

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



2009 CODE OF POINTS — WOMEN'S ARTISTIC GYMNASTICS

CONTINENTAL



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Preface

The **2009 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, 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 **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, composition 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
CR for Composition Requirements

Letter of Introduction 2009 CODE OF POINTS – WAG

The WTC is pleased to present the **2009 Edition** of the **WAG CODE OF POINTS** to the FIG member federations, Continental Unions, and Regional Alliances.

The **2009 Edition** of the **WAG CODE** has been constructed to be valid in principle for four years that is from February 2009 through January 2013.

- Any necessary clarifications 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 February 1st 2009 will apply the 2009 Edition of the **WAG CODE**, as the basis for evaluation.

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 **2009 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 Composition 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 V** –

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 Composition requirements (CR), Connection Value (CV) and Specific Apparatus 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 D-and E-Panels.

The release of this **2009 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 2009-2012 competitive years.

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

Nellie Kim
President FIG WTC
February 2009

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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 President of the Superior Jury, she is permitted to raise both bar rails (each 5 cm), if her feet or hips touch the mat.
 - 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 governs that competition.
- 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 (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus:

- Vault
 - C-I, C-II, C-IV – two attempts only
 - C-I – qualification for C-III – max. three attempts
- Each vault attempt (including preparation of apparatus) may not exceed 20 seconds
- Uneven bars – 50 sec. each, including the preparation of the bars
- Balance beam – 30 sec. each
- Floor – 30 sec. each

NOTE:

- *In Qualifying (C-I) and Team Final (C-IV) the entire warm-up time 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 order of warm up should be the same as the order of competition.*

- 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 or unitard (*one piece leotard with full length legs-hip to ankle*), which must be of elegant design.
 - She may wear complete leg coverings of the same color as that of the leotard; under or on top of the leotard.
 - The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.
 - Leotards/unitard may be with or without sleeves; shoulder strap width must be minimum 2 cm.
 - The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
 - The leotard leg length can not exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.

- A national identification or emblem must be placed on the leotard or unitard as 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/unitard 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/unitards.
- 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 D- Judges at the beginning of the exercise.
- Hip or other padding is not allowed.
- Hand-grips at uneven bars, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages *must be beige-colored*.
- 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 5.6
- She must refrain from changing the height of any apparatus except on UB as described in Art. 1.1
- At the start of the exercise, she must present herself in the proper manner (raise up hand/hands) and thereby acknowledge the D- Judges and then again acknowledge the D- Judges at the conclusion of her exercise.
- She must observe that, at the start of the exercise, the green light is lit or that the D¹ Judge has given a visible conspicuous signal to start her exercise.
- She must begin the exercise within 30 seconds of the green light or signal from D¹ (*on all apparatus*).

- She has at her disposal 30 seconds after a fall from UB (the timing starts when the gymnast is on her feet after the fall) in which to recuperate, re-chalk, confer with her coach and remount the UB
 - After a fall at the balance beam she has 10 seconds (the timing starts when the gymnast is on her feet after the fall) 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/unitards) 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 bars, 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.

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 safety collar.
 - vault, uneven bars and balance beam to prepare springboard and position the supplementary landing mat.
 - uneven bars to adjust and prepare the uneven bar rails.
- be present on the podium after the green light is lit
 - at uneven bars to remove the springboard, then spot during the entire exercise.
 - ♦ 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 of the apparatus.
- assist and advise the gymnast during the intermediate fall time period
- 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 5.6*).
 - 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 D- Panel concerning the evaluation of the content of the exercise of the gymnast (see TR 8.4).
- request a review of the Time and Line deductions.

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.
- add, re-arrange or remove springs from the springboard.
- inquire to E- 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 – may be 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 D- Score are allowed, provided they are made verbally by the coach to the D¹ 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 President of the Superior Jury
- Upon receipt of a verbal inquiry, the D¹ Judge immediately informs the D² Judge and the Apparatus Supervisor.
- If the D¹, D² judge and the Apparatus Supervisor agree, the decision may be taken immediately with approval of the President of the Superior Jury. 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 final decision belongs to the Superior Jury.
- The final decision (which may not be appealed) should 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.
- In case of any doubt, the decision should be in the benefit of the gymnast

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 on the same day to the Secretary General of FIG. The President of the Superior Jury shall forward 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 1'000 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 their representative will serve as President of the Superior Jury. Their 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 evaluation of new elements, raising the uneven bars, and other issues that may arise.
- To make sure that the time schedule published in the Work plan is respected.
- To control the work of the Apparatus Supervisors and intervene if deemed necessary. Except in case of an inquiry, time or line errors, generally no change of score is allowed after the score has been released by the Apparatus Supervisors and flashed on the score board.
- To decide the D- score in case of disagreement between the Apparatus Supervisor and the D- Panel.
- To decide the adjustment of the respective score(s), in case of disagreement between the Apparatus Supervisor and one or several E- Panel Judges.
- To deal with inquiries as outlined herein.
- In cooperation with the members of the Superior Jury issue warnings and or replace any person acting in any judging capacity who is considered to be unsatisfactory or to have broken their oath.
- To conduct a global video analysis (post competition) with the TC to determine errors in judgment and to determine the appropriate level of sanctioning to be issued to these judges who have made significant and consistent errors in judgment.
- In unusual or special circumstances may nominate a judge to the competition

- To submit 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' performance including proposals for rewarding the best judges and sanction the judges who failed to meet the expectations.
 - Detailed list of all interventions (score changes before and after publication).
 - Technical analyses of the D- judges' scores.

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 exercise content in symbol notation.
- To calculate the D- and E- Score (control score) for the purpose of evaluation of the D- and E- 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 E- Score (Execution)

Regulations restricting the allowable differences between the four middle deductions (scores), or at competitions with four or fewer E- judges, the middle two deductions (scores) will be in effect. The difference between the four (or two) middle sums of deductions (scores), in accordance with the E-average deductions (scores), may not exceed:

9.6 or greater	0.10
less than 9.6 but greater than or equal to 9.4	0.20
less than 9.4 but greater than or equal to 9.0	0.30
less than 9.0 but greater than or equal to 8.5	0.40
less than 8.5 but greater than or equal to 8.0	0.50
less than 8.0 but greater than or equal to 7.5	0.60
less than 7.5	0.70

Example #1

E1	E2	E3	E4	E5	E6	Total
0.3	0.7	0.6	0.3	0.6	0.5	
9.7	9.3	9.4	9.7	9.4	9.5	9.50

The counting scores are from the E3 to the E6 judges

Example#2

E1	E2	E3	E4	E5	E6	Total
0.5	0.6	0.6	0.5	0.6	0.3	
9.5	9.4	9.4	9.5	9.4	9.7	9.45

The counting scores are from the E1 to the E4 judges

- If the differences between the 4 counting deductions (scores), (or at competitions with four or fewer E- judges, the two middle deductions - scores) is higher than the tolerated deviations, after reviewing her own score, the Apparatus Supervisor can decide:
 - **Not to intervene** if the final E- score is in her opinion acceptable, despite the differences between the counting deductions (scores) which are higher than the tolerated deviations,
- OR**
- **To intervene** (after a prior consultation and approval of the President of the Superior Jury) if:
 - the final E- score deviates significantly over the tolerated deviations or

- is significantly different from the Apparatus Supervisor's score (even if judges are inside the allowed tolerance between the counting scores) by requesting one or several judges to adjust their scores.

- If an agreement can be found, the Apparatus Supervisor shall release the score.
- If one or several E- Judges and the Apparatus Supervisor cannot agree, the Apparatus Supervisor must inform the judge(s) concerned about the final Superior Jury decision, and then release the score.
- The Apparatus Supervisor, after informing the **President of the Superior Jury**, must intervene if the score given by an individual judge or the average E- score is deemed impossible

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

3.3.2 D - Score (Content)

The Apparatus Supervisor **must** intervene, after informing the President of the Superior Jury:

- If the D- Score is incorrect.
- In case of differences between the D¹ and the D² Judges or between the D- Panel and the Apparatus Supervisor, the Apparatus Supervisor settles the D- score after consultation with, and the agreement of the D- Judges. In this case, the score can be released by the Apparatus Supervisor.
- If the D- Judges and the Apparatus Supervisor cannot agree, the Superior Jury will decide the D- score.
- The Apparatus Supervisor must inform the D- Panel judges 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 FIG / Longines IRCOS System (if not available the technical video) **must** be reviewed for all these cases.

The Apparatus Supervisor must record all interventions and occurrences, and give a detailed written report (mentioning the name of the gymnast and the adjustment) the same day 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 (D- and E- 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 (Compulsory for D- Panel judges).
- attend Computer Score Entry instruction at time indicated in the Work plan
- 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*
- 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.
 - completing 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 their place, except with the consent of the D¹ - Judge
- not have contact and/or discussions with other persons, e.g. coaches, delegation leaders and other panel judges.

Every Judge is fully and alone responsible for their scores. In case of an intervention by the Apparatus Supervisor, the Judge has the right to explain their 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, they have 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 D- Judging Panel's primary responsibility is to evaluate the maximum content value of the exercise.

- The E- Judging Panel's primary responsibility is to evaluate the execution and artistry faults occurring during the performance of the exercise.
- The D- and E- 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 Invitational 6 Judge Panel
2 D- Panel Judges	2 D- Panel Judges
6 E- Panel Judges	4 E- Panel Judges

D¹ and/or D² may also function as E¹ and E² when there are less than 6 judges total per event.

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

4.3.1 Functions of the D - Panel

- D - Panel Judges record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the D-score content. Discussion is allowed.
- D² judges enter the D- score into the computer.
- In case of disagreement between D¹ and D² judges, the counsel of the Apparatus Supervisor must be solicited by the D¹ Judge
- D¹ Judge supervises the work of the Assistants (Time 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.
- D¹ Judge ensures that neutral deductions for time, line, behavior faults are taken from the Final Score before being flashed.
- The D- Panel Judges decide whether the gymnast failed to present before and after the exercise.
- The D- Panel Judges decide whether the gymnast performed an invalid "0" vault.
- The D- Panel deducts from the final score, for Spotting assistance during the: Vault, Exercise and Dismounts.
- The D- Panel must report unsportsmanlike conduct of the coach to the Apparatus Supervisor.

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

- Difficulty Value,
- Connection Value,
- Composition Requirements

After the Competition the D- Panel

- Will submit a competition report as directed by the WTC President with the following information: forms listing violations, and 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.
- They must submit their symbol notations sheets at the end of the competition.

4.3.2 Functions of the E-Panel

- They must observe the exercises attentively and evaluate the faults and apply the corresponding deductions correctly, independently and without bias.
- They must record the deductions for:
 - General Faults,
 - Specific Apparatus Execution Faults,
 - Artistry Faults.
- They evaluate with 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,
 - 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 E- 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 to determine stepping outside of the border marking and to acknowledge the fault by raising a red flag
 - line judge on Vault to determine directional deviation according to Corridor marking and to acknowledge the fault by raising a red flag
 - line judge on Vault to check the permitted warm-up attempts (VT).

- time judges to:
 - time the duration of the exercise (**2 judges** on beam and one on floor)
 - time the duration of the fall period (at balance beam).
 - time the duration of the fall period (at uneven bars).
 - control the start of the exercise after the green light is lit
 - ensure adherence to the warm-up time. (For non adherence, written information to the D- panel). Upon request of D¹ – give additional warm up time for substitute gymnast.

4.3.4 Functions of the Secretaries

The Secretaries, with FIG Brevet, are usually appointed by the Organizing Committee. Under the supervision of the D¹ 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, on elevated podiums (minimum at hip height with podium on UB, BB & FX), in order to afford an undisturbed view of the exercise.

- D- Panel Judges must be in line with the center of the apparatus.
- The timer(s) sit by the Apparatus Jury (either side), indicated by ASST in the seating diagram.
- The line judges at FX must sit at opposite corners and observe the 2 lines closest to them.
- The placement of the E- jury will be clockwise around the apparatus beginning from the left of the D- Panel.

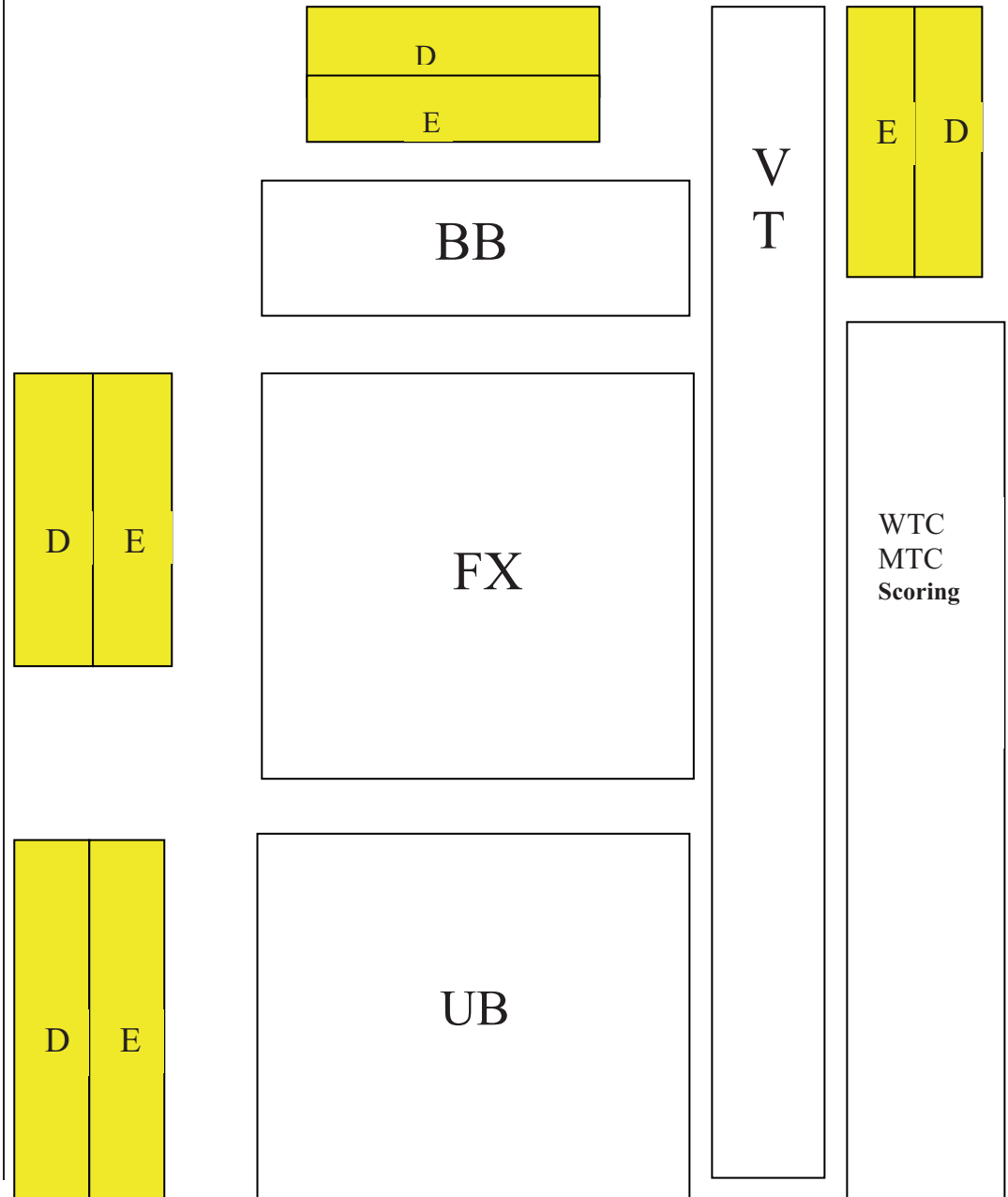
<u>2</u>		<u>3</u>		<u>4</u>		<u>5</u>
1	ASST	D ²	D ¹	SEC		6

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.

- The judges on Vault must be placed at “eye level” with the vaulting table so that both flight phases are visible to all judges.
- The line judge at Vault must sit at the far corner of the landing side.

Recommendation for Seating of the Apparatus Jury when a podium is available.

Examples for seating order:



4.5 IRCOS

The IRCOS video camera must be installed on the side of the D-Panel.

4.6 Determination of Scores

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 = **E- Panel Deductions**.

Examples:

D- Panel score = 5.70 P.

E- Panel Deductions

Judge:	E-1	E-2	E-3	E-4	E-5	E-6
Execution	0.90	0.90	0.90	0.70	0.80	0.60
Artistry	0.30	0.20	0.20	0.30	0.30	0.30
Flash Deduction	1.20	1.10	1.10	1.00	1.10	0.90
		x	x	x	x	
Scores	8.80	8.90	8.90	9.00	8.90	9.10
		x	x	x	x	

FINAL SCORE $35.70/4 = 8.925 + 5.70 = 14.625$ P.

Neutral Deduction - 0.20

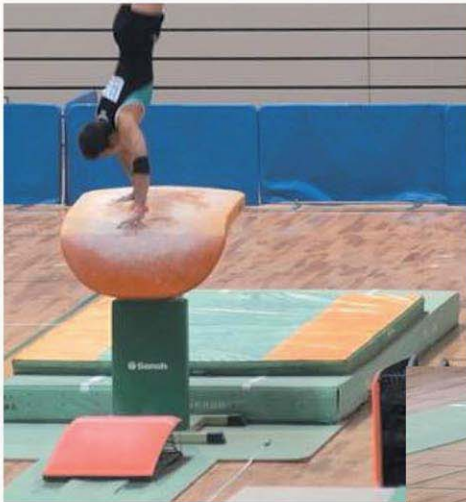
FLASHED FINAL SCORE **14.425 P.**

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

4.6.1 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.

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PART II – General Regulations

ARTICLES 5-7

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
- Youth Olympic Games

and is available for

- Continental Championships
- Regional Championships
- University Games
- Multi Sport Games
- World Cup 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 D- and E- Panels as described below.

5.3 D-Score (Content)

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

- Difficulty Value
 - 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.
- Composition Requirements 2.50 P.
- Connection Value

The D- Score on VT includes Difficulty Value

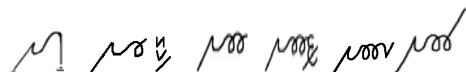
5.3.1 Difficulty Value (DV)

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 **8** highest DV including the dismount are counted on UB, BB and FX.
- The D- 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 DV of elements

Arabian elements are considered Forward Elements



Recognition of the Same and Different Difficulties

The same Difficulty Value can be recognized only one time in an exercise. If performed a second time, DV is **not** considered.

Elements are considered different if they are listed under different numbers in the Table of elements.

Elements are considered the same, if they are listed under the same number and have the following criteria:

UB elements:

- are performed with or without a hop grip change on UB
- giants fwd & bwd performed with legs straddled or together, with hip bent or stretched

Dance elements:

- are performed in Side or Cross position (BB)
 - Jumps with 1/1 turn or more performed in side position will be awarded 1 DV higher than in cross position (except 2.209, 2.309). If the same element is performed in cross and in side position, the DV will be awarded one time only and in chronological order. (*Jumps with start from side position and finish in cross position, or vice versa – consider as elements performed in cross position*)
- with take off from one or two feet with the same leg position
i.e: wolf hop (take off from one leg) and wolf jump (take off from 2 legs)
- land on one or both feet (BB)
- land on one or both feet or in prone position (FX)
- turns in the forward and backward direction

Acro elements:

- that land on one or both feet

Elements are considered different, if they are listed under;

- the same number, when
 - there are different body positions (tuck, pike or stretched) in saltos,
 - the description for body position of dance elements are different
 - the legs are together or straddled in saltos (UB)
 - the legs are in cross or side split in dance elements
 - there are different degrees of turns $\frac{1}{2}$, $\frac{1}{1}$, $\frac{1}{2}$ (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 from one or both legs

Recognition of elements occurs in chronological order

In case of technical failure elements will be credited one DV lower or recognized as another element in the table of difficulties (or no DV).

- If an element is credited one DV lower due to technical requirement failure and is later performed again in the exercise it will then be considered as a repetition and no DV will be awarded.

Example UB: Giant bwd with 1 1/2 turn that is credited one DV lower C-, due to failure to reach handstand prior to the turn (Swing), is then performed a 2nd time in the exercise and completed 1 1/2 turn in handstand then no DV D- will be awarded.

- If an element is recognized as another element (from the Table of elements) due to failure to meet technical requirements and later the element is performed with correct technique they may both receive DV.

Example: Switch leap with the first leg swing below 45° becomes Split leap and if the Switch leap is performed later with correct technique it is recognized as a Switch Leap because both elements appear in the Table of elements.

Example BB: ✓ Turn is credited as another element from the COP - ○ due to failure to hold the free leg at horizontal from the beginning to the end of the turn (360°). It is then performed a 2nd time in the exercise correctly – Credit DV ✓

5.3.3 Composition Requirements (CR) 2.50 P.

Composition requirements are described in the respective Apparatus Articles. A maximum of 2.50 P. is possible.

- Only elements from the Table of elements may fulfill CR.
- One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR.

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.

- Elements used for CV do NOT necessarily have to be among the 8 counting DV. All elements must be from the Table of elements.

Connection Value on UB, BB and FX 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 (FX - without hand support only) and dance elements as specified in the CV formulas, may be used.
 - Devalued Elements may be used for CV.
 - In order to be credited, the connection must be performed **without a fall**.
 - Elements may not be repeated in another connection for CV.
 - Recognition occurs in chronological order.
 - Elements on UB, acrobatic elements on BB and FX may be performed two times (2x) **within** one connection – examples:
 - UB – Tkatchev 2x
 - BB – aerial walkover, aerial walkover
 - FX – 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 (unless there is a special requirement for CV recognition).
 - All connections must be **direct**; *only on Floor* can acrobatic connections be **indirect**.
 - **Direct Connections** are those in which elements are performed without
 - hesitation or stop between elements
 - extra step between elements
 - foot touching beam between elements
 - loss of balance between elements
 - additional arm/leg swing between elements
 - **Indirect Connections** (*only in acrobatic series on FX*), 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 may be used –
 - the first time as the last element of a connection and
 - the second time as the first element to begin a new connection.
- The recognition** of direct or indirect connections on FX should be to the benefit of the gymnast.

5.4 E- Score 10.0 (Performance)

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

The E- Score includes deductions for faults in:

- Execution
- 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

D-Score + E- Score* = Final Score

Scoring example:

– **D - Score**

Difficulty (3 C-, 3 D-, 2 E-)	+ 3.10 P.
Composition Requirements	+ 2.50 P.
Connection Value	+ 0.60 P.
D- Score	6. 20 P.

– **E - Score**

Execution	– 0.70 P.
Artistry	– 0.30 P.
E- Score	– 1.00 P.

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

Final Score 15.20 P.

***E- Score**

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

5.5 Short Exercise

For the execution and artistry of presentation, the gymnast may earn a maximum E- Score of:

- 10.00 P. if 7 or more elements are performed
- 6.00 P. if 5 - 6 elements are performed
- 4.00 P. if 3 - 4 elements are performed
- 2.00 P. if 1 - 2 elements are performed
- 0.00 P. if no elements are performed

The D- Panel will inform Apparatus Secretary of the maximum E- Score.

Example: FX

The gymnast falls and injures herself after performing only 3 elements.

f *Well* (without landing feet first) *ff*

Evaluation:

D- score

DV (C + A + 0 + E) + 0.90 P.

CR # 4 & # 5 (DMT) + 1.00 P.

D- score +1.90 P.

Max. E- score for Execution & Artistry may be 4.00 P.

Total deductions (1 Fall, Height, amp. etc.) - 4.10 P.

E - Score = 0.00 P.

Final Score: (D) 1.90 P. + (E) 0.00 P. = 1.90 P.

When the E- score is "0.00" or a negative number (-) the gymnast will receive the value of the D- Score.

5.6 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 to the WTC by electronic mail, facsimile or post at any time during the year.

- 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 successfully performed (without a fall) for the first time at an FIG Official Competition:
 - World Championships
 - Olympic Games
- No element will be named if there is more than one gymnast who has performed it for the first time. The element must be minimum "C" difficulty.
- The new elements 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 DVD.

- 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 may 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 by the technical delegate 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.

5.7 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	1.00 or more
By E- Panel Judges (E¹ – E⁶)					
Execution Faults					
– Bent arms or bent knees	each time	X	X	X	
– Leg or knee separations	each time	X	X shoulder width or more		
– Legs crossed during elements with twist	each time	X			
– Insufficient height of elements (external amplitude)	each time	X	X		
Insufficient		X	X		
– exactness of tuck or pike position	each time	90° hip angle	>90° < 135° hip angle		
– exactness of stretch position	each time	X	X >135°		
– Failure to maintain stretched body posture (UB, BB, FX) – piking too early	each time	X	X		
– Hesitation during jumps, press or swing to handstand	each time	X			
– Deviation from straight direction (UB, BB & FX)	each time	X			
Body posture & leg position in elements					
– Body alignment	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in dance/acro elements (non flight)	each time	X	X		
– Legs in Split are not parallel to BB/FX (<i>dance</i>)	each time	X			
– Precision (<i>Each movement has a clear start and finish position. Movement has to demonstrate perfect control</i>)	each time	X			
Throughout the entire exercise:					
– Insufficient dynamics		X	X		
▪ Energy maintained throughout the exercise creating an impression of ease of execution.					
▪ To make the “very difficult” look effortless					
▪ Lightness via strong extension, speed and					
▪ quickness of achieving ultimate positions					
– Body posture		X	X		
▪ Body alignment					
▪ Feet not pointed/relaxed					
▪ Feet turned in					
– Insufficient amplitude		X	X		
Landing Faults <i>(all elements including dismounts)</i>		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Too close to the apparatus (UB & BB)		X	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			
– very large step or jump (<i>guideline – more than shoulder width</i>)	each time		X		
– body posture fault	each time	X	X		
– deep squat	each time			X	
– brushing apparatus with hands-arms, but not falling against the apparatus	each time		X		
– support on mat/apparatus with 1 or 2 hands	each time				1.00
– fall on mat to knees or hips	each time				1.00
– fall on or against apparatus	each time				1.00

ARTICLE 6 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By D- Panel Judges ($D^1 - D^2$)					
- Performance of connection with fall	UB, BB, FX				No CV
- Failure to land feet first from salto/vault	each time				No DV, CV, CR
- Take-off outside the border markings	FX				No DV, CV, CR
- Failure to present to D – Panel Judges before and/or after exercise	Gym/Evt		X From final score		
Behavior of Coach					
- Spotting assistance (<i>help</i>)	UB/BB/ FX each time				1.00 from Final Score No DV, CV, CR
- Spotting assistance (<i>coach brushes gymnast on UB</i>)	each time			X	From Final Score
- Unauthorized remaining of coach on the podium	Gym/Evt			X	
By D- Panel Judges ($D^1 - D^2$) in consultation with Apparatus Supervisor					
Apparatus irregularities through:					
- failure to properly use safety collar mat for round-off entry vaults (<i>see 8.4.2</i>)	Gym/Evt				Invalid VT "0"
- failure to use supplementary landing mat	Gym/Evt			X	From Final Score
- raising of apparatus without permission	Gym/Evt			X	
- placement of springboard on unpermitted surface	Gym/Evt			X	
- addition, re-arrangement or removal of springs from springboard	Gym/Evt			X	
- use of unpermitted supplementary mats	Gym/Evt			X	
- moving the supplementary mat	Gym/Evt			X	
Notification from D- Panel to Superior Jury Deduction from Final Score					
Behavior of Gymnast					
Non identical leotards (<i>for gymnasts from same team</i>)	Team		X		<i>In C-I, IV taken 1 x in competition phase from apparatus where first recognized.</i>
- Incorrect or unaesthetic padding	Gym/Evt	X			
- Incorrect use of magnesia	Gym/Evt	X			
- Missing national emblem and/or wrong placement	Gym/Evt		X		<i>In C-I, II, IV taken 1 x in competition phase from apparatus where first recognized. In C-III taken from the event score.</i>
- Missing start number	Gym/Evt		X		
- Incorrect attire – leotard, jewelry, bandage color	Gym/Evt		X		
- Competing in the incorrect order				1.00 C-I & IV from team total	
Written Notification by TIME JUDGE To D – Panel					
- Flagrant exceeding of touch warm-up time (<i>after warning</i>) or permitted warm up attempts on VT	Team		X		From Final Score
• by Individuals	Gym/Evt		X		
- Failure to start within 30 sec. after green light is lit	Gym/Evt		X		
- Overtime (<i>BB, FX</i>)	Gym/Evt	X			
- Starting exercise when red light is lit	Gym/Evt				"0"
- Exceeding intermediate fall time (<i>UB and BB</i>)	Gym/Evt				Exercise ended

ARTICLE 6 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By Chair of Superior Jury (In Consultation with Superior Jury)					
Behavior of Gymnast					
– Incorrect advertising			X		Upon request of responsible body
Leaving competition area – Failure to return to the competition area to complete competition					Expelled
– Failure to participate in Award Ceremony (without permission)					Disqualified (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)	Card System For FIG Official and Registered Competitions
Behavior of Coach with no direct impact on the result/performance of the gymnast/team	
– Unsportsmanlike conduct (valid for all phases of the competition)	1 st time – Yellow card for coach (<i>warning</i>) 2 nd time – Red card & removal of coach from the competition
– Other flagrant, undisciplined and abusive behavior (valid for all phases of the competition)	Immediate Red card & removal of coach from the competition
Behavior of Coach with direct impact on the result/performance of the gymnast/team	
– Unsportsmanlike conduct (valid for all phases of the competition), i.e. unexcused delay or interruption of competition, speaking to active judges during the competition except to D ¹ Judge – inquiry only permitted, speak directly to the gymnast, give signals, shouts (<i>cheers</i>) or similar during the exercise. etc.	1 st time – 0.50 (from gymnast/team at event) & Yellow card for coach (<i>warning</i>) 1 st time – 1.00 (from gymnast/team at event) & Yellow card for coach (<i>warning</i>) – if coach speaks aggressively to active judges 2 nd time – 1.00 (from gymnast/team at event), Red card & removal of coach from the competition floor
– Other flagrant, undisciplined and abusive behavior (valid for all phases of the competition), i.e. incorrect presence of the prescribed persons in inner circle during competition, etc.	1.00 (from gymnast/team at event), immediate Red card & removal of coach from the competition floor*

Note: If one of two coaches from a team are dismissed from the competition inner circle, it is possible to replace that coach with another coach **one time** in the entire competition.

1st offense = yellow card

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

*if there is only one coach, then the coach would remain in the competition but would not be eligible for accreditation at the next World Championships, Olympic Games.

ARTICLE 7 — Technical Element Recognition

In order to recognize DV specific technical expectations are required.

All directives for angles of completion of elements are approximate and meant to serve as a guideline.

7.1 ALL APPARATUS

Body Position Requirements

Tucked

- < (less than) 90° hip and knee angle in salto & dance elements

Piked

- < 90° hip angle in salto & dance elements

Stretched

- Stretched position must be maintained a min. 3/4 of the salto
- In double saltos (FX): a stretched body position must be maintained in the 1st salto and min. 3/4 of the 2nd salto
- In double saltos on UB (DMT) and Vaults stretched body position (>135°) must be maintained for a minimum of 360° BA rotation

7.1.1 Landings from Single Saltos with Twists

Elements with twists must be completed exactly or the Lower DV will be recognized.*

- as dismounts from **UB** and **BB**
- during the exercise on **BB** and **FX**
- all landings on **VT**

Note: The placement of the front hand (on back handspring with 1/1 twist (360°) – swing down to cross straddle sit), or foot is decisive when awarding the difficulty value

***FX**: When there is a salto with twist directly connected to another salto and in the first salto the turn is not completed exactly (but the gymnast is able to continue into the next element), the first element will NOT be devalued.

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

7.2 BALANCE BEAM AND FLOOR EXERCISE

7.2.1 Turns on One Leg are in increments of:

- 180° for BB
- 360° for FX

– Turn recognition in dance elements

- The turn must be completed exactly or the Lower DV will be recognized.
- In addition to the foot placement the position of the hip and shoulders should be taken into consideration.

– For under turning on Support leg:

Example:

- 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 of the support leg drops (turn is considered finished)
- For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.
- If free leg is not in prescribed position - credit another element from the COP

7.2.2 Jumps, leaps, hops with turns are in increments of:

- 180° for BB/FX

If landing on 2 feet - the placement of the front foot is decisive when awarding the difficulty value.

- If landing on 1 foot - the position of the hip and shoulders are decisive.

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

Definition:

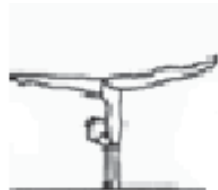
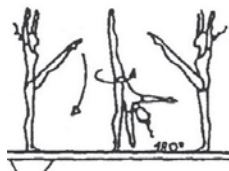
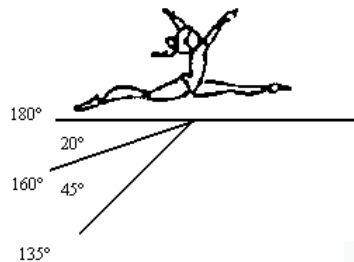
Leaps – take off from 1 foot to land on other or 2 feet

Hops – take off from 1 foot and land on the same foot or 2 feet

Jumps – take off from 2 feet and land on 1 or 2 feet

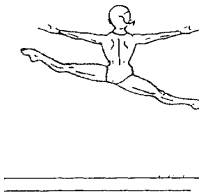
7.2.3 SPLIT REQUIREMENT

For missing degrees of leg separation (insufficient split) in Leaps, Jumps, Hops, Turns and Acro non flight elements:



- > 0° - 20° deduct 0.10
- > 20° - 45° deduct 0.30
- > 45° (dance) credit another element from the CO P or no DV

For incorrect Leg Position



Legs not parallel to floor - deduct 0.10

7.3 REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Scales (4.102) require 180° split, if less - No DV.

Split Leap with Leg Change

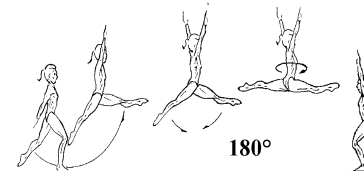


Requirement: free leg swing min. 45°, 180° split of legs

D- Panel

- If free leg swings less than 45° or is bent – credit Split Leap.

Split Leap with Leg Change and ½ turn (180°)



Requirement: Must show cross split position

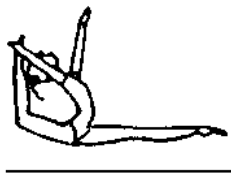
D- Panel

- If free leg swings less than 45° or is bent then credit – split leap with ½ turn (180°)
- If Side Split is shown – credit side leap with leg change (Johnson)

Ring Leap/Change Leg Ring Leap

Requirement:

- Upper back arch and head release with foot to head height.
- 180° split of legs
- Front leg at horizontal



D - Panel

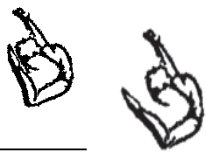
- Back foot below shoulder height and/or front leg below horizontal ($> 10^\circ$) – credit one DV lower
- No arch and release of head – credit split leap or split leap with leg change

E - Panel

- Insufficient arch position – 0.10
- Foot of back leg to shoulder height – 0.10
- Front leg is below horizontal (incorrect leg position) – 0.10

Note: Back Leg Bent or Straight is the same element

Sheep/Ring Jump



Reward DV No DV

Requirement: Upper back arch and head release with feet almost touching head (Ring shape)

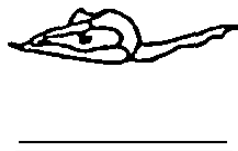
D - Panel

- No ring shape – No DV
- No upper back arch and release of head – No DV

E - Panel

- Insufficient arch position – 0.10
- Insufficient closure of feet to head – 0.10
- Legs apart – 0.10/0.30

Yang Bo



Requirement: Over split with front leg at least at Horizontal

D - Panel

- No over split but both legs at horizontal – credit 1 DV lower
- Over split but front leg below horizontal ($> 10^\circ$) = Ring Jump
- No arch and release of head = Split Jump or Sissone (if front leg below horizontal)
- No arch and release of head & no split (missing more than 45°) – No DV

E - Panel

- Insufficient arch position – 0.10
- Over split, but front leg below horizontal (incorrect leg position) – 0.10

Tuck Jump with/without turn



Requirement: hip & knee angle at 45°

D - Panel

- $> 135^\circ$ hip angle – No DV

E - Panel

- Knees at horizontal – 0.10
- Knees below horizontal – 0.30

Wolf Jump with/without turn



Requirement: hip angle at 45° , knees together

D - Panel

- $> 135^\circ$ hip angle – No DV

E - Panel

- Extended leg at horizontal – 0.10
- Extended leg below horizontal – 0.30

Cat Leap with/without turn



Requirement: Evaluate the lowest knee position

D - Panel

- $> 135^\circ$ hip angle – No DV
- Lack of alternation – credit Tuck jump

E - Panel

- One or both legs at horizontal – 0.10
- One or both legs below horizontal – 0.30

Straddle Pike Jump with/without turn



Requirement: Both legs above horizontal

D - Panel

- $> 135^\circ$ hip angle – No DV

E - Panel

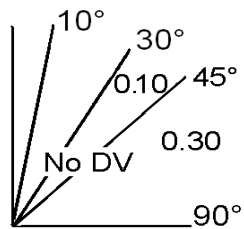
- Legs at horizontal – 0.10
- Legs below horizontal – 0.30

Execution Deductions for body posture faults must be taken in addition to penalties assessed for amplitude.

7.4 UNEVEN BARS

- Handstand position is considered reached when all body parts are aligned in vertical.

7.4.1 Cast to Handstand



D- Panel

If completed:

- within 10° of vertical – credit DV
- >10° – No DV

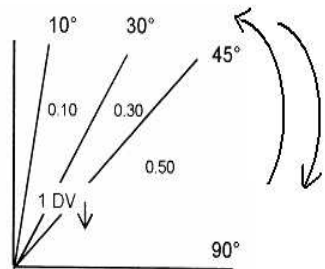
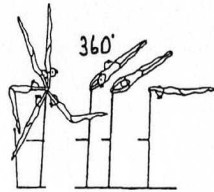
E- Panel

- > 10° – 30° – No Deduction
- > 30° – 45° – 0.10
- > 45° – 0.30



7.4.2 Swings – elements with turns that

- do not reach handstand
- do not pass through vertical and
- continue movement after turn in opposite direction



D- Panel

- > 10° – Credit 1DV lower than element to hstd

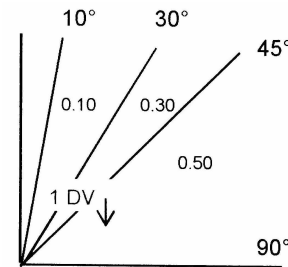
E- Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50

Swing elements with ½ (180°) turn:

- All body parts must reach horizontal to receive DV, otherwise No DV will be credited

7.4.3 Circle elements without turn and Flight elements from HB to handstand on LB



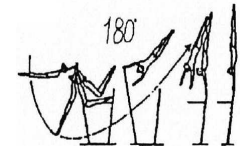
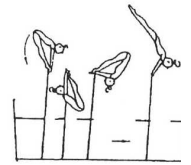
D- Panel

If hstd completed

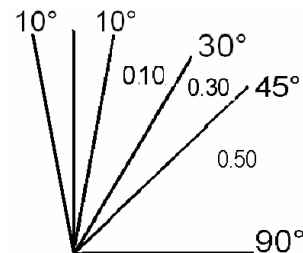
- within 10° – Credit DV
- > 10° – Credit 1DV lower

E- Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50



7.4.4 Circle elements with turns completed to HSTD and Casts with turns completed to HSTD



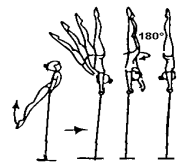
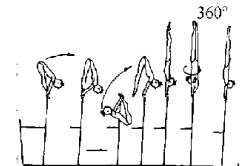
D- Panel

If hstd completed

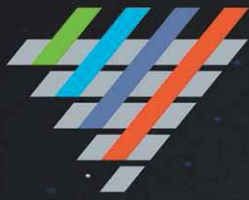
- within 10° (either side) and turn occurs – Credit DV

E- Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50



- Execution Deductions for body posture faults must be taken in addition to penalties assessed for amplitude in elements



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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 of 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 D¹ - 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 with two feet, from either a
 - forward position or
 - backward position
- No vault with sideward take-off or landing may be submitted.
- Beginning with the take-off, the vault phases are evaluated:
 - pre-flight (1st flight)
 - repulsion,
 - flight (2nd flight) and
 - landing.
- All vaults must be performed with repulsion from both hands off 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.

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 fwd with or without 1/1 turn (360°) in 1st flight phase – salto fwd or bwd with or without LA turn in 2nd flight phase
- Group 3 – Handspring with ¼ - ½ turn (90° - 180°) in 1st flight phase (Tsukahara) – salto bwd with or without LA turn in 2nd flight phase
- Group 4 – Round-off (Yurchenko) with or without 1/1 turn (360°) in 1st flight phase – salto bwd with or without LA turn in 2nd flight phase.
- Group 5 – Round-off with ½ turn (180°) in 1st flight phase – salto fwd or bwd 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.
 - 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 Repulsion phase (take off position from the vaulting table) fwd or bwd as follows:
 - Forward Repulsion
EX: Handspring – ½ Turn Backward Tuck Salto (Cuervo)
 - Backward Repulsion
EX: Tsukahara – Salto Backward with 1/1 LA Turn

Example for Finals:

1. If the first vault has a bwd Repulsion phase the choices for the 2nd vault would be:
 - *Round off ½ turn on – salto fwd. off*
 - *Handspring on – 1/1 turn off* **or**
2. If the first vault has a fwd Repulsion phase then the choices for the 2nd vault would be:
 - *Yurchenko – Back Salto Stretched*
 - *Tsukahara – Back Salto Piked*

8.3.1 Corridor Markings

As an orientation for directional deductions, there will be a marked corridor (lane) down the center of the landing mat. The gymnast must land and finish to a stable stand in this zone.

The D¹ Judge (with written notification from the Line Judge) will deduct from Final Score for deviation from straight direction as follows:

- Land in the Corridor, but close to the corridor line - 0.10 P
- Land outside the Corridor line with one foot - 0.30 P
- Land outside the Corridor with both feet - 0.50 P

Note: The initial contact is decisive

8.4 Specific Apparatus Deductions (D- 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

- Touch with one hand (taken from Final Score) 2.00 P.

