

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**2017 – 2020 CODE OF POINTS**



Women's Artistic Gymnastics

Approved by the FIG Executive Committee

**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)*

The Code of Points is the property of the FIG. Translation and copying are prohibited without prior written approval by FIG.  
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

## ACKNOWLEDGEMENTS

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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

The following abbreviations will appear throughout the CODE:

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

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# **PART I REGULATIONS GOVERNING COMPETITION PARTICIPANTS**

## **SECTION — 1 PURPOSE**

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### **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 (C-I),  
Team Finals (C-IV),  
All Around (C-II) and  
Individual Event Finals (C-III),
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 and that such a request not be unreasonably denied with permission from the Chair of the Superior Jury.

*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 (C-I), All Around Final (C-II) & Team Final (C-IV)

- Each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus in accordance with the Technical Regulations that govern that competition.
  - Vault (Teams and individual groups)
    - C-I, C-II, C-IV – two attempts only
    - C-I – qualification for C-III – max. three attempts
  - BB, FX
    - 30 sec. each
  - UB
    - 50 sec. each, including the preparation of the bars

#### NOTE:

- *In Qualifying (C-I) and Team Final (C-IV) 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, they 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 D<sup>1</sup> 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) 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 raise the Uneven Bars; or to submit such requests in accordance with the Technical Regulations that govern that competition

## 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 D<sup>1</sup> 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 D<sup>1</sup> (*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 behavior 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.*)
- 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 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 (C-I) and Team Final Competition (C-IV). In the Qualification (C-I) individual gymnasts from the same federation (*without a team*) may wear different leotards/unitards.
- 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 behavioral 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) Summary of the penalties also are outlined in Section 8.3.
- c) Unless otherwise indicated these penalties are always applied by the D<sup>1</sup> judge to the Final Score for that exercise.
- d) In extreme cases, the gymnast or coach may be expelled from the competition hall in addition to suffering the specified penalty.

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

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

## 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 his 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 (C-I) and Team Final Competition (C-IV) for:
  - Complete teams - 1 female and 1 male coach or 2 female coaches; if only 1 coach, then the coach may be a male.
  - Nations with individuals – 1 coach (F or M)
- All-Around Comp. (C-II) & Apparatus Finals Comp. (C-III) for:
  - Each gymnast – 1 coach

### 3.3 Penalties for Coach Behavior

By Chair of Superior Jury (In Consultation with Superior Jury)	Card System For FIG Official and Registered Competitions
<b>Behavior of Coach with no direct impact on the result/performance of the gymnast/team</b>	
– Unsportsmanlike conduct (valid for all phases of the competition)	1 <sup>st</sup> time – Yellow card for coach (warning)
	2 <sup>nd</sup> time – Red card and removal of coach from the competition*
– Other flagrant, undisciplined and abusive behavior (valid for all phases of the competition)	Immediate Red card and removal of coach from the competition*
<b>Behavior of Coach with direct impact on the result/performance of the gymnast/team</b>	
– 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 <sup>1</sup> Judge, inquiry only permitted, - speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise. etc.	1 <sup>st</sup> time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning)
	1 <sup>st</sup> time – <b>1.00</b> (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks <b>aggressively</b> to active judges
	2 <sup>nd</sup> time – <b>1.00</b> (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.	<b>1.00</b> (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. C-1).

1<sup>st</sup> offense = yellow card  
2<sup>nd</sup> 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 fairplay and drug free sport and to respect all FIG Rules governing the World Championships”*

## SECTION 4 — Regulations for Technical Committee

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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 herein.
- 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 and to submit the results of the Judges evaluation to the FIG Disciplinary Commission.
- 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 alone 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 in 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 non partisan 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 D<sup>1</sup> 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. 6 Judge Panel
2 D- Panel Judges	2 D- Panel Judges
5 E- Panel Judges 2 R- Panel Judges	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 (~~WAG~~)
- 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 D<sup>2</sup>- 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 D<sup>1</sup> 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
- makes their symbol notation sheets available during consultations and submits 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 D<sup>1</sup> 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 D<sup>1</sup> 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 D<sup>1</sup> 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>D<sup>2</sup></u>	<u>D<sup>1</sup></u>	<u>SEC</u>		<u>5</u>

UB:

<u>1</u>	<u>2</u>	<u>R2</u>			<u>3</u>	
<u>R1</u>	<u>D<sup>2</sup></u>	<u>D<sup>1</sup></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>D<sup>2</sup></u>	<u>D<sup>1</sup></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>D<sup>2</sup></u>	<u>D<sup>1</sup></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".

## 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 optional-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	+ 2.50	
Connection Value	+ 0.60	
		<b>D- Score 6.200</b>

##### E- Score

Execution	- 0.70		<b>10.000</b>
Artistry	- 0.30		- 1.00
		<b>E- Score 9.000</b>	

*\*E- Score Sum of 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)*

**Final Score 15.200**

#### 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.

*f* *Heel* (without landing feet first) *rr*

**Evaluation:**

**D- score**

DV (C + A + 0 + E)	+ 0.90 P.
CR # 3, # 4 & # 5 (DMT)	+ 1.50 P.
<b>D- score</b>	<b>+2.400 P.</b>

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

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

**E - Score** = **5.900 P.**

**Final \*Total Score:** (D) 2.40 P. + (E) 5.90 P. = 8.300 P.

Final Score: (D) 2.40 P. + (E) 5.90 P. - 6.00 P. (short exercises) = 2.300 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.

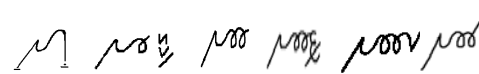
- a) The Maximum **8** highest DV including the dismount are counted on UB, BB and FX.
- b) The D- Panel will always recognize the difficulty value of the element unless there is a failure to meet the technical requirement of the element.

### 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) **Arabian elements are considered Forward Elements**



- b) **Recognition of the Same and Different Difficulties**

- The same element will receive Difficulty Value only one time in an exercise and in chronological order.

- c) **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:

- **Different dance elements from the same box in the Table of elements (same number) will receive DV only one time and in chronological order**
- 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 & turns (*pirouettes*) 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 & turns (*pirouettes*) 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

d) **Elements are considered different, if they are listed under different numbers in the Table of elements.**

e) **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,
- ~~turns on one leg (*pirouettes*) performed in “in” and “out” directions (*en dedan and en dehor*) (except in *passé* and *coupé* positions)~~
- ~~the legs are in cross or side split in dance elements~~
- there are different degrees of turns
  - ½, 1/1, 1½ (180°, 360°, 540°), etc.
  - ~~See Section 9 or specific apparatus requirements~~
- the support is performed on one or both arms or free
- the ~~aerobic elements~~ take-off from one or both legs

**Dance elements:**

- turns on one leg (*pirouettes*) performed in “in” and “out” directions (*en dedan and en dehor*) (except in *passé* and *coupé* positions)

**7.2.2 Recognition of elements occurs in chronological order**

- In case of technical failure elements will be recognized as:
  - another element in the table of difficulties or
  - No DV or
  - One DV lower
- 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 CV's which have not yet been performed.

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

- In principle, only those elements which have been performed will appear in the Code of Points.
- In order to be recognized as a new element, the element must be successfully performed (*without a fall*) for the first time at an FIG Official Competition:
  - World Championships
  - Olympic Games
  - Youth Olympic Games
- No element will be named if there is more than one gymnast who has performed it for the first time. The element must be minimum C- difficulty.
- The new elements must be presented no later than the day and hour, as stipulated in the Work Plan. The request for evaluation must be accompanied with technical drawings, as well as with a DVD.
- 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, e.g. 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

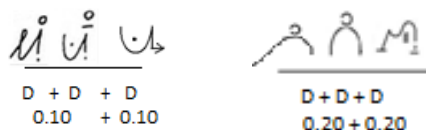
- a) Elements may not be repeated in another connection for CV.  
 – Recognition occurs in chronological order.
- b) Same elements on UB, acrobatic elements on BB and FX may be performed 2 times within one connection

Examples:

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

- c) With the direct connection of 3 or more elements, the 2<sup>nd</sup> element may be used -
- the 1<sup>st</sup> time as the last element of a connection and
  - the 2<sup>nd</sup> time as the 1<sup>st</sup> element to begin a new connection

Examples:



- d) 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

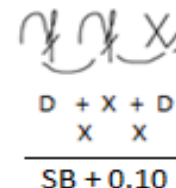
Examples:



**Total CV + 0.40**      0.10 + 0.20 + 0.10

- The flight element may be used:
- the 1<sup>st</sup> time as the 2<sup>nd</sup> element of a connection
  - the 2<sup>nd</sup> time as the connection of 2 same flight elements
  - the 3<sup>rd</sup> time as the 1<sup>st</sup> element to begin a new connection

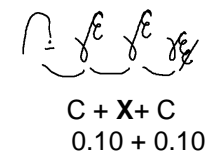
**BB**



**Total SB + 0.10**

- Salto may be used:
- the 1<sup>st</sup> time as a connection of 2 same saltos
  - the 2<sup>nd</sup> time as the 1<sup>st</sup> element to begin a new connection

**FX**



**Total CV + 0.20**

- Salto may be used:
- the 1<sup>st</sup> time as a connection of 2 same saltos
  - the 2<sup>nd</sup> time as the 1<sup>st</sup> element to begin a new connection

## **SECTION 8 — Regulations Governing the E- Score**

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### **8.1 Description of E- Score 10.00 (*Performance*)**

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

**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
<b>By E- &amp; R- Panel Judges</b>					
<b>Execution Faults</b>					
– 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 <b>single</b> salto	each time	X 90° Hip angle	X >90° Hip angle		
– Failure to maintain stretched body posture ( <i>piking too early</i> )	each time	X	X		
– Hesitation <b>during performance of elements &amp; movements</b>	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	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in acro elements ( <i>non-flight</i> )	each time	X	X		
– <b>Failure to fulfill technical requirements in dance Elements</b> (see sec.9 for list of errors in dance elements)	each time	X	X	X	
– <b>Precision</b>	each time	X			
– Performance of DMT too close to the apparatus ( <i>UB &amp; BB</i> )			X		
<b>Landing Faults</b> ( <i>all elements including dismounts</i> )		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– 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
<b>By D- Panel Judges (<math>D^1 - D^2</math>)</b>					
– 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
<b>By D- Panel Judges (<math>D^1 - D^2</math>) with notification to the Superior Jury, or by the SJ</b>					
<b>Apparatus irregularities through:</b>					
– 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 landing 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	
– Changing measurement of apparatus without permission	Gym/Evt			X	From the Final Score by the Superior Jury
– 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	
<b>By Chair of the Superior Jury from the Final Score Notification from D- Panel to the SJ</b>					
<b>Behavior of Gymnast</b>					
– Incorrect or unaesthetic padding	Gym/Evt		X		
– Missing national emblem and/or wrong placement	Gym/Evt		X		<i>In C-I, II, IV taken 1 x in competition phase from apparatus where first recognized</i> <i>In C-III taken from event score</i>
– 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 C-I &amp; IV 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 C-I, IV 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				Expelled from the competition	
– Unexcused delay or interruption of competition				Disqualified	
<b>Written Notification by TIME JUDGE To D- Panel</b>					
– 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 (BB, FX)	Gym/Evt	X			
– Starting exercise without signal or when red light is lit	Gym/Evt				“0”
– Exceeding intermediate fall time (UB and BB)	Gym/Evt				Exercise ended

<b>By Chair of the Superior Jury (In Consultation with the Superior Jury)</b>	<b>Card System For FIG Official and Registered Competitions</b>
<b>Behavior of Coach with <u>NO</u> direct impact on the result/performance of the gymnast/team</b>	
– Unsportsmanlike conduct <i>(valid for all phases of the competition and trainings)</i>	1 <sup>st</sup> time – Yellow card for coach ( <i>warning</i> ) 2 <sup>nd</sup> time – Red card & removal of coach from the competition and/or training hall
– Other flagrant, undisciplined and abusive behavior ( <i>valid for all phases of the competition and trainings</i> )	Immediate Red card & removal of coach from the competition and/or training hall
<b>Behavior of Coach with <u>DIRECT</u> impact on the result/performance of the gymnast/team</b>	
– 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 <sup>1</sup> Judge – inquiry only permitted, speak directly to the gymnast, give signals, shouts ( <i>cheers</i> ) or similar during the exercise. etc.	1 <sup>st</sup> time – 0.50 ( <i>from gymnast/team at event</i> ) & Yellow card for coach ( <i>warning</i> ) 1 <sup>st</sup> time – <b>1.00</b> ( <i>from gymnast/team at event</i> ) & Yellow card for coach ( <i>warning</i> ) – if coach speaks <b>aggressively</b> to active judges 2 <sup>nd</sup> time – <b>1.00</b> ( <i>from gymnast/team at event</i> ), Red card & removal of coach from the competition floor
– Other flagrant, undisciplined and abusive behavior (valid for all phases of the competition), i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc.	<b>1.00</b> ( <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. C-I).

1<sup>st</sup> offense = yellow card

2<sup>nd</sup> 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

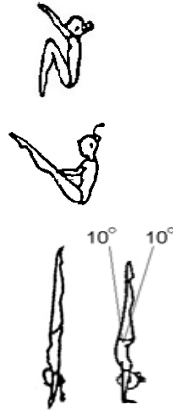
- Less than 90° hip and knee angle in salto & dance elements

##### Pike

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

##### Stretch

- All body parts in alignment (*stretched, slightly hollow or arched*)



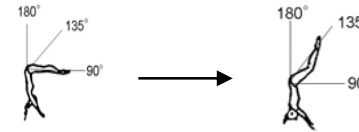
#### 9.1.1 Element Recognition

##### a) Stretch

- Stretched position must be maintained at least till inverted position in:
  - Single saltos
  - Double saltos off UB (DMT)
  - Vaults (saltos)
- When there is NO stretched position shown it is considered pike position in:
  - Non-twisting elements
  - Vaults without LA turn
- In double saltos (FX)
  - the majority of the rotation must be maintained in the stretched position

#### Recognition of body positions in single & double Saltos **with/without** LA turn

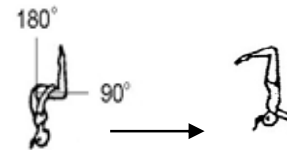
##### Pike salto becomes tuck



##### 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

#### 9.1.2 Landings 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**

**Turn recognition in dance elements**

- 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.

**9.2.1 Turns on One Leg are in increments of:**

- 180° for BB
- 360° for FX

**Turn Considerations:**

- Must be performed on the toes.
- Have a fixed and well defined shape throughout the turn.
- The support leg whether stretched or bent (*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 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, or ring position may be in the beginning, middle or end of the turn (*unless there is a special requirement for the element*).

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

Example:

- FX ~~⊗~~ becomes ⊙
- FX ~~⊗~~ becomes ⊙
- BB ~~⊗~~ becomes ⊙
- **Additional ¼ turn does not make an element different**

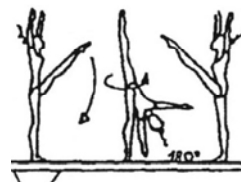
**Definition:**

- 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

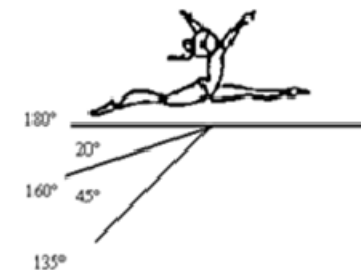
**Note:** - In Jumps and Leaps with split 180° leg separation is required.

**9.2.3 SPLIT REQUIREMENT**

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



**Insufficient Split:**  
 > 0° - 20° deduct 0.10  
 > 20° - 45° deduct 0.30  
 > 45° (*dance*) 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 through turn

**D - Panel**  
 Free leg below horizontal – another element from the COP

#### Tuck Jump with/without turn



- Requirement:**
- Hip angle - less than 90°
  - Knees above horizontal

**D - Panel**  
 ▪ > 135° hip/knee angle – No, or other DV

**E - Panel**

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

#### Wolf Jump with/without turn



- Requirement:**
- Hip angle - less than 90°
  - Extended leg above horizontal

**D - Panel**  
 ▪ > 135° hip angle – No, or other DV

**E - Panel**

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

#### Cat Leap with/without turn



- Requirement:**
- Legs alternation
  - Knees above horizontal
  - Evaluate the lowest knee position

**D - Panel**

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

**E - Panel**

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

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

#### Ring jump



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

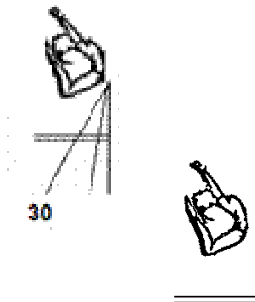
**D - Panel**

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

**E - Panel**

- Insufficient arch position – 0.10
- Rear foot at head height – 0.10
- Rear foot at shoulders height – 0.30

### 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
- Feet at head height & below – 0.10
- Insufficient hip extension – 0.10
- Insufficient bent legs ( $\leq 90^\circ$ ) – 0.10

### Yang Bo



#### Requirements:

- Large body arched, head release
- Over split with front leg min. 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
- No over split but both legs at horiz. – 0.10

### Switch Leap



#### Requirement:

- Free leg swing min.  $45^\circ$
- Swing with straight free leg

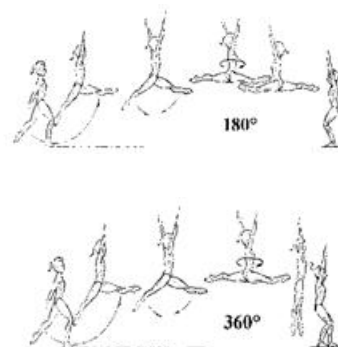
#### D – Panel

- Lack of free leg swing – credit Split Leap

#### E – Panel

- Free leg swings less than  $45^\circ$  – 0.10
- Free leg bent – 0.10/0.30

### Switch Leap with turn ( $\underline{\underline{Z}}$ $\underline{\underline{O}}$ )



#### Requirement:

- Free leg swing min.  $45^\circ$
- Swing with straight free leg
- Must show cross split

#### D - Panel

- Lack of free leg swing – credit Split Leap with turn
- Incomplete turn in  $\underline{\underline{Z}}$  becomes  $Z^A$
- Incomplete turn in  $\underline{\underline{O}}$  becomes  $Z^A$

#### E - Panel

- Less than  $45^\circ$  – 0.10
- Free leg bent – 0.10/0.30

### Ring Leap/Switch Ring Leap (with/without turn)



#### Requirements:

- Upper back arch and head release
- $180^\circ$  split of legs
- Front leg at horizontal and back foot to crown of head

#### D – Panel

- No arch & release of head – Split/Switch leap

#### E – Panel

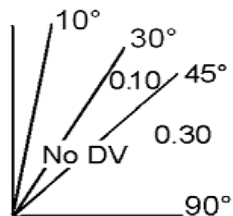
- Insufficient arch position – 0.10
- Front leg below horizontal – 0.10
- Rear foot at head height – 0.10
- Rear foot at shoulders height – 0.30

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

## 9.4 UNEVEN BARS

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

### 9.4.1 Cast to Handstand



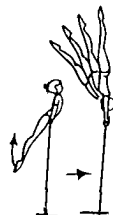
#### D- Panel

If element completed:

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

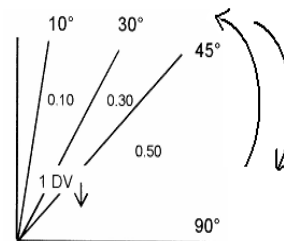
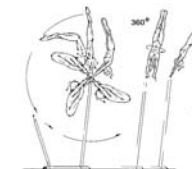
#### E- Panel

- > 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



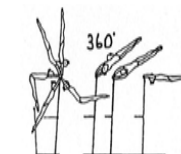
#### D- Panel

If element completed

- > 30° before vertical – Credit 1 DV lower than circle element with turn to hstd

#### E- Panel

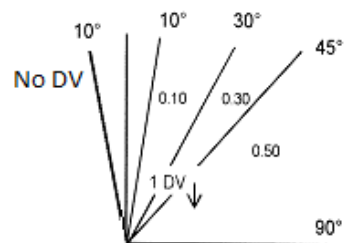
- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50



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



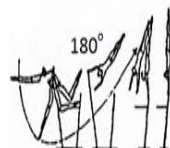
#### D- Panel

If element completed

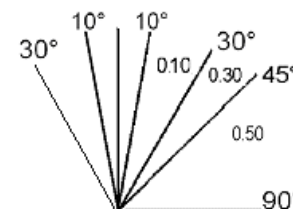
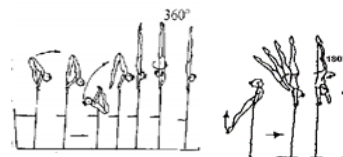
- > 10° before vertical – No DV
- > 30° after vertical – 1 DV lower

#### 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 30° of vertical (*either side*) – Credit DV

#### E- Panel

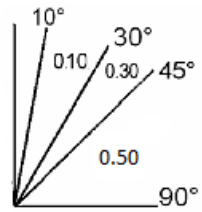
- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50

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)




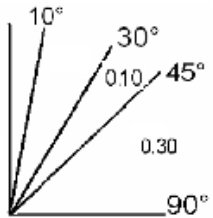
**D- Panel**  
completed:

- 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

## SECTION 10 — Vault

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### 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 for Yurchenko vaults only.
- 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 D<sup>1</sup> - judge, the gymnast executes the 1<sup>st</sup> vault and then returns to the end of the runway to post the number for her 2<sup>nd</sup> vault.
- Beginning with the take-off, the vault phases are evaluated:
  - pre-flight (*1<sup>st</sup> flight*)
  - repulsion
  - flight (*2<sup>nd</sup> flight*) and landing.

### 10.2 Run Approaches

Additional run approaches are permitted as follows, with deduction of -1.00 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 1<sup>st</sup> and/or 2<sup>nd</sup> flight phase
- Group 2 –** Handspring fwd with or without 1/1 turn (360°) in 1<sup>st</sup> flight phase – salto fwd or bwd with or without LA turn in 2<sup>nd</sup> flight phase
- Group 3 –** Handspring with ¼ - ½ turn (90° - 180°) in 1<sup>st</sup> flight phase (*Tsukahara*) – salto bwd with or without LA turn in 2<sup>nd</sup> flight phase.
- Group 4 –** Round-off (*Yurchenko*) with or without ¾ turn (270°) in 1<sup>st</sup> flight phase – salto bwd with or without LA turn in 2<sup>nd</sup> flight phase.
- Group 5 –** Round-off with ½ turn (180°) in 1<sup>st</sup> flight phase – salto fwd or bwd with or without LA turn in 2<sup>nd</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> flight phase

### Example:

1. If the first vault is from Gr. 4 *Handspring fwd on*  
*Round-off, flic-flac on – stretched salto backward with 2½ turn (900°) off,*

then the choices for the 2<sup>nd</sup> vault would be:

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

2. If the first vault is from Gr. 2 *Handspring fwd on*  
*Handspring fwd on- tucked salto fwd off,*

then the choices for the 2<sup>nd</sup> vault would be:

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

Note: *Handspring fwd on – tucked double salto fwd off:* *Handspring fwd on*  
If the 2<sup>nd</sup> salto is not completed because the gymnast lands on the feet and

*bottom simultaneously, then the vault will be recognized as Handspring fwd on - Tucked fwd Salto off.* *Handspring fwd on*

### 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 D<sup>1</sup> 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 one hand** – 2.00

– In the Qualification to C-III and in C-III (**Apparatus Finals**):

- When only one vault is performed
- 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:

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

### 10.4.3 Performance of Invalid Vaults (0.00 points)\*

- No touch on vault table (*vault performed without repulsion phase*)
- Failure to 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 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

### 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.

### Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
<b>First Flight Phase</b>			
- 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	
<b>Repulsion Phase</b>			
- Poor technique			
• Staggered/alternate hand placement	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	X
<b>Second Flight Phase</b>			
- Excessive snap	X	X	
- Height	X	X	X
- Exactness of LA turn ( <i>includes Cuervo</i> )	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 ( <i>piking too early</i> )	X	X	
• Insufficient and/or late extension ( <i>tuck/pike vaults</i> )	X	X	
- Bent knees	X	X	X
- Leg or knee separations	X	X	
- Under-rotation of salto			
• no fall	X		
• with fall		X	
- Distance ( <i>Insufficient length</i> )	X	X	
- Deviation from a straight direction	X		
- Dynamics	X	X	
<b>Landing deductions</b>	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 2<sup>nd</sup> attempt to mount (*with a penalty*) if she has **NOT** touched the springboard, the apparatus, or run underneath the apparatus
  - Deduct -1.00
- A 3<sup>rd</sup> attempt is not permitted.

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

#### b) Fall Timing:

During a fall from the apparatus, an interruption of 30 seconds is allowed before the gymnast must remount the uneven bars to continue the exercise.

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 from a fall.

### 11.2 Content and Construction of the Exercise

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

- Only **3 different** elements in chronological order from the same root skill (**except for Kips, Giants and casts to HSTD**) will be counted for DV, CR and CV.

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 **2.00**

- |   |            |
|---|------------|
| 1. Flight element from HB to LB                             | award 0.50 |
| 2. Flight element on the same bar                           | award 0.50 |
| 3. Different grips ( <i>no cast, MT or DMT</i> )            | award 0.50 |
| 4. Non flight element with min. 360° turn, ( <i>no MT</i> ) | 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
D + D (or more)	D (flight - same bar or LB to HB) + C or more (on HB and must be performed in this order) D + E (both flight elements)

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

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

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

- These direct connections can be performed as a:
  - Mount connection  
(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/bwd without the execution of an element in the Table, before the swing reverses to the opposite direction. Except "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		
– <b>No Dismount</b>			X

### 11.6 Specific Apparatus Deductions

Faults	0.10	0.30	0.50 or more
– <b>Body alignment in hstd and cast to hstd</b>	X	X	
– Adjusted grip position	X		
– Brush on apparatus with feet		X	
– Brush on mat			0.50
– Hit on apparatus with feet			0.50
– Hit on mat with feet (fall)			1.00
– Uncharacteristic element (Elements with take off 2 feet or thighs)			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
<b>Amplitude of:</b>			
– Swings fwd or bwd under horizontal	X		
– Casts	X	X	
– Excessive flexion of hip joint in the leg tap (DMT)	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

#### Dismounts

- a) No attempt for DMT at all  
Evaluation:
  - No DV - count 7 elements only (*D- panel*)
  - NO DMT – 0.50 (*E – Panel*)
  - Fall -1.00 or apply landing deductions, if no fall (*E- panel*)


- 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*)

- c) If the dismount has begun

**Example 2:**  without initiation of salto (only underswing)

Evaluation:

- No DV - count 7 elements only (*D- panel*)
- Apply landing deductions (*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

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### 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 not from the Table of elements” will be applied
- A gymnast is permitted a 2<sup>nd</sup> attempt to mount (*with a penalty*) if she has not touched the springboard or the apparatus.
  - Deduction -1.00
- A 3<sup>rd</sup> 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.

Within the 8 counting elements there must be minimum of:

- 3 Dance
- 3 Acro

and 2 optional

## 12.3 Composition Requirements (CR) – D- Panel 2.00

1. One connection of at least 2 **different** dance elements, 1 being a leap, jump or hop 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) – 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 acro elements.

Formulas for direct connections

ACROBATIC	
0.10	0.20
<b>2 acro flight elements, including mount &amp; dismount (min. F)</b> All connections must be rebounding*	
C + C B + E	C/D + D (or more) B + D (both elements fwd) B + F
<b>Series Bonus (SB) of + 0.10 P.</b>  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: $\overset{\text{C}}{\text{C}} + \overset{\text{C}}{\text{C}} + \text{C}$ $\text{CV} + 0.1 \text{ CV} + 0.1$ +0.10 series bonus <b>Total CV + SB = 0.30</b>  <b>To receive the SB:</b> <ul style="list-style-type: none"> <li>• Non-flight acro elements Min. B (except "Holds") may be used</li> <li>• The same (flight or non-flight) acro element may be repeated within connection</li> </ul>	

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

- Landing (on 2 feet) from the 1<sup>st</sup> flight element with hand support followed by an immediate take-off/rebound into the 2<sup>nd</sup> element, or
- Landing from the 1<sup>st</sup> flight element (with/without hand support) on one leg and placing the free leg with an immediate rebound from both legs into the 2<sup>nd</sup> 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 2<sup>nd</sup> time in the exercise to receive CV and SB, but may not be performed a 2<sup>nd</sup> time to receive CR.

## 12.5 Artistry & Choreography Deductions (E- Panel)

Faults	0.10	0.30	0.50
<b>Artistry of Performance</b> – Insufficient artistry of performance throughout the exercise including: <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Personal style</li> </ul> – Rhythm & Tempo <ul style="list-style-type: none"> <li>• Insufficient variation in rhythm &amp; tempo in movements (<i>no DV</i>)</li> <li>• Performance of the entire exercise as a series of disconnected elements &amp; movements (<i>lack of fluency</i>)</li> </ul>	X X X X		
<b>Composition &amp; Choreography</b> – <i>Mount without DV</i> ( <i>All mounts without DV will be commonly recognized as “A” except straddle over to sit or squat on</i> ) – Insufficient use of entire apparatus: <ul style="list-style-type: none"> <li>• Insufficient use of entire length of beam</li> <li>• Lack of side movements (<i>NO DV</i>)</li> <li>• 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>)</li> </ul>	X X X X		
– <i>Insufficient Complexity or creativity in the movements</i> ( <i>A complex and creative movement is one that requires training time, coordination and previous preparation</i> )	X	X	
– One-sided use of elements: <ul style="list-style-type: none"> <li>• More than one ½ turn on 2 feet with straight legs throughout exercise</li> </ul>	X		
– <b>No Dismount</b>			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		
<b>Excessive preparation</b> – Adjustment ( <i>unnecessary steps &amp; movements</i> ) – Excessive arm swing before dance elements – <b>Pause (2 sec.)</b>	ea X ea X ea X		
<b>Poor Body posture/Amplitude throughout</b> ( <i>maximum elongation of the body movements</i> ) – Head, trunk, shoulder and arm positions – Feet not pointed/ relaxed/ turned in – <b>Lack of work in relieve</b> – Insufficient amplitude of leg swings/kicks	X X X X		
– Additional support of leg against the side surface of the beam		X	
– Failure to meet the technical requirement of the element <ul style="list-style-type: none"> <li>• through use of additional support</li> </ul>		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 occur

**Example 1:**  jump off BB:

Evaluation:

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

- 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

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### 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.

Within the 8 counting elements there must be minimum of:  
3 Dance  
3 Acro  
and 2 optional

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 subsequent acro Lines will not be counted for DV.

