

International Federation of Gymnastics (FIG)

Women's Technical Committee (WTC)



Code of Points – Women/FIG

For Competitions in Artistic Gymnastics for Women in the Olympic Games, World Championships, Intercontinental, Continental, Regional Games and Competitions, Events with international representation and between countries.

Copyright by FIG

Edition 1989

Printed in Switzerland

Foreword

The FIG Women's Technical Committee for Women has decided upon this partially revised new edition of the Code of Points for Women's Artistic Gymnastics in order to accommodate the many wishes expressed in different form and the many proposals submitted by the National Federations and to stimulate the present anticipated international development through a solid and uniform basis for evaluation.

Since the publication of the 1985 Code of Points, many different and new exercise parts and connections have been created. Overall, the trend to increase difficulty and to solidify exercise content has continued, but also the trend of an attractive and aesthetically effective presentation. All this was given consideration by thoroughly revising and supplementing the published Tables of Difficulties in the Code of Points. (Categorization of values A, B, C and D for international competitions by the Women's Technical Committee.)

With this new edition of the Code of Points, we wish as we have before, to present a factual orientation to all those who are interested in the constant continued development of Women's Gymnastics.

It is the responsibility of the judges, based upon the present Code of Points, to grasp in its totality:

- the construction of the exercise as a whole
- the difficulty value of elements and connections
- the flow of the movements
- the synchronization of the music with the floor exercise

while sufficiently considering, aside from the technical perfection of execution, the harmony and strength of expression as well as the aesthetics of presentation.

Each judge must be aware: that it is her duty to justly reward, in addition to already standard elements, also new and progressive exercise elements according to merit in order to stimulate the constant progress of our beautiful and forever young sport.

We repeat our appeal to the judges at all times, according to the best knowledge and the best conscience, without subjective prejudice and with proper awareness of the binding regulations of this Code of Points, to render correct evaluations for the value of the performances, which were created by the gymnasts and their coaches through long and diligent preparatory work.

The FIG Women's Technical Committee thanks all those who have contributed to the revision of this Code of Points and wishes all those who will make use of it much success in their activity.

Ellen Berger
President FIG/WTC

Article 1

Purpose and Goal of the Code of Points

The following Code of Points has the task:

- to guarantee a most objective and uniform judgment of exercises in artistic gymnastics at the international level
- to advance the knowledge and ability of the judges and
- to serve as an orientation for the gymnasts as well as coaches for the construction of exercises and the preparation for competitions.

The Code is based on the Technical Regulations (TR) as well as fundamental decisions of the FIG authorities. They take into consideration extensively the modern developmental trends of artistic gymnastics in all the world.

The Chief Judges and judges are obliged to hold themselves to this Code without subjective interpretation, otherwise, they can be released from their position by the competition administration.

The Women' Technical Committee (WTC) of FIG recommends that the member federations of FIG also apply this Code of Points for evaluation of national competitions and international contests.

Article 2

The Working Procedure of the Judging Panel

The judgment of compulsory and optional exercises of FIG Competitions takes place in Competition Ia, Ib, and II by

- 1 Chief Judge
- 6 Judges
- 1 Scientific Technical Collaborator (STC) and
- Assistants

in Competition III by

- 2 Chief Judges
- 6 Judges
- 1 STC and
- Assistants

1. At Competitions between Nations and International Contests

- 1 Chief Judge (neutral)
- 3 Judges
- 1 STC and
- Assistants

or

- 1 Chief Judge (neutral)
- 4 or 5 Judges
- 1 STC and
- Assistants

are able to be inserted.

The STC may be neutral or from the nation of the event organizer.

2. Seating Arrangement of the Judging Panel

The Chief Judge, STC, and Assistants sit at an angle of 90° to the middle of the apparatus in a distance, which allows a correct and undisturbed observation of the exercise.

The six judges have the following seating arrangement on all apparatus:

6	STC	C-Judge	Ass.	1
5	4		3	2

All seats should stand on a small podium of approximately 50 cm height.

3. Determination of the Average Score

The Chief Judge and Judges evaluate with hundredths of points (i. e. 9.55 P.) at the OG, WC, and World Cup and flash their scores.

Evaluation at competitions between nations and invitationals may also occur with tenths of points (i. e. 9.50 P.).

The six scores of the judges are used for the evaluation. The highest and lowest scores are eliminated; the four middle scores are added and divided by four = **Average Score**.

With four judges working, then likewise the highest and lowest scores are eliminated; the two middle scores are added and divided by two = **Average Score**.

Examples:

C-Judge	Judges					
	1	2	3	4	5	6
9.40	9.60	9.30	9.40	9.40	9.50	9.60

Scores: $9.30 + 9.40 + 9.40 + 9.50 = 37.60 : 4 = 9.40$ P. Average Score

C-Judge	Judges					
	1	2	3	4	5	6
9.50	9.30	9.40	9.40	9.60	9.50	9.60

Scores: $9.40 + 9.40 + 9.60 + 9.50 = 37.90 : 4 = 9.475$ P. Average Score

In Competition III the scores of both Chief Judges are averaged; this average is the Average Score of both C-Judges.

The score of the C-Judge can only come into consideration, if the Base Score must be applied (see Determination of the Base Score – page 7).

The difference between the four middle scores of the judges may not be greater than:

Competition Ia, Ib, II, and III

0.10 P. for scores between 9.500 P. – 10.000 P.

0.20 P. for scores between 9.000 P. – 9.475 P.

0.30 P. in all other cases.

The difference between the scores of the C-Judge and the judges must also correspond with this difference (in Competition III, the Average Score of both C-Judges).

In a borderline case (i. e. with an Average Score around 9.00 P. – 9.50 P.) it may happen, one can work with varied (permitted) differences. – See Example 2 above. In such cases, the C-Judge decides which difference will be utilized as the basis for evaluation.

A conference with all six judges occurs with too great a difference of these scores. In this conference either

- the unallowable value differences are clarified or
- the Base Score is determined.

The application of the Base Score can occur only with the authorization of the president of the FIG/WTC.

4. Determination of the Base Score

Example:

Competition III

C-Judge		Judges					
1	2	1	2	3	4	5	6
9.20	9.30	9.25	9.40	9.35	9.65	9.50	9.65
	9.25						

Scores: $9.40 + 9.35 + 9.65 + 9.50 = 37.90 : 4 = 9.475$ P.

Average Score of both C-Judges = 9.250 P. + Average Score of Judges 9.475 P. = $18.725 : 2 = 9.362$ (5) P.

Base Score: 9.362 P.

Note concerning the Base Score:

If more than three digits after the decimal point result with the Base Score, no raising or lowering («rounding off») occurs. The score will be calculated with three places after the decimal point; following places are not taken into account.

5. Rights and Duties of the Judging Panel

The Chief Judge, Judges, STC and Assistants must possess knowledge of:

- Code of Points – Women of the FIG;
- TR of the FIG.

They must:

- possess a Brevet (valid for OG, WC, and World Cup)
- successfully have participated in an intercontinental, continental, or international course
- be inscribed on the list of international recognized judges (exception are the Assistants)
- be at the competition site 1 hour before the beginning of the competition
- take part in the Judges' Courses before the competition (extraordinary exceptions, which were caused by a higher power, will actually be decided by the FIG/WTC)
- wear the prescribed competition uniform (dark blue skirt and jacket, white blouse). At the Olympic Games the uniform is supplied by the Organizing Committee.

They must not leave their place during the competition and have contact with other persons.

Only the C-Judge has the right to have contact with the President of the FIG/WTC, respectively the Jury of Appeal.

5.1 Formation of the Jury of Appeal

(see TR-Edition 1989, Article 8.10.1)

- President of FIG or his representative
- President of FIG/WTC
- C-Judge of the respective apparatus

This authority has the right to confirm-uphold, to raise or to lower the scores.

5.2 Rights and Duties of the President of FIG/WTC

- She conducts the Intercontinental Course for Judges.
- She is responsible for
 - the Special Course for STCs
 - the draw of C-Judges, whose places are filled by members of the FIG/WTC at the OG, WC, and World Cup
 - the draw of judges for insertion at the OG, WC, and World Cup
 - the Judges' Course before the OG, WC, and World Cup
- She appoints lecturers for continental, international, and national Judges' Courses.
- She has the right to consult with the C-Judge, if in her opinion the Average Scores are too high or too low in comparison to the scores on the other apparatus (same standard for all apparatus).
- She takes the deduction for incorrect or different competition attire – (concerns team competition) –
 - in Competition Ia and Ib from Team Score Total
 - in Competition II from All Around Score Total
 - in Competition III from the Average Score on the respective apparatus
- After a change of score, she corrects the official score sheets and signs them off.
- In collaboration with FIG/WTC and the Jury of Appeal she is able to
 - remove C-Judges and Judges from the competition, if insufficient expert knowledge or subjective evaluation activity can be proven (work with red and yellow cards)
 - expel Coaches (female and male) from the podium, if they violate the Regulations through their behavior
- She handles all technical organizational matters of the competition with the Members of the FIG/WTC and effects the checking over of the:
 - apparatus according to the Norms of the FIG
 - signals, timing devices, score sheets, etc.
- She gives the Organizing Committee corresponding information concerning all questions that pertain to the competition.

5.3 Rights and Duties of the Chief Judge (OG, WC, and World Cup)

- She must first write down her score.
- She is responsible for the correct work of her judges.
- She has the right to inform the President of irregular evaluation activities or violations contrary to specified behavior during the competition and to propose a motion for a yellow card or for exchange of this judge.
- She must instruct the judges before the competition for the correct work on the apparatus.
- She checks whether the apparatus and matting installations correspond to the FIG Norms, all necessary working materials are on hand and functional (light signals, scoreboards, stop watches, gong, etc.).
- She controls the scores of the judges, the difference between the middle scores and calculates the Average Score, which are determined with help of the computer at OG, WC, and World Cup.

- She must call together the six judges in case of an unallowable score difference or incorrect evaluation. In the conference the evaluation differences will be clarified. The C-Judge must call the President of the FIG/WTC in case of different interpretations in order to reach a decision.
- She takes the deduction for all «overlapping» (neutral) faults (see Article 9 – Table for General Faults).
- She decides whether the interruption of the exercise was caused by the gymnast or team leader (coach) or was due to a technical failure.
- She checks the prescribed work of her assistants:
 - the use of the green or red light to begin or at the end of the exercise
 - the use of the gong corresponding to the regulations
 - the notification by the line judges on floor when the floor area is exceeded (written information to the C-Judge)
 - flashing of the vault number
 - correct flashing of the Average Score
- She has to deliver to the FIG/WTC President a report of all occurrences.

5.4 Rights and Duties of the STC-Certificate of Competency by a Special Examination

She determines the content value of the exercise and must write the entire program/composition:

- all B-, C-, and D-Parts,
- all original elements and connections,
- all special requirements of the apparatus.

She is responsible for the Starting Value (SV) of the exercise, which she discusses with the C-Judge and afterward flashes by means of a «board».

In Competition Ia at the OG and WC she has to control special duties, which are assigned by the WTC.

She works directly together with the C-Judge and has an advisory voice during the clarification of evaluation differences. She makes available her exercise notation for the handling of the inquiries. For the purposes of control and analysis, the STC has to check her symbols with the video tapes at the competition site.

In principle the STC must belong to a different nation than the C-Judge (OG, WC and World Cup).

5.5 Rights and Duties of the Judge

She must evaluate the exercise correctly and with great expertise.

- She must fill out the score slip quickly and clearly – clean with legible signature.
- She must record:
 - number of A-, B-, C-, and D-Parts,
 - Bonus Points for Originality, and D-element,
 - deductions for Special Requirements (SR),
 - execution and combination errors.

5.6 Rights and Duties of the Assistants

They are able to be inserted:

- as a line judge on floor (at over stepping the boundary line, signal with an acoustical or similar instrument and inform the C-Judge in writing);
- as a timer at balance beam or floor;
- as a timer for the intermediate time and control of the beginning of the exercise after the lighting of the green light or the sign from C-Judge;
- to flash the vault numbers or other tasks.

Article 3

Rights and Duties of the Gymnast

- The gymnast must be informed about the Code of Points, and behave according to the rules.
- She has to wear correct athletic competition attire (leotards) with a national emblem.
- The leotard must correspond with sportive-aesthetic principles and be identical in the team Competition (Ia, Ib) (deduction each Competition 0.10 P. from the team score total).
- Bandages are allowed; they are to be securely fastened. Starting numbers must be worn for organizational and technical purposes. Hip or other padding is **not** allowed.
- The wearing of gymnastic slippers and socks is optional for the gymnast.
- She may place markings on the balance beam.
- The gymnast must present herself to the C-Judge at the beginning and at the end of the exercise. Besides, she must pay attention to begin the exercise when the green light is lit or when the C-Judge gives the signal to start.
- The gymnast must begin the exercise within 30 seconds (on all apparatus).
- After the ending of her exercise the gymnast has to immediately leave the podium.
- Before Competition Ia and Ib a warm-up time of 30 seconds is available for each gymnast.
Prior to Competition II and III, she has a warm-up of 30 seconds on vault, balance beam and floor and 50 seconds on the uneven bars (including preparation of the bars). The end of the warm-up will be signaled by a gong. If the gymnast is on the apparatus at this time, she may then finish the element she has started. If a gymnast gets on the apparatus after the warm-up or during a pause for consultation of the judging panel, there is a deduction of 0.30 P. each time for undisciplined behavior (deduction through the C-Judge with the President of the FIG/WTC).
- She is responsible for the correct showing of her vault number.
- If the gymnast or coach must leave the hall during the competition, then they must give notification to the C-Judge. The competition may not be delayed through their absence. Unexcused absence from the competition hall leads to disqualification and to withdrawal of medals.
- As a reserve gymnast for Competition II and III, she must adhere to the Regulations according to Article 5.

Article 4

Rights and Duties of the Coach (Female/Male)

- They must know the Code of Points and behave according to the rules.
- Authorized are:
 - Competition Ia and Ib – two coaches – one woman – one man (two male coaches are not permitted)
 - Competition II and III – one coach (female or male) per gymnast
- Permitted are:
 - remaining in the inner arena circle during the entire competition

- stepping onto the podium to prepare the uneven bar rails, remove the board at uneven bars and balance beam (also by a gymnast)
- spotting at uneven bars for D-elements with flightphase (also mount and dismount)
- Forbidden are:
 - signals and shouts (cheers)
 - obstructing the view of the judges through spotting or removal of the board
 - questions concerning the evaluation during the competition
 - contact with other persons outside of the inner arena circle during the competition (exceptions: team doctor, delegation leader, pianist)

Article 5

General Remarks Concerning the Compulsory and Optional Exercises

In principle, the compulsory and optional exercises may **not** be repeated. **Exceptions:** Defects in the apparatus, organizational deficiencies, or similar things that occur through no fault of the gymnast.

The repetition of an exercise can only occur by decision of the C-Judge of the respective apparatus; in dubious cases, the Jury of Appeal.

When Competitions Ia and Ib are performed, the optional vault and exercises must be different from the compulsory exercises.

Elements from the compulsory exercise may be executed in the optional exercise, but with other connections before and after the element. Maximally, an original compulsory connection of three elements may be executed in the optional.

If a gymnast shows more than 3 compulsory elements in an original connection, the compulsory mount or compulsory dismount in the optional exercise, then a deduction of 0.30 P. occurs each time.

If the compulsory vault is performed in Competition Ib, II, or III, the vault is invalid.

The compulsory and optional exercises are subject to a prescribed time limit only on the balance beam and floor.

The Assistants begin timing when the gymnast takes off from the springboard, mat, or floor or begins on floor with the first movement of her exercise. They stop the clock, when the gymnast

- lands her balance beam exercise dismount on the floor (mat) or
- ends her floor exercise with the last movement.

If the dismount lands at the sound of the second signal, there is no deduction.

If the dismount lands **after** the sound of the second signal – deduction: 0.20 P. for exceeding time.

The judges evaluate the entire exercise including the dismount.

Five seconds prior to and at the maximum time limit, a signal will be communicated in each case that the exercise is to be finished.

For interruption in the exercise due to a fall, limited intermediate time periods are fixed. The timing of the intermediate time period begins with the fall. If the intermediate time period during a fall is exceeded, then the exercise is considered terminated. Missing value parts and special requirements will be deducted. The interruption in the exercise is timed separately; it will not be calculated in the total time of the exercise.

After a fall the resumption of the timing begins with the first movement to continue the exercise. First in this moment – with the first movement – is the time interruption (maximum 10 seconds on balance beam, 30 seconds on uneven bars) ended.

A springboard, which may be placed on the prescribed mats, is permitted for **mounts** (compulsory and optional) on the uneven bars and the balance beam.

Additional supports such as mats, boards, or other objects are not permitted (deduction: 0.5 P.).

The arrival on the springboard is possible out of

- stand
- a running approach
- one **element** in front of the apparatus

If more than one element before the arrival on the board is performed, the vault is **invalid** or there is a deduction of 0.20 P. each time at uneven bars and balance beam.

A second run is permitted for the mount at uneven bars and balance beam or horse vault – Ia, if the gymnast on her **first** attempt has **not** touched the springboard and the apparatus or **not** run underneath the apparatus. If she must take on a third run, then she receives a deduction of 0.50 P.

In Competition Ib, II and III on horse vault, a third run is possible under the same conditions. Should a fourth run be necessary, then likewise a deduction of 0.50 P.

In Competition Ib, II or III the same or different optional exercises may be performed.

Article 6

The Evaluation of the Compulsory Exercises

The compulsory exercises on the apparatus – vault, uneven bars, balance beam, and floor – will be evaluated from 10.00 points. The contents and combination of the compulsory exercises will be made available by the FIG/WTC and sent out to the national federations through a publication by the General Secretary of the FIG.

The publication of the compulsory exercises contains:

- text and illustrations of the compulsory exercises
- table of Deductions for faults
- time limits for the exercise on the balance beam and the floor
- music and cassette tapes for the floor exercise

The compulsory exercises may be reversed in total and also in passages, which are marked with an *

For a reverse performance on the balance beam and floor exercise, **one** additional step or less is permitted.

At horse vault the gymnast has only **one** attempt.

Article 7

The Evaluation of the Optional Exercises

The optional exercises will be evaluated from 9.60 P. on the apparatus – uneven bars, balance beam, and floor; the optional vaults from the value of the vault according to the Table of Vaults.

For special performance on the apparatus – uneven bars, balance beam, and floor – a bonification of a total of 0.40 P. is possible, so that a maximum of 10.00 P. can be reached.

1. Requirements of the Exercise

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

– Value Parts (A = 0.20P., B = 0.40P., C = 0.60P., D = 0.80 P.)	3.00 P.
– Bonus Points (bonification)	0.40 P.
– Combination (construction of the exercise)	1.50 P.
– Execution	5.10 P.
Maximum	10.00 P.

1.1 Value Part Requirements (VPR)

Competition Ib	Competition II	Competition III
3A = 0.60 P.	1A = 0.20 P.	2B = 0.80 P.
3B = 1.20 P.	2B = 0.80 P.	1C (natural) = 0.60 P.
2C (from this 1 natural C) = 1.20 P.	2C (natural) = 1.20 P.	2D (value raised D's possible) = 1.60 P.
	1D (value raised D possible) = 0.80 P.	
3.00 P.	3.00 P.	3.00 P.

1.2 Bonus Points (Bonification)

– Originality (elements/connections)	Maximum 0.30 P.
– additional natural D	Maximum 0.10 P.
	Maximum 0.40 P.

1.3 Combination

Maximum 1.50 P.

To be considered in the construction of the exercise:

- progressive distribution of the elements
- diversified composition through various elements, connections, and value parts
- space and direction
- tempo and rhythm.

1.4 Execution

Maximum 5.10 P.

It includes:

- technique, amplitude and posture
- exactness of phases during turns around several axes
- large flight height during acrobatic and gymnastic leaps/jumps, flight elements on uneven bars, dismounts and in the second phase at horse vault
- sure/steady landings
- perfectly sure performance.

The judges must judge the exercise according to the named taxation factors and fill out the score slip as follows:

Bonus Points		Deductions for missing	
Originality P.	A, B, C, D P.
additional natural D P.	Special Requirements P.
Starting Value (SV)			
Score:	<input type="text"/>	Signature of the Judge	

2. Directives for the Recognition of the Value Parts

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

Their values are divided as follows: (see also Article 7-1)

A-part = easy part	0.20 P.
B-part = part with middle difficulty value	0.40 P.
C-part = part with high difficulty value	0.60 P.
D-part = part with highest difficulty value	0.80 P.

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

Examples: ..01 to ..29	= A-elements
..30 to ..59	= B-elements
..60 to ..89	= C-elements
..90 and following	= D-elements

The B-, C-, and D-parts require a specific technical execution.

If such parts are not executed according to the requirements, a lowering of one value part step occurs.

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

The same elements from B can be recognized two times in an exercise as a value part, if they are preceded or followed by a different connection. If performed the third time, the difficulty value is not considered, but it can serve as a connection for value raising for the following element.

The counting of elements occurs in chronological order.

Examples:

One **Uneven bar** exercise contains:

- clear hip circle to a handstand - clear hip circle to a handstand (2 x recognition as a value part) **and**
- stalder backward to a handstand - clear hip circle to a handstand (third clear hip circle: **no** recognition as value part).

One **Balance Beam** exercise contains:

- **first series:** flic-flac - walkover backward (recognition of both value parts)
- **second series:** flic-flac - salto backward with step out (recognition of both value parts)
- **third series:** flic-flac - salto backward tucked (third flic-flac: **no** recognition as value part)

One **Floor** exercise contains:

- **first series:** salto forward, round-off, flic-flac, salto backward stretched with 2/1 twist (720°)

- **second series:** round-off, flic-flac, salto backward stretched with 2/1 twist (720°)
(recognition of salto backward with 2/1 twist both times, since it was performed in a different connection)
- **third series:** round-off, flic-flac, salto backward stretched with 2/1 twist (720°), salto forward
(third salto backward with 2/1 twist (720°) - **no** recognition as value part)

There is **value raising** (VR) for series of value parts, that means with the connection of two or several value parts, the second and each following value part raises **one** value step (see Specific Apparatus Rules).

3. Bonus Points

3.1 A maximum of 0.30 P. will be given for **Originality**, both for original elements as well as for original connections.

In reference to Originality there are different concepts, for example:

«A thing is original, if it can serve as an example without having had a model.»

Referring to artistic gymnastics, we speak of Originality, if new movement forms or newly styled exercise parts or connections are performed, which go beyond the frame of what is considered as known, traditional, or classical.

There are Bonus Points for Originality for:

- an element/connection from C according to the Difficulty Table
+0.10 or +0.20 P.

3.2 In Competition Ib, II, and III additional **natural D** will be awarded
Maximum +0.10 P.

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

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

3.3 Directives for **Recognition of Bonus Points** for Originality and additional natural D.

Bonus Points for original C/D and for additional «natural D» will be given only for good technical presentation.

There is no bonification:

- with a fall on all apparatus
- with an intermediate swing on uneven bars (from 0.25 P.)
- with a medium fault (from 0.25 P.) on balance beam and floor
- with repetition, also if this element is executed from another connection, preceding or following

Article 8

General Directives for the Preparation and Execution of the Competitions and Courses for Judges

1. Recognition of New Elements/Connections and Vaults

All new elements/connections and vaults (performed for the first time in the world - premiered) are to be submitted **three** months before the concerned competition or on the day of arrival at the competition to the President of

the WTC with technical description and drawings (or with video illustrations).

She discusses with the WTC concerning:

- difficulty value (A, B, C, or D)
- originality value (0.10 P. or 0.20 P.) or
- Starting Value (SV) of new vaults (vault group and vault number)

The decision is communicated:

- to the concerned federation (written)
- to the judges at the Judges' Instruction before the concerned competition.

2. Publication of the Lists with Originality

After the OG the FIG/WTC publishes a list, on which are itemized all

- elements from C according to the Table, as well as
- principles for new and rare connections.

After the WC and World Cup in the Olympic Cycle supplements will be dealt with.

The Originality Value of the elements/connections will be determined on the basis of analysis of all program contents of the OG, WC and World Cup and provided with a number and illustration for the Code of Points.

The List with original elements and connections will be sent as a circular by the Secretary General of the FIG to all affiliated federations. A specified fee has to be paid for recorders.

It is a part of the Code of Points and consequently the evaluation basis for all FIG Competitions.

New elements and connections are able to be submitted at all other international competitions (competitions between nations, international invitations, etc.) to the organizer. The evaluation and the decision occur in the technical discussion before the respective competition. The originality of these elements has validity **only at this** respective competition. They appear for the first time on the List - FIG/WTC, if they were submitted, confirmed, and also performed at the OG, WC, or World Cup.

3. Linguistic Understanding at Intercontinental Judges' Courses

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

Article 9

General Deductions for Faults

Under general faults one understands, that it pertains to what may occur during the exercises on all apparatus.

One differentiates:

- position faults (form breaks)
- technical faults
- compositional faults
- faults in behavior of the
 - gymnast or
 - coach (female/male)

These faults may occur as:

- SMALL Faults 0.05 P. to 0.20 P.

For example:

- slight opening of the legs
- poor foot or arm work
- relaxed leg or body position

- MEDIUM Faults

0.25 P. to 0.40 P.

For example:

- distinct deviation from perfect technique (low amplitude, height of jumps/leaps, turns ended too late, among others)
- distinct form breaks such as strong knee faults and open legs
- strong relaxed leg or body position
- intermediate swing

- LARGE Faults

0.45 P. and more

For example:

- fall
- severe deviation from correct technique
- spotting assistance

Specific apparatus errors are listed in the concerned Article for each respective apparatus.

Table for General Faults

Type of Fault	Deductions:	0.05 P. to 0.20 P.		0.25 P. to 0.40 P.		0.45 P.
		0.10 P.	0.20 P.	0.30 P.	0.40 P.	and more
Deductions by the C-Judge and/or Judges						
Position faults (form breaks) of the legs, arms, feet, trunk, head						
- small		up to 0.10 P.				
- medium				up to 0.30 P.		
- opened legs in the tuck phase of salto or double salto		each up to 0.10 P.				
Touch on the apparatus or the floor						
- light		up to 0.10 P.				
- moderate				up to 0.30 P.		
Concentration pauses longer than 2 seconds		up to 0.10 P.				
Loss of balance, as 1 or 2 steps, hops, unsure landing, additional movements						
- slight		up to 0.10 P.				
- moderate				up to 0.30 P.		
Fall on the hips, knees on or against the apparatus, support of both hands, support with one hand						0.50 P.
Grasping the apparatus in order to avoid a fall				0.30 P.		
Extra swing				0.30 P.		
Spotting assistance during the exercise and on the dismount						0.50 P.
Exercise without mount or dismount (bars, beam)				each 0.30 P.		
Two elements before the mount (bars, beam)			0.20 P.			
Missing Elements:						
- A-Value Part			each 0.20 P.			
- B-Value Part					each 0.40 P.	
- C-Value Part						each 0.60 P.
- D-Value Part						each 0.80 P.
- Value raised C instead of natural C			each 0.20 P.			
Insufficient amplitude (partially)			up to 0.20 P.			
Compulsory vault in Competition I b, II, III						vault invalid
Compulsory mount, dismount or compulsory connection (more than 3 elements) in the optional exercise				each 0.30 P.		
Springboard on unpermitted support (C-Judge)						0.50 P.

Type of Fault	Deductions:	0.10 P.	0.20 P.	0.30 P.	0.40 P.	0.50 and more
Deductions by the Jury of Appeal						
- Non identical leotards in Competition I a and I b from team score total		each 0.10 P.				
- Incorrect attire		each 0.10 P.				
- Missing national emblem or start number		each 0.10 P.				
- Unexcused delay of the competition on the apparatus						Disqualification
- Unexcused interruption of the competition						Disqualification
- Leaving the competition area without notification						Disqualification
- two male coaches in competition I a/I b				0.30 P.		
Deductions by the Chief Judge						
- Under or overtime			each 0.20 P.			
- Stepping over (outside of) the floor area (white stripe belongs to floor area)		each 0.10 P.				
- Exceeding the intermediate time after a fall						Exercise is ended
- Missing presentation		each 0.10 P.				
- Failure to start after lighting of the green light (30 sec. on all apparatus)				0.30 P.		
- Unobservance of the warm-up time				0.30 P.		
- deduction in Competition I a, I b from the team score total						
- deduction in Competition II from score on respective apparatus						
- deduction in Competition III from the score total on the respective apparatus (deductions will be taken together by the President and Chief Judge of the respective apparatus)						
- Starting the exercise when red light is lit						Exercise invalid
- Unauthorized remaining on the podium (coach - F/M, gymnast, or other persons who may remain in the inner arena circle)				0.30 P.		
- Assistance through signals, shouts (cheers), etc. of the coach (F/M) in the inner arena circle						
- Touch on the apparatus by the coach (F/M) during the exercise			each 0.20 P.			
- Obstructing the view of the judging panel			each 0.20 P.			
- A third run-approach on mounts and at vault (Competition I a) or fourth run-approach at vault (C-I b, II, III)			each 0.20 P.			0.50 P.

Article 10

Horse Vault

1. General

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

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

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

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

2. Vault Groups

The vaults will be classified into the following groups:

- Group 1 - Handsprings, Yamashitas, Cartwheels without and with longitudinal axis turn
- Group 2 - Salto forward without and with longitudinal axis turn and Cuervo without and with additional longitudinal axis turn
- Group 3 - Saltos backward without and with longitudinal axis turn - Tsukahara
- Group 4 - Vaults from a Round-off

3. Value of the Vaults *

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

The vault number is to be flashed (manually or electronically) before the vault. The gymnast is responsible for the flashing of the correct vault number.

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

* All vaults have a number - tucked, piked and stretched

Example:

Flashed: Tsukahara stretched - No. 3.60 - SV 9.70 P.

Performed: Tsukahara piked - No. 3.31 - SV 9.50 P.

The judges use the Starting Value of 9.50 P.; the C-Judge takes the deduction of 0.30 P. for the incorrect flashing of the vault number from the Average Score.

4. Special Requirements

- In Competition Ia the gymnast has only **one** attempt.
- In Competition Ib and II each gymnast has the right to two attempts; the

better score of both vaults is counted. The two vaults may be the same or different.

– In Competition III two vaults from different vault groups must be shown. The Final Average Score will be arrived at by averaging the scores of both vaults.

Evaluation: Average Score
 (= Average Score from both vaults) minus 1.00 P.*
 Deductions for absence of Special Requirements in Competition III will be taken by the C-Judge.

5. Specific Apparatus Deductions

5.1 First Flight Phase

- | | Deduction |
|---|------------------|
| – Form break (body, legs) | up to 0.20 P. |
| – Technique not corresponding to the character of the vault | up to 0.30 P. |
| – Prescribed longitudinal axis turn is not fully executed | up to 0.30 P. |

5.2 Support Phase

- | | |
|-----------------------------|---------------|
| – Form break (body, legs) | up to 0.20 P. |
| – Poor technique in support | up to 0.20 P. |

5.3 Second Flight Phase

- | | |
|--|--------------------|
| – Form break (body, legs) | up to 0.20 P. |
| – Prescribed turn begun too early or not completed | each up to 0.30 P. |
| – Insufficient height/length | each up to 0.30 P. |
| – No stretch/open of the body before the landing | up to 0.30 P. |
| – Insufficient tuck, pike, stretch | up to 0.20 P. |

5.4 Landing

- | | Deduction |
|--|------------------|
| – Deviation from a straight direction | up to 0.30 P. |
| – Spotting assistance during the landing | 0.50 P. |
| – Unsure landing | |
| • slight unsureness | up to 0.10 P. |
| • moderate unsureness | up to 0.30 P. |

5.5 Remaining Deductions

- | | |
|---|---------------|
| – Spotting assistance during the vault | Invalid vault |
| – Flashing an incorrect or no vault number | 0.30 P.* |
| – Insufficient dynamics during the vault | up to 0.30 P. |
| – Run-approach without execution of the vault | |
| • with touch on the springboard or horse | vault invalid |
| • without touch on the springboard or horse: | |
| • one third attempt in C-Ia | 0.50 P.* |
| • one fourth attempt in C-Ib, II, III) | 0.50 P.* |

5.6 Absence of Special Requirements

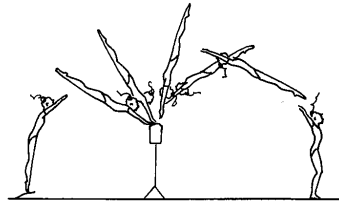
- | | |
|--|----------------|
| – Compulsory vault does not correspond to the publication (written text) | Invalid vault |
| – Compulsory vault in Competition Ib, II, or III | Invalid vault |
| – More than one preparatory element before the arrival on the board | Invalid vault |
| – In Competition III is performed: | |
| • only one vault | |
| Evaluation: Average Score of the performed vault | minus 1.00 P.* |
| • two vaults from the same vault group | |

* Deduction by the C-Judge

Group 1
Handsprings, Yamashitas, Cartwheels without or with Longitudinal Axis Turn (Twist)

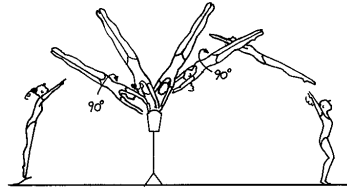
A-Vaults

1.01 Handspring or Yamashita



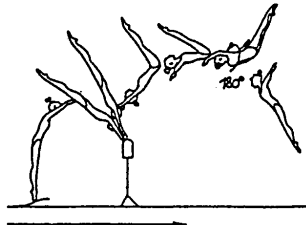
8.80 P.

