

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

FONDÉE EN 1881



## CODE OF POINTS — WOMEN'S ARTISTIC GYMNASTICS Valid 2001

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**(Edition: February 2001)**

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The wording in the FIG Statutes and FIG Technical Regulations shall take precedence, in case of any conflicting technical statements.

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## Preface

This 2001 CODE of POINTS finds its basis in the FIG Statutes – Edition 2000 and Technical Regulations (TR) – Edition 2000.

The 2001 CODE is designed to:

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

The FIG Technical Committee for Women (WTC) recommends to the continental unions and member federations the utilization of this CODE of POINTS at all their international competitions – continental, regional, competitions between nations (teams) and international invitationals – as well as national level competitions to further the development and improvement of artistic gymnastics throughout the world.

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

### See the **FIG Age Group Program Developmental Program**

- sample difficulty content, recommended technical content, special requirements and components of the evaluation for the four apparatus.

The following abbreviations will appear throughout the CODE:

- ♦ WTC for Women's Technical Committee
- ♦ OG for Olympic Games
- ♦ WC for World Championship
- ♦ TR for Technical Regulations
- ♦ VT for Vault
- ♦ UB for Uneven Bars
- ♦ BB for Balance Beam
- ♦ FX for Floor Exercise
- ♦ VP(s) for Value Part(s) – A-, B-, C-
- ♦ DV for Difficulty Value – D-, E, <sup>super</sup> E-
- ♦ AV for Additive Value
- ♦ CV for Connection Value
- ♦ SR(s) for Special Requirement(s)

## Letter of Introduction

### 2001 CODE OF POINTS – WAG

The WTC is pleased to present the October 2000 Edition \*) of the WAG CODE OF POINTS to the FIG member federations, Continental Unions and Regional Alliances.

The WAG CODE has been constructed to be valid in principle for eight years, that is through 2008.

- The new elements performed at the 2000 Olympic Games will be issued as insert pages to the Tables of Elements and distributed with the WAG Olympic Games Technical Report, as well as at the Intercontinental Judges' Course.
- Minor amendments and clarifications may be made after the Intercontinental Judges' Course in January 2000 \*).
- Per FIG Executive Committee decision, minor adjustments deemed necessary may also be made after the 2001 World Championships.
- As in the past, new elements performed at official FIG competitions will be published in the form of insert pages to the Tables of Elements.

Since the WAG Intercontinental Judges' Course will not be concluded until 21 January 2001, the WTC recommends that the 2001 CODE be implemented "in practice" as soon as possible after its conclusion. It is fully expected that all FIG registered competitions from 1 March, 2000 will apply the 2001 WAG CODE as the basis for evaluation.

All Members of the WTC worked on all Articles and Apparatus Tables of Elements to insure consistency in requirements, rules, element evaluations, descriptive terminology and texts, etc. We are most grateful to the federations who voluntarily sent their very worthy comments and philosophies for consideration by the FIG WTC, which resulted in this October 2000 Edition \*).

The scoring system was developed to insure the inclusion of Value Parts of A-, B-, C-, which form the basic "structure of the exercise". An "additive system" for Difficulty Value D-, E- and super E- and Connection Value has been incorporated, to allow for a *sensible* rewarding of a sufficient number of Difficulties and high level Connections. The scoring formula, based on a 10.0 P. system, is detailed in Article 5. The CODE has been designed to encourage variety and creativity in composition, qualities of artistry and personal style, as well as mastered difficulties.

To assist your quick understanding and grasp of the new rules, learning charts and aids appear in PART IV – Appendices, at the end of the Tables of Elements.

To assist with the application of Connection Value, eight pages of examples appear as the first item of the Appendix.

To outline the relative categorization of elements of A-, B-, C-, D-, E- and super E-, six (6) Element Symbol Charts –

- 1 for vault, 3 for uneven bars, 1 for balance beam and 1 for floor exercise have been prepared.

Also, the Exercise Symbol Recording Sheet includes a quick summary of the Special Requirements (SR) and Connection Value (CV) for Uneven Bars, Balance Beam and Floor.

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

Release of this October 2000 Edition of the CODE will enable the federations to begin work on preparation of their junior and senior gymnasts, as well as their coaches and judges for the competitive year 2001 and beyond.