- An acro Line may consist of a minimum of one flight element without hand support and with take-off from 2 feet (*rebound*)
  - Including mixed connections
  - Failure to land on feet first from salto will still be considered an acro Line

*Examples:*

1. a single salto (*with min. 1 step prior take off from 2 feet*)
2. a double salto
3. a direct or indirect connection of saltos (*at least 1 with take off from 2 feet*)
4. mixed connections (*jumps or leaps*) with salto (*with take off from 2 feet*)

- The following do NOT constitute an acro line:
  - Salto with take off from one foot
  - Acro or mixed connection of flight elements with hand support
  - Salto from stand

### 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 award 0.50  
*(The objective is to create a large flowing and traveling movement pattern.)*
  - No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps.
  - Leaps and hops must land on one leg if performed as the 1<sup>st</sup> element in the dance passage.
2. Salto with LA turn (min. 360°) award 0.50
3. Salto with double BA award 0.50
4. Acro bwd and fwd within an acro line\* award 0.50

\*To fulfill CR salto must take off from two feet

### 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)	<b>Note:</b> 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 & Choreography Deductions (E- Panel)

Faults	0.10	0.30	0.50
<b>Artistry of Performance</b>			
– Insufficient artistry of performance throughout the entire exercise			
• Lack of Expressiveness	X		
• Inappropriate gesture or <b>facial expression</b> (mimic) not corresponding to the music or to the movements	X		
• <b>Failure to engage the audience (eye focus)</b>	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		
<b>Composition/Choreography</b>			
– 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		
– <b>Lack of variety in choreography in to corners</b>	ea X		
– Missing movement touching floor (including min. trunk, or thigh, or knee or head)	X		
<b>Music and Musicality</b>			
– Editing of music (e.g. <i>no opening, ending, or accents</i> )	X		
• No structure to the music			
– 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
– No Dismount			X

### 13.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Excessive preparation:			
• Pause (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	X		
• Head, trunk, shoulder and arm positions	X		
• Feet not pointed/relaxed/ turned in/flat			
• Insufficient amplitude of leg swings/kicks	X		
– Distribution of elements			
• Exercise starts immediately with an acro line	X		
• Subsequent acro line performed after previous line along the same diagonal without choreography in between <i>(long acro line allowed)</i>	ea X		
• <b>2<sup>nd</sup> Subsequent acro line</b>	X		
• <b>Exercise ends with acro element (no choreography after last acro)</b>	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 (E 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 (*E-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 2<sup>nd</sup> acro Line:

Evaluation:

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

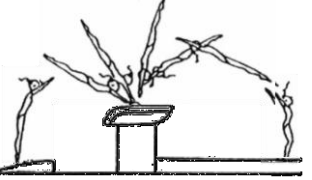
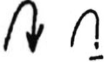
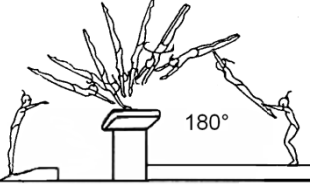

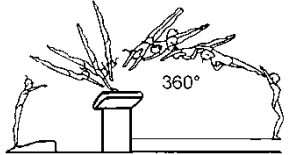
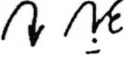
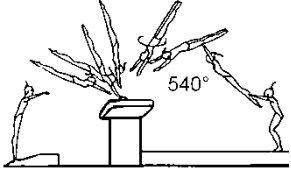
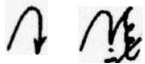
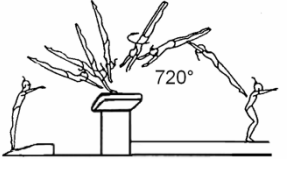
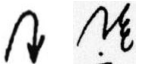
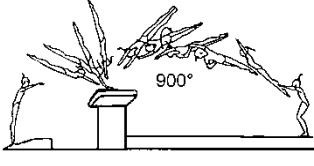
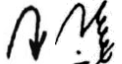
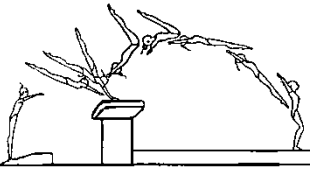
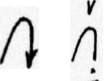
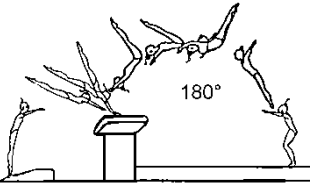
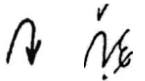
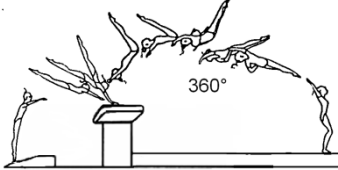
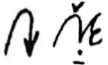
**Example 5**   
D + D + X (not completed)

With repetition of the same element

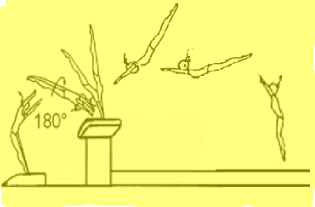
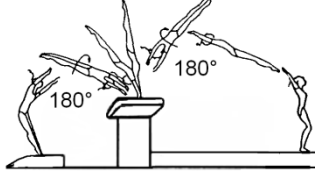
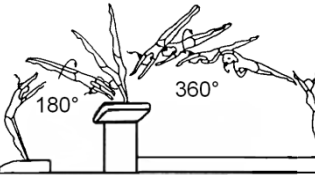
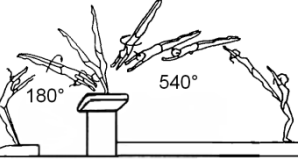
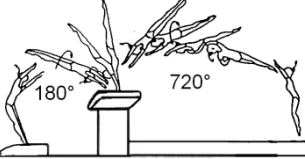
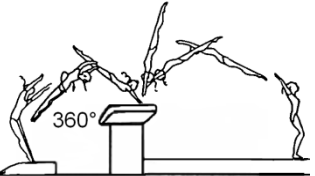
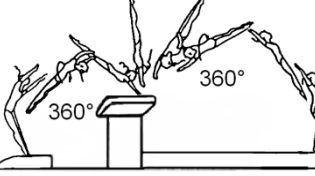
Evaluation:

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

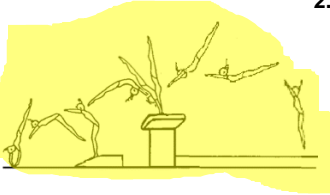

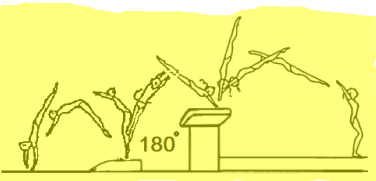
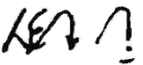
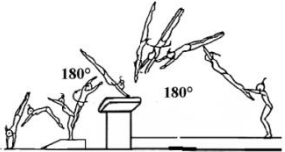
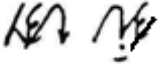
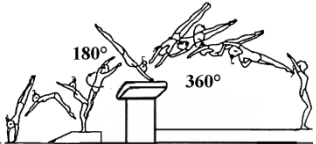
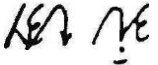
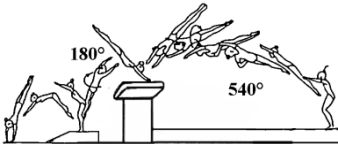
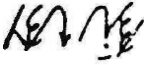
**GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1<sup>ST</sup> AND/OR 2<sup>ND</sup> FLIGHT PHASE**

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

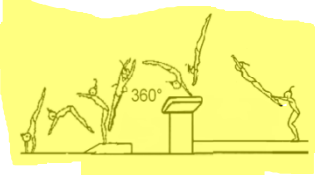
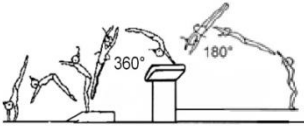
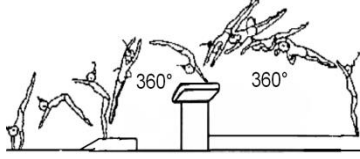
**GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1<sup>ST</sup> AND/OR 2<sup>ND</sup> FLIGHT PHASE**

<p><b>1.20</b> Handspring fwd with ½ turn (180°) on – repulsion off</p> <p style="text-align: right;"><b>2.00 P.</b></p>  <p style="text-align: center;">ER ↘</p>	<p><b>1.21</b> Handspring fwd with ½ turn (180°) on – ½ turn (180°) off (in either direction)</p> <p style="text-align: right;"><b>2.80 P.</b></p>  <p style="text-align: center;">ER ↘ ↙</p>	<p><b>1.22</b> Handspring fwd with ½ turn (180°) on – 1/1 turn (360°) off</p> <p style="text-align: right;"><b>3.00 P.</b></p>  <p style="text-align: center;">ER ↘ ↻</p>	<p><b>1.23</b> Handspring fwd with ½ turn (180°) on – 1½ turn (540°) off</p> <p style="text-align: right;"><b>3.60 P.</b></p>  <p style="text-align: center;">ER ↘ ↻</p>	<p><b>1.24</b> Handspring fwd with ½ turn (180°) on – 2/1 turn (720°) off</p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">ER ↘ ↻</p>	<p><b>1.25</b></p>
<p><b>1.30</b> Handspring fwd with 1/1 turn (360°) on – Handspring fwd off</p> <p style="text-align: right;"><b>3.60 P.</b></p>  <p style="text-align: center;">ER ↻ ↘</p>	<p><b>1.31</b> Handspring fwd with 1/1 turn (360°) on – 1/1 turn (360°) off</p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">ER ↻ ↻</p>	<p><b>1.32</b></p>	<p><b>1.33</b></p>	<p><b>1.34</b></p>	<p><b>1.35</b></p>


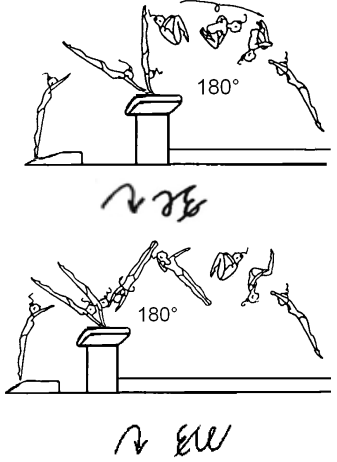
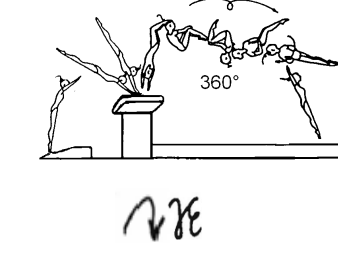
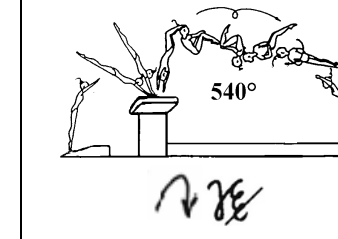

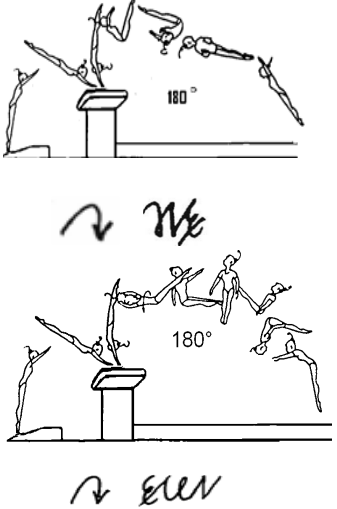
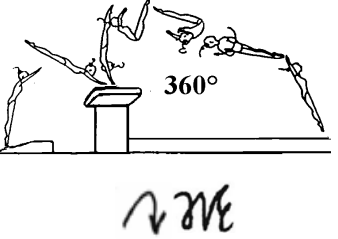
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1<sup>ST</sup> AND/OR 2<sup>ND</sup> FLIGHT PHASE

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

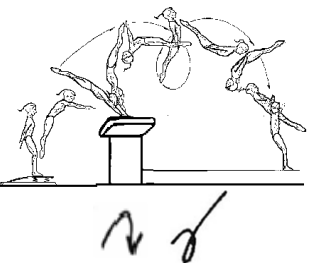
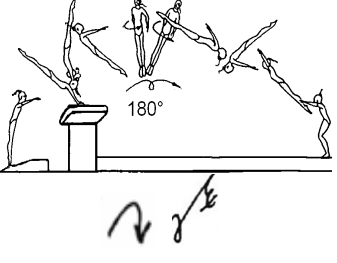
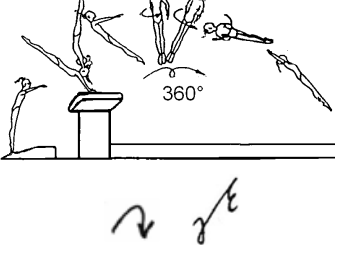
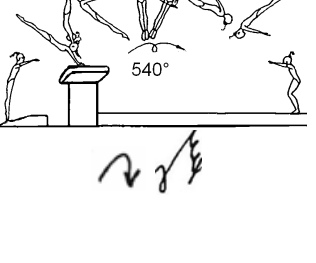
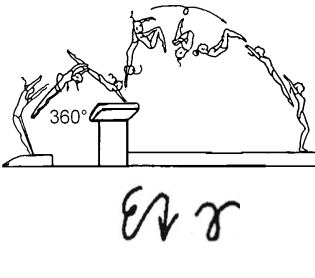
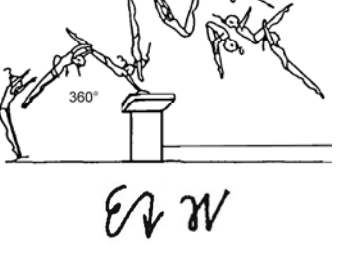
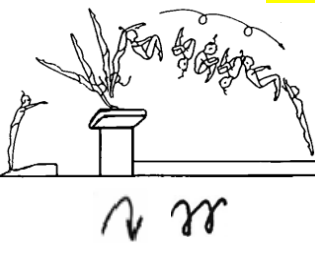
**GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1<sup>ST</sup> AND/OR 2<sup>ND</sup> FLIGHT PHASE**

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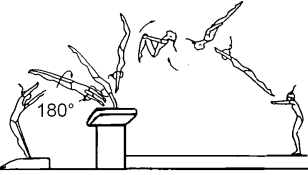
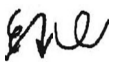
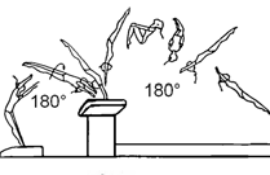
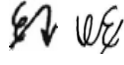
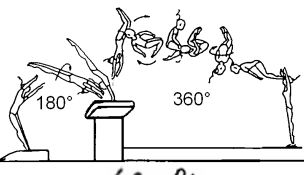

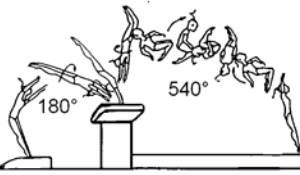
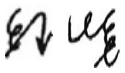
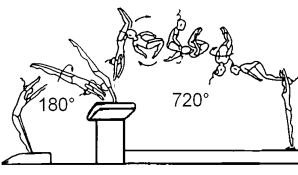
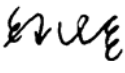
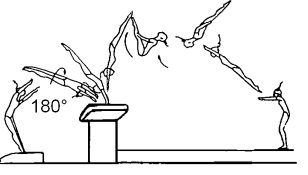

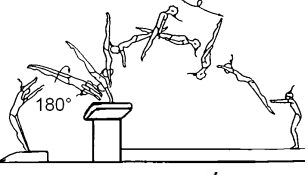
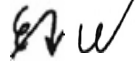
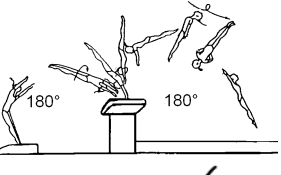
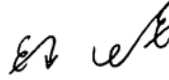
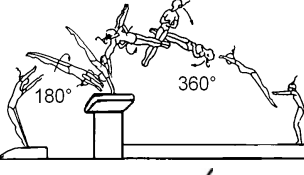
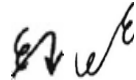
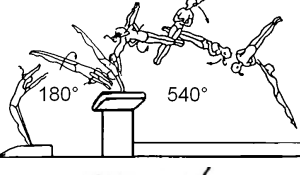
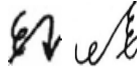
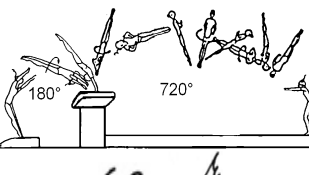
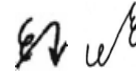
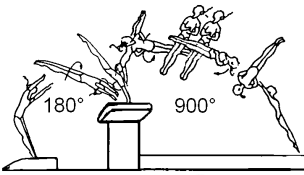
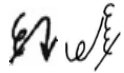
**GROUP 2 — HANDSPRING FWD WITH/WITHOUT 1/1 (360°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2<sup>ND</sup> FLIGHT PHASE**

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

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

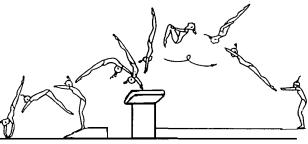
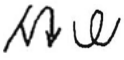
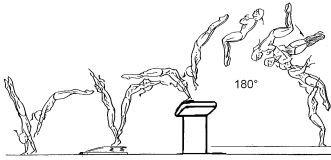
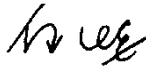
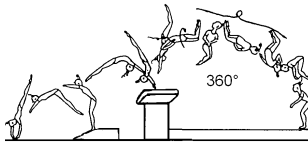
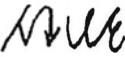
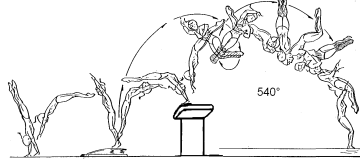
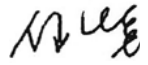
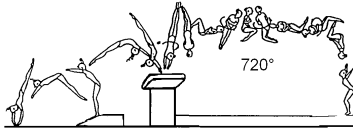

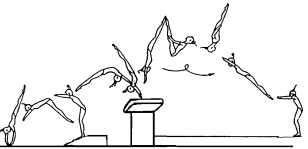
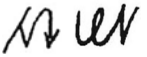
<p><b>2.30</b> Handspring fwd on – stretched salto fwd off <b>4.60 P.</b></p> 	<p><b>2.31</b> Handspring fwd on – stretched salto fwd with ½ turn (180°) off <b>5.00 P.</b></p> 	<p><b>2.32</b> Handspring fwd on – stretched salto fwd with 1/1 turn (360°) off <b>5.40 P.</b></p> 	<p><b>2.33</b> Handspring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

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

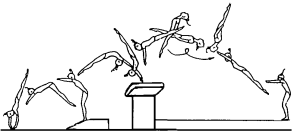
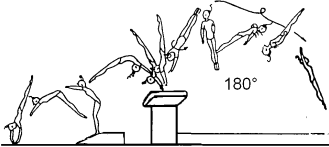
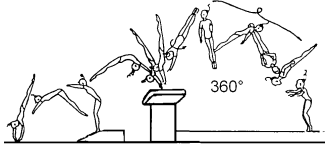
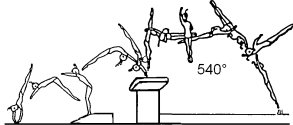
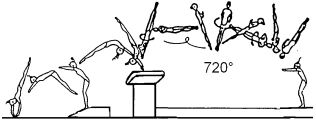
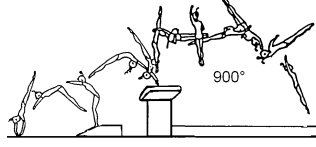
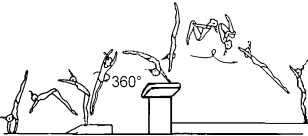
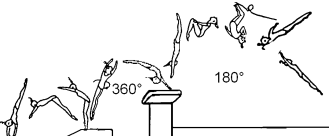
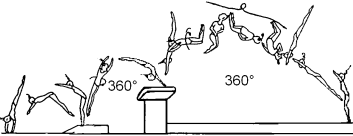
<p>3.10 Tsukahara tucked 3.50 P.</p>  <p>180°</p> 	<p>3.11 Tsukahara tucked with 1/2 turn (180°) off 3.80 P.</p>  <p>180° 180°</p> 	<p>3.12 Tsukahara tucked with 1/1 turn (360°) off 4.10 P.</p>  <p>180° 360°</p> 	<p>3.13 Tsukahara tucked with 1 1/2 turn (540°) off 4.40 P.</p>  <p>180° 540°</p> 	<p>3.14 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> 



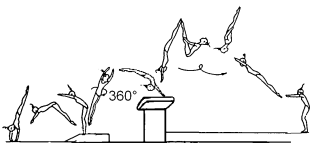
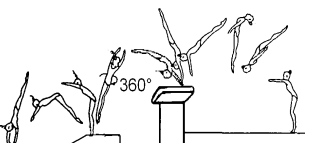
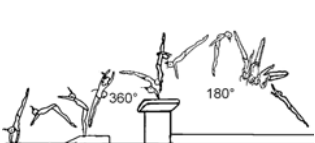
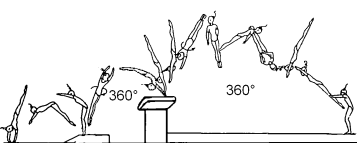
**GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2<sup>ND</sup> FLIGHT PHASE**

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

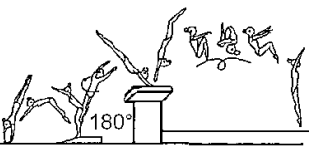
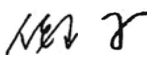
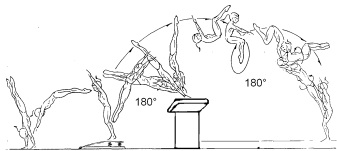
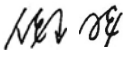
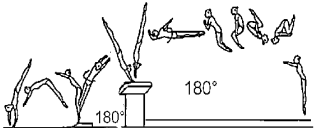
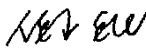
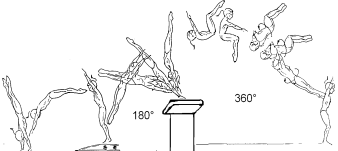
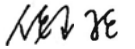
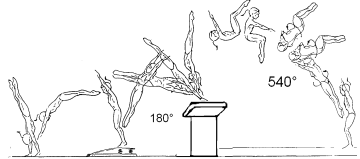
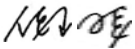
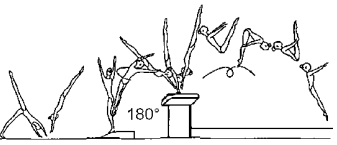
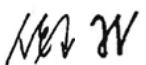
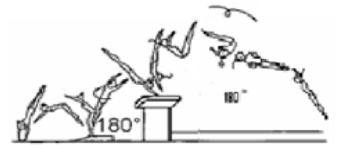
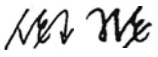
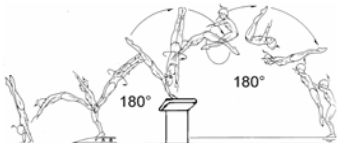
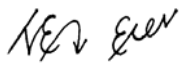
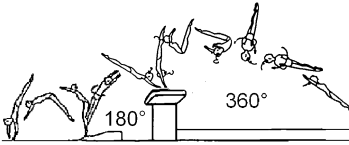
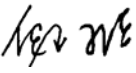
**GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2<sup>ND</sup> FLIGHT PHASE**

<p><b>4.30</b> Round-off, flic-flac on – stretched salto bwd off</p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;"><i>NRW</i></p>	<p><b>4.31</b> Round-off, flic-flac on – stretched salto bwd with ½ turn (180°) off</p> <p style="text-align: right;"><b>4.20 P.</b></p>  <p style="text-align: center;"><i>NRW 1/2</i></p>	<p><b>4.32</b> Round-off, flic-flac on – stretched salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;"><b>4.60 P.</b></p>  <p style="text-align: center;"><i>NRW 1</i></p>	<p><b>4.33</b> Round-off, flic-flac on – stretched salto bwd with 1½ turn (540°) off</p> <p style="text-align: right;"><b>5.00 P.</b></p>  <p style="text-align: center;"><i>NRW 1.5</i></p>	<p><b>4.34</b> Round-off, flic-flac on – stretched salto bwd with 2/1 turn (720°) off</p> <p style="text-align: right;"><b>5.40 P.</b></p>  <p style="text-align: center;"><i>NRW 2</i></p>	<p><b>4.35</b> Round-off, flic-flac on – stretched salto bwd with 2½ turn (900°) off</p> <p style="text-align: right;"><b>5.80 P.</b></p>  <p style="text-align: center;"><i>NRW 2.5</i></p>
<p><b>4.40</b> Round-off, flic-flac with 3/4 turn (270°) on – tucked salto bwd off</p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;"><i>NRW 3/4</i></p>	<p><b>4.41</b> Round-off, flic-flac with 3/4 turn (270°) on – tucked salto bwd with ½ turn (180°) off</p> <p style="text-align: right;"><b>4.40 P.</b></p>  <p style="text-align: center;"><i>NRW 3/4 1/2</i></p>	<p><b>4.42</b> Round-off, flic-flac with 3/4 turn (270°) on – tucked salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;"><b>4.60 P.</b></p>  <p style="text-align: center;"><i>NRW 3/4 1</i></p>	<p><b>4.43</b></p>	<p><b>4.44</b></p>	<p><b>4.45</b></p>

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

<p><b>4.50</b> Round-off, flic-flac 3/4 turn (270°) on – piked salto bwd off</p> <p style="text-align: right;"><b>4.20 P.</b></p>  <p style="text-align: center;">NORW</p>	<p><b>4.51</b> Round-off, flic-flac with 3/4 turn (270°) on – stretched salto bwd off</p> <p style="text-align: right;"><b>4.60 P.</b></p>  <p style="text-align: center;">NORW</p>	<p><b>4.52</b> Round-off, flic-flac with 3/4 turn (270°) on – stretched salto bwd with 1/2 turn (180°) off</p> <p style="text-align: right;"><b>5.00</b></p>  <p style="text-align: center;">NORW<sup>E</sup></p>	<p><b>4.53</b> Round-off, flic-flac with 3/4 turn (270°) on – stretched salto bwd with 1/1 turn (360°) off</p> <p style="text-align: right;"><b>5.40 P.</b></p> 	<p><b>4.54</b></p>	<p><b>4.55</b></p>
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**GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT TURN IN 2<sup>ND</sup> FLIGHT PHASE**

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

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

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

**4.80 P.**

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

**5.20 P.**

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

**5.60 P.**

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

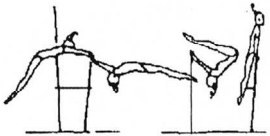
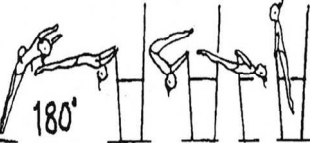
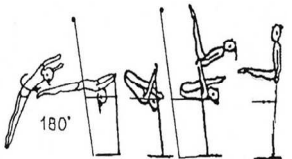
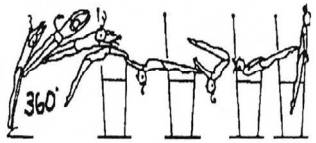
**6.00 P.**

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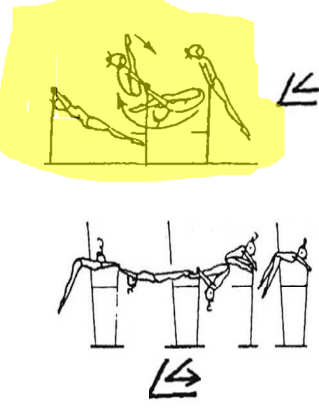
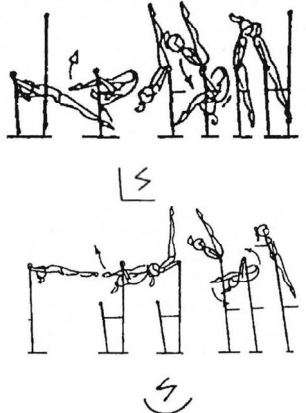
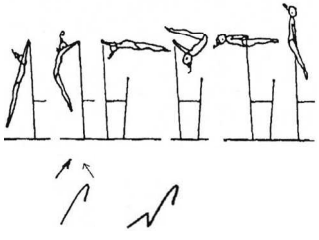
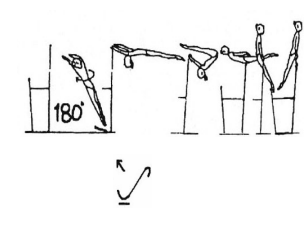
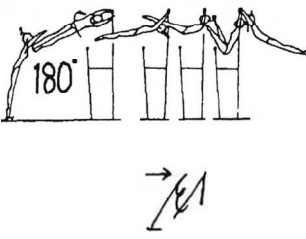
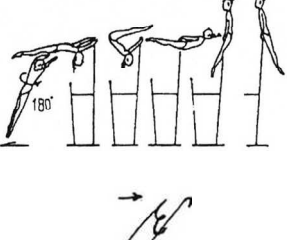
**5.34**

**5.35**

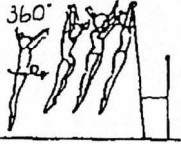

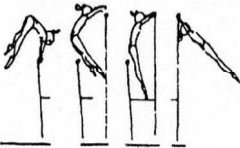

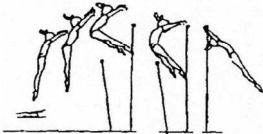

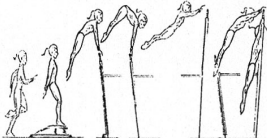

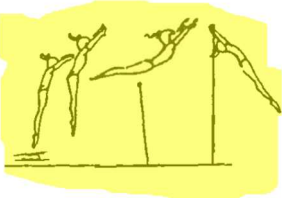

1.000 — MOUNTS

A	B	C	D	E	F/G
<p><b>1.101</b>  <i>Glide Kip to support on LB, or                      Glide with ½ turn (180°) kip to                      support on LB</i></p>  <p style="text-align: center;">L L<sub>u</sub></p>	<p><b>1.201</b></p>	<p><b>1.301</b></p>	<p><b>1.401</b></p>	<p><b>1.501</b></p>	<p><b>1.601</b></p>
<p><b>1.102</b>  <i>Jump with ½ turn (180°) kip to                      support on LB</i></p>  <p style="text-align: center;">L</p> <p><i>Jump with ½ turn (180°) stoop                      through to rear support on LB                      (back kip)</i></p>  <p style="text-align: center;">L<sub>u</sub></p>	<p><b>1.202</b>  <i>Jump with 1/1 turn (360°) and                      Glide kip to support on LB</i></p>  <p style="text-align: center;">→ L<sub>u</sub></p>	<p><b>1.302</b></p>	<p><b>1.402</b></p>	<p><b>1.502</b></p>	<p><b>1.602</b></p>

1.000 — MOUNTS


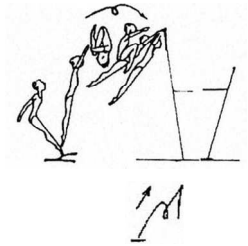
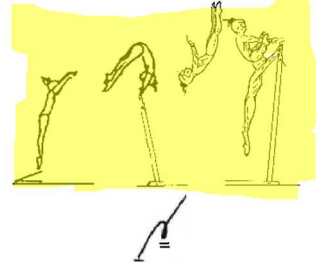
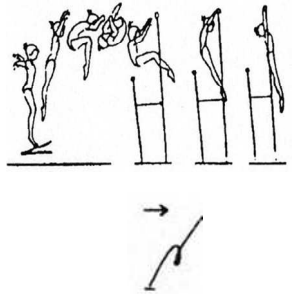
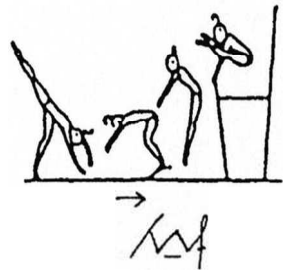
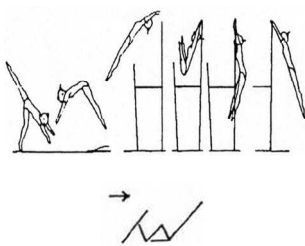
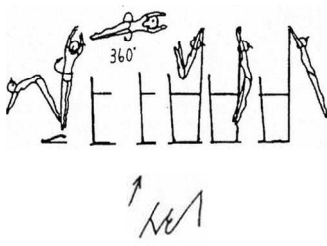
A	B	C	D	E	F/G
<p><b>1.103</b> Glide on LB (or swing fwd on HB) and stoop through to rear support (back kip); or straddle cut bwd to hang on same bar</p> 	<p><b>1.203</b> Reverse kip from: – glide fwd on LB – swing fwd on HB – stoop through to kip hang, back kip swing, seat (pike) circle bwd to rear support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

1.000 — MOUNTS



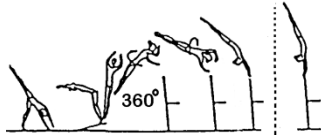
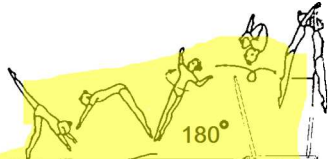
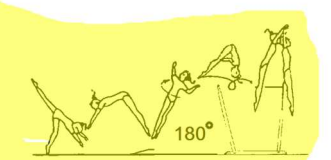
A	B	C	D	E	F/G
<p><b>1.105</b> Facing HB – jump with 1/1 turn (360°) to hang on HB</p>  <p>360°</p> 	<p><b>1.205</b></p>	<p><b>1.305</b></p>	<p><b>1.405</b></p>	<p><b>1.505</b></p>	<p><b>1.605</b></p>
<p><b>1.106</b> Straddle vault with hand repulsion over LB to catch HB</p>  	<p><b>1.206</b> Free straddle 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><b>1.306</b> Free stretch jump over LB with legs together to hang on HB</p>  	<p><b>1.406</b></p>	<p><b>1.506</b></p>	<p><b>1.606</b></p>