1.02 Cartwheel on – ¼ turn (90°) off



8.80 P.

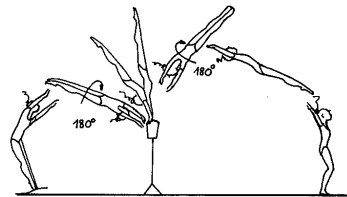
1.03 Handspring or Yamashita with ½ turn (180°) off



9.00 P.

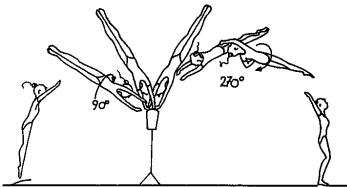
B-Vaults

1.30 ½ turn (180°) on – ½ turn (180°) off



9.20 P.

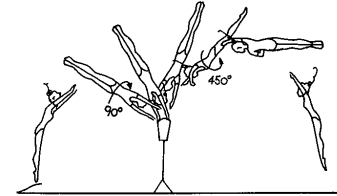
1.31 Cartwheel on – ¾ turn (270°) off (in same direction)



9.30 P.

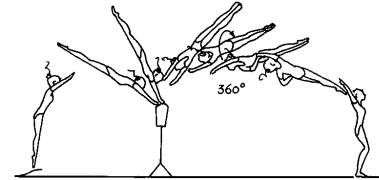
Note: The use of a hyphen indicates separation of the first flight from the second flight.
 «On» indicates first flight phase.
 «Off» indicates second flight phase.

1.32 Cartwheel on – ¼ turn (540°) off



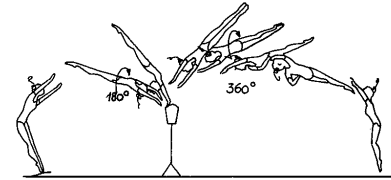
9.40 P.

1.33 Handspring or Yamashita with 1/1 turn (360°) off



9.50 P.

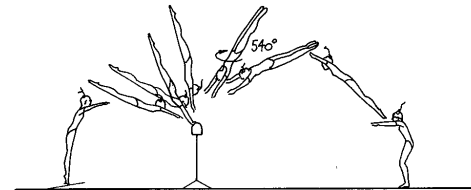
1.34 ½ turn (180°) on – 1/1 turn (360°) off



9.50 P.

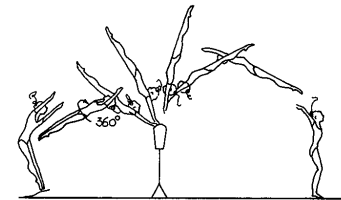
C-Vaults

1.60 Handspring or Yamashita with 1½ turn (540°) off



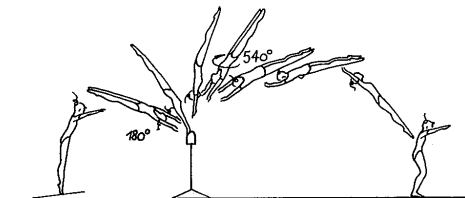
9.60 P.

1.61 1/1 turn (360°) on – Handspring off



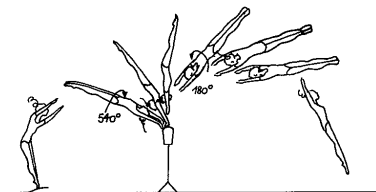
9.60 P.

1.62 ½ turn (180°) on
- 1½ turn (540°) off



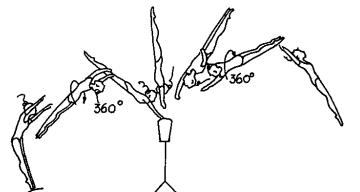
9.80 P.

1.63 1½ turn (540°)
on - ½ turn (180°) off



9.90 P.

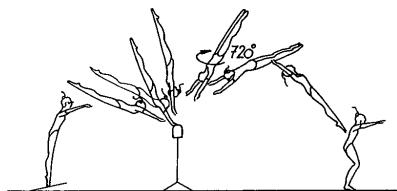
1.64 Handspring forward or Yamashita with
1/1 turn (360°) on - 1/1
turn (360°) off



9.90 P.

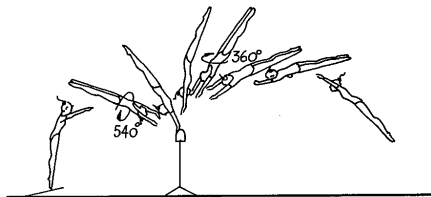
D-Vaults

1.90 Handspring or
Yamashita with 2/1 turn
(720°) off



10.00 P.

1.91 1½ turn (540°) on
- 1/1 turn (360°) off



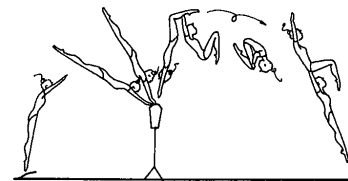
10.00 P.

Group II

Salto forward without and with Longitudinal Axis Turn (Twist) and Cuervo without and with Longitudinal Axis Turn (Twist)

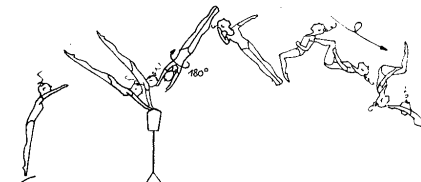
C-Vaults

2.60 Handspring on -
tucked 1½ salto for-
ward off



9.90 P.

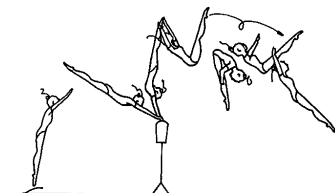
2.61 Handspring on -
½ turn (180°) and
tucked 1½ salto back-
ward off (tucked
Cuervo)



9.90 P.

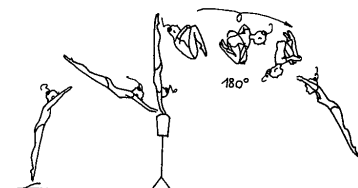
D-Vaults

2.90 Handspring on -
piked 1½ salto (540°)
forward off



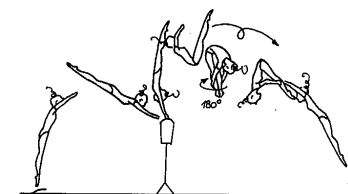
10.00 P.

2.91 Handspring on -
tucked 1½ salto for-
ward with ½ Turn
(180°) off



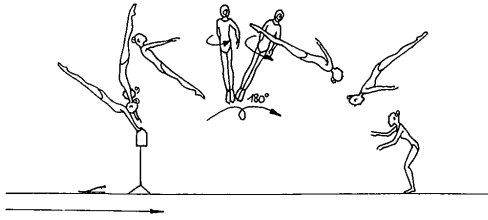
10.00 P.

2.92 Handspring on -
piked 1½ salto forward
with ½ turn (180°) off



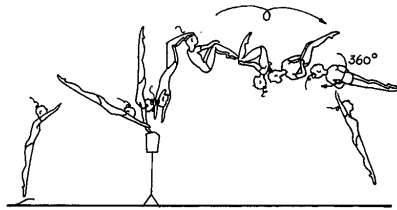
10.00 P.

2.93 Handspring on – stretched 1½ salto forward with ½ turn (180°) off



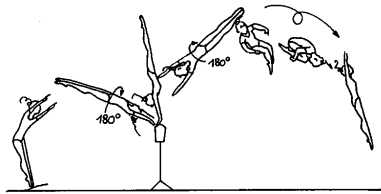
10.00 P.

2.94 Handspring on – tucked 1½ salto with 1/1 turn (360°) off



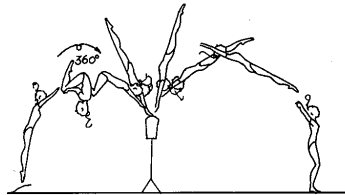
10.00 P.

2.95 ½ turn (180°) on – ½ turn (180°) with tucked 1½ salto forward off



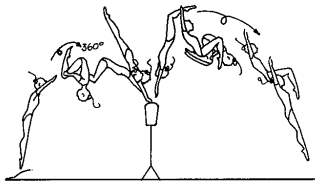
10.00 P.

2.96 Tucked 1½ salto forward on – optional 2nd Phase (Handspring) off



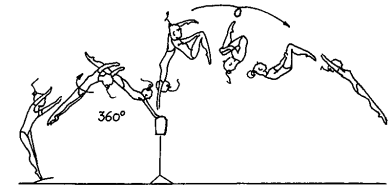
10.00 P.

2.97 Tucked 1½ salto forward on – tucked 1½ salto forward off



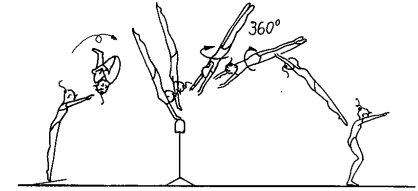
10.00 P.

2.98 Handspring with 1/1 turn (360°) on – tucked 1½ salto forward off



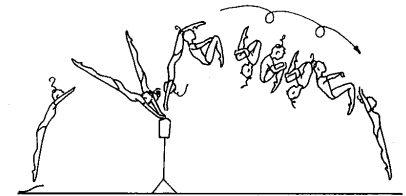
10.00 P.

2.99 Tucked 1½ salto forward on – Handspring with 1/1 turn (360°) off



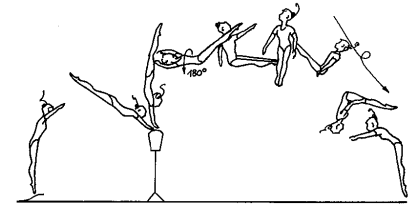
10.00 P.

2.100 Handspring on – tucked 2½ saltos forward off



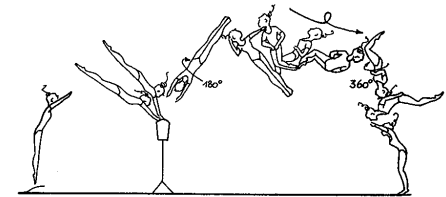
10.00 P.

2.101 Handspring on – ½ turn (180°) and piked 1½ salto backward off (piked Cuervo)



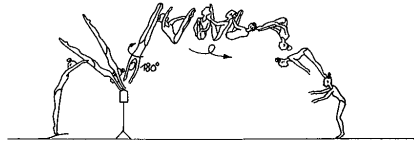
10.00 P.

2.102 Handspring on – ½ turn (180°) and tucked 1½ salto backward with and additional L. A. turn off (tucked Cuervo with turn)



10.00 P.

2.103 Handspring on –
 ½ turn (180°) and piked
 1½ salto backward
 with an additional L. A.
 turn off (piked Cuervo
 with turn)

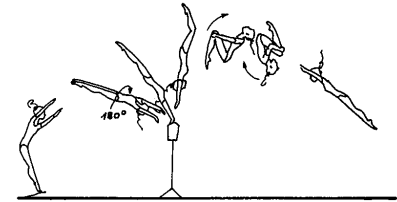


10.00 P.

Group III
Salto backward without and with Longitudinal Axis
Turn (Twist) – Tsukahara

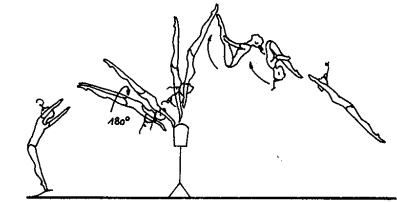
B-Vaults

3.30 Tsukahara tucked



9.40 P.

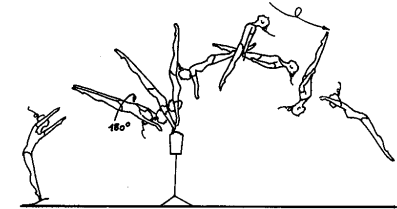
3.31 Tsukahara piked



9.50 P.

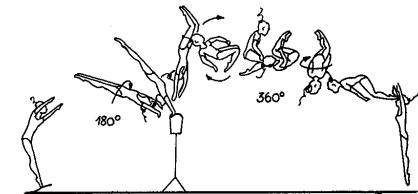
C-Vaults

3.60 Tsukahara
 stretched



9.70 P.

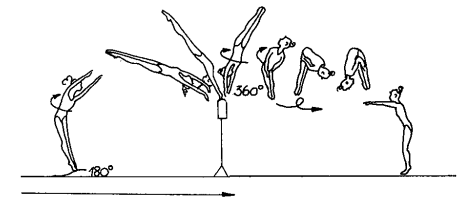
3.61 Tsukahara
 tucked with 1/1 turn
 (360°) off



9.90 P.

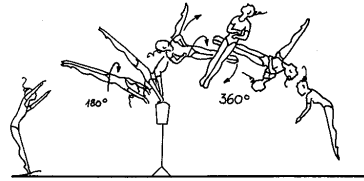
D-Vault

3.90 Tsukahara piked
 with 1/1 turn (360°) off



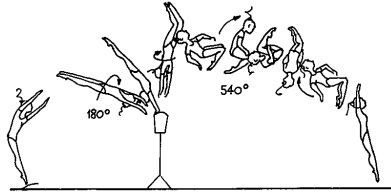
10.00 P.

3.91 Tsukahara stretched with 1/1 turn (360°) off



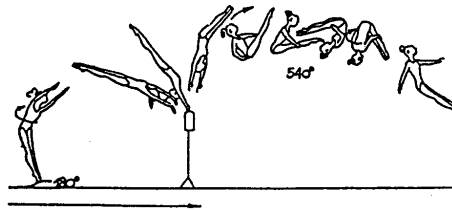
10.00 P.

3.92 Tsukahara tucked with 1½ turn (540°) off



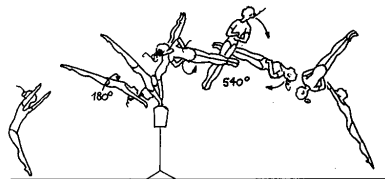
10.00 P.

3.93 Tsukahara piked with 1½ turn (540°) off



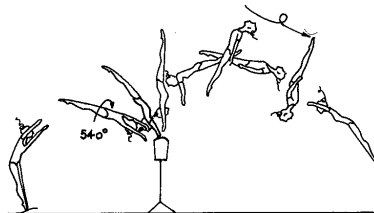
10.00 P.

3.94 Tsukahara stretched with 1½ turn (540°) off



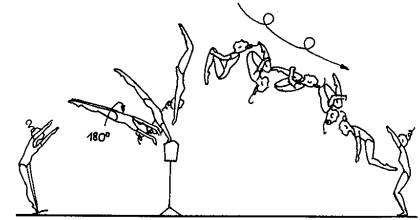
10.00 P.

3.95 Handspring with 1½ turn (540°) on – 1½ salto backward (body position optional) off (Tsukahara with an additional 1/1 turn (360°) in first flight phase)



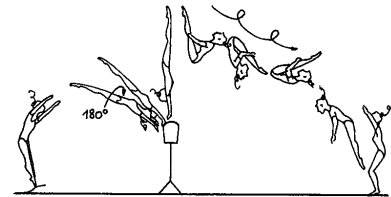
10.00 P.

3.96 Tsukahara with tucked 2½ salto backward off



10.00 P.

3.97 Tsukahara with piked 2½ salto backward off



10.00 P.

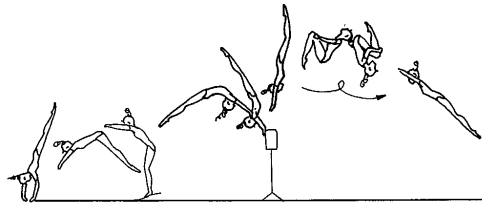
Note:

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

Group IV
Vaults from a Round-off

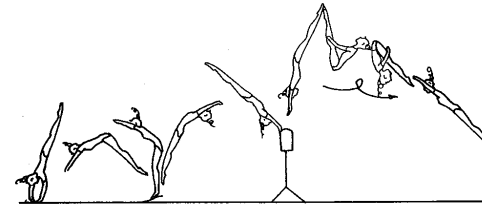
B-Vaults

4.30 Round-off, flic-flac on – tucked 1½ salto backward off



9.40 P.

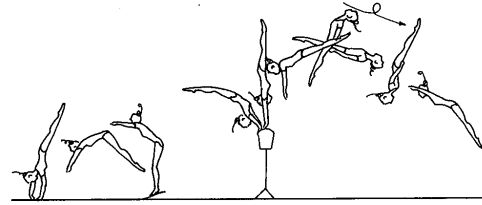
4.31 Round-off, flic-flac on – piked 1½ salto backward off



9.50 P.

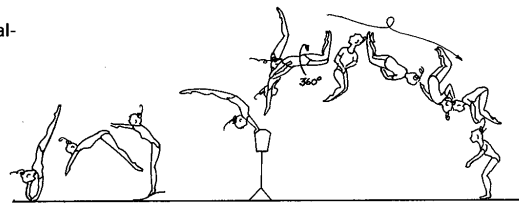
C-Vaults

4.60 Round-off, flic-flac on – stretched 1½ salto backward off



9.70 P.

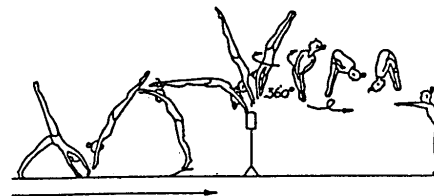
4.61 Round-off, flic-flac on – tucked 1½ salto backward with 1/1 turn (360°) off



9.90 P.

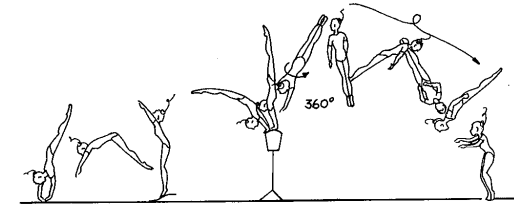
D-Vaults

4.90 Round-off, flic-flac on – piked 1½ salto backward with 1/1 turn (360°) off



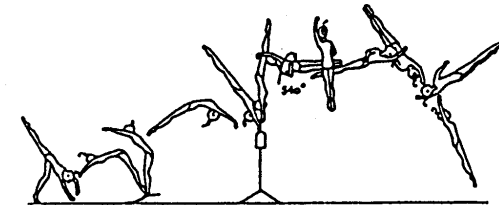
10.00 P.

4.91 Round-off, flic-flac on – stretched 1½ salto backward with 1/1 turn (360°) off



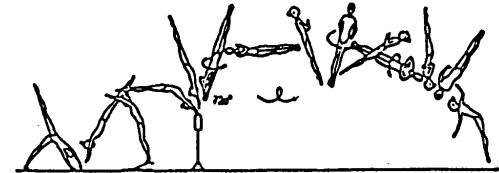
10.00 P.

4.92 Round-off, flic-flac on – stretched 1½ salto backward with 1½ turn (540°) off



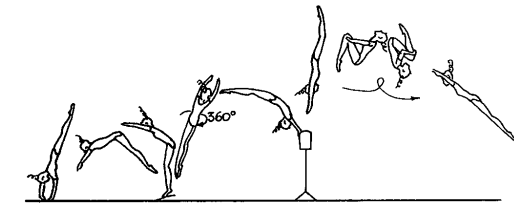
10.00 P.

4.93 Round-off, flic-flac on – stretched 1½ salto backward with 2/1 turn (720°) off



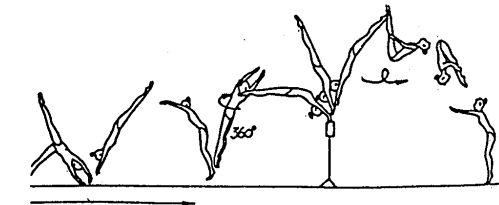
10.00 P.

4.94 Round-off, flic-flac with 1/1 turn (360°) on – tucked 1½ salto backward off (Luconi)



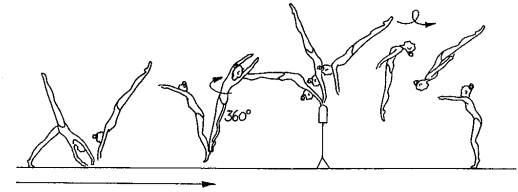
10.00 P.

4.95 Round-off, flic-flac with 1/1 turn (360°) on – piked 1½ salto backward off



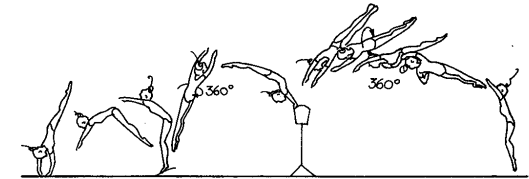
10.00 P.

4.96 Round-off, flic-
flac with 1/1 turn
(360°) on – stretched
1½ salto backward off



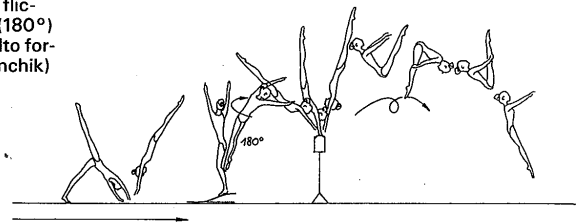
10.00 P.

4.97 Round-off, flic-
flac with 1/1 turn
(360°) on – 1/1 turn
(360°) off



10.00 P.

4.98 Round-off, flic-
flac with ½ turn (180°)
on – piked 1½ salto for-
ward off (Omelianchik)



10.00 P.

Article 11

Uneven Bars

1. General

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

During a fall on to or from the apparatus, an interruption of 30 seconds is permitted.

2. Content of the Exercise

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

- Upward swings (ending in support) or circular swings (circles)
- Kips
- Elements from swing to handstand
- Elements with turns around the longitudinal axis – pirouettes
- Elements with turns around the breadth axis – salto turns
- Counter, grip changes and flight elements
- Hecht elements

3. For the Composition is to be noted

Diversified composition through:

- Execution under the low and over the high bar
- Execution outside and between the bars (rails)
- Elements with great amplitude
- Several bar changes
- Several directional changes

To be avoided are:

- Additional supports
- Interruption in swing through concentration pauses, intermediate swings, or intermediate bounces
- Predominance of close bar execution

4. Special Requirements

- The exercise must consist of at least ten elements *.
- Only four elements in consecutive order may be performed on the same bar; the fifth element must lead to a bar change, touch another bar or be the dismount. For the counting of the elements on one bar (HB or LB), the kip-cast backward to handstand (B-, C- or D-handstand) is calculated as one element.
- Two elements (minimum) are to be performed on the LB.
- The exercise must have two bar changes (minimum).
(Elements with grip change from the HB to LB or reversed will be counted on the bar, on which the main action-movement is performed.)
- The exercise must contain at least one flight element (from B).
- The dismount must be B (minimum).

Deductions for absence of Special Requirements (SR) each 0.10 P.

* Everything counts as an element, which is listed in the Table and has a number.

5. Specific Apparatus Deductions

	Deduction
- Mount without value (easier than A)	0.10 P.
- One sided choice of elements (at least from three different groups)	up to 0.20 P.
- Predominance of close bar execution	up to 0.20 P.
- Execution predominantly in one direction	up to 0.20 P.
- Insufficient bar changes toward the inside and outside of the bars	0.10 P.

6. Value Raising Through Direct ** Connection of Value Parts

** Direct means: performance of elements/connections

- without pause
- without intermediate swing
- without beat on the LB bar from inside

Examples:

- Cast backward to handstand • clear hip circle to handstand	}	=	direct
- Stalder backward to handstand • clear hip circle to handstand	}	=	direct
- Stalder backward to handstand • dismount: hecht with 1/1 twist (360°)	}	=	direct
- Stalder backward to handstand on HB • beat on LB from inside • cast backward to straddle roll backward to hang on LB	}	=	indirect

The Value Raising on Uneven Bars begins with B+B Connections.

A-parts can not be value raised and also can not lead to value raising as a pre-connection to B- or C-parts.

6.1 B+B becomes B+C

- Cast backward to handstand	B
• clear hip circle to handstand	B → C

6.2 C+B becomes C+C

- Giant circle backward to handstand	C
• clear hip circle to handstand	B → C

6.3 C+C becomes C+D

If there occurs:

- a directional change
- a hop to another grip position on the same bar
(with distinct visible flight phase)
- a flight from HB over the LB or to a handstand on the LB
- a flight from the LB to the HB

Examples:

- Cast backward to handstand with ½ turn (180°) in handstand	C
• Stalder backward to handstand	C → D
- Clear hip circle to handstand with hop to reverse grip in handstand phase	C
• Stalder forward to handstand	C → D
- Stalder forward to handstand on HB	C
• clear straddle circle forward on HB with straddle flight backward over LB to hang on LB	C → D
- Stalder forward to handstand on HB	C
• downswing forward (outward), swing backward with straddle flight backward to handstand on LB	C → D

- Clear hip circle through handstand with flight to HB (Schaposchnikova)	C
• from hang on HB – swing backward – pirouette (1/1 turn – 360°) to hang on HB or with grip change (direct) to hang on LB	C → D

6.4 D+B becomes D+C

Example:

- Jaegersalto	D
• underswing with ½ turn (180°) and flight over the LB	B → C

6.5 D+C becomes D+D

- Clear hip circle to handstand with 1/1 turn (360°) in handstand phase	D
• giant circle to handstand	C → D

6.6 If more than two value parts (B, C, or D) are directly connected, then the value of the second element and each succeeding element raises one value part step.

Examples:

B+B+B becomes B+C+C

- Straddle roll backward	B
• glide forward, stoop through, straddle cut backward	B → C
• glide forward, stoop through, straddle cut backward with grip change to hang on HB	B → C

C+B+B becomes C+C+C

- Stalder backward to handstand on HB	C
• underswing with ½ turn (180°) and side flair of arms in flight to hang on same bar	B → C
• hecht with 1/1 twist (360°) from LB (Dismount)	B → C

C+B+C becomes C+C+C

- Mount: clear hip circle to handstand on HB	C
• clear hip circle to handstand	B → C
• clear hip circle to handstand with ½ turn (180°) in handstand phase	C remains C

C+C+B becomes C+D+C

- Underswing with ½ turn (180°) to clear support	C
• pike sole circle backward to handstand	C → D
• clear hip circle to handstand	B → C

C+C+C becomes C+D+D

Example:

- Stalder backward to handstand with ½ turn (180°) in handstand phase	C
• Stalder backward to handstand with hop grip to reverse grip after handstand	C → D
• giant circle swing forward to handstand	C → D

7.1 Value raising is applied throughout the entire exercise. See the second (2.) and third (3.) examples to 6.6.

7.2 A value raised C as a pre-connection can not lead to D-value raising.

Example:

- Mount: side stand in front of HB-turning kip to support on HB B
- cast backward to handstand with hop grip to reverse grip B → C
- downswing forward (outward), swing backward with straddle flight backward to handstand on LB C remains C

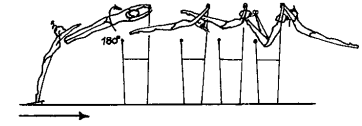
7.3 If a C or D must be lowered one value part step on account of incorrect technique, then the judge must decide as follows:

- if the element as executed exists in the Table (i. e. No. 2.39 Stalder backward to clear support), then value raising is possible,
- if the element with this execution does not exist in the Table, then no value raising can be given.

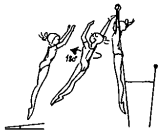
1. Mounts

A-Elements

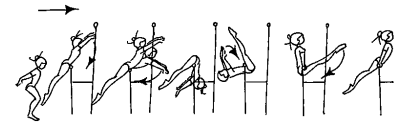
1.01 Free jump with ½ turn (180°) over LB to hang on HB



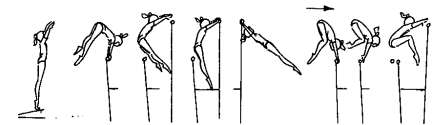
1.02 Jump with ½ turn (180°) to hang on HB



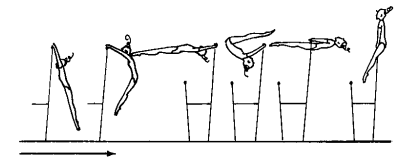
1.03 Jump to free hip circle forward on LB



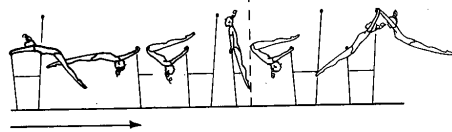
1.04 Squat or straddle jump with hand support over LB to hang on HB



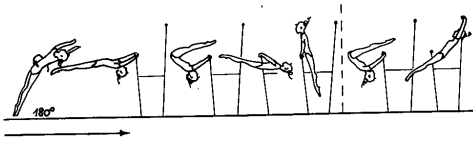
1.05 Jump to brief hang on HB, kip-up to support



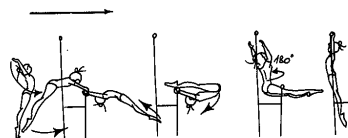
1.06 Kip-up on LB to support or with grip change to hang on HB



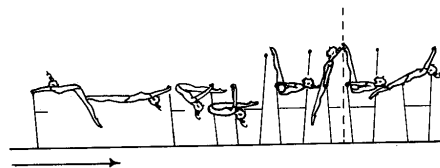
1.07 Jump with 1/2 turn (180°), kip-up to support on LB or with grip change to hang on HB



1.08 Kip on LB with 1/2 turn (180°) and grip change to hang on HB

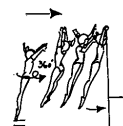


1.09 Glide, stoop through, back kip-up to brief rear support on LB or with grip change to rear lying hang

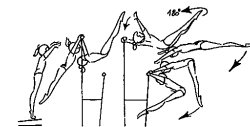


B-Elements

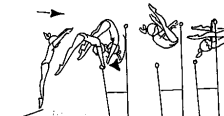
1.30 Jump with 1/1 turn (360°) in front of HB to hang on HB



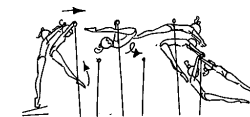
1.31 Jump to hang on HB – underswing with 1/2 turn (180°) and flight over LB to glide



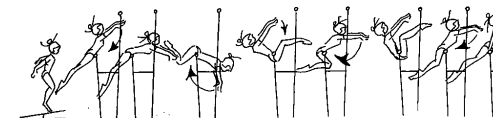
1.32 Jump to brief support or to neck position on LB – salto roll forward, tucked or straddled to hang on HB or eagle hang on LB



1.33 Jump to brief hang on HB, salto roll backward with grip change to hang on LB



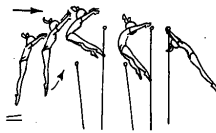
1.34 Jump to double free hip circle forward on LB (Caslavka-Mount)



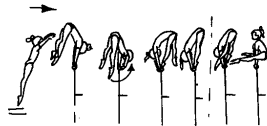
1.35 Jump with 1/2 turn (180°) in front of LB – knee circle backward on LB to hang on HB, also with 1/2 turn (180°)



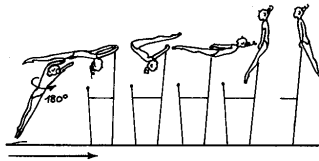
1.36 Free straddle jump over LB to hang on HB



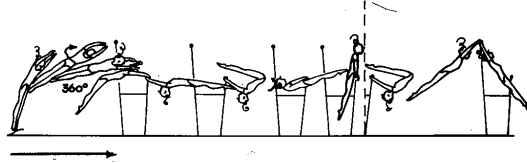
1.37 Jump (with mixed grip) and 1/2 turn (180°) through brief clear straddle support above LB to straddle stand or clear straddle support on LB



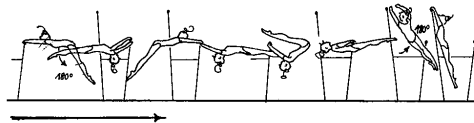
1.38 Jump with 1/2 turn (180°) – kip-up to support on HB



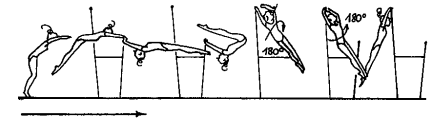
1.39 Jump with 1/1 turn (360°) in front of LB – kip-up to support on HB or with grip change to hang on LB



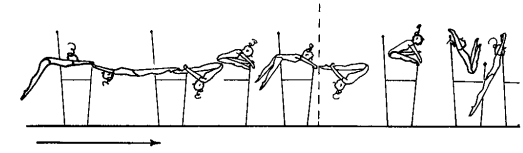
1.40 Jump with 1/2 turn (180°), kip on LB with 1/2 turn (180°) and grip change to hang on HB or with stoop through, back kip-up to rear support or rear lying hang on LB



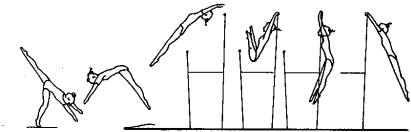
1.41 Kip on LB 1/1 turn (360°) and grip change to hang on HB



1.42 Glide on LB, stoop through, straddle cut backward to hang on LB or with grip change to hang on HB

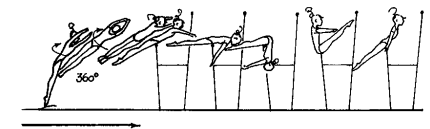


1.43 Round-off in front of LB – flight backward over the LB (legs together or straddled) to hang on HB or to clear support on LB