- In the **Qualification** for the **Apparatus Finals & Apparatus Finals**

- when only one vault or the same vault is performed

Evaluation: Score of the 1st performed vault divided by 2 = Final Score

- When the two vaults do not show a different Repulsion Phase

Evaluation: Final average of both vaults **minus** 2.00 P. = Final Score

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 D- Panel

A video review by the D- 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

D-Panel: enters the Value of the performed vault and shows on the board to the E-judges the symbol of the vault recognized (if different from flashed number).

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

8.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50	1.00
First Flight Phase				
- For missing degree of the LA turn:				
• Gr.3 with ¼ (90°)	≤ 45°			
• Gr.1 & 5 with ½ (180°) turns	≤ 45°	≤90°		
• Gr.1, 2 & 4 with 1/1 (360°) turns	≤ 45°	≤90°	>90°	
- Poor technique				
• hip angle	X	X		
• arch	X	X		
• bent knees	X	X	X	
• leg or knee separations	X	X		
Repulsion Phase				
- Poor technique				
• staggered/alternate hand placement on forward entry vaults	X	X		
• bent arms	X	X	X	
• shoulder angle	X	X		
• failure to pass through vertical	X	X		
- Prescribed LA turn begun too early	X	X		
Second Flight Phase				
- Height	X	X	X	0.80
- Exactness of (LA) turn	X			
- Body position				
• failure to maintain stretched body (<i>pike down of stretched vaults</i>)	X	X		
• insufficient and/or late extension (<i>tuck and pike vaults</i>)	X	X		
• Bent knees	X	X	X	
• Leg or knee separations	X	X		
Distance				
- Insufficient length	X	X	X	
General				
- Under-rotation of salto				
• no fall	X			
• with fall		X		
- Insufficient Dynamic	X	X	X	

Falls

Second Flight

- With landing feet first, the vault is awarded
- Without landing feet first, 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.
- A 3rd attempt is not permitted.

During a **fall** from the apparatus, an interruption of 30 seconds is allowed (the timing starts when the gymnast is on her feet after the fall) 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 terminated.

9.2 Content and Construction of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

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 (over the bar)
 - vaults
 - hechts
 - saltos

9.3 Composition Requirements (CR) – D- Panel 2.50 P.

- | | |
|---|--|
| 1 – Flight element from HB to LB & from LB to HB | award 0.50 |
| 2 – Flight element on the same bar | award 0.50 |
| 3 – Min. two different grips (no cast, MT or DMT) and a Close bar Circle element (non flight) | award 0.50 |
| 4 – Non flight element with min. 360° turn, performed on the bar (no MT) | award 0.50 |
| 5 – Dismount <ul style="list-style-type: none"> • No dismount, A- or B- dismount • C- dismount • D- or higher dismount | award 0.00
award 0.30
award 0.50 |

9.4 Connection Value (CV) – D - Panel

Connection Value can be awarded for direct connections. The CV will be added into the D-Score.

Formulas for direct connections follow:


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

Note: C/D element must have flight or min. ½ turn (180°)

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

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

These direct connections can be performed as a:

- mount connection (gr.1 elements are not considered 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. *EN*
- **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 Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50 or more
- Run approaches <ul style="list-style-type: none"> • Run approach with touch on springboard or UB without mounting • 3rd attempt to mount 			1.00 1.00
- Adjusted grip position	X		
- Brush on apparatus with feet		X	
- Brush on mat			0.50
- Hit on apparatus with feet			0.50
- Hit on mat with feet			1.00
- Uncharacteristic Movement (e.g. Legs split before arrival in Handstand)		X	
- Poor rhythm in elements	X		
- Insufficient height of flight elements	X	X	
- Under rotation of flight elements	X		
- Insufficient extension in kips or casts	X		
- Empty swing		X	
- Intermediate swing			0.50
- Angle of Completion of Elements (art.7)	X	X	X
Amplitude of:			
- Swings fwd or bwd under horizontal	X		
- Casts (art.7)	X	X	
- Bar change without performing an element		X	
- More than 2 of the same elements directly connected to the dismount	X		
- No attempt to dismount*			0.50

*Dismount with fall:

- If the salto for the dismount has **not** begun (no initiation of rotation) and a fall occurs, or
- No attempt for DMT at all (landing on feet or falling after landing on feet)

Example 1:  with no initiation of salto

Evaluation:

- No CR (*D- panel*)
- No DV - count 7 elements only (*D- panel*)
- 0.50 No attempt to dismount – (*E- panel*)
- Fall - 1.00 or apply landing deductions, if no fall (*E- panel*)

- If the salto for the dismount has begun and then a fall occurs:

Example 2:  with failure to land feet first

Evaluation:

- No CR (*D- panel*)
- No DV - count 7 elements only (*D- panel*)
- Fall – 1.00 (*E- panel*)

9.6 Notes

Falls – Flight Elements

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

Mounts

- Can fulfill CR 1 for flight from LB to HB or HB to LB
- Elements performed as mounts can be performed in the exercise (or vice versa) 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, or the apparatus.

- After a 2nd unsuccessful attempt to mount she should begin the exercise.
- “Mount not from the Table of elements” – deductions will apply, but no additional penalty if she has not touched the springboard or the apparatus.
- A 3rd attempt is not permitted.

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

Timing:

- The Time Judge 1 (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 (1:30) 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.
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E- Panel.
- Time violations are reported in writing by the respective Time Judge to the D- Panel judges, 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 (Time Judge 2 begins timing when the gymnast is on her feet after the fall). The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise.

- The fall period ends when the gymnast takes-off from the mat to remount the beam.
- After remounting the beam the resumption of timing by Time Judge 1 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 terminated.

10.2 Content and Construction of the Exercise

- The maximum 8 highest difficulties including the dismount are counted for DV
 - Maximum 5 Acro
 - Minimum 3 Dance

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 Composition Requirements (CR) – D- Panel 2.50 P.

- 1 – One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (cross position only) – award 0.50
- 2 – Turn (gr.3) – award 0.50
- 3 – One acro series, min. of 2 flight* elements 1 being a salto (elements may be the same) – award 0.50
- 4 – Acro elements in different directions (fwd/swd and bwd) – award 0.50
- 5 – Dismount
 - No dismount, A- or B- dismount – award 0.00
 - C- dismount – award 0.30
 - D- or higher dismount – award 0.50

* Flight elements with or without hand support.

Note:

- CR 1 - 4 must be performed on the Beam.
- Rolls, handstands and holds may not be used to fulfil CR.

10.4 Connection Value (CV) – D - Panel

Connection Value can be awarded for direct connections.
The CV will be added into the D- Score.

Formulas for direct connections follow:

ACROBATIC	
0.10	0.20
2 acro flight elements, excluding the dismount	
C/D + D (or more) C + C B + E	*C/D + D (or more) B + F
3 acrobatic flight elements, including the mount and dismount (DMT minimum D)	
B + B + D C + B + C	B + B + E C + C + C B + C + D

TURNS	
A + C (or reverse)	

Note: May be performed on the same support leg, or with step into turn on opposite leg (brief demi - plié on one or both feet is permitted)

MIXED	
C + C or more (excluding dismount) D – salto to 1 foot + A- scale (this order & no step is permitted into scale)	

*Connections with rebounding effect develop speed in one direction:

- Landing (on two feet) from the 1st flight element with hand support 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 both legs into the 2nd element
- An acrobatic element can be performed only two (2) times within the same connection for CV, but may not receive Difficulty Value (DV) more than once
- Jumps with 1/1 turn or more performed in side position will be awarded 1 DV higher than in cross position (see art. 5)

- 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
 can be performed a 2nd time in the exercise and/or dismount to receive CV

Dismount with fall:

- If the salto for the dismount has not begun (no initiation of rotation) and a fall occurs, or
- No attempt for DMT at all (landing on feet or falling after landing on feet)

Example 1:  jump off BB:

Evaluation:

- No CR (D- panel)
- No DV – count 7 elements only (D- panel)
- 0.50 No attempt to dismount (E- panel)
- Fall - 1.00 or apply landing deductions if no fall (E- panel),

- If the salto for the dismount has begun and then a fall occurs:

Example 2:  begin salto, but failure to land feet first

Evaluation:

- No CR (D- panel)
- No DV – count 7 elements only (D- panel)
- Fall – 1.00 (E- panel)

10.5 Artistry Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Insufficient variation in rhythm	X		
– Sureness of performance	X	X	
– Insufficient artistry of presentation throughout the exercise including: <ul style="list-style-type: none"> • Lack of creative choreography originality of composition of elements and movements 	X	X	
– Inappropriate gesture or mimic not corresponding to the movements	X		

10.6 Specific Apparatus Deductions (E - Panel)

Faults	0.10	0.30	0.50 or more
– Run approaches <ul style="list-style-type: none"> • Run approach with touch on springboard or BB without mounting • 3rd attempt to mount 			1.00 1.00
– Additional support of leg against the side-surface of the beam		X	
– Failure to meet the technical requirement of the element through use of additional support		X	
– Grasp on beam in order to avoid a fall			0.50
– Additional movements to maintain balance	X	X	0.50
– Concentration pause (<i>longer than 2 seconds</i>)	X		
– Excessive preparation into dance elements	X		
– One sided use of elements: <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs throughout exercise 	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) 	X		
– Poor rhythm in connections	X		
– Mount not from the table of elements	X		
– No attempt to dismount			0.50

10.7 NOTES:



Falls – Acro and Dance Elements - *must return to beam with foot or torso to be awarded difficulty*

- 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
- Mount elements (rolls, handstands and holds) may be performed within the routine but receive DV only once for the same element.


Holds

- Handstands (without turns) & Holds must be held for 2 sec., when prescribed in the table of elements in order to receive DV. If the element is not held for 2 sec. and does not appear as another element in Code award 1 DV lower (HSTD or hold position should be completed).
- 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
 - If gymnast performs the same element again in the exercise and holds the HSTD position for 2 sec. – No DV awarded

Onodi Elements

-  can be used as 1st or 2nd element in an acro series.
- Tic Toc  can only be used as the last element in a series and will be considered the same element as Onodi

Specific Elements

-  hands must land in cross position. If hands land in side position then the element is awarded 1 DV lower
 - If gymnast performs the same element again in the exercise and completes 1/1 twist – No DV awarded



Hands placed together in Cross position – Correct



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



If front hand completed turn – DV awarded (apply deduction for precision)



Hands in Side Position – award C- DV (apply deductions for precision)

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).

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

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 deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 sec.).
 - 0.10 P.
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E- Panel.

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

- Absence of music or music with words **1.00 P.**
Note: Taken by the D- 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.

- Step or land outside boundary with foot/hand – 0.10 P.
- Step outside with both feet/hands or body part or landing with both feet on the line slightly outside (1st feet contact) – 0.30 P.
- Land completely outside of the border markings – 0.50 P.

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

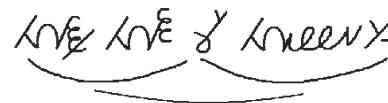
11.2 Content and Construction of the Exercise

- The maximum 8 highest difficulties including the dismount are counted for DV
 - Maximum 5 Acro
 - Minimum 3 Dance
- The maximum number of acro lines with salto is four (4); any difficulty in subsequent acro lines will not be counted for DV
 - An acro line may consist of a min. of one flight element without hand support and take off 2 feet (rebound)
 - including mixed connections
 - Failure to land on feet first from salto will still be considered an acro line

Examples:

1. a single or double salto (*with take off from 2 feet*)
 2. a connection of multiple saltos (*with take off from two feet*) connected or not with acro elements with flight and hand support.
 3. mixed series (jumps or leaps) with salto (*with take off from two feet*)
- In a long acro connection the 2nd acro line begins with the 1st acro element performed in the opposite direction, followed by additional elements

Example: One acro connections, but two acro lines;



- The following do NOT constitute an acro line:
 - Salto with take off from one foot (maybe used to fulfill CR & CV)
 - Acro or mixed connection of flight elements with hand support

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 Composition Requirements (CR) – D- Panel 2.50 P.

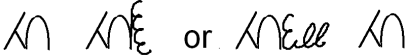
1 – A dance passage of at least **two** different leaps or hops (from the Code) connected directly or indirectly (with running steps, small leaps, hops chasse, chainé turns), one of them with 180° cross split position
– award 0.50.

The object is to create a flowing large traveling movement pattern

- No jumps or turns are permitted because they are stationary. Chainé turns ½ turns on two feet are allowed because they are traveling steps.
- Leaps and hops must land on one leg if performed as the 1st element in the dance passage.

- | | |
|---|--------------|
| 2 – One acro line with 2 different saltos | – award 0.50 |
| 3 – Salto fwd/swd & bwd | – award 0.50 |
| 4 – Salto with double BA and salto with LA (min. 360°) turn | – award 0.50 |
| 5 – Dismount | |
| • No dismount, A- or B- dismount | – award 0.00 |
| • C- dismount | – award 0.30 |
| • D- or higher dismount | – award 0.50 |


- The dismount is the last counting acro line (credit highest DV)
- No DMT will be credited if only one acro line is performed

Example #1  Only one acro line


- Evaluation:
- No CR (DMT) (D- Panel)
 - No DV – count max.7 elements (D- Panel)
 - 0.50 No attempt to dismount (E- Panel)
 - Apply landing deductions (E- Panel)

Example #2  Two acro lines

- Evaluation:
- CR (DMT) +0.50 (D- Panel)

Example #3  The gymnast fails to land feet first in the 2nd acro line:

- Evaluation:
- No CR (DMT) (D- panel)
 - No DV – count 7 elements only (D- panel)
 - Fall - 1.00 (E-Panel)

Example #4  With repetition of the same element

- Evaluation:
- No CR (DMT) (D- panel)
 - No DV – count 7 elements only (D- panel)
 - Apply landing deductions if necessary (E-panel)

11.4 Connection Value (CV) – D- Panel

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

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

Formulas for indirect and direct connections of acro follow:

INDIRECT ACROBATIC	
0.10	0.20
C + D	C + E
A + A + D	
DIRECT ACROBATIC	
0.10	0.20
A + A + D	A/B + E
B + D	C + D
C + C	
MIXED	
D- salto + A- jump (must be performed in this order)	

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.

Note: Acro elements for CV are without hand support only.

11.5 Artistry Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Insufficient artistry of presentation throughout the exercise including: <ul style="list-style-type: none"> • Lack of creative choreography <i>originality of composition of elements and movements</i> • Inability to express idea (theme) of the music through movements • Insufficient variation in rhythm 	X	X	
– Music <ul style="list-style-type: none"> • Poor relationship of music and movement • Background music 	X	X	X
– Inappropriate gesture or mimic not corresponding to the music or to the movements	X		

11.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Concentration pause prior to acrobatic lines <i>(more than 2 seconds)</i>	ea X		
– Excessive preparation for a dance element	ea X		
– One sided use of elements: <ul style="list-style-type: none"> • More than one leap/jump/hop element to prone position 	X		
– Missing minimum 360°turn on one foot		X	
– Lack of movement close to the Floor with a part of the torso and/or head touching the floor (element not necessary)	X		
– Missing synchronization of movement with musical beat	ea X		
– No attempt to dismount			X

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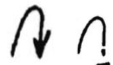
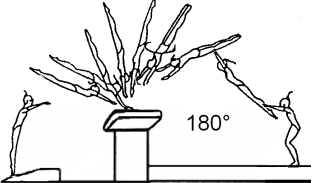
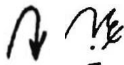
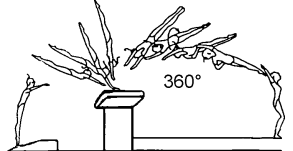
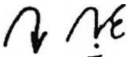
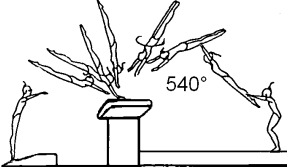
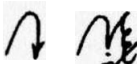
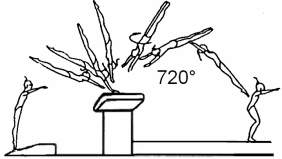

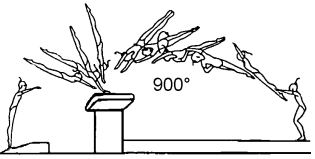
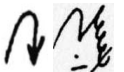
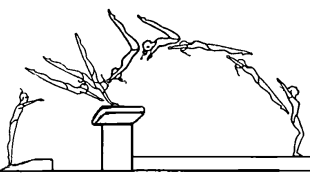
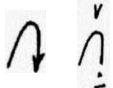
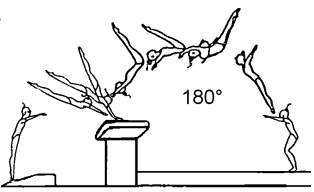
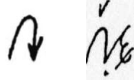
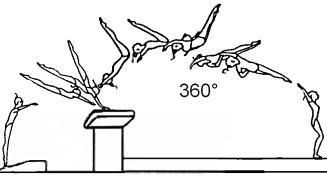
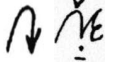


PART IV – Tables of Elements

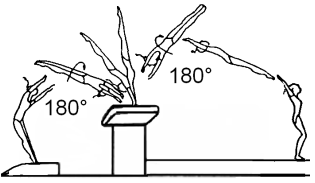
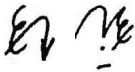
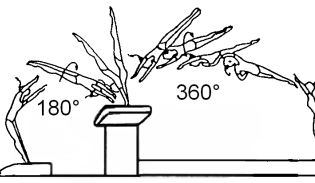
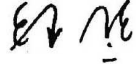
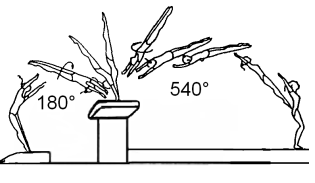
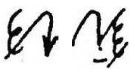
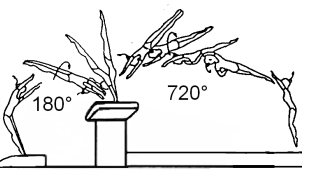
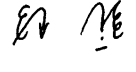
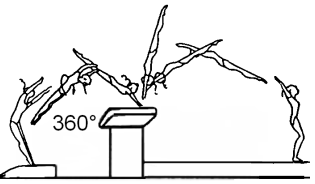
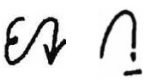
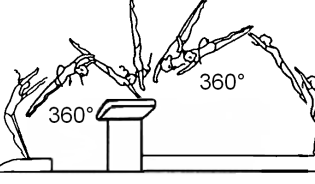
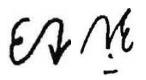


Vault Table — Elements

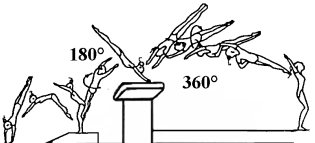
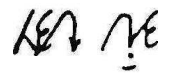
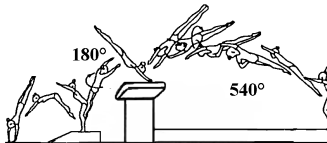
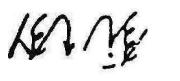
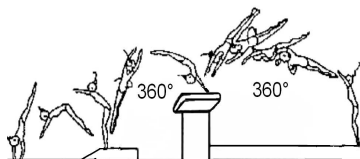
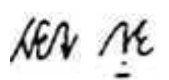
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

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

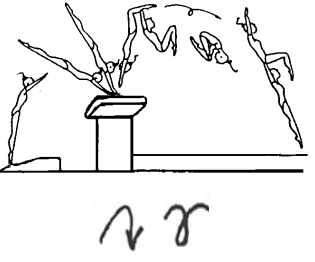
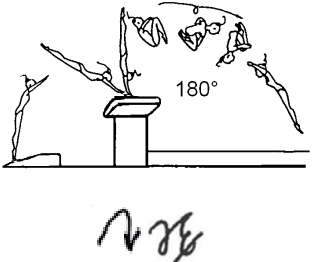
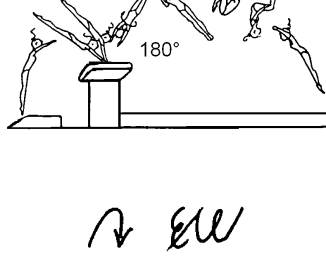
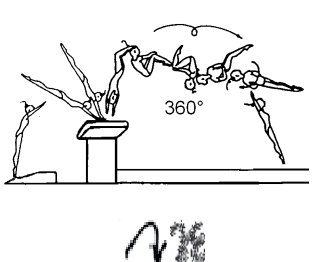
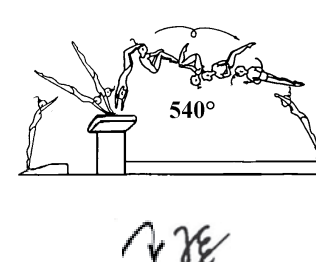

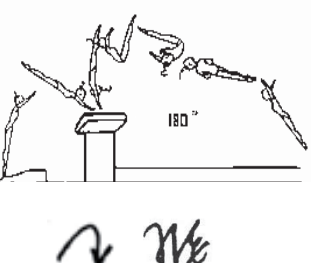
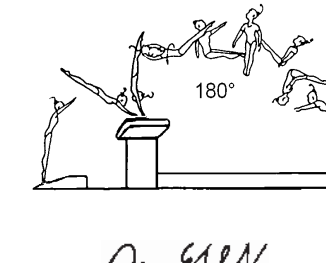
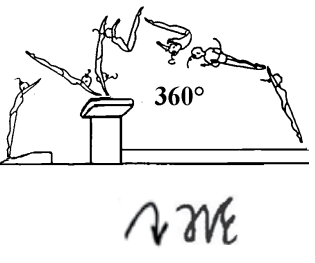
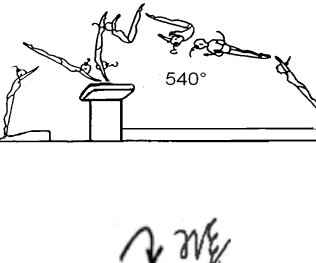
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

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

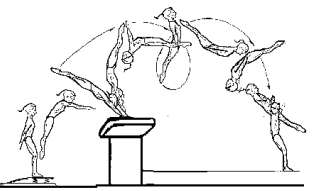
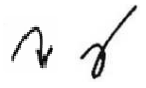
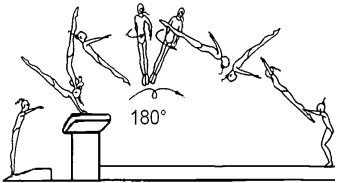
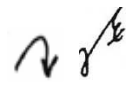
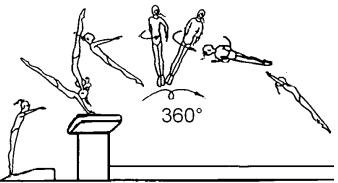
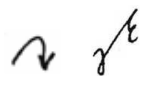
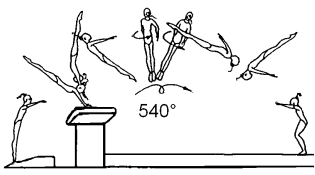
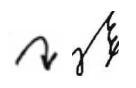
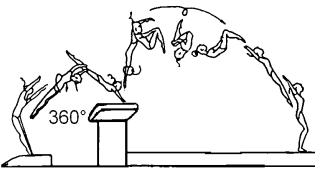
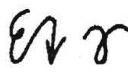
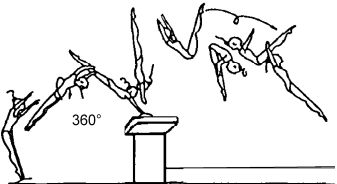
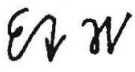
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

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

<p>2.10 Handspring forward on – tucked salto forward off</p> <p>4.40 P.</p> 	<p>2.11 Handspring forward on – tucked salto forward with ½ turn (180°) off</p> <p>4.80 P.</p> 	<p>2.12 Handspring forward on – ½ turn (180°) and tucked bwd salto off</p> <p>4.80 P.</p> 	<p>2.13 Handspring forward on – tucked salto forward with 1/1 turn (360°) off</p> <p>5.30 P.</p> 	<p>2.14 Handspring forward on – tucked salto forward with 1½ turn (540°) off</p> <p>5.70 P.</p> 	<p>2.15</p>
<p>2.20 Handspring forward on – piked salto forward off</p> <p>4.60 P.</p> 	<p>2.21 Handspring forward on – piked salto forward with ½ turn (180°) off</p> <p>5.00 P.</p> 	<p>2.22 Handspring forward on – ½ turn (180°) and piked bwd salto off</p> <p>5.00 P.</p> 	<p>2.23 Handspring forward on – piked salto forward with 1/1 turn (360°) off</p> <p>5.50 P.</p> 	<p>2.24 Handspring forward on – piked salto forward with 1½ turn (540°) off</p> <p>5.90 P.</p> 	<p>2.25</p>

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

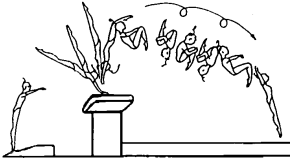
<p>2.30 Handspring forward on – stretched salto forward off</p> <p style="text-align: right;">5.00 P.</p>  	<p>2.31 Handspring forward on – stretched salto forward with ½ turn (180°) off</p> <p style="text-align: right;">5.40 P.</p>  	<p>2.32 Handspring forward on – stretched salto forward with 1/1 turn (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</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 FWD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

2.50

*Handspring forward on – tucked
double salto forward off*

7.10 P.



↷ ↷

2.51

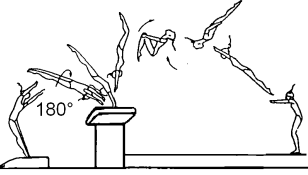
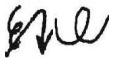
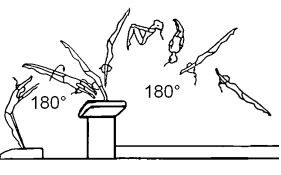

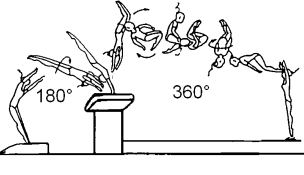

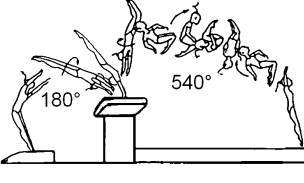
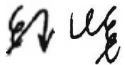
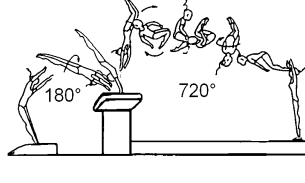

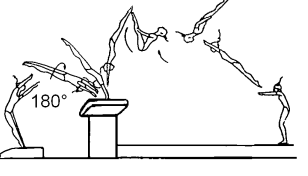

2.52

2.53

2.54

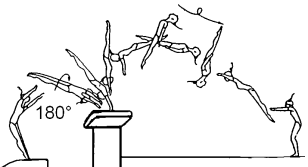
2.55

GROUP 3 — HANDSPRING WITH ¼ - ½ TURN (90°-180°) IN 1ST FLIGHT PHASE (TSUKAHARA) – SALTO BWD WITH/WO 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 1½ 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 ¼ - ½ TURN (90°-180°) IN 1ST FLIGHT PHASE (TSUKAHARA) – SALTO BWD WITH/WO TURN IN 2ND FLIGHT PHASE

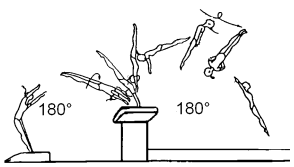
3.30
Tsukahara stretched
4.60 P.




180°



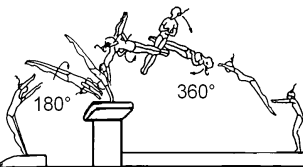
3.31
Tsukahara stretched with 1/2 turn (180°) off
4.90 P.




180° 180°



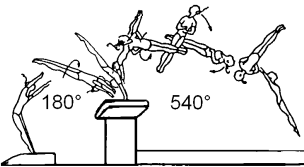
3.32
Tsukahara stretched with 1/1 turn (360°) off
5.20 P.




180° 360°



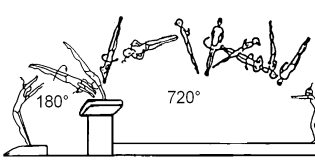
3.33
Tsukahara stretched with 1½ turn (540°) off
5.50 P.




180° 540°



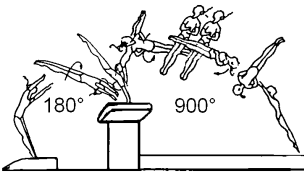
3.34
Tsukahara stretched with 2/1 turn (720°) off
6.00 P.




180° 720°



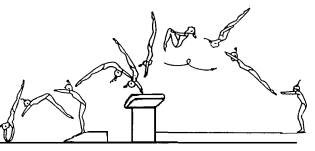
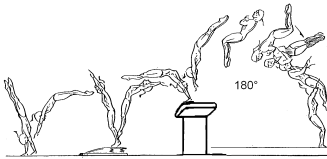
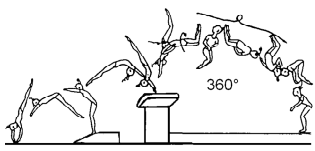
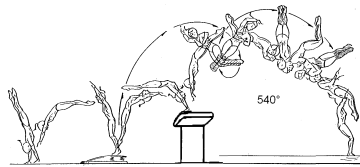
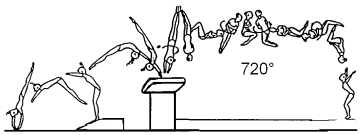
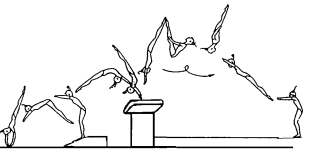
3.35
Tsukahara stretched with 2½ turn (900°) off
6.70 P.



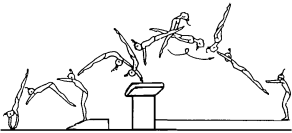
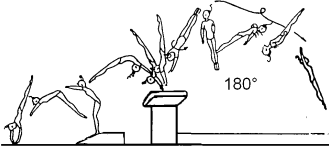
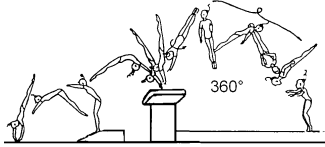
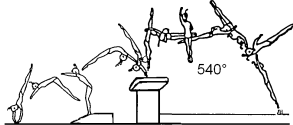
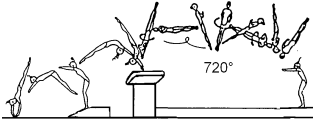
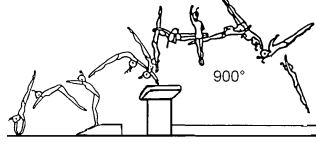
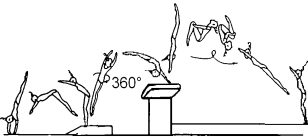
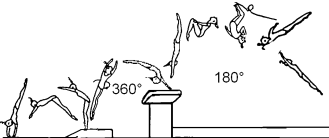
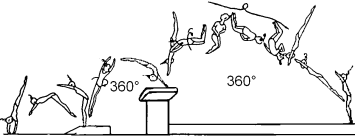
180° 900°



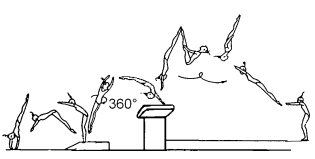
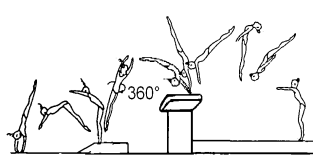
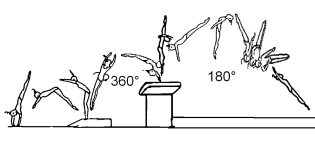
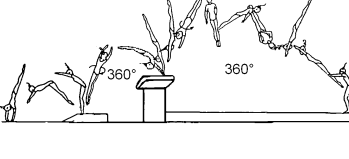
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 1/1 TURN (360°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WO TURN IN 2ND FLIGHT PHASE

<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>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>N U E 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>N U E E 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>N U E E E E</i></p>	<p>4.14 Round-off, flic-flac on – tucked salto backward with 2/1 turn (720°) off</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;"><i>N U E E E E 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>N U E E</i></p>	<p>4.21</p>	<p>4.22</p>	<p>4.23</p>	<p>4.24</p>	<p>4.25</p>

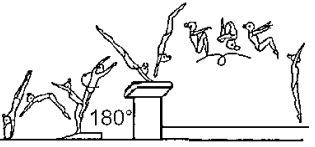
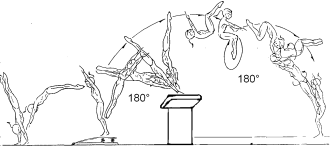
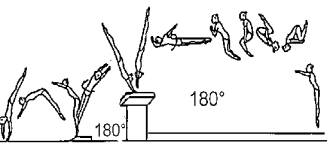
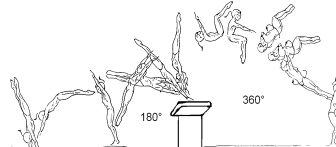
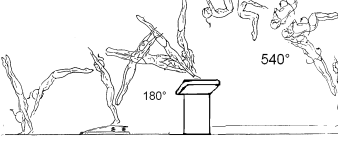
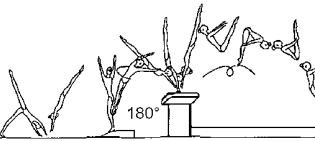
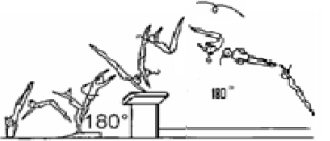
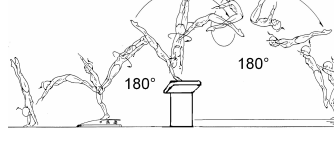
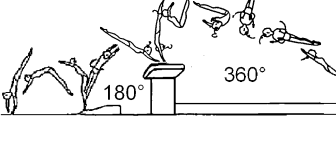
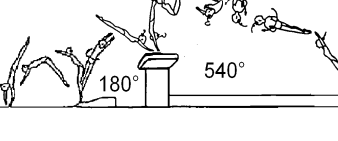
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 1/1 TURN (360°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WO TURN IN 2ND FLIGHT PHASE

<p>4.30 Round-off, flic-flac on – stretched salto backward off</p> <p style="text-align: right;">4.40 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W</i></p>	<p>4.31 Round-off, flic-flac on – stretched salto backward with ½ turn (180°) off</p> <p style="text-align: right;">4.70 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 1/2</i></p>	<p>4.32 Round-off, flic-flac on – stretched salto backward with 1/1 turn (360°) off</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 1</i></p>	<p>4.33 Round-off, flic-flac on – stretched salto backward with 1½ turn (540°) off</p> <p style="text-align: right;">5.30 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 1.5</i></p>	<p>4.34 Round-off, flic-flac on – stretched salto backward with 2/1 turn (720°) off</p> <p style="text-align: right;">5.80 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 2</i></p>	<p>4.35 Round-off, flic-flac on – stretched salto backward with 2½ turn (900°) off</p> <p style="text-align: right;">6.50 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 2.5</i></p>
<p>4.40 Round-off, flic-flac with 1/1 turn (360°) on – tucked salto bwd off</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 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 style="text-align: right;">4.90 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 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 style="text-align: right;">5.20 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N W 1</i></p>	<p>4.43</p>	<p>4.44</p>	<p>4.45</p>

GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 1/1 TURN (360°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WO 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: NER 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: NER 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: NER 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: NER W 1/1</i></p>	<p>4.54</p>	<p>4.55</p>
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GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WO TURN IN 2ND FLIGHT PHASE

<p>5.10 Round-off, flic-flac with ½ turn (180°) on – tucked salto forward off</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180°</i></p>	<p>5.11 Round-off, flic-flac with ½ turn (180°) on – salto forward tucked with ½ turn (180°) off</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 180°</i></p>	<p>5.12 Round-off, flic-flac with ½ turn (180°) on – ½ turn (180°) and salto backward tucked off</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 180°</i></p>	<p>5.13 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;"><i>Handwritten notation: 180° 360°</i></p>	<p>5.14 Round-off flic-flac with ½ turn (180°) - tucked salto forward with 1½ turn (540°) off</p> <p style="text-align: right;">5.90 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 540°</i></p>	<p>5.15</p>
<p>5.20 Round-off, flic-flac with ½ turn (180°) on – piked salto forward off</p> <p style="text-align: right;">4.80 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180°</i></p>	<p>5.21 Round-off, flic-flac with ½ turn (180°) on – piked salto forward with ½ turn (180°) off</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 180°</i></p>	<p>5.22 Round-off, flic-flac with ½ turn (180°) on – ½ turn (180°) and salto backward piked off</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 180°</i></p>	<p>5.23 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;"><i>Handwritten notation: 180° 360°</i></p>	<p>5.24 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;"><i>Handwritten notation: 180° 540°</i></p>	<p>5.25</p>

GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WO TURN IN 2ND FLIGHT PHASE

5.30
Round-off, flic-flac with ½ turn (180°) on – stretched salto forward off

5.20 P.

Handwritten notes for 5.30

5.31
Round-off, flic-flac with ½ turn (180°) on –salto forward stretched with ½ turn (180°)

5.60 P.

Handwritten notes for 5.31

5.32
Round-off flic-flac with ½ turn (180°) on – stretched salto forward with 1/1 turn (360°) off

6.10 P.

Handwritten notes for 5.32

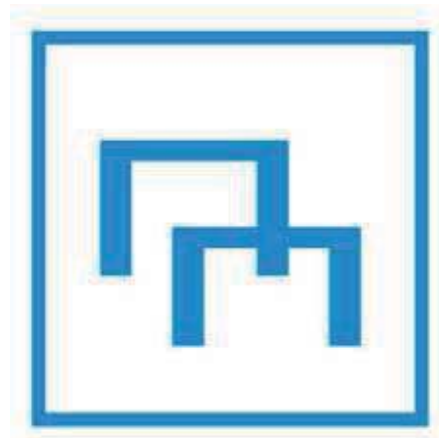
5.33
Round-off flic-flac with ½ turn (180°) on – stretched salto forward with 1½ turn (540°) off

6.50 P.

Handwritten notes for 5.33

5.34

5.35



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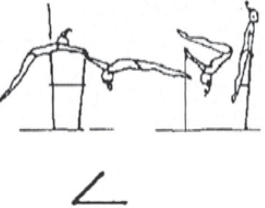
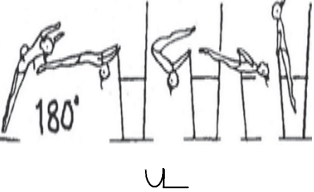
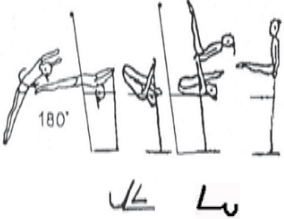
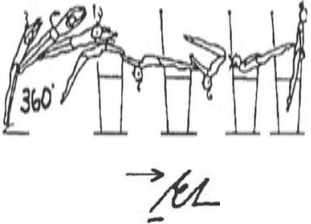
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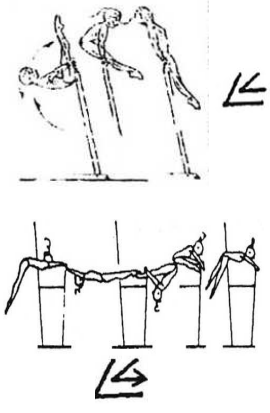
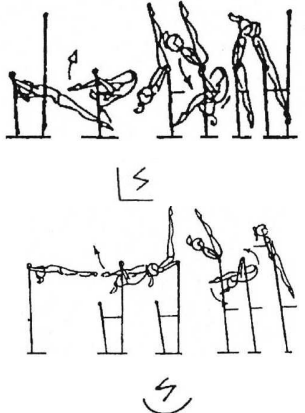
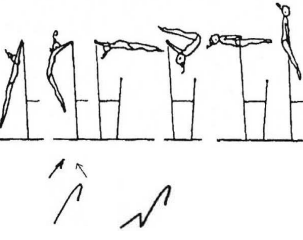
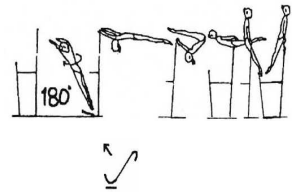
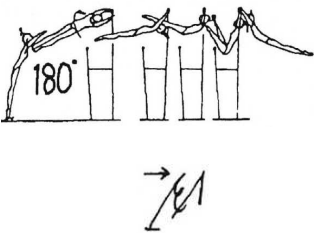
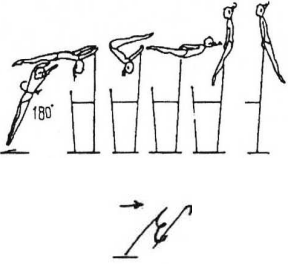


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
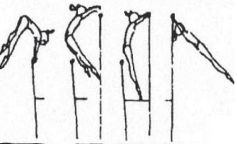





1.000 — MOUNTS

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


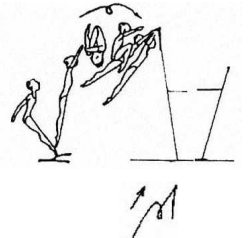
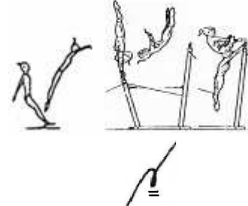
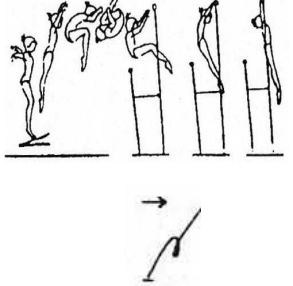

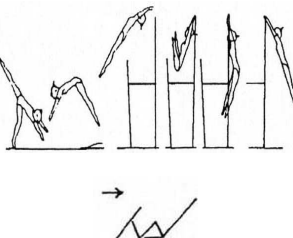
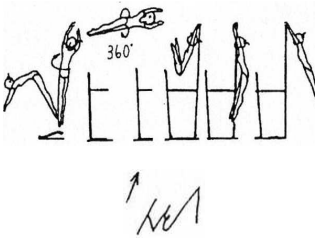
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.103 Glide on LB or swing fwd on HB and stoop through, back kip; also with straddle cut bwd to hang on same bar</p> 	<p>1.203 Reverse kip from: – glide fwd on LB – swing fwd on HB – stoop through to kip hang, back kip swing, seat (pike) circle bwd 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 hang on HB – also with reverse grip – kip to support</p> 	<p>1.204 Facing HB – Jump with ½ turn (180°) – kip 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 to support on HB</p> 	<p>1.404</p>	<p>1.504</p>	<p>1.604</p>