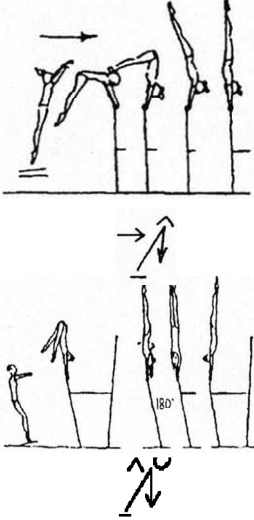
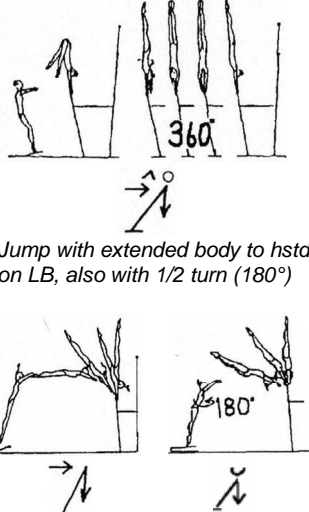
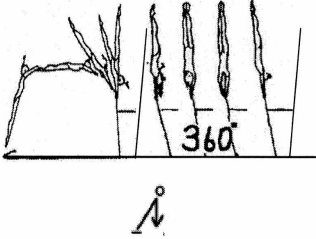
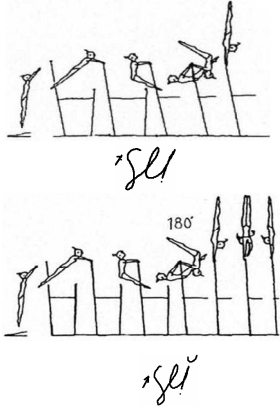
1.000 — MOUNTS

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

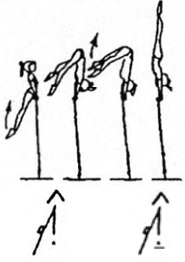
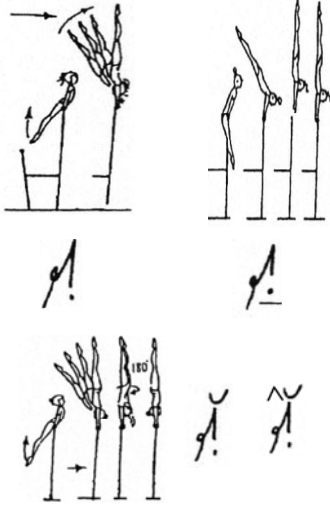
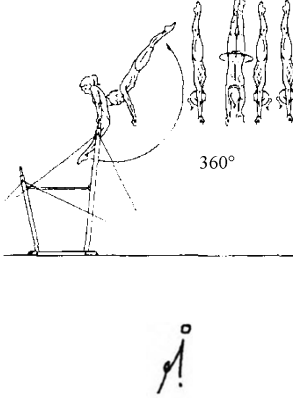
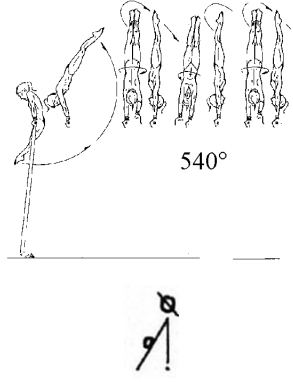
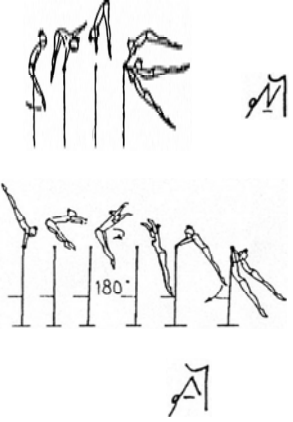
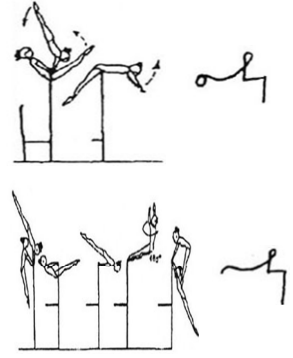
1.000 — MOUNTS

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 –F- 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>1.609 –G- 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>hw</i></p>


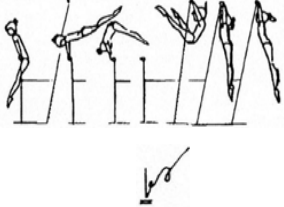

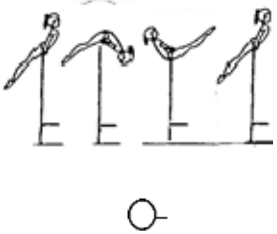
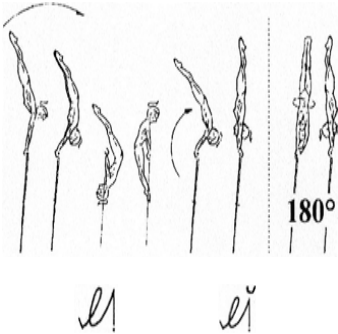
1.000 — MOUNTS

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 1/2 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>


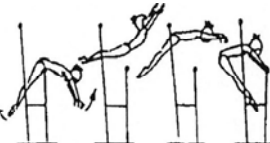
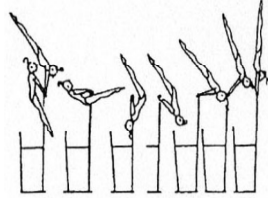
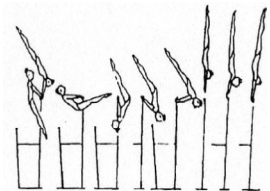
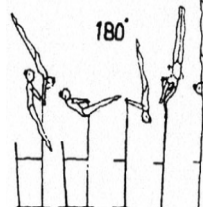
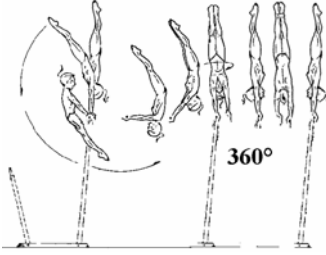
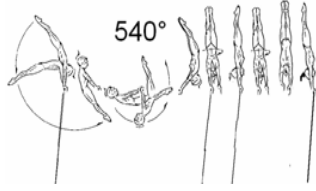
**2.000 – CASTS AND CLEAR HIP CIRCLES**

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

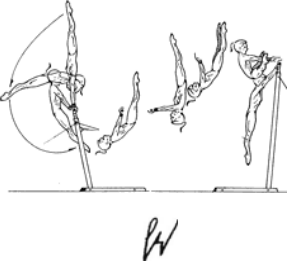

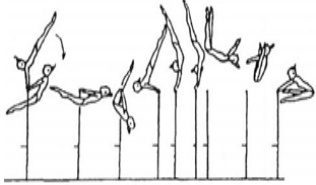

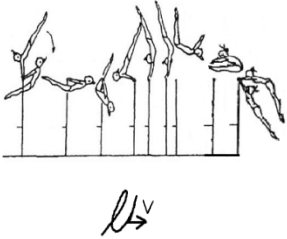
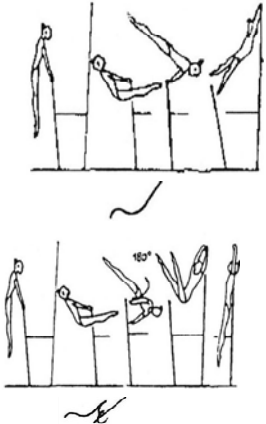
**2.000 – CASTS AND CLEAR HIP CIRCLES**

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

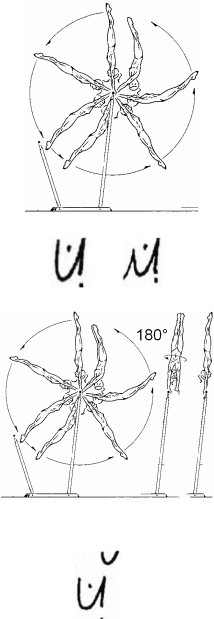
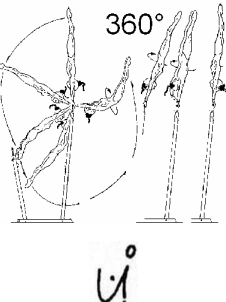
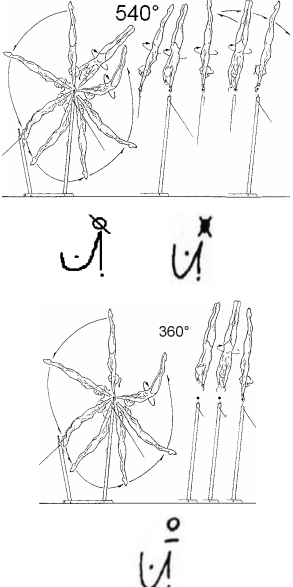
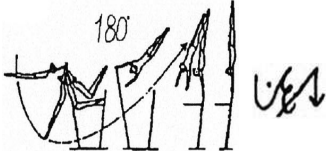
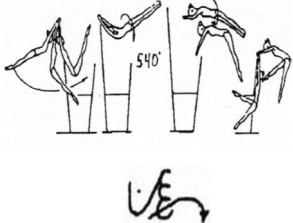
2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p><b>2.105</b> 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><b>2.205</b></p>	<p><b>2.305</b> 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;">u!</p>  <p style="text-align: center;">u!</p>  <p style="text-align: center;">180°</p> <p style="text-align: center;">u!</p>	<p><b>2.405</b> Clear hip circle with 1/1 turn (360°) to hstd</p>  <p style="text-align: center;">u!</p>	<p><b>2.505</b> Clear hip circle with 1½ turn (540°) to hstd</p>  <p style="text-align: center;">u!</p>	<p><b>2.605</b></p>

**2.000 – CASTS AND CLEAR HIP CIRCLES**

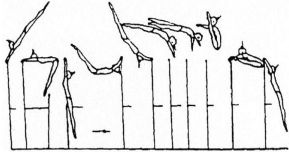
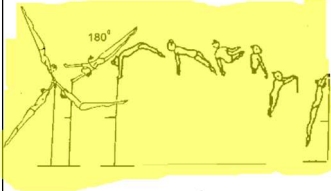
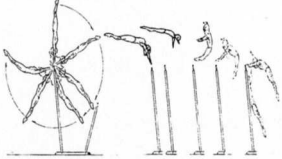


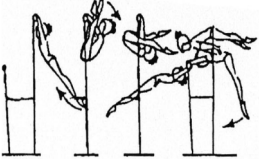
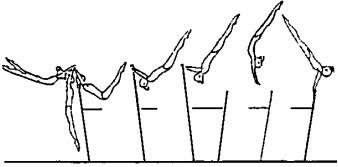

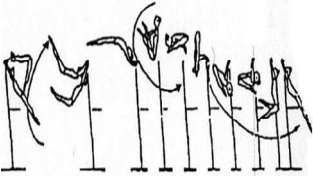
A	B	C	D	E	F/G
<p><b>2.106</b></p>	<p><b>2.206</b> Clear underswing on LB, release and counter movement fwd in flight to hang on HB.</p> 	<p><b>2.306</b></p>	<p><b>2.406</b> Inner front support on LB – clear hip circle through hstd with flight to hang on HB (Schaposchnikova)</p> 	<p><b>2.506</b> Clear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

**3.000 — GIANT CIRCLES**

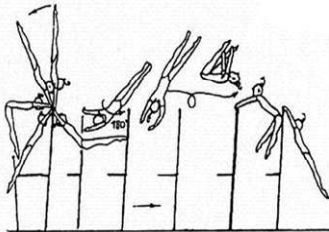
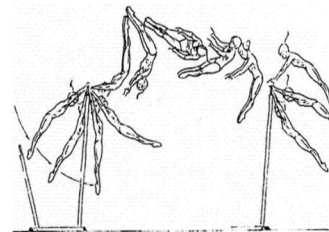
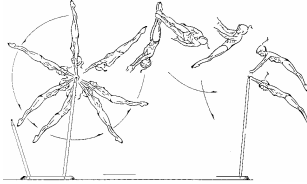
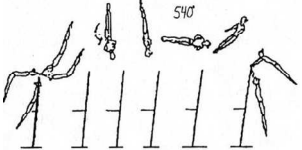
A	B	C	D	E	F/G
<p><b>3.101</b></p>	<p><b>3.201</b> Giant circle bwd in regular grip, or on one arm: also with ½ turn (180°) to hstd</p> 	<p><b>3.301</b> Giant circle bwd with 1/1 turn (360°) to hstd</p> 	<p><b>3.401</b> Giant circle bwd with 1½ or 2/1 turn (540° or 720°) to hstd, also with hop 1/1 turn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



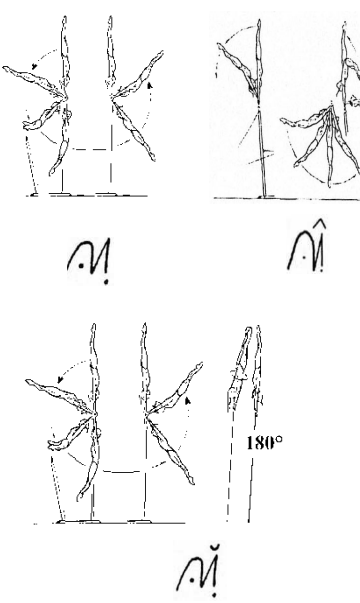
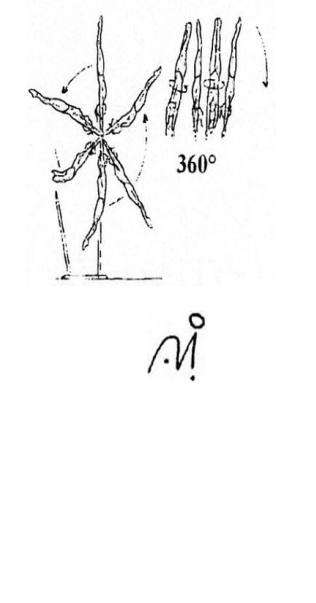
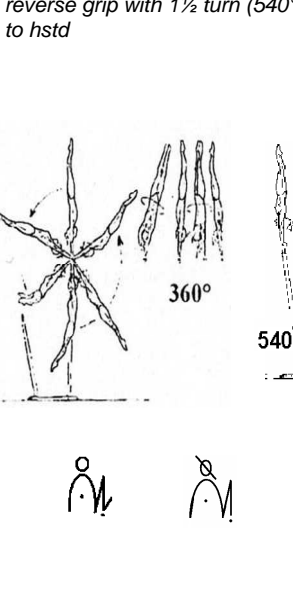

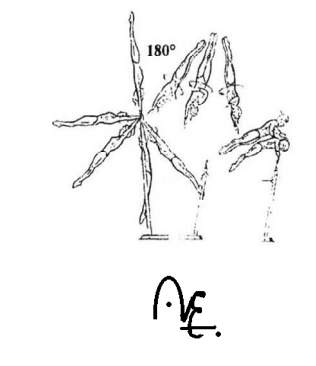
**3.000 — GIANT CIRCLES**

A	B	C	D	E	F/G
<p><b>3.103</b></p>	<p><b>3.203</b></p>	<p><b>3.303</b></p>	<p><b>3.403</b>  <i>Long swing fwd, counter straddle-reverse hecht over HB to hang (Tkatchev)</i></p>  <p align="center">U<sub>2</sub></p> <p><i>Swing fwd with ½ turn (180°), pike vault over HB to hang</i></p>  <p align="center">U<sub>2</sub></p>	<p><b>3.503</b>  <i>Tkatchev piked</i></p>  <p align="center">U<sub>2</sub></p> <p><i>Tkatchev with ½ turn (180°)</i></p>  <p align="center">U<sub>2</sub></p> <p><i>Long swing fwd with ½ turn (180°) - ½ turn (180°) to counter straddle in flight over HB to hana (Schuschunova)</i></p>  <p align="center">U<sub>2</sub></p>	<p><b>3.603</b></p>
<p><b>3.104</b></p>	<p><b>3.204</b></p>	<p><b>3.304</b>  <i>Hang on HB, facing LB – swing fwd and roll bwd (legs straddled) to clear support on LB</i></p>  <p align="center">U<sub>2</sub></p>	<p><b>3.404</b>  <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<sub>2</sub></p>	<p><b>3.504</b>  <i>Pak Salto with 1/1 turn (360°)</i></p>  <p align="center">U<sub>2</sub></p>	<p><b>3.604 - F -</b>  <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<sub>2</sub></p>

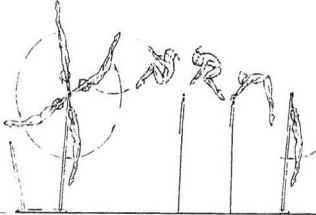

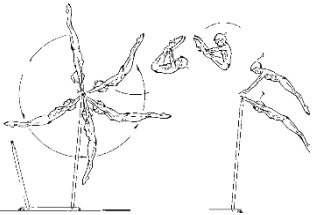

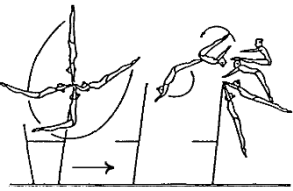

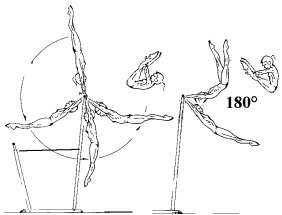

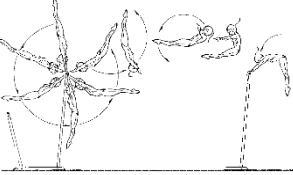

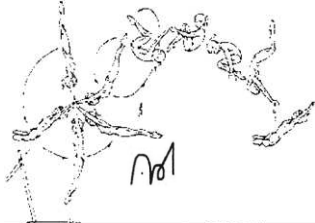

**3.000 — GIANT CIRCLES**

A	B	C	D	E	F/G
<p><b>3.105</b></p>	<p><b>3.205</b></p>	<p><b>3.305</b></p>	<p><b>3.405</b>  <i>Swing fwd with ½ turn (180°) and salto fwd straddled (Deltchev Salto), or swing fwd and salto bwd with ½ turn (180°) piked or stretch. (Gienger Salto) – to hang on HB</i></p>  <p style="text-align: center;">U.9</p>  <p style="text-align: center;">U.10</p>	<p><b>3.505</b>  <i>Swing fwd and salto bwd with ½ turn (180°) stretched to hang on HB</i></p>  <p style="text-align: center;">U.11</p>	<p><b>3.605</b></p> <p><b>3.705 - G -</b>  <i>Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB</i></p>  <p style="text-align: center;">U.12</p>

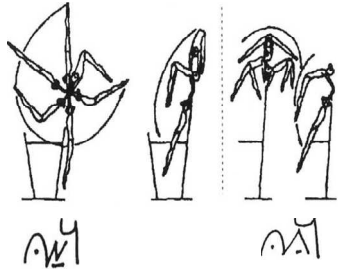
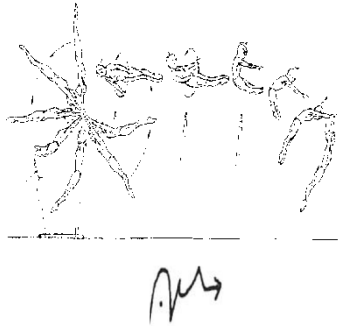
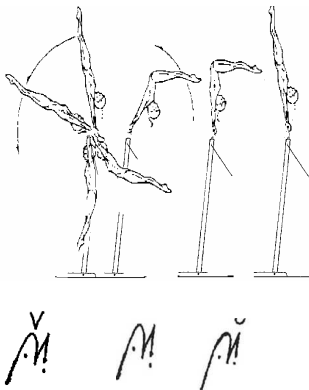
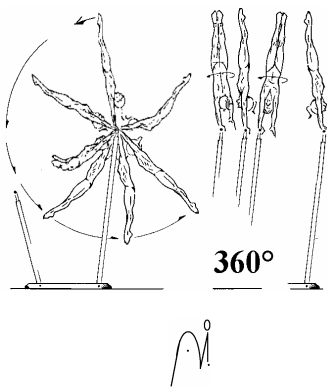
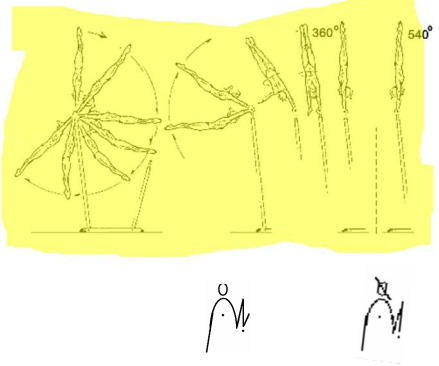
**3.000 — GIANT CIRCLES**

A	B	C	D	E	F/G
<p><b>3.106</b></p>	<p><b>3.206</b>  <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><b>3.306</b>  <i>Giant circle fwd with 1/1 turn (360°) to hstd</i></p> 	<p><b>3.406</b></p>	<p><b>3.506</b>  <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><b>3.606</b></p>
<p><b>3.107</b></p>	<p><b>3.207</b></p>	<p><b>3.307</b>  <i>Swing bwd – straddle flight bwd over LB to hstd on LB</i></p> 	<p><b>3.407</b>  <i>Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang</i></p> 	<p><b>3.507</b></p>	<p><b>3.607</b></p>

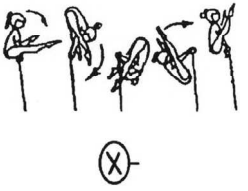
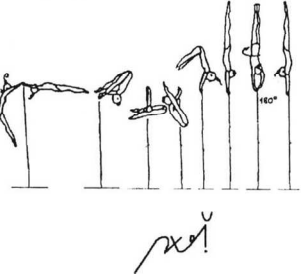
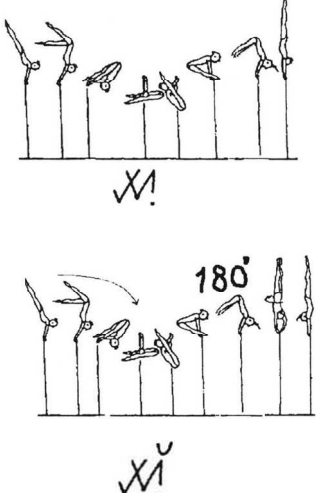
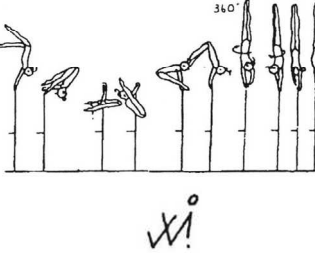
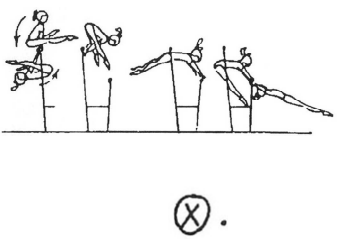
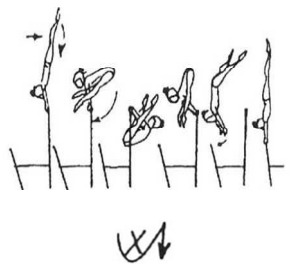
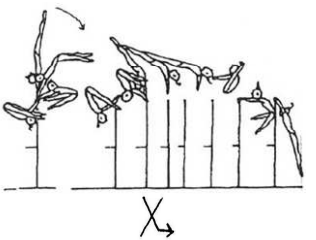
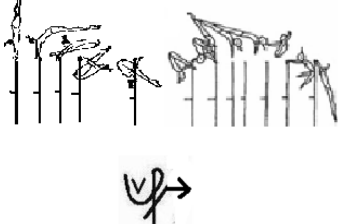
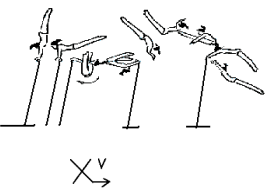

3.000 — GIANT CIRCLES

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


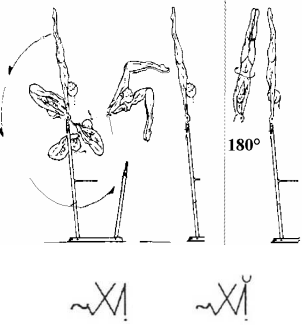
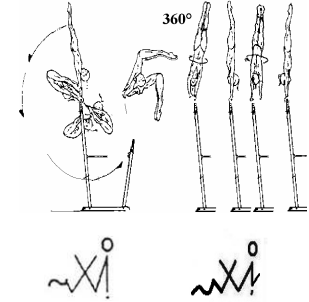
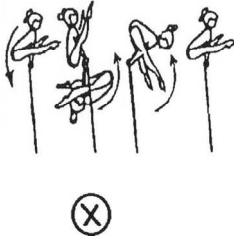

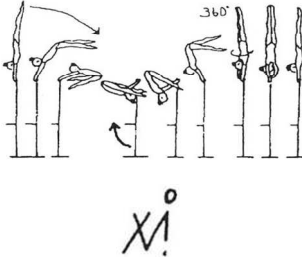
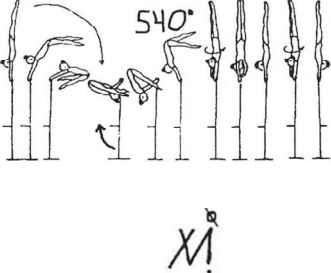
3.000 — GIANT CIRCLES

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

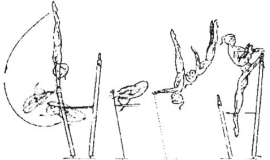
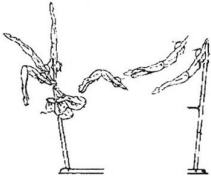
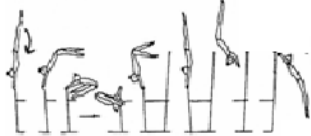

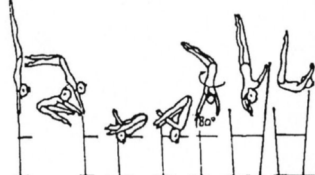
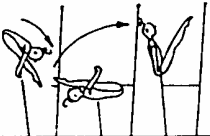
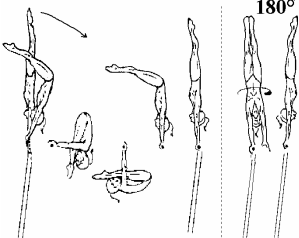
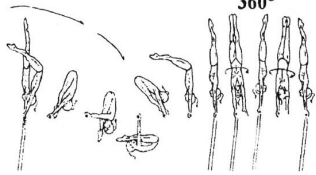
4.000 — STALDER CIRCLES

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

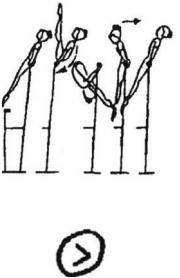
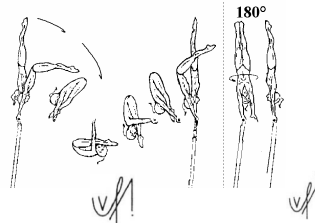
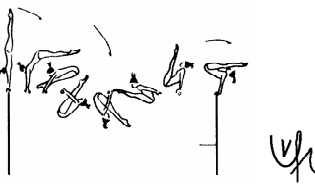
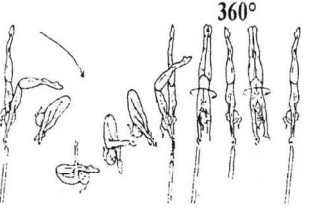

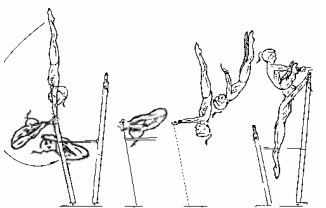

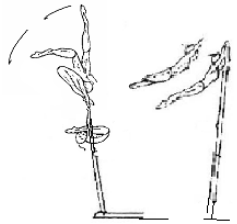


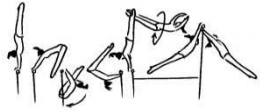

A	B	C	D	E	F/G
<p><b>4.103</b> Clear straddle circle fwd in L grip to clear support</p> 	<p><b>4.203</b></p>	<p><b>4.303</b></p>	<p><b>4.403</b> Stalder fwd in L grip to hstd, also with ½ turn (180°) to hstd</p> 	<p><b>4.503</b> Stalder fwd in L grip with 1/1 turn (360°) to hstd (any technique accepted)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

**4.000 — STALDER CIRCLES**

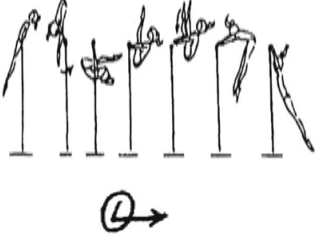
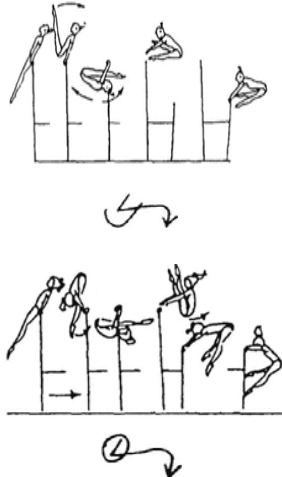
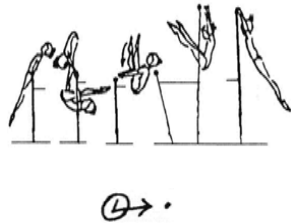

A	B	C	D	E	F/G
<p><b>4.105</b></p>	<p><b>4.205</b> Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB</p>  <p>XV</p>	<p><b>4.305</b> Facing inward – Stalder bwd with hecht flight to hang on HB</p>  <p>XW</p>	<p><b>4.405</b> Facing outward – Stalder bwd through hstd with flight to hang on HB</p>  <p>XV</p>	<p><b>4.505</b> Stalder bwd through hstd with flight and ½ turn (180°), to hang on HB</p>   <p>XV</p>	<p><b>4.605</b></p>
<p><b>4.106</b> Rear support - seat (pike) circle fwd to rear support</p>  <p>⊙</p>	<p><b>4.206</b></p>	<p><b>4.306</b></p>	<p><b>4.406</b> Clear pike circle fwd to hstd, also with ½ turn (180°) to hstd</p>  <p>180°</p> <p>⊙</p>	<p><b>4.506</b> Clear pike circle fwd with 1/1 turn (360°) to hstd</p>  <p>360°</p> <p>⊙</p>	<p><b>4.606</b></p>




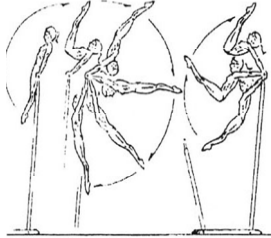
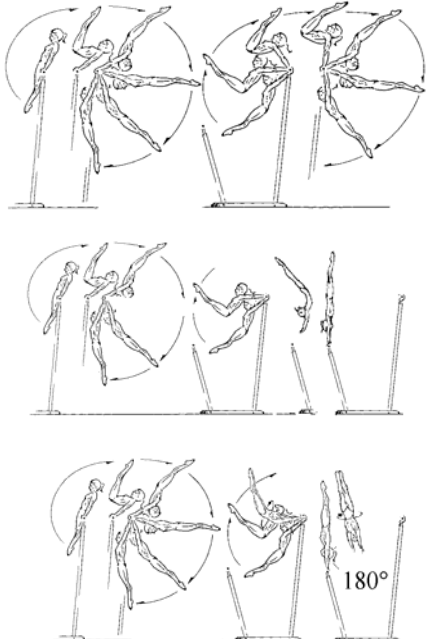