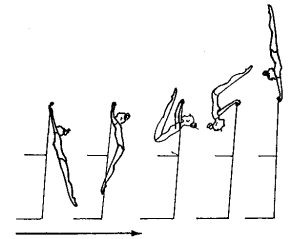


C-Elements

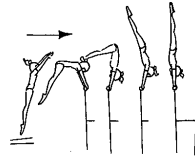
1.60 Jump with 1/1 turn (360°) in front of LB to free hip circle forward on LB



1.61 Jump to brief hang on HB – under-swing to a handstand (clear hip circle mount) on HB with regular, mixed, or reverse grip



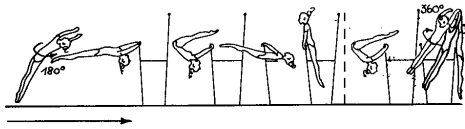
1.62 Jump to handstand on LB (with hips bent, then extended), also with ½ turn (180°) near handstand



1.63 Salto forward, tucked or piked over LB to brief sit on LB



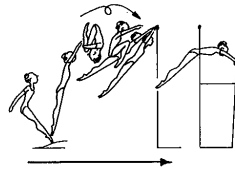
1.64 Jump with ½ turn (180°), kip on LB with 1/1 turn (360°) and grip change to hang on HB



1.65 Salto forward piked or straddled over LB into eagle hang on LB (placement of neck on LB = B, see 1.32)



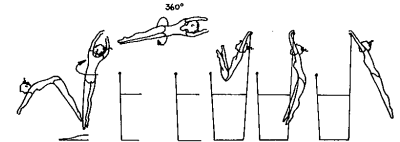
1.66 From a sidestand in front of HB – salto forward to a brief hang on HB with direct grip change to hang on LB



1.67 Round-off in front of LB – flight backward (straddled) through momentary clear straddle support on LB (C only in connection with Stalder in handstand – Fährnich otherwise B)

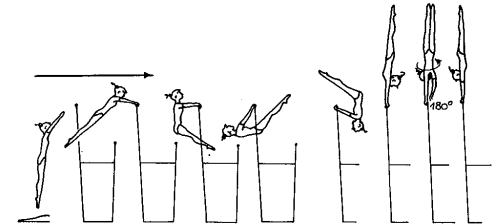


1.68 Round-off in front of LB, flight backward with 1/1 turn (360°) over LB to hang on HB

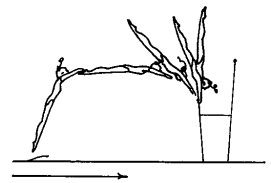


D-Elements

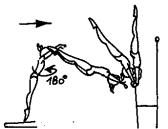
1.90 From a sidestand in front of HB – jump to brief clear support hang (with regular, reverse, or mixed grip) – clear hip circle to handstand with ½ turn (180°) in handstand phase on HB (McNamara)



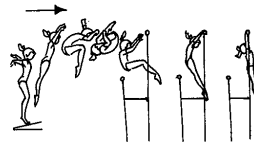
1.91 Jump with extended body to handstand on LB



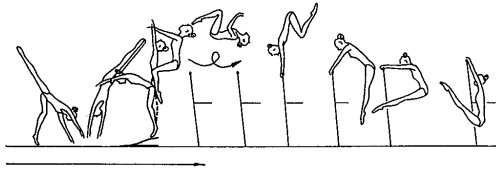
1.92 Jump with extended body and ½ turn (180°) to handstand on LB



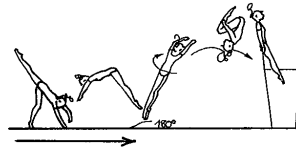
1.93 Salto forward, tucked or piked over LB to hang on HB without touching the LB



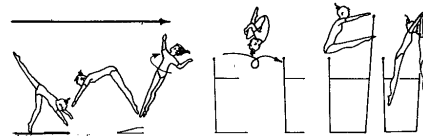
1.94 Round-off in front of LB – tucked salto backward over LB to hang on LB (Jentsch)



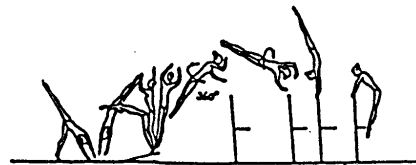
1.95 Round-off in front of LB – tucked or piked arabian salto over LB to a momentary sit on LB



1.96 Round-off in front of LB – tucked or piked arabian salto over LB to a hang on HB without touching the LB



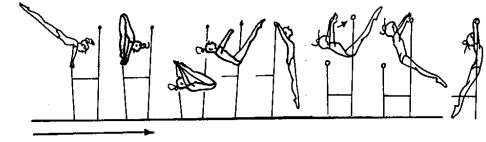
1.97 Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or handstand on LB (Gurova)



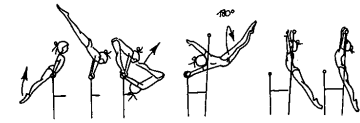
2. Circles

A-Elements

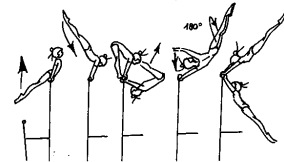
2.01 Underswing* on LB with grip change to hang or eagle hang on HB



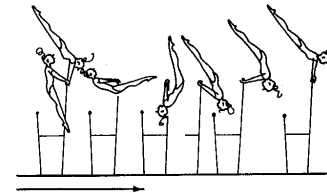
2.02 Underswing on LB with 1/2 turn (180°) and grip change to hang on HB



2.03 Underswing with 1/2 turn (180°) on HB to hang on HB or front lying hang



2.04 Clear hip circle to clear front support

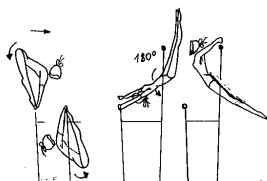


* Note:

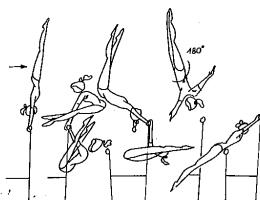
All underswings are able to be executed:
 – with support of the feet
 – without support of the feet } in the downward movement.

B-Elements

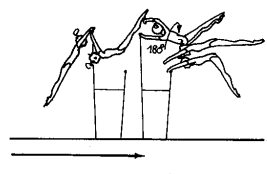
2.30 Underswing on LB with $\frac{1}{2}$ turn (180°) and grip change to eagle hang on HB



2.31 Underswing with $\frac{1}{2}$ turn (180°) and side flair of arms in flight to hang on same bar or front lying hang



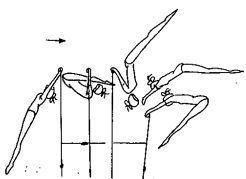
2.32 From hang on HB (facing LB) – underswing with $\frac{1}{2}$ turn (180°) and flight over LB to hang on LB



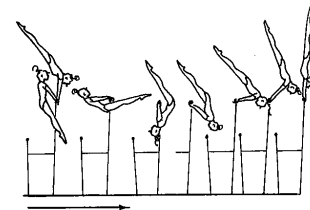
2.33 Underswing backward (inverted pike swing), dislocate (Schleudern) to hang or front lying hang



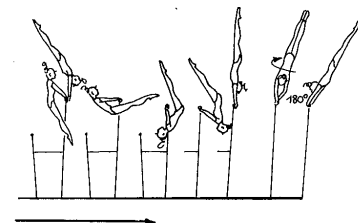
2.34 From hang on HB (back to LB) – swing forward, stoop through, underswing backward, dislocate (Schleudern) with flight over LB to hang on LB



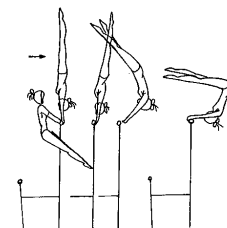
2.35 Clear hip circle to handstand



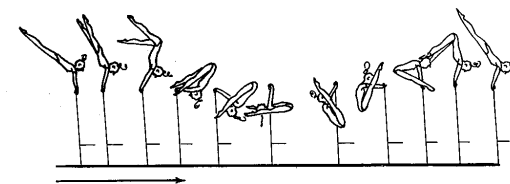
2.36 Clear hip circle to handstand with $\frac{1}{2}$ turn (180°) after handstand



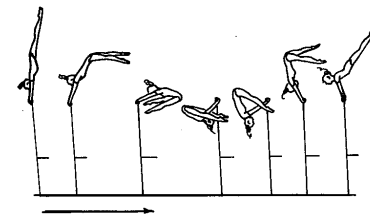
2.37 Clear hip circle to handstand with release – hop to reverse grip after handstand



2.38 Stalder forward to clear support

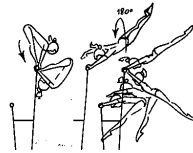


2.39 Stalder backward to clear support

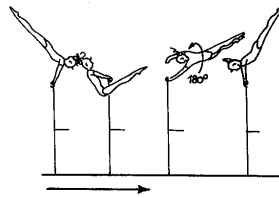


C-Elements

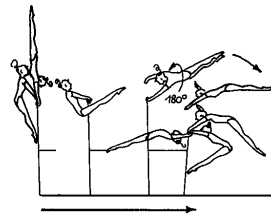
2.60 Facing outward – underswing with ½ turn (180°) on HB with direct grip change to hang on LB



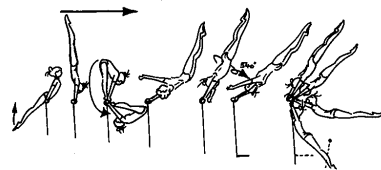
2.61 Underswing with ½ turn (180°) to clear support on same bar



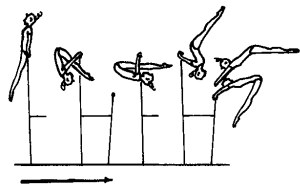
2.62 From handstand – underswing with ½ turn (180°) on HB with flight over LB to hang on LB



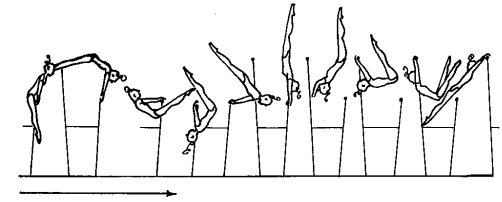
2.63 Underswing with 1½ turn (540°) on HB to hang or front lying hang or on LB to hang



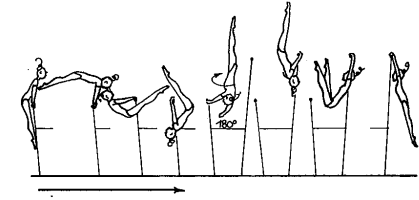
2.64 From a rear support on HB – underswing backward (inverted pike swing), dislocate (Schleudern) on HB with flight over LB to hang on LB



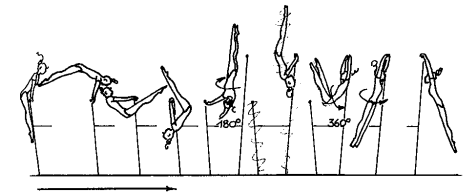
2.65 From an inner front support on LB – clear hip circle through handstand with flight to hang on HB (Schaposchnikova)



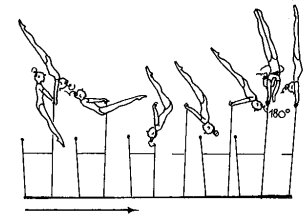
2.66 From an outer front support on LB – clear hip circle through handstand with flight and ½ turn (180°) to hang on HB



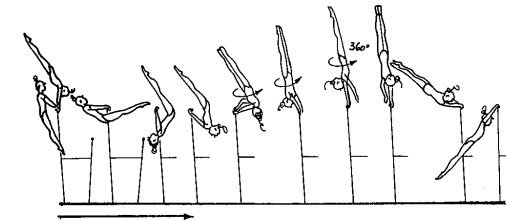
2.67 From outer support on LB – clear hip circle through handstand with flight and ½ turn (180°) to hang on HB, and immediate 1/1 turn (360°) in hang on HB



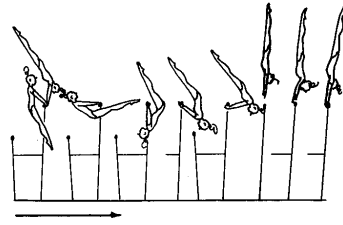
2.68 Clear hip circle to handstand with ½ turn (180°) in handstand phase



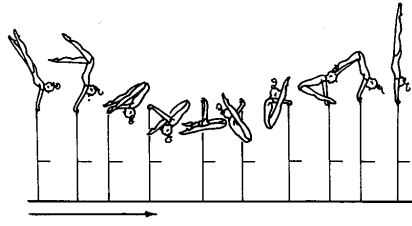
2.69 Clear hip circle through the handstand with 1/1 turn (360°) after handstand (Kräker Circle)



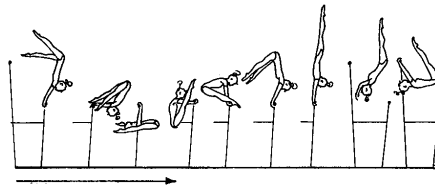
2.70 Clear hip circle to handstand with release
- hop to reverse grip in handstand phase
(after = B)



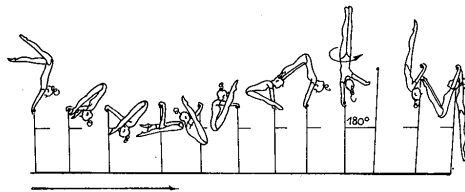
2.71 Stalder forward to handstand



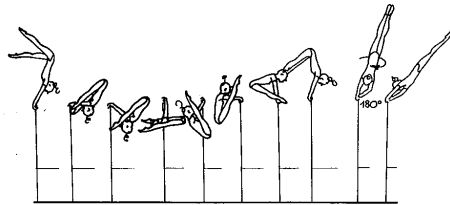
2.72 From inner front support on LB - Stalder forward through handstand with flight to hang on HB



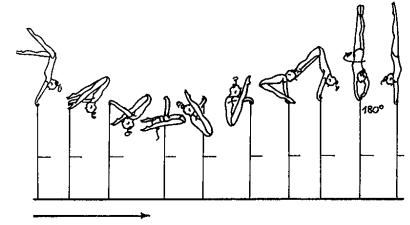
2.73 From outer front support on LB - Stalder forward through handstand with 1/2 turn (180°) and flight to hang on HB



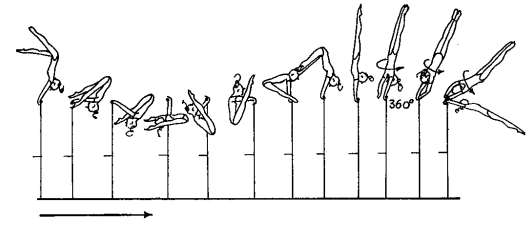
2.74 Stalder forward to handstand with 1/2 turn (180°) after the handstand



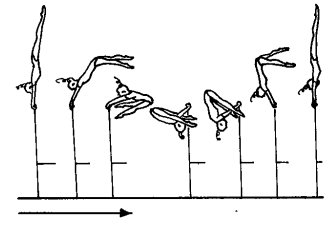
2.75 Stalder forward to handstand with 1/2 turn (180°) in handstand phase



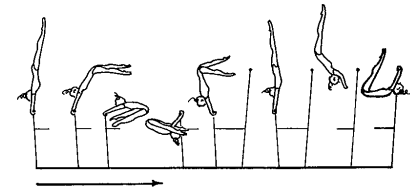
2.76 Stalder forward to handstand with 1/1 turn (360°) after handstand



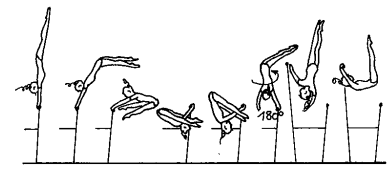
2.77 Stalder backward to handstand



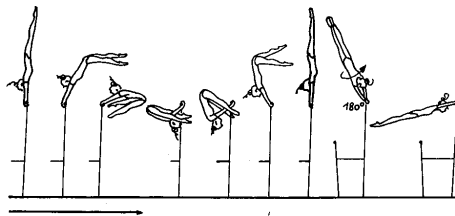
2.78 From inner front support on LB - Stalder backward through handstand with flight to hang on HB



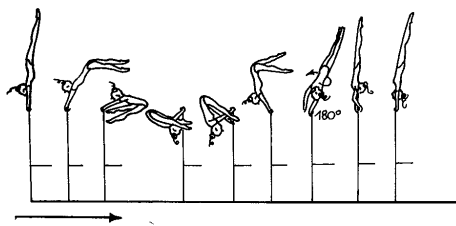
2.79 From outer front support on LB - Stalder backward through handstand with 1/2 turn (180°) and flight to hang on HB



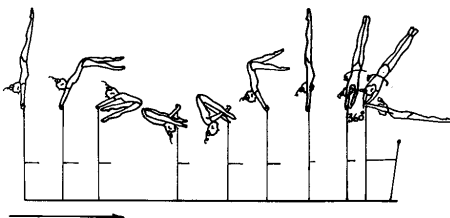
2.80 Stalder backward to handstand with $\frac{1}{2}$ turn (180°) after handstand



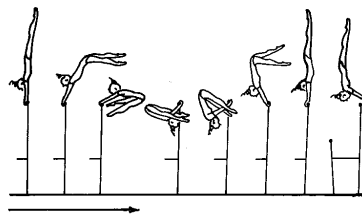
2.81 Stalder backward to handstand with $\frac{1}{2}$ turn (180°) in handstand phase



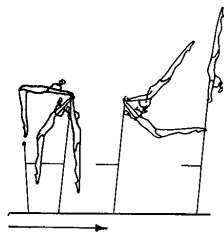
2.82 Stalder backward to handstand with $1/1$ turn (360°) after handstand



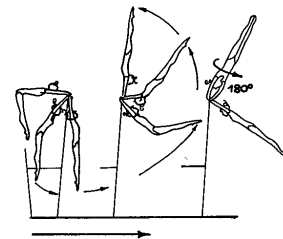
2.83 Stalder backward to handstand with release – hop to reverse grip after handstand



2.84 Giant circle backward to handstand on HB (Riesenfelge) (on LB = B)

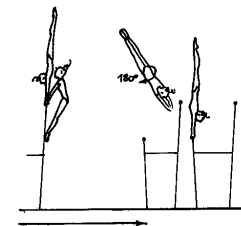


2.85 Giant circle backward to handstand with $\frac{1}{2}$ turn (180°) in handstand phase or after

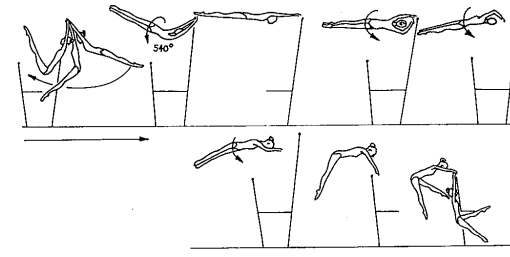


D-Elements

2.90 Underswing on HB with $\frac{1}{2}$ turn (180°) in flight to handstand on LB



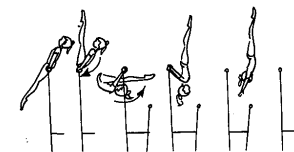
2.91 From hang (facing LB) – underswing with $1\frac{1}{2}$ turn (540°) and flight over the LB to hang on LB (Strong)



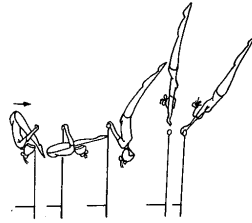
2.92 Underswing with $1\frac{1}{2}$ turn (540°) on HB and direct grip change to hang on LB



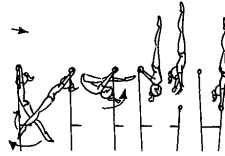
2.93 Underswing (inverted pike swing) backward on HB, dislocate (Schleudern) with flight to handstand on LB (Zuchold-Schleudern)



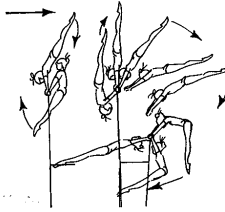
2.94 Underswing backward (inverted pike swing), dislocate (Schleudern) to near handstand on HB with release - hop to regular grip on HB



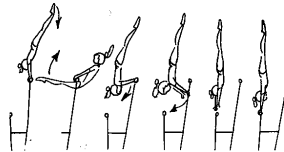
2.95 Hang on HB (back to LB), swing forward, stoop through, back kip swing with extension and flight to handstand on LB



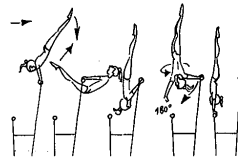
2.96 From inner front support on HB - clear hip circle through handstand on HB with flight over LB to hang on LB



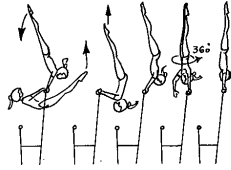
2.97 From outer front support on HB - clear hip circle on HB with flight to handstand on LB



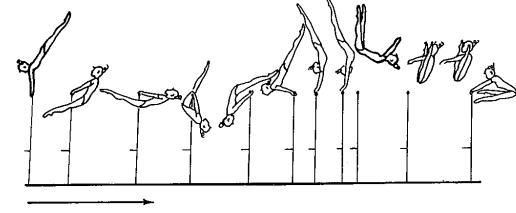
2.98 From outer front support on HB - clear hip circle and 1/2 turn (180°) with flight to handstand on LB



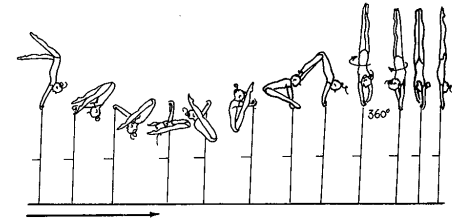
2.99 Clear hip circle to handstand with 1/1 turn (360°) in handstand phase (Ma)



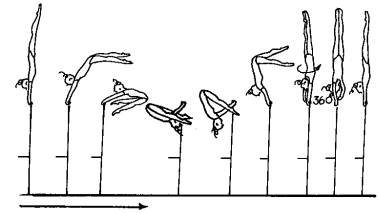
2.100 Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff)



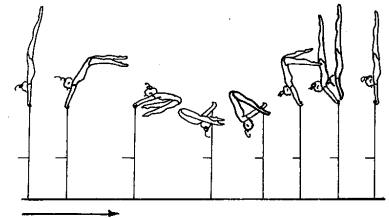
2.101 Stalder forward to handstand with 1/1 turn (360°) in handstand phase



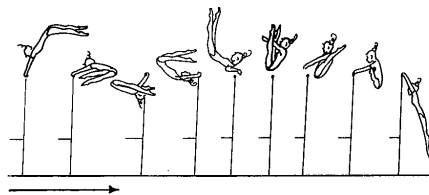
2.102 Stalder backward to handstand with 1/1 turn (360°) in handstand phase (Frederick)



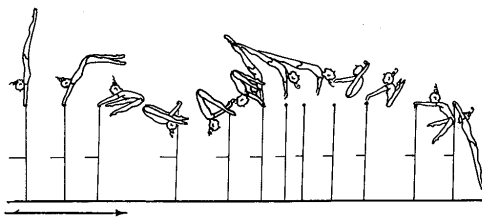
2.103 Stalder backward to handstand with release - hop to reverse grip in handstand phase



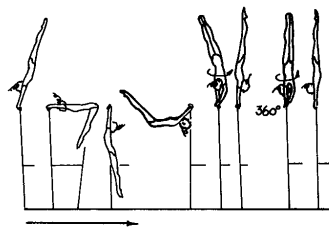
2.104 Stalder backward on HB with reverse hecht – counter straddle to hang on HB (Kessler-Straddle)



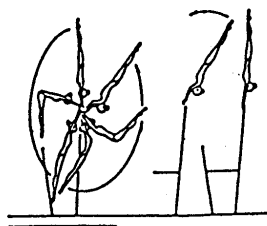
2.105 Stalder backward through handstand on HB, counter straddle to hang on HB (Ricna-Straddle)



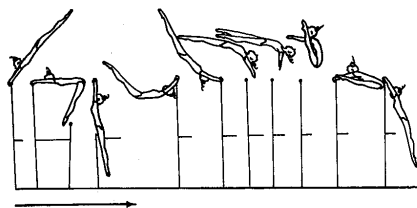
2.106 Giant circle backward with 1/1 turn (360°) in handstand phase or after



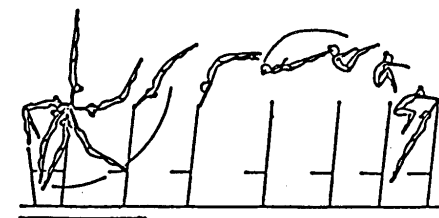
2.107 Giant circle backward to handstand with release – hop to reverse grip in handstand phase



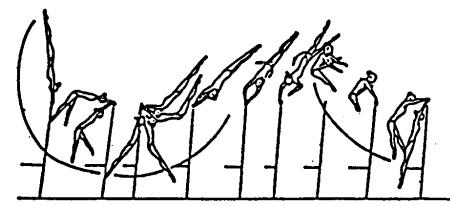
2.108 Giant circle backward on HB, reverse hecht – counter straddle to hang on HB (Tkatchev)



2.109 Giant circle backward on HB with reverse – counter tuck to hang on HB (Wang, X.)



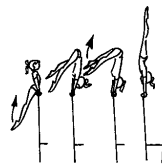
2.110 Giant circle with 1/1 turn (360°) and straddle flight backward over HB to hang on HB (Schuschunova)



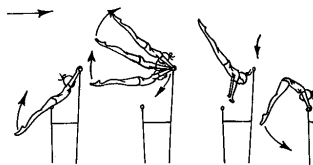
3. Backward Swings – Casts

A-Elements

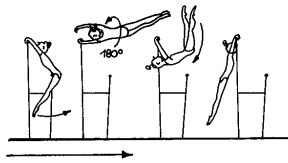
3.01 Cast to handstand with legs straddled and hips bent (with $\frac{1}{2}$ turn $[180^\circ]$ = B)



3.02 Front lying hang – cast with grip change to clear support on LB



3.03 Front lying hang – cast backward with $\frac{1}{2}$ turn (180°) , straddle legs after $\frac{1}{2}$ turn (180°) with swing down to hang, also with grip change to hang on LB

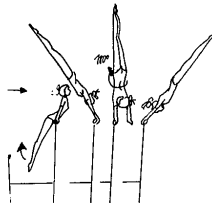


B-Elements

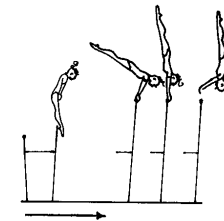
3.30 Cast to handstand with legs together and hips extended



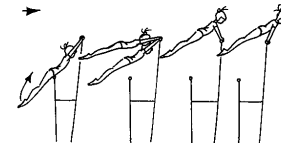
3.31 Cast to handstand with $\frac{1}{2}$ turn (180°) after handstand



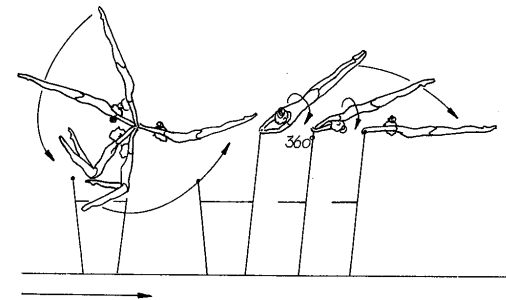
3.32 Cast to handstand with release – hop to reverse grip after handstand



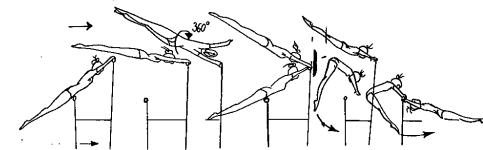
3.33 Front lying hang – uprise backward to clear support on HB



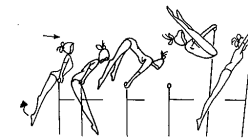
3.34 From handstand – downswing forward between bars, swing backward and $1/1$ turn (360°) at height of HB



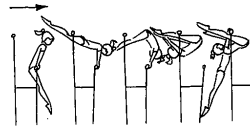
3.35 Front lying hang – backward rise, $1/1$ turn (360°) to front lying hang, also with grip change to hang on LB (lying hang pirouette)



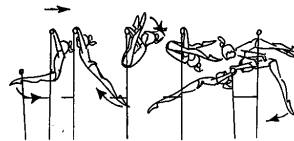
3.36 From outer front support on LB – cast with salto roll forward to hang on HB



3.37 From inner front support on LB – Radochlaroll (Brause) to hang or pike hang on HB

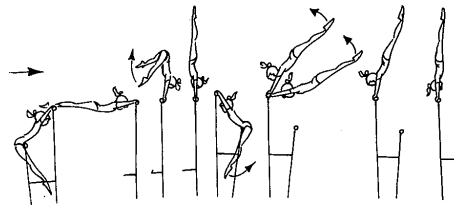


3.38 Hang on HB, facing LB – cast backward to straddle roll backward to hang on LB (legs straddled or tucked)

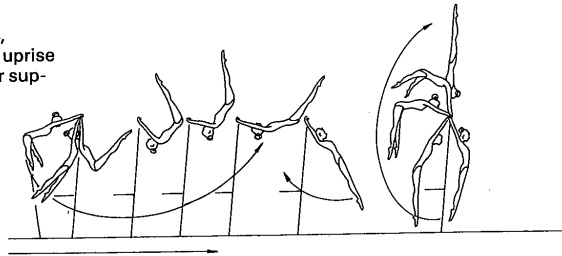


C-Elements

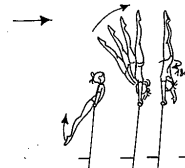
3.60 Front lying hang – cast to handstand on HB (with legs straddled or together, hips bent or extended)



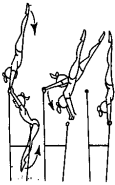
3.61 Hang on HB, facing LB or HB – uprise backward to clear support on HB



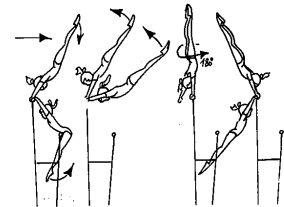
3.62 Cast to handstand with ½ turn (180°) in handstand phase



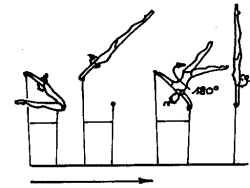
3.63 Front lying hang – cast with release – hop to handstand on LB



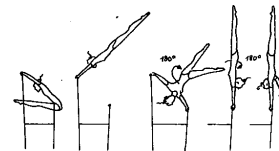
3.64 Front lying hang – cast to handstand on HB with ½ turn (180°) after handstand



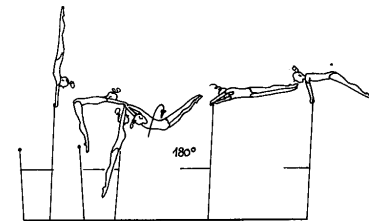
3.65 Front lying hang – cast with grip turn and ½ turn (180°) to handstand on LB (Kreisel)



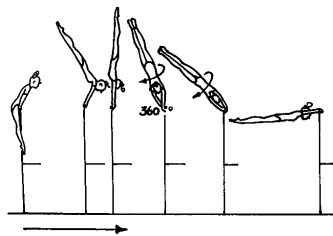
3.66 Front lying hang – cast with grip turn and ½ turn two times (180° + 180°) in handstand on LB (Kreisel with additional ½ turn [180°])



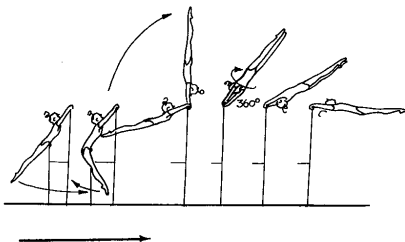
3.67 From handstand on HB facing backward – swing down backward between both bars with ½ turn (180°), uprise to clear support on HB (turning uprise)



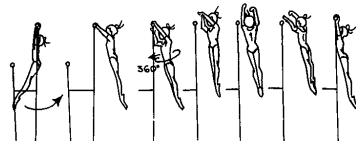
3.68 Cast to handstand with 1/1 turn (360°) after handstand



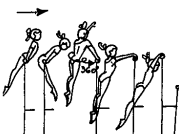
3.69 Front lying hang – cast to handstand on HB with 1/1 turn (360°) after handstand to eagle hang



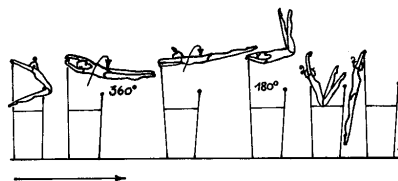
3.70 Cast with 1/1 turn (360°) to hang on HB, also with direct grip change to hang on LB (Pirouette)



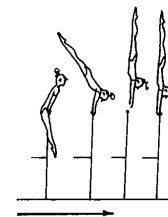
3.71 Support on HB – cast with 1/1 turn (360°) to hang on HB (Caslavka-Pirouette)



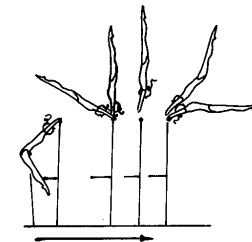
3.72 1½ turn (540°) lying hang pirouette with backward straddle of legs to hang on HB



