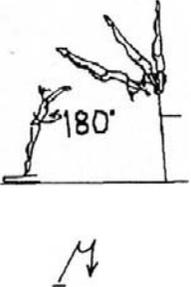
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.107</p>	<p>1.207 Salto forward tucked, piked or straddled over LB into L hang on LB</p> 	<p>1.307</p>	<p>1.407 Salto forward tucked over LB to hang on HB without touching LB</p> 	<p>1.507</p>	<p>1.607</p>
<p>1.108</p>	<p>1.208 Round-off in front of LB – flight backward (straddled) through momentary clear straddle support on LB</p> 	<p>1.308 Round-off in front of LB – flight backward over LB with legs together or straddled to hang on HB</p> 	<p>1.408 Round-off in front of LB – flight backward over LB with 1/1 turn (360°) to hang on HB</p> 	<p>1.508</p>	<p>1.608</p>

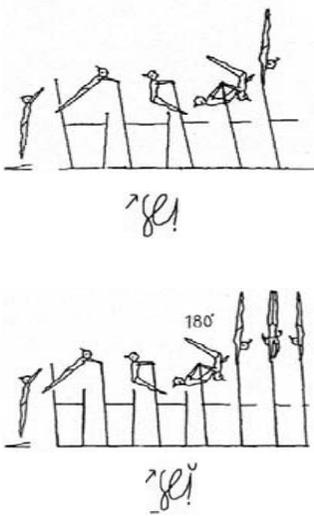
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.109</p>	<p>1.209</p>	<p>1.309</p>	<p>1.409 <i>Round-off in front of LB – tucked salto backward over LB to hang on LB (Jentsch)</i></p>  <p style="text-align: center;">→ <i>hu</i></p> <p><i>Round-off in front of LB, flic-flac through handstand phase on LB (Gonzalez)</i></p>  <p style="text-align: center;">↕</p>	<p>1.509 <i>Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or through handstand phase on LB (Gurova)</i></p>  <p style="text-align: center;">→ <i>h</i></p> <p><i>Round-off in front of LB – tucked or piked arabian salto over LB to hang on HB without touching the LB</i></p>  <p style="text-align: center;">→ <i>no hu hu</i></p>	<p>1.609</p>

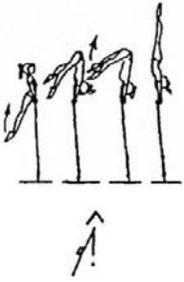
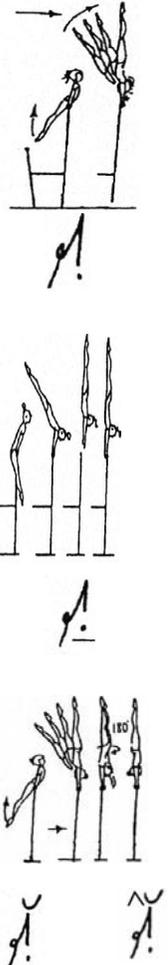
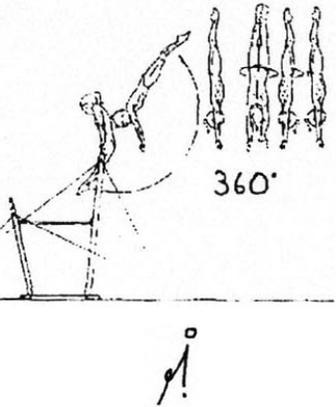
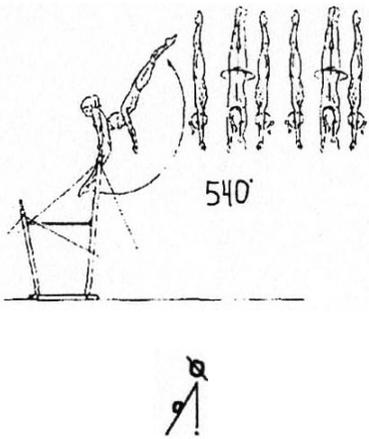
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.110</p>	<p>1.210 Jump to handstand on LB with hips bent, then extended, also with 1/2 turn (180°) in handstand phase</p> 	<p>1.310 Jump to handstand on LB with hips bent, then extended and 1/1 turn (360°) in handstand phase</p> 	<p>1.410 Jump with extended body to handstand on LB</p>  <p>Jump with 1/2 turn (180°) and extended body to handstand on LB</p> 	<p>1.510</p>	<p>1.610</p>

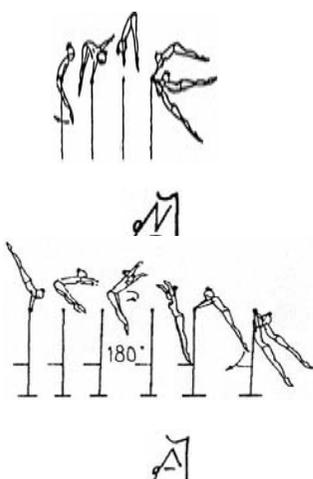
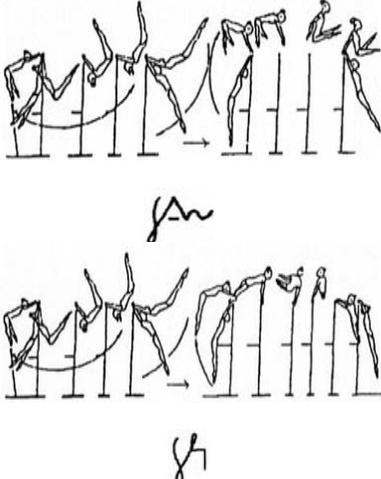
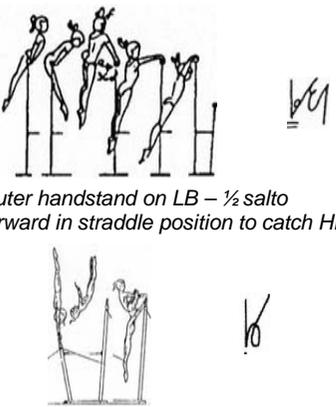
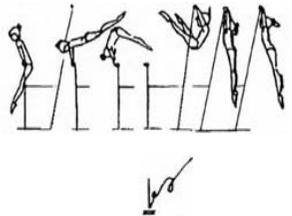
1.000 — MOUNTS

A	B	C	D	E	F/G
1.111	1.211	1.311	<p data-bbox="1137 193 1460 343">1.411 <i>Jump to brief clear support on HB – clear hip circle to handstand on HB, also with ½ turn (180°) in handstand phase on HB (McNamara)</i></p> 	1.511	1.611

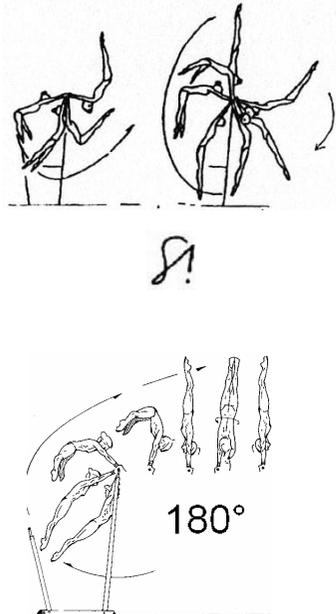
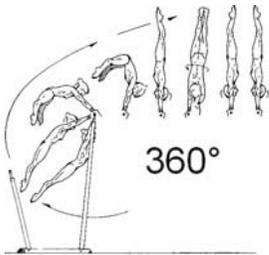
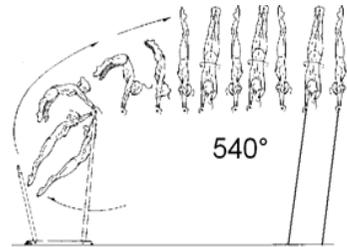
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.101 Cast to handstand with legs straddled (hips bent)</p> 	<p>2.201 Cast to handstand with legs together; also with hop-change to L or reverse grip, also with 1/2 turn (180°) legs together or straddled</p> 	<p>2.301 Cast to handstand with 1/1 turn (360°) in handstand phase</p> 	<p>2.401 Cast to handstand with 1 1/2 turn (540°) in handstand phase</p> 	<p>2.501</p>	<p>2.601</p>

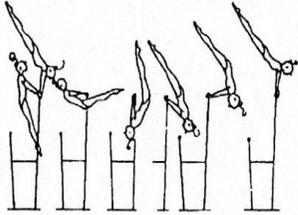
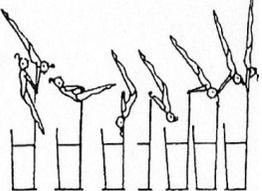
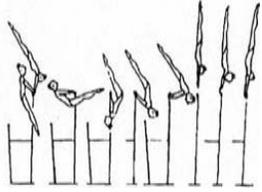
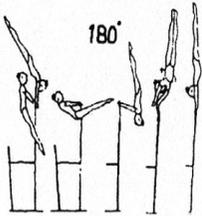
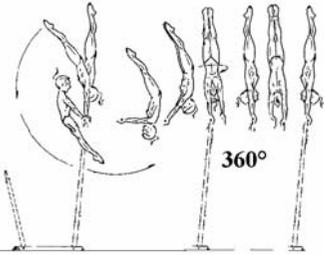
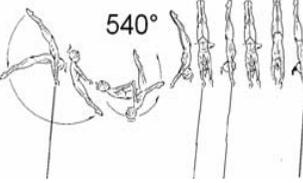
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.102</p>	<p>2.202 <i>Front support on HB – stoop with flight or free straddle forward over HB and ½ turn (180°) to hang on HB</i></p> 	<p>2.302 <i>Hang on HB – uprise bwd with straddled flight (Schier straddle) over HB to L hang or vault with ½ turn (180°) in flight over HB to hang</i></p> 	<p>2.402</p>	<p>2.502</p>	<p>2.602</p>
<p>2.103</p>	<p>2.203</p>	<p>2.303 <i>From front support on HB – swing backward with release and 1/1 turn (360°) to hang on HB (Caslavka Pirouette)</i></p>  <p><i>Outer handstand on LB – ½ salto forward in straddle position to catch HB</i></p> 	<p>2.403 <i>From inner front support on LB – cast with salto roll forward to hang on HB (Radochla roll)</i></p> 	<p>2.503 <i>Front support on HB – cast with salto forward straddled to hang on HB (Comaneci Salto)</i></p> 	<p>2.603</p>

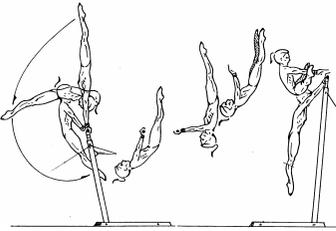
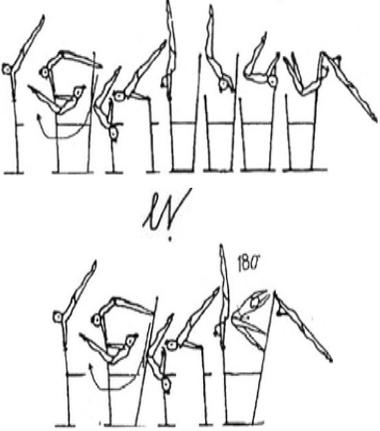
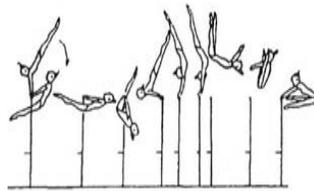
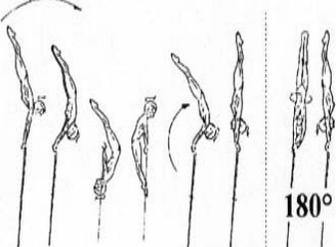
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.104 <i>Hang on HB – uprise backward to clear support on HB</i></p>  <p style="text-align: center;">H</p>	<p>2.204 <i>Hang on HB – uprise backward to handstand on HB, also with ½ turn (180°) in handstand phase</i></p>  <p style="text-align: center;">H!</p> <p style="text-align: center;">180°</p> <p style="text-align: center;">H!</p>	<p>2.304 <i>Hang on HB – uprise backward to handstand on HB with 1/1 turn (360°) in handstand phase</i></p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">H!</p>	<p>2.404 <i>Hang on HB – uprise backward to handstand with 1½ turn (540°) in handstand phase (Reeder)</i></p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">H!</p>	<p>2.504</p>	<p>2.604</p>

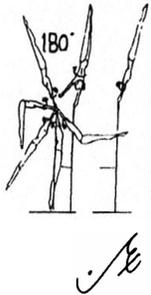
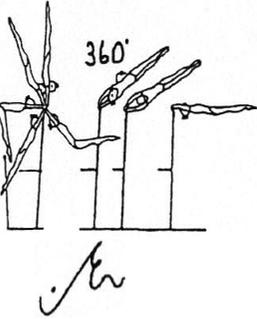
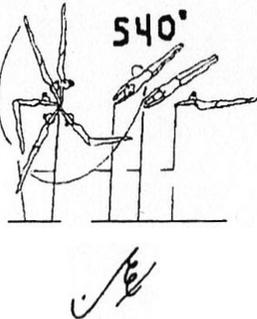
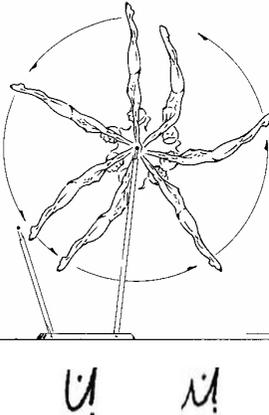
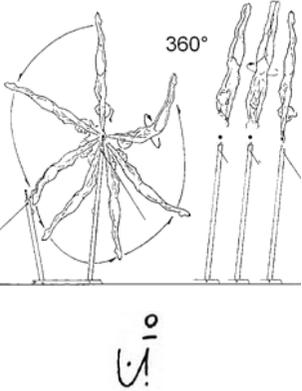
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.105</p>	<p>2.205 Clear hip circle to clear support (30°)</p>  <p style="text-align: center;">li</p>	<p>2.305 Clear hip circle to handstand, also with hop-change grip in handstand phase, or with ½ turn (180°) in handstand phase</p>  <p style="text-align: center;">li</p>  <p style="text-align: center;">li</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">li</p>	<p>2.405 Clear hip circle to handstand with 1/1 turn (360°) in handstand phase</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">li</p>	<p>2.505 Clear hip circle to handstand with 1½ turn (540°) in handstand phase</p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">li</p>	<p>2.605</p>

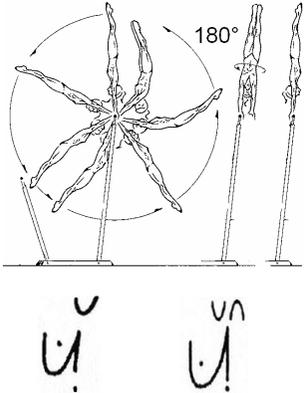
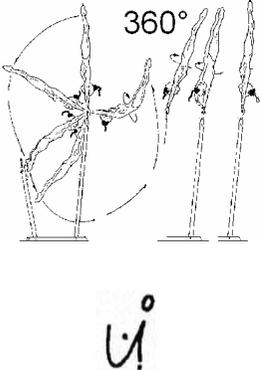
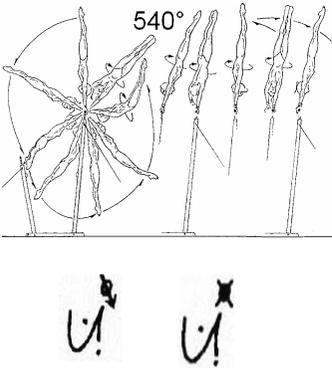
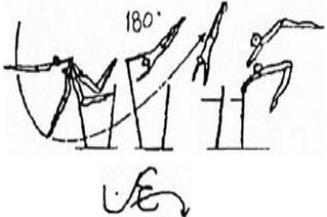
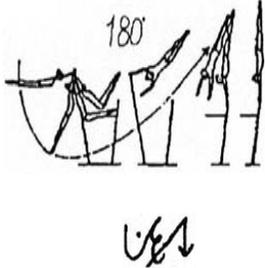
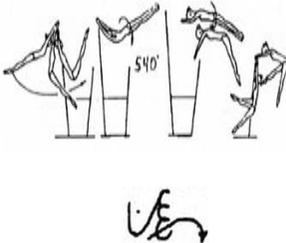
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.106</p>	<p>2.206</p>	<p>2.306 <i>Clear underswing on LB, release and counter movement forward in flight to hang on HB</i></p>  <p align="center">W</p>	<p>2.406 <i>Inner front support on LB – clear hip circle through handstand with flight to hang on HB (Schaposchnikova), or with ½ turn (180°) in flight to hang on HB (Chorkina)</i></p>  <p align="center">W 180° W</p>	<p>2.506 <i>Clear hip circle on HB, counter straddle to hang on HB (Hindorff)</i></p>  <p align="center">W</p>	<p>2.606</p>
<p>2.107</p>	<p>2.207</p>	<p>2.307 <i>Near handstand – clear hip circle forward to handstand, also with ½ turn (180°) in handstand phase (Weiler-kip)</i></p>  <p align="center">180° W W</p>	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>

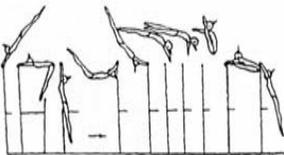
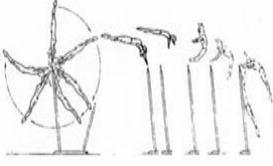
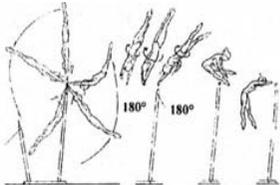
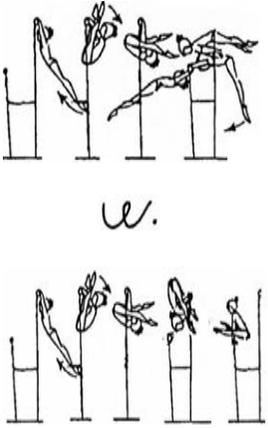
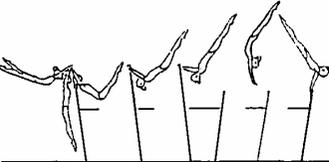
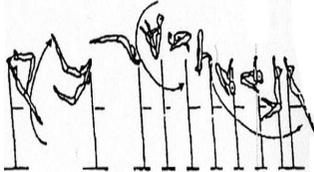
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.101 <i>(Handstand on HB –) swing down between bars, swing forward with ½ turn (180°) above HB height, circa 30° deviation from vertical</i></p> 	<p>3.201 <i>Handstand on HB – swing forward with 1/1 turn (360°) to L hang at height of HB</i></p> 	<p>3.301 <i>Handstand on HB – swing forward with 1 ½ turn (540°) circa 30° deviation from vertical</i></p> 	<p>3.401</p>	<p>3.501</p>	<p>3.601</p>
<p>3.102</p>	<p>3.202 <i>Handstand on HB – giant circle backward to handstand, in regular grip also on one arm (Liu)</i></p> 	<p>3.302</p>	<p>3.402 <i>Handstand on HB – giant circle backward to handstand with hop 1/1 turn (360°) in handstand phase</i></p> 	<p>3.502</p>	<p>3.602</p>

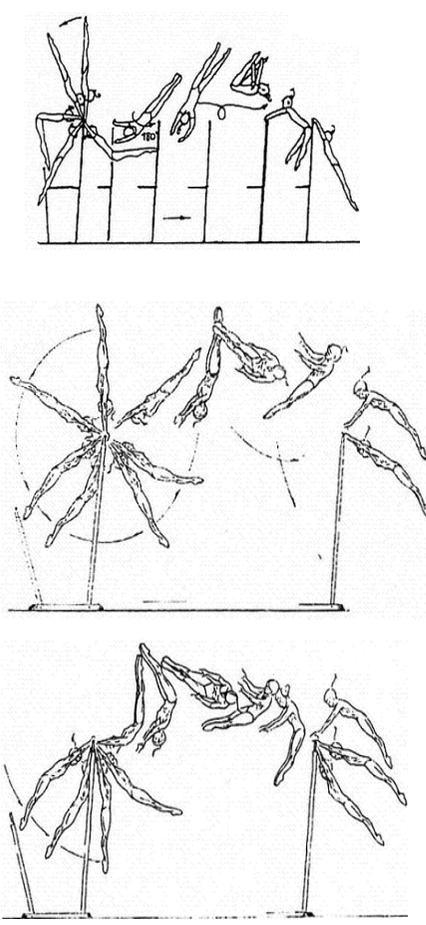
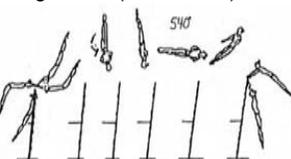
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203 <i>Handstand on HB – giant circle backward to handstand with ½ turn (180°) or ½- ½ turn (180°+ 180°) in handstand phase</i></p> 	<p>3.303 <i>Handstand on HB – giant circle backward to handstand with 1/1 turn (360°) in handstand phase</i></p> 	<p>3.403 <i>Handstand on HB – giant circle backward to handstand with 1½ - 2/1 turn (540°-720°) in handstand phase</i></p> 	<p>3.503</p>	<p>3.603</p>
<p>3.104</p>	<p>3.204 <i>Hang on HB – long swing forward with ½ turn (180°) and flight over LB to hang on LB to 45°</i></p> 	<p>3.304</p>	<p>3.404 <i>Hang on HB – long swing forward with ½ turn (180°) and flight to handstand on LB</i></p> 	<p>3.504 <i>Hang on HB – long swing forward with 1½ turn (540°) and flight over LB to hang on LB</i></p> 	<p>3.604</p>

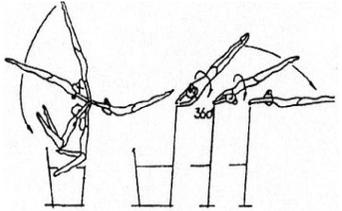
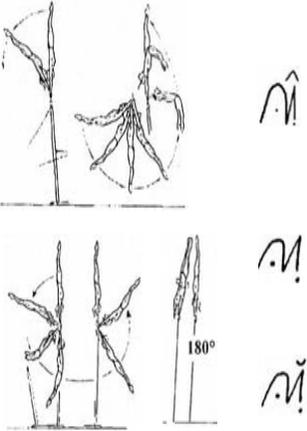
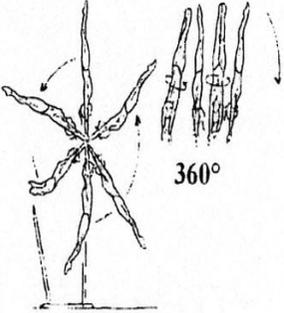
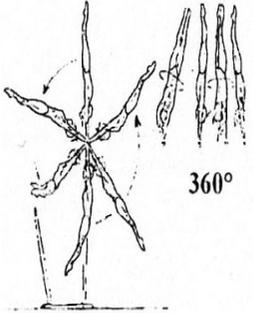
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.105</p>	<p>3.205</p>	<p>3.305</p>	<p>3.405 <i>Long swing fwd, counter straddle-reverse hecht (Tkatchev) over HB to hang</i></p>  <p style="text-align: center;">U→</p>	<p>3.505 <i>Long swing fwd, counter pike-reverse hecht (Tkatchev) to hang</i></p>  <p style="text-align: center;">U→</p>	<p>3.705 - G - <i>Long swing fwd with ½ turn (180°), further ½ turn (180°) to counter straddle in flight over HB to hang (Schuschunova)</i></p>  <p style="text-align: center;">U→</p>
<p>3.106</p>	<p>3.206 <i>Hang on HB, facing LB – swing forward and salto roll backward (legs tucked or straddled) to hang or clear straddle support on LB</i></p>  <p style="text-align: center;">u.</p> <p style="text-align: center;">u.f.</p>	<p>3.306</p>	<p>3.406 <i>Hang on HB, facing LB – swing forward, salto backward stretched between bars to clear support on LB (Pak Salto)</i></p>  <p style="text-align: center;">u.</p>	<p>3.506 <i>Hang on HB, facing LB – swing forward, salto backward stretched and flight with 1/1 turn (360°) between bars to clear support on LB (Bhardwaj Salto)</i></p>  <p style="text-align: center;">u.f.</p>	<p>3.606 - F - <i>Facing outward on HB - swing fwd and counter salto fwd with legs straddled to catch HB in reverse grip</i></p>  <p style="text-align: center;">u.</p>

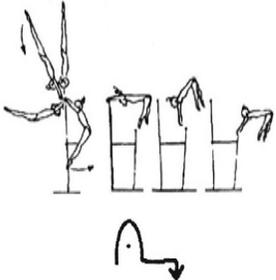
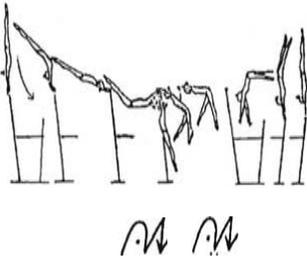
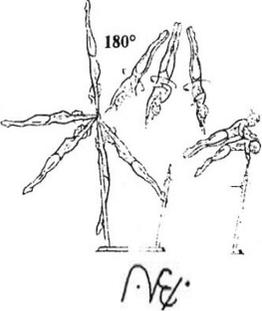
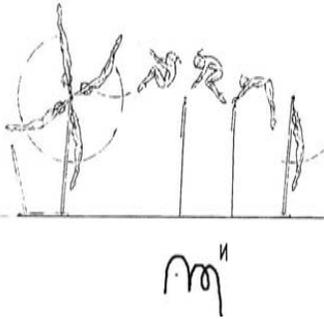
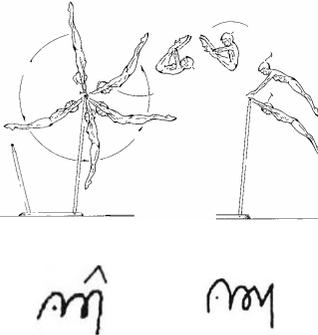
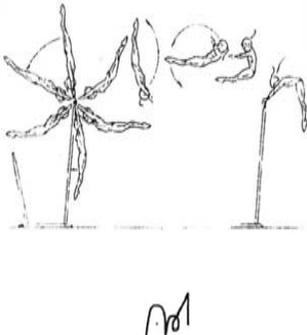
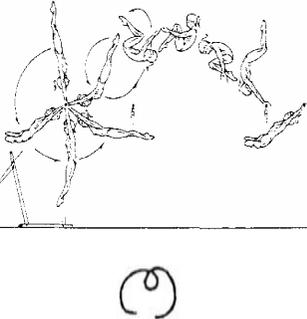
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.107</p>	<p>3.207</p>	<p>3.307</p>	<p>3.407 <i>(Handstand on HB –) swing down between bars, swing forward with ½ turn (180°) and salto forward straddled (Deltchev Salto), or swing down between bars, swing forward and salto bwd with ½ turn (180°) piked or stretch. (Gienger Salto), or straddle-piked (Nyeste Salto) – to hang on HB, also from one arm giant swing (Liu)</i></p> 		<p>3.707 - G - <i>(Handstand on HB –) swing down between bars, swing forward and salto backward stretched with 1½ turn (540°) to hang on HB (Hristakieva)</i></p>  