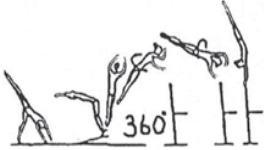
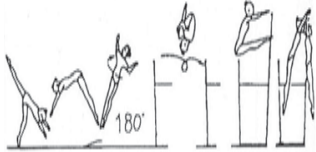
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.105 Facing HB – jump with 1/1 turn (360°) to hang on HB</p>  <p>360°</p> 	<p>1.205</p>	<p>1.305</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 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>

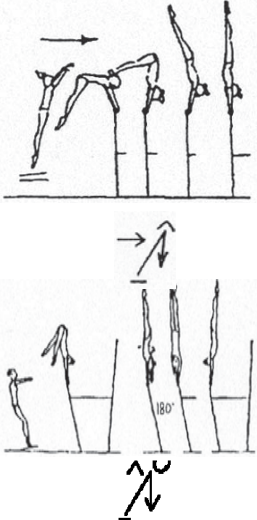
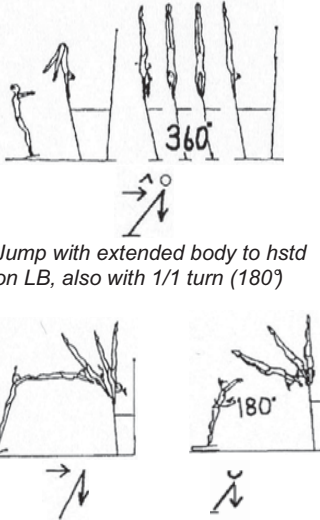
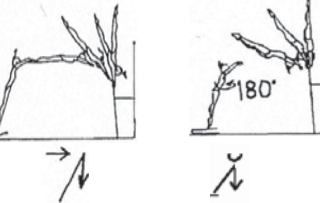
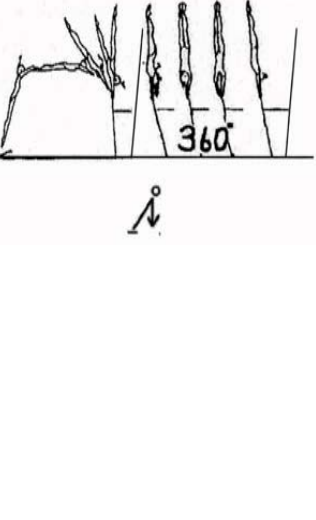
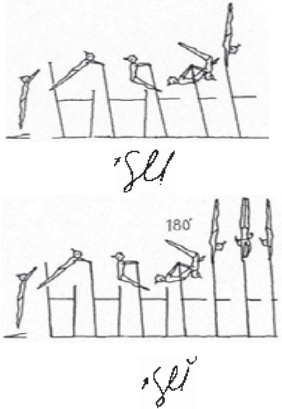
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.107</p>	<p>1.207 Salto fwd tucked, piked or straddled over LB into L hang on LB</p> 	<p>1.307 Facing HB – salto fwd to hang on HB</p>  <p>Roll fwd piked with hand repulsion over LB with flight to hang on HB</p> 	<p>1.407 Salto fwd 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 bwd (straddled) through clear straddle support on LB</p> 	<p>1.308 Round-off in front of LB – flight bwd over LB with legs together or straddled to hang on HB</p> 	<p>1.408 Round-off in front of LB – flight bwd over LB with 1/1 turn (360°) to hang on HB</p> 	<p>1.508</p>	<p>1.608</p>

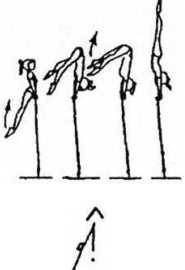
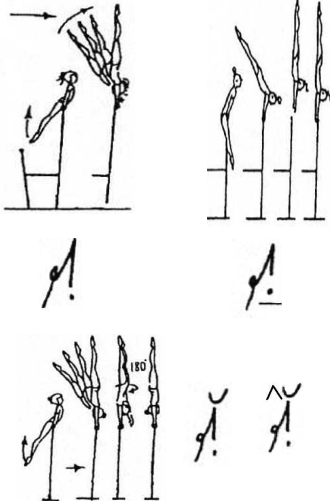
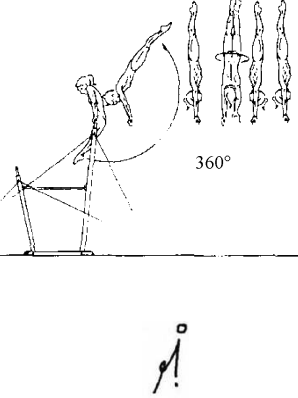
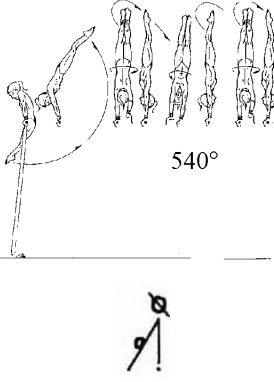

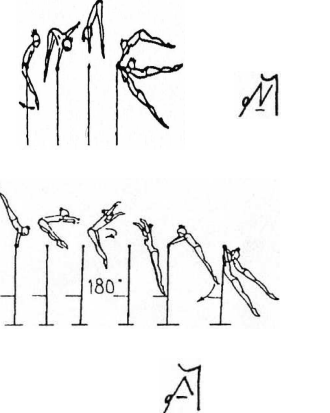
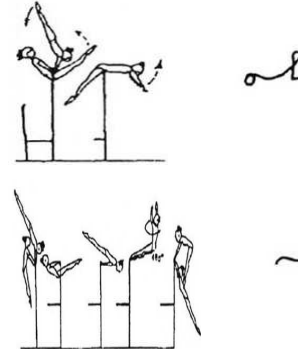
1.000 — MOUNTS

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 bwd over LB to hang on LB</i></p>  <p style="text-align: center;">→ he</p> <p><i>Round-off in front of LB, flic-flac through hstd phase on LB</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 hstd phase on LB</i></p>  <p style="text-align: center;">→ hi</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;">→ ho hw</p>	<p>1.609</p>


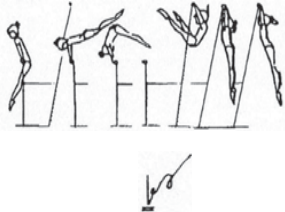

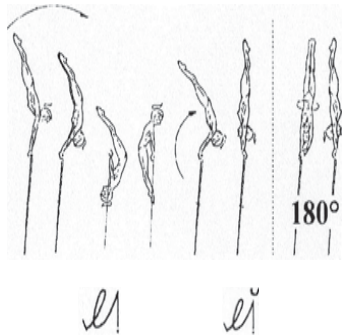
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.110</p>	<p>1.210</p> <p>Jump to hstd on LB with hips bent, then extended, also with ½ turn (180°) in hstd phase</p> 	<p>1.310</p> <p>Jump to hstd on LB with hips bent, then extended and 1/1 turn (360°) in hstd phase</p>  <p>Jump with extended body to hstd on LB, also with 1/1 turn (180°)</p> 	<p>1.410</p> <p>Jump with extended body to hstd on LB with 1/1 turn (360°) in hstd phase</p> 	<p>1.510</p>	<p>1.610</p>
<p>1.111</p>	<p>1.211</p>	<p>1.311</p>	<p>1.411</p> <p>Jump to clear support on HB – clear hip circle to hstd on HB, also with ½ turn (180°) in hstd phase on HB</p> 	<p>1.511</p>	<p>1.611</p>

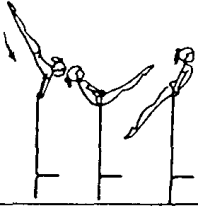
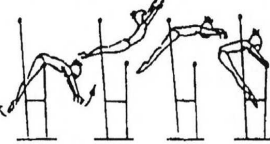
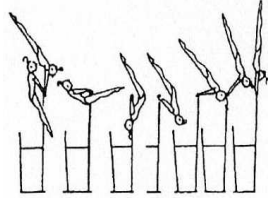
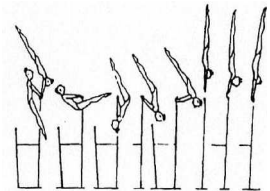
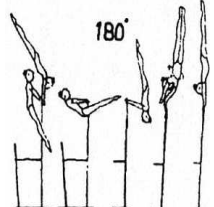
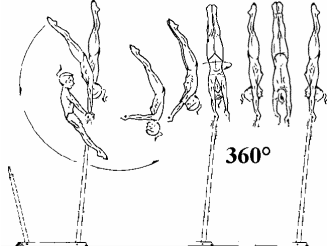
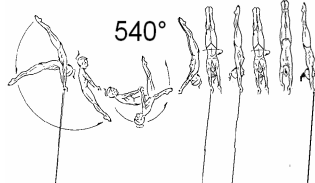
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.101 Cast to hstd with legs straddled or with hips bent; also with hop-change</p> 	<p>2.201 Cast to hstd with legs together and hips extended; also with hop grip-change also with ½ turn (180°) legs together or straddled</p> 	<p>2.301 Cast with 1/1 turn (360°) to hstd</p> 	<p>2.401 Cast with 1½ turn (540°) to hstd</p> 	<p>2.501</p>	<p>2.601</p>
<p>2.102</p> 	<p>2.202 Front support on HB – stoop with flight or free straddle fwd over HB and ½ turn (180°) to hang on HB</p> 	<p>2.302 Hip circle bwd hecht with flight and ½ turn (180°) passing over bar to hang on same bar – also from clear hip circle bwd</p> 	<p>2.402</p>	<p>2.502</p>	<p>2.602</p>

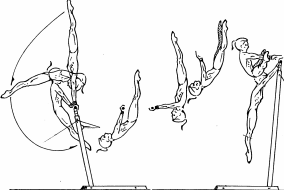
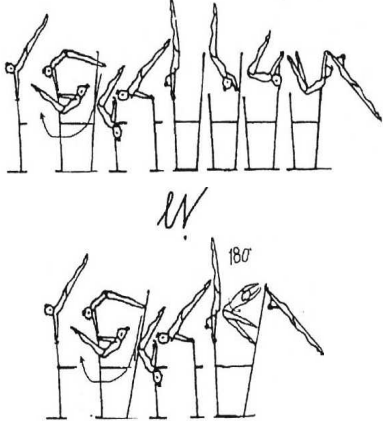
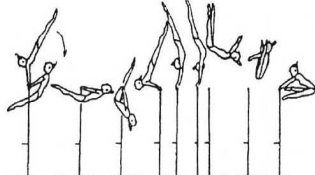
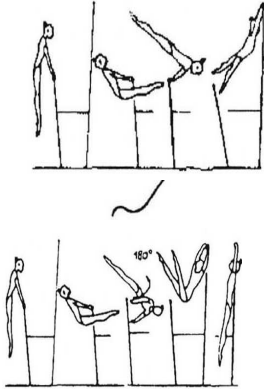
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.103</p>	<p>2. 203</p>	<p>2.303 <i>From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB</i></p> 	<p>2.403 <i>From inner front support on LB – cast with salto roll fwd to hang on HB (Radochla roll)</i></p> 	<p>2.503 <i>Front support on HB – cast with salto fwd straddled to hang on HB (Comaneci Salto)</i></p> 	<p>2.603</p>
<p>2.104</p>	<p>2.204</p>	<p>2.304</p>	<p>2.404 <i>Clear hip circle fwd to hstd, also with ½ turn (180°) in hstd phase (Weiler-kip)</i></p> 	<p>2.504</p>	<p>2.604</p>

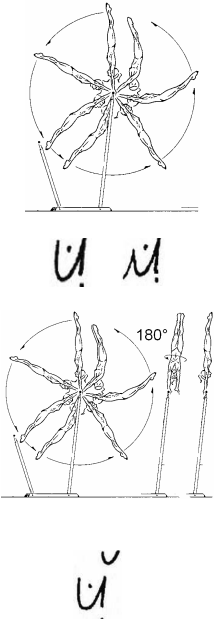
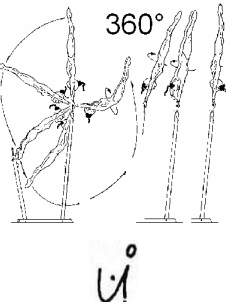
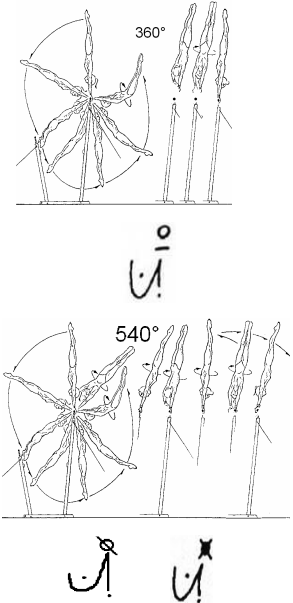
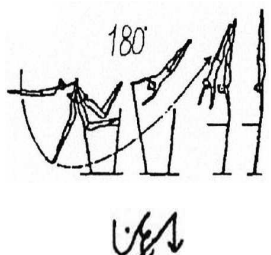
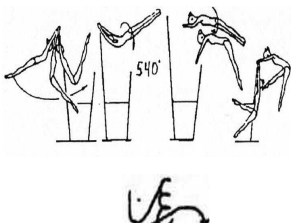
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.105 Hip circle bwd (hip touching bar)</p>  <p style="text-align: center;">○</p> <p>Clear hip circle bwd or hip circle bwd on LB – hip repulsion – flight with regrasp on LB ("false-pop")</p>  <p style="text-align: center;">~.</p>	<p>2.205</p>	<p>2.305 Clear hip circle to hstd, also with hop-grip change in hstd phase, or with ½ turn (180°) to hstd</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 with 1/1 turn (360°) to hstd</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">li°</p>	<p>2.505 Clear hip circle with 1½ turn (540°) to hstd</p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">li°</p>	<p>2.605</p>

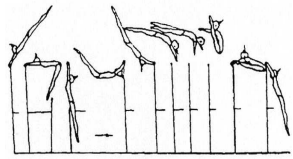
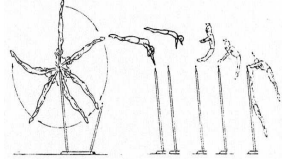
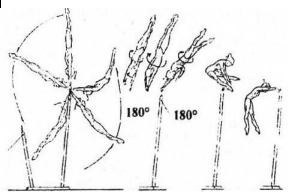
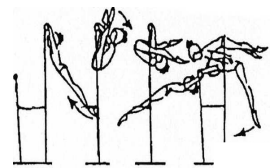

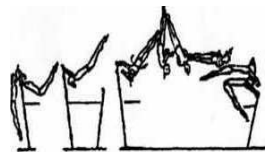
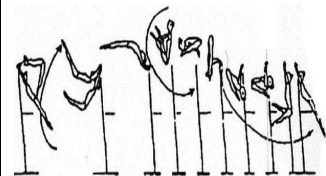
2.000 – CASTS AND CLEAR HIP CIRCLES

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 fwd 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 hstd with flight to hang on HB (Schaposchnikova), or with ½ turn (180°) in flight to hang on HB</i></p>  <p align="center">W 180° WV</p>	<p>2.506 <i>Clear hip circle on HB, counter straddle to hang on HB</i></p>  <p align="center">W</p>	<p>2.606</p>
<p>2.107</p>	<p>2.207</p>	<p>2.307 <i>Outer front support – clear hip circle bwd on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled)</i></p>  <p align="center">W</p>	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>

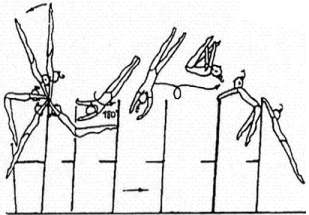
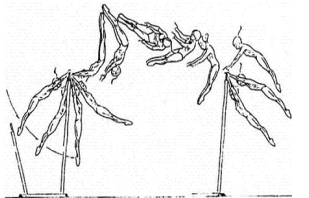
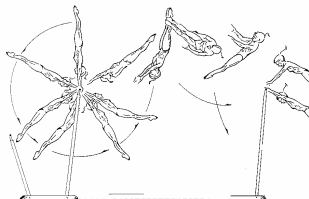
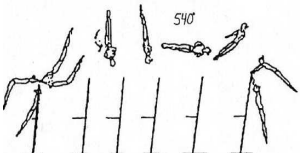
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.101</p>	<p>3.201 Giant circle bwd in regular grip, also with ½ turn (180°) to hstd, or on one arm</p> 	<p>3.301 Giant circle bwd with 1/1 turn (360°) to hstd</p> 	<p>3.401 Giant circle bwd with 1½ - 2/1 turn (540°-720°) to hstd, also with hop 1/1 turn (360°) to hstd</p> 	<p>3.501</p>	<p>3.601</p>
<p>3.102</p>	<p>3.202</p>	<p>3.302</p>	<p>3.402 Hang on HB – Swing fwd with ½ turn (180°) and flight to hstd on LB</p> 	<p>3.502 Hang on HB – Swing fwd with 1½ turn (540°) and flight over LB to hang on LB</p> 	<p>3.602</p>

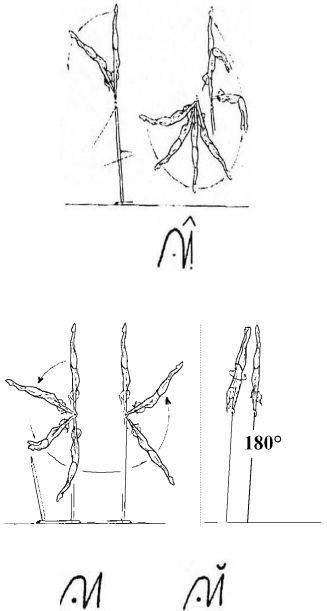
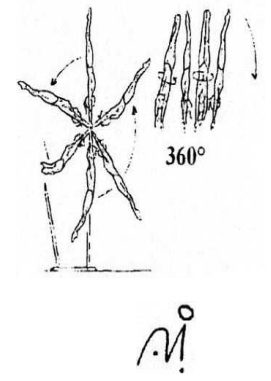
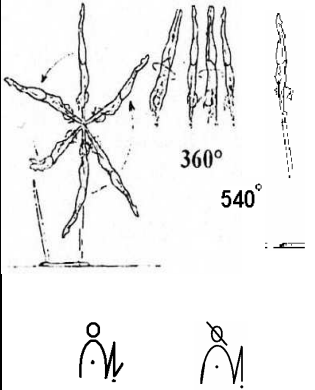
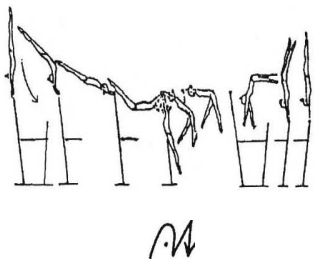
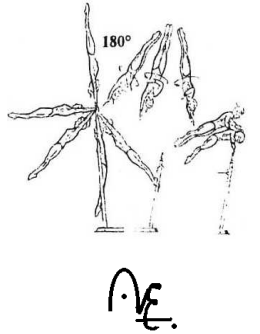
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203</p>	<p>3.303</p>	<p>3.403 <i>Long swing fwd, counter straddle-reverse hecht over HB to hang (Tkatchev)</i></p>  <p style="text-align: center;">U₂</p>	<p>3.503 <i>Tkatchev piked</i></p>  <p style="text-align: center;">U₂→</p>	<p>3.603</p> <p>3.703 - G - <i>Long swing fwd with ½ turn (180°), further ½ turn (180°) to counter straddle in flight over HB to hang</i></p>  <p style="text-align: center;">U₂→</p>
<p>3.104</p>	<p>3.204 <i>Hang on HB, facing LB – swing fwd and roll bwd (legs tucked or straddled) to clear support on LB</i></p>  <p style="text-align: center;">u.</p>	<p>3.304</p>	<p>3.404 <i>Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB (Pak Salto)</i></p>  <p style="text-align: center;">u.</p>	<p>3.504 <i>Pak Salto with 1/1 turn (360°)</i></p>  <p style="text-align: center;">u₁</p>	<p>3.604 - 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>

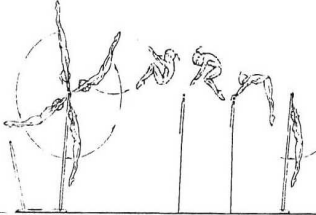

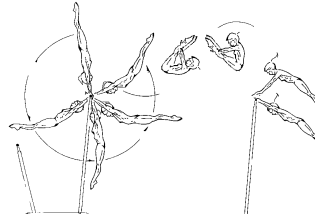

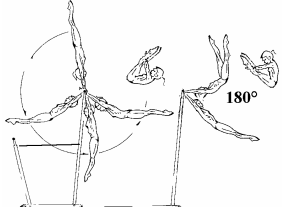

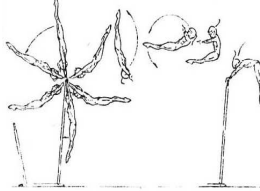

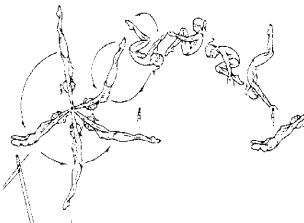

3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.105</p>	<p>3.205</p>	<p>3.305</p>	<p>3.405 <i>Swing fwd with ½ turn (180°) and salto fwd straddled (Deltchev Salto), or swing fwd and salto bwd with ½ turn (180°) piked or stretch. (Gienger Salto) – to hang on HB, also from one arm giant swing</i></p>  <p>Handwritten notation: <i>U. 1/2</i></p>  <p>Handwritten notation: <i>U. 1/2</i></p>  <p>Handwritten notation: <i>U. 1/2</i></p>	<p>3.505</p>	<p>3.605</p> <p>3.705 - G - <i>Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB</i></p>  <p>Handwritten notation: <i>U. 1 1/2</i></p> <p>Handwritten notation: <i>U. 1 1/2</i></p>

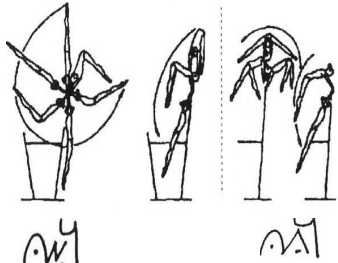
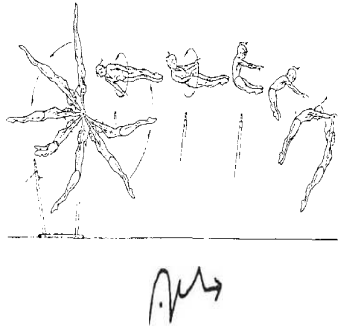
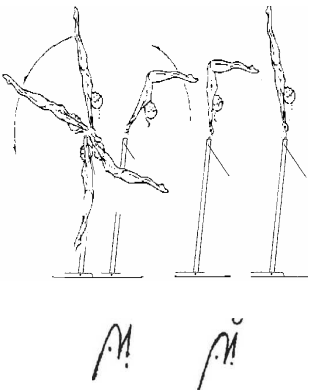
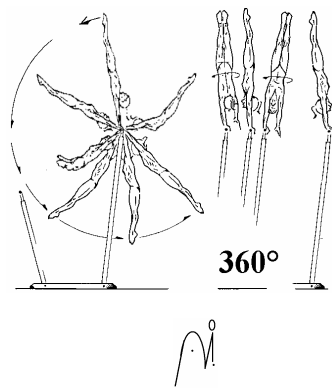
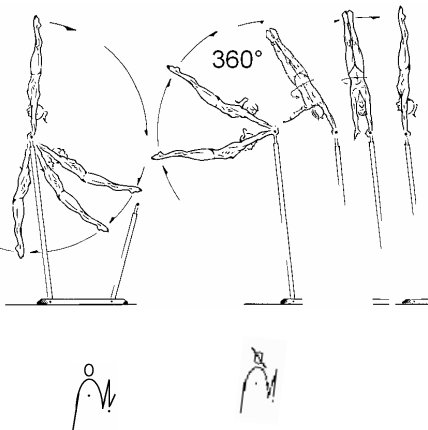
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.106</p>	<p>3.206 <i>Giant circle fwd in reverse, regular or mix grip, also with legs straddled or hips bent in upswing phase, also with ½ turn (180°) to hstd</i></p> 	<p>3.306 <i>Giant circle fwd with 1/1 turn (360°) to hstd</i></p> 	<p>3.406</p>	<p>3.506 <i>Giant circle fwd in reverse grip to hstd with initiation of 1/1 turn (360°) on one arm before hstd phase, or giant circle fwd in reverse grip with 1½ turn (540°) to hstd</i></p> 	<p>3.606</p>
<p>3.107</p>	<p>3.207</p>	<p>3.307 <i>Swing bwd – straddle flight bwd over LB to hstd on LB</i></p> 	<p>3.407 <i>Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang</i></p> 	<p>3.507</p>	<p>3.607</p>

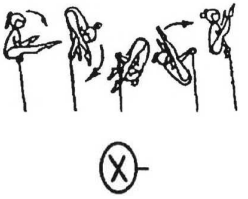
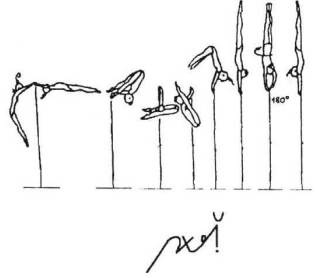
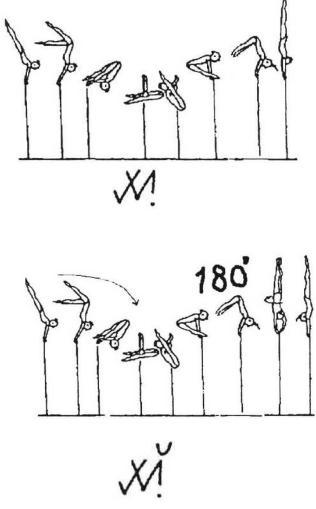
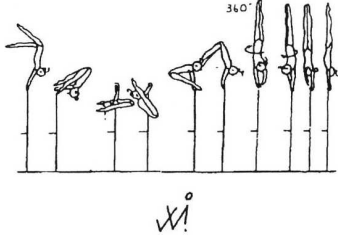
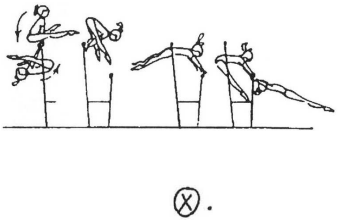
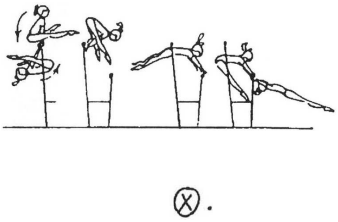
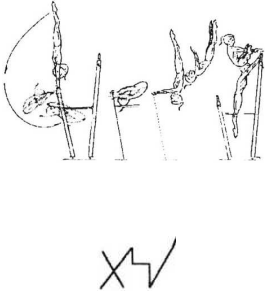
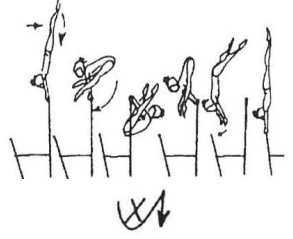
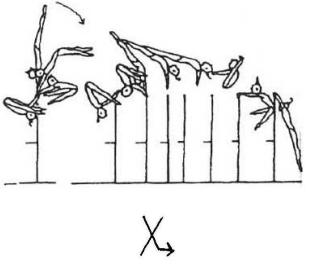
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.108</p>	<p>3.208</p>	<p>3.308 <i>Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto)</i></p>  	<p>3.408 <i>Jaeger Salto straddled or piked to hang on HB</i></p>  	<p>3.508 <i>Jaeger Salto stretched to hang on HB</i> <i>Jaeger Salto straddled with 1/2 turn (180°) to hang on HB</i></p>    	<p>3.608</p> <p>3.708 - G - <i>Swing bwd with salto fwd tucked over HB to hang on HB</i></p>  

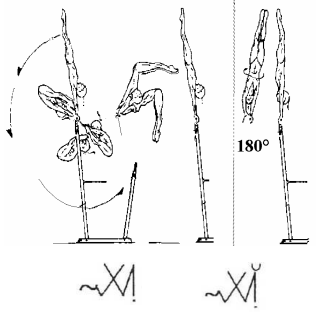
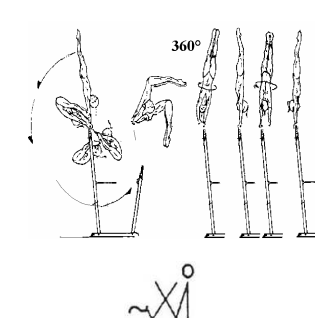
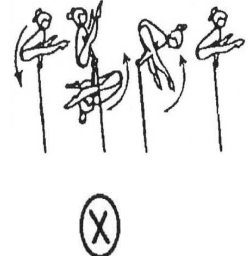
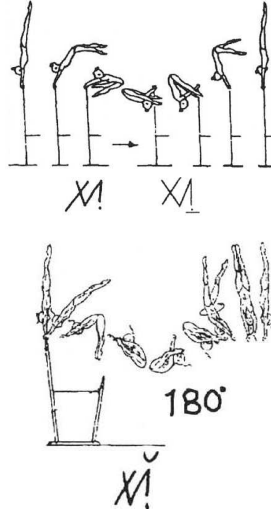
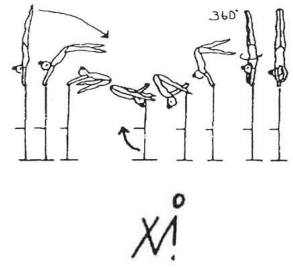
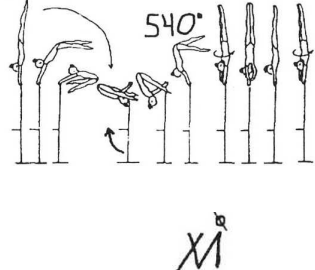
3.000 — GIANT CIRCLES

A	B	C	D	E	F
<p>3.109</p>	<p>3.209</p>	<p>3.309</p> <p>Swing bwd with free stoop or straddle vault and ½ turn (180°) over HB to hang</p> 	<p>3.409</p> <p>Swing bwd with ½ turn (180°) and straddle flight bwd over HB to catch HB</p> 	<p>3.509</p>	<p>3.609</p>
<p>3.110</p>	<p>3.210</p>	<p>3.310</p> <p>Giant circle fwd in L grip (rearward) with piked or stretched body (L grip giant), also with ½ turn (180°) to hstd</p> 	<p>3.410</p> <p>Giant circle fwd in L grip with 1/1 turn (360°) to hstd</p> 	<p>3.510</p> <p>Giant circle fwd in L grip with initiation of 1/1 turn (360°) on 1 arm before hstd phase (any technique accepted), completed in hstd, or Giant circle fwd in L grip with 1½ turn (540°) to hstd</p> 	<p>3.610</p>

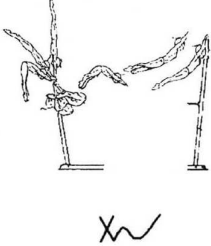
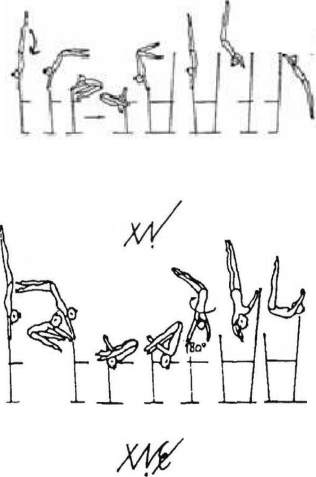
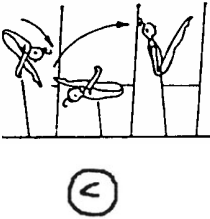
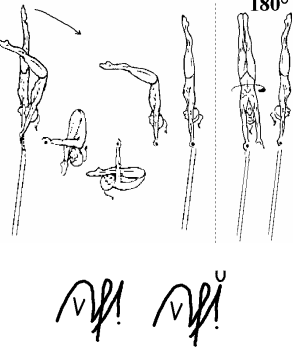
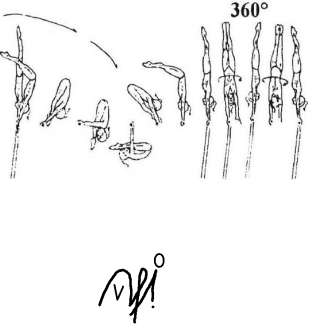
4.000 — STALDER CIRCLES

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

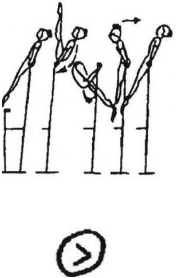

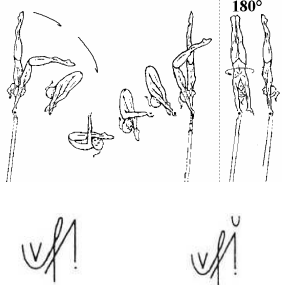
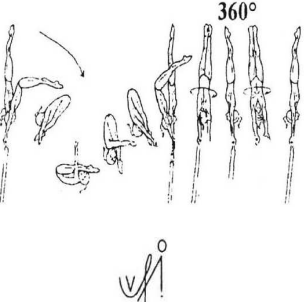
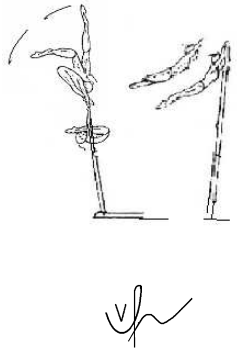
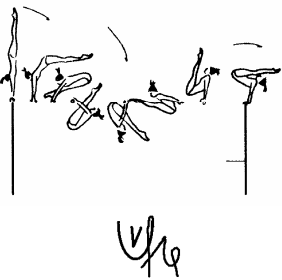
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.103</p>	<p>4.203</p>	<p>4.303</p>	<p>4.403 Stalder fwd in L grip to hstd, also with ½ turn (180°) to in- hstd</p> 	<p>4.503 Stalder fwd in L grip with 1/1 turn (360°) to in- hstd</p> 	<p>4.603</p>
<p>4.104 Clear straddle circle bwd to clear support</p> 	<p>4.204</p>	<p>4.304 Stalder bwd to hstd, also with hop-change grip in hstd phase or with ½ turn (180°) to hstd</p> 	<p>4.404 Stalder bwd with 1/1 turn (360°) to hstd</p> 	<p>4.504 Stalder bwd with 1½ turn (540°) to hstd</p> 	<p>4.604</p>

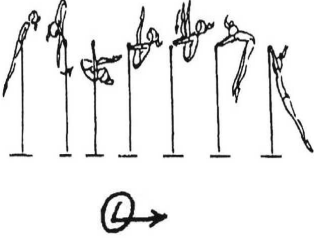
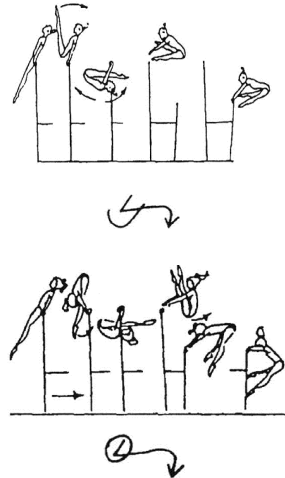
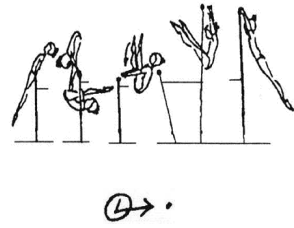
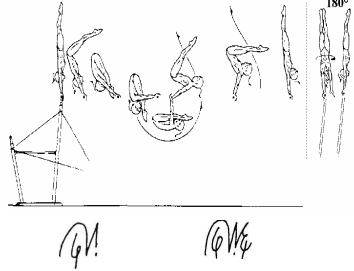
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.105</p>	<p>4.205</p>	<p>4.305 Facing inward – Stalder bwd with hecht flight to hang on HB</p> 	<p>4.405 Facing outward – Stalder bwd through hstd 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 Rear support - seat (pike) circle fwd to rear support</p> 	<p>4.206</p>	<p>4.306</p>	<p>4.406 Clear pike circle fwd to hstd, also with ½ turn (180°) to hstd</p> 	<p>4.506 Clear pike circle fwd with 1/1 turn (360°) to hstd</p> 	<p>4.606</p>

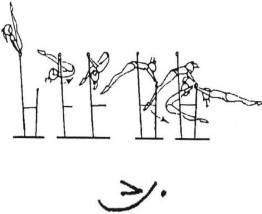
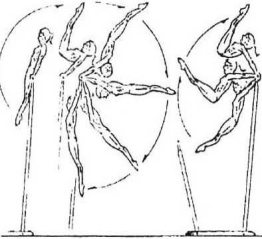
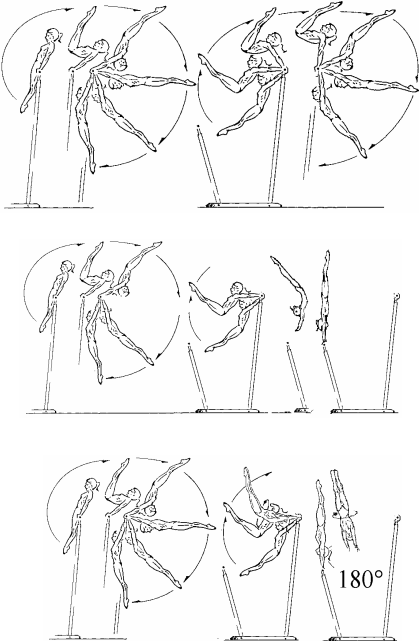
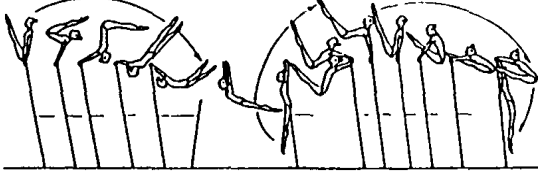

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.107 Rear support – seat (pike) circle bwd to rear support</p> 	<p>4.207</p>	<p>4.307 Clear pike circle bwd on LB with counter flight to hang on HB</p> 	<p>4.407 Clear pike circle bwd to hstd, also with ½ turn (180°) to hstd</p> 	<p>4.507 Clear pike circle bwd with 1/1 turn (360°) to hstd</p> 	<p>4.607</p>
<p>4.108</p>	<p>4.208</p>	<p>4.308 Clear pike circle bwd on LB with hecht flight to hang on HB</p> 	<p>4.408 From hstd clear pike circle bwd to rear inverted pike support</p> 	<p>4.508</p>	<p>4.608</p>

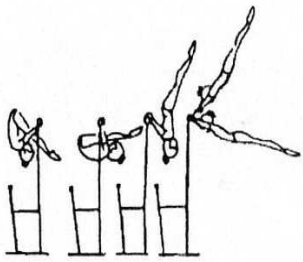
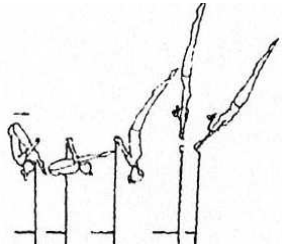
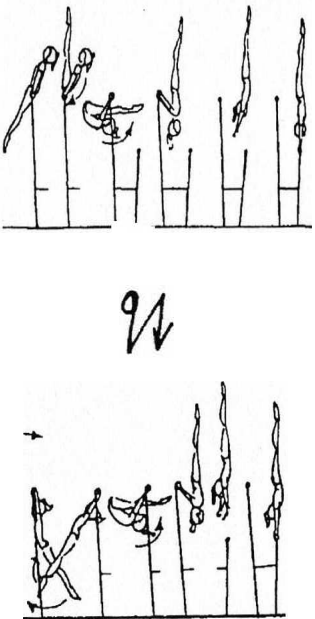
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.101 Rear support on LB or HB – seat (pike) circle fwd with straddle cut bwd to hang on same bar</p> 	<p>5.201</p>	<p>5.301 Outer rear support on HB – fall bwd to inverted pike swing or seat (pike) circle fwd – straddle cut bwd with flight over LB to hang</p>  <p>Rear support on LB - seat (pike) circle fwd with straddle cut bwd and grip change to hang on HB.</p> 	<p>5.401</p>	<p>5.501 Stoop in to Adler-seat (pike) circle fwd through clear extended support (in L grip) in hstd phase, also with ½ turn (180°)</p> 	<p>5.601</p>

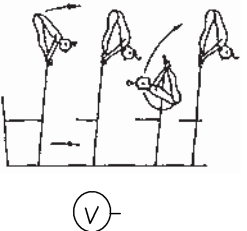
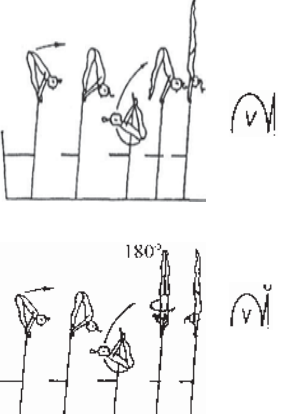
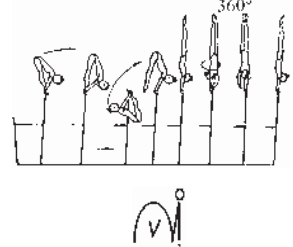
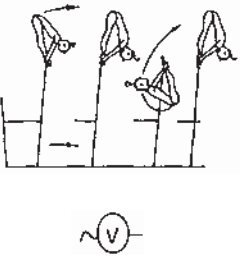
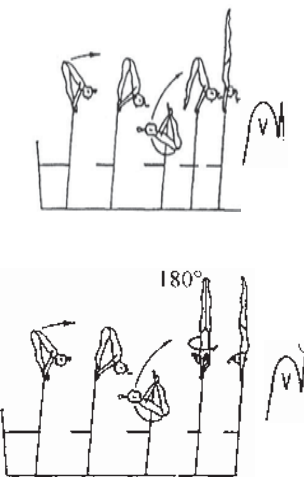
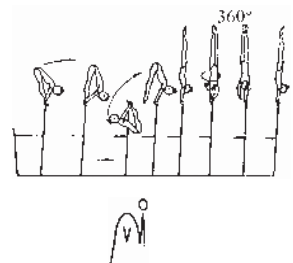
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.102</p>	<p>5.202 Rear support on HB – seat circle bwd with release to hang on LB</p> 	<p>5.302 Clear rear pike support on HB (legs together) – full circle swing bwd to finish in clear rear support on HB (Steinemann circle)</p> 	<p>5.402 Clear rear pike support on HB (legs together) – full circle swing bwd – continuing through clear rear pike support bwd over HB into hang – circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB – circle swing bwd and ½ turn (180°) with flight to hstd on LB</p> 	<p>5.602</p>	<p>5.602</p>
<p>5.103</p>	<p>5.203</p>	<p>5.303 Clear rear pike support (legs together) on HB – full circle swing bwd with stoop out bwd to hang on HB</p> 	<p>5.403 Clear rear pike support (legs together) on HB – full circle swing bwd with counter flight bwd straddled</p> 	<p>5.603</p>	<p>5.603</p>