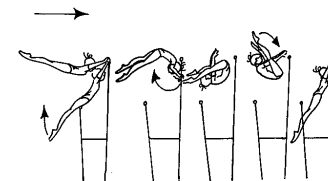
3.73 Cast to handstand with release – hop to reverse grip in handstand phase



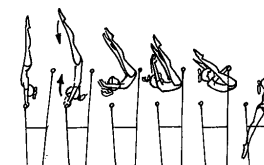
3.74 Front lying hang – cast to handstand on HB (legs straddled or together) with release – hop to reverse grip or eagle grip after handstand (Egervari)



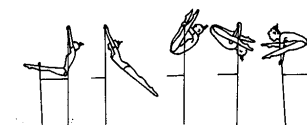
3.75 Front lying hang – cast to salto forward to hang on HB (Janz-Salto)



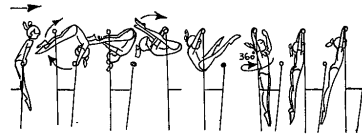
3.76 Handstand on LB, back to HB – salto roll forward to hang on HB



3.77 Straddle salto roll backward between both bars to brief clear straddle support on LB (only C, if followed by B – or more difficult element)

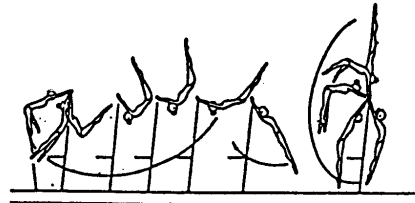


3.78 Inner front support on LB – Radochiaroll (Brause) with 1/1 turn (360°) to hang on HB

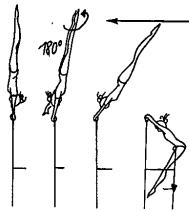


D-Elements

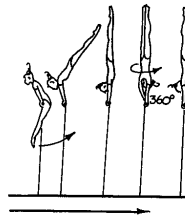
3.90 Hang on HB, facing LB or HB – uprise backward to handstand on HB



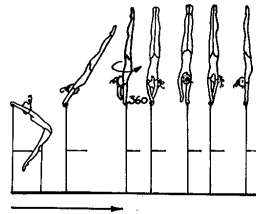
3.91 Front lying hang – cast to handstand on HB with 1/2 turn (180°) in handstand phase



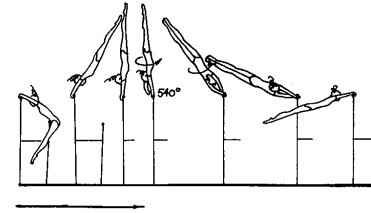
3.92 Cast to handstand with 1/1 turn (360°) in handstand phase



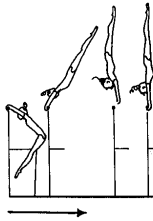
3.93 Front lying hang – cast to handstand on HB with 1/1 turn (360°) in handstand phase



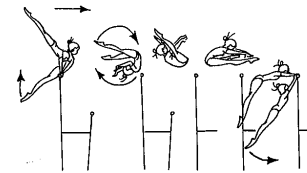
3.94 Front lying hang – cast to handstand on HB with 1 1/2 turns (540°) after the handstand



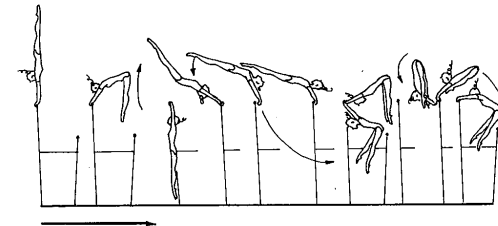
3.95 Front lying hang – cast to handstand on HB with release – hop to reverse grip in handstand phase



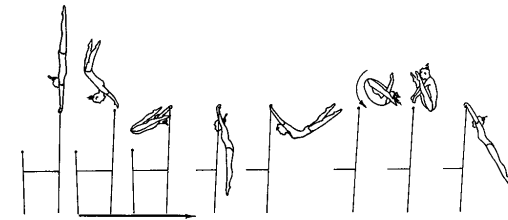
3.96 Front support on HB – cast, salto roll to hang on HB (Comaneci-Salto)



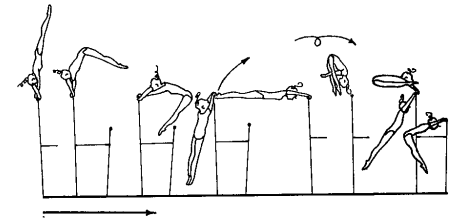
3.97 From handstand on HB – swing down between the bars, swing forward with hop grip change to eagle hang, swing backward with salto forward to hang on HB



3.98 From handstand on HB – swing down in reverse grip between both bars – swing backwards with salto forward to hang on HB, also with direct grip change to hang on LB (Jäger-Salto)



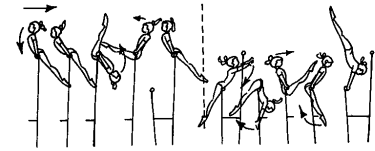
3.99 From handstand on HB – swing down with ½ turn (180°) through brief hang with crossed-mixed grip or grip turn to regular grip, swing backward with salto forward to hang on HB, also with direct grip change to hang on LB (Mixed-grip-Salto)



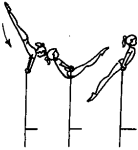
4. Circle Swings

A-Elements

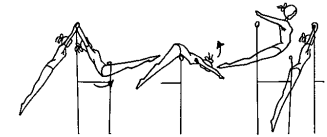
4.01 Hip circle forward on HB or LB to support (with or without hand support)



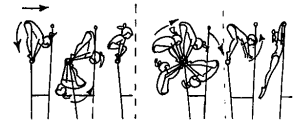
4.02 Hip circle backward on LB or HB to support (with or without hand support)



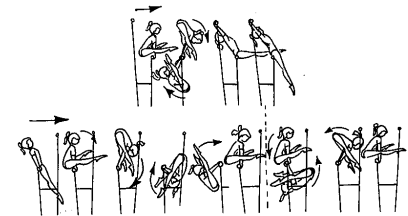
4.03 Inner free hip circle backward on LB, with flight to eagle hang on HB



4.04 Pike or straddle sole circle forward or backward on HB or LB to stand, also with grip change to hang on HB



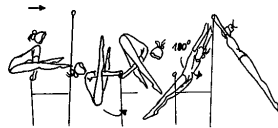
4.05 Clear straddle circle forward or backward on LB or HB to clear support or rear lying hang



4.06 Clear straddle circle forward or backward on LB with grip change to hang on HB



4.07 Clear (straddle) circle forward or backward on LB with $\frac{1}{2}$ turn (180°) and grip change to hang on LB

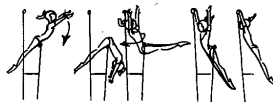


B-Elements

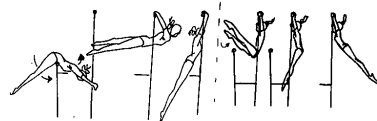
4.30 Free hip circle forward on LB with flight to eagle hang on HB



4.31 Free hip circle forward on LB with $\frac{1}{2}$ or $1/1$ turn (180° or 360°) with grip change to hang on HB



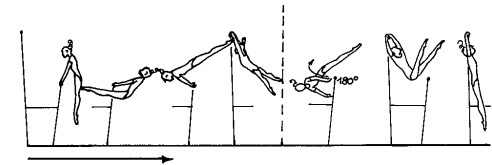
4.32 From outer free front support, free hip circle backward on LB, hecht to eagle hang on HB or hang on HB, also with $\frac{1}{2}$ turn (180°)



4.33 Free hip circle backward on LB, hecht (hip repulsion), flight with regrasp on LB to glide («False pop»)



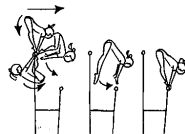
4.34 From outer front support – clear hip circle backward on LB with hecht to hang on HB, also with $\frac{1}{2}$ turn (180°) (legs together or straddled)



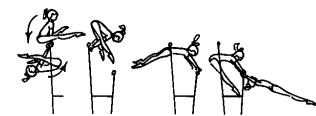
4.35 Free hip circle backward on LB with $\frac{1}{2}$ or $1/1$ turn (180° or 360°) and grip change to hang on HB



4.36 Pike or straddle sole circle forward or backward on HB with flight to stand on LB

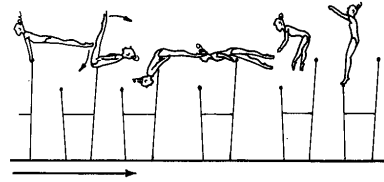


4.37 Clear straddle circle or pike seat circle backward on HB with grip change to hang on LB

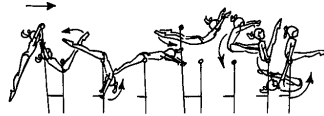


C-Elements

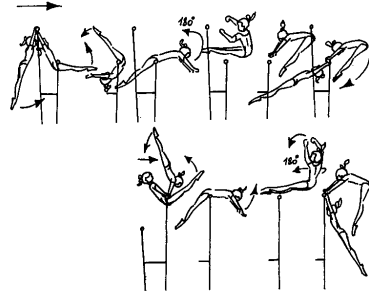
4.60 Hecht from HB (from outside) with or without hip support to stand on LB



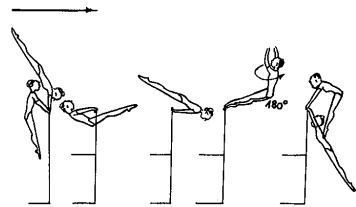
4.61 Free hip circle backward on LB, hecht with free straddle forward over bar to rear support (Korbut)



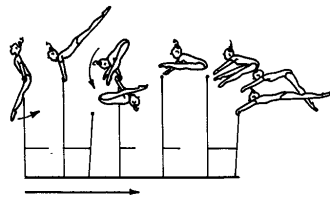
4.62 Free hip circle backward on LB or HB, hecht with 1/2 turn (180°) passing over bar to hang on same bar (Hechtkehre)



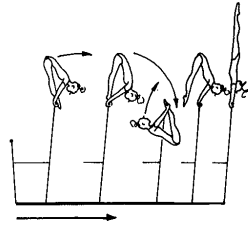
4.63 Clear hip circle backward on HB or LB, with flight and 1/2 turn (180°) passing over bar to hang (clear Hechtkehre)



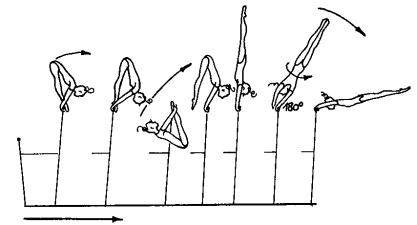
4.64 Clear straddle circle forward on HB with flight backward over LB to hang on LB



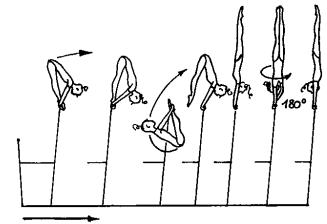
4.65 Pike sole circle* forward to handstand



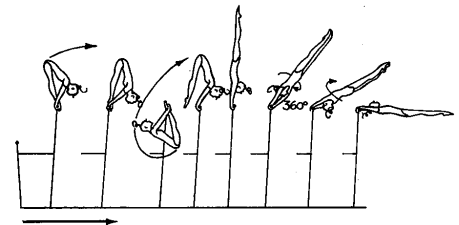
4.66 Pike sole circle forward to handstand with 1/2 turn (180°) after handstand



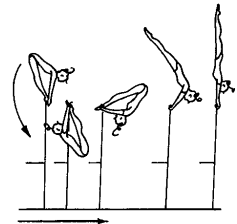
4.67 Pike sole circle forward to handstand with 1/2 turn (180°) in handstand phase



4.68 Pike sole circle forward to handstand with 1/1 turn (360°) after handstand

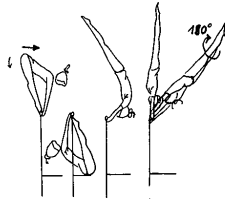


4.69 Pike sole circle backward to handstand

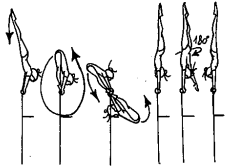


* Note: All pike sole circles may be performed as straddle sole circles.

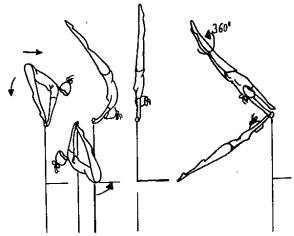
4.70 Pike sole circle backward with 1/2 turn (180°) after handstand



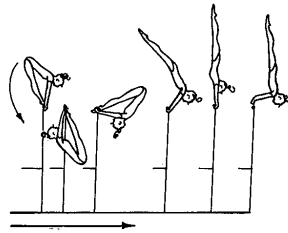
4.71 Pike sole circle backward to handstand with 1/2 turn (180°) in handstand phase



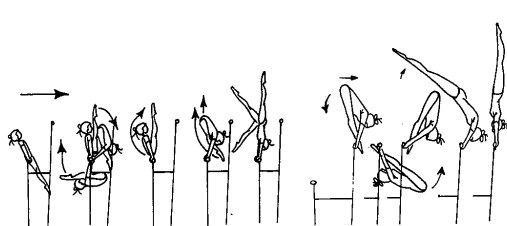
4.72 Pike sole circle backward to handstand with 1/1 turn (360°) after handstand



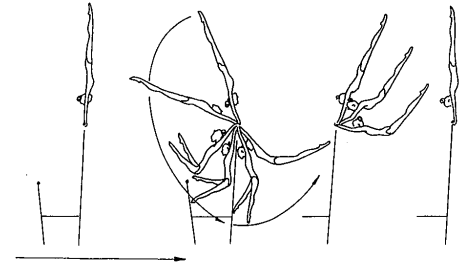
4.73 Pike sole circle backward with release - hop to reverse grip after handstand



4.74 Clear pike (seat) circle forward or backward to handstand

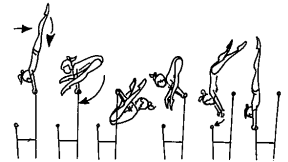


4.75 Giant swing (circle) forward to handstand

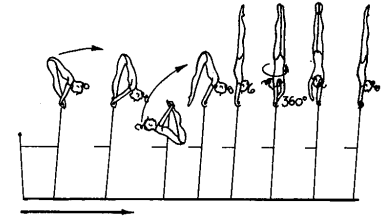


D-Elements

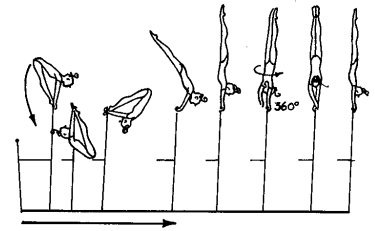
4.90 Clear straddle circle forward or backward on HB with flight to handstand on LB



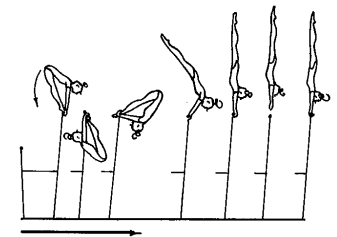
4.91 Pike sole circle forward with 1/1 turn (360°) in handstand phase



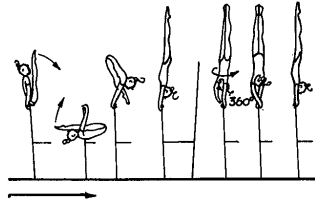
4.92 Pike sole circle backward to handstand with 1/1 turn (360°) in handstand phase



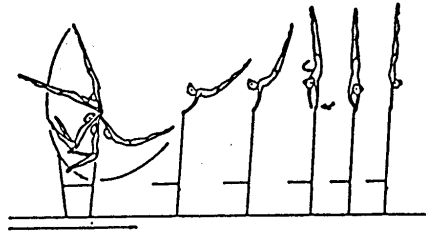
4.93 Pike sole circle backward to handstand with release hop to reverse grip in handstand



4.94 Clear pike (seat) circle forward or backward to handstand with $\frac{1}{2}$ or $1/1$ turn (180° or 360°) in handstand phase or after



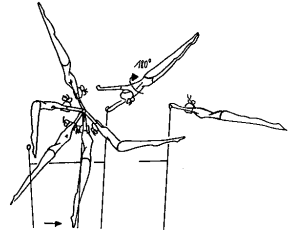
4.95 Giant swing (circle) forward to handstand with $\frac{1}{2}$ turn (180°) in handstand or after



5. Swings Forward

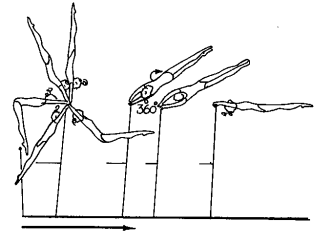
A-Elements

5.01 From handstand on HB – swing downward between both bars, swing forward with $\frac{1}{2}$ turn (180°) at or under height of HB



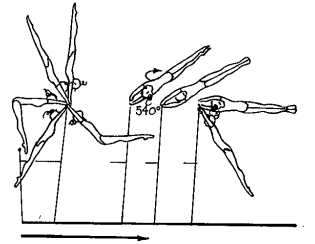
B-Elements

5.30 From handstand on HB – swing downward between both bars, swing forward with $1/1$ turn (360°) to eagle hang at height of HB



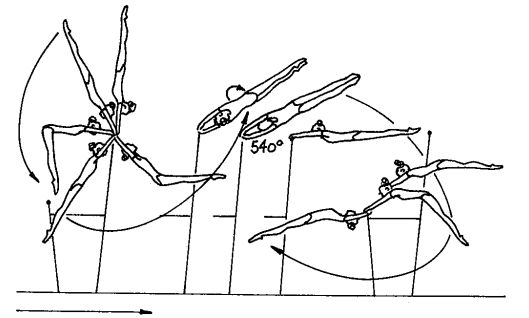
C-Elements

5.60 From handstand on HB – swing downward between both bars, swing forward with $1\frac{1}{2}$ turn (540°) at height of HB to hang on HB

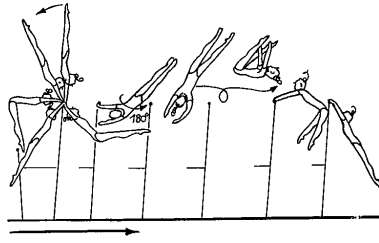


D-Elements

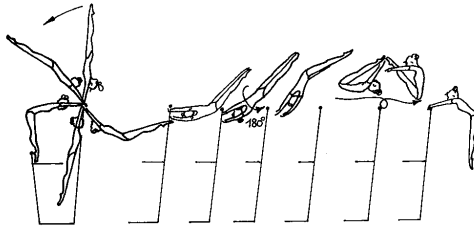
5.90 From handstand on HB – swing downward between both bars, swing forward with $1\frac{1}{2}$ turn (540°) at height of HB to hang on HB with direct grip change to hang on LB



5.91 From handstand on HB – swing downward between both bars, swing forward with $\frac{1}{2}$ turn (180°) and salto forward tucked or straddled to hang on HB (Deltchev-Salto)



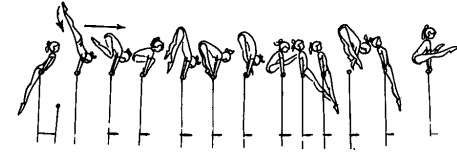
5.92 From handstand on HB – swing downward between both bars, swing forward with $\frac{1}{2}$ turn (180°) and salto forward piked to hang on HB (Gienger-Salto)



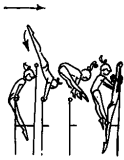
6. Leg Swings

A-Elements

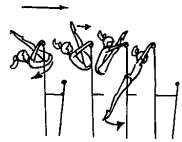
6.01 From front support – squat, stoop, or straddle to tuck, pike or straddle stand, rear support or clear straddle support



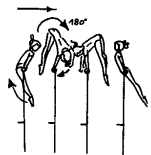
6.02 From front support on LB – cast to free squat, stoop or straddle over LB with grip change to hang on HB



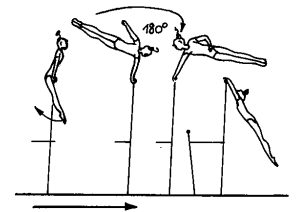
6.03 From inverted pike (kip) hang – extended body to hang (disengage legs)



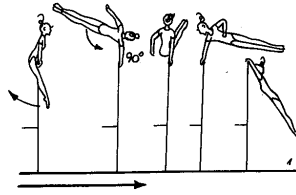
6.04 From front support – cast to stoop swing over bar with grip change and $\frac{1}{2}$ turn (180°) to hang or support



6.05 From front support – high front swing (Wendy-swing) or flank swing over bar (with $\frac{1}{2}$ turn [180°]) to support or hang

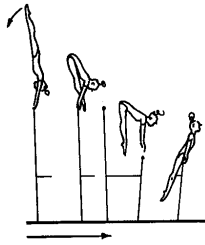


6.06 From front support – cast to rear swing over bar with ½ turn (180°) to hang

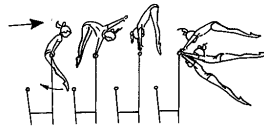


B-Elements

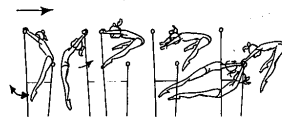
6.30 Free stoop through over HB with flight to support on LB



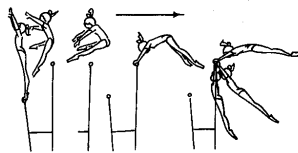
6.31 From front support – stoop over bar with flight phase and ½ turn (180°) to hang



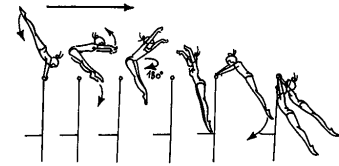
6.32 From hang on HB – counter flight backward over LB with legs straddled to hang on LB



6.33 From stand on LB – straddle pike jump backward over HB to hang on HB

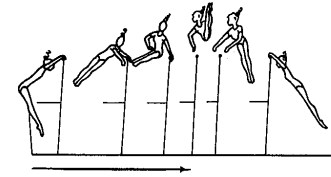


6.34 From front support on HB – free straddle forward over HB with ½ turn (180°) to hang on HB

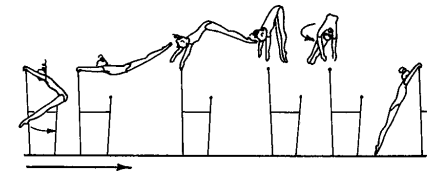


C-Elements

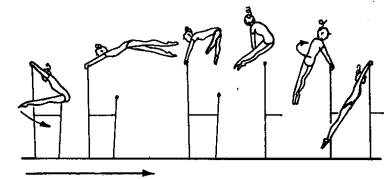
6.60 From front lying hang – cast, uprise with free rear vault and ¼ turn (90°) over HB to hang on HB



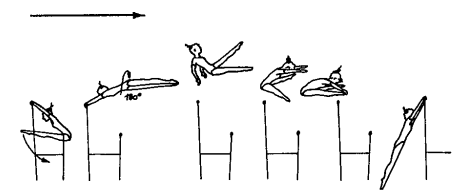
6.61 From front lying hang – cast, uprise with free stoop vault and ½ turn (180°) over HB to hang on HB



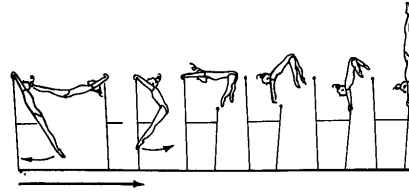
6.62 From front lying hang – cast, uprise with free straddle vault forward and ½ turn (180°) over HB to hang



6.63 From front lying hang – cast, uprise with ½ turn (180°) in the upward movement, free straddle backward over HB to hang on HB

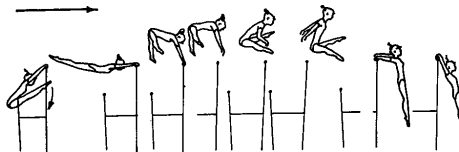


6.64 From swing forward in hang on HB – swing backward with straddle flight to handstand on LB

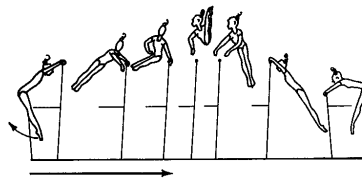


D-Elements

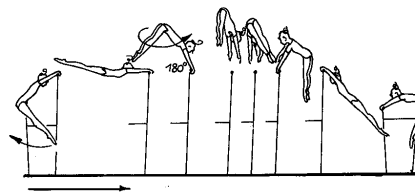
6.90 From front lying hang – cast, uprise, straddle forward over HB with flight to catch in eagle hang on HB (Wu)



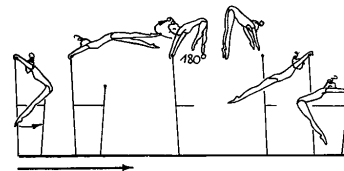
6.91 From front lying hang – cast, uprise with free rear vault with ¼ turn (90°) over HB to hang on HB with direct grip change to hang on LB (Gnauck)



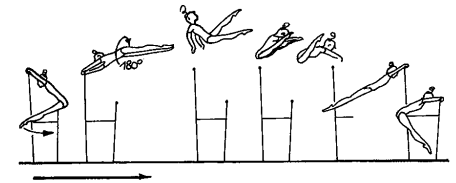
6.92 From front lying hang – cast, uprise with free stoop vault and ½ turn (180°) over HB, with direct grip change to hang on LB



6.93 From front lying hang – cast, uprise with free straddle vault forward and ½ turn (180°) over HB, with direct grip change to hang on LB



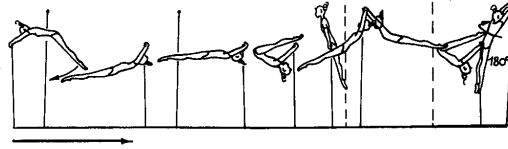
6.94 From front lying hang – cast, uprise with ½ turn (180°) in the upward movement, free straddle backward over HB, with direct grip change to hang on LB



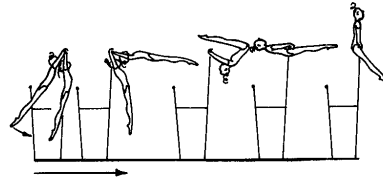
7. Kips

A-Elements

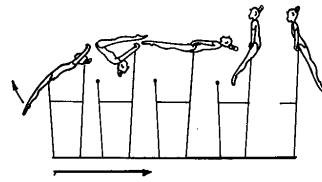
7.01 Glide kip-up to support on LB or with grip change to hang on HB, also with ½ turn (180°)



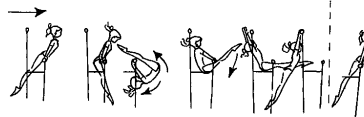
7.02 Long hang kip-up to support on HB (from both sides)



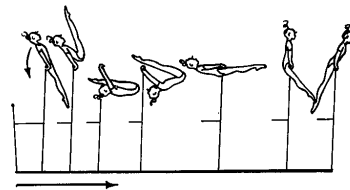
7.03 Rear lying hang, short kip-up on HB



7.04 From front lying support on LB or HB – fall backward to kip hang, kip-up to support on LB, also with grip change to hang on HB, or with ½ turn (180°) and grip change to hang on HB



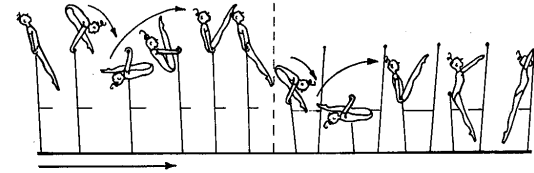
7.05 Rear support on LB or HB, fall backward to kip hang, disengage legs, kip-up to front support on LB or HB, also with grip change from LB to hang on ½ turn (180°) during grip change from LB to HB



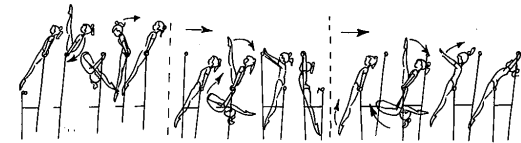
7.06 From rear support on LB or HB – fall backward to inverted pike swing (basket), return 1. with grip change to rear lying hang 2. to rear support on same bar, also with 3. grip change to hang on HB



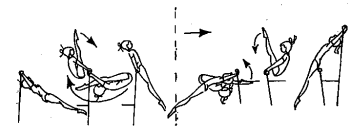
7.07 From rear support on LB or HB – seat pike circle forward to rear support, also on LB with grip change to hang on HB, rear lying hang, or with ½ turn (180°) to hang on HB



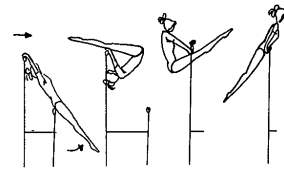
7.08 From rear support on LB or HB – seat pike circle backward to rear support, also on LB with grip change to rear lying hang or hang on HB, also with ½ turn (180°)



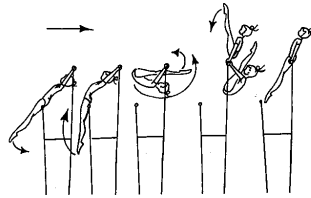
7.09 Glide on LB, or swing forward on HB, stoop through, back kip-up to rear support, on LB with grip change to rear lying hang or hang on HB, also with ½ turn (180°)



7.10 Reverse grip kip-up to support on HB or LB

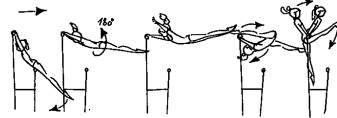


7.11 From rear lying hang – stoop through, back kip-up to rear support

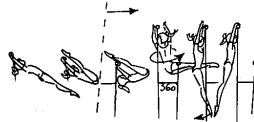


B-Elements

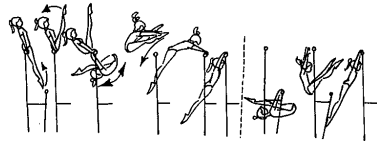
7.30 From front lying hang – cast backward with 1/2 turn (180°), kip-up to support on HB



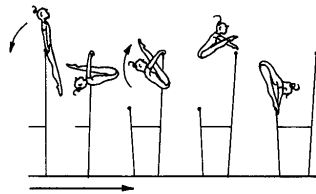
7.31 Glide kip with 1/1 turn (360°) and grip change to hang on HB



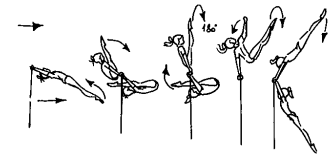
7.32 From rear support – fall backward to inverted pike swing, straddle cut backward to hang on same bar, also with grip change to rear lying hang or hang on HB



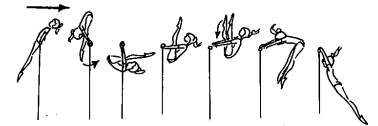
7.33 From outer rear support on HB – fall backward to inverted pike swing, straddle cut backward to stand on LB



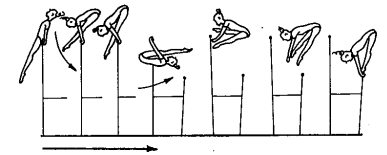
7.34 From hang on HB or rear lying hang – stoop through, back kip-up through clear rear support with 1/2 turn (180°) to hang on HB or front lying hang



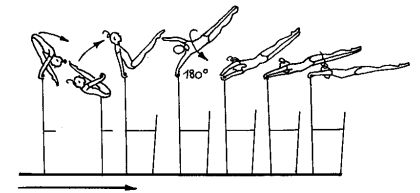
7.35 From rear support on LB or HB – seat (pike) circle forward, straddle cut backward, to hang on same bar, on front lying hang, on LB also with grip change to hang on HB



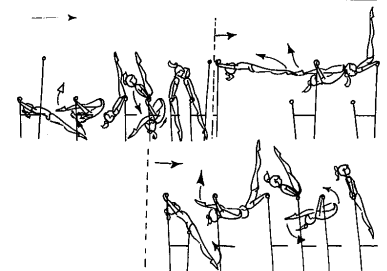
7.36 From outer rear support on HB – seat (pike) circle forward with straddle cut backward to stand on LB



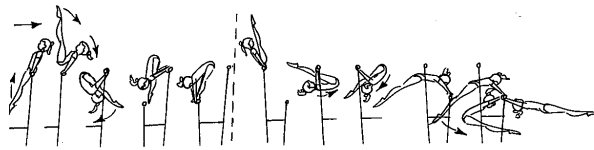
7.37 From rear support on HB – seat pike circle forward through clear rear support with 1/2 turn (180°) to hang on HB or front lying hang



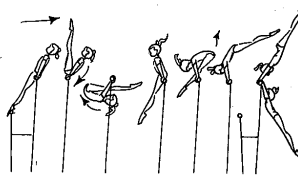
7.38 Reverse kip-up from:
 – rear lying hang
 – glide forward on LB
 – swing forward on HB } stoop through to
 back kip swing, seat (pike) circle backward to rear support, on LB also with grip change to rear lying hang or hang on HB



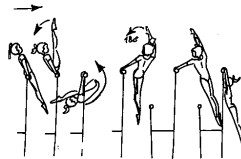
7.39 From inner rear support on HB – seat (pike) circle backward with release to stand on LB or with grip change to hang on LB