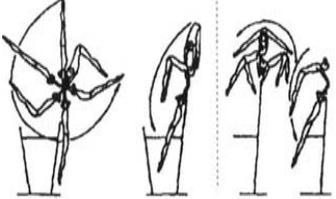
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.108</p>	<p>3.208 <i>On HB –swing backwards and 1/1 turn (360°) at height of HB</i></p>  <p align="center">A.V.E</p>	<p>3.308</p>	<p>3.408</p>	<p>3.508</p>	<p>3.608</p>
<p>3.109</p>	<p>3.209 <i>Handstand on HB – giant circle swing forward in reverse grip to handstand, also with legs straddled or hips bent in upswing phase, also with ½ turn (180°) in handstand phase</i></p> 	<p>3.309 <i>Handstand on HB – giant circle swing forward in reverse grip to handstand with 1/1 turn (360°) in handstand phase</i></p>  <p align="center">A.V.E</p>	<p>3.409</p>	<p>3.509 <i>Handstand on HB – giant circle swing forward in reverse grip to handstand with initiation of 1/1 turn (360°) on one arm before handstand phase</i></p>  <p align="center">A.V.E</p>	<p>3.609</p>

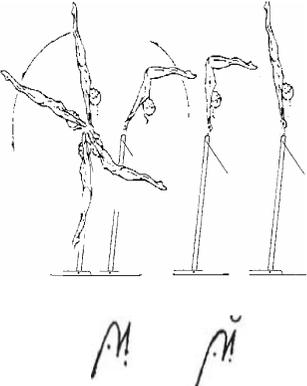
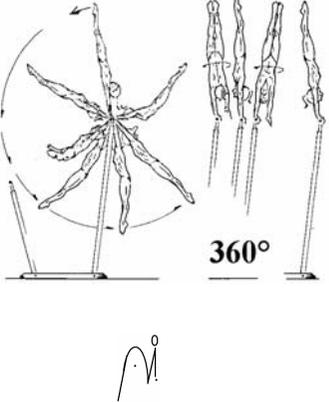
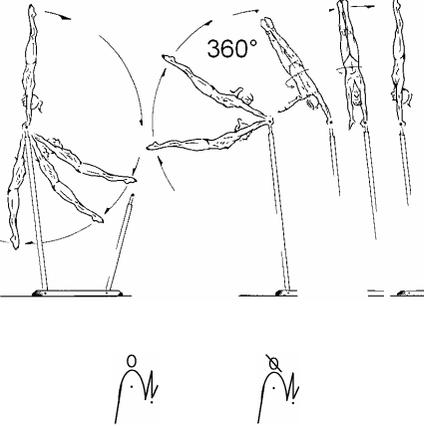
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.110</p>	<p>3.210 <i>Handstand on HB - swing down (back facing LB) in regular or reverse grip – straddle flight backward over LB to hang on LB</i></p> 	<p>3.310 <i>Handstand on HB – swing down (back facing LB) in regular or reverse grip – straddle flight backward over LB to handstand</i></p> 	<p>3.410 <i>Handstand on HB – swing down (back facing LB) in reverse grip, release and ½ turn (180°) in flight between the bars to catch LB in hang (Ejova)</i></p> 	<p>3.510</p>	<p>3.610</p>
<p>3.111</p>	<p>3.211</p>	<p>3.311 <i>(Handstand on HB →) swing down forward between bars in reverse or L grip, swing backward and salto forward tucked to hang on HB (Jaeger-Salto)</i></p> 	<p>3.411 <i>(Handstand on HB →) swing down forward between bars in reverse or L grip, swing backward and salto forward straddled or piked to hang on HB (Jaeger)</i></p> 	<p>3.511 <i>(Handstand on HB →) swing down fwd between bars in reverse or L grip, swing bwd and salto forward stretched to hang on HB (Cappuccitti)</i></p> 	<p>3.711 - G - <i>(Handstand on HB →) swing down fwd in L grip, swing bwd with salto fwd tucked over HB to hang on HB in reverse grip (Mo-Salto)</i></p> 

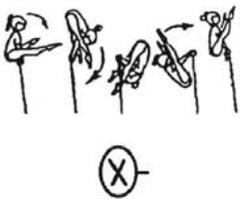
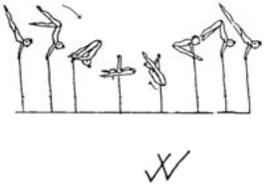
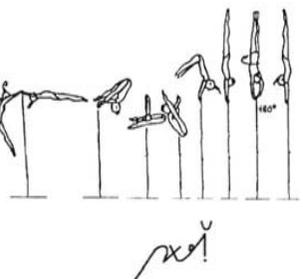
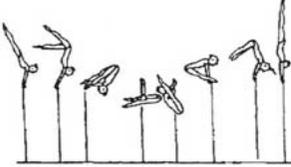
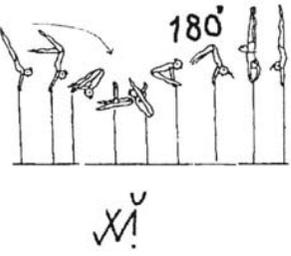
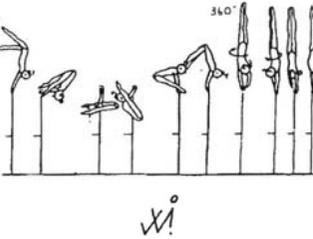
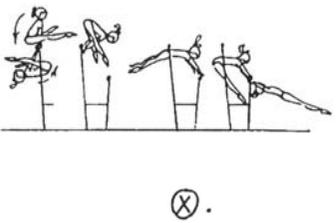
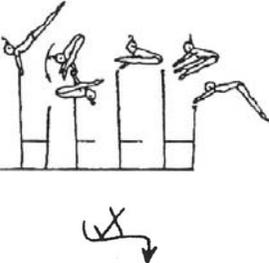
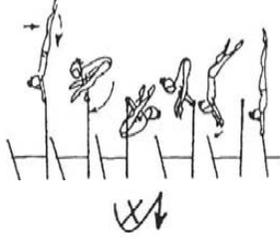
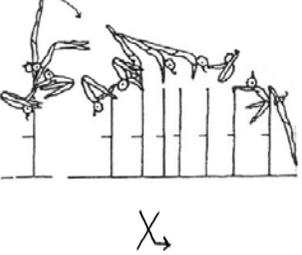
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.112</p>	<p>3.212</p>	<p>3.312 <i>Handstand on HB – swing down fwd in between bars in reverse grip with free stoop or straddle vault and ½ turn (180°) over HB to hang (Wenning/Volpi)</i></p>  <p align="center">  </p>	<p>3.412 <i>Handstand on HB – swing down fwd in between bars in reverse grip, swing bwd with ½ turn (180°) and straddle flight bwd over HB to catch HB</i></p>  <p align="center">  </p>	<p>3.512</p>	<p>3.612</p>

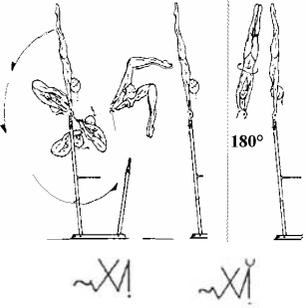
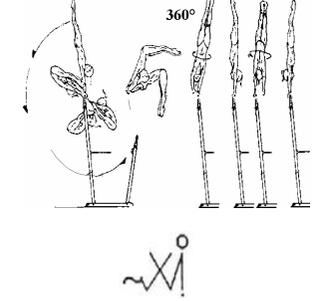
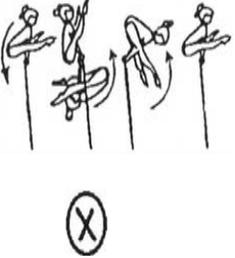
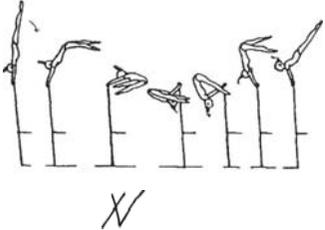
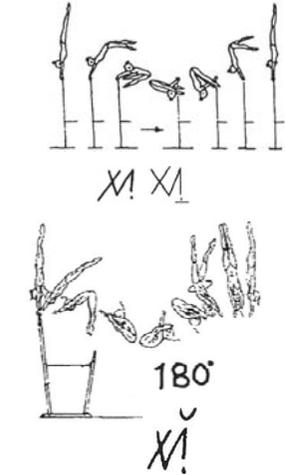
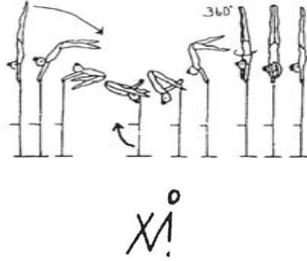
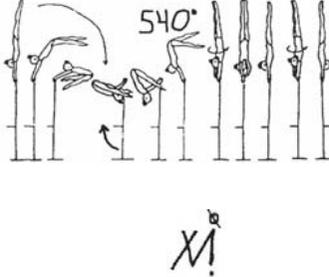
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.113</p>	<p>3.213</p>	<p>3.313 <i>Handstand on HB – giant circle swing forward in L grip (rearways) to handstand with piked or stretched body (L grip giant) through handstand phase, also with ½ turn (180°) in handstand phase (Zaytseva)</i></p>  <p>The diagram shows a sequence of three handstand positions. The first is a handstand with arms in a wide L-grip. The second shows the body swinging forward. The third is a handstand with a piked or stretched body. Below the diagrams are two small stick-figure icons representing the starting and ending body positions.</p>	<p>3.413 <i>Handstand on HB – giant circle swing forward in L grip with 1/1 turn (360°) completed in handstand phase</i></p>  <p>The diagram shows a handstand with arms in a wide L-grip. A circular arrow indicates a 360-degree rotation of the body. Below the diagram is a small stick-figure icon representing the starting position.</p>	<p>3.513 1) <i>Handstand on HB – giant circle swing forward in L grip with initiation of 1/1 turn (360°) on 1 arm before handstand phase, completed in handstand phase, Also with additional ½ turn (360°+180°)</i> 2) <i>Giant circle swing fwd in L grip with 1 1/2 turn.</i></p>  <p>The diagram shows a handstand with arms in a wide L-grip. A circular arrow indicates a 360-degree rotation of the body. Below the diagram are two small stick-figure icons representing the starting and ending body positions.</p>	<p>3.613</p>

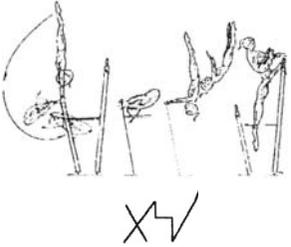
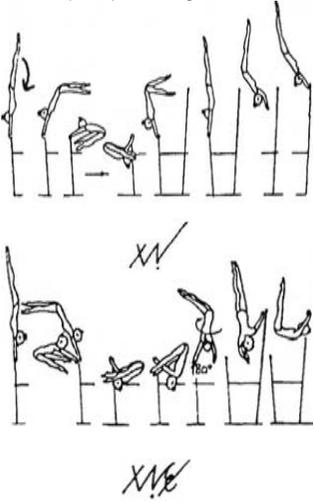
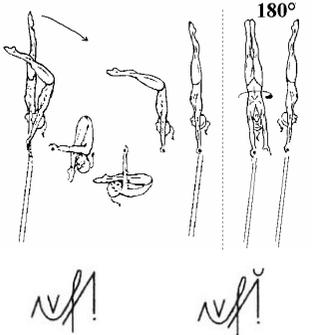
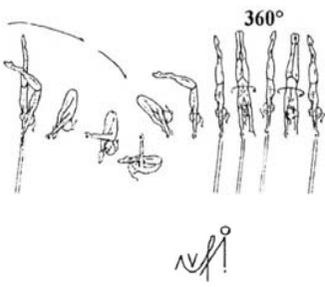
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.101 Clear straddle circle forward on LB or HB to clear support</p> 	<p>4.201 Stalder forward to clear support 30°</p>  <p>Kip-up on HB, passing through clear straddle support – swing/press to handstand and ½ turn (180°) in handstand phase</p> 	<p>4.301 Stalder forward to handstand, also with ½ turn (180°) in handstand phase</p>  	<p>4.401 Stalder forward to handstand with 1/1 turn (360°) in handstand phase</p> 	<p>4.501</p>	<p>4.601</p>
<p>4.102</p>	<p>4.202 Clear straddle circle backward on HB with grip change to hang on LB</p> 	<p>4.302 Clear straddle circle forward on HB with flight backward over LB to hang on LB</p> 	<p>4.402 Clear straddle circle backward on HB with flight to handstand on LB</p> 	<p>4.502 Stalder bwd on HB with counter straddle -reverse hecht to hang on HB (Ricna)</p> 	<p>4.602</p>

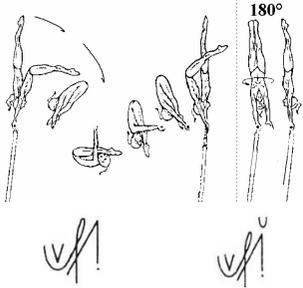
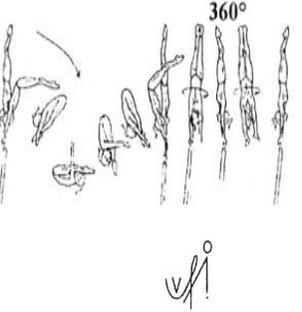
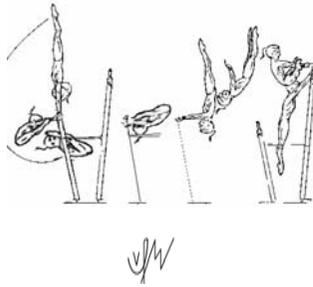
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.103</p>	<p>4.203</p>	<p>4.303</p>	<p>4.403 Stalder forward in L grip to handstand, also with 1/2 turn (180°) in handstand phase (White)</p> 	<p>4.503 Stalder forward in L grip with 1/1 turn (360°) in handstand phase</p> 	<p>4.603</p>
<p>4.104 Clear straddle circle backward on LB or HB to clear support</p> 	<p>4.204 Stalder bwd to clear support (30°)</p> 	<p>4.304 Stalder backward to handstand, also with hop-change grip in handstand phase or with 1/2 turn (180°)</p> 	<p>4.404 Stalder backward with 1/1 turn (360°) in handstand phase (Frederick)</p> 	<p>4.504 Stalder backward with 1 1/2 turn (540°) in handstand phase</p> 	<p>4.604</p>

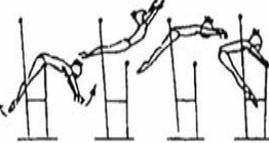
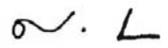
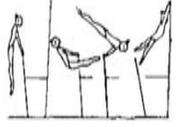
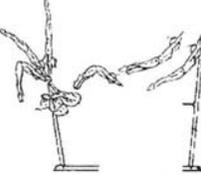
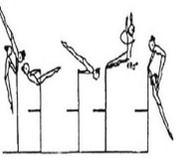
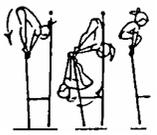
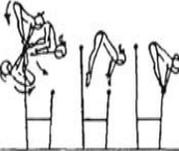
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.105</p>	<p>4.205</p>	<p>4.305 Facing inward – Stalder backward with release and counter movement forward in flight to hang on HB (Ray)</p> 	<p>4.405 Facing outward – Stalder backward through handstand with flight to hang on HB, also with ½ turn (180°), or – from outside with ½ turn (180°) to hang on HB</p> 	<p>4.505</p>	<p>4.605</p>
<p>4.106</p>	<p>4.206</p>	<p>4.306</p>	<p>4.406 Clear pike circle forward to handstand, also with ½ turn (180°) in handstand phase (Endo-piked)</p> 	<p>4.506 Clear pike circle forward with 1/1 turn (360°) in handstand phase (Endo-piked)</p> 	<p>4.606</p>

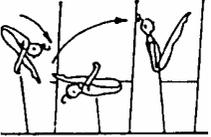
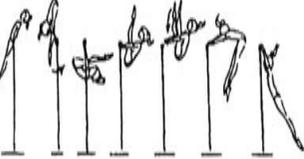
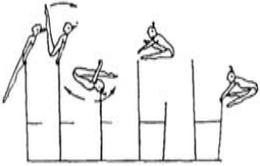
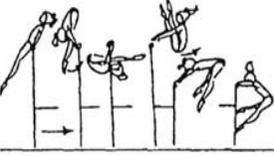
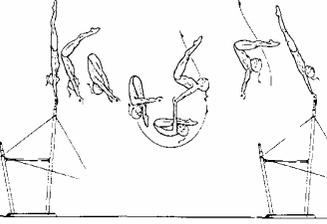
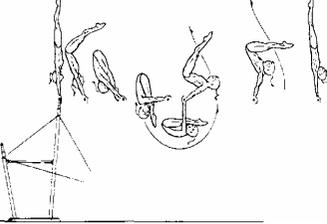
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.107</p>	<p>4.207</p>	<p>4.307 Clear pike circle backward to 30°</p> 	<p>4.407 Clear pike circle backward to handstand, also with ½ turn (180°) in handstand phase</p> 	<p>4.507 Clear pike circle backward with 1/1 turn (360°) in handstand phase</p> 	<p>4.607</p>
<p>4.108</p>	<p>4.208</p>	<p>4.308 Clear pike circle bwd on LB with release and counter flight fwd to hang on HB</p> 	<p>4.408</p>	<p>4.508</p>	<p>4.608</p>

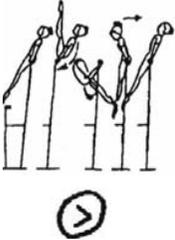
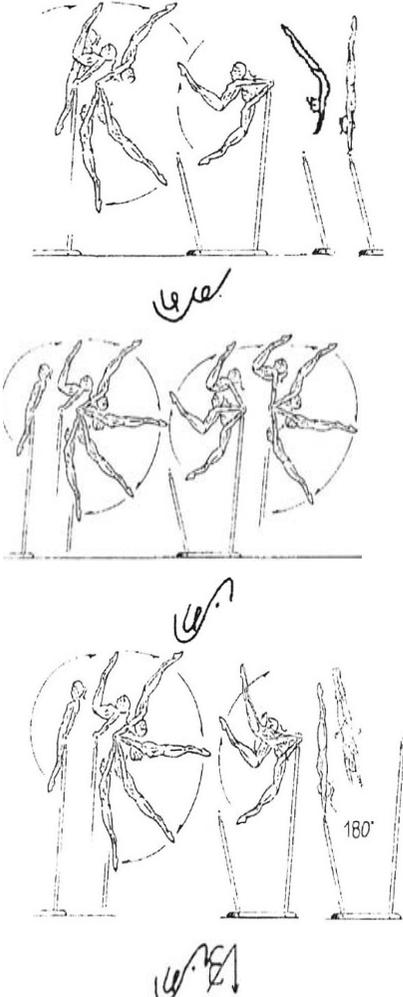
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.101 Free hip circle backward on LB – hip repulsion – flight with regrasp on LB to glide ("false-pop")</p>  	<p>5.201</p>	<p>5.301 Outer front support – clear hip circle backward on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled) or Stalder backward with release and hecht to hang on HB (Yarotska)</p>      	<p>5.401 Free hip circle backward on LB or HB hecht with flight and ½ turn (180°) passing over bar to hang on same bar – also from clear hip circle backward on HB (free or clear Hechtkehre)</p>    	<p>5.501</p>	<p>5.601</p>
<p>5.102 Sole circle forward or backward (piked) on HB or LB to stand</p>  	<p>5.202 Sole circle backward piked with flight from HB to stand on LB</p>  	<p>5.302</p>	<p>5.402</p>	<p>5.502</p>	<p>5.602</p>

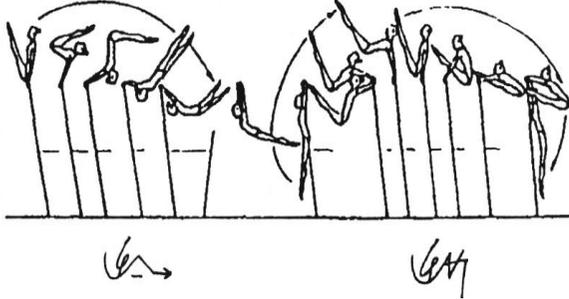
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.103 Rear support - seat (pike) circle forward to rear support</p>  <p style="text-align: center;">④</p> <p>Rear support on LB or HB – seat (pike) circle forward with straddle cut backward to hang on same bar</p>  <p style="text-align: center;">④</p>	<p>5.203</p>	<p>5.303 Outer rear support on HB – fall backward to inverted pike swing or seat (pike) circle forward – straddle cut backward with flight over LB to hang, also – Rear support on LB - seat (pike) circle forward with straddle cut backward and grip change to hang on HB</p>  <p style="text-align: center;">④</p>  <p style="text-align: center;">④</p>  <p style="text-align: center;">④</p>	<p>5.403 (Handstand on HB –) stoop in to Adler-seat (pike) circle forward through clear extended support (in L grip) 30°</p>  <p style="text-align: center;">④</p>	<p>5.503 (Handstand on HB –) stoop in to Adler-seat (pike) circle forward through clear extended support (in L grip) in handstand phase (Luo), also with ½ turn (180°)</p>  <p style="text-align: center;">④</p>	<p>5.603</p>

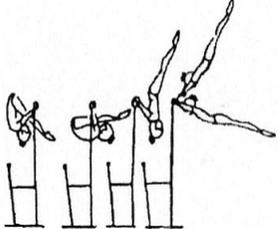
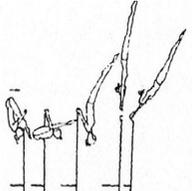
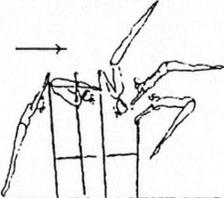
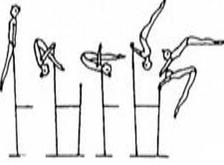
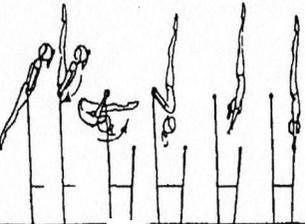
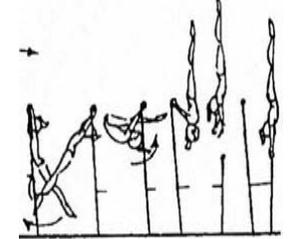
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.104 Rear support– seat (pike) circle backward to rear support</p> 	<p>5.204 Rear support on HB – seat circle bwd with release to stand on LB or hang on LB</p> 	<p>5.304 Clear rear pike support on HB (legs together) – full circle swing backward to finish in clear rear support on HB (Steinemann circle)</p> 	<p>5.404 Clear rear pike support on HB (legs together) – full circle swing backward – continuing through clear rear pike support backward over HB into hang (Mirgorodskaia) – circle swing backward and continue to salto backward stretched (or piked) between bars to clear support on LB (Teza) or – circle swing backward and ½ turn (180°) with flight to handstand on LB (Teza)</p> 	<p>5.504</p>	<p>5.604</p>

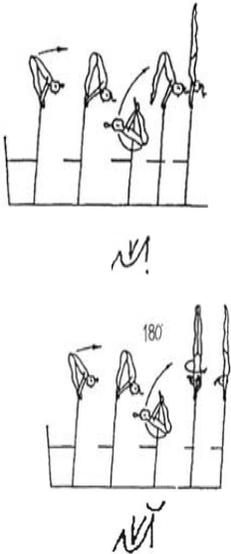
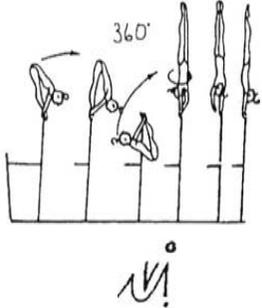
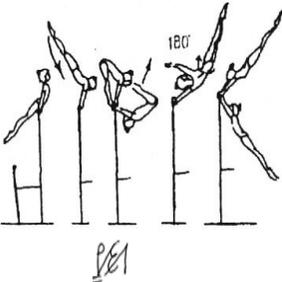
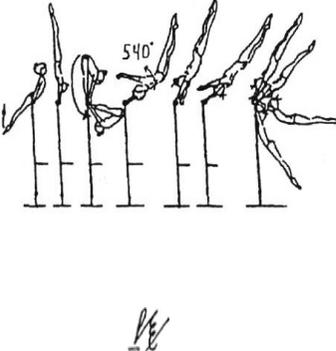
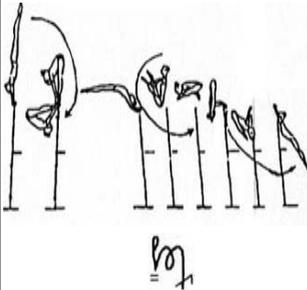
5.000 — Pike Circles

A	B	C	D	E	F/G
5.105	5.205	5.305	<p data-bbox="949 161 1536 256">5.405 <i>Clear rear pike support (legs together) on HB – full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB (Li-Li)</i></p> 	5.505	5.605

