

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



2017 – 2020 CODE OF POINTS



Women's Artistic Gymnastics

Approved by the FIG Executive Committee
updated after the WAG Intercontinental Judges' Course from 12 to 18 December 2016

For Women's Artistic Gymnastics competitions at

Olympic Games

Youth Olympic Games

World Championships

Regional and Intercontinental Competitions

Events with international participants

*In competitions for nations with lower level of gymnastics development,
as well as for Junior Competitions, modified competition rules should be appropriately
designed by continental or regional technical authorities, as indicated by the age and
level of development (see the FIG Age Group Development Program)*

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In case any statement contained herein is in conflict with the Technical Regulations, the Technical Regulations shall take precedence.
Where there is a difference among the languages, the English text shall be considered correct.

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FIG CODE UPDATES

After the Official FIG Competitions the FIG/WTC publishes a WAG Newsletter which includes:

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

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.

HELP DESK

For additional examples, descriptions, definitions, updates and clarifications can be found at the FIG website under WAG Help Desk.

ABBREVIATIONS

Committees

EC	Executive Committee
FIG	Federation of International Gymnastics
LOC	Local Organizing Committee
TC	Technical Committee
WAG	Women's Artistic Gymnastics
WTC	Women's Technical Committee

Documents

COP	Code of Points (<i>Code</i>)
TR	Technical Regulations

Events

BB	Balance Beam
Evt	Event
FX	Floor Exercise
HB	High Bar
LB	Low Bar
UB	Uneven Bars
VT	Vault

Panels

D-panel	Judges Evaluating Difficulty
D-Score	Difficulty Score
E-panel	Judges Evaluating Execution
E-Score	Execution Score
R-panel	Judges submitting a Control Score
R-Score	Reference Judge Score
SEC	Secretary
SJ	Superior Jury

Requirements

CR	Compositional Requirement
CV	Connection Value
DMT	Dismount
DV	Difficulty Value
Gr.	Group
Max.	Maximum
Min.	Minimum
MT	Mount
P.	Points
SB	Series Bonus

Body Positions

BA	Breadth axis
Bwd	Backward
Fwd	Forward
HSTD	Handstand
LA turn	Longitudinal axis turn
Root skill	The base element of a skill
Swd	Sideward

Competitions

AA	All Around Final
AF	Apparatus Finals
OG	Olympic Games
QC	Qualification Competition
TF	Team Final
WC	World Championships
YOG	Youth Olympic Games

Support Systems

CIS	Commentator Information System
IRCOS	Instant Control & Replay System – Video analysis system used by the FIG
JEP	Judges Evaluation Program

GLOSSARY

Performance Qualities

Choreography	The creative arrangement of the exercise
Composition	Requirements for the exercise
Dynamic	Active, forceful, energetic, explosive change in the intensity of performance
Expressiveness	Serving to express or indicate meaning of feeling
Precision	Each movement must demonstrate perfect control in each phase, as well as a clear start and finish position

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PART I

REGULATIONS GOVERNING COMPETITION PARTICIPANTS

SECTIONS 1-5

PART I REGULATIONS GOVERNING COMPETITION PARTICIPANTS

SECTION — 1 PURPOSE

PURPOSE

The primary purpose of the Code of Points is to:

1. Provide an objective means of evaluating gymnastics exercises at all levels of regional, national, and international competitions.
2. Standardize the judging of the four phases of FIG official competitions:

Qualification
Team Finals
All Around
Individual Event Finals
3. Assure the identification of the best gymnast in any competition.
4. Guide coaches and gymnasts in the composition of competition exercises.
5. Provide information about the source of other technical information and regulations frequently needed at competitions by judges, coaches, and gymnasts

SECTION 2 — Regulations for Gymnasts

2.1 Rights of the Gymnasts

2.1.1 General

The gymnast is guaranteed the right to:

- a) Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.
- b) 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.
- c) Have their score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition
- d) Repeat their entire exercise (without deduction) with the approval of the Superior Jury:
 - if the exercise has been interrupted for reasons beyond their control or responsibility,
 - if a handguard (grip) is significantly torn causing a fall, or interruption. The gymnast must immediately show the broken handguard (grip) to the D1 judge before leaving the podium in order to receive permission to repeat the exercise.

Note: A gymnast may repeat the entire exercise at the end of the rotation, or if she is the last gymnast in the rotation, at a time at the discretion of the SJ.

- e) Briefly leave the competition hall for personal reasons. *Note: The Competition may not be delayed through her absence.*
- f) Receive through their delegation leader the correct result output, showing all their scores received in the competition

2.1.2. Apparatus

The gymnast is guaranteed the right to:

- a) Have 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.
- b) Place the take-off board on the supplementary 10 cm landing mat (*UB & BB*).
- c) Use magnesium on Uneven Bars and to make small markings on the Balance Beam.

- d) Have one spotter on Uneven Bars
- e) Rest or recuperate for up to 30 seconds following a fall from the UB and 10 seconds following a fall from BB
- f) Confer with their coach during the time available to her following a fall from the apparatus and between the first and second vaults.
- g) Request permission to raise both bar rails, if their feet touch the mat

Warm-up

In Qualifying, All Around Final & Team Final

- 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 in accordance with the Technical Regulations that govern that competition.
 - Vault (Teams and individual groups)
All Around Final & Team Final – two attempts only
Qualification to Apparatus final & Apparatus Final on VT – maximum of three attempts
 - BB, FX
30 sec. each
 - UB
50 sec. each, including the preparation of the bars

NOTE:

- *In Qualifying and Team Final the entire warm-up time belongs to the team **except Vault**. 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 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 (max.2 persons on UB), but not used.
- There will be a conspicuous signal from the D¹ judge (at official FIG competitions, a green light) 30 seconds before their exercise is expected to begin.

2.2 Responsibilities of the Gymnasts

- a) To know the Code of Points and conduct themselves accordingly.
- b) To submit, or have their coach submit, a written request at least 24 hours before podium training, to the Chair of the Superior Jury to assess the difficulty of a new element.
- c) Height increases of 10 cm shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organizers at the time of the nominative entry and verified by the President or a member of the Superior Jury during the training.

2.3 Duties of the Gymnasts

2.3.1 General

- a) To present themselves in the proper manner (arm/s up) and thereby acknowledge the D¹ judge at the commencement of her exercise and to acknowledge the same judge at the conclusion of her exercise.
- b) To begin the exercise within 30 seconds of the green light or signal from D¹ (*on all apparatus*).
- c) To remount within 30 sec. after a fall from UB or 10 sec. after a fall from BB (the timing starts when the gymnast is on her feet after the fall). In this time the gymnast can recuperate, re-chalk, confer with her coach and remount.
- d) To leave the podium immediately after the conclusion of their exercise.
- e) To refrain from changing the height of any apparatus, unless permission has been granted.
- f) To refrain from speaking with active judges during the competition.
- g) To refrain from delaying the competition: remaining on the podium for too long, remounting the podium on completion of her exercise, and from otherwise abusing her rights or infringing on those of any other participant.
- h) To refrain from any other undisciplined or abusive behaviour or infringing on those of any other participant
(*i.e. marking the floor carpet with-magnesium, damaging any apparatus surface or parts during preparation for her exercise or removing springs from the spring board; gymnast running/walking under LB to start the routine*).
- i) To leave the supplementary mat in position (for landing) during the entire exercise (UB & BB).
- j) To use an additional 10 cm soft mat on top of the existing basic

- k) landing mats (20 cm) for dismounts on Vault, Bars and Beam.
- k) To participate in the respective Award Ceremony dressed in competition attire (leotards/unitards) according to FIG Protocol.

2.3.2 Competition Attire

- a) They 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.
- b) 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/unitards may be with or without sleeves; shoulder strap width must be minimum 2 cm.
- c) The leg cut of the leotard may not extend beyond the hip bone (*maximum*). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.
- d) They have the option of wearing gymnastic slippers and socks
- e) They must wear the bib number supplied by the organizing committee
With approval of her written petition, the gymnast may remove the number in rare cases of back spins on the Balance Beam and Floor.
The number must be displayed to the D Panel at the start of the exercise.
- f) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent FIG Publicity Rules.
- g) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG Publicity Rules.
- h) The leotard/unitard must be identical for members from the same federation in the Qualification and Team Final Competition.
In the Qualification, individual gymnasts from the same federation (*without a team*) may wear different leotards/unitards.
- i) Handguards, 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 or skin -colored when available from the manufacturer.
- j) They must refrain from wearing jewelry (*bracelets or necklaces*) except small stud type pierced earring/s.
- k) They must refrain from wearing hip or other padding.

2.4 Penalties

- a) The normal penalty for a violation of the rules and expectations presented in Sections 2 and 3 are considered medium or large errors; -0.30 for behavioural violations and -0.50 for apparatus related violations. The penalty is deducted by the Chair of the Superior Jury, from the Final Score when notified by the D panel.
- b) A summary of the penalties is outlined in Section 8.3.
- c) In extreme cases, the gymnast or coach may be expelled from the competition hall in addition to suffering the specified penalty.

Behaviour Related Violations By Chair of the Superior Jury when notified by the D panel	
Violation	Penalty
Violations of attire <ul style="list-style-type: none"> • Incorrect or unaesthetic padding • Missing national emblem and/or wrong placement • Missing start number • Incorrect attire – leotard, jewelry, bandage color 	0.30 from Gym/App from the Final Score <i>(once for a competition session)</i>
Violations of attire regulations that apply to Team Competition <ul style="list-style-type: none"> • Non-identical leotards <i>(for gymnasts from the same team)</i> 	1.00P. <i>In Qualification, Teams Finals taken 1 x in competition phase from apparatus where first recognized</i>
Unauthorized remaining on the podium	0.30 from the Final Score
Remounting podium after the exercise	0.30 from the Final Score
Other undisciplined or abusive behaviour including gymnast runs under the LB to perform mount after acknowledging the D-Panel	0.30 from the Final Score
Incorrect Advertising	0.30 from the Final Score on the concerned apparatus When requested by responsible body <ul style="list-style-type: none"> • Team • Gymnast <i>(Individual competitions)</i>
Absent from Victory Ceremony	Result and Final Score is annulled for team and individual

Apparatus Related Violations By Chair of the Superior Jury when notified by the D panel	
Violation	Penalty
Incorrect use of magnesium and/or damaging apparatus	0.50 from the Final Score
Re-arrangement or removal of springs from the springboard	0.50 from the Final Score
Changing height of the apparatus without permission	0.50 from the Final Score

2.5 Gymnasts' Oath (FIG TR 7.12.2)

“In the name of all gymnasts I promise that we shall take part in their 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.”

SECTION 3 — Regulations for Coaches

3.1 Rights of the Coaches

The coach is guaranteed the right to:

- a) Assist the gymnast or team under their care in submitting written requests related to the raising of apparatus and the rating of new vault or element.
- b) Assist the gymnast or team under their care on the podium during the warm up period on all apparatus.
- c) Help the gymnast or team prepare the apparatus for competition.
 - 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
- d) Be present on the podium after the green light is lit to remove the springboard on
 - Balance Beam (then leave podium immediately)
 - Uneven Bars - coach or gymnast (then leave podium immediately)
- e) Be present at Uneven Bars during the gymnast's exercise for reasons of safety – this can be same or different coach who removes the springboard.
- f) Assist or advise the gymnast during the intermediate fall time period on all apparatus and between the first and second vault.
- g) Have their gymnast's score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- h) Be present at all apparatus to help in case of injuries or defects of the apparatus.
- i) Inquire to Superior Jury concerning the evaluation of the content of the exercise of the gymnast (see TR 8.4).
- j) Request to Superior Jury a review of the Time and Line deductions.

3.2 Responsibilities of the Coaches to:

- a) Know the Code of Points and conduct themselves accordingly.
- b) Submit the competition order and other information required in accordance with the CODE OF POINTS and/or the FIG Technical Regulations that govern that competition.
- c) Refrain from changing the height of any apparatus or add, re-arrange or remove springs from the springboard. (Refer to Section 2.1.2 for raising the rails at uneven bars).
- d) Refrain from delaying the competition, obstructing the view of the judges and from otherwise abusing or interfering with the rights of any other participant.
- e) Refrain from speaking to the gymnast or from assisting her in any other way (give signals, shouts, cheers or similar) during her performance.
- f) Refrain from engaging in discussions with active judges and/or other persons outside of the inner arena circle during the competition (exception: team doctor, delegation leader).
- g) Refrain from any other undisciplined or abusive behaviour.
- h) Conduct themselves in a fair and sportsmanlike manner at all times during the competition.
- i) Participate in a sportsmanlike manner in any applicable Award Ceremony.

NOTE: See Deductions for Violations and Unsportsmanlike Behaviour.

Number of Coaches Permitted in the Inner Circle:

- Qualifying Competition and Team Final Competition 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 individuals – 1 coach (F or M)
- All-Around Competition & Apparatus Finals Competitions for:
 - Each gymnast – 1 coach

3.3 Penalties for Coach Behaviour

By Chair of Superior Jury (In Consultation with Superior Jury)	Card System For FIG Official and Registered Competitions
Behaviour 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 (warning)
	2 nd time – Red card and removal of coach from the competition*
– Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition)	Immediate Red card and removal of coach from the competition*
Behaviour of Coach with direct impact on the result/performance of the gymnast/team	
– Unsportsmanlike conduct (valid for all phases of the competition), <i>i.e.</i> 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 (cheers) or similar during the exercise. etc.	1 st time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning)
	1 st time – 1.00 (from gymnast/team at event) and Yellow card for coach (warning) 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 behaviour (valid for all phases of the competition), <i>i.e.</i> 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 (e.g. Qualification).

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.

3.4 Inquiries (TR 8.4)

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

3.5 Coaches Oath

“In the name of all Coaches and other members of the athlete’s entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is fully adhered to and upheld in accordance with the fundamental principles of Olympism. We shall commit ourselves to educating the gymnasts to adhere to fair play and drug free sport and to respect all FIG Rules governing the World Championships”

SECTION 4 — Regulations for Technical Committee

At official FIG Competitions and the Olympic Games, the members of the FIG Women's Technical Committee will constitute the Superior Jury and act as Apparatus Supervisors at the different apparatus.

4.1 The President of the WTC

The **President of the Women's Technical Committee** or her representative will serve as Chair of the Superior Jury. Their responsibilities and those of the Superior Jury include:

- a) The overall Technical Direction of the competition as outlined in the Technical Regulations.
- b) To call and chair all judges' meetings and instruction sessions.
- c) To apply the stipulations of the Judges' Regulations relevant to that competition.
- d) To deal with requests for evaluation of new elements, raising the Uneven Bars, and other issues that may arise.
Such decisions are normally made by the Women's Technical Committee.
- e) To make sure that the time schedule published in the Workplan is respected.
- f) To control the work of the Apparatus Supervisors and intervene if deemed necessary. Except in case of an inquiry and time or line errors, generally no change of score is allowed after the score has been flashed on the score board.
- g) To deal with inquiries as outlined in the FIG Technical Regulation (TR 8.4).
- h) In cooperation with the members of the Superior Jury, to issue warnings to or replace any person acting in any judging capacity who is considered to be unsatisfactory or to have broken their oath.

- i) To conduct a global video analysis (*post competition*) with the TC to determine errors in judgment.
- j) To supervise the checking of the apparatus measurement specifications according to the FIG Apparatus Norms.
- k) In unusual or special circumstances may nominate a judge to the competition
- l) 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 (*within 3 months*) including proposals for
 - rewarding the best judges
 - sanctions against the judges who fail to meet expectations
 - Detailed list of all interventions
 - score changes before and after publication
 - Technical analyses of the D-judges' scores

4.2 The WTC Members

During each phase of the competition, the members of the Women's Technical Committee or their representatives will serve as members of the Superior Jury and Apparatus Supervisors for each apparatus.

Their responsibilities include:

- a) Participating in the direction of the judges' meetings and instruction sessions and guiding the judges to perform the correct work on their respective apparatus.
- b) Applying the "Judges' Regulations" control with fairness, consistency and completely in accordance with the currently valid regulations and criteria.
- c) Recording the entire exercise content in symbol notation.
- d) Calculating the D and E Score (*control scores*) for the purpose of evaluation of the D, R and E Panels.
- e) Controlling the total evaluation and the final score for each exercise.
- f) Assuring that the gymnast is given the correct score for their performance or intervene as ruled herein.
- g) Checking the apparatus used at training, warm-up and competition with the FIG Apparatus Norms.

SECTION 5 — Regulations & Structure of Apparatus Juries

5.1 Responsibilities of Judges

Every Judge is fully and independently responsible for their scores. All members of the Apparatus Juries have the responsibility to:

- a) Have thorough knowledge of:
 - the FIG **Technical Regulations**
 - the **Code of Points**,
 - the FIG **Judges' Rules**
 - any other technical information necessary to carry out their duties during a competition
- b) Be in possession of the international Judge's Brevet valid for the current Cycle and produce the Judge's Log Book
- c) Possess the Category necessary for the level of competition they are judging
- d) Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule
- e) Attend all scheduled instruction sessions and meetings of judges before the respective Competition (*extraordinary exceptions, which were unavoidable, will actually be decided by the FIG WTC*)
- f) Adhere to any special organizational or judging related instruction given by the governing authorities (*i.e. Scoring system instructions*)
- g) Attend podium training (*compulsory for all judges*)
- h) Be prepared thoroughly on all apparatus

- i) Be capable of fulfilling the various necessary mechanical duties, which include:
 - correctly completing any required score sheets
 - using any necessary computer or mechanical equipment
 - facilitating the efficient running of the competition and
 - communicating effectively with other judges
- j) Be well prepared, rested, vigilant, and punctually present at least one hour before the start of competition or according to the instructions from the Workplan.
- k) 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.

During the competition judges must:

- a) Behave at all times in a professional manner and exemplify nonpartisan ethical behavior
- b) Fulfill the functions outlined as specified in Section 5.4
- c) Evaluate each exercise accurately, consistently, quickly, objectively and fairly and when in doubt, give the benefit of that doubt to the gymnast
- d) Use the symbol notation sheets and maintain a record of their personal scores
- e) Remain in assigned seat (*except with the consent of D¹ Judge*) and refrain from having contact or discussions with gymnasts, coaches, delegation leaders or other judges

Penalties for inappropriate evaluation and behavior by judges will be in accordance with the current version of the FIG Judges' Rules and/or the TR that apply to that competition.

5.2 Rights of Judges

In case of an intervention by the Superior Jury, 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.

In case of arbitrary action taken against a judge, they have the right to file an appeal to the

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

5.3 Composition of the Apparatus Jury

The Apparatus Jury (Judges' Panels)

For the official FIG Competitions, World Championships and Olympic Games, the Apparatus Jury will consist of a D- Panel (*Difficulty*), an E- Panel (*Execution*) and an R- Panel (*Reference*).

- The D- Judges are drawn and appointed by the FIG Technical Committee in accordance with the most current FIG Technical Regulations.
- E- Judging Panels and supplementary positions will be drawn under the authority of the TC in accordance with the current Technical Regulations or Judges' Rules that govern that competition.
- R- Judges are appointed by the FIG Presidential commission.

The structure of the Apparatus Jury for the various types of competitions

WC & OG 9 Judge Panel	International Invitational Min. 4 Judge Panel
2 D- Panel Judges	2 D- Panel Judges
5 E- Panel Judges 2 R- Panel Judges	2/4 E- Panel Judges

Line & Time judges:

- Two (2) line judges for Floor Exercise
- One (1) line judge for Vault
- One (1) time keeper for Floor Exercise
- One (1) time keeper for Uneven Bars
- Two (2) Time keepers for Balance Beam

Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions.

5.4 Function of the Apparatus Jury

5.4.1 Functions of the D- Panel

- a) 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.
- b) The D²- judge enters the D- score into the computer.
- c) The D-score content includes the:
 - Difficulty Value,
 - Composition Requirements
 - Connection Value, based on special rules for each apparatus
- d) The D- panel on Vault ensures the correct adherence to the warm-up time.

Functions of the D¹ judge:

- a) To serve as liaison between the Apparatus Jury and the Apparatus Supervisor.
The Apparatus Supervisor will then liaise when necessary with the Superior Jury.
- b) To coordinate the work of the Time and Line Judges and Secretaries.
- c) To ensure the efficient running of the apparatus including the control of warm up time.
- d) To display the green light or other conspicuous signal to notify the gymnasts they must begin their exercise within thirty seconds.
- e) To ensure that neutral deductions for time, line, behavior faults are taken from the Final Score before being flashed.
- f) To ensure the following deductions are applied for:
 - failure to present before and after the exercise.
 - performance of an invalid "0" vault
 - assistance during the: Vault, Exercise and Dismounts
 - short exercise

Function of the D- Panel after the Competition:

They will submit a written competition report as directed by the WTC President, with the following information:

- forms listing violations, ambiguities and questionable decisions with the number and name of the gymnast
- make their symbol notation sheets available during consultations and submit their symbol notation sheets at the end of the competition to the Apparatus Supervisor

5.4.2 Functions of the E- Panel

They must:

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges
- b) Record the deductions for:
 - General Faults
 - Specific Apparatus Execution Faults
 - Artistry Faults
- c) Complete the score slip with a legible signature or enter their deductions into the computer.
- d) Be able to provide a personal written record of their evaluation of all exercises (*Execution and Artistry deductions*).

5.4.3 Function of the Reference Judges

The Reference Judges for Olympic Games and World Championships were introduced to have an automatic and time saving correction system in case of problems with Execution scores.

There will be 2 (two) reference judges per jury.

Reference judges may be used at all FIG official competitions (*where IRCOS is available*).

Other competitions may use Reference judges but are **not** obliged to do so.

5.5 Functions of the Time, Line Judges & Secretaries

5.5.1 Functions of the Time & Line Judges

The Time & Line Judges are drawn from among the Brevet judges to serve as:

Line judges to:

- Determine on FX & VT stepping outside of the border marking and to acknowledge the fault by raising a flag.
- Inform the D¹ judge of any violation or deduction; sign and submit the appropriate written record.

Time judges are required to:

- Time the duration of the exercise (*FX & BB*)
- Time the duration of the fall period (*BB & UB*)
- Time the duration between the green light and the commencement of the exercise
- Ensure adherence to the warm-up time (*For non-adherence, written information to the D- panel*)
- Give on an audible signal to the gymnast and D- panel (*BB*)
- Inform the D¹ judge of any violation or deduction; sign and submit the appropriate written record
- Time violations where there is no computer input, the time judge must record the exact amount of time over the time limit

5.5.2 Functions of the Secretaries

The Secretaries need to have COP and computer knowledge; they 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

5.6 Seating Arrangements

The judges will be seated at a location and distance from the apparatus which permits an unobstructed view of the total performance and which permits them to fulfill all of their evaluation duties.

- D- Panel Judges must be in line with the center of the apparatus.
- The timer(s) sit by the Apparatus Jury (*either side*).
- The line judges at FX must sit at opposite corners and observe the 2 lines closest to them.
- The line judge at Vault must sit at the far corner of the landing side.
- The placement of the E- and R juries will be clockwise around the apparatus beginning from the left of the D- Panel (*see Diagrams*).

VT:

<u>2</u>	<u>R2</u>	<u>3</u>			<u>4</u>
<u>1</u>	<u>R1</u>	<u>D²</u>	<u>D¹</u>	<u>SEC</u>	<u>5</u>

UB:

<u>1</u>	<u>2</u>	<u>R2</u>			<u>3</u>
<u>R1</u>	<u>D²</u>	<u>D¹</u>	<u>SEC</u>	<u>5</u>	<u>4</u>

BB:

<u>2</u>	<u>3</u>	<u>R2</u>			<u>4</u>
<u>1</u>	<u>R1</u>	<u>D²</u>	<u>D¹</u>	<u>SEC</u>	<u>5</u>

FX:

<u>2</u>	<u>3</u>		<u>R2</u>		<u>4</u>
<u>1</u>	<u>R1</u>	<u>D²</u>	<u>D¹</u>	<u>SEC</u>	<u>5</u>

Variations in the seating arrangement are possible depending on the conditions available in the competition hall.

5.7 Judge's 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".

Reach the Maximum



Sophie Spector ♥



PART II

EVALUATION OF THE EXERCISES

SECTIONS 6-9

PART II Evaluation of the Exercise

SECTION 6 — Determination of Score

6.1 General

The rules governing the evaluation of the exercises and the determination of the Final Score are identical for all sessions of competition (*Qualification, Team Final, All Around Final, Apparatus Finals*) except for Vault, where special rules in Qualification and in Apparatus Finals apply (*Section 10*).

6.2 Determining Final Score

- a) The Final Score on each apparatus will be established utilizing two separate scores, D- Score and E- Score.
- b) The D- panel establishes the D- score, the content of an exercise, and the E- panel the E- Score, the execution and artistry.
- c) The Final Score of an exercise will be established by the addition of the D-Score and E-Score
If necessary, subtraction of the neutral deductions (*See 5.4.1*).
- d) The All-Around Score is the sum of the Final Scores obtained from the four apparatus.
- e) The Team Score is calculated in accordance with the current Technical Regulations that govern that competition.
- f) Qualification for, and participation in, the Team Final, the All Around Final, and the Apparatus Finals will occur in accordance with the current Technical Regulations that govern that competition.
- g) In principle, the repetition of an exercise is not permitted.

The Final Score Calculation

Example:

D- Score + E- Score = Final Score

D- Score

Difficulty (3 C-, 3 D-, 2 E-)	+ 3.10
Composition Requirements	+ 2.00
Connection Value	+ 0.60
D- Score	5.70

E- Score*

Execution	- 0.70	10.00
Artistry	- 0.30	- 1.00
E- Score		9.00
Final Score		14.70

**E- Score: the execution & artistry deductions are added together and then subtracted from 10.00
(E- score is calculated by averaging the middle 3 of 5 scores deductions)*

6.3 Short Exercise

For the execution and artistry of presentation, the gymnast may earn a maximum E- Score of 10.00P:

The D-Panel will take the appropriate neutral deduction (penalty) for a short exercise from the Final Score:

- 7 or more elements – no deductions
- 5-6 elements – 4.00 P.
- 3-4 elements – 6.00 P.
- 1-2 elements – 8.00 P.
- No elements – 10.00 P.

Example: FX

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

n ^{*e*} *Well* (without landing feet first) *n* *W*

Evaluation:

D- score

DV (A + C + A + 0 + 0 + E) + 1.00 P.

CR # 2, # 3 + 1.00 P.

D- score + 2.00 P.

Max. E- score for Execution & Artistry may be 10.00 P.

Total deductions (2 Falls, Height, amp. etc.) - 4.10 P.

E- Score = 5.90 P.

Final Score = 7.90 P.

Final Score after neutral deduction for Short exercise applied

7.90 P. - 6.00 P. (short exercise) = 1.90 P.

SECTION 7 — Regulations Governing the D-Score

7.1 D-Score (Content)

- a) The D-Score on VT is the Difficulty Value in the Table of Vaults.
- b) The D-Score on Uneven Bars, Balance Beam and Floor Exercise includes the highest 8 difficulties, compositional requirements and connection value.

7.2 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.

- a) The Maximum **8** highest DV including the dismount are counted on UB, BB and FX.
- b) 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.

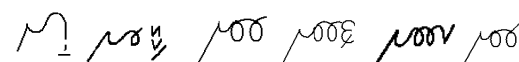
Difficulty Value

- A = 0.10
- B = 0.20
- C = 0.30
- D = 0.40
- E = 0.50
- F = 0.60
- G = 0.70
- H = 0.80
- I = 0.90




7.2.1 Recognition of DV of elements

- a) To reward DV an element must be performed according to the description of the body position in the Table of Elements.
- b) The same element will receive Difficulty Value only one time in an exercise and in chronological order.

c) Arabian elements are considered Forward Elements



d) Recognition of the Same and Different Elements

- Different dance elements from the same box in the Table of Elements (*same number*) will receive DV only one time in the exercise and in chronological order.
- The maximum number of turns recognized for:
 - passé pirouettes is 4/1 turn (1440°)
(Therefore 5/1 passé pirouette would be considered the same element as 4/1)
 - all other pirouettes with a different leg position is 3/1 turn (1080°)
 - Split/Straddle Leaps and Jumps (ie. , ) is 1½ turn (540°)
 - Complex jumps and leaps (ie. ) is 1/1 turn (360°)

e) Elements are considered different, if they are listed under different numbers in the Table of Elements

f) 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
- giants fwd & bwd performed with legs straddled or together, with hip bent or stretched
- pike sole circle fwd & bwd performed with legs straddled or together

Dance elements:

- with take off from one or two feet with the same leg position
 - *Example:* wolf hop (take off from one leg) and wolf jump (take off from 2 legs)
- are performed in Side or Cross position (BB)
 - Jumps performed in side position will be awarded 1 DV higher than in cross position
 - 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 that start from side position and finish in cross position, or vice versa – consider as elements performed in cross position (*additional 90° does not make element different*)
- land on one or both feet (BB)
- land on one or both feet or in prone position (FX)

Acro elements:

- that land on one or both feet

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

Acro elements:

- there are different body positions (tuck, pike or stretched) in saltos
- there are different degrees of turns:
½, 1/1, 1½ (180°, 360°, 540°) etc.
- the support is performed on one or both arms or free
- the take-off from one or both legs

Dance elements:

- turns on one leg (*pirouettes*) performed in “in” and “out” directions (*en dedans and en dehors*) will only be considered different if directly connected. Difficulty will be awarded to both elements in the connection (*excluding passé or leg below horizontal turns*)

7.2.2 Recognition of elements occurs in chronological order

- a) In case of technical failure elements will be recognized as:
- another element in the table of difficulties or
 - No DV or
 - One DV lower

- b) 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 both receive DV.
- *Example:* Split leap to ring without required arch it becomes Split leap, if the Split leap to ring is performed later with correct technique it is recognized as a Split leap to ring 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 ✓
- c) 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 1½ turn that is credited one DV lower (C-), due to failure to reach handstand prior to the turn (*Swing*). It is then performed a 2nd time in the exercise and completed 1½ turn in handstand then no DV, (D-) will be awarded.

7.2.3 New Vaults, Elements and Connections

Coaches 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.

Additionally the WTC will consider new and original CVs which have not yet been performed.

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

- a) In principle, only those elements which have been performed will appear in the Code of Points.

- b) 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
 - Youth Olympic Games
- c) 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.
- d) 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, as well as with a DVD.
- e) The FIG/WTC will evaluate concerning:
- Difficulty Value of new vaults (vault group & number)
 - Difficulty Value of new elements
 - Connection Value
- f) The evaluation may be different in comparison to the value received at competitions other than Official FIG Competitions.
- g) 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.

- a) 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.

7.3 Compositional Requirements (CR) 2.00

Composition Requirements are described in the respective Apparatus Sections. A maximum of 2.00 is possible.

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

7.4 Connection Value (CV)

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

- a) Elements used for CV do NOT necessarily have to be among the 8 counting DV. All elements must be from the Table of Elements.
- b) Connection Value on UB, BB and FX is evaluated at:
 - +0.10
 - +0.20
 - +0.30 (possible)
- c) Formulas for CV are described in the respective apparatus Part 3: Sections 11, 12 and 13.
- d) Devalued Elements may be used for CV.
- e) In order to be credited, the connection must be performed without a fall.

7.4.1 Direct and Indirect Connections

All connections must be **Direct**; *only on Floor* can acrobatic connections be **Indirect**.

Direct Connections are those in which elements are performed without:

- a) stop between elements
- b) extra step between elements
- c) foot touching beam between elements
- d) loss of balance between elements
- e) obvious leg/hip extension on 1st element before takeoff for 2nd element
- f) additional arm swing

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, eg. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos.

The recognition of direct or indirect (FX) connections should be to the benefit of the gymnast.

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*).

7.4.2 Repetition of elements for CV (SB on BB)

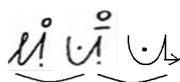
- Elements may not be repeated in another connection for CV.
 - Recognition occurs in chronological order.
- Same elements on UB, acrobatic elements on BB and FX may be performed 2 times within one connection. Dance elements cannot be repeated.

Examples:


- UB – Tkatchev 2x or Stalder with 1/1 turn 2x
- BB – flic flac with 1/1 turn 2x
- FX – indirect or direct connection with whip salto backward 2x to double salto backward piked.

- With the direct connection of 3 or more elements, the 2nd element may be used:
 - the 1st time as the last element of a connection and
 - the 2nd time as the 1st element to begin a new connection

Examples:



$$\begin{array}{c} D + D + D \\ 0.10 + 0.10 \end{array}$$

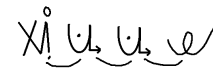


$$\begin{array}{c} D + D + D \\ \text{CV } 0.20 + 0.20 \\ \text{SB } + 0.10 \end{array}$$

- With the direct connection of 3 or more elements, the repeated flight element on UB, or salto on BB & FX must be directly connected. CV will be rewarded for all connections.

Examples:

UB



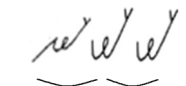
$$D + D + X + D$$

Total CV + 0.40 0.10 + 0.20 + 0.10

The flight element  may be used:


- the 1st time as the 2nd element of a connection
- the 2nd time as the connection of 2 same flight elements
- the 3rd time as the 1st element to begin a new connection

BB



$$\begin{array}{c} C + C + X \\ \text{CV } +0.10 +0.10 \\ \text{SB } +0.10 \end{array}$$

Total CV + 0.20 & SB + 0.10

Salto  may be used:


- the 1st time as the 2nd element of a connection
- the 2nd time as the 1st element to begin a new connection
- the 3rd time as the connection of 2 same saltos

FX



$$C + X + C$$

Total CV + 0.20 0.10 + 0.10

Salto  may be used:

- the 1st time as a connection of 2 same saltos
- the 2nd time as the 1st element to begin a new connection

SECTION 8 — Regulations Governing the E- Score

8.1 Description of E- Score 10.00 P. (*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

8.2 Evaluation by E- Panel

The E- judges will judge an exercise and determine the deductions independently.

Each performance is evaluated with reference to expectations of perfect performance. All deviations from this expectation are deducted.

Deductions for errors in execution and artistry are added together and then deducted from 10.00 points to determine the E- Score.

Section 8.3 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By E- & R- Panel Judges					
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 (<i>external amplitude</i>)	each time	X	X		
Insufficient – exactness of tuck or pike position in single salto	each time	X 90° Hip/knee angle	X >90° Hip/knee angle		
– Failure to maintain stretched body posture (<i>pike too early</i>)	each time	X	X		
– Hesitation during performance of elements & movements	each time	X			
– Attempt without performance of an element (<i>empty run</i>)	each time		X		
– Deviation from straight direction	each time	X			
Body and/or leg position in elements (<i>non-dance</i>) – Body alignment – Feet not pointed/relaxed – Insufficient split in acro elements (<i>non-flight</i>)	each time each time each time	X X X	X		
– Failure to fulfill technical requirements in dance elements (<i>as per Sec.9 for list of errors in dance elements</i>)	each time	X	X	X	
– Precision	each time	X			
– Performance of DMT too close to the apparatus (<i>UB & BB</i>)			X		
Landing Faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Extra arm swings		X			
– Lack of balance	each time	X	X		
– Extra steps, slight hop	each time	X			
– Very large step or jump (<i>guideline – more than 1 meter</i>)	each time		X		
– Body posture fault	each time	X	X		
– Deep squat	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
– Failure to land feet first on landing from element	each time				1.00

Section 8.3 – 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, No SB (BB)
- Failure to land feet first or in prescribed position from an element	each time				No DV, CV, CR, No SB (BB)
- Take-off outside the border markings (entirely outside)	FX				No DV, CV, CR
- Failure to acknowledge D- Panel Judges before and/or after exercise	Gym/Evt		X		From the Final Score
- Spotting assistance (<i>help</i>)	UB, BB, FX each time				1.00 from the Final Score No DV, CV, CR No SB (BB)
- Non-permitted presence of spotter	Gym/Evt			X	From Final Score
By D- Panel Judges ($D^1 - D^2$) with notification to the Superior Jury, or by the SJ					
Apparatus irregularities through:					
- Failure to properly use safety collar for round-off entry vaults (<i>see 10.4.3</i>)	Gym/Evt				Invalid VT "0"
- Failure to use supplementary mat	Gym/Evt			X	From the Final Score
- Placement of springboard on unpermitted surface	Gym/Evt			X	
- Use of unpermitted supplementary mats	Gym/Evt			X	
- Moving the supplementary mat during exercise or moving to unpermitted end of the balance beam	Gym/Evt			X	
By Chair of the Superior Jury from the Final Score Notification from D- Panel to the SJ					
- Changing measurement of apparatus without permission	Gym/Evt			X	From the Final Score
- Addition, re-arrangement or removal of springs from springboard	Gym/Evt			X	
- Incorrect use of magnesia and/or damage to the apparatus	Gym/Evt			X	
By Chair of the Superior Jury from the Final Score Notification from D- Panel to the SJ					
Behaviour of Gymnast					
- Incorrect or unaesthetic padding	Gym/Evt		X		<i>In Qualification, All Around and Team Finals taken 1 x in competition phase from apparatus where first recognized In Apparatus Finals taken from event score</i>
- Missing national emblem and/or wrong placement	Gym/Evt		X		
- Missing start number	Gym/Evt		X		
- Incorrect attire – leotard, jewelry, bandage color	Gym/Evt		X		
- Incorrect advertising	Team Gym/Evt		X		From the Final Score on the apparatus concerned Upon request of the responsible body
- Unsportsmanlike conduct	Gym/Evt		X		From the Final Score
- Unauthorized remaining on the podium	Gym/Evt		X		From the Final Score
- Remounting podium after the exercise is over	Gym/Evt		X		From the Final Score
- Speaking to active judges during the competition	Gym/Evt		X		From the Final Score
- Team gymnasts competing in the incorrect order	Team				1.00 P. <i>In Qualification & Team Finals from the team total on the apparatus concerned</i>
- Non-identical leotards (<i>for gymnasts from the same team</i>)	Team				1.00P. <i>In Qualification & Team Finals taken 1 x in competition phase from apparatus where first recognized</i>

Section 8.3 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
Failure to complete the competition due to absence from the Competition area				Disqualified	
Unexcused delay or interruption of competition				Disqualified	
Written Notification by TIME JUDGE To D- Panel					
– Flagrant exceeding of touch warm-up time (<i>after warning</i>) • by Individuals	Team/Evt		X		From the Final Score
	Gym/Evt		X		
– Failure to start within 30 sec. after green light is lit	Gym/Evt		X		
– Failure to start within 60 seconds	Gym/Evt	The right to begin the exercise will be terminated			
– Overtime (<i>BB, FX</i>)	Gym/Evt	X			
– Starting exercise without signal or when red light is lit <i>UB and BB</i>	Gym/Evt				“0”
– Exceeding allowable intermediate fall time – Exceeding intermediate fall time (more than 60 seconds)	Gym/Evt		X		Exercise ended
	Gym/Evt				

By Chair of the Superior Jury (In Consultation with the Superior Jury)	Card System For FIG Official and Registered Competitions
Behaviour of Coach with <u>NO</u> direct impact on the result/performance of the gymnast/team	
– Unsportsmanlike conduct (<i>valid for all phases of the competition</i>)	1 st time – Yellow card for coach (<i>warning</i>) 2 nd time – Red card & removal of coach from the competition and/or training hall
– Other flagrant, undisciplined and abusive behaviour (<i>valid for all phases of the competition</i>)	Immediate Red card & removal of coach from the competition and/or training hall
Behaviour of Coach with <u>DIRECT</u> 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 (<i>from gymnast/team at event</i>) & Yellow card for coach (<i>warning</i>) 1 st time – 1.00 (<i>from gymnast/team at event</i>) & Yellow card for coach (<i>warning</i>) – if coach speaks aggressively to active judges 2 nd time – 1.00 (<i>from gymnast/team at event</i>), Red card & removal of coach from the competition floor
– Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition), i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc.	1.00 (<i>from gymnast/team at event</i>), 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 (e.g. Qualification).

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.

SECTION 9 — Technical Directives

In order to recognize DV specific technical expectations are required.

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

9.1 ALL APPARATUS

Body Positions

Tuck

- Less than 90° hip and knee angle in salto & dance elements

Pike

- Less than 90° hip angle in salto & dance elements

Stretch

- All body parts in alignment



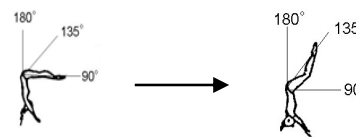
9.1.1 Element Recognition

a) Stretch

- The majority of the salto must be maintained in the stretched position in:
 - Single saltos
 - Double saltos on FX and UB DMTS
 - Vaults (saltos)
- When there is NO stretched position shown it is considered pike position in:
 - Non-twisting elements
 - Vaults without LA turn

Recognition of body positions in single & double Saltos without LA turn

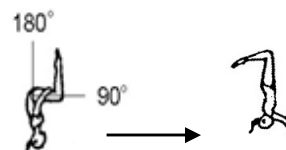
Pike salto becomes tuck



D-Panel

If in Pike salto knee angle is less than 135°
– Credit Tuck salto

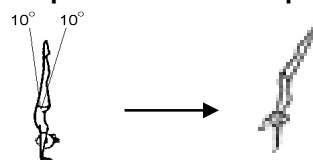
Tuck salto becomes stretch



D-Panel

Hip open (180°) – Credit Stretch salto

Stretch position becomes pike



D-Panel

Pike in hips – Credit Pike salto

A slight hollow in the chest or a slight arched body position is acceptable

9.1.2 Landing from Single Saltos with Twists

a) Elements with twists performed

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

must be completed exactly or **another** element from the COP will be recognized.

Note: The placement of the front foot is decisive when awarding the difficulty value

b) 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

***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.

9.1.3 Falls on Landing

- a) with landing feet first – the DV is awarded
- b) without landing feet first – No DV is awarded

9.2 BALANCE BEAM AND FLOOR EXERCISE

9.2.1 Rewarding DV for Turns on One Leg are in increments of:





- 180° for BB
- 360° for FX
- The turn must be completed exactly or another element from the COP will be credited.
- The position of the shoulders and hips are decisive otherwise another element from the COP will be credited.

Turn Considerations:

- Must be performed on the toes.
- Have a fixed and well defined shape throughout the turn.
- The support leg whether stretch or bent (*choreography*) does not change the value of the difficulty.
- For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.
- If the free leg is not in the prescribed position - credit another element from the COP.

a) Under turning on Support leg:

Example:

- BB  becomes 
- FX  becomes 

9.2.2 Rewarding DV for Leaps, Jumps & Hops with turns are in increments of:











- 180° for BB & FX (split, straddle and ring elements)
- 360° for FX

Various techniques of jumps, leaps and hops with turns are permitted; piking, tucking, straddling the legs, may be in the beginning, middle or end of the turn (*unless there is a special requirement for the element*).

Under turning of more than 30° *another* element from the COP will be recognized.

The position of the shoulders and hips are decisive

Example:

- BB/FX  becomes  or  (if clear straddle position shown)
- FX  becomes 
- FX  becomes  or  (if clear straddle position shown)
- BB  becomes 
- An additional ¼ turn does not make an element different

Definition:

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

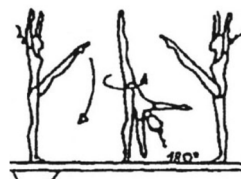
Hops – take off from 1 foot and land on the same foot or 2 feet
(180° leg separation is not required)

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

Note: – In Jumps and Leaps with split 180° leg separation is required.

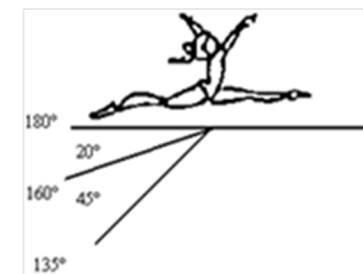
9.2.3 Split Requirement

For missing degrees of leg separation in Leaps, Jumps, Turns



Insufficient Split:

- > 0° - 20° deduct 0.10
- > 20° - 45° deduct 0.30
- > 45° credit another element from the COP or no DV



9.3 REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Scales (4.102)



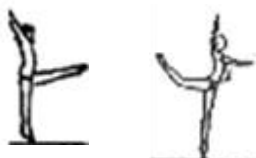
Requirement:

- 180° split

D-Panel

- < 180° split – No DV

Example for the turns with specific leg positions:



Requirement:

- Free leg fwd or bwd at horizontal throughout turn

D-Panel

- Free leg below horizontal – credit another element from the COP

Tuck Jump with/without turn



Requirement:

- Hip angle < 90°
- Knees above horizontal

D-Panel

- > 135° hip/knee angle – No, or other DV

E-Panel

- Knees at horizontal – 0.10 (small fault)
- Knees below horizontal – 0.30 (medium fault)

Wolf Jump with/without turn



Requirement:

- Hip angle < 90°
- Extended leg above horizontal

D-Panel

- > 135° hip angle – No, or other DV

E-Panel

- Extended leg at horizontal – 0.10 (small fault)
- Extended leg below horizontal – 0.30 (medium fault)

Cat Leap with/without turn



Requirement:

- Legs alternation
- Knees above horizontal
- Evaluate the lowest knee position

D-Panel

- > 135° hip/knee angle – No, or other DV
- Lack of alternation – Tuck jump

E-Panel

- One/both legs at horizontal – 0.10 (small fault)
- One/both legs below horizontal – 0.30 (medium fault)

Straddle Pike Jump with/without turn



Requirement:

- Both legs must be above horizontal

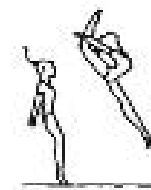
D-Panel

- > 135° hip angle – No, or other DV

E-Panel

- Incorrect (uneven) leg position – 0.10 (small fault)
- Legs at horizontal – 0.10 (small fault)
- Legs below horizontal – 0.30 (medium fault)

Ring jump



Requirements:

- Upper back arch and head release
- 180° split of legs on the diagonal
- Back foot to crown of head

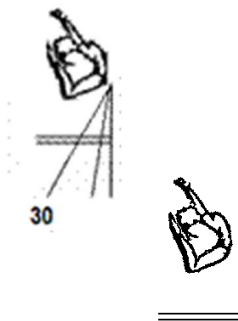
D-Panel

- No arch & release of head, – Split jump or Sissone
- No split – No DV

E-Panel

- Insufficient arch position – 0.10 (small fault)
- Rear foot at head height – 0.10 (small fault)
- Rear foot at shoulder height – 0.30 (medium fault)

Sheep Jump



Requirements:

- Upper back arch & head release with feet to crown of head
- Hip extension

D-Panel

- No arch & release of head – No DV
- Feet below shoulder height – No DV

E-Panel >

- Insufficient arch – 0.10 (small fault)
- Feet at head height & below – 0.10 (small fault)
- Insufficient hip extension – 0.10 (small fault)
- Insufficient bent legs ($\geq 90^\circ$) – 0.10 (small fault)

Yang Bo



Requirements:

- Large body arch & head release
- Over split with front leg minimum horizontal

D-Panel

- No arch & release of head – Split jump or Sissone
- Front leg below horizontal – Ring jump

E-Panel

- Insufficient arch position – 0.10 (small fault)
- No over split but both legs at horizontal – 0.10 (small fault)

Split Leap with leg change



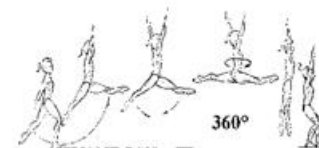
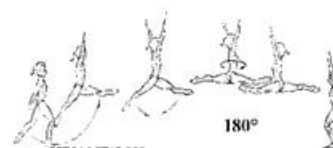
Requirement:

- Free leg swing minimum 45°
- Swing with straight free leg

E-Panel

- Free leg swings less than 45° – 0.10 (small fault)
- Free leg bent – 0.10/0.30 (small/medium fault)

Split Leap with leg change and turn ($\underline{\text{Z}}$ $\underline{\text{Z}}$)



Requirement:

- Free leg swing minimum 45°
- Swing with straight free leg
- Must show cross split

D-Panel

- Incomplete turn in $\underline{\text{Z}}$ becomes Z or ZA
- Incomplete turn in $\underline{\text{Z}}$ becomes $\underline{\text{Z}}$ or $\underline{\text{ZA}}$

E-Panel

- Free leg swing less than 45° – 0.10 (small fault)
- Free leg bent – 0.10/0.30 (small/medium fault)

Split Leap to Ring / Split Leap with leg change to Ring / Split Jump to Ring (with/without turn)



Requirements:

- Upper back arch and head release
- 180° split of legs
- Front leg at horizontal and back foot to crown of head
- The turn should be performed after ring position is shown

D-Panel

- No arch & release of head – Split/Switch leap/split jump
- Back foot below shoulders – Split /switch leap/split jump
(valid from 1 October 2017)
- Incorrect timing of the turn – Split/Switch leap/split jump with turn

E-Panel

- Insufficient arch position – 0.10 (small fault)
- Front leg below horizontal – 0.10 (small fault)
- Front leg below horizontal (approx. 45°) – 0.30 (medium fault)
(valid from 1 October 2017)
- Rear foot at head height – 0.10 (small fault)
- Rear foot at shoulder height – 0.30 (medium fault)

Maximum cumulative deductions for deviation from required body shapes may not exceed 0.50.