7.40 From rear support on LB or HB – seat (pike) circle backward or forward with stoop through backward over bar (disengage legs) to hang on same bar or front lying hang

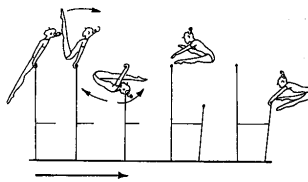


7.41 From rear support on HB – seat (pike) circle backward through clear rear support with 1/2 turn (180°) to hang on HB or front lying hang

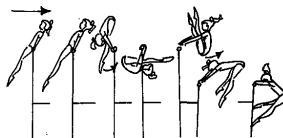


C-Elements

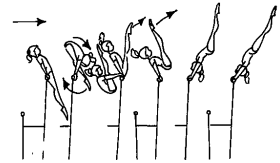
7.60 From outer rear support on HB – fall backward to inverted pike swing, straddle cut backward with flight over LB to hang on LB



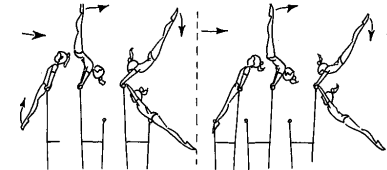
7.61 From outer rear support on HB – seat (pike) circle forward, straddle cut backward with flight over the LB to hang on LB



7.62 From rear support on HB – seat (pike) circle forward over HB, also with 1/2 turn (180°), to a clear extended support near handstand (Adler)

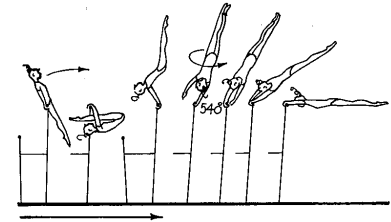


7.63 From rear support on HB – 1/2 Czech giant backward (stretching near handstand) on HB to front lying hang or hang (Steinemann overthrow) on HB



D-Elements

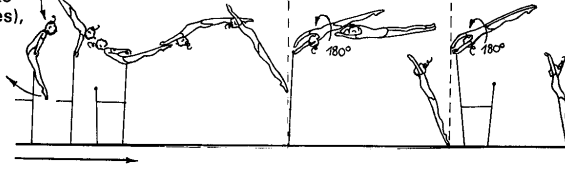
7.90 From outer rear support on HB – seat (pike) circle forward, through clear extended support near handstand (Alder), with 1/1 (360°) or 1 1/2 (540°) turn



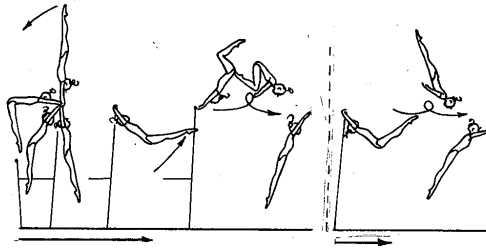
8. Dismounts

A-Elements

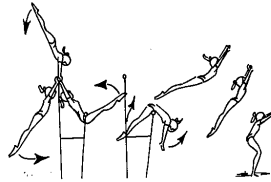
8.01 Front support on HB – underswing to stand (to both sides), also with ½ twist (180°)



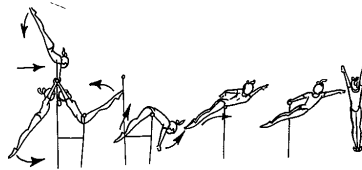
8.02 Handstand on HB – swing down between both bars – forward swing to salto backward tucked piked, or stretched (Flyaway), also with ½ turn (180°)



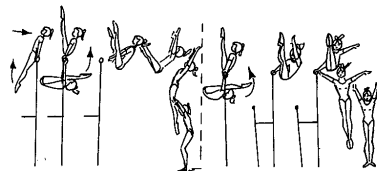
8.03 Free hip circle backward on LB – hecht (to both sides), also clear hip circle on LB



8.04 Free hip circle backward on LB or HB – hecht with ¼ turn (90°) to cross stand

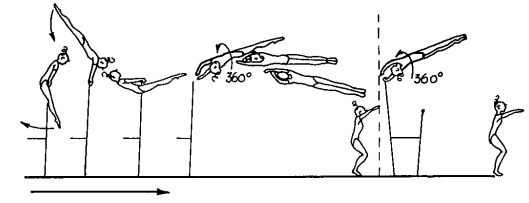


8.05 From:
 – hang on HB } stoop through } to kip hang,
 – lying hang }
 – rear support on HB – lower backward with straddle cut backward or flank cut to stand (valid also for seat pike circle forward or backward)

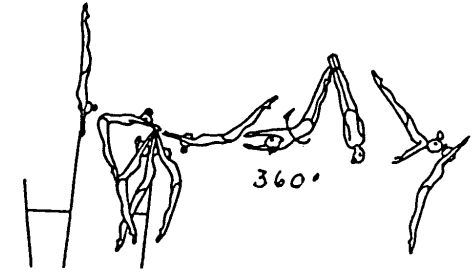


B-Elements

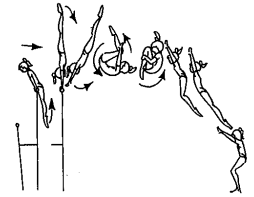
8.30 Front support on HB – underswing with 1/1 twist (360°) to stand (to both sides)



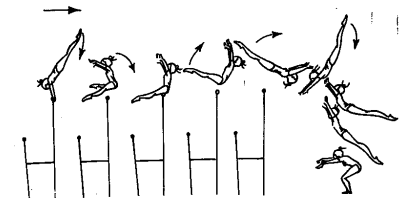
8.31 From handstand on HB – swing down between both bars – forward swing to salto backward stretched with 1/1 twist (360°) (Flyaway)



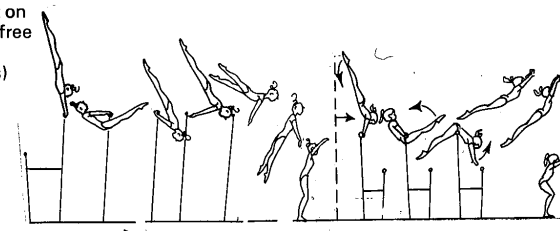
8.32 Outer front support on HB – cast to near handstand, salto forward tucked



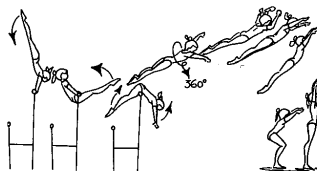
8.33 Front support on HB – cast, free straddle over to repulsion from HB – salto backward tucked, piked or stretched = Wippsalto (Tanac – to both sides)



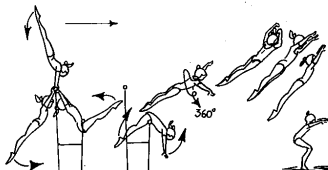
8.34 Front support on HB – clear hecht or free hip circle backward hecht (to both sides)



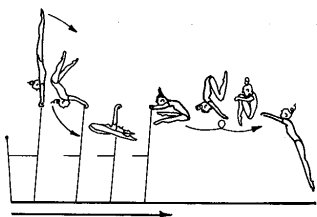
8.35 Free hip circle backward on HB – hecht with 1/1 twist (360°) (to both sides)



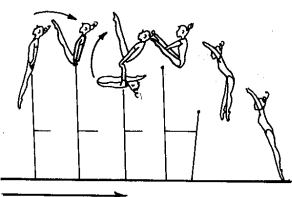
8.36 Free hip circle backward on LB – hecht with 1/1 twist (360°) (to both sides)



8.37 Clear straddle circle forward on HB to salto forward tucked

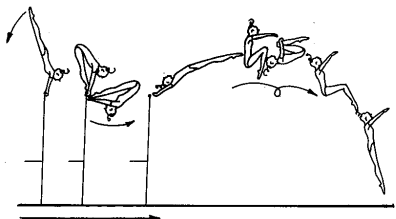


8.38 Start position optional – all inverted pike swings or seat (pike) circles forward with straddle cut and flight backward over the LB

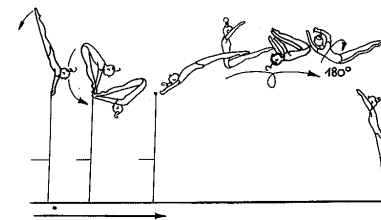


C-Elements

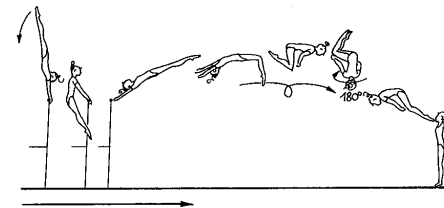
8.60 Front support on HB – underswing with salto forward tucked or piked (to both sides)



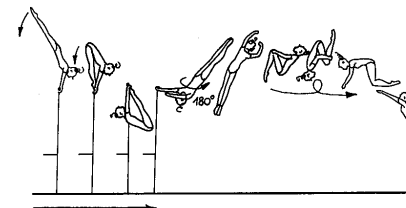
8.61 Front support on HB – underswing with salto forward tucked or piked with 1/2 twist (180°) (to both sides)



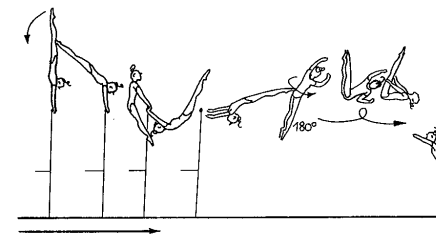
8.62 Front support on HB – clear underswing to salto forward tucked, also with 1/2 twist (180°) (to both sides)



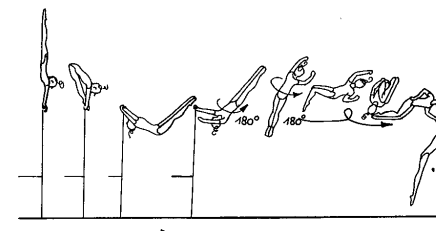
8.63 Front support on HB – underswing with 1/2 twist (180°) and salto backward tucked or piked (Comaneci-Dismount, to both sides)



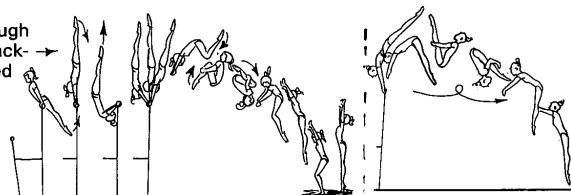
8.64 Front support on HB – clear underswing with 1/2 twist (180°) and salto backward tucked or piked (to both sides)



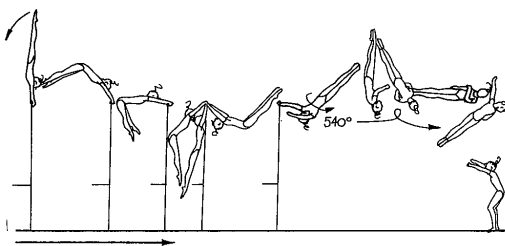
8.65 Front support on HB – underswing with 1/2 twist (180°) and salto backward tucked with 1/2 twist (180°) (to both sides)



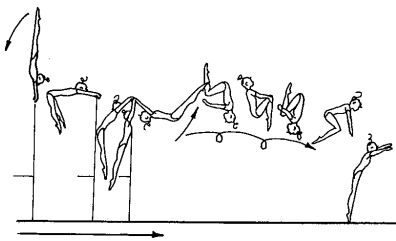
8.66 Outer front support – clear hip circle swing backward or clear hip circle through handstand, salto backward tucked or piked



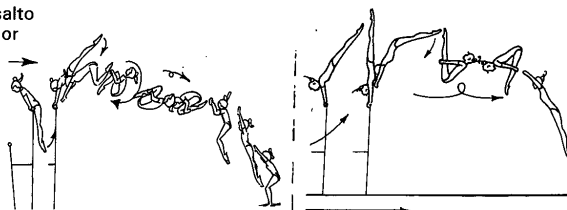
8.67 Handstand on HB – swing down between both bars, forward swing to salto backward stretched with 1/2 twist (540°)



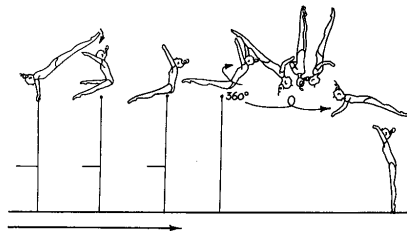
8.68 Handstand on HB – swing down between both bars, forward swing to double salto backward tucked



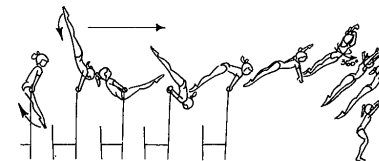
8.69 Outer front support on HB – cast to near handstand, salto backward tucked or piked



8.70 Front support on HB – cast with free straddle over to repulsion from HB – salto backward stretched with 1/1 twist (360°) = Wippsalto – Tanac with 1/1 twist (360°) (to both sides)

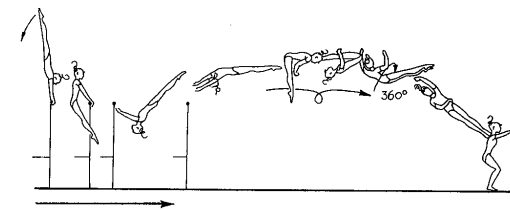


8.71 Front support on HB – clear hecht with 1/1 twist (360°) (to both sides)

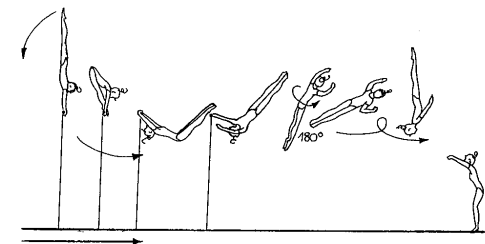


D-Elements

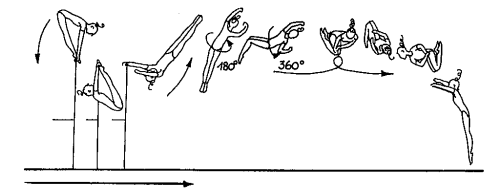
8.90 Front support on HB – underswing (with or without support of feet) to salto forward tucked or piked with 1/1 twist (360°) (to both sides)



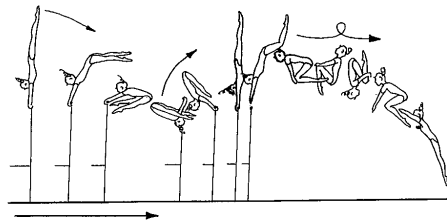
8.91 Front support on HB – underswing with 1/2 twist (180°) and salto backward stretched (to both sides)



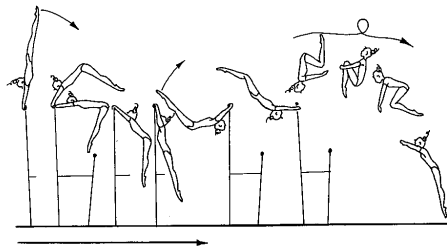
8.92 Front support on HB – underswing with 1/2 twist (180°), salto backward tucked with 1/1 twist (360°) (to both sides)



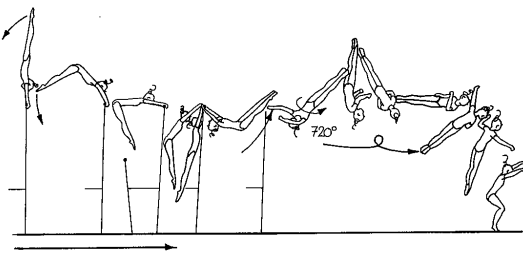
8.93 Stalder backward through handstand, salto backward tucked or piked



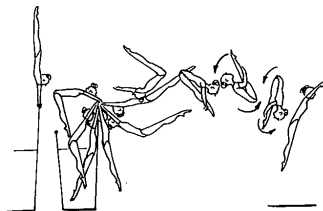
8.94 Handstand on HB – giant circle backward, through handstand with salto backward tucked over LB



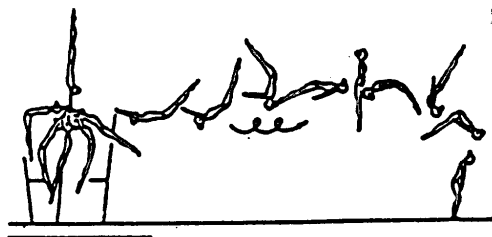
8.95 Handstand on HB – swing down between both bars, swing forward to salto backward stretched with 2/1 twist (720°)



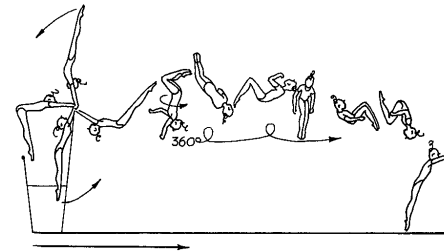
8.96 Handstand on HB – swing down between both bars, swing forward to double salto backward piked



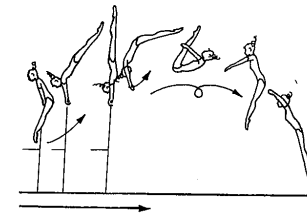
8.97 Handstand on HB – swing down between both bars, swing forward to double salto backward stretched



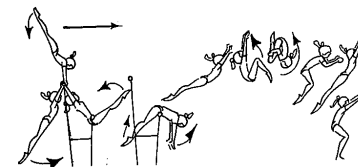
8.98 Handstand on HB – swing down between both bars, swing forward to double salto backward tucked with 1/1 twist (360°) (Morio)



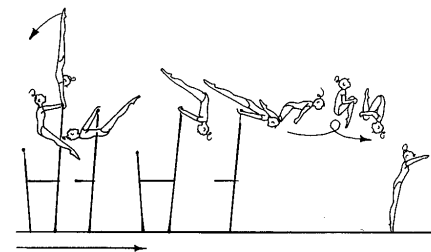
8.99 Outer front support on HB – cast to near handstand, salto forward piked



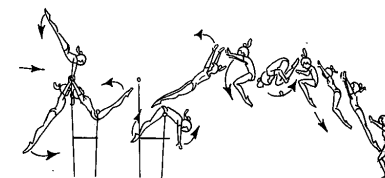
8.100 Free hip circle backward on LB or HB – hecht with salto backward tucked



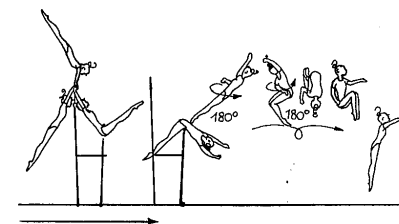
8.101 Clear under-swing on LB or HB – clear hecht with salto backward tucked



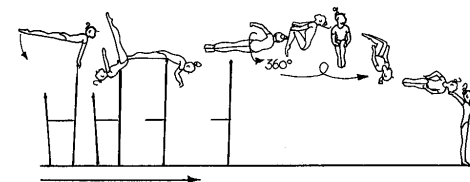
8.102 Free hip circle on LB or HB – hecht with 1/2 twist (180°) and salto forward



8.103 Free hip circle
backward on LB or HB –
hecht with ½ twist
(180°), salto forward
with ½ twist (180°)



8.104 Free hip circle
backward on LB or HB –
hecht salto backward
with 1/1 twist (360°)



Article 12

Balance Beam

1. General

The evaluation of the exercise begins with the take-off from the board or from the floor (see Article 5).

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

An interruption of 10 seconds is possible due to a fall on or from the apparatus. This will be timed separately (see Article 5).

Two static, typical beam elements (holds) are permitted. Additional holds (pauses), for concentration prior to difficult elements or connections, produce deductions.

2. Content of the Exercise

The exercise should be composed from different element groups. The difficulty parts (value parts) B, C, and D must come from the following element groups:

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

3. For the Composition is to be noted

- Creation of high points (peaks) through the direct connections (series) of:
 - two or several acrobatic elements
 - two or several gymnastic elements
 - two or several acrobatic and gymnastic elements (mixed series)
 - Leaps or jumps, turns and other gymnastic elements
- Harmonious change between the element groups, in particular by changing of gymnastic and acrobatic elements.
- Variation in rhythm between faster and slower movements.
- Performance of elements in the forward, sideward, and backward movement and in a side, cross, and also oblique position to the apparatus.
- Change between working near and far from the beam (level changes).
- Dynamic construction of the exercise.

4. Special Requirements

- One acrobatic series of two or several elements, one of which has flight phase.
- One gymnastic series of two or several elements.
- One mixed series of two or several elements (gymnastic/acrobatic).
- One gymnastic turn of 360° on one leg } may also be a
- One gymnastic leap or jump with great } component of the
- amplitude } gymnastic series
- One element/connection close to the beam
- B (minimum) dismount

Absence of Special Requirements – deduction each time of 0.10 P.

5. Specific Apparatus Deductions

Deductions

5.1 Compositional Faults

- Mount without value 0.10 P.
- Monotony in presentation
 - domination of acrobatics 0.10 P.
 - one sided choice of acrobatic or gymnastic elements 0.10 P.
- Monotony in rhythm up to 0.20 P.
- More than one beam pass without value part each 0.10 P.

5.2 Specific Apparatus Faults

- Support of one leg against the side surface of the beam each 0.20 P.
- More than two holds each 0.10 P.
- Concentration pauses each 0.10 P.

6. Value Raising Through Direct * Connection of Value Parts

* Direct means: performance of elements/connections

- without pause, and
- without an extra step

Examples:

- Flic-Flac, landing – take-off without pause – flic-flac } = direct
- 1/1 turn (360°) on the left leg – free leg optional, } = direct
- without** pause placing the free leg with take-off
- to gainer flic-flac

The Value Raising on Balance Beam begins with B+B-Connections,

also with mount and dismount connections.

From the acrobatic group only elements with flight phase can be value raised. Acrobatic B-parts without flight phase lead to value raising only as pre-connections, if the following elements are

- acrobatic B- or C-parts with flight phase or
- gymnastic B- or C-parts

6.1 B+B becomes B+C

Examples:

Acrobatic

- head kip B
- handspring forward B → C

Gymnastic

- 1½ turn (540°) on one leg (free leg optional – under 90°) B
- stretched jump with ¾ turn (270°) B → C

Gymnastic/Acrobatic (or reversed)

- Mount: press to handstand, walkover forward to one leg B
- take-off to scissors leap with bent legs (cat leap) and ½ turn (180°) B → C

6.2 B+C becomes B+D

Examples:

Acrobatic

- handspring forward, landing on one leg B
- free (aerial) walkover forward C → D

Gymnastic

- body wave to stand on one leg B
- ½ illusion turn (180°) through standing split C → D

Gymnastic/Acrobatic (or reversed)

- flic-flac B
- straddle pike jump in cross position C → D

6.3 C+B becomes C+C

Examples:

Acrobatic

- free (aerial) cartwheel C
- gainer flic-flac B → C

Gymnastic

- split leap with leg change C
- straddle pike jump in cross position (leg separation angle at least 150°) B → C

Gymnastic/Acrobatic (or reversed)

- flic-flac with ½ turn (180°) after hand support C
- 1/1 turn (360°) on one leg, thigh of free leg horizontal B → C

6.4 C+C becomes C+D

Examples:

Acrobatic

- free (aerial) cartwheel C
- salto backward stretched C → D

Gymnastic

- split leap forward with leg change C
- ring leap C → D

Gymnastic/Acrobatic (or reversed)

- Dismount connection:
 - split leap forward with leg change C
 - gainer salto tucked or piked with 1/1 twist (360°) at end of beam C → D

6.5 D+C becomes D+D

Examples:

Acrobatic

- Mount connection:
 - salto forward tucked from diagonal approach to beam D
 - flic-flac with high flight and swing down to cross straddle sit (Korbut flic-flac) C → D

Gymnastic

- 1/1 illusion turn (360°) through standing split D
- stretched jump with 1/1 turn (360°) C → D

Gymnastic/Acrobatic (or reversed)

- 2/1 turn (360°) on one leg D
- gainer flic-flac with high flight and swing down to cross straddle sit C → D

6.6 B+B+B becomes B+C+C

Examples:

Acrobatic

- Cartwheel with flight phase B
- gainer flic-flac B → C
- salto backward tucked B → C

Gymnastic

– Mount:

- free leap with ½ turn (180°) in flight phase to stand on one leg B
- 1½ turn (540°) on one leg B → C
- tuck jump (hop) with ½ turn (180°) and one leg extended forward B → C

6.7 B+B+C becomes B+C+D

Examples:

Acrobatic

- roll forward without hand support B
- handspring forward B → C
- salto forward tucked, take-off from one leg C → D

Gymnastic

- 1/1 turn (360°) on one leg, free leg horizontal or higher B
- 1½ turn (540°) on one leg, free leg optional B → C
- split leap or jump with ¼ turn (90°), landing of legs one after another C → D

Gymnastic/Acrobatic (or reversed)

- round-off B
- stretched jump with ¾ turn (270°) B → D
- flic-flac in side position to support or with hip circle backward C → D

6.8 C+C+C becomes C+D+D

Examples:

Acrobatic

- free (aerial) cartwheel C
- gainer salto stretched with step-out C → D
- salto forward tucked, take-off from one leg C → D

Gymnastic

- 1½ turn (540°) in tuckstand on one leg, free leg in forward horizontal C
- 1½ turn (540°) in stand on one leg, free leg horizontal or higher C → D
- ring leap C → D

6.9 For longer series from three elements and value part categories, the rules 6.1 to 6.8 are in force; in addition the order of succession of value parts can be freely chosen

Examples:

- B+B+C becomes B+C+D
- B+C+C becomes B+D+D
- B+C+B becomes B+D+C
- C+B+B becomes C+C+C
- C+C+B becomes C+D+C
- D+B+C becomes D+C+D
- D+C+B becomes D+D+C
- D+C+C+B becomes D+D+D+C, etc.

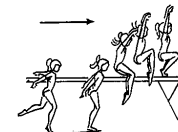
1. Mounts

A-Elements

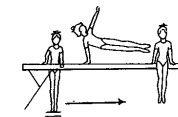
1.01 Free leap to stand on one leg at middle or end of beam, also with lowering to a scale – take-off from one leg (with ½ turn [180°] = B)



1.02 Free jump to stand in middle or at end of beam or diagonal to beam – take-off from both legs



1.03 Flank over to rear support – from front stand



1.04 Scissors leap to cross sit on L or R thigh – diagonal approach to beam



1.05 Stride leap with ½ turn (180°) to cross straddle sit – diagonal approach to beam



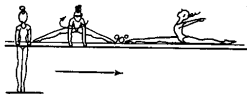
1.06 Stride leap with
 ½ turn (180°) to front
 support – 90°
 approach to beam



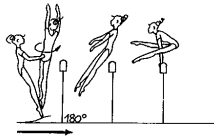
1.07 From front stand
 jump (with hand sup-
 port) to side straddle
 stand or split sit



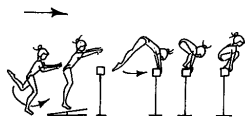
1.08 From front stand
 – jump (with hand sup-
 port) with ¼ turn (90°)
 to cross split sit



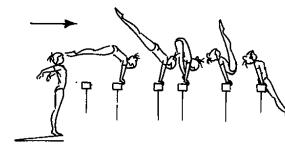
1.09 Jump with ½ turn
 (180°) to clear straddle
 support – 90° ap-
 proach to beam



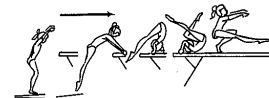
1.10 From front stand –
 jump to tuck stand or
 through to rear support



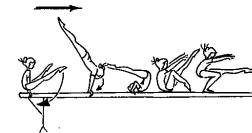
1.11 From front stand –
 jump to stoop through
 to rear support



1.12 Jump to roll for-
 ward at end or middle of
 beam

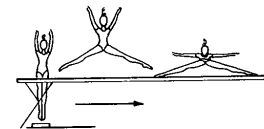


1.13 Clear straddle
 support on end of beam
 – swing backward to
 roll forward

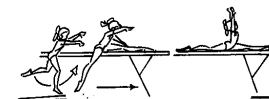


B-Elements

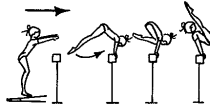
1.30 Free jump to
 straddle stand – 90°
 approach to beam



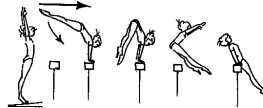
1.31 Leap to cross split
 sit from one foot take-
 off – diagonal
 approach to beam
 (support of one hand
 permitted)



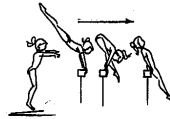
1.32 From side stand – squat or stoop through to clear pike support (two seconds)



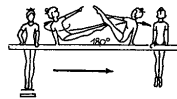
1.33 Straddle cut forward with hand repulsion to rear support – 90° approach to beam



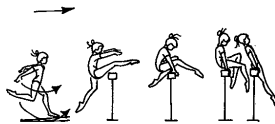
1.34 Stoop through with hecht phase (horizontal or higher = requirement) to rear support – 90° approach to beam



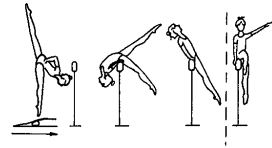
1.35 From front stand – double leg swing (Kehre-in) with 1/2 turn (180°) to rear support (Kreiskehreswing)



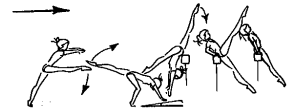
1.36 Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam



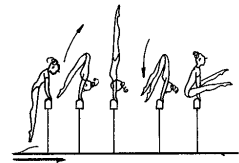
1.37 Free (aerial) walkover forward to rear support or with 1/4 turn (90°) to cross sit on R or L thigh – 90° approach to beam



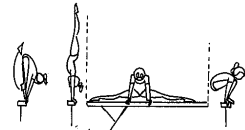
1.38 Handspring forward with hand repulsion from springboard to rear support – or with 1/4 turn (90°) to cross sit on R or L thigh – 90° approach to beam



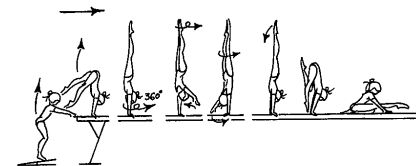
1.39 Press to side or cross handstand – lower to clear straddle support



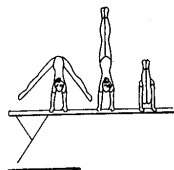
1.40 Jump, press or swing to cross or side handstand – lower to end position touching beam or continue the movement with roll forward, walkover forward, etc.