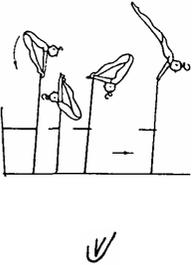
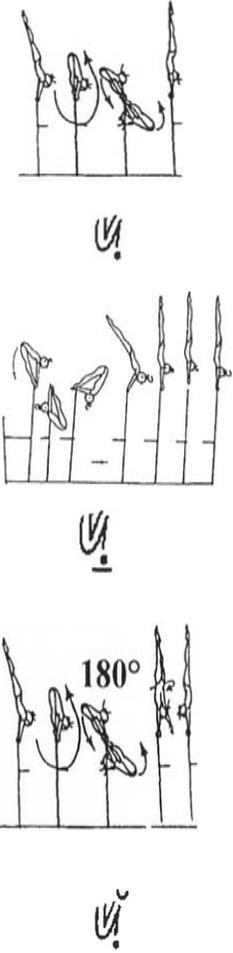
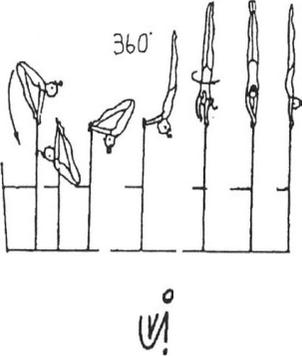
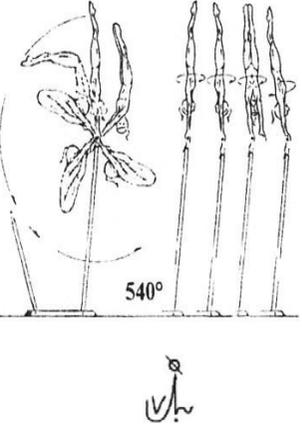
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.106 Underswing backward (inverted pike swing), dislocate (Schleudern) to hang on HB</p>  <p style="text-align: center;">9 </p>	<p>5.206</p>	<p>5.306 Underswing backward (inverted pike swing), on HB – dislocate (Schleudern) to near handstand with hop-change to regular grip on HB</p>  <p style="text-align: center;">9 </p> <p>Hang on HB, back to LB – stoop through, underswing backward (inverted pike swing), dislocate (Schleudern) with flight over LB to hang, also from rear support on HB, underswing backward, etc.</p>  <p style="text-align: center;">9 </p>  <p style="text-align: center;">9 </p>	<p>5.406 Underswing backward (inverted pike swing) on HB – dislocate with flight to handstand on LB (Zuchold-Schleudern), also from stoop through etc...</p>  <p style="text-align: center;">9 </p>  <p style="text-align: center;">9 </p>	<p>5.506</p>	<p>5.606</p>

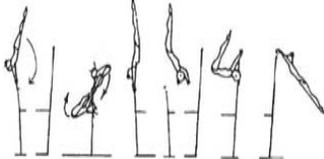
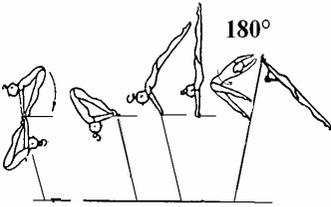
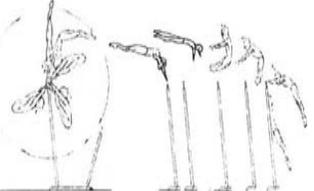
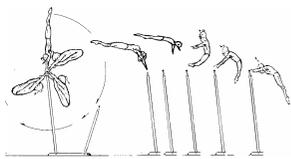
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207</p>	<p>5.307 Pike sole circle forward to handstand, also with ½ turn (180°) in handstand phase</p> 	<p>5.407 Pike sole circle forward with 1/1 turn (360°) in handstand phase</p> 	<p>5.507</p>	<p>5.607</p>
<p>5.108 Underswing on HB (support of feet) with ½ turn (180°) to hang on HB</p> 	<p>5.208 Underswing on LB (support of feet) with or without ½ turn (180°) and grip change to hang on HB</p> 	<p>5.308 Underswing on HB or LB with 1½ turn (540°) to hang at height of HB</p> 	<p>5.408</p>	<p>5.508</p>	<p>5.608 - F - Facing outward on HB—underswing backward with support of feet-counter salto fwd straddled to hang on HB (Counter Kim)</p> 

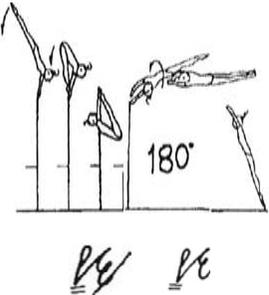
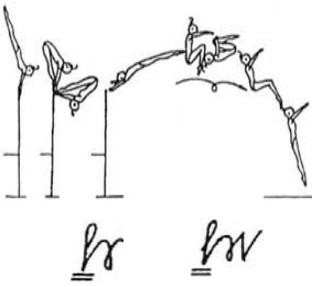
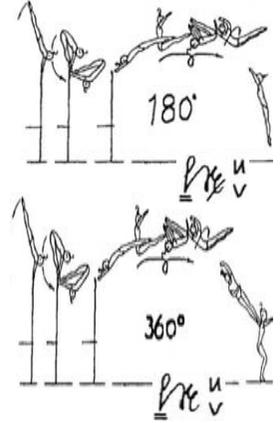
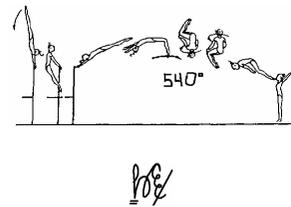
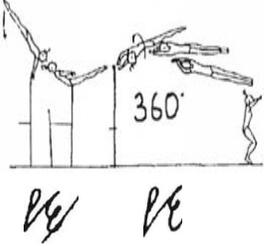
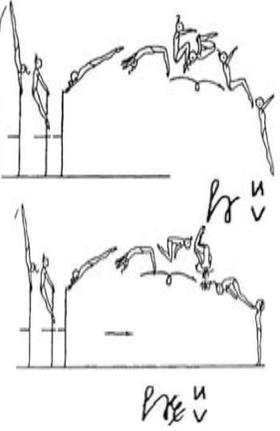
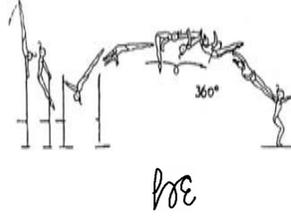
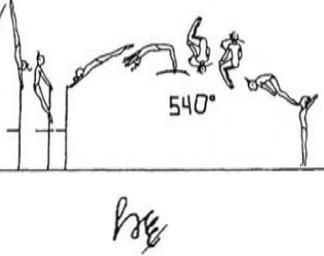
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.109</p>	<p>5.209 <i>Pike sole circle backward to clear support (30°)</i></p> 	<p>5.309 <i>Pike sole circle backward to handstand, also with hop-change to reverse grip in handstand phase, also with 1/2 turn (180°)</i></p> 	<p>5.409 <i>Pike sole circle backward with 1/1 turn (360°) in handstand phase</i></p> 	<p>5.509 <i>Pike sole circle backward with 1 1/2 turn (540°) in handstand phase</i></p> 	<p>5.609</p>

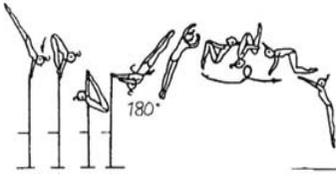
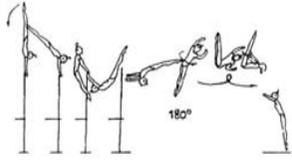
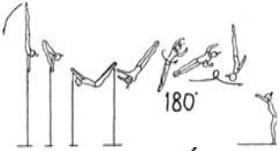
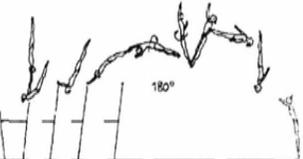
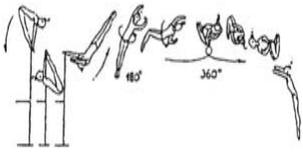
5.000 — Pike Circles

A	B	C	D	E	F/G
<p>5.110</p>	<p>5.210</p>	<p>5.310</p>	<p>5.410 <i>Inner front support on LB – pike sole circle backward through handstand with flight to hang on HB (Maloney)</i></p>  <p style="text-align: center;">✓</p> <p><i>Facing outward on LB – pike sole circle backward through handstand with flight and ½ turn (180°) to hang on HB</i></p>  <p style="text-align: center;">180° ✓</p>	<p>5.510 <i>Handstand on HB – Pike sole circle backward counter straddle-reverse hecht over HB to hang (Ray)</i></p>  <p style="text-align: center;">✓→</p>	<p>5.610 <i>Handstand on HB – Pike sole circle backward counter pike reverse hecht over HB to hang (Church)</i></p>  <p style="text-align: center;">✓→</p>

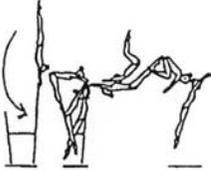
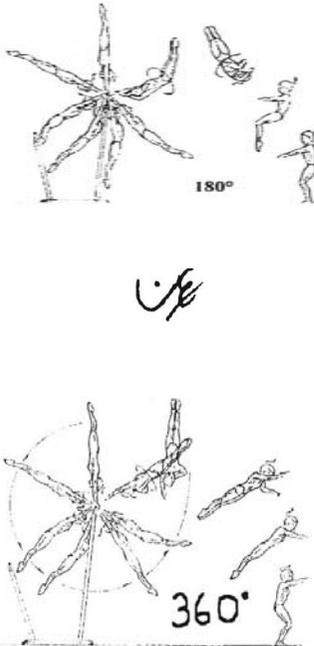
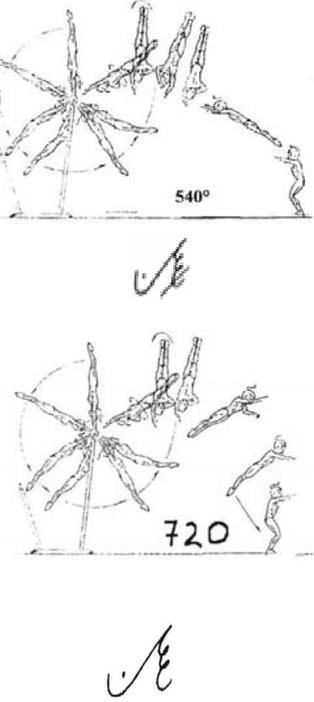
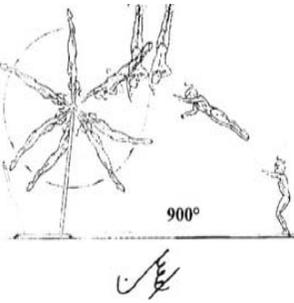
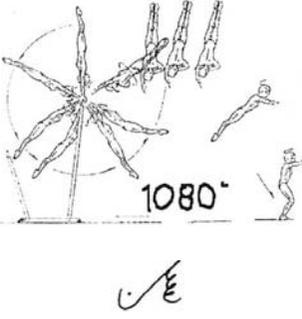
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.101 Front support on HB – underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p> 	<p>6.201 Front support on HB – underswing with salto forward tucked or piked</p> 	<p>6.301 Front support on HB – underswing with salto forward tucked or piked with ½ turn (180°) or 1/1 turn (360°)</p> 	<p>6.401 Front support on HB – underswing with salto forward tucked with 1½ turn (540°)</p> 	<p>6.501</p>	<p>6.601</p>
<p>6.102 Front support on HB – clear underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p> 	<p>6.202</p>	<p>6.302 Front support on HB – clear underswing with salto forward tucked or piked also with ½ turn (180°)</p> 	<p>6.402 Front support on HB – clear underswing with salto forward tucked with 1/1 turn (360°)</p> 	<p>6.502 Front support on HB – clear underswing with salto forward tucked with 1 ½ turn (540°)</p> 	<p>6.602</p>

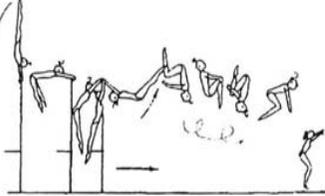
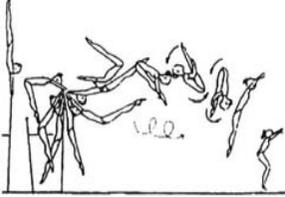
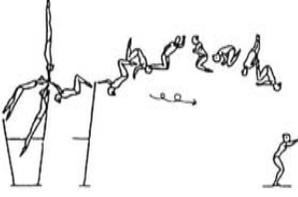
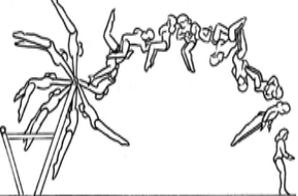
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.103</p>	<p>6.203 <i>Front support on HB – underswing with ½ twist (180°) to salto backward tucked or piked (Comaneci)</i></p>  <p><u>he</u>^u</p>	<p>6.303 <i>Front support on HB – clear underswing with ½ twist (180°) to salto backward tucked or piked</i></p>  <p><u>he</u>^u</p>	<p>6.403 <i>Front support on HB – underswing with ½ twist (180°) to salto backward stretched</i></p>  <p><u>he</u></p> <p><i>Front support on HB – clear underswing with ½ twist (180°) to salto backward stretched (Okino)</i></p>  <p><u>he</u></p> <p><i>Front support on HB – underswing with ½ twist (180°) to salto backward tucked with 1/1 twist (360°) (Kraeker)</i></p>  <p><u>hee</u></p>	<p>6.503</p>	<p>6.603</p>

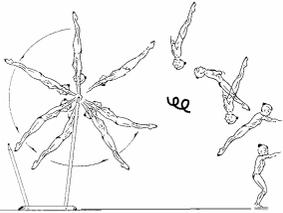
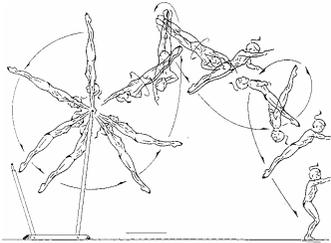
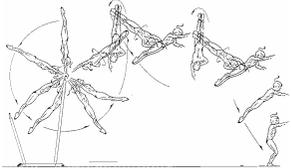
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.104 (Handstand on HB —) swing down between bars — swing forward to salto backward tucked, piked or stretched (Flyaway)</p>  <p style="text-align: center;">Ue 1/2</p>	<p>6.204 (Handstand on HB —) swing down between bars — swing forward to salto backward tucked, or stretched with 1/2 twist (180°) or 1/1 twist (360°) (Flyaway)</p>  <p style="text-align: center;">Ue</p> <p style="text-align: center;">Ue</p>	<p>6.304 (Handstand on HB —) swing down between bars — swing forward to salto backward stretched with 1 1/2 twist (540°) or 2/1 (720°) twist</p>  <p style="text-align: center;">Ue</p> <p style="text-align: center;">Ue</p>	<p>6.404 (Handstand on HB —) swing down between bars — swing forward to salto backward stretched with 2 1/2 twist (900°) (Ji)</p>  <p style="text-align: center;">Ue</p>	<p>6.504 (Handstand on HB —) swing down between bars — swing forward to salto backward stretched with 3/1 twist (1080°) (Bar)</p>  <p style="text-align: center;">Ue</p>	<p>6.604</p>

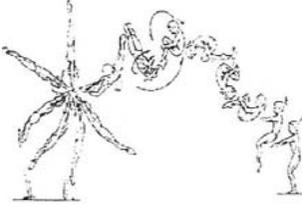
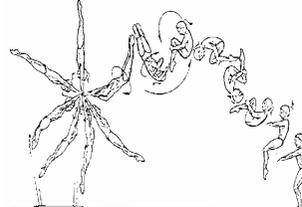
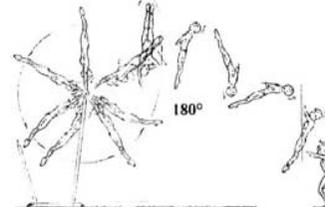
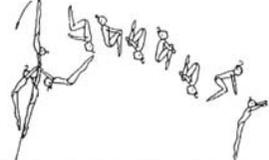
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.105</p>	<p>6.205 <i>(Handstand on HB —) swing down between bars — swing forward to double salto backward tucked</i></p>  <p><i>u l l</i></p>	<p>6.305 <i>(Handstand on HB —) swing down between bars — swing forward to double salto backward piked</i></p>  <p><i>u l l</i></p>	<p>6.405 <i>(Handstand on HB —) swing down between bars — swing forward to double salto backward tucked with 1/1 twist (360°) in first (Morio) or second salto (Chousovitina)</i></p>  <p><i>u l l</i></p> <p><i>(Handstand on HB —) swing down between bars — swing forward to salto backward stretched with 1/2 twist (180°) into salto forward piked with 1/2 twist (180°) (Varga)</i></p>  <p><i>u l l</i></p>	<p>6.505</p>	<p>6.605 - F - <i>(Handstand on HB —) swing down between bars — swing forward to double salto backward tucked with 2/1 twist (720°) (Fabrichnova)</i></p>  <p><i>u l l</i></p>

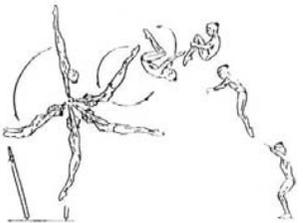
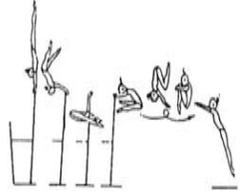
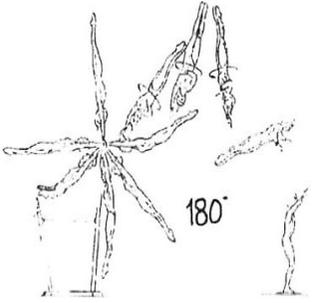
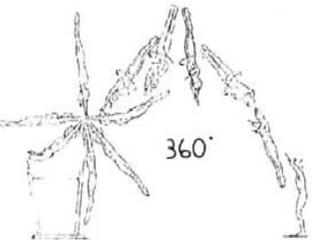
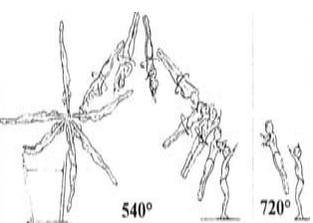
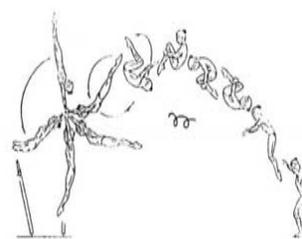
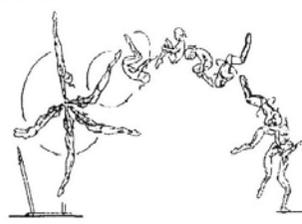
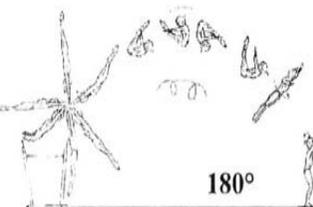
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.106</p>	<p>6.206</p>	<p>6.306</p>	<p>6.406 <i>(Handstand on HB —) swing down between bars — swing forward to double salto backward stretched</i></p>  <p><i>Full</i></p>	<p>6.506 <i>Handstand on HB —) swing down between bars — swing forward to double salto backward stretched with 1/1 twist (360°) in first or second salto</i></p>  <p><i>Full Full</i></p>	<p>6.706 - G - <i>(Handstand on HB —) swing down between bars — swing forward to double salto backward stretched with 2/1 twist (720°) (Ray)</i></p>  <p><i>Full</i></p>

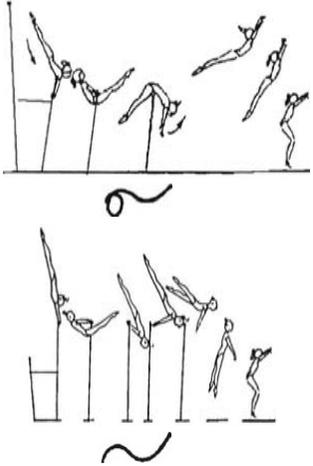
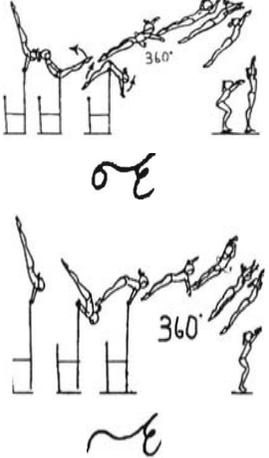
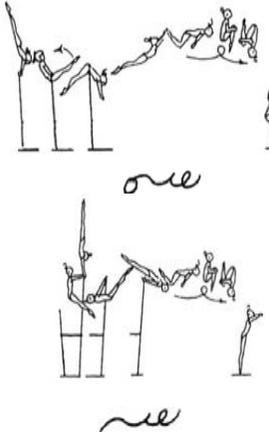
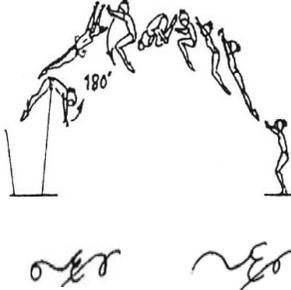
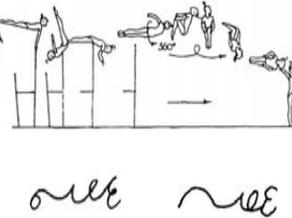
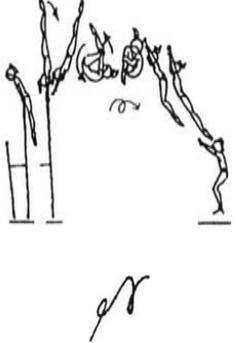
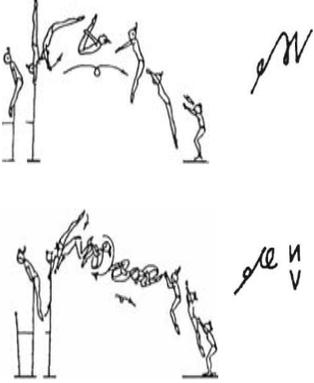
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
6.107	6.207	6.307	<p data-bbox="1171 132 1473 279">6.407 (Handstand on HB →) swing down between bars – swing forward to salto backward tucked with ½ twist (180°) – into salto forward tucked (Fontaine)</p>  <p data-bbox="1294 523 1373 563">Ueff</p> <p data-bbox="1171 571 1473 675">(Handstand on HB →) swing down between bars – swing forward with ½ twist (180°) to double salto forward tucked</p>  <p data-bbox="1305 938 1373 978">Ueff</p>	<p data-bbox="1507 132 1832 279">6.507 (Handstand on HB →) swing down between bars – swing forward to salto backward stretched with ½ twist (180°) – into salto forward stretched (Blanco)</p>  <p data-bbox="1630 571 1709 627">Ueff</p>	<p data-bbox="1854 132 2168 255">6.707 - G - (Handstand on HB →) swing down between bars – swing forward to triple salto backward tucked (Magaña)</p>  <p data-bbox="1977 531 2067 571">Ueff</p>

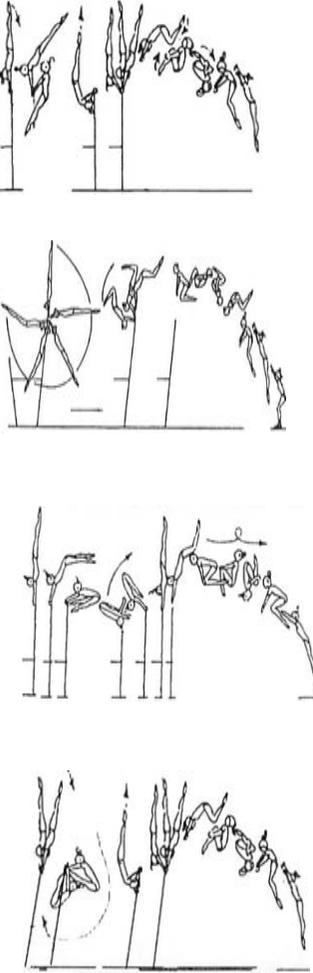
6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.108 (Handstand on HB —) Swing down forward in reverse grip between bars, salto forward tucked, piked or stretched or clear straddle circle forward on HB to salto forward tucked</p>  <p><i>Handwritten notation: Aro 1/2</i></p>  <p><i>Handwritten notation: Aro</i></p>	<p>6.208 (Handstand on HB — Swing down forward in reverse grip between bars, salto forward tucked or stretched with 1/2 twist (180°) or 1/1 twist (360°)</p>  <p>180°</p> <p><i>Handwritten notation: Aro 1/2</i></p>  <p>360°</p> <p><i>Handwritten notation: Aro</i></p>	<p>6.308 (Handstand on HB —) swing down forward between bars with reverse grip — salto forward stretched with 1 1/2 twist (540°)(Pechstein), also with 2/1 twist (720°)</p>  <p>540° 720°</p> <p><i>Handwritten notation: Aro 1 1/2</i> <i>Handwritten notation: Aro 2/1</i></p>	<p>6.408 (Handstand on HB —) swing down forward between bars in reverse or L grip — swing backward to double salto forward tucked</p>  <p><i>Handwritten notation: Aro 1/2</i> <i>Handwritten notation: Aro 1/2</i></p> <p>(Handstand on HB —) swing down forward between bars in reverse grip or L Grip (Arai), swing bwd to double salto fwd tucked with 1/2 twist (180°) — also salto fwd with 1/2 twist (180°) into salto bwd tucked</p>  <p><i>Handwritten notation: Aro 1/2</i></p>	<p>6.508 (Handstand on HB —) swing down forward between bars in reverse grip or L Grip, swing bwd to double salto fwd piked with 1/2 twist (180°) (Péntek)</p>  <p>180°</p> <p><i>Handwritten notation: Aro 1/2</i></p>	<p>6.608</p>