4.000 — STALDER CIRCLES

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

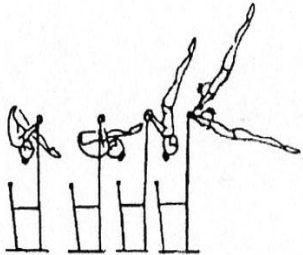
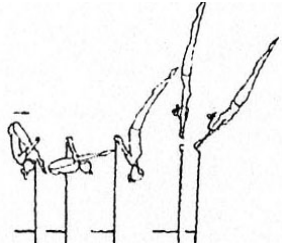
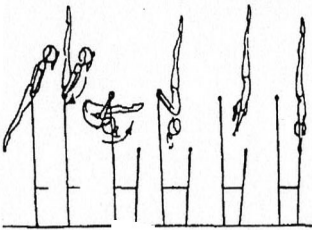
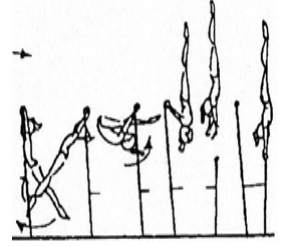
5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p><b>5.101</b> Rear support on LB or HB – seat (pike) circle fwd with straddle cut bwd to hang on same bar</p> 	<p><b>5.201</b></p>	<p><b>5.301</b> 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><b>5.401</b></p>	<p><b>5.501</b> 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><b>5.601</b></p>

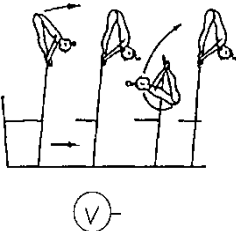
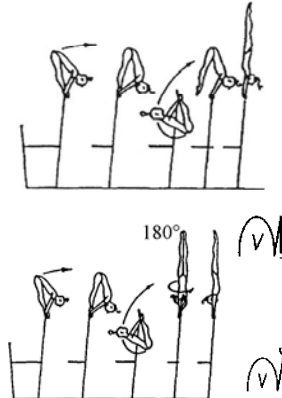
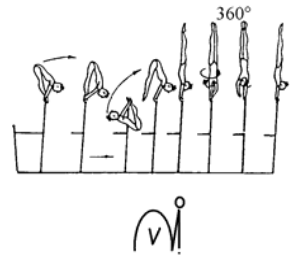
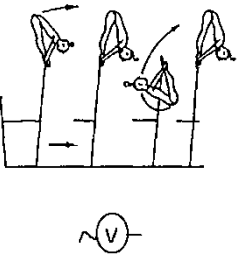
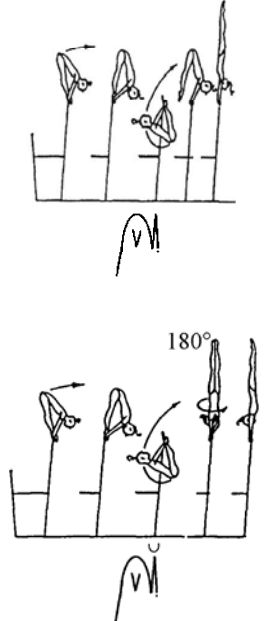
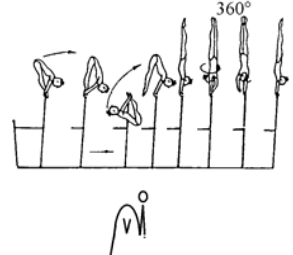
**5.000 — PIKE CIRCLES**

A	B	C	D	E	F/G
<p><b>5.102</b></p>	<p><b>5.202</b> Rear support on HB – seat circle bwd with release to hang on LB</p>  <p align="center">۷۰</p>	<p><b>5.302</b> Clear rear pike support on HB (legs together) – full circle swing bwd to finish in clear rear support on HB (Steinemann circle)</p>  <p align="center">۷۱</p>	<p><b>5.402</b> Clear rear pike support on HB (legs together) – full circle swing bwd – continuing through clear rear pike support bwd over HB into hang – circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB – circle swing bwd and ½ turn (180°) with flight to hstd on LB</p>  <p align="center">۷۲</p>	<p><b>5.602</b></p>	
<p><b>5.103</b></p>	<p><b>5.203</b></p>	<p><b>5.303</b> Clear rear pike support (legs together) on HB – full circle swing bwd with stoop out bwd to hang on HB</p>  <p align="center">۷۳</p>	<p><b>5.403</b> Clear rear pike support (legs together) on HB – full circle swing bwd with counter flight bwd straddled</p>  <p align="center">۷۴</p>	<p><b>5.603</b></p>	

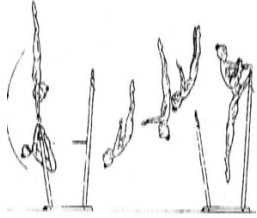
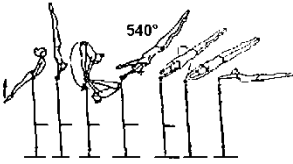
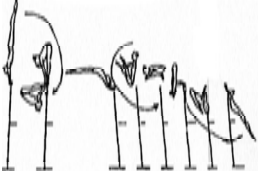

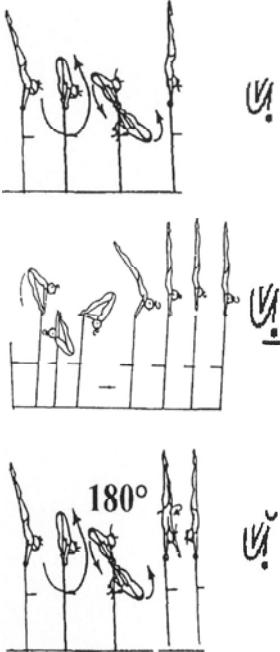
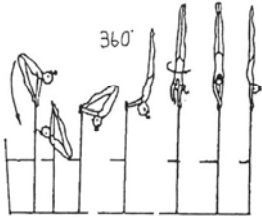
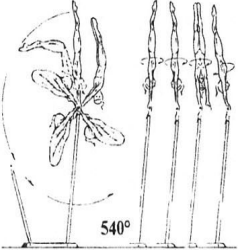
5.000 — PIKE CIRCLES

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


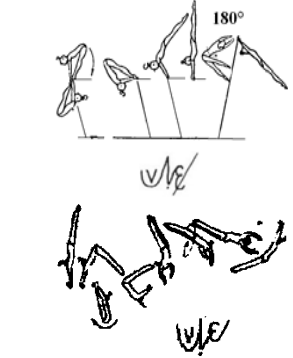
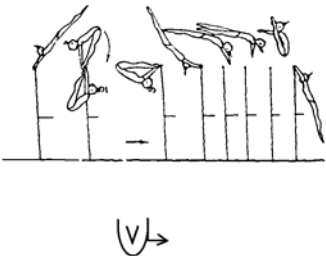

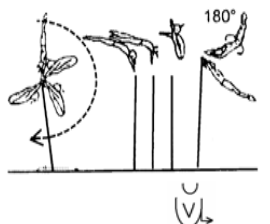

5.000 — PIKE CIRCLES

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

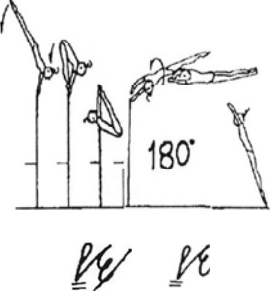
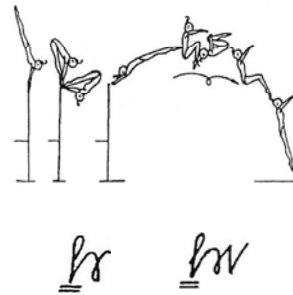
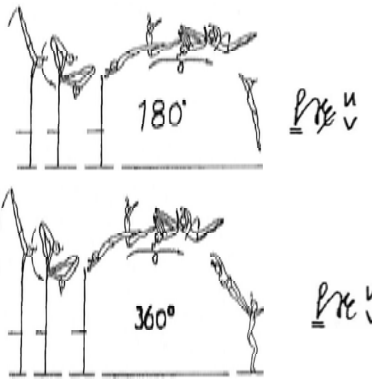
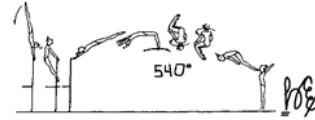
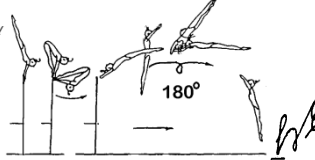
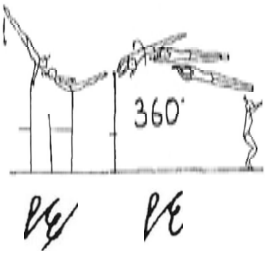
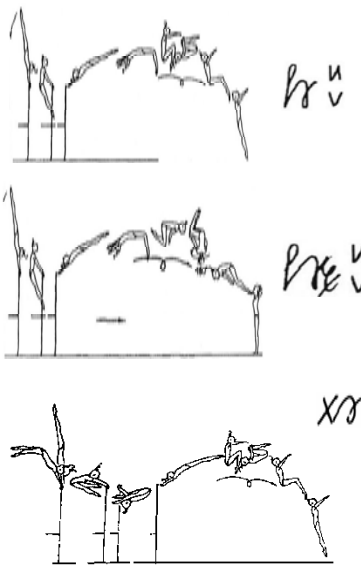
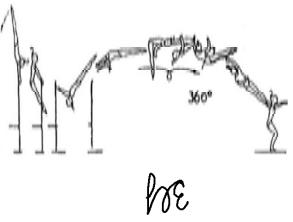
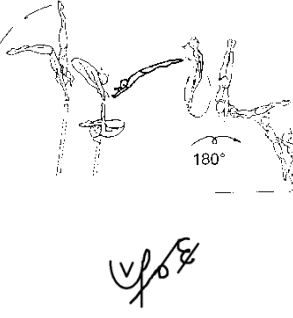
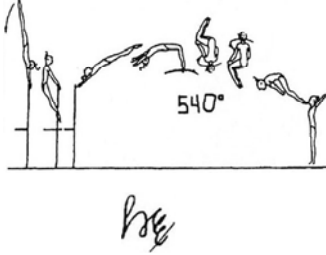
**5.000 — PIKE CIRCLES**

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

5.000 — PIKE CIRCLES

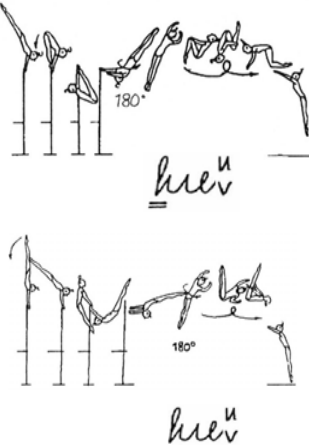

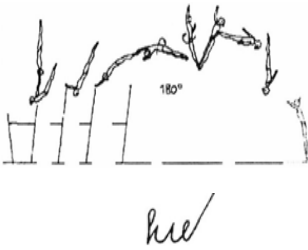
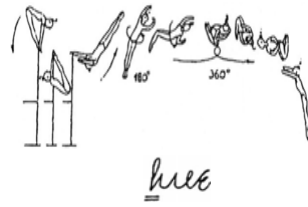
A	B	C	D	E	F/G
<p>5.109</p>	<p>5.209</p>	<p>5.309</p>	<p>5.409  <i>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</i></p> 	<p>5.509  <i>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°), or 1/1 turn(360°) to hang on HB, also</i></p> 	<p>5.609 - F-  <i>Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip</i></p>
<p>5.110</p>	<p>5.210</p>	<p>5.310</p>	<p>5.410  <i>Pike sole circle bwd counter straddle-reverse -hecht over HB to hang</i></p> 	<p>4.510  <i>Pike sole circle bwd counter pike hecht over HB to hang</i></p> 	<p>5.610 - F-  <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 - G-  <i>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB to hang</i></p> 

6.000 DISMOUNTS

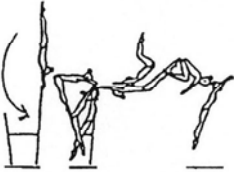
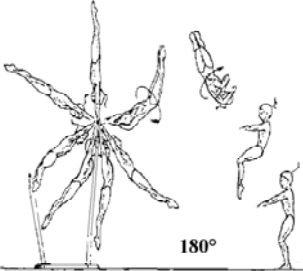
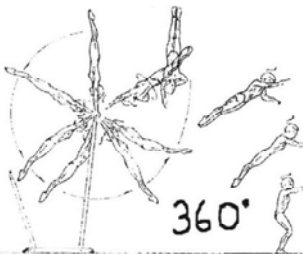
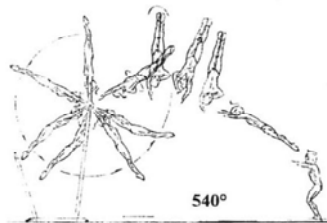
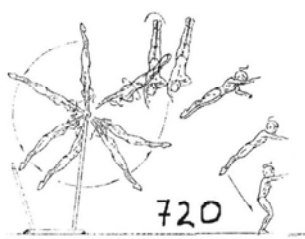
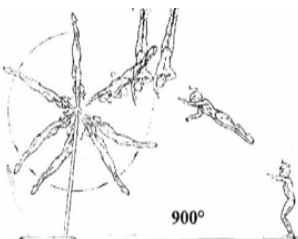
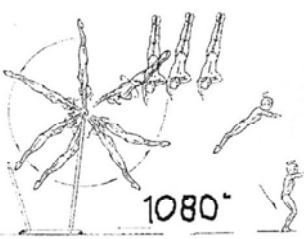
A	B	C	D	E	F/G
<p><b>6.101</b> From HB – underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p> 	<p><b>6.201</b> From HB – underswing with salto fwd tucked or piked</p> 	<p><b>6.301</b> From HB – underswing with salto fwd tucked or piked with ½ turn (180°) or 1/1 turn (360°)</p> 	<p><b>6.401</b>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



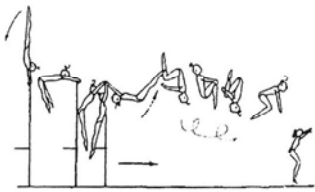
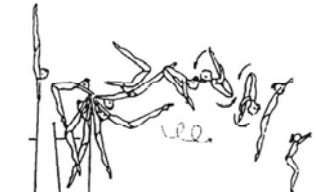

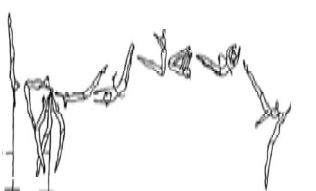


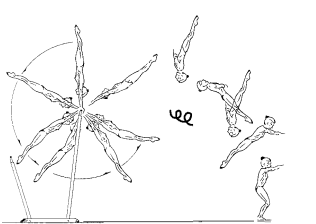
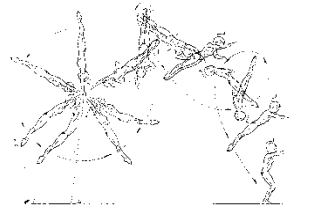
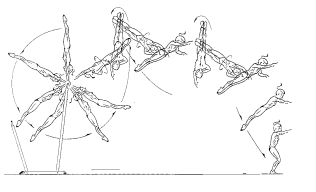
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.103</p>	<p>6.203</p>	<p>6.303</p> <p>From HB – underswing with ½ or clear underswing with ½ turn (180°) to salto bwd tucked or piked</p> 	<p>6.403</p> <p>From HB – underswing with ½ turn (180°) to salto bwd stretched</p>  <p>From HB – clear underswing with ½ turn (180°) to salto bwd stretched</p>  <p>From HB – underswing with ½ turn (180°) to salto bwd tucked with 1/1 twist (360°)</p> 	<p>6.503</p>	<p>6.603</p>

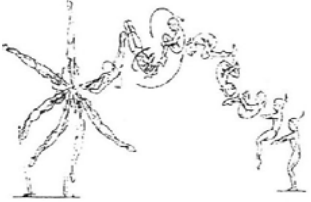

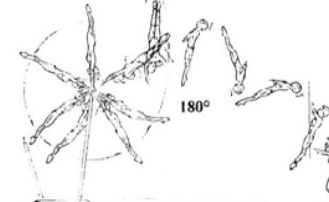


6.000 DISMOUNTS

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

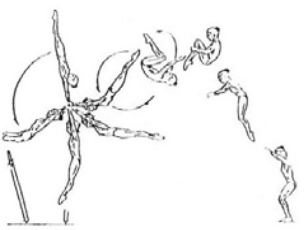
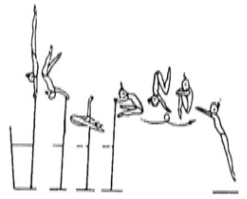
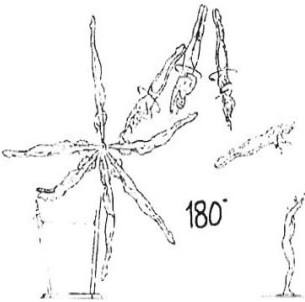
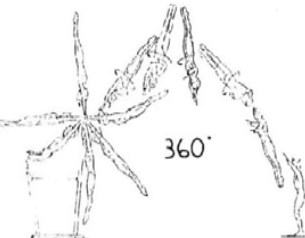
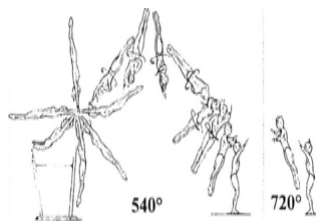

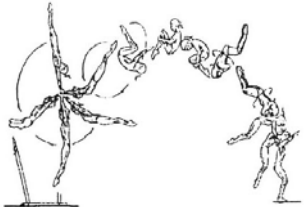
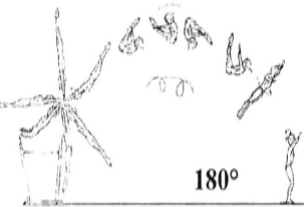
6.000 DISMOUNTS

A	B	C	D	E	F/G
<p>6.105</p>	<p>6.205 Swing fwd to double salto bwd tucked</p>  <p>ucll</p>	<p>6.305 Swing fwd to double salto bwd piked</p>  <p>ucll</p>	<p>6.405 Swing fwd to double salto bwd tucked or piked with 1/1 turn (360°) in first or second salto</p>  <p>ucll<sup>n</sup></p>  <p>ucll<sup>n</sup></p>	<p>6.505 Swing fwd to double salto bwd tucked with 1 1/2 turn (540°)</p>  <p>ucll<sup>1 1/2</sup></p>	<p>6.605 - F- Swing fwd to double salto bwd tucked with 2/1 turn (720°)</p>  <p>ucll<sup>2/1</sup></p>
<p>6.106</p>	<p>6.206</p>	<p>6.306</p>	<p>6.406 Swing fwd to double salto bwd stretched</p>  <p>ucll</p>	<p>6.506 Swing fwd to double salto bwd stretched with 1/1 turn (360°) in first or second salto</p>  <p>ucll ucll<sup>n</sup></p>	<p>6.606</p> <p>6.706 - G - Swing fwd to double salto bwd stretched with 2/1 turn (720°)</p>  <p>ucll<sup>2/1</sup></p>



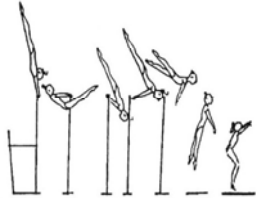

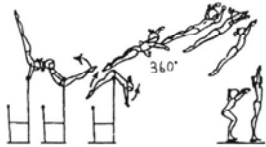

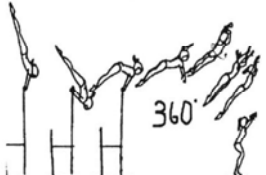





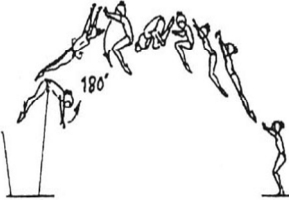

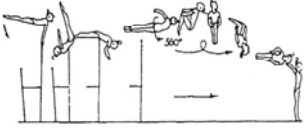





6.000 DISMOUNTS

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 style="text-align: center;"><i>Ueff</i></p> <p><i>Swing fwd with ½ turn (180°) to double salto fwd tucked</i></p>  <p style="text-align: center;"><i>Ueff</i></p>	<p>6.507  <i>Swing fwd to salto bwd stretched with ½ turn (180°) – into salto fwd stretched</i></p>  <p style="text-align: center;"><i>Ueff</i></p> <p><i>Swing fwd with ½ turn (180°) to double salto fwd piked</i></p>  <p style="text-align: center;"><i>Ueff</i></p>	<p>6.606</p> <p>6.707 - G -  <i>Swing fwd to triple salto bwd tucked</i></p>  <p style="text-align: center;"><i>Ullll</i></p>

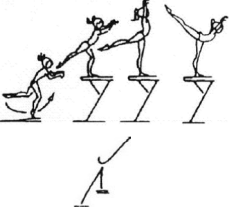
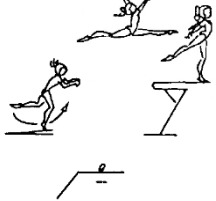
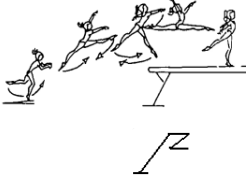
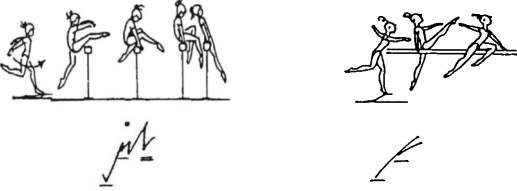

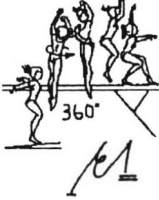
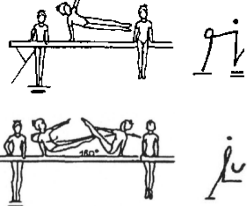
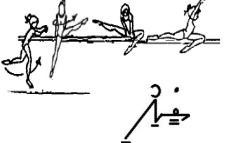
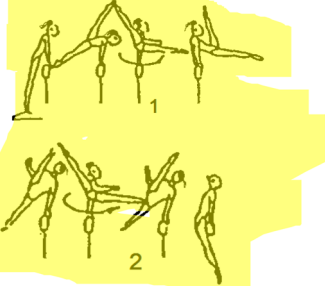
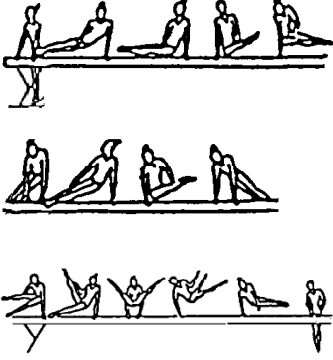

6.000 DISMOUNTS

A	B	C	D	E	F/G
<p><b>6.108</b> Swing bwd to salto fwd tucked, piked or stretched or clear straddle circle fwd on HB to salto fwd tucked</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn, <math>\frac{1}{2}</math> turn</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn</p>	<p><b>6.208</b> Swing bwd to salto fwd tucked or stretched with <math>\frac{1}{2}</math> turn (<math>180^\circ</math>) or <math>1/1</math> turn (<math>360^\circ</math>)</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn, <math>\frac{1}{2}</math> turn</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn, <math>\frac{1}{2}</math> turn</p>	<p><b>6.308</b> Swing bwd to salto fwd stretched with <math>1\frac{1}{2}</math> turn (<math>540^\circ</math>) or <math>2/1</math> turn (<math>720^\circ</math>)</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn, <math>\frac{1}{2}</math> turn</p>	<p><b>6.408</b> Swing bwd to double salto fwd tucked</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn</p>	<p><b>6.508</b> Swing bwd to double salto fwd tucked with <math>\frac{1}{2}</math> turn (<math>180^\circ</math>) – also salto fwd with <math>\frac{1}{2}</math> turn (<math>180^\circ</math>) into salto bwd tucked</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn, <math>\frac{1}{2}</math> turn</p>	<p><b>6.608</b> Swing bwd to double salto fwd piked with <math>\frac{1}{2}</math> turn (<math>180^\circ</math>)</p>  <p>Handwritten notes: <math>\frac{1}{2}</math> turn</p>

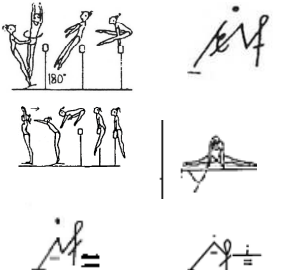
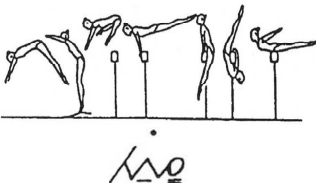
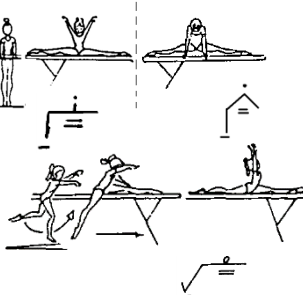
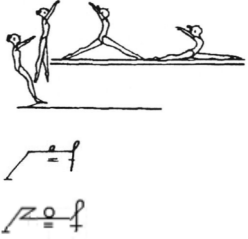
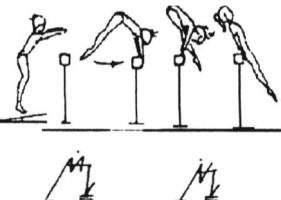
6.000 DISMOUNTS

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

1.000 — MOUNTS

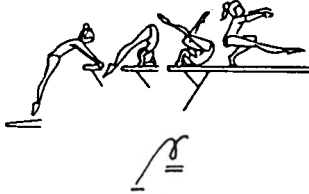

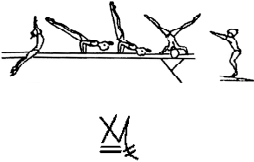
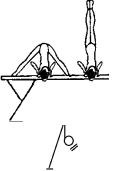
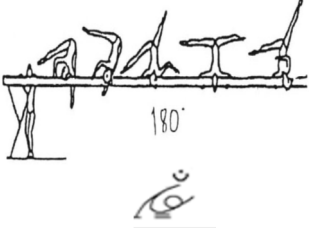
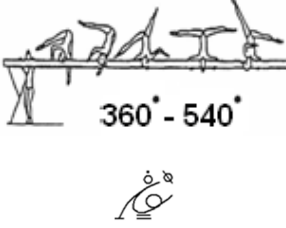
A	B	C	D	E	F/G
<p><b>1.101 (D)</b> Leap - on landing must show arabesque position (leg min. at horizontal)</p> 	<p><b>1.201 (D)</b> Split leap (180°)</p> 	<p><b>1.301</b></p>	<p><b>1.401 (D)</b> Leap fwd with leg change (free leg swing to 45°) to cross split</p> 	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>(D) = To be counted as Dance element</p> </div>	
<p><b>1.102 (D)</b> 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><b>1.302 (D)</b> Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet</p> 	<p><b>1.402 (D)</b> 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><b>1.502</b></p>	<p><b>1.602</b></p>	
<p><b>1.103</b> 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><b>1.203</b> Two flying flairs</p>  <p>2e/o</p>	<p><b>1.303</b> Two flank circles followed by leg "Flair"</p>  <p>99 o</p>	<p><b>1.403</b> 3 flying flairs</p>  <p>3o/o</p>	<p><b>1.503</b></p>	<p><b>1.603</b></p>

1.000 — MOUNTS

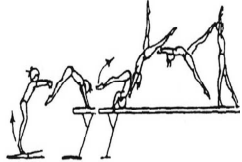
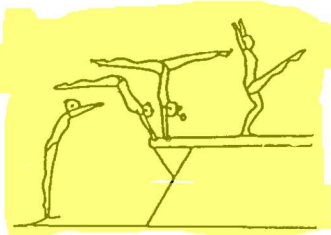
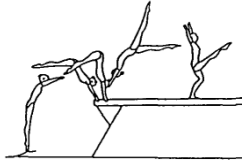
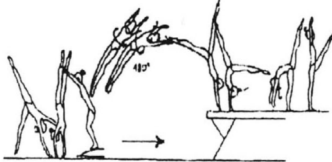
A	B	C	D	E	F/G
<p><b>1.104</b></p>	<p><b>1.204</b>  <i>Jump with ½ turn (180°) to clear straddle support, or jump bwd through straddle position over the beam to front support, or to side split – 90° approach to beam</i></p> 	<p><b>1.304</b>  <i>Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam</i></p> 	<p><b>1.404</b></p> <div data-bbox="1243 319 1825 446" style="border: 2px solid black; padding: 5px; text-align: center;"> <p>(D) = To be counted as Dance element</p> </div>	<p><b>1.504</b></p>	<p><b>1.604</b></p>
<p><b>1.105 (D)</b>  <i>Jump (with hand support) to side split sit or straddle position - take-off two feet or Leap to cross split sit from one foot take-off – diagonal approach to beam (with hand support)</i></p> 	<p><b>1.205</b></p>	<p><b>1.305 (D)</b>  <i>Free jump to cross split sit, also free jump with legs change – take-off from both legs – diagonal approach to beam</i></p> 	<p><b>1.405</b></p>	<p><b>1.505</b></p>	<p><b>1.605</b></p>
<p><b>1.106</b>  <i>From side stand - squat or stoop through to rear support</i></p> 	<p><b>1.206</b></p>	<p><b>1.306</b></p>	<p><b>1.406</b></p>	<p><b>1.506</b></p>	<p><b>1.606</b></p>



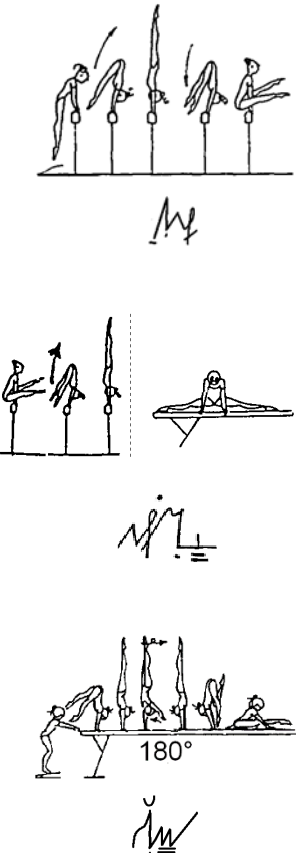
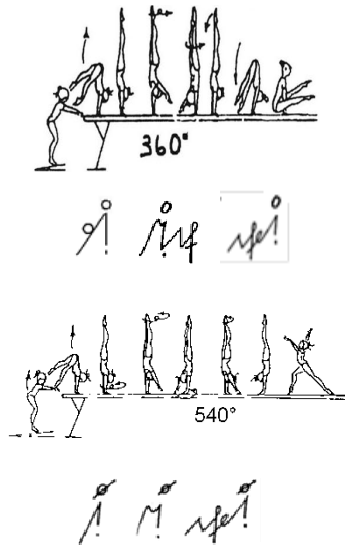
1.000 — MOUNTS

A	B	C	D	E	F/G
<p><b>1.107</b></p>	<p><b>1.207</b>  <i>Jump to roll fwd at end or middle of beam, also from clear straddle support on end of beam – swing bwd to roll fwd</i></p>  <p><i>Jump to clear straddle support on end of beam – swing bwd to roll fwd</i></p> 		<p><b>1.407</b></p>	<p><b>1.507</b></p>	<p><b>1.607</b></p>
<p><b>1.108</b>  <i>Cartwheel with bending of both arms through chest stand to swing down</i></p>  <p><i>Stand at side of Beam and jump to Chest stand with both arms bent</i></p> 	<p><b>1.208</b>  <i>Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand (Silivas)</i></p> 	<p><b>1.308</b>  <i>Jump with ½ turn (180°) over shoulder to neck stand, 1/1 or 1½ turn (360°- 540°) to neck stand</i></p> 	<p><b>1.408</b></p>	<p><b>1.508</b></p>	<p><b>1.608</b></p>

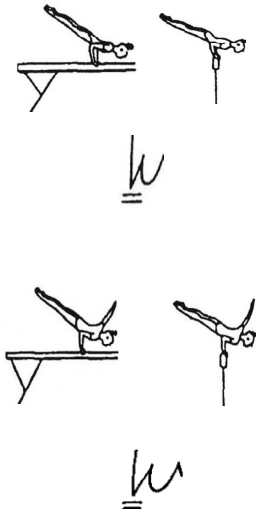
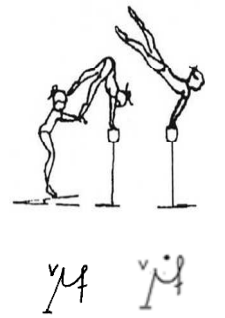