Body Shape Deductions include:

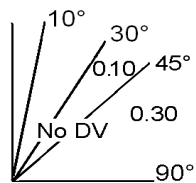
- Insufficient split
- Bent legs
- Toes not pointed
- Legs separated
- Specific Element Body Shape Deductions (listed in 9.3)

NOTE:
 One small fault as deviation from the ideal execution will be deducted 0.10.
 Multiple small or one small and one medium fault as deviation from ideal execution will be deducted 0.30.
 Large deviations from the ideal execution will be deducted 0.50
 (as per Section 8.3)

9.4 UNEVEN BARS

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

9.4.1 Cast to Handstand



D-Panel

If element completed:

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

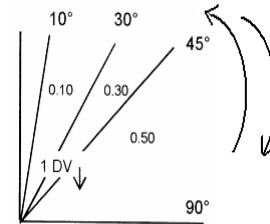
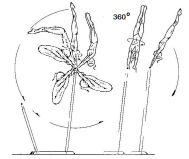
E-Panel

- > 30° – 45° – 0.10
- > 45° – 0.30



9.4.3 Swings – elements with turns that:

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



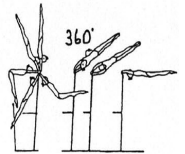
D-Panel

If element completed

- within 10° of vertical – Credit DV (see 9.4.4)
- > 10° before vertical – Credit 1 DV lower than circle element with turn to hstd

E-Panel

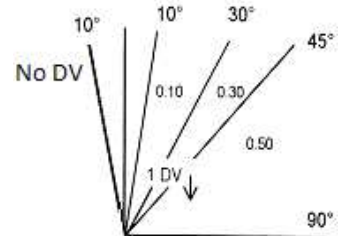
- > 10° - 30° – 0.10
- > 30° - 45° – 0.30
- > 45° – 0.50



Swing elements with ½ (180°) turn:

All body parts must reach horizontal to receive DV, otherwise No DV will be credited (*empty swing*).

9.4.2 Circle elements to handstand without turn & Flight elements from HB to handstand on LB



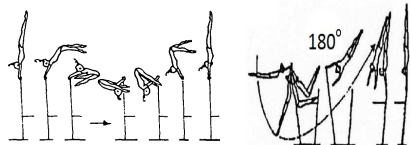
D-Panel

If element completed

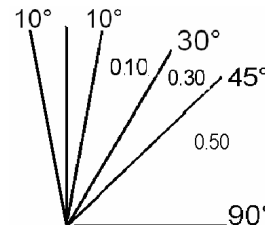
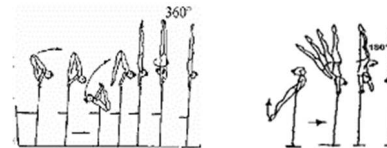
- > 10° before vertical – No or other DV
- > 10° after vertical – 1 DV lower

E-Panel

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



9.4.4 Circle elements with turns to HSTD & Casts with turns to HSTD



D-Panel

If element completed

- within 10° of vertical (*either side*) – Credit DV

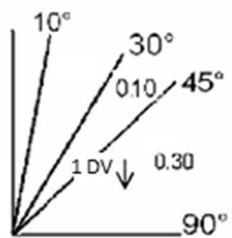
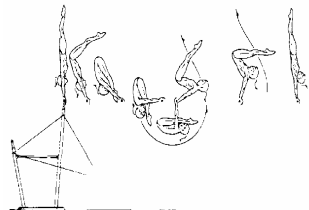
E-Panel

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

If the same skill is performed as a Swing and as a circle element with turn it will be counted only once in chronological order.

9.4.5 Requirements for selected UB elements

“Adler” element  (5.501)




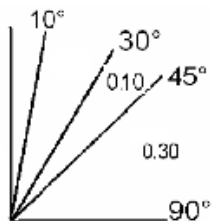
D-Panel
completed:

- Within 30° of vertical – Credit DV
- > 30° – Credit 1 DV lower

E-Panel

- > 30° - 45° – 0.10
- > 45° – 0.30

“Pak Salto”  (3.404)



E-Panel

- > 30° - 45° – 0.10
- > 45° – 0.30

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



PART III

APPARATUS

SECTIONS 10-13

PART III APPARATUS

SECTION 10 — Vault

10.1 General

Depending on the requirements for that competition phase, the gymnast is required to perform one or two vaults from the Table of Vaults.

Run distance is a maximum of 25 meters, measured from the front edge of the table to the inner side of the block attached at the end of the vault run up mat.

- 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 landing may be submitted.
- All vaults must be performed with repulsion from both hands off the vaulting table.
- The gymnast is required to properly use the "safety collar" supplied by the Organizing Committee for round-off entry vaults.
- A hand placement mat may be used only for Yurchenko vaults from groups 1, 4 and 5.
- All vaults are illustrated with a number.
- The gymnast is responsible for flashing the intended vault number prior to the beginning of each vault (*manually or electronically*).
- After receiving the green light or signal from the D¹ - judge, the gymnast executes the 1st vault and then returns to the end of the runway to post the number for her 2nd vault.
- Beginning with the take-off, the vault phases are evaluated:
 - pre-flight (*1st flight*)
 - repulsion
 - flight (*2nd flight*) and landing.

10.2 Run Approaches

Additional run approaches are permitted as follows, with deduction of -1.00 P. for empty run (if gymnast has not touched the springboard or the apparatus).

- When 1 vault is required, a second run approach is permitted with deduction
- Third approach **not** permitted.
- When 2 vaults are required, a third run approach is permitted with deduction
- Fourth approach **not** permitted.

The D- Panel judges will take deduction from the Final Score of the vault performed.

10.3 Vault Groups

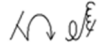
The vaults are classified into the following groups:

- 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 ¾ turn (270°) 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

10.4 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 **2** vaults as per the **Apparatus Finals** rules below.
- **Apparatus Finals**
 - The gymnast must perform 2 vaults, which will be averaged for the Final Score.
 - The two vaults must be from **different** Vault Groups.
 - Must show a different 2nd flight phase.

Example:


1. If the first vault is from Gr. 4 

Round-off, flic-flac on – stretched salto backward with 2½ turn (900°) off,

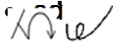
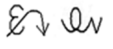
then the choices for the 2nd vault would be:

- Tsukahara stretched with 2/1 turn (720°) off 
- or
- Handspring fwd on – 1/1 turn off 

2. If the first vault is from Gr. 2


Handspring fwd on- tucked salto fwd off 

then the choices for the 2nd vault would be:

- Round off, flic-flac on – Stretched salto bwd off 
- or
- Tsukahara piked 

Note: Handspring fwd on – tucked double salto fwd off: 

If the 2nd salto is not completed because the gymnast lands on the feet

and any other body part simultaneously, then the vault will be recognized as Handspring fwd on – Tucked fwd Salto off 

10.4.1 Corridor Markings

As an orientation for directional deductions there will be a marked corridor on 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 the Final Score for touching mat with any part of the body outside of the marked corridor as follows:

- Land or step outside with one foot/hand (*part of foot/hand*) – 0.10
- Land or step outside with two feet/hands (*part of feet/hands*) or body part – 0.30

10.4.2 Specific Apparatus Deductions (D- Panel)

Taken from the Final Score of the vault performed

- More than 25 meters run distance – 0.50
- Run approach without performing vault – 1.00
- Support (*repulsion phase*) with only one hand – 2.00

- In the Qualification to and in Apparatus Finals:

- When one of two vaults receives “0” points (10.4.3)

Evaluation:

Score of the vault performed divided by 2 = Final Score (FS)

- When the two vaults are **not** from different groups or do **not** show a different second flight phase

Evaluation:

$[(FS \text{ of the } 1^{st} \text{ Vault}) + (FS \text{ of the } 2^{nd} \text{ Vault, minus } 2.00)]/2 = \text{Final Score}$

10.4.3 Performance of Invalid Vaults (0.00 points) *

- The vault is executed without a support phase, i.e., neither hand touches the table
- Failure to properly use the safety collar for round-off entry vaults
- Spotting assistance during the vault
- Failure to land on feet first
- The vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the table with her feet
- The gymnast performs a prohibited vault (straddled legs, prohibited pre-element before the vaulting board, intentionally lands in side position)
- The first vault is repeated for the second vault in Qualification for Vault Final or in Vault Final

***Note:** "0" score recorded by D- Panel. No evaluation by E- Panel.

A video review by the D- Panel and Apparatus Supervisor will automatically occur for every vault that receives an Invalid - 0 Score or Vaults performed with support of one hand only

10.5 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.

Execution Deductions (Section 8) must be taken in addition to Specific Execution penalties mentioned below.

10.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
First Flight Phase			
- For missing degrees of LA turn during flight phase:			
• Gr. 1 with ½ (180°) turns	≤ 45°	≤ 90°	
• Gr. 4 with ¾ (270°) turns	≤ 45°		
• Gr. 1 or 2 with 1/1 turn (360°)	≤ 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 hand placement Gr.1, 2 & 5 (not applicable for Salto fwd stretched w/LA turn)	X	X	
• Bent arms	X	X	X
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Prescribed LA turn begun too early (on the table)	X	X	
Second Flight Phase			
- Excessive snap	X	X	
- Height	X	X	X
- Exactness of LA turn (includes Cuervo)	X		
- Body position			
• Exactness of tuck/pike position in salto	X	X	
• Exactness of tuck/pike position in salto with LA turn	X		
• Body alignment in stretched salto	X		
• Failure to maintain stretched body position (piking too early)	X	X	
• Insufficient and/or late extension (tuck/pike vaults)	X	X	
- Bent knees	X	X	X
- Leg or knee separations	X	X	
- Under-rotation of salto without a fall	X		
• With a fall		X	
- Distance (Insufficient length)	X	X	
- Deviation from a straight direction	X		
- Dynamics	X	X	
Landing deductions	See Sec.8		

Section 11 — Uneven Bars

11.1 General

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

a) Mounts

- If the gymnast on her first attempt touched the springboard, the apparatus, or ran underneath the apparatus:
 - Deduct - 1.00
 - She must start her exercise
 - No Value will be awarded for the Mount
- A gymnast is permitted a 2nd attempt to mount (*with a penalty*) if she has **NOT** touched the springboard, the apparatus, or run underneath the apparatus
 - Deduct - 1.00
- A 3rd attempt is not permitted.

Gymnast may **NOT** run/walk under low bar to perform mount (see 2.4)

D- Panel judges will take the deduction from the Final score.

b) Fall Timing:

For interruption of the exercise due to a fall from the apparatus an intermediate time period of 30 seconds is allowed.

If the gymnast exceeds the allowable time to resume her exercise a - 0.30 P. neutral deduction for excessive time will be applied if the gymnast continues her exercise

- The timing starts when the gymnast is on her feet after the fall.
- 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
- The exercise officially resumes when the feet leave the floor.
- If the gymnast has not resumed the exercise within the 60 second time limit, the exercise will be terminated.

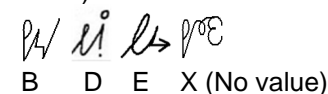
No salute is necessary to resume an exercise after a fall.

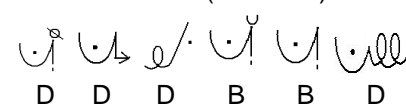
11.2 Content and Construction of the Exercise

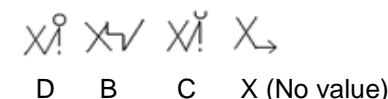
The maximum 8 highest difficulties including the dismount are counted for DV.

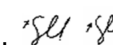

- NO DMT - 0.50 from Final Score (D- Panel)
- Only **3** elements in chronological order from the same root skill* will be counted for DV, CR and CV.
 - Except: Kips, Giants (fwd/bwd) and casts to HSTD

*The root skill is determined by the entry into the skill and the direction of the rotation (bwd or fwd)

Example 1: 
B D E X (No value)

Example 2: 
D D D B B D

Example 3: 
D B C X (No value)

- MTs (e.g. ) and DMTs (e.g. ) will be counted in the root skill number.
- Elements with no DV (due to failure to meet the technical requirement) will not be counted in the root skill number.

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

a) Circle and Swings

- Giant Circles backward
- Giant Circles forward
- Swings & Clear Hip Circles
- Stalders Forward/Backward
- Pike Circles Forward/Backward

b) Flights

- flight from HB to grasp on LB (*or reversed*)
- counter flight (*over the bar*)
- vaults
- hechts
- saltos

11.3 Composition Requirements (CR) – D- Panel 2.00P

1. Flight element from HB to LB award 0.50
2. Flight element on the same bar award 0.50
3. Different grips (*no cast, MT or DMT*) award 0.50
4. Non flight element with min. 360° turn, (*no MT*) award 0.50

11.4 Connection Value (CV) – D- Panel

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

Formulas for direct connections


0.10	0.20
<i>D + D</i> (<i>or more</i>)	D (<i>flight - same bar or LB to HB</i>) + C or more (<i>on HB and must be performed in this order</i>) D + E (<i>both flight elements</i>)

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

- a) An element can be performed 2 times within the same direct connection for CV, but may **NOT** receive DV a 2nd time.
- b) 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 the other bar
 - Performed as dismounts

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

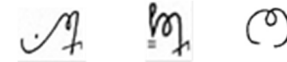
- c) These direct connections can be performed as a:
 - Mount connection (*Gr. 1 elements are not considered flight elements*)

Example:  D+D = 0.10

 - Connection within the exercise
 - Dismount connection
 - If an **empty swing** or **intermediate swing** is performed between 2 elements, CV can **NOT** be awarded.
Empty swing = swing fwd or bwd without the execution of an

element in the Table, before the swing reverses to the opposite direction.

Exception: "Shaposhnikova" type elements with/without 1/1 turn (360°) and following elements:



Note: If kip performed after Shaposhnikova type elements with/without 1/1 turn - apply deduction for empty swing

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

11.5 Composition deductions (E- Panel)

Faults	0.10	0.30	0.50
– Jump from LB to HB			X
– Hang on HB, put feet on LB, grasp LB			X
– More than 2 of the same elements directly connected to the dismount	X		

11.6 Specific Apparatus Deductions

Faults	0.10	0.30	0.50 or more
– Body alignment in hstd and cast to hstd	X	X	
– Adjusted grip position	X		
– Hit on apparatus with feet			0.50
– Hit on mat with feet (<i>fall</i>)			1.00
– Uncharacteristic element (<i>Elements with take off 2 feet or thighs</i>)			0.50
– Poor rhythm in elements	X		
– Insufficient height of flight elements	X	X	
– Under rotation of flight elements	X		
– Insufficient extension in kips	X		
– Intermediate swing			0.50
– Empty swing			0.50
– Angle of Completion of elements	X	X	X
Amplitude of:			
– Swings fwd or bwd under horizontal	X		
– Casts	X	X	
– Excessive flexion of hip joint in the leg tap (<i>DMT</i>)	X	X	

11.7 NOTES

Falls –

Flight Elements

- a) **with** grasp of both hands (*momentary hang or support*) on the bar, the DV is awarded
- b) **without** grasp of both hands on the bar – **No** DV is awarded (*element may be performed again to receive DV*)

Dismounts


- a) No attempt for DMT at all (e.g. )

Evaluation:

- No DV - count 7 elements only (*D- Panel*)
- NO DMT – 0.50 (*D – Panel*)
- Fall -1.00 or apply landing deductions, if no fall (*E- Panel*)

If she remounts to perform DMT then apply deduction for fall (no deduction for “No DMT”)

- b) If the dismount has begun

Example 1:  with initiation of salto (failure to land feet first)

Evaluation:

- No DV - count 7 elements only (*D- Panel*)
- Fall -1.00 (*E- Panel*)

Mounts

- a) Can fulfill CR 1 for flight from HB to LB
- b) Elements performed as mounts can be performed in the exercise (or vice versa) but receive DV only once.

SECTION 12 — Balance Beam

ARTISTRY

Artistic Performance

An artistic performance is one in which the gymnast demonstrates her ability to transform her balance beam exercise from a well-structured composition into a performance. In so doing the gymnast must demonstrate creativity, confidence of performance, personal style and perfect technique.

This is not “what” the gymnast performs, but “How” she performs.

Composition and Choreography

The composition of a balance beam exercise is based on the movement vocabulary, both gymnastic and artistic, of the gymnast, as well as the choreography of these elements in relationship to the Balance Beam, while establishing a strong sense of rhythm and modulation of pace. It is the balancing of elements of difficulty with artistic components in order to create a continuous flow, a cohesive whole.

The design, structure and composition of the exercise includes:

- A rich and varied selection of elements from different structure groups in the table of elements
- Changes of level (*up and down*)
- Changes of direction (*fwd, bwd, swd*)
- Changes of rhythm & tempo
- Creative or original movements and transitions.

This is “what” she performs.

Rhythm & Tempo

The Rhythm and tempo (*speed/pace*) must be varied, sometimes lively, sometimes slow, but predominately dynamic and above all uninterrupted.

The transition between the movements and elements should be smooth and fluent;

- without unnecessary stops or
- prolonged preparatory movements before elements

The exercise should not be a series of disconnected elements.

12.1 General

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

a) Mounts

- If the gymnast on her first attempt touched the springboard, or the apparatus.
 - Deduction - 1.00
 - She must start her exercise
 - No Value will be awarded for the Mount.
 - Deduction for “Mount without DV” will be applied
- A gymnast is permitted a 2nd attempt to mount (*with a penalty*) if she has not touched the springboard or the apparatus.
 - Deduction - 1.00
- A 3rd attempt is not permitted.

D- panel judges will take the deduction from the Final score.

b) Timing

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

- 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 deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 seconds)

- - 0.10

- 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.

c) Fall Timing:

For interruption of the exercise due to a fall from the apparatus, an intermediate time period of 10 seconds is allowed.

- If the gymnast exceeds the allowable time to resume her exercise a - 0.30 P. neutral deduction for excessive time will be applied if the gymnast continues her exercise.

- 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.
- No salute is necessary to resume an exercise from a fall.
- 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 time limit.
- If the gymnast has not resumed within 60 seconds, the exercise will be terminated.

12.2 Content of the Exercise

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

- NO DMT - 0.50 from Final Score (D- Panel)

Within the 8 counting elements there must be a minimum of:

- 3 Dance
 - 3 Acro
- and 2 optional elements

12.3 Composition Requirements (CR) – D- Panel 2.00P.

1. One connection of at least 2 **different** dance elements, 1 being a leap or jump with 180° split (*cross or side*), or straddle position 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

* Flight elements with or without hand support.

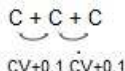
Note:

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

12.4 Connection Value (CV) and Series Bonus (SB) – D- Panel

- a) Connection Value can be awarded for direct connections.
- b) The **CV** will be added into the D- Score.
- c) **Series Bonus** will be awarded for the connection of 3 or more elements.

Formulas for direct connections

ACROBATIC	
0.10	0.20
2 acro flight elements, including mount & min. F dismount All connections must be rebounding*	
C + C B + E	C/D + D (or more) B + D (both elements fwd) B + F
Series Bonus (SB) of + 0.10 P. Will be awarded to dance/mixed and acro series (*rebounding and non-rebounding) of B + B + C in any order, including MT & DMT (min.C), or more in addition to CV Example 1: B + B + C = +0.10 series bonus D + B + C = +0.10 series bonus Example 2:  +0.10 series bonus Total CV + SB = 0.30 To receive the SB: <ul style="list-style-type: none"> • Non-flight acro elements min. B (except "Holds") may be used • The same (flight or non-flight) acro element may be repeated within connection) 	

*Connections with rebounding effect utilize the elasticity of the apparatus and develop speed in one direction.

- Landing (on 2 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 flight element (with/without hand support) on one leg and placing the free leg with an immediate rebound from both legs into the 2nd element.

DANCE & MIXED (acro – flight elements only), excluding dismount	
0.1	0.2
C + C or more (dance) A + C (turns only) B + D (mixed) D + A (Salto to 1 foot scale) (This order & no step is permitted)	D + D or more

Note: Turns may be performed on the same support leg (brief demi-plié is permitted), or with step into turn on opposite leg (demi-plié on one or both feet is NOT permitted)

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

may be performed a 2nd time in the exercise to receive CV and SB, but may not be performed a 2nd time to receive CR.

12.5 Artistry & Composition Deductions (E- Panel)

Faults	0.10	0.30	0.50
Artistry of Performance			
– Insufficient artistry of performance throughout the exercise including:			
• Confidence	X		
• Personal style	X		
– Rhythm & Tempo			
• Insufficient variation in rhythm & tempo in movements (<i>no DV</i>)	X		
• Performance of the entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>)	X		
Composition			
– Mount without DV (<i>All mounts without DV will be commonly recognized as “A” except straddle over to sit or squat on</i>)	X		
– Insufficient use of entire apparatus:			
• Insufficient use of entire length of beam	X		
• Lack of side movements (<i>NO DV</i>)	X		
• Missing combination of movements/elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam (<i>element not necessary</i>)	X		
– Insufficient Complexity or creativity in the movements (<i>A complex and creative movement is one that requires training time, coordination and previous preparation</i>)	X		
– One-sided use of elements:			
• More than one ½ turn on 2 feet with straight legs throughout exercise	X		

12.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Poor rhythm in connection (<i>with DV</i>)	ea X		
Excessive preparation			
– Adjustment (<i>unnecessary steps & movements</i>)	ea X		
– Excessive arm swing before dance elements	ea X		
– Pause (apply at 2 sec.)	ea X		
Poor body posture/amplitude throughout (<i>maximum elongation of the body movements</i>)			
– Head, trunk, shoulder and arm positions	X		
– Feet not pointed/relaxed/turned in	X		
– Lack of work in relevé	X		
– Insufficient amplitude of leg swings/kicks	X		
– 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			X
– Additional movements to maintain balance	X	X	X

*Dismount:

- a) If the salto for the dismount has **not** begun (*no initiation of rotation*) and a fall occurs


Example 1:  jump off BB:

Evaluation:

- No DV – count 7 elements only (*D- Panel*)
- No DMT–0.50 (*D - Panel*)
- Fall -1.00 or apply landing deductions if no fall (*E- Panel*)

If she remounts to perform DMT then apply deduction for fall (no deduction for “No DMT”)

- b) 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 DV – count 7 elements only (*D- Panel*)
- Fall – 1.00 (*E- Panel*)

12.7 NOTES

Falls – Acro and Dance Elements


Acro and Dance Elements must return to the beam with foot or torso in order to be awarded difficulty.

- a) **with** a landing on 1 or 2 feet or in prescribed position on the beam – the DV is awarded
- b) **without** a landing on 1 or 2 feet or in prescribed position on the beam – **No** DV is awarded (*element may be performed again to receive DV*)

Mounts

- a) Only one acro element may precede the mount
- b) Some elements listed as mounts (*rolls, handstands and holds*) can be performed in the exercise (*or vice-versa*) but receive DV only once.

Holds

- a) 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 the Code, award 1 DV lower or no DV. (*HSTD or hold position should be completed*).
- b) For CR, CV and SB “Hold” acro elements (*with flight*) may be used as the last element in an Acro series or mixed connection.
- c)  will be credited 1 DV lower if the handstand is **NOT** held for 2 seconds
 - If the gymnast performs the same element again in the exercise and holds the HSTD position for 2 sec. – No DV awarded

Onodi Tic Toc

- Can only be used as the last element to fulfill CR of acro series and for CV
- Can be used anywhere for Series Bonus
- Will be considered the same element as Onodi

Specific Elements

-  hands must land in cross position.



Hands placed together in Cross position – Correct



If front hand completed turn – Apply deductions for Precision



Hands in Side Position – Apply deductions for Precision

SECTION 13 — Floor Exercise

ARTISTRY

Artistic Performance

An artistic performance is one in which the gymnast demonstrates her ability to transform her floor exercise routine from a well-structured composition into an artistic performance. In so doing the gymnast must demonstrate a strong choreographic flow, artistry, expressiveness, musicality and perfect technique.

The main objective is to create and present a unique and well-balanced artistic gymnastic composition by combining the body movements and expression of the gymnast harmoniously with the theme and character of the music

Composition and Choreography

The composition of a floor exercise is based on the movement vocabulary of the gymnast, as well as the **choreography** of those elements and movements, that is, the mapping out of the body's movements, both gymnastic and artistic, over space and time in relationship to the floor exercise area and in harmony with the selected music.

The choreography should be developed such that one movement flows smoothly into the next with contrasts in the speed and intensity.

Creative choreography that is the originality of the composition of elements and movements, means that the exercise has been constructed and is performed using new ideas, forms, interpretations and originality, thereby avoiding copying and monotony.

The design, structure and composition of the exercise includes:

- A rich and varied selection of elements from different structure groups in the table of elements
- Changes of level (up and down)
- Changes of direction (fwd, bwd, swd and curves)
- Creative or original movements, connections and transitions into acro lines.

This is **“what”** the gymnast performs.

Expression

Expression can be defined generally as the attitude and range of emotion exhibited by the gymnast with both her face and through her body. This includes how a gymnast generally presents herself and connects with the jury and public, as well as her ability to control/manage her expression during the performance of the most difficult and complex movements. It is also her ability to play a role or a character throughout the performance. In addition to the technical execution, artistic harmony and feminine grace must also be considered.

It is not only **“what”** the gymnast performs, but also **“how”** she performs her routine.

Music

The music must be flawless, without any abrupt cuts, and must contribute a sense of unity to the overall composition and performance of the exercise.

It should flow and must have a clear start and clear finish. The chosen music must also help to highlight the unique characteristics and style of the gymnast. The character of the music should provide the guiding idea/theme of the composition.

- There must be a direct correlation between the movements and the music. The accompaniment should be personalized to the gymnast and must contribute to the overall artistry and perfection of her performance.

Musicality

Musicality is the ability of the gymnast to interpret the music and to demonstrate not only its rhythm and speed, but its flow, shape, intensity and passion.

The music must support the performance and through her movements, the gymnast, must convey the theme of the music to the audience and jury.

13.1 General

a) CD Requirements

- The floor exercise music CD will be given to the competition administration. Each CD will be timed; said time will be approved by the administration and the delegation head coach.
- The following must be written on the CD:
 - The name of the gymnast and the 3 capitalized letters used by FIG for the country code
 - The name of the composer and of the title of the music.
- The musical accompaniment with orchestration, piano or other instruments must be recorded.
 - A signal or tone may be used at the beginning of the recording. However, the name of the gymnast may **not** be spoken.
 - The human voice may be used as a musical instrument without word/s
 - Examples of the ' human voice' as an acceptable instrument are: humming, vocalizing without words, whistling, chanting.
 - Absence of music or music with words – 1.00

Note: Taken by the D- Panel from the Final Score.

In case of doubt Federation/gymnast may submit music to the WTC for evaluation

b) Timing

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 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 must end with the music.
- The deduction for overtime will be taken if the exercise is more than 1:30 minute (90 sec.). – 0.10
- Elements performed after the 90 sec. time limit will be recognized by the D- Panel and evaluated by the E- Panel.

c) Border Markings

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

- One step or landing outside of the boundary with a foot or hand – 0.10
- Step(s) outside with both feet, both hands or a body part or landing with both feet outside – 0.30

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.

13.2 Content of the Exercise

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

- NO DMT - 0.50 from Final Score (D- Panel)

Within the 8 counting elements there must be a minimum of:

- 3 Dance
 - 3 Acro
- and 2 optional elements

The dismount is the last counting acro Line (*credit highest DV*)

- No DMT will be credited if only one acro Line is performed

a) Acro Lines

- The maximum number of acro Lines is 4.
- Any difficulty in additional acro Line(s) will not be counted for DV.
- Any acro element performed after the last counting acro Line will not be counted for DV.
- An acro line consists of a minimum of 2 directly connected flight elements one of which must be a salto.
 - Failure to land on the feet first from a salto will still be considered an acro Line

13.3 Composition Requirements (CR) – D- Panel 2.00

1. A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly (*with running steps, small leaps, hops, chassé, chainé turns*), one of them with 180° cross/side split or straddle position
(The objective is to create a large flowing and traveling movement pattern) award 0.50
 - 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. Salto with LA turn (min. 360°) award 0.50
3. Salto with double BA award 0.50
4. Salto bwd and salto fwd (*no aeri*als) in the same or different acro line award 0.50

Note: CR 2, 3 and 4 must be performed within Acro line.

13.4 Connection Value (CV) – D- Panel

Connection Value can be awarded for indirect (acrobatic) and direct (acrobatic, mixed, turns) connections.

The CV will be added into the D- Score.

Formulas for indirect and direct connections

INDIRECT ACROBATIC	
0.10	0.20
B/C + D	C + E D + D
A + A + D	A + A + E
DIRECT ACROBATIC	
A + D	A + E
C + C	C + D
MIXED	
D salto + B (dance) E salto + A (dance) <i>(this order only)</i>	
CONNECTION of TURNS on ONE LEG	
D + B B + B (no step)	Note: Turns may be performed on the same support leg <i>(brief demi-plié on support leg is permitted),</i> or with step into turn on opposite leg <i>(no demi-plié is permitted)</i>

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

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

13.5 Artistry & Composition Deductions (E- Panel)

Faults	0.10	0.30	0.50
Artistry of Performance			
– Insufficient artistry of performance throughout the entire exercise			
• Lack of Expressiveness	X		
• Inappropriate gesture or facial expression (mimic) not corresponding to the music or to the movements	X		
• Failure to engage the audience	X		
– Inability to reflect musical theme, to play a role or a character throughout the performance	X		
– Performance of the entire exercise as a series of disconnected elements & movements	X		
Composition			
– Incorrect selection of movements for particular music <i>Example: “Tango” music, but “Polka” movements</i>	X	X	
– Insufficient Complexity or creativity of movements <i>(A complex and creative movement is one that requires training time, coordination and previous preparation)</i>	X		
– Missing movement touching floor (including min. trunk, or thigh, or knee or head)	X		
Music and Musicality			
– Editing of music (e.g. no opening, ending, or accents)			
• No structure to the music	X		
– Musicality			
• Lack of synchronization between movement and musical beat during a part of the exercise		X	
• Lack of synchronization between movement and musical beat at the end of exercise	X		
• Background music <i>(the exercise is connected to the music only at the beginning and end of the exercise)</i>			X

13.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Excessive preparation:			
• Pause (apply at 2 sec.)	ea X		
• Adjustment (unnecessary steps)	ea X		
• Excessive arm swing before dance elements	ea X		
– Poor Body posture/ Amplitude (<i>maximum elongation of the body movements</i>) throughout			
• Head, trunk, shoulder and arm positions	X		
• Feet not pointed/relaxed/ turned in/flat	X		
• Insufficient amplitude of leg swings/kicks	X		
– Distribution of elements			
• Exercise starts immediately with an acro line/ acro element	X		
• Subsequent acro line performed after previous line along the same diagonal without choreography in between <i>(long acro line allowed)</i>	ea X		
• More than 1 Subsequent acro line	ea X		
• Exercise ends with acro element <i>(no choreography after last acro)</i>	X		
• Lack of variety in choreography into corners	X		

Acro Lines & Dismounts

Example 1

love love & love X-

Only one acro Line

Evaluation:

- No DV – count max. 7 elements (D- Panel)
- No DMT – 0.50 (D- Panel)
- Apply landing deductions (E- Panel)

Example 2 a)  or b) 

Only one acro Line

Evaluation:


- No DV – count max.7 elements (*D- Panel*)
- No DMT – 0.50 (*D- Panel*)
- Landing deductions (*E- Panel*)

Example 3 

Two acro Lines

Evaluation:


- Credit DMT (*D- Panel*)

Example 4 

The gymnast fails to land feet first in the 2nd acro Line:

Evaluation:

- No DV – count max. 7 elements (*D- Panel*)
- Fall - 1.00 (*E- Panel*)

Example 5 
D + D + X (not completed)

With repetition of the same element

Evaluation:

- No DV – count max. 7 elements (*D- Panel*)
- Apply landing deductions if necessary (*E- Panel*)

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PART IV

TABLES OF ELEMENTS

Janssen-Fritsen presents:

Free Exercise Floor Apollo Antwerp

Springboard Kreon Gold

Springboard Iris Silver

The new Pegases



Official partner FIG

www.janssen-fritsen.com


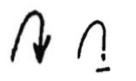
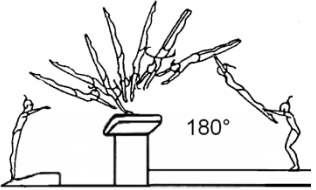
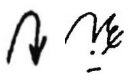
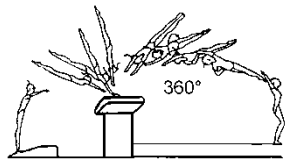
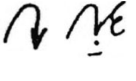
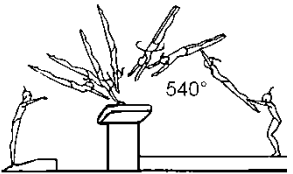
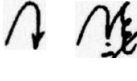
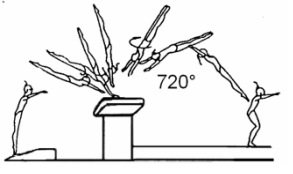
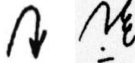
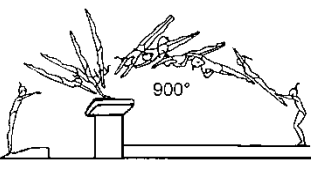

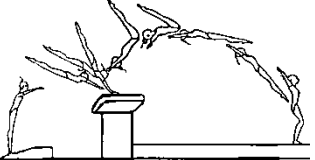
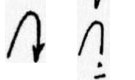
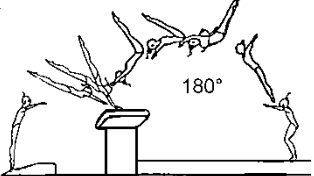
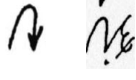
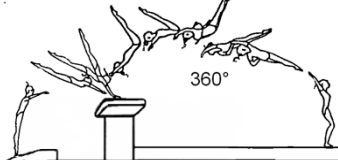
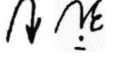


**janssen
fritsen**

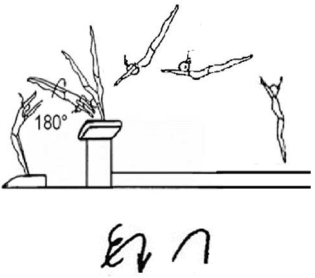
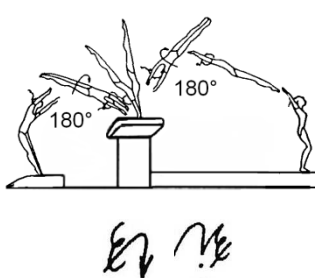
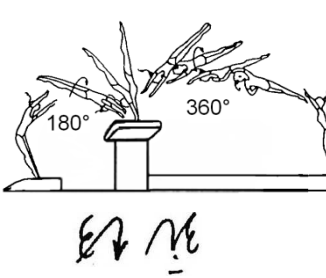
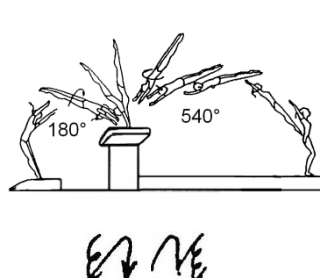
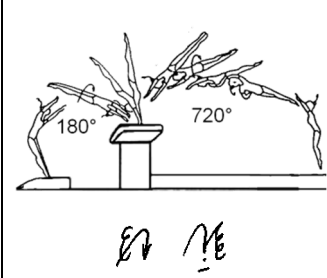
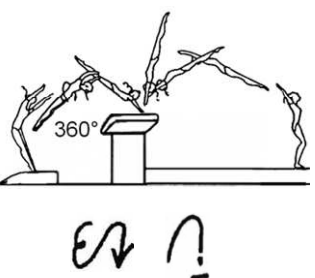
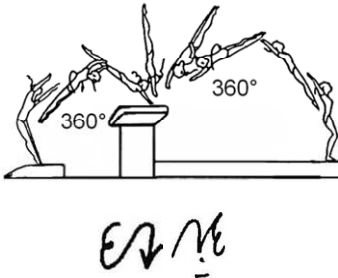


Vault Table — Elements



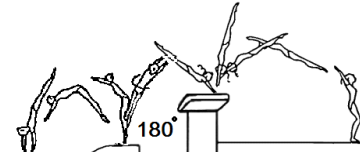
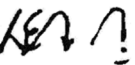
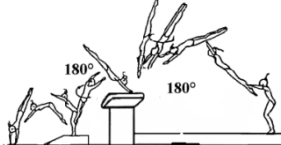
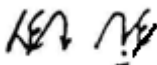
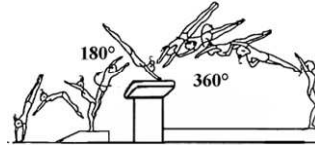
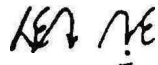
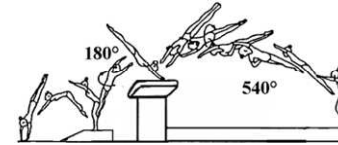
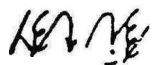
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

<p>1.00 <i>Handspring fwd</i></p> <p style="text-align: right;">2.00 P.</p>  	<p>1.01 <i>Handspring fwd on – ½ turn (180°) off</i></p> <p style="text-align: right;">2.40P.</p>  	<p>1.02 <i>Handspring fwd on – 1/1 turn (360°) off</i></p> <p style="text-align: right;">3.00 P.</p>  	<p>1.03 <i>Handspring fwd on – 1½ turn (540°) off</i></p> <p style="text-align: right;">3.60 P.</p>  	<p>1.04 <i>Handspring fwd on – 2/1 turn (720°) off</i></p> <p style="text-align: right;">4.00 P.</p>  	<p>1.05 <i>Handspring fwd on – 2½ turn (900°) off</i></p> <p style="text-align: right;">4.40 P.</p>  
<p>1.10 <i>Yamashita</i></p> <p style="text-align: right;">2.40 P.</p>  	<p>1.11 <i>Yamashita with ½ turn (180°) off</i></p> <p style="text-align: right;">2.80 P.</p>  	<p>1.12 <i>Yamashita with 1/1 turn (360°) off</i></p> <p style="text-align: right;">3.20 P.</p>  	<p>1.13</p>	<p>1.14</p>	<p>1.15</p>

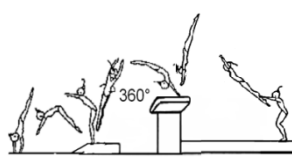
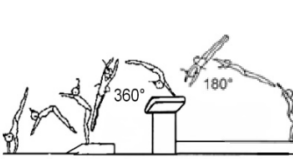
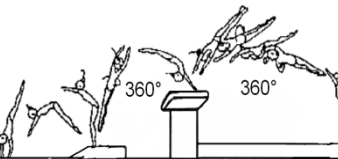
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

<p>1.20 Handspring fwd with ½ turn (180°) on – repulsion off</p> <p style="text-align: right;">2.00 P.</p> 	<p>1.21 Handspring fwd with ½ turn (180°) on – ½ turn (180°) off (in either direction)</p> <p style="text-align: right;">2.80 P.</p> 	<p>1.22 Handspring fwd with ½ turn (180°) on – 1/1 turn (360°) off</p> <p style="text-align: right;">3.00 P.</p> 	<p>1.23 Handspring fwd with ½ turn (180°) on – 1½ turn (540°) off</p> <p style="text-align: right;">3.60 P.</p> 	<p>1.24 Handspring fwd with ½ turn (180°) on – 2/1 turn (720°) off</p> <p style="text-align: right;">4.00 P.</p> 	<p>1.25</p>
<p>1.30 Handspring fwd with 1/1 turn (360°) on – Handspring fwd off</p> <p style="text-align: right;">3.60 P.</p> 	<p>1.31 Handspring fwd with 1/1 turn (360°) on – 1/1 turn (360°) off</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>

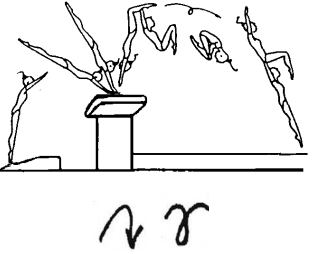
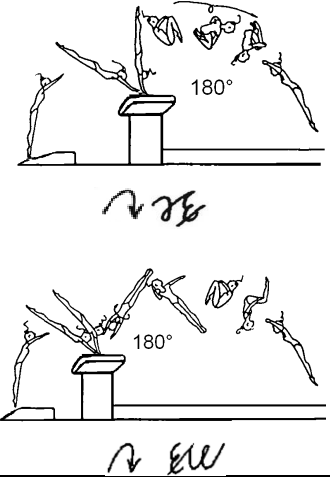
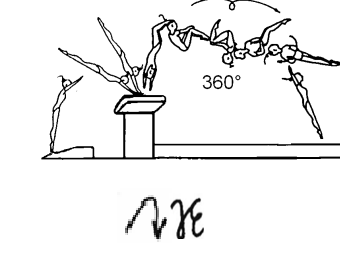
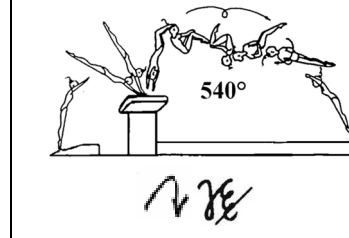
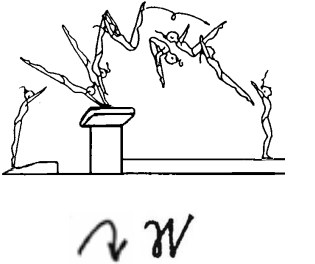
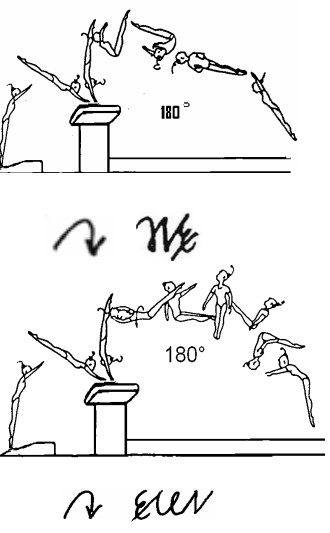
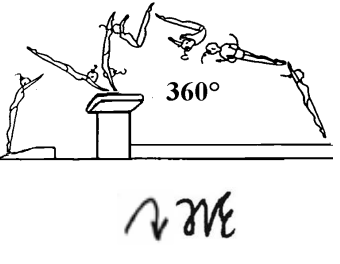
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

<p>1.40 Round-off, flic-flac on – repulsion off</p> <p style="text-align: right;">2.40 P.</p>  	<p>1.41</p>	<p>1.42</p>	<p>1.43</p>	<p>1.44</p>	<p>1.45</p>
<p>1.50 Round-off, flic-flac with ½ turn (180°) on – Handspring fwd off</p> <p style="text-align: right;">2.60 P.</p>  	<p>1.51 Round-off, flic-flac with ½ turn (180°) on – ½ turn (180°) off</p> <p style="text-align: right;">3.00 P.</p>  	<p>1.52 Round-off, flic-flac with ½ turn (180°) on – 1/1 turn (360°) off</p> <p style="text-align: right;">3.40 P.</p>  	<p>1.53 Round-off, flic-flac with ½ turn (180°) on – 1½ turn (540°) off</p> <p style="text-align: right;">3.80 P.</p>  	<p>1.54</p>	<p>1.55</p>

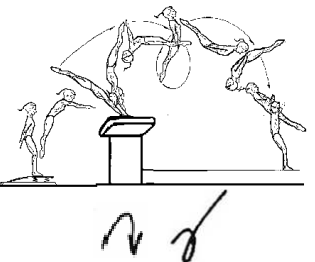
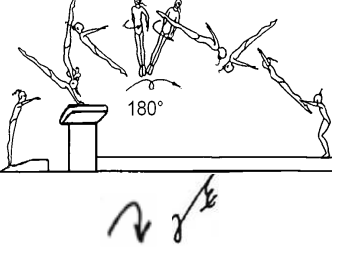
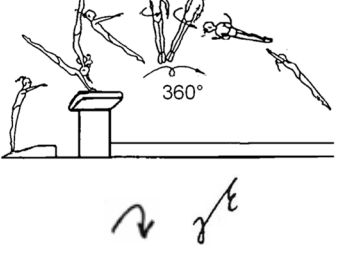
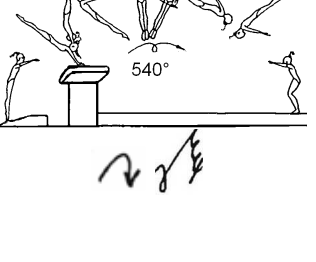
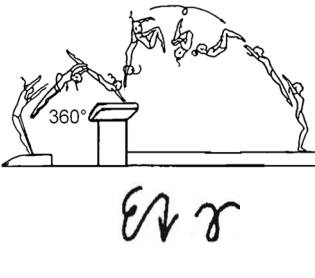
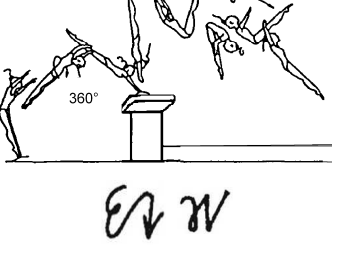
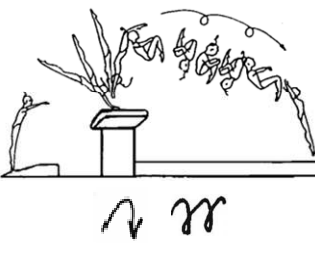
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