6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
<p>6.109</p>	<p>6.209 Hip circle backward on LB or HB – hecht, also from clear hip circle backward</p> 	<p>6.309 Hip circle backward (also clear) on LB or HB – hecht with 1/1 twist (360°)</p> 	<p>6.409 Hip circle backward (also clear) on LB or HB – hecht with salto backward tucked (Muchina)</p> 	<p>6.509 Hip circle backward (also clear) on LB or HB – hecht with 1/2 twist (180°) to salto forward</p> 	<p>6.609 - F - Hip circle backward (also clear) on LB or HB – hecht with 1/1 twist (360°) to salto bwd</p> 
<p>6.110</p>	<p>6.210 Outer front support on HB – cast to near 45° to salto forward tucked</p> 	<p>6.310 Outer front support on HB – cast to near 45° to salto forward piked or salto backward tucked or piked</p> 	<p>6.410</p>	<p>6.510</p>	<p>6.610</p>

6.000 SORTIES — DISMOUNTS — ABGÄNGE

A	B	C	D	E	F/G
6.111	6.211	<p>6.311 Outer front support on HB – – clear hip circle backward or – giant circle backward (Gonzales) or – Stalder backward or – pike sole circle (toe-on) bwd. (Gratt) to salto backward tucked or piked over HB</p>  <p>lpe lpev .pe Xpe Xpev vpe</p>	6.411	6.511	6.611



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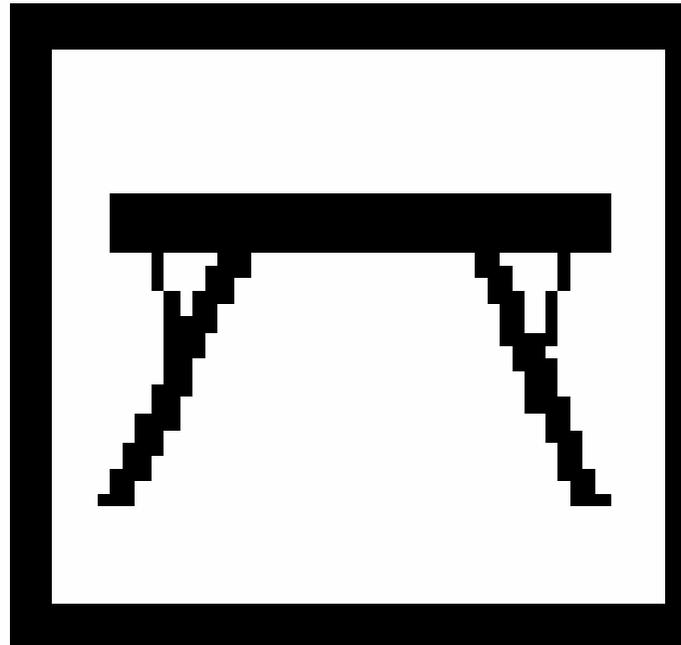
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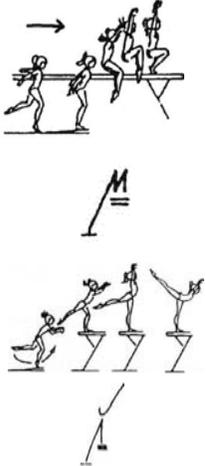
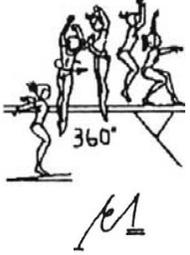
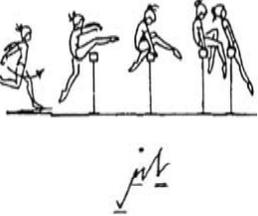
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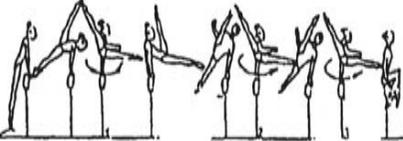
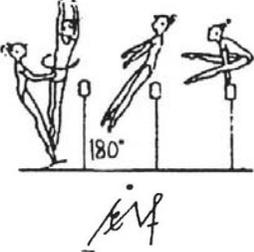
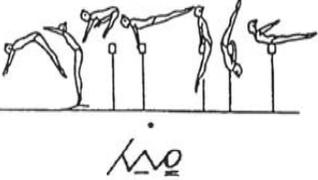


Balance Beam — Elements

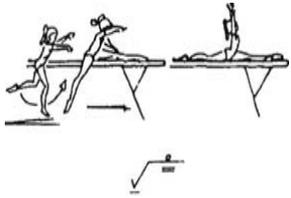
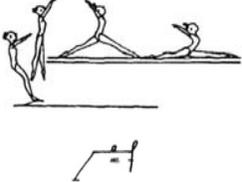
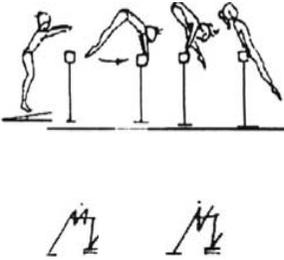
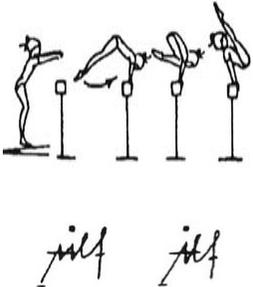
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 <i>Free jump or leap</i></p> 	<p>1.201 <i>Free jump with ½ turn (180°) in flight phase to stand – take-off from both feet</i></p> 	<p>1.301 <i>Free jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam</i></p> 	<p>1.401</p>	<p>1.501</p>	<p>1.601</p>
<p>1.102 <i>Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam</i></p> 	<p>1.202</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>

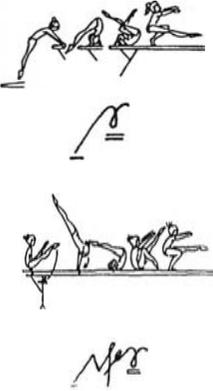
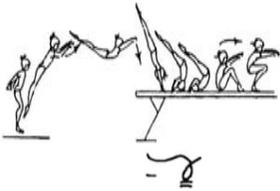
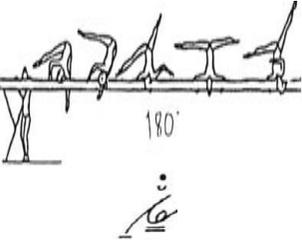
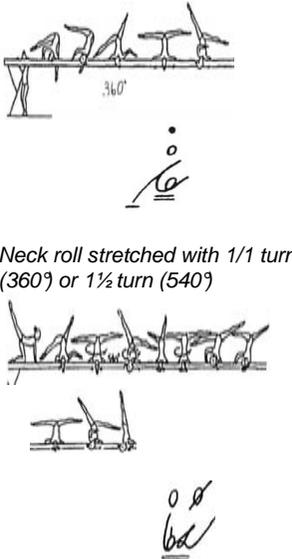
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.103 Flank with ½ turn (180°) to rear support</p> 	<p>1.203</p>	<p>1.303 Two flank circles followed by leg "Flair" (Baitova)</p>  <p>3 flying flairs (Homma)</p> 	<p>1.503</p>	<p>1.603</p>	
<p>1.104</p>	<p>1.204 Jump with ½ turn (180°) to clear straddle support – 90° approach to beam</p> 	<p>1.304 Round-off, straddle pike jump backward over beam into immediate hip circle backward – 90° approach to beam</p> 	<p>1.404</p>	<p>1.504</p>	<p>1.604</p>

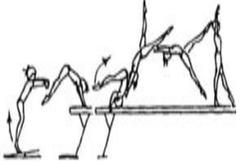
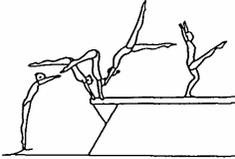
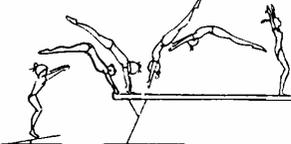
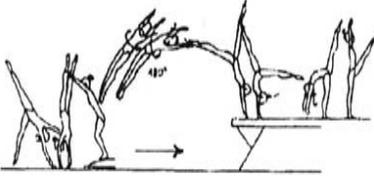
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.105 Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)</p> 	<p>1.205 Free jump to cross split sit – take-off from both legs – diagonal approach to beam</p> 	<p>1.305</p>	<p>1.405</p>	<p>1.505</p>	<p>1.605</p>
<p>1.106 From side stand - squat or stoop through to rear support</p> 	<p>1.206 From side stand – squat or stoop through to clear pike support (2 sec.)</p> 	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>

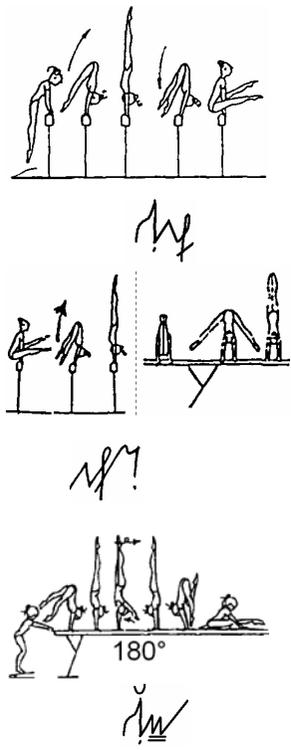
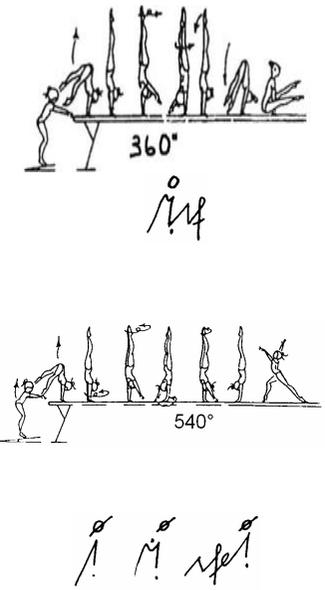
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.107 <i>Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward</i></p> 	<p>1.207</p>	<p>1.307 <i>Hecht roll (extended hip angle in flight phase) – approach at end or diagonal to beam</i></p> 	<p>1.407</p>	<p>1.507</p>	<p>1.607</p>
<p>1.108</p>	<p>1.208 <i>Jump to neckstand, ½ turn (180°) over shoulder to cheststand</i></p> 	<p>1.308 <i>Jump to neckstand, 1/1 turn (360°) over shoulder to cheststand (Silivas)</i></p>  <p><i>Neck roll stretched with 1/1 turn (360°) or 1½ turn (540°)</i></p>	<p>1.408</p>	<p>1.508</p>	<p>1.608</p>

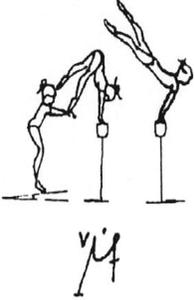
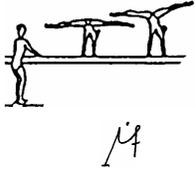
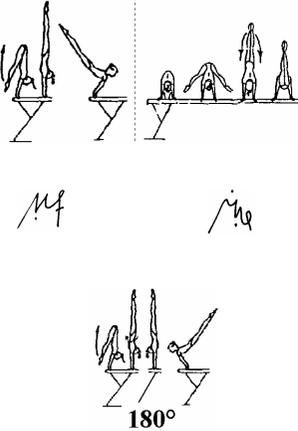
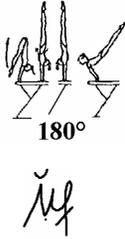
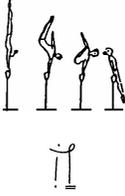
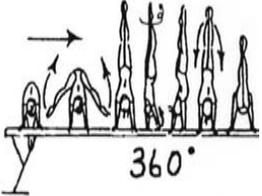
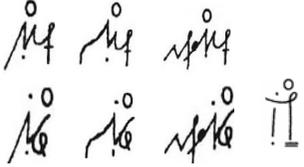
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.109</p>	<p>1.209 From cross stand facing end of beam – head kip</p>  <p style="text-align: center;">L</p>	<p>1.309 From cross stand facing end of beam – jump to handstand with hip angle (pike) to handspring forward with step-out</p>  <p style="text-align: center;">M</p>	<p>1.409 Handspring forward with hecht phase (extended hip angle) before and after hand support on beam – approach at end or diagonal to beam</p>  <p style="text-align: center;">N</p> <p><i>Jump to handstand with hip angle (pike) to handspring forward to land on two feet.</i></p>  <p style="text-align: center;">O</p> <p><i>Round-off at end of beam – flic-flac with ½ turn (180°) and walkover forward (Dunn)</i></p>  <p style="text-align: center;">P</p>	<p>1.609</p>	<p>F/G</p>

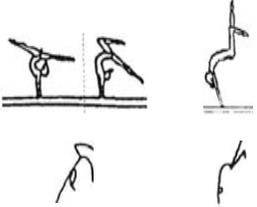
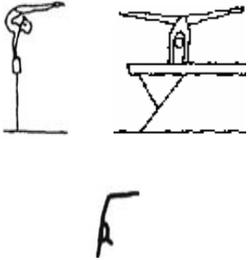
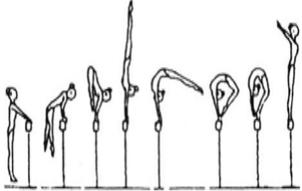
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.110</p>	<p>1.210 <i>Jump, press, or swing to side or cross handstand, also from clear straddle or clear pike support – lower to end position touching beam or clear straddle support, also with ½ turn (180°) in handstand</i></p> 	<p>1.310 <i>Jump, press or swing to cross or side handstand with 1/1 - 1½ turn (360° - 540°) – lower to end position touching beam or clear straddle support</i></p> 	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>

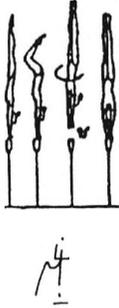
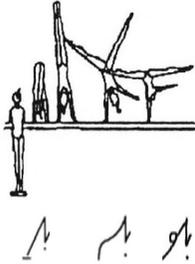
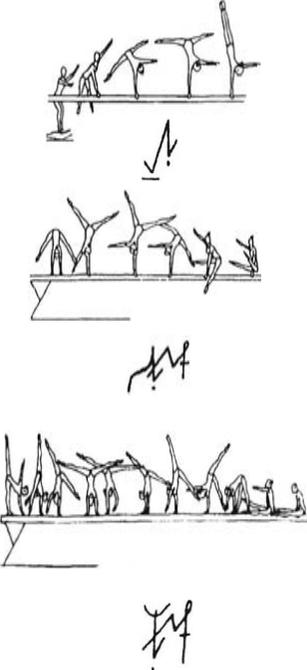
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.111</p>	<p>1.211 Jump with bent hips to side planche (clear front support above horizontal) (2 sec.)</p> 	<p>1.311 Jump with stretched hips to planche (Schuschunova), also jump, press, or swing to cross or side handstand – lower to planche or clear pike support (2 sec) or release one hand with swing down sideward (Hand-Li), also with 1/2 turn (180°) in handstand</p>    	<p>1.411 Jump, press or swing to cross or side handstand – 1/1 turn (360°) in handstand – lower to planche, or clear pike support (2 sec.), or release one hand with swing down sideward (Hand-Li)</p>  	<p>1.511</p>	<p>1.611</p>

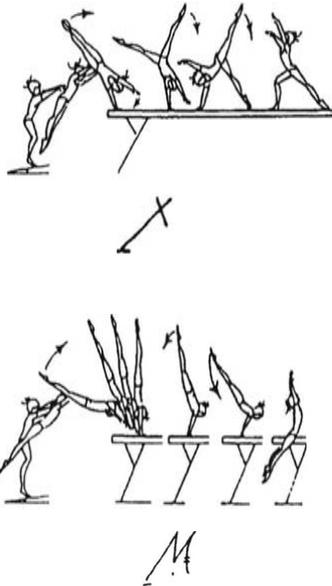
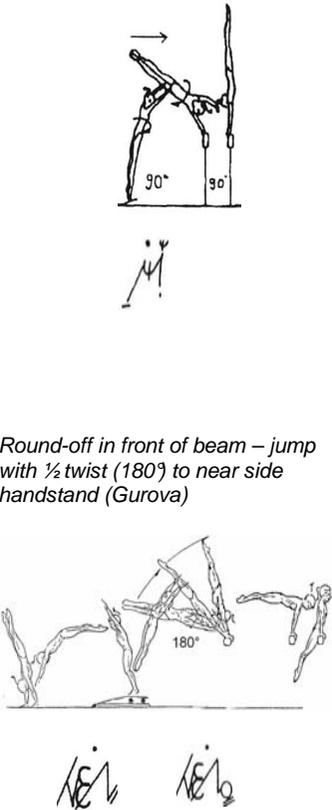
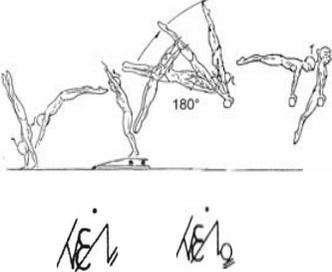
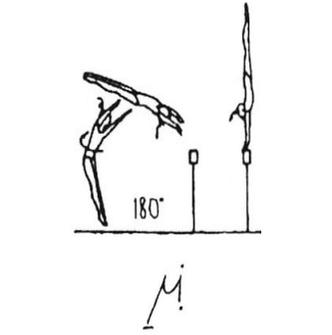
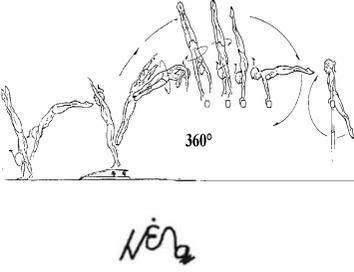
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.112</p>	<p>1.212</p> <p><i>Handstands in cross position with large arch span, also piked with one leg vertical, other leg bent (2 sec.)</i></p>  <p><i>Cross or side handstand with horizontal leg hold – reverse planche in different variations (2 sec.)</i></p> 	<p>1.312</p>	<p>1.412</p> <p><i>Press to side handstand – walkover forward to side stand on both legs (Philips)</i></p>  	<p>1.512</p>	<p>1.612</p>

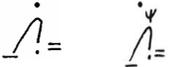
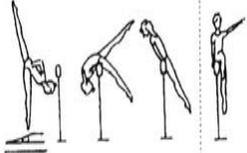
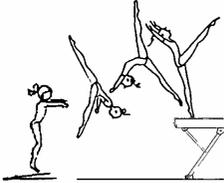
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.113</p>	<p>1.213</p> <p>Press to side handstand, with bending - stretching of legs - hop with ¼ turn (90°) to cross handstand (Lori-hop)</p> 	<p>1.313</p> <p>Jump press or swing to handstand shift weight to one arm handstand (2 sec.) - lower to optional end position</p> 	<p>1.413</p> <p>Jump or press on one arm to handstand (Rankin), also jump, press or swing to cross or side handstand - shift weight (Rankin) to side handstand on one arm (2 sec.), lowering to clear straddle support on one arm (Rankin, Lowing)</p> 	<p>1.513</p>	<p>1.613</p>

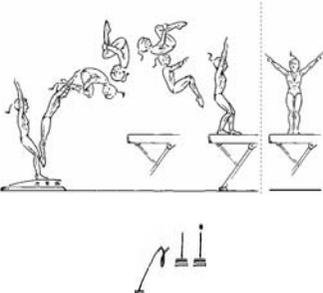
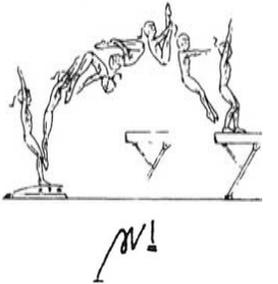
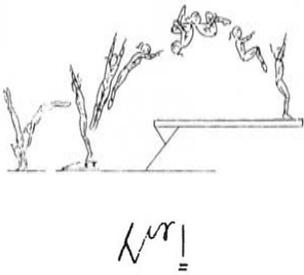
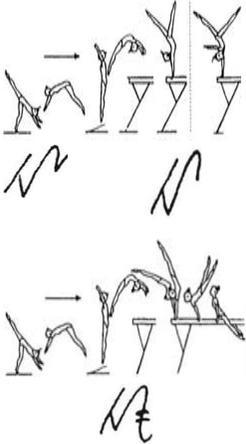
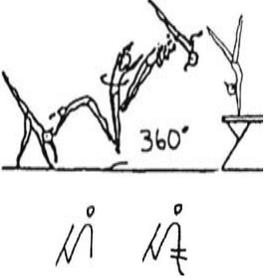
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.114</p>	<p>1.214 <i>Jump with extended hips (hecht phase) to cartwheel on one or both arms to cross handstand – lower to stand or end position touching beam</i></p> 	<p>1.314 <i>90° approach to beam – jump with extended hips and with ¼ turn (90°) through a momentary handstand on one arm with immediate ¼ turn (90°) and support on second arm to side handstand</i></p>  <p><i>Round-off in front of beam – jump with ½ twist (180°) to near side handstand (Gurova)</i></p> 	<p>1.414 <i>Jump with extended hips and ½ turn (180°) in flight phase to side handstand – 90° approach to beam</i></p> 	<p>1.514 <i>Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle backward (Zamolodchikova)</i></p> 	<p>1.614</p>

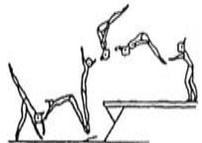
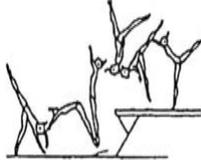
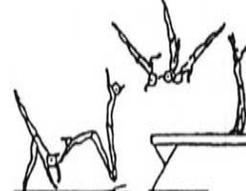
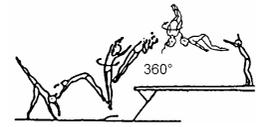
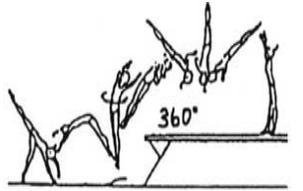
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.115</p>	<p>1.215 <i>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</i></p>   <p><i>Free (aerial) walkover forward to rear support – or with ¼ turn (90°) to cross sit on R or L thigh – 90° approach to beam</i></p>  	<p>1.315</p>	<p>1.415 <i>Aerial walkover forward to cross stand – approach at end of beam, take off from both feet</i></p>  	<p>1.515</p>	<p>1.615</p>

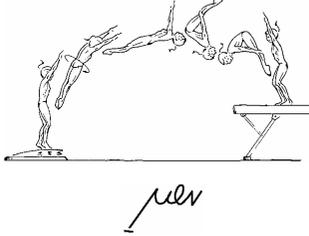
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.116</p>	<p>1.216</p>	<p>1.316 Salto forward tucked to cross or side stand – approach at end of beam</p> 	<p>1.416 Salto forward piked to stand – approach at end of beam</p> 	<p>1.516</p>	<p>1.616 - F - Round-off at end of beam – take off bwd. with ½ turn (180°) – tucked salto fwd. to stand</p> 
<p>1.117</p>	<p>1.217</p>	<p>1.317 Round-off at end of beam – flic-flac through handstand – support on one or both arms – to cross stand on beam or with swing down to cross straddle sit</p> 	<p>1.417 Round-off at end of beam – flic-flac with 1/1 twist (360°) to cross stand on beam (Luconi), also into swing down to cross straddle sit (Tsavdaridou)</p> 	<p>1.517</p>	<p>1.617</p>

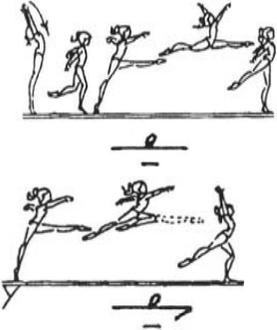
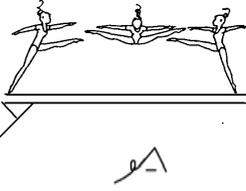
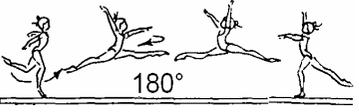
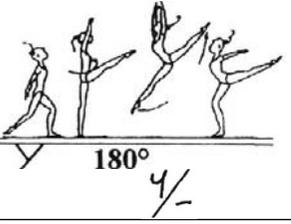
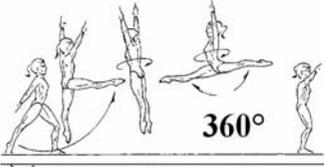
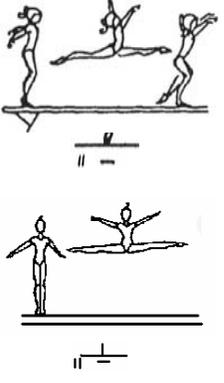
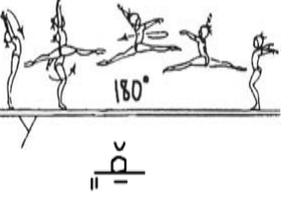
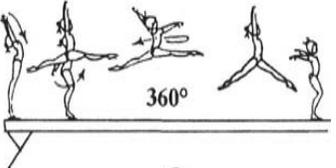
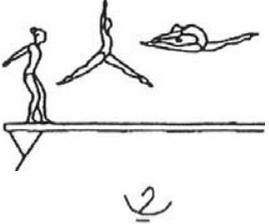
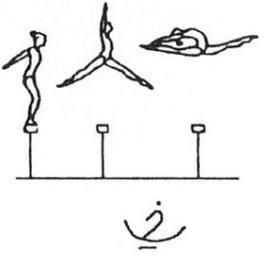
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.118</p>	<p>1.218</p>	<p>1.318</p>	<p>1.418 <i>Round-off at end of beam – salto backward tucked, piked or stretched with step-out to cross or side stand on beam</i></p>  <p>lee</p>  <p>lee</p>  <p>lee</p>	<p>1.518 <i>Round-off at end of beam – salto backward stretched to cross stand on beam</i></p>  <p>lee¹¹</p>	<p>1.618 - F - <i>Round-off at end of beam – salto backward tucked with 1/1 twist (360°) to cross stand</i></p>  <p>lee¹¹</p> <p>1.718 - G - <i>Round-off at end of beam – salto backward stretched with 1/1 twist (360°) to cross stand on beam (Garrison)</i></p>  <p>lee</p>