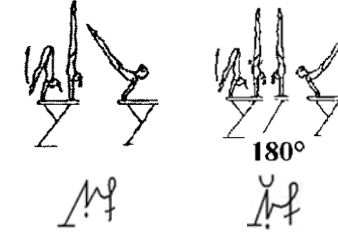
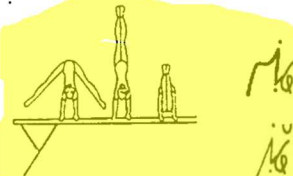
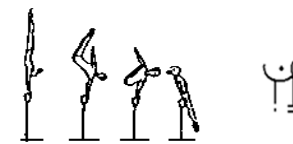
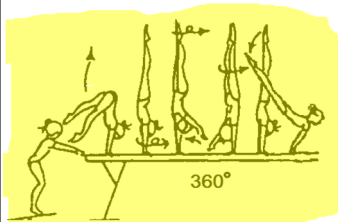
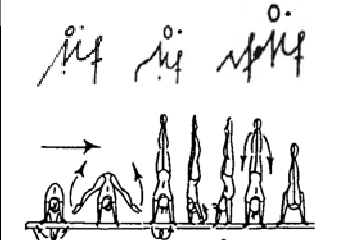
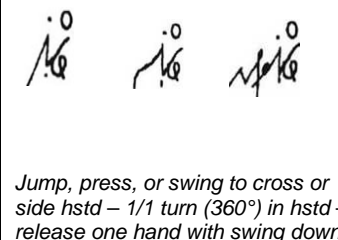
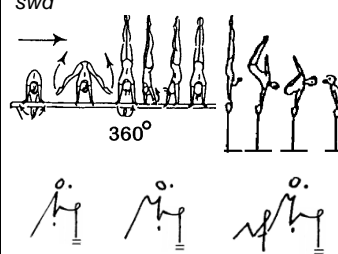
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.109</p>	<p>1.209</p>	<p>1.309</p> <p>From cross stand facing end of beam – head kip</p>  <p>L</p> <p>From cross stand facing end of beam – jump to hstd with hip angle (pike) to front walkover</p>  <p>M</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>M</p>	<p>1.409</p>	<p>1.509</p>	<p>1.609 –F-</p> <p>Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd</p>  <p>M</p>



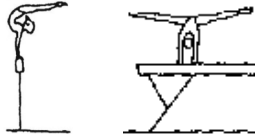

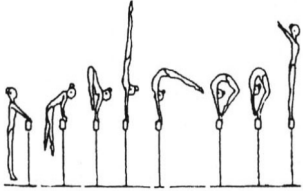
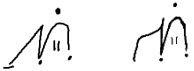


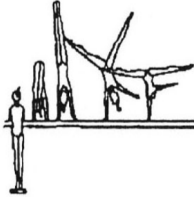

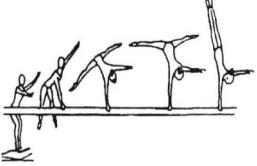


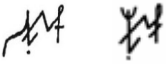
1.000 — MOUNTS

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>The diagrams for 1.210 illustrate several variations of the skill. The top row shows a sequence of five figures: a starting crouch, a jump to a side horizontal position, a jump to a cross horizontal position, a swing to a side horizontal position, and a swing to a cross horizontal position. Below this is a diagram showing a jump to a side horizontal position followed by a lower to a straddle support. The middle row shows a jump to a side horizontal position with a 180-degree turn, followed by a lower to a straddle support. The bottom row shows a jump to a side horizontal position with a 180-degree turn, followed by a lower to a straddle support.</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>The diagrams for 1.310 illustrate jumps with multiple turns. The top row shows a jump to a cross horizontal position with a 360-degree turn, followed by a lower to a straddle support. Below this is a diagram showing a jump to a side horizontal position with a 360-degree turn, followed by a lower to a straddle support. The middle row shows a jump to a cross horizontal position with a 540-degree turn, followed by a lower to a straddle support. The bottom row shows a jump to a side horizontal position with a 540-degree turn, followed by a lower to a straddle support.</p>	<p>1.410</p>	<p>1.510</p>	<p>1.610</p>

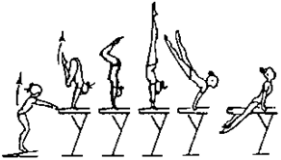


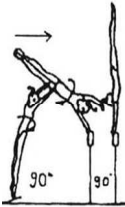

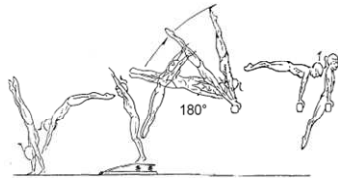
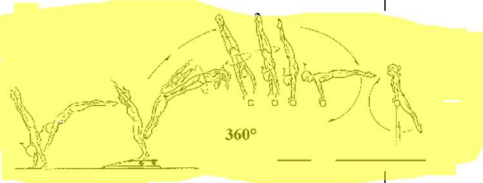
1.000 — MOUNTS

A	B	C	D	E	F/G
<p><b>1.111</b>  <i>Planche with support on one or both bent arms (2 sec.), also legs in cross split position</i></p> 	<p><b>1.211</b>  <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><b>1.311</b>  <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><b>1.411</b>  <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><b>1.511</b></p>	<p><b>1.611</b></p>


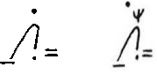
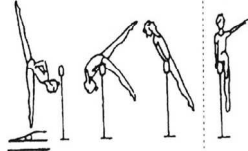

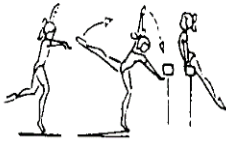

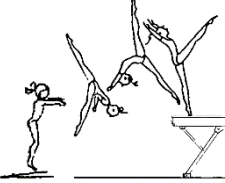

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.112</p>	<p>1.212</p>	<p>1.312</p> <p><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</p> <p><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</p> <p><i>Press to side hstd, with bending - stretching of legs - hop with 1/4 turn (90°) to cross hstd - lower to optional end position</i></p>  	<p>1.313</p> <p><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</p> <p><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 1/4 turn (90°)</i></p>  	<p>1.613</p>  	

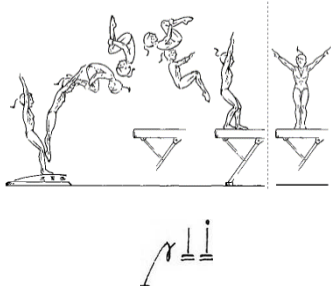
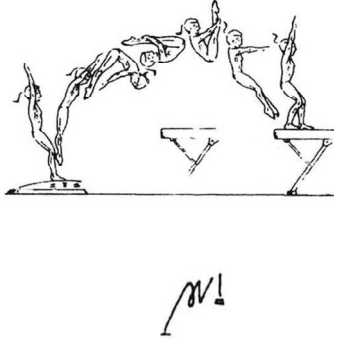
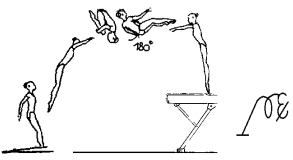

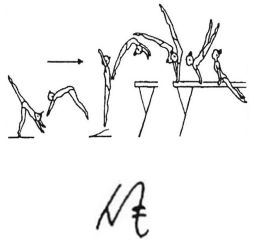
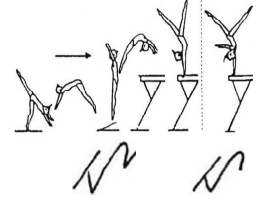
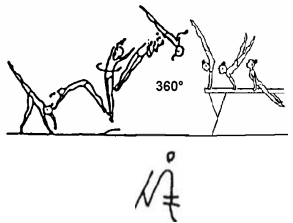
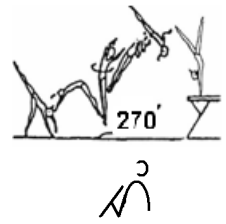
1.000 — MOUNTS

A	B	C	D	E	F/G
<p><b>1.114</b> Jump to hstd with bent or straight legs – lower to optional end position</p>  <p><i>M</i></p>	<p><b>1.214</b> Cartwheel on one or both arms</p>  	<p><b>1.314</b> 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><b>1.414</b> 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>n</i> <i>no</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>Nei</i></p>	<p><b>1.514</b> Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle bwd</p>  <p><i>Neio</i></p>	<p><b>1.614</b></p>

1.000 — MOUNTS




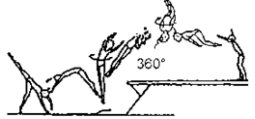
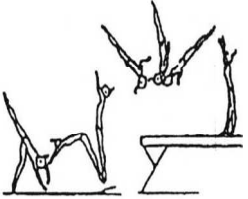
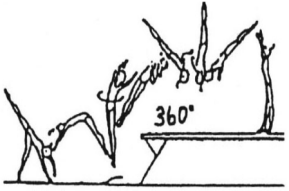
A	B	C	D	E	F/G
<p>1.115</p>	<p>1.215  <i>Handspring fwd with hand repulsion from springboard to rear support – or with ¼ turn (90°) to cross sit on thigh – 90° approach to beam</i></p>  	<p>1.315  <i>Free (aerial) walkover fwd to rear support – or with ¼ turn (90°) to cross sit on thigh, or Free (aerial)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

1.000 — MOUNTS

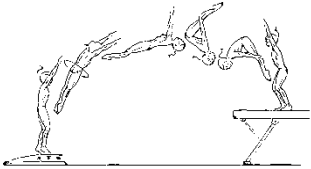
A	B	C	D	E	F/G
<p>1.116</p>	<p>1.216</p>	<p>1.316</p>	<p>1.416 Salto fwd tucked to cross or side stand – approach at end of beam</p> 	<p>1.516 Salto fwd piked to stand – approach at end of beam</p> 	<p>1.616 - F Salto fwd tucked with ½ twist (180°)</p>  <p>1.716 - G - Round-off at end of beam – take off bwd. with ½ turn (180°) – tucked salto fwd. to stand</p> 
<p>1.117</p>	<p>1.217</p>	<p>1.317 Round-off at end of beam – flic-flac through 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 ¾ twist (270°) to cross stand on beam</p> 	<p>1.617</p>



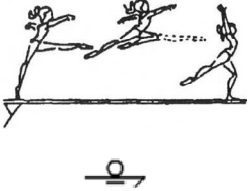
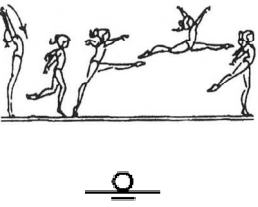
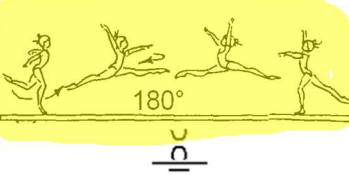
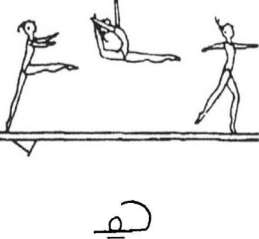
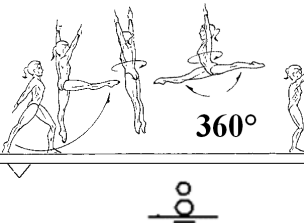
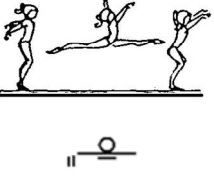
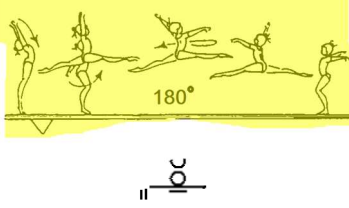
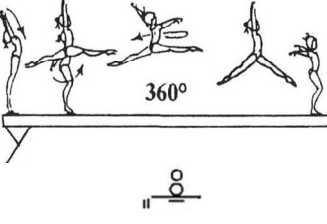
1.000 — MOUNTS

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>hev</i></p>  <p><i>hey</i></p>	<p>1.618 - F -  <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<sup>h</sup></i></p> <p><i>Round-off at end of beam –                      salto bwd stretched to cross                      stand on beam</i></p>  <p><i>he<sup>h</sup>''</i></p> <p>1.718 - G -  <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<sup>h</sup></i></p>


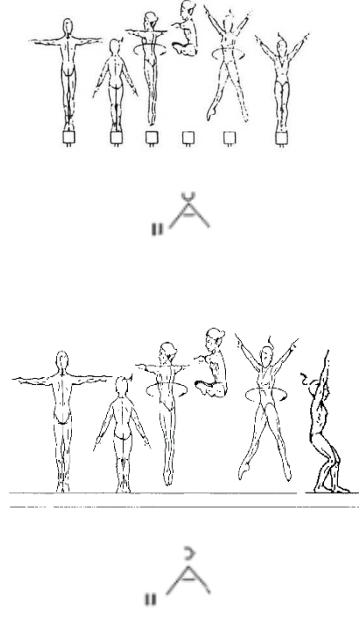
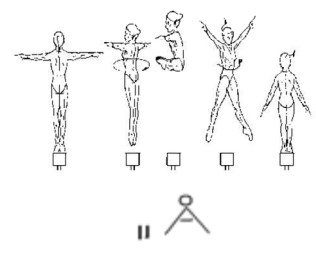
1.000 — MOUNTS

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

**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

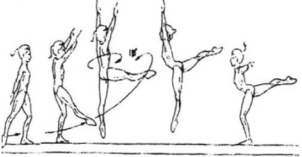
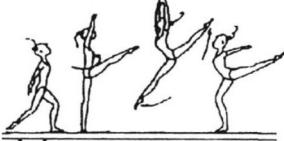


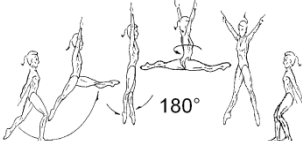

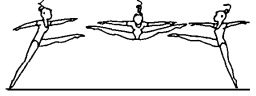
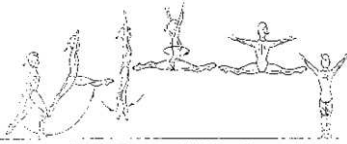
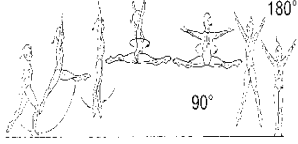
A	B	C	D	E	F/G
<p><b>2.101</b> Stag Split leap fwd (leg separation 180°)</p> 	<p><b>2.201</b> Split leap fwd (leg separation 180°)</p> 	<p><b>2.301</b> Split leap fwd with ½ turn (180°).</p> 	<p><b>2.401</b> Split ring leap (180° separation of legs)</p> 	<p><b>2.501</b> Split leap with 1/1 turn (360°)</p> 	<p><b>2.601</b></p>
<p><b>2.102</b></p>	<p><b>2.202</b> Split jump (leg separation 180°) from cross position</p> 	<p><b>2.302</b> Split jump with ½ turn (180°) from cross position</p> 	<p><b>2.402</b> Split jump with 1/1 turn (360°) from cross position</p> 	<p><b>2.502</b></p>	<p><b>2.602</b></p> <div data-bbox="1590 845 2172 1037" style="border: 1px solid black; padding: 5px;"> <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**

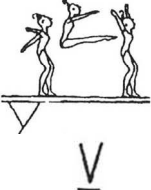

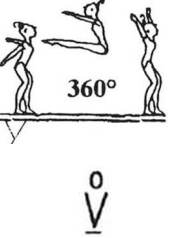
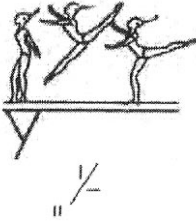
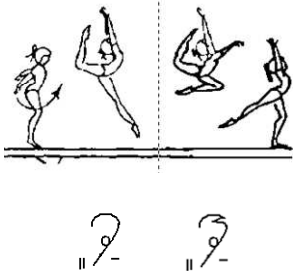
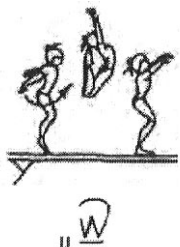
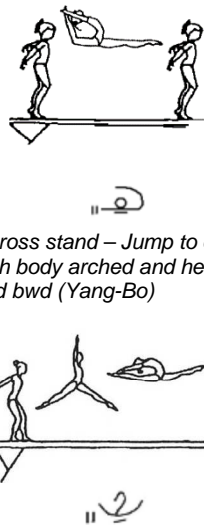
A	B	C	D	E	F/G
<p><b>2.103</b></p>	<p><b>2.203</b>  <i>Straddle pike jump (both legs above horizontal), or side split jump from cross position</i></p> 	<p><b>2.303</b>  <i>Straddle pike jump with 1/2 turn (180°) from cross position</i></p> 	<p><b>2.403</b>  <i>Straddle pike with 1/1 turn (360°) from cross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


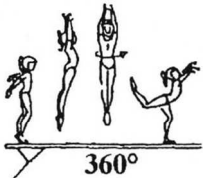
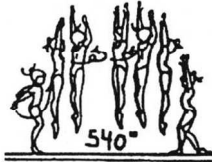

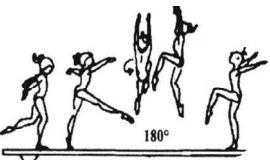
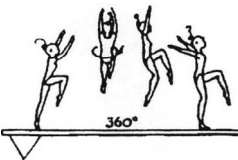
**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.104</b></p>	<p><b>2.204</b> Fouetté hop with ½ turn (180°) to land in arabesque (free leg above horizontal)</p>  <p align="center">F</p>		<p><b>2.404</b> Fouette hop with leg change to cross split (leg separation 180°) (tour jeté)</p>  <p align="center">180° 4/-</p>	<p><b>2.504</b></p>	<p><b>2.604</b></p>
<p><b>2.105</b> Stride leap fwd with change of legs to wolf position (hip angle at 45°)</p>  <p align="center">W</p>	<p><b>2.205</b></p>	<p><b>2.305</b> Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation &lt; after leg change) (Switch Leap)</p>  <p align="center">Z</p>	<p><b>2.405</b> Switch Leap with ½ turn (180°)</p>  <p align="center">180° ZC</p>	<p><b>2.505</b> Switch leap to ring position (180° separation of legs)</p>  <p align="center">ZD</p>	<p><b>2.605</b></p>
<p><b>2.106</b></p>	<p><b>2.206</b> Leap with ¼ turn (90°) into straddle pike position (both legs above horizontal), to land on one or both feet</p>  <p align="center">Z^</p>	<p><b>2.306</b> Leap fwd with leg change and ¼ turn (90°) to side split (180°) or straddle pike position (Johnson)</p>  <p align="center">Z^A</p>	<p><b>2.406</b></p>	<p><b>2.506</b> Johnson with additional ½ turn (180°)</p>  <p align="center">90° 180° Z^A</p>	<p><b>2.606</b></p>

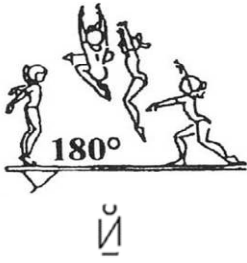
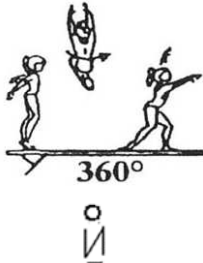
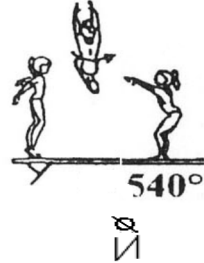
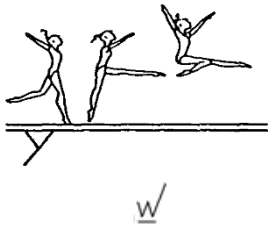
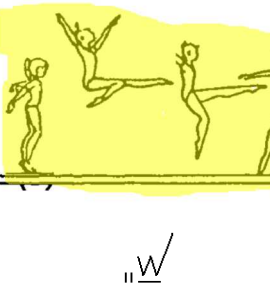
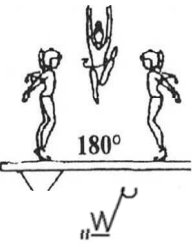
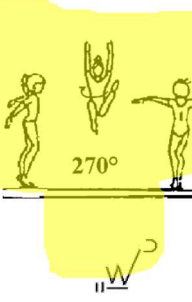
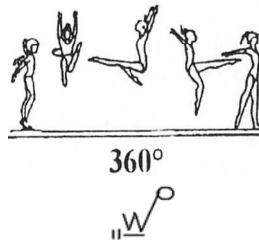
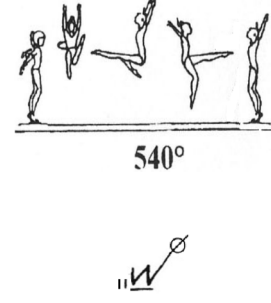
**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.107</b> Pike jump from cross position (hip &lt;90°)</p> 	<p><b>2.207</b> Pike jump from side position with ½ turn (180°)</p> 	<p><b>2.307</b></p>	<p><b>2.407</b> Pike jump from cross position with 1/1 turn (360°)</p> 	<p><b>2.507</b></p> <div data-bbox="1592 488 2175 679" style="border: 1px solid black; padding: 5px;"> <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><b>2.607</b></p>
<p><b>2.108</b> Sissone, (leg separation 180° on the diagonal /45° to the floor) take off from both feet, land on one foot</p> 	<p><b>2.208</b> Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs), or stag-ring jump</p> 	<p><b>2.308</b> Jump with upper back arch and head release with feet to head height/closed Ring (Sheep jump)</p> 	<p><b>2.408</b> Split ring jump (180° separation of legs)</p>  <p>From Cross stand – Jump to cross over split with body arched and head dropped bwd (Yang-Bo)</p>	<p><b>2.508</b></p>	<p><b>2.608</b></p>

**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

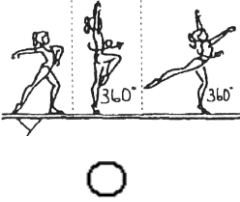
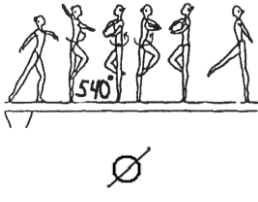
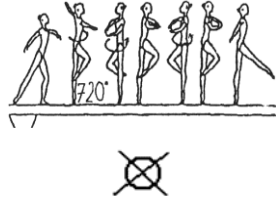
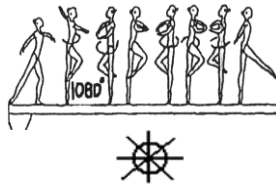
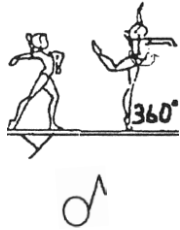
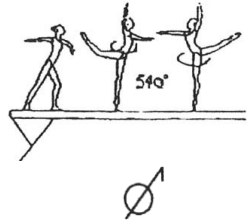
A	B	C	D	E	F/G
<p><b>2.109</b></p>	<p><b>2.209</b> Hop with ½ turn (180°) free leg extended above horizontal throughout</p>  <p style="text-align: center;">Y</p>	<p><b>2.309</b> Stretched jump/hop with 1/1 turn (360°) from cross position</p>  <p style="text-align: center;">O</p>	<p><b>2.409</b> Stretched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

**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

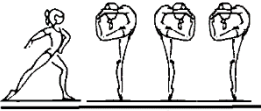









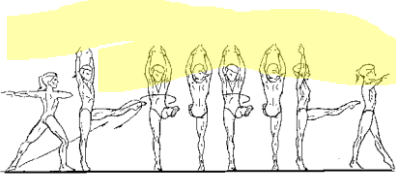

A	B	C	D	E	F/G
<p><b>2.111</b></p>	<p><b>2.211</b> Tuck hop or jump with ½ turn (180°) from cross position (hip &amp; knee angle at 45°)</p> 	<p><b>2.311</b> Tuck hop or jump with 1/1 turn (360°) from cross position</p> 	<p><b>2.411</b> Tuck hop or jump with 1½ turn (540°) from cross position</p> 	<p>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





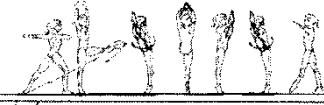





**3.000 — GYMNASTIC TURNS**

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

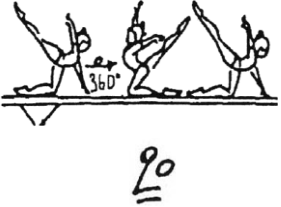


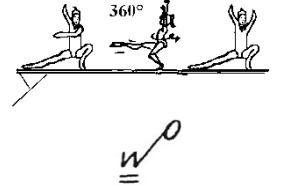
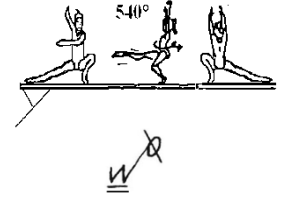
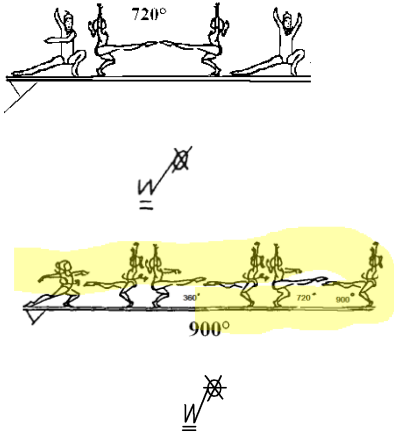
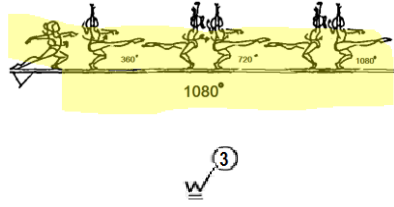
3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
3.103	3.203	3.303	<p>3.403 1/1 turn (360°) pirouette with free leg held bwd with both hands</p>  <p>360°</p> 	3.503	3.603
3.104	3.204	<p>3.304 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)</p>  <p>360°</p>  <p>360°</p>  	<p>3.404 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)</p>  <p>540°</p>  <p>540°</p>  	<p>3.504 2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</p>  <p>720°</p> 	3.604

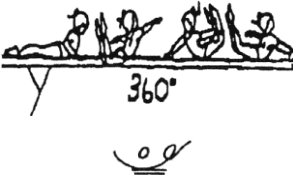
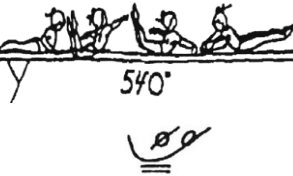
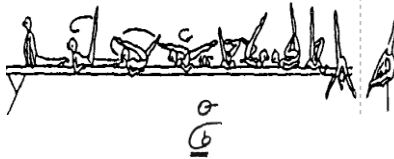
**3.000 — GYMNASTIC TURNS**

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

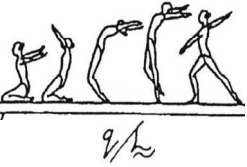
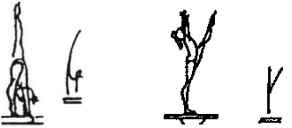


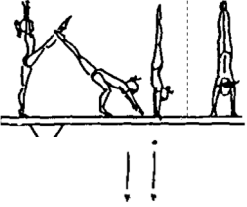
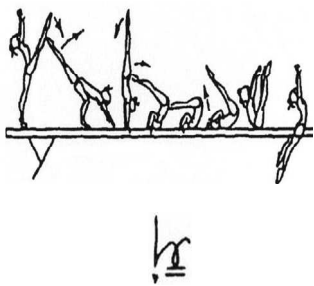
**3.000 — GYMNASTIC TURNS**

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


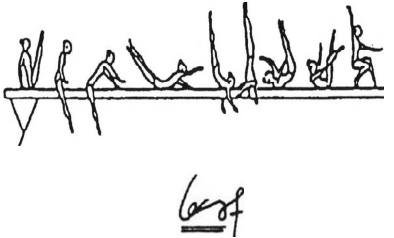
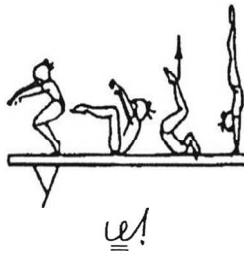
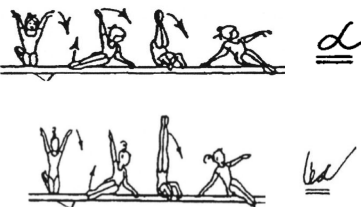
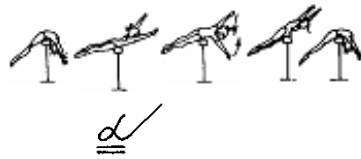
**3.000 — GYMNASTIC TURNS**

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

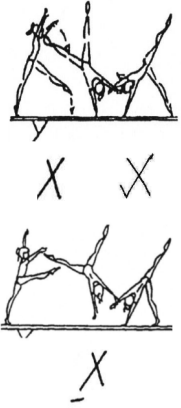
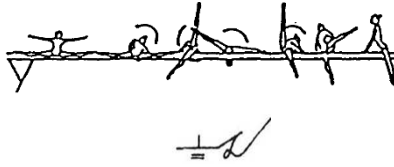
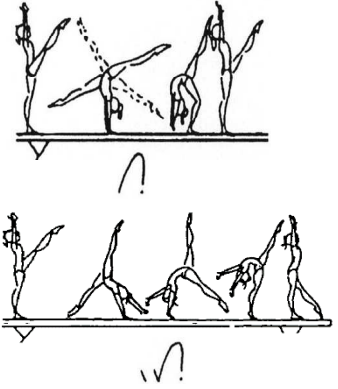
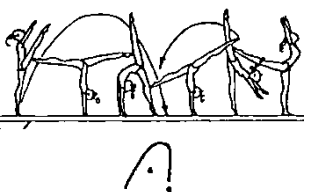

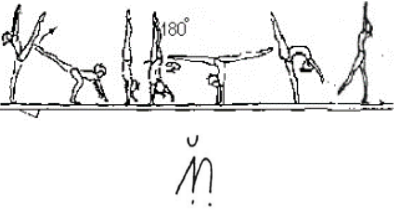
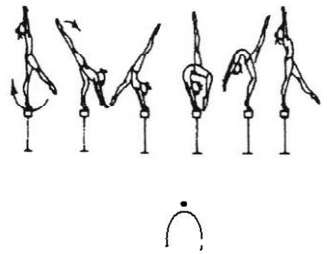
**4.000 – HOLDS AND ACROBATIC NON-FLIGHT**

A	B	C	D	E	F/G
<p><b>4.101 (D)</b> From kneeling sit position, rise upward with body wave <b>through toe-balance stand</b></p> 	<p><b>4.201</b></p>	<p><b>4.301</b></p>	<p><b>4.401</b></p> <div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><i>(D) To be counted as dance element</i></p> </div>	<p><b>4.501</b></p>	<p><b>4.601</b></p>
<p><b>4.102 (D)</b> 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><b>4.202</b> Clear pike support (2 sec.)</p> 	<p><b>4.302</b></p>	<p><b>4.402</b></p>	<p><b>4.502</b></p>	<p><b>4.602</b></p>
<p><b>4.103</b> Kick to side or cross hstd (2sec), lower to end position touching beam</p> 	<p><b>4.203</b> Kick to cross hstd – roll fwd with or without hand support to sit position or to tuck stand</p> 	<p><b>4.303</b></p>	<p><b>4.403</b></p>	<p><b>4.503</b></p>	<p><b>4.603</b></p>

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

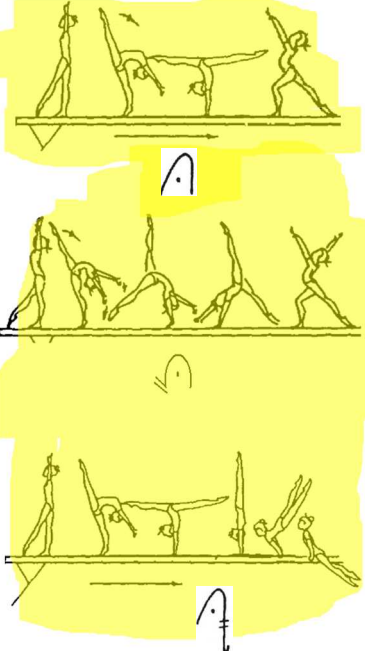

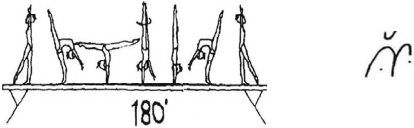
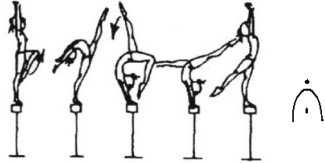
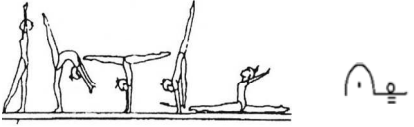