1.41 Jump, press or swing to cross or side handstand with 1/2 or 1/1 turn (180° – 360°) lower to end position touching beam or clear straddle support

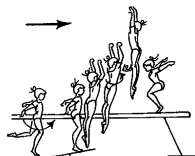


1.42 Jump, press or swing to side handstand – lower to clear pike support

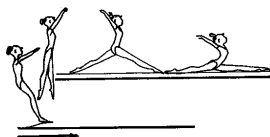


C-Elements

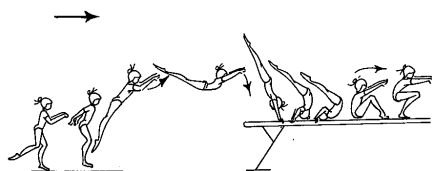
1.60 Free jump with ½ turn (180°) in flight phase to stand – take-off from both legs – 90° or diagonal approach to beam



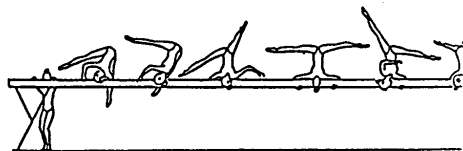
1.61 Free jump to cross split sit – take-off from both legs – diagonal approach to beam



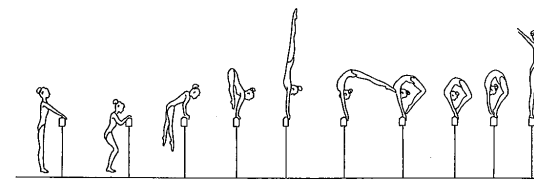
1.62 Hecht roll (requirement: extended hip angle in flight phase) – approach at end or diagonal to beam



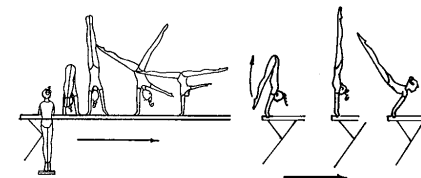
1.63 Jump to neckstand, 1/1 turn (360°) over shoulder to stand (Silivas)



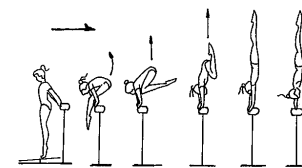
1.64 Press to side handstand – walkover forward to sidestand (Phillips)



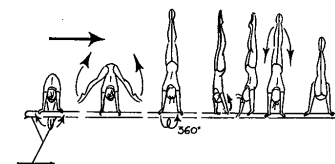
1.65 Jump, press or swing to cross or side handstand – lower to planche (clear front support above horizontal) or shift weight to side handstand on one arm (two seconds)



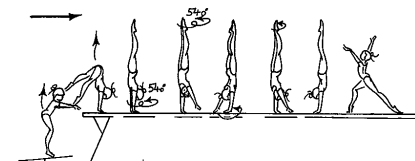
1.66 From rear stand – jump backward, press to side handstand



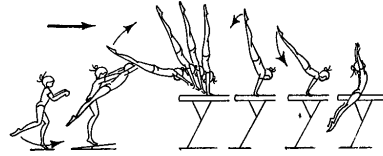
1.67 Jump, press, or swing to cross or side handstand – up to 1/1 turn (360°) in handstand – lower to planche or clear pike support



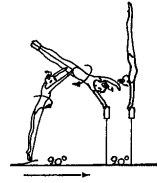
1.68 Jump, press, or swing to cross or side handstand – 1½ turn (540°) in handstand



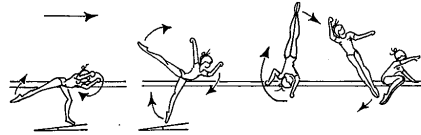
1.69 Jump to handstand with extended hips in on flight phase – lower to end position touching beam



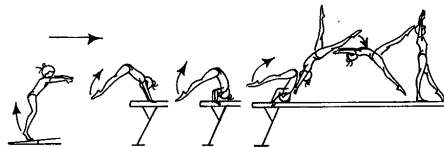
1.70 Jump with stretched hips and with $\frac{1}{4}$ turn (90°) through a momentary handstand on one arm with immediate $\frac{1}{4}$ turn (90°) and support on second arm to side handstand – 90° to approach to beam



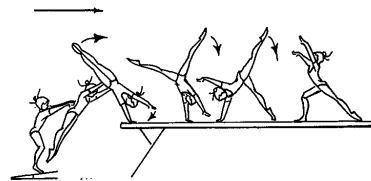
1.71 Free (aerial) walkover with $\frac{1}{4}$ turn (90°) to cross sit R or L – diagonal approach to beam



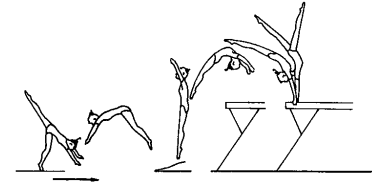
1.72 All head and neck kips



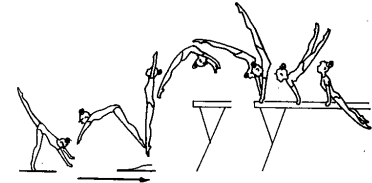
1.73 Cartwheel with extended hip angle before hand support on beam – approach at end or diagonal to beam



1.74 Round-off in front of beam (at end) – flic-flac through handstand to cross stand on beam



1.75 Round-off in front of beam (at end) – flic-flac through handstand with swing down to cross straddle sit

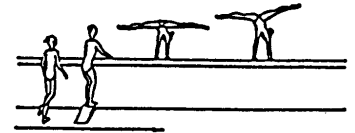


D-Elements

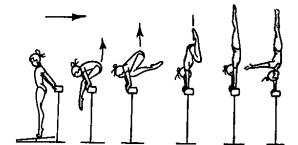
1.90 Free jump with $\frac{1}{1}$ turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam



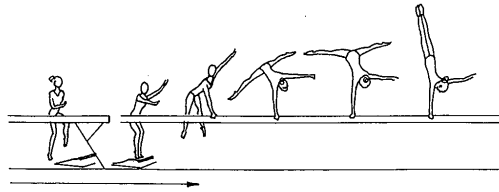
1.91 Jump with stretched hips to planche (jump with bent hips = C) (Schuschunova)



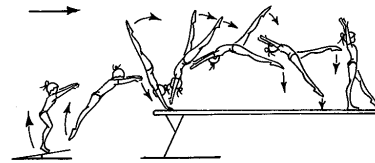
1.92 From rear stand – jump backward, press to side handstand – shift weight to handstand on one arm (two seconds)



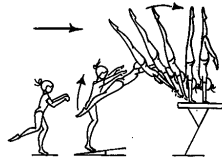
1.93 Jump to hand-stand on one arm (Rankin)



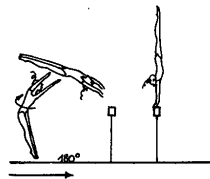
1.94 Handspring forward with hecht phase (extended hip angle) before hand support on beam – approach at end or diagonal to beam



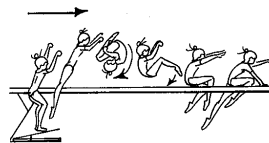
1.95 Jump to hand-stand with hecht phase (extended hip angle) before hand support on beam – end position touching beam – approach at end or diagonal to beam



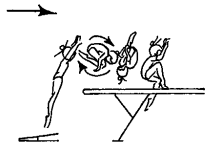
1.96 Jump with stretched hips and 1/2 turn (180°) in flight phase to side hand-stand – 90° approach to beam



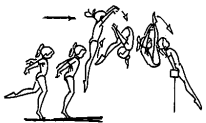
1.97 Salto forward tucked to cross sit R or L – diagonal approach to beam



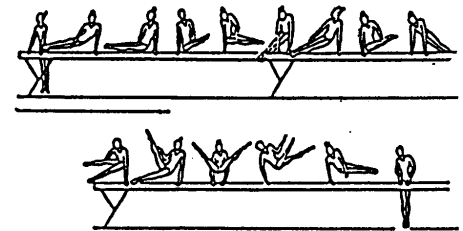
1.98 Salto forward tucked to tuck stand or stand – approach at end of beam



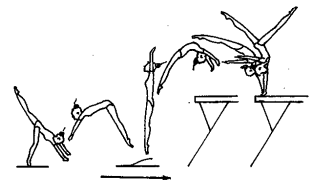
1.99 Salto forward tucked or piked to rear support – 90° approach to beam



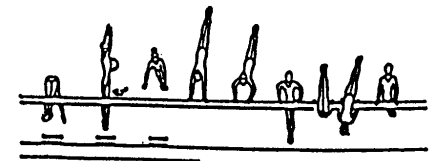
1.100 Two flank circles with succeeding leg «flair» (Baitova)



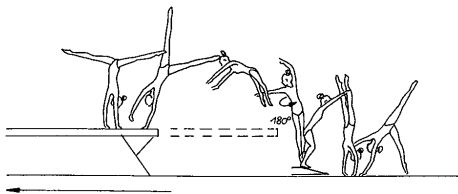
1.101 Round-off in front of beam (at end), flic-flac through hand-stand with support of one arm to cross stand on beam



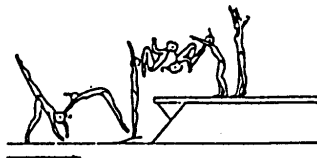
1.102 Round-off in front of beam – flic-flac 1/2 twist (180°) to clear side support – 90° approach to beam (Gurova)



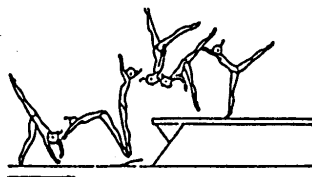
1.103 Round-off in front of beam (at end) → flic-flac with 1/1 twist (360°) to cross or side stand on beam (Luconi)



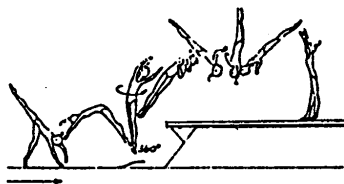
1.104 Round-off in front of beam (at end) – salto backward tucked to cross stand on beam



1.105 Round-off in front of beam (at end) – salto backward stretched with step out to cross stand on beam



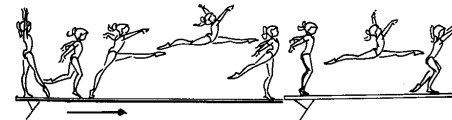
1.106 Round-off in front of beam (at end) – salto backward stretched with 1/1 twist (360°) to cross stand on beam (Garrison)



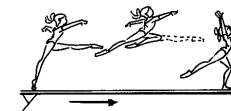
2. Gymnastic Jumps and Leaps

A-Elements

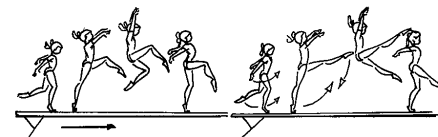
2.01 Split leap forward (take-off from one leg) or split jump in place (take-off from both legs)



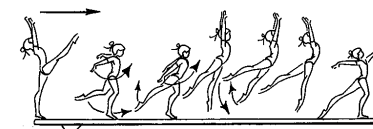
2.02 Split leap forward or split jump in place with bending of front leg (Stag leap-jump)



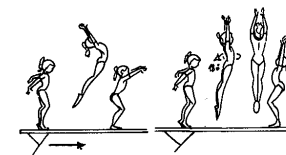
2.03 Scissors leap forward with bent (Cat Leap) or extended legs



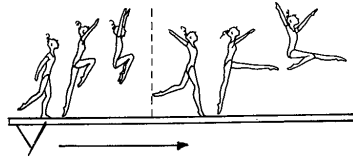
2.04 Scissors leap backward with extended or bent legs



2.05 Stretched jump forward with arch or with 1/2 turn (180°)



2.06 Tuck leap or jump, also with one leg extended forward

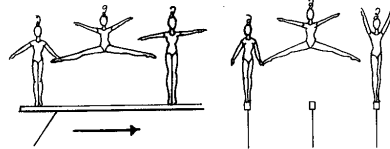


2.07 Sissone

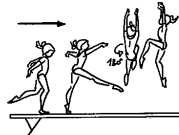


B-Elements

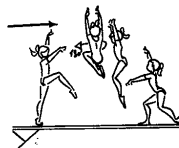
2.30 Side straddle jump (hip angle extended) in a cross or side position – straddle <math>< 150^\circ</math> = B, smaller straddle $\leq A$



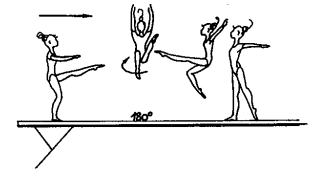
2.31 Scissors leap forward with bent legs and $\frac{1}{2}$ turn (180°) (Cat leap with $\frac{1}{2}$ turn [180°])



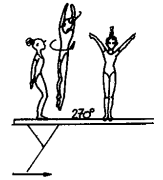
2.32 Tuck jump with $\frac{1}{2}$ turn (180°)



2.33 Tuck jump (hop) with $\frac{1}{2}$ turn (180°) and one leg extended forward

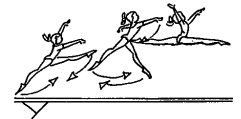


2.34 Stretched jump with $\frac{3}{4}$ turn (270°) – landing on one or both legs

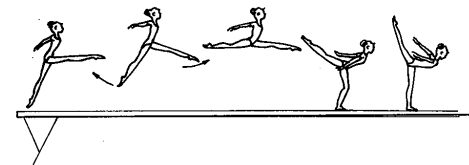


C-Elements

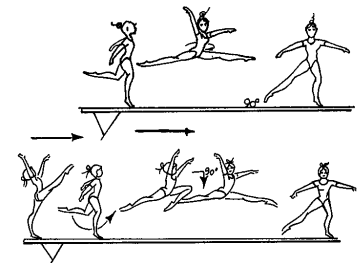
2.60 Split leap forward with change of legs (180° separation < after leg change)



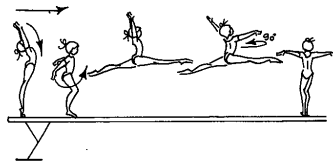
2.61 Split leap forward with leg change (180° separation < after the leg change) to scale forward



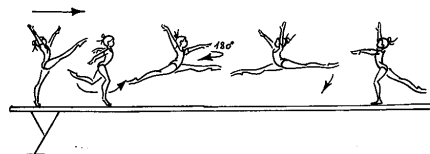
2.62 Split or stag leap forward or jump in place with $\frac{1}{4}$ turn (90°) – landing of legs one after another in side stand



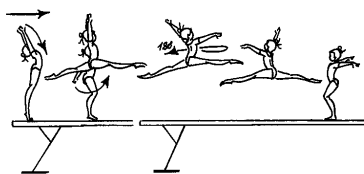
2.63 Split or stag leap forward or jump in place with $\frac{1}{4}$ turn (90°) – landing on both legs in side stand



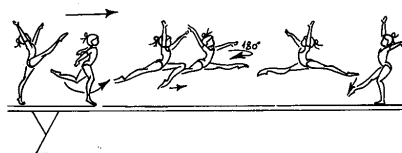
2.64 Split leap forward with $\frac{1}{2}$ turn (180°)



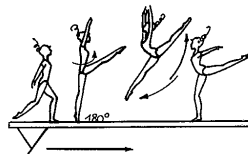
2.65 Split jump in place with $\frac{1}{2}$ turn (180°)



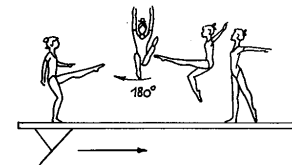
2.66 Stag – split leap forward with $\frac{1}{2}$ turn (180°)



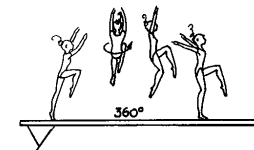
2.67 Scissors leap with extended legs and $\frac{1}{2}$ turn (180°) (Tour Jete – separation $< 180^\circ$)



2.68 Tuck jump (hop) with $\frac{1}{2}$ turn (180°), free leg horizontal or higher



2.69 Scissors leap forward with bent legs (Cat Leap) and $1/1$ turn (360°)



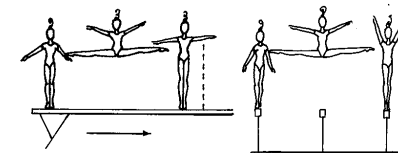
2.70 Tuck jump with $1/1$ turn (360°)



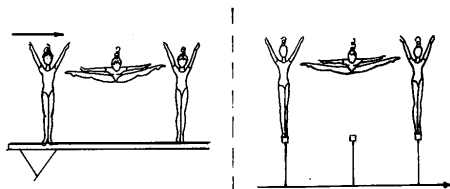
2.71 Stretched jump with $1/1$ turn (360°)



2.72 Side split jump in side or cross position (separation $< 180^\circ$)



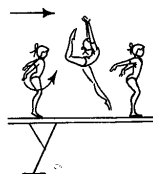
2.73 Straddle pike jump in side or cross position



2.74 Pike jump in side or cross position (hip < of 90° = requirement)

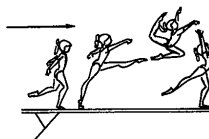


2.75 Ring leap or jump (rear leg at head height)

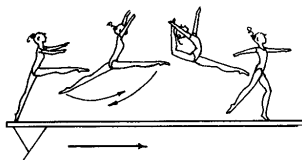


D-Elements

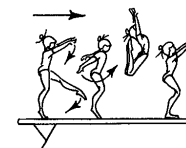
2.90 Stag-ring leap (rear leg at head height)



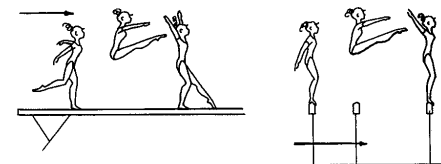
2.91 Split leap forward with leg change to ring leap (180° separation < after leg change)



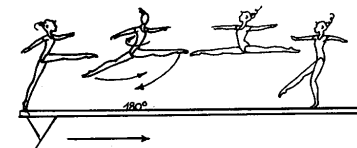
2.92 Tuck jump with arch (Sheep jump)



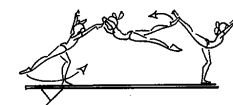
2.93 Pike jump in side or cross position (hip < at 45°)



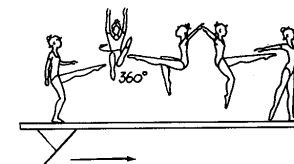
2.94 Split leap forward with leg change (180° separation < after leg change) and 1/2 turn (180°)



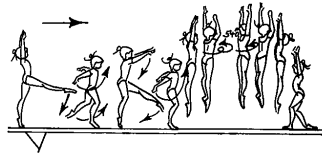
2.95 Butterfly



2.96 Tuck jump (hop) with 1/1 turn (360°), free leg extended at horizontal or higher



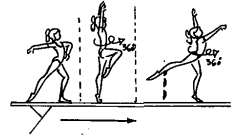
2.97 Stretched jump
with 1½ turn (540°)



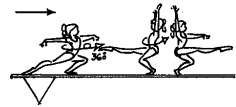
3. Gymnastic Turns

A-Elements

3.01 1/1 turn (360°)
on one leg, free leg
optional



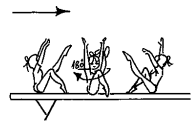
3.02 1/1 turn (360°) in
tuck stand on one leg,
free leg in forward
horizontal, placing of
free leg at end of
1/1 turn (360°)



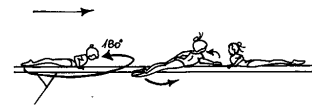
3.03 1/1 turn (360°) in
knee scale – hand sup-
port alternate



3.04 ½ turn (180°) in
free sit – without hand
support

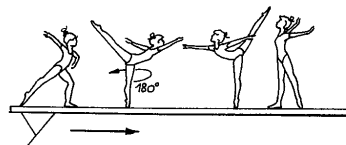


3.05 ½ turn (180°) in
prone position – hand
support alternate

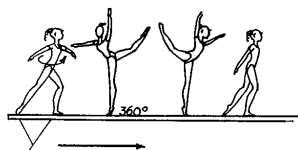


B-Elements

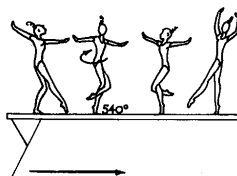
3.30 1/2 turn (180°) in scale, free leg above horizontal from start to end of turn



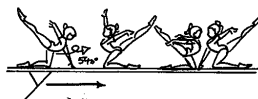
3.31 1/1 turn (360°) on one leg, thigh of free leg horizontal (forward, sideward, or backward)



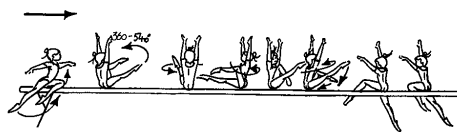
3.32 1 1/2 turn (540°) on one leg, free leg optional



3.33 1 1/2 turn (540°) in knee scale – hand support alterante



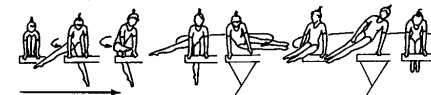
3.34 1/1 turn (360°) to 1 1/2 turn (360° to 540°) in sit – alternate support of hands permitted



3.35 1/1 turn to 1 1/2 turn (360° to 540°) position – alternate support of hands permitted



3.36 1/1 turn (360°) flank circle, legs together (Kreis flank – Voigt flank)

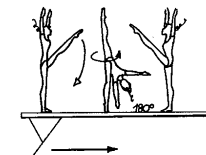


C-Elements

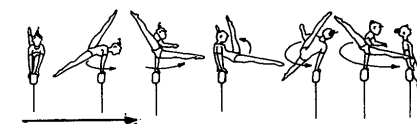
3.60 1 1/2 turn (540°) in tuck stand on one leg, free leg in forward horizontal, placing of the free leg at end of 1 1/2 turn (540°)



3.61 1/2 illusion turn (180°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)

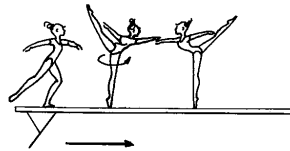


3.62 One leg circle with «flair» (legs separated) (Talavera-Flair)

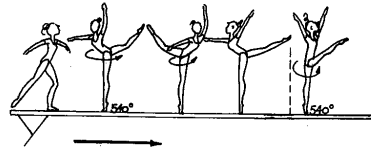


D-Elements

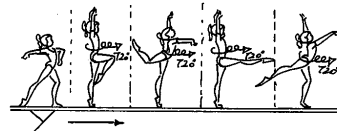
3.90 1/1 turn (360°) and more in scale, free leg above horizontal from start to end of turn



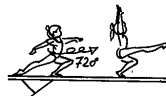
3.91 1 1/2 turn (540°) on one leg, thigh of free leg horizontal



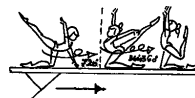
3.92 2/1 turn (720°) and more on one leg, free leg optional



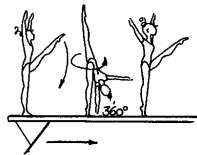
3.93 2/1 turn (720°) and more in tuck stand on one leg, free leg in forward horizontal, placing of the free leg at end of 2/1 turn (720°)



3.94 2/1 turn (720°) in knee scale, of which 1/1 turn (360°) or more must be free



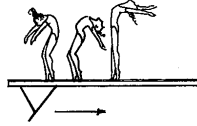
3.95 1/1 illusion turn (360°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)



4. Waves

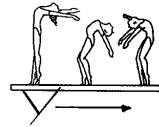
A-Elements

4.01 Body wave forward to balance stand on both legs *

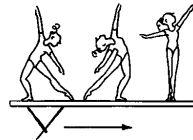


* Note: balance stand = ball of foot

4.02 Body wave backward to balance stand on both legs

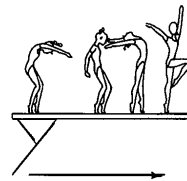


4.03 Body wave sideward to balance stand on both legs

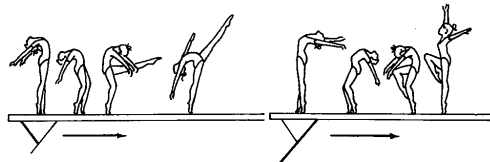


B-Elements

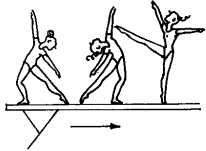
4.30 Body wave forward to balance stand on one leg



4.31 Body wave backward to balance stand on one leg



4.32 Body wave sideward to balance stand on one leg

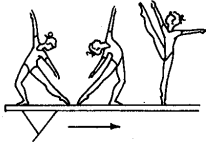


C-Elements

4.60 Body wave forward to standing split in balance stand (two seconds)

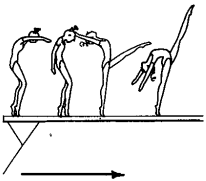


4.61 Body wave sideward to balance stand with sideward upward hold of free leg above 140° (two seconds)



D-Elements

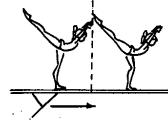
4.90 Body wave backward to standing split with backward bend of upper body – balance stand (two seconds)



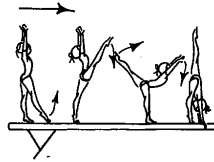
5. Holds-Stands

A-Elements

5.01 Scale forward, support leg extended or bent (two seconds)



5.02 Standing split forward with hand support in front of support leg (separation <math>< 180^\circ</math>) – Needle scale (two seconds)



5.03 Stand on one leg (whole foot), free leg in forward or sideward hold above 90° (two seconds)



5.04 Free knee scale (two seconds)



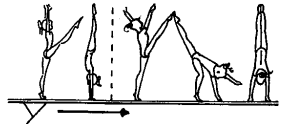
5.05 Free pike – «V» – sit, neckstand, etc. (two seconds)



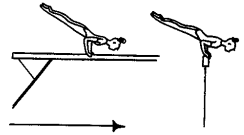
5.06 Free lying with large leg – torso position (two seconds)



5.07 Kick to cross or side handstand (two seconds)



5.08 Planche with support on both arms (two seconds)

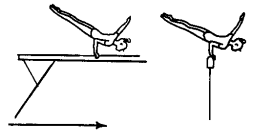


B-Elements

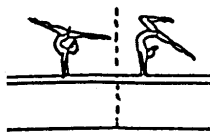
5.30 Clear pike – «V» – support (two seconds)



5.31 Planche with support on one arm (two seconds)

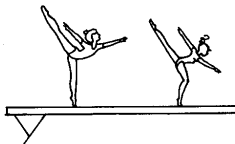


5.32 Handstands with large arch span («overhang») (two seconds)



C-Elements

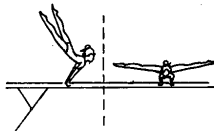
5.60 Scale forward in balance stand, support leg bent or extended (two seconds)



5.61 Balance stand on one foot, free leg in sideward upward hold above 140° (two seconds)



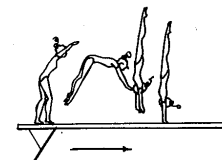
5.62 Planche (clear front support) in cross or side position (two seconds)



5.63 Standing split backward, in stand on whole foot (two seconds)



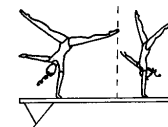
5.64 Jump to cross or side handstand (two seconds)



5.65 Side handstand with horizontal leg hold (two seconds)



5.66 Cross or side handstand on one arm (two seconds)



D-Elements

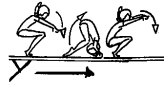
5.90 Scale backward in balance stand (two seconds)



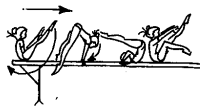
6. Rolls

A-Elements

6.01 Roll forward with hand support



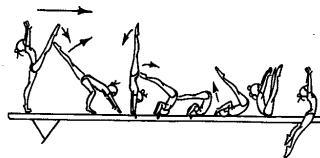
6.02 Roll forward from backward swing



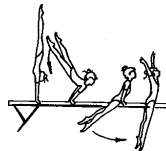
6.03 Roll backward



6.04 Kick to cross handstand – roll out forward with hand support



6.05 Kick to cross handstand – swing down to cross straddle sit

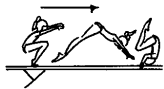


B-Elements

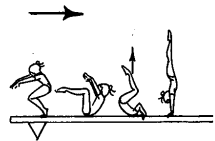
6.30 Roll forward without hand support



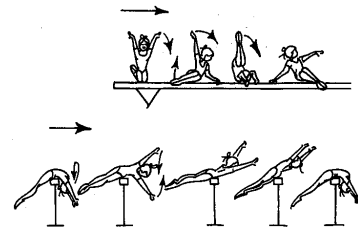
6.31 Dive roll forward



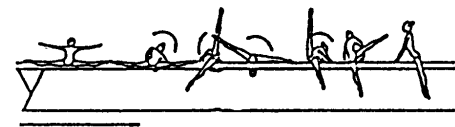
6.32 Roll backward to handstand



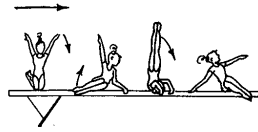
6.33 Roll sideward, body tucked, piked, or stretched



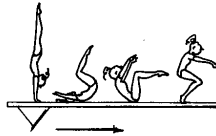
6.34 Side split – roll sideward stretched, legs separated – end position optional



6.35 Roll sideward stretched through neckstand, also with turn over shoulder

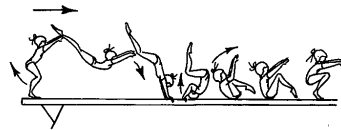


6.36 Cross handstand, lower to brief neck position with roll out forward without hand support

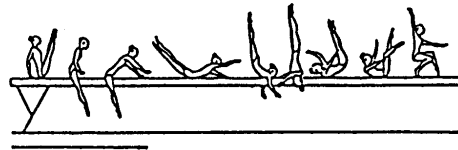


C-Elements

6.60 Hecht roll (hip < extended)



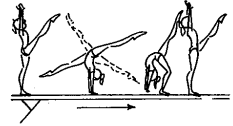
6.61 Free shoulder roll forward with straightening to tuck stand or stand without hand support (Garrison)



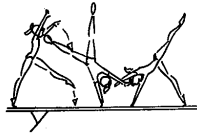
7. Walkovers, Cartwheels, etc.

A-Elements

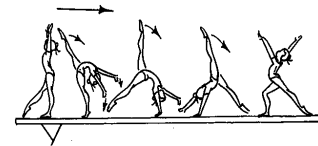
7.01 Walkover forward, also with support of one arm or with alternate hand support (Tinsica)



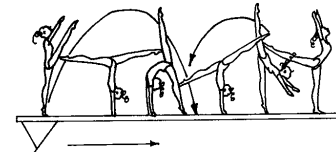
7.02 Cartwheel, also with support of one arm



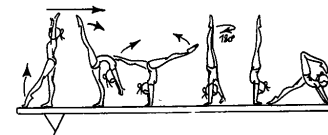
7.03 Walkover backward, also with support of one arm or with alternate hand support (Tinsica)



7.04 Walkover forward, backward (Tic-toc)

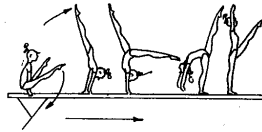


7.05 Walkover forward, backward, or cartwheel to handstand, 1/2 turn (180°) in handstand – end position touching beam

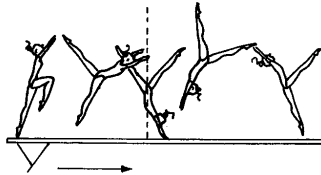


B-Elements

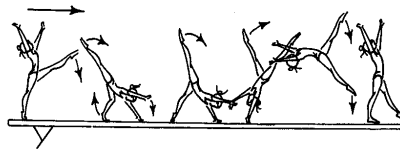
7.30 From sit or support – swing backward to handstand, roll out forward, walkover forward, or another variation of end movement



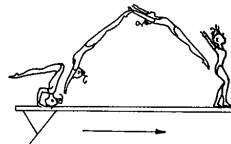
7.31 Handspring forward with flight before or after hand support, also with support on one arm



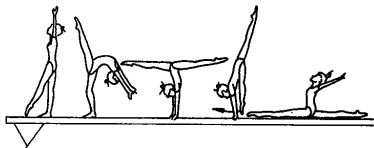
7.32 Handspring forward with alternate hand support (Tinsica spring) and flight phase before or after hand support



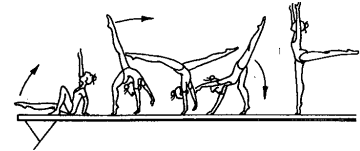
7.33 Head kip to stand or tuck stand



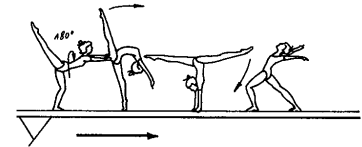
7.34 Walkover backward with stoop through of one leg to cross split sit or lower to clear straddle support



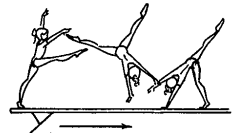
7.35 Walkover backward from extended tuck sit (Valdez)



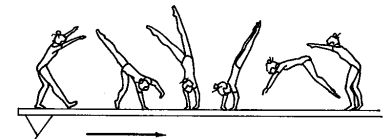
7.36 Scale forward, ½ turn (180°), walkover backward (Turning bridge)



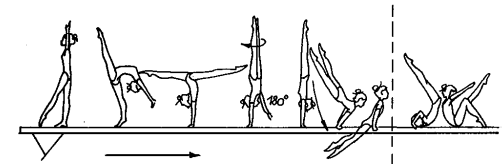
7.37 Cartwheel with flight phase before or after hand support



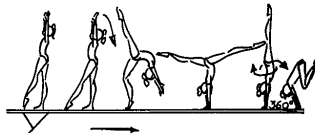
7.38 Round-off



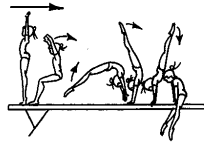
7.39 Walkover forward, backward, or cartwheel with ½ turn (180°) and continuation of movement to walkover forward, backward, cartwheel, roll out forward, swing down to cross straddle sit, or lower to clear straddle support



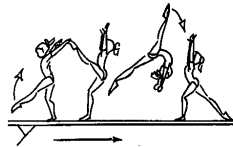
7.40 Walkover forward, backward, or cartwheel with 1/1 turn (360°) in handstand, lower to end position touching beam or to clear straddle support



7.41 Flic-flac from stand to stand or with swing down to cross straddle sit

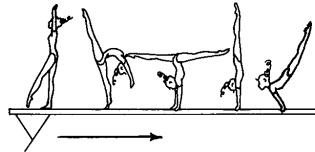


7.42 Gainer flic-flac to stand or with swing down to cross straddle sit

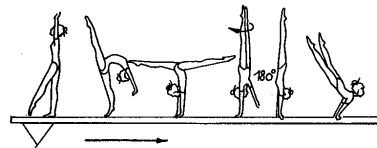


C-Elements

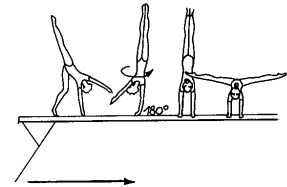
7.60 Cross handstand or walkover backward with lowering to planche in cross position (two seconds)



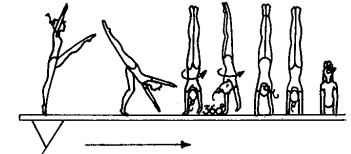
7.61 Walkover forward or backward with ½ turn (180°) in handstand, lower to planche in cross position (two seconds)



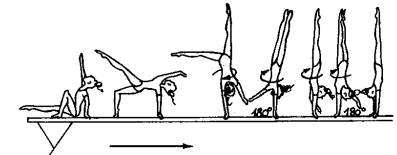
7.62 Cartwheel with ½ turn (180°) in handstand, lower to planche in side position (two seconds)



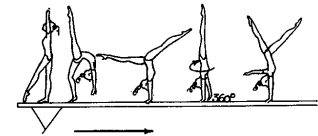
7.63 Walkover forward, backward, or cartwheel with 1/1 turn (360°) in handstand, lower to planche or clear pike support (two seconds)