<p>1.60 Round-off, flic-flac with 1/1 turn (360°) on – Repulsion off</p> <p style="text-align: right;">2.80 P.</p>  <p style="text-align: center;">REV 1</p>	<p>1.61 Round-off, flic-flac with 1/1 turn (360°) on – ½ turn (180°) off</p> <p style="text-align: right;">3.20 P.</p>  <p style="text-align: center;">REV 1/2</p>	<p>1.62 Round-off, flic-flac with 1/1 turn (360°) on – 1/1 turn (360°) off</p> <p style="text-align: right;">3.80 P.</p>  <p style="text-align: center;">REV 1/1</p>	<p>1.63</p>	<p>1.64</p>	<p>1.65</p>
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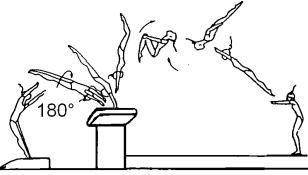

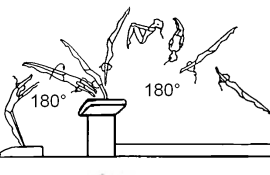

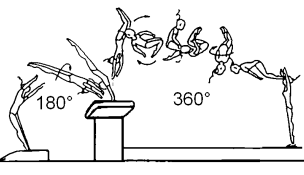

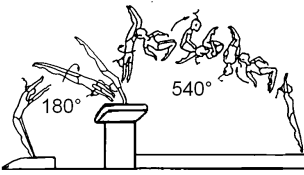
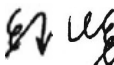
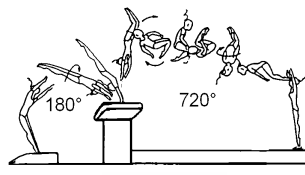

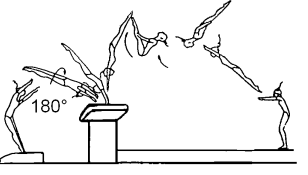

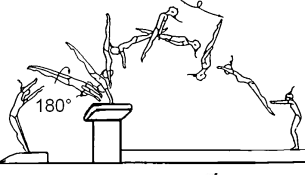
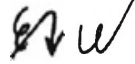
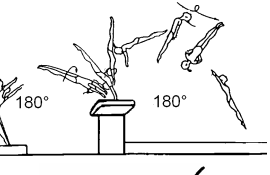
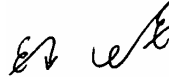
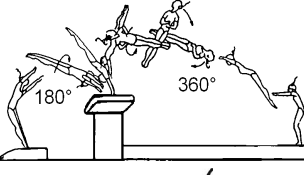

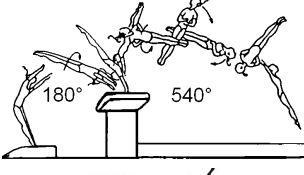
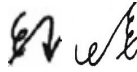
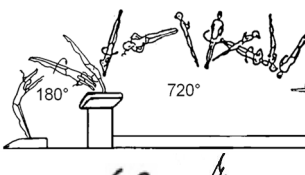
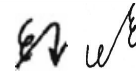
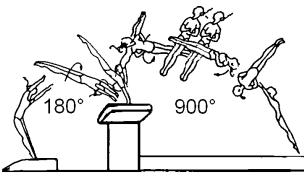
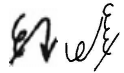
GROUP 2 — HANDSPRING FWD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

<p>2.10 Handspring fwd on – tucked salto fwd off</p> <p>4.00 P.</p> 	<p>2.11 Handspring fwd on – tucked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and tucked salto bwd off</p> <p>4.40 P.</p> 	<p>2.12 Handspring fwd on – tucked salto fwd with 1/1 turn (360°) off</p> <p>4.80 P.</p> 	<p>2.13 Handspring fwd on – tucked salto fwd with 1½ turn (540°) off</p> <p>5.20 P.</p> 	<p>2.14</p>	<p>2.15</p>
<p>2.20 Handspring fwd on – piked salto fwd off</p> <p>4.20 P.</p> 	<p>2.21 Handspring fwd on – piked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and piked salto bwd off</p> <p>4.60 P.</p> 	<p>2.22 Handspring fwd on – piked salto fwd with 1/1 turn (360°) off</p> <p>5.00 P.</p> 	<p>2.23</p>	<p>2.24</p>	<p>2.25</p>

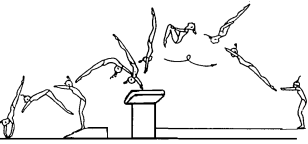
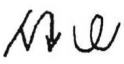
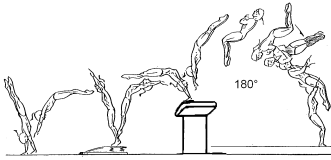
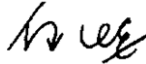
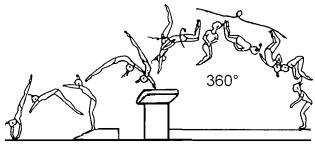
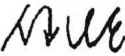
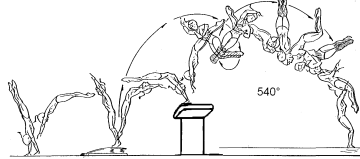
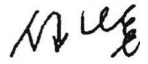
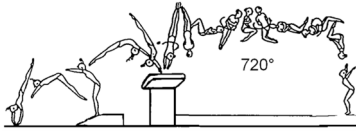
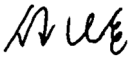
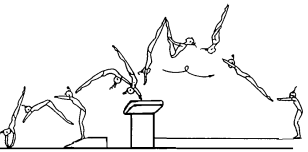

GROUP 2 — HANDSPRING FWD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

<p>2.30 Handspring fwd on – stretched salto fwd off</p> <p style="text-align: right;">4.60 P.</p> 	<p>2.31 Handspring fwd on – stretched salto fwd with ½ turn (180°) off</p> <p style="text-align: right;">5.00 P.</p> 	<p>2.32 Handspring fwd on – stretched salto fwd with 1/1 turn (360°) off</p> <p style="text-align: right;">5.40 P.</p> 	<p>2.33 Handspring fwd on – stretched salto fwd with 1½ turn (540°) off</p> <p style="text-align: right;">5.80 P.</p> 	<p>2.34</p>	<p>2.35</p>
<p>2.40 Handspring fwd with 1/1 turn (360°) on – tucked salto fwd off</p> <p style="text-align: right;">5.20 P.</p> 	<p>2.41 Handspring fwd with 1/1 turn (360°) on – piked salto fwd off</p> <p style="text-align: right;">5.60 P.</p> 	<p>2.42</p>	<p>2.43</p>	<p>2.44</p>	<p>2.45</p>
<p>2.50 Handspring fwd on – tucked double salto fwd off</p> <p style="text-align: right;">6.40 P.</p> 	<p>2.51</p>	<p>2.52</p>	<p>2.53</p>	<p>2.54</p>	<p>2.55</p>

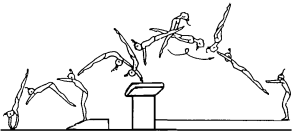
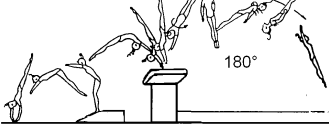
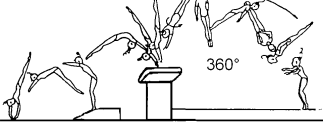
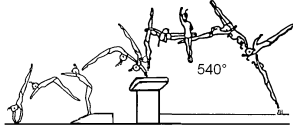
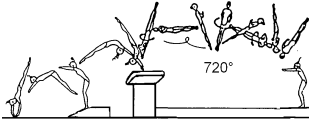

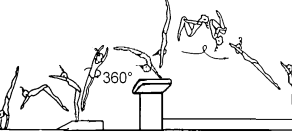
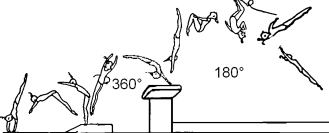
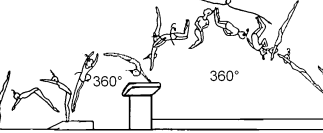
GROUP 3 — HANDSPRING WITH 1/4 - 1/2 TURN (90°-180°) IN 1ST FLIGHT PHASE (TSUKAHARA) – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

<p>3.10 Tsukahara tucked 3.50 P.</p>  <p>180°</p> 	<p>3.11 Tsukahara tucked with 1/2 turn (180°) off 3.80 P.</p>  <p>180° 180°</p> 	<p>3.12 Tsukahara tucked with 1/1 turn (360°) off 4.10 P.</p>  <p>180° 360°</p> 	<p>3.13 Tsukahara tucked with 1 1/2 turn (540°) off 4.40 P.</p>  <p>180° 540°</p> 	<p>3.14 Tsukahara tucked with 2/1 turn (720°) off 4.90 P.</p>  <p>180° 720°</p> 	<p>3.15</p>
<p>3.20 Tsukahara piked 3.70 P.</p>  <p>180°</p> 	<p>3.21</p>	<p>3.22</p>	<p>3.23</p>	<p>3.24</p>	<p>3.25</p>
<p>3.30 Tsukahara stretched 4.20 P.</p>  <p>180°</p> 	<p>3.31 Tsukahara stretched with 1/2 turn (180°) off 4.40 P.</p>  <p>180° 180°</p> 	<p>3.32 Tsukahara stretched with 1/1 turn (360°) off 4.80 P.</p>  <p>180° 360°</p> 	<p>3.33 Tsukahara stretched with 1 1/2 turn (540°) off 5.20 P.</p>  <p>180° 540°</p> 	<p>3.34 Tsukahara stretched with 2/1 turn (720°) off 5.60 P.</p>  <p>180° 720°</p> 	<p>3.35 Tsukahara stretched with 2 1/2 turn (900°) off 6.00 P.</p>  <p>180° 900°</p> 

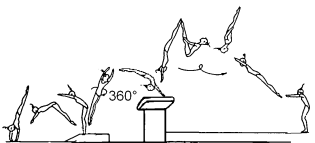
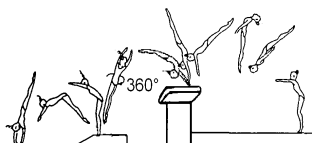
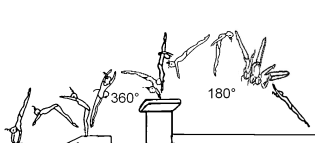
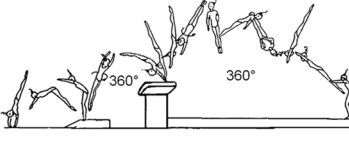
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

<p>4.10 Round-off, flic-flac on – tucked salto bwd off</p> <p style="text-align: right;">3.30 P.</p>  	<p>4.11 Round-off, flic-flac on – tucked salto bwd with ½ turn (180°) off</p> <p style="text-align: right;">3.60 P.</p>  	<p>4.12 Round-off, flic-flac on - tucked salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;">3.90 P.</p>  	<p>4.13 Round-off, flic-flac on – tucked salto bwd with 1½ turn (540°) off</p> <p style="text-align: right;">4.20 P.</p>  	<p>4.14 Round-off, flic-flac on – tucked salto bwd with 2/1 turn (720°) off</p> <p style="text-align: right;">4.70 P.</p>  	<p>4.15</p>
<p>4.20 Round-off, flic-flac on – piked salto bwd off</p> <p style="text-align: right;">3.50 P.</p>  	<p>4.21</p>	<p>4.22</p>	<p>4.23</p>	<p>4.24</p>	<p>4.25</p>

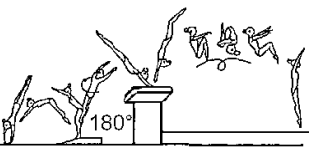
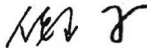
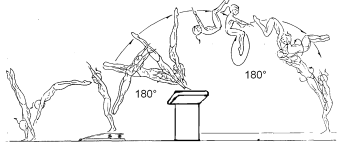
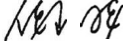
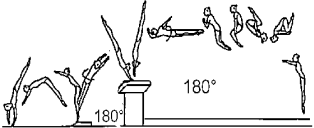
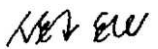
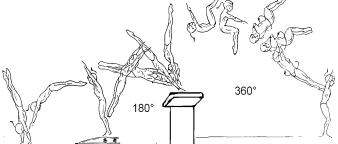
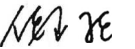
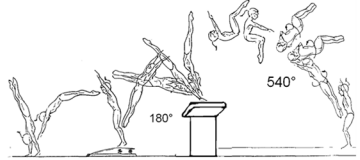
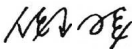
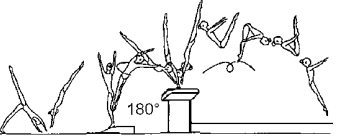
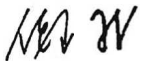
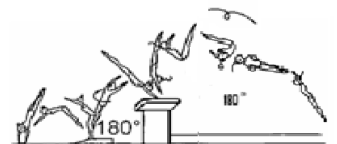
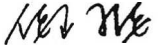
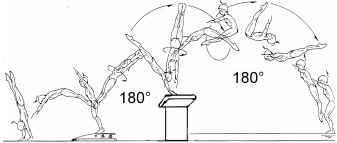
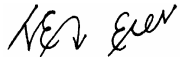
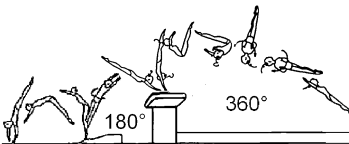
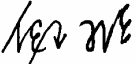
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

<p>4.30 Round-off, flic-flac on – stretched salto bwd off</p> <p style="text-align: right;">4.00 P.</p>  <p style="text-align: center;"><i>NW</i></p>	<p>4.31 Round-off, flic-flac on – stretched salto bwd with ½ turn (180°) off</p> <p style="text-align: right;">4.20 P.</p>  <p style="text-align: center;"><i>NW 1/2</i></p>	<p>4.32 Round-off, flic-flac on – stretched salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>NW 1</i></p>	<p>4.33 Round-off, flic-flac on – stretched salto bwd with 1½ turn (540°) off</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;"><i>NW 1 1/2</i></p>	<p>4.34 Round-off, flic-flac on – stretched salto bwd with 2/1 turn (720°) off</p> <p style="text-align: right;">5.40 P.</p>  <p style="text-align: center;"><i>NW 2</i></p>	<p>4.35 Round-off, flic-flac on – stretched salto bwd with 2½ turn (900°) off</p> <p style="text-align: right;">5.80 P.</p>  <p style="text-align: center;"><i>NW 2 1/2</i></p>
<p>4.40 Round-off, flic-flac with ¾ turn (270°) on – tucked salto bwd off</p> <p style="text-align: right;">4.00 P.</p>  <p style="text-align: center;"><i>N 3/4</i></p>	<p>4.41 Round-off, flic-flac with ¾ turn (270°) on – tucked salto bwd with ½ turn (180°) off</p> <p style="text-align: right;">4.40 P.</p>  <p style="text-align: center;"><i>N 3/4 1/2</i></p>	<p>4.42 Round-off, flic-flac with ¾ turn (270°) on – tucked salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>N 3/4 1</i></p>	<p>4.43</p>	<p>4.44</p>	<p>4.45</p>

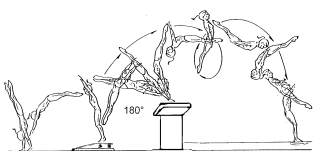

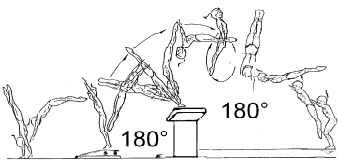

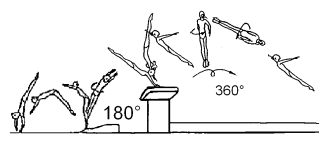
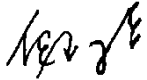
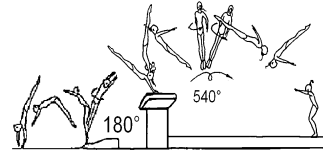
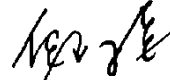
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

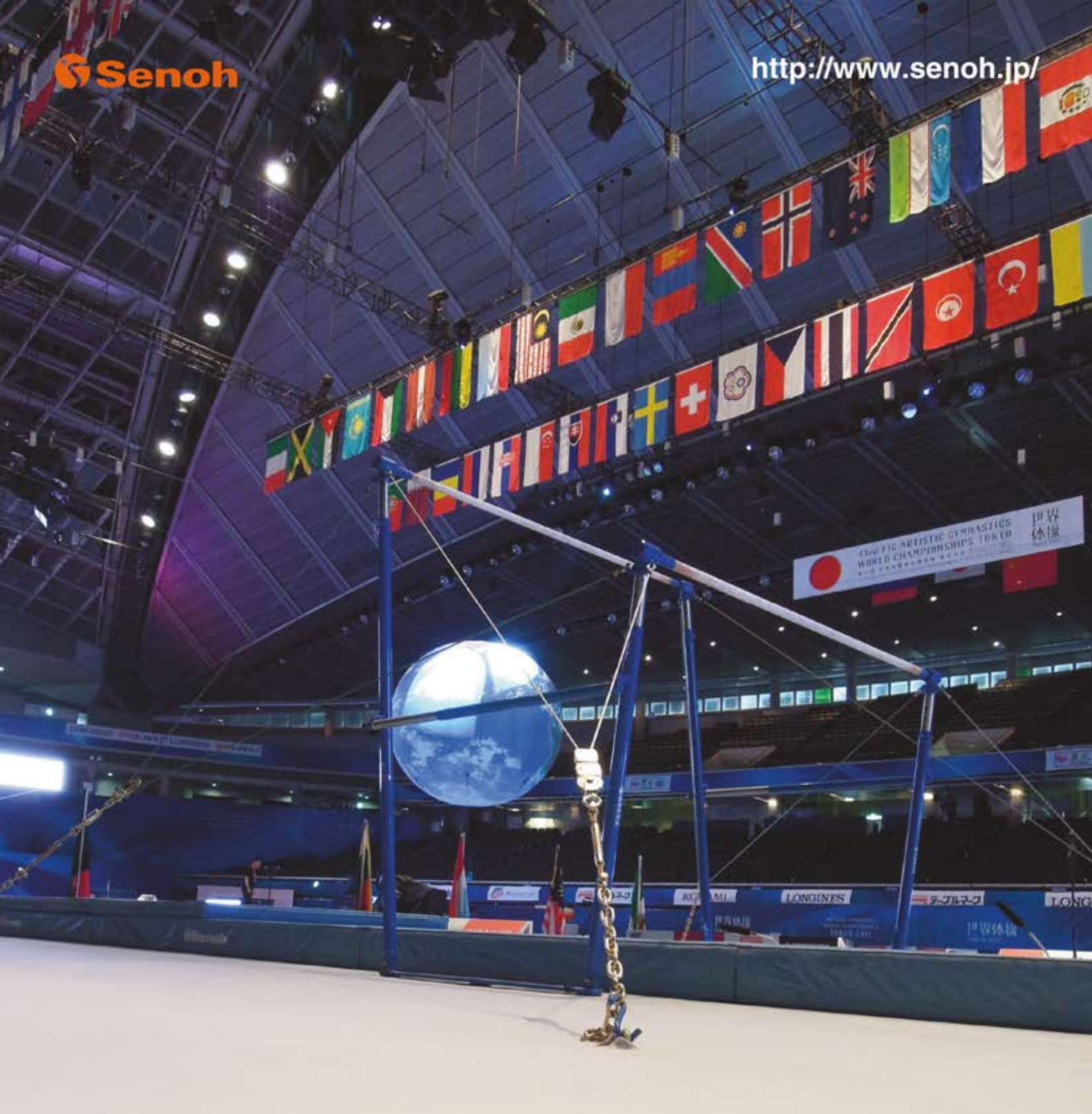
<p>4.50 Round-off, flic-flac ¼ turn (270°) on – piked salto bwd off</p> <p style="text-align: right;">4.20 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N62 W</i></p>	<p>4.51 Round-off, flic-flac with ¼ turn (270°) on – stretched salto bwd off</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N62 W</i></p>	<p>4.52 Round-off, flic-flac with ¼ turn (270°) on – stretched salto bwd with ½ turn (180°) off</p> <p style="text-align: right;">5.00</p>  <p style="text-align: center;"><i>Handwritten notation: N62 W 1/2</i></p>	<p>4.53 Round-off, flic-flac with ¼ turn (270°) on – stretched salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;">5.40 P.</p>  <p style="text-align: center;"><i>Handwritten notation: N62 W 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/WITHOUT TURN IN 2ND FLIGHT PHASE

<p>5.10 Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd off</p> <p style="text-align: right;">4.20 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.11 Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and tucked salto bwd off</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;">180° 180°</p>   <p style="text-align: center;">180° 180°</p> 	<p>5.12 Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd with 1/1 turn (360°) off</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;">180° 360°</p> 	<p>5.13 Round-off flic-flac with ½ turn (180°) - tucked salto fwd with 1½ turn (540°) off</p> <p style="text-align: right;">5.40 P.</p>  <p style="text-align: center;">180° 540°</p> 	<p>5.14</p>	<p>5.15</p>
<p>5.20 Round-off, flic-flac with ½ turn (180°) on – piked salto fwd off</p> <p style="text-align: right;">4.40 P.</p>  <p style="text-align: center;">180°</p> 	<p>5.21 Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and piked salto bwd off</p> <p style="text-align: right;">4.80 P.</p>  <p style="text-align: center;">180° 180°</p>   <p style="text-align: center;">180° 180°</p> 	<p>5.22 Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with 1/1 turn (360°) off</p> <p style="text-align: right;">5.20 P.</p>  <p style="text-align: center;">180° 360°</p> 	<p>5.23</p>	<p>5.24</p>	<p>5.25</p>

GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

<p>5.30 Round-off, flic-flac with ½ turn (180°) on – stretched salto fwd off</p> <p style="text-align: right;">4.80 P.</p>  	<p>5.31 Round-off, flic-flac with ½ turn (180°) on – salto fwd stretched with ½ turn (180°) off</p> <p style="text-align: right;">5.20 P.</p>  	<p>5.32 Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1/1 turn (360°) off</p> <p style="text-align: right;">5.60 P.</p>  	<p>5.33 Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1½ turn (540°) off</p> <p style="text-align: right;">6.00 P.</p>  	<p>5.34</p>	<p>5.35</p>
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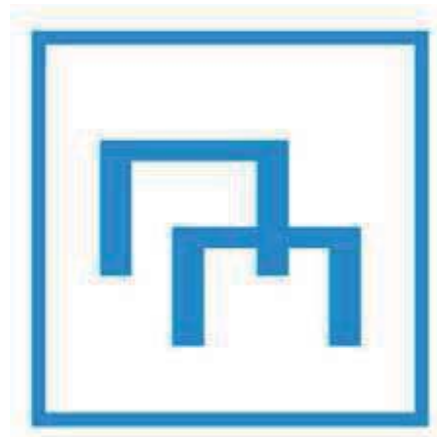


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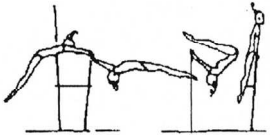
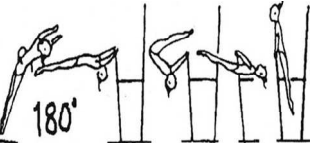
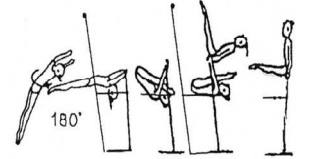
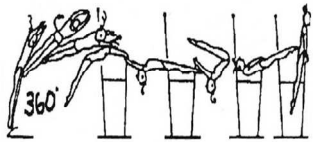
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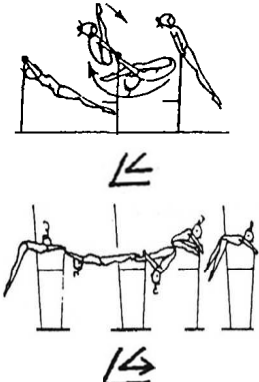
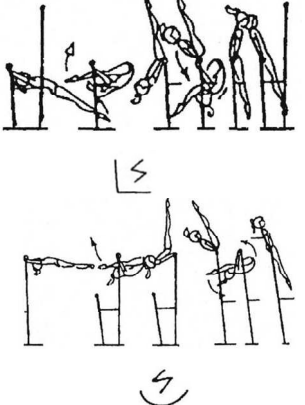
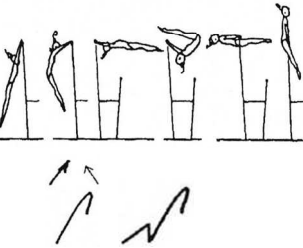
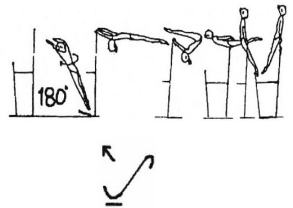
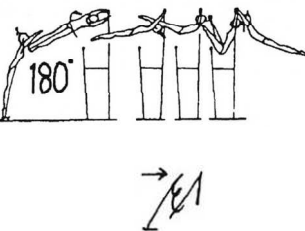
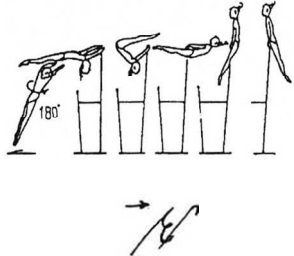


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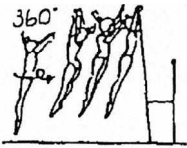

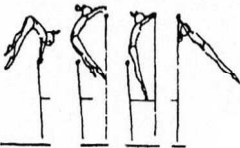

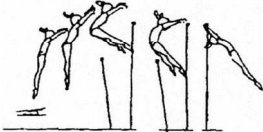

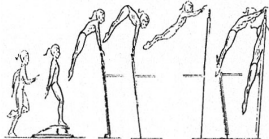



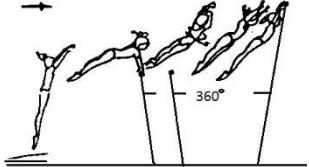

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 Glide Kip to support on LB, or Glide with ½ turn (180°) kip to support on LB</p>  <p style="text-align: center;">L L_u</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 style="text-align: center;">U L</p> <p>Jump with ½ turn (180°) stoop through to rear support on LB (back kip)</p>  <p style="text-align: center;">U L</p>	<p>1.202 Jump with 1/1 turn (360°) and Glide kip to support on LB</p>  <p style="text-align: center;">→ U L</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>


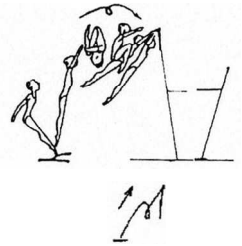
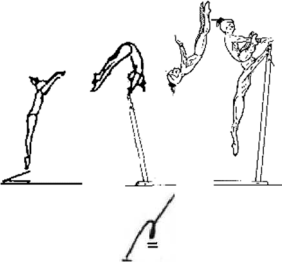
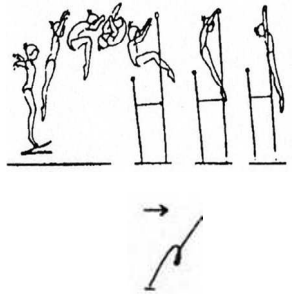
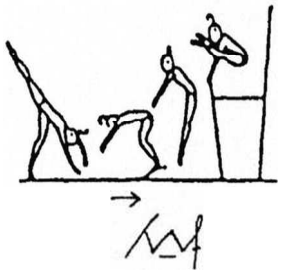
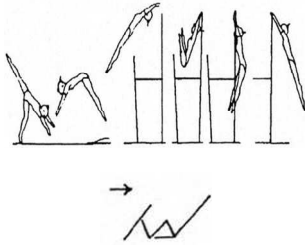
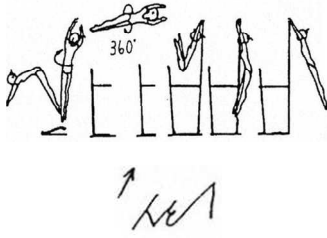
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.103 Glide on LB (or swing fwd on HB) and stoop through to rear support (back kip); or 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>



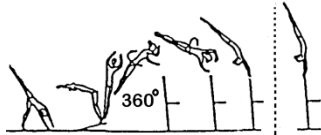
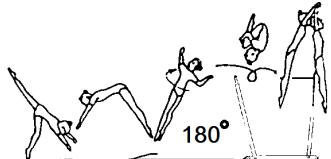
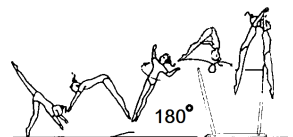
1.000 — MOUNTS

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 Free stretch jump over LB with legs together to hang on HB</p>  	<p>1.406 Hecht jump (legs together) with hand repulsion and 1/1 turn (360°) over LB to hang on HB</p>  <p>360°</p> 	<p>1.506</p>	<p>1.606</p>

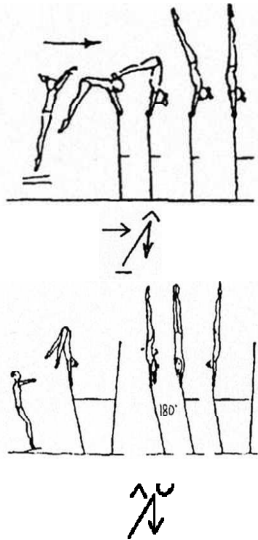
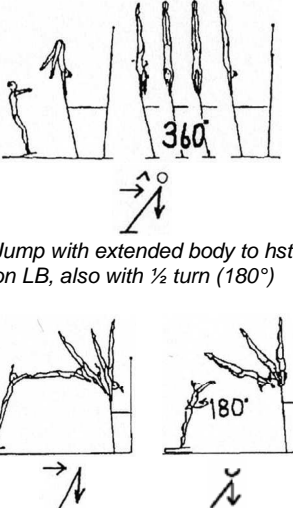
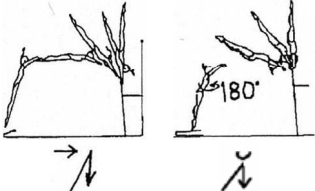
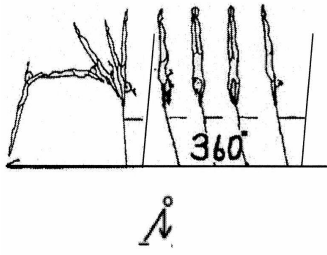
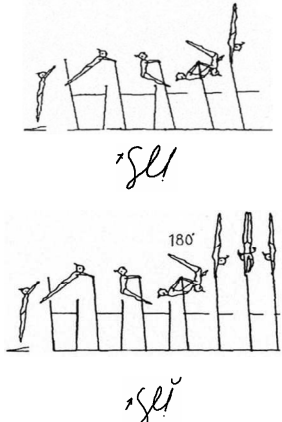
1.000 — MOUNTS

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>

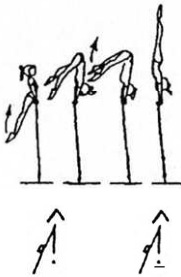
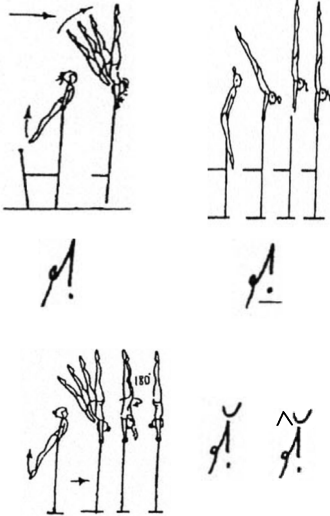
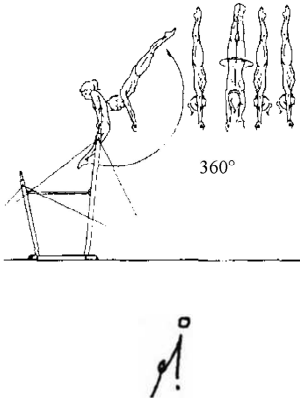
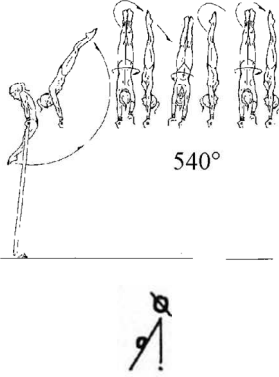
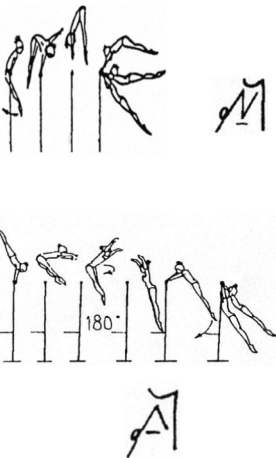
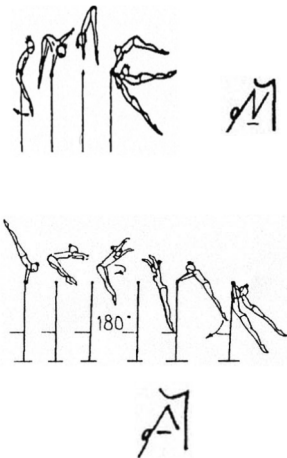
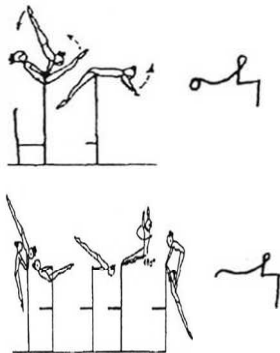
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.109</p>	<p>1.209</p>	<p>1.309</p>	<p>1.409 Round-off in front of LB – tucked salto bwd over LB to hang on LB</p>  <p style="text-align: center;">→ <i>he</i></p> <p>Round-off in front of LB, flic-flac through hstd phase on LB</p>  <p style="text-align: center;">↻</p>	<p>1.509 Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or through hstd phase on LB</p>  <p style="text-align: center;">→ <i>hi</i></p>	<p>1.609 Round-off in front of LB – tucked arabian salto over LB to hang on HB without touching the LB</p>  <p style="text-align: center;">→ <i>ho</i></p> <p>1.709 Round-off in front of LB – piked arabian salto over LB to hang on HB without touching the LB</p>  <p style="text-align: center;">→ <i>hvn</i></p>

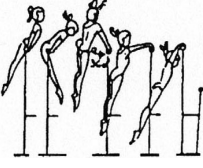

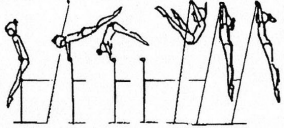

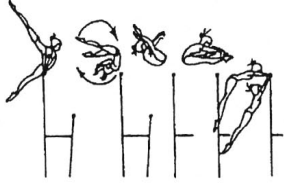

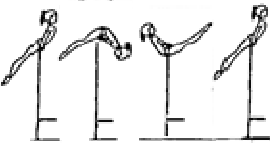

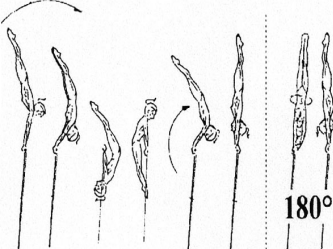

1.000 — MOUNTS

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, legs together or straddle</p> 	<p>1.310</p> <p>Jump to hstd on LB with hips bent, then extended and 1/1 turn (360°) in hstd phase, legs together or straddle</p>  <p>Jump with extended body to hstd on LB, also with ½ 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>


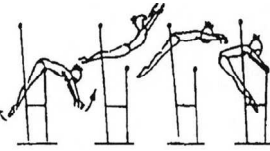
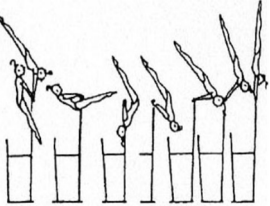
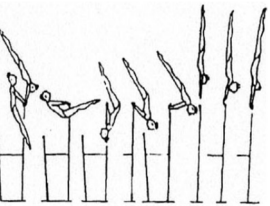
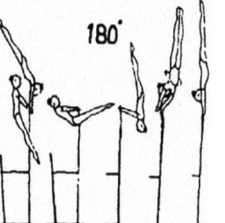
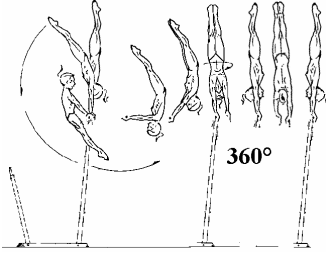
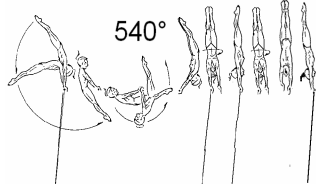
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.101 Cast to hstd with legs straddled or with hips bent; also with hop-grip 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>

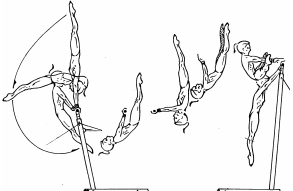
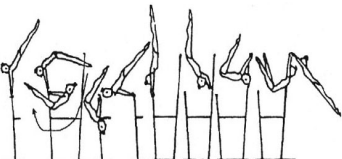
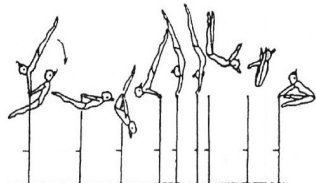
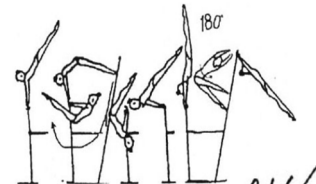
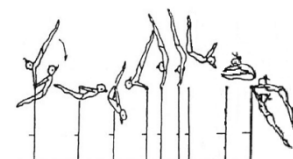
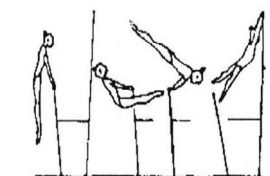
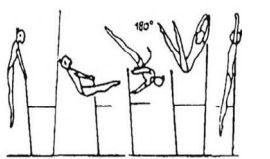
2.000 – CASTS AND CLEAR HIP CIRCLES

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

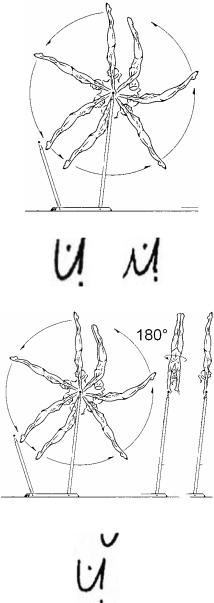
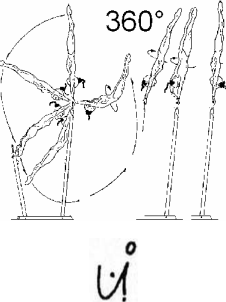
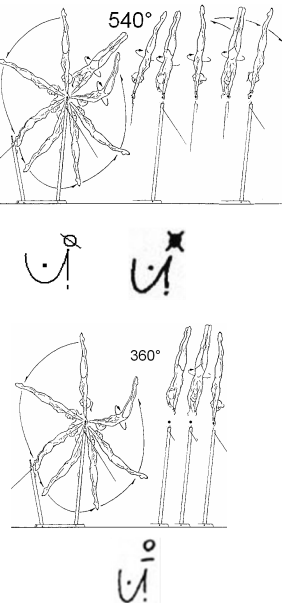
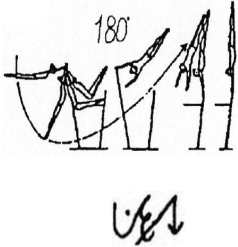
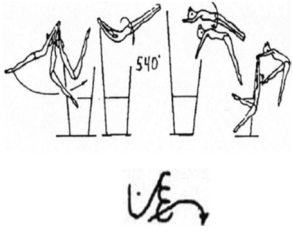
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.105 Hip circle bwd (hips 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>

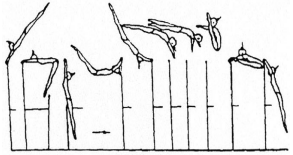
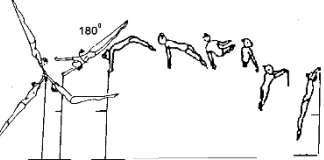
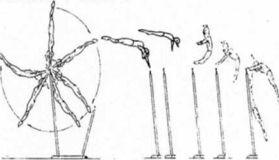

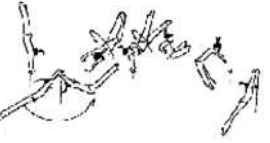
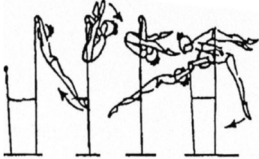
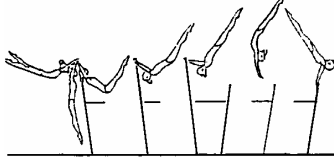
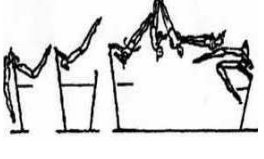
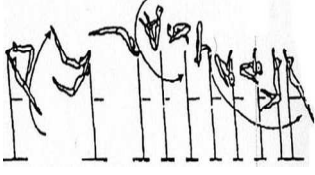
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.106</p>	<p>2.206 Clear underswing on LB, release and counter movement fwd in flight to hang on HB.</p>  <p align="center">W</p>	<p>2.306</p>	<p>2.406 Inner front support on LB – clear hip circle through hstd with flight to hang on HB (Schaposchnikova)</p>  <p align="center">W</p>	<p>2.506 Clear hip circle on HB, counter straddle over HB to hang on HB</p>  <p align="center">W →</p> <p>Clear hip circle through hstd with ½ turn (180°) in flight to hang on HB</p>  <p align="center">W</p>	<p>2.606 Clear hip circle on HB, counter pike over HB to hang on HB</p>  <p align="center">W →</p>
<p>2.107</p>	<p>2.207</p>	<p>2.307 Outer front support – clear hip circle bwd on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled)</p>   <p align="center">W</p>	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>

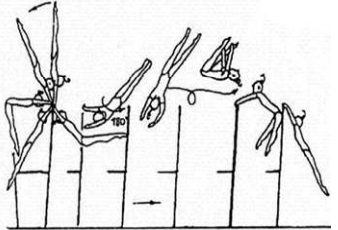
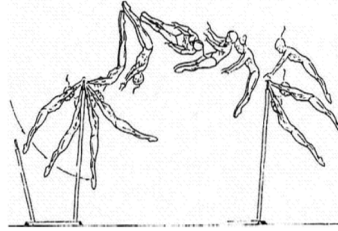
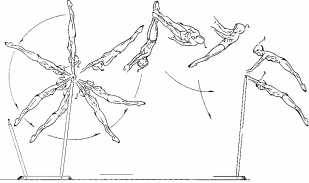
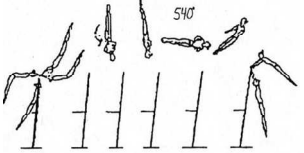
3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
<p>3.101</p>	<p>3.201 Giant circle bwd in regular grip, or on one arm: also with ½ turn (180°) to hstd</p> 	<p>3.301 Giant circle bwd with 1/1 turn (360°) to hstd</p> 	<p>3.401 Giant circle bwd with 1½ or 2/1 turn (540° or 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</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>

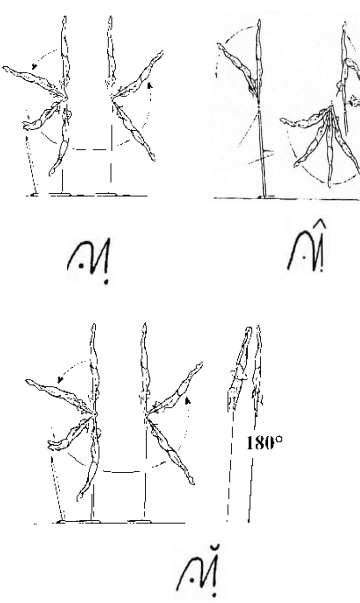
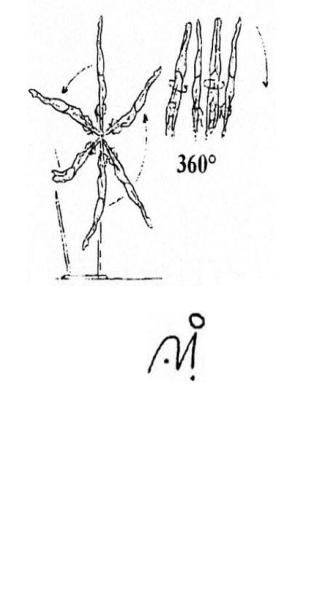
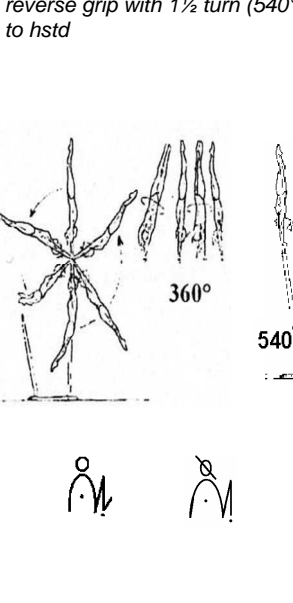

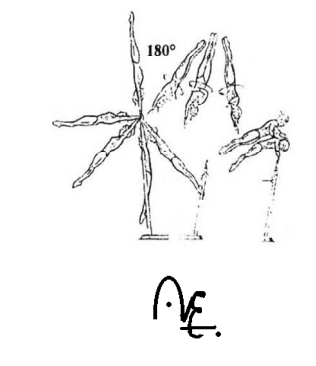
3.000 — GIANT CIRCLES

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 align="center">U →</p> <p><i>Swing fwd with ½ turn (180°), pike vault over HB to hang</i></p>  <p align="center">U →</p>	<p>3.503 <i>Tkatchev piked</i></p>  <p align="center">U →</p> <p><i>Tkatchev with ½ turn (180°)</i></p>  <p align="center">U →</p> <p><i>Long swing fwd with ½ turn (180°) - ½ turn (180°) to counter straddle in flight over HB to hang (Schuschunova)</i></p>  <p align="center">U →</p>	<p>3.603</p>
<p>3.104</p>	<p>3.204</p>	<p>3.304 <i>Hang on HB, facing LB – swing fwd and roll bwd (legs straddled) to clear support on LB</i></p>  <p align="center">U →</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 align="center">U →</p>	<p>3.504 <i>Pak Salto with 1/1 turn (360°)</i></p>  <p align="center">U →</p>	<p>3.604 <i>Facing outward on HB - swing fwd and counter salto fwd with legs straddled to catch HB in reverse grip</i></p>  <p align="center">U →</p>

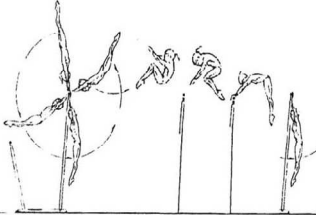

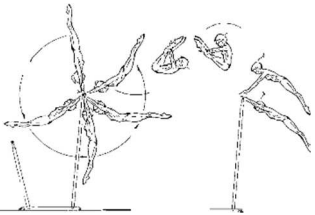

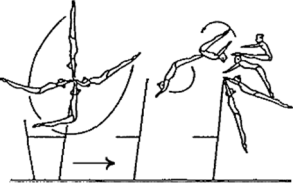

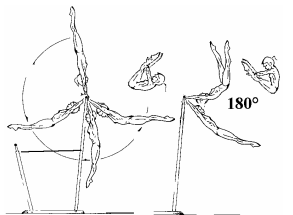

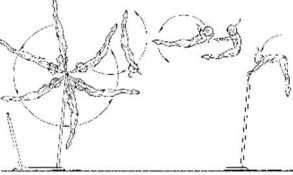

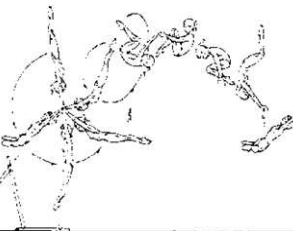

3.000 — GIANT CIRCLES

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 (Gienger Salto) – to hang on HB</i></p>  <p style="text-align: center;">U.09</p>  <p style="text-align: center;">U.09</p>	<p>3.505 <i>Swing fwd and salto bwd with ½ turn (180°) stretched to hang on HB</i></p>  <p style="text-align: center;">U.09</p>	<p>3.605</p> <p>3.705 <i>Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB</i></p>  <p style="text-align: center;">U.09</p>