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

Jackie K. Fie  
President FIG WTC  
October 2000 / February 2001

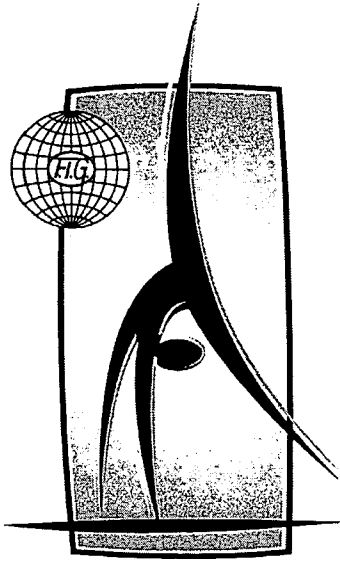
**\*) NOTE: This February 2001 Edition of the WAG CODE of POINTS has incorporated the interpretations and small adjustments taken as a result of discussions at the FIG Intercontinental Judges' Course, as well as the New Vaults and Elements performed at the 2000 Olympic Games.**

## Acknowledgments

All members of the **FIG Women's Technical Committee** contributed to the preparation of the WAG 2001 Code of Points.

---

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## **PART I – Regulations Governing Competition Participants**

**ARTICLES 1 - 4**

# ARTICLE 1 — Regulations for Gymnasts

---

## 1.1 Requirements for the Gymnast

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

### 1.1.1 Competition Attire

- She must wear a correct sportive non transparent leotard, which may be of elegant design.
  - The neckline of the front and back of the leotard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.
  - Leotards may be with or without sleeves; shoulder strap width must be minimum 2cm.
  - The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
- A national emblem must be properly centered on the sternum or breast or on either sleeve per the FIG publicity rules.
- Advertising must be on the side of the hip or on either sleeve per the FIG publicity rules (notification to Competition Jury by Media Commission concerning advertising infringement).
- The leotard must be identical for members from the same federation in the Qualification and Team Final Competition (C-I and IV).
- No jewelry (bracelets or necklaces) may be worn, except small stud type pierced earring.
- Start numbers must be worn. A written petition to remove the number in rare cases of back spins on the Balance Beam and Floor may be granted. Then the number must be manually displayed by the gymnast immediately before her presentation to the Chair at the beginning of the exercise.
- Hip or other padding is not allowed. Bandages are permitted; they are to be securely fastened.
- Hand-grips are permitted at the uneven bars.
- The wearing of gymnastic slippers and socks is optional.

### 1.1.2 Magnesia Usage

- In the preparation of the uneven bar rails **excessive** use of magnesia causing unsightly and unhealthy dispersion of powder over the podium area is not allowed.
- Small markings with magnesia may be placed on the balance beam.
- The spreading of magnesia on the floor exercise mat is not allowed. Small marks, e.g. "X", are permitted as orientation for difficult acrobatic elements.

### 1.1.3 Apparatus Modifications

- She is permitted to use an additional soft mat (up to 10 cm) on top of the existing basic landing mats (20 cm).
- Upon written approval from the WTC, she is permitted to raise both bar rails (each 5 cm), if her feet or hips touch the mat.

### 1.1.4 Warm-up Regulations

- **In Qualifying - I, Team Final - IV, All Around Final - II and Apparatus Finals - III**
  - each gymnast is entitled to a warm-up period immediately prior to the competition on all apparatus:
    - Vault - a minimum of two (2) vaults
    - Balance beam and floor - **each 30 seconds**
    - Uneven bars - **each 50 seconds**, including the preparation of the bars

#### NOTE:

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

### 1.1.5 General Competitive Rules

- Per the Work Plan designated time frame, she must submit a written request, through her coach or delegation leader, concerning the evaluation of a new vault or element.
  - *Refer to Article 5.5.*
- Prior to podium training, she must submit in writing a request to raise the rails at the uneven bars.
- At the start of the exercise, she must present herself to the Chair of the Apparatus Jury and then acknowledge the Chair at the conclusion of her exercise.
- She must observe that, at the start of the exercise, the green light is lit or that the WTC Member has given a visible conspicuous signal to start her exercise.
- She must begin the exercise within 30 seconds (*on all apparatus*).