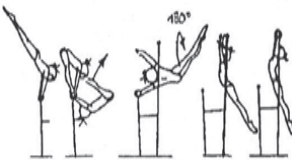

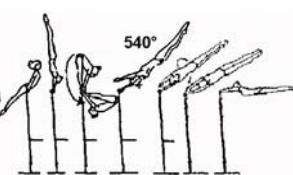
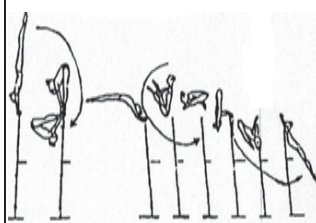
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.104 <i>Underswing bwd (inverted pike swing), dislocate (Schleudern) to hang on HB</i></p>  <p style="text-align: center;">91</p>	<p>5.204</p>	<p>5.304 <i>Schleudern to near hstd with hop-change to regular grip on HB</i></p>  <p style="text-align: center;">91</p>	<p>5.404 <i>Underswing bwd (inverted pike swing) on HB – dislocate with flight to hstd on LB (Zuchold-Schleudern), also from stoop through etc.</i></p>  <p style="text-align: center;">91</p> <p style="text-align: center;">791</p>	<p>5.504</p>	<p>5.604</p>

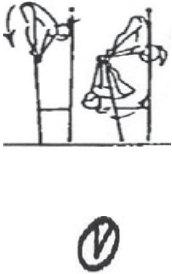
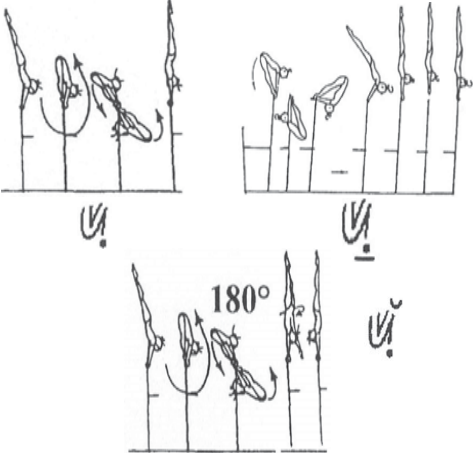
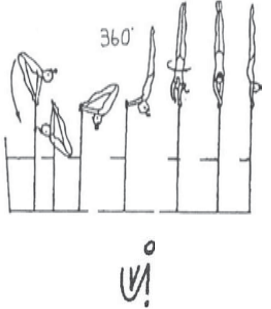
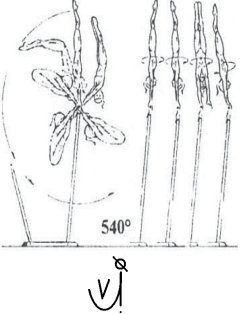
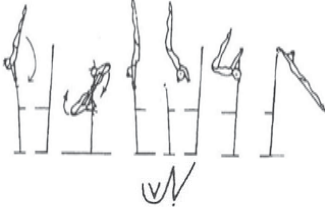
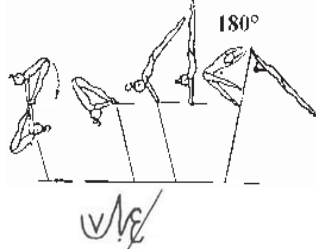
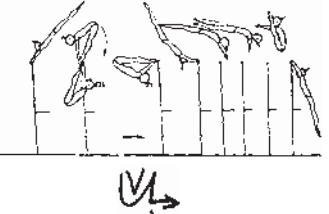
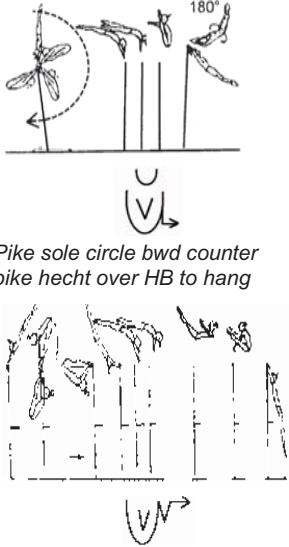

5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.105 Sole circle forward (piked or straddle)</p> 	<p>5.205</p>	<p>5.305 Pike sole circle fwd in reverse grip to hstd, also with ½ turn (180°) to hstd</p> 	<p>5.405 Pike sole circle fwd in reverse grip with 1/1 turn (360°) to hstd</p> 	<p>5.505</p>	<p>5.605</p>
<p>5.106 Sole circle forward in L- grip (piked or straddle)</p> 	<p>5.206</p>	<p>5.306 Pike sole circle fwd L grip to hstd, also with ½ turn (180°)</p> 	<p>5.406 Pike sole circle fwd in L grip with 1/1 turn (360°) to hstd</p> 	<p>5.506</p>	<p>5.606</p>

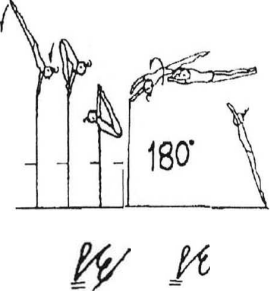
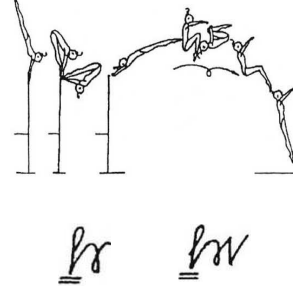
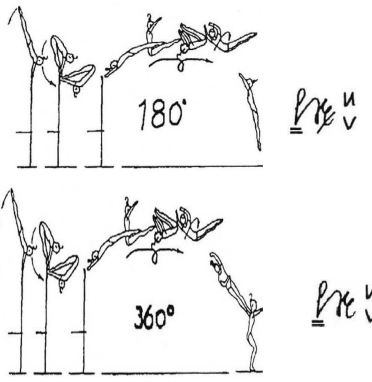
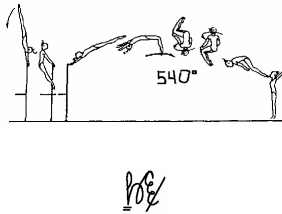
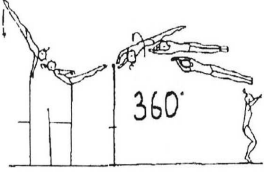
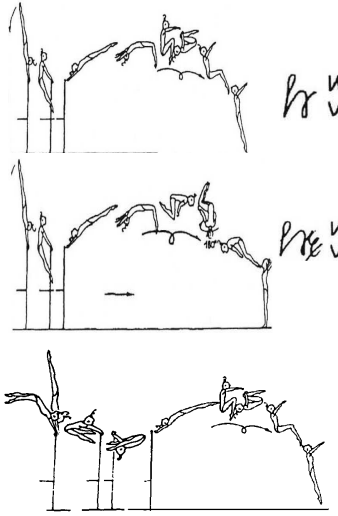
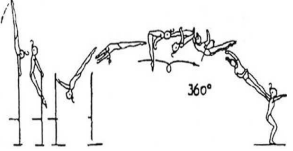
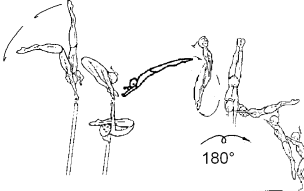
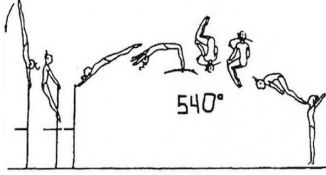
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207</p> <p><i>Underswing on LB (support of feet) with or without ½ turn (180°) and grip change to hang on HB, or with counter movement fwd in flight to hang</i></p>  <p>180°</p>  <p>180°</p>	<p>5.307</p> <p><i>Underswing on HB or LB with hand release and 1½ turn (540°) to hang</i></p>  <p>540°</p>	<p>5.407</p>	<p>5.507</p>	<p>5.607 - F -</p> <p><i>Facing outward on HB—underswing with support of feet-counter salto fwd straddled to catch on HB</i></p> 

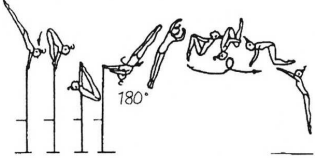
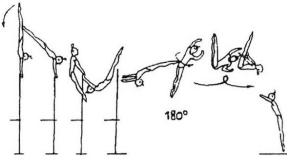
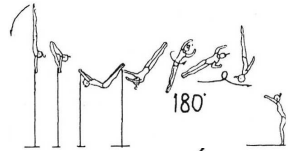

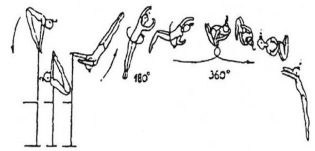
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.108 Sole circle bwd (piked or straddle piked)</p> 	<p>5.208</p>	<p>5.308 Pike sole circle bwd to hstd, also with hop-change to reverse grip in hstd phase, also with 1/2 turn (180°)</p> 	<p>5.408 Pike sole circle bwd with 1/1 turn (360°) to hstd</p> 	<p>5.508 Pike sole circle bwd with 1 1/2 turn (540°) to hstd</p> 	<p>5.608</p>
<p>5.109</p>	<p>5.209</p>	<p>5.309</p> <p>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</p>  <p>Facing outward on LB – pike sole circle bwd through hstd with flight and 1/2 turn (180°) to hang on HB</p> 	<p>5.409</p> <p>On HB – Pike sole circle bwd counter straddle-reverse over HB to hang</p> 	<p>5.509</p> <p>Pike sole circle bwd with counter straddle-reverse over HB with 1/2 turn (180°) to hang in mixed I -arin</p>  <p>Pike sole circle bwd counter pike hecht over HB to hang</p> 	<p>5.609</p>

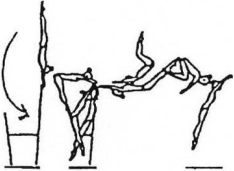
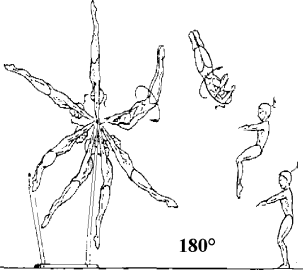
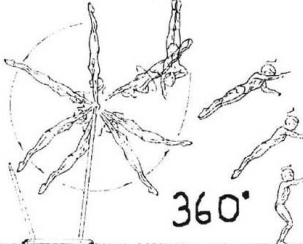
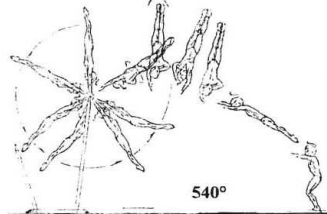
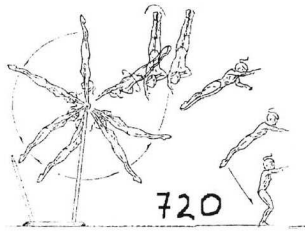
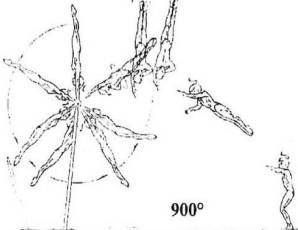
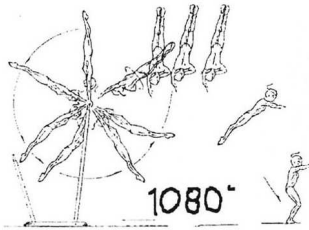
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.101 From HB – underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p>  <p>180°</p> <p><u>pr</u> <u>pe</u></p>	<p>6.201 From HB – underswing with salto fwd tucked or piked</p>  <p><u>pr</u> <u>pe</u></p>	<p>6.301 From HB – underswing with salto fwd tucked or piked with ½ turn (180°) or 1/1 turn (360°)</p>  <p>180°</p> <p>360°</p> <p><u>pr</u> <u>pe</u> <u>u</u> <u>v</u></p>	<p>6.401 From HB – underswing with salto fwd tucked with 1½ turn (540°)</p>  <p>540°</p> <p><u>pr</u> <u>pe</u></p>	<p>6.501</p>	<p>6.601</p>
<p>6.102 From HB – clear underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p>  <p>360°</p> <p><u>pr</u> <u>pe</u></p>	<p>6.202</p>	<p>6.302 From HB – clear underswing with salto fwd tucked or piked also with ½ turn (180°) or Clear straddle circle with salto fwd tucked</p>  <p>180°</p> <p><u>pr</u> <u>pe</u> <u>u</u> <u>v</u></p> <p><u>pr</u> <u>pe</u> <u>u</u> <u>v</u></p> <p><u>pr</u> <u>pe</u> <u>u</u> <u>v</u></p> <p><u>pr</u> <u>pe</u> <u>u</u> <u>v</u></p>	<p>6.402 From HB – clear underswing with salto fwd tucked with 1/1 turn (360°)</p>  <p>360°</p> <p><u>pr</u> <u>pe</u></p> <p>Clear Pike circle backward to salto forward stretched with ½ turn (180°)</p>  <p>180°</p> <p><u>pr</u> <u>pe</u> <u>u</u> <u>v</u></p>	<p>6.502 From HB – clear underswing with salto fwd tucked with 1 ½ turn (540°)</p>  <p>540°</p> <p><u>pr</u> <u>pe</u></p>	<p>6.602</p>

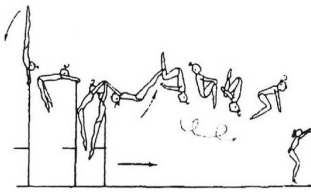
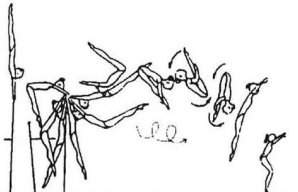


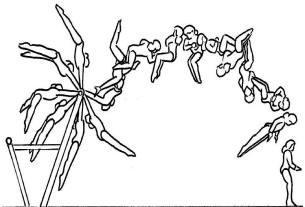
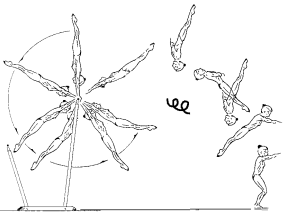
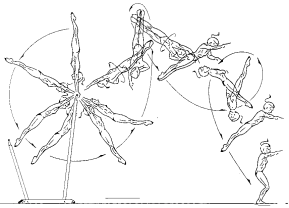
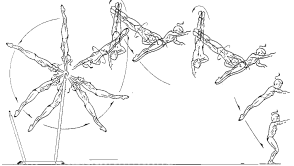
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.103</p>	<p>6.203 <i>From HB – underswing with ½ twist (180°) to salto bwd tucked or piked (Comaneci)</i></p>  <p style="text-align: center;"><u>hevⁿ</u></p>	<p>6.303 <i>From HB – clear underswing with ½ twist (180°) to salto bwd tucked or piked</i></p>  <p style="text-align: center;"><u>hevⁿ</u></p>	<p>6.403 <i>From HB – underswing with ½ twist (180°) to salto bwd stretched</i></p>  <p style="text-align: center;"><u>hev</u></p> <p><i>From HB – clear underswing with ½ twist (180°) to salto bwd stretched</i></p>  <p style="text-align: center;"><u>hev</u></p> <p><i>From HB – underswing with ½ twist (180°) to salto bwd tucked with 1/1 twist (360°)</i></p>  <p style="text-align: center;"><u>heee</u></p>	<p>6.503</p>	<p>6.603</p>

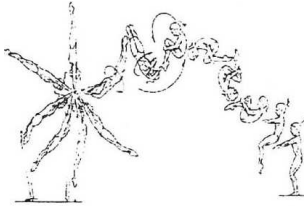
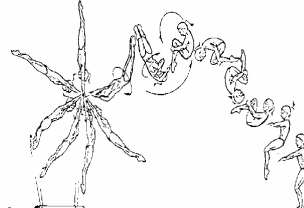
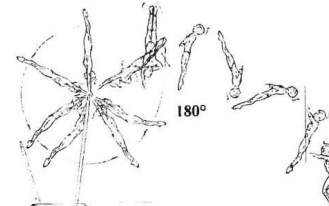
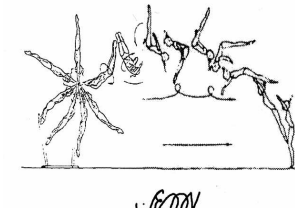
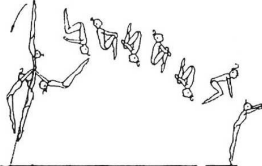
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.104 Swing fwd to salto bwd tucked, piked or stretched (Flyaway)</p>  <p><i>Uⁿ 1/4</i></p>	<p>6.204 Swing fwd to salto bwd tucked, or stretched with 1/2 twist (180°) or 1/1 twist (360°) (Flyaway)</p>  <p>180°</p> <p><i>Uⁿ 1/2</i></p>  <p>360°</p> <p><i>Uⁿ 1</i></p>	<p>6.304 Swing fwd to salto bwd stretched with 1 1/2 twist (540°) or 2/1 (720°) twist</p>  <p>540°</p> <p><i>Uⁿ 3/4</i></p>  <p>720°</p> <p><i>Uⁿ 1 1/2</i></p>	<p>6.404 Swing fwd to salto bwd stretched with 2 1/2 twist (900°)</p>  <p>900°</p> <p><i>Uⁿ 5/4</i></p>	<p>6.504 Swing fwd to salto bwd stretched with 3/1 twist (1080°)</p>  <p>1080°</p> <p><i>Uⁿ 7/4</i></p>	<p>6.604</p>

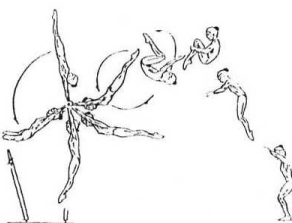
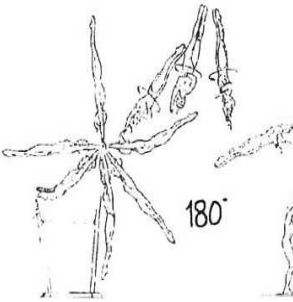
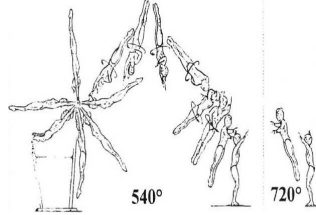
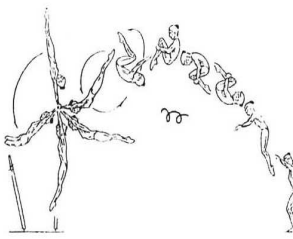
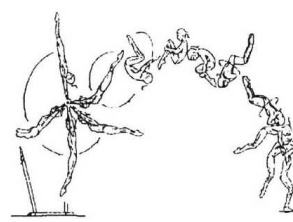
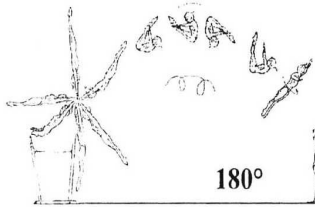
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.105</p>	<p>6.205 Swing fwd to double salto bwd tucked</p>  <p>ucll</p>	<p>6.305 Swing fwd to double salto bwd piked</p>  <p>ucll</p>	<p>6.405 Swing fwd to double salto bwd tucked or piked with 1/1 twist (360°) in first or second salto</p>  <p>ucll¹¹</p>  <p>ucll¹¹</p>		<p>6.605 - F - Swing fwd to double salto bwd tucked with 2/1 twist (720°)</p>  <p>ucll</p>
<p>6.106</p>	<p>6.206</p>	<p>6.306</p>	<p>6.406 Swing fwd to double salto bwd stretched</p>  <p>ucll</p>	<p>6.506 Swing fwd to double salto bwd stretched with 1/1 twist (360°) in first or second salto</p>  <p>ucll ucll¹¹</p>	<p>6.606</p> <p>6.706 - G - Swing fwd to double salto bwd stretched with 2/1 twist (720°)</p>  <p>ucll</p>

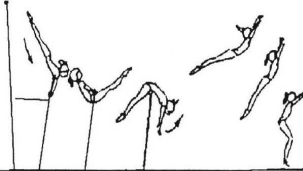
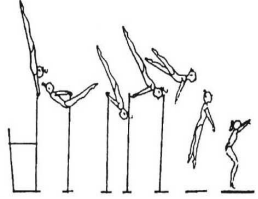
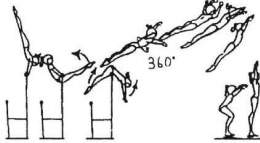
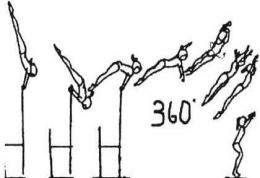
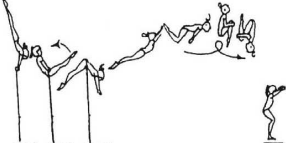
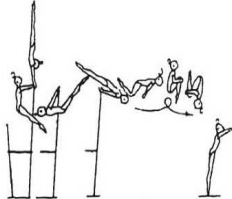
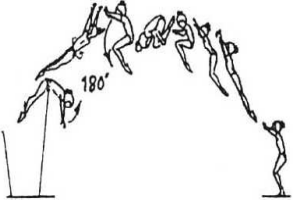

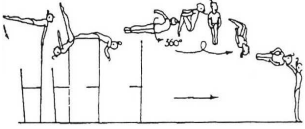

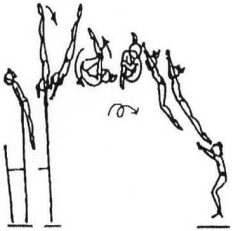


6.000 DISMOUNTS

A	B	C	D	E	F/G
6.107	6.207	6.307	<p data-bbox="1171 140 1464 236">6.407 Swing fwd to salto bwd tucked with ½ twist (180°) – into salto fwd tucked</p>  <p data-bbox="1294 528 1368 571">Ueff</p> <p data-bbox="1171 703 1464 751">Swing fwd with ½ twist (180°) to double salto fwd tucked</p>  <p data-bbox="1294 1011 1368 1054">Ueff</p>	<p data-bbox="1512 140 1827 236">6.507 Swing fwd to salto bwd stretched with ½ twist (180°) – into salto fwd stretched</p>  <p data-bbox="1630 528 1704 571">Ueff</p> <p data-bbox="1512 676 1805 724">Swing fwd with ½ twist (180°) to double salto fwd piked</p>  <p data-bbox="1637 963 1711 1007">Ueff</p>	<p data-bbox="1863 140 1921 161">6.606</p> <p data-bbox="1863 357 2136 437">6.707 - G - Swing fwd to triple salto bwd tucked</p>  <p data-bbox="1980 756 2069 804">Ullll</p>

6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.108 Swing bwd to salto fwd tucked, piked or stretched or clear straddle circle fwd on HB to salto fwd tucked</p>  <p><i>Handwritten notes:</i> 180° 180°</p>	<p>6.208 Swing bwd to salto fwd tucked or stretched with 1/2 twist (180°) or 1/1 twist (360°)</p>  <p><i>Handwritten notes:</i> 180° 360° 180°</p>	<p>6.308 Swing bwd to salto fwd stretched with 1 1/2 twist (540°), also with 2/1 twist (720°)</p>  <p><i>Handwritten notes:</i> 540° 720° 180°</p>	<p>6.408 Swing bwd to double salto fwd tucked</p>  <p><i>Handwritten notes:</i> 180°</p> <p>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 notes:</i> 180°</p>	<p>6.508 Swing bwd to double salto fwd piked with 1/2 twist (180°)</p>  <p><i>Handwritten notes:</i> 180°</p>	<p>6.608</p>

6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.109</p>	<p>6.209 Hip circle bwd (also clear) on LB or HB – hecht</p>   <p>~</p> <p>~</p>	<p>6.309 Hip circle bwd (also clear) on LB or HB – hecht with 1/1 twist (360°)</p>   <p>oe</p> <p>~e</p>	<p>6.409 Hip circle bwd (also clear) on LB or HB – hecht with salto bwd tucked</p>   <p>oe</p> <p>~e</p>	<p>6.509 Hip circle bwd (also clear) on LB or HB – hecht with 1/2 twist (180°) to salto fwd</p>   <p>oe</p> <p>~e</p>	<p>6.609 - Hip circle bwd (also clear) on LB or HB – hecht with 1/1 twist (360°) to salto bwd</p>   <p>oe</p> <p>~e</p>
<p>6.110</p>	<p>6.210 On HB - salto fwd tucked</p>  <p>oe</p>	<p>6.310 On HB – salto fwd piked or salto bwd tucked or piked</p>   <p>oe</p> <p>~e</p>	<p>6.410</p>	<p>6.510</p>	<p>6.610</p>

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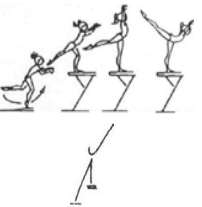
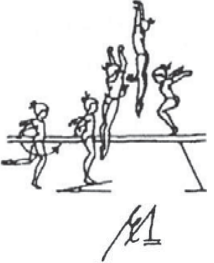
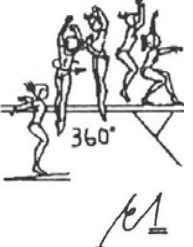
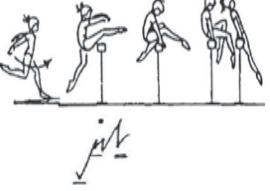
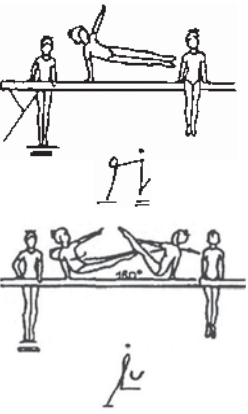

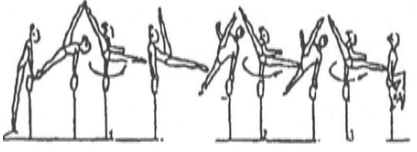
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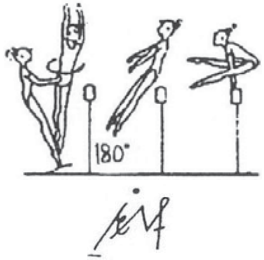

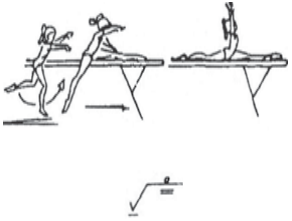
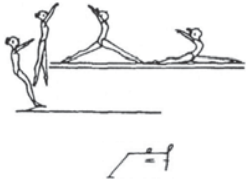
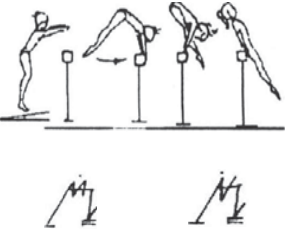
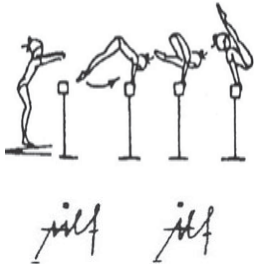


Balance Beam — Elements

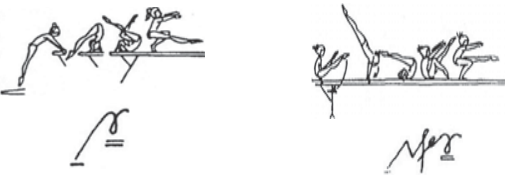
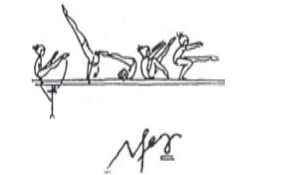
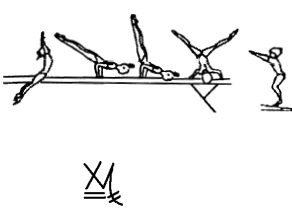
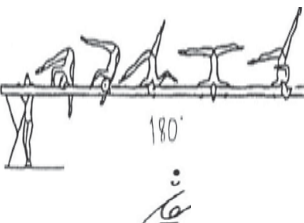
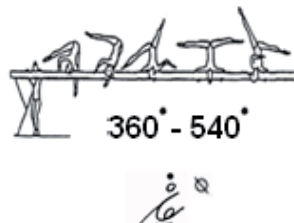

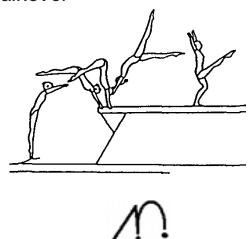

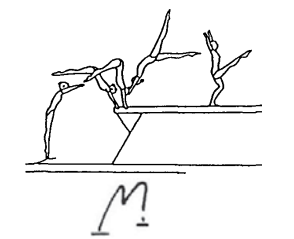
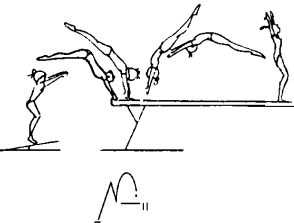
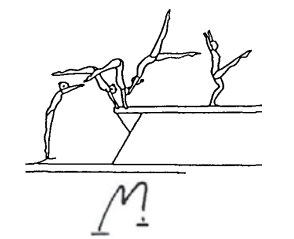
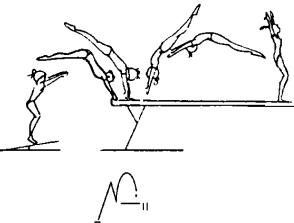
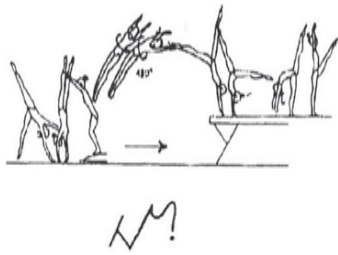
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 (D) Leap</p> 	<p>1.201 (D) Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet</p> 	<p>1.301 (D) Jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam</p> 	<p>1.401</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>(D) = To be counted as Dance element</p> </div>	<p>1.501</p>	<p>1.601</p>
<p>1.102 (D) Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam</p> 	<p>1.202</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>
<p>1.103 Flank to rear support also with ½ turn (180°)</p> 	<p>1.203</p>	<p>1.303 Two flank circles followed by leg “Flair”</p>  <p style="text-align: center;">99%</p> <p>3 flying flairs</p>  <p style="text-align: center;">x16</p>	<p>1.503</p>	<p>1.603</p>	

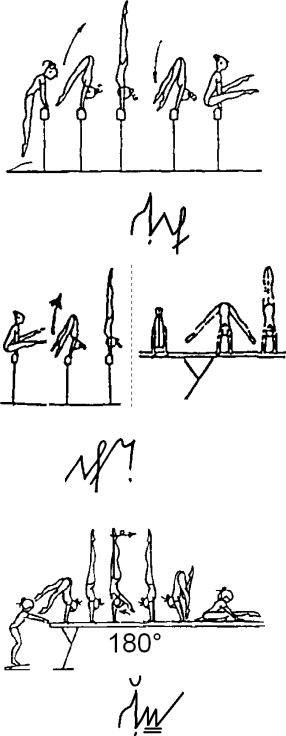
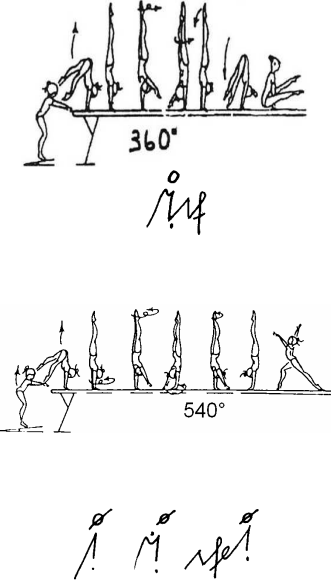
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.104</p>	<p>1.204 (D) <i>Jump with ½ turn (180°) to clear straddle support – 90° approach to beam</i></p> 	<p>1.304 <i>Straddle pike jump bwd over beam from stand or round-off into immediate hip circle bwd – 90° approach to beam</i></p> 	<p>1.404</p> <div data-bbox="1200 347 1733 411" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>(D) = To be counted as Dance element</p> </div>	<p>1.504</p>	<p>1.604</p>
<p>1.105 (D) <i>Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)</i></p> 	<p>1.205</p>	<p>1.305 (D) <i>Free jump to cross split sit – take-off from both legs – diagonal approach to beam</i></p> 	<p>1.405</p>	<p>1.505</p>	<p>1.605</p>
<p>1.106 <i>From side stand - squat or stoop through to rear support</i></p> 	<p>1.206 <i>From side stand – squat or stoop through to clear pike support (2 sec.)</i></p> 	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>

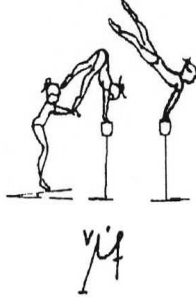
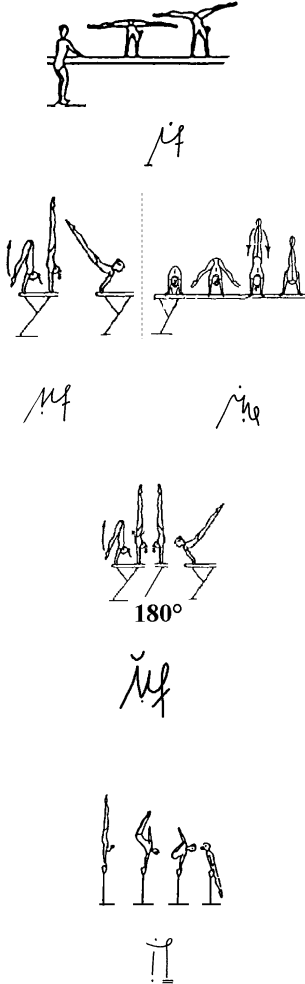
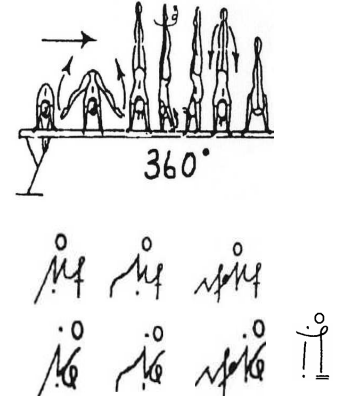
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.107 Jump to roll fwd at end or middle of beam, also from clear straddle support on end of beam – swing bwd to roll fwd</p> 	<p>1.208 Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand (Silivas)</p> 	<p>1.307</p>	<p>1.407</p>	<p>1.507</p>	<p>1.607</p>
<p>1.108 Cartwheel with bending of both arms through chest stand to swing down</p> 	<p>1.208 Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand (Silivas)</p> 	<p>1.308 Jump with ½ turn (180°) over shoulder to neck stand, 1/1or 1½ turn (360° - 540°) to neck stand</p> 	<p>1.408</p>	<p>1.508</p>	<p>1.608</p>
<p>1.109</p>  <p>1.209 From cross stand facing end of beam – head kip</p> <p>Facing end of beam – jump to hstd with hip angle (pike) to front walkover</p> 	<p>1.209 From cross stand facing end of beam – head kip</p>  <p>1.309 Facing end of beam – jump to hstd with hip angle (pike) to handspring fwd with step-out or land on 2 feet</p>  	<p>1.309 Facing end of beam – jump to hstd with hip angle (pike) to handspring fwd with step-out or land on 2 feet</p>  	<p>1.409 Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd</p> 	<p>1.509</p>	<p>1.609</p>

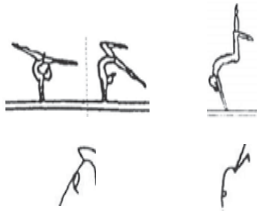
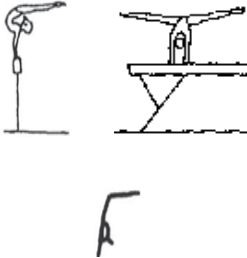
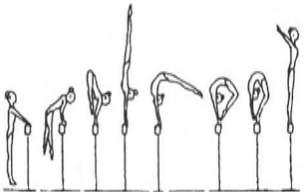

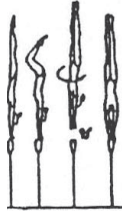

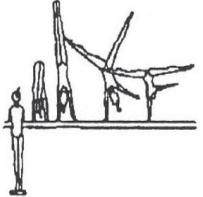




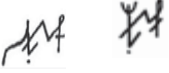
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.110</p>	<p>1.210 <i>Jump, press, or swing to side or cross hstd (2 sec) – lower to end position touching beam, also with ½ turn (180°) in hstd.</i></p> 	<p>1.310 <i>Jump, press or swing to cross or side hstd with 1/1 - 1½ turn (360° - 540°) – lower to end position touching beam</i></p> 	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>

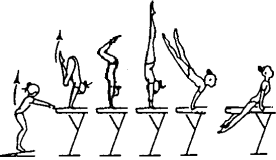

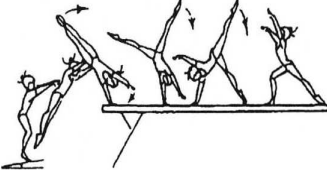

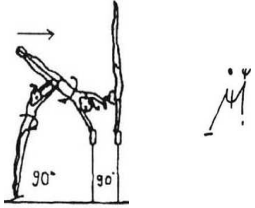
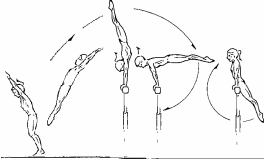
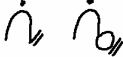
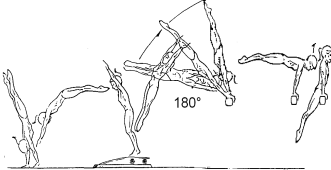

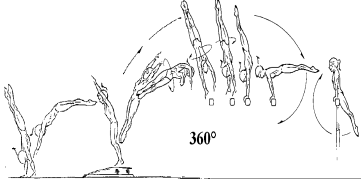

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.111</p>	<p>1.211</p> <p>Jump with bent hips to side planche min at 45° (clear front support above horizontal) (2 sec.) - lower to optional end position</p> 	<p>1.311</p> <p>Jump with stretched hips to planche min at 45° also jump, press, or swing to cross or side hstd - lower to planche min at 45° or clear pike support (2 sec) or release one hand with swing down swd also with 1/2 turn (180°) in hstd</p> 	<p>1.411</p> <p>Jump, press or swing to cross or side hstd - 1/1 turn (360°) in hstd - lower to planche min at 45° or clear pike support (2 sec.), or release one hand with swing down swd</p> 	<p>1.511</p>	<p>1.611</p>


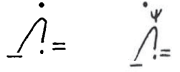

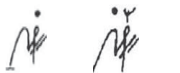
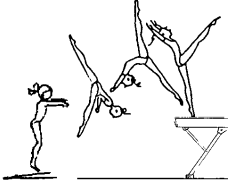

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.112</p>	<p>1.212 <i>Hstd in cross position with large arch span, also piked with one leg vertical, other leg bent (2 sec.) - lower to optional end position</i></p>  <p><i>Cross or side Hstd with horizontal leg hold - reverse planche in different variations (2 sec.) - lower to optional end position</i></p> 	<p>1.312</p>	<p>1.412 <i>Jump or press to side Hstd - walkover fwd to side stand on both legs</i></p>  	<p>1.512</p>	<p>1.612</p>
<p>1.113</p>	<p>1.213 <i>Press to side hstd, with bending - stretching of legs - hop with 1/4 turn (90°) to cross hstd - lower to optional end position</i></p>  	<p>1.313 <i>Jump press or swing to hstd shift weight to one arm hstd (2 sec.) - lower to optional end position</i></p>  	<p>1.413 <i>Jump or press on one arm to hstd lower to optional end position (Rankin), also jump, press or swing to cross or side hstd - shift weight (Rankin) to side hstd on one arm (2 sec.), lowering to clear straddle support on one arm</i></p>  	 	<p>1.613</p>

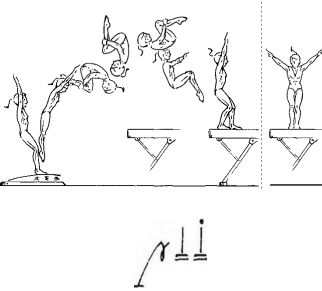
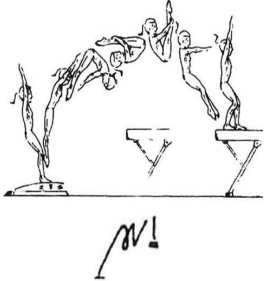
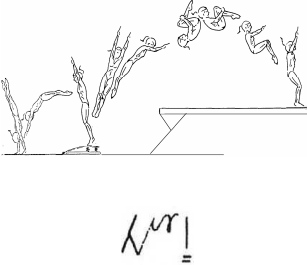
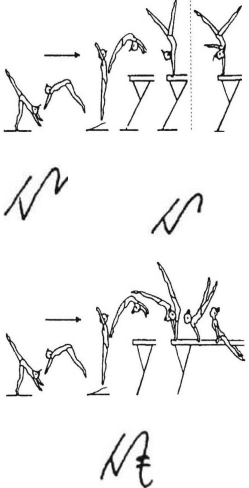
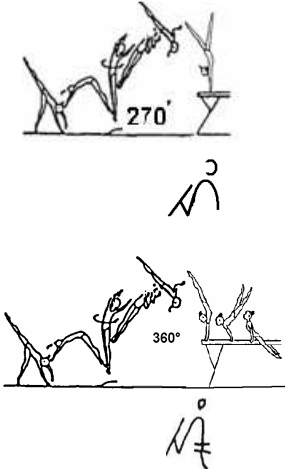
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.114 Jump to hstd with bent or straight legs – lower to optional end position</p>  	<p>1.214 Cartwheel on one or both arms</p>  	<p>1.314 90° approach to beam – jump with extended hips and with ¼ turn (90°) through a momentary hstd on one arm with immediate ¼ turn (90°) and support on second arm to side hstd- lower to optional end position</p>  <p>From rear stand (back towards beam), flic flac over beam to land in front support with or without bwd hip circle</p>   <p>Round-off in front of beam – jump with ½ twist (180°) to near side hstd</p>  	<p>1.414</p>	<p>1.514 Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle bwd</p>  	<p>1.614</p>