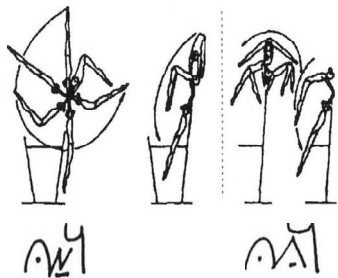
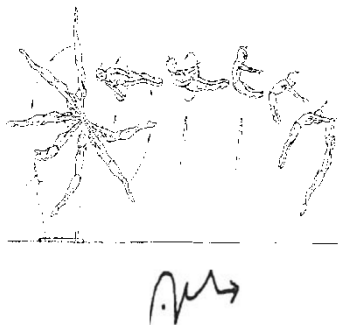
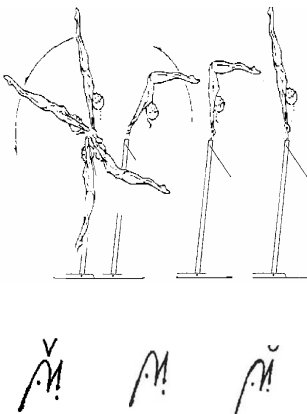
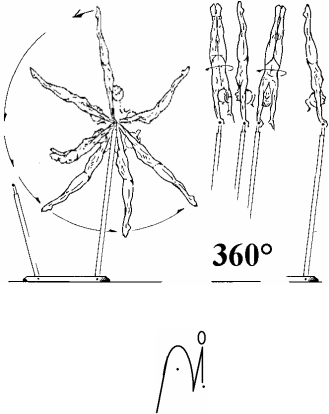
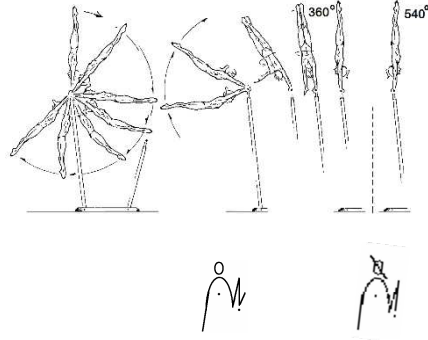
3.000 — GIANT CIRCLES

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>

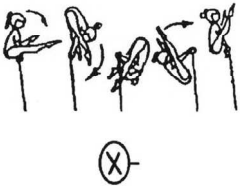
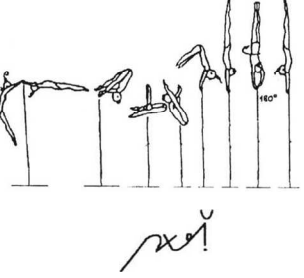
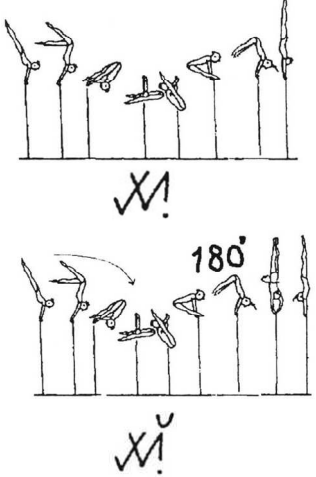
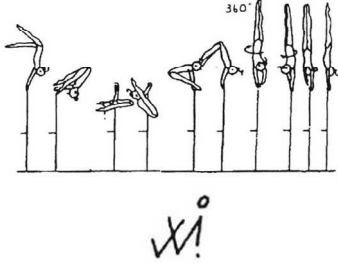
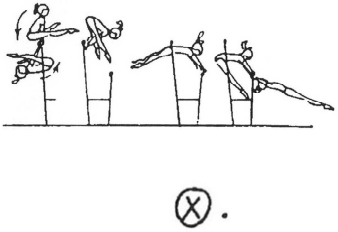
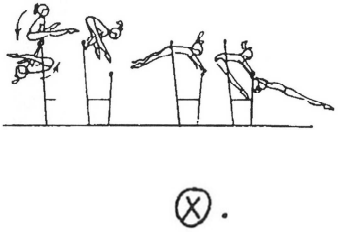
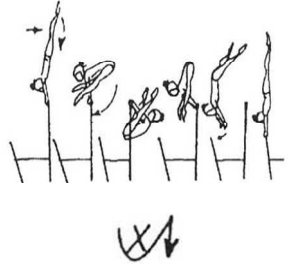
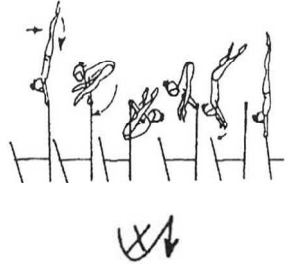
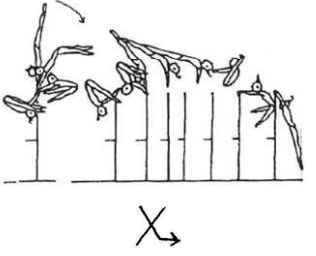
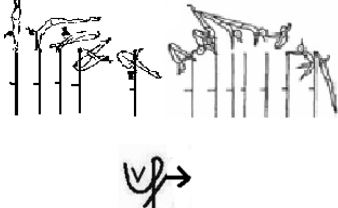
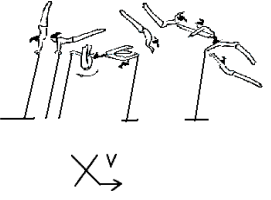

3.000 — GIANT CIRCLES

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 to hang on HB</i></p>  	<p>3.508 <i>Jaeger Salto piked to hang on HB</i></p>   <p><i>Jaeger Salto straddled with 1/2 turn (180°) to hang on HB</i></p>  	<p>3.608 <i>Jaeger Salto stretched to hang on HB</i></p>   <p>3.708 <i>Swing bwd with salto fwd tucked over HB to hang on HB</i></p>  


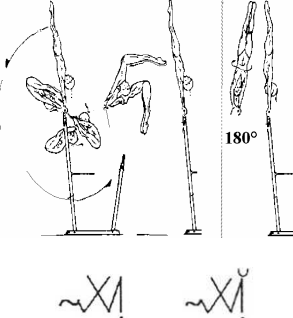
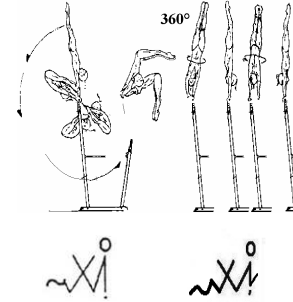
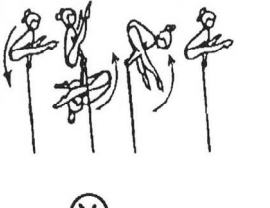

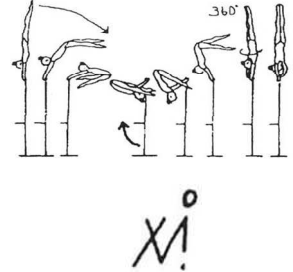
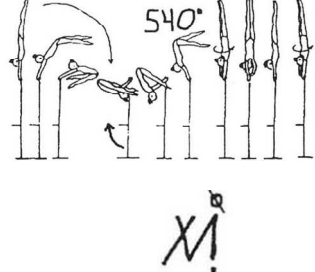
3.000 — GIANT CIRCLES

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

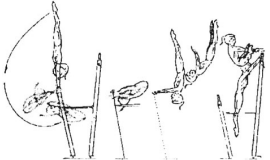

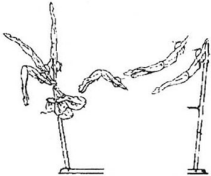

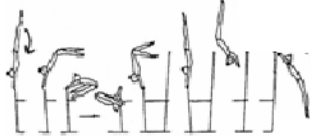



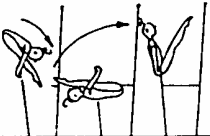

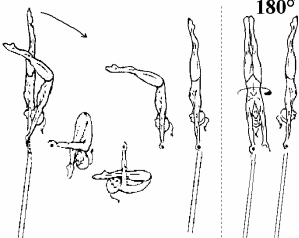

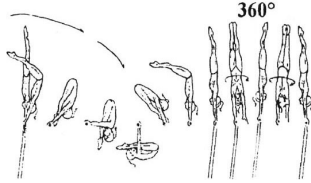

4.000 — STALDER CIRCLES

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 flight to hang on LB</p> 	<p>4.302</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>Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang</p> 	<p>4.602 Stalder bwd on HB with counter pike - reverse hecht over HB to hang</p>  <p>Clear pike Circle bwd with counter pike – reverse Hecht over HB to hang</p> 

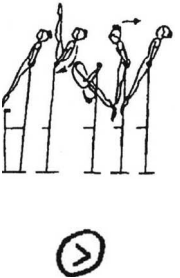
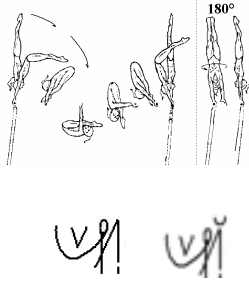
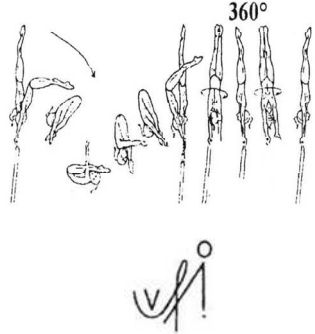

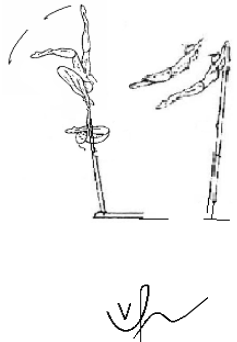
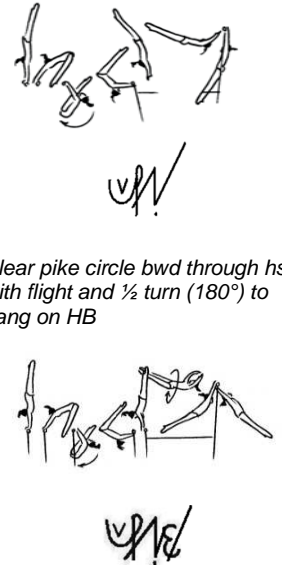
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.103 Clear straddle circle fwd in L grip to clear support</p> 	<p>4.203</p>	<p>4.303</p>	<p>4.403 Stalder fwd in L grip to hstd, also with 1/2 turn (180°) to hstd</p> 	<p>4.503 Stalder fwd in L grip with 1/1 turn (360°) to hstd (any technique accepted)</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-grip change in hstd phase or with 1/2 turn (180°) to hstd</p> 	<p>4.404 Stalder bwd with 1/1 turn (360°) to hstd</p> 	<p>4.504 Stalder bwd with 1 1/2 turn (540°) to hstd</p> 	<p>4.604</p>

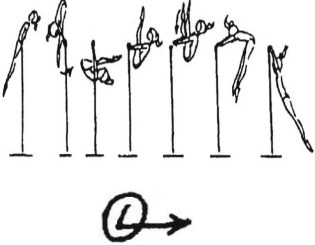
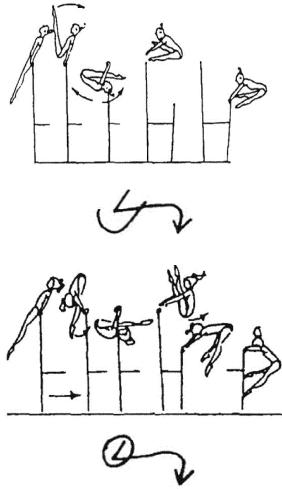
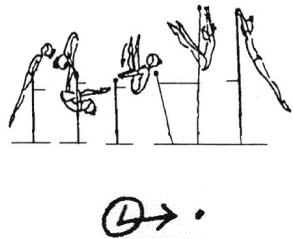

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.105</p>	<p>4.205 Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB</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</p>  	<p>4.505 Stalder bwd through hstd with flight and 1/2 turn (180°), to hang on HB</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 1/2 turn (180°) to hstd</p>  	<p>4.506 Clear pike circle fwd with 1/1 turn (360°) to hstd</p>  	<p>4.606</p>

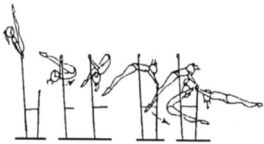

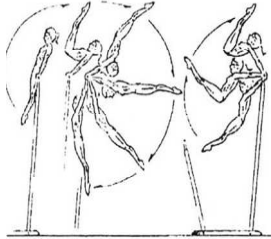

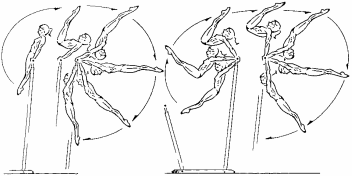


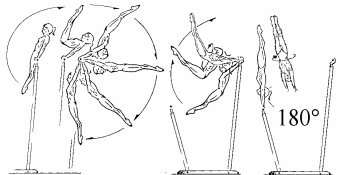






4.000 — STALDER CIRCLES

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</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 Clear pike circle bwd on LB with counter flight to hang on HB</p> 	<p>4.308 Clear pike circle bwd on LB with hecht flight to hang on HB</p> 	<p>4.408</p>	<p>4.508 Clear pike circle bwd through hstd with flight to hang on HB</p>  <p>Clear pike circle bwd through hstd with flight and ½ turn (180°) to hang on HB</p>	<p>4.608</p>

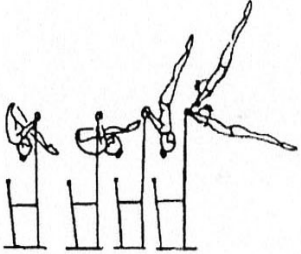
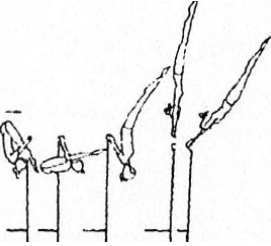
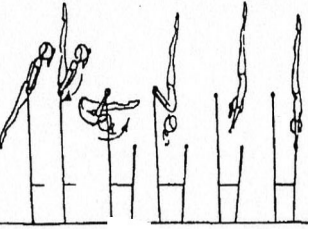
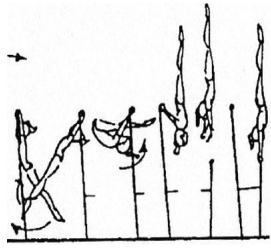
5.000 — PIKE CIRCLES

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 to finish in L grip (deviation up to 30° allowed), also with ½ turn (180°)</p> 	<p>5.601</p>

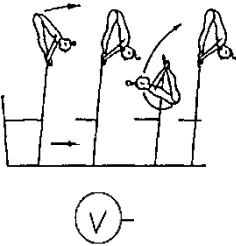
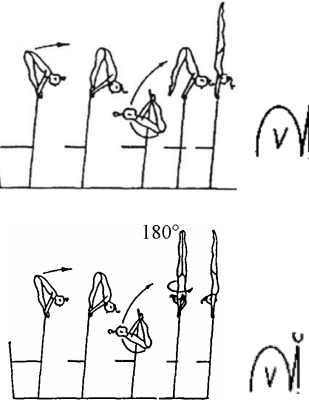
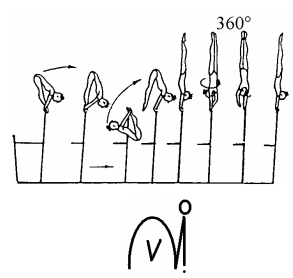
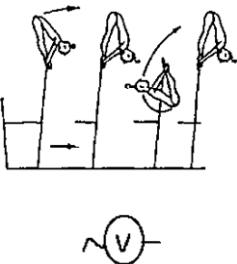
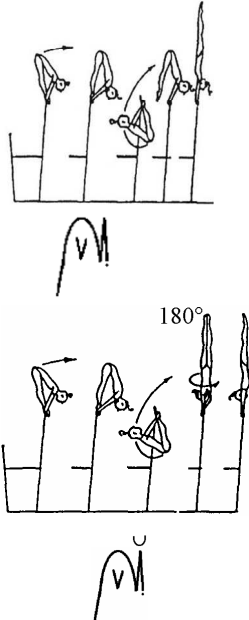
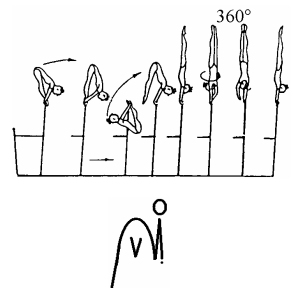
5.000 — PIKE CIRCLES

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)</p> <ul style="list-style-type: none"> – 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>From hstd clear pike circle bwd to rear inverted pike support</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>

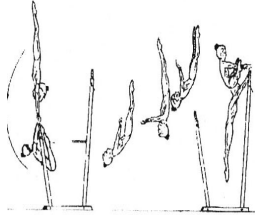
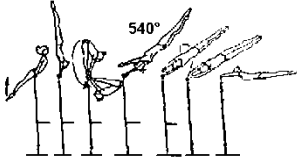
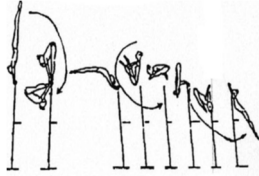

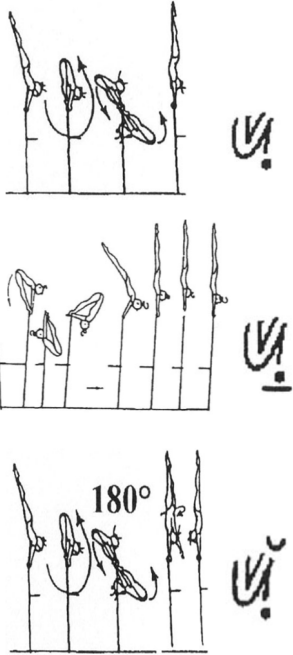
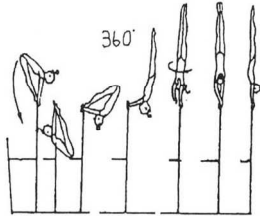
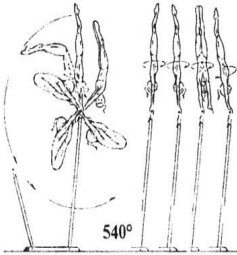
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.104 Underswing bwd (inverted pike swing), dislocate (Schleudern) to hang on HB</p>  <p style="text-align: center;">91</p>	<p>5.204</p>	<p>5.304 Schleudern to near hstd with hop-change to regular grip on HB</p>  <p style="text-align: center;">91</p>	<p>5.404 Underswing bwd (inverted pike swing) on HB – dislocate with flight to hstd on LB (Zuchold-Schleudern), also from stoop through etc...</p>  <p style="text-align: center;">92</p>  <p style="text-align: center;">92</p>	<p>5.504</p>	<p>5.604</p>

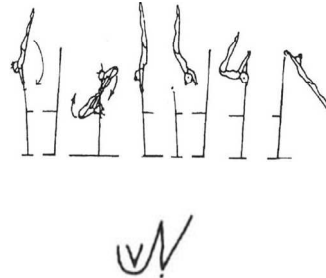
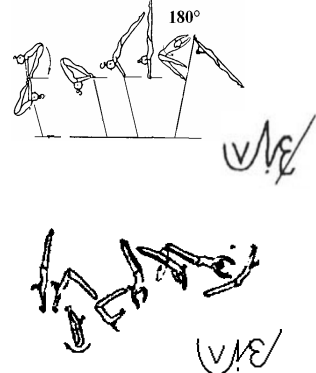
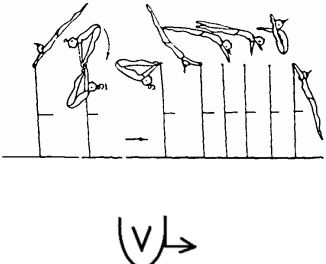
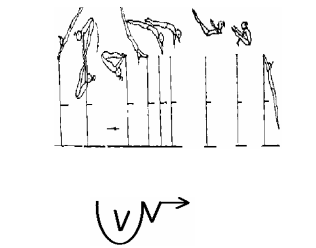
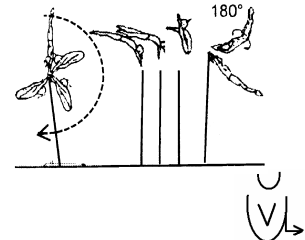

5.000 — PIKE CIRCLES

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 in 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>

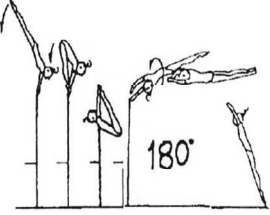
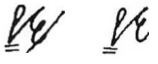
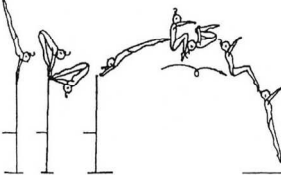
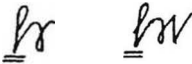
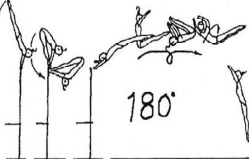
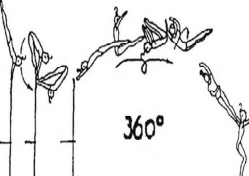

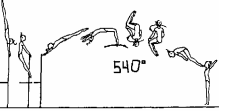

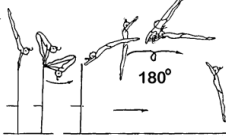

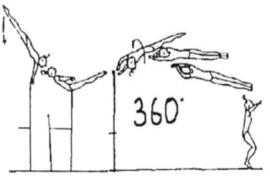


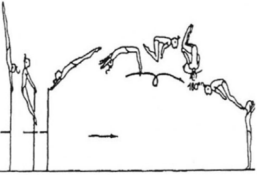
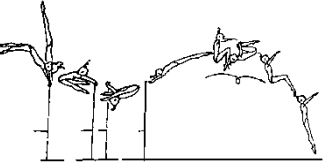
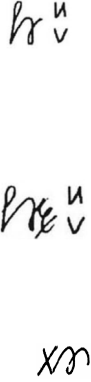
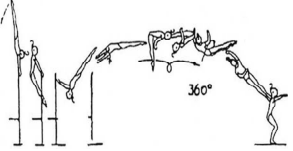

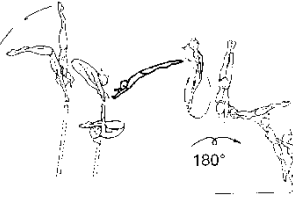

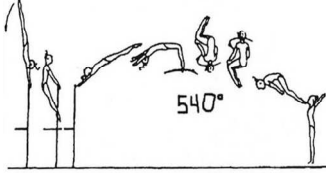

5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207</p> <p>Underswing on LB (support of feet) with counter movement fwd in flight to hang on HB</p>  <p><u>PW</u></p>	<p>5.307</p> <p>Underswing on HB or LB with hand release and 1½ turn (540°) to hang</p>  <p><u>VE</u></p>	<p>5.407</p>	<p>5.507</p>	<p>5.607</p> <p>Facing outward on HB—underswing with support of feet-counter salto fwd straddled to catch on HB</p>  <p><u>W</u></p>
<p>5.108</p> <p>Sole circle bwd (piked or straddle)</p>  <p>Ⓟ</p>	<p>5.208</p>	<p>5.308</p> <p>Pike sole circle bwd to hstd, also with hop-grip change to reverse grip in hstd phase, also with ½ turn (180°)</p>  <p><u>U</u></p> <p><u>U</u></p> <p><u>U</u></p>	<p>5.408</p> <p>Pike sole circle bwd with 1/1 turn (360°) to hstd</p>  <p><u>U</u></p>	<p>5.508</p> <p>Pike sole circle bwd with 1½ turn (540°) to hstd</p>  <p><u>U</u></p>	<p>5.608</p>

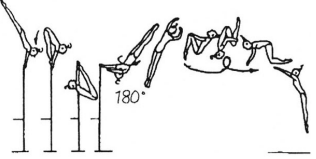
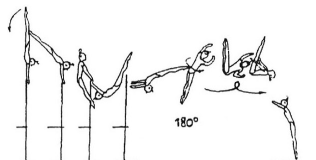
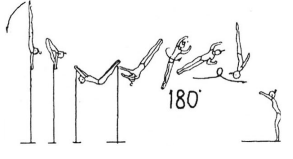
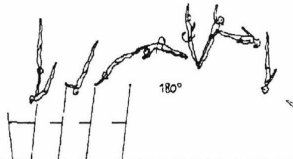
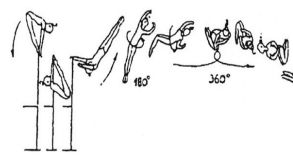
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.109</p>	<p>5.209</p>	<p>5.309</p>	<p>5.409 <i>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</i></p> 	<p>5.509 <i>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°), or 1/1 turn (360°) to hang on HB</i></p> 	
<p>5.110</p>	<p>5.210</p>	<p>5.310</p>	<p>5.410 <i>Pike sole circle bwd counter straddle-reverse-heckt over HB to hang</i></p> 	<p>5.510 <i>Pike sole circle bwd counter pike hecht over HB to hang</i></p> 	<p>5.610 <i>Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip</i></p>  <p>5.710 <i>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB to hang</i></p> 

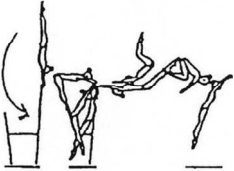
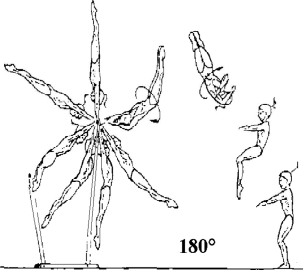
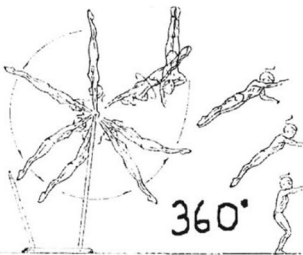
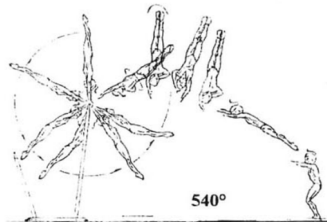
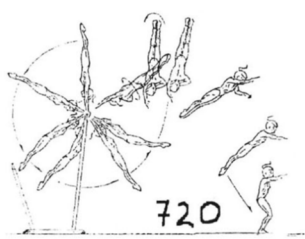
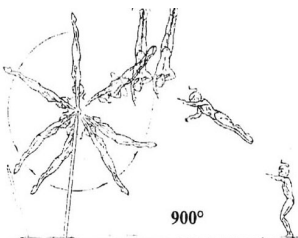
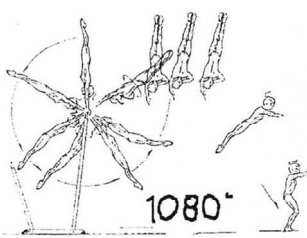
6.000 DISMOUNTS

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>6.201 From HB – underswing with salto fwd tucked or piked</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>6.401 From HB – underswing with salto fwd tucked with 1½ turn (540°)</p>  <p>540°</p>  <p>From HB - underswing with salto fwd stretched with ½ turn (180°).</p>  <p>180°</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>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>360°</p>  	<p>6.402 From HB – clear underswing with salto fwd tucked with 1/1 turn (360°)</p>  <p>360°</p>  <p>Clear Pike underswing to salto forward stretched with ½ turn (180°)</p>  <p>180°</p> 	<p>6.502 From HB – clear underswing with salto fwd tucked with 1½ turn (540°)</p>  <p>540°</p> 	<p>6.602</p>

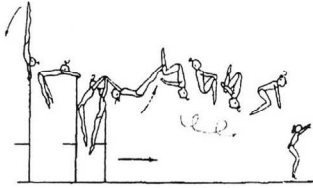
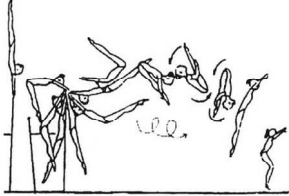
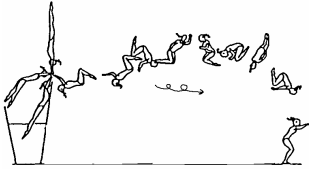


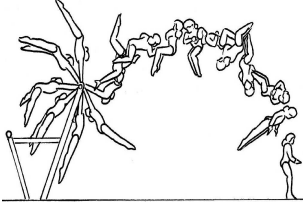
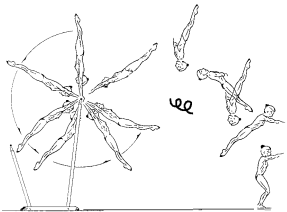
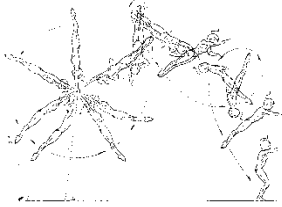
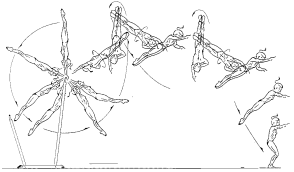
6.000 DISMOUNTS

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

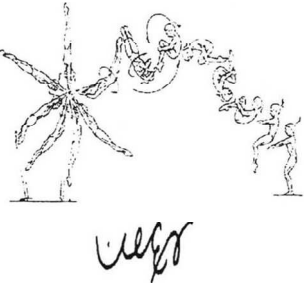
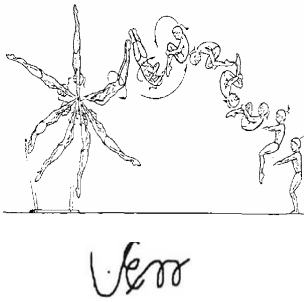
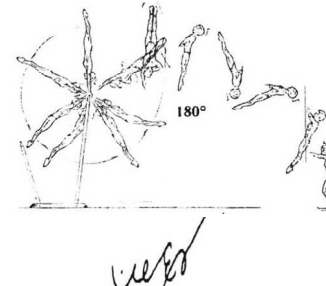
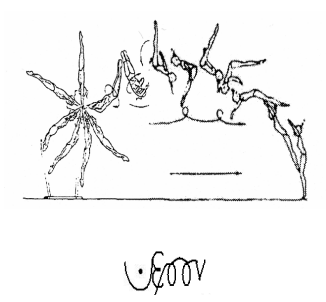
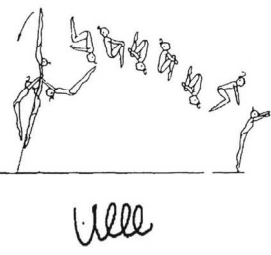
6.000 DISMOUNTS

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

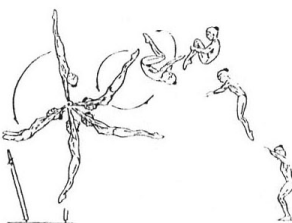
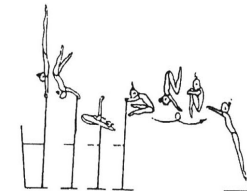
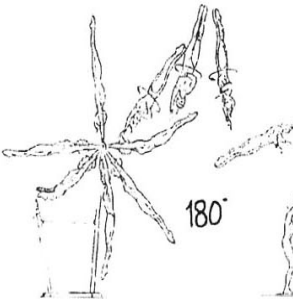
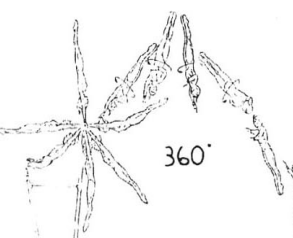
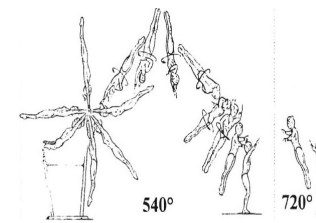
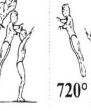


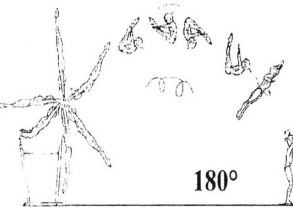
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.105</p>	<p>6.205 Swing fwd to double salto bwd tucked</p>  <p style="text-align: center;"><i>ucll</i></p>	<p>6.305 Swing fwd to double salto bwd piked</p>  <p style="text-align: center;"><i>ucll</i></p>	<p>6.405 Swing fwd to double salto bwd tucked or piked with 1/1 turn (360°) in first or second salto</p>  <p style="text-align: center;"><i>ucllⁿ</i></p>  <p style="text-align: center;"><i>ucllⁿ</i></p>	<p>6.505 Swing fwd to double salto bwd tucked with 1 1/2 turn (540°)</p>  <p style="text-align: center;"><i>ucll^{1.5}</i></p>	<p>6.605 Swing fwd to double salto bwd tucked with 2/1 turn (720°)</p>  <p style="text-align: center;"><i>ucll²</i></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 style="text-align: center;"><i>ucll</i></p>	<p>6.506 Swing fwd to double salto bwd stretched with 1/1 turn (360°) in first or second salto</p>  <p style="text-align: center;"><i>ucllⁿ</i></p>	<p>6.606 6.706 Swing fwd to double salto bwd stretched with 2/1 turn (720°)</p>  <p style="text-align: center;"><i>ucll²</i></p>



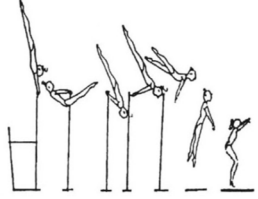

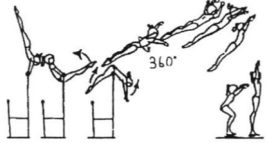

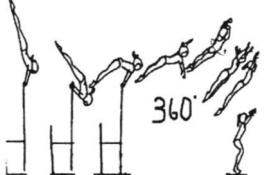



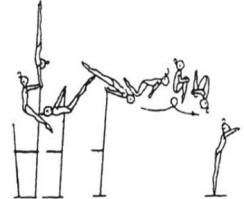

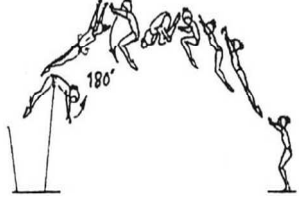

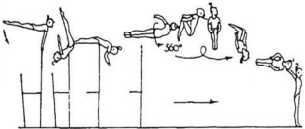







6.000 DISMOUNTS

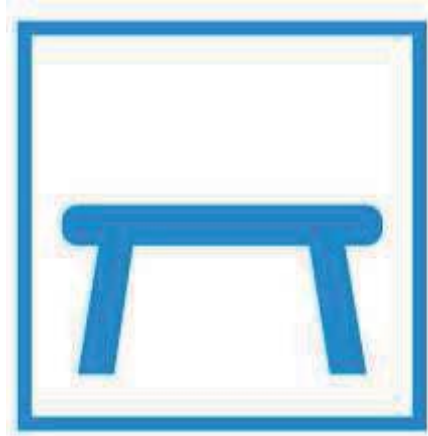
A	B	C	D	E	F/G
<p>6.107</p>	<p>6.207</p>	<p>6.307</p>	<p>6.407 <i>Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked</i></p>  <p>Swing fwd with ½ turn (180°) to double salto fwd tucked</p> 	<p>6.507 <i>Swing fwd to salto bwd stretched with ½ turn (180°) – into salto fwd stretched</i></p>  <p>Swing fwd with ½ turn (180°) to double salto fwd piked</p> 	<p>6.607</p> <p>6.707 <i>Swing fwd to triple salto bwd tucked</i></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 notation:</i> $\cdot \text{A} \text{B} \frac{1}{2}$</p>  <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B}$</p>	<p>6.208 Swing bwd to salto fwd tucked or stretched with $\frac{1}{2}$ turn (180°) or 1/1 turn (360°)</p>  <p>180°</p> <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B} \frac{1}{2}$</p>  <p>360°</p> <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B}$</p>	<p>6.308 Swing bwd to salto fwd stretched with $1\frac{1}{2}$ turn (540°) or 2/1 turn (720°)</p>  <p>540°</p>  <p>720°</p> <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B} \frac{3}{2}$ $\cdot \text{A} \text{B} 2$</p>	<p>6.408 Swing bwd to double salto fwd tucked</p>  <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B} \text{B}$</p>	<p>6.508 Swing bwd to double salto fwd tucked with $\frac{1}{2}$ turn (180°) – also salto fwd with $\frac{1}{2}$ turn (180°) into salto bwd tucked</p>  <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B} \frac{1}{2}$ $\cdot \text{A} \text{B} \frac{1}{2} \text{B}$</p>	<p>6.608 Swing bwd to double salto fwd piked with $\frac{1}{2}$ turn (180°)</p>  <p>180°</p> <p><i>Handwritten notation:</i> $\cdot \text{A} \text{B} \frac{1}{2}$</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>6.309 Hip circle bwd (also clear) on LB or HB – hecht with 1/1 turn (360°)</p>    	<p>6.409 Hip circle bwd (also clear) on LB or HB – hecht with salto bwd tucked</p>    	<p>6.509 Hip circle bwd (also clear) on LB or HB – hecht with 1/2 turn (180°) to salto fwd</p>  	<p>6.609 Hip circle bwd (also clear) on LB or HB – hecht with 1/1 turn (360°) to salto bwd</p>  
<p>6.110</p>	<p>6.210 On HB - salto fwd tucked</p>  	<p>6.310 On HB – salto fwd piked or salto bwd tucked or piked</p>    	<p>6.410</p>	<p>6.510</p>	<p>6.610</p>



Balance Beam — Elements

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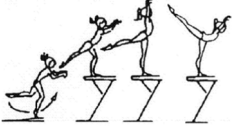





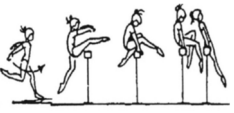







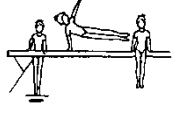






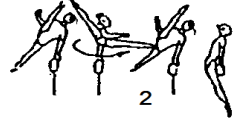




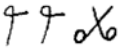


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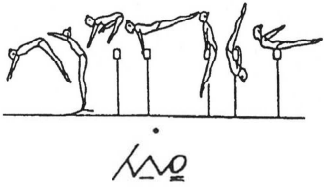
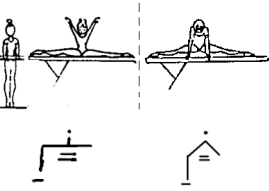
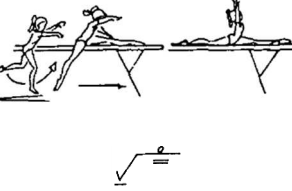
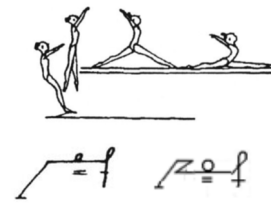
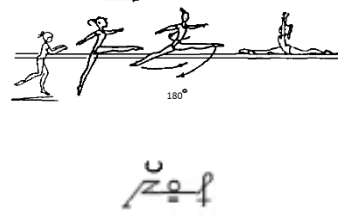
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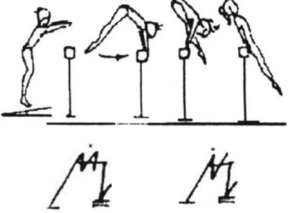
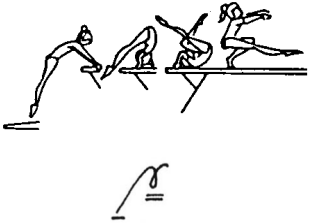
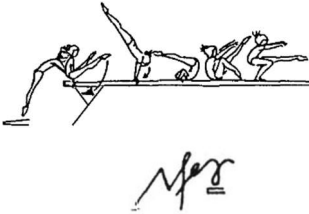
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 (D) Leap - on landing must show arabesque position (leg min. at horizontal)</p>  	<p>1.201 (D) Split leap (180°)</p>  	<p>1.301</p>	<p>1.401 (D) Leap fwd with leg change (free leg swing to 45°) to cross split</p>  	<p>1.501</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 20px auto;"> <p>(D) = To be counted as Dance element</p> </div>	<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 or Scissor Leap over beam to cross sit on thigh – diagonal approach to beam</p>  	 	<p>1.302 (D) Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet</p>  	<p>1.402 (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>1.502</p>	<p>1.602</p>
<p>1.103 Flank to rear support also with ½ turn (180°)</p>     <p>Jump with hand support, ¾ turn (270°) in support to cross sit on thigh</p>  	<p>1.203 Two flying flairs</p>   	<p>1.303 Two flank circles followed by leg "Flair"</p>    	<p>1.403 3 flying flairs</p>  	<p>1.503</p>	<p>1.603</p>



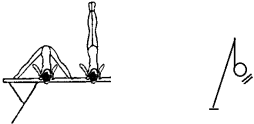




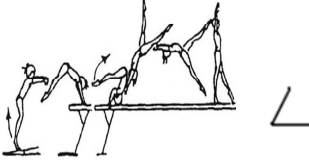
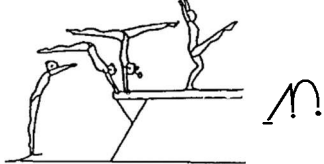
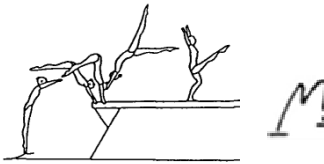
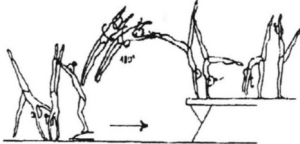

1.000 — MOUNTS

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, or jump bwd through straddle position over the beam to front support, or to side split— 90° approach to beam</i></p> 	<p>1.304 (D) <i>Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam</i></p> 	<p>1.404</p> <div style="border: 2px solid black; padding: 5px; text-align: center; margin: 20px auto; width: fit-content;"> <p>(D) = To be counted as Dance element</p> </div>	<p>1.504</p>	<p>1.604</p>
<p>1.105 (D) <i>Jump (with hand support) to side split sit or straddle position (must show split without hands touching the beam as the final position (in straddle position the trunk must touch the beam))</i></p>  <p>- take-off two feet or Leap to cross split sit from one foot take-off –diagonal approach to beam (with hand support)</p> 	<p>1.205</p>	<p>1.305 (D) <i>Free jump to cross split sit, also free jump with leg change – take-off from both legs – diagonal approach to beam</i></p> 	<p>1.405 (D) <i>Leap with leg change and ½ turn (180°) away from beam to free cross split sit – diagonal approach to beam</i></p> 	<p>1.505</p>	<p>1.605</p>

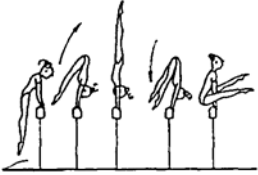
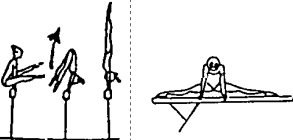
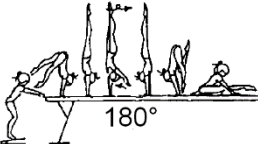
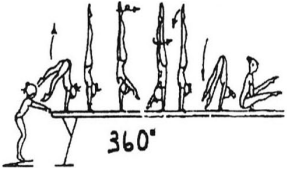
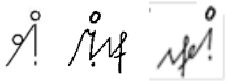
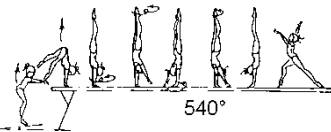

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.106 From side stand - squat or stoop through to rear support</p> 	<p>1.206</p>	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>
<p>1.107</p>	<p>1.207 Jump to roll fwd at end or middle of beam</p>  <p>Jump to clear straddle support on end of beam – swing bwd to roll fwd</p> 		<p>1.407</p>	<p>1.507</p>	<p>1.607</p>

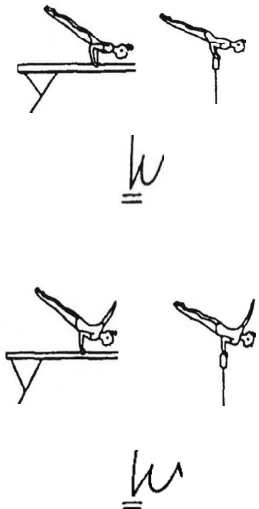
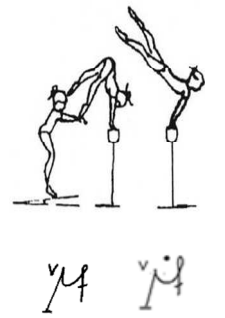
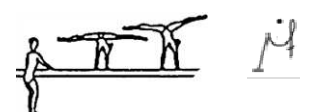
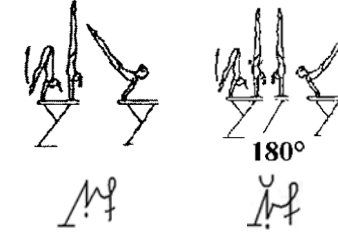
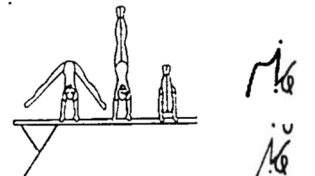
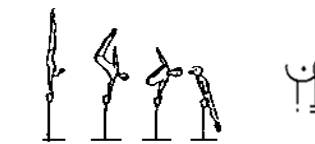
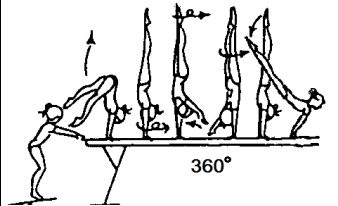
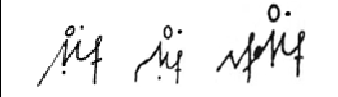
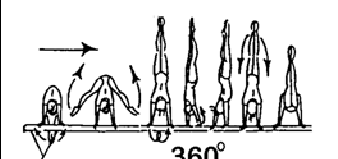
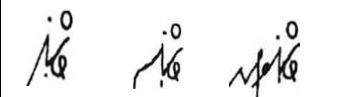
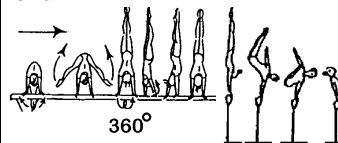

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.108 Cartwheel with bending of both arms through chest stand to swing down</p>   <p>Stand at side of Beam and jump to Chest stand with both arms bent</p> 	<p>1.208 Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand (Silivas)</p>  <p>180°</p> 	<p>1.308 Jump with ½ turn (180°) over shoulder to neck stand, 1/1 or 1½ turn (360°- 540°) to neck stand</p>  <p>360° - 540°</p> 	<p>1.408</p>	<p>1.508</p>	<p>1.608</p>
<p>1.109</p>	<p>1.209</p>	<p>1.309 From cross stand facing end of beam – head kip</p>  <p>From cross stand facing end of beam – jump to hstd with hip angle (pike) to front walkover</p>  <p>From cross stand 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</p>	<p>1.509</p>	<p>1.609 Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd</p>  