- She has 30 seconds after a fall in which to recuperate, re-chalk and confer with her coach, before resuming the exercise on uneven bars and 10 seconds before remounting the balance beam.
- She may have one spotter on the podium for D/E/<sup>super</sup>E elements at the uneven bars. When this element is in the beginning of the exercise, then there may be a second person (coach or gymnast) on the podium to remove the board.
- She must leave the podium immediately after the conclusion of her exercise.
- With permission of the Competition Jury, she may repeat her entire exercise, if the exercise has been interrupted for reasons beyond her control.
- She must notify the Competition Jury, if a necessity arises to leave the competition hall. The Competition may not be delayed through her absence. Unexcused absence from the competition hall leads to disqualification and to withdrawal of medals.
- She must not speak with active judges during the competition.
- She must participate in the respective Award Ceremony dressed in competition attire (leotards) according to FIG Protocol Regulations.
- She must adhere to the rules in the FIG TR, as a **reserve gymnast** for Competition II and III.

## 1.2 Rights of the Gymnast

In addition to the above mentioned rules bearing both responsibilities and rights, the gymnast is guaranteed the right to:

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



## ARTICLE 2 — Regulations for Coaches

### 2.1 Requirements for the Coaches (Female/Male)

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

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

#### 2.1.1 Number of Coaches Permitted in the Inner Circle

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

#### 2.1.2 Coaches are Permitted

- on the podium during the warm-up period on **all** apparatus to assist the gymnast or team for which she/he is responsible, in particular:
  - at vault to prepare the springboard and safety collar (*2 coaches*)
  - at vault, uneven bars and balance beam to position the supplementary landing mat (*2 coaches*)
  - at uneven bars to adjust and prepare the uneven bar rails (*2 coaches*)
- on the podium after the green light is lit
  - at uneven bars to remove the springboard, then spot during the entire exercise, provided D/E/<sup>sup</sup>E elements are performed (*1 coach*). When such element is in the beginning of the exercise, then there may be a second person (coach or gymnast) on the podium to remove the board.
  - at balance beam to remove the springboard (*1 coach - after which she/he must immediately leave the podium*)
  - at all apparatus in case of injuries or defects on the apparatus
- from below the podium at vault, uneven bars and balance beam to advise the gymnast during the intermediate fall time period.

#### 2.1.3 Coaches are not Permitted to

- speak directly to the gymnast, give signals, shouts (*cheers*) or similar during the exercise.
- obstruct the view of the judges
  - when remaining on the podium to spot at uneven bars or
  - when removing the springboard
- change the height of apparatus without permission of the Chair of the Competition Jury
- inquire to A- or B- Panels concerning the evaluation during the competition
- contact judges within the inner circle and/or other persons outside of the inner arena circle during the Competition (*exception: team doctor, delegation leader*)
- interfere with the rights of other participants or
- delay the competition.

#### NOTE:

† \* See Article 6 concerning Deductions for Violations and Unsportmanlike Behavior

A written inquiry to the President of the Competition Jury through the Delegation Leader is acceptable in cases of unforeseen or rare occurrences.

#### 2.2 General Rules

In addition to the above mentioned rules bearing both responsibilities and rights, the coach is guaranteed the right to submit in writing, on behalf of the gymnast and the delegation leader, a request

- for the evaluation of a new vault or element (*Refer to Article 5.5*)
- to raise the rails at the uneven bars (*Refer to Article 1.1.5*) and to submit the competition order and other information required as stipulated in the CODE OF POINTS and/or the FIG TR..

# ARTICLE 3 — Regulations for Judges

---

## 3.1 The FIG Women's Technical Committee

The Members of the FIG Women's Technical Committee serve at official competitions of the FIG – World Championships, World Cups and Olympic Games.