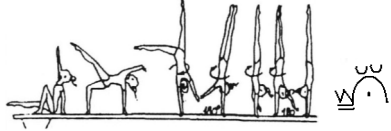
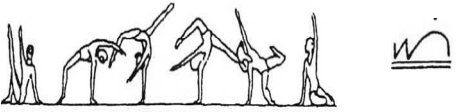
A	B	C	D	E	F/G
<p>4.104</p>	<p>4.204 Roll fwd without hand support to sit position or to tuck stand</p> 	<p>4.304 Free shoulder roll fwd with hip extension and without hand support to sit position or tuck stand</p> 	<p>4.404</p>	<p>4.504</p>	<p>4.604</p>
<p>4.105</p>	<p>4.205 Roll bwd to hstd - lower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

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

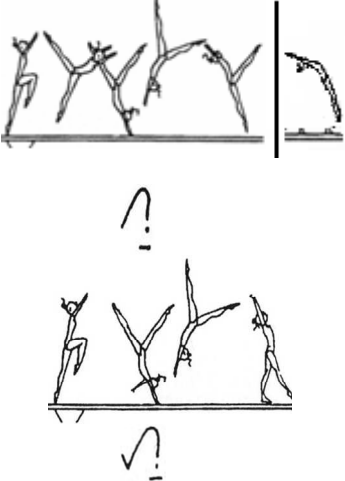
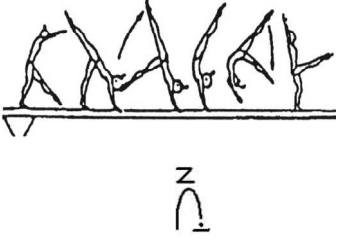
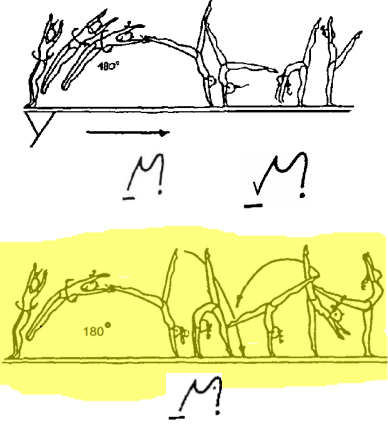
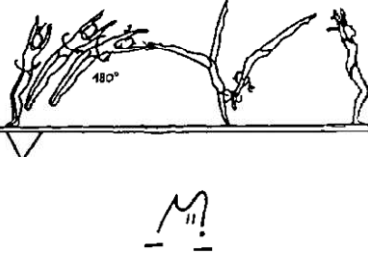
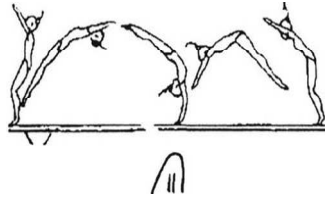
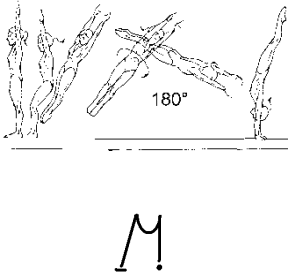
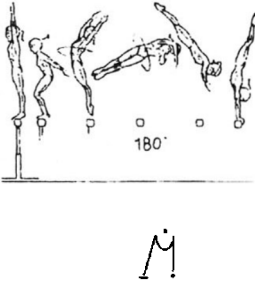
A	B	C	D	E	F/G
<p><b>4.107</b> Cartwheel, also with support on one arm, or Cartwheel with flight phase before or after hand support</p> 	<p><b>4.207</b></p>	<p><b>4.307</b> Side split – roll swd stretched, legs separated – end position optional</p> 	<p><b>4.407</b></p>	<p><b>4.507</b></p>	<p><b>4.607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



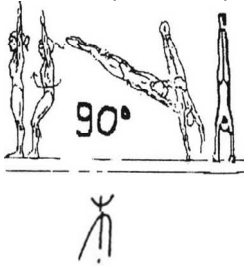
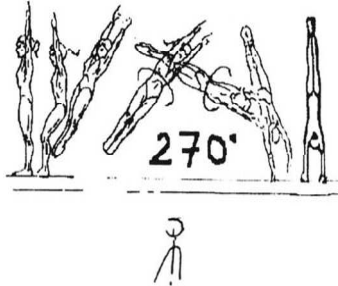
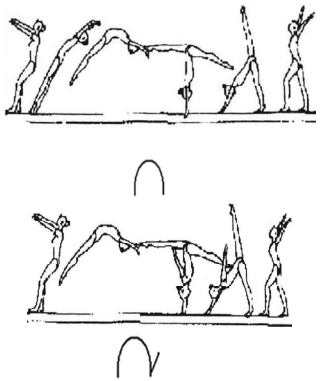
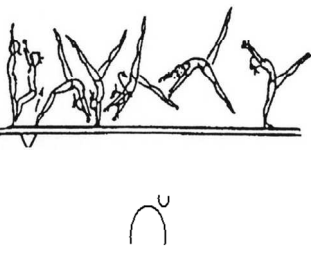
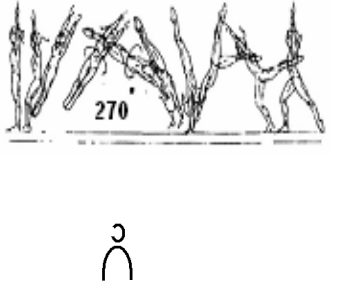
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p><b>4.109</b> Walkover bwd, with/without alternate hand support, also with swing down to cross sit</p> 	<p><b>4.209</b> Walkover bwd, with support of one arm</p> 	<p><b>4.309</b> Walkover bwd with 1/2 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><b>4.409</b></p>	<p><b>4.509</b></p>	<p><b>4.609</b></p>
<p><b>4.110</b></p>	<p><b>4.210</b> From extended tuck sit – walkover bwd (Valdez)</p> 	<p><b>4.310</b> 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><b>4.410</b></p>	<p><b>4.510</b></p>	<p><b>4.610</b></p>

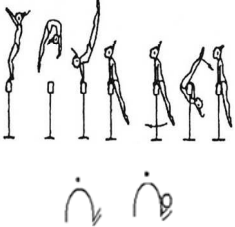
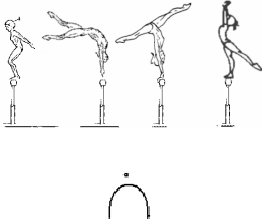
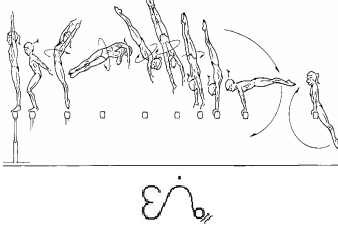
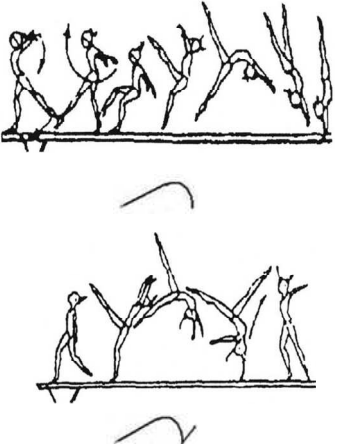
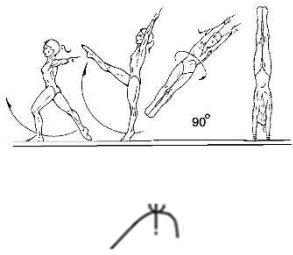
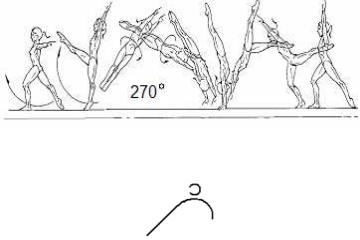
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p><b>5.101</b></p>	<p><b>5.201</b>  <i>Handspring fwd with flight to land on one or both legs (same element), also with support on one arm</i></p> 	<p><b>5.301</b>  <i>Handspring fwd with leg change in flight phase</i></p> 	<p><b>5.401</b>  <i>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</i></p> 	<p><b>5.501</b>  <i>Jump bwd (flic-flac take-off) with 1/2 twist (180°) to handspring fwd land on 2 feet.</i></p> 	<p><b>5.601</b></p>
<p><b>5.102</b></p>	<p><b>5.202</b>  <i>Flic-flac to land on both feet</i></p> 	<p><b>5.302</b>  <i>Flic-flac with 1/2 twist (180°) to hstd (2 sec.) - lower to optional end position</i></p> 	<p><b>5.402</b>  <i>Flic-flac from side position with 1/2 twist (180°) to side hstd lower to optional end position</i></p> 	<p><b>5.502</b></p>	<p><b>5.602</b></p>

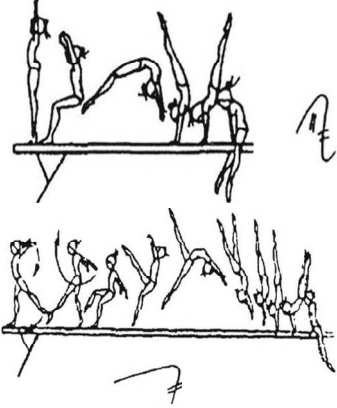
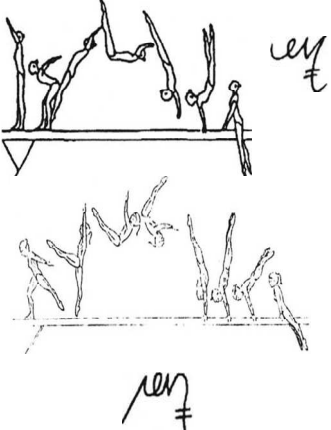
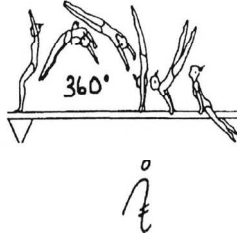
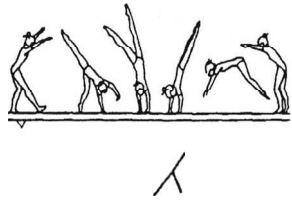
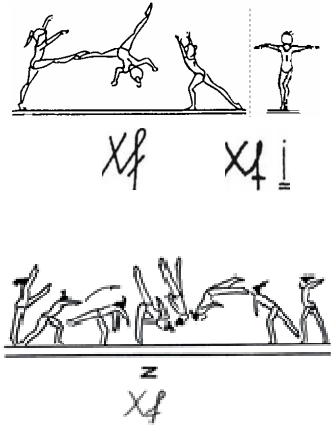
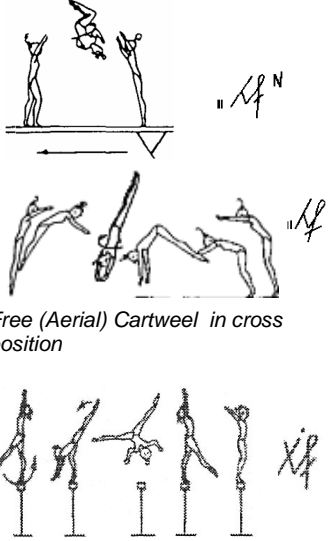
5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.103</p>	<p>5.203</p>	<p>5.303 Flic-flac with <math>\frac{1}{4}</math> twist (<math>90^\circ</math>) to hstd (2 sec.) - lower to optional end position</p> 	<p>5.403 Flic-flac with <math>\frac{1}{4}</math> twist (<math>270^\circ</math>) to side hstd (2 sec.) - lower to optional end position</p> 	<p>5.503</p>	<p>5.603</p>
<p>5.104</p>	<p>5.204 Flic-flac with step-out, also with support on one arm</p> 	<p>5.304 Flic-flac with <math>\frac{1}{2}</math> twist (<math>180^\circ</math>) after hand support</p> 	<p>5.404 Flic-flac with min. <math>\frac{1}{4}</math> twist (<math>270^\circ</math>) before hand support</p> 	<p>5.504</p>	<p>5.604</p>

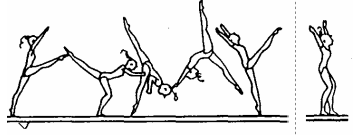




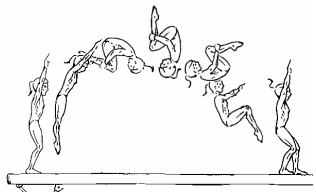

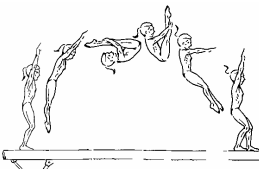

5.000 — ACROBATIC FLIGHT

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

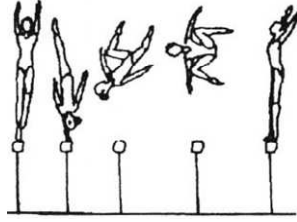
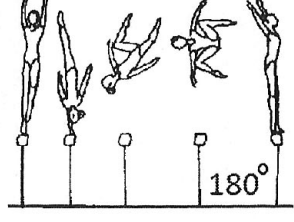
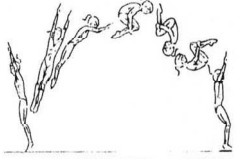

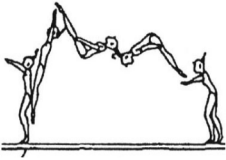
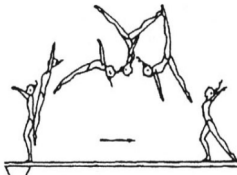
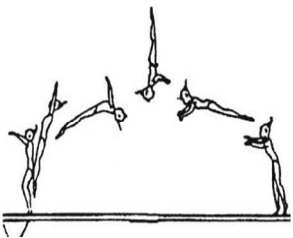
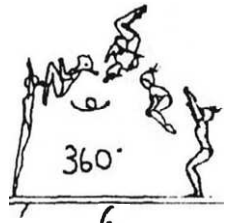
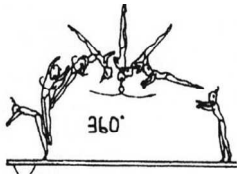
5.000 — ACROBATIC FLIGHT

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 cross position</p>	<p>5.608</p>



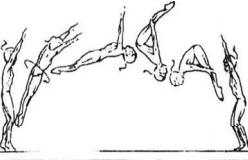
5.000 — ACROBATIC FLIGHT

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

5.000 — ACROBATIC FLIGHT

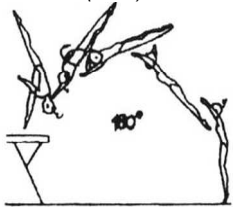

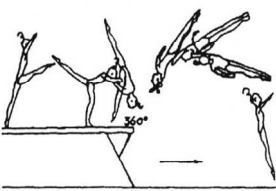

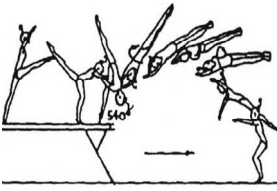

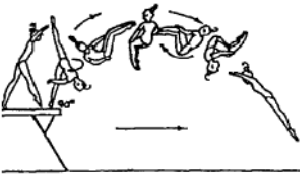

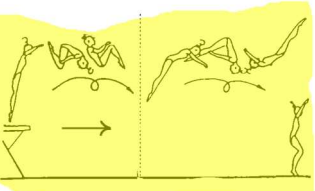

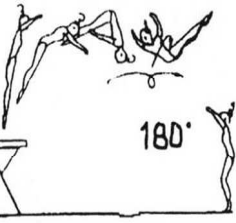

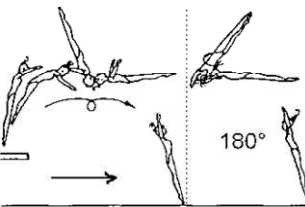





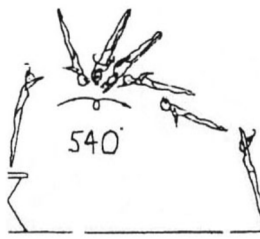

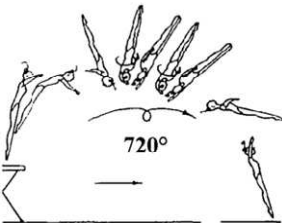

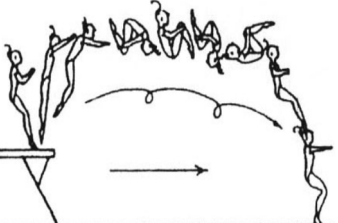

A	B	C	D	E	F/G
<p>5.111</p>	<p>5.211</p>	<p>5.311</p>	<p>5.411 Salto swd tucked take off from one leg to side stand</p>  <p style="text-align: center;">du</p>	<p>5.511 Salto swd tucked with 1/2 turn (180°) take off from one leg to side stand</p>  <p style="text-align: center;">du 180°</p>	<p>5.611 - F- Arabian salto tucked (take-off bwd with 1/2 twist [180°], salto fwd)</p>  <p style="text-align: center;">" / r</p>
<p>5.112</p>	<p>5.212</p>	<p>5.312 Salto bwd tucked, piked or stretched (step out)</p>  <p style="text-align: right;">u</p>  <p style="text-align: right;">u v</p>  <p style="text-align: right;">u</p>	<p>5.412</p>	<p>5.512 Salto bwd stretched with legs together</p>  <p style="text-align: center;">u "</p>	<p>5.612 - F- Salto bwd tucked with 1/1 twist (360°)</p>  <p style="text-align: center;">360° u</p> <p>5.713 - G - Salto bwd stretched with 1/1 twist (360°)</p>  <p style="text-align: center;">360° u</p>

5.000 — ACROBATIC FLIGHT

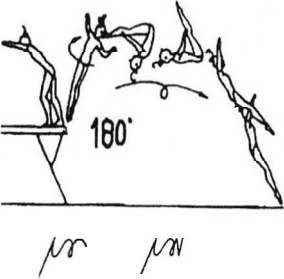
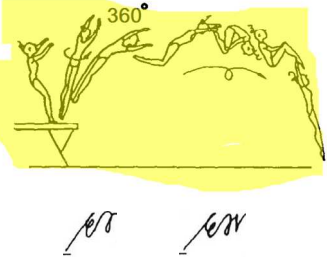
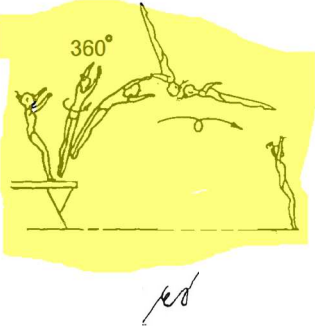
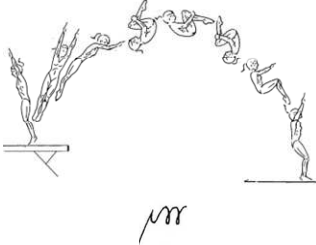
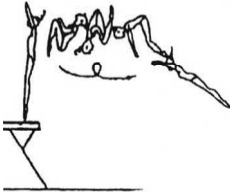
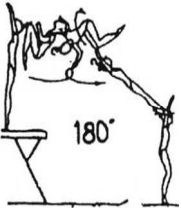
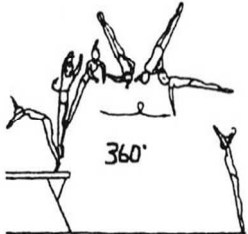
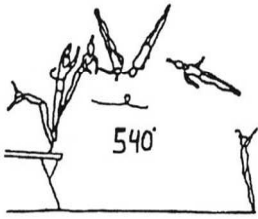
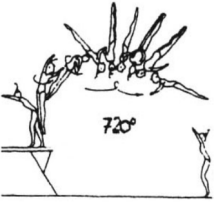
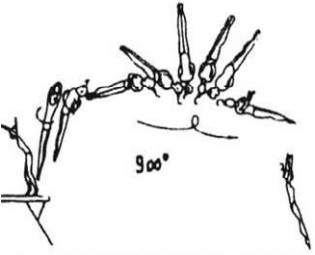
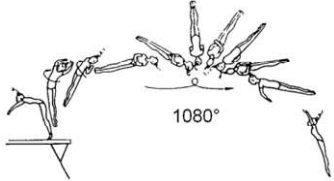
A	B	C	D	E	F/G
5.113	5.213	<p>5.313 Gainer salto bwd tucked, piked or stretched-step out</p>  <p style="text-align: center;"><i>re</i></p>  <p style="text-align: center;"><i>rev re</i></p>	5.413	5.513	<p><b>5.613 - F -</b> Jump fwd with ½ twist (180°) – salto bwd tucked or piked</p>  <p style="text-align: center;"><i>re rev</i></p>
5.114	5.214				



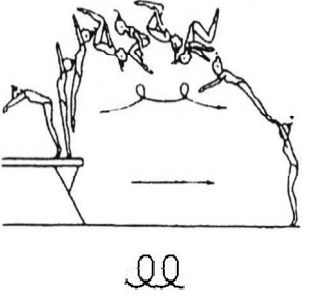
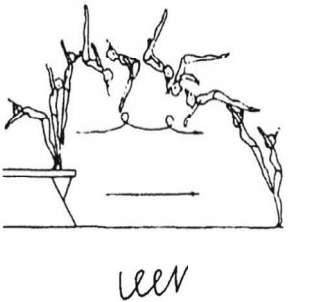
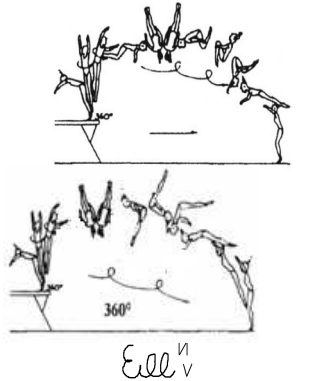
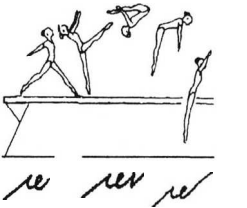
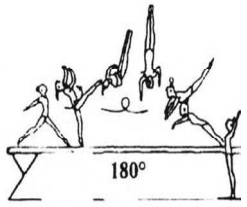
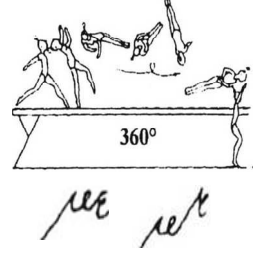
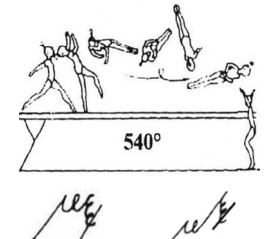
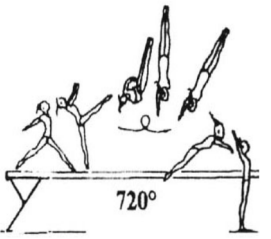
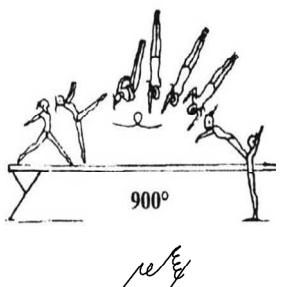
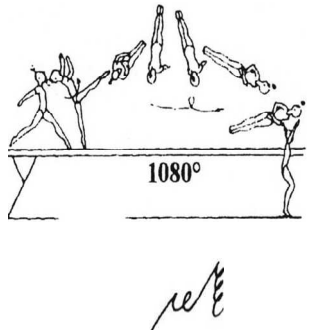
6.000 — DISMOUNTS

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

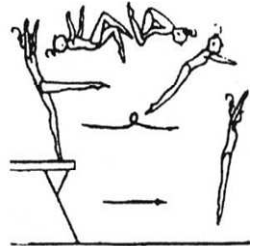
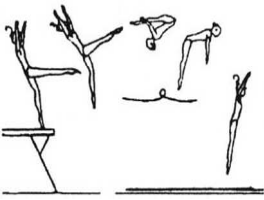
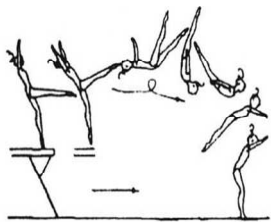
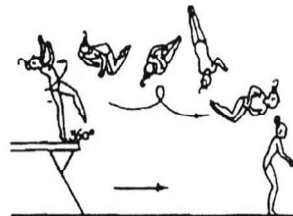
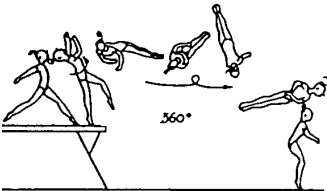
6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p><b>6.103</b></p>	<p><b>6.203</b> Jump bwd, with ½ twist (180°), salto fwd tucked or piked (Arabian salto)</p> 	<p><b>6.303</b> Stretched jump fwd with 1/1 twist (360°) and salto fwd tucked or piked.</p> 	<p><b>6.403</b> Stretched jump fwd with 1/1 twist (360°) and salto fwd stretched</p> 	<p><b>6.503</b></p>	<p><b>6.603</b></p> <p><b>6.703 - G -</b> Arabian double salto fwd. tucked</p> 
<p><b>6.104</b> Salto bwd tucked, piked, or stretched, also with ½ twist (180°)</p>  	<p><b>6.204</b> Salto bwd tucked or stretched with 1/1 (360°)</p> 	<p><b>6.304</b> Salto bwd tucked or stretched with 1½ twist (540°)</p>  <p>Salto bwd stretched with 2/1 twist (720°)</p> 	<p><b>6.404</b> Salto bwd stretched with 2½ twist (900°)</p> 	<p><b>6.504</b></p>	<p><b>6.604 - F -</b> Salto bwd stretched with 3/1 twist (1080°)</p> 

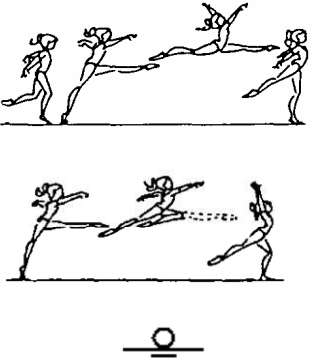
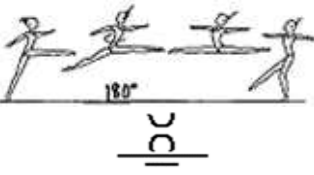
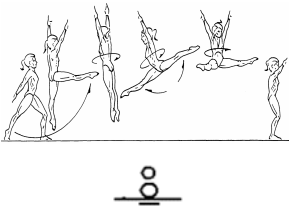
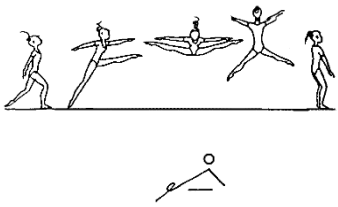
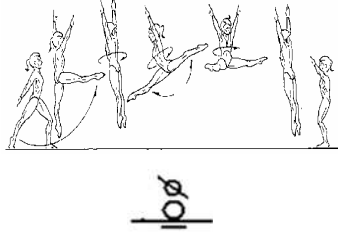
6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p><b>6.105</b></p>	<p><b>6.205</b></p>	<p><b>6.305</b></p>	<p><b>6.405</b> <i>Double salto bwd tucked</i></p> 	<p><b>6.505</b> <i>Double salto bwd piked</i></p> 	<p><b>6.605</b> <b>6.705 - G -</b> <i>Double salto bwd tucked or piked with 1/1 twist (360°)</i></p> 
<p><b>6.106</b> <i>Gainer salto tucked, piked, or stretched to side of beam, also with 1/2 twist (180°) (tucked, or stretched)</i></p>  	<p><b>6.206</b> <i>Gainer salto tucked or stretched with 1/1 (360°) to side of beam</i></p> 	<p><b>6.306</b> <i>Gainer salto bwd tucked or stretched with 1 1/2 (540°) or 2/1 twist (720°) to side of beam</i></p>  	<p><b>6.406</b> <i>Gainer salto bwd stretched with 2 1/2 twist (900°) to side of beam</i></p> 	<p><b>6.506</b></p>	<p><b>6.606 - F -</b> <i>Gainer salto bwd stretched with 3/1 twist (1080°) to side of beam</i></p> 

6.000 — DISMOUNTS

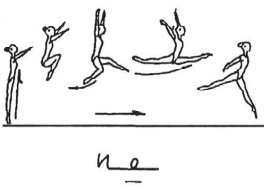

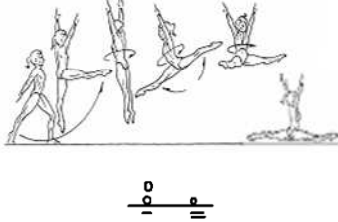
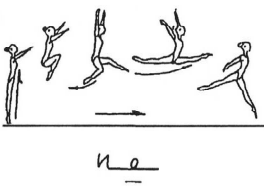
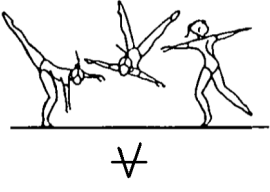
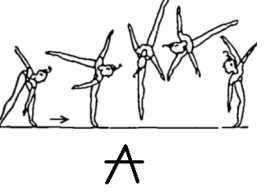
A	B	C	D	E	F/G
<p>6.107</p>	<p>6.207 Gainer salto tucked or piked at end of beam</p>  <p><i>res</i></p>  <p><i>res</i></p>	<p>6.307 Gainer salto stretched with legs together at end of the beam</p>  <p><i>res</i></p> <p>Gainer salto tucked or stretched with 1/1 twist (360°) at end of beam</p>  <p><i>res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

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

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

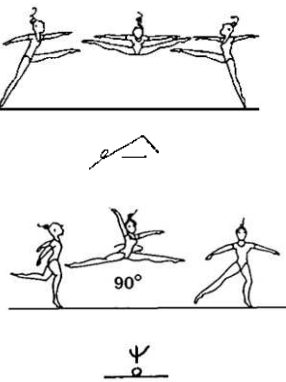
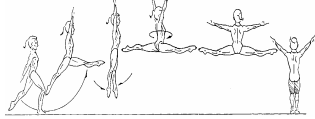
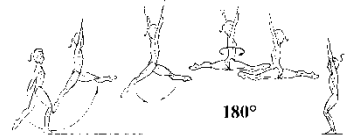
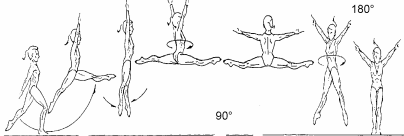
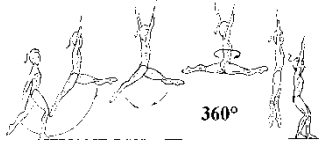
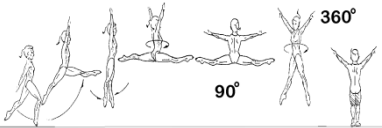


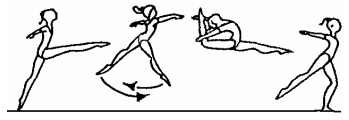
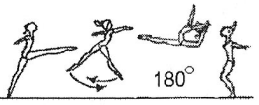
(\*) Elements in the same box with an (\*) asterisk receive credit only once in chronological order