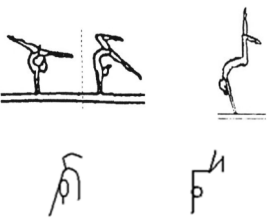
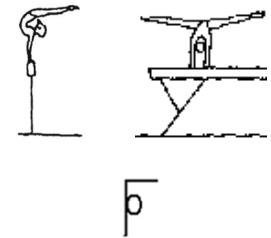

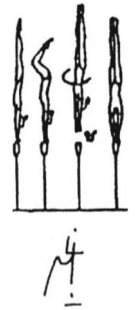
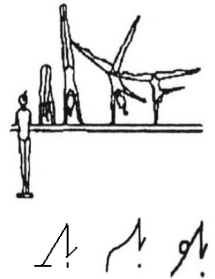
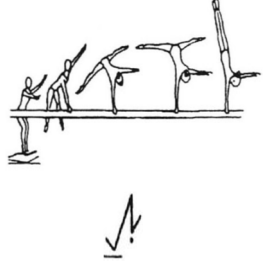
1.000 — MOUNTS

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 or to clear straddle support; also with ½ turn (180°) in hstd.</i></p>  <p style="text-align: center;">M</p>  <p style="text-align: center;">M</p>  <p style="text-align: center;">180° M</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 or to clear straddle support</i></p>  <p style="text-align: center;">360°</p>   <p style="text-align: center;">540°</p> 	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>

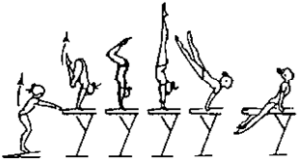
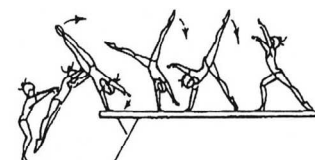
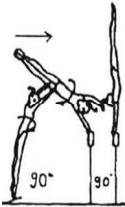
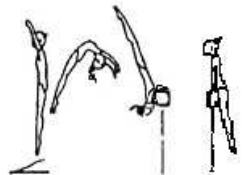
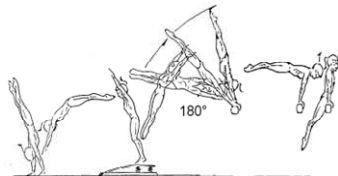
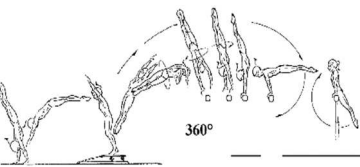
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.111 <i>Planche with support on one or both bent arms (2 sec.), also legs in cross split position</i></p> 	<p>1.211 <i>From cross or side stand jump with bent hips to clear front support above horizontal minimum at 45° (Planche) (2 sec.)</i> <i>- lower to optional end position</i></p> 	<p>1.311 <i>Jump with stretched hips to planche (2 sec.)</i></p>  <p><i>Jump, press, or swing to hstd – lower to planche (2 sec.)</i> <i>also with ½ turn (180°) in hstd</i></p>  <p><i>Jump, press, or swing to hstd – lower to clear pike support (2 sec.)</i> <i>also with ½ turn (180°) in hstd</i></p>  <p><i>Jump, press, or swing to cross or side hstd (2 sec.) release one hand to land on one foot, or with swing down swd; also with ½ turn (180°) in hstd</i></p> 	<p>1.411 <i>Jump, press or swing to cross or side hstd – 1/1 turn (360°) in hstd – lower to planche (2 sec.), or to clear pike support (2 sec.)</i></p>     <p><i>Jump, press, or swing to cross or side hstd – 1/1 turn (360°) in hstd – release one hand with swing down swd</i></p>  	<p>1.511</p>	<p>1.611</p>

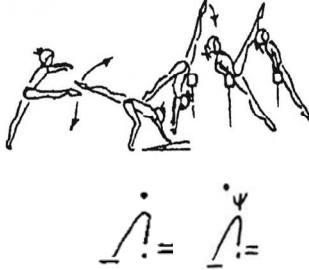

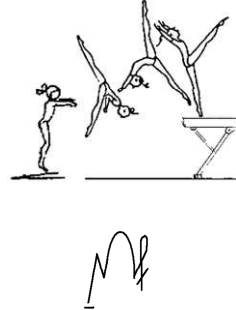
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.112</p>	<p>1.212</p>	<p>1.312 <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 (2 sec.) – reverse planche in different variations - lower to optional end position</i></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 ¼ 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, also jump, press or swing to cross or side hstd – shift weight to side hstd on one arm (2 sec.), lowering to clear straddle support on one arm, also with ¼ turn (90°)</i></p> 	<p>1.613</p>	<p>1.613</p>

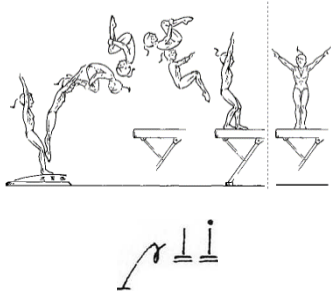
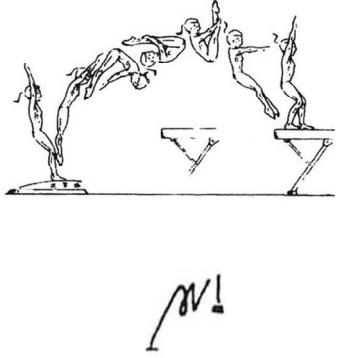
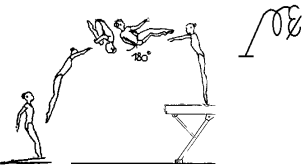
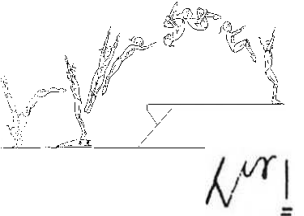

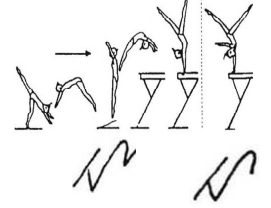
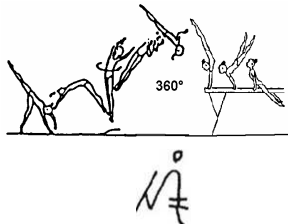
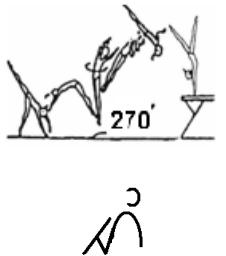
1.000 — MOUNTS

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><i>M</i></p>	<p>1.214 Cartwheel on one or both arms</p>  <p><i>X</i></p>	<p>1.314 90° approach to beam – jump with ¼ turn (90°) and extended hips 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><i>M</i></p>	<p>1.414 From rear stand (back towards beam), flic flac over beam to candle position, ending in front support with or without bwd hip circle</p>  <p><i>i</i> <i>io</i></p> <p>Round-off in front of beam – jump with ½ twist (180°) to near side hstd – lower to optional position</p>  <p><i>Hi</i></p>	<p>1.514 Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle bwd</p>  <p><i>Heio</i></p>	<p>1.614</p>

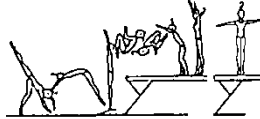
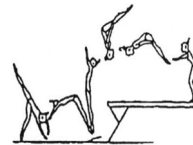

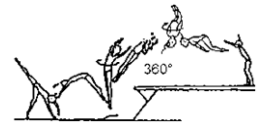
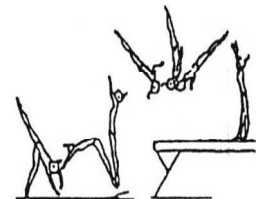
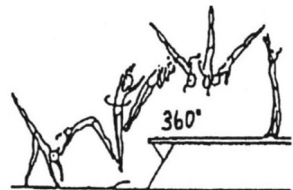
1.000 — MOUNTS

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

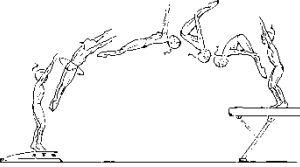
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.116</p>	<p>1.216</p>	<p>1.316</p>	<p>1.416 Salto fwd tucked to cross or side stand – approach at end of beam</p> 	<p>1.516 Salto fwd piked to stand – approach at end of beam</p> 	<p>1.616 Salto fwd tucked with 1/2 twist (180°)</p>  <p>1.716 Round-off at end of beam – take off bwd. with 1/2 turn (180°) – tucked salto fwd. to stand</p> 
<p>1.117</p>	<p>1.217</p>	<p>1.317 Round-off at end of beam – flic-flac through hstd with swing down to cross straddle sit</p> 	<p>1.417 Round-off at end of beam – flic-flac through hstd – support on one or both arms – to cross stand on beam</p>  <p>Round-off at end of beam – flic-flac with 1/1 twist (360°) into swing down to cross straddle sit</p> 	<p>1.517 Round-off at end of beam – flic-flac with 3/4 twist (270°) to cross stand on beam</p> 	<p>1.617</p>





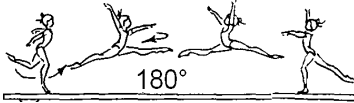



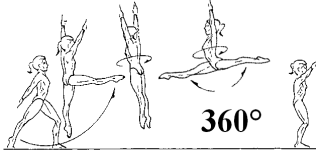



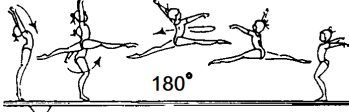

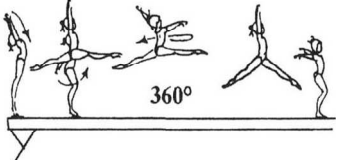

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.118</p>	<p>1.218</p>	<p>1.318</p>	<p>1.418</p>	<p>1.518 <i>Round-off at end of beam – salto bwd tucked, piked or stretched with step-out to cross or side stand on beam</i></p>  <p><i>he</i></p>  <p><i>he</i></p>  <p><i>he</i></p>	<p>1.618 <i>Round-off at end of beam – salto bwd tucked with 1/1 twist (360°) to cross stand on beam</i></p>  <p><i>he</i>¹¹</p> <p><i>Round-off at end of beam – salto bwd stretched to cross stand on beam</i></p>  <p><i>he</i>¹¹</p> <p>1.718 <i>Round-off at end of beam – salto bwd stretched with 1/1 twist (360°) to cross stand on beam</i></p>  <p><i>he</i>₁</p>


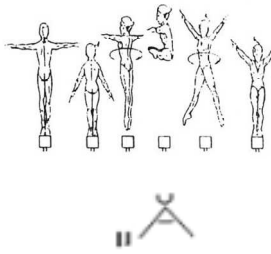
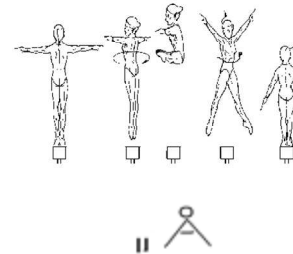
1.000 — MOUNTS

A	B	C	D	E	F/G
1.119	1.219	1.319	1.419	1.519	<p data-bbox="1861 156 2159 228"> 1.619 <i>Jump fwd with ½ twist (180°) – salto bwd piked</i> </p>  <p data-bbox="1957 464 2063 528"><i>rev</i></p>

2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

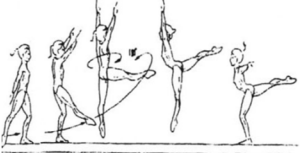







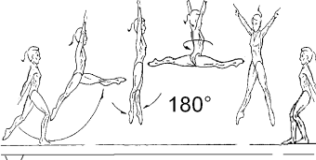



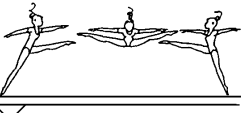

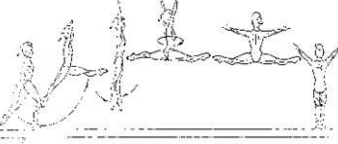

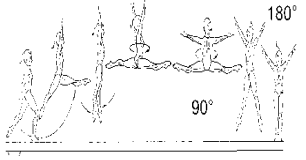

A	B	C	D	E	F/G
<p>2.101 Stag Split leap fwd (leg separation 180°)</p>  	<p>2.201 Split leap fwd (leg separation 180°)</p>  	<p>2.301 Split leap fwd with ½ turn (180°).</p>  	<p>2.401 Split ring leap (180° separation of legs)</p>  	<p>2.501 Split leap with 1/1 turn (360°)</p>  	<p>2.601</p>
<p>2.102</p>	<p>2.202 Split jump (leg separation 180°) from cross position</p>  	<p>2.302 Split jump with ½ turn (180°) from cross position</p>  	<p>2.402 Split jump with 1/1 turn (360°) from cross position</p>  	<p>2.502</p>	<p>2.602</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p> </div>

2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

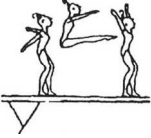
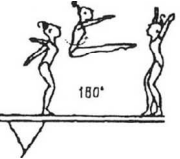
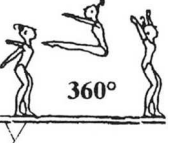
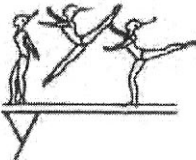
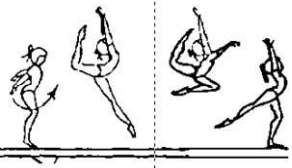
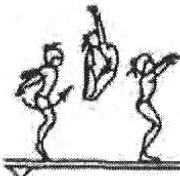
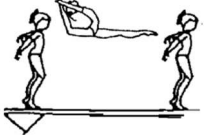
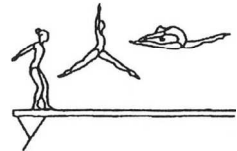
A	B	C	D	E	F/G
<p>2.103</p>	<p>2.203(*) <i>Straddle pike jump (both legs above horizontal), or side split jump from cross position</i></p> 	<p>2.303 <i>Straddle pike jump with 1/2 turn (180°) from cross position</i></p> 	<p>2.403 <i>Straddle pike with 1/1 turn (360°) from cross position</i></p> 	<p>2.503</p>	<p>2.603</p>

Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)


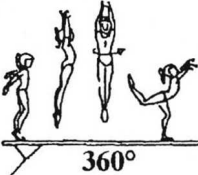
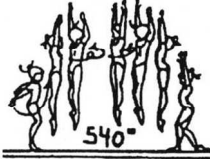

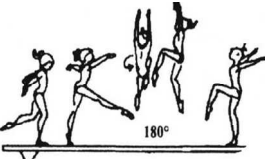
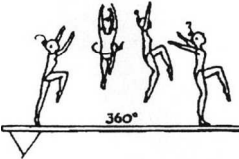
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.104</p>	<p>2.204 Fouetté hop with ½ turn (180°) to land in arabesque (free leg above horizontal)</p>  		<p>2.404 Fouette hop with leg change to cross split (leg separation 180°) (tour jeté)</p>  <p align="center">180°</p> 	<p>2.504</p>	<p>2.604</p>
<p>2.105 Stride leap fwd with change of legs to wolf position (hip angle at 45°)</p>  	<p>2.205</p>	<p>2.305 Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation < after leg change) (Switch Leap)</p>  	<p>2.405 Switch Leap with ½ turn (180°)</p>  <p align="center">180°</p> 	<p>2.505 Switch leap to ring position (180° separation of legs)</p>  	<p>2.605</p>
<p>2.106</p>	<p>2.206 Leap with ¼ turn (90°) into straddle pike position (both legs above horizontal), to land on one or both feet</p>  	<p>2.306 Leap fwd with leg change and ¼ turn (90°) to side split (180°) or straddle pike position (Johnson)</p>  	<p>2.406</p>	<p>2.506 Johnson with additional ½ turn (180°)</p>  <p align="center">90° 180°</p> 	<p>2.606</p>

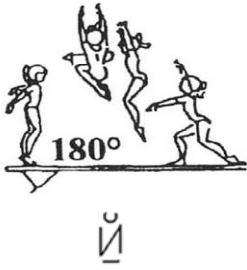
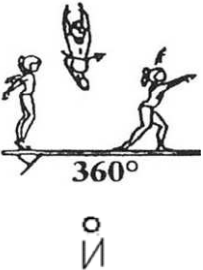
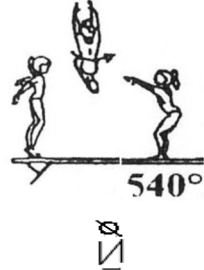

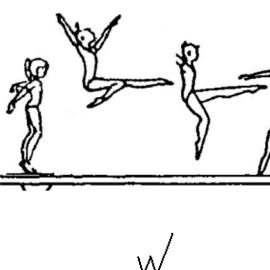
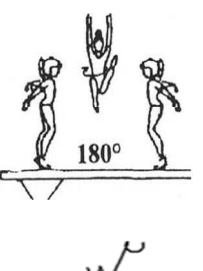
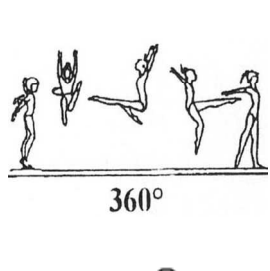
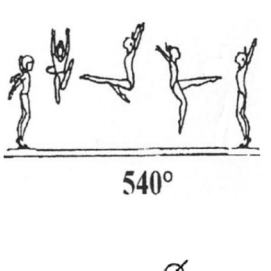
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.107 Pike jump from cross position (hip <90°)</p>  <p align="center">V</p>	<p>2.207 Pike jump from cross position with 1/2 turn (180°)</p>  <p align="center">U V</p>	<p>2.307</p>	<p>2.407 Pike jump from cross position with 1/1 turn (360°)</p>  <p align="center">O V</p>	<p>2.507</p>	<p>2.607</p>
<p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p>					
<p>2.108 Sissone, (leg separation 180° on the diagonal /45° to the floor) take off from both feet, land on one foot</p>  <p align="center">" 1/2</p>	<p>2.208(*) Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs), or stag-ring jump</p>  <p align="center">" 2/2</p>	<p>2.308 Jump with upper back arch and head release with feet to head height/closed Ring (Sheep jump)</p>  <p align="center">" W</p>	<p>2.408(*) Split jump to ring position (180° separation of legs)</p>  <p align="center">" 2/2</p> <p>Jump to cross over split with body arched and head dropped bwd (Yang-Bo)</p>  <p align="center">" 2/2</p>	<p>2.508</p>	<p>2.608</p>

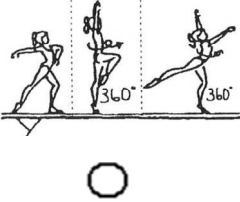
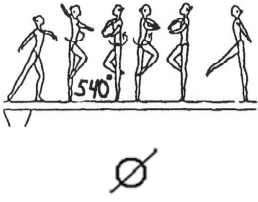
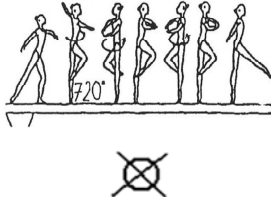
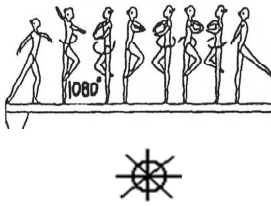
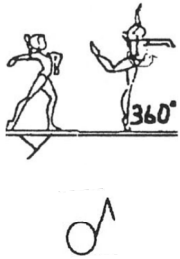
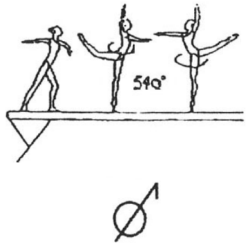
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.109</p>	<p>2.209 Hop with ½ turn (180°) free leg extended above horizontal throughout</p>  <p align="center">180°</p> <p align="center">Y</p>	<p>2.309 Stretched jump/hop with 1/1turn (360°) from cross position</p>  <p align="center">360°</p> <p align="center">O</p>	<p>2.409 Stretched jump/hop with 1½ turn (540°) from cross position</p>  <p align="center">540°</p> <p align="center">Ø</p>	<p>2.509</p>	<p>2.609</p>
<p>2.110 Cat leap (knees above horizontal alternately)</p>  <p align="center">M</p>	<p>2.210 Cat leap with ½ turn (180°)</p>  <p align="center">180°</p> <p align="center">M</p>	<p>2.310 Cat leap with 1/1 turn (360°)</p>  <p align="center">360°</p> <p align="center">M</p>	<p>2.410</p>	<p>2.510</p>	<p>2.610</p>

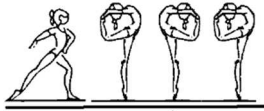

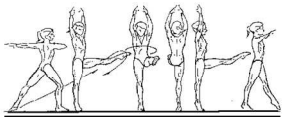



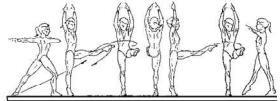



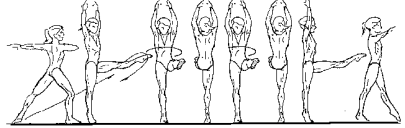

2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.111</p>	<p>2.211 Tuck hop or jump with ½ turn (180°) from cross position (hip & knee angle at 45°)</p> 	<p>2.311 Tuck hop or jump with 1/1 turn (360°) from cross position</p> 	<p>2.411 Tuck hop or jump with 1½ turn (540°) from cross position</p> 	<p>2.511</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p> </div>	<p>2.611</p>
<p>2.112(*) Wolf hop or jump from cross position. (hip angle at 45°, knees together)</p>  	<p>2.212 Wolf hop or jump with ½ turn (180°) from cross position.</p> 	<p>2.312</p>	<p>2.412 Wolf hop or jump with 1/1 turn (360°) from cross position</p> 	<p>2.512 Wolf hop or jump with 1½ turn (540°) from cross position</p> 	<p>2.612</p>

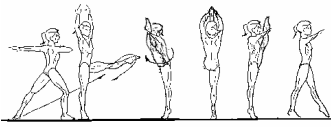



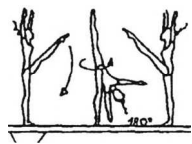

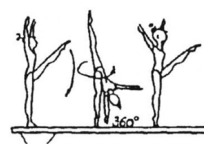

3.000 — GYMNASTIC TURNS

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>

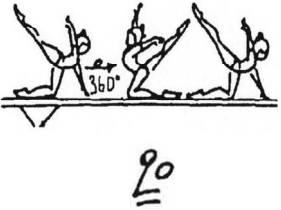
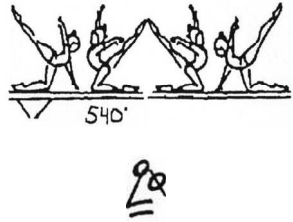

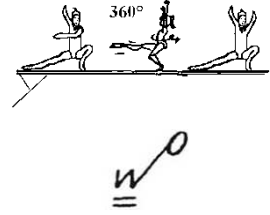
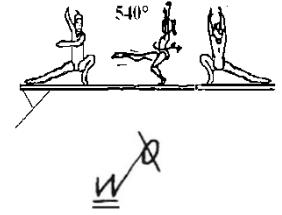
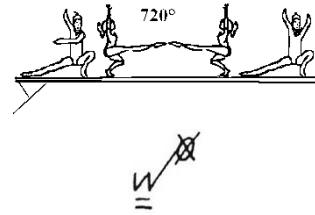
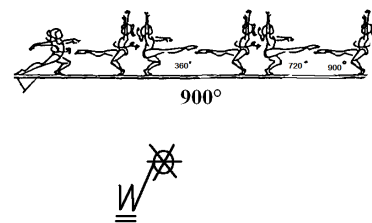
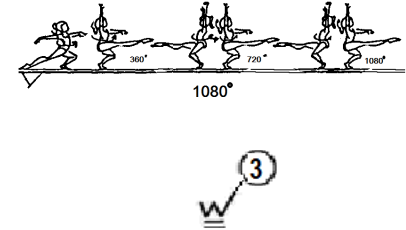
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203</p>	<p>3.303</p>	<p>3.403 <i>1/1 turn (360°) pirouette with free leg held bwd with both hands</i></p>  <p>360°</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 heel of free leg fwd at horizontal throughout turn, with/without holding free leg with hand (support and free leg may be straight or bent)</i></p>  <p>360°</p>  <p>360°</p>  	<p>3.404 (*) <i>1½ turn (540°) with heel of free leg fwd at horizontal throughout turn, with/without holding free leg with hand (support and free leg may be straight or bent)</i></p>  <p>540°</p>  <p>540°</p>  	<p>3.504 <i>2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</i></p>  <p>720°</p> 	<p>3.604</p>

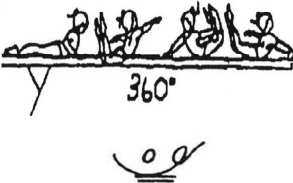
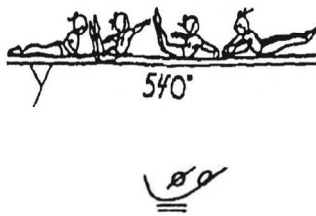
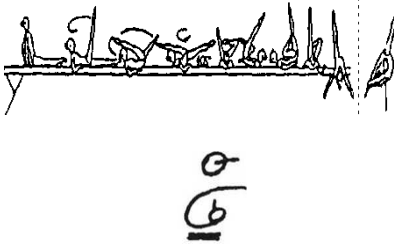
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.105</p>	<p>3.205</p>	<p>3.305 <i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i></p>  <p align="center">360°</p> 	<p>3.405 <i>1 1/2 turn (540°) with free leg held upward in 180° split position throughout turn</i></p>  <p align="center">540°</p> 	<p>3.505</p>	<p>3.605</p>
<p>3.106</p>	<p>3.206 <i>1/2 illusion turn (180°) through standing split (180° legs separation) with/without brief touching of beam with one hand</i></p>  	<p>3.306</p>	<p>3.406 <i>1/1 illusion turn (360°) through standing split (180° legs separation) with/without brief touching of beam with one hand</i></p>  	<p>3.506</p>	<p>3.606</p>

3.000 — GYMNASTIC TURNS

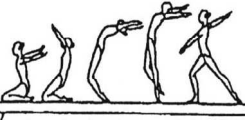



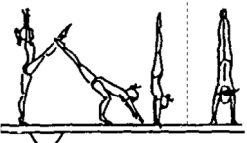
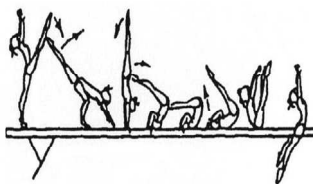
A	B	C	D	E	F/G
<p>3.107 1/1 turn (360°) in knee arabesque – hand support alternate</p> 	<p>3.207 1½ turn (540°) in knee arabesque – hand support alternate</p> 	<p>3.307 2/1 turn (720°) in knee arabesque – hand support alternate</p> 	<p>3.407</p>	<p>3.507</p>	<p>3.607</p>
<p>3.108</p>	<p>3.208 1/1 turn (360°) in tuck stand on one leg - free leg optional</p> 	<p>3.308 1½ turn (540°) in tuck stand on one leg - free leg optional</p> 	<p>3.408(*) 2/1 turn (720°) or 2½ turn (900°) in tuck stand on one leg - free leg optional</p>  	<p>3.508 3/1 turn (1080°) in tuck stand on one leg - free leg optional</p> 	<p>3.608</p>

3.000 — GYMNASTIC TURNS


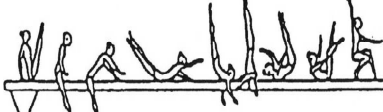
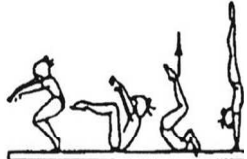
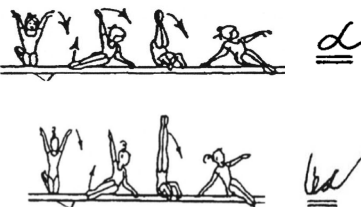

A	B	C	D	E	F/G
<p>3.109</p>	<p>3.209(*) <i>1/1 turn to 1½ turn (360°- 540°) in prone position – alternate support of hands permitted</i></p>  	<p>3.309</p>	<p>3.409 <i>1¼ (450°) turn on back in kip position (hip-leg angle closed)</i></p> 	<p>3.509</p>	<p>3.609</p>

F/G

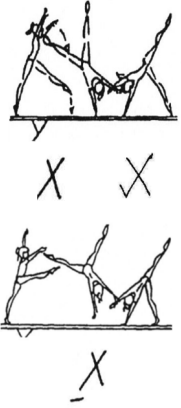
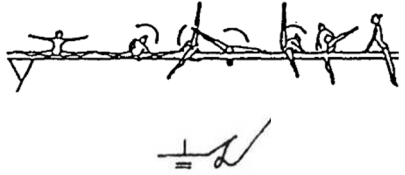
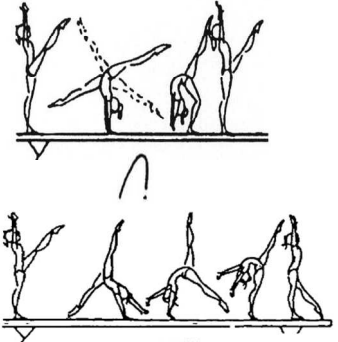
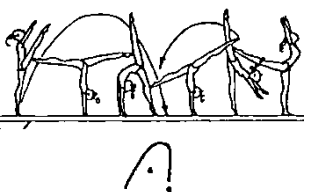
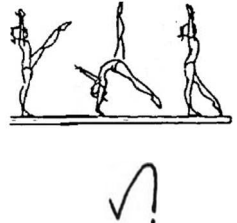
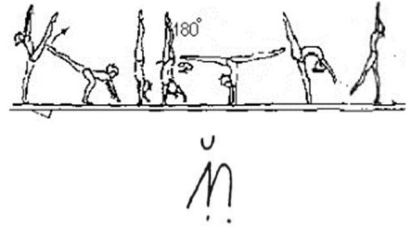
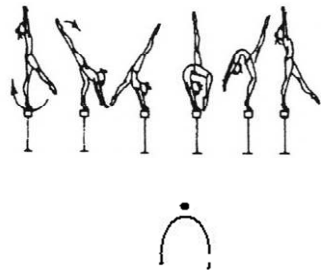
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

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">9/2</p>	<p>4.201</p>	<p>4.301</p> <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 20px auto;"> <p>(D) To be counted as dance element</p> </div>	<p>4.401</p>	<p>4.501</p>	<p>4.601</p>
<p>4.102 (D) (*) Standing split fwd with hand support in front of support leg (leg separation 180°) – Needle scale (2 sec.) or Stand on one leg with foot of free leg in fwd hold above head (2 sec.)</p>  <p>Scale fwd, support leg extended (leg separation 180°) - 2 sec.</p> 	<p>4.202 Clear pike support (2 sec.)</p> 	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>	<p>4.602</p>
<p>4.103 Kick to side or cross hstd (2sec), lower to end position touching beam</p>  <p align="center"> </p>	<p>4.203 Kick to cross hstd – roll fwd with or without hand support to sit position or to tuck stand</p>  <p align="center">h</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>

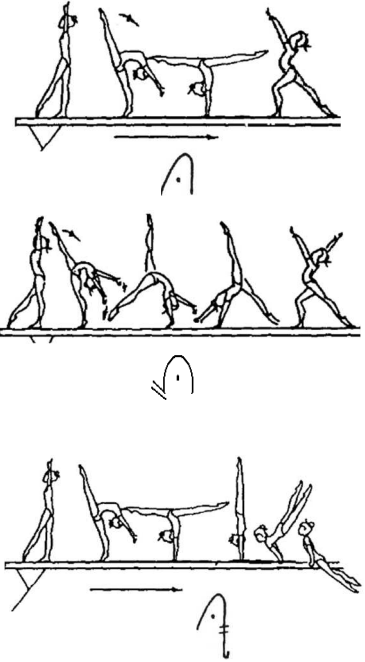
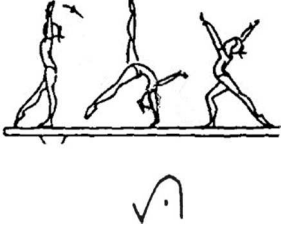
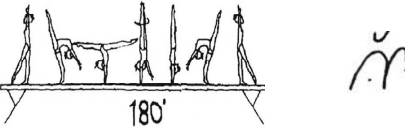
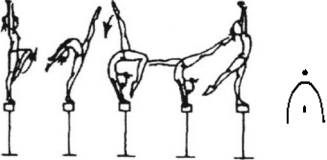
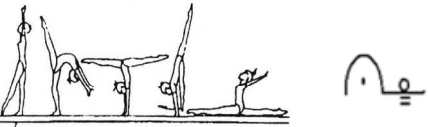

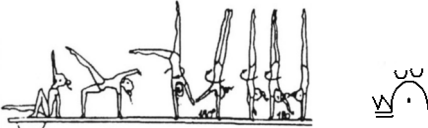
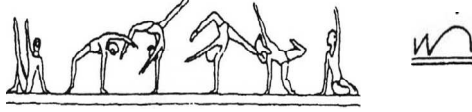
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.104</p>	<p>4.204 <i>Roll fwd without hand support to sit position or to tuck stand</i></p>  <p align="center"><u>af</u></p>	<p>4.304 <i>Free shoulder roll fwd with hip extension and without hand support to sit position or tuck stand</i></p>  <p align="center"><u>6af</u></p>	<p>4.404</p>	<p>4.504</p>	<p>4.604</p>
<p>4.105</p>	<p>4.205 <i>Roll bwd to hstd - lower to end position touching beam</i></p>  <p align="center"><u>u!</u></p>	<p>4.305</p>	<p>4.405</p>	<p>4.505</p>	<p>4.605</p>
<p>4.106</p>	<p>4.206 <i>Roll swd, body tucked – or roll swd stretched through neck stand, also with ½ turn (180°) over shoulder</i></p> 	<p>4.306 <i>Roll swd, body stretched</i></p>  <p align="center"><u>α</u></p>	<p>4.406</p>	<p>4.506</p>	<p>4.606</p>

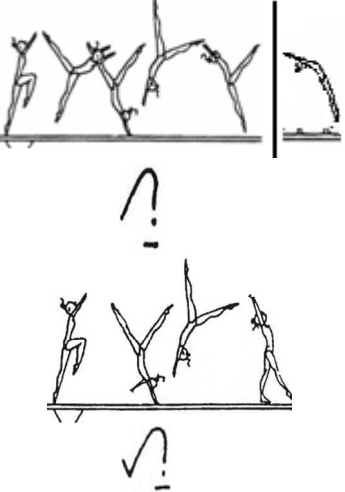
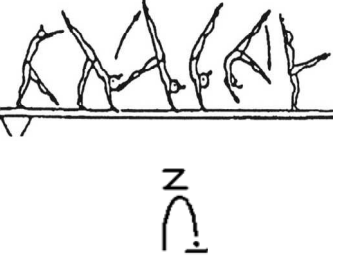
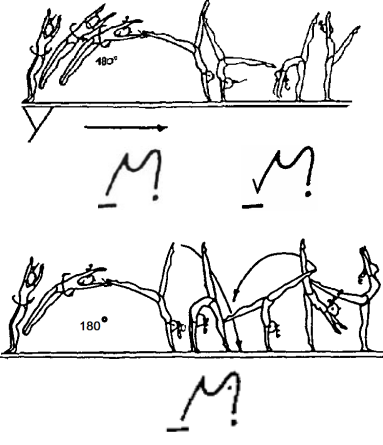
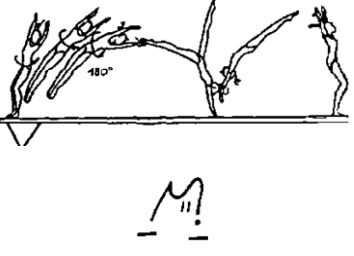
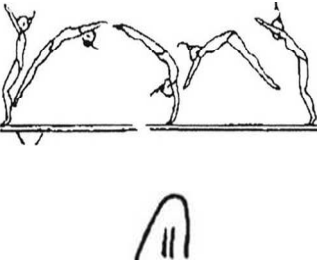
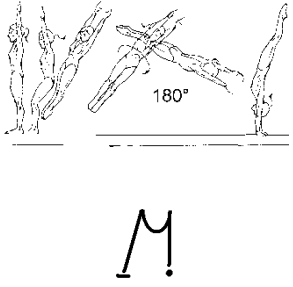
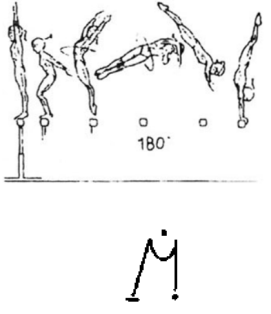
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.107 Cartwheel, also with support on one arm, or Cartwheel with flight phase before or after hand support</p> 	<p>4.207</p>	<p>4.307 Side split – roll swd stretched, legs separated – end position optional</p> 	<p>4.407</p>	<p>4.507</p>	<p>4.607</p>
<p>4.108 Walkover fwd, with/without alternate hand support (Tinsica)</p>  <p>Walkover fwd, bwd (Tic-Toc)</p> 	<p>4.208 Walkover fwd, with support of one arm</p> 	<p>4.308 Kick to cross hdst with 1/2 turn (180°) to walkover fwd</p>  <p>Walkover fwd in side position to Side stand</p> 	<p>4.408</p>	<p>4.508</p>	<p>4.608</p>

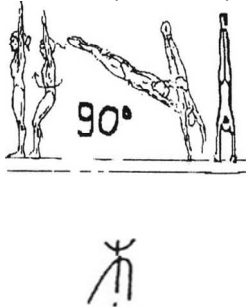
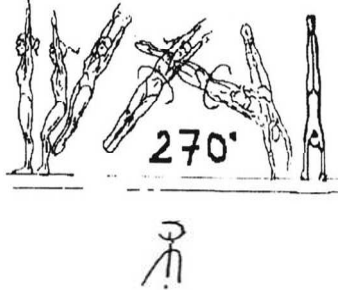
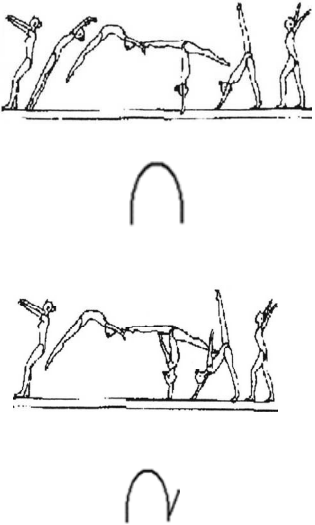
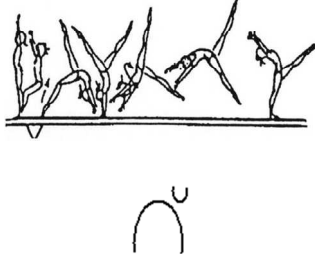

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.109 Walkover bwd, with/without alternate hand support, also with swing down to cross sit</p> 	<p>4.209 Walkover bwd, with support of one arm</p> 	<p>4.309 Walkover bwd with ½ turn (180°) to walkover fwd</p>  <p>180°</p> <p>Walkover bwd in side position to side stand</p>  <p>Walkover bwd with stoop through of one leg to cross split sit</p> 	<p>4.409</p>	<p>4.509</p>	<p>4.609</p>
<p>4.110</p>	<p>4.210 From extended tuck sit – walkover bwd (Valdez)</p> 	<p>4.310 Valdez with 1/1 turn (360°) lower to end position touching beam</p>  <p>Kick over bwd through horizontal plane with support on one arm</p> 	<p>4.410</p>	<p>4.510</p>	<p>4.610</p>

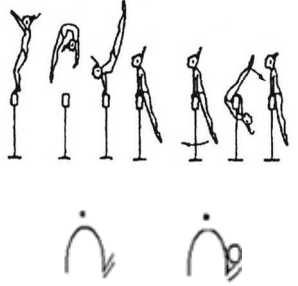
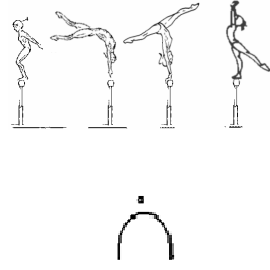
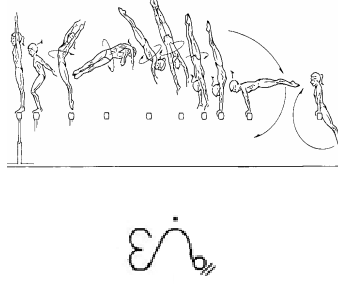
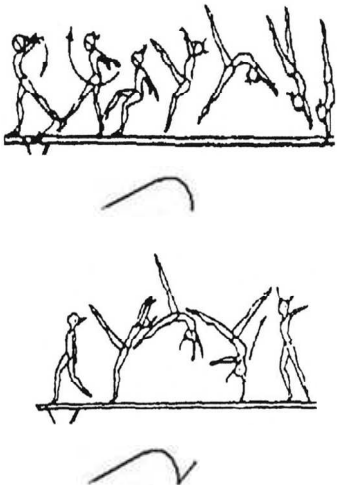
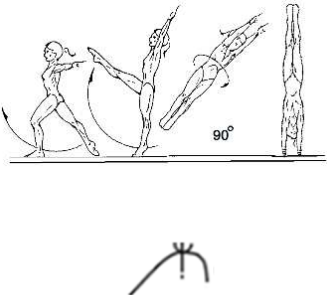
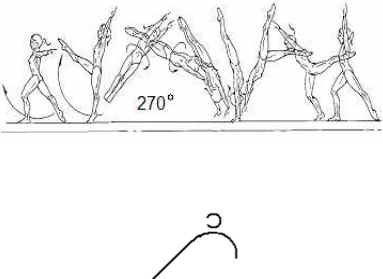
5.000 — ACROBATIC FLIGHT

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 hstd to walkover fwd, also with support on one arm, or to tic-toc</p> 	<p>5.501 Jump bwd (flic-flac take-off) with 1/2 twist (180°) to handspring fwd land on 2 feet.</p> 	<p>5.601</p>
<p>5.102</p>	<p>5.202 Flic-flac to land on both feet</p> 	<p>5.302 Flic-flac with 1/2 twist (180°) to hstd (2 sec.) - lower to optional end position</p> 	<p>5.402 Flic-flac from side position with 1/2 twist (180°) to side hstd lower to optional end position</p> 	<p>5.502</p>	<p>5.602</p>

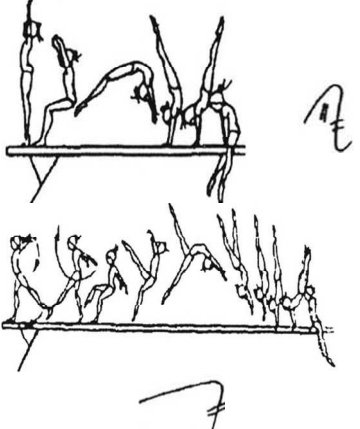
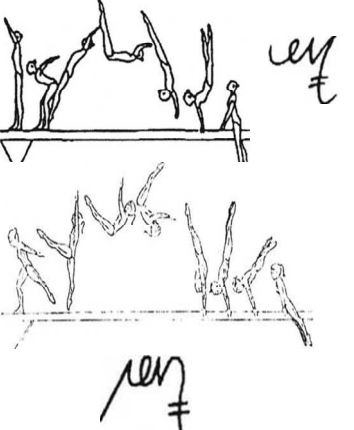
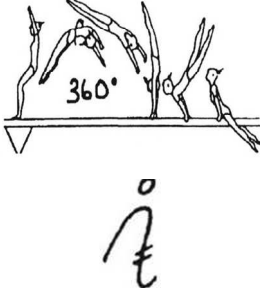
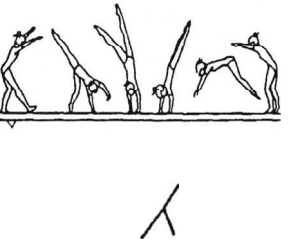
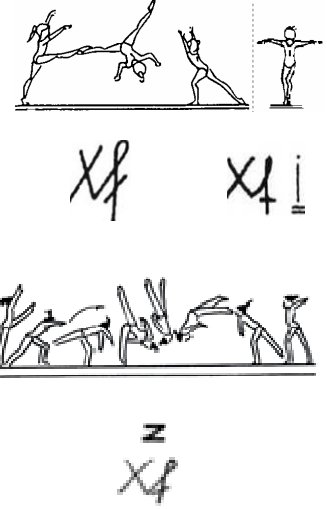
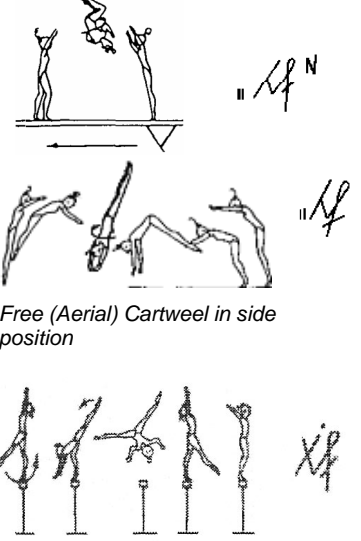
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.103	5.203	<p>5.303 Flic-flac with ¼ twist (90°) to hstd (2 sec.) - lower to optional end position</p> 	<p>5.403 Flic-flac with ¾ twist (270°) to side hstd (2 sec.) - lower to optional end position</p> 	5.503	5.603
5.104	<p>5.204 Flic-flac with step-out, also with support on one arm</p> 	<p>5.304 Flic-flac with ½ twist (180°) after hand support</p> 	<p>5.404 Flic-flac with min. ¾ twist (270°) before hand support</p> 	5.504	5.604

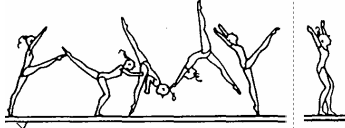

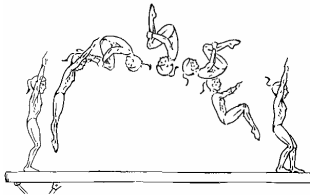
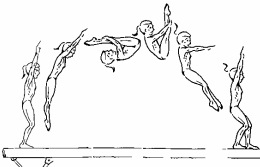
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.105	5.205	<p>5.305 <i>Flic-flac from side position to front support or with hip circle bwd</i></p> 	<p>5.405 <i>Flic-flac with step-out from side position</i></p> 	<p>5.505 <i>Flic-flac from side position with 1/1 twist (360°) to hip circle bwd</i></p> 	5.605
5.106	<p>5.206 <i>Gainer flic-flac also with support on one arm</i></p> 	<p>5.306 <i>Gainer flic-flac with ¼ twist (90°) to hstd (2 sec.) - lower to optional end position</i></p> 	<p>5.406 <i>Gainer flic-flac with min. ¼ twist (270°) before hand support</i></p> 	5.506	5.606