### 3.1.1 The President

The WTC President and/or her replacement presides over the Competition Jury as Chair and is responsible with the members of the WTC for

- directing the Judges' Review Session and Judges' Briefings prior to the competitions
- carrying out the timely draw of the various judges to their functions into the four Apparatus Juries (A- and B- Panels) in the different phases of competition
- evaluation of the submitted new vaults and elements
- approving and/or disapproving of the written request of a federation to raise the uneven bar rails for a specific gymnast
- supervising of the control of the apparatus according to the norms and specifications of FIG
- dealing with competitions inquiries and appeals in accordance with the FIG TR specific to the competition
- application of the provisions of the FIG Judges' Rewards, Sanctions and Appeals Rules and
- fulfillment of all related duties as specified in the FIG Technical Regulations.

### 3.1.2 The Members

- During each phase of the competition, they each serve as a member of the Competition Jury or as a Chair of an Apparatus Jury.
- As a member of the Competition Jury, they each assist the WTC President with the duties as specified in *Article 4.2, The Competition Jury*.
- As a Chair of the Apparatus Jury, they each fulfill the responsibilities as outlined in *Article 4.3, The Apparatus Chair*, in particular
  - presiding over the work of the A- and B- Panels
  - assisting at the Judges' Review Meeting, Judges' Briefings and Judges' Draw.

## 3.2 The Judges

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

- the FIG Technical Regulations
- the FIG CODE OF POINTS for Women's Artistic Gymnastics
- the FIG CODE Supplements with Lists of New Vaults and Elements and
- the FIG Judges' Rewards, Sanctions and Appeals Rules.\*

They must

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

They have the responsibility to

- participate in the Judges' Review Session (Instruction) before the respective Competition (extraordinary exceptions, which were unavoidable will actually be decided by the FIG/WTC)
- be punctually present at all Judges' Briefings
- attend podium training
- be at the competition site per scheduled time, comfortably 1½ hours before the start
- wear the FIG prescribed competition uniform (dark blue suit and white blouse), except at the OG, where the uniform is supplied by the Organizing Committee
- follow the instructions delivered by the governing authorities
- prepare thoroughly on all apparatus in advance of the competition
- fulfill the duties as specified in *Article 4*, specifically
  - *4.3 The Apparatus Chair*
  - *4.4 The Apparatus Jury*
- evaluate each exercise accurately, consistently, quickly, objectively, fairly and ethically
- understand and comply with the necessary record keeping tasks, such as
  - computer pad score entry
  - filling out of the manual score slips
  - use of the symbol notation sheets and
  - maintaining a record of their personal scores.

During the competition a judge must

- not leave her place, except with the consent of the Apparatus Chair and
- not have contact and/or discussions with other persons, e.g. coaches, delegation leaders and other panel judges.

Only the WTC Member and her respective A- Panel have the right to get in touch directly with the President of the WTC and/or the Competition Jury.

**All judges must act in a professional manner at all times and exemplify non partisan ethical behavior.**<sup>†</sup>

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

- to the Competition Jury, if action was initiated by the Chair of the Apparatus Jury or
- to the Jury of Appeal, if the action was initiated by the Competition Jury.

**NOTE:**

<sup>†</sup> Refer to:

- "FIG Judges' Rewards, Sanctions and Appeals Rules" (current Edition)
- "Regulations for FIG Judges in Women's Artistic Gymnastics" (current Edition) for Categorization and Activation Requirements.

### **3.3 The Judges' Oath**

At official FIG Competitions and at other important competitions, juries and judges will pledge in unison to respect the terms of the Judges' Oath, which is as follows:

"I declare on my honor that, in my capacity as a judge, I will allow myself to be guided only by the spirit of sporting loyalty and dignity and I pledge to judge the work presented conscientiously and without regard to person or nation."

## ARTICLE 4 — Structure, Composition and Functions of Juries

---

### 4.1 The Jury of Appeal (*FIG TR 7.8.3*)

is formed by:

- two members of the Executive Committee, appointed by the EC (one of them acting as President) and
- a member of the WTC (who was not involved in the decision of the Competition Jury and in the judging process of the apparatus in question), appointed by the WTC.

The Jury of Appeal deals at an appropriate time, following the conclusion of each session, with any appeals made by judges, who have been warned or excluded by the Competition Jury.

The Competition Jury and the respective Apparatus Jury may be consulted in the process of the preparation of appropriate decisions.

### 4.2 The Competition Jury (*TR 7.8.1*)

is formed by:

- the President of the WTC, who serves as the Chair of the Competition Jury and
- 2 WTC Members appointed by the WTC.