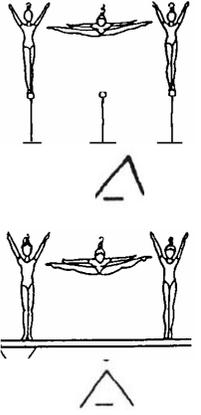
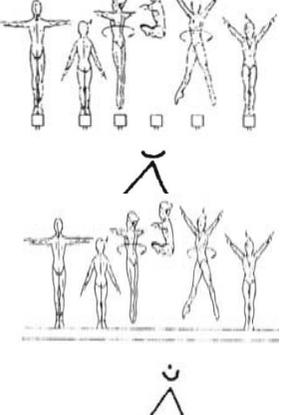
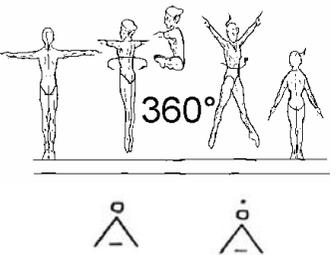
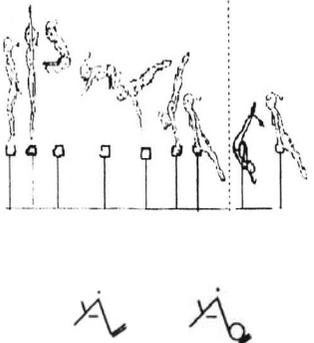
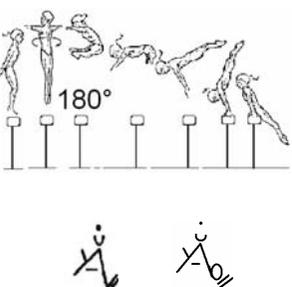
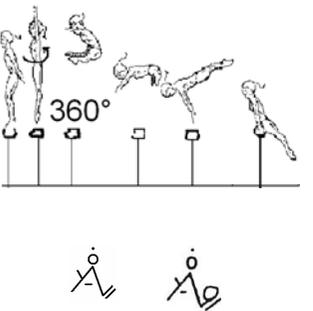
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.119</p>	<p>1.219</p>	<p>1.319</p>	<p>1.419</p>	<p>1.519 <i>Jump forward with ½ twist (180°) – salto backward piked.</i></p> 	<p>1.619</p>

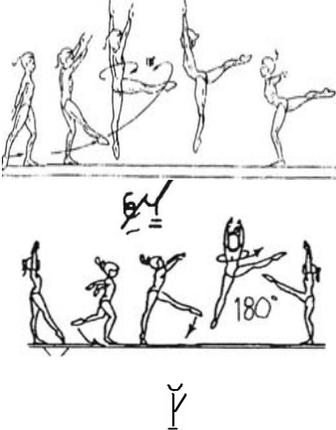
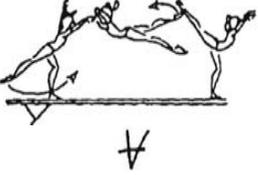
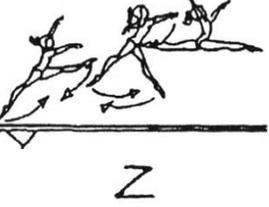
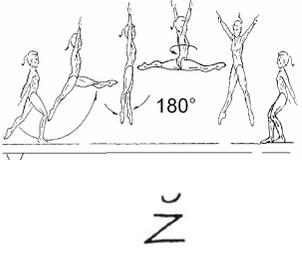
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.101 Split leap forward (take-off from one leg) also with bending of front leg (stag leap)</p> 	<p>2.201 Split leap with ¼ turn (90°) to land on one or both feet</p> 	<p>2.301 Split leap forward (take off from one leg) with ½ turn.</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">p</p> <p><i>Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)</i></p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">4/-</p>	<p>2.401 Split leap (take off from one foot) with 1/1 turn (360°)</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">ip0</p>	<p>2.501</p>	<p>2.601</p>
<p>2.102 Split jump in side or cross position</p> 	<p>2.202 Split jump with 90° bend of rear leg from side position</p>  <p><i>Split jump with ½ turn (180°)</i></p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">ip<</p>	<p>2.302 Split jump with 1/1 turn (360°)</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">ip0</p>	<p>2.402 From Cross stand – Jump to cross split (split > over 180°) with body arched bwd- legs and body parallel to floor (Yang-Bo)</p>  <p style="text-align: center;">2</p>	<p>2.502 From side stand – Jump to cross split (split > over 180°) with body arched bwd- legs and body parallel to floor (Teza)</p>  <p style="text-align: center;">2</p>	<p>2.602</p>

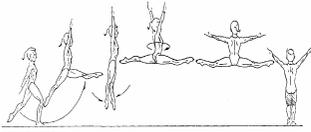
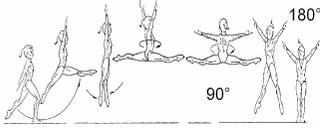
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.103 Straddle pike jump from cross or side position</p> 	<p>2.203 Straddle pike jump with 1/2 turn (180°) from cross or side position</p> 	<p>2.303 Straddle pike jump with 1/1 turn (360°) from cross or side position</p> 	<p>2.403</p>	<p>2.503</p>	<p>2.603</p>
<p>2.104 Straddle jump to front support or with hip circle backward (Furnon), also with 1/4 turn (90°)</p> 	<p>2.204 Straddle jump with 1/2 - 3/4 turn (180° - 270°) to front side support or with hip circle backward</p> 	<p>2.304 Straddle jump with 1/1 turn (360°) to front support or with hip circle backward</p> 	<p>2.404</p>	<p>2.504</p>	<p>2.604</p>

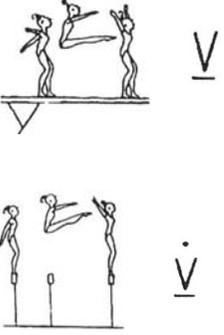
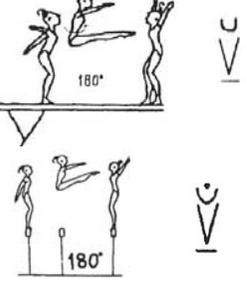
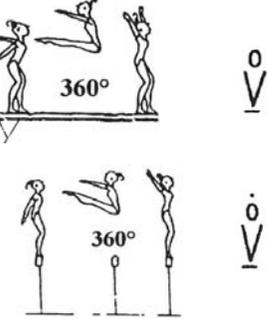
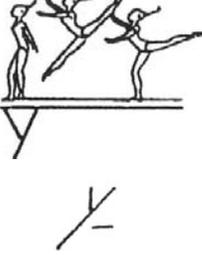
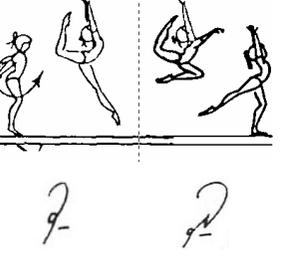
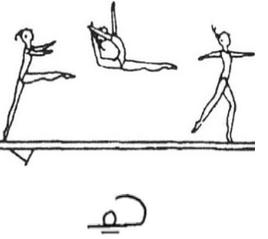
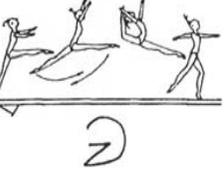
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.105</p>	<p>2.205 <i>Fouetté-hop with ½ turn (180°) to land in scale (free leg above horizontal); or Hop with ½ turn (180°) free leg extended above horizontal</i></p>  <p>The diagram shows two sequences of gymnastic movements. The top sequence illustrates a Fouetté-hop: a gymnast starts in a crouched position, jumps with one leg extended horizontally, performs a 180-degree turn in the air, and lands with the free leg extended above the horizontal. The bottom sequence illustrates a Hop with 1/2 turn: a gymnast starts in a crouched position, jumps with one leg extended horizontally, performs a 180-degree turn in the air, and lands with the free leg extended above the horizontal. A '180°' label is placed between the two sequences. Below the diagrams is a stylized symbol resembling a 'Y' with a vertical line through it.</p>	<p>2.305</p>	<p>2.405 <i>Butterfly</i></p>  <p>The diagram shows a gymnast performing a butterfly leap. The gymnast is in a crouched position, jumps with both legs extended horizontally in a butterfly position, and lands with both legs extended horizontally. Below the diagram is a stylized symbol resembling a 'V' with a vertical line through it.</p>	<p>2.505</p>	<p>2.605</p>
<p>2.106</p>	<p>2.206</p>	<p>2.306 <i>Split leap forward with leg change (180° separation < after leg change)</i></p>  <p>The diagram shows a gymnast performing a split leap forward with leg change. The gymnast starts in a crouched position, jumps with one leg extended horizontally, performs a 180-degree separation of the legs after the leg change, and lands with both legs extended horizontally. Below the diagram is a stylized symbol resembling a 'Z'.</p>	<p>2.406 <i>Split leap forward with leg change (180° separation < after leg change) and ½ turn (180°)</i></p>  <p>The diagram shows a gymnast performing a split leap forward with leg change and 1/2 turn. The gymnast starts in a crouched position, jumps with one leg extended horizontally, performs a 180-degree separation of the legs after the leg change, and then performs a 180-degree turn in the air before landing with both legs extended horizontally. A '180°' label is placed between the two sequences. Below the diagram is a stylized symbol resembling a 'Z' with a vertical line through it.</p>	<p>2.506</p>	<p>2.606</p>

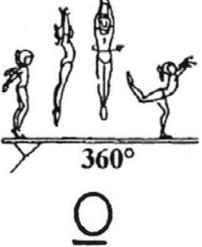
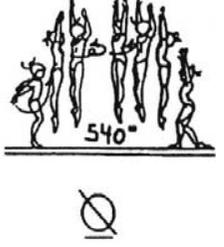
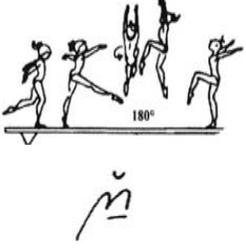
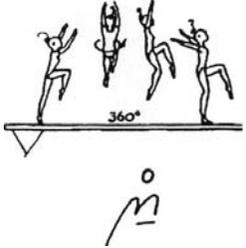
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
2.107	2.207	<p>2.307 <i>Leap forward with leg change and ¼ turn (90°) to side split or straddle pike (Johnson)</i></p>  <p style="text-align: center; font-size: 2em;">Z_L</p>	<p>2.407 <i>Leap forward with leg change and ¼ turn (90°) to side split leap (180°) or straddle pike position (Johnson) with additional ½ turn (180°)</i></p>  <p style="text-align: center; font-size: 2em;">Z_L</p>	2.507	2.607

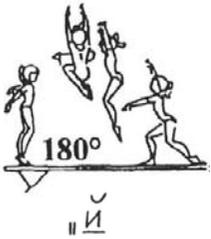
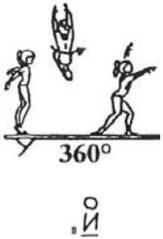
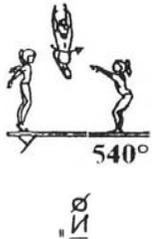
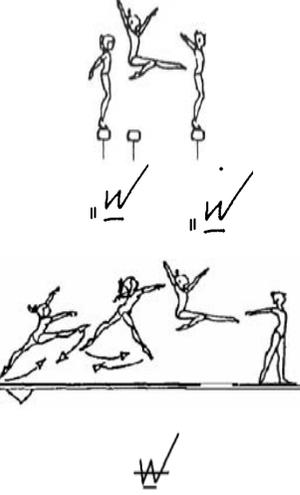
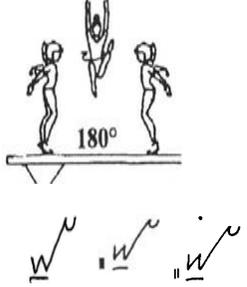
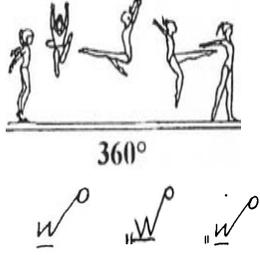
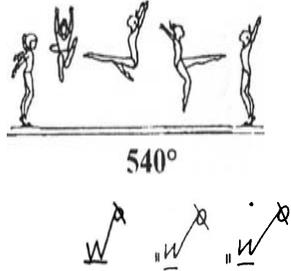
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.108 Pike jump from side or cross position (hip < 90°)</p> 	<p>2.208 Pike jump from side or cross (Sekerova) position (hip < 90°) with 1/2 turn (180°)</p> 	<p>2.308 Pike jump from side or cross position (hip < 90°) with 1/1 turn (360°)</p> 	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>
<p>2.109 Sissone, take off from both legs</p> 	<p>2.209 Ring or stag-ring jump (rear leg at head height, head dropped bwd)</p> 	<p>2.309 Split ring leap (rear leg at head height, head dropped bwd, front leg parallel to floor)</p> 	<p>2.409 Tuck jump with arch (Sheep jump), feet at head height (head dropped bwd)</p> 	<p>2.509 Split leap forward with leg change to ring leap (180° separation < after leg change) front leg parallel to the floor, head dropped bwd</p> 	<p>2.609</p>

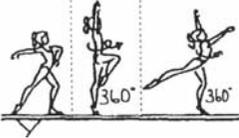
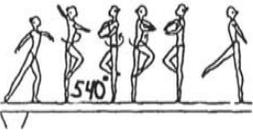
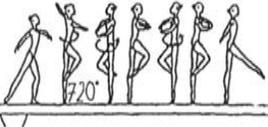
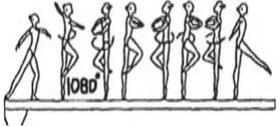
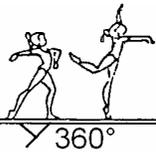
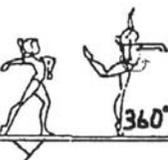
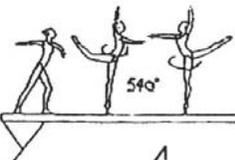
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.110</p>	<p>2.210 <i>Stretched jump with 1/1turn (360°) landing optional</i></p> 	<p>2.310 <i>Stretched jump with 1½ turn (540°), landing optional</i></p> 	<p>2.410</p>	<p>2.510</p>	<p>2.610</p>
<p>2.111 <i>Cat leap with ½ turn (180°) (knees at horizontal)</i></p> 	<p>2.211 <i>Cat leap with 1/1 turn (360°) (knees at horizontal)</i></p> 	<p>2.311</p>	<p>2.411</p>	<p>2.511</p>	<p>2.611</p>

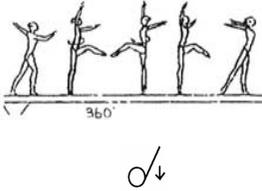
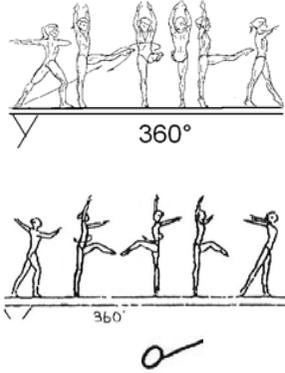
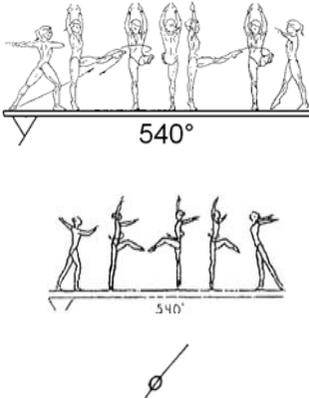
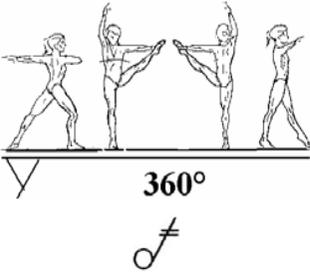
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.112 Tuck hop or jump with ½ turn (180°) (knees at horizontal)</p> 	<p>2.212 Tuck hop or jump with 1/1 turn (360°) (knees at horizontal)</p> 	<p>2.312 Tuck hop or jump with 1 ½ turn (540°) (knees at horizontal)</p> 	<p>2.412</p>	<p>2.512</p>	<p>2.612</p>
<p>2.113 Wolf hop or jump from cross or side position, also with leg change (extended leg at horizontal)</p> 	<p>2.213 Wolf hop or jump from cross or side position with ½ turn (180°) (extended leg at horizontal)</p> 	<p>2.313 Wolf hop or jump from cross or side position with 1/1 turn (360°) (extended leg at horizontal)</p> 	<p>2.413 Wolf hop or jump from cross or side position with 1½ turn (540°) (extended leg at horizontal)</p> 	<p>2.513</p>	<p>2.613</p>

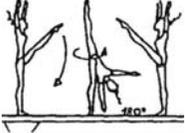
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.101 1/1 turn (360°) on one leg – free leg optional below horizontal</p>  <p align="center">0</p>	<p>3.201 1½ turn (540°) on one leg – free leg optional below horizontal</p>  <p align="center">∅</p>	<p>3.301</p>	<p>3.401 2/1 turn (720°) on one leg – free leg optional below horizontal</p>  <p align="center">⊗</p>	<p>3.501 3/1 turn (1080°) on one leg – free leg optional below horizontal (Okino)</p>  <p align="center">⊗</p>	<p>3.601</p>
<p>3.102</p>	<p>3.202 1/1 turn (360°) on one leg, thigh of free leg at 45°, backward upward throughout turn</p>  <p align="center">♫</p>	<p>3.302 1/1 turn (360°) on one leg, thigh of free leg at horizontal, backward upward throughout turn</p>  <p align="center">♫</p>	<p>3.402 1½ turn (540°) on one leg, thigh of free leg at horizontal, backward upward throughout turn</p>  <p align="center">♫</p>	<p>3.502</p>	<p>3.602</p>

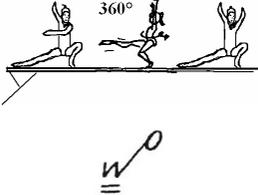
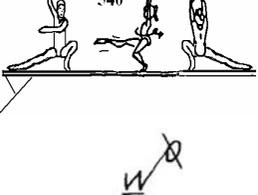
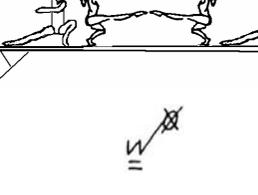
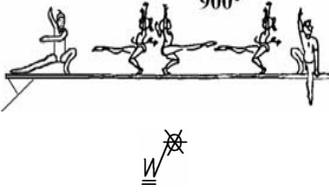
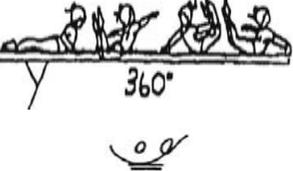
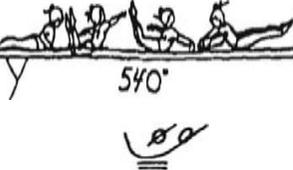
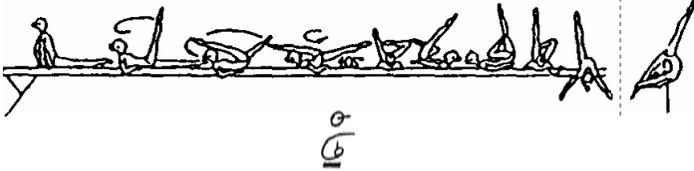
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203 <i>1/1 turn (360°) with heel of free leg forward at 45° throughout turn – forward leg extended or bent</i></p> 	<p>3.303 <i>1/1 turn (360°) with heel of free leg forward at horizontal throughout turn – forward leg extended or bent</i></p> 	<p>3.403 <i>1½ turn (540°) with heel of free leg forward at horizontal throughout turn – forward leg extended or bent</i></p> 	<p>3.503</p>	<p>3.603</p>
<p>3.104</p>	<p>3.204</p>	<p>3.304 <i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i></p> 	<p>3.404</p>	<p>3.504</p>	<p>3.604</p>

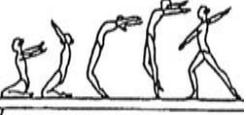
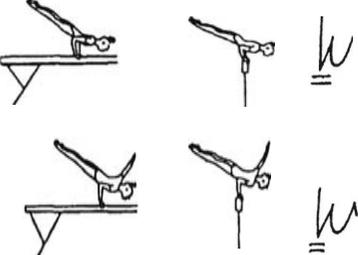
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.105</p>	<p>3.205 <i>½ illusion turn (180°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)</i></p>  <p align="center">↓</p>	<p>3.305</p>	<p>3.405 <i>1/1 illusion turn (360°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)</i></p>  <p align="center">↓</p>	<p>3.505</p>	<p>3.605</p>
<p>3.106 <i>1/1 turn (360°) in knee scale – hand support alternate</i></p>  <p align="center">↓</p>	<p>3.206 <i>1½ turn (540°) in knee scale – hand support alternate</i></p>  <p align="center">↓</p>	<p>3.306 <i>2/1 turn (720°) in knee scale – hand support alternate</i></p>  <p align="center">↓</p>	<p>3.406</p>	<p>3.506</p>	<p>3.606</p>

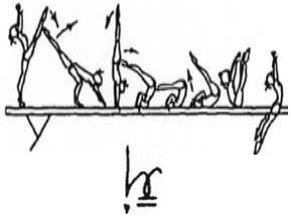
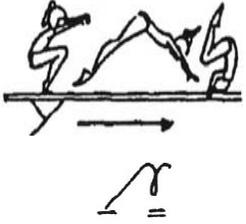
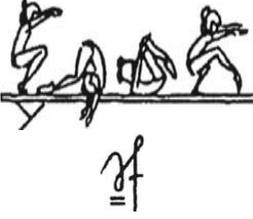
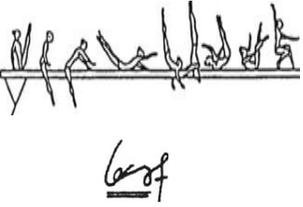
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.107</p>	<p>3.207 1/1 turn (360°) in tuck stand on one leg, free leg at horizontal throughout turn</p> 	<p>3.307 1½ turn (540°) in tuck stand on one leg, free leg at horizontal throughout turn</p> 	<p>3.407 2/1 turn (720°) in tuck stand on one leg, free leg at horizontal throughout turn</p> 	<p>3.507 2½ turn (900°) in tuck stand on one leg, free leg at horizontal throughout turn (Humphrey)</p> 	<p>3.607</p>
<p>3.108 1/1 turn to 1½ turn (360° to 540°) in prone position – alternate support of hands permitted</p>  	<p>3.208</p>	<p>3.308 1¼ (450°) turn on back in kip position (hip-leg angle closed) (Li-Li)</p> 	<p>3.508</p>	<p>3.608</p>	

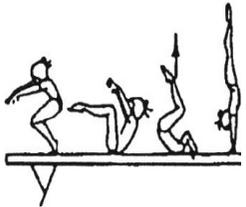
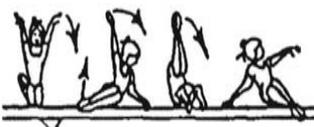
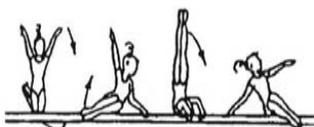
4.000 – HOLDS

A	B	C	D	E	F/G
<p>4.101 From kneeling sit position, rise upward with body wave through toe-balance stand</p>  <p>9/2</p>	<p>4.201</p>	<p>4.301</p>	<p>4.401</p>	<p>4.501</p>	<p>4.601</p>
<p>4.102 Standing split forward with hand support in front of support leg (separation < 180°) – Needle scale (2 sec.)</p>  <p>1/2</p>	<p>4.202</p>	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>	<p>4.602</p>
<p>4.103 Planche with support on one or both arms (2 sec.), arms bent</p> 	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>

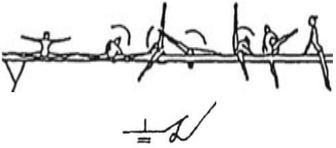
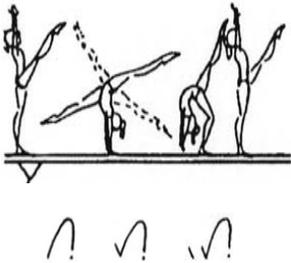
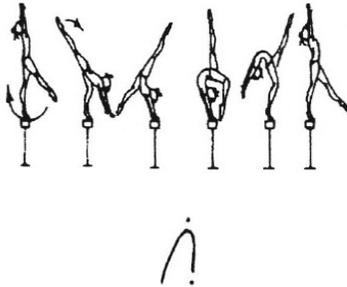
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.101 Kick to cross handstand – roll forward with or without hand support</p> 	<p>5.201 Dive roll forward</p> 	<p>5.301</p>	<p>5.401</p>	<p>5.501</p>	<p>5.601</p>
<p>5.102 Roll forward without hand support</p> 	<p>5.202 Free shoulder roll forward with straightening to tuck stand or stand without hand support (Garrison)</p> 	<p>5.302</p>	<p>5.402</p>	<p>5.502</p>	<p>5.602</p>

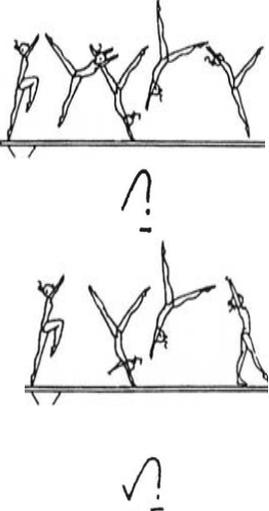
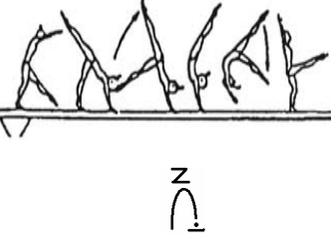
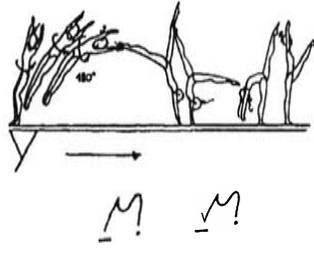
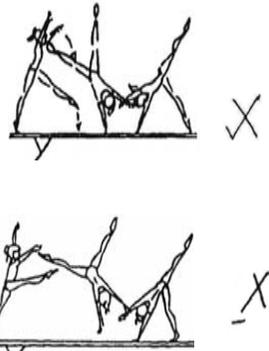
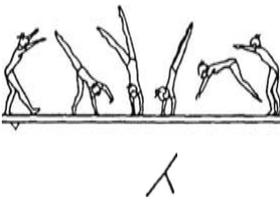
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.103</p>	<p>5.203 <i>Roll backward to handstand</i></p>  <p><u>u!</u></p>	<p>5.303</p>	<p>5.403</p>	<p>5.503</p>	<p>5.603</p>
<p>5.104</p>	<p>5.204 <i>Roll sideward, body tucked or stretched – or roll sideward stretched through neckstand, also with ½ turn (180°) over shoulder</i></p>  <p><u>d dV</u></p>  <p><u>d</u></p>  <p><u>u</u></p>	<p>5.304</p>	<p>5.404</p>	<p>5.504</p>	<p>5.604</p>