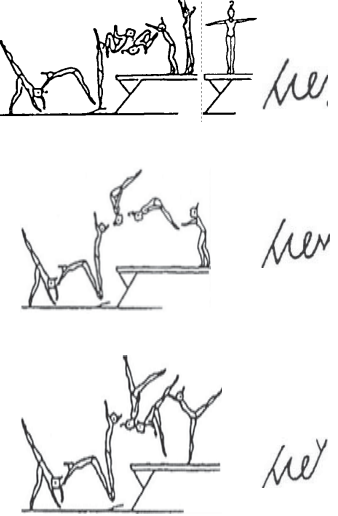
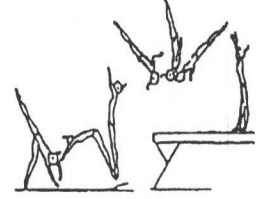
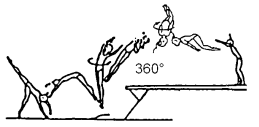
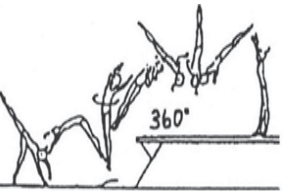
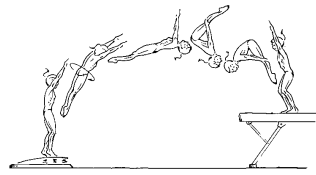
1.000 — MOUNTS

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

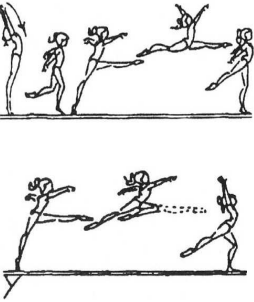
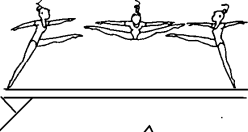
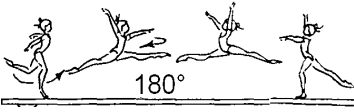
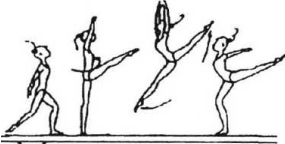
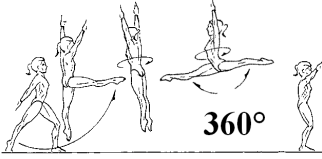
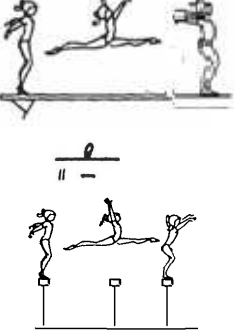
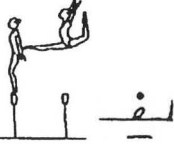
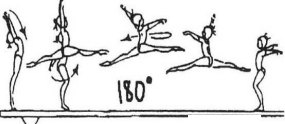
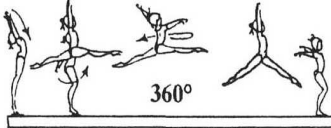
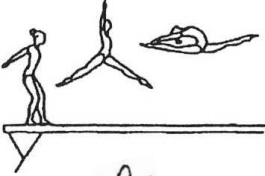
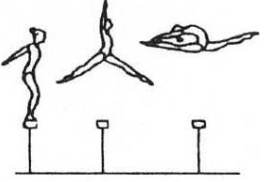
1.000 — MOUNTS

A	B	C	D	E	F/G
1.116	1.216	<p>1.316 Salto fwd tucked to cross or side stand – approach at end of beam</p> 	<p>1.416 Salto fwd piked to stand – approach at end of beam</p> 	1.516	<p>1.616 - F - Round-off at end of beam – take off bwd. with ½ turn (180°) – tucked salto fwd. to stand</p> 
1.117	1.217	<p>1.317 Round-off at end of beam – flic-flac through hstd – 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 ¾ twist (270°) to cross stand on beam, also round-off at end of beam – flic-flac with 1/1 twist (360°) into swing down to cross straddle sit</p> 	1.517	1.617

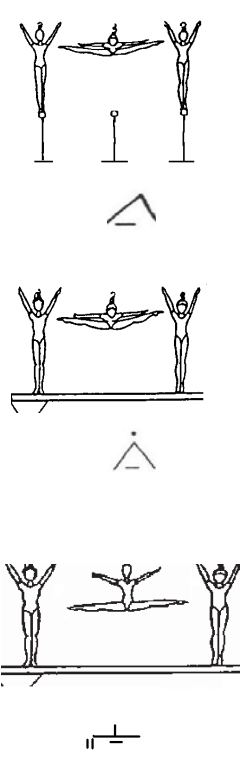
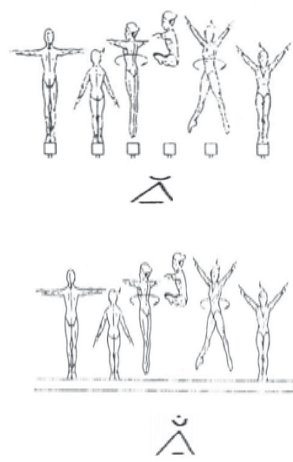
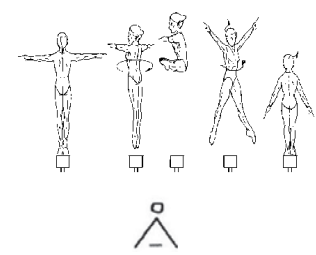
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.118</p>	<p>1.218</p>	<p>1.318</p>	<p>1.418 Round-off at end of beam – salto bwd tucked, piked or stretched with step-out to cross or side stand on beam</p>  <p>he he he</p>	<p>1.518 Round-off at end of beam – salto bwd stretched to cross stand on beam</p>  <p>he^{II}</p>	<p>1.618 - F - Round-off at end of beam – salto bwd tucked with 1/1 twist (360°) to cross stand</p>  <p>he^{III}</p> <p>1.718 - G - Round-off at end of beam – salto bwd stretched with 1/1 twist (360°) to cross stand on beam</p>  <p>he</p>
<p>1.119</p>	<p>1.219</p>	<p>1.319</p>	<p>1.419</p>	<p>1.519 Jump fwd with 1/2 twist (180°) – salto bwd piked.</p>  <p>he</p>	<p>1.619</p>

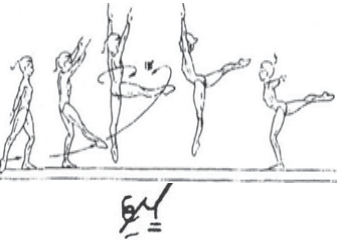
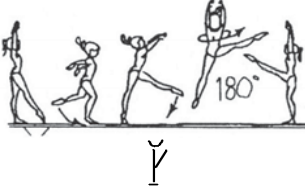
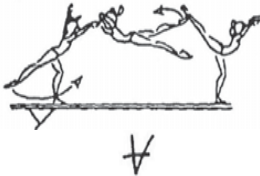
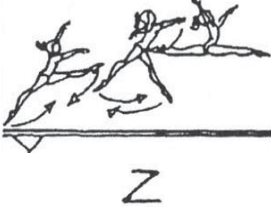
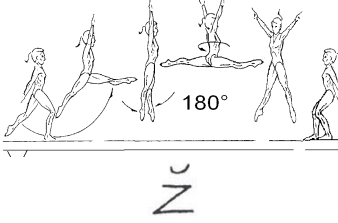
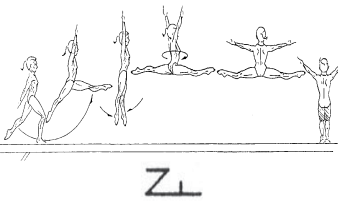
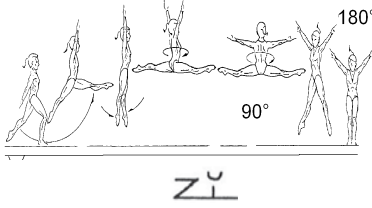
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.101 Split leap fwd (leg separation 180°) also with bending of front leg</p>  <p style="text-align: center;">=</p>	<p>2.201 Leap with ¼ turn (90°) into straddle pike position (both legs above horizontal), to land on one or both feet</p>  <p style="text-align: center;">=</p>	<p>2.301 Split leap fwd with ½ turn (180°).</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">=</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;">¼</p>	<p>2.401 Split leap with 1/1 turn (360°)</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">=</p> <p style="text-align: center;">180</p>	<p>2.501</p>	<p>2.601</p>
<p>2.102 Split jump (leg separation 180°) from cross or side position</p>  <p style="text-align: center;">=</p> <p style="text-align: center;">=</p>	<p>2.202 Split jump with 90° bend of rear leg from side position</p>  <p style="text-align: center;">=</p> <p><i>Split jump with ½ turn (180°) from cross or side position</i></p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">=</p> <p style="text-align: center;">=</p>	<p>2.302 Split jump with 1/1 turn (360°) from cross position</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">=</p> <p style="text-align: center;">180</p>	<p>2.402 From Cross stand – Jump to cross over split with body arched and head dropped bwd (Yang-Bo)</p>  <p style="text-align: center;">=</p> <p style="text-align: center;">2</p>	<p>2.502 From side stand – Jump to cross over split with body arched and head dropped bwd</p>  <p style="text-align: center;">=</p> <p style="text-align: center;">2</p>	<p>2.602</p>

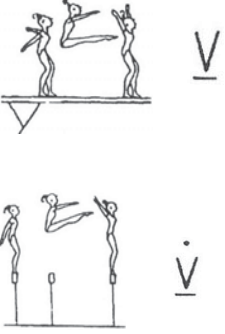
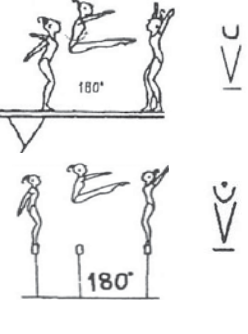
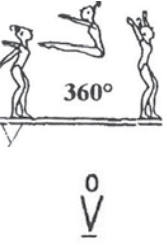
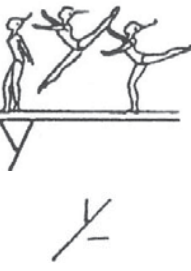
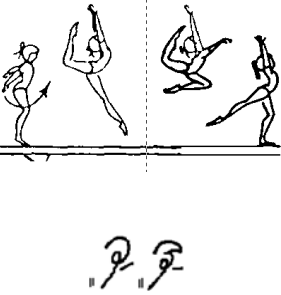

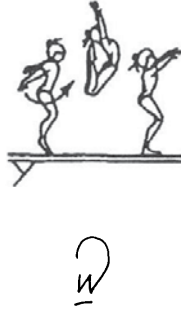
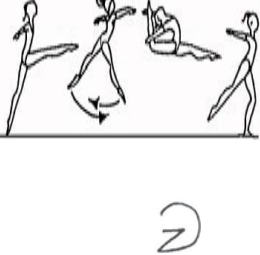
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.103 <i>Straddle pike jump (both legs above horizontal), or side split jump from cross or side position</i></p> 	<p>2.203 <i>Straddle pike jump with ½ turn (180°) from cross or side position</i></p> 	<p>2.303 <i>Straddle pike with 1/1 turn (360°) from cross position</i></p> 	<p>2.403</p>	<p>2.503</p>	<p>2.603</p>

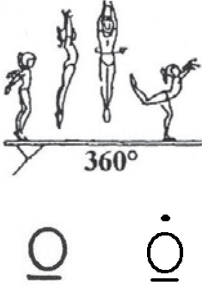
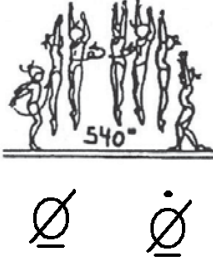
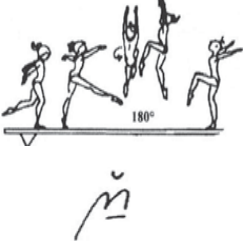
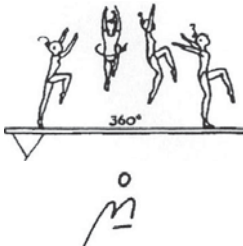
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.104</p>	<p>2.204 <i>Fouetté hop with ½ turn (180°) to land in arabesque (free leg above horizontal); or Hop with ½ turn (180°) free leg extended above horizontal</i></p> 		<p>2.404 <i>Butterfly</i></p> 	<p>2.504</p>	<p>2.604</p>
<p>2.105</p>	<p>2.205</p>	<p>2.305 <i>Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation < after leg change) (Switch Leap)</i></p> 	<p>2.405 <i>Switch Leap with ½ turn (180°)</i></p> 	<p>2.505</p>	<p>2.605</p>
<p>2.106</p>	<p>2.206</p>	<p>2.306 <i>Leap fwd with leg change and ¼ turn (90°) to side split (180°) or straddle pike position (Johnson)</i></p> 	<p>2.406 <i>Johnson with additional ½ turn (180°)</i></p> 	<p>2.506</p>	<p>2.606</p>

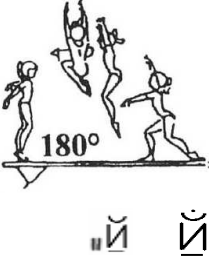
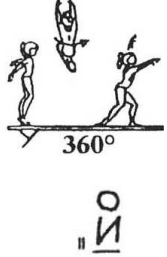
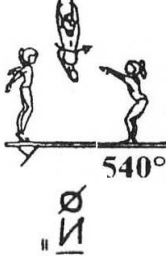
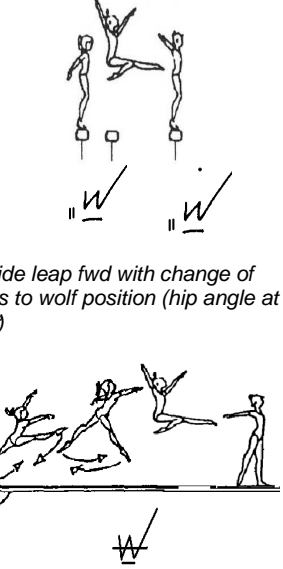
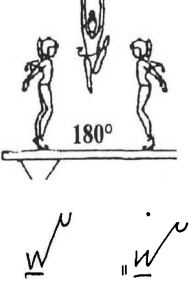
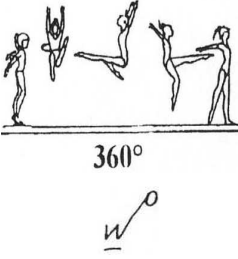
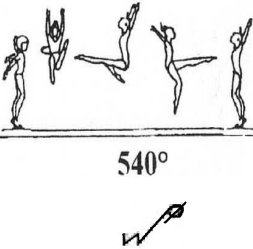
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.107 Pike jump from side or cross position (hip < 90°)</p> 	<p>2.207 Pike jump from side or cross position with 1/2 turn (180°)</p> 	<p>2.307 Pike jump from cross position with 1/1 turn (360°)</p> 	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>
<p>2.108 Sissone, (leg separation 180°) take off from both legs</p> 	<p>2.208 Ring (180° separation of legs), or stag-ring jump</p> 	<p>2.308 Split ring leap (180° separation of legs)</p> 	<p>2.408 Jump with upper back arch and head release with feet almost touching head (Sheep jump)</p> 	<p>2.508 Switch leap to ring position</p> 	<p>2.608</p>

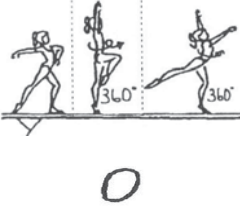
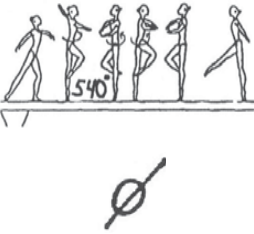
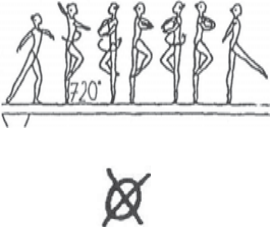
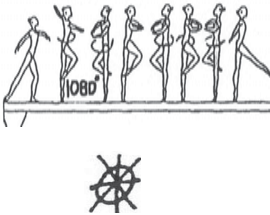
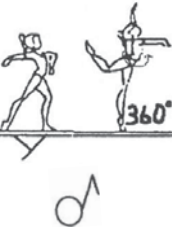
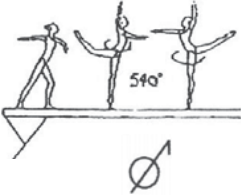
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.109</p>	<p>2.209 <i>Stretched jump/hop with 1/1 turn (360°) from cross or side position</i></p> 	<p>2.309 <i>Stretched jump/hop with 1½ turn (540°) from cross or side position</i></p> 	<p>2.409</p>	<p>2.509</p>	<p>2.609</p>
<p>2.110 <i>Cat leap with ½ turn (180°) (knees above horizontal alternately)</i></p> 	<p>2.210 <i>Cat leap with 1/1 turn (360°)</i></p> 	<p>2.310</p>	<p>2.410</p>	<p>2.510</p>	<p>2.610</p>

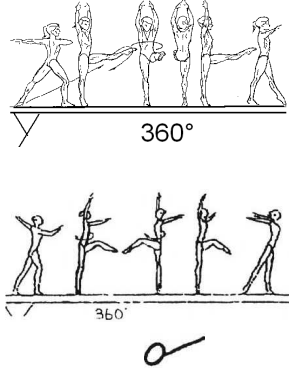
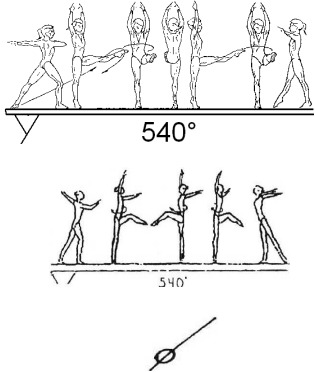
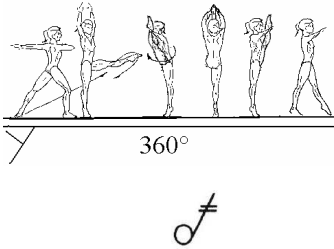
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.111 Tuck hop or jump with ½ turn (180°) from cross or side position (hip & knee angle at 45°)</p> 	<p>2.211 Tuck hop or jump with 1/1 turn (360°) from cross position</p> 	<p>2.311 Tuck hop or jump with 1½ turn (540°) from cross position</p> 	<p>2.411</p>	<p>2.511</p>	<p>2.6111</p>
<p>2.112 Wolf hop or jump from cross or side position. (hip angle at 45°, knees together)</p>  <p>Stride leap fwd with change of legs to wolf position (hip angle at 45°)</p>	<p>2.212 Wolf hop or jump with ½ turn (180°) from side or cross position.</p> 	<p>2.312 Wolf hop or jump with 1/1 turn (360°) from cross position</p> 	<p>2.412 Wolf hop or jump with 1½ turn (540°) from cross position</p> 	<p>2.512</p>	<p>2.612</p>

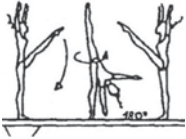
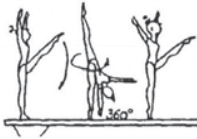



3.000 — GYMNASTIC TURNS

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

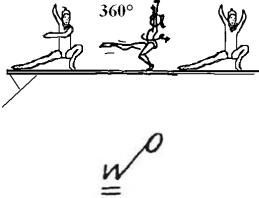
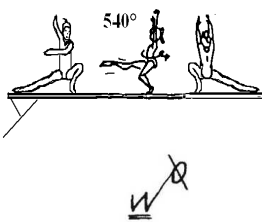
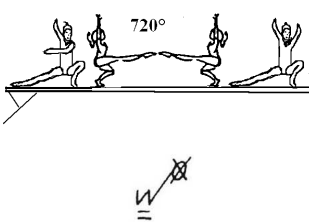
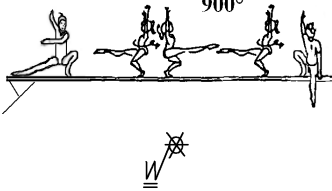
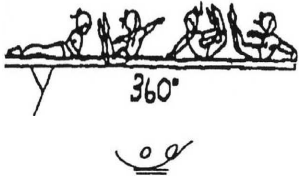

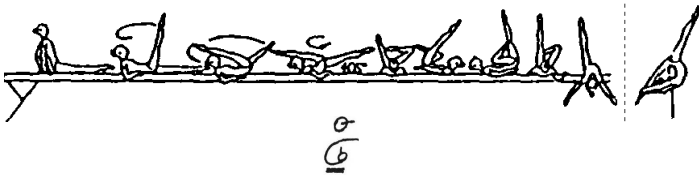
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203</p>	<p>3.303 <i>1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</i></p> 	<p>3.403 <i>1½ turn (540°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight 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>

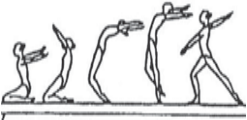


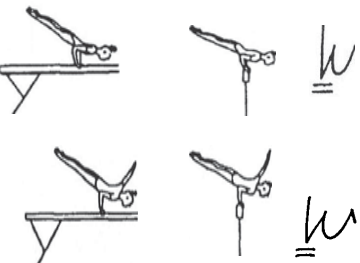
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.105</p>	<p>3.205 <i>½ illusion turn (180°) through standing split with/without (brief touching of beam with one hand)</i></p>  <p align="center">↓</p>	<p>3.305</p>	<p>3.405 <i>1/1 illusion turn (360°) through standing split with/without brief touching of beam with one hand)</i></p>  <p align="center">↓</p>	<p>3.505</p>	<p>3.605</p>
<p>3.106 <i>1/1 turn (360°) in knee arabesque – hand support alternate</i></p>  <p align="center">90</p>	<p>3.206 <i>1½ turn (540°) in knee arabesque – hand support alternate</i></p>  <p align="center">90</p>	<p>3.306 <i>2/1 turn (720°) in knee arabesque – hand support alternate</i></p>  <p align="center">90</p>	<p>3.406</p>	<p>3.506</p>	<p>3.606</p>

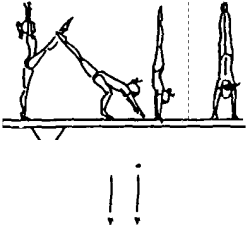
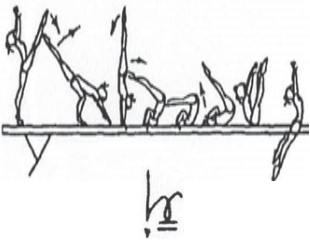


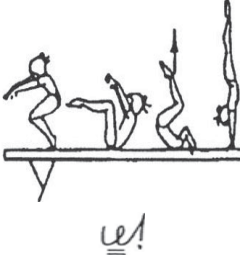
3.000 — GYMNASTIC TURNS

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 optional</p> 	<p>3.307 1½ turn (540°) in tuck stand on one leg - free leg optional</p> 	<p>3.407 2/1 turn (720°) in tuck stand on one leg - free leg optional</p> 	<p>3.507 2½ turn (900°) in tuck stand on one leg - free leg optional</p> 	<p>3.607</p>
<p>3.108 1/1 turn to 1½ turn (360°- 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)</p> 	<p>3.508</p>	<p>3.608</p>	

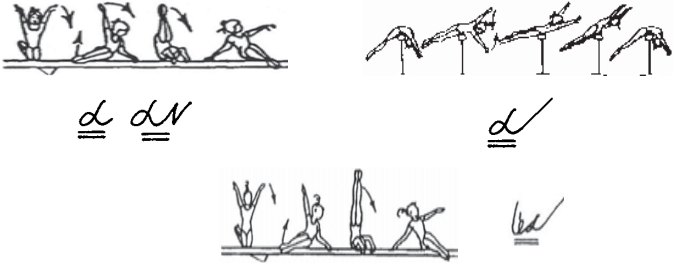
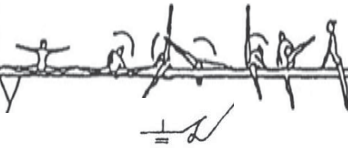
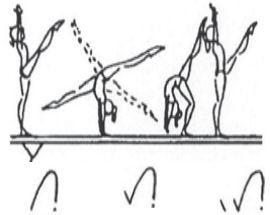
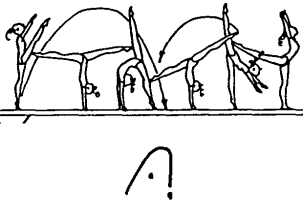
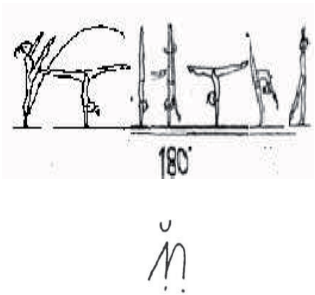
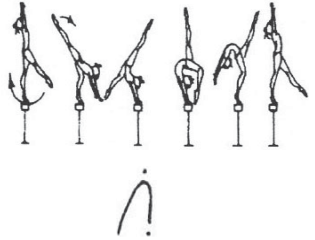
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.101 (D) From kneeling sit position, rise upward with body wave through toe-balance stand</p>  <p align="center"><i>2/2</i></p>	<p>4.201</p>	<p>4.301</p>	<p>4.401</p>	<p>4.501</p>	<p>4.601</p>
<p><i>(D) To be counted as dance element</i></p>					
<p>4.102 (D) Standing split fwd with hand support in front of support leg (leg separation 180°) – Needle scale (2 sec.)</p>  <p>Scale fwd, support leg extended (leg separation 180°) - 2 sec.</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 bent arms (2 sec.), also with leg in cross split position</p> 	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>


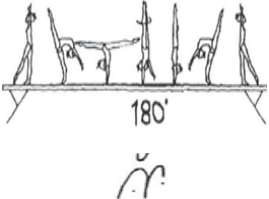
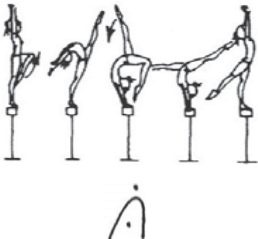
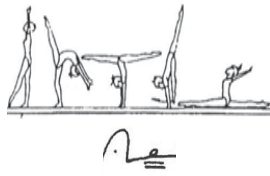
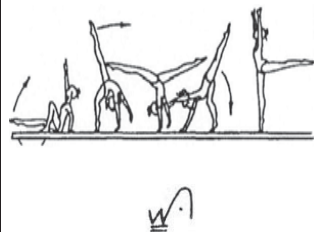
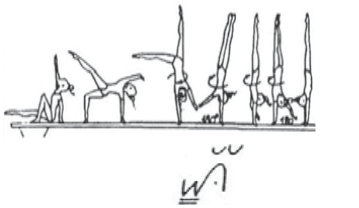
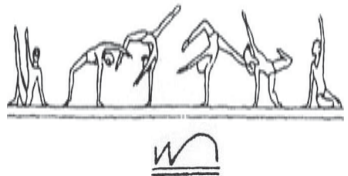
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.104 Kick to side or cross hstd (2 sec.), lower to end position touching beam</p> 	<p>4.204 Kick to cross hstd – roll fwd with or without hand support to sit position or to tuck stand</p> 	<p>4.304</p>	<p>4.404</p>	<p>4.504</p>	<p>4.604</p>
<p>4.105 Roll fwd without hand support to sit position or to tuck stand</p> 	<p>4.205 Free shoulder roll fwd with straightening to tuck stand or stand without hand support</p> 	<p>4.305</p>	<p>4.405</p>	<p>4.505</p>	<p>4.605</p>
<p>4.106</p>	<p>4.206 Roll bwd to hstd - lower to end position touching beam</p> 	<p>4.306</p>	<p>4.406</p>	<p>4.506</p>	<p>4.606</p>

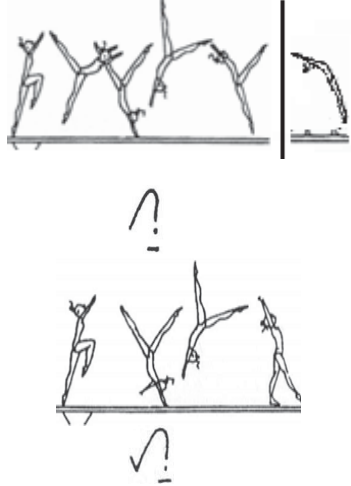
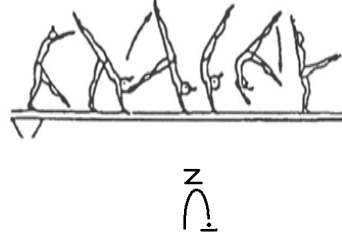
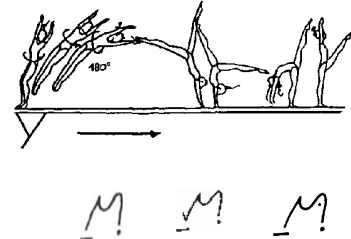
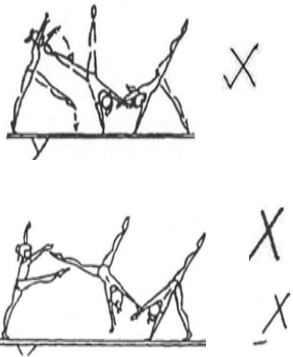

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.107</p>	<p>4.207 <i>Roll swd, body tucked or stretched – or roll swd stretched through neck stand, also with ½ turn (180°) over shoulder</i></p> 	<p>4.407</p>	<p>4.507</p>	<p>4.607</p>	
<p>4.108</p>	<p>4.208 <i>Side split – roll swd stretched, legs separated – end position optional</i></p> 	<p>4.308</p>	<p>4.408</p>	<p>4.508</p>	<p>4.608</p>
<p>4.109 <i>Walkover fwd, with/without alternate hand support or with support of one arm (Tinsica)</i></p>  <p><i>Walkover fwd, bwd (Tic-Toc)</i></p> 	<p>4.209 <i>Kick to cross hdst with ½ turn (180°) to walkover fwd</i></p> 	<p>4.309 <i>Walkover fwd in side position to Side stand</i></p> 	<p>4.409</p>	<p>4.509</p>	<p>4.609</p>

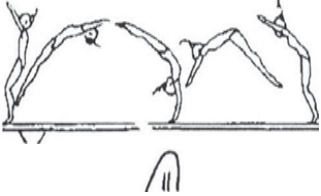
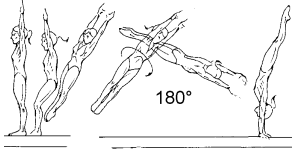
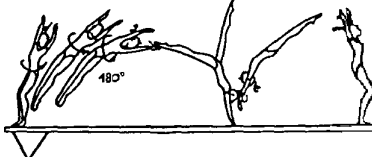
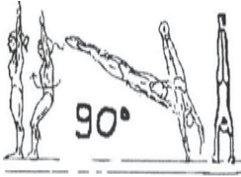
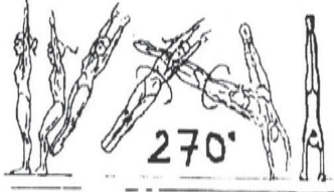
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.110 Walkover bwd, with/without alternate hand support, also with support of one arm, or with swing down to cross sit</p> 	<p>4.210 Walkover bwd with 1/2 turn (180°) to walkover fwd</p> 	<p>4.310 Walkover bwd in side position to side stand</p>  <p>Walkover bwd with stoop through of one leg to cross split sit</p> 	<p>4.410</p>	<p>4.510</p>	<p>4.610</p>
<p>4.111</p>	<p>4.211 From extended tuck sit – walkover bwd (Valdez)</p> 	<p>4.311 Valdez with 1/1 turn (360°) lower to end position touching beam</p>  <p>From extended tuck sit – "Valdez" swing over bwd through horizontal plane with support on one arm</p> 	<p>4.411</p>	<p>4.511</p>	<p>4.611</p>

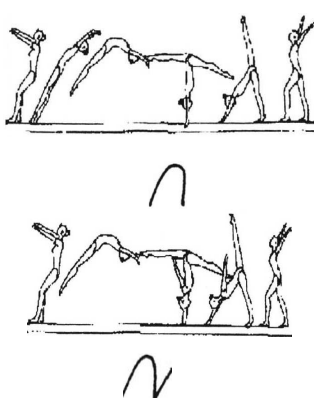
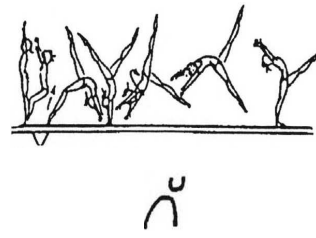
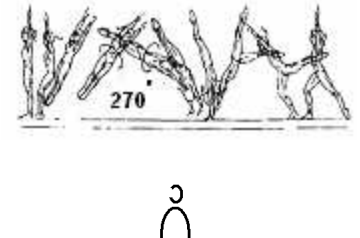
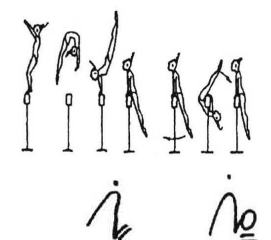
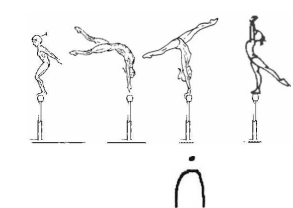
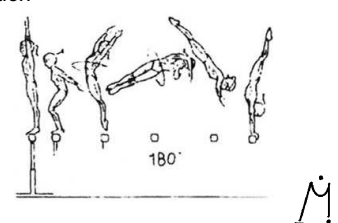
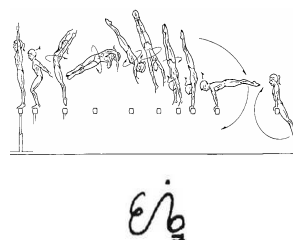
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.101</p>	<p>5.201 Handspring fwd with flight to land on one or both legs (same element), also with support on one arm</p> 	<p>5.301 Handspring fwd with leg change in flight phase</p> 	<p>5.401 Jump bwd (flic-flac take-off) with 1/2 twist (180°) through hsd to walkover fwd, also with support on one arm, or to tic-toc</p> 	<p>5.501</p>	<p>5.601</p>
<p>5.102 Cartwheel, also with support on one arm, or Cartwheel with flight phase before or after hand support</p> 	<p>5.202 Round-off</p> 	<p>5.302</p>	<p>5.402</p>	<p>5.502</p>	<p>5.602</p>

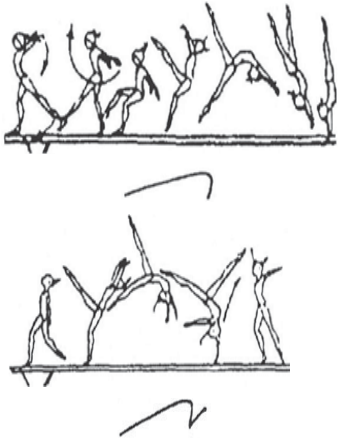
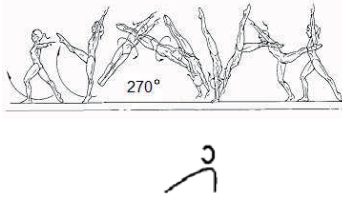
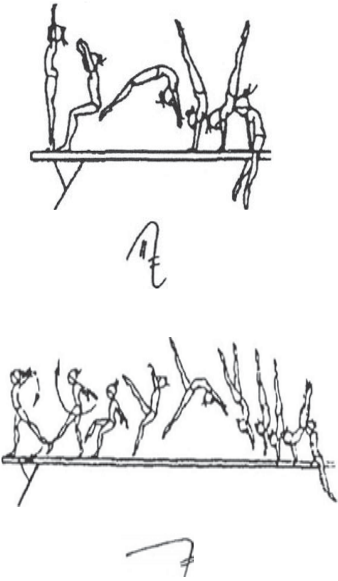
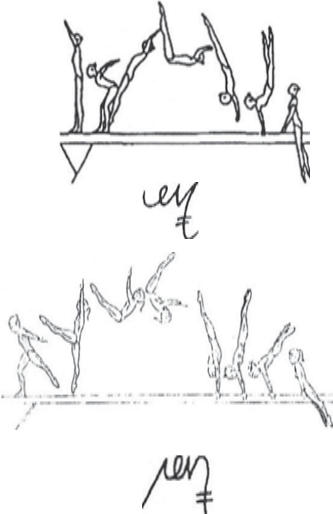
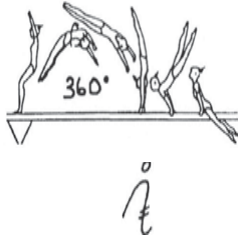
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.103</p>	<p>5.203 Flic-flac to land on both feet</p> 	<p>5.303 Flic-flac with 1/2 twist (180°) to hstd (2 sec.) - lower to optional end position</p>  <p>180°</p>	<p>5.403 Jump bwd (flic-flac take-off) with 1/2 twist (180°) to handspring fwd land on 2 feet.</p>  <p>180°</p>	<p>5.503</p>	<p>5.603</p>
<p>5.104</p>	<p>5.204</p>	<p>5.304 Flic-flac with 1/4 twist (90°) to hstd (2 sec.) - lower to optional end position</p>  <p>90°</p>	<p>5.404 Flic-flac with 3/4 twist (270°) to side hstd (2 sec.) - lower to optional end position</p>  <p>270°</p>	<p>5.504</p>	<p>5.604</p>









5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.105</p>	<p>5.205 <i>Flic-flac with step-out, also with support on one arm</i></p> 	<p>5.305 <i>Flic-flac with 1/2 twist (180°) after hand support</i></p> 	<p>5.405 <i>Flic-flac with min. 1/4 twist (270°) before hand support</i></p> 	<p>5.505</p>	<p>5.605</p>
<p>5.106</p>	<p>5.206</p>	<p>5.306 <i>Flic-flac from side position to front support or with hip circle bwd</i></p> 	<p>5.406 <i>Flic-flac with step-out from side position</i></p>  <p><i>Flic-flac from side position with 1/2 twist (180°) to side hstd lower to optional end position</i></p> 	<p>5.506 <i>Flic-flac from side position with 1/1 twist (360°) to hip circle bwd</i></p> 	<p>5.606</p>


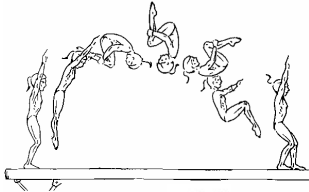

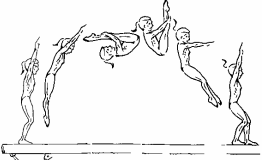
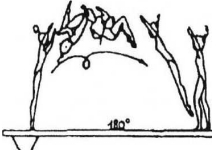
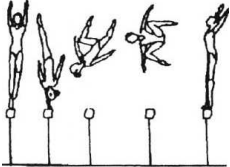
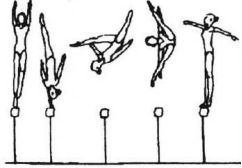
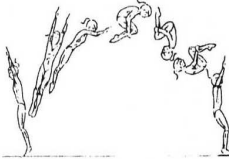
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207 Gainer flic-flac also with support on one arm</p> 	<p>5.307</p>	<p>5.407 Gainer flic-flac with ¼ twist (270°) before hand support</p> 	<p>5.507</p>	<p>5.607</p>
<p>5.108</p>	<p>5.208 All flic-flac variations with high flight phase, and swing down to cross straddle sit</p> 	<p>5.308 All flic-flac variations with piking and stretching of hips in flight phase with swing down to cross straddle sit</p> 	<p>5.408 Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit</p> 	<p>5.508</p>	<p>5.608</p>

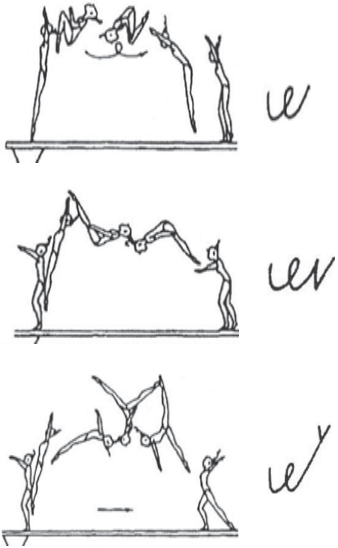
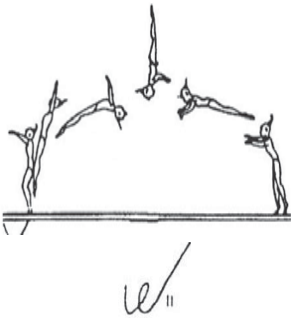
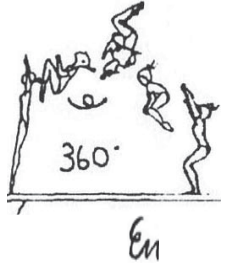
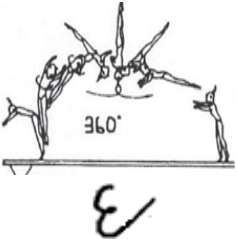



5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.109</p>	<p>5.209</p>	<p>5.309</p>	<p>5.409 Free (aerial) cartwheel – landing in cross or side position on one or both feet.</p>  	<p>5.509 Free aerial round-off tucked or piked – take off from 2 feet</p>    	<p>5.609</p>
<p>5.110</p>	<p>5.210</p>	<p>5.310</p>	<p>5.410 Free (aerial) walkover fwd, landing on one or both feet</p>  	<p>5.510</p>	<p>5.610</p>