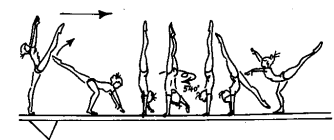
7.64 From extended-tuck sit – walkover backward with 1/1 turn (360°) – ½ turn (180°) in handstand on one arm, second ½ turn (180°) with late support of second arm



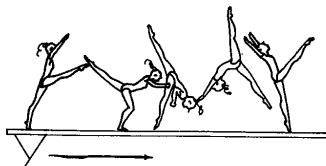
7.65 Walkover backward in cross position to handstand, also with turn in handstand – shift weight to handstand on one arm (two seconds)



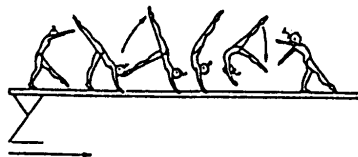
7.66 Walkover forward, backward, or cartwheel with 1½ turn (540°) in handstand – end position optional



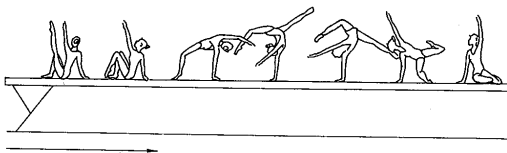
7.67 Free (aerial walkover forward)



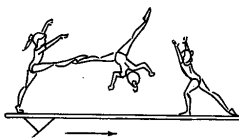
7.68 Handspring forward with leg change in flight phase



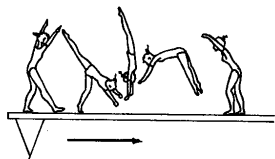
7.69 From extended-tuck sit, support on one arm - «Valdez» swing over backward through horizontal plane (Garrison)



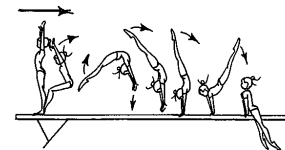
7.70 Free (aerial) cartwheel



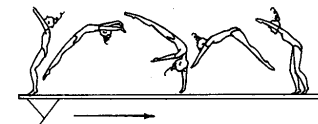
7.71 Free (aerial) round-off, landing on both legs



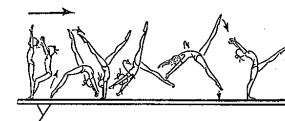
7.72 Flic-flac with high flight and swing down to cross straddle sit (Korbut-Flic-Flac)



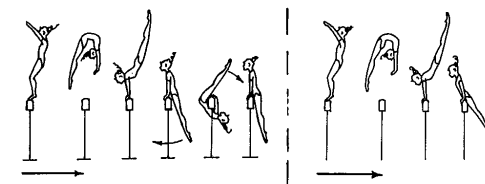
7.73 Flic-flac with support of one arm



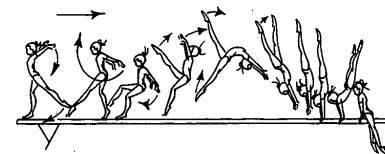
7.74 Flic-flac with 1/2 turn (180°) after hand support



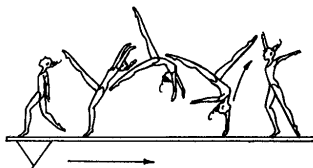
7.75 Flic-flac in side position with hip circle backward or to front support



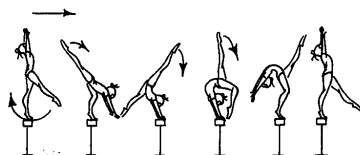
7.76 Gainer flic-flac with high flight and swing down to cross straddle sit



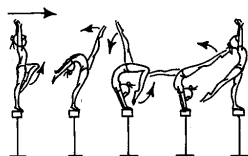
7.77 Gainer flic-flac with support of one arm



7.78 Walkover forward in side position to side stand

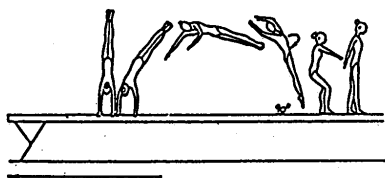


7.79 Walkover backward in side position to side stand

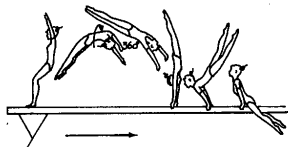


D-Elements

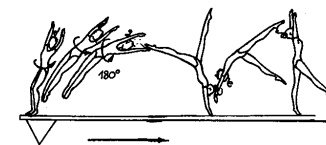
7.90 Flic-flac with 1/4 turn (90°) to side handstand (Omelianchik)



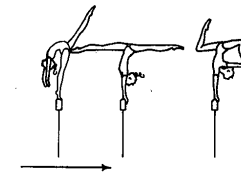
7.91 Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit (Rulfova-flic)



7.92 Jump backward (flic-flac take-off) with 1/2 twist (180°) to hand-spring forward (Arabian handspring)



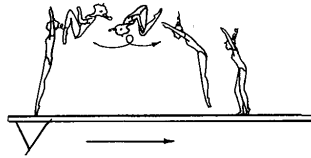
7.93 Walkover backward in side position to handstand – shift weight to handstand on one arm (two seconds)



8. Saltos

B-Elements

8.30 Salto backward tucked from stand to stand

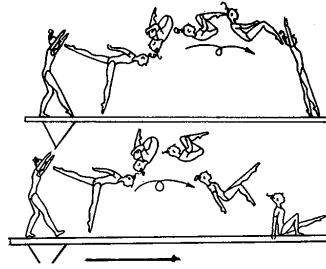


8.31 Gainer salto backward tucked

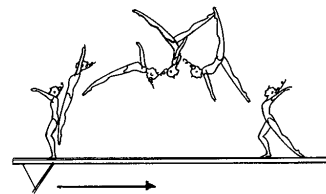


C-Elements

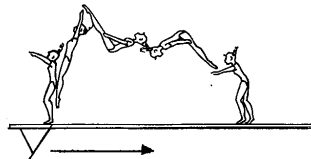
8.60 Salto tucked, take-off from one leg to stand or to extended-tuck sit



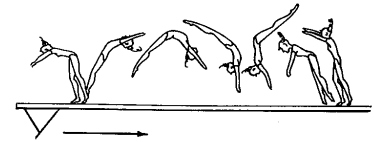
8.61 Salto backward stretched – step out from stand to stand



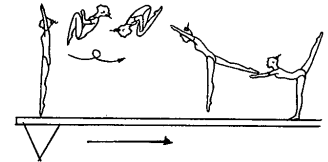
8.62 Salto backward piked from stand to stand



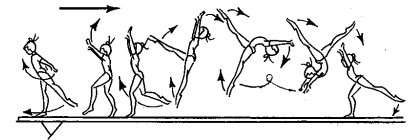
8.63 Whip back into connection



8.64 Salto backward tucked to scale forward (two seconds)

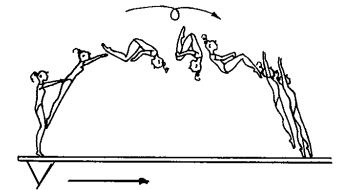


8.65 Gainer salto stretched with step out

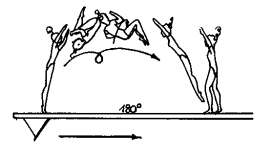


D-Elements

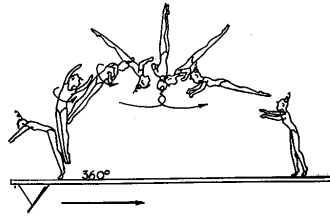
8.90 Salto forward tucked, take-off from both legs



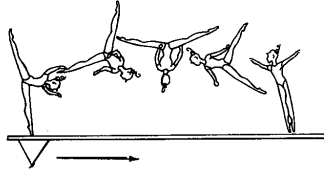
8.91 Salto forward tucked with $\frac{1}{2}$ twist (180°), take-off from both legs (Grigoras)



8.92 Salto backward tucked or stretched with 1/1 twist (360°) (Shishova)



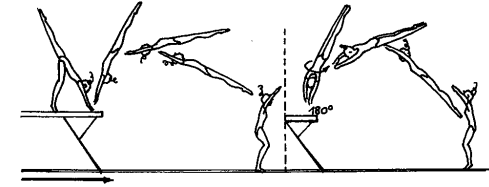
8.93 Salto sideward tucked, piked, or stretched from forward take-off to side stand



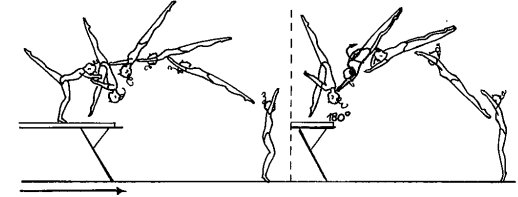
9. Dismounts

A-Elements

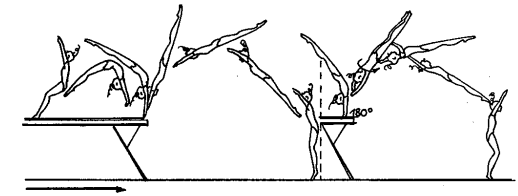
9.01 Handspring forward, also with 1/2 twist (180°) after hand support



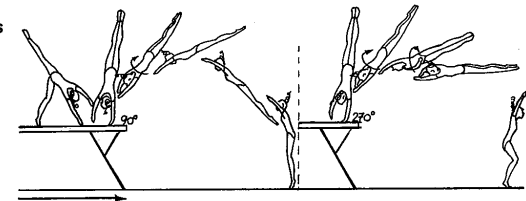
9.02 Free (aerial) walkover forward, also with 1/2 twist (180°)



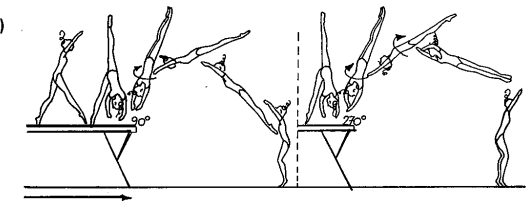
9.03 Flic-flac at end or middle of beam, also with 1/2 twist (180°) or with support of one arm



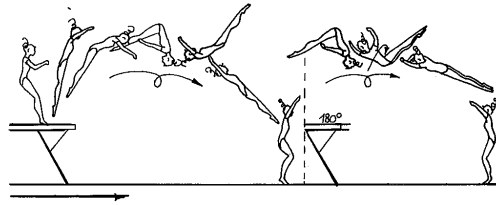
9.04 Cartwheel with 1/4 twist (90°) or 3/4 twist (270°) to cross stand at end of beam



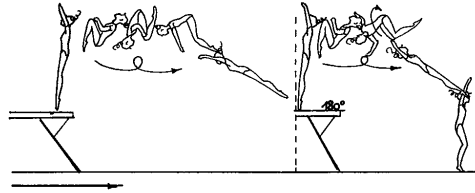
9.05 Free (aerial) cartwheel with 1/4 twist (90°) or 3/4 twist (270°) to cross stand at end of beam



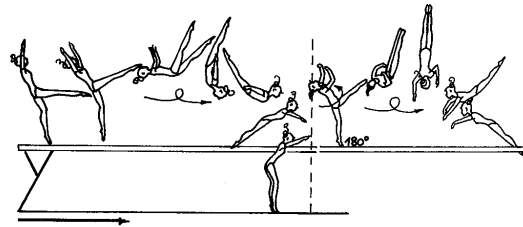
9.06 Salto forward tucked or piked, also with ½ twist (180°)



9.07 Salto backward tucked, piked, or stretched, also with ½ twist (180°)

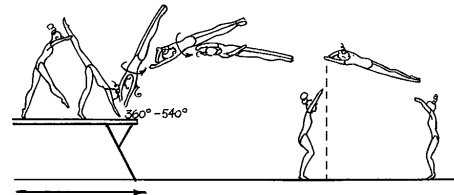


9.08 Gainer salto tucked, piked, or stretched to side of beam

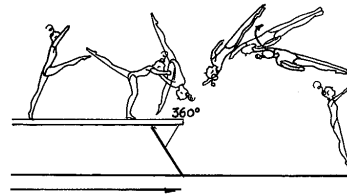


B-Elements

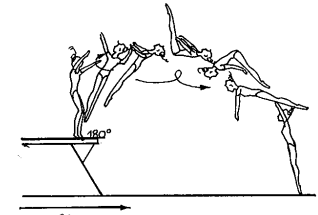
9.30 Handspring forward with 1/1 twist to 1½ twist (360° to 540°) after hand support



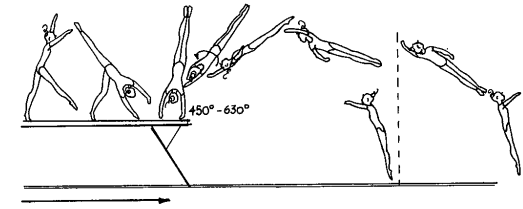
9.31 Free (aerial) walkover forward with 1/1 twist (360°)



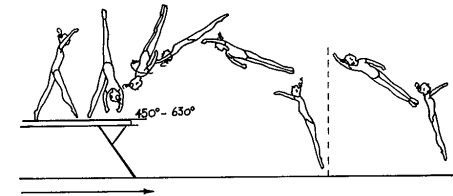
9.32 Stretched jump forward with ½ twist (180°) and salto backward tucked or piked



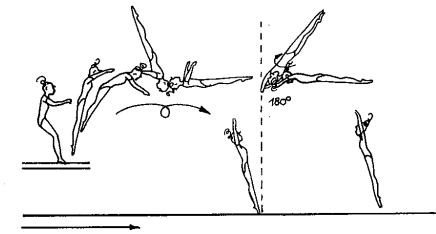
9.33 Cartwheel with 1¼ twist (450°) to 1½ twist (630°) after hand support to cross stand at end of beam



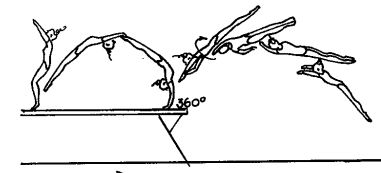
9.34 Free cartwheel with 1¼ twist (450°) to 1½ twist (630°) to cross stand at end of beam



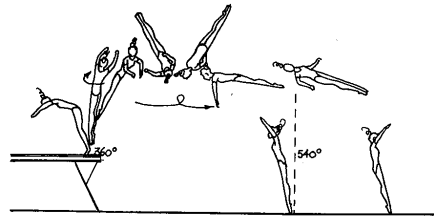
9.35 Salto forward stretched, also with ½ twist (180°)



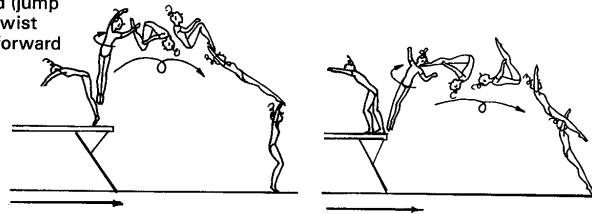
9.36 Flic-flac with 1/1 twist (360°) in middle or at end of beam



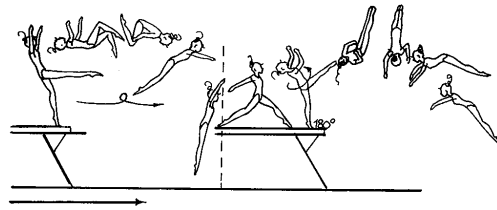
9.37 Salto backward tucked, piked, or stretched with 1/1 twist (360°)



9.38 Arabian salto tucked or piked (jump backward, 1/2 twist [180°]), salto forward



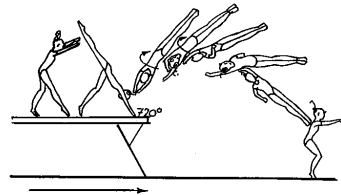
9.39 Gainer salto tucked or piked at end of beam, also with 1/2 twist (180°)



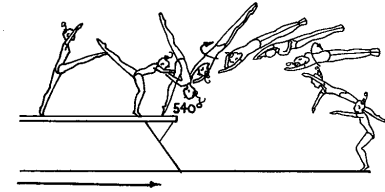
9.40 Gainer salto tucked, piked, or stretched with 1/2 twist (180°) to side of beam

C-Elements

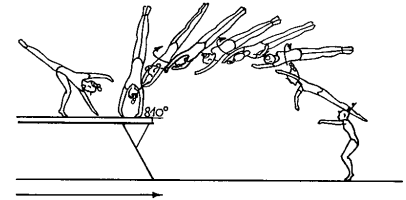
9.60 Handspring forward with 2/1 twist (720°) after hand support



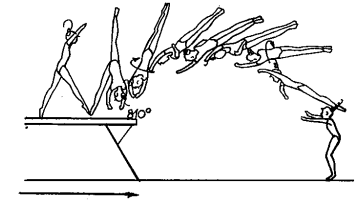
9.61 Free (aerial) walkover forward with 1 1/2 twist (540°) and more



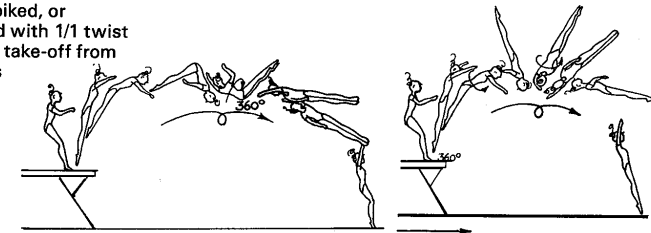
9.62 Cartwheel with 2 1/4 twist (810°) to cross stand at end of beam



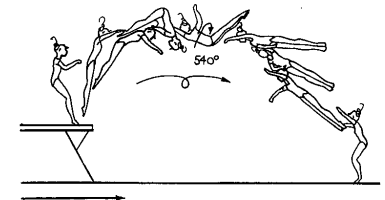
9.63 Free (aerial) cartwheel with 2 1/4 twist (810°) to cross stand at end of beam



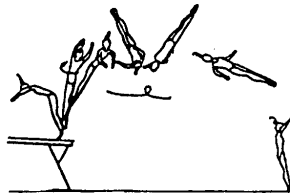
9.64 Salto forward tucked, piked, or stretched with 1/1 twist (360°) - take-off from both legs



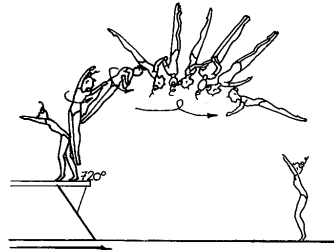
9.65 Salto forward tucked or piked with 1 1/2 twist (540°) - take-off from both legs



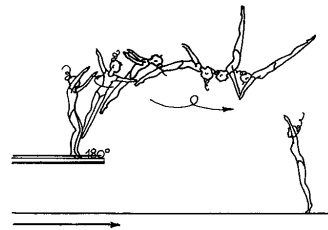
9.66 Salto backward stretched with $1\frac{1}{2}$ twist (540°)



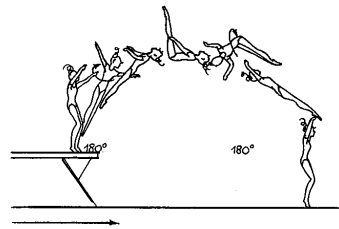
9.67 Salto backward stretched with $2/1$ twist (720°)



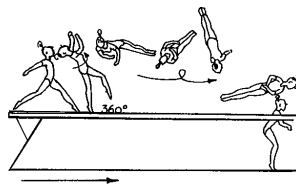
9.68 Stretched jump forward with $\frac{1}{2}$ twist (180°) and salto backward stretched – take-off from both legs



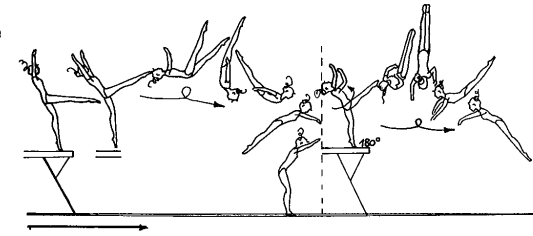
9.69 Stretched jump forward with $\frac{1}{2}$ twist (180°) and salto backward tucked or piked with $\frac{1}{2}$ twist (180°) – take-off from both legs



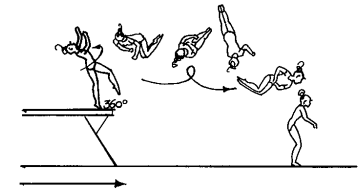
9.70 Gainer salto tucked, piked, or stretched with $1/1$ twist (360°) to side of beam



9.71 Gainer salto stretched at end of the beam with legs together, also with $\frac{1}{2}$ twist (180°)

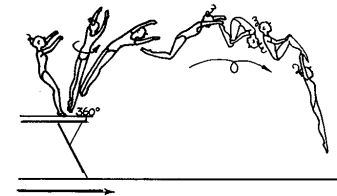


9.72 Gainer salto tucked or piked with $1/1$ twist (360°) at end of beam

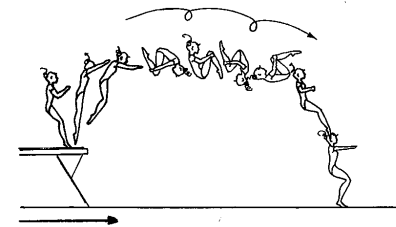


D-Elements

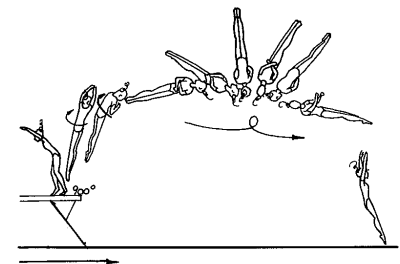
9.90 Stretched jump forward with $1/1$ twist (360°) and salto forward tucked, piked, or stretched



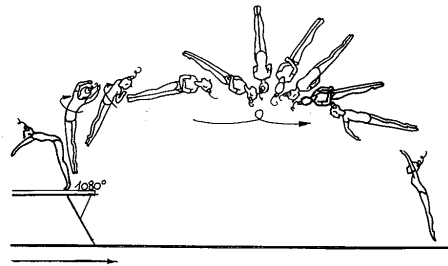
9.91 Double salto forward



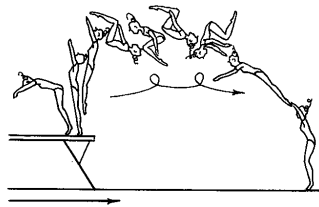
9.92 Salto backward stretched with $2\frac{1}{2}$ twist (900°)



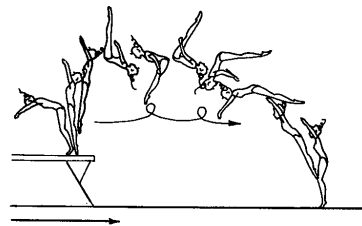
9.93 Salto backward stretched with 3/1 twist (1080°)



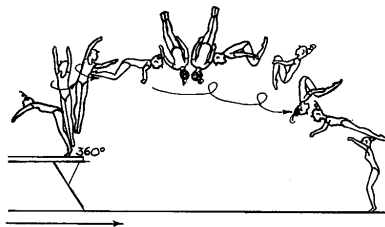
9.94 Double salto backward tucked



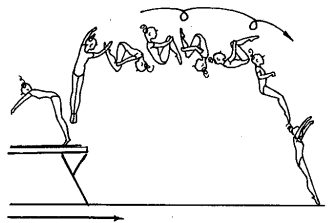
9.95 Double salto backward piked



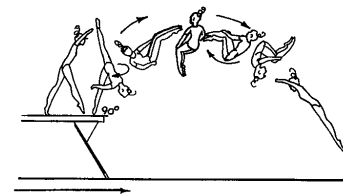
9.96 Double salto backward with 1/1 twist (260°)



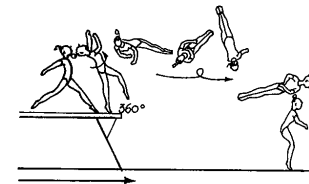
9.97 Arabian double salto



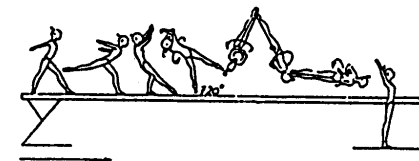
9.98 Double salto side-ward with 1/4 twist (90°) to cross stand at end of beam



9.99 Gainer salto stretched with 1/1 twist (360°) at end of beam



9.100 Gainer salto backward stretched with 2/1 twist (720°) to side of beam



Article 13

Floor Exercise

1. General

The duration of the floor exercise may not amount to less than 1 : 10 minutes and not more than 1 : 30 minutes.

Four measures of musical lead-in are permitted. These measures must belong to the floor music. The exercise is to be ended with the music.

Permitted are:

- Musical accompaniment with orchestra **without** singing.
- Musical accompaniment with piano or one other instrument.

The orchestra accompaniment occurs through a tape recording; the piano accompaniment may be live or on a tape recording.

The exercise begins with the first gymnastic or acrobatic movement.

Stepping outside of the prescribed floor area (12×12 m) will result in a deduction each time.

2. Content of the Exercise

The exercise should be composed from different element groups. The difficulties B, C and D must come from the following element groups:

- Acrobatic elements with and without flight phase in forward, sideward, or backward movement.
- Gymnastic elements: turns; leaps, jumps, and hops; steps and running combinations; balance elements in standing, sitting and lying position; arm swings and body waves.

3. To be observed for the composition are:

Creation of high points through:

- Acrobatic series with at least one or several saltos
- Acrobatic/gymnastic series with great amplitude
- Gymnastic series with great amplitude
- Harmonious change between gymnastic elements and acrobatic elements (jumps)
- Dynamic change between the slower and faster movements, corresponding to the character of the music
- Harmony of the music and movement
- Versatile use of the floor area – original directional patterns
- Change between movements executed near to and far from the floor
- Change between movements forward, sideward, and backward and movements in place.

Undesirable are:

- Unaesthetic exaggerations from «Show-Business», which are incompatible with gymnastics and possess no sportive value.

4. Special Requirements

- One gymnastic series with three elements
- One gymnastic B
- Three different acrobatic series * with two different saltos, one of which contains

- one acrobatic series with two saltos or a D-salto
- One gymnastic/acrobatic direct connection
- A B-dismount **

Absence of Special Requirements – deduction each time of 0.10 P.

* One **acrobatic series** must consist of at least three acrobatic elements, which contains one salto (i. e. round-off, flic-flac, salto backward stretched).

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

It will be recognized as a **different series**, if another element is performed before or after the same salto.

Examples:

- round-off, flic-flac, double salto tucked
- round-off, flic-flac, flic-flac, salto backward with 2/1 twist (720°)
- salto forward, round-off, flic-flac, salto backward with 2/1 twist (720°)

** The dismount requirement is fulfilled, if

- one acrobatic element from B in the Table or
- one gymnastic element from B is performed as the last value part.

The dismount requirement is valid as fulfilled, if the following variations are chosen:

- acrobatic dismount series closes with B or more difficult – there follows yet another A-element
- acrobatic dismounts series closes with A – there follows a more difficult acrobatic or gymnastic element from B.

5. Specific Apparatus Deductions

5.1

Deduction

- One-sided choice of gymnastic or acrobatic elements/connections each 0.10 P.
- Insufficient use of the floor area 0.10 P.
- Insufficient change of elements near to and far from the floor 0.10 P.
- Absence of music or music with voice (song) 0.50 P.
- Music and movement not in harmony up to 0.20 P.
- More than four measures of introduction 0.10 P.

5.2 Specific Apparatus Faults

- Stepping outside of the floor area (outside of the line – white line belongs to the floor area) each 0.10 P.

6. Value Raising Through Direct * Connection of Value Parts**

*** Direct means: performance of acrobatic elements

- with flight phase and without hand support from A
- with flight phase and hand support from B
- gymnastic elements from B
 - without a pause between the landing of the first element and the take-off of the second element
 - without an extra step, that means the free leg of the first element is placed immediately as the stand or take-off leg for the following element.

Examples:

- Salto forward piked, immediate } = direct
- salto forward tucked } = direct
- Split leap forward with leg change, placing of the free leg and immediate take-off to } = direct
- split leap forward with leg change

The Value Raising on Floor begins with

- Acrobatic A-elements with flight phase **without hand support** or with
- Acrobatic B-elements with flight phase **and hand support**
- Gymnastic B-elements (see examples)

The Value raising occurs with

- Acrobatic series
 - in **direct** connection of acrobatic A-elements with flight phase and without support or with hand support from B and also
 - in **indirect** connection, that means acrobatic A-elements such as round-off, flic-flac, etc. (= preparatory elements) are performed between acrobatic elements with flight phase and without hand support
 - gymnastic series only then, if the gymnastic value parts are **directly** connected
- mixed series only then, when
 - gymnastic elements – from B and
 - acrobatic elements – from A with flight phase and without hand support
 - from B with flight phase and hand support

are **directly** connected.

The Value raising from C to D begins with C+C.

Exceptions:

- With a series of three **directly** connected acrobatic value parts, the value raising to D begins with B+B+C (see Article 6.14).
- With a series of three **indirectly** connected acrobatic value parts, the value raising to D begins with C+A+C (see Article 6.13).

6. Value Raising

6.1 A+A becomes A+B

Examples:*

Acrobatic

- Salto backward stretched A
- Salto forward tucked A → B
- Salto forward tucked A
- Round-off, flic-flac
- Salto backward stretched A → B

Note: One example each of a direct connection (first example) and an indirect connection (second example) will be itemized.

6.2 A+B becomes A+C

Examples:

Acrobatic

- Salto backward stretched A
- Salto sideward stretched B → C
- Free (aerial) walkover A
- Round-off, flic-flac
- Salto backward stretched with 1/1 twist (360°) B → C

Acrobatic/Gymnastic

- Salto forward tucked
- Straddle pike jump

A
B → C

6.3 B+A becomes B+B**Examples:****Acrobatic**

- Round-off, flic-flac
 - Arabian salto tucked
 - Salto forward tucked
- Salto forward tucked with ½ twist (180°)
 - Flic-flac
 - Salto backward piked

B
A → B
B

A → B

Gymnastic/Acrobatic

- Straddle pike jump
- Salto forward tucked

B
A → B

6.4 B+B becomes B+C**Examples:****Acrobatic**

- Round-off, flic-flac
 - Salto backward stretched with 1/1 twist (360°)
 - Salto backward stretched with 1/1 twist (360°)
- Arabian salto stretched
 - Round-off, flic-flac
 - Salto sideward stretched

B
B → C
B

B → C

Gymnastic

- 1½ turn (540°) on one leg
 - Stretched jump with 1½ turn (540°)

B
B → C

Gymnastic/Acrobatic (or reversed)

- Round-off
 - Straddle pike jump
 - Salto forward tucked with ½ twist (180°)

B
B → C

6.5 C+A becomes C+B**Examples:****Acrobatic**

- Round-off, flic-flac
 - Salto backward stretched with 2/1 twist (720°)
 - Salto forward tucked
- Round-off, flic-flac
 - Salto backward stretched with 1½ twist (540°)
 - Round-off, flic-flac
 - Salto backward stretched

C
A → B

C

A → B

6.6 C+B becomes C+C**Examples:****Acrobatic**

- Jump forward with 1/1 twist (360°), handspring forward (Mostepanova)
 - Salto forward tucked with ½ twist (180°)
- Round-off, flic-flac
 - Salto backward with 1½ twist (540°)

C
B → C

C

- Round-off, flic-flac
- Salto backward stretched with ½ twist (180°)

B → C

Gymnastic

- Straddle pike jump with ½ turn (180°)
 - Stretched jump with 1½ turn (540°)

C
B → C

Gymnastic/Acrobatic (or reversed)

- Stretched jump with 2/1 turn (720°)
 - Stretched jump forward with 1/1 twist (720°) to hecht roll

C
B → C

6.7 C+C becomes C+D**Examples:****Acrobatic**

- Salto forward stretched
 - Jump forward with 1/1 twist (360°), handspring forward (Mostepanova)
- Round-off, flic-flac
 - Salto backward stretched with 1½ twist (540°)
 - Round-off, flic-flac
 - Salto backward stretched with 2/1 twist (720°)

C
C → D

C → D

C

C → D

Gymnastic

- 2/1 turn (720°) on one leg, placing of free leg with take-off to
- Side split jump (180° separation angle) with landing in front lying support (Schuschunova)

C
C → D

C → D

Gymnastic/Acrobatic (or reversed)

- Salto backward stretched with 1½ twist (540°)
 - Side split jump (180° separation angle) with landing in front lying support (Schuschunova)

C
C → D

C → D

6.8 D+C becomes D+D**Examples:****Acrobatic**

- Double salto backward tucked
 - Stretched jump with 1½ twist (540°) to hecht roll
- Round-off, flic-flac
 - Double salto backward piked
 - Flic-flac, flic-flac
 - Salto backward stretched with 2/1 twist (720°)

D
C → D

C → D

D

C → D

Gymnastic

- 3/1 turn (1080°) on one leg
 - 2/1 turn (720°) on one leg

D
C → D

C → D

Gymnastic/Acrobatic (or reversed)

- Salto backward with 3/1 twist (1080°)
 - Stretched jump with 2/1 turn (720°)

D
C → D

C → D

Note: D+A-connections also receive value raising, just as D+B-connections (see examples 6.5 and 6.6).