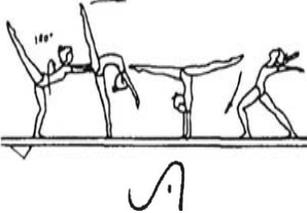
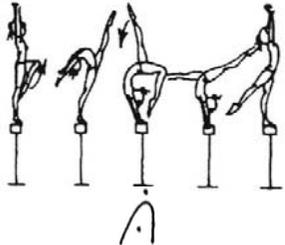
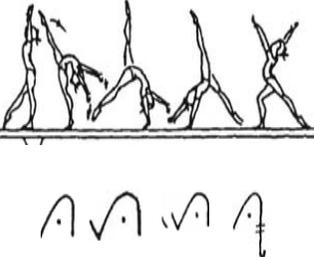
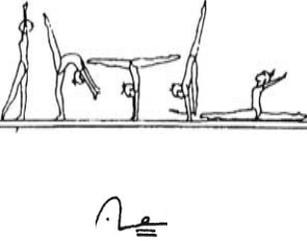
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.105</p>	<p>5.205 <i>Side split – roll sideward stretched, legs separated – end position optional</i></p> 	<p>5.305</p>	<p>5.405</p>	<p>5.505</p>	<p>5.605</p>
<p>5.106 <i>Walkover forward, also with support of one arm or with alternate hand support (Tinsica)</i></p> 	<p>5.206</p>	<p>5.306 <i>Walkover forward in side position to sidestand</i></p> 	<p>5.406</p>	<p>5.506</p>	<p>5.606</p>

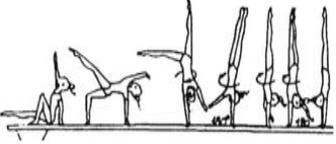
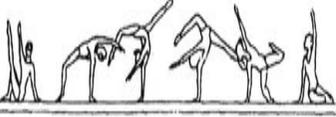
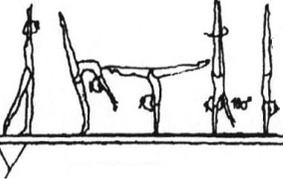
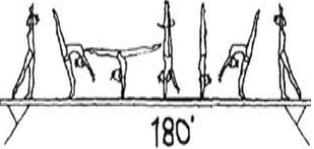
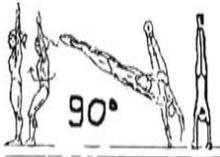
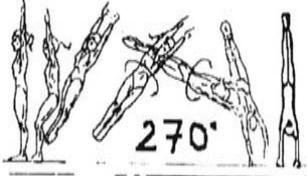
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207 <i>Handspring forward with flight to land on one or both legs, also with support on one arm</i></p> 	<p>5.307 <i>Handspring forward with leg change in flight phase</i></p> 	<p>5.407 <i>Jump backward (flic-flac take-off) with 1/2 twist (180°) to walkover forward, also with support on one arm</i></p> 	<p>5.507</p>	<p>5.607</p>
<p>5.108 <i>Cartwheel with support on one arm, or Cartwheel with flight phase before or after hand support</i></p> 	<p>5.208 <i>Round-off</i></p> 	<p>5.308</p>	<p>5.408</p>	<p>5.508</p>	<p>5.608</p>

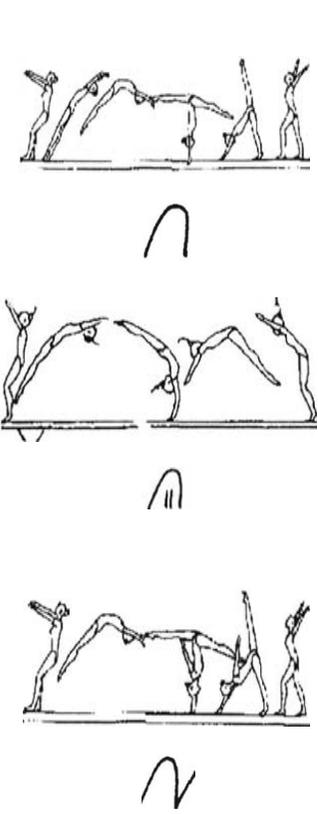
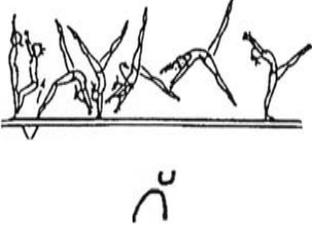
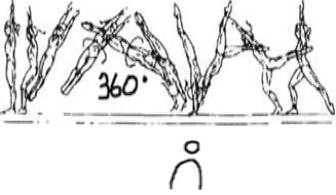
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.109</p>	<p>5.209 Scale forward, ½ turn (180°) to walkover backward (Turning Bridge)</p> 	<p>5.309 Walkover backward in side position to side stand</p> 	<p>5.409</p>	<p>5.509</p>	<p>5.609</p>
<p>5.110 Walkover backward, also with support of one arm, with alternate hand support (Tinsica) or with swing down to cross sit</p> 	<p>5.210 Walkover backward with stoop through of one leg to cross split sit</p> 	<p>5.310</p>	<p>5.410</p>	<p>5.510</p>	<p>5.610</p>

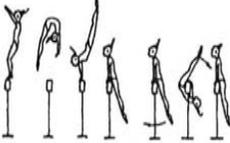
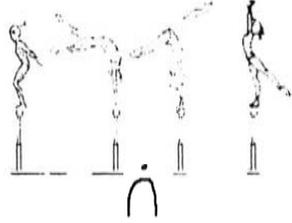
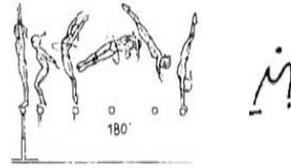
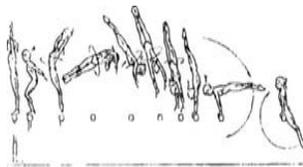
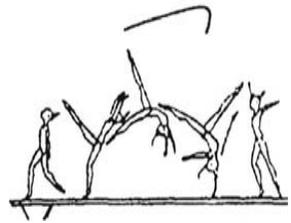
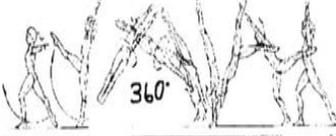
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.111 From extended tuck sit – walkover backward (Valdez)</p>  	<p>5.211 From extended tuck sit – walkover backward with 1/1 turn (360°)</p>  	<p>5.311 From extended tuck sit – "Valdez" swing over backward through horizontal plane with support on one arm (Garrison)</p>  	<p>5.411</p>	<p>5.511</p>	<p>5.611</p>
<p>5.112 Walkover backward to handstand, ½ turn (180°) in handstand</p>  	<p>5.212 Walkover forward or backward with ½ turn (180°) in handstand and continuation of movement to walkover forward</p>  <p>180°</p> 	<p>5.312 Flic-flac with ¼ twist (90°) to side Handstand (2 sec.)</p>  <p>90°</p> 	<p>5.412 Flic-flac with ¾ twist (270°) to side Handstand (2 sec.)(Omelianchik)</p>  <p>270°</p> 	<p>5.512</p>	<p>5.612</p>

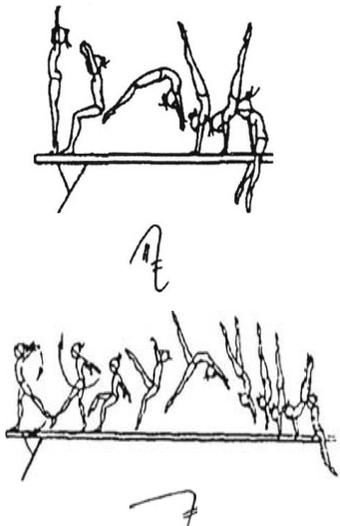
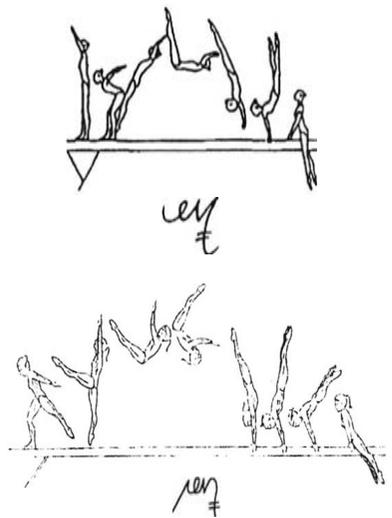
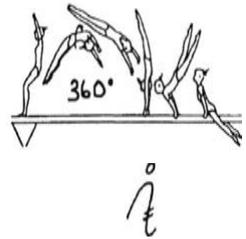
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.113</p>	<p>5.213 Flic-flac with step-out or land on both legs, also with support on one arm</p> 	<p>5.313 Flic-flac with 1/2 twist (180°) after hand support</p> 	<p>5.413 Flic-flac with 1/1 twist (360°) before hand support (Kochetkova)</p> 	<p>5.513</p>	<p>5.613</p>

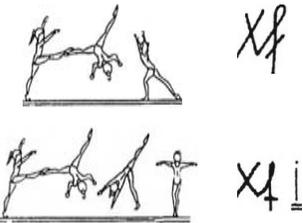
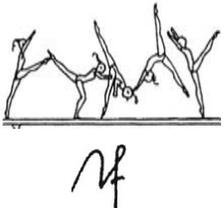
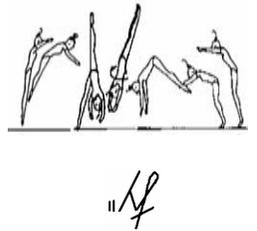
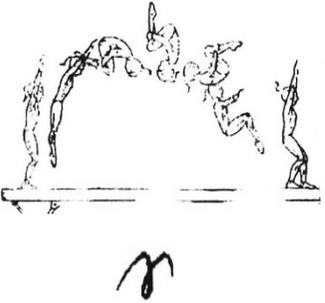
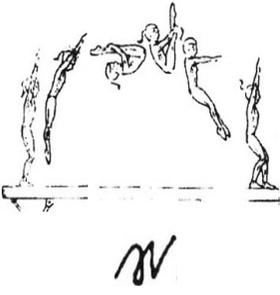
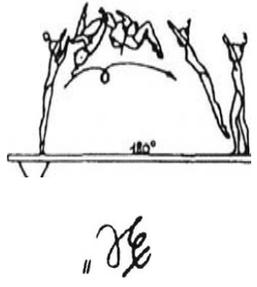
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.114</p>	<p>5.214</p>	<p>5.314 Flic-flac from side position to front support or with hip circle backward</p>  	<p>5.414 Flic-flac with step-out from side position (Tousek)</p>  <p>Jump from side position with 1/2 twist (180°) to side handstand (Kolesnikova)</p> 	<p>5.514 Flic-flac from side position with 1/1 twist (360°) to hip circle backward (Teza)</p>  	<p>5.614</p>
<p>5.115</p>	<p>5.215 Gainer flic-flac also with support on one arm</p>  	<p>5.315</p>	<p>5.415 Gainer flic-flac with 1/1 twist (360°) before hand support (Chorkina)</p>  	<p>5.515</p>	<p>5.615</p>

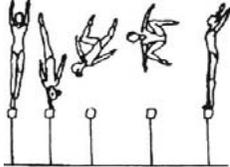
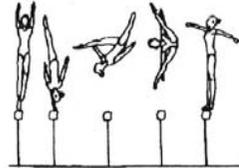
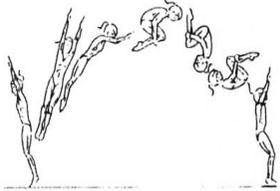
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.116</p>	<p>5.216 <i>All flic-flac variations with high flight phase, and swing down to cross straddle sit (Korbut flic-flac)</i></p> 	<p>5.316 <i>All flic-flac variations with piking and stretching (Rueda) of hips in flight phase with swing down to cross straddle sit</i></p> 	<p>5.416 <i>Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit (Rulfova-flic)</i></p> 	<p>5.516</p>	<p>5.616</p>

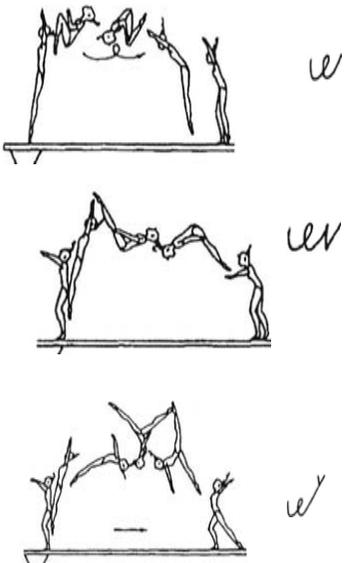
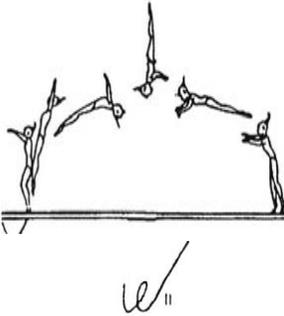
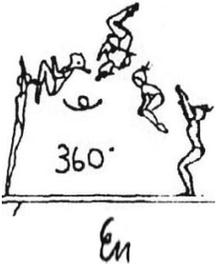
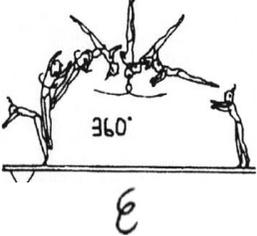
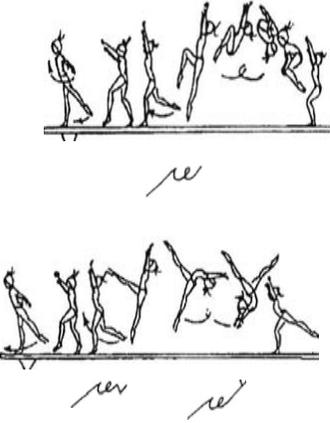
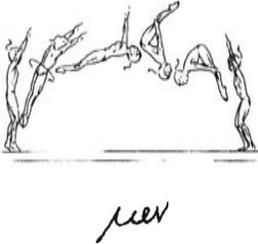
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.117</p>	<p>5.217</p>	<p>5.317</p>	<p>5.417</p> <p>Free (aerial) cartwheel – landing in cross or side position</p>  <p>Free (aerial) walkover forward</p> 	<p>5.517</p> <p>Free aerial round-off – take off from 2 feet</p> 	<p>5.617</p>
<p>5.118</p>	<p>5.218</p>	<p>5.318</p> <p>Salto forward tucked, take-off from one leg to stand</p> 	<p>5.418</p> <p>Salto forward tucked to cross stand</p> 	<p>5.518</p> <p>Salto forward piked to cross stand</p> 	<p>5.618 - F -</p> <p>Salto forward tucked with 1/2 twist (180°), take-off from both legs (Grigoras)</p> 

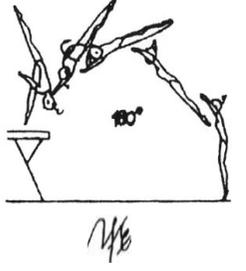
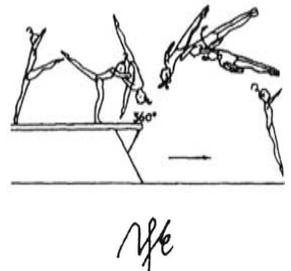
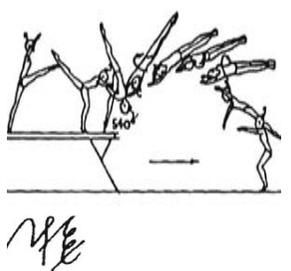
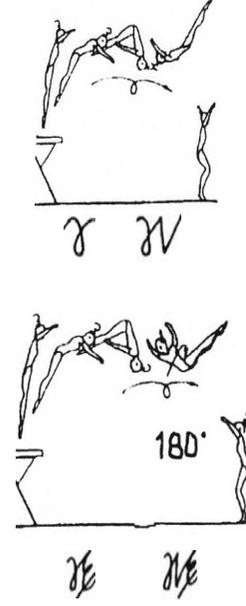
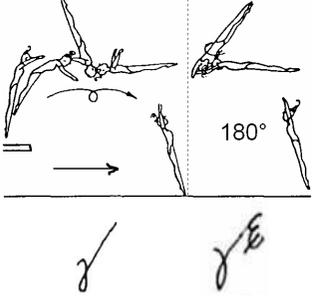
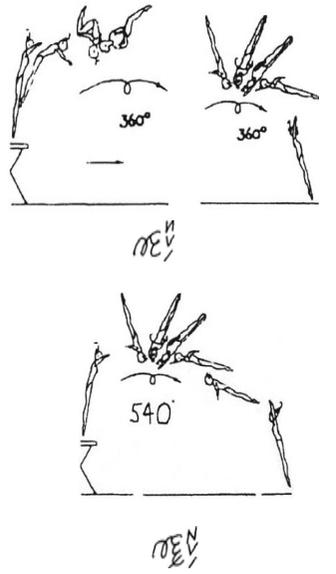
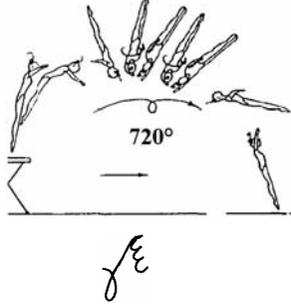
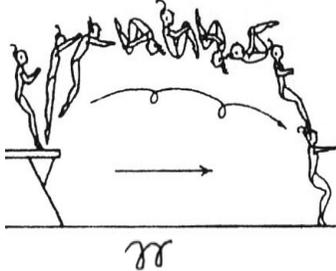
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.119</p>	<p>5.219</p>	<p>5.319</p>	<p>5.419</p> <p><i>Salto sideward tucked, take off forward or sideward from one leg to side stand</i></p>  <p><i>du</i></p> <p><i>Salto sideward piked, take-off forward or sideward from one leg to side stand</i></p>  <p><i>du</i></p>	<p>5.519</p>	<p>5.619 - F -</p> <p><i>Arabian salto tucked (take-off backward with ½ twist [180], salto forward)</i></p>  <p><i>pr</i></p>

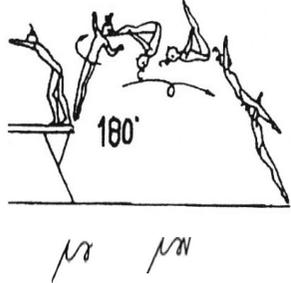
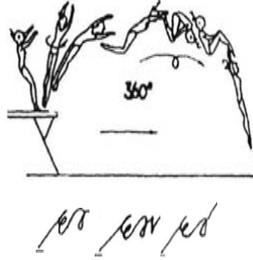
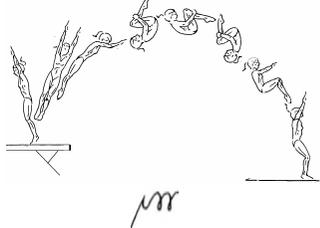
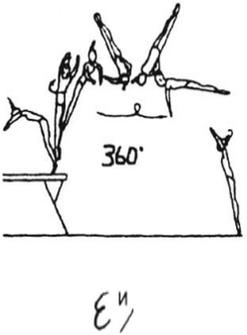
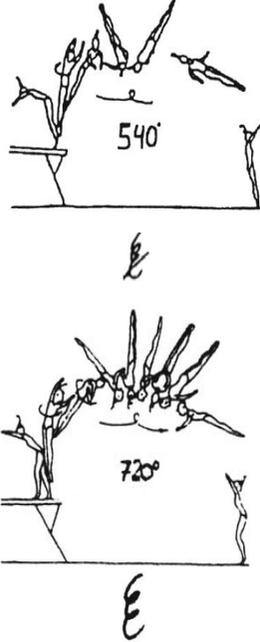
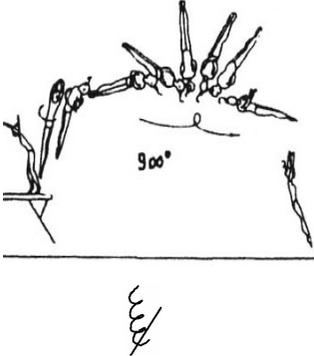
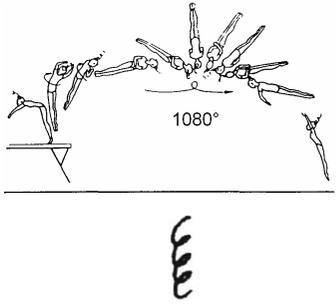
5.000 — ACROBATICS

A	B	C	D	E	F/G
<p>5.120</p>	<p>5.220</p>	<p>5.320 Salto backward tucked, piked or stretched</p> 	<p>5.420</p>	<p>5.520 Salto backward stretched with legs together</p> 	<p>5.620 - F - Salto backward tucked with 1/1 twist (360°) (Schischova)</p>  <p>5.720 - G - Salto backward stretched with 1/1 twist (360°)</p> 
<p>5.121</p>	<p>5.221</p>	<p>5.321 Gainer salto backward tucked, piked or stretched</p> 	<p>5.421</p>	<p>5.521 Jump forward with 1/2 twist (180°) – salto backward piked (Produnova)</p> 	<p>5.621</p>

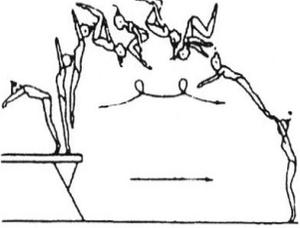
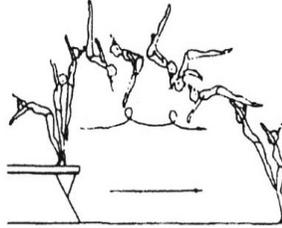
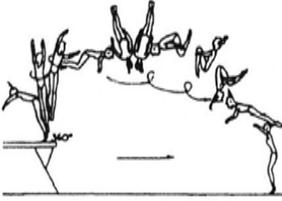
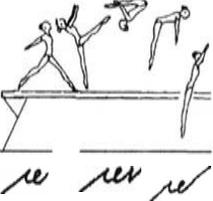
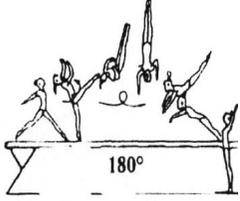
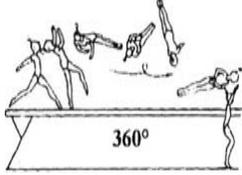
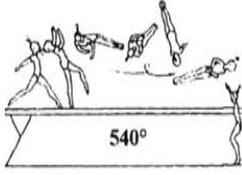
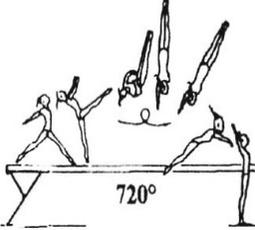
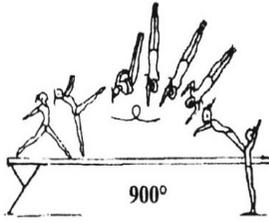
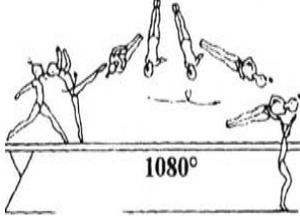
6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p>6.101 Free (aerial) walkover forward with ½ twist (180°)</p> 	<p>6.201 Free (aerial) walkover forward with 1/1 twist (360°)</p> 	<p>6.301 Free (aerial) walkover forward with 1½ twist (540°)</p> 	<p>6.401</p>	<p>6.501</p>	<p>6.601</p>
<p>6.102 Salto forward tucked or piked, also with ½ twist (180°)</p> 	<p>6.202 Salto forward stretched, also with ½ twist (180°)</p> 	<p>6.302 Salto forward tucked, piked, or stretched with 1/1 - 1½ twist (360°-540°) – take-off only from both legs</p> 	<p>6.402 Salto forward stretched with 2/1 twist (720°) – take-off only from both legs (Araujo)</p> 	<p>6.502</p>	<p>6.602 - F - Double salto forward tucked</p> 

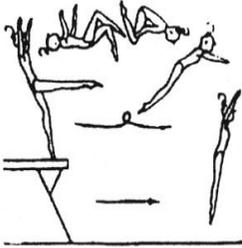
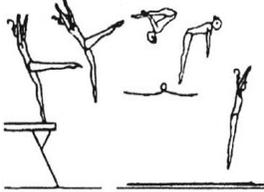
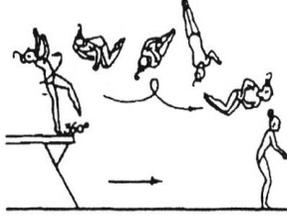
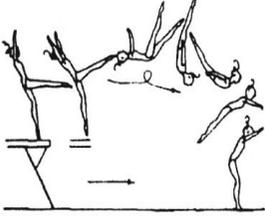
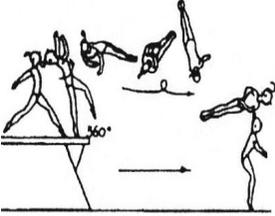
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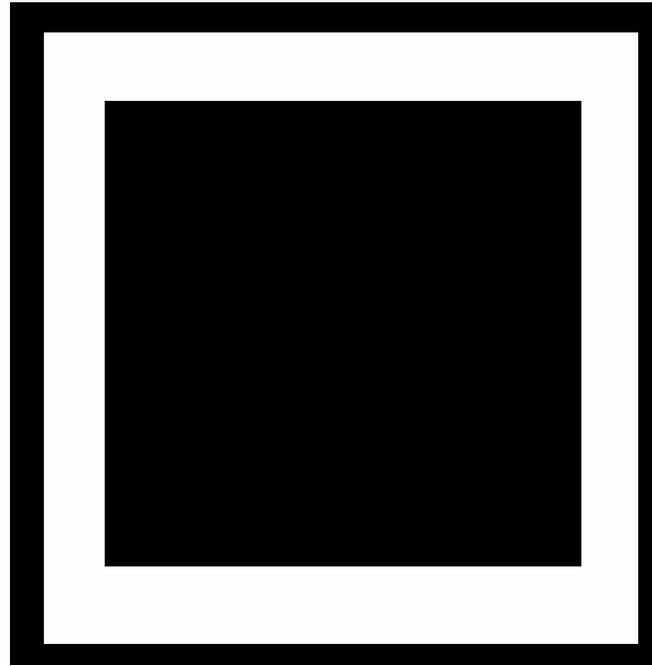
A	B	C	D	E	F/G
<p>6.103</p>	<p>6.203 Arabian salto tucked or piked (jump backward, ½ twist [180°], salto forward)</p> 	<p>6.303 Stretched jump forward with 1/1 twist (360°) and salto forward tucked, piked, or stretched</p> 	<p>6.403</p>	<p>6.503</p>	<p>6.703 - G - Arabian double salto fwd. tucked (Patterson)</p> 
<p>6.104 Salto backward tucked, piked, or stretched, also with ½ twist (180°)</p> 	<p>6.204 Salto backward tucked or stretched with 1/1 (360°)</p> 	<p>6.304 Salto backward stretched with 1½ - 2/1 twist (540° - 720°)</p> 	<p>6.404 Salto backward stretched with 2½ twist (900°)</p> 	<p>6.504</p>	<p>6.604 - F - Salto backward stretched with 3/1 twist (1080°)</p> 