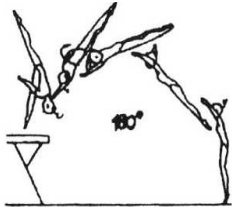
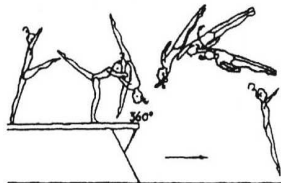
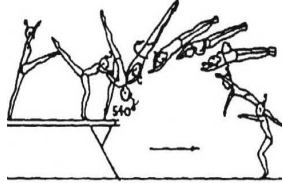
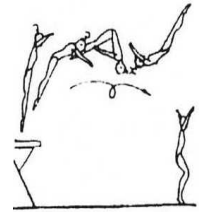
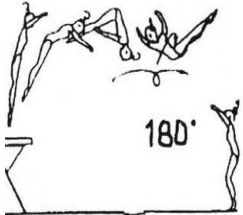
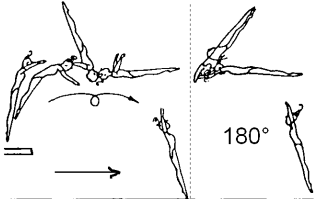


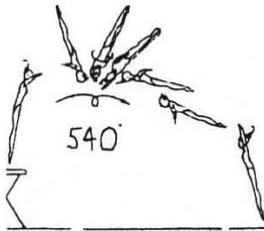
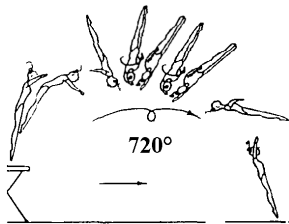
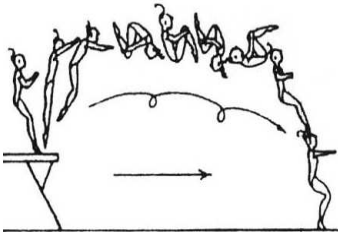
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.111	5.211	<p>5.311 Salto fwd tucked, take-off from one leg to stand on one or two feet</p>  <p style="text-align: center;">vr</p>	<p>5.411 Salto fwd tucked to cross stand</p>  <p style="text-align: center;">vr</p> <p>Salto fwd piked, take-off from one leg to stand on one or two feet</p>  <p style="text-align: center;">vr</p>	<p>5.511 Salto fwd piked to cross stand</p>  <p style="text-align: center;">vr</p>	<p>5.611 F - Salto fwd tucked with ½ twist (180°), take-off from both legs</p>  <p style="text-align: center;">vr</p>
5.112	5.212	5.312	<p>5.412 Salto swd tucked or piked take off fwd or swd from one leg to side stand</p>  <p style="text-align: right;">vr</p>  <p style="text-align: right;">vr</p>	5.512	<p>5.612 F Arabian salto tucked (take-off bwd with ½ twist [180°], salto fwd)</p>  <p style="text-align: center;">vr</p>

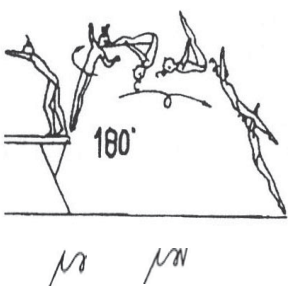
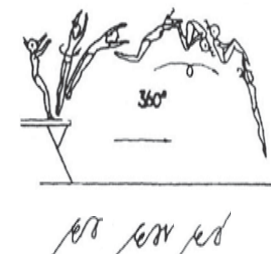
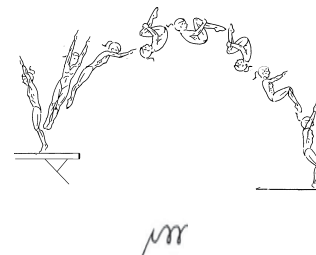

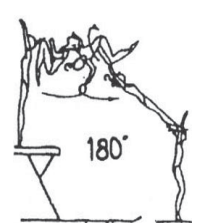
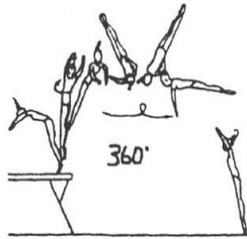
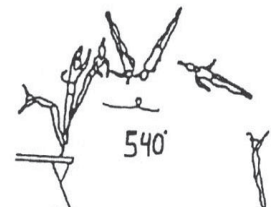
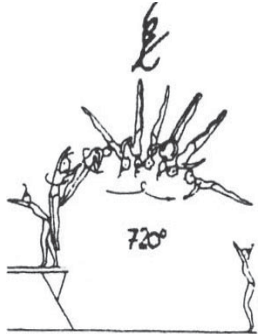
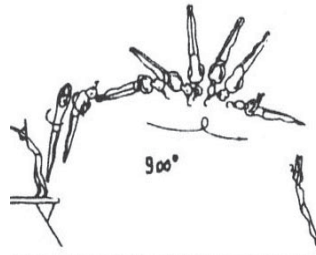
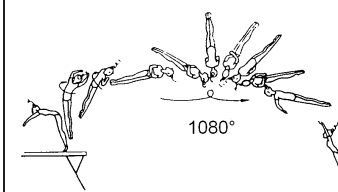
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.113	5.213	<p>5.313 Salto bwd tucked, piked or stretched (step out)</p> 	5.413	<p>5.513 Salto bwd stretched with legs together</p> 	<p>5.613 - F - Salto bwd tucked with 1/1 twist (360°)</p>  <p>5.713 - G - Salto bwd stretched with 1/1 twist (360°)</p> 
5.114	5.214	<p>5.314 Gainer salto bwd tucked, piked or stretched-step out</p> 		<p>5.514 Jump fwd with 1/2 twist (180°) – salto bwd tucked or piked</p> 	5.614

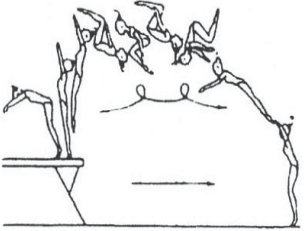
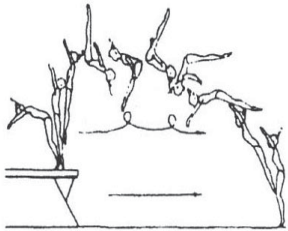
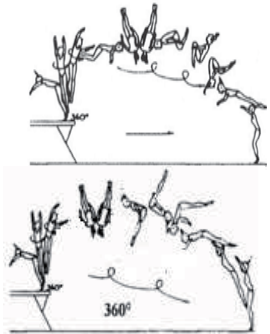
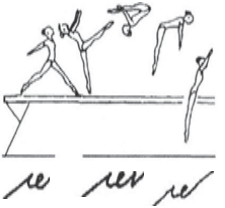
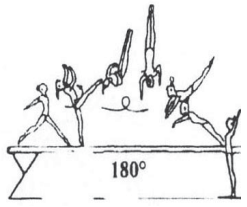
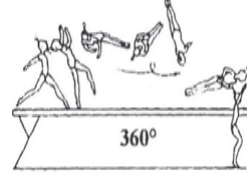
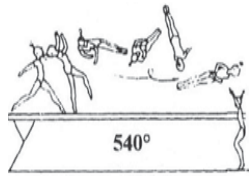
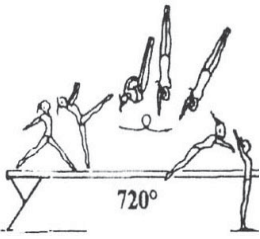
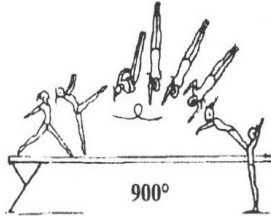
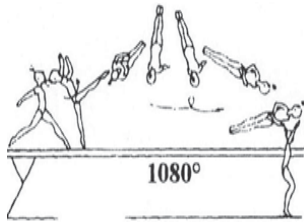
6.000 — DISMOUNTS

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

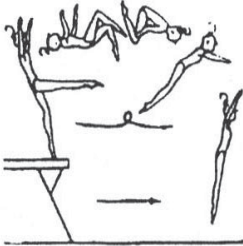
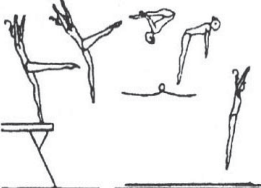
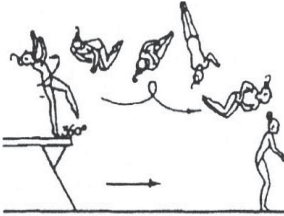
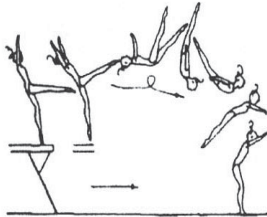
6.000 — DISMOUNTS

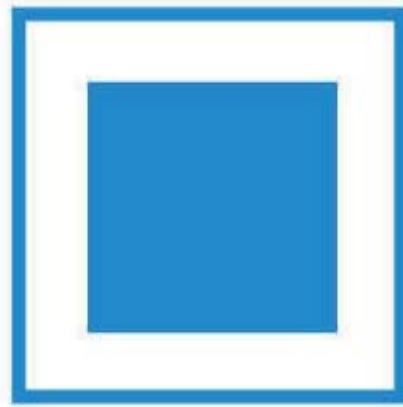
A	B	C	D	E	F/G
<p>6.103</p>	<p>6.203 Jump bwd, with 1/2 twist (180°), salto fwd tucked or piked (Arabian salto)</p> 	<p>6.303 Stretched jump fwd with 1/1 twist (360°) and salto fwd tucked, piked, or stretched</p> 	<p>6.403</p>	<p>6.503</p>	<p>6.703 - G - Arabian double salto fwd. tucked</p> 
<p>6.104 Salto bwd tucked, piked, or stretched, also with 1/2 twist (180°)</p>  	<p>6.204 Salto bwd tucked or stretched with 1/1 (360°)</p> 	<p>6.304 Salto bwd stretched with 1 1/2 - 2/1 twist (540° - 720°)</p>  	<p>6.404 Salto bwd stretched with 2 1/2 twist (900°)</p> 	<p>6.504</p>	<p>6.604 - F - Salto bwd 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 bwd tucked</i></p>  <p>ell</p>	<p>6.505 <i>Double salto bwd piked</i></p>  <p>ellv</p>	<p>6.605 - F - 6.705 - G - <i>Double salto bwd tucked or piked with 1/1 twist (360°)</i></p>  <p>ellⁿv</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 1/2</p>	<p>6.206 <i>Gainer salto tucked or stretched with 1/1 (360°) to side of beam</i></p>  <p>360°</p> <p>re re</p>	<p>6.306 <i>Gainer salto bwd tucked or stretched with 1 1/2 (540°) - 2/1 twist (720°) to side of beam</i></p>  <p>540°</p> <p>re 1/2</p>  <p>720°</p> <p>re 2/1</p>	<p>6.406 <i>Gainer salto bwd stretched with 2 1/2 twist (900°) to side of beam</i></p>  <p>900°</p> <p>re 2 1/2</p>	<p>6.506</p>	<p>6.606 - F - <i>Gainer salto bwd stretched with 3/1 twist (1080°) to side of beam</i></p>  <p>1080°</p> <p>re 3/1</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>The diagram shows a gymnast performing a gainer salto tucked at the end of a beam. It includes a side view of the takeoff, a top-down view of the tucked position in flight, and a landing view. A handwritten 'ref' with a downward arrow is below the diagrams.</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>The diagram shows two variations of a gainer salto at the end of a beam: a piked position and a tucked position with a 1/1 twist. It includes side and top-down views for each, and a landing view. A handwritten 'ref' with a downward arrow is below the diagrams.</p>  <p>The diagram shows a gainer salto tucked at the end of a beam with a 1/1 twist. It includes side and top-down views, and a landing view. A handwritten 'ref' with a downward arrow is below the diagrams.</p>	<p>6.407 Gainer salto stretched with legs together at end of the beam</p>  <p>The diagram shows a gainer salto stretched with legs together at the end of a beam. It includes side and top-down views, and a landing view. A handwritten 'ref' with a downward arrow is below the diagrams.</p>	<p>6.507</p>	<p>6.607</p>

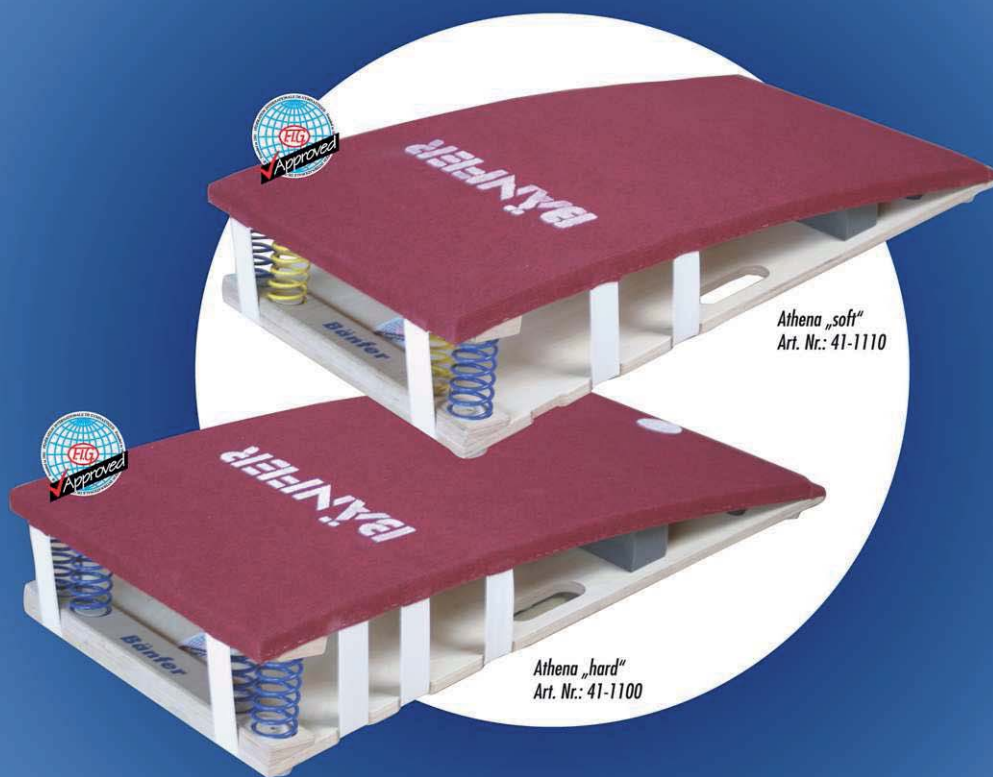


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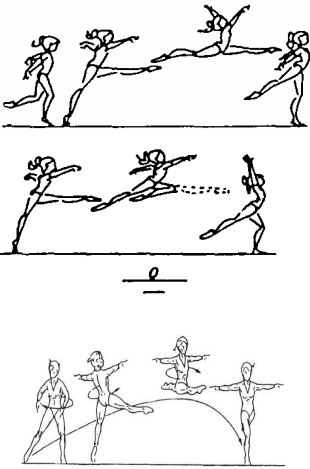
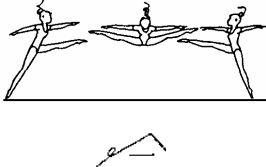
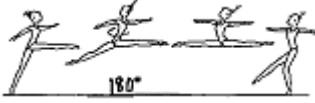

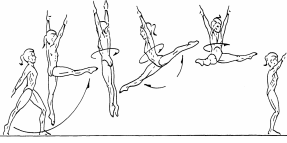

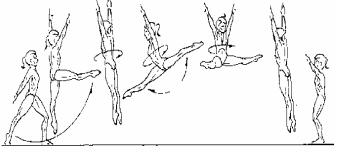
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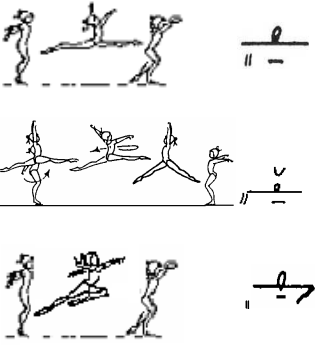
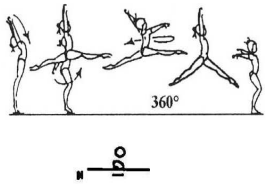
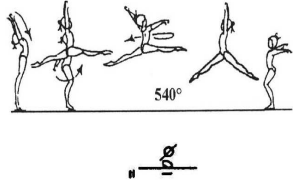
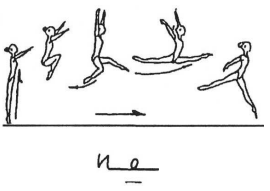
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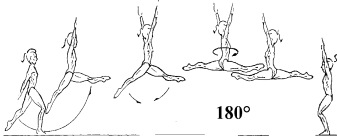
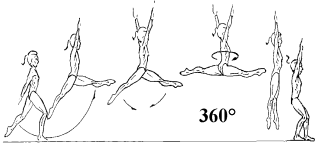
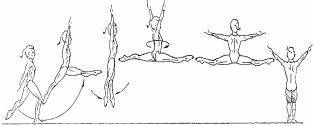
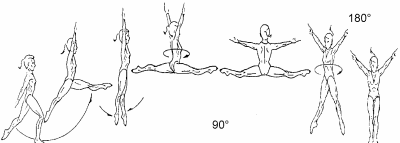
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.101 Split leap fwd (leg separation 180°) or with bending of the fwd leg, also jeté en tournant (½ turn) with take off from one leg into split leap</p>  <p><i>Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet.</i></p> 	<p>1.201 Split leap with ½ turn (180°)</p>  <p><i>Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)</i></p> 	<p>1.301 Split leap with 1/1 turn (360°)</p>  <p><i>Split leap with 1/1 turn (360°) to land in split sit position</i></p> 	<p>1.401 Split leap with 1½ turn (540°)</p> 	<p>1.501</p>	<p>1.601</p>

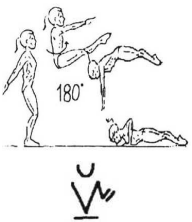
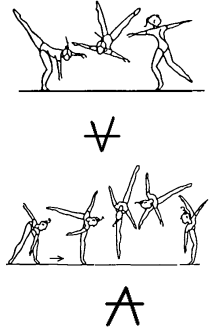
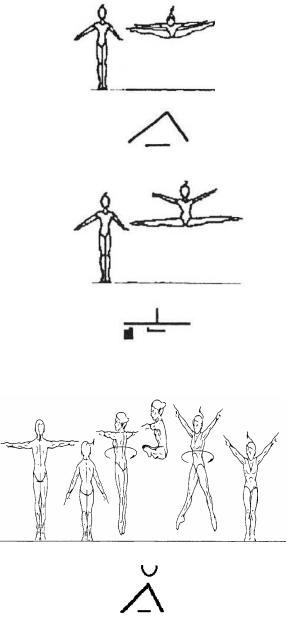
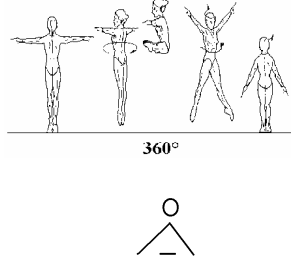
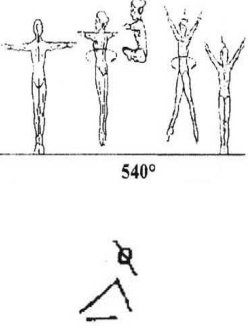
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.102 Split jump (leg separation 180°) also with ½ turn (180°), or stag jump</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>1.203</p>	<p>1.303</p>	<p>1.403</p>	<p>1.503</p>	<p>1.603</p>

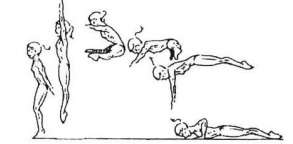
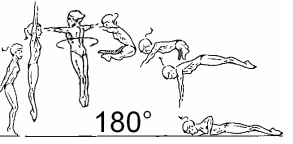
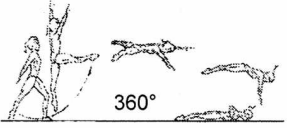
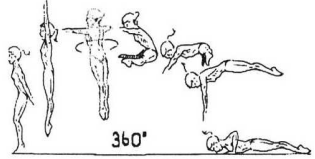
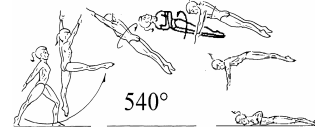
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.104</p>	<p>1.204 Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation < 90° after leg change) (Switch leap)</p>  <p align="center">Z</p>	<p>1.304 Switch leap with ½ turn (180°) in flight phase</p>  <p align="center">Ẑ</p>	<p>1.404 Switch leap with 1/1 turn (360°) in flight phase</p>  <p align="center">Ẑ̂</p>	<p>1.504</p>	<p>1.604</p>
<p>1.105</p>	<p>1.205 Switch leap with ¼ turn (90°) to side split or straddle pike position (both legs above horizontal) (Johnson)</p>  <p align="center">Ẑ̂ Ẑ̂</p>	<p>1.305 Johnson with additional ½ turn (180°)</p>  <p align="center">Ẑ̂̂</p>	<p>1.405</p>	<p>1.505</p>	<p>1.605</p>

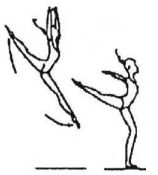
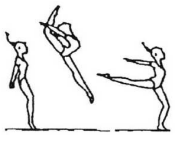

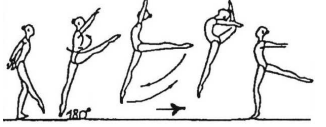
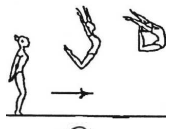


1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.106 Pike jump with ½ turn (180°) (hip < 90°) to front lying position</p> 	<p>1.206 One Butterfly fwd or bwd</p> 	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>
<p>1.107 Straddle pike jump (both legs above horizontal), or side split jump (leg separation 180°), also with ½ turn (180°)</p> 	<p>1.207 Straddle pike side split jump with 1/1 turn (360°) (Popa)</p> 	<p>1.307 Straddle pike or side split jump with 1½ turn (540°)</p> 	<p>1.407</p>	<p>1.507</p>	<p>1.607</p>

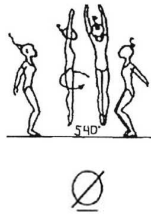
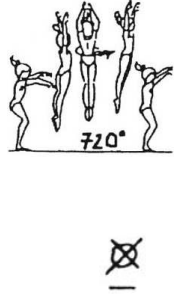
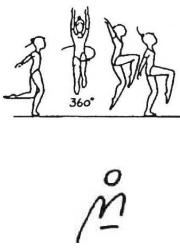
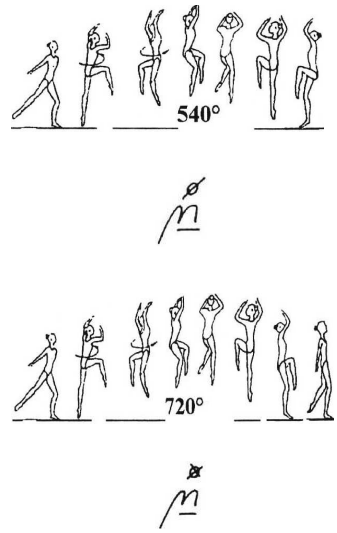
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.108 <i>Straddle pike jump (both legs above horizontal), to land in front lying support (Schuschunova); also with 1/2 turn (180°)</i></p>  <p style="text-align: center;">↓</p>  <p style="text-align: center;">180° ↓</p> <p><i>Hop with 1/1 turn (360°) to straddle and land in front lying support</i></p>  <p style="text-align: center;">360° ↓</p>	<p>1.208 <i>Straddle pike jump with 1/1 turn (360°) to land in front lying support</i></p>  <p style="text-align: center;">360° ↓</p> <p><i>Hop with 1½ turn (540°) in horizontal plane to land in front support</i></p>  <p style="text-align: center;">540° ↓</p>	<p>1.308</p>	<p>1.408</p>	<p>1.508</p>	<p>1.608</p>

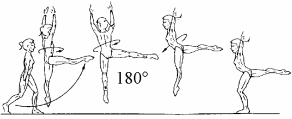

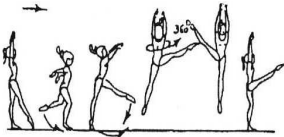

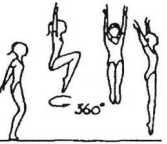

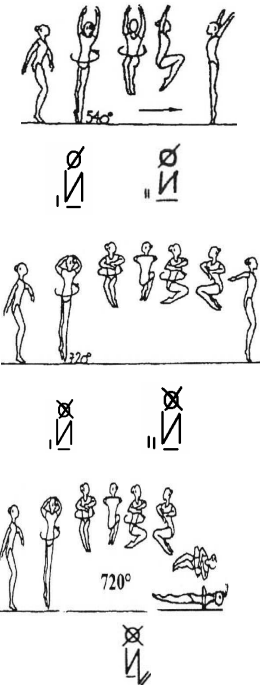



1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.109 Sissone (180° separation of legs)</p>  <p style="text-align: center;">/-</p> <p>Ring jump (rear foot at head height, body arched, 180° separation of legs and head dropped bwd)</p>  <p style="text-align: center;"> 2-</p> <p>Stag ring jump (rear foot at head height and head dropped bwd)</p>  <p style="text-align: center;"> 2-</p>	<p>1.209 Tour jeté to ring (rear foot at head height, body arched and head dropped bwd)</p>  <p style="text-align: center;">2</p> <p>Jump with upper back arch and head release with feet almost touching head (Sheep jump)</p>  <p style="text-align: center;">2</p> <p>Split ring leap (180° separation of legs, front leg parallel to floor)</p>  <p style="text-align: center;">2</p>	<p>1.309 Switch leap to ring position</p>  <p style="text-align: center;">2</p>	<p>1.409</p>	<p>1.509</p>	<p>1.609</p>

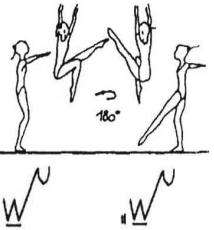
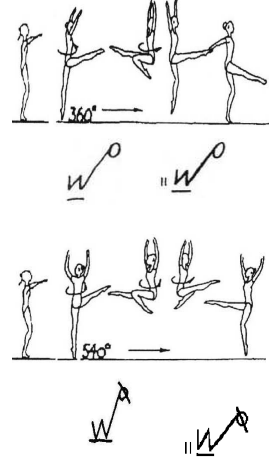
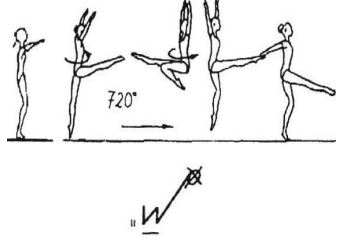
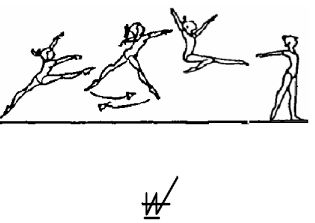
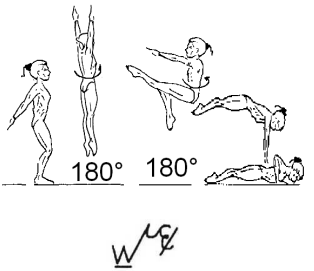
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.110 Stretched hop or jump with 1½ turn (540°)</p> 	<p>1.210 Stretched hop or jump with 2/1 turn (720°)</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 above horizontal (alternately)</p> 	<p>1.211 Cat leap with 1½ or 2/1 turn (540° or 720°)</p> 	<p>1.311</p>	<p>1.411</p>	<p>1.511</p>	<p>1.611</p>

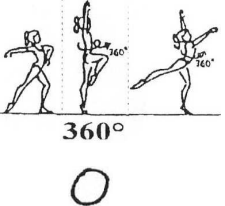
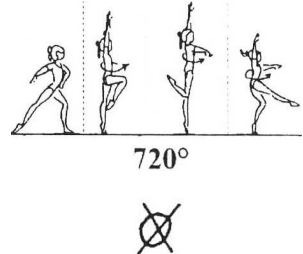
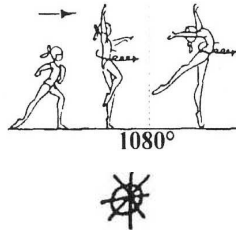
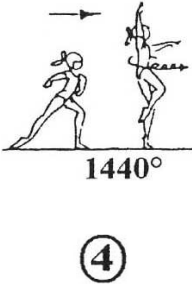
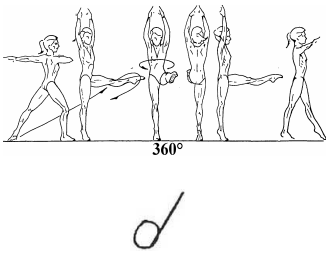
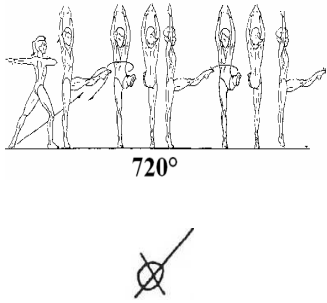
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.112 Fouetté-hop to land in arabesque (free leg above horizontal)</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°) (hip & knee angle at 45°)</p>  	<p>1.213 Tuck hop or jump with 1½ or 2/1 turn (540° or 720°) also landing in front lying support</p>    	<p>1.313</p>	<p>1.413</p>	<p>1.513</p>	<p>1.613</p>

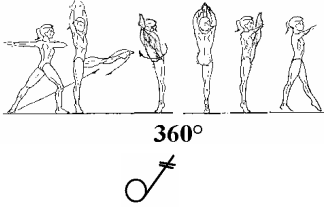
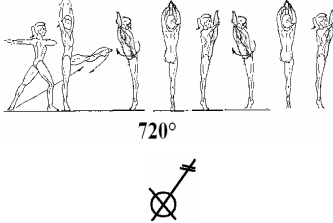
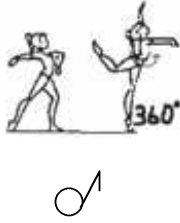
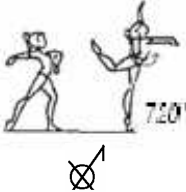
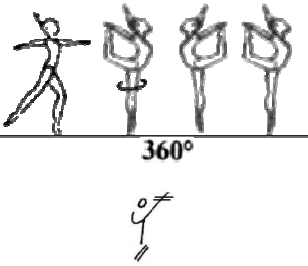
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.114 Wolf hop or jump with ½ turn (180°) (hip angle at 45°)</p> 	<p>1.214 Wolf hop or jump with 1/1 turn (360°) or 1½ turn (540°)</p> 	<p>1.314</p>	<p>1.414 Wolf hop or jump with 2/1 turn (720°)</p> 	<p>1.514</p>	<p>1.614</p>
<p>Stride leap fwd with change of legs to wolf position (hip angle at 45°)</p> 	<p>Wolf hop or jump with 1/1 turn (360°) landing in front lying support</p> 				

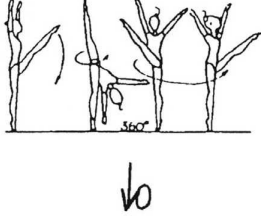
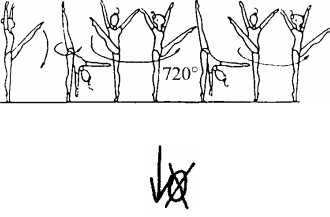
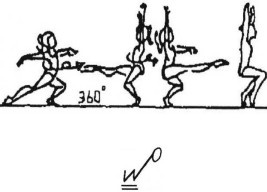
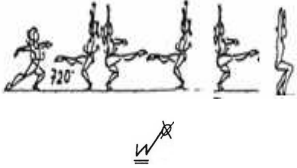
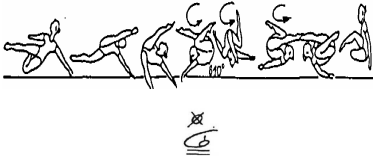
2.000 – GYMNASTIC TURNS

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 turn (1080°) on one leg – free leg optional below horizontal</p> 	<p>2.401</p>	<p>2.501 4/1 turn (1440°) on one leg – free leg optional below horizontal</p> 	<p>2.601</p>
<p>2.102</p>	<p>2.202 1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</p> 	<p>2.302</p>	<p>2.402 2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn, (support and free leg may be straight or bent)</p> 	<p>2.502</p>	<p>2.602</p>

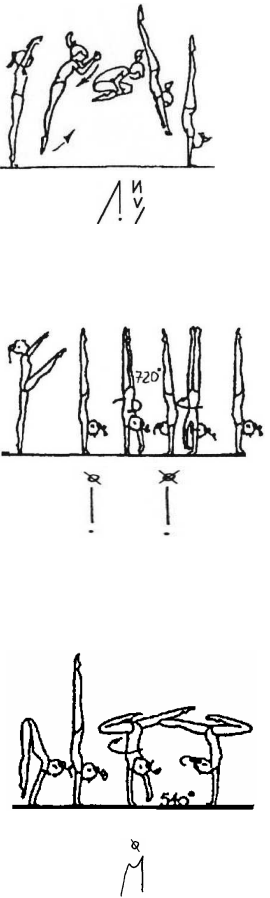
2.000 – GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>2.103</p>	<p>2.203 1/1 turn (360°) with free leg held upward in 180° split position throughout turn</p> 	<p>2.303</p>	<p>2.403 2/1 turn (720°) with free leg held upward in 180° split position throughout turn</p> 	<p>2.503</p>	<p>2.603</p>
<p>2.104</p>	<p>2.204 1/1 turn (360°) in back attitude (knee of free leg at horizontal throughout turn)</p> 	<p>2.304</p>	<p>2.404 2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn)</p> 	<p>2.504</p>	<p>2.604</p>
<p>2.105</p>	<p>2.205 1/1 turn (360°) with free leg held bwd/upward throughout turn</p> 	<p>2.305</p>	<p>2.405</p>	<p>2.505</p>	<p>2.605</p>

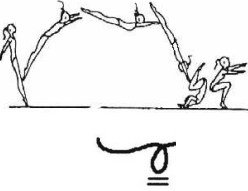
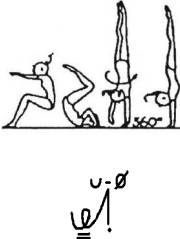
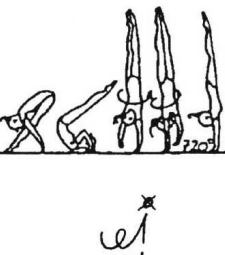
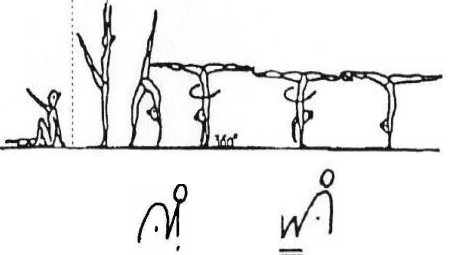
2.000 – GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>2.106</p>	<p>2.206 1/1 illusion turn (360°) through standing split without touching floor with hand</p> 	<p>2.306 2/1 Illusion turn (720°) through standing split without touching floor with hand</p> 	<p>2.406</p>	<p>2.506</p>	<p>2.606</p>
<p>2.107 1/1 turn (360°) in tuck stand on one leg - free leg optional</p> 	<p>2.207</p>	<p>2.307 2/1 turn (720°) in tuck stand 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>2.308</p>	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>

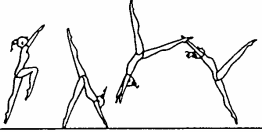
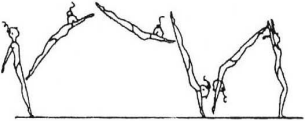
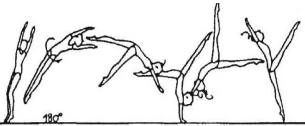
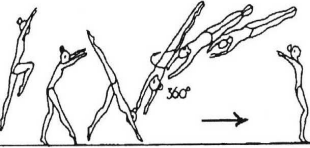
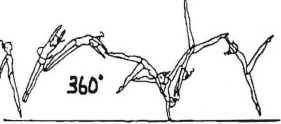
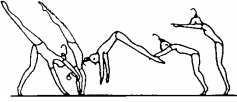
3.000 — HAND SUPPORT ELEMENTS

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

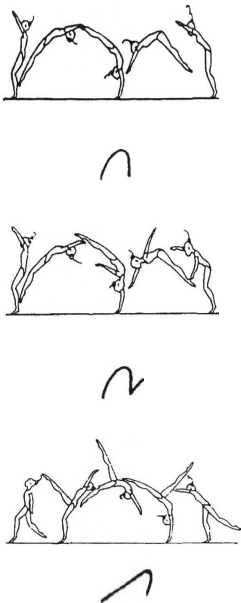
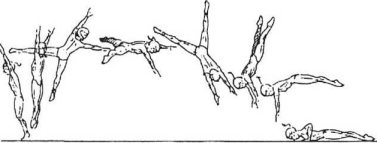
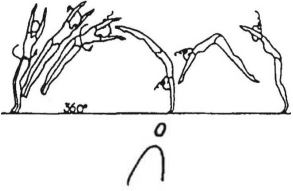
3.000 — HAND SUPPORT ELEMENTS

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 bwd to hstd with ½-1/1 - 1½ turn (180° - 360° - 540°) in hstd</i></p> 	<p>3.203 <i>Roll bwd to hstd with 2/1 turn (720°) in hstd</i></p> 	<p>3.303</p>	<p>3.403</p>	<p>3.503</p>	<p>3.603</p>
<p>3.104 <i>Walkover bwd from stand or extended tuck-sit to hstd with 1/1 turn (360°) in hstd – return movement optional</i></p> 	<p>3.204</p>	<p>3.304</p>	<p>3.404</p>	<p>3.504</p>	<p>3.604</p>

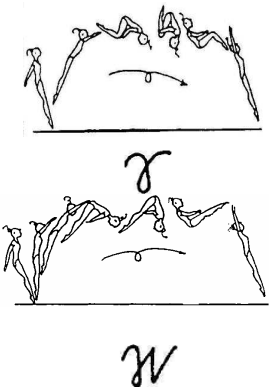
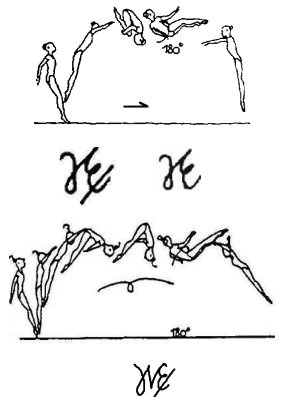
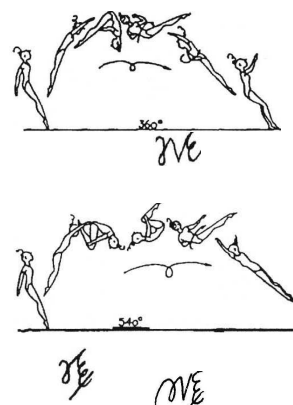
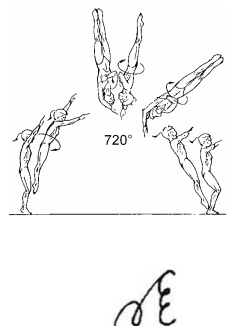
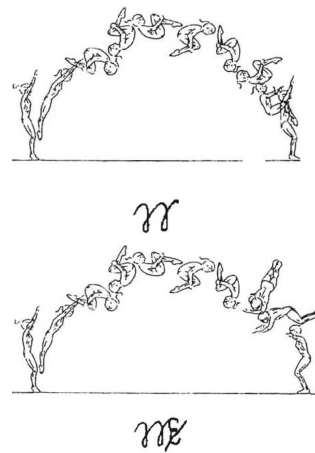
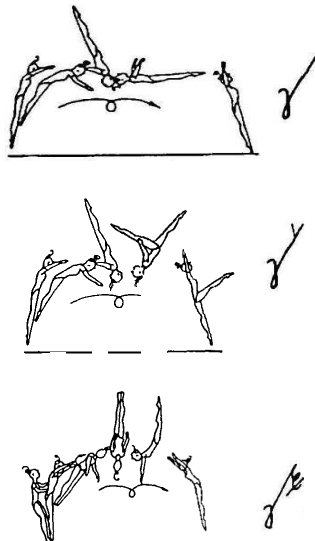
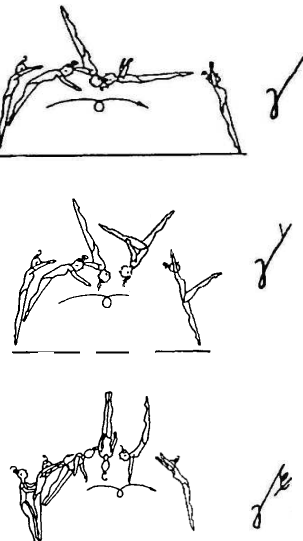
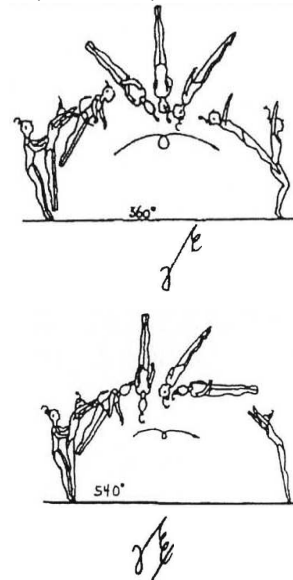
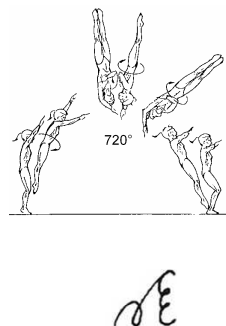
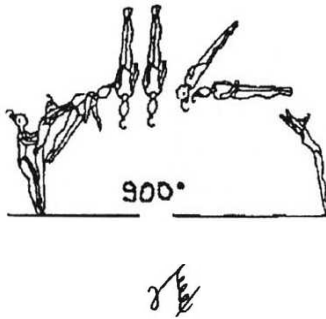
3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.105 <i>Handspring fwd – take-off from one leg or Flyspring fwd – take-off from both legs – with or without hecht phase before hand support – landing optional</i></p>   <p><i>Jump bwd with ½ twist (180°) to handspring fwd – landing optional</i></p> 		<p>3.305 <i>Handspring fwd with 1/1 twist (360°) after hand support or before</i></p>  			
<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>