The Competition Jury

- supervises the entire competition and deals with
  - any breaches of discipline or any extraordinary circumstances affecting gymnasts, coaches and judges during the competition and
- continually reviews the evaluation by the Apparatus Juries and deals with
  - any grave error in judgmenttaking such action as it considers necessary per the Code Rules and/or Judges' Rewards, Sanctions and Appeals Rules and
- decides in consultation with the Chair of the Apparatus Jury, concerning technical failures and exceptions, such as defects in the apparatus, problems with the musical recording and/or sound system, organizational deficiencies or similar circumstances that occur through no fault of the gymnast, and whether the exercise may be repeated.

In collaboration with the Competition Jury and the respective WTC member, the **President of the WTC\*** deals with:

- the warning, removal and replacement of any persons involved in a judging capacity, if
  - insufficient knowledge
  - subjective evaluation activity and/or
  - unprofessional behavioris evident and documented.
- the removal of coaches (female and male) from the inner circle and podium area, if they violate the behavior regulations and
- the application of corresponding deductions, in instances when a gymnast or coach (female or male) violates the rules of behavior.

In preparation for the Competition, with the assistance of the members of FIG/WTC, the **President of the WTC**

- takes all the necessary decisions for the smooth running of the competition by ensuring that the technical-organizational requirements are in order.
- supervises the control of the
  - apparatus according to the Norms of the FIG
  - signals, timing devices, score slips (when utilized) etc.
- directs the Judges' Review Session and Judges' Briefings prior to the competitions and
- is responsible for the timely draw of the various judges to their functions into the four Apparatus Juries (A- and B- Panels) in the different phases of competition.

During the competition the **President of the WTC**

- presides over the Competition Jury
- has the right to consult with the WTC Apparatus Chair, when in her opinion
  - the average deduction of the B- Panel does not remain consistent at that respective apparatus to the same standard throughout the competition
  - there is an impossible Start Value per the CODE rules
- corrects and signs the official score sheets, in the case of a change of score and
- gives the Organizing Committee constant information concerning all questions which pertain to the Competition.

*References: FIG TR 4.7, 7.8.2, 7.9\*, 7.10, 7.11, 7.14.3, 11.3*

### 4.3 The Apparatus Chair (WTC Member)

- She guides the judges before the Competition for the correct work on the respective apparatus.
- She directs and controls the work of the entire Apparatus Jury.
- She supervises the work of the Assistants and Timers, as specified in **Sections 4.4.4 and 4.4.5**
  - in particular the correct working order within the team or mixed group.

- She records the entire program content in symbol notation
  - calculates the Start Value (A- score)
  - determines deductions for faults (B- score) and
  - records a control score for the purpose of evaluation of the A- and B- Panels,
    - which is submitted at the conclusion of the subdivision and/or competition.
- With the A- Panel she decides whether the gymnast failed to present before and after the exercise.
- In case of disagreement between the A<sup>1</sup> and A<sup>2</sup>, she intervenes to settle the Start Value.
- She informs the Competition Jury of irregular judging activities and/or violations contrary to rules of behavior during the Competition and
  - proposes corresponding penalties and sanctions (for judges, gymnasts, coaches).
- She sees that neutral deductions for time, line and behavior faults are taken from the Final Average Score before being flashed.
- In cases of extreme and/or impossible scores, the Chair has the right to intervene to assure that the gymnast receives a correct and fair score. The Chair, in consultation with the Competition Jury, may intervene with the B-Jury at the appropriate time, either immediately after the exercise or at the end of the rotation, so that the video can be reviewed.
  - *The guideline for the maximum allowable deviation between the average deduction of the B- Panel and the control deduction is:*

|                                    |                    |
|------------------------------------|--------------------|
| 0.15 P. for average scores between | 9.60 P. - 10.00 P. |
| 0.25 P. for average scores between | 9.00 P. - 9.59 P.  |
| 0.35 P. for average scores below   | 9.00 P.            |
  - \* *Note: The average score is decisive*
  - *With the approval of the Competition Jury, the Chair may apply the base deduction, which is:*  
(average deduction + control deduction) / 2.
- She delivers a written report of all occurrences to the WTC President.