6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p>6.105</p>	<p>6.205</p>	<p>6.305</p>	<p>6.405 <i>Double salto backward tucked</i></p>  <p>ll</p>	<p>6.505 <i>Double salto backward piked</i></p>  <p>llv</p>	<p>6.705 - G - <i>Double salto backward tucked or piked with 1/1 twist (360°)</i></p>  <p>Ell^{1/1}v</p>
<p>6.106 <i>Gainer salto tucked, piked, or stretched to side of beam, also with 1/2 twist (180°)(tucked, or stretched)</i></p>  <p>re rev re</p>  <p>180°</p> <p>re</p>	<p>6.206 <i>Gainer salto tucked or stretched with 1/1 - 1 1/2 (Böhmerova) twist (360° - 540°) to side of beam</i></p>  <p>360°</p> <p>re re</p>  <p>540°</p> <p>re</p>	<p>6.306 <i>Gainer salto backward tucked or stretched with 2/1 twist (720°) to side of beam</i></p>  <p>720°</p> <p>re</p>  <p>re</p>	<p>6.406 <i>Gainer salto backward stretched with 2 1/2 twist (900°) to side or at the end of beam (Khorkina)</i></p>  <p>900°</p> <p>re</p>	<p>6.506</p>	<p>6.606 - F - <i>Gainer salto backward stretched with 3/1 twist (1080°) to side of beam</i></p>  <p>1080°</p> <p>re</p>

6.000 — DISMOUNTS

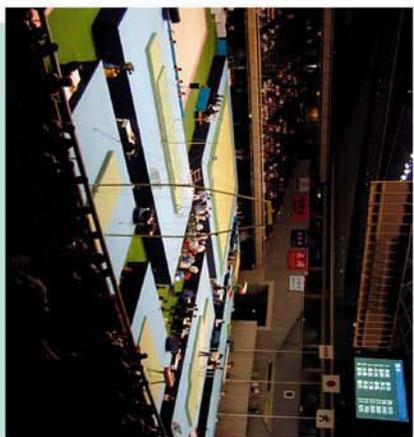
A	B	C	D	E	F/G
<p>6.107</p>	<p>6.207 Gainer salto tucked at end of beam</p>  <p><i>res</i></p>	<p>6.307 Gainer salto piked at end of the beam or Gainer salto tucked 1/1 twist (360°) at end of beam</p>  <p><i>res</i></p>  <p><i>res</i></p>	<p>6.407 Gainer salto stretched with legs together at end of the beam</p>  <p><i>res</i></p>	<p>6.507 Gainer salto stretched with legs together and 1/1 twist (360°) at end of beam</p>  <p><i>res</i></p>	<p>6.607</p>



Floor Exercise — Elements



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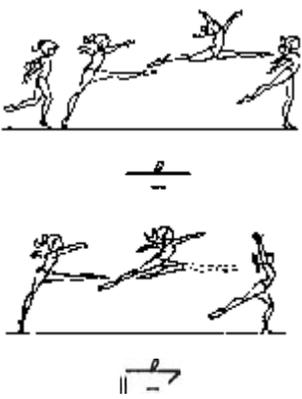
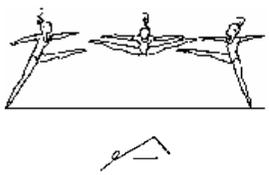
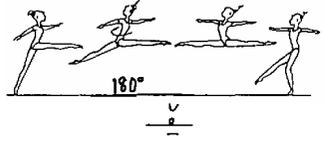
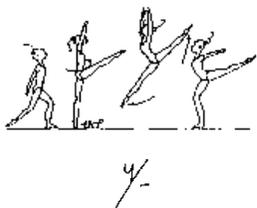
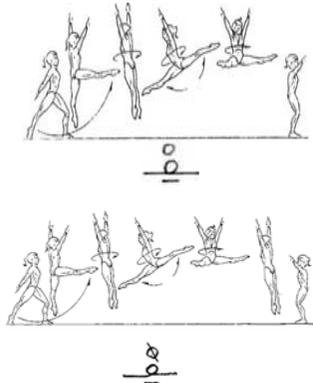
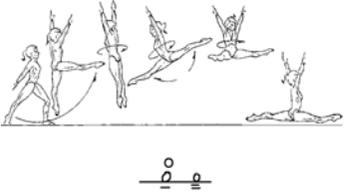
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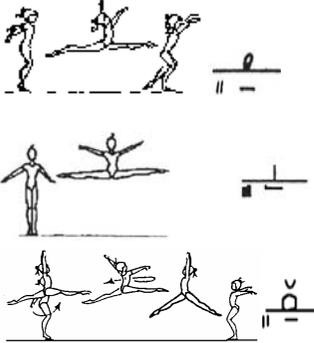
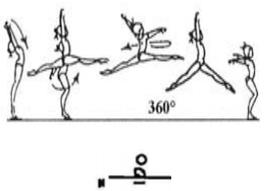
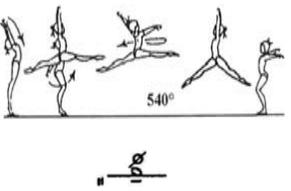
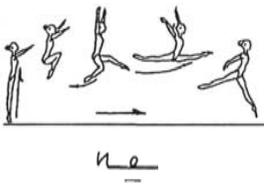
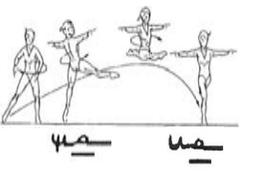
E-mail; e-honbu@senoh.co.jp



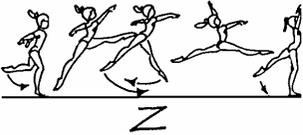
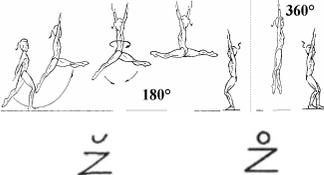
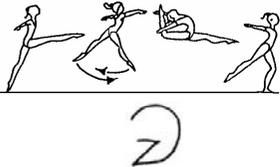
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.101 Split leap or stag Leap forward or with bending of the forward leg (stag position in flight phase)</p>  <p>1.102 Split leap forward with ¼ turn (90°) to straddle pike position</p> 	<p>1.201 Split leap with ½ turn (180°)</p>  <p>1.202 Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)</p> 	<p>1.301 Split leap with 1/1 turn (360°) or 1½ turn (540°)</p>  <p>1.302 Split leap with 1/1 turn (360°) to land in split sit position</p> 	<p>1.401</p>	<p>1.501</p>	<p>1.601</p>

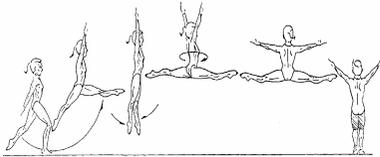
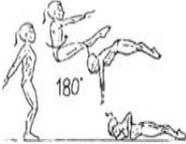
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.102 Split jump cross, side or stag, also with ½ turn (180°)</p> 	<p>1.202 Split Jump with 1/1 turn (360°)</p> 	<p>1.302 Split Jump with 1½ turn (540°)</p> 	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>
<p>1.103 Tuck jump with separation of legs to cross split (180°) during flight phase</p>  <p>Split leap backward with ¼ to ½ turn (90° to 180°) – take-off from one leg (jeté en tournant)</p> 	<p>1.203</p>	<p>1.303</p>	<p>1.403</p>	<p>1.503</p>	<p>1.603</p>

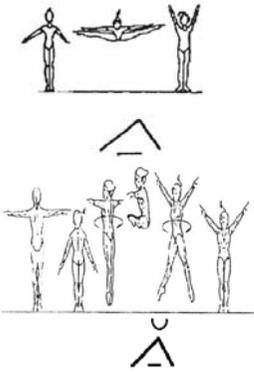
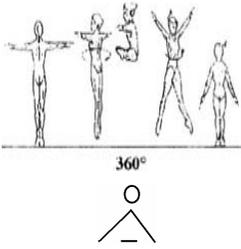
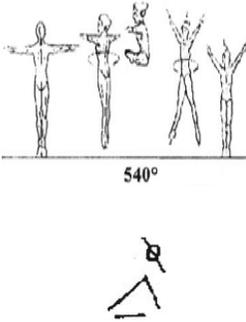
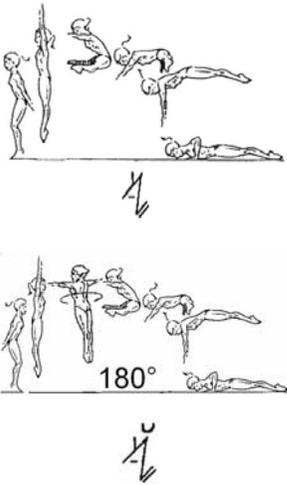
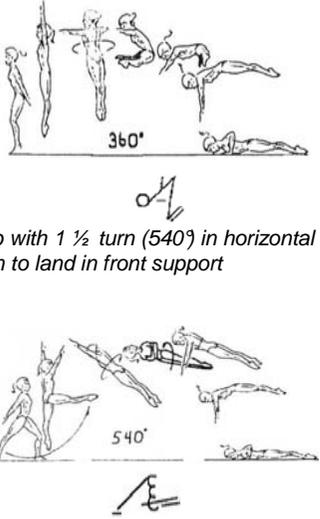
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.104</p>	<p>1.204 <i>Split leap forward with leg change (180° separation < after leg change)</i></p> 	<p>1.304 <i>Split leap forward with leg change and ½/1/1 turn (180°/360°) in flight phase (180° leg separation) (Frolova)</i></p>  <p><i>Split leap forward with leg change to ring leap (180° separation < after leg change) front leg parallel to the floor, head dropped bwd</i></p> 	<p>1.404</p>	<p>1.504</p>	<p>1.604</p>

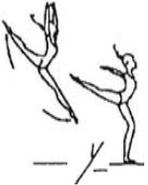
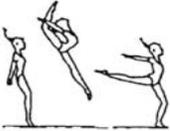
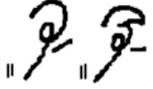
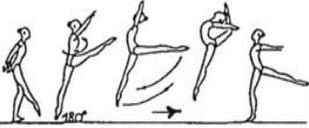
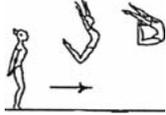
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.105</p>	<p>1.205 <i>Leap forward with leg change (180° separation after leg change) and ¼ turn (90°) to side split or straddle pike</i></p>  <p align="center">Z_⊥ Z_Δ</p>	<p>1.305 <i>Leap forward with leg change (180° separation < after leg change) and ¼ turn (90°) to side split leap (180°) or straddle pike position (Johnson) with additional ½ turn (180°)</i></p>  <p align="center">Z_⊥</p>	<p>1.405</p>	<p>1.505</p>	<p>1.605</p>
<p>1.106 <i>Pike jump with ½ turn (180°) to front lying position</i></p>  <p align="center">Z_⊥</p>	<p>1.206 <i>One Butterfly forward or backward</i></p>  <p align="center">Z_∇</p>  <p align="center">Z_Δ</p>	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>

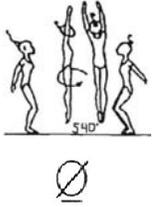
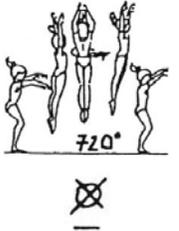
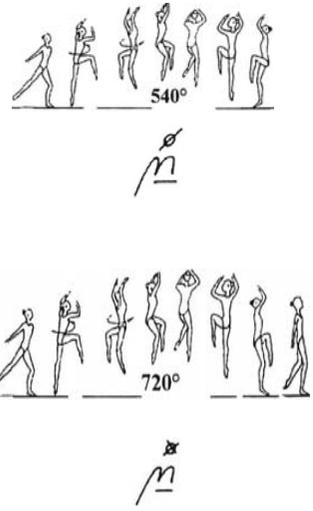
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.107 Straddle pike jump, also with 1/2 turn (180°)</p> 	<p>1.207 Straddle pike jump with 1/1 turn (360°) (Popa)</p> 	<p>1.307 Straddle pike jump with 1 1/2 turn (540°)</p> 	<p>1.407</p>	<p>1.507</p>	<p>1.607</p>
<p>1.108 Straddle jump to land in front lying support (Schuschunova); also with 1/2 turn (180°)</p> 	<p>1.208 Straddle jump with 1/1 turn (360°) to land in front lying support</p> <p>Hop with 1 1/2 turn (540°) in horizontal plan to land in front support</p> 	<p>1.308</p>	<p>1.408</p>	<p>1.508</p>	<p>1.608</p>

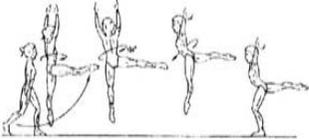
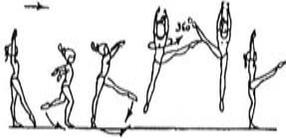
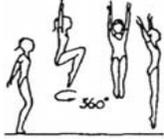
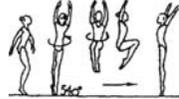
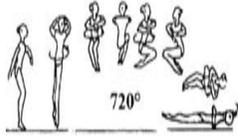
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.109 Sissone</p>  <p>Ring jump (rear foot at head height, head dropped bwd)</p>  <p>Ring or stag ring jump (rear leg at head height, head dropped bwd)</p>  	<p>1.209 Tour jeté to ring leap (Boucher) (rear foot at head height, head dropped bwd)</p>   <p>Arch jump with bent legs, feet at head height and head dropped bwd (Sheep jump)</p>   <p>Ring leap (rear leg at head height, head dropped bwd, front leg parallel to floor)</p>  	<p>1.309</p>	<p>1.409</p>	<p>1.509</p>	<p>1.609</p>

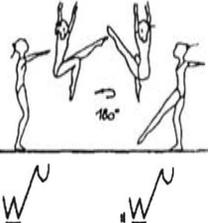
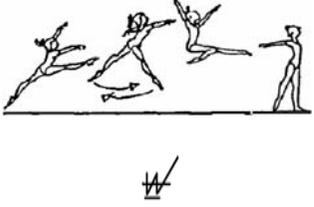
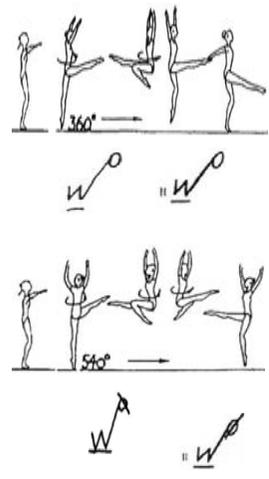
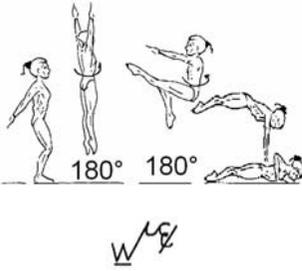
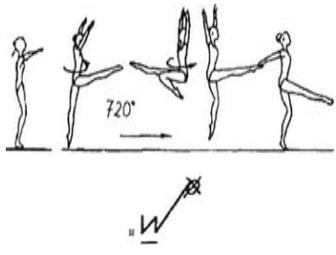
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.110 Stretched jump with 1½ turn (540°) – take-off from both legs</p> 	<p>1.210 Stretched jump with 2/1 turn (720°) – take-off from both legs</p> 	<p>1.310</p>	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>
<p>1.111 Cat leap with 1/1 turn (360°), knees at horizontal</p> 	<p>1.211 Cat leap with 1½ or 2/1 turn (540° or 720°) (Garrison) (Benton), knees at e horizontal</p> 	<p>1.311</p>	<p>1.411</p>	<p>1.511</p>	<p>1.611</p>

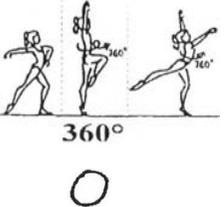
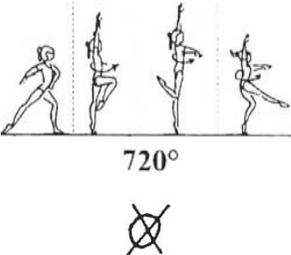
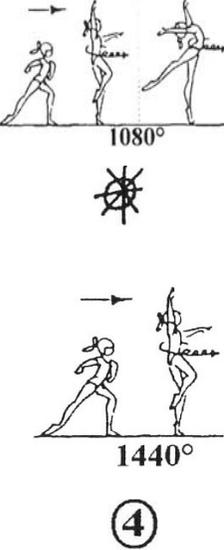
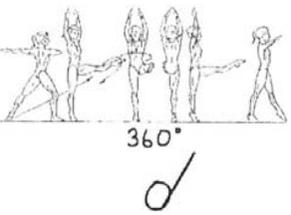
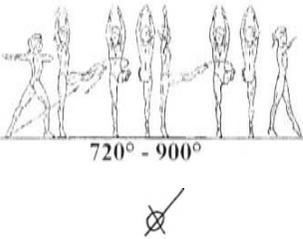
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.112 Fouetté-hop to land in scale</p>  	<p>1.212 Hop with 1/1 turn (360°), free leg extended above horizontal – take-off from one leg</p>  	<p>1.312</p>	<p>1.412</p>	<p>1.512</p>	<p>1.612</p>
<p>1.113 Tuck hop or jump with 1/1 turn (360°) knees at horizontal</p>  	<p>1.213 Tuck hop or jump with 1½ - 2/1 turn (540°-720°) also landing in front lying support (Ziganshiva)</p>      	<p>1.313</p>	<p>1.413</p>	<p>1.513</p>	<p>1.613</p>

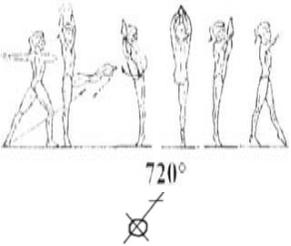
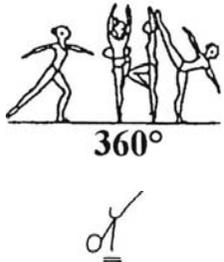
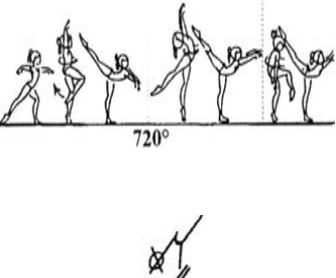
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.114 Wolf hop or jump with ½ turn (180°)</p>  <p>Stride leap forward with change of legs to wolf position</p> 	<p>1.214 Wolf hop or jump with 1/1 turn (360°) or 1½ turn (540°)</p>  <p>Wolf jump with 1/1 turn (360°), landing in front lying support – take off from 2 feet</p> 	<p>1.314 Wolf hop or jump with 2/1 turn (720°)</p> 	<p>1.414</p>	<p>1.514</p>	<p>1.614</p>

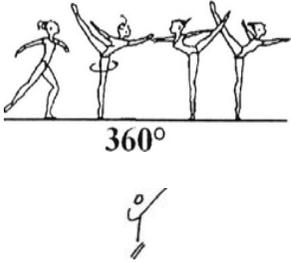
2.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.101 1/1 turn (360°) on one leg – free leg optional below horizontal</p> 	<p>2.201 2/1 turn (720°) on one leg – free leg optional below horizontal</p> 	<p>2.301 3/1- 4/1 turn (1080°-1440°) (Gomez) on one leg – free leg optional below horizontal</p> 	<p>2.401</p>	<p>2.501</p>	<p>2.601</p>
<p>2.102</p>	<p>2.202 1/1 turn (360°) with free leg at horizontal throughout turn</p> 	<p>2.302 2/1 turn (720°) with free leg at horizontal throughout turn</p> 	<p>2.402</p>	<p>2.502</p>	<p>2.602</p>

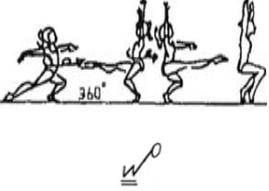
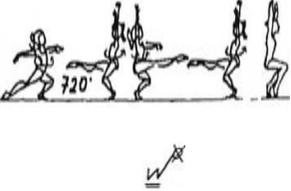
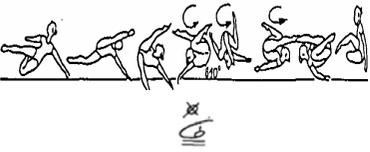
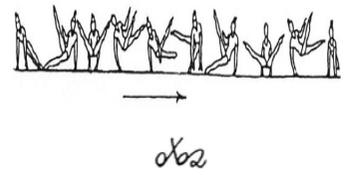
2.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.103</p>	<p>2.203</p>	<p>2.303 <i>2/1 turn (720°) with free leg held upward in 180° split position (Mommel)</i></p> 	<p>2.403</p>	<p>2.503</p>	<p>2.603</p>
<p>1.104</p>	<p>2.204 <i>1/1 turn (360°) on one leg to scale forward (2 sec.)</i></p> 	<p>2.304 <i>2/1 turn (720°) on one leg to scale forward (2 sec)</i></p> 	<p>2.404</p>	<p>2.504</p>	<p>2.604</p>

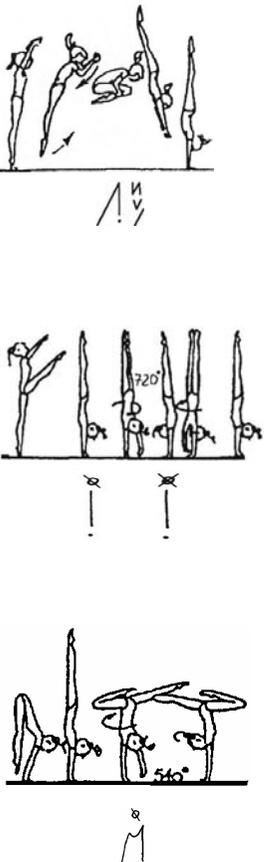
2.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.105</p>	<p>2.205 <i>1/1 turn (360°) in scale forward with free leg above horizontal throughout turn</i></p> 	<p>2.305</p>	<p>2.405</p>	<p>2.505</p>	<p>2.605</p>
<p>1.106</p>	<p>2.206 <i>1/1 illusion turn (360°) without touching floor with free leg or hand</i></p> 	<p>2.306</p>	<p>2.406</p>	<p>2.506</p>	<p>2.606</p>

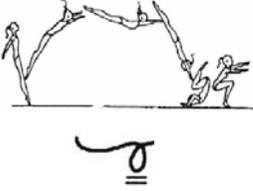
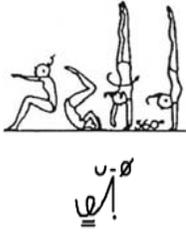
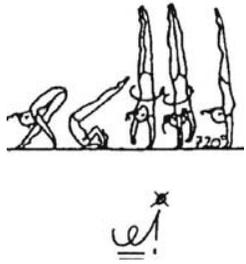
2.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.107 1/1 turn (360°) in tuckstand on one leg - free leg optional</p> 	<p>2.207</p>	<p>2.307 2/1 turn (720°) in tuckstand on one leg free leg optional</p> 	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>
<p>2.108</p>	<p>2.208 2/1 spin (720°) or more on back in kip position (hip-leg < closed)</p>  <p>Double "flair" (Homma)</p> 	<p>2.308</p>	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>

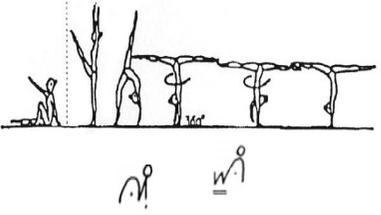
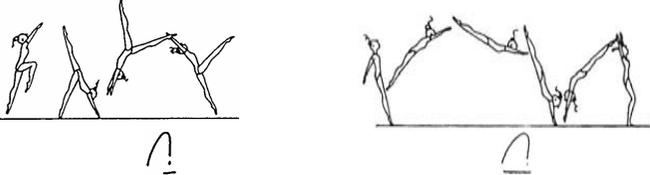
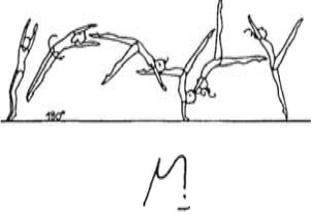
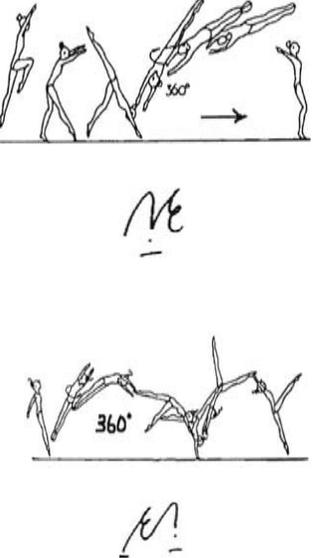
3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.101 <i>Jump kick or press to handstand – return movement optional, also with ½ - 2/1 turn (180°- 720°) in handstand</i></p> 	<p>3.201</p>	<p>3.301</p>	<p>3.401</p>	<p>3.501</p>	<p>3.601</p>