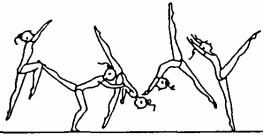
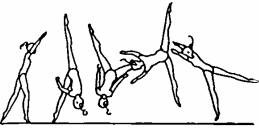
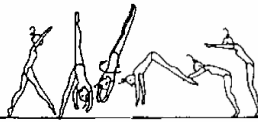
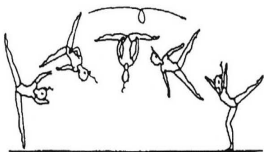
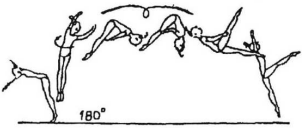
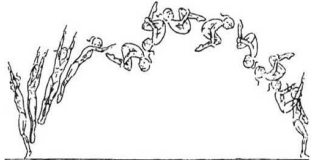
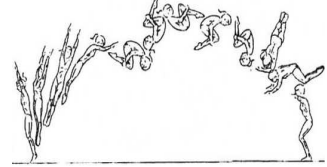
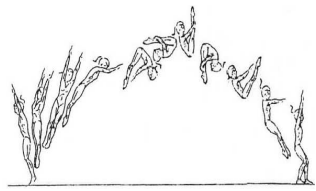
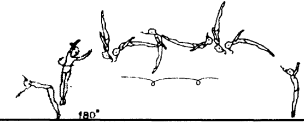
3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.107 All flic-flac and gainer flic-flac variations, also with support of one arm</p>  <p><i>Arabian (bwd take-off) with ¼ twist (90°) – free (aerial) cartwheel – continuing with ¼ twist (90°) to front lying support</i></p> 	<p>3.207 Flic-flac with 1/1 twist (360°) before hand support</p> 	<p>3.307</p>	<p>3.407</p>	<p>3.507</p>	<p>3.607</p>

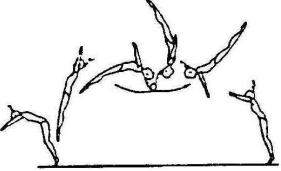
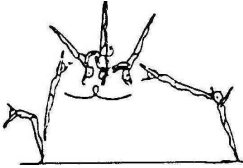
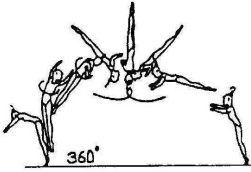
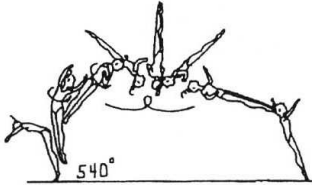
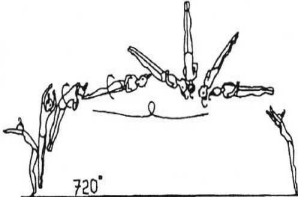
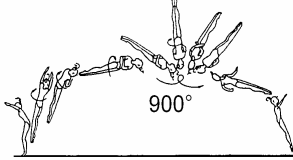
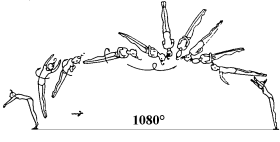
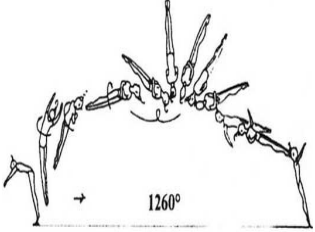

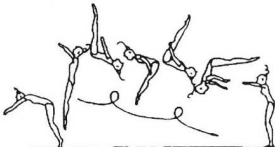
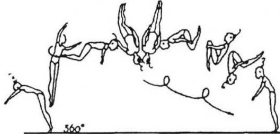
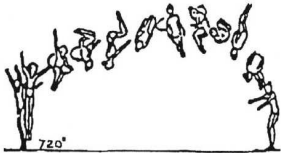
4.000 – SALTOS FWD & SWD

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

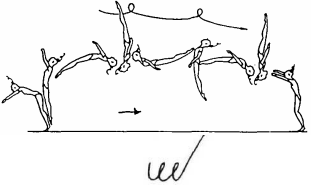
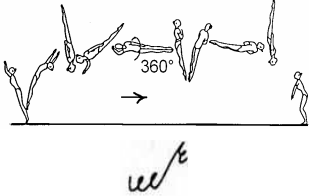
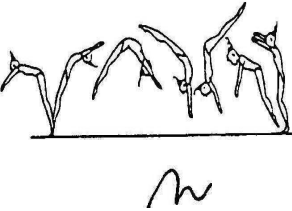
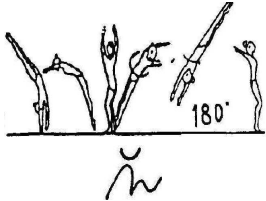
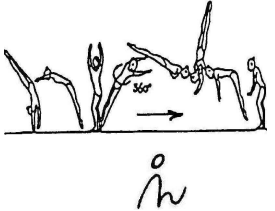
4.000 – SALTOS FWD & SWD

A	B	C	D	E	F/G
<p>4.103 Free (aerial) walkover fwd</p>  <p>nf</p>	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>
<p>4.104 Free (aerial) cartwheel or free (aerial) round-off</p>  <p>Xf</p>	 <p>lf</p>	<p>4.304</p>	<p>4.404</p>	<p>4.504</p>	<p>4.604</p>
<p>4.105 From take-off fwd from one or both legs – salto swd tucked or piked</p>  <p>sd sv</p>	<p>4.205 Arabian salto tucked, piked, or stretched (take-off bwd with ½ twist [180], salto fwd) – landing optional</p>  <p>180° pr pv pl</p>	<p>4.305</p>	<p>4.405</p>	<p>4.505 Arabian double salto, also with ½ twist (180°)</p>  <p>sv</p>  <p>svst</p>	<p>4.605 - F - Double arabian salto piked</p>  <p>svst</p> <p>4.705 - G Double arabian salto stretched</p>  <p>180° svst</p>

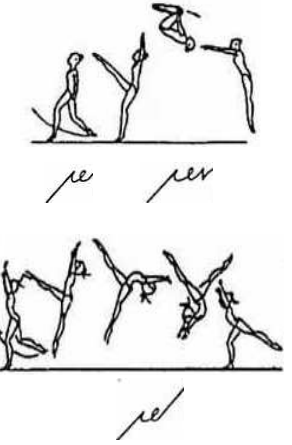
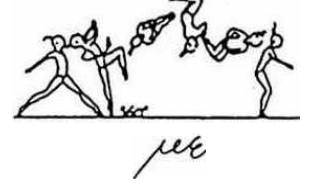
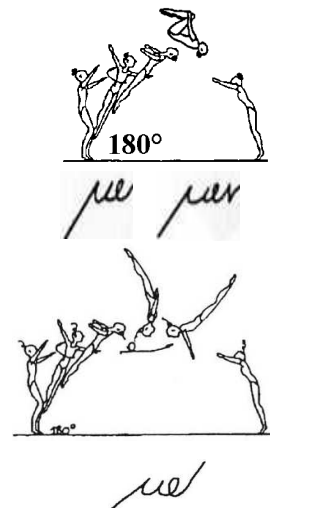
5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G
<p>5.101 Salto bwd tucked, piked, or stretched</p>  <p><i>u u u u</i></p>	<p>5.201 Salto bwd tucked or stretched with 1/2 or 1/1 twist (180° or 360°)</p>  <p><i>E^{1/2}</i></p>  <p><i>E^{1/1}</i></p>	<p>5.301 Salto bwd stretched with 1 1/2 or 2/1 twist (540° or 720°)</p>  <p><i>E^{1 1/2}</i></p>  <p><i>E^{2/1}</i></p>	<p>5.401 Salto bwd stretched with 2 1/2 twist (900°)</p>  <p><i>E^{2 1/2}</i></p>	<p>5.501 Salto bwd stretched with 3/1 twist (1080°)</p>  <p><i>E^{3/1}</i></p>	<p>5.601 - F - Salto bwd stretched with 3 1/2 twist (1260°)</p>  <p><i>E^{3 1/2}</i></p>
<p>5.102</p>	<p>5.202</p>	<p>5.302</p>	<p>5.402 Double salto bwd tucked</p>  <p><i>u u</i></p> <p>Double salto bwd piked</p>  <p><i>u u u</i></p>	<p>5.502 Double salto bwd tucked or piked with 1/1 twist (360°)</p>  <p><i>E u u E u u u</i></p>	<p>5.702 - G - Double salto bwd tucked with 2/1 twist (720°)</p>  <p><i>E u u</i></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 bwd stretched</p>  <p>5.703 - G - Double salto bwd stretched with 1/1 twist (360°)</p> 
<p>5.104 Whip salto bwd</p> 	<p>5.204 Whip salto bwd with 1/2 twist (180°)</p>  <p>Whip salto bwd with 1/1 twist (360°)</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 fwd with 1/2 twist (180°) – salto bwd tucked, piked, or stretched</p> 	<p>5.306</p>	<p>5.406</p>	<p>5.506</p>	<p>5.606</p>

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**Women's Artistic Gymnastics
Symbol Brochure**

**Kunstturnen Frauen
Symbolschrift**

**Gymnastique artistique féminine
Ecriture symbolique**

**Gimnasia artistica feminina
Escritura simbólica**

2009 Edition

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NOTE: For logical reasons, the sequence is not in Olympic order.

The presentation begins with the basic symbols for all apparatus – hangs, supports, handstands, leaps-jumps-hops, leg and body positions and turns around the breadth, long and median axes.

Apparatus specific symbols and element groups for uneven bars are treated separately; however, beam and floor specific symbols, common dance and acrobatic elements are handled in the same section. Vault specific symbols and examples for vaults in each of the groups are featured in the last section.

Through a combination of the basic symbols and specific symbols, practically all elements can be recorded, even those that are submitted and performed for the first time.

ACKNOWLEDGMENTS

The WTC* wishes to profoundly thank those persons who assisted with the production of this
3rd Symbol Brochure:

Advisor for the original Organization, Text & Symbols in 1986	Margot Dietz	GER
History of the Symbols	Jackie Fie	USA
Layout, Production, Computer Symbols and updates 1999 & 2009	Linda Chencinski	USA
Editorial Work and English Translation	Jackie Fie 1999 Linda Chencinski 1999, 2009	USA
French & German Translation 1999	Agneta Göthberg Esbela Fonseca Miyake	SWE POR
Spanish Translation 1999	Helena Lario	ESP

PREFACE

The History of the Development of Symbol Notation

In 1979, for the first time, the FIG Women's Technical Committee published symbols for Women's Artistic Gymnastics for the principle elements.

During the time period from 1980 through 1986, the symbol notation underwent extensive practical testing, with a goal toward perfection in keeping with the evolution of gymnastics. All exercises executed in official FIG Competitions (Olympic Games, World Championships, World Cups and the Senior and Junior European Championships under the jurisdiction of FIG) were recorded in symbol notation by the Scientific Technical Collaborators (STCs), then checked by means of video analysis. Thus, a systematic analysis was developed. Through use of the recorded exercise content, the WTC was able to monitor the developmental tendencies and their resulting indications for continual improvements in the WAG Code of Points.

In 1985 a supplement was published and in July 1986 the first symbol publication entitled "Proposal for the Introduction of an International *Symbols Language* for Women's Artistic Gymnastics" was published. Then, in 1990/91 the FIG issued a *Video Film and Brochure* for learning and practicing the Symbol Notation in WAG. The *Video*, as well as the accompanying *Brochure*, was prepared by Ms. Margot Dietz – GER, who was entrusted with this task by the governing President of the FIG/WTC, Mrs. Ellen Berger. Based on the realization of this sophisticated development of the symbol system, the appropriate symbol for each element and its variation appeared in the 1993 edition of the Code of Points for the first time.

In 1999 the *Symbol Notation Brochure* was updated and formatted with computer symbols by Mrs. Linda Chencinski to reflect the development of new skills under the direction of the President of the FIG/WTC, Mrs. Jackie Fie.

With the constant progressive and exciting development of new elements in WAG, the WTC is pleased to publish the 2009 update to the *Symbol Notation Brochure*, with the objective to provide a uniform official revision for judges throughout the world of gymnastics. The WTC hopes that this updated brochure will assist judges in










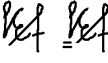



- v accurately recording all elements performed
- v quickly establishing the content of the exercise
- v communicating with fellow judges from the various language groups and
- v most importantly, to recall dynamic and modern exercises in their entirety during competitions.








For the FIG WTC: Nellie Kim, President

ENGLISH	FRANÇAIS		DEUTSCH	ESPAÑOL
Basic Symbols for All Apparatus	Symboles de base pour tous les agrès		Grundsymbole für alle Geräte	Símbolos básicos para todos los aparatos
v Hang	v Suspension		v Hang	v Suspensión
v Stable Support surface	v Surface d'appui stable	=	v Stabile Stützfläche	v Superficie de apoyo estable
v Stand frontways, rearways	v Station faciale, dorsale (fac., dors.)	⊥	v Stand vorlings, rücklings (vl., rl.)	v Posición de pie de frente, de espaldas
v Support, ie with support of hips	v Appui, par ex. avec appui facial	⊥ =	v Stütz, z. B. mit Stütz der Hüfte	v Apoyo, ej. con apoyo de caderas.
v Without support of the hips (clear)	v appui dorsal libre	⊥	v ohne Stütz der Hüfte (frei) - Spitzwinkelstütz	v Sin apoyo de cadera (libre)
v Handstand	v Appui tendu renversé (atr)	!	v Handstand	v Apoyo invertido
v Jump, Leap, Hop, flight phase	v Saut, phases d'envol	—	v Sprung, Flugphasen	v Salto, fase de vuelo
Leg and body positions	Position des jambes et du corps		Bein-und Körperstellungen	Posición de piernas y cuerpo
v Tuck, pike, straddle	v groupé, carpé, écarté	W V ^	v Hocken, Bücken, Grätschen	v Agrupado, carpado, piernas separadas
v Kehr-rear, flank, wendy-front	v dorsal, costal, facial	L † †	v Kehre, Flanke, Wende	v Dorsal, lateral, facial
v Body position stretched, with step-out	v position du corps tendu, écarté	/ /	v Körperhaltung gestreckt, gespreizt	v Posición de cuerpo extendida, con separación de piernas (a una pierna)
Turns	Rotations		Drehungen	Rotaciones
v around the breadth axis Forward, backward	v autour de l'axe transversal en avant, en arrière	∂ ∩	v um die Breitenachse vorwärts, rückwärts	v en el eje transversal adelante, atrás
v around the long axis or	v autour de l'axe longitudinal ou	ε ε ε ε ε 360° 540° 720° 900° 1080°	v um die Längsachse oder	v en el eje longitudinal o
v around the median axis	v autour de l'axe antéro- postérieur (latéral)	⊙ ⊙ ⊙ ⊙ ⊙ α	v um die Tiefenachse	v en el eje antero-posterior (lateral)





UNEVEN BARS	BARRES ASYMÉTRIQUES		STUFENBARREN	PARALELAS ASIMÉTRICAS
Apparatus Specific Symbols	Symboles spécifiques à l'agrès		Gerätspezifische Symbole	Símbolos específicos del aparato
Grip change	Changement de prises		Griffwechsel	Cambio de tomas
P with small flight phase	P avec petit envol	•	P mit kleiner Flugphase	P con pequeña fase de vuelo
P with large flight phase (LB to HB)	P avec grande phase d'envol (bi -bs)	/	P mit grosser Flugphase (uH - oH)	P con gran fase de vuelo (BI a BS)
P with hop (mostly to reverse grip)	P en sautant (principalement en prises palm.)	—	P mit Umspringen (meistens i.d. Kammgriff)	P con salto (principalmente a toma palmar)
P reverse grip (use only when necessary)	P prises palm.(utiliser seulement si nécessaire)	∧	P Kammgriff (nur wenn nötig benutzen)	P toma palmar (usar sólo si es necesario)
P to L grip, to mixed L grip	P en prises cub. ou prises mixtes palm. cub.	~ x	P i.d. Ellgriff oder Mix-Ellgriff	P a toma cubital, a toma cubital mixta
Flight bwd. over the	Envol en arr. par-dessus		Flug rw über den	Vuelo atrás sobre
P same bar	P la même barre	→	P gleichen Holm	P la misma banda
P From the HB over the LB	P de la bs par-dessus bi	↪	P vom oH über den uH	P desde BS por sobre BI
P To handstand on the LB	P à l'appui renversé sur bi	↓	P in den Handstand auf den uH	P al apoyo invertido en BI
Leg Swing Movements	Mouvements d'élan des jambes		Beinschwungbewegungen	Movimientos con impulso de piernas
P Squat on, stoop on, straddle on	P Pour poser jambes fl. tendues, écartées	≡ ≡ ≡	P Aufhocken, aufbücken, aufgrätschen	P al apoyo de piernas flexionadas (cuclillas), extendidas, separadas
P Squat through, stoop through	P Passer jambes fl. tendues	≠ ≠	P Durchhocken, durchbücken	P a pasar las piernas flexionadas, extendidas
Casts	Elans en arrière		Rückschwünge	Impulsos hacia atrás
Cast backward without/with reaching the handstand	Elan arr.sans/avec atteindre l'atr	↗ ↘	Rückschwünge ohne/mit Erreichen d. Handstandes	Impulso atrás con o sin llegar al apoyo invertido
Cast to handstand	Elan en arr. à l'atr		Rückschwung i.d. Handstand	Impulso atrás al apoyo invertido
P release-hop change to reverse grip in handstand phase	P en sautant en prises palm. dans la phase d'atr	↗	P mit Umspringen i.d. Kammgriff i.d. Handstand-phase	P con cambio-saltado a toma palmar en la vertical
P in reverse grip release- hop to L grip in handstand phase	P en sautant pour terminer en prises cub. dans la phase d'atr	↗	P mit Umspringen i.d. Ell-Griff i.d. Handstandphase	P en toma palmar, cambio-saltado a toma cubital en la vertical
Uprise to support/ handstand	Etablissement à l'appui / à l'atr	S S!	Schwungstemme i. d. Stütz/Handstand	Elevación atrás al apoyo / al apoyo invertido

Circle Movements	Mouvements circulaires	Felgbewegungen	Movimientos circulares
Underswings P Underswing without/with support of the feet P Underswing bwd.	Elans par dessous barres P Elan par-dessous la barre sans/avec appui des pieds P Elan par-dessous en arr.	Unterschwünge P Unterschwing ohne/mit Stütz der Füße P Unterschwing rw.	Impulsos por debajo de la banda P Impulso por debajo de la banda con o sin apoyo de pies P Impulso por debajo de la banda hacia atr.
Circles P Clear hip circle without/with reaching the handstand P Giant circle bwd. without/with reaching handstand P Giant circle fwd. without/with reaching handstand (also in regular grip) P Giant circle fwd. in L grip without/with reaching handstand P Stalder circle bwd. without/with reaching the handstand P Stalder circle fwd. without/with reaching the handstand, also in L grip P Pike circle or clear pike circle fwd. to handstand P Pike circle or clear pike circle bwd. to handstand P seat (pike) circle forward through clear extended support to finish near handstand	Tours d'appui P Tour d'appui libre sans/avec l'atr P Grand tour en arr. sans/avec l'atr P S'abaisser en av. grand élan circ.en av. sans/avec l'atr (aussi en prise dorsale) P Grand élan circ. en av. en prises cub.sans/avec l'atr P Stalder en arr. sans/avec l'atr P Stalder en av. sans/avec l'atr, aussie en prises cub. P Elan circ. carpé ou libre Elan circ en av. à l'atr P Elan circ. carpé en arr. sans/avec l'atr P Tour d'appui dors, en av. à l'appui libre dans la phase d'atr	Felgen P Freie Felge i.d.freien Stütz/i.d. Handstand P Riesenfelge rw. i.d. Handstand P Abschwingen vw./Riesenfelge vw. ohne/mit Erreichen d. Handstand (auch mit Ristgriff) P Abschwingen Ellgriffs - (Ellgriffriesenfelge) i.d. Handstand mit Ellgriff P Stalder rw. i.d. freien Stütz/i.d. Handstand P Stalder vw. i.d. freien Stütz/i.d. Handstand, auch mit Ellgriff P Bückumschwung.oder Bückumschwung frei vw i. d. Handstande P Bückumschwung rw. ohne/mit Erreichen d. Handstande P freier Bückumschwung rl. vw. i.d. freien Stütz i.d. Handstandnähe	Giros de apoyo libre P Giro de apoyo libre con o sin llegar al apoyo invertido P Gran vuelta atr. con o sin llegar al apoyo invertido P Gran vuelta ad. con o sin llegar al apoyo invertido (también con toma dorsal) P Gran vuelta ad. en toma cubital con o sin llegar al apoyo invertido P Stalder atr. con o sin llegar al apoyo invertido P Stalder ad. con o sin llegar al apoyo invertido, también en toma cubital P Con o sin apoyo de pies ad. con llegar al apoyo invertido P Con o sin apoyo de pies atr. con llegar al apoyo invertido P Giro dorsal adelante sentado-carpado pasando por el apoyo libre extendido a finalizar cerca de la vertical

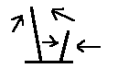

Hip Circles and Hechts	Tours d'appui et poissons		Felgumschwünge und Hechtbewegungen	Vueltas y Ángels
with support of the hips fwd., bwd.	avec appui des hanches av., arr.		mit Stütz der Hüfte vw., rw.	con apoyo de caderas ad., atr.
Hip circle bwd. with hecht	tour d'appui facial en arr. et poisson		Umschwung rw. mit Abhechten	vuelta atr. y ángel
Clear hecht	tour d'appui fac. libre et poisson		Freies Abhechten	vuelta libre atr. y ángel
Kips	Bascules		Kippebewegungen	Kips
Glide kip-up on the LB	Bascule fac. bi		Schwebekippe am uH	Kip en BI
Glide, back kip to rear support	Élan en av. passer les jambes entre les prises, bascule dorsale		Durchbücken-Kippaufschwung rl. vw.	Deslizamiento, pasaje de piernas entre brazos al apoyo dorsal (kip dorsal)
Long hang Kip-up	Bascule faciale à la suspension bs		Langhangkippe	Desde la suspensión, kip en BS
Inverted pike swing fwd to rear support (fwd. seat circle)	Bascule dors. en av.		Kippaufschwung rl. vw.	Impulso invertido carpado ad. al apoyo dorsal (vuelta ad. sentada - carpada-)
Inverted pike swing bwd to rear support (bwd. seat circle)	Bascule dors. en arr.		Kippaufschwung rl. rw.	Impulso invertido carpado atr. al apoyo dorsal (vuelta atr. sentada - carpada-)
Reverse kip-up on the LB	Bascule dors. de l'élan en av. passé carpé en arr. mi-renv., et bascule en arr.		Rückenkippe aus dem Vorschweben, Durchbücken i.d. Kipphang mit Kippaufschwung	Kip dorsal (invertido) en BI
Elements with Long Axis Turns	Éléments avec rotation de l'axe longitudinal		Elemente mit Längsachsendrehung	Elementos con giro en el eje longitudinal
Underswing with ½ turn (180°) to a clear support on the same bar without/with support of the feet	Élan par-dessous avec ½ tour (180°) à l'appui libre à la même b. avec ou sans appui des pieds		Underschwung mit ½ Dre. (180°) i.d. freien Stütz am gleichen Holm mit oder ohne Stütz d. Füße	Impulso por debajo de la banda con ½ giro (180°) al apoyo libre en la misma banda con o sin apoyo de pies
Giant swing with 1/2 turn (180°) and flight to handstand on LB	Élan par-dessous bs avec ½ tour (180°) et envol à l'appui à bi		Underschwung mit ½ Dre. (180°) und Flug i.d. Handstand auf d. uH	Gran vuelta atr. con 1/2 giro (180°) y vuelo al apoyo invertido en BI
Giant circle bwd. to handstand with 1/1 turn (360°)	grand tour en arr. à l'atr avec 1/1 tour (360°)		Riesenfelge rw. i.d. Handstand mit 1/1 Dre. (360°)	Gran vuelta atr. al apoyo invertido con 1/1 giro (360°)
Giant circle bwd. to handstand with 1½ turn (540°)	grand tour en arr. à l'atr avec 1½ tour (540°)		Riesenfelge rw. i.d. Handstand mit 1½ Dre. (540°)	Gran vuelta atr. al apoyo invertido con 1½ giro (540°)

Flight Elements with	Eléments d'envol avec	Flugelemente mit	Elementos de vuelo con
Breadth Axis Turn	rotation autour l'axe transversal	Breitachsendrehung	Giro en el eje transversal
P Comaneci - Salto	P salto Comaneci	 P Comaneci - Salto	P Mortal Comaneci
P Jägersalto	P salto Jäger	 P Jägersalto	P Mortal Jäger
Counter Straddle Technique	Technique de contremouvement	Kontertechnik	Técnica de contramovimiento con piernas separadas
P Tkatchev	P Tkatchev	 P Tkatchev	P Tkatchev
P Ricna-Straddle	P passé écarté Ricna	 P Ricna-Grätsche	P Ricna
Combination Turns in Flight	Rotations combinées pendant l'envol	Kombinierte Drehungen im Flug	Giros combinados durante el vuelo
P Deltchev - Salto	P salto Deltchev	 P Deltchev - Salto	P Mortal Deltchev
P Mixed Grip Salto	P salto en prises mixtes	 P Zwiegriff - Salto	P Mortal con toma mixta
P Chorkina	P Chorkina	 P Chorkina	P Chorkina

Flight from LB to a Hang on HB	Envol de bi à la suspension bs	Flug vom uH i.d. Hang am oH	Vuelo desde BI a la suspensión en BS
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Counter movement fwd	Contremouvement	 Konterbewegung	Contramovimient
Schaposchnikova	Schaposchnikova	 Schaposchnikova	Schaposchnikova
Stalder bwd. through a handstand with ½ turn (180°) and flight to a hang on the HB	Stalder en arr. à l'atr avec ½ (180°) et envol à la suspension bs	 Stalder rw. über den Handstand mit ½ Dre. (180°) und Flug i.d. Hang am oH	Stalder atr. pasando por el apoyo invertido con ½ giro (180°) y vuelo a la suspensión en BS
Clear underswing on LB release and counter movement fwd. in flight to hang on HB	Élan par dessous bi, contremouvement avec envol à la suspension bs	 Freier Unterschwing mit Konterbewegung und Flug i.d. Hang am oH	Impulso por debajo de la band (sin apoyo de pies) bi, y contramovimiento y vuelo atr a la suspensión en BS

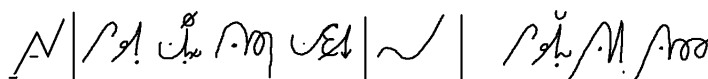
Mounts - Examples	Entrées - Exemples	Angänge - Beispiele	Entradas - Ejemplos
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Indication of direction by arrows	Signe distinctif de la direction par des flèches	 Kennzeichnung der Richtung durch Pfeile	Indicación de la dirección por medio de flechas
Indication of take-off (flight)	Signe distinctif de l'appel (vol)	 Kennzeichnung von Absprungs (Flug)	Indicación de despegue (vuelo)

Indication of flight up to the bar by a long line	Signe distinctif de l'envol vers la barre par un trait long		Kennzeichnung des Anfliegens zum Holm durch langen Strich	Indicación de vuelo hasta la banda con una línea larga
Straddle over or free Straddle over the LB to a hang on the HB	Saut écarté ou saut écarté libre par-dessus bi à la susp. bs		Übergrätschen oder freies Übergrätschen über den uH i.d. Hang am oH	Salto con piernas o libre con piernas separadas sobre BI a la suspensión en BS
Glide on LB - stoop through, straddle cut backward to hang on the same bar	Élan en av. bi - passer entre les prises en écartant les jambes à la susp. à la même barre		Durchschub - Ausgrätschen in den Hang am gleichen Holm	Deslizamiento en BI - pasaje de piernas entre brazos, corte atrás con separación de piernas a la suspensión en la misma banda
Jump to handstand on the LB	Saut à l'atr bi		Sprung in den Handstand auf dem uH	Salto al apoyo invertido en BI
Hecht jump with hand repulsion over LB to hang on HB	Saut poisson par-dessus bi avec répulsion des mains à la suspension bs		Hechtsprung über d. uH mit Abdruck von den Händen und Flug i.d. Hang am oH	Salto ángel con repulsión encima BI a suspensión en BS

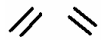








Dismounts	Sorties		Abgänge	Salidas
Clear underswing to salto fwd. tucked with ½ twist (180°)	Élan libre par-dessous et salto av. groupé avec ½ tour (180°)		Freier Unterschwingung und Salto vw. gehockt mit ½ Dre. (180°)	Impulso libre por debajo de la banda al mortal ad. agrupado con ½ giro (180°)
Swing fwd. to salto bwd. tucked or stretched with 2/1 twist (720°)	Élan en av. entre les barres et salto arr. groupé ou tendu avec 2/1 tour (720°)		Vorschwingung – Salto rw gehockt oder gestreckt mit 2/1 Dre. (720°)	Impulso ad. al mortal atr. agrupado o extendido con 2/1 giros (720°)
Swing fwd. to double salto bwd. piked	Élan en av. et double salto arr. carpé		Vorschwingung Doppelsalto rw. gebückt	Impulso ad. al doble mortal atr. carpado
Swing down fwd. between bars in reverse grip, swing bwd. to double salto fwd. tucked	S'abaisser en av. entre les b – élan en arr. et double salto av. groupé		Abschwingen vw. mit Kammgriff zwischen beiden Holmen – Rückschwung mit Doppelsalto vw. gehockt	Descenso ad. entre bandas en toma palmar, impulso atr. al doble mortal ad. agrupado
Outer front support on HB – cast near handstand to salto fwd. tucked	Appui fac. bs. face à bi – élan en arr. près de l'ar et salto av. groupé		Aussenseitstütz vl. am oH – Rückschwung i. Handstandnähe – Salto vw. gehockt	Apoyo facial en BS mirando BI - impulso atr. cerca de la vertical al mortal ad. agrupado

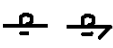
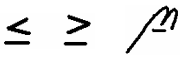








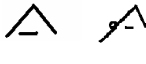

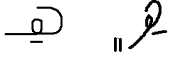
Exercise Symbol Notation Example — Uneven Bars	Descriptions d'exercices Exemple — Barres Asymétriques	Übungsmitschriften Beispiel — Stufenbarren	Anotación de ejercicios en símbolos Ejemplo — Paralelas Asimétricas
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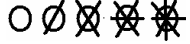








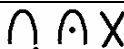

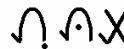




BALANCE BEAM AND FLOOR
POUTRE ET SOL
SCHWEBEBALKEN UND BODEN
VIGA DE EQUILIBRIO Y SUELO
Apparatus Specific Symbols
Symboles spécifiques à l'agrès
Gerätspezifische Symbole
Símbolos específicos del aparato

Dot (.) over the symbol indicates execution in the side position (SP)	Point (.) sur le symbole signe distinctif pour la position latérale	•	Punkt (.) über den Symbol Kennzeichnung der Ausführung im Seitverhalten (SV)	Punto (.) sobre el símbolo indica ejecución en posición transversal
P Handstand in SP	P Atr en position latérale	!	P Handstand im SV	P Apoyo invertido transversal
P Sit in SP	P siège en position latérale	≡	P Sitz im SV	P Sentado transversal
Mounts without/with support of the hands	entrées sans / avec l'appui des mains		Angänge ohne/mit Stütz der Hände	Entradas con o sin apoyo de manos
P free jump up to a straddle stand	Psaut libre à la stat. écartée.		P freies Aufspringen i. d. Grätschwinkelstand	P salto libre a la posición de pie con piernas separadas
P jump up to straddle stand with support of hands	Psaut à la stat. jambes écartées, avec appui des mains		P Aufspringen i.d. Grätschwinkelstand mit Stütz der Hände	P salto a la posición con piernas separadas con apoyo de manos
Balance Stand	Stations		Stände	Posiciones de equilibrio
P headstand, kneestand	P appui renversé sur la tête, planche à genou	! 9	P Kopfstand, Kniestand	P apoyo invertido de cabeza, equilibrio sobre rodilla
P planche support, clear (front support) planche	P appui facial horiz., appui fac. horiz. libre		P Stützwaage, freie Stützwaage	P plancha horizontal con apoyo, plancha horizontal libre
Stands on the ball of the foot (always in connection with the symbol)	Station sur la pointe des pieds (toujours en relation avec le symbole)	~	Ballenstände (immer in Verbindung mit dem Symbol)	Equilibrio en punta de pie (siempre en relación al símbolo)
Waves	Ondes		Wellen	Ondas
P Scale fwd., bwd on the ball of the foot	P planche faciale, dors sur la pointe du pied		P Standwaage vl., rl. im Ballenstand	P Balanza ad., atr. en punta de pie
P Body wave fwd. to a scale bwd. on the ball of the foot	P Onde du corps av. à la planche dor. sur la pointe du pied		P Körperwelle vw. i.d. Standwaage rl. im Ballenstand	P Onda de cuerpo ad. a la balanza atr. en punta de pie
P Body wave swd. to a scale swd on the ball of the foot	P Onde du corps lat. à la planche lat. sur la pointe du pied		P Körperwelle sw. i.d. Standwaage seitlings (sl) im Ballenstand	P Onda de cuerpo lat. a la balanza lat. en punta de pie

Steps fwd, bwd	Des pas en av. en arr.		Schritte vw, rw	Pasos ad., atr.
Split position – cross, side	Position de grand écart transv., lat.		Spagathaltung quer, seit	Posición de spagate longitudinal, transversal
take-off from both feet or land on both feet (use only if necessary)	Appel des deux pieds ou réception sur les deux pieds (utilisation seulement si nécessaire)		Absprung von beiden Beinen bzw. Landung auf beiden Beinen (Anwendung nur wenn notwendig)	despegue con ambos pies o recepción sobre dos pies (usar sólo si es necesario)
P Flic-flac land on both feet	P Flic flac à la réception sur 2 pieds		P Flick-Flack, Landung auf beiden Beinen	P Flic-flac recepción a dos pies
Elements with flight phase and no additional support (free)	Éléments avec phase d'envol, et sans appui supplémentaire (éléments libres)		Elemente mit Flugphase und ohne zusätzlichen Stütz (freie Elemente)	Elementos con fase de vuelo y sin apoyo adicional (libre)
P Free (aerial) walkover fwd.	P renv. av. libre		P freier Überschlag vw.	P Inversión ad. libre
Elements with support of one arm	Éléments avec appui d'un bras		Elemente mit Stütz eines Armes	Elementos con apoyo de un brazo
P Walkover fwd. on one arm	P renversement av. sans phase d'envol		P Überschlag vw. ohne Flugphase	P Inversión ad. sin vuelo
Long line for Elements with gainer preparation	Trait long comme signe distinctif des éléments avec Auerbach		Langer Strich zur Kennzeichnung der Elemente mit Auerbachansatz	Línea larga para elementos con técnica gainer (Auerbach)
P Gainer salto tucked	P salto Auerbach groupé		P Auerbachsalto gehockt	P Mortal gainer (Auerbach) agrupado
P Gainer flic- flac	P flic-flac Auerbach		P Auerbach Flick-Flack	P Flic-flac gainer (Auerbach)

Leaps, jumps, hops	Sauts		Sprünge	Saltos
Split leap fwd., stag leap	saut enjambé en av., saut de chamois		Spagatsprung vw. Rehsprung	Zancada ad., gacela
Scissors leap fwd., bwd, Cat leap	saut ciseaux av., arr. saut de chat		Schersprung vw. rw., Scherhocksprung	Tijera ad., atr., salto de gato
Tuck jump with ½ turn (180°) - take off from both legs	saut groupé avec ½ tour (180°) appel des deux pieds		Hocksprung mit ½ Dre (180°) Absprung von beiden Beinen	Salto agrupado con ½ giro (180°) - despegue con ambas piernas
Wolf hop (one leg tucked, one leg extended horizontally fwd.) – take-off from one leg	Saut groupé, (une jambe tendue horiz. en av.) - appel d'un pied		Hockspreizsprung (Spielbein horizontal vw.) - Absprung von einem Bein	Salto agrupado con una pierna extendida horizontal ad. - despegue con una pierna
Wolf jump – take-off from both legs	Saut groupé, (une jambe tendue horiz. en. av.) - appel des deux pieds		Hockspreizsprung - Absprung von beiden Beinen	Salto agrupado con una pierna extendida horizontal ad. - despegue con ambas piernas
Scissors leap fwd. with ½ turn (180°) (Tour Jete)	saut ciseaux en av. avec jambes tendues et ½ tour (180°) (Tour jeté)		Kadettsprung. Schersprung vw. mit gestreckten Beinen und ½ Dreh. (180°)	Tijera ad. con ½ giro (180°) (Tour Jeté)
Hop with 1/1 (360°) with one leg extended (90°)	saut avec 1/1 tour (360°) en écartant la jambe libre au dessus de l'horiz. (90°)		Sprung mit 1/1 Dre. (360°) und Spreizen eines Beines über die Horiz. (90°)	Salto con 1/1 giro (360°) con una pierna extendida sobre la horizontal (90°)
Split leap fwd. with leg change (Switch leap)	saut enjambé avec changement de jambes		Spagatsprung vw mit Beinwechsel	Zancada ad. con cambio de piernas
Stretched jump with 1½ turn (540°)	saut en extension avec 1½ tour (540°)		Strecksprung mit 1½ Dre. (540°)	Salto extendido con 1½ giro (540°)
Pike jump	saut carpé		Bücksprung	Salto carpado
Straddle jump, Split leap to straddle with legs fwd.	saut carpé écarté, appel des deux pieds/appeal d'un pied		Grätschrittsprung, Schrittgätschrittsprung	Salto carpado con piernas separadas - despegue con dos pies, con un pie
Schuschunova	Schuschunova		Schuschunova	Schuschunova
Ring leap, Ring jump	saut cambré, une jambe tendue, l'autre fl. en arr.		Ringsprung	Salto anillo despegue con dos pies, con un pie



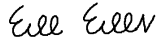
Turns	Pirouettes		Drehungen	Giros
Turns on one foot	Tours sur une jambe	 360° 540° 720° 900° 1080°	Dre. auf einem Bein	Giros sobre una pierna
1/1 illusion turn (360°)	Pirouette plongée 1/1 (360°)		1/1 Taucherdrehung (360°)	1/1 giro ilusión (360°)
1½ turn (540°) in a scale fwd.	1½ tour (540°) en planche fac.		1½ Dre. (540°) in der Standwaage vl.	1½ giro (540°) en balanza ad.
2/1 turn (720°) in tuckstand on one leg	Pirouette 2/1 (720°) à la stat. groupée sur une jambe		2/1 Dre. (720°) im Hockstand auf einem Bein	2/1 giros (720°) en posición agrupada sobre una pierna
1/1, 1½ turn (360°, 540°) with free leg above horiz., also 1/1 turn (360°) with hand holding free leg	Pirouette 1/1, 1½ tour (360° - 540°) avec la jambe libre au-dessus de l'horiz., aussie avec 1/1 tour (360°) la jambe d'avoir de main		1/1, 1½ Dre. (360°, 540) mit Spielbeinhalte über d. Horiz., oder 1/1 Dre (360°) mit Handbesitzbein	1/1, 1½ giro (360°; 540°) con pierna libre sobre la horizontal, o con 1/1 giro (360°) mano que tiene pierna
1/1 turn (360°) thigh of free leg above horizontal rearward.	Pirouette 1/1 tour (360°) sur une jambe la cuisse de la jambe libre au-dessus de l'horizontal en arr.		1/1 Dre. (360°) auf einem Bein – Oberschenkel d. Spiebeines über d. Horiz. rückhoch	1/1 giro (360°) con muslo de pierna libre encima de horizontal hacia atrás
2/1 spin (720°) on back	Pirouette 2/1 tours (720°) en pos. couchée dors.		2/1 Dre. (720°) i.d. Kipplage	2/1 giros (720°) sobre la espalda

Walkovers	Renversements		Überschläge	Inversiones
without flightphase fwd., bwd., swd.	sans phase d'envol av., arr., lat.		ohne Flugphase vw., rw., sw.	sin vuelo ad., atr., lat.
with flight phase swd.	avec phase d'envol lat.		mit Flugphase sw.	con vuelo antes del apoyo de manos lat.
with support of one arm fwd., bwd., swd.	avec appui d' un bras av., arr., lat.		mit Stütz eines Armes vw., rw., sw.	con apoyo de un brazo ad., atr., lat.
Free (aerial) walkover fwd., swd.	renv. av. libre, lat. libre		freier Überschlag vw., sw.	inversión ad., lat. Libre (sin manos)
Round off, free (aerial) round off	Rondade ou rondade libre		Rondat, freies Rondat	Round-off, round-off libre (sin manos)
Butterflies fwd., bwd	Papillon en avant, en arr.		Schmetterlinge vw., rw.	Mariposas ad., atr.
Arabian walkover	Renv. twist		Twistüberschlag	Inversión por twist

Handsprings	Renversements		Überschläge	Flic-flac ad.
Handspring fwd., Flyspring	Renv. av. avec envol, appel d'un ou des deux pieds		Überschlag vw. mit Flugphase. Absprung von einem oder beiden Beinen	Inversión ad. con vuelo despegue con una pierna o inv. ad. con vuelo despegue con dos piernas (flic-flac ad.)
Flic-flac, with support of one arm	Flic-flac avec appui d'un bras		Flick-flack mit Stütz eines Armes	Flic-flac con apoyo de un brazo
Gainer Flic-flac	flic-flac Auerbach		Auerbach Flick-Flak	Flic-flac gainer (Auerbach)
Saltos	Salti		Salti	Mortales
Forward – tucked, piked, stretched	av. – groupé, carpé, tendu		vw. gehockt – gehocht, gebückt, gestretckt	Adelante - agrupado, carpado, extendido
Backward – tucked, piked, stretched, step-out	arr. – groupé, carpé, tendu, écarté		rw. – gehockt, gebückt, gestretckt, gespreizt	Atrás - agrupado, carpado, extendido, a una pierna
Sideward salto tucked, piked or stretched. Take off bw.	Saut en arr. salto lat. – groupé, carpé, tendu		Salto sw. gehockt, gebückt, gestreckt (aus dem Rückwärtsabsprung)	Lateral - agrupado, carpado, extendido. Despegue hacia atr.
Whip- salto bw.	Salto tempo		Temposalto	Mortal tempo
Double Salto	Double salto		Doppelsalto	Doble mortal
P Fwd., tucked, piked	P en av., groupé, carpé		P vw., gehockt, gebückt	P Ad. agrupado, carpado
P Bwd. tucked, piked	P en arr., groupé, carpé		P rw., gehockt, gebückt	P Atr. agrupado, carpado
Rolls	Roulés		Rollen	Roles
P Roll fwd, Dive roll, hecht roll	P roulé en av, saut, roulé en av. ou saut de poisson		P Rolle vw., Sprungrolle - oder Hechtrolle	P Rol ad., salto y rol ad., angel
P roll bwd.	P Roulé en arr.		P Rolle rw.	P Rol atr.
P roll swd.	P Roulé lat.		P Rolle sw.	P Rol lat.
Examples for the Combination of Basic - and Specific Symbols	Exemples pour la combinaison de symboles de base et spécifiques		Beispiele für die Kombination von Grund - und gerätspezifischen Symbolen	Ejemplos de combinación de símbolos básicos y específicos