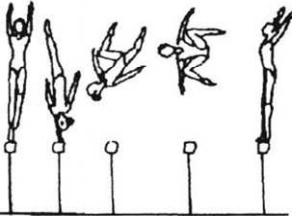
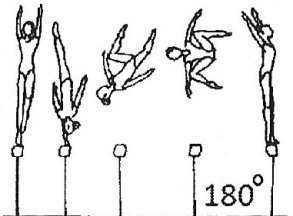
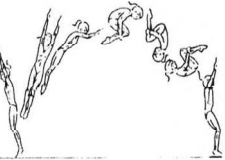
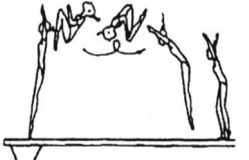
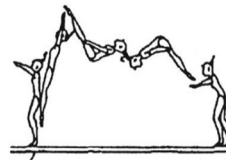
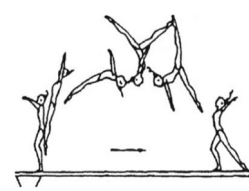
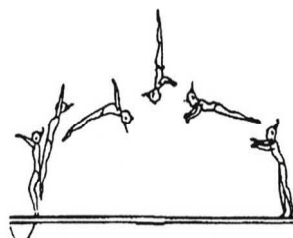
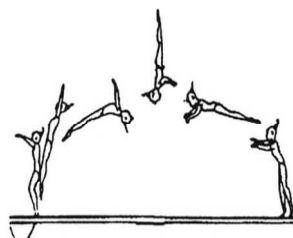
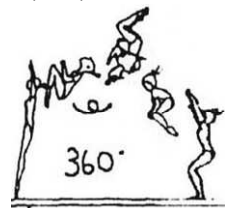
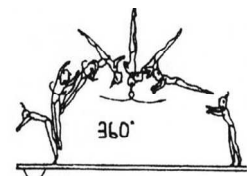
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207 Flic-flac or Gainer flic-flac – with high flight phase, and swing down to cross straddle sit</p> 	<p>5.307 Flic-flac or Gainer flic-flac – with piking and stretching of hips in flight phase and swing down to cross straddle sit</p> 	<p>5.407 Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit</p> 	<p>5.507</p>	<p>5.607</p>
<p>5.108</p>	<p>5.208 Round-off</p> 	<p>5.308</p>	<p>5.408 Free (aerial) cartwheel – landing in cross or side position, also with leg change</p> 	<p>5.508 Free aerial round-off tucked or piked – take off from 2 feet</p>  <p>Free (Aerial) Cartwheel in side position</p>	<p>5.608</p>

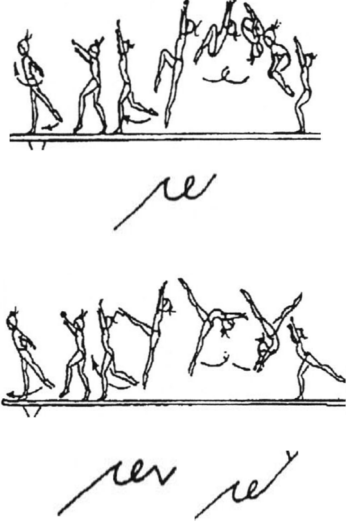

5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.109	5.209	5.309	<p>5.409 Free (aerial) walkover fwd, landing on one or both feet</p>  <p style="text-align: center;">nf nf II</p>	5.509	5.609
5.110	5.210	<p>5.310 Salto fwd tucked, take-off from one leg to stand on one or two feet</p>  <p style="text-align: center;">n</p>	<p>5.410 Salto fwd tucked to cross stand</p>  <p style="text-align: center;">n2</p>	<p>5.510 Salto fwd piked to cross stand</p>  <p style="text-align: center;">n2</p>	5.610

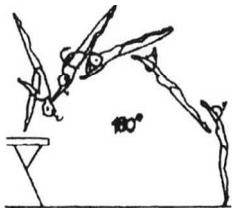
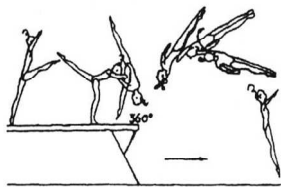
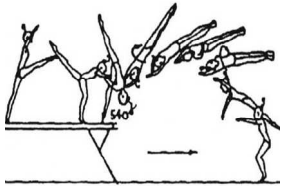
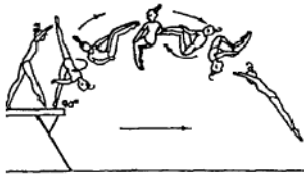
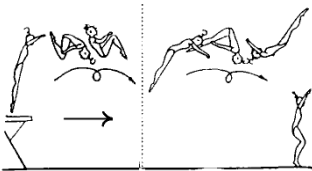
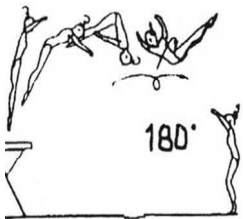
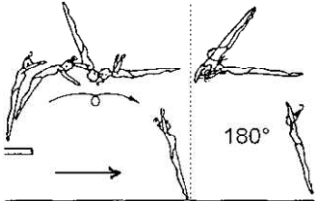


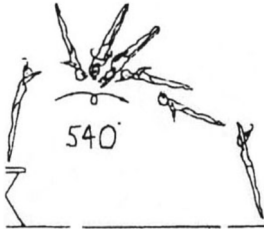
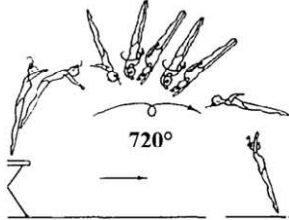
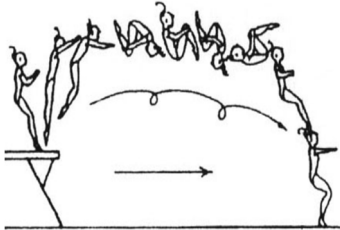
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.111	5.211	5.311	<p>5.411 Salto swd tucked take off from one leg to side stand</p>  <p style="text-align: center;">du</p>	<p>5.511 Salto swd tucked with ½ turn (180°) take off from one leg to side stand</p>  <p style="text-align: center;">du</p>	<p>5.611 Arabian salto tucked (take-off bwd with ½ twist [180°], salto fwd)</p>  <p style="text-align: center;">"pr</p>
5.112	5.212	<p>5.312 Salto bwd tucked, piked or stretched (step out)</p>  <p style="text-align: center;">u</p>  <p style="text-align: center;">u</p>  <p style="text-align: center;">u</p>	<p>5.412</p>  <p style="text-align: center;">u</p>	<p>5.512 Salto bwd stretched with legs together</p>  <p style="text-align: center;">u</p>	<p>5.612 Salto bwd tucked with 1/1 twist (360°)</p>  <p style="text-align: center;">En</p> <p>5.712 Salto bwd stretched with 1/1 twist (360°)</p>  <p style="text-align: center;">E</p>

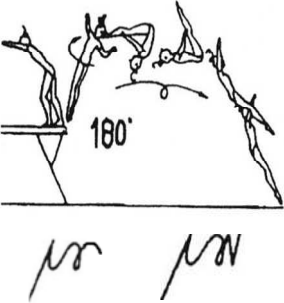
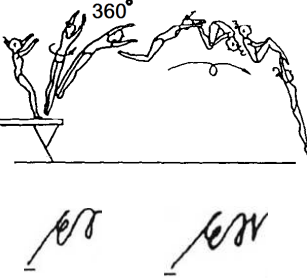
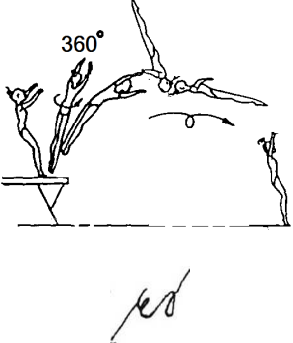
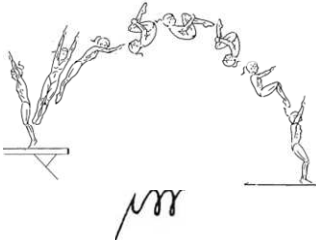
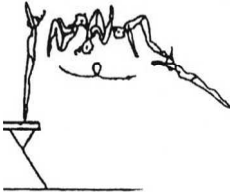
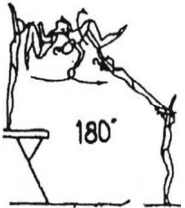
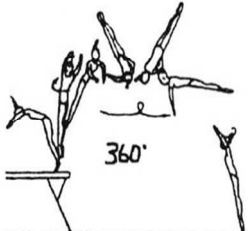
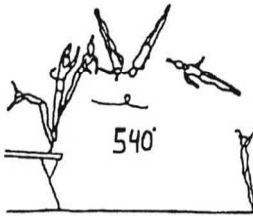
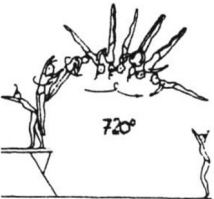
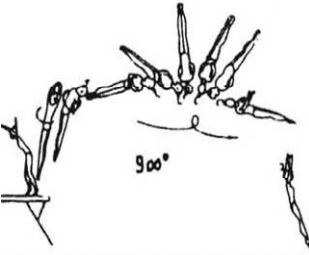
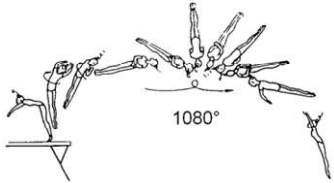
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.113	5.213	<p>5.313 Gainer salto bwd tucked, piked or stretched-step out</p> 	5.413	5.513	<p>5.613 Jump fwd with 1/2 twist (180°) – salto bwd tucked or piked</p> 

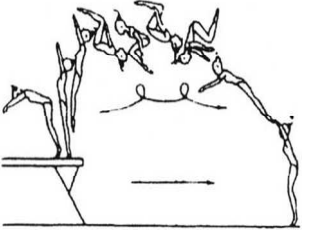
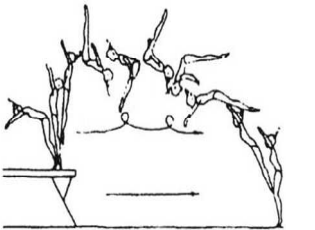
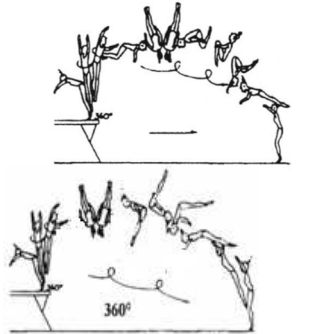
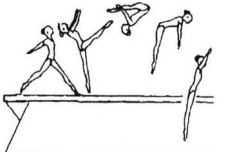
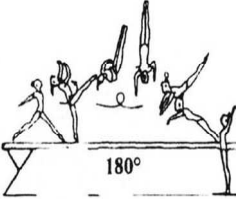
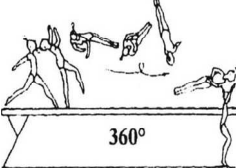
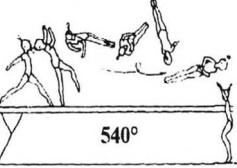
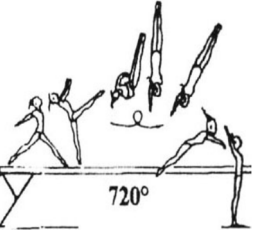
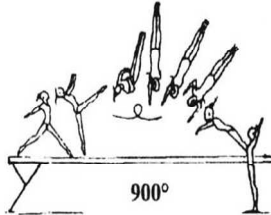
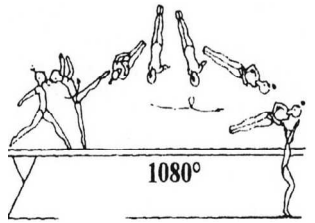
6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p>6.101 Free (aerial) walkover fwd with ½ twist (180°)</p>  <p style="text-align: center;">2 1/2</p>	<p>6.201 Free (aerial) walkover fwd with 1/1 twist (360°)</p>  <p style="text-align: center;">2 1/2</p>	<p>6.301 Free (aerial) walkover fwd with 1½ twist (540°)</p>  <p style="text-align: center;">2 1/2</p>	<p>6.401</p>	<p>6.501 Free (aerial) cartwheel into salto bwd tucked</p>  <p style="text-align: center;">X 1/2</p>	<p>6.601</p>
<p>6.102 Salto fwd tucked or piked, also with ½ twist (180°)</p>  <p style="text-align: center;">2 1/2</p>  <p style="text-align: center;">2 1/2</p>	<p>6.202 Salto fwd stretched, also with ½ twist (180°)</p>  <p style="text-align: center;">2 1/2</p> <p>Salto fwd tucked with 1/1 twist (360°)</p>  <p style="text-align: center;">3 1/2</p>	<p>6.302 Salto fwd stretched with 1/1 twist (360°) or 1½ twist (540°)</p>  <p style="text-align: center;">3 1/2</p>  <p style="text-align: center;">3 1/2</p>	<p>6.402 Salto fwd stretched with 2/1 twist (720°)</p>  <p style="text-align: center;">3 1/2</p>	<p>6.502</p>	<p>6.602 Double salto fwd tucked</p>  <p style="text-align: center;">2 1/2</p>

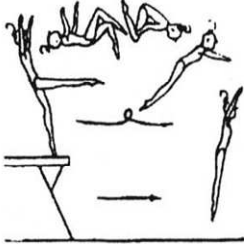
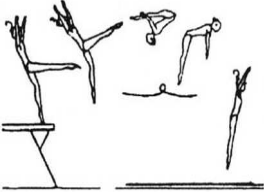
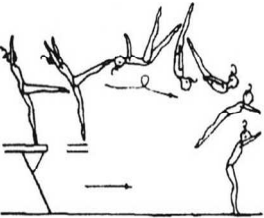
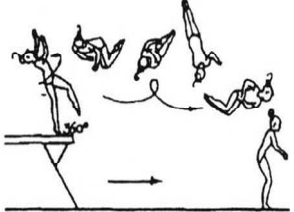
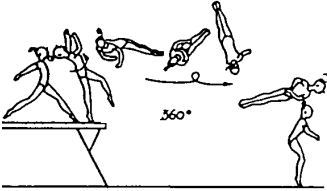
6.000 — DISMOUNTS

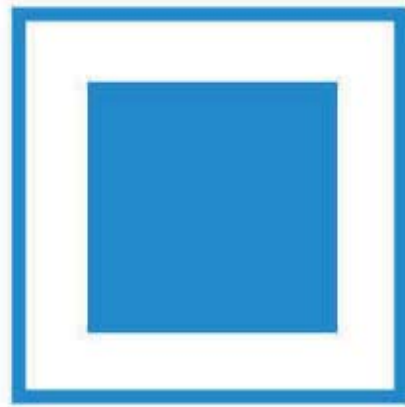
A	B	C	D	E	F/G
<p>6.103</p>	<p>6.203 Jump bwd, with ½ twist (180°), salto fwd tucked or piked (Arabian salto)</p> 	<p>6.303 Stretched jump fwd with 1/1 twist (360°) and salto fwd tucked or piked,</p> 	<p>6.403 Stretched jump fwd with 1/1 twist (360°) and salto fwd stretched (360°) and salto fwd stretched</p> 	<p>6.503</p>	<p>6.603 6.703 Arabian double salto fwd. tucked</p> 
<p>6.104 Salto bwd tucked, piked, or stretched, also with ½ twist (180°)</p>  	<p>6.204 Salto bwd tucked or stretched with 1/1 (360°)</p> 	<p>6.304 Salto bwd tucked or stretched with 1½ twist (540°)</p>  <p>Salto bwd stretched with 2/1 twist (720°)</p> 	<p>6.404 Salto bwd stretched with 2½ twist (900°)</p> 	<p>6.504</p>	<p>6.604 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>oo</p>	<p>6.505 <i>Double salto bwd piked</i></p>  <p>llv</p>	<p>6.605 <i>Double salto bwd tucked or piked with 1/1 twist (360°)</i></p>  <p>360°</p> <p>Ell^{1/1}v</p>
<p>6.106 <i>Gainer salto tucked, piked, or stretched to side of beam, also with 1/2 twist (180°) (tucked, or stretched)</i></p>  <p>re rev re</p>  <p>180°</p> <p>re^{1/2}v</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^{1/1}</p>	<p>6.306 <i>Gainer salto bwd tucked or stretched with 1 1/2 (540°) or 2/1 twist (720°) to side of beam</i></p>  <p>540°</p> <p>re^{1 1/2}</p>  <p>720°</p> <p>re²</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 <i>Gainer salto bwd stretched with 3/1 twist (1080°) to side of beam</i></p>  <p>1080°</p> <p>re³</p>

6.000 — DISMOUNTS

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



Floor Exercise — Elements

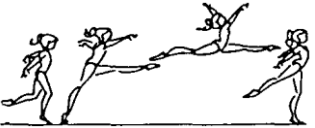


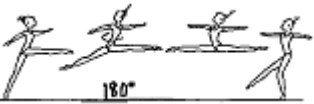
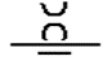
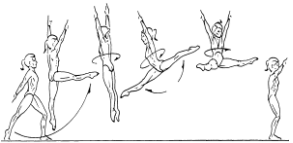
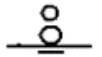
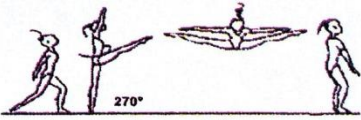
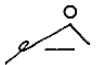
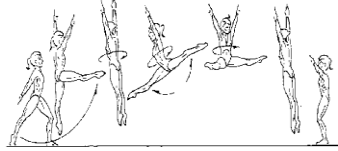
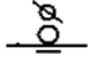


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A PASSION FOR GYMNASTICS

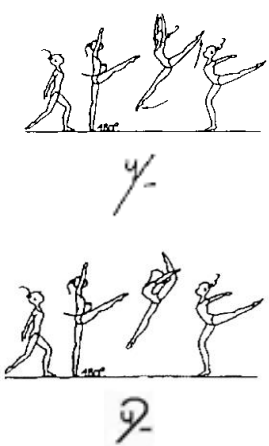
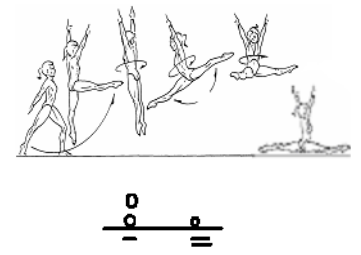
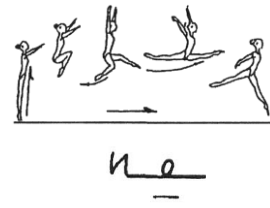
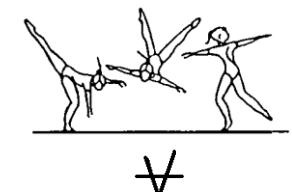
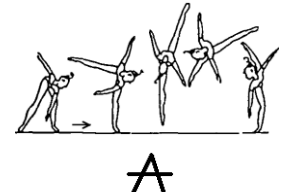
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1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.101 Split leap fwd (leg separation 180°)</p>   	<p>1.201 Split leap with ½ turn (180°)</p>  	<p>1.301 (*) Split leap with 1/1 turn (360°)</p>   <p>Leap fwd with ¾ turn (270°) into straddle pike position with ¼ turn (90°)</p>  	<p>1.401 Split leap with 1½ turn (540°)</p>  	<p>1.501</p>	<p>1.601</p>

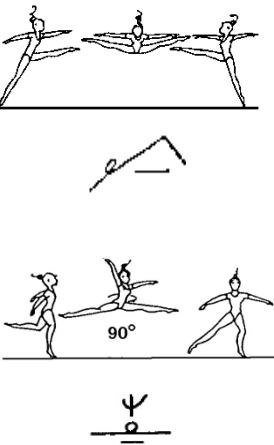
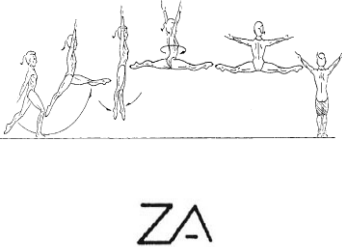
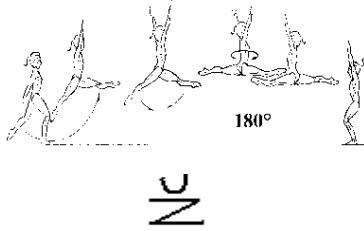
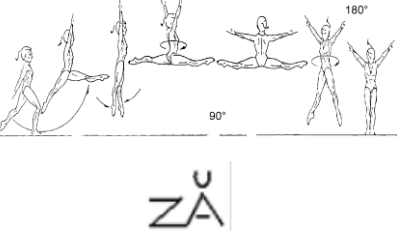
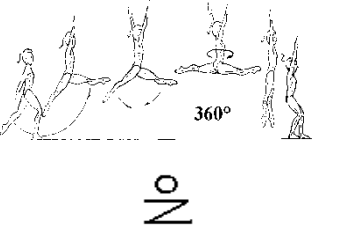
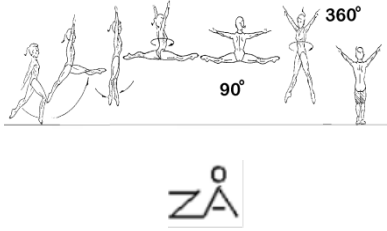
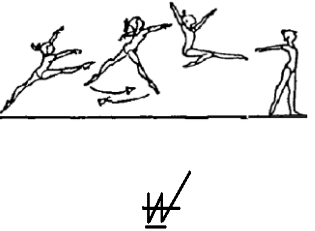
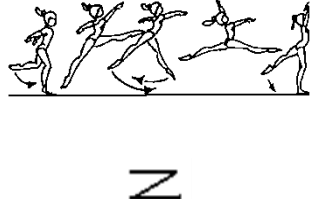
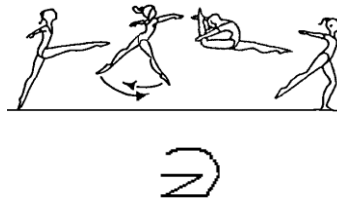
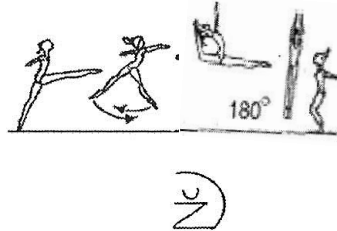
(*) Elements in the same box with an (*) asterisk receive credit only once in chronological order

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS










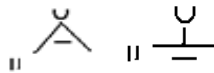

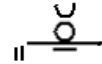


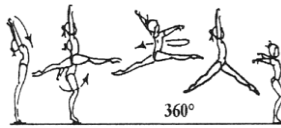

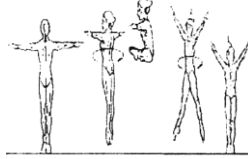
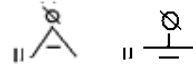
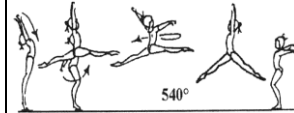

A	B	C	D	E	F/G
<p>1.102</p>	<p>1.202 (*) <i>Fouette Hop with leg change to cross split (leg separation 180°) also to ring position (tour jeté)</i></p>  <p align="center">4/-</p> <p align="center">2</p>	<p>1.302 <i>Split leap with 1/1 turn (360°) to land in split sit position</i></p>  <p align="center">100 11P</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>
<p>1.103 <i>Tuck jump with separation of legs to cross split (180°) during flight phase</i></p>  <p align="center">no</p>	<p>1.203 (*) <i>Butterfly fwd torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight.</i></p>  <p align="center">V</p> <p><i>Butterfly bwd torso parallel to floor, slightly arched, legs straddled and feet at or slightly below hip height during flight.</i></p>  <p align="center">A</p>	<p>1.303</p>	<p>1.403</p>	<p>1.503</p>	<p>1.603</p>

(*) Elements in the same box with an (*) asterisk receive credit only once in chronological order

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS


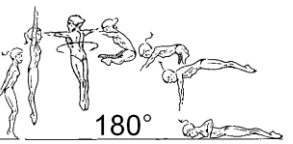
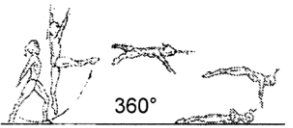
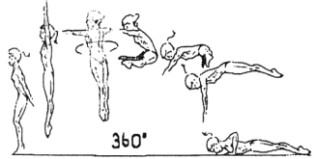
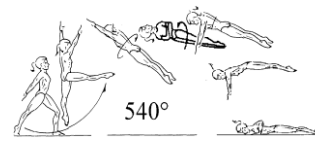
A	B	C	D	E	F/G
<p>1.104 (*) Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet.</p> 	<p>1.204 Switch leap with ¼ turn (90°) to side split or to straddle pike position (both legs above horizontal) (Johnson)</p> 	<p>1.304 (*) Switch leap with ½ turn (180°) in flight phase</p>  <p align="center">Johnson with additional ½ turn (180°)</p> 	<p>1.404 (*) Switch leap with 1/1 turn (360°) in flight phase</p>  <p align="center">Johnson with additional 1/1 turn (360°)</p> 	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>(*) Elements in the same box with an (*) asterisk receive credit only once in chronological order</p> </div>	<p>1.504</p> <p>1.604</p>
<p>1.105 Stride leap fwd with change of legs to wolf position</p> 	<p>1.205 Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation < after leg change) (Switch leap)</p> 	<p>1.305 Switch leap to ring position (180° separation of legs)</p> 	<p>1.405 Switch leap to Ring position with ½ turn (180°)</p> 		<p>1.505</p>

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

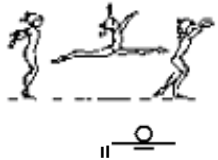
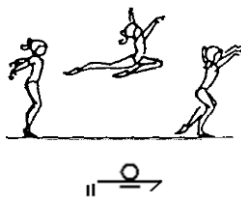
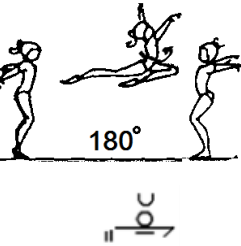

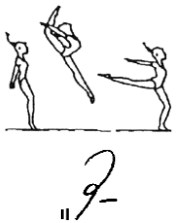


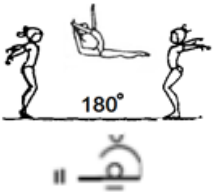

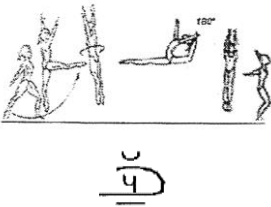
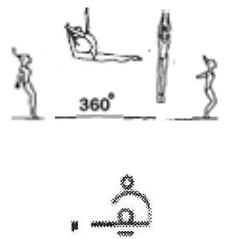
A	B	C	D	E	F/G
<p>1.106 Pike jump (hip < 90°)</p>  	<p>1.206 Jump with upper back arch and head release with feet almost touching head (Sheep jump)</p>  	<p>1.306 Pike jump (hip < 90°) with 1/1 turn (360°)</p>  	<p>1.406</p>	<p>1.506</p>	<p>1.606</p>
<p>1.107 (*) Straddle pike jump (both legs above horizontal), or side split jump (leg separation 180°)</p>  	<p>1.207 (*) Straddle pike or side split jump with 1/2 turn (180°)</p>   <p>Split Jump with 1/2 turn (180°)</p>  	<p>1.307 (*) Straddle pike or side split jump with 1/1 turn (360°)</p>   <p>Split Jump with 1/1 turn (360°)</p>  	<p>1.407 (*) Straddle pike or side split jump with 1 1/2 turn (540°)</p>   <p>Split Jump with 1 1/2 turn (540°)</p>  	<p>1.507</p>	<p>1.607</p>

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1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

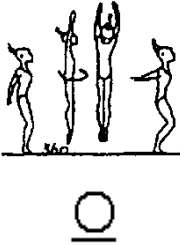
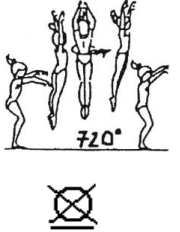
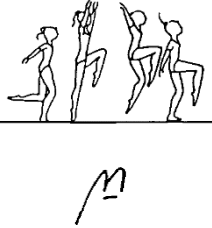
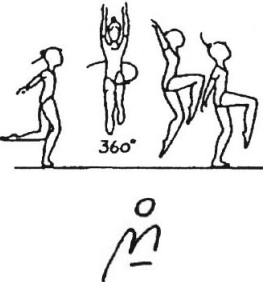
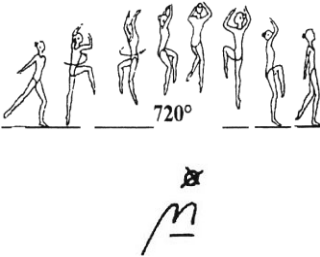
A	B	C	D	E	F/G
<p>1.108 (*) <i>Straddle pike (both legs above horizontal), or side split jump landing in front lying support (also with ½ turn (180°))</i></p>  <p style="text-align: center;">4</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">5</p> <p><i>Hop with 1/1 turn (360°) to straddle and land in front lying support</i></p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">6</p>	<p>1.208 (*) <i>Straddle pike (both legs above horizontal), or side split jump with 1/1 turn (360°) landing in front lying support</i></p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">7</p> <p><i>Hop with 1½ turn (540°) in horizontal plane to land in front lying support</i></p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">8</p>	<p>1.308</p>	<p>1.408</p>	<p>1.508</p>	<p>1.608</p>

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

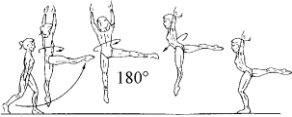

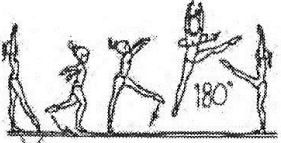



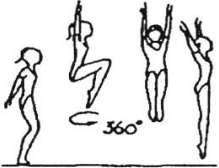



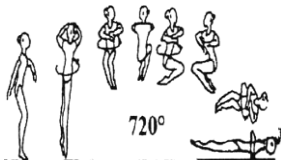

A	B	C	D	E	F/G
<p>1.109 (*) Split jump (leg separation 180°)</p>  <p>Stag jump</p>  <p>Stag jump with 1/2 turn (180°)</p>  <p>Sissone (leg separation 180° on the diagonal/45° to the floor) take off two feet, land on one foot</p> 	<p>1.209 (*) Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs)</p>  <p>Stag ring jump (rear foot at head height, body arched and head dropped bwd)</p>  <p>Split jump to ring position (180° separation of legs)</p>  <p>Split jump to ring position with 1/2 turn (180°)</p> 	<p>1.309 Split ring leap (180° separation of legs)</p> 	<p>1.409 (*) Split leap, or split jump to ring position with 1/1 (360°) turn</p>  	<p>1.509</p>	<p>1.609</p>

(*) Elements in the same box with an (*) asterisk receive credit only once in chronological order


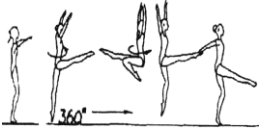
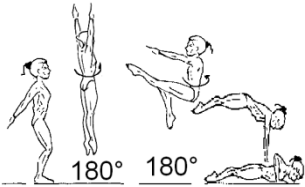
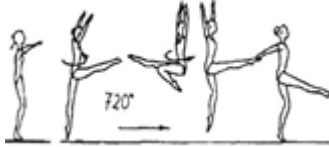
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.110</p>	<p>1.210 Stretched hop or jump with 1/1 turn (360°)</p> 	<p>1.310 Stretched hop or jump with 2/1 turn (720°)</p> 	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>
<p>1.111 Leap with alternate leg change (knees above horizontal)</p> 	<p>1.211 Leap with alternate leg change (knees above horizontal) with 1/1 turn (360°) (Cat leap)</p> 	<p>1.311 Cat leap with 2/1 turn (720°)</p> 	<p>1.411</p>	<p>1.511</p>	<p>1.611</p>

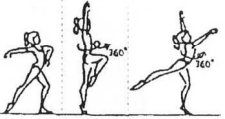
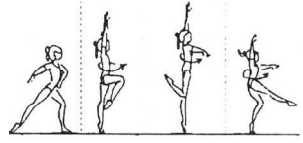
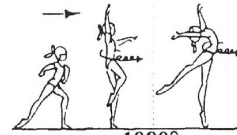
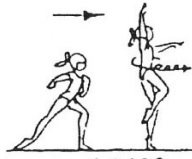
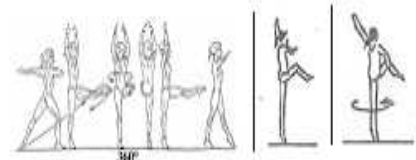
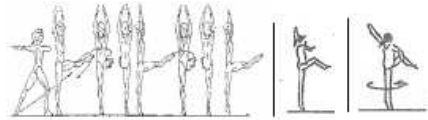
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.112 Hop with ½ (180°) turn to land in arabesque with free leg above horizontal (Fouetté-hop)</p>  	<p>1.212 Hop with ½ turn (180°) free leg extended above horizontal throughout</p>  	<p>1.312 Hop with 1/1 turn (360°), free leg extended above horizontal throughout</p>  	<p>1.412</p>	<p>1.512</p>	<p>1.612</p>
<p>1.113</p>	<p>1.213 Tuck hop or jump with 1/1 turn (360°)</p>  	<p>1.313 (*) Tuck hop or jump with 2/1 turn (720°) also landing in front lying support</p>    	<p>1.413</p>	<p>1.513</p>	<p>1.613</p>

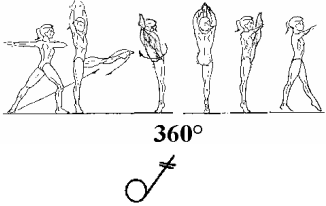
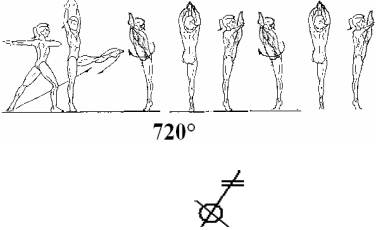
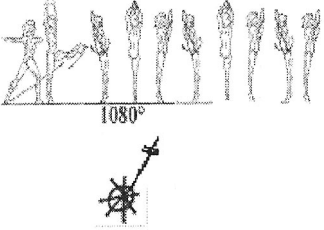
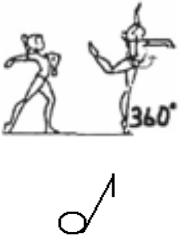
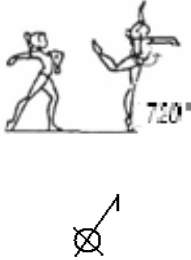
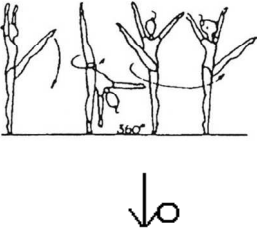
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.114 Hop or Jump with one leg bent and the other – extended straight, fwd above horizontal with knees together (Wolf hop or jump)</p>  <p align="center"><u>W</u></p>	<p>1.214 (*) Wolf hop or jump with 1/1 turn (360°)</p>  <p align="center"> <u>W</u> ○</p> <p>Wolf hop or jump with 1/1 turn (360°) landing in front lying support</p>  <p align="center"> <u>W</u> ↘</p>	<p>1.314</p>	<p>1.414 Wolf hop or jump with 2/1 turn (720°)</p>  <p align="center"> <u>W</u> ⊗</p>	<p>1.514</p>	<p>1.614</p>

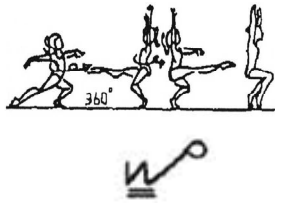
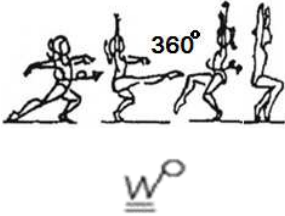
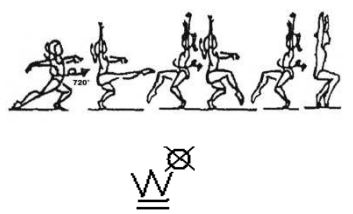
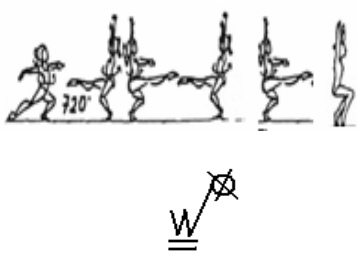
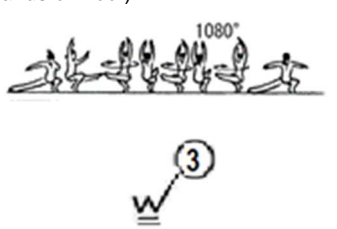
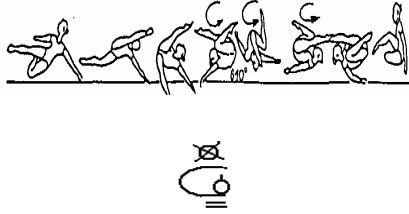
2.000 – GYMNASTIC TURNS

	B	C	D	E	F/G
<p>2.101 1/1 turn (360°) on one leg – free leg optional below horizontal</p>  <p align="center">360°</p> <p align="center">○</p>	<p>2.201 2/1 turn (720°) on one leg – free leg optional below horizontal</p>  <p align="center">720°</p> <p align="center">⊗</p>	<p>2.301 3/1 turn (1080°) on one leg – free leg optional below horizontal</p>  <p align="center">1080°</p> <p align="center">⊗</p>	<p>2.401</p>	<p>2.501 4/1 turn (1440°) on one leg – free leg optional below horizontal</p>  <p align="center">1440°</p> <p align="center">④</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, also with free leg held (support and free leg may be straight or bent)</p>  <p align="center">360°</p> <p align="center">✓</p>	<p>2.302</p>	<p>2.402 (*) 2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn, also with free leg held (support and free leg may be straight or bent)</p>  <p align="center">720°</p> <p align="center">⊗</p>	<p>2.502</p>	<p>2.602</p>

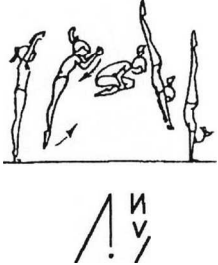
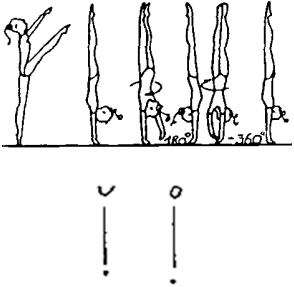
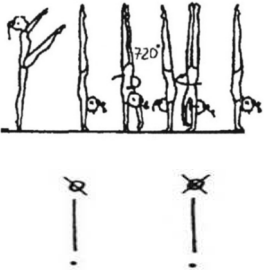
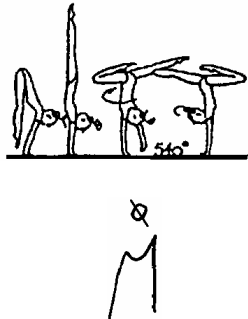
2.000 – GYMNASTIC TURNS

	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 3/1 turn (1080) with free leg held upward in 180° split position throughout turn</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 illusion turn (360°) through standing split without touching floor with hand</p> 	<p>2.305</p>	<p>2.405</p>	<p>2.505</p>	<p>2.605</p>

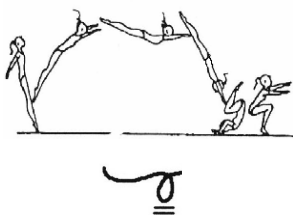
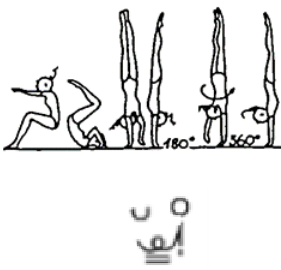
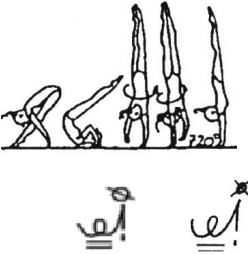
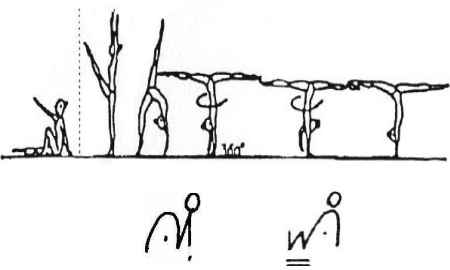
2.000 – GYMNASTIC TURNS

	B	C	D	E	F/G
<p>2.106 (*) 1/1 turn (360°) in tuck stand on one leg - free leg optional</p>  	<p>2.206 2/1 turn (720°) in tuck stand on one leg – free leg bent</p> 	<p>2.306</p>	<p>2.406 2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor)</p> 	<p>2.506 3/1 turn (1080°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor)</p> 	<p>2.606</p>
<p>2.107</p>	<p>2.207 2/1 spin (720°) or more on back in kip position (hip-leg < closed)</p> 	<p>2.307</p>	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>

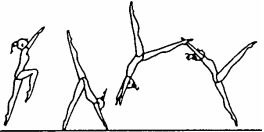

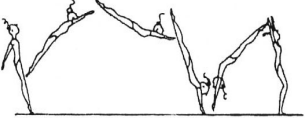

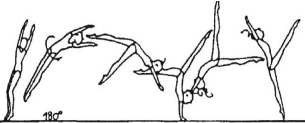

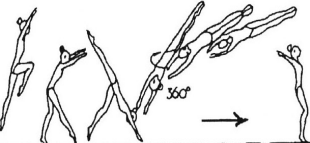



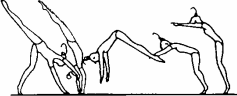

3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p>3.101 <i>Jump kick or press to hstd – return movement optional, also with ½ and 1/1 turn (180°- 360°) in hstd</i></p>  	<p>3.201 <i>Jump kick or press to hstd with 1 ½ - 2/1 turn (540°- 720°) in hstd – return movement optional</i></p>  	<p>3.301</p>	<p>3.401</p>	<p>3.501</p>	<p>3.601</p>

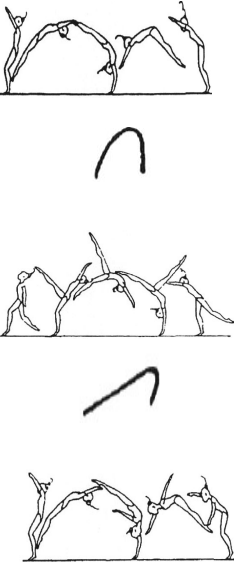

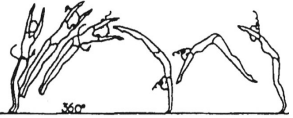
3.000 — HAND SUPPORT ELEMENTS

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 or 1/1 turn (180° - 360°) in hstd</i></p> 	<p>3.203 <i>Roll bwd to hstd with 1½ - 2/1 (540° - 720°) turn 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>

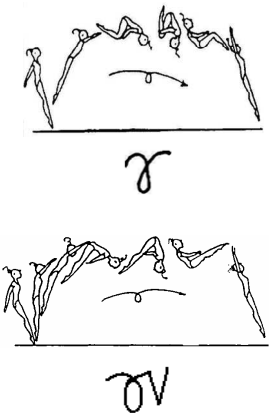
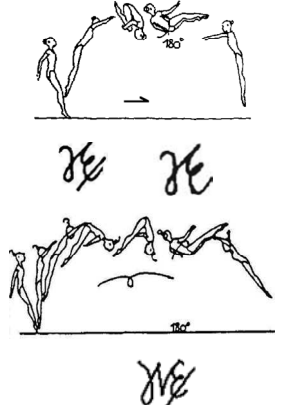
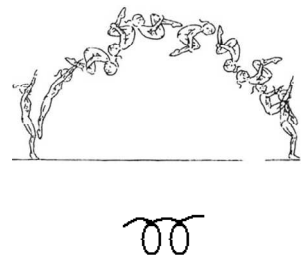
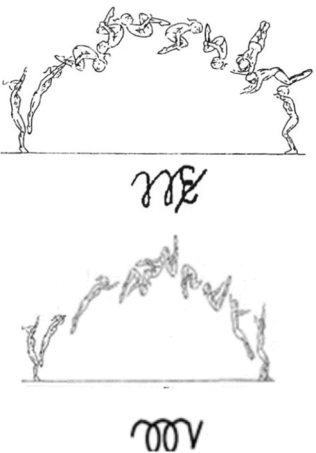
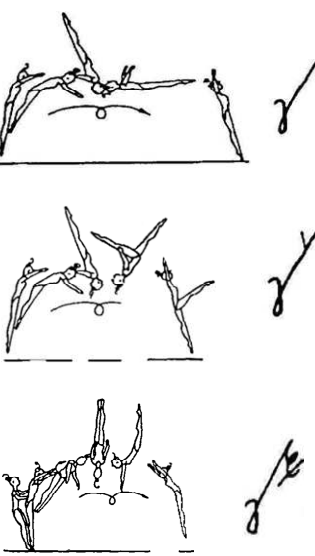
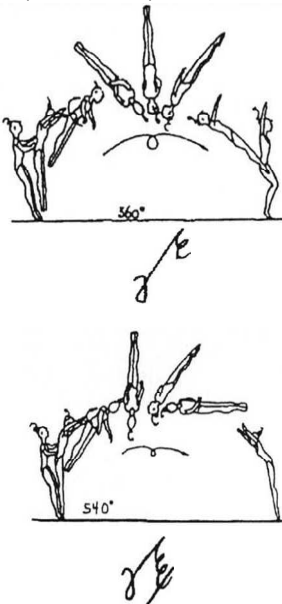
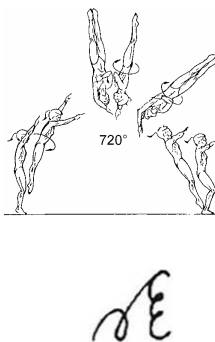
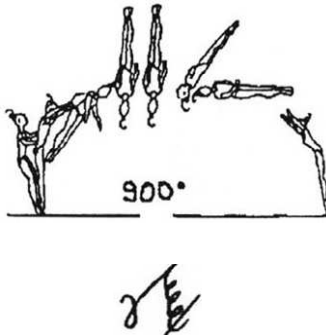
3.000 — HAND SUPPORT ELEMENTS

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 <i>Round-off</i></p>  	<p>3.206</p>	<p>3.306</p>	<p>3.406</p>	<p>3.506</p>	<p>3.606</p>

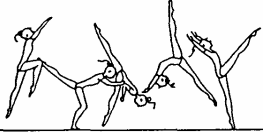

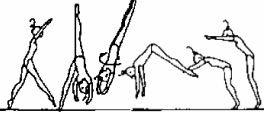
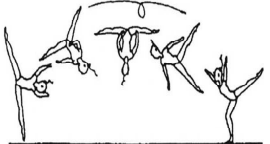
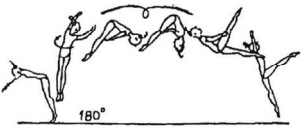
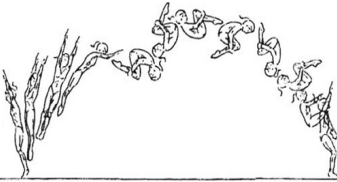
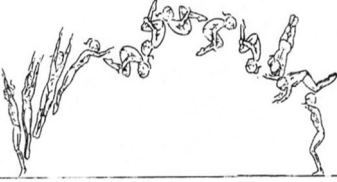

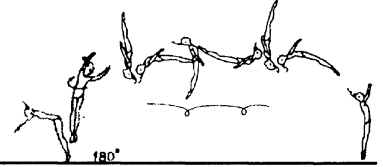
3.000 — HAND SUPPORT ELEMENTS

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 style="text-align: center;">∩</p> <p style="text-align: center;">∪</p> <p style="text-align: center;">∩</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 style="text-align: center;">↷</p>	<p>3.207 Flic-flac with 1/1 twist (360°) before hand support</p>  <p style="text-align: center;">∩</p>	<p>3.307</p>	<p>3.407</p>	<p>3.507</p>	<p>3.607</p>