**1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS**

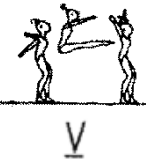
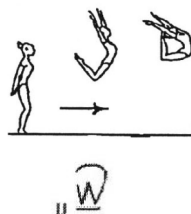
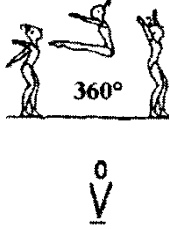
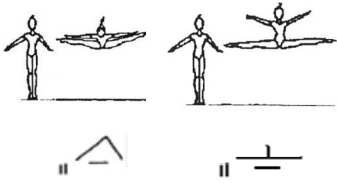
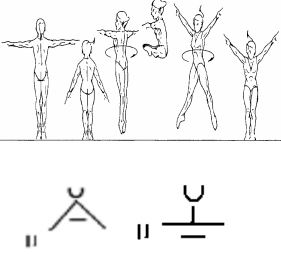
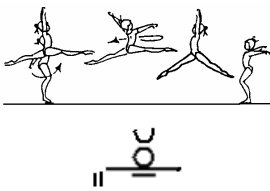
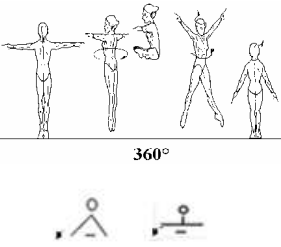
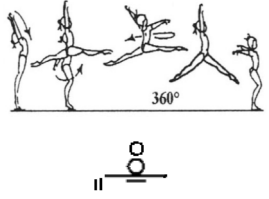
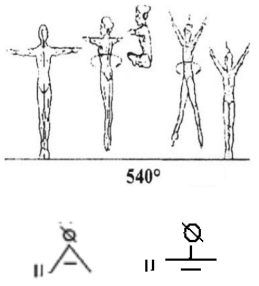
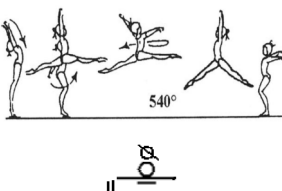
A	B	C	D	E	F/G
<p><b>1.102</b></p>  <p><i>Tuck jump with separation of legs to cross split (180°) during flight phase</i></p>	<p><b>1.202</b> <i>Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)</i></p> 	<p><b>1.302</b> <i>Split leap with 1/1 turn (360°) to land in split sit position</i></p> 	<p><b>1.402</b></p>	<p><b>1.502</b></p>	<p><b>1.602</b></p>
<p><b>1.103</b> <i>Tuck jump with separation of legs to cross split (180°) during flight phase</i></p> 	<p><b>1.203 (*)</b> <i>Butterfly fwd torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight.</i></p>  <p><b>1.203 (*)</b> <i>Butterfly bwd torso parallel to floor, slightly arched, legs straddled and feet at or slightly below hip height during flight.</i></p> 	<p><b>1.303</b></p>	<p><b>1.403</b></p>	<p><b>1.503</b></p>	<p><b>1.603</b></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><b>1.104 (*)</b> 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 align="center">ZΛ</p>	<p><b>1.204</b> Switch leap with ¼ turn (90°) to side split or to straddle pike position (both legs above horizontal) (Johnson)</p>  <p align="center">ZΛ</p>	<p><b>1.304 (*)</b> Switch leap with ½ turn (180°) in flight phase</p>  <p align="center">ZΛ</p> <p align="center">Johnson with additional ½ turn (180°)</p>  <p align="center">ZΛ</p>	<p><b>1.404 (*)</b> Switch leap with 1/1 turn (360°) in flight phase</p>  <p align="center">ZΛ</p> <p align="center">Johnson with additional 1/1 Turn (360°)</p>  <p align="center">ZΛ</p>	<p><b>1.504</b></p>	<p><b>1.604</b></p>
<p>(*) Elements in the same box with an (*) asterisk receive credit only once in chronological order</p>					
<p><b>1.105</b> Stride leap fwd with change of legs to wolf position</p>  <p align="center">ZΛ</p>	<p><b>1.205</b> Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation &lt; after leg change) (Switch leap)</p>  <p align="center">ZΛ</p>	<p><b>1.305</b> Switch leap to ring position (180° separation of legs)</p>  <p align="center">ZΛ</p>	<p><b>1.405</b> Switch leap to Ring position with ½ turn (180°)</p>  <p align="center">ZΛ</p>	<p><b>1.505</b></p>	<p><b>1.605</b></p>

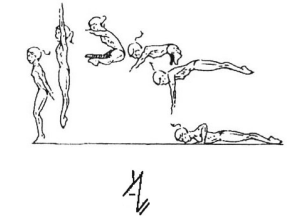
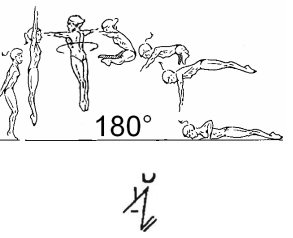
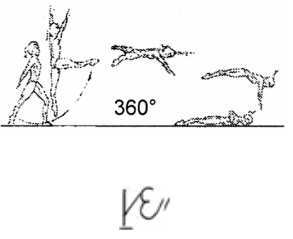
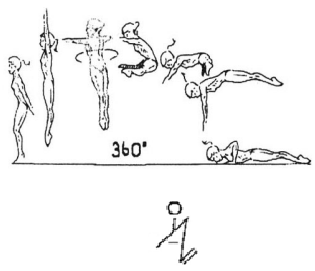
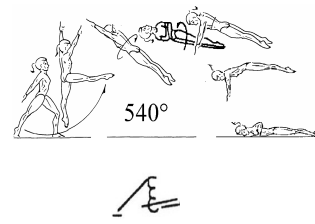
**1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS**

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

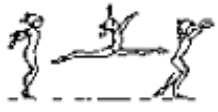

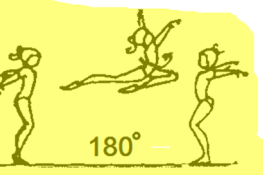

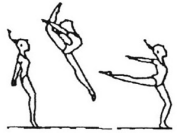

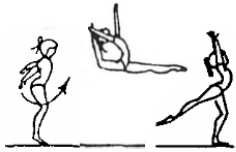
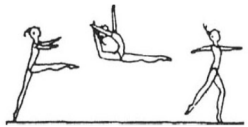
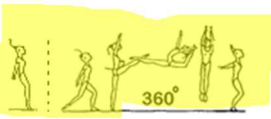

(\*) Elements in the same box with an (\*) asterisk receive credit only once in chronological order



1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

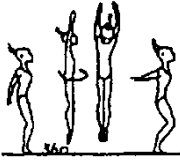
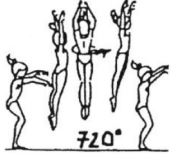

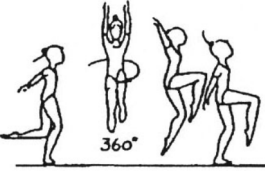
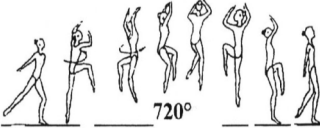
A	B	C	D	E	F/G
<p><b>1.108 (*)</b>  <i>Straddle pike (both legs above horizontal), or side split jump landing in front lying support (also with 1/2 turn (180°))</i></p>   <p><i>Hop with 1/1 turn (360°) to straddle and land in front lying support</i></p> 	<p><b>1.208 (*)</b>  <i>Straddle pike (both legs above horizontal), or side split jump with 1/1 turn (360°) landing in front lying support</i></p>  <p><i>Hop with 1 1/2 turn (540°) in horizontal plane to land in front lying support</i></p> 	<p><b>1.308</b></p>	<p><b>1.408</b></p>	<p><b>1.508</b></p>	<p><b>1.608</b></p>

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

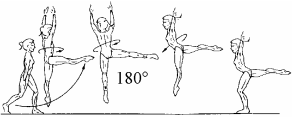

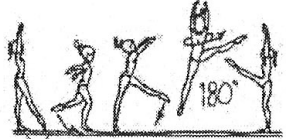



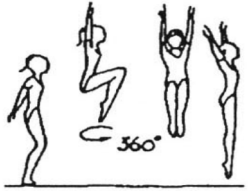

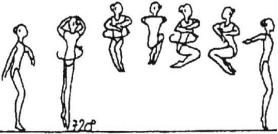

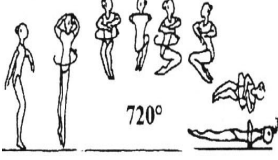

A	B	C	D	E	F/G
<p><b>1.109 (*)</b></p> <p><b>Split jump (leg separation 180°)</b></p>  <p>Stag jump</p>  <p><b>Stag jump with 1/2 turn (180°)</b></p>  <p>Sissone (leg separation 180° on the diagonal/45° to the floor) take off two feet, land on one foot</p> 	<p><b>1.209 (*)</b></p> <p>Ring jump (rear foot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

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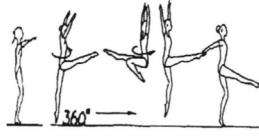
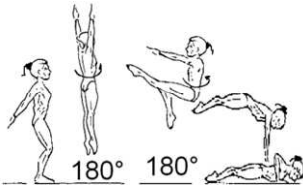
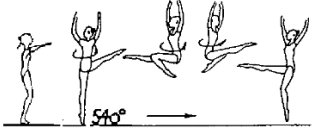
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

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 style="text-align: center;">○</p>	<p>1.310 Stretched hop or jump with 2/1 turn (720°)</p>  <p style="text-align: center;"><del>○</del></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 style="text-align: center;">M</p>	<p>1.211 Leap with alternate leg change (knees above horizontal) with 1/1 turn (360°) (Cat leap)</p>  <p style="text-align: center;">○ M</p>	<p>1.311 Cat leap with 2/1 turn (720°)</p>  <p style="text-align: center;"><del>○</del> M</p>	<p>1.411</p>	<p>1.511</p>	<p>1.611</p>

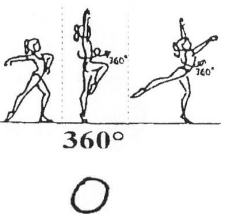
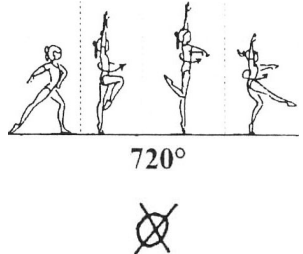
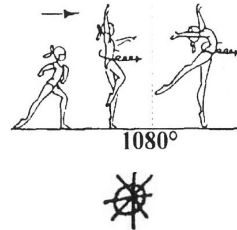
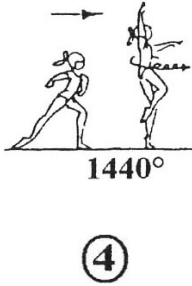
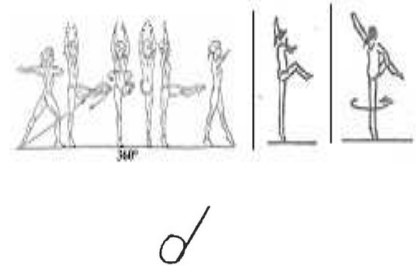
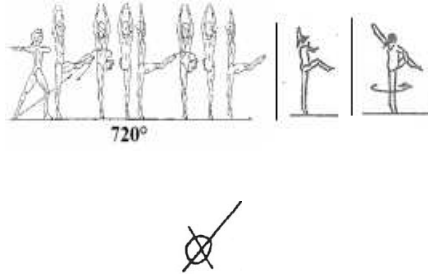
**1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS**

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

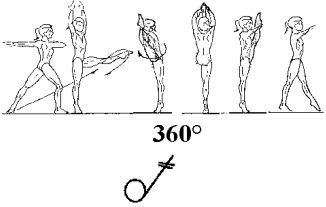
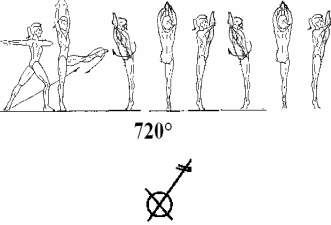
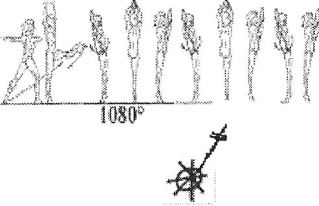
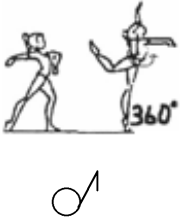
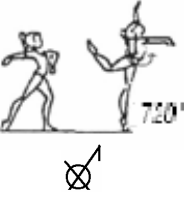
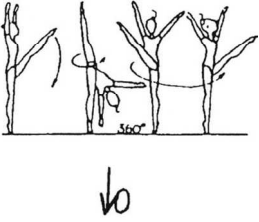
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p><b>1.114</b> Hop or Jump with one leg bent and the other – extended straight, fwd above horizontal with knees together (Wolf hop or jump)</p>  <p style="text-align: center;"><u>W</u></p>	<p><b>1.214 (*)</b> Wolf hop or jump with 1/1 turn (360°)</p>  <p style="text-align: center;"><u>W</u></p> <p>Wolf hop or jump with 1/1 turn (360°) landing in front lying support</p>  <p style="text-align: center;"><u>W</u></p>	<p><b>1.314</b></p>	<p><b>1.414</b> Wolf hop or jump with 1½ turn (540°)</p>  <p style="text-align: center;"><u>W</u></p>	<p><b>1.514</b></p>	<p><b>1.614</b></p>

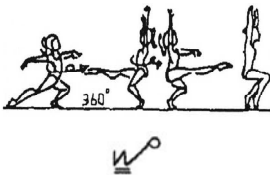
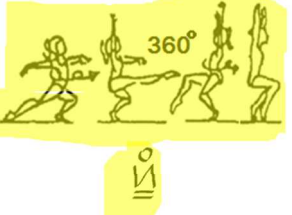


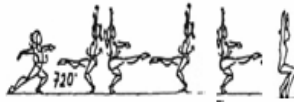





**2.000 – GYMNASTIC TURNS**

A	B	C	D	E	F/G
<p><b>2.101</b> 1/1 turn (360°) on one leg – free leg optional below horizontal</p>  <p align="center">360°</p> <p align="center">0</p>	<p><b>2.201</b> 2/1 turn (720°) on one leg – free leg optional below horizontal</p>  <p align="center">720°</p> <p align="center"><del>0</del></p>	<p><b>2.301</b> 3/1 turn (1080°) on one leg – free leg optional below horizontal</p>  <p align="center">1080°</p> <p align="center"><del>0</del></p>	<p><b>2.401</b></p>	<p><b>2.501</b> 4/1 turn (1440°) on one leg – free leg optional below horizontal</p>  <p align="center">1440°</p> <p align="center">4</p>	<p><b>2.601</b></p>
<p><b>2.102</b></p>	<p><b>2.202</b> 1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn, <b>also with free leg held</b> (support and free leg may be straight or bent)</p>  <p align="center">360°</p> <p align="center"><del>0</del></p>	<p><b>2.302</b></p>	<p><b>2.402</b> 2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn, <b>also with free leg held</b> (support and free leg may be straight or bent)</p>  <p align="center">720°</p> <p align="center"><del>0</del></p>	<p><b>2.502</b></p>	<p><b>2.602</b></p>

**2.000 – GYMNASTIC TURNS**

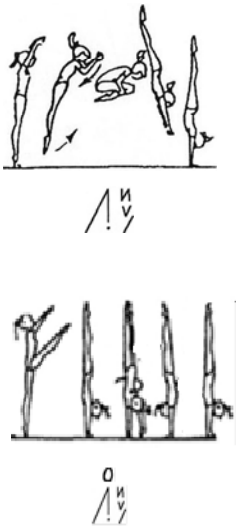
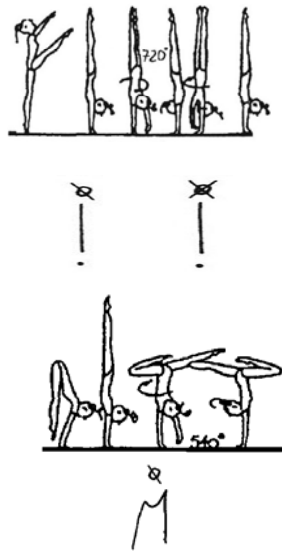
A	B	C	D	E	F/G
<p><b>2.103</b></p>	<p><b>2.203</b> 1/1 turn (360°) with free leg held upward in 180° split position throughout turn</p> 	<p><b>2.303</b></p>	<p><b>2.403</b> 2/1 turn (720°) with free leg held upward in 180° split position throughout turn</p> 	<p><b>2.503</b> 3/1 turn (1080°) with free leg held upward in 180° split position throughout turn</p> 	<p><b>2.603</b></p>
<p><b>2.104</b></p>	<p><b>2.204</b> 1/1 turn (360°) in back attitude (knee of free leg at horizontal throughout turn)</p> 	<p><b>2.304</b></p>	<p><b>2.404</b> 2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn)</p> 	<p><b>2.504</b></p>	<p><b>2.604</b></p>
<p><b>2.105</b></p>	<p><b>2.205</b> 1/1 illusion turn (360°) through standing split without touching floor with hand</p> 	<p><b>2.305</b></p>	<p><b>2.405</b></p>	<p><b>2.505</b></p>	<p><b>2.605</b></p>

2.000 – GYMNASTIC TURNS

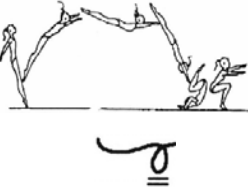

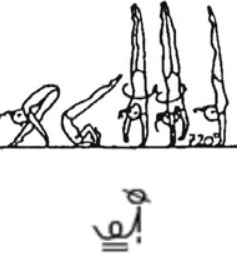
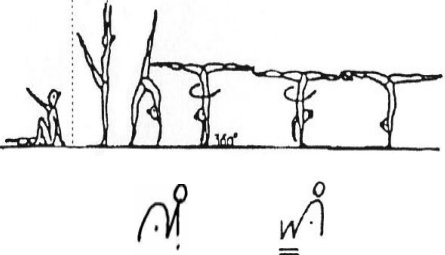
A	B	C	D	E	F/G
<p><b>2.106 (*)</b> 1/1 turn (360°) in tuck stand on one leg - free leg optional</p>  	<p><b>2.206</b> 2/1 turn (720°) in tuck stand on one leg - free leg bent</p>  	<p><b>2.306</b></p>	<p><b>2.406</b> 2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn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




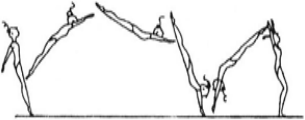
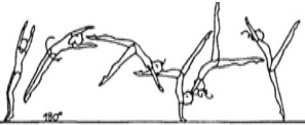
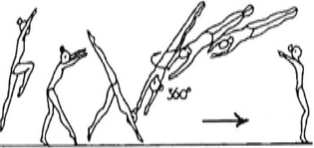


**3.000 — HAND SUPPORT ELEMENTS**

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

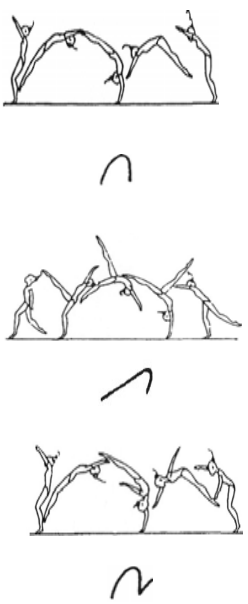

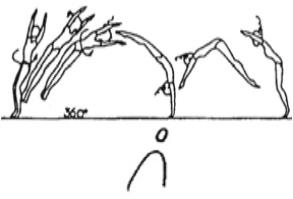
**3.000 — HAND SUPPORT ELEMENTS**

A	B	C	D	E	F/G
<p><b>3.102</b> <i>Hecht roll</i></p> 	<p><b>3.202</b></p>	<p><b>3.302</b></p>	<p><b>3.402</b></p>	<p><b>3.502</b></p>	<p><b>3.602</b></p>
<p><b>3.103</b> <i>Roll bwd to hstd with ½ or 1/1 turn (180°, 360°) in hstd</i></p> 	<p><b>3.203</b> <i>Roll bwd to hstd with 1 1/2- (540° 720°) turn in hstd</i></p> 	<p><b>3.303</b></p>	<p><b>3.403</b></p>	<p><b>3.503</b></p>	<p><b>3.603</b></p>
<p><b>3.104</b> <i>Walkover bwd from stand or extended tuck-sit to hstd with 1/1 turn (360°) in hstd – return movement optional</i></p> 	<p><b>3.204</b></p>	<p><b>3.304</b></p>	<p><b>3.404</b></p>	<p><b>3.504</b></p>	<p><b>3.604</b></p>

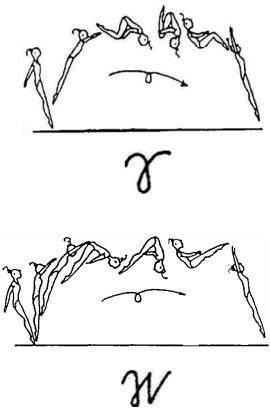
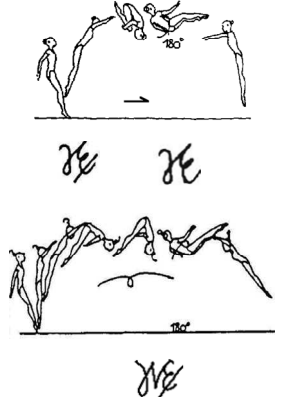
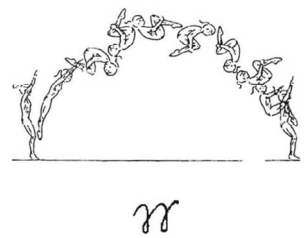
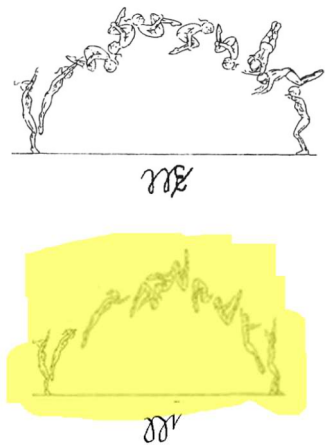
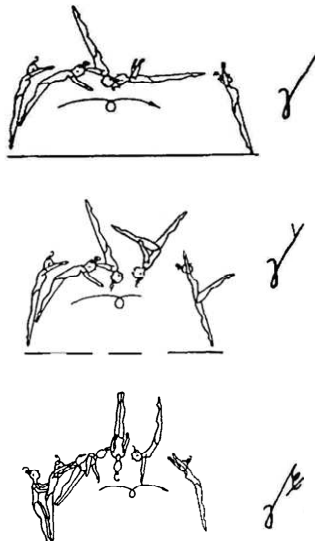
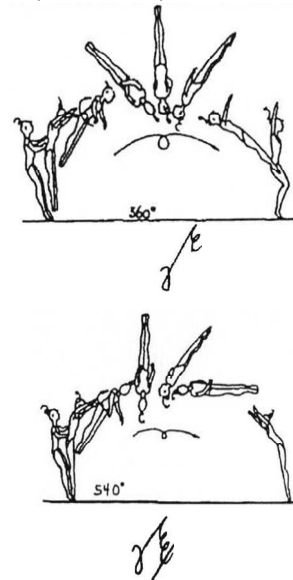
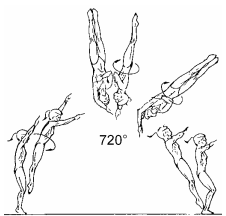
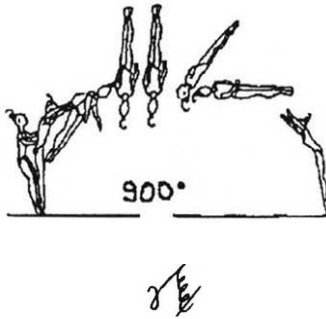
**3.000 — HAND SUPPORT ELEMENTS**

A	B	C	D	E	F/G
<p><b>3.105</b>  <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><b>3.305</b>  <i>Handspring fwd with 1/1 twist (360°) after hand support or before</i></p>  			
<p><b>3.106</b>            Round-off</p> 	<p><b>3.206</b></p>	<p><b>3.306</b></p>	<p><b>3.406</b></p>	<p><b>3.506</b></p>	<p><b>3.606</b></p>

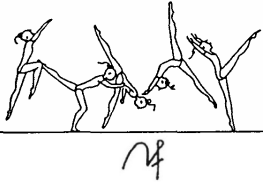
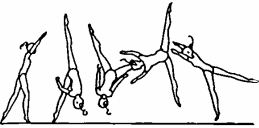
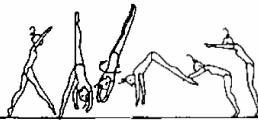
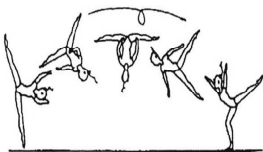
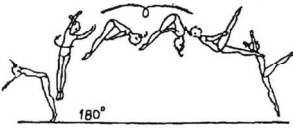
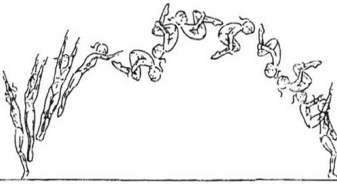
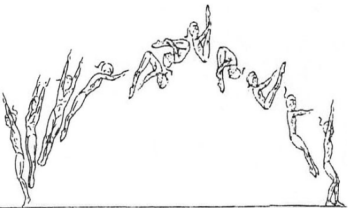
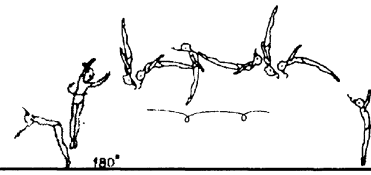
**3.000 — HAND SUPPORT ELEMENTS**

A	B	C	D	E	F/G
<p><b>3.107</b>  <i>All flic-flac and gainer flic-flac variations, also with support of one arm</i></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><b>3.207</b>  <i>Flic-flac with 1/1 twist (360°) before hand support</i></p> 	<p><b>3.307</b></p>	<p><b>3.407</b></p>	<p><b>3.507</b></p>	<p><b>3.607</b></p>

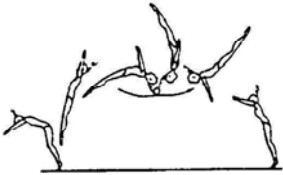
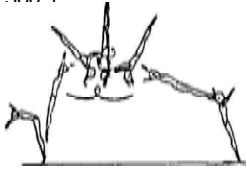
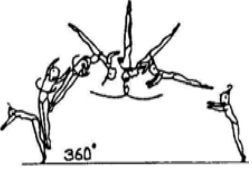
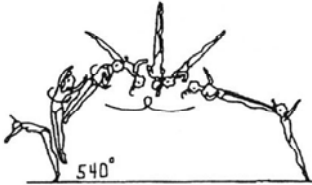
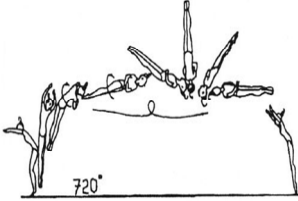
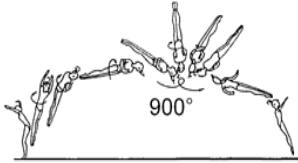
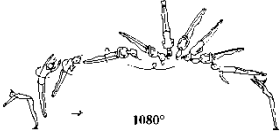
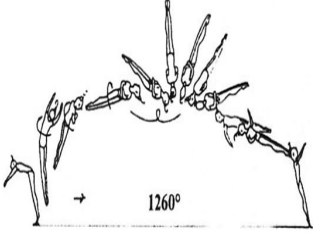
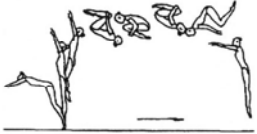


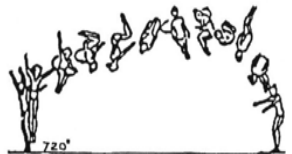
4.000 – SALTOS FORWARD & SIDWARD

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

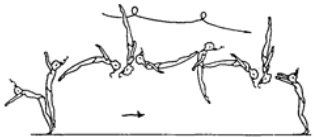
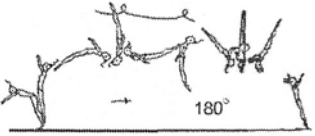
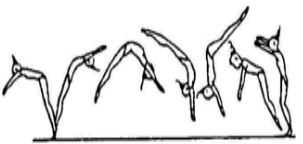

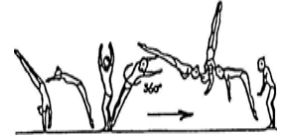
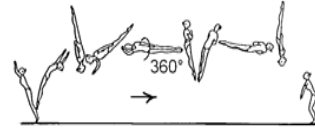
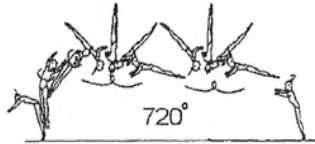
4.000 – SALTOS FORWARD & SIDEWARD

A	B	C	D	E	F/G/H
<p><b>4.103</b> Free (aerial) walkover fwd</p> 	<p><b>4.203</b></p>	<p><b>4.303</b></p>	<p><b>4.403</b></p>	<p><b>4.503</b></p>	<p><b>4.603</b></p>
<p><b>4.104</b> Free (aerial) cartwheel or free (aerial) round-off</p> 		<p><b>4.304</b></p>	<p><b>4.404</b></p>	<p><b>4.504</b></p>	<p><b>4.604</b></p>
<p><b>4.105</b> From take-off fwd from one or both legs – salto swd tucked or piked</p> 	<p><b>4.205</b> Arabian salto tucked or piked, (take-off bwd with 1/2 twist [180°], salto fwd) – landing optional</p> 	<p><b>4.305</b></p>	<p><b>4.405</b></p>	<p><b>4.505</b> Arabian double salto tucked, also with 1/2 twist (180°)</p> 	<p><b>4.605 - F -</b> Arabian double salto piked</p>  <p><b>4.805 - H -</b> Arabian double salto stretched</p> 

5.000 - SALTOS BACKWARD

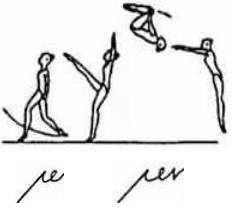
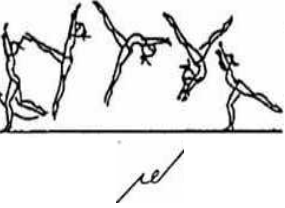

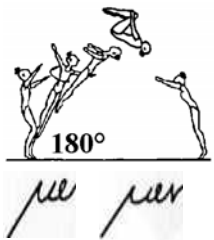
A	B	C	D	E	F/G/H/I
<p><b>5.101</b> Salto bwd tucked, piked, or stretched</p>  <p>u e u e</p>	<p><b>5.201</b> Salto bwd stretched with ½, or salto bwd tucked or stretched with 1/1 twist (180° or 360°)</p>  <p>E</p>  <p>E<sup>11</sup></p>	<p><b>5.301</b> Salto bwd stretched with 1½ or 2/1 twist (540° or 720°)</p>  <p>E</p>  <p>E</p>	<p><b>5.401</b> Salto bwd stretched with 2½ twist (900°)</p>  <p>E</p>	<p><b>5.501</b> Salto bwd stretched with 3/1 twist (1080°)</p>  <p>E</p>	<p><b>5.601 - F -</b> Salto bwd stretched with 3½ twist (1260°)</p>  <p>E</p>
<p><b>5.102</b></p>	<p><b>5.202</b></p>	<p><b>5.302</b></p>	<p><b>5.402</b> Double salto bwd tucked</p>  <p>u e u e</p> <p>Double salto bwd piked</p>  <p>u e u e</p>	<p><b>5.502</b> Double salto bwd tucked or piked with 1/1 twist (360°)</p>  <p>E u e u E u e u</p>	<p><b>5.602/ 5.702</b></p> <p><b>5.802 - H -</b> Double salto bwd tucked with 2/1 twist (720°)</p>  <p>E u e u</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 - F - Double salto bwd stretched</p>  <p>✓</p> <p>5.703- G- Double Salto bwd stretched with 1/2 twist (180°)</p>  <p>✓</p> <p>5.803 - H - Double salto bwd stretched with 1/1 twist (360°)</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>Whip salto bwd with 1/1 twist (360°)</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>✓</p> <p>5.903 - I - Double Salto bwd stretched with 2/1 twist (720°)</p>  <p>✓</p>



5.000 - SALTOS BACKWARD

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

### 2017 FIG Vault Table

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

	↘	A -.100	B -.200	C -.300	D -.400	E -.500	F -.600	G -.700
1. ↑	01	L L						
	02	U U	→EL					
	03	↙ ↘	↘ ↘					
	04	↗ ↘	↗ →E1	→E				
	05	→E1						
	06	↗	→A ↗	↗				
	07		→Z	↗ ↘	↗			
	08		→A ↗	→ ↗	↗			
	09				→K ↗	K	↗	↗
	10		→ ↗	↗ ↗ ↗	↗			
	11				↗ ↗			
2. ↙	01	↙	↙ ↙ ↙	↙	↙			
	02		↙ ↙	↙ ↙				
	03			↙ ↘	↙ ↘	↙ ↘		
	04	○			↙ ↘			
	05	○ ○		↙ ↘	↙ ↘	↙ ↘		
	06		↙ ↘		↙ ↘	↙ ↘	↙ ↘	
	07			↙ ↘				
3. ↘	01		↘ ↘ ↘	↘	↘ ↘ ↘			
	02				↘ ↘	↘ ↘		
	03				↘ ↘	↘ ↘ ↘ ↘		
	04			↘ ↘	↘ ↘	↘ ↘	↘ ↘	
	05				↘ ↘ ↘ ↘	↘ ↘	↘ ↘	
	06		↘ ↘ ↘	↘ ↘		↘ ↘ ↘ ↘		
	07			↘ ↘	↘ ↘			
	08			↘ ↘ ↘ ↘	↘ ↘	↘ ↘ ↘ ↘	↘ ↘	↘ ↘
	09			↘ ↘ ↘ ↘	↘ ↘			
	10			↘ ↘ ↘ ↘	↘ ↘	↘ ↘ ↘ ↘		

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

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	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	F.600	G.700
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	F - .600
1.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						
	09						
	10						
	11						
	12						
	13						
	14						
2.	01						
	02						
	03						
	04						
	05						
	06						
	07						

		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									

CV	0.1	0.2	CR	CV	0.1	0.2	CR	CV	0.1	0.2	CR
	D + D or more	D (flight → or ↗) + C or more on HB (Must be performed in this order)	HB ↘ LB  Flight →	Acro Flight (Must be rebounding) 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 A + A + D	C + E D + D A + A + E	2 different Dance - 1 with 180° split / straddle
		D + E (both flight ele.)	2 different Grips (No cast, MT, DMT)	SB - Dance/Mixed & Acro	B + B + C (DMT min. C)		Turn (Gr. 3)	Acro Direct	A + D C + C	A + E C + D	Salto with LA turn (min. 360°)
			Non-flight with 360° turn (No MT)	Dance & Mixed	C + C (Dance) A + C (Turns) B + D (Mixed)	D + D	Acro Series (2 ele. 1 salto)	Mixed	D (salto) + B (dance) E (salto) + A (dance)		Salto with Double BA
				Salto + 1 foot Scale (this order)	D + A		Acro Direction (fwd/swd & bwd)	Turns	D + B B + B (no step)		Acro bwd & fwd within 1 acro line
				Confidence		0.1		Expressiveness		0.1	
				Personal style		0.1		Inappropriate gesture or facial expression (mimic)		0.1	Missing movement touching floor
				Rhythm & tempo in move. (no DV)		0.1		Eye focus		0.1	No structure to the music
				Ex. as a series of disconnected ele./move.		0.1		Inability to play a role or a character throughout		0.1	Lack of syn. during part of exercise
				Insufficient Complexity or creativity in the move.		0.1		Exercise as a series of disconnected ele./movements		0.1	Lack of syn. at end of exercise
				Insufficient use of entire length of BB		0.1		Incorrect selection of move. for music		0.1 / 0.3	Background music
				Missing combination of move./ele. close to BB		0.1		Insufficient complexit or creativity of movements		0.1	No DMT
				Lack of side movements (no DV)		0.1		Lack of variety of Choreography in corners		0.1	
				+1 ½ turn on 2 feet with straight legs		0.1	No DMT 0.5				

										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			
										EXE	ART	.2 B	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			
										EXE	ART	.2 B	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			
										EXE	ART	.2 B	FINAL
										.1 A			

## 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 ~~World Championships~~, **Youth** Olympic Games and other Multisport Games, ~~World Cup Qualifying Competitions~~, International Competitions and Tournaments as well as special events created by FIG,
- standardize the judging of the four phases of FIG official competitions: Qualification (C-I), Team Finals (C-IV), All Around (C-II) and Individual Event Finals (C-III).