Acrobatic Elements with Long Axis Turns	Éléments acrobatiques avec rotation longitudinale	Akrobatische Elemente mit Längsachsendrehung	Elementos acrobáticos con giro en el eje longitudinal
Handstands P ¼ (90°), ½ (180°), 1/1 (360°) turn in handstand P Jump with 1/1 (360°) to a handstand	Appuis renversés P ¼ (90°), ½ (180°), 1/1 (360°)tour à l'atr P Saut avec 1/1 (360°) tour à l'atr	Handstände P ¼ (90°), ½ (180°), 1/1 (360°)Dre. im Handstand P Sprung mit 1/1 Dre. (360°) i.d. Handstand	Apoyos invertidos P 1/4 (90°), ½ (180°), 1/1 (360°) giro en apoyo invertido P Salto con 1/1 giro (360°) al apoyo invertido
Rolls P Roll bwd. to a handstand with 2/1 turn (720°) P Stretched jump fwd. with 1/1 turn (360°) hecht roll	Roulés P Roulé arr. à l'appui renversé avec 2/1 (720°) tour P Saut en extension av. avec 1/1 (360°) tour – saut de poisson, roulé en av.	Rollen P Rolle rw. i.d. Handstand mit 2/1 (720°) Dre. P Strecksprung vw. mit 1/1 Dre. (360°) – Hechtrolle	Roles P Rol atr. al apoyo invertido con 2/1 giros (720°) P Salto extendido ad. con 1/1 giro (360°) al ángel y rol
Handsprings P Arabian handspring P Handspring fwd. with flight phase and 1/1 turn (360°) - after the hand support - before the hand support P Flic-flac with 1/1 turn (360°)	Renversements P Saut en arr avec ½ tour et renv. avec phase d'envol P Renv. av. avec envol et 1/1 tour (360°) - après l'appui des mains - avant l'appui des mains P Flic-flac avec 1/1 (360°)	Überschläge P Twistüberschlag mit Flugphase P Überschlag vw. mit Flugphase und 1/1 Dre. (360°) - nach dem Stütz d. Hände - vor dem Stütz d. Hände P Flick Flack mit 1/1 Dre. (360°)	Inversiones con vuelo P Salto atr. con ½ giro (twist) e inversión ad. con vuelo P Inversión ad. con vuelo y 1/1 giro (360°) - después del apoyo de manos - antes del apoyo de manos P Flic-flac con 1/1 giro (360°)
Saltos P Fwd. tucked with ½ turn (180°), piked 1/1 turn (360°), stretched with 1½ turn (540°) P Bwd. stretched with turn	Salti P En av. groupé avec ½ tour (180°), carpé avec 1/1 tour (360°), tendu avec 1½ tour (540°) P En arr. tendu avec tour	Salti P vw. gehockt mit ½ Dre. (180°) gebückt mit 1/1 Dre., (360°) gestreckt mit 1½ Dre. (540°) P rw. gestreckt mit Dre.	Mortales P Ad. agrupado con ½ giro (180°), carpado con 1/1 giro (360°), extendido con 1½ giro (540°) P Atr. extendido con giro

360° 540° 720° 900°
1080°

Saltos with combined turns	Salti avec rotations combinées	Salti mit kombinierten Drehungen	Mortales con giros combinados
Arabian tucked	Twist groupé 	Twist gehockt	Twist agrupado
Double arabian tucked	Double Twist groupé 	Doppeltwist gehockt	Doble twist agrupado
Double salto bwd tucked, piked	Tsukahara groupé, carpé 	Tsukahara gehockt, gebückt	Tsukahara agrupado, carpado

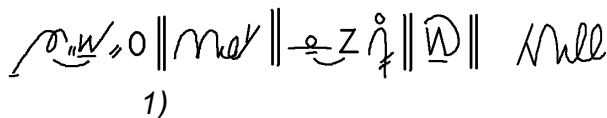
Exercise Symbol Notation Examples — Balance Beam	Descriptions d'exercices Exemples — Poutre	Übungsmitschriften Beispiele — Schwebebalken	Anotación de ejercicios en símbolos Ejemplos - Viga de Equilibrio
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Mount Series	Séries d'entrées	Angangsserien	Series de entrada
			
Dismount Series	Séries de sorties	Abgangsserien	Series de salida
			

Exercise Symbol Notation Example — Beam	Descriptions d'exercice Exemple — Poutre	Übungsmitschriften Beispiel — Schwebebalken	Anotación de ejercicios en símbolos Ejemplo - Viga de Equilibrio
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Start of exercise
début de l'exercice
Übungsbeginn
Comienzo del ejercicio



1) End of a beam pass






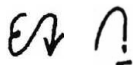
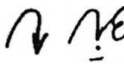
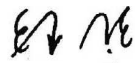
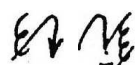
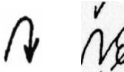
1) fin d'une longueur de poutre

1) Ende einer Balkenreihe

1) Fin de una pasada

Exercise Symbol Notation Example — Floor	Descriptions d'exercices Exemple — au sol	Übungsmitschriften Beispiel — Boden	Anotación de ejercicios en símbolos Ejemplo - Suelo
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VAULT	SAUT		SPRUNG	SALTO
First Flightphase	1er envol		1. Flugphase	Primera fase de vuelo
P Forward take-off — Handspring on to the horse	P Renversement av.		P Vorwärtsabsprung — Überschlag vw. auf das Pferd	P Despegue hacia adelante — inversión ad.
P Handspring with ½ (180°) turn in entry phase (Tsukahara)	P Renversement avec ½ tour (180°) pendant le 1er envol (Tsukahara)		P Überschlag vw. mit ½ Dre. (180°) i. d. 1. Flugphase (Tsukahara)	P Inversión ad. con ½ giro (180°) en el 1er. vuelo (Tsukahara)
P Round-off on to the springboard — Flic-flac on to the horse	P Rondade — flic-flac		P Rondat auf das Sprungbrett — Flick-Flack auf das Pferd	P Round-off al trampolín — flic-flac al caballo
Second Flightphase	2e envol		2. Flugphase	Segunda fase de vuelo
P Handspring fwd.	P Renversement av.		P Überschlag vw.	P Inversión ad.
P Salto fwd., bwd.	P Salto av., arr.		P Salto vw., rw.	P Mortal ad., atr.
Basic Symbols and Specific Acrobatic Symbols on Vault (See Balance Beam and Floor)	des Symboles de base et symboles spécifiques de l'acrobatie au saut (voir poutre et sol)		Grundsymbole und spezifische Symbolen der Akrobatik am Sprung (siehe Schwebelbalken und Boden)	Símbolos básicos y específicos de la acrobacia en Salto (ver Viga de Equilibrio y Suelo)
Handsprings — Group 1	Renversements — groupe 1		Überschläge — Gruppe 1	Inversiones — Grupo 1
Handspring fwd. with P 1/1 turn (360°) on – Handspring off	Renversement av. avec P 1/1 t. (360°) pendant le 1er envol - renversement av. dans le 2e envol		Überschlag vw. mit P 1/1 Dre. (360°) i.d. 1. Flugphase	Inversión ad. con P 1/1 giro (360°) en el 1er. vuelo– inversión ad. en el segundo vuelo
P – 1/1 turn (360°) off	P 1/1 t. (360°) pendant le 2e envol		P 1/1 Dre. (360°) i.d. 2. Flugphase	P 1/1 giro (360°) en el 2do. Vuelo
P 1/1 turn (360°) on – 1/1 turn (360°) off	P 1/1 t. (360°) pendant le 1er – 1/1 t. (360°) pendant le 2e envol		P 1/1 Dre. (360°) i. d. 1. Flugphase und 1/1 Dre. (360°) i. d. 2. Flugphase	P 1/1 giro (360°) en el 1er. vuelo– 1/1 giro (360°) en el 2do. vuelo
P ½ turn (180°) on – 1½ turn (540°) off	P ½ t. (180°) pendant le 1er – 1½ t. (540°) pendant le 2e envol		P ½ Dre. (180°) i. d. 1. Flugphase und 1½ Dre. (540°) i. d. 2. Flugphase	P ½ giro (180°) en el 1er. vuelo – 1½ giro (540°) en el 2do. vuelo
Yamashita with ½ turn (180°)	Yamashita avec ½ (180°) pendant le 2e envol		Yamashita mit ½ Dre. (180°) i.d. 2. Flugphase	Yamashita con ½ giro (180°)

Salto Fwd — Group 2	Salti av. — groupe 2		Salti vw. — Gruppe 2	Mortales ad. — Grupo 2
Handspring fwd. on – tucked salto forward off with ½ turn (180°)	Renversement av. – salto av. groupé avec ½ tour (180°) pendant le 2e envol		Überschlag vw. – Salto vw. gehockt mit ½ Dre. (180°) i.d. 2. Flugphase	Inversión ad. en el 1er. vuelo – mortal ad. agrupado con ½ giro (180°) en el 2do. vuelo
1/1 turn (360°) on – piked salto forward off	Renversement av. avec 1/1 t. (360°) pendant le 1er – salto av. carpé pendant le 2e envol		Überschlag vw mit 1/1 Dre. (360°) i. d. 1. Flugphase und Salto vw. gebückt i. d. 2. Flugphase	Inversión ad. con 1/1 giro (360°) en el 1er. vuelo – mortal ad. carpado en el 2do. vuelo
Handspring fwd. on – ½ turn (180°) piked salto backward off	Renversement av. – ½ tour (180°) et salto carpé pendant le 2e envol		Überschlage vw. – ½ Dre. (180°) Salto rw. gebückt i.d. 2. Flugphase	Inversión ad. en el 1er. vuelo – ½ giro (180°) y mortal ad. carpado en el 2do. vuelo
Handspring with ½ (180°) turn in entry phase (Tsukahara) — Group 3	Renversement avec ½ tour (180°) pendant le 1er envol (Tsukahara) — groupe 3		Überschlag vorwärts mit ½ (180°) i. d. 1. Flugphase (Tsukahara) — Gruppe 3	Inversiones con ½ giro (180°) en el 1er. vuelo (Tsukahara) — Grupo 3
Tsukahara stretched with 1/1 turn (360°)	Tsukahara tendu avec 1/1 tour (360°)		Tsukahara gestreckt mit 1/1 Dr. (360°)	Tsukahara extendido con 1/1 giro (360°)
Tsukahara with tucked salto backward off	Tsukahara avec salto arr. groupé		Tsukahara mit salto rw. Gehockt	Tsukahara con mortal atr. agrupado
Round-Off — Group 4	Sauts avec rondade — groupe 4		Rondatsprünge — Gruppe 4	Round-off — Grupo 4
Round-off, flic-flac on – tucked salto backward off	Rondade- flic-flac – salto arr. groupé pendant le 2e envol		Rondat - Flick-Flack – Salto rw. gehockt i.d. 2. Flugphase	Round-off, flic-flac – mortal atr. agrupado en el 2do. vuelo
Round-off, flic-flac with 1/1 turn (360°) on – piked salto backward off	Rondade - flic-flac avec 1/1 tour (360°) pendant le 1er – salto arr. carpé pendant le 2e envol		Rondat - Flick-Flack mit 1/1 Dr. (360°) i.d. 1. Flugphase – Salto rw. gebückt i.d. 2. Flugphase	Round-off, flic-flac con 1/1 giro (360°) en el 1er. vuelo – mortal atr. carpado en el 2do. vuelo
Round-Off ½ turn — Group 5	Sauts avec rondade ½ tour — groupe 5		Rondatsprünge ½ Dr. — Gruppe 5	Round-off ½ giro — Grupo 5
Round-off, flic-flac with ½ turn (180°) on – piked salto forward off	Rondade - flic-flac avec ½ tour (180°) pendant le 1er – salto av. carpé pendant le 2e envol		Rondat - Flick-Flack mit ½ Dr. (180°) i.d. 1. Flugphase – Salto vw. gebückt i.d. 2. Flugphase	Round-off, flic-flac con ½ giro (180°) en el 1er. vuelo – mortal ad. carpado en el 2do. vuelo
Round-off, flic-flac with ½ turn (180°) on – Stretched salto forward off	Rondade - flic-flac avec ½ tour (180°) pendant le 1er – salto av. tendu pendant le 2e envol		Rondat - Flick-Flack mit ½ Dr. (180°) i.d. 1. Flugphase – Salto vw. gestreckt i.d. 2. Flugphase	Round-off, flic-flac con ½ giro (180°) en el 1er. vuelo – mortal ad. extendido en el 2do. vuelo

VAULT – NAMES

Group 1

Korbut Olga (USSR) Handspring fwd with 1/1 turn (360°) on – 1/1 turn (360°) off

Group 2

Chousovitina Oksana (UZB) Handspring forward on – piked salto forward with 1/1 turn (360°) off
Ewdokimova Irina (KAZ) Handspring forward on – stretched salto fwd off
Wang Hui Ying (CHN) Handspring forward on – stretched salto forward with 1/2 turn (180°) off
Chousovitina Oksana (UZB) Handspring forward on – stretched salto forward with 1 1/2 turn (540°) off
Davidova Elena (USSR) Handspring forward with 1/1 turn (360°) on – tucked salto forward off
Produnova Elena (RUS) Handspring forward on – tucked double salto forward off

Group 3

Tourischeva Liudmila (USSR) Tsukahara tucked
Kim Nellie (USSR) Tsukahara tucked with 1/1 turn (360°) off
Kim Nellie (USSR) Tsukahara stretched with 1/1 turn (360°) off
Zamolodchikova Elena (RUS) Tsukahara stretched with 2/1 turn (720°) off

Group 4

Yurchenko Natalija (USSR) Round-off flic-flac on – tucked salto backward off
Dungelova Erika (BUL) Round-off flic-flac on – tucked salto backward with 2/1 turn (720°) off
Svetlana Baitova (USSR) Round-off flic-flac on – stretched salto backward with 2 turn (720°) off
Amanar Simona (ROU) Round-off flic-flac on – stretched salto backward with 2 1/2 turn (900°) off
Luconi Patrizia (ITA) Round-off flic-flac with 1/1 turn (360°) on – tucked salto bwd off

Group 5

Ivantcheva Natalia (BUL) Round-off flic-flac with S turn (180°) on – tucked salto forward off
Servente Veronica (ITA) Round-off flic-flac with 1/2 turn (180°) on – salto forward tucked with 1/2 turn (180°) off
Khorkina Svetlana (RUS) Round-off flic-flac with 1/2 turn (180°) - tucked salto forward with 1 1/2 turn (540°) off
Omelianchik Oksana (USSR) Round-off flic-flac with 1/2 turn (180°) on – piked salto forward off
Podkopaieva Liliya (UKR) Round-off flic-flac with 1/2 turn (180°) on – piked salto forward with 1/2 turn (180°) off
Cheng Fei (CHN) Round-off flic-flac with 1/2 turn (180°) on – stretched salto forward with 1 1/2 turn (540°) off

UNEVEN BARS – NAMES

Group 1

Jentsch Martina	(DDR)	Round-off in front of LB – tucked salto bwd over LB to hang on LB
Gonzales (Name TBC)	(MEX)	Round-off in front of LB flic-flac through hstd phase on LB
Maarranen Anna-Mari	(FIN)	Jump with extended body to hstd on LB also with 1/1 turn (360°) in hstd phase
Gurova Elena	(USSR)	Round-off in front of LB flic-flac with 1/1 twist (360°) to clear support or through hstd phase on LB
McNamara Julianne	(USA)	Jump to clear support on HB – clear hip circle to hstd on HB also with 1/1 turn (180°) in hstd phase on HB

Group 2

Caslavska Vera	(CZE)	From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB
Delladio Tanja	(CRO)	From handstand on LB hecht vault to hang on HB
Radocla Birgit	(DDR)	From inner front support on LB – cast with salto roll fwd to hang on HB
Comaneci Nadja	(ROU)	Front support on HB – cast with salto fwd straddled to hang on HB
Reeder Anika	(GBR)	Hang on HB – uprise bwd to hstd with 1 1/2 turn (540°) in hstd phase
Shaposchnikova Natalia	(USSR)	Inner front support on LB – clear hip circle through hstd with flight to hang on HB
Khorkina Svetlana	(RUS)	Inner front support on LB – clear hip circle through hstd with 1/2 turn (180°) in flight to hang on HB
Hindorff Silvia	(DDR)	Clear hip circle on HB counter straddle to hang on HB
Weiler (Men) (Name TBC)	(CAN)	Near hstd – clear hip circle fwd to hstd. also with 1/2 turn (180°) in hstd phase

Group 3

Liu Xuan	(CHN)	Giant circle bwd to hstd on one arm
Davidova Yelena	(USSR)	Long swing fwd counter straddle-reverse hecht over HB to hang
Chusovitina Oksana	(UZB)	Giant circle bwd to hstd with hop 1/1 turn (360°) in hstd phase
Tkachev Aleksandr (Men)	(TBC)	Long swing fwd counterstraddle-reverse hecht over HB to hang straddle-reverse hecht over HB to hang
Tkachev Aleksandr (Men)	(TBC)	Long swing fwd counter pike-reverse hecht over HB to hang
Schuschunova Elena	(USSR)	Long swing fwd with 1/2 turn (180°) further 1/2 turn (180°) to counter straddle in flight over HB to hang
Pak Gyong Sil	(PRK)	Hang on HB facing LB – swing fwd salto bwd stretched between bars to clear support on LB
Bhardwaj Mohini	(USA)	Hang on HB facing LB – swing fwd salto bwd stretched and flight with 1/1 turn (360°) between bars to clear support on LB
Deltchev Stojan (Men)	(BUL)	Swing down between bars. swing fwd with 1/2 turn (180°) and salto fwd straddled
Gienger Eberhard (Men)	(GER)	Swing fwd and salto bwd with 1/2 turn (180°) piked or stretch
Nyeste Adrienn	(HUN)	Swing fwd and salto bwd with 1/2 turn (180°) straddle-piked
Hristakieva Snejana	(BUL)	Swing down between bars swing fwd and salto bwd stretched with 1 1/2 turn (540°) to hang on HB
Ejova Liudmila	(RUS)	Swing bwd (back facing LB) release and 1/2 turn (180°) in flight between the bars to catch LB in hang
Jaeger Bernd (Men)	(GER)	Swing bwd and salto fwd tucked to hang on HB
Jaeger Bernd (Men)	(GER)	Swing bwd and salto fwd straddled or piked to hang on HB
Cappuccitti Stehanie	(CAN)	Swing bwd and salto fwd stretched to hang on HB
Li Ya	(CHN)	Swing bwd and salto fwd straddled with 1/2 turn (180) to hang on HB
Mo Huilia	(CHN)	Swing bwd with salto fwd tucked over HB to hang on HB
Wenning Zhang	(CHN)	Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HB to hang
Volpi Giulia	(ITA)	Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HB to hang
Zaytseva Anna	(KAZ)	Giant circle fwd in L grip (rearways) to hstd with piked or stretched body (L grip giant) through hstd phase. also with 1/2 turn (180°) in hstd phase

Group 4

Ricna Hanna	(CZE)	Stalder bwd on HB with counter straddle -reverse hecht over HB to hang
White Morgan	(USA)	Stalder fwd in L grip to hstd also with 1/2 turn (180°) in hstd phase
Frederick Marcia	(USA)	Stalder bwd with 1/1 turn (360°) in hstd phase
Ray Elise	(USA)	Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB
Zgoba Dariya	(UKR)	Clear pike circle bwd on LB with release and counter flight fwd to hang on HB or with hecht flight to hang on HB
Krasnyanska Irina	(UKR)	From hstd clear pike circle bwds to rear inverted pike support

Group 5

Yarotska Irina	(UKR)	Outer front support – clear hip circle bwd on LB with hecht to hang on HB, also with 1/2 turn (180°) (legs together or straddled)
Li Li	(CHN)	Clear rear pike support (legs together) on HB – full circle swing bwd with stoop out bwd to hang on HB
Liubov Burda	(USSR)	Underswing on HB or LB with 1 1/2 turn (540°) to hang
Li Li	(CHN)	Clear rear pike support (legs together) on HB – full circle swing bwd with counter flight bwd straddled
Hoefnagel Hanneke	(NED)	Pike sole circle fwd in reverse or L grip with 1/1 turn (360°) in hstd phase
Mirgorodskaja Anna	(UKR)	Clear rear pike support on HB (legs together)-full circle swing bwd-continuing through clear rear pike support bwd over HB into hang
Teza Elvire	(FRA)	Circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB
Kim (Name TBC)	(TBC)	Facing outward on HB– underswing bwd with support of feet-counter salto fwd straddled to catch
Luo Li	(CNH)	Stoop in to Adler-seat (pike) circle fwd through clear extended support (in L grip) in hstd phase
Maloney Kristen	(USA)	Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB
Van Leeuwen	(NED)	Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB with 1/2 (180) turn
Lucke Anneke	(NED)	Pike sole circle backward with 1 1/2turn(540) in handstand phase
Ray Elise	(USA)	Hstd on HB – Pike sole circle bwd counter straddle-reverse hecht over HB to hang
Church Savannah	(USA)	Hstd on HB – Pike sole circle bwd counter pike reverse hecht over HB to hang
Tweedle Elizabeth	(GBR)	Sole circle bwd with counter straddle hecht with 180 LA turn to hang in mixed L-grip

Group 6

Comaneci Nadja	(ROU)	Front support on HB – underswing with 1/2 twist (180°) to salto bwd tucked or piked
Pichta Marta	(POL)	Dismount - Stadler backward to front tucked salto
Brunner Jenny	(GER)	Dismount - Clear pike circle backward to salto forward stretched with 180 turn
Okino Betty	(USA)	Front support on HB – clear underswing with 1/2 twist (180°) to salto bwd stretched
Kraeker Steffi	(DDR)	Front support on HB – underswing with 1/2 twist (180°) to salto bwd tucked with 1/1 twist (360°)
Ji (Name TBC)	(CHN)	Swing down between bars – swing fwd to salto bwd stretched with 2 1/2 twist (900°)
Bar (Name TBC)	(TBC)	Swing down between bars – swing fwd to salto bwd stretched with 3/1 twist (1080°)
Chousovitina Oksana	(UZB)	Swing down between bars – swing fwd to double salto bwd tucked with 1/1 twist (360°) in second
Morio Maiko	(JPN)	Swing down between bars – swing fwd to double salto bwd tucked with 1/1 twist (360°) in first
Varga Adrienne	(HUN)	Swing fwd to salto bwd stretched with 1/2 twist (180°) into salto fwd piked with 1/2 twist (180°)
Parolari Lia	(ITA)	Dismount - Outer front support on HB – clear pike circle to handstand - tuck back salto
Fabrichnova Oksana	(USSR)	Swing down between bars – swing fwd to double salto bwd tucked with 2/1 twist (720°)
Ray Elise	(USA)	Swing down between bars – swing fwd to double salto bwd stretched with 2/1 twist (720°)
Fontaine Larisa	(USA)	Swing down between bars – swing fwd to salto bwd tucked with 1/2 twist (180°) – into salto fwd tucked
Blanco (Name TBC)	COL (TBC)	Swing down between bars – swing fwd to salto bwd stretched with 1/2 twist (180°) – into salto fwd stretched
Li Ya	(CHN)	Swing down between bars – swing fwd with 1/2 twist (180°) to double salto fwd piked
Giovannini Carlotta	(ITA)	Swing down between bars – swing fwd with 1/2 twist (180°) to double salto fwd piked

Magaca Brenda	(MEX)	Swing fwd to triple salto bwd tucked
Pechstein Tanja	(SUI)	Swing down fwd between bars with reverse grip – salto fwdstretched with 1 1/2 twist (540°)
Arai (Name TBC)	(JPN)	Swing down fwd between bars in L Grip. swing bwd to salto fwd with 1/2 twist (180°) into salto bwd tucked
Pentek Tunde	(HUN)	Swing down fwd between bars in reverse grip or L Grip. swing bwd to double salto fwd piked with 1/2 twist (180°)
Mukhina Elena	(USSR)	Hip circle bwd (also clear) on LB or HB – hecht with salto bwd tucked
Ma Yen Hong	(CHN)	Hip circle bwd (also clear) on LB or HB – hecht with 1/1 twist (360°) to salto bwd
Delladio Tanja	(CRO)	Giant Circle Backward with 1/2 turn (180°) salto backwards tucked
Gonzales	(MEX)	Outer front support on HB –clear hip circle bwd or giant circle bwd to salto bwd tucked or piked over HB
Gratt Tanja	(AUT)	Outer front support on HB –clear hip circle bwd or giant circle bwd to salto bwd tucked or piked over HB
Gratt Tanja	(AUT)	Pike sole circle (toe-on) bwd to salto bwd tucked or piked over HB

BALANCE BEAM - NAMES

Group 1

Baitova Svetlana	(USSR)	Two flank circles followed by leg "Flair"
Homma Leah	(CAN)	3 flying flairs
Beukes Ramona	(NAM)	Mount - From standing with back towards beam flic flac over beam to land in front support
Silivas Daniella	(ROU)	Jump with 1/2 turn (180°) over shoulder to neckstand. 1/2 turn (180°) to cheststand
Dunn Jacgui	(AUS)	Round-off at end of beam – flic-flac with 1/2 turn (180°) and walkover FWD
Shushunova Elena	(USSR)	Jump with stretched hips to planche min at 45°
Hand-Li Yifang	(CHN)	Jump press or swing to cross or side HSTD-1/1 turn (360°) in HSTD-lower top or clear pike support (2 sec.) or release one hand with swing down
Philips Kristie	(USA)	Press to side HSTD – walkover FWD to side stand on both legs
Rankin Janine	(CAN)	Jump or press on one arm to HSTD
Gurova Elena	(USSR)	Round-off in front of beam – jump with 1/2 twist (180°) to near side HSTD
Zamolodchikova Elena	(RUS)	Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle BWD
Erceg Tina	(CRO)	Round-off at end of beam – take off bwd. with 1/2 turn (180°) – tucked salto fwd to stand
Tsavdaridou Vasiliki	(GRE)	Round-off at end of beam – flic-flac with 1/1 twist (360°) into swing down to cross straddle sit
Garrison Kelly	(USA)	Round-off at end of beam – salto BWD stretched with 1/1 twist (360°) to cross stand on beam

Group 2

Young Bo	(CHN)	From Cross stand – Jump to cross split (both legs above horizontal) with body arched BWD- legs and body parallel to floor
Teza Elvire	(FRA)	From side stand – Jump to cross split (both legs above horizontal) with body arched BWD- legs and body parallel to floor
Furnon Ludivine	(FRA)	Straddle jump to front support or with hip circle BWD
Johnson (Name TBC)	(USA)	Leap FWD with leg change and ¼ turn (90°) to side split leap (180°) or straddle pike position
Sekerova Zuzana	(SVK)	Pike jump from side or cross position (hip <90°) with 1/2turn (180°)

Group 3

Okino Betty	(USA)	3/1 turn (1080°) on one leg – free leg optional below horizontal
Humphrey Terin	(USA)	2 1/2 turn (900°) in tuck stand on one leg free leg at horizontal throughout turn
Li Li	(CHN)	11/4 (450°) turn on back in kip position (hip-leg angle closed)

Group 4

Garrison Kelly	(USA)	Free shoulder roll FWD with straightening to tuck stand or stand without hand support
Tinsica (Name TBC)	(TBC)	Walkover FWD also with support of one arm or with alternate hand support

Group 5

Onodi Henrietta	(HUN)	Jump BWD (flic-flac take-off) with 1/2 twist (180°) to walkover FWD
Garrison Kelly	(USA)	From extended tuck sit – "Valdez" swing over BWD through horizontal plane with support on one arm
Worley Sheyla	(USA)	Jump backwards with 180 turn handspring to land on two feet
Omelianchik Oksana	(USSR)	Flic-flac with 3/4 twist (270°) to side HSTD (2 sec.)
Kochetkova Dina	(RUS)	Flic-flac with 1/1 twist (360°) before hand support
Tousek Yvonne	(CAN)	Flic-flac with step-out from side position
Kochetkova Dina	(RUS)	Jump from side position with 1/2 twist (180°) to side HSTD

Anastasia Kolesnikova	(RUS)	Jump from side position with 1/2 twist (180°) to side handstand
Teza Elvire	(FRA)	Flic-flac from side position with 1/1 twist (360°) to hip circle BWD
Khorkina Svetlana	(RUS)	Gainer flic-flac with 1/1 twist (360°) before hand support
Kourbut Olga	(USSR)	All flic-flac variations with high flight phase and swing down to cross straddle sit
Rueda Eva	(ESP)	All flic-flac variations with piking and stretching of hips in flight phase with swing down to cross straddle sit
Rulfova Jana	(CZE)	Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit
Liukin Nastya	(USA)	Front salto piked with take off from one foot to scale (2 sec.)
Grigoras Cristina Elena	(ROU)	Salto FWD tucked with 1/2 twist (180°). take-off from both legs
Schischova Albina	(USSR)	Salto BWD tucked with 1/1 twist (360°)
Produnova Elena	(RUS)	Jump FWD with 1/2 twist (180°) – salto BWD piked

Group 6

Araujo Heine	(BRA)	Salto FWD stretched with 2/1 twist (720°) – take-off only from both legs
Patterson Karly	(USA)	Arabian double salto fwd. tucked
Bohmerova Lubica	(SVK)	Gainer salto tucked or stretched with 1/1 – 1 ½ twist (360°- 540°) to side of beam
Kim Nellie	(USSR)	Gainer salto tucked 1/1 twist (360°) at end of beam
Kim Nellie	(USSR)	Free (aerial) cartwheel into salto bwd tucked
Khorkina Svetlana	(RUS)	Gainer salto BWD stretched with 2 1/2 twist (900°) to side or at the end of beam

FLOOR EXERCISE - NAMES

Group 1

Frolova Tatiana	(USSR)	Split leap fwd with leg change and 1/2 -1/1 turn (180°-360°) in flight phase (180° leg separation – cross split)
Popa Celestina	(ROU)	Straddle pike jump with 1/1 turn (360°)
Schuschunova Elena	(USSR)	Straddle jump to land in front lying support; also with 1/2 turn (180°)
Martinez (Name TBC)	(ESP)	Hop with 1/1 turn (360°) to straddle and land in prone position
Boucher Karine	(FRA)	Tour jete to ring leap (rear foot at head height. head dropped bwd)

Group 2

Hopfner-Hibbs Elyse	(CAN)	2/1(720) Illusion turn without hand or foot support
Gomez Elena	(ESP)	4/1 turn (1440°) on one leg – free leg optional below horizontal
Memmel Chelsia	(USA)	2/1 turn (720°) with free leg held upward in 180° split position
Semenova Ksenija	(RUS)	2/1 (720°) Pirouette with free leg in back attitude

Group 3

Mostepanova Olga	(USSR)	Handspring fwd with 1/1 twist (360°) after hand support or before
Tsavdaridou Vasiliki	(GRE)	Arabian (bwd take-off) with j twist (90°) – free (aerial) cartwheel – continuing with twist (90°) to front lying support

Group 4

Podkopaeva Lilja	(UKR)	Double salto fwd. also with 1/2 twist (180°)
Tarasevich Svetlana	(BLR)	Salto fwd stretched with 2/1 twist (720°)
Stroescu Silvia	(ROU)	Salto fwd stretched with 2 1/2 twist (900°)
Andreasen (Name TBC)	(SWE)	Arabian double salto also with 1/2 twist (180°)
Dos Santos Dajane	(BRA)	Double arabian salto piked
Dos Santos Dajane	(BRA)	Arabian double salto stretched



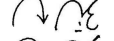
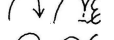

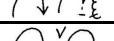


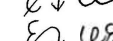

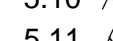
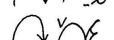
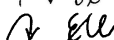
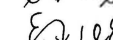
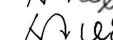
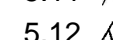
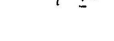
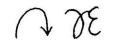
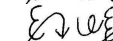

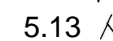
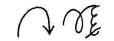


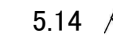








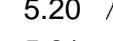

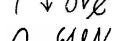
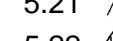
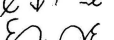
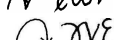
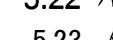

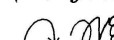
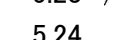
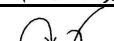
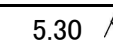
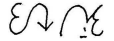
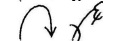


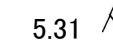




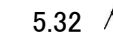
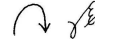
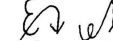

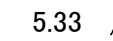

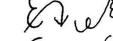


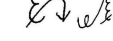


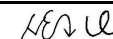
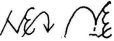
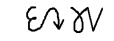

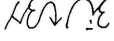

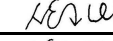

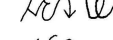
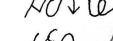




Group 5

Kim Nellie	(USSR)	Double salto bwd tucked
Mukhina Elena	(USSR)	Double salto bwd tucked or piked with 1/1 twist (360°)
Silivas Daniella	(ROU)	Double salto bwd tucked with 2/1 twist (720°)
Tchusovitina Oxsana	(USSR)	Double salto bwd stretched with 1/1 twist (360°)



PART V – Appendices

2009 FIG Vault Table

GROUP I	GROUP II	GROUP III	GROUP IV	GROUP V
1.00  2.40	C-I: One vault must be performed. This vault score counts for Team & 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 C-IV, II: One vault must be performed. C-III: The 2 vaults must show a different Repu phases			
1.01  2.80				
1.02  3.20				
1.03  3.60				
1.04  4.00				
1.05  4.50				
1.10  2.60	2.10  4.40	3.10  4.00	4.10  3.80	5.10  4.60
1.11  3.00	2.11  4.80	3.11  4.30	4.11  4.10	5.11  5.00
1.12  3.40	2.12  4.80	3.12  4.60	4.12  4.40	5.12  5.00
	2.13  5.30	3.13  5.10	4.13  4.90	5.13  5.50
	2.14  5.70	3.14  5.40	4.14  5.20	5.14  5.90
1.20  3.00	2.20  4.60	3.20  4.20	4.20  4.00	5.20  4.80
1.21  3.40	2.21  5.00			5.21  5.20
1.22  3.80	2.22  5.00			5.22  5.20
1.23  4.20	2.23  5.50			5.23  5.70
	2.24  5.90			5.24  6.10
1.30  3.20	2.30  5.00	3.30  4.60	4.30  4.40	5.30  5.20
1.31  4.00	2.31  5.40	3.31  4.90	4.31  4.70	5.31  5.60
	2.32  5.90	3.32  5.20	4.32  5.00	5.32  6.10
	2.33  6.30	3.33  5.50	4.33  5.30	5.33  6.50
		3.34  6.00	4.34  5.80	
		3.35  6.70	4.35  6.50	
1.40  3.40	2.40  5.20		4.40  4.60	
1.41  3.80	2.41  5.40		4.41  4.90	
1.42  4.00			4.42  5.20	
			4.50  4.80	
	2.50  7.10		4.51  5.20	
			4.52  5.50	
			4.53  5.80	

	A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
1. ↑	01	L					
	02	u u <u>l</u> L	u				
	03	l <u>l</u> l	l				
	04	l <u>l</u>	l	l			
	05	l					
	06	l	l				
	07		l	l	l		
	08		l	l	l		
	09				l	l	
	10		l	l	l		
	11				l	l	
2. !	01	l	l	l	l		
	02		l	l	l		
	03			l	l	l	
	04				l	l	
	05	o		l	l	l	
	06			l	l	l	
	07			l	l	l	
3. U A	01		l	l	l		
	02			l	l		
	03			l	l	l	
	04		l	l	l	l	
	05			l	l	l	
	06		l	l	l	l	
	07		l	l	l	l	
	08		l	l	l	l	l
	09		l	l	l	l	
	10		l	l	l	l	

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

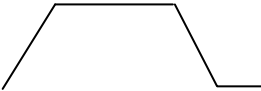
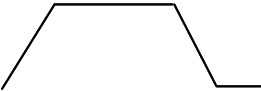








	A-100	B-200	C-300	D-400	E-500	F.600	G.700
1.01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							
12							
13							
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

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

<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 	<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 
<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 	<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 
<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 	<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 
<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 	<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 
<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 	<p># # Performed</p> <p>Nat</p> <p>D-score</p> <p>Deductions</p> <p>Final Score</p> 

CV 0.1	0.2	CR 	CV	0.1	0.2	CR 	CV	0.1	0.2	CR 
D+C (D-flight ↘)	D (flight → or ↗)+ C on HB	LB ↗ HB & HB ↘ LB Flight → 2 diff. Grips - *Close Bar ele. Non-flight w/360° LA turn DMT	Acro Flight (no dismount)	C/D+D C+C	*C/D+D B+E B+F	2 diff Dance - 180° split Turn	Acro Indirect	C+D	C+E	2 diff Dance - 1 with 180° split Acro Line with 2 diff saltos Salto Dir (F/S & B) Double BA Salto & Salto w LA turn DMT
<i>Must be performed in this order</i>			Acro Series (including Mt/Dmt) (DMT min. D-)	B+B+D C+B+C	B+B+E B+C+D C+C+C	Acro S. (2 ele. 1 salto) Acro Dir. (F/S & B) DMT	Acro Ind/Dir	A+A+D		
D+D (All C/D with Turn or Flight)	D+E (1 flight ele.) E+E	*Non-flight	Turns	A+C		Acro Direct	B+D C+C	A/B+E C+D		
			Mixed	C+C		Salto + jump	D+A			
			Salto + scale	D+A						
+2 of same ele. into Dmt		0.1	+1- ½ turn on 2 feet		0.1	+1 ele to prone position		0.1		
Bar change without elem.		0.3	MT not from the table		0.1	Move touching floor		0.1		
Empty swing		0.3	Move touching beam		0.1	Turn on one foot		0.3		
Intermediate swing		0.5	No attempt to dismount		0.5	No attempt to dmt		0.5		
No attempt to dismount		0.5								

									UB			DV	
									Acro	Dance	Total	CR	
									.7G			CV	
									.6 F				D-Score
									.5 E				
									.4 D				E- Score
									.3 C				
						<u>EXE</u>	<u>ART</u>		.2 B				FINAL
									.1 A				

									UB			DV	
									Acro	Dance	Total	CR	
									.7G			CV	
									.6 F				D-Score
									.5 E				
									.4 D				E- Score
									.3 C				
						<u>EXE</u>	<u>ART</u>		.2 B				FINAL
									.1 A				

									UB			DV	
									Acro	Dance	Total	CR	
									.7G			CV	
									.6 F				D-Score
									.5 E				
									.4 D				E- Score
									.3 C				
						<u>EXE</u>	<u>ART</u>		.2 B				FINAL
									.1 A				



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

WOMEN'S ARTISTIC GYMNASTICS - D Panel Judge's Slip
Gymnastique Artistique Féminine - D Jury Feuille de Juge

Date: _____

Competition/Concours:
I II III IV

Gymnast No./Gymnaste No.

Country/Pays



1 _____

2 _____

Signature of D1/Signature de l'D1

Signature of D2/Signature de l'D2

Gymnast's Name/Nom de la gymnaste

D.V. _____

C.R. _____

C.V. _____

TOTAL _____

Neutral Deductions
Time
Line



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

WOMEN'S ARTISTIC GYMNASTICS - E Panel Judge's Slip
Gymnastique Artistique Féminine - E Jury Feuille de Juge

Date: _____

Competition/Concours:
I II III IV

Gymnast No./Gymnaste No.

Country/Pays



1 _____

2 _____

Judge's Position & Signature
Position et Signature du Juge

Gymnast's Name/Nom de la gymnaste

Execution
Exécution _____

Artistry
BB & FX _____

TOTAL _____

WAG COP modifications for Junior Competitions

The **2009 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, 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).

For Junior Competitions, the 2009 CODE with some modifications should be used.

1.1 Rights of the Gymnast

- Warm-up

- In Qualifying (C-I), All Around Final (C-II) and Team Final (C-IV)

each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus for all phases of competitions(C-I, C-II, C-III, C-IV)

- Vault
 - C-I, C-II, C-IV – two attempts only
 - C-I – qualification for C-III & C-III – max. three attempts
- Uneven bars – 50 sec. each, including the preparation of the bars
- Balance beam – 30 sec. each
- Floor – 30 sec. each (minimum time is based on the competition group size).

NOTE:

- *In Qualifying (C-I) and Team Final (C-IV) the entire warm-up time (30 seconds per gymnast on beam and 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*

5.3.1 Difficulty Value (DV)

DV Restriction: If performed “F” or “G” elements the maximum value of 0.50 for each element may be rewarded.

5.3.3 Composition Requirements (CR) 2.50 P.

Composition requirements are described in the respective Apparatus Articles. A maximum of 2.50 P. is possible.

- One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR.

- **Dismount Principle**

- No dismount, A - dismount – award 0.00 P.
- B - dismount – award 0.30 P.
- C - or higher dismount – award 0.50 P.

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.

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

Gymnast must perform two different vaults (maybe from the same group, but with different numbers), which will be averaged for the final score.

8.3 Specific Apparatus Deductions (D- 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

- Touch with one hand (taken from Final Score) 2.00 P.

- In the **Qualification** for the **Apparatus Finals & Apparatus Finals**
 - when only one vault is performed

Evaluation: Score of the performed vault divided by 2 = Final Score

- or the same vault is performed twice

Evaluation: Final average of both vaults minus 2.00 P. = Final Score

TABLE OF ELEMENTS

Following elements are prohibited for performance:

1. VT – vaults with sideward take-off or landing
2. UB – salto & DMT with take off two feet.
3. BB – dance elements with cross sit landing on BB.
4. FX – acro elements with sideward take off and/or landing into roll