6.9 A+A+A becomes A+B+B**Examples:****Acrobatic**

- Free (aerial) walkover forward
 - Free (aerial) walkover forward
 - Salto forward tucked

A
A → B
A → B

- Free (aerial) walkover forward A
- Round-off, flic-flac A → B
- Salto backward stretched A → B
- Salto forward tucked

6.10 A+B+A becomes A+C+B

Examples:

Acrobatic

- Salto forward tucked A
- Salto forward piked with step-out B → C
- Free (aerial) walkover forward A → B
- Gainer Salto stretched A
- Flic-flac
- Arabian salto tucked with step-out B → C
- Round-off, flic-flac
- Salto backward stretched A → B

Gymnastic/Acrobatic (or reversed)

- Salto backward tucked A
- Straddle pike jump B → C
- Salto forward tucked A → B

6.11 A+B+B becomes A+C+C

Examples:

Acrobatic

- Salto forward tucked A
- Salto forward tucked with 1/2 twist (180°) B → C
- Flic-flac with 1/1 twist (360°) before or after hand support B → C
- Free (aerial) cartwheel A
- Gainer flic-flac, flic-flac
- Salto backward stretched with 1/1 twist (360°) B → C
- Flic-flac
- Salto backward stretched with 1/1 twist (360°) B → C

Gymnastic/Acrobatic (or reversed)

- Salto forward tucked A
- Round-off, flic-flac
- Arabian salto tucked B → C
- Stretched jump with 1 1/2 turn (540°) B → C

6.12 B+B+B becomes B+C+C

Examples:

Acrobatic

- Flic-flac with 1/1 twist (360°) before hand support B
- Flic-flac with 1/1 twist (360°) before hand support B → C
- Stretched jump with 1/1 twist (360°) to hecht roll B → C
- Salto forward tucked with 1/2 twist (180°) B
- Flic-flac
- Salto backward stretched with 1/2 twist (180°) B → C
- Round-off, flic-flac
- Salto backward stretched with 1/1 twist (360°) B → C

Gymnastic

- Split leap forward with leg change B
- Split leap forward with leg change B → C
- Straddle pike jump B → C

Gymnastic/Acrobatic (or reversed)

- Round-off, flic-flac B
- Salto backward stretched with 1/1 twist (360°) B → C
- Ring jump B → C
- Flic-flac with 1/1 twist (360°) before hand support B → C

6.13 For all other acrobatic series from three elements or value part categories indirectly connected, the principles 6.1 to 6.12 become effective.

Examples:

- A+A+C becomes A+B+C
- A+C+A becomes A+C+B
- A+B+C becomes A+C+C
- B+C+A becomes B+C+B
- B+B+C becomes B+C+C
- C+A+C becomes C+B+D
- C+B+C becomes C+C+D
- B+C+C becomes B+C+D
- C+C+C becomes C+D+D

6.14 The value raising of C to D in a series of three acrobatic elements directly connected occurs from B+B+C.

Examples:

- B+B+C becomes B+C+D
- C+B+C becomes C+C+D
- C+C+B becomes C+D+C
- B+C+B becomes B+D+C, etc.

6.15 For all series of more than three elements or value part categories directly and also indirectly connected, the principles 6.1 to 6.14 become effective.

Examples:

- Arabian salto tucked B
- Round-off
- Arabian salto piked B → C
- Round-off, flic-flac
- Salto backward stretched with 1/1 twist (360°) B → C
- Straddle pike jump B → C
- Flic-flac with 1/1 twist (360°) before hand support B → C

Note: concerning indirect connections of acrobatic/gymnastic elements.

Examples:

- Salto forward tucked A
- Round-off, flic-flac
- Straddle pike jump B → remains B
- Flic-flac
- Salto backward stretched A → B

The acrobatic elements **indirectly** connected receive value raising (see principles); the gymnastic element in the above listed example (straddle pike jump) can not be value raised, since it is **indirectly** connected with the acrobatic (salto).

1. Gymnastic Leaps, Jumps and Hops

A-Elements

1.01 Split leap forward or split jump in place



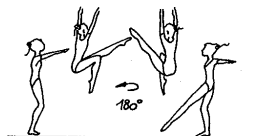
1.02 Stride leap with bending of the forward leg (stag position in flight phase)



1.03 Scissors leap forward with bent legs, also with 1/2 turn (180°)



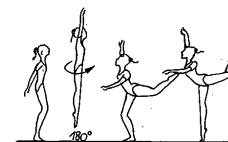
1.04 Tuck jump or hop with legs together or one leg extended forward with 1/2 turn (180°) – take-off from one or both legs



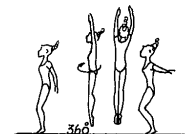
1.05 Stretched jump with arch



1.06 Stretched jump with 1/2 turn (180°) to balance element on one leg



1.07 Stretched jump with 1/1 turn (360°)

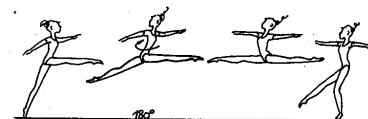


B-Elements

1.30 Split leap forward with 1/4 turn (90°) – take-off from one or both legs



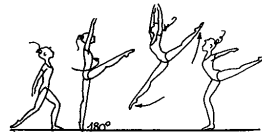
1.31 Split leap forward with 1/2 turn (180°) – take-off from one or both legs



1.32 Split leap forward with leg change (180° separation < after leg change)



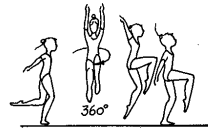
1.33 Scissors leap forward with stretched legs and 1/2 turn (180°) (Tour Jeté)



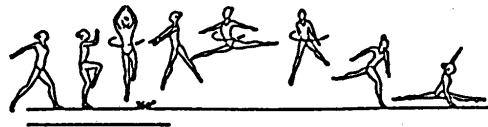
1.34 Hop with 1/1 turn (360°) with one leg extended at horizontal 90°



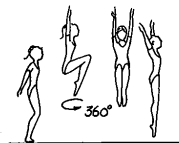
1.35 Scissors leap with bent legs (Cat leap) and 1/1 turn (360°) – landing on one or both legs



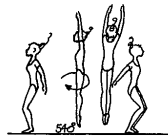
1.36 Leap with 1/1 turn (360°), thereby bending free leg forward with successive separation of both legs to cross split (180°) during flight phase – landing optional



1.37 Tuck jump with legs together or with one leg extended forward with 1/1 turn (360°) – take-off from both legs



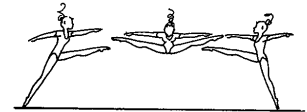
1.38 Stretched jump with 1/2 turn (540°) – take-off from both legs



1.39 Pike jump or leap, legs above horizontal – take-off from one or both legs



1.40 Straddle pike leap – take-off from one leg



1.41 Straddle pike jump – take-off from two legs



1.42 Side split jump (180° separation < = requirement)



1.43 Ring leap or jump
(rear leg at head height)
– take-off from one or
two legs

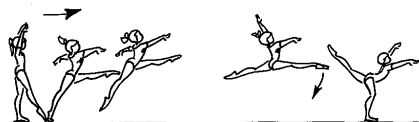


1.44 Series of at least
two butterflies forward



C-Elements

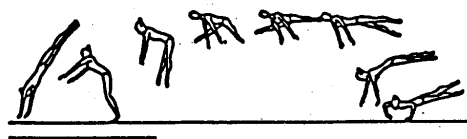
1.60 Split leap forward
with leg change to
scale (two seconds)
(180° separation
< after leg change)



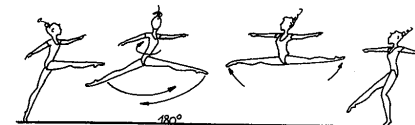
1.61 Split leap forward
with leg change to ring
leap (180° separation
< after leg change)



1.62 Side split jump
(180° separation <
with landing to front ly-
ing support or similar
(Schuschunova)



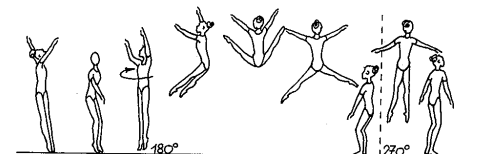
1.63 Split leap forward
with leg change and
½ turn (180°) in flight
phase (180° separation
< after flight phase)
(Frolova)



1.64 Leap backward
with ½ turn (180°),
thereby cross splitting
the bent legs (180°)
and arching the upper
body – landing optional
(Thümmler)



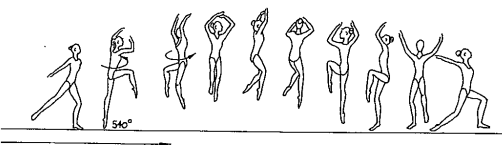
1.65 Straddle pike
jump with ½ turn
(180°) or ¾ turn (270°)
– take-off from both
legs



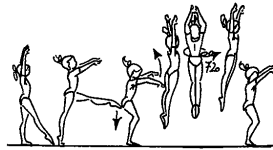
1.66 Leap with 1/1 turn
(360°), thereby bend-
ing forward and thrust-
ing backward free leg
(180° separation <)



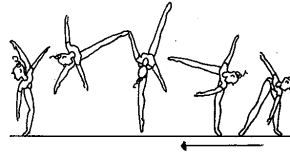
1.67 Cat leap forward
with bent legs and 1½
turn (540°) (Garrison)



1.68 Stretched jump with 2/1 turn (270°) – take-off from both legs



1.69 Series of at least two butterflies backward



D-Elements

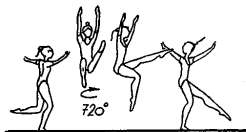
1.90 Straddle pike jump with 1/1 turn (360°) – take-off from both legs (Popa)



1.91 Hop with 2/1 turn (720°) – free leg extended forward (90°)



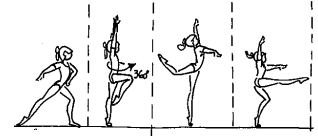
1.92 Tuck jump or hop with one leg extended forward with 2/1 turn (720°)



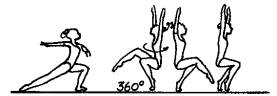
2. Gymnastic Turns

A-Elements

2.01 1/1 turn (360°) on one leg (free leg optional)



2.02 1/1 turn (360°) in tuckstand on one leg (free leg optional)

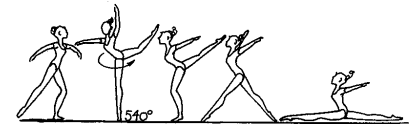


B-Elements

2.30 1½ turn (540°) on one leg



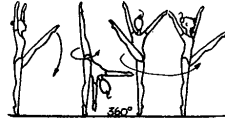
2.31 1½ turn (540°) to cross split sit



2.32 1/1 turn (360°) on one leg to scale forward (two seconds)

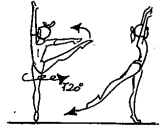


2.33 1/1 illusion turn (360°), without touching floor with free leg

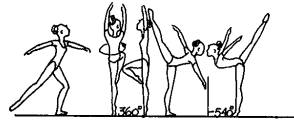


C-Elements

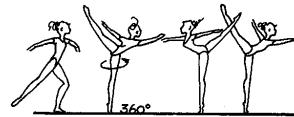
2.60 2/1 turn (720°) on one leg, placing free leg at end of 2/1 turn



2.61 1½ turn (540°) on one leg to scale forward (two seconds)



2.62 1/1 turn (360°) in scale forward with free leg hold above 90° from start to end of turn



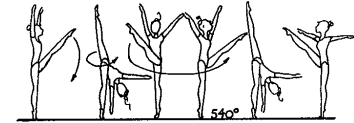
2.63 2/1 turn (720°) in tuckstand on one leg – free leg position optional, placing of free leg at end of 2/1 turn



2.64 2×1/1 turn (2×360°) turn in tuckstand on one leg
 – 1/1 turn (360°) in tuckstand on one leg (free leg optional), at end of 1/1 turn placing free leg to support leg
 – second 1/1 turn (360°) in tuckstand on other leg (free leg optional)

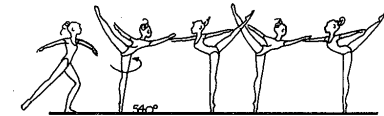


2.65 1½ illusion turn (540°) without touching floor with free leg

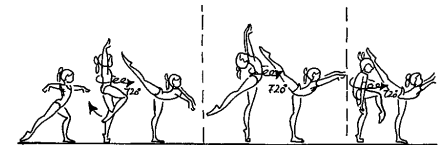


D-Elements

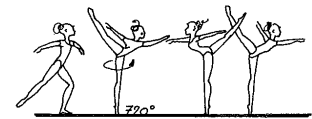
2.90 1½ turn (540°) in scale forward with free leg hold above 90° from start to end of turn



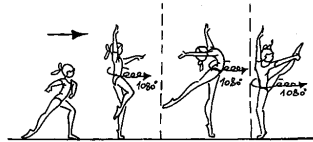
2.91 From 2/1 turn (720°) to scale forward (two seconds)



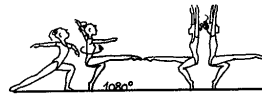
2.92 2/1 turn (720°) in scale forward with free leg hold above 90° from start to end of turn



2.93 3/1 turn (1080°)
on one leg (free leg optional), placing of free leg at end of 3/1 turn



2.94 From 3/1 turn (1080°) in tuckstand on one leg (free leg optional), placing of free leg at end of 3/1 turn



2.95 2x1½ turn (2x540°) in tuckstand on one leg
- 1½ turn (540°) in tuckstand on one leg (free leg optional), placing of free leg to support leg at end of turn
- second 1½ turn (540°) in tuckstand on other leg (free leg optional)



2.96 1/1 turn (360°) in tuckstand on one leg (free leg optional) – stand and change free leg
2/1 turn (720°) in tuckstand on one leg (free leg optional), placing of free leg at end of 2/1 turn



2.97 2/1 illusion turn (720°) without touching floor with free leg



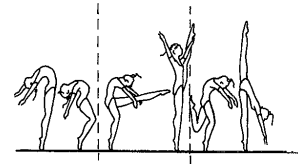
3. Waves

A-Elements

3.01 Body wave forward to scale backward in balance stand



3.02 Body wave backward to standing split (in balance stand) without hand support on floor



3.03 Body wave side-ward to scale sideward in balance stand



4. Hold

A-Elements

4.01 Bridge stand backward with hand support on floor – support leg on whole foot, free leg in upward hold (180° separation <)



4.02 Back bending of upper body through a brief backward scale – support leg on whole foot



4.03 Scale forward in balance stand (two seconds)



B-Elements

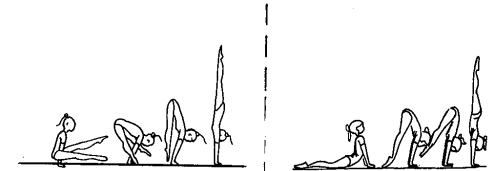
4.30 Scale backward in balance stand (two seconds)



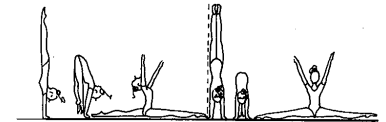
5. Handstands

A-Elements

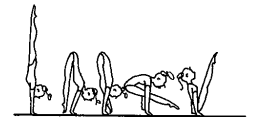
5.01 From clear straddle support or from lying support – press to handstand



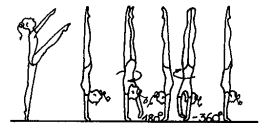
5.02 Kick or press to handstand – lower with stoop through to cross or side split sit



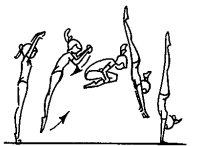
5.03 Kick or press to handstand – lower to clear support or clear pike – «V» – support



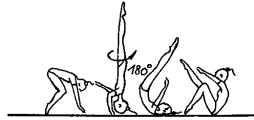
5.04 Kick or press to handstand – ½ turn to 1/1 turn (180° to 360°) in handstand – return movement optional



5.05 Jump to handstand – return movement optional

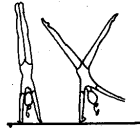


5.06 Headstand – also with ½ turn (180°)

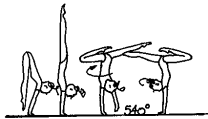


B-Elements

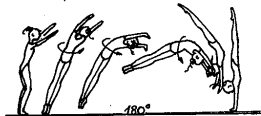
5.30 Handstand on one arm (two seconds)



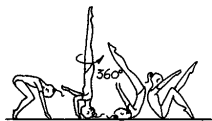
5.31 Kick or press to handstand – 1½ turn (540°) in handstand – return movement optional



5.32 Jump with ½ twist (180°) to handstand – return movement optional

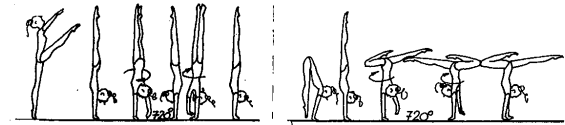


5.33 Headstand with 1/1 to 1½ turn (360° to 540°) – return movement optional

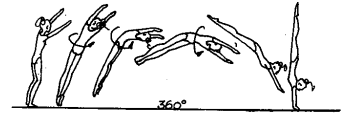


C-Elements

5.60 Handstand with 2/1 turn (720°), 2½ or 3/1 turn (900° or 1080°) – leg hold optional



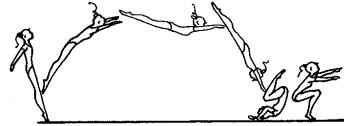
5.61 Jump with 1/1 twist (360°) to handstand – return movement optional



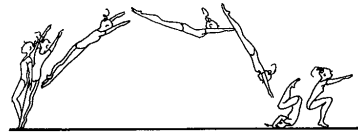
6. Rolls

A-Elements

6.01 Dive roll or hecht roll



6.02 From backward take-off – stretched jump with 1/2 twist (180°) to hecht roll (turning hecht roll with 1/2 turn)

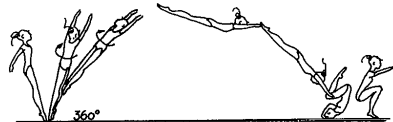


6.03 Roll backward to handstand – also with 1/2 turn (180°)

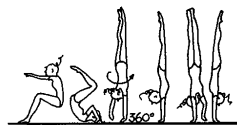


B-Elements

6.30 Stretched jump forward with 1/1 twist (360°) to hecht roll

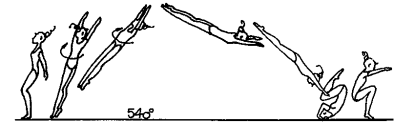


6.31 Roll backward to handstand with 1/1 or 1 1/2 turn (360° or 540°) in handstand

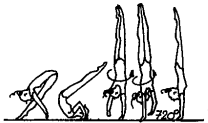


C-Elements

6.60 From backward take-off – stretched jump with 1 1/2 twist (540°) into hecht roll



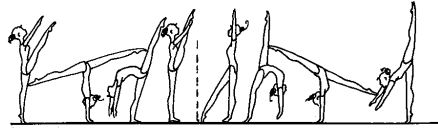
6.61 Roll backward to handstand with 2/1 turn (720°) and more in handstand



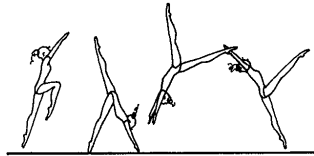
7. Walkovers, Cartwheels, etc.

A-Elements

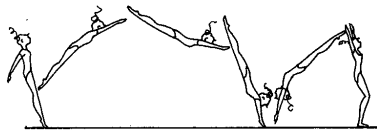
7.01 Walkover forward or backward (all variations)



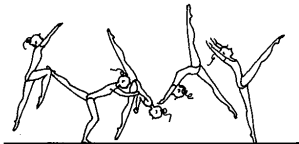
7.02 Walkover forward
- take-off from one leg
- landing optional



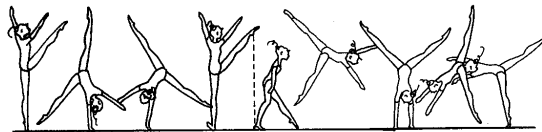
7.03 Handspring forward with hecht phase before hand support - take-off from both legs - landing optional



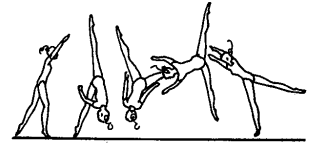
7.04 Free (aerial) walkover forward



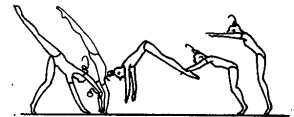
7.05 Cartwheel with or without flight phase



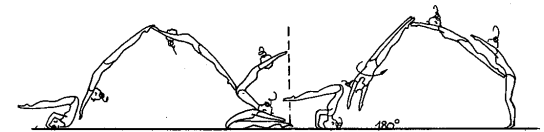
7.06 Free (aerial) cartwheel



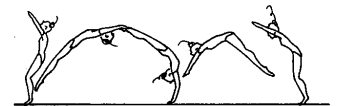
7.07 Round-off or free (aerial) round-off



7.08 All head or neck kips, also with 1/2 twist (180°)



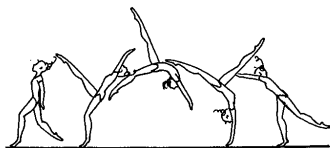
7.09 Flic-flac - take-off from one or both legs



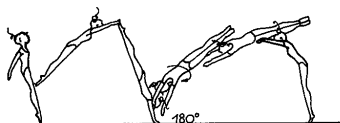
7.10 Flic-flac with support of one arm



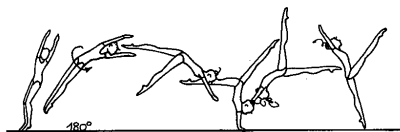
7.11 Gainer flic-flac, also with support of one arm



7.12 Handspring forward with 1/2 twist (180°) before or after hand support – take-off from one or both legs

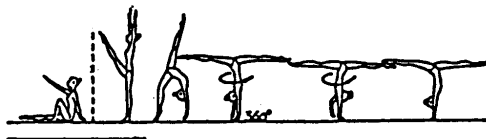


7.13 Jump backward with 1/2 twist (180°) to handspring forward (arabian handspring)



B-Elements

7.30 Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand – return movement optional



7.31 Flic-flac dive to neck kip (cradle), also with 1/2 twist (180°)

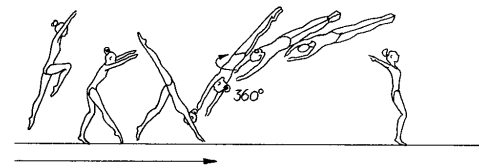


7.32 Flic-flac with 1/1 twist (360°) before or after hand support

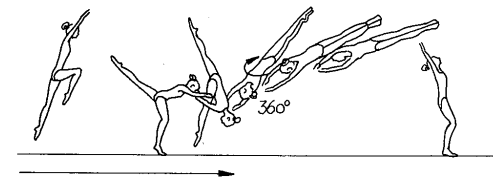


C-Elements

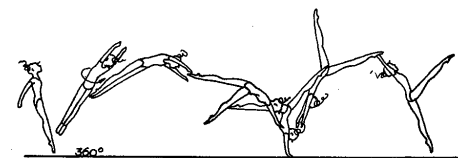
7.60 Handspring forward with 1/1 twist (360°) after hand support



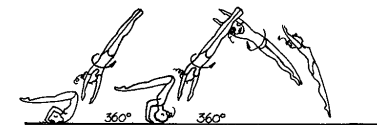
7.61 Free (aerial) walkover forward with 1/1 twist (360°)



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



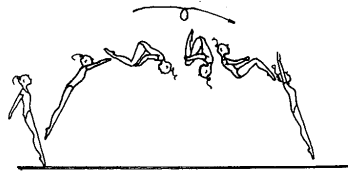
7.63 All head or neck kips with 1/1 twist (360°)



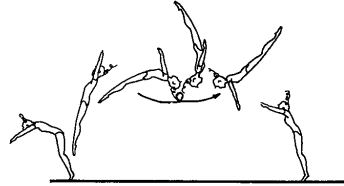
8. Saltos

A-Elements

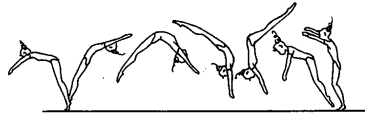
8.01 Salto forward
tucked



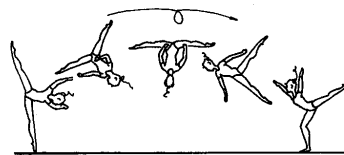
8.02 Salto backward
tucked, piked or
stretched



8.03 Whip-back
(flic-flac without hand
support)



8.04 From take-off for-
ward – salto sideward
tucked or piked

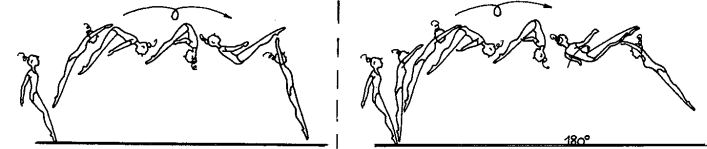


8.05 Gainer salto
tucked, piked,
stretched or step-out

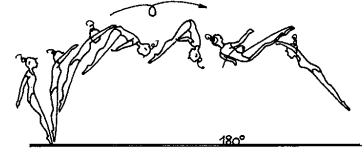


B-Elements

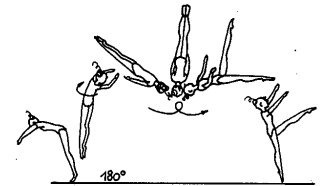
8.30 Salto forward
tucked with $\frac{1}{2}$ twist
(180°)



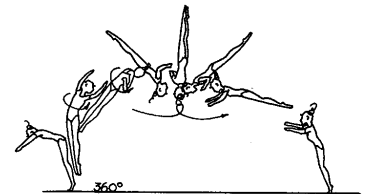
8.31 Salto forward
piked, also with $\frac{1}{2}$ twist
(180°)



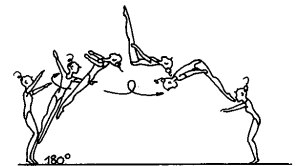
8.32 Salto backward
stretched with $\frac{1}{2}$ twist
(180°) – landing on one
or both legs



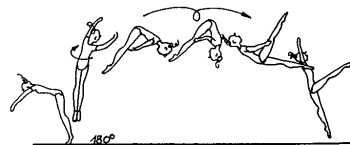
8.33 Salto backward
tucked, piked or
stretched with $\frac{1}{1}$ twist
(360°)



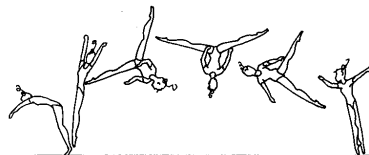
8.34 Jump forward
with $\frac{1}{2}$ twist (180°) –
salto backward tucked
or piked



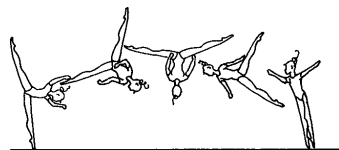
8.35 Arabian salto tucked, piked, or stretched (take-off backward with $\frac{1}{2}$ twist [(180°)], salto forward) – landing on one or both legs



8.36 From take-off backward – salto side-ward stretched



8.37 From take-off forward – salto sideward stretched

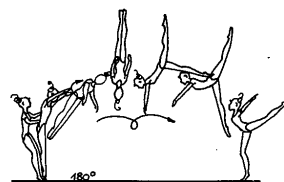


8.38 Gainer salto tucked with 1/1 twist (360°)

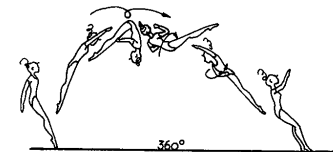


C-Elements

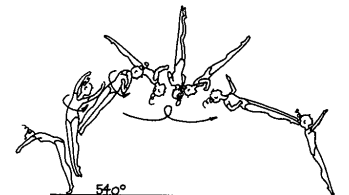
8.60 Salto forward stretched, also with $\frac{1}{2}$ twist (180°) – landing on one or both legs



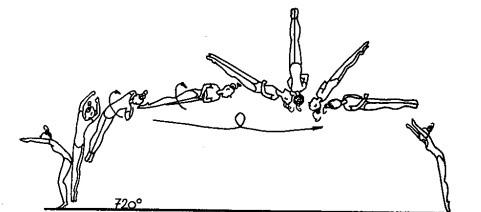
8.61 Salto forward tucked or piked with 1/1 twist (360°)



8.62 Salto backward with 1 1/2 twist (540°)

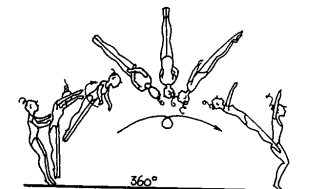


8.63 Salto backward with 2/1 twist (720°)

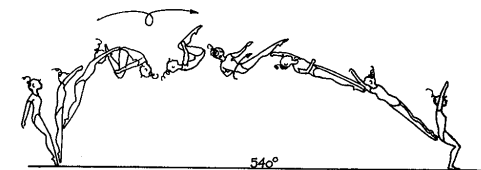


D-Elements

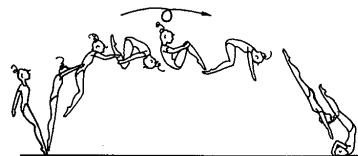
8.90 Salto forward stretched with 1/1 twist (360°) and more



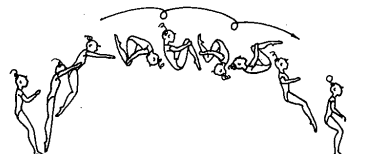
8.91 All saltos forward with 1 1/2 twist (540°) and more



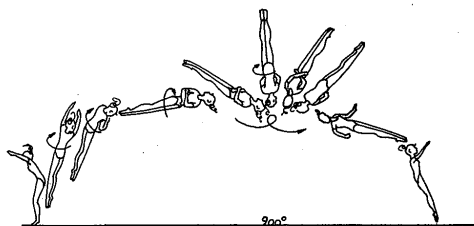
8.92 1½ salto forward
tucked or piked to roll
out or front lying
support



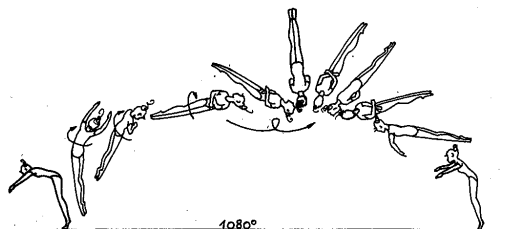
8.93 Double salto
forward



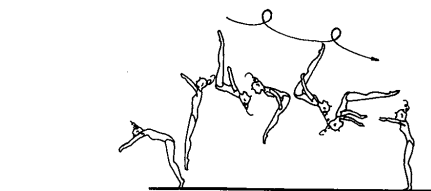
8.94 Salto backward
with 2½ twist (900°)



8.95 Salto backward
with 3/1 twist (1080°)

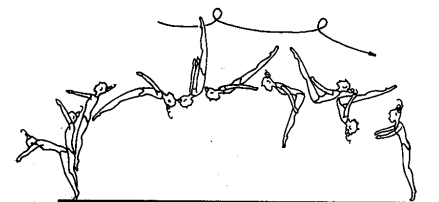


8.96 Double salto
backward tucked

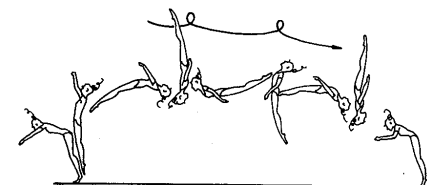


8.97 Double salto
backward piked

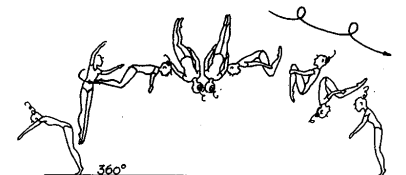
8.98 Double salto
backward stretched –
piked



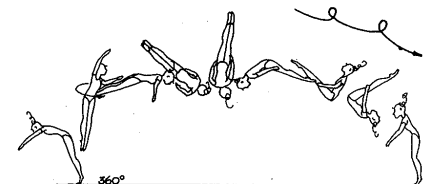
8.99 Double salto
backward stretched



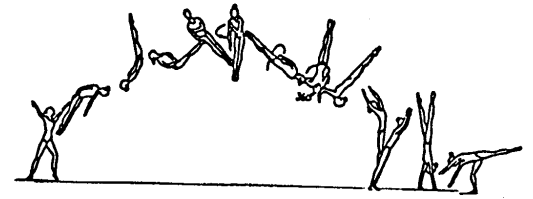
8.100 Double salto
backward tucked with
additional 1/1 twist
(360°) (Muchina)



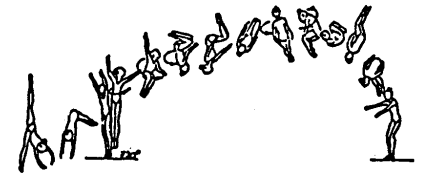
8.101 Double salto
backward piked with
additional 1/1 twist
(360°)



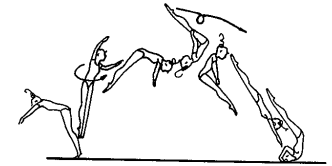
8.102 Double salto
backward stretched
with additional
1/1 twist (360°)



8.103 Double salto
backward with addi-
tional 2/1 twist (720°)
(Silivas)



8.104 1½ Arabian salto
tucked or piked to roll
out or front lying sup-
port



8.105 Arabian double
salto