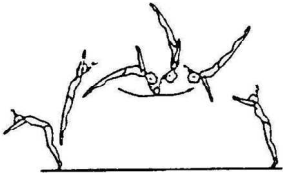

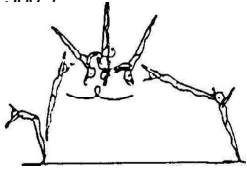

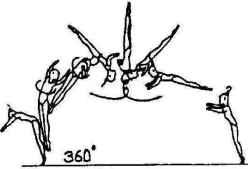

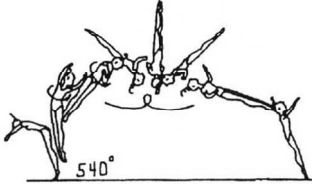

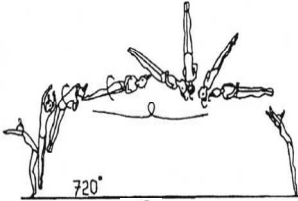

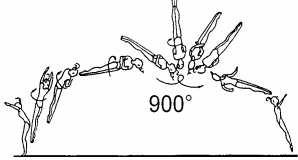

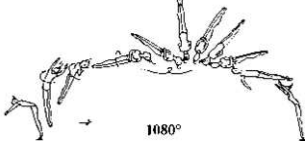

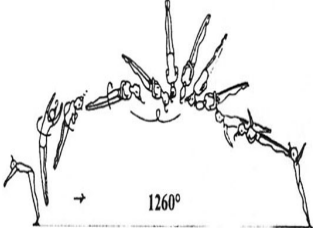

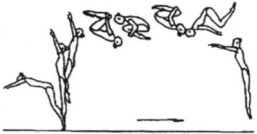



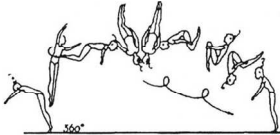

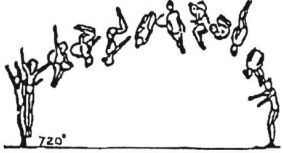

4.000 – SALTOS FORWARD & SIDEWARD

A	B	C	D	E	F/G/H
<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</p>	<p>4.401</p>	<p>4.501 Double salto fwd tucked</p> 	<p>4.601 Double salto fwd tucked, with 1/2 twist (180°) or Double salto fwd piked</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 1/2 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>

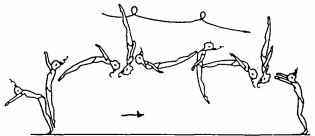
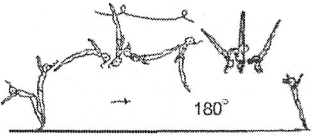
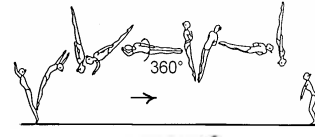
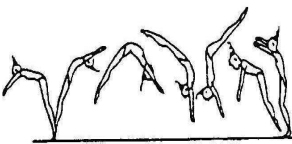
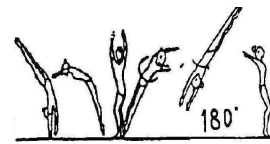
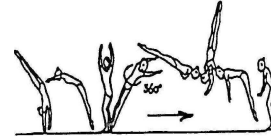
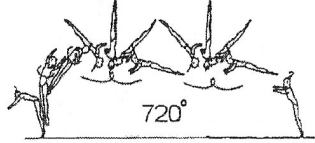
4.000 – SALTOS FORWARD & SIDEWARD

A	B	C	D	E	F/G/H
<p>4.103 Free (aerial) walkover fwd</p>  <p><i>nf</i></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><i>Xf</i></p>	 <p><i>nf</i></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><i>2 Lv</i></p>	<p>4.205 Arabian salto tucked or piked, (take-off bwd with 1/2 twist [180°], salto fwd) – landing optional</p>  <p><i>180°</i> <i>nf nf</i></p>	<p>4.305</p>	<p>4.405</p>	<p>4.505 Arabian double salto tucked, also with 1/2 twist (180°)</p>  <p><i>nf nf</i></p>  <p><i>nf nf</i></p>	<p>4.605 Arabian double salto piked</p>  <p><i>nf nf</i></p> <p>4.805 Arabian double salto stretched</p>  <p><i>180°</i> <i>nf nf</i></p>

5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G/H/I
<p>5.101 Salto bwd tucked, piked, or stretched</p>  	<p>5.201 Salto bwd stretched with 1/2, or salto bwd tucked or stretched with 1/1 twist (180° or 360°)</p>    	<p>5.301 Salto bwd stretched with 1 1/2 or 2/1 twist (540° or 720°)</p>    	<p>5.401 Salto bwd stretched with 2 1/2 twist (900°)</p>  	<p>5.501 Salto bwd stretched with 3/1 twist (1080°)</p>  	<p>5.601 Salto bwd stretched with 3 1/2 twist (1260°)</p>  
<p>5.102</p>	<p>5.202</p>	<p>5.302</p>	<p>5.402 Double salto bwd tucked</p>   <p>Double salto bwd piked</p>  	<p>5.502 Double salto bwd tucked or piked with 1/1 twist (360°)</p>  	<p>5.602 / 5.702</p> <p>5.802 Double salto bwd tucked with 2/1 twist (720°)</p>  

5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G/H/I
<p>5.103</p>	<p>5.203</p>	<p>5.303</p>	<p>5.403</p>	<p>5.503</p>	<p>5.603 Double salto bwd stretched</p>  <p>✓</p> <p>5.703 Double Salto bwd stretched with 1/2 twist (180°)</p>  <p>✓</p> <p>5.803 Double salto bwd stretched with 1/1 twist (360°)</p>  <p>✓</p>
<p>5.104 Whip salto bwd</p>  <p>✓</p>	<p>5.204 Whip salto bwd with 1/2 twist (180°)</p>  <p>✓</p>	<p>5.304 Whip salto bwd with 1/1 twist (360°)</p>  <p>✓</p>	<p>5.404</p>	<p>5.504/5.604</p>	<p>5.903 Double Salto bwd stretched with 2/1 twist (720°)</p>  <p>✓</p>



PART V
APPENDICES

2017 FIG Vault Table

GROUP I	GROUP II	GROUP III	GROUP IV	GROUP V
1.00 2.00 1.01 2.40 1.02 3.00 1.03 3.60 1.04 4.00 1.05 4.40	Qualification: 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 Apparatus Finals, a 2nd vault must be performed. Score of both vaults averaged = Final score. Team & AA Finals: One vault must be performed. Apparatus Final: The 2 vaults must be from different groups and may not have identical 2nd flight phases.			
1.10 2.40 1.11 2.80 1.12 3.20	2.10 4.00 2.11 4.40 4.80 2.12 4.80 2.13 5.20	3.10 3.50 3.11 3.80 3.12 4.10 3.13 4.40 3.14 4.90	4.10 3.30 4.11 3.60 4.12 3.90 4.13 4.20 4.14 4.70	5.10 4.20 5.11 4.60 5.00 5.12 5.00 5.13 5.40
1.20 2.00 1.21 2.80 1.22 3.00 1.23 3.60 1.24 4.00	2.20 4.20 2.21 4.60 5.00 2.22 5.00	3.20 3.70	4.20 3.50	5.20 4.40 5.21 4.80 5.20 5.22 5.20
1.30 3.60 1.31 4.00	2.30 4.60 2.31 5.00 2.32 5.40 2.33 5.80	3.30 4.20 3.31 4.40 3.32 4.80 3.33 5.20 3.34 5.60 3.35 6.00	4.30 4.00 4.31 4.20 4.32 4.60 4.33 5.00 4.34 5.40 4.35 5.80	5.30 4.80 5.31 5.20 5.32 5.60 5.33 6.00
1.40 2.40				
1.50 2.60 1.51 3.00 1.52 3.40 1.53 3.80	2.40 5.20 2.41 5.60 2.50 6.40		4.40 4.00 4.41 4.40 4.42 4.60 4.50 4.20 4.51 4.60 4.52 5.00 4.53 5.40	
1.60 2.80 1.61 3.20 1.62 3.80				

	XL	A-.100	B-.200	C-.300	D-.400	E-.500	F-.600	G-.700
1. ↑	01	L L						
	02	U UL	IEL					
	03	L L	L E					
	04	I I	I I	IE				
	05	IEL						
	06	I I	I I	I I	I I			
	07		I I	I I	I I			
	08		I I	I I	I I			
	09				I I	I I	I I	I I
	10		I I	I I	I I			
	11				I I	I I		
2. I el	01	I	I I I	I	I			
	02		I I	I I				
	03			I I	I I	I I		
	04	O			I I	I I		
	05	O a.		I I	I I	I I		
	06		I I		I I	I I	I I	
	07			I I				
3. U A	01		I I I I	I I	I I I I			
	02				I I	I I		
	03				I I	I I	I I	
	04			I I	I I	I I	I I	
	05				I I	I I	I I	I I
	06		I I	I I		I I	I I	
	07				I I	I I		
	08				I I	I I	I I	I I
	09				I I	I I		
	10				I I	I I		

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

	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							
14							
15							
16							
17							
18							
19							

	A-.100	B-.200	C-.300	D-.400	E-.500
2. 01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					
3. 01					
02					
03					
04					
05					
06					
07					
08					
09					
4. 01					
02					
03					
04					
05					
06					
07					
08					
09					
10					

	A-.100	B-.200	C-.300	D-.400	E-.500	F.600	G.700
5. 01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							
12							
13							
6. 01							
02							
03							
04							
05							
06							
07							

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

		A - .100	B - .200	C - .300	D - .400	E - .500	F-600	G-700	H-800	I-900
3.	01									
	02									
	03									
	04									
	05									
	06									
	07									
4.	01									
	02									
	03									
	04									
	05									
5.	01									
	02									
	03									
	04									

Qualification AA Apparatus Finals Team Finals

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

CV	0,1	0,2	CR	CV	0,1	0,2	CR	CV	0,1	0,2	CR	
D + D <i>or more</i>	D (flight → or ↗) + C or more on HB <i>(Must be performed in this order)</i>	HB ↘ LB Flight →	Acro Flight <i>(Must be rebounding)</i> DMT min.F	C + C B + E	C / D + D B + D (fwd dir) B + F	2 different Dance - 1 with 180° split / straddle	Acro Indirect B / C + D C + E D + D A + A + E	B / C + D C + E D + D A + A + E	2 different Dance - 1 with 180° split / straddle			
D + E <i>(both flight ele.)</i>		2 different Grips <i>(No cast, MT, DMT)</i>	SB - Dance/Mixed & Acro	B + B + C <i>(DMT min. C)</i>		Turn (Gr. 3)	Acro Direct A + D C + C	A + D C + C	Salto with LA turn (min. 360°)			
		Non-flight with 360° turn <i>(No MT)</i>	Dance & Mixed	C + C (Dance) A + C (Turns) B + D (Mixed) D + A	D + D	Acro Series <i>(2 ele. 1 salto)</i>	Mixed D (salto) + B (dance) E (salto) + A (dance)		Salto with Double BA			
			Salto + 1 foot Scale (this order)			Acro Direction <i>(fwd/swd & bwd)</i>	Turns D + B B + B (no step)		Salto bwd & fwd within same or different acro line			
			Confidence		0,1			Lack of expressiveness		0,1		
			Personal style		0,1			Inappropriate gesture or facial expression (mimic)		0,1		
			Rhythm & tempo in move. (no DV)		0,1			Failure to engage the audience		0,1	Missing movement touching floor	0,1
Jump from LB to HB	0,5		Ex. as a series of disconnected ele./movements		0,1	MT without DV		Inability to play a role or a character throughout		0,1	No structure to the music	0,1
Hang on HB, feet on LB, grasp LB	0,5		Insufficient Complexity or creativity of movements		0,1			Exercise as a series of disconnected ele./move		0,1	Lack of sync. during part of exercise	0,3
More than 2 of same element into DMT	0,1		Insufficient use of entire length of BB		0,1			Incorrect selection of move. for music		0,1 / 0,3	Lack of sync. at end of exercise	0,1
			Missing combination of move./ele. close to BB		0,1			Insufficient complexity or creativity of movements		0,1	Background music	0,5
			Lack of side movements (no DV)		0,1							
			More than 1 ½ turn on 2 feet with straight legs		0,1							

			UB			DV
			Acro	Dance	Total	
			.9 I			CR
			.8 H			
			.7 G			CV
			.6 F			D - Score
			.5 E			
			.4 D			E - Score
			.3 C			
			.2 B	EXE	ART	FINAL
			.1 A			

			UB			DV
			Acro	Dance	Total	
			.9 I			CR
			.8 H			
			.7 G			CV
			.6 F			D - Score
			.5 E			
			.4 D			E - Score
			.3 C			
			.2 B	EXE	ART	FINAL
			.1 A			

			UB			DV
			Acro	Dance	Total	
			.9 I			CR
			.8 H			
			.7 G			CV
			.6 F			D - Score
			.5 E			
			.4 D			E - Score
			.3 C			
			.2 B	EXE	ART	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:
Qualification AA Apparatus Finals Team Final

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:
Qualification AA Apparatus Finals Team Final

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

FEDERATION INTERNATIONALE DE GYMNASTIQUE



WAG LINE

Gymnast #	Name of Gymnast	NAT	0.10	0.30	Total Deductions	Comments
Qualification	Sub #:	Apparatus			Line Judge's signature:	
AA Final		<input type="checkbox"/>	<input type="checkbox"/>			
Apparatus Finals		<input type="checkbox"/>	<input type="checkbox"/>			
Team Final		<input type="checkbox"/>	<input type="checkbox"/>			

FEDERATION INTERNATIONALE DE GYMNASTIQUE



WAG TIME

Gymn #	Name of Gymnast	NAT	Fall time	Exercice time	Other T-deductions	Total Time Ded.	Comments
Qualification	Sub #:	Apparatus			Time Judge's signature:		
AA Final							
Apparatus Finals		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Team Final							

WAG COP modifications for Junior Competitions

The **2017 CODE** is designed to:

- be utilized at all international competitions under the official jurisdiction of FIG, its Member Federations and Continental Unions, namely Youth Olympic Games and other Multisport Games, International Competitions and Tournaments as well as special events created by FIG,
- standardize the judging of the four phases of FIG official competitions: Qualification, Team Finals, All Around and Individual Event Finals.

For Junior Competitions, the 2017 CODE with some modifications should be used.

2.1 Rights of the Gymnast

2.1.2 Warm up

- **In Qualifying, Team Final, All Around Final & Apparatus Finals** each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm up period immediately prior to the competition on the podium.
The maximum warm up time as per FIG TR 4.11.8
- **In Apparatus Finals: Warm up in 2 groups**

NOTE:

- *In Qualifying and Team Final 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.*

7.2 Difficulty Value (DV)

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

7.3 Composition Requirements (CR) 2.00 P.

Composition requirements are described in the respective Apparatus Sections.

A maximum of 2.00 P. is possible.

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

7.4 Connection Value

Formulas for CV are described in the respective apparatus Part 3: Sections 11, 12 and 13. (DV Restriction will be taken into consideration).

10.4 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.

10.4.2 Specific Apparatus Deductions (D- Panel)

All vaults are illustrated with a number.

There is no penalty, if a different vault than the flashed vault is performed

– Support 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
- when one of two vaults receives “0” points (10.4.3)

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

SECTION 14 – TABLE OF ELEMENTS

Following elements are prohibited for performance:

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

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**Women's Artistic Gymnastics
Symbol Brochure**

**Kunstturnen Frauen
Symbolschrift**

**Gymnastique artistique féminine
Ecriture symbolique**

**Gimnasia artística femenina
Escritura simbólica**

**Женская спортивная гимнастика
Буклет с символами**

2017 Edition

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14. – 15.	VAULT – Apparatus Specific Symbols Examples for Vaults in Group

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 and translation of *Symbol Brochure*:

1986	Advisor for the original Organization, Text & Symbols in History of the Symbols	Margot Dietz Jackie Fie	GER USA
1999-2017	Layout, Production, Computer Symbols and updates	Linda Chencinski	USA
1999	Editorial Work and English Translation	Jackie Fie	USA
1999 - 2017	Editorial Work and English Translation	Linda Chencinski	USA
1999 - 2017	French & German Translation	Agneta Göthberg Esbela Fonseca Miyake Yvette Brasier Sabrina Klaesberg	SWE POR FRA GER
1999 - 2017	Spanish Translation	Helena Lario	ARG
1997 - 2017	Russian Translation	Nellie Kim Elena Lowery	BLR USA

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.


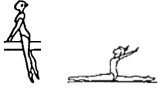
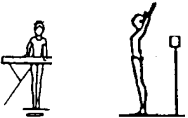



In 1985 a supplement was published and in July 1986 the first symbol publication entitled "Proposal for the Introduction of an International *Symbols Language* for Women's Artistic Gymnastics" was published. Then, in 1990/91 the FIG issued a *Video Film and Brochure* for learning and practicing the Symbol 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.


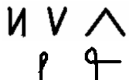


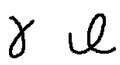
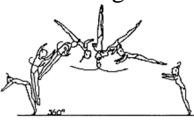
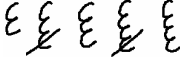
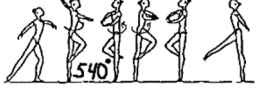
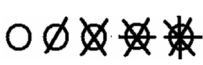


Since 1999 the *Symbol Notation Brochure* has been updated and formatted with computer symbols by Mrs. Linda Chencinski to reflect the development of new skills.

With the constant progressive and exciting development of new elements in WAG, the WTC is pleased to publish the 2017 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:

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

The pictures are meant to serve as a guide and are not all inclusive.

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
<ul style="list-style-type: none"> • Hang 	<ul style="list-style-type: none"> • Suspension 		<ul style="list-style-type: none"> • Suspensión
<ul style="list-style-type: none"> • Stable Support surface 	<ul style="list-style-type: none"> • Surface d'appui stable 	=	<ul style="list-style-type: none"> • Superficie de apoyo estable
<ul style="list-style-type: none"> • Stand frontways, rearways 	<ul style="list-style-type: none"> • Station faciale, dorsale (<i>fac., dors.</i>) 	<ul style="list-style-type: none"> • Stand vorlings, rücklings (<i>vl., rl.</i>) 	<ul style="list-style-type: none"> • Posición de pie de frente, de espaldas
<ul style="list-style-type: none"> • Support, ie with support of hips 	<ul style="list-style-type: none"> • Appui, par ex. avec appui facial 	<ul style="list-style-type: none"> • Stütz, z. B. mit Stütz der Hüfte 	<ul style="list-style-type: none"> • Apoyo, ej. con apoyo de caderas.
<ul style="list-style-type: none"> • Without support of the hips (<i>clear</i>) 	<ul style="list-style-type: none"> • appui dorsal libre 	<ul style="list-style-type: none"> • ohne Stütz der Hüfte (<i>frei</i>) - Spitzwinkelstütz 	<ul style="list-style-type: none"> • Sin apoyo de cadera (<i>libre</i>)
<ul style="list-style-type: none"> • Clear pike support 	<ul style="list-style-type: none"> • Appui dors, libre jambs levees à la tete 	<ul style="list-style-type: none"> • Freier Spitzwinkelstütz 	<ul style="list-style-type: none"> • Al apoyo libre carpado
<ul style="list-style-type: none"> • Handstand 	<ul style="list-style-type: none"> • Appui tendu renversé (<i>atr</i>) 	<ul style="list-style-type: none"> • Handstand 	<ul style="list-style-type: none"> • Apoyo invertido
<ul style="list-style-type: none"> • Jump, Leap, Hop, flight phase 	<ul style="list-style-type: none"> • Saut, phases d'envol 	<ul style="list-style-type: none"> • Sprung, Flugphasen 	<ul style="list-style-type: none"> • Salto, fase de vuelo

Leg and body positions	Position des jambes et du corps		Bein-und Körperstellungen	Posición de piernas y cuerpo
<ul style="list-style-type: none"> • Tuck, pike, straddle • Kehr-rear, flank 	<ul style="list-style-type: none"> • groupé, carpé, écarté • dorsal, costal 		<ul style="list-style-type: none"> • Hocken, Bücken, Grätschen • Kehre, Flanke 	<ul style="list-style-type: none"> • Agrupado, carpado, piernas separadas • Dorsal, lateral
<ul style="list-style-type: none"> • Body position stretched, with step-out 	<ul style="list-style-type: none"> • position du corps tendu, écarté 		<ul style="list-style-type: none"> • Körperhaltung gestreckt, gespreizt 	<ul style="list-style-type: none"> • Posición de cuerpo extendida, con separación de piernas (a una pierna)
Turns	Rotations		Drehungen	Rotaciones
<ul style="list-style-type: none"> • around the breadth axis Forward, backward 	<ul style="list-style-type: none"> • autour de l'axe transversal en avant, en arrière 		<ul style="list-style-type: none"> • um die Breitenachse vorwärts, rückwärts 	<ul style="list-style-type: none"> • en el eje transversal adelante, atrás
<ul style="list-style-type: none"> • around the long axis 	<ul style="list-style-type: none"> • autour de l'axe longitudinal 		<ul style="list-style-type: none"> • um die Längsachse 	<ul style="list-style-type: none"> • en el eje longitudinal
Or	ou	360° 540° 720° 900° 1080°	oder	o
				
<ul style="list-style-type: none"> • around the median axis 	<ul style="list-style-type: none"> • autour de l'axe antèro-postérieur (latéral) 		<ul style="list-style-type: none"> • um die Tiefenachse 	<ul style="list-style-type: none"> • en el eje antero-posterior (lateral)

UNEVEN BARS

BARRES
ASYMÉTRIQUES

STUFENBARREN

PARALELAS ASIMÉTRICAS

Apparatus Specific Symbols

- Grip change
 - with small flight phase



- with large flight phase (*LB to HB*)

- with hop (*mostly to reverse grip*)

- reverse grip (*use only when necessary*)

- to L grip, to mixed L grip

- Flight bwd. over the
 - same bar

- From the HB over the LB



- To handstand on the LB



- Leg Swing Movements

- Squat on, stoop on, straddle on

- Squat through, stoop through

Symboles spécifiques à l'agrès

- Changement de prises
 - avec petit envol

- avec grande phase d'envol (bi-bs)

- en sautant (*principalement en prises palm.*)

- prises palm. (utiliser seulement si nécessaire)

- en prises cub. ou prises mixtes palm. cub.

- Envol en arr. par-dessus
 - la même barre

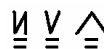
- de la bs par-dessus bi

- à l'appui renversé sur bi

- Mouvements d'élan des jambes

- Pour poser jambes fl. tendues, écartées

- Passer jambes fl. tendues



Gerätspezifische Symbole

- Griffwechsel
 - mit kleiner Flugphase

- mit grosser Flugphase (*uH -oH*)

- mit Umspringen (*meistens i.d. Kammgriff*)

- Kammgriff (*nur wenn nötig benutzen*)

- i.d. Ellgriff oder Mix-Ellgriff

- Flug rw über den
 - gleichen Holm

- vom oH über den uH

- in den Handstand auf den uH

- Beinschwungbewegungen

- Aufhocken, aufbücken, aufgrätschen

- Durchhocken, durchbücken

Símbolos específicos del aparato

- Cambio de tomas
 - con pequeña fase de vuelo

- con gran fase de vuelo (*BI a BS*)

- con salto (*principalmente a toma palmar*)

- toma palmar (*usar sólo si es necesario*)

- a toma cubital, a toma cubital mixta

- Vuelo atrás sobre
 - la misma banda


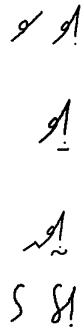


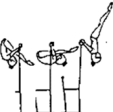



- desde BS por sobre BI

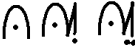


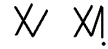



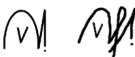
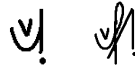


- al apoyo invertido en BI















- Movimientos con impulso de piernas

- al apoyo de piernas flexionadas (*cuclillas*), extendidas, separadas

- a pasar las piernas flexionadas, extendidas

Casts	Elans en arrière	Rückschwünge	Impulsos hacia atrás
<ul style="list-style-type: none"> • Cast backward without/with reaching the handstand • Cast to handstand <ul style="list-style-type: none"> – release-hop change to reverse grip in handstand phase – in reverse grip release- hop to L grip in handstand phase • Uprise to support/ handstand 	<ul style="list-style-type: none"> • Elan arr.sans/avec atteindre l'atr • Elan en arr. à l'atr <ul style="list-style-type: none"> – en sautant en prises palm. dans la phase d'atr – en sautant pour terminer en prises cub. dans la phase d'atr • Etablissement à l'appui / à l'atr 	 <ul style="list-style-type: none"> • Rückschwünge ohne/mit Erreichen d. Handstandes • Rückschwung i.d. Handstand <ul style="list-style-type: none"> – mit Umspringen i.d. Kammgriff i.d. Handstand-phase – mit Umspringen i.d. Ell-Griff i.d. Handstandphase • Schwungstemme i. d. Stütz/Handstand 	<ul style="list-style-type: none"> • Impulso atrás con o sin llegar al apoyo invertido • Impulso atrás al apoyo invertido <ul style="list-style-type: none"> – con cambio-saltado a toma palmar en la vertical – en toma palmar, cambio-saltado a toma cubital en la vertical • Elevación atrás al apoyo / al apoyo invertido
Circle Movements	Mouvements circulaires	Felgbewegungen	Movimientos circulares
<ul style="list-style-type: none"> • Underswings <ul style="list-style-type: none"> – Underswing without/with support of the feet   – Underswing bwd. 	<ul style="list-style-type: none"> • Elans par dessous barres <ul style="list-style-type: none"> – Elan par-dessous la barre sans/avec appui des pieds – Elan par-dessous en arr. 	 <ul style="list-style-type: none"> • Unterschwünge <ul style="list-style-type: none"> – Unterschwing ohne/mit Stütz der Füße – Unterschwing rw. 	<ul style="list-style-type: none"> • Impulsos por debajo de la banda <ul style="list-style-type: none"> – Impulso por debajo de la banda con o sin apoyo de pies – Impulso por debajo de la banda hacia atr.
<ul style="list-style-type: none"> • Circles <ul style="list-style-type: none"> – Clear hip circle without/with reaching the handstand  – Giant circle bwd. without/with reaching handstand 	<ul style="list-style-type: none"> • Tours d'appui <ul style="list-style-type: none"> – Tour d'appui libre sans/avec l'atr – Grand tour en arr. sans/avec l'atr 	 <ul style="list-style-type: none"> • Felgen <ul style="list-style-type: none"> – Freie Felge i.d.freien Stütz/i.d. Handstand – Riesenfelge rw. i.d. Handstand 	<ul style="list-style-type: none"> • Giros de apoyo libre <ul style="list-style-type: none"> – Giro de apoyo libre con o sin llegar al apoyo invertido – Gran vuelta atr. con o sin llegar al apoyo invertido

<p>– Giant circle fwd. without/with reaching handstand (<i>also in regular grip</i>)</p>	<p>– S'abaisser en av. grand élan circ.en av. sans/avec l'atr (<i>aussi en prise dorsale</i>)</p>		<p>– Abschwingen vw./Riesenfelge vw. ohne/mit Erreichen d. Handstand (<i>auch mit Ristgriff</i>)</p>	<p>– Gran vuelta ad. con o sin llegar al apoyo invertido (<i>también con toma dorsal</i>)</p>
<p>– Giant circle fwd. in L grip without/with reaching handstand</p>	<p>– Grand élan circ. en av. en prises cub.sans/avec l'atr</p>		<p>– Abschwingen Ellgriffs - (Ellgriffriesenfelge) i.d. Handstand mit Ellgriff</p>	<p>– Gran vuelta ad. en toma cubital con o sin llegar al apoyo invertido</p>
<p>– Stalder circle bwd. without/ with reaching the handstand</p> 	<p>– Stalder en arr. sans/avec l'atr</p>		<p>– Stalder rw. i.d. freien Stütz/i.d. Handstand</p>	<p>– Stalder atr. con o sin llegar al apoyo invertido</p>
<p>– Stalder circle fwd. without/with reaching the handstand, also in L grip</p> 	<p>– Stalder en av. sans/avec l'atr, aussie en prises cub.</p>		<p>– Stalder vw. i.d. freien Stütz/i.d. Handstand, auch mit Ellgriff</p>	<p>– Stalder ad. con o sin llegar al apoyo invertido, también en toma cubital</p>
<p>– Pike circle or clear pike circle fwd. to handstand</p> 	<p>– Elan circ. carpé ou libre Elan circ en av. à l'atr</p>		<p>– Bückumschwung.oder Bückumschwung frei vw i. d. Handstande</p>	<p>– Con o sin apoyo de pies ad. con llegar al apoyo invertido</p>
<p>– Pike circle or clear pike circle bwd. to handstand</p>	<p>– Elan circ. carpé en arr. sans/avec l'atr</p>		<p>– Bückumschwung rw. ohne/mit Erreichen d. Handstande</p>	<p>– Con o sin apoyo de pies atr. con llegar al apoyo invertido</p>
<p>– seat (<i>pike</i>) circle forward through clear extended support to finish near handstand</p> 	<p>– Tour d'appui dors, en av. à l'appui libre dans la phase d'atr</p>		<p>– freier Bückumschwung rl. vw. i.d. freien Stütz i.d. Handstandnähe</p>	<p>– Giro dorsal adelante sentado-carpado pasando por el apoyo libre extendido a finalizar cerca de la vertical</p>

Hip Circles and Hechts	Tours d'appui et poissons		Felgumschwünge und Hechtbewegungen	Vueltas y Ángeles
<ul style="list-style-type: none"> with support of the hips fwd., bwd. 	<ul style="list-style-type: none"> avec appui des hanches av., arr. 		<ul style="list-style-type: none"> mit Stütz der Hüfte vw., rw. 	<ul style="list-style-type: none"> con apoyo de caderas ad., atr.
<ul style="list-style-type: none"> Hip circle bwd. with hecht 	<ul style="list-style-type: none"> tour d'appui facial en arr. et poisson 		<ul style="list-style-type: none"> Umschwung rw. mit Abhechten 	<ul style="list-style-type: none"> vuelta atr. y ángel
<ul style="list-style-type: none"> Clear hecht 	<ul style="list-style-type: none"> tour d'appui fac. libre et poisson 		<ul style="list-style-type: none"> Freies Abhechten 	<ul style="list-style-type: none"> vuelta libre atr. y ángel
Kips	Bascules		Kippebewegungen	Kips
<ul style="list-style-type: none"> Glide kip-up on the LB 	<ul style="list-style-type: none"> Bascule fac. bi 		<ul style="list-style-type: none"> Schwebekippe am uH 	<ul style="list-style-type: none"> Kip en BI
<ul style="list-style-type: none"> Glide, back kip to rear support 	<ul style="list-style-type: none"> Elan en av. passer les jambes entre les prises, bascule dorsale 		<ul style="list-style-type: none"> Durchbücken-Kippaufschwung rl. vw. 	<ul style="list-style-type: none"> Deslizamiento, pasaje de piernas entre brazos al apoyo dorsal (<i>kip dorsal</i>)
<ul style="list-style-type: none"> Long hang Kip-up 	<ul style="list-style-type: none"> Bascule faciale à la suspension bs 		<ul style="list-style-type: none"> Langhangkippe 	<ul style="list-style-type: none"> Desde la suspensión, kip en BS
<ul style="list-style-type: none"> Inverted pike swing fwd to rear support (<i>fwd. seat circle</i>) 	<ul style="list-style-type: none"> Bascule dors. en av. 		<ul style="list-style-type: none"> Kippaufschwung rl. vw. 	<ul style="list-style-type: none"> Impulso invertido carpado ad. al apoyo dorsal (<i>vuelta ad. sentada - carpada-</i>)
<ul style="list-style-type: none"> Inverted pike swing bwd to rear support (<i>bwd. seat circle</i>) 	<ul style="list-style-type: none"> Bascule dors. en arr. 		<ul style="list-style-type: none"> Kippaufschwung rl. rw. 	<ul style="list-style-type: none"> Impulso invertido carpado atr. al apoyo dorsal (<i>vuelta atr. sentada - carpada-</i>)
<ul style="list-style-type: none"> Reverse kip-up on the LB 	<ul style="list-style-type: none"> Bascule dors. de l'élan en av. passé carpé en arr. mi-renv., et bascule en arr. 		<ul style="list-style-type: none"> Rückenkippe aus dem Vorschweben, Durchbücken i.d. Kipphang mit Kippaufschwung 	<ul style="list-style-type: none"> Kip dorsal (<i>invertido</i>) en BI

Elements with Long Axis Turns	Eléments avec rotation de l'axe longitudinal		Elemente mit Längsachsdrehung	Elementos con giro en el eje longitudinal
<ul style="list-style-type: none"> Underswing with ½ turn (180°) to a clear support on the same bar without/with support of the feet 	<ul style="list-style-type: none"> Elan par-dessous avec ½ tour (180°) à l'appui libre à la même b. avec ou sans appui des pieds 		<ul style="list-style-type: none"> Unterschwung mit ½ Dre. (180°) i.d. freien Stütz am gleichen Holm mit oder ohne Stütz d. Füße 	<ul style="list-style-type: none"> Impulso por debajo de la banda con ½ giro (180°) al apoyo libre en la misma banda con o sin apoyo de pies
<ul style="list-style-type: none"> Giant swing with 1/2 turn (180°) and flight to handstand on LB 	<ul style="list-style-type: none"> Elan par-dessous bs avec ½ tour (180°) et envol à l'appui à bi 		<ul style="list-style-type: none"> Unterschwung mit ½ Dre. (180°) und Flug i.d. Handstand auf d. uH 	<ul style="list-style-type: none"> Gran vuelta atr. con 1/2 giro (180*) y vuelo al apoyo invertido en BI
<ul style="list-style-type: none"> Giant circle bwd. to handstand with 1/1 turn (360°) 	<ul style="list-style-type: none"> grand tour en arr. à l'atr avec 1/1 tour (360°) 		<ul style="list-style-type: none"> Riesenfelge rw. i.d. Handstand mit 1/1 Dre. (360°) 	<ul style="list-style-type: none"> Gran vuelta atr. al apoyo invertido con 1/1 giro (360°)
<ul style="list-style-type: none"> Giant circle bwd. to handstand with 1½ turn (540°) 	<ul style="list-style-type: none"> grand tour en arr. à l'atr avec 1½ tour (540°) 		<ul style="list-style-type: none"> Riesenfelge rw. i.d. Handstand mit 1½ Dre. (540°) 	<ul style="list-style-type: none"> Gran vuelta atr. al apoyo invertido con 1½ giro (540°)
Flight Elements with	Eléments d'envol avec		Flugelemente mit	Elementos de vuelo con
<ul style="list-style-type: none"> Breadth Axis Turn – Comaneci – Salto 	<ul style="list-style-type: none"> rotation autour l'axe transversal – salto Comaneci 		<ul style="list-style-type: none"> Breitachsdrehung – Comaneci - Salto 	<ul style="list-style-type: none"> Giro en el eje transversal – Mortal Comaneci
<ul style="list-style-type: none"> Jägersalto 	<ul style="list-style-type: none"> – salto Jäger 		<ul style="list-style-type: none"> – Jägersalto 	<ul style="list-style-type: none"> – Mortal Jäger
<ul style="list-style-type: none"> Counter Straddle Technique – Tkatchev 	<ul style="list-style-type: none"> Technique de contre-mouvement – Tkatchev 		<ul style="list-style-type: none"> Kontertechnik – Tkatchev 	<ul style="list-style-type: none"> Técnica de contramovimiento con piernas separadas – Tkatchev
<ul style="list-style-type: none"> Ricna-Straddle 	<ul style="list-style-type: none"> – passé écarté Ricna 		<ul style="list-style-type: none"> – Ricna-Grätsche 	<ul style="list-style-type: none"> – Ricna
<ul style="list-style-type: none"> Combination Turns in Flight – Deltchev - Salto 	<ul style="list-style-type: none"> Rotations combinées pendant l'envol – salto Deltchev 		<ul style="list-style-type: none"> Kombinierte Drehungen im Flug – Deltchev - Salto 	<ul style="list-style-type: none"> Giros combinados durante el vuelo – Mortal Deltchev

– Mixed Grip Salto

– salto en prises mixtes



– Zwiagriff - Salto

– Mortal con toma mixta

– Chorkina

– Chorkina



– Chorkina

– 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 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

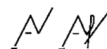


• Kennzeichnung des Anfliegens zum Holm durch langen Strich

• 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

• Elan 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


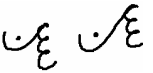
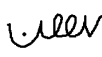


• Saut à l'atr bi


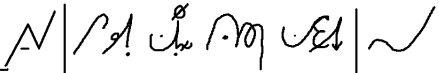
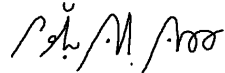
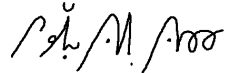


• Sprung in den Handstand auf dem uH

• Salto al apoyo invertido en BI

- | | | | | |
|--|---|---|--|--|
| <ul style="list-style-type: none"> • Hecht jump with hand repulsion over LB to hang on HB | <ul style="list-style-type: none"> • Saut poisson par-dessus bi avec répulsioin des mains à la suspension bs |  | <ul style="list-style-type: none"> • Hechtsprung über d. uH mit Abdruck von den Händen und Flug i.d. Hang am oH | <ul style="list-style-type: none"> • Salto ángel con repulsión encima BI a suspensión en BS |
|--|---|---|--|--|

Dismounts	Sorties	Abgänge	Salidas	
<ul style="list-style-type: none"> • Clear underswing to salto fwd. tucked with ½ twist (180°) 	<ul style="list-style-type: none"> • Elan libre par-dessous et salto av. groupé avec ½ tour (180°) 		<ul style="list-style-type: none"> • Freier Unterschwing und Salto vw. gehockt mit ½ Dre. (180°) 	<ul style="list-style-type: none"> • Impulso libre por debajo de la banda al mortal ad. agrupado con ½ giro (180°)
<ul style="list-style-type: none"> • Swing fwd. to salto bwd. tucked or stretched with 2/1 twist (720°) 	<ul style="list-style-type: none"> • Elan en av. entre les barres et salto arr. groupé ou tendu avec 2/1 tour (720°) 		<ul style="list-style-type: none"> • Vorschwing – Salto rw gehockt oder gestreckt mit 2/1 Dre. (720°) 	<ul style="list-style-type: none"> • Impulso ad. al mortal atr. agrupado o extendido con 2/1 giros (720°)
<ul style="list-style-type: none"> • Swing fwd. to double salto bwd. piked 	<ul style="list-style-type: none"> • Elan en av. et double salto arr. carpé 		<ul style="list-style-type: none"> • Vorschwing Doppelsalto rw. gebückt 	<ul style="list-style-type: none"> • Impulso ad. al doble mortal atr. carpado
<ul style="list-style-type: none"> • Swing down fwd. between bars in reverse grip, swing bwd. to double salto fwd. tucked 	<ul style="list-style-type: none"> • S'abaisser en av. entre les b – élan en arr. et double salto av. groupé 		<ul style="list-style-type: none"> • Abschwingen vw. mit Kammgriff zwischen beiden Holmen – Rückschwung mit Doppelsalto vw. gehockt 	<ul style="list-style-type: none"> • Descenso ad. entre bandas en toma palmar, impulso atr. al doble mortal ad. agrupado
<ul style="list-style-type: none"> • Outer front support on HB – cast near handstand to salto fwd. tucked 	<ul style="list-style-type: none"> • Appui fac. bs. face à bi – élan en arr. près de l'ar et salto av. groupé 		<ul style="list-style-type: none"> • Aussenseitstütz vl. am oH – Rückschwung i. Handstandnähe – Salto vw. gehockt 	<ul style="list-style-type: none"> • 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
			

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)

- Handstand in Side Position



- Sit in Side Position



- Press to Handstand in SP



- Mounts without/with support of the hands

- free jump up to a straddle stand (*long line indicating no hand support*)

- jump up to straddle stand with support of hands (*no line mark*)

- Balance Stand

- headstand, kneestand

- planche support, clear (*front support*)
planche



- Point (.) sur le symbole signe distinctif pour la position latérale

- Atr en position latérale

- siège en position latérale

- Elévation à l'atr lat

- entrées sans / avec l'appui des mains

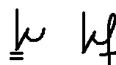
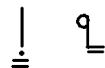
- saut libre à la stat. écartée.

- saut à la stat. jambes écartées, avec appui des mains

- Stations

- appui renversé sur la tête, planche à genou

- appui facial horiz., appui fac. horiz. libre



- Punkt (.) über den Symbol Kennzeichnung der Ausführung im Seitverhalten (SV)

- Handstand im SV

- Sitz im SV

- Heben i.d. Seithandstand

- Angänge ohne/mit Stütz der Hände

- freies Aufspringen i. d. Grätschwinkelstand

- Aufspringen i.d. Grätschwinkelstand mit Stütz der Hände

- Stände

- Kopfstand, Kniestand

- Stützwaage, freie Stützwaage

- Punto (.) sobre el símbolo indica ejecución en posición transversal

- Apoyo invertido transversal

- Sentado transversal

- Pulse para Apoyo invertido transversal

- Entradas con o sin apoyo de manos

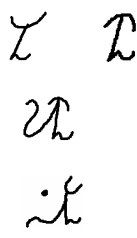

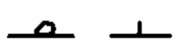

- salto libre a la posición de pie con piernas separadas

- salto a la posición con piernas separadas con apoyo de manos

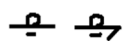









- Posiciones de equilibrio

- apoyo invertido de cabeza, equilibrio sobre rodilla

- plancha horizontal con apoyo, plancha horizontal libre

<ul style="list-style-type: none"> • Stands on the ball of the foot (<i>always in connection with the symbol</i>) 	<ul style="list-style-type: none"> • Station sur la pointe des pieds (<i>toujours en relation avec le symbole</i>) 	~	<ul style="list-style-type: none"> • Ballenstände (<i>immer in Verbindung mit dem Symbol</i>) 	<ul style="list-style-type: none"> • Equilibrio en punta de pie (<i>siempre en relación al símbolo</i>)
<ul style="list-style-type: none"> • Waves <ul style="list-style-type: none"> – Scale fwd., bwd on the ball of the foot – Body wave fwd. to a scale bwd. on the ball of the foot – Body wave swd. to a scale swd on the ball of the foot 	<ul style="list-style-type: none"> • Ondes <ul style="list-style-type: none"> – planche faciale, dors sur la pointe du pied – Onde du corps av. à la planche dor. sur la pointe du pied – Onde du corps lat. à la planche lat. sur la pointe du pied 		<ul style="list-style-type: none"> • Wellen <ul style="list-style-type: none"> – Standwaage vl., rl. im Ballenstand – Körperwelle vw. i.d. Standwaage rl. im Ballenstand – Körperwelle sw. i.d. Standwaage seitlings (sl) im Ballenstand 	<ul style="list-style-type: none"> • Ondas <ul style="list-style-type: none"> – Balanza ad., atr. en punta de pie – Onda de cuerpo ad. a la balanza atr. en punta de pie – Onda de cuerpo lat. a la balanza lat. en punta de pie
<ul style="list-style-type: none"> • Steps fwd, bwd 	<ul style="list-style-type: none"> • Des pas en av. en arr. 	// //	<ul style="list-style-type: none"> • Schritte vw, rw 	<ul style="list-style-type: none"> • Pasos ad., atr.
<ul style="list-style-type: none"> • Split position – cross, side 	<ul style="list-style-type: none"> • Position de grand écart transv., lat. 		<ul style="list-style-type: none"> • Spagathaltung quer, seit 	<ul style="list-style-type: none"> • Posición de spagate longitudinal, transversal
<ul style="list-style-type: none"> • take-off from both feet or land on both feet (<i>use only if necessary</i>) – Flic-flac land on both feet 	<ul style="list-style-type: none"> • Appel des deux pieds ou réception sur les deux pieds (<i>utilisation seulement si nécessaire</i>) – Flic flac à la réception sur 2 pieds 		<ul style="list-style-type: none"> • Absprung von beiden Beinen bzw. Landung auf beiden Beinen (<i>Anwendung nur wenn notwendig</i>) – Flick-Flack, Landung auf beiden Beinen 	<ul style="list-style-type: none"> • despegue con ambos pies o recepción sobre dos pies (<i>usar sólo si es necesario</i>) – Flic-flac recepción a dos pies
<ul style="list-style-type: none"> • Elements with flight phase and no additional support (<i>free</i>) – Free (aerial) walkover fwd. 	<ul style="list-style-type: none"> • Eléments avec phase d'envol, et sans appui supplémentaire (<i>éléments libres</i>) – renv. av. libre 	f	<ul style="list-style-type: none"> • Elemente mit Flugphase und ohne zusätzlichen Stütz (<i>freie Elemente</i>) – freier Überschlag vw. 	<ul style="list-style-type: none"> • Elementos con fase de vuelo y sin apoyo adicional (<i>libre</i>) – Inversión ad. libre
<ul style="list-style-type: none"> • Elements with support of one arm – Walkover fwd. on one arm 	<ul style="list-style-type: none"> • Eléments avec appui d'un bras – renversement av. sans phase d'envol 		<ul style="list-style-type: none"> • Elemente mit Stütz eines Armes – Überschlag vw. ohne Flugphase 	<ul style="list-style-type: none"> • Elementos con apoyo de un brazo – Inversión ad. sin vuelo

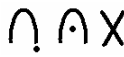

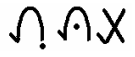

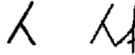
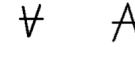


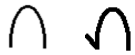

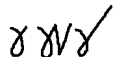
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| <ul style="list-style-type: none"> • Long line for Elements with gainer preparation – Gainer salto tucked – Gainer flic- flac | <ul style="list-style-type: none"> • Trait long comme signe distinctif des éléments avec Auerbach – salto Auerbach groupé – flic-flac Auerbach |  | <ul style="list-style-type: none"> • Langer Strich zur Kennzeichnung der Elemente mit Auerbachansatz – Auerbachsalto gehockt – Auerbach Flick-Flack | <ul style="list-style-type: none"> • Línea larga para elementos con técnica gainer (Auerbach) – Mortal gainer (Auerbach) agrupado – Flic-flac gainer (Auerbach) |
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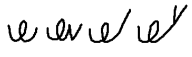