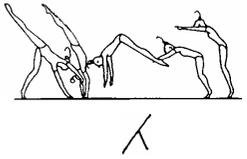
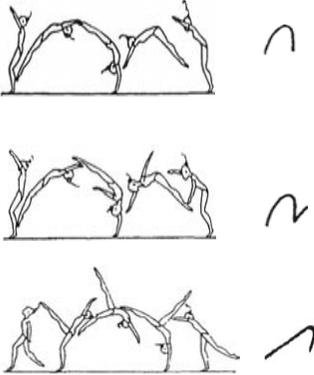
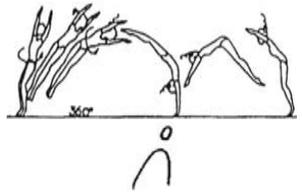
3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.102 <i>Hecht roll</i></p> 	<p>3.202</p>	<p>3.302</p>	<p>3.402</p>	<p>3.502</p>	<p>3.602</p>
<p>3.103 <i>Roll backward to handstand with ½ - 1/1 - 1½ turn (180° - 360° - 540°) in handstand</i></p> 	<p>3.203 <i>Roll backward to handstand with 2/1 turn (720°) in handstand</i></p> 	<p>3.303</p>	<p>3.403</p>	<p>3.503</p>	<p>3.603</p>

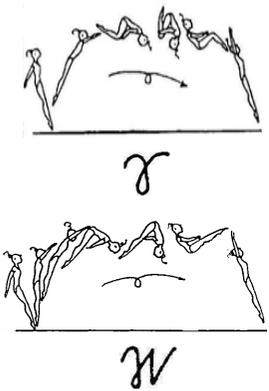
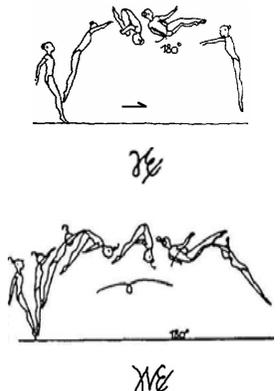
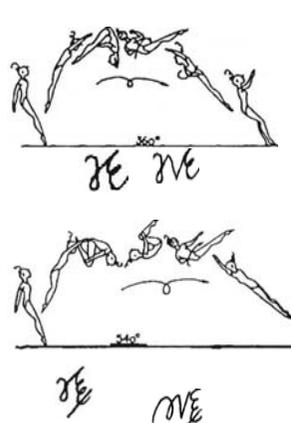
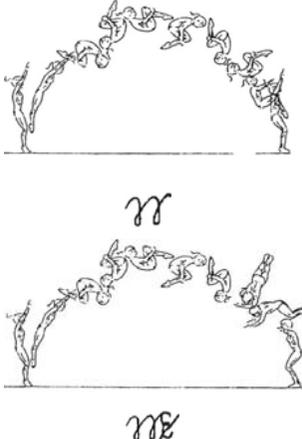
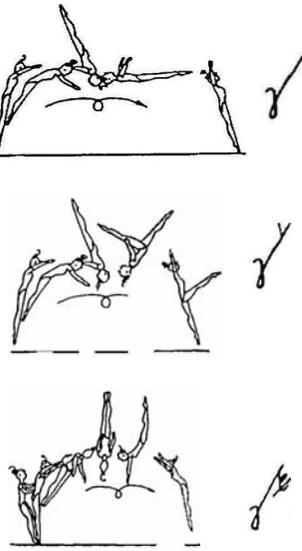
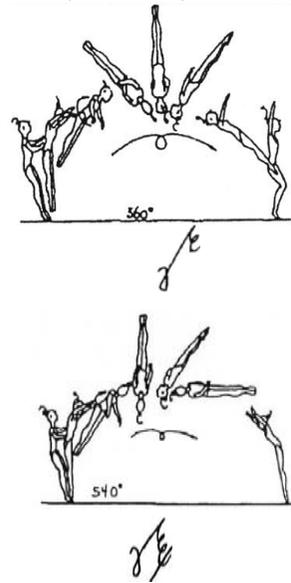
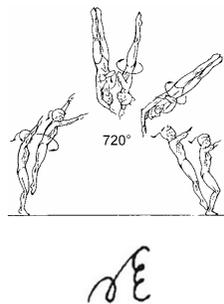
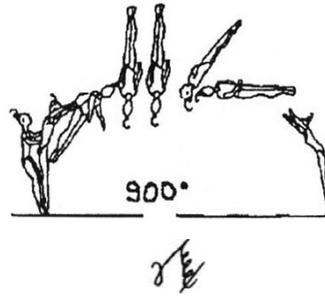
3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.104 Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand – return movement optional</p> 	<p>3.204</p>	<p>3.304</p>	<p>3.404</p>	<p>3.504</p>	<p>3.604</p>
<p>3.105 Handspring forward – take-off from one leg or Flyspring forward – take-off from both legs – with or without hecht phase before hand support – landing optional</p>  <p>Jump backward with ½ twist (180°) to handspring forward (arabian handspring) – landing optional</p> 	<p>3.305 Handspring forward with 1/1 twist (360°) after hand support or before (Mostepanova)</p> 	<p>3.405</p>	<p>3.505</p>	<p>3.605</p>	

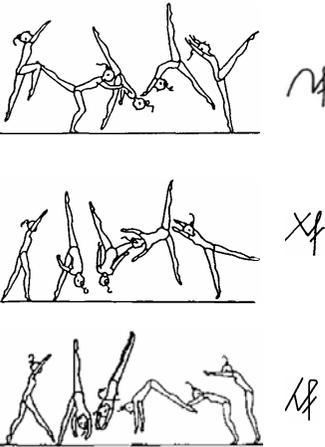
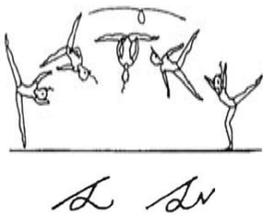
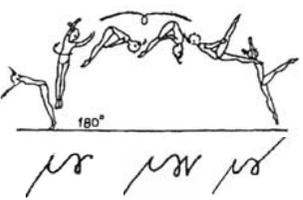
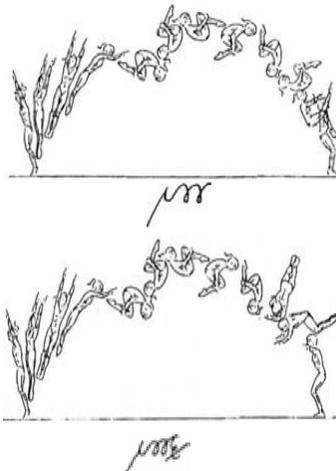
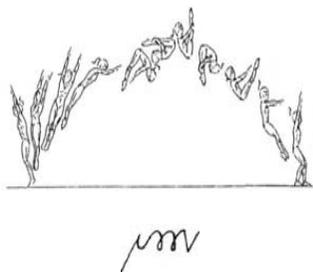
3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.106 Round-off</p> 	<p>3.206</p>	<p>3.306</p>	<p>3.406</p>	<p>3.506</p>	<p>3.606</p>
<p>3.107 <i>All flic-flac and gainer flic-flac variations, also with support of one arm</i></p>  <p><i>Arabian (backward take-off) with 1/4 twist (90°) – free (aerial) cartwheel – continuing with 1/4 twist (90°) to front flying support (Tsavdaridou)</i></p> 	<p>3.207 <i>Flic-flac with 1/1 twist (360°) before hand support</i></p> 	<p>3.307</p>	<p>3.407</p>	<p>3.507</p>	<p>3.607</p>

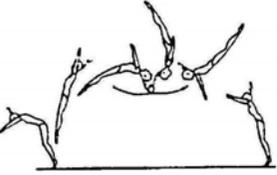
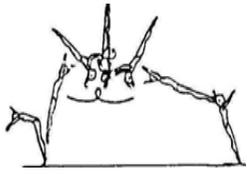
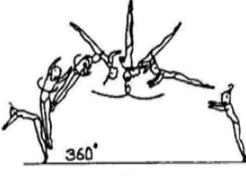
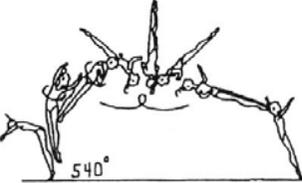
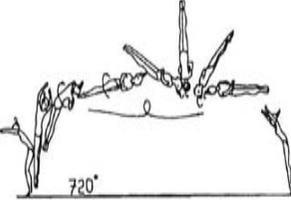
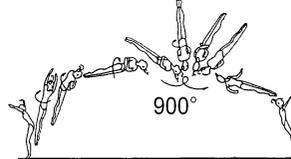
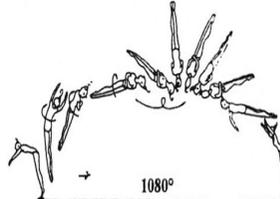
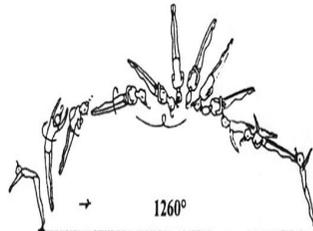
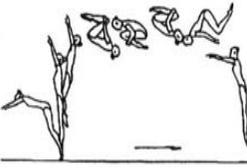
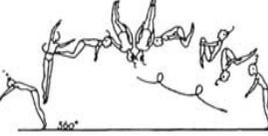
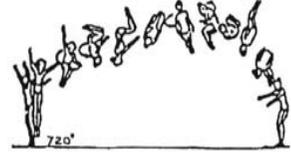
4.000 – SALTOS FORWARD & SIDEWARD

A	B	C	D	E	F/G
<p>4.101 Salto forward tucked, piked</p> 	<p>4.201 Salto forward tucked or piked with 1/2 twist (180°)</p> 	<p>4.301 Salto forward tucked or piked with 1/1 or 1 1/2 twist (360°, 540°)</p> 	<p>4.401</p>	<p>4.501 Double salto forward, also with 1/2 twist (180°) (Podkopayeva)</p> 	<p>4.601</p>
<p>4.102</p>	<p>4.202 Salto forward stretched; also with 1/2 twist (180°)</p> 	<p>4.302 Salto forward stretched with 1/1 or 1 1/2 twist (360° or 540°)</p> 	<p>4.402 Salto forward stretched with 2/1 twist (720°) (Tarasevich)</p> 	<p>4.502 Salto forward stretched with 2 1/2 twist (900°) (Stroescu)</p> 	<p>4.602</p>

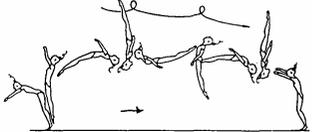
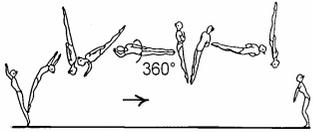
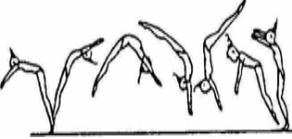
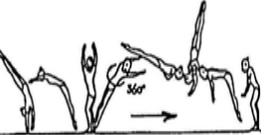
4.000 – SALTOS FORWARD & SIDEWARD

A	B	C	D	E	F/G
<p>4.103 Free (aerial) walkover forward, free (aerial) cartwheel or free (aerial) round-off</p> 	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>
<p>4.104 From take-off forward from one or both legs – salto sideward tucked, piked</p> 	<p>4.204 Arabian salto tucked, piked, or stretched (take-off backward with ½ twist [180°], salto forward) – landing optional</p> 	<p>4.304</p>	<p>4.404</p>	<p>4.504 Arabian double salto, also with ½ twist (180°) (Andreasen)</p> 	<p>4.604 - F - Double arabian salto piked (Santos)</p> 

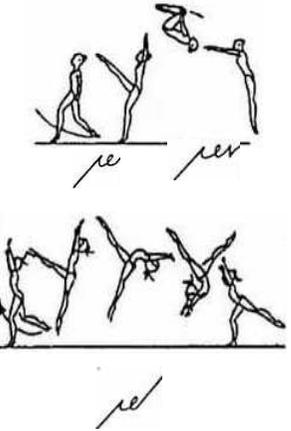
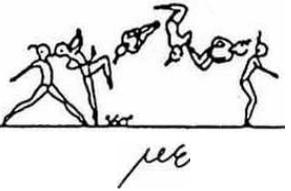
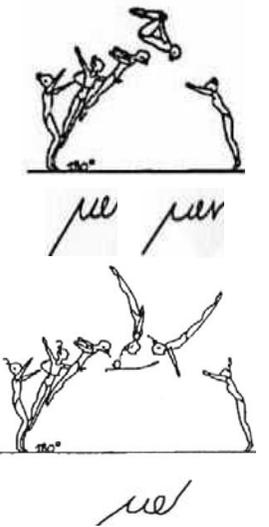
5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G
<p>5.101 Salto backward tucked, piked, or stretched</p>  <p>eeeee</p>	<p>5.201 Salto backward tucked or stretched with 1/2 and 1/1 twist (180° or 360°)</p>  <p>E^{1/2}</p>  <p>E¹</p>	<p>5.301 Salto backward stretched with 1 1/2 or 2/1 twist (540° or 720°)</p>  <p>E^{1 1/2}</p>  <p>E²</p>	<p>5.401 Salto backward stretched with 2 1/2 twist (900°)</p>  <p>900°</p> <p>E^{2 1/2}</p>	<p>5.501 Salto backward stretched with 3/1 twist (1080°)</p>  <p>1080°</p> <p>E³</p>	<p>5.601 - F - Salto backward stretched with 3 1/2 twist (1260°)</p>  <p>1260°</p> <p>E^{3 1/2}</p>
<p>5.102</p>	<p>5.202</p>	<p>5.302 Double salto backward tucked</p>  <p>ee</p>	<p>5.402 Double salto backward piked</p>  <p>eev</p>	<p>5.502 Double salto backward tucked or piked with 1/1 twist (360°) (Muchina)</p>  <p>360°</p> <p>Eee Eeev</p>	<p>5.702 - G - Double salto backward tucked with 2/1 twist (720°) (Silivas)</p>  <p>720°</p> <p>Eee</p>

5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G
<p>5.103</p>	<p>5.203</p>	<p>5.303</p>	<p>5.403</p>	<p>5.503</p>	<p>5.603 - F - Double salto backward stretched</p>  <p style="text-align: center;">→</p> <p style="text-align: center;"><i>ee</i></p> <p>5.703 - G - Double salto backward stretched with 1/1 twist (360°) salto (Tchusovitina)</p>  <p style="text-align: center;">→</p> <p style="text-align: center;"><i>ee</i></p>
<p>5.104 Whip salto backward</p>  <p style="text-align: center;"><i>n</i></p>	<p>5.204 Whip salto backward with 1/2 twist (180°) also with 1/1 twist (360°)</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;"><i>n</i></p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">→</p> <p style="text-align: center;"><i>n</i></p>	<p>5.304</p>	<p>5.404</p>	<p>5.504</p>	<p>5.604</p>

5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G
<p>5.105 Gainer salto tucked, piked or stretched</p> 	<p>5.205 Gainer salto tucked with 1/1 twist (360°)</p> 	<p>5.305</p>	<p>5.405</p>	<p>5.505</p>	<p>5.605</p>
<p>5.106</p>	<p>5.206 Jump forward with 1/2 twist (180°) – salto backward tucked, piked, or stretched</p> 	<p>5.306</p>	<p>5.406</p>	<p>5.506</p>	<p>5.606</p>



PART IV – Appendices

2006 FIG Vault Table

GROUP I	GROUP II	GROUP III	GROUP IV	GROUP V
1.00 2.40 1.01 2.80 1.02 3.20 1.03 3.60 1.04 4.00 1.05 4.50	<p>C- I : One vault must be performed. This vault score is taken into consideration for the Team Total & AA total. If the gymnast has been registered in the Start list to qualify for C- III, a 2nd vault must be performed. The 2 vaults are averaged for qualification to C- III</p> <p>C - IV, II : One vault must be performed.</p> <p>C-III: The 2 vaults must show a different 2nd flight phase (fwd or bwd salto; or 2nd flight without salto)</p>			
1.10 2.60 1.11 3.00 1.12 3.40	2.10 4.40 2.11 4.80 2.12 5.30 2.13 5.70	3.10 4.00 3.11 4.30 3.12 4.60 3.13 5.10 3.14 5.40	4.10 3.80 4.11 4.10 4.12 4.40 4.13 4.90 4.14 5.20	5.10 4.60 5.11 5.00 5.12 5.50 5.13 5.90
1.20 3.00 1.21 3.40 1.22 3.80 1.23 4.20	2.20 4.60 2.21 5.00 2.22 5.50 2.23 5.90	3.20 4.20	4.20 4.00	5.20 4.80 5.21 5.20 5.22 5.70 5.23 6.10
1.30 3.20 1.31 4.00	2.30 5.00 2.31 5.40 2.32 5.90 2.33 6.30	3.30 4.60 3.31 4.90 3.32 5.20 3.33 5.70 3.34 6.00 3.35 6.70	4.30 4.40 4.31 4.70 4.32 5.00 4.33 5.50 4.34 5.80 4.35 6.50	5.30 5.20 5.31 5.60 5.32 6.10 5.33 6.50
1.40 3.40 1.41 3.80 1.42 4.00	2.40 5.20 2.41 5.40 2.50 7.10		4.40 4.60 4.41 4.90 4.42 5.20 4.50 4.80 4.51 5.20 4.52 5.50 4.53 5.80	

	V	A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
1.	↑	01	L					
		02	U U	U				
		03	U U	U U				
		04	U U	U U	U			
		05	U U		U			
		06	U	U U				
		07		U		U		
		08		U	U	U		
		09				U U	U U	
		10		U U	U	U U		
		11				U U	U U	
2.	!	01	U	U U U	U	U		
		02		U U	U U			
		03			U U	U	U	
		04	U	U U	U	U		
		05		U	U U U	U	U	
		06			U	U U	U	
		07			U U			
3.	U	01	U	U	U			
		02		U U		U		
		03		U U	U	U U		
		04		U		U U	U	
		05				U	U	U U
		06		U U		U	U	U
		07				U U U		U U
		08		U				
		09		U U U	U		U	
		10		U	U U	U		
		11			U U	U U U	U	U
		12			U U	U		
		13			U U	U	U U	

	V	A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
4.	X	01	U	U U	U U	U		
		02		U	U	U U	U	
		03				U U U	U U	
		04	U	U	U U U	U	U	
		05			U U	U U U		
		06				U U	U	
		07			U	U U	U	
		08			U U			
5.	U	01	U L		U U U	U U		
		02	U	U!				
		03	U U		U U U	U	U U U	
		04	U	U U	U	U U U	U U	
		05				U U U		
		06	U		U U U	U U		
		07			U U	U		
		08	U	U U U	U			U
		09		U	U U U	U	U	
		10				U U U	U U	U U
6.	↓	01	U U	U U	U U U U	U U		
		02	U U		U U U U	U U	U U	
		03		U U	U U	U U U U		
		04	U U	U U	U U U	U U	U U	
		05		U U	U U U	U U U U		U U
		06				U U	U U U U	U U
		07				U U U U	U U	U U
		08	U U U U	U U U U	U U U U - U	U U U U U U	U U U U	
		09		U U	U U U	U U U U	U U U U	U U U U
		10		U	U U U U			
		11			U U U U	U U U U		

Г	A-100	B-200	C-300	D-400	E-500	F.600	G.700
1.01	М X	В	В				
02	ж						
03	р		ррхзх				
04		В	А				
05	√	√					
06	м/м	м/м					
07	р/р		р				
08		р	р				
09		Л	М	М			
10		м/м/м	п/п				
11		х	п/п/п/п/п/п	п/п/п/п/п/п			
12		б б б		п			
13		п	п/п/п	п/п/п/п			
14		х м	п/п/п/п/п	п	п		
15		п/п/п/п		п			
16			п	п		п	
17			п/п/п/п	п/п/п			
18				п/п	п/п	п/п	п/п
19					п		

Г	A-100	B-200	C-300	D-400	E-500	F.600	G.700
2.01	р	р	р	р			
02	п	п	п	п	п		
03	п	п	п	п			
04	п	п	п	п			
05		п/п		п			
06			п	п			
07			п	п			
08	п/п	п/п	п/п	п/п			
09	п	п/п	п	п	п		
10		п	п				
11	п	п					
12	п	п	п				
13	п/п	п/п	п/п	п/п			
3.01	о	о		о	*		
02		о	о	о			
03		о	о	о			
04			о				
05		о		о			
06	о	о	о				
07		о	о	о	о		
08	о		о				
4.01	о						
02	о						
03	о						

Г	A-100	B-200	C-300	D-400	E-500	F.600	G.700
5.01	р	р					
02	р	р					
03		р					
04		р/р					
05		р					
06	р		р				
07		р	р	р			
08	р	р					
09		р	р				
10	р	р					
11	р	р	р				
12	р	р/р	р	р			
13		р	р	р			
14			р/р	р/р	р/р		
15		р		р			
16		р	р/р	р			
17			р/р/р	р/р	р/р		
18			р	р	р	р	
19			р			р	
20			р/р		р	р	р
21			р/р/р		р		
6.01	р	р	р				
02	р	р	р/р/р	р		р	
03		р	р				р
04	р	р	р	р		р	
05				р	р		р
06	р/р/р	р/р/р	р/р/р	р/р	р/р		р/р
07		р	р/р/р	р	р/р		

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600
1.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						
	09						
	10						
	11						
	12						
	13						
	14						
2.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
3.	01							
	02							
	03							
	04							
	05							
	06							
	07							
4.	01							
	02							
	03							
	04							
5.	01							
	02							
	03							
	04							
	05							
	06							

Nation:

C-1, II, III, IV

#		# Performed	#		# Performed		
Nat	A-score	Deductions	Final Score	Nat	A-score		
						Deductions	Final Score
#	# Performed	#	# Performed				
Nat	A-score	Deductions	Final Score	Nat	A-score		
						Deductions	Final Score
#	# Performed	#	# Performed				
Nat	A-score	Deductions	Final Score	Nat	A-score		
						Deductions	Final Score
#	# Performed	#	# Performed				
Nat	A-score	Deductions	Final Score	Nat	A-score		
						Deductions	Final Score
#	# Performed	#	# Performed				
Nat	A-score	Deductions	Final Score	Nat	A-score		
						Deductions	Final Score
#	# Performed	#	# Performed				

FIG-WTC '05

CV	0.1	0.2	EGR		CV	0.1	0.2	EGR		CV	0.1	0.2	EGR		
	D+C <i>(D flight, C w T/F)</i>	D <i>(flight → or ↗)</i> + C/more w T/F on HB	LB ↗ HB HB ↙ LB Flight (same bar) Groups 2, 4, 5 DMT		Acro Flight <i>(no dismount)</i> Acro Series <i>(including Mt/Dmt)</i> Mixed	C+C/D B+E B+B+D C+C	C+E D+D B+B+E B+C+D	Split Leap Turn Acro Fwd/Swd Acro Bwd DMT		Acro Indirect Acro Ind/Dir Acro Direct	C+D A+A+D A+A+D	C+E A/B+E C+D	Split Leap Turn Salto Fwd/Swd Salto Bwd DMT		C-I C-II C-III C-IV
	Bar change without perf.an elem.	0.1			More than one ½ turn on 2 feet	0.1	+1 ele before MT	0.3		+1 ele to prone position	0.1				
	+2 of same ele. into Dmt	0.1			+1 ele. to prone position	0.1	1 dance connection	0.3		Double BA salto	0.1				
	+1 ele before MT	0.3			MT not from the table	0.1	Acro Series (2 ele.1 a salto)	0.3		360° LA Salto	0.1				
	Non-flight ele. with 360° LA turn	0.3			Move touching beam	0.1	No attempt to dismount	0.3		Movement close to floor	0.1				
	Empty swing	0.3			Insuf. use of length of BB	0.1				Passage of dance elements	0.1				
	Less than 2 different grips	0.3								Acro Series (2 diff saltos)	0.3				
	No attempt to dismount	0.3								Less than 2 acro series	0.3				
													.1 A		DV
													.2 B		EGR
													.3 C		CV
													.4 D		
													.5 E		A-SCORE
													.6 F		
													.7 G		
									Execution	Comp.	Art.		B-Score		FINAL
													.1 A		DV
													.2 B		EGR
													.3 C		CV
													.4 D		
													.5 E		A-SCORE
													.6 F		
													.7 G		
									Execution	Comp.	Art.		B-Score		FINAL
													.1 A		DV
													.2 B		EGR
													.3 C		CV
													.4 D		
													.5 E		A-SCORE
													.6 F		
													.7 G		
									Execution	Comp.	Art.		B-Score		FINAL

To be filled out by the A Panel/A remplir conjointement par les Juges du Jury A

WOMEN' ARTISTIC GYMNASTICS - A Panel Judge's Slip
Gymnastique Artistique Féminine - A Jury Feuillelet de Juge



Competition/Concours: I II III IV

Gymnast No./Gymnaste No. Country/Pays

Gymnast's Name/Nom de la gymnaste

D.V.

E.G.R.

C.V.



Exercice Content Value
Valeur de l'exercice

1 _____
2 _____

Signature of A1 / Signature du A1

Signature of A2 / Signature du A2

To be filled out by each judge on the B Panel/A remplir par chaque Juges du Jury B

WOMEN' ARTISTIC GYMNASTICS - B Panel Judge's Slip
Gymnastique Artistique Féminine - B Jury Feuillelet de Juge



Competition/Concours: I II III IV

Gymnast No./Gymnaste No. Country/Pays

Gymnast's Name/Nom de la gymnaste

Date:

Execution
Exécution

Composition

Artistry
(Beam & Floor)

TOTAL DEDUCTIONS / DEDUCTIONS TOTALES



1 _____

2 _____

Judge's Position / Position du Juge

Signature of Judge / Signature du Juge

Elegance is an attitude

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