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

### 2.1 Rights of the Gymnast

#### 2.1.2 Warm up

– In **Qualifying (C-I), Team Final (C-IV), All Around Final (C-II) & Apparatus Finals (C-III)** 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 **C-III: Warm up in 2 groups**

#### **NOTE:**

- *In Qualifying (C-I) and Team Final (C-IV) the entire warm-up time (30 seconds per gymnast on beam and 50 seconds on bars) belongs to the team. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up. In mixed-groups the warm-up time belongs personally to the gymnast*

### 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.

#### ~~• Dismount Principle~~

- ~~• No dismount, A - dismount ————— award 0.00 P.~~
- ~~• B - dismount ————— award 0.30 P.~~
- ~~• C - or higher dismount ————— award 0.50 P.~~

### 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 1<sup>st</sup> 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



WOMEN'S ARTISTIC GYMNASTICS								
ELEMENTS								
APPARATUS	GROUP	NAMED AFTER	FED	DESCRIPTION	ELEMENT No	ELEMENT VALUE	EVENT / YEAR	VIDEO
Vault								
Vault	1	Kim Nellie	USSR	Handspring forward on - 1 ½ (540°) off	1.03		WCh Varna (BUL) 1974	
Vault	1	Korbut Olga	USSR	Handspring fwd with 1/1 turn (360) on - 1/1 turn (360) off	1.31			
Vault	2	Chusovitina Oksana	UZB	Handspring forward on - piked salto forward with 1/1 turn (360) off	2.22			
Vault	2	Chusovitina Oksana	UZB	Handspring forward on - stretched salto forward with 11/2 t. (540) off	2.33			
Vault	2	Davidova Elena	USSR	Handspring forward with 1/1 turn (360) on - tucked salto forward off	2.40			
Vault	2	Ewdokimova Irina	KAZ	Handspring forward on - stretched salto fwd off	2.30			
Vault	2	Produnova Elena	RUS	Handspring forward on - tucked double salto forward off	2.50			
Vault	2	Wang Hui Ying	CHN	Handspring forward on - stretched salto forward with 1/2 t. (180) off	2.31			
Vault	3	Kim Nellie	USSR	Tsukahara tucked with 1/1 turn (360) off	3.12		OG Montreal (CAN) 1976	
Vault	3	Kim Nellie	USSR	Tsukahara stretched with 1/1 turn (360) off	3.32		WCh Strasbourg (FRA) 1978	
Vault	3	Tourischeva Liudmila	USSR	Tsukahara tucked	3.10			
Vault	3	Zamolodchikova Elena	RUS	Tsukahara stretched with 2/1 turn (720) off	3.34			
Vault	4	Amanar Simona	ROU	Round-off flic-flac on - stretched salto backward with 21/2 turn (900) off	4.35			
Vault	4	Dungelova Erika	BUL	Round-off flic-flac on - tucked salto backward with 2/1 turn (720) off	4.14			
Vault	4	Luconi Patrizia	ITA	Round-off, flic-flac with 3/4 turn(270°) on – tucked salto bwd off	4.40			
Vault	4	Baitova Svetlana	USSR	Round-off flic-flac on - stretched salto backward with 2 turn (720) off	4.34			
Vault	4	Yurchenko Natalija	USSR	Round-off flic-flac on - tucked salto backward off	4.10			
Vault	5	Cheng Fei	CHN	Round-off flic-flac with 1/2 turn (180) on - stretched salto forward with 11/2 turn (540) off	5.33			
Vault	5	Ivantcheva Natalia	BUL	Round-off flic-flac with 1/2 turn (180) on - tucked salto forward off	5.10			
Vault	5	Khorkina Svetlana	RUS	Round-off flic-flac with 1/2 turn (180) on - tucked salto forward with 11/2 turn (540) off	5.13			
Vault	5	Omelianchik Oksana	USSR	Round-off flic-flac with 1/2 turn (180) on - piked salto forward off	5.20			
Vault	5	Podkopaieva Liliya	UKR	Round-off flic-flac with 1/2 turn (180) on - piked salto forward with 1/2 turn (180) off	5.21			
Vault	5	Servente Veronica	ITA	Round-off, flic-flac with ½ turn(180°) on – tucked salto fwd with ½ turn (180°) off	5.11			

WOMEN'S ARTISTIC GYMNASTICS								
ELEMENTS								
APPARATUS	GROUP	NAMED AFTER	FED	DESCRIPTION	ELEMENT No	ELEMENT VALUE	EVENT / YEAR	VIDEO
Uneven Bars								
Uneven Bars	1	Gonzales Leyanet	MEX	Round-off in front of LB flic-flac through hstd phase on LB	1.409	D		
Uneven Bars	1	Gurova Elena	USSR	Round-off in front of LB flic-flac with 1/1 twist (360) to clear support or through hstd phase on LB	1.509	E		
Uneven Bars	1	Jentsch Martina	DDR	Round-off in front of LB - tucked salto bwd over LB to hang on LB	1.409	D		
Uneven Bars	1	Maarranen Anna-Mari	FIN	Jump with extended body to hstd on LB also with 1/1 turn (360) in hstd phase	1.410, 1310	D, C		
Uneven Bars	1	Makhautsova Volha	BLR	Free stretch jump over LB with legs together to hang on HB	1.306	C	WCh Tokyo (JPN) 2011	
Uneven Bars	1	McNamara Julianne	USA	Jump to clear support on HB - clear hip circle to hstd on HB also with 1/1 turn (180) in hstd phase on HB	1.411	D		
Uneven Bars	2	Caslavska Vera	CZE	From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB	2.303	C		
Uneven Bars	2	Comaneci Nadja	ROU	Front support on HB - cast with salto fwd straddled to hang on HB	2.503	E		
Uneven Bars	5	Yarotska Irina	UKR	clear hip circle bwd on LB with hecht to hang on HB	2.307	C		
Uneven Bars	2	Delladio Tanja	CRO	From handstd on LB hecht vault to hang on HB	2.307	C		
Uneven Bars	2	Hindorff Silvia	DDR	Clear hip circle on HB counter straddle to hang on HB	2.506	E		
Uneven Bars	2	Khorkina Svetlana	RUS	Clear hip circle through hstd with 1/2 turn (180) in flight to hang on HB	2.506	E		
Uneven Bars	2	Radocla Birgit	DDR	From inner front support on LB - cast with salto roll fwd to hang on HB	2.403	D		
Uneven Bars	2	Reeder Anika	GBR	Cast with 1½ turn (540°) to hstd	2.401	D		
Uneven Bars	2	Shang Chunsang	CHN	Clear hip circle on HB, counter pike to hang on HB	2.606	F	WCh 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	2.406	D		
Uneven Bars	3	Bhardwaj Mohini	USA	Pak Salto with 1/1 turn (360°)	3.504	E	OG 2004 ATHENS	
Uneven Bars	3	Cappuccitti Stehanie	CAN	Swing bwd and salto fwd stretched to hang on HB	3.508	E		
Uneven Bars	3	Chusovitina Oksana	UZB	Giant circle bwd to hstd with hop 1/1 turn (360) in hstd phase	3.401	D		
Uneven Bars	3	Davydova Yelena	USSR	Long swing fwd counter straddle-reverse hecht over HB to hang	3.403	D		
Uneven Bars	3	Ejova Ludmila	RUS	Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang	3.407	D		
Uneven Bars	3	Hristakieva Snejana	BUL	Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB	3.705	G		
Uneven Bars	3	Kononenko Nataliya	UKR	Tkatchev with ½ turn (180°)	3.503	E	WCh Tokyo (JPN) 2011	
Uneven Bars	3	Li Ya	CHN	Jaeger Salto straddled with ½ turn (180°) to hang on HB	3.508	E		
Uneven Bars	3	Liu Xuan	CHN	Giant circle bwd to hstd on one arme	нет элемента			
Uneven Bars	3	Mo Huilan	CHN	Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto)	3.308	C		
Uneven Bars	3	Monckton Mary-Anne	AUS	Long Swing forward with ½ turn (180°), pike vault over HB to hang	3.403	D	WCh Tokyo (JPN) 2011	
Uneven Bars	3	Nyeste Adrienn	HUN	Swing fwd and salto bwd with 1/2 turn (180) straddle-piked	3.405	D		
Uneven Bars	3	Pak Gyong Sil	PRK	Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB	3.404	D		
Uneven Bars	3	Schuschunova Elena	USSR	Long swing fwd with 1/2 turn (180) further 1/2 turn (180) to counter straddle in flight over HB to hang	3.503	E		

WOMEN'S ARTISTIC GYMNASTICS ELEMENTS								
APPARATUS	GROUP	NAMED AFTER	FED	DESCRIPTION	ELEMENT No	ELEMENT VALUE	EVENT / YEAR	VIDEO
Uneven Bars	3	Strong Lori	CAN	Hang on HB – Swing fwd with 1½ turn (540°) and flight over LB to hang on LB	3.502	E		
Uneven Bars	3	Volpi Giulia	ITA	Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HB hang	3.309	C		
Uneven Bars	3	Wenning Zhang	CHN	Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HB hang	3.309	C		
Uneven Bars	3	Retiz Hernandez, Karla Yanin	MEX	Hang on HB – Swing forward with ½ turn (180°) and flight to handstand with ½ turn (180°) on LB	3402	D	Wch Nanning (CHN), 2014	
Uneven Bars	3	Zaytseva Anna	KAZ	Giant circle fwd in L grip to hstd with piked or stre. Body through hstd phase. Also with 1/2 turn (180°) in hstd pha.	3.310	C		
Uneven Bars	4	Downie Rebecca	GBR	Stalder bwd on HB with counter pike – reverse hecht over HB to hang	4.602	F	WCh Rotterdam (NED) 2010	
Uneven Bars	4	Frederick Marcia	USA	Stalder bwd with 1/1 turn (360) in hstd phase	4.404	D		
Uneven Bars	4	Galante Paola	ITA	Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang	4.509	E	WCh London 2009	
Uneven Bars	4	Komova Viktoria	RUS	Clear pike circle bwd through hstd with flight and 1/2 turn(180°) to hang on HB	4.508	E	YOG Singapore (SIN) 2010	
Uneven Bars	4	Komova Viktoria	RUS	Clear pike circle bwd through hstd with flight to hang on HB.	4.508	E	WCh Tokyo (JPN) 2011	
Uneven Bars	4	Krasnyanska Irina	UKR	From hstd clear pike circle bwds to rear inverted pike support	4.408	D		
Uneven Bars	4	Ray Elise	USA	Facing inward - Stalder bwd with release and counter movement fwd in flight to hang on HB	4.302	C		
Uneven Bars	4	Ricna Hanna	CZE	Stalder bwd on HB with counter straddle-reverse hecht over HB to hang	4.502	E		
Uneven Bars	4	White Morgan	USA	Stalder fwd in L grip to hstd also with 1/2 turn (180) in hstd phase	4.403	D		
Uneven Bars	4	Zgoba Dariya	UKR	Clear pike circle bwd on LB with hecht flight to hang on HB	4.308	C		
Uneven Bars	5	Church Savannah	USA	Pike sole circle bwd counter straddle-reverse hecht over HB to hang	5.409	D		
Uneven Bars	5	Hoefnagel Hanneke	NED	Pike sole circle fwd in reverse or L grip with 1/1 turn (360) in hstd phase	5.406,5.405	D		
Uneven Bars	5	Kim (Name TBC)	TBC	Facing outward on HB– underswing with support of feet-counter salto fwd straddled to catch on HB	5.607	F		
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	5.303	C		
Uneven Bars	5	Li Li	CHN	Clear rear pike support (legs together) on HB - full circle swing bwd with counter flight bwd straddled	5.403	D		
	5	Liubov Burda	USSR	Underswing on HB or LB with 1 1/2 turn (540) to hang	5.307	C		
Uneven Bars	5	Lucke Anneke	NED	Pike sole circle bwd with 1½ turn (540°) to hstd	5.508	E		
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),	5.501	E		
Uneven Bars	5	Maloney Kristen	USA	Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB	5.409	D		
Uneven Bars	5	Mirgoradskaja Anna	UKR	Clear rear pike supp. on HB (legs together)-full circle swing bwd-continuing through clear rear pike support bwd over HB into hang.	5.402	D		
Uneven Bars	5	Nabieva Tatjana	RUS	Pike sole circle bwd with counter stretched hecht (layout position over HB) to hang	5.709	G	WCh Rotterdam (NED) 2010	
Uneven Bars	5	Ray Elise	USA	Hstd on HB - Pike sole circle bwd counter straddle-reverse hecht over HB to hang	5.409	D		
Uneven Bars	5	Seitz Elisabeth	GER	pike sole circle bwd through hstd with flight 1/1 turn(360°) to hang on HB	5.509	E	WCh 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	5.402	D		
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	5.609	F		

WOMEN'S ARTISTIC GYMNASTICS								
ELEMENTS								
APPARATUS	GROUP	NAMED AFTER	FED	DESCRIPTION	ELEMENT No	ELEMENT VALUE	EVENT / YEAR	VIDEO
Uneven Bars	5	Van Leeuwen Laura	NED	pike sole circle bwd through hstd with flight and ½ turn (180°)	5.509	E		
Uneven Bars	6	Arai (Name TBC)	JPN	Swing down fwd between bars in L Grip. Swing bwd to salto fwd with 1/2 twist (180) into salto bwd tucked				
Uneven Bars	6	Bar (Name TBC)	TBC	Swing down between bars - swing fwd to salto bwd stretched with 3/1 twist (1080)	6.504	E		
Uneven Bars	6	Blanco Bibiana	COL	Swing down between bars - swing fwd to salto bwd stretched with 1/2 twist (180) - into salto fwd stretched	6.507	E		
	6	Brunner Jenny	GER	Clear pike circle backward to salto forward stretched with 180 turn	6.402	D		
Uneven Bars	6	Chusovitina Oksana	UZB	Swing fwd to double salto bwd tucked with 1/1 twist (360) in second	6.405	D		
	6	Comaneci Nadja	ROU	Underswing with 1/2 twist (180) to salto bwd tucked or piked	6.303	C		
Uneven Bars	6	Delladio Tanja	CRO	Salto backwards tucked	6310	C		
Uneven Bars	6	Fabrichnova Oksana	USSR	Swing fwd to double salto bwd tucked with 2/1 twist (720)	6.605	F		
Uneven Bars	6	Fontaine Larisa	USA	Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked	6.407	D		
Uneven Bars	6	Giovannini Carlotta	ITA	Swing fwd with ½ turn (180°) to double salto fwd piked	6.507	E		
Uneven Bars	6	Gonzales Gabriela	MEX	Salto bwd tucked or piked over HB	6.310	C		
Uneven Bars	6	Gratt Tanja	AUT	Salto bwd tucked or piked over HB	6.310	C		
Uneven Bars	6	Ji (Name TBC)	CHN	Swing fwd to salto bwd stretched with 2½ turn (900°)	6.404	D		
Uneven Bars	6	Kraeker Steffi	DDR	From HB – underswing with ½ turn (180°) to salto bwd tucked with 1/1 twist (360°)	6.403	D		
Uneven Bars	6	Li Ya	CHN	Swing down between bars - swing fwd with 1/2 twist (180) to double salto fwd piked	6.507	E		
Uneven Bars	6	Ma Yen Hong	CHN	Hip circle bwd (also clear) on LB or HB - hecht with 1/1 twist (360) to salto bwd	6.609	F		
Uneven Bars	6	Magaca Brenda	MEX	Swing fwd to triple salto bwd tucked	6.707	G		
Uneven Bars	6	Moors Victoria	CAN	From HB - underswing with salto fwd stretched with ½ turn (180°)	6.401	D	OG London (GBR) 2012	
Uneven Bars	6	Morio Maiko	JPN	Swing down between bars - swing fwd to double salto bwd tucked with 1/1 twist (360) in first	6.405	D		
Uneven Bars	6	Mukhina Elena	USSR	Hip circle bwd (also clear) on LB or HB - hecht with salto bwd tucked	6.409	D		
Uneven Bars	6	Mustafina Aliya	RUS	Swing fwd to double salto bwd tucked with 11/2 twist (540)	6.505	E	WCh Rotterdam (NED) 2010	
Uneven Bars	6	Okino Betty	USA	Front support on HB - clear underswing with 1/2 twist (180) to salto bwd stretched	6.403	D		
Uneven Bars	6	Parolari Lia	ITA	Salto backwards tucked	6310	C		
	6	Pechstein Tanja	SUI	Swing bwd to salto fwd stretched with 1½ turn (540°)	6.308	C		
Uneven Bars	6	Pentek Tunde	HUN	Swing bwd to double salto fwd piked with ½ turn (180°)	6.508	E		
Uneven Bars	6	Plichta Paula	POL	Clear straddle circle with salto fwd tucked	6.302	C		
Uneven Bars	6	Ray Elise	USA	Swing fwd to double salto bwd stretched with 2/1 turn (720°)	6.706	G		
Uneven Bars	6	Varga Adrienne	HUN	Swing fwd to salto bwd stretched with 1/2 twist (180) into salto fwd piked with 1/2 twist (180)	6.407	D		

WOMEN'S ARTISTIC GYMNASTICS								
ELEMENTS								
APPARATUS	GROUP	NAMED AFTER	FED	DESCRIPTION	ELEMENT No	ELEMENT VALUE	EVENT / YEAR	VIDEO
<b>Balance Beam</b>								
Balance Beam	1	Baitova Svetlana	USSR	Two flank circles followed by leg "Flair"	1.303	C		
Balance Beam	1	Marisa Dick	TTO	Mount: Change leg leap to free cross split sit - diagonal approach to beam.	1.305	C	WCh Glasgow (GBR) 2015	
Balance Beam	1	Beukes Ramona	NAM	Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam	1.314	C		
Balance Beam	1	Dunn Jacqui	AUS	Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd	1.509	E		
Balance Beam	1	Erceg Tina	CRO	Round-off at end of beam - take off bwd. With 1/2 turn (180) - tucked salto fwd to stand	1.716	G		
Balance Beam	1	Garrison Kelly	USA	Round-off at end of beam - salto bwd stretched with 1/1 twist (360) to cross stand on beam	1.718	G		
Balance Beam	1	Gurova Elena	USSR	Round-off in front of beam - jump with 1/2 twist (180) to near side hstd	1.314	C		
Balance Beam	1	Hand-Li Yifang	CHN	Jump press or swing to cross or side hstd-1/1 turn (360) in hstd-lower top or clear pike support (2 sec.) or release one hand with swing down	1.411	D		
Balance Beam	1	Homma Leah	CAN	3 flying flairs	1.303	C		
Balance Beam	1	Philips Kristie	USA	Press to side hstd - walkover fwd to side stand on both legs	1.412	D		
Balance Beam	1	Rankin janine	CAN	Jump or press on one arm to hstd	1.413	D		
Balance Beam	1	Shushunova Elena	USSR	Jump with stretched hips to planche min at 45	1.311	C		
Balance Beam	1	Tsavidaridou Vasiliki	GRE	Round-off at end of beam - flic-flac with 1/1 twist (360) into swing down to cross straddle sit	1.417	D		
Balance Beam	1	Wong Hiu Ying Angel	HKG	Salto fwd tucked with ½ (180°) turn	1.616	F	OG London (GBR) 2012	
Balance Beam	1	Zamolodchikova Elena	RUS	Round-off in front of beam – flic-flac with 1/1 twist (360) to hip circle bwd	1.514	E		
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	2.306	C		
Balance Beam	2	Teza Elvire	FRA	From side stand – Jump to cross over split with body arched and head dropped bwd	2.502	E		
Balance Beam	2	Yang Bo	CHN	From Cross stand – Jump to cross over split with body arched and head dropped bwd	2.402	D		
Balance Beam	3	Galante Paola	ITA	1 ½ turn (540°) with free leg held upward in 180° split position throughout turn	3.404	D	WCh London (GBR) 2009	
Balance Beam	3	Humphrey Terin	USA	2½ turn (900°) in tuck stand on one leg - free leg optional	3.507	E		
Balance Beam	3	Li Li	CHN	1 1/4 (450) turn on back in kip position (hip-leg angle closed)	3.308	C		
Balance Beam	3	Mitchell Lauren	AUS	3/1 turn (1080) in tuck stand on one leg – free leg optional	3.507	E	WCh Rotterdam (NED) 2010	
Balance Beam	3	Okino Betty	USA	3/1 turn (1080) on one leg - free leg optional below horizontal	3.501	E		
Balance Beam	3	Preziosa Elisabetta	ITA	1/1 turn (360°) pirouette with free leg held backwards with both hands	3.402	D	WCh 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)	3.503 - E	E	WCh Rotterdam (NED) 2010	
Balance Beam	5	Anastasia Kolesnikova	RUS	Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position	5.406	D		
Balance Beam	5	Colussi Pelaez Silvia	ESP	Free (Aerial) Cartwheel in cross position	5.509	E	WCh Antwerp (BEL) 2013	
Balance Beam	5	Schaefer Pauline	GER	Salto sideward tucked with ½ turn - take off from one leg to side stand	5.512	E	Wch Nanning (CHN), 2014	
Balance Beam	5	Garrison Kelly	USA	"Valdez" swing over bwd through horizontal plane with support on one arm	4.311	C		
Balance Beam	5	Grigoras Cristina Elena	ROU	Salto fwd tucked with 1/2 twist (180) take-off from both legs	5.611	F		
Balance Beam	5	Khorkina Svetlana	RUS	Gainer flic-flac with min. ¼ twist (270°) before hand support	5.407	D		
Balance Beam	5	Kochetkova Dina	RUS	Flic-flac with min. ¼ twist (270°) before hand support	5.405	D		
Balance Beam	5	Kochetkova Dina	RUS	Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position	5.406	D		
Balance Beam	5	Liukin Nastia	USA	Salto fwd tucked, take-off from one leg to stand on one or two feet	5.311	C		
Balance Beam	5	Omelianchik Oksana	USSR	Flic-flac with ¼ twist (270°) to side hstd (2 sec.) - lower to optional end position	5.404	D		
Balance Beam	5	Onodi Henrietta	HUN	Jump bwd (flic-flac take-off) with 1/2 twist (180) to walkover fwd	5.401	D		
Balance Beam	5	Prodnova Elena	RUS	Jump fwd with 1/2 twist (180) - salto bwd piked	5.514	E		
Balance Beam	5	Kitti Honti	HUN	Gainer Flic - Flac with ¼ twist (90°) to Handstand (2 sec.)	5.307	C	WCh 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	5.308	C		
Balance Beam	5	Rulfova Jana	CZE	Flic-flac with 1/1 twist (360) - swing down to cross straddle sit	5.408	D		
Balance Beam	5	Schischova Albina	USSR	Salto bwd tucked with 1/1 twist (360)	5.613	F		
Balance Beam	5	Teza Elvire	FRA	Flic-flac from side position with 1/1 twist (360) to hip circle bwd	5.506	E		
Balance Beam	5	Tousek Yvonne	CAN	Flic-flac with step-out from side position	5.406	D		
Balance Beam	5	Worley Sheyla	USA	Jump bwd with 180 turn handspring to land on two feet	5.403	D		
Balance Beam	6	Araujo Heine	BRA	Salto fwd stretched with 2/1 twist (720)	6.402	D		
Balance Beam	6	Bohmerova Lubica	SVK	Gainer salto stretched with 1 1/2 twist ( 540 ) to side of beam	6.306	C		
Balance Beam	6	Domingues Gabriela	ESA	Salto bwd tucked with 11/2 (540°)	6.304	C	YOG Singapore (SIN) 2010	
Balance Beam	6	Khorkina Svetlana	RUS	Gainer salto bwd stretched with 2½ twist (900°) to side of beam	6.406	D		
Balance Beam	6	Kim Nellie	USSR	Gainer salto tucked 1/1 twist (360) at end of beam	6.307	C	OG Montreal (CAN) 1976	
Balance Beam	6	Kim Nellie	USSR	Free (aerial) cartwheel into salto bwd tucked	6.401	D	OG Moscow (RUS) 1980	
Balance Beam	6	Patterson Karly	USA	Arabian double salto fwd tucked	6.703	G		
Balance Beam	6	Portocarrero Luisa	GUA	Free (aerial) walkover fwd, landing on one foot in extended tuck sit, without hand support	???			
Balance Beam	6	Steingruber Giulia	SUI	Gainer Salto Backward Stretched with 1/1 twist (360°) at the end of beam	6.507	E	WCh Tokyo (JPN) 2011	

WOMEN'S ARTISTIC GYMNASTICS ELEMENTS								
APPARATUS	GROUP	NAMED AFTER	FED	DESCRIPTION	ELEMENT No	ELEMENT VALUE	EVENT / YEAR	VIDEO
Floor Exercise	1	Krystyna SANKOVA	UKR	Change Leg Ring Leap with 180° turn	1.409	D	WCh Antwerp (BEL) 2013	
Floor Exercise	1	Bulimar Diana	ROU	Johnson Leap with additional 1/1 Turn (360°)	1.405	D	WCh Tokyo (JPN) 2011	
Floor Exercise	1	Csillag Tunde	HUN	Side split leap with 1/1 turn (360)	1.301	C	WCh Rotterdam (NED) 2010	
Floor Exercise	1	Ferrari Vanessa	ITA	Split leap with 1/1 turn (360°) to ring position	1.409	D	OG London (GBR) 2012	
Floor Exercise	1	Frolova Tatiana	USSR	Switch leap with ½ turn (180°) or wit 1/1 turn ( 360) in flight phase	1.304, 1.404	C, D		
Floor Exercise	1	Popa Celestina	ROU	Straddle pike jump with 1/1 turn (360)	1.307	C		
Floor Exercise	1	Jurkowska - Kowalska, Katarzyna	POL	Split jump with 1/1 turn (360°) to the ring	1409	D	Wch Nanning (CHN), 2014	
Floor Exercise	2	Gomez Elena	ESP	4/1 turn (1440) on one leg - free leg optional below horizontal	2.501	E		
Floor Exercise	2	Hopfner-Hibbs Elyse	CAN	2/1(720) illusion turn without hand or foot support	2.306	C		
Floor Exercise	2	Mommel Chelsia	USA	2/1 turn (720) with free leg held upward in 180 split position	2.403	D		
Floor Exercise	2	Mitchell Lauren	AUS	3/1 turn (1080) in tuck stand on one leg – free leg straight throughout	2.507	E	WCh Rotterdam (NED) 2010	
Floor Exercise	2	Semenova Ksenija	RUS	2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn)	2.404	D		
Floor Exercise	2	Mustafina, Aliya	RUS	3/1 (1080°) with leg held up in 180° split position	2503	E	Wch Nanning (CHN), 2014	
Floor Exercise	3	Mostepanova Olga	USSR	Handspring fwd with 1/1 twist (360) after hand support or before	3.305	C		
Floor Exercise	3	Tsavidaridou Vasiliki	GRE	Arabian (bwd take-off) with j twist (90) - free (aerial) cartwheel - continuing with twist (90) to front lying support	????			
Floor Exercise	4	Andreasen (Name TBC)	SWE	Arabian double salto tucked,	4.505	E		
Floor Exercise	4	Cojocar Sabina	ROU	Salto fwd stretched with 2 1/2 twist (900°)	4.502	E	WCh Ghent (BEL) 2001	
Floor Exercise	4	Dos Santos Daiane	BRA	Arabian double salto piked	4.605	F		
Floor Exercise	4	Dos Santos Daiane	BRA	Arabian double salto stretched	4.705	G		
Floor Exercise	4	Podkopaeva Lilja	UKR	Double salto fwd tucked. Also with 1/2 twist (180)	4.501, 4.601	E,F		
Floor Exercise	4	Brenna Dowell	USA	Double Salto Forward Piked	4.601	F	WCh Glasgow (GBR) 2015	
Floor Exercise	4	Tarasevich Svetlana	BLR	Salto bwd stretched with 2½ twist (900°)	5.401	D		
Floor Exercise	5	Kim Nellie	USSR	Double salto bwd tucked	5.402	D	OG Montreal (CAN) 1976	
Floor Exercise	5	Kim Nellie	USSR	Double salto bwd stretched-piked	5.402	D	WCh Strasbourg (FRA) 1978	
Floor Exercise	5	Mukhina Elena	USSR	Double salto bwd tucked with 1/1 twist (360)	5.502	E		
Floor Exercise	5	Silivas Daniella	ROU	Double salto bwd tucked with 2/1 twist (720)	5.802	H		
Floor Exercise	5	Chusovitina Oksana	USSR	Double salto bwd stretched with 1/1 twist (360)	5.803	H		
Floor Exercise	5	Biles Simone	USA	Double Salto bwd stretched with ½ turn (180°)	5.703	G	WCh Antwerp (BEL) 2013	
Floor Exercise	5	Moors Victoria	CAN	Double Salto bwd Stretched with 2/1 twist (720°)	5.903	I	WCh Antwerp (BEL) 2013	