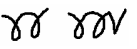
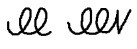
Leaps, jumps, hops	Sauts		Sprünge	Salto
<ul style="list-style-type: none"> • Split leap fwd., stag leap 	<ul style="list-style-type: none"> • saut enjambé en av., saut de chamois 		<ul style="list-style-type: none"> • Spagatsprung vw. Rehsprung 	<ul style="list-style-type: none"> • Zancada ad., gacela
<ul style="list-style-type: none"> • Scissors leap fwd., bwd, Cat leap 	<ul style="list-style-type: none"> • saut ciseaux av., arr. saut de chat 		<ul style="list-style-type: none"> • Schersprung vw. rw., Scherhocksprung 	<ul style="list-style-type: none"> • Tijera ad., atr., salto de gato
<ul style="list-style-type: none"> • Tuck jump with ½ turn (180°) - take off from both legs 	<ul style="list-style-type: none"> • saut groupé avec ½ tour (180°) appel des deux pieds 		<ul style="list-style-type: none"> • Hocksprung mit ½ Dre (180°) Absprung von beiden Beinen 	<ul style="list-style-type: none"> • Salto agrupado con ½ giro (180°) - despegue con ambas piernas
<ul style="list-style-type: none"> • Wolf hop (<i>one leg tucked, one leg extended horizontally fwd.</i>) – take-off from one leg 	<ul style="list-style-type: none"> • Saut groupé, (<i>une jambe tendue horiz. en av.</i>) - appel d'un pied 		<ul style="list-style-type: none"> • Hockspreizsprung (<i>Spielbein horizontal vw.</i>) - Absprung von einem Bein 	<ul style="list-style-type: none"> • Salto agrupado con una pierna extendida horizontal ad. - despegue con una pierna
<ul style="list-style-type: none"> • Wolf jump – take-off from both legs 	<ul style="list-style-type: none"> • Saut groupé, (<i>une jambe tendue horiz. en av.</i>) - appel des deux pieds 		<ul style="list-style-type: none"> • Hockspreizsprung - Absprung von beiden Beinen 	<ul style="list-style-type: none"> • Salto agrupado con una pierna extendida horizontal ad. - despegue con ambas piernas
<ul style="list-style-type: none"> • Scissors leap fwd. with ½ turn (180°) (<i>Tour Jeté</i>) 	<ul style="list-style-type: none"> • saut ciseaux en av. avec jambes tendues et ½ tour (180°) (<i>Tour jeté</i>) 		<ul style="list-style-type: none"> • Kadettsprung. Schersprung vw. mit gestreckten Beinen und ½ Dreh. (180°) 	<ul style="list-style-type: none"> • Tijera ad. con ½ giro (180°) (<i>Tour Jeté</i>)
<ul style="list-style-type: none"> • Hop with 1/1 (360°) with one leg extended (90°) 	<ul style="list-style-type: none"> • saut avec 1/1 tour (360°) en écartant la jambe libre au dessus de l'horiz. (90°) 		<ul style="list-style-type: none"> • Sprung mit 1/1 Dre. (360°) und Spreizen eines Beines über die Horiz. (90°) 	<ul style="list-style-type: none"> • Salto con 1/1 giro (360°) con una pierna extendida sobre la horizontal (90°)
<ul style="list-style-type: none"> • Split leap fwd. with leg change (<i>Switch leap</i>) 	<ul style="list-style-type: none"> • saut enjambé avec changement de jambes 		<ul style="list-style-type: none"> • Spagatsprung vw mit Beinwechsel 	<ul style="list-style-type: none"> • Zancada ad. con cambio de piernas

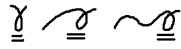


<ul style="list-style-type: none"> • Stretched jump with 1½ turn (540°) 	<ul style="list-style-type: none"> • saut en extension avec 1½ tour (540°) 		<ul style="list-style-type: none"> • Strecksprung mit 1½ Dre. (540°) 	<ul style="list-style-type: none"> • Salto extendido con 1½ giro (540°)
<ul style="list-style-type: none"> • Pike jump 	<ul style="list-style-type: none"> • saut carapé 		<ul style="list-style-type: none"> • Bücksprung 	<ul style="list-style-type: none"> • Salto carpado
<ul style="list-style-type: none"> • Straddle jump 	<ul style="list-style-type: none"> • saut carapé écarté 		<ul style="list-style-type: none"> • Grätschistsprung 	<ul style="list-style-type: none"> • Salto carpado con piernas separadas
<ul style="list-style-type: none"> • Leap with ¼ turn to straddle pike position or side split position 	<ul style="list-style-type: none"> • appel des deux pieds/appeal d'un pied 		<ul style="list-style-type: none"> • Schrittgätschistsprung 	<ul style="list-style-type: none"> • despegue con dos pies, con un pie
<ul style="list-style-type: none"> • Schuschunova 	<ul style="list-style-type: none"> • Schuschunova 		<ul style="list-style-type: none"> • Schuschunova 	<ul style="list-style-type: none"> • Schuschunova
<ul style="list-style-type: none"> • Ring leap, Ring jump 	<ul style="list-style-type: none"> • saut cambré, une jambe tendue, l'autre fl. en arr. 		<ul style="list-style-type: none"> • Ringsprung 	<ul style="list-style-type: none"> • Salto anillo despegue con dos pies, con un pie

Turns	Pirouettes		Drehungen	Giros
<ul style="list-style-type: none"> • Turns on one foot 	<ul style="list-style-type: none"> • Tours sur une jambe 	<p>360° 540° 720° 900° 1080°</p>	<ul style="list-style-type: none"> • Dre. auf einem Bein 	<ul style="list-style-type: none"> • Giros sobre una pierna
<ul style="list-style-type: none"> • 1/1 illusion turn (360°) 	<ul style="list-style-type: none"> • Pirouette plongée 1/1 (360°) 		<ul style="list-style-type: none"> • 1/1 Taucherdrehung (360°) 	<ul style="list-style-type: none"> • 1/1 giro ilusión (360°)
<ul style="list-style-type: none"> • 1½ turn (540°) in a scale fwd. 	<ul style="list-style-type: none"> • 1½ tour (540°) en planche fac. 		<ul style="list-style-type: none"> • 1½ Dre. (540°) in der Standwaage vl. 	<ul style="list-style-type: none"> • 1½ giro (540°) en balanza ad.
<ul style="list-style-type: none"> • 2/1 turn (720°) in tuckstand on one leg 	<ul style="list-style-type: none"> • Pirouette 2/1 (720°) à la stat. groupée sur une jambe 		<ul style="list-style-type: none"> • 2/1 Dre. (720°) im Hockstand auf einem Bein 	<ul style="list-style-type: none"> • 2/1 giros (720°) en posición agrupada sobre una pierna
<ul style="list-style-type: none"> • 1/1,1½ turn (360°, 540°) with free leg above horizontal, also 1/1 turn (360°) with hand holding free leg 	<ul style="list-style-type: none"> • Pirouette 1/1, 1½ tour (360° - 540°) avec la jambe libre au-dessus de l'horizontal, aussie avec 1/1 tour (360°) la jambe d'avoir de main 		<ul style="list-style-type: none"> • 1/1,1½ Dre. (360°, 540) mit Spielbeinhalte über d. Horiz., oder 1/1 Dre (360°) mit Handbesitzbein 	<ul style="list-style-type: none"> • 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 flight phase fwd., bwd., swd. (<i>cartwheel</i>)	• sans phase d'envol av., arr., lat.		• ohne Flugphase vw., rw., sw.	• sin vuelo ad., atr., lat.
• with flight phase swd. (<i>Dive Cartwheel</i>)	• 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 (<i>aerial</i>) walkover fwd., swd.	• renv. av. libre, lat. libre		• freier Überschlag vw., sw.	• inversión ad., lat. Libre (<i>sin manos</i>)
• Round off, free (<i>aerial</i>) round off	• Rondade ou rondade libre		• Rondat, freies Rondat	• Round-off, round-off libre (<i>sin manos</i>)
• Butterfly 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, gestreckt	• Adelante - agrupado, carpado, extendido

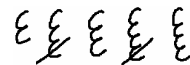
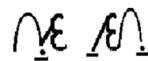
• Backward – tucked, piked, stretched, step-out	• arr. – groupé, carpé, tendu, écarté		• rw. – gehockt, gebückt, gestretct, gespreizt	• Atrás - agrupado, carpado, extendido, a una pierna
• Sideward salto tucked, piked or stretched. Take off bwd.	• Saut en arr. salto lat. – groupé, carpé, tendu		• Salto sw. gehockt, gebückt, gestreckt (aus dem Rückwärtsabsprung)	• Lateral - agrupado, carpado, extendido. Despegue hacia atr.
• Whip- salto bwd.	• Salto tempo		• Temposalto	• Mortal tempo
• Double Salto	• Double salto		• Doppelsalto	• Doble mortal
– Fwd. tucked, piked	– en av., groupé, carpé		– vw., gehockt, gebückt	– Ad. agrupado, carpado
– Bwd. tucked, piked	– en arr., groupé, carpé		– rw., gehockt, gebückt	– Atr. agrupado, carpado

• Rolls	• Roulés		• Rollen	• Roles
– Roll fwd, Dive roll, hecht roll	– roulé en av, saut, roulé en av. ou saut de poisson		– Rolle vw., Sprungrolle - oder Hechtrolle	– Rol ad., salto y rol ad., angel
– roll bwd.	– Roulé en arr.		– Rolle rw.	– Rol atr.
– roll swd.	– Roulé lat.		– Rolle sw.	– 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
 - ¼ (90°), ½ (180°), 1/1 (360°) turn in handstand
 - Jump with 1/1 (360°) to a handstand
- Rolls
 - Roll bwd. to a handstand with 2/1 turn (720°)
 - Stretched jump fwd. with 1/1 turn (360°) hecht roll
- Handsprings
 - Arabian handspring
 - Handspring fwd. with flight phase and 1/1 turn (360°)
 - after the hand support
 - before the hand support
 - Flic-flac with 1/1 turn (360°)
- Saltos
 - Fwd. tucked with ½ turn (180°), piked 1/1 turn (360°), stretched with 1½ turn (540°)
 - Bwd. stretched with turn

- Appuis renversés
 - ¼ (90°), ½ (180°), 1/1 (360°)tour à l'atr
 - Saut avec 1/1 (360°) tour à l'atr
- Roulés
 - Roulé arr. à l'appui renversé avec 2/1 (720°) tour
 - Saut en extension av. avec 1/1 (360°) tour – saut de poisson, roulé en av.
- Renversements
 - Saut en arr avec ½ tour et renv. avec phase d'envol
 - Renv. av. avec envol et 1/1 tour (360°)
 - après l'appui des mains
 - avant l'appui des mains
 - Flic-flac avec 1/1 (360°)
- Salti
 - En av. groupé avec ½ tour (180°), carpé avec 1/1 tour (360°), tendu avec 1½ tour (540°)
 - En arr. tendu avec tour



360° 540° 720° 900° 1080°

- Handstände
 - ¼ (90°), ½ (180°), 1/1 (360°)Dre. im Handstand
 - Sprung mit 1/1 Dre. (360°) i.d. Handstand

- Rollen
 - Rolle rw. i.d. Handstand mit 2/1 (720°) Dre.
 - Strecksprung vw. mit 1/1 Dre. (360°) – Hechtrolle

- Überschläge
 - Twistüberschlag mit Flugphase
 - Überschlag vw. mit Flugphase und 1/1 Dre. (360°)
 - nach dem Stütz d. Hände
 - vor dem Stütz d. Hände

- Salti
 - vw. gehockt mit ½ Dre. (180°) gebückt mit 1/1 Dre., (360°) gestreckt mit 1½ Dre. (540°)

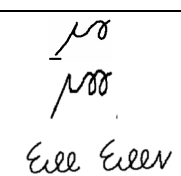
- rw. gestreckt mit Dre.

- Apoyos invertidos
 - 1/4 (90°), ½ (180°), 1/1 (360°) giro en apoyo invertido
 - Salto con 1/1 giro (360°) al apoyo invertido
- Roles
 - Rol atr. al apoyo invertido con 2/1 giros (720°)
 - Salto extendido ad. con 1/1 giro (360°) al ángel y rol

- Inversiones con vuelo
 - Salto atr. con ½ giro (twist) e inversión ad. con vuelo
 - Inversión ad. con vuelo y 1/1 giro (360°)
 - después del apoyo de manos
 - antes del apoyo de manos

- Mortales
 - Ad. agrupado con ½ giro (180°), carpado con 1/1 giro (360°), extendido con 1½ giro (540°)


- Atr. extendido con giro

Saltos with combined turns	Salti avec rotations combinées	Salti mit kombinierten Drehungen	Mortales con giros combinados
<ul style="list-style-type: none"> • Arabian tucked • Double arabian tucked • Double salto bwd tucked, piked 	<ul style="list-style-type: none"> • Twist groupé • Double Twist groupé • Tsukahara groupé, carpé 	 <ul style="list-style-type: none"> • Twist gehockt • Doppeltwist gehockt • Tsukahara gehockt, gebückt 	<ul style="list-style-type: none"> • Twist agrupado • Doble twist agrupado • Tsukahara agrupado, carpado

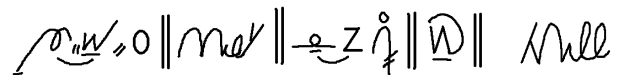
Exercise Symbol Notation Examples — Balance Beam	Descriptions d'exercices Exemples — Poutre	Übungsmitschriften Beispiele — Schwebebalken	Anotación de ejercicios en símbolos Ejemplos - Viga de Equilibrio
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Mount Series	Séries d'entrées	Angangsserien	Series 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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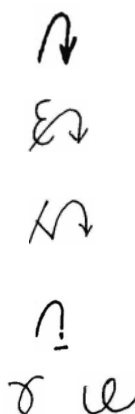
Start of exercise
début de l'exercice
Übungsbeginn
Comienzo del ejercicio

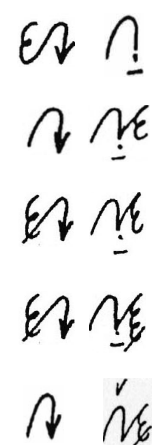

1)

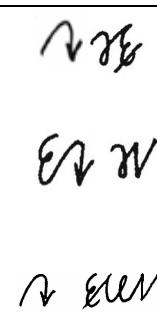
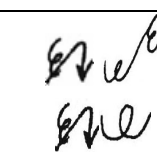
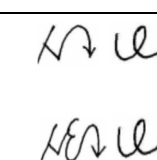

1) End of a beam pass	1) fin d'une longueur de poutre	1) Ende einer Balkenreihe	1) Fin de una pasada
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Exercise Symbol Notation Example — Floor	Descriptions d'exercices Exemple — au sol	Übungsmitschriften Beispiel — Boden	Anotación de ejercicios en símbolos Ejemplo - Suelo
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VAULT	SAUT		SPRUNG	SALTO
<ul style="list-style-type: none"> • First Flight Phase <ul style="list-style-type: none"> – Forward take-off — Handspring on to the horse – Handspring with ¼ - ½ (90°-180°) turn in entry phase (<i>Tsukahara</i>) – Round-off on to the springboard — Flic-flac on to the horse • Second Flight Phase <ul style="list-style-type: none"> – Handspring fwd. – Salto fwd., bwd. 	<ul style="list-style-type: none"> • 1er envol <ul style="list-style-type: none"> – Renversement av. – Renversement avec ¼ - ½ tour (90°-180°) pendant le 1er envol (<i>Tsukahara</i>) – Rondade — flic-flac • 2e envol <ul style="list-style-type: none"> – Renversement av. – Salto av., arr. 		<ul style="list-style-type: none"> • 1. Flugphase <ul style="list-style-type: none"> – Vorwärtsabsprung — Überschlag vw. auf das Pferd – Überschlag vw. mit ¼ - ½ Dre. (90°-180°) i. d. 1. Flugphase (<i>Tsukahara</i>) – Rondat auf das Sprungbrett — Flick-Flack auf das Pferd • 2. Flugphase <ul style="list-style-type: none"> – Überschlag vw. – Salto vw., rw. 	<ul style="list-style-type: none"> • Primera fase de vuelo <ul style="list-style-type: none"> – Despegue hacia adelante — inversión ad. – Inversión ad. con ¼ - ½ giro (90°-180°) en el 1er. vuelo (<i>Tsukahara</i>) – Round-off al trampolín — flic-flac al caballo • Segunda fase de vuelo <ul style="list-style-type: none"> – Inversión ad. – 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
<ul style="list-style-type: none"> • Handspring fwd. with <ul style="list-style-type: none"> – 1/1 turn (360°) on – Handspring off – – 1/1 turn (360°) off – 1/2 turn (180°) on – 1/1 turn (360°) off – ½ turn (180°) on – 1½ turn (540°) off • Yamashita with ½ turn (180°) 	<ul style="list-style-type: none"> • Renversement av. avec <ul style="list-style-type: none"> – 1/1 t. (360°) pendant le 1er envol - renversement av. dans le 2e envol – 1/1 t. (360°) pendant le 2e envol – 1/2 t. (180°) pendant le 1er – 1/1 t. (360°) pendant le 2e envol – ½ t. (180°) pendant le 1er – 1½ t. (540°) pendant le 2e envol • Yamashita avec ½ (180°) pendant le 2e envol 		<ul style="list-style-type: none"> • Überschlag vw. mit <ul style="list-style-type: none"> – 1/1 Dre. (360°) i.d. 1. Flugphase – 1/1 Dre. (360°) i.d. 2. Flugphase – 1/2 Dre. (180°) i. d. 1. Flugphase und 1/1 Dre. (360°) i. d. 2. Flugphase – ½ Dre. (180°) i. d. 1. Flugphase und 1½ Dre. (540°) i. d. 2. Flugphase • Yamashita mit ½ Dre. (180°) i.d. 2. Flugphase 	<ul style="list-style-type: none"> • Inversión ad. con <ul style="list-style-type: none"> – 1/1 giro (360°) en el 1er. vuelo– inversión ad. en el segundo vuelo – 1/1 giro (360°) en el 2do. Vuelo – 1/2 giro (1800°) en el 1er. vuelo– 1/1 giro (360°) en el 2do. vuelo – ½ giro (180°) en el 1er. vuelo – 1½ giro (540°) en el 2do. vuelo • Yamashita con ½ giro (180°)

Salto Fwd — Group 2	Salti av. — groupe 2		Salti vw. — Gruppe 2	Mortales ad. — Grupo 2
<ul style="list-style-type: none"> • Handspring fwd. on – tucked salto forward off with ½ turn (180°) • 1/1 turn (360°) on – piked salto forward off • Handspring fwd. on – ½ turn (180°) piked salto backward off 	<ul style="list-style-type: none"> • Renversement av. – salto av. groupé avec ½ tour (180°) pendant le 2e envol • Renversement av. avec 1/1 t. (360°) pendant le 1er – salto av. carpé pendant le 2e envol • Renversement av. – ½ tour (180°) et salto carpé pendant le 2e envol 		<ul style="list-style-type: none"> • Überschlag vw. – Salto vw. gehockt mit ½ Dre. (180°) i.d. 2. Flugphase • Überschlag vw mit 1/1 Dre. (360°) i. d. 1. Flugphase und Salto vw. gebückt i. d. 2. Flugphase • Überschlage vw. – ½ Dre. (180°) Salto rw. gebückt i.d. 2. Flugphase 	<ul style="list-style-type: none"> • Inversión ad. en el 1er. vuelo – mortal ad. agrupado con ½ giro (180°) en el 2do. vuelo • Inversión ad. con 1/1 giro (360°) en el 1er. vuelo – mortal ad. carpado en el 2do. vuelo • Inversión ad. en el 1er. vuelo – ½ giro (180°) y mortal ad. carpado en el 2do. vuelo
Handspring with ¼ - ½ (90°-180°) turn in entry phase (Tsukahara) — Group 3	Renversement avec ¼ - ½ tour (90°-180°) pendant le 1er envol (Tsukahara) — groupe 3		Überschlag vorwärts mit ¼ - ½ (90°-180°) i. d. 1. Flugphase (Tsukahara) — Gruppe 3	Inversiones con ¼ - ½ giro (90°-180°) en el 1er. vuelo (Tsukahara) — Grupo 3
<ul style="list-style-type: none"> • Tsukahara stretched with 1/1 turn (360°) • Tsukahara with tucked salto backward off 	<ul style="list-style-type: none"> • Tsukahara tendu avec 1/1 tour (360°) • Tsukahara avec salto arr. groupé 		<ul style="list-style-type: none"> • Tsukahara gestreckt mit 1/1 Dr. (360°) • Tsukahara mit salto rw. Gehockt 	<ul style="list-style-type: none"> • Tsukahara extendido con 1/1 giro (360°) • Tsukahara con mortal atr. agrupado
Round-Off — Group 4	Sauts avec rondade — groupe 4		Rondatsprünge — Gruppe 4	Round-off — Grupo 4
<ul style="list-style-type: none"> • Round-off, flic-flac on – tucked salto backward off • Round-off, flic-flac with ¾ turn (270°) on – piked salto backward off 	<ul style="list-style-type: none"> • Rondade- flic-flac – salto arr. groupé pendant le 2e envol • Rondade - flic-flac avec ¾ tour (270°) pendant le 1er – salto arr. carpé pendant le 2e envol 		<ul style="list-style-type: none"> • Rondat - Flick-Flack – Salto rw. gehockt i.d. 2. Flugphase • Rondat - Flick-Flack mit ¾ Dr. (270°) i.d. 1. Flugphase – Salto rw. gebückt i.d. 2. Flugphase 	<ul style="list-style-type: none"> • Round-off, flic-flac – mortal atr. agrupado en el 2do. vuelo • Round-off, flic-flac con ¾ giro (270°) 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
<ul style="list-style-type: none"> • Round-off, flic-flac with ½ turn (180°) on – piked salto forward off • Round-off, flic-flac with ½ turn (180°) on – Stretched salto forward off 	<ul style="list-style-type: none"> • Rondade - flic-flac avec ½ tour (180°) pendant le 1er – salto av. carpé pendant le 2e envol • Rondade - flic-flac avec ½ tour (180°) pendant le 1er – salto av. tendu pendant le 2e envol 		<ul style="list-style-type: none"> • Rondat - Flick-Flack mit ½ Dr. (180°) i.d. 1. Flugphase – Salto vw. gebückt i.d. 2. Flugphase • Rondat - Flick-Flack mit ½ Dr. (180°) i.d. 1. Flugphase – Salto vw. gestreckt i.d. 2. Flugphase 	<ul style="list-style-type: none"> • Round-off, flic-flac con ½ giro (180°) en el 1er. vuelo – mortal ad. carpado en el 2do. vuelo • Round-off, flic-flac con ½ giro (180°) en el 1er. vuelo – mortal ad. extendido en el 2do. vuelo

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

APPARATUS		NAMED AFTER	FED	DESCRIPTION	EVENT / YEAR	VIDEO
Vault	1	Kim Nellie	USSR	Handspring fwd on - 1½ (540°) off	WC Varna (BUL) 1974	
Vault	1	Korbut Olga	USSR	Handspring fwd with 1/1 turn (360°) on - 1/1 turn (360°) off		
Vault	2	Chusovitina Oksana	UZB	Handspring fwd on - piked salto fwd with 1/1 turn (360°) off		
Vault	2	Chusovitina Oksana	UZB	Handspring fwd on - stretched salto fwd with 1½ turn (540°) off		
Vault	2	Davidova Elena	USSR	Handspring fwd with 1/1 turn (360°) on - tucked salto fwd off		
Vault	2	Ewdokimova Irina	KAZ	Handspring fwd on - stretched salto fwd off		
Vault	2	Produnova Elena	RUS	Handspring fwd on - tucked double salto fwd off		
Vault	2	Wang Hui Ying	CHN	Handspring fwd on - stretched salto fwd with ½ turn (180°) off		
Vault	3	Kim Nellie	USSR	Tsukahara tucked with 1/1 turn (360°) off	OG Montreal (CAN) 1976	
Vault	3	Kim Nellie	USSR	Tsukahara stretched with 1/1 turn (360°) off	WC Strasbourg (FRA) 1978	
Vault	3	Tourischeva Liudmila	USSR	Tsukahara tucked		
Vault	3	Zamolodchikova Elena	RUS	Tsukahara stretched with 2/1 turn (720°) off		
Vault	4	Amanar Simona	ROU	Round-off flic-flac on - stretched salto bwd with 2½ turn (900°) off		
Vault	4	Dungelova Erika	BUL	Round-off flic-flac on - tucked salto bwd with 2/1 turn (720°) off		
Vault	4	Luconi Patrizia	ITA	Round-off, flic-flac with ¾ turn (270°) on - tucked salto bwd off		
Vault	4	Baitova Svetlana	USSR	Round-off flic-flac on - stretched salto bwd with 2/1 turn (720°) off		
Vault	4	Yurchenko Natalija	USSR	Round-off flic-flac on - tucked salto bwd off		
Vault	5	Cheng Fei	CHN	Round-off flic-flac with ½ turn (180°) on - stretched salto fwd with 1½ turn (540°) off		
Vault	5	Ivantcheva Velina	BUL	Round-off flic-flac with ½ turn (180°) on - tucked salto fwd off		
Vault	5	Khorkina Svetlana	RUS	Round-off flic-flac with ½ turn (180°) on - tucked salto fwd with 1½ turn (540°) off		
Vault	5	Omelianchik Oksana	USSR	Round-off flic-flac with ½ turn (180°) on - piked salto fwd off		
Vault	5	Podkopaieva Liliya	UKR	Round-off flic-flac with ½ turn (180°) on - piked salto fwd with ½ turn (180°) off		
Vault	5	Servente Veronica	ITA	Round-off flic-flac with ½ turn (180°) on - tucked salto fwd with ½ turn (180°) off		

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

APPARATUS		NAMED AFTER	FED	DESCRIPTION	EVENT / YEAR	VIDEO
Uneven Bars						
Uneven Bars	1	Gonzales Leyanet	MEX	Round-off in front of LB flic-flac through hstd phase on LB		
Uneven Bars	1	Gurova Elena	USSR	Round-off in front of LB flic-flac with 1/1 turn (360°) to clear support or through hstd phase on LB		
Uneven Bars	1	Jentsch Martina	DDR	Round-off in front of LB - Tucked salto bwd over LB to hang on LB		
Uneven Bars	1	Maaränen Anna-Mari	FIN	Jump with extended body to hstd on LB also with 1/1 turn (360°) in hstd phase		
Uneven Bars	1	Makhautsova Volha	BLR	Free stretch jump over LB with legs together to hang on HB	WC Tokyo (JPN) 2011	
Uneven Bars	1	McNamara Julianne	USA	Jump to clear support on HB - clear hip circle to hstd on HB also with ½ turn (180°) in hstd phase on HB		
Uneven Bars	1	Gebeshian Houry	ARM	Mount: - Hecht jump (legs together) with hand repulsion and 1/1 turn (360°) over LB to hang on HB	OG Rio de Janeiro, (BRA)2016	
Uneven Bars	2	Caslavska Vera	CZE	From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB		
Uneven Bars	2	Comaneci Nadja	ROU	Front support on HB - cast with salto fwd straddled to hang on HB		
Uneven Bars	2	Yarotska Irina	UKR	Clear hip circle bwd on LB with hecht to hang on HB		
Uneven Bars	2	Delladio Tanja	CRO	From hstd on LB hecht vault to hang on HB		
Uneven Bars	2	Hindorff Silvia	DDR	Clear hip circle on HB counter straddle to hang on HB		
Uneven Bars	2	Khorkina Svetlana	RUS	Clear hip circle through hstd with ½ turn (180°) in flight to hang on HB		
Uneven Bars	2	Radocla Birgit	DDR	From inner front support on LB - cast with salto roll fwd to hang on HB		
Uneven Bars	2	Reeder Anika	GBR	Cast with 1½ turn (540°) to hstd		
Uneven Bars	2	Shang Chunsang	CHN	Clear hip circle on HB, counter pike to hang on HB	WC Antwerp (BEL) 2013	
Uneven Bars	2	Shaposchnikova Natalia	USSR	Inner front support on LB - clear hip circle through hstd with flight to hang on HB		
Uneven Bars	3	Bhardwaj Mohini	USA	Pak Salto with 1/1 turn (360°)	OG Athens, (GRE) 2004	
Uneven Bars	3	Cappuccitti Stehanie	CAN	Swing bwd and salto fwd stretched to hang on HB		
Uneven Bars	3	Chusovitina Oksana	UZB	Giant circle bwd to hstd with hop 1/1 turn (360°) in hstd phase		
Uneven Bars	3	Davydova Yelena	USSR	Long swing fwd counter straddle-reverse hecht over HB to hang		
Uneven Bars	3	Ejova Liudmila	RUS	Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang		
Uneven Bars	3	Hristakieva Snejana	BUL	Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB		
Uneven Bars	3	Kononenko Nataliya	UKR	Tkatchev with ½ turn (180°)	WC Tokyo (JPN) 2011	
Uneven Bars	3	Li Ya	CHN	Jaeger Salto straddled with ½ turn (180°) to hang on HB		
Uneven Bars	3	Liu Xuan	CHN	Giant circle bwd to hstd on one arm		
Uneven Bars	3	Mo Huilan	CHN	Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto)		
Uneven Bars	3	Monckton Mary-Anne	AUS	Long Swing fwd with ½ turn (180°), pike vault over HB to hang	WC Tokyo (JPN) 2011	
Uneven Bars	3	Nyeste Adrienn	HUN	Swing fwd and salto bwd with ½ turn (180°) straddle-piked		
Uneven Bars	3	Pak Gyong Sil	PRK	Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB		
Uneven Bars	3	Schuschunova Elena	USSR	Long swing fwd with ½ turn (180°) further ½ turn (180°) to counter straddle in flight over HB to hang		
Uneven Bars	3	Strong Lori	CAN	Hang on HB – Swing fwd with 1½ turn (540°) and flight over LB to hang on LB		
Uneven Bars	3	Volpi Giulia	ITA	Swing bwd with free stoop or straddle vault and ½ turn (180°) over HB to hang		
Uneven Bars	3	Wenning Zhang	CHN	Swing bwd with free stoop or straddle vault and ½ turn (180°) over HB to hang		
Uneven Bars	3	Retiz Hernandez, Karla Yanin	MEX	Hang on HB – Swing fwd with ½ turn (180°) and flight to hstd with ½ turn (180°) on LB	WC Nanning (CHN), 2014	
Uneven Bars	3	Zaytseva Anna	KAZ	Giant circle fwd in L grip to hstd with piked or stretched body, also with ½ turn (180°) to hstd		
Uneven Bars	4	Downie Rebecca	GBR	Stalder bwd on HB with counter pike – reverse hecht over HB to hang	WC Rotterdam (NED) 2010	
Uneven Bars	4	Frederick Marcia	USA	Stalder bwd with 1/1 turn (360°) in hstd phase		
Uneven Bars	4	Galante Paola	ITA	Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang	WC London (GBR) 2009	
Uneven Bars	4	Komova Viktoria	RUS	Clear pike circle bwd through hstd with flight and ½ turn(180°) to hang on HB	YOG Singapore (SIN) 2010	
Uneven Bars	4	Komova Viktoria	RUS	Clear pike circle bwd through hstd with flight to hang on HB.	WC Tokyo (JPN) 2011	
Uneven Bars	4	Krasnyanska Irina	UKR	From hstd clear pike circle bwds to rear inverted pike support		
Uneven Bars	4	Ray Elise	USA	Facing inward - Stalder bwd with release and counter movement fwd in flight to hang on HB		
Uneven Bars	4	Ricna Hanna	CZE	Stalder bwd on HB with counter straddle-reverse hecht over HB to hang		

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

APPARATUS		NAMED AFTER	FED	DESCRIPTION	EVENT / YEAR	VIDEO
Uneven Bars	4	White Morgan	USA	Stalder fwd in L grip to hstd also with ½ turn (180°) in hstd phase		
Uneven Bars	4	Zgoba Dariya	UKR	Clear pike circle bwd on LB with hecht flight to hang on HB		
Uneven Bars	5	Church Savannah	GBR	Pike sole circle bwd counter straddle-reverse hecht over HB to hang		
Uneven Bars	5	Hoefnagel Hanneke	NED	Pike sole circle fwd in reverse or L grip with 1/1 turn (360°) in hstd phase		
Uneven Bars	5	Kim (Name TBC)	PRK	Facing outward on HB – underswing with support of feet-counter salto fwd straddled to catch on HB		
Uneven Bars	5	Li Li	CHN	Clear rear pike support (legs together) on HB - full circle swing bwd with stoop out bwd to hang on HB		
Uneven Bars	5	Li Li	CHN	Clear rear pike support (legs together) on HB - full circle swing bwd with counter flight bwd straddled		
Uneven Bars	5	Liubov Burda	USSR	Underswing on HB or LB with 1 ½ turn (540°) to hang		
Uneven Bars	5	Lucke Anneke	NED	Pike sole circle bwd with 1½ turn (540°) to hstd		
Uneven Bars	5	Luo Li	CHN	Stoop in to Adler-seat (pike) circle fwd through clear extended support to finish in L grip (deviation up to 30° allowed)		
Uneven Bars	5	Maloney Kristen	USA	Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB		
Uneven Bars	5	Mirgoradskaja 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.		
Uneven Bars	5	Nabieva Tatjana	RUS	Pike sole circle bwd with counter stretched hecht (layout position over HB) to hang	WC Rotterdam (NED) 2010	
Uneven Bars	5	Ray Elise	USA	Hstd on HB - Pike sole circle bwd counter straddle-reverse hecht over HB to hang		
Uneven Bars	5	Seitz Elisabeth	GER	Pike sole circle bwd through hstd with flight 1/1 turn(360°) to hang on HB	WC Tokyo (JPN) 2011	
Uneven Bars	5	Teza Elvire	FRA	Circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB		
Uneven Bars	5	Tweddle Elizabeth	GBR	Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip		
Uneven Bars	5	Van Leeuwen Laura	NED	Pike sole circle bwd through hstd with flight and ½ turn (180°)		
Uneven Bars	6	Arai (Name TBC)	JPN	Swing down fwd between bars in L Grip. Swing bwd to salto fwd with ½ turn (180°) into salto bwd tucked		
Uneven Bars	6	Bar (Name TBC)	TBC	Swing down between bars - swing fwd to salto bwd stretched with 3/1 turn (1080°)		
Uneven Bars	6	Blanco Bibiana	COL	Swing down between bars - swing fwd to salto bwd stretched with ½ turn (180°) - into salto fwd stretched		
Uneven Bars	6	Brunner Jenny	GER	Clear pike circle bwd to salto fwd stretched with ½ turn (180°)		
Uneven Bars	6	Chusovitina Oksana	UZB	Swing fwd to double salto bwd tucked with 1/1 turn (360°) in second salto		
Uneven Bars	6	Comaneci Nadja	ROU	Underswing with ½ turn (180°) to salto bwd tucked or piked		
Uneven Bars	6	Delladio Tanja	CRO	On HB - Salto bwd s tucked		
Uneven Bars	6	Fabrichnova Oksana	USSR	Swing fwd to double salto bwd tucked with 2/1 turn (720°)		
Uneven Bars	6	Fontaine Larisa	USA	Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked		
Uneven Bars	6	Giovannini Carlotta	ITA	Swing fwd with ½ turn (180°) to double salto fwd piked		
Uneven Bars	6	Gonzales Gabriela, Gratt Tanja	MEX/AUT	Salto bwd tucked or piked over HB		
Uneven Bars	6	Ji (Name TBC)	CHN	Swing fwd to salto bwd stretched with 2½ turn (900°)		
Uneven Bars	6	Kraeker Steffi	DDR	From HB – underswing with ½ turn (180°) to salto bwd tucked with 1/1 turn (360°)		
Uneven Bars	6	Li Ya	CHN	Swing down between bars - swing fwd with ½ turn (180°) to double salto fwd piked		
Uneven Bars	6	Ma Yen Hong	CHN	Hip circle bwd (also clear) on LB or HB - hecht with 1/1 turn (360°) to salto bwd		
Uneven Bars	6	Magaca Brenda	MEX	Swing fwd to triple salto bwd tucked		
Uneven Bars	6	Moors Victoria	CAN	From HB - underswing with salto fwd stretched with ½ turn (180°)	OG London (GBR) 2012	
Uneven Bars	6	Morio Maiko	JPN	Swing down between bars - swing fwd to double salto bwd tucked with 1/1 turn (360°) in first salto		
Uneven Bars	6	Mukhina Elena	USSR	Hip circle bwd (also clear) on LB or HB - hecht with salto bwd tucked		
Uneven Bars	6	Mustafina Aliya	RUS	Swing fwd to double salto bwd tucked with 1½ turn (540)	WC Rotterdam (NED) 2010	
Uneven Bars	6	Okino Betty	USA	Front support on HB - clear underswing with ½ turn (180°) to salto bwd stretched		
Uneven Bars	6	Parolari Lia	ITA	Salto bwd s tucked		
Uneven Bars	6	Pechstein Tanja	SUI	Swing bwd to salto fwd stretched with 1½ turn (540°)		
Uneven Bars	6	Pentek Tunde	HUN	Swing bwd to double salto fwd piked with ½ turn (180°)		
Uneven Bars	6	Plichta Paula	POL	Clear straddle circle with salto fwd tucked		
Uneven Bars	6	Ray Elise	USA	Swing fwd to double salto bwd stretched with 2/1 turn (720°)		
Uneven Bars	6	Varga Adrienne	HUN	Swing fwd to salto bwd stretched with ½ turn (180°) into salto fwd piked with ½ turn (180°)		

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

APPARATUS		NAMED AFTER	FED	DESCRIPTION	EVENT / YEAR	VIDEO
Balance Beam						
Balance Beam	1	Baitova Svetlana	USSR	Two flank circles followed by leg "Flair"		
Balance Beam	1	Marisa Dick	TTO	Mount: Change leg leap to free cross split sit - diagonal approach to beam.	WC Glasgow (GBR) 2015	
Balance Beam	1	Marisa Dick	TTO	Mount: Diagonal approach to beam – Leap with leg change and ½ turn (180°) to free cross split sit	OG Rio de Janeiro, (BRA)2016	
Balance Beam	1	Beukes Ramona	NAM	Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam		
Balance Beam	1	Dunn Jacqui	AUS	Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd		
Balance Beam	1	Erceg Tina	CRO	Round-off at end of beam – take off bwd. with ½ turn (180°) - tucked salto fwd to stand		
Balance Beam	1	Garrison Kelly	USA	Round-off at end of beam – salto bwd stretched with 1/1 turn (360°) to cross stand on beam		
Balance Beam	1	Gurova Elena	USSR	Round-off in front of beam – jump with ½ turn (180°) to near side hstd		
Balance Beam	1	Hand-Li Yifang	CHN	Jump press or swing to cross or side hstd – 1/1 turn (360°) in hstd - release one hand with swing down swd		
Balance Beam	1	Homma Leah	CAN	3 flying flairs		
Balance Beam	1	Philips Kristie	USA	Press to side hstd - walkover fwd to side stand on both legs		
Balance Beam	1	Rankin Janine	CAN	Jump or press on one arm to hstd		
Balance Beam	1	Shushunova Elena	USSR	Jump with stretched hips to planche		
Balance Beam	1	Tsavdaridou Vasiliki	GRE	Round-off at end of beam - flic-flac with 1/1 turn (360°) into swing down to cross straddle sit		
Balance Beam	1	Wong Hiu Ying Angel	HKG	Salto fwd tuck with ½ turn (180°)	OG London (GBR) 2012	
Balance Beam	1	Zamolodchikova Elena	RUS	Round-off in front of beam - flic-flac with 1/1 turn (360°) to hip circle bwd		
Balance Beam	2	Johnson Kathy	USA	Leap fwd with leg change and 1/4 turn (90°) to side split leap (180°) or straddle pike position		
Balance Beam	2	Teza Elvire	FRA	From side stand – Jump to over split with body arched and head dropped bwd		
Balance Beam	2	Yang Bo	CHN	From Cross stand – Jump to over split with body arched and head dropped bwd		
Balance Beam	3	Galante Paola	ITA	1½ turn (540°) with free leg held upward in 180° split position throughout turn	WC London (GBR) 2009	
Balance Beam	3	Humphrey Terin	USA	2½ turn (900°) in tuck stand on one leg - free leg optional		
Balance Beam	3	Li Li	CHN	1¼ (450°) turn on back in kip position (hip-leg angle closed)		
Balance Beam	3	Mitchell Lauren	AUS	3/1 turn (1080) in tuck stand on one leg – free leg optional	WC Rotterdam (NED) 2010	
Balance Beam	3	Okino Betty	USA	3/1 turn (1080°) on one leg - free leg optional below horizontal		
Balance Beam	3	Preziosa Elisabetta	ITA	1/1 turn (360°) pirouette with free leg held bwd s with both hands	WC Tokyo (JPN) 2011	
Balance Beam	3	Wevers Sanne	NED	2/1 turn (720) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)	WC Rotterdam (NED) 2010	
Balance Beam	5	Anastasia Kolesnikova	RUS	Flic-flac from side position with ½ turn (180°) to side hstd lower to optional end position		
Balance Beam	5	Colussi Pelaez Silvia	ESP	Free (Aerial) Cartwheel in cross position	WC Antwerp (BEL) 2013	
Balance Beam	5	Schaefer Pauline	GER	Salto sideward tucked with ½ turn - take off from one leg to side stand	WC Nanning (CHN), 2014	

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

APPARATUS		NAMED AFTER	FED	DESCRIPTION	EVENT / YEAR	VIDEO
Balance Beam	5	Garrison Kelly	USA	"Valdez" swing over bwd through horizontal plane with support on one arm		
Balance Beam	5	Grigoras Cristina Elena	ROU	Salto fwd tucked with ½ turn (180°) take-off from both legs		
Balance Beam	5	Khorkina Svetlana	RUS	Gainer flic-flac with min. ¼ turn (270°) before hand support		
Balance Beam	5	Kochetkova Dina	RUS	Flic-flac with min. ¼ turn (270°) before hand support		
Balance Beam	5	Kochetkova Dina	RUS	Flic-flac from side position with ½ turn (180°) to side hstd lower to optional end position		
Balance Beam	5	Liukin Nastia	USA	Salto fwd tucked, take-off from one leg to stand on one or two feet		
Balance Beam	5	Omelianchik Oksana	USSR	Flic-flac with ¼ turn (270°) to side hstd (2 sec.) - lower to optional end position		
Balance Beam	5	Onodi Henrietta	HUN	Jump bwd (flic-flac take-off) with ½ turn (180°) to walkover fwd		
Balance Beam	5	Prodnova Elena	RUS	Jump fwd with ½ turn (180°) - salto bwd piked		
Balance Beam	5	Kitti Honti	HUN	Gainer flic - flac with ¼ turn (90°) to hstd (2 sec.)	WC Glasgow (GBR) 2015	
Balance Beam	5	Rueda Eva	ESP	All flic-flac variations with piking and stretching of hips in flight phase with swing down to cross straddle sit		
Balance Beam	5	Rulfova Jana	CZE	Flic-flac with 1/1 turn (360°) - swing down to cross straddle sit		
Balance Beam	5	Schischova Albina	USSR	Salto bwd tucked or stretched with 1/1 turn (360°)		
Balance Beam	5	Teza Elvire	FRA	Flic-flac from side position with 1/1 turn (360°) to hip circle bwd		
Balance Beam	5	Tousek Yvonne	CAN	Flic-flac with step-out from side position		
Balance Beam	5	Portocarrero Luisa	GUA	Free (aerial) walkover fwd, landing on one foot in extended tuck sit, without hand support		
Balance Beam	5	Worley Sheyla	USA	Jump bwd with ½ turn (180°) handspring to land on two feet		
Balance Beam	6	Araujo Heine	BRA	Salto fwd stretched with 2/1 turn (720°)		
Balance Beam	6	Bohmerova Lubica	SVK	Gainer salto stretched with 1½ turn (540) to side of beam		
Balance Beam	6	Domingues Gabriela	ESA	Salto bwd tucked with 1½ turn (540°)	YOG Singapore (SIN) 2010	
Balance Beam	6	Khorkina Svetlana	RUS	Gainer salto bwd stretched with 2½ turn (900°) to side of beam		
Balance Beam	6	Kim Nellie	USSR	Gainer salto tucked 1/1 turn (360°) at end of beam	OG Montreal (CAN) 1976	
Balance Beam	6	Kim Nellie	USSR	Free (aerial) cartwheel into salto bwd tucked	OG Moscow (RUS) 1980	
Balance Beam	6	Patterson Karly	USA	Arabian double salto fwd tucked		
Balance Beam	6	Steingruber Giulia	SUI	Gainer Salto bwd Stretched with 1/1 turn (360°) at the end of beam	WC Tokyo (JPN) 2011	

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

APPARATUS		NAMED AFTER	FED	DESCRIPTION	EVENT / YEAR	VIDEO
Floor Exercise						
Floor Exercise	1	Sankova Krystyna	UKR	Change Leg Ring Leap with ½ turn (180°)	WC Antwerp (BEL) 2013	
Floor Exercise	1	Bulimar Diana	ROU	Johnson Leap with additional 1/1 turn (360°)	WC Tokyo (JPN) 2011	
Floor Exercise	1	Csillag Tunde	HUN	Side split leap with 1/1 turn (360°)	WC Rotterdam (NED) 2010	
Floor Exercise	1	Ferrari Vanessa	ITA	Split leap with 1/1 turn (360°) to ring position	OG London (GBR) 2012	
Floor Exercise	1	Frolova Tatiana	USSR	Switch leap with ½ turn (180°) or with 1/1 turn (360°) in flight phase		
Floor Exercise	1	Popa Celestina	ROU	Straddle pike jump with 1/1 turn (360°)		
Floor Exercise	1	Jurkowska - Kowalska, Katarzyna	POL	Split jump with 1/1 turn (360°) to ring position	WC Nanning (CHN), 2014	
Floor Exercise	1	Vulcan Dora	ROU	Split jump with ½ turn (180°) to ring position	2016 TE Rio de Janeiro	
Floor Exercise	2	Gomez Elena	ESP	4/1 turn (1440°) on one leg - free leg optional below horizontal		
Floor Exercise	2	Hopfner-Hibbs Elyse	CAN	2/1 (720°) illusion turn without hand or foot support		
Floor Exercise	2	Memmel Chelsia	USA	2/1 turn (720°) with free leg held upward in 180° split position		
Floor Exercise	2	Mitchell Lauren	AUS	3/1 turn (1080°) in tuck stand on one leg – free leg straight throughout	WC Rotterdam (NED) 2010	
Floor Exercise	2	Semenova Ksenija	RUS	2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn)		
Floor Exercise	2	Mustafina, Aliya	RUS	3/1 (1080°) with leg held up in 180° split position	WC Nanning (CHN), 2014	
Floor Exercise	3	Mostepanova Olga	USSR	Handspring fwd with 1/1 turn (360°) after hand support or before		
Floor Exercise	3	Tsavidaridou Vasiliki	GRE	Hop with 1/1 turn (360°) to straddle and land in front lying support		
Floor Exercise	4	Andreasen (Name TBC)	SWE	Arabian double salto tucked		
Floor Exercise	4	Tarasevich Svetlana	BLR	Salto fwd stretched with 2½ turn (900°)		
Floor Exercise	4	Cojocar Sabina	ROU	Salto fwd stretched with 2½ turn (900°)		
Floor Exercise	4	Dos Santos Daiane	BRA	Arabian double salto piked		
Floor Exercise	4	Dos Santos Daiane	BRA	Arabian double salto stretched		
Floor Exercise	4	Podkopaeva Liija	UKR	Double salto fwd tucked. Also with ½ turn (180°)		
Floor Exercise	4	Brenna Dowell	USA	Double Salto fwd Piked	WC Glasgow (GBR) 2015	
Floor Exercise	5	Kim Nellie	USSR	Double salto bwd tucked	OG Montreal (CAN) 1976	
Floor Exercise	5	Kim Nellie	USSR	Double salto bwd stretched-piked	WC Strasbourg (FRA) 1978	
Floor Exercise	5	Mukhina Elena	USSR	Double salto bwd tucked with 1/1 turn (360°)		
Floor Exercise	5	Silivas Daniella	ROU	Double salto bwd tucked with 2/1 turn (720°)		
Floor Exercise	5	Chusovitina Oksana	USSR	Double salto bwd stretched with 1/1 turn (360°)		
Floor Exercise	5	Biles Simone	USA	Double Salto bwd stretched with ½ turn (180°)	WC Antwerp (BEL) 2013	
Floor Exercise	5	Moors Victoria	CAN	Double Salto bwd Stretched with 2/1 turn (720°)	WC Antwerp (BEL) 2013	