#### 4.4 The Apparatus Jury (Judges' Panels)

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

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

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

| WC and OG  | International Invitationals  | Team Competitions   |
|--|--|---|
| <b>Option # 1</b>  |  |   |
| (1) WTC Member (Chair)<br><b>A</b> (2) A- Panel Judges<br><br><b>B</b> (6) B- Panel Judges | <b>A</b> (2) A- Panel Judges, with A <sup>1</sup> serving as Chair of the Apparatus Jury and A <sup>2</sup> also serving on the B- Panel as Judge #1.<br><br><b>B</b> (6) Judges, including A <sup>2</sup> from A- Panel | <b>A</b> (2) A- Panel Judges, with A <sup>1</sup> serving as Chair of the Apparatus Jury<br><br><b>B</b> (4) Judges including A <sup>1</sup> & A <sup>2</sup> from A- Panel |
| <b>Total = (9) Judges</b>  | <b>Total = (7) Judges</b>  | <b>Total = (4) Judges</b>   |
| <b>Option # 2</b>  |  |   |
|  | <b>A</b> (2) A- Panel Judges with A <sup>1</sup> serving as Chair of the Apparatus Jury<br><br><b>B</b> (4) Judges   |   |
|  | <b>Total = (6) Judges</b>  |   |

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

#### 4.4.1 Functions of the A- Panel

- The A- Panel judges are named or drawn by the FIG WTC.
- A<sup>1</sup> serves as the Assistant Chair and is coordinator of the A- Panel.
- The (2) A- Panel Judges record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the Start Value (SV) of the exercise. Discussion is allowed.
- A<sup>2</sup> enters the Start Value.
- In case of disagreement between A<sup>1</sup> and A<sup>2</sup>, the counsel of the WTC member (Chair) must be solicited by A<sup>1</sup>.
- They are responsible for the SV [in tenths, e.g. 9.6], which is entered into the computer as quickly as possible.

#### The SV (content) of the exercise includes:

- Fulfillment of A-, B- and C- Value Part requirements
- Difficulty Value for D- E- and <sup>SUPER</sup>E- Difficulties
- Connection Value
- Deductions for:
  - Missing Special Requirements
  - Omission of dismount or illegal dismount
- "0" score for performance of invalid vault

- At conclusion of the competition they must submit forms listing violations, questionable decisions with the number and name of the gymnast.
- After the competition, they must make a thorough evaluation based on analysis of the video recordings, under supervision and collaboration with the WTC, in particular the respective Chair of the Apparatus, and
  - submit this report as soon as possible, no later than 1 month after the competition.
- They must make their symbol notations available during consultations.

| A <sup>1</sup>  | A <sup>2</sup>                    |
|---|-----------------------------------|
| Calculates SV with A <sup>2</sup> , serves as Assistant Chair to coordinate the work of the A- Panel. | Calculates SV with A <sup>1</sup> |

#### 4.4.2 Functions of the B- Panel

- The B- Judging Panels will be drawn to their functions under the authority of the WTC and in accordance with *TR 7.10*.
- They must observe the exercises attentively and evaluate the faults and corresponding deductions correctly, independently and without bias.
- They must record the deductions for:
  - General Faults
  - Specific Apparatus Compositional Faults
  - Specific Apparatus Execution Faults
  - Spotting assistance during the vault, exercise and/or on dismount (UB, BB, FX) and
  - Artistry Faults (BB and FX).
- They work with a total of deductions in five hundredths of points [e.g. 0.55 P.]
- They must complete the score slip quickly and clearly with a legible signature and then immediately and **exactly** enter their deductions into the computer, **separately** for
  - sum of deductions for general faults, specific faults and spotting, etc.
  - sum of artistry faults (BB and FX).
- They must be able to provide a personal written record of their evaluation of all exercises.
- If manual scoring is used, they must check that the runners immediately take their score slips.
- With manual scoring the flashing of the six B- scores should occur simultaneously.

#### 4.4.3 Score Slips for A- & B- Panels

The A- & B- Panels must judge the exercise according to the above mentioned criteria and fill out the respective score slip\*.

**\*Note:**

*In official FIG Competitions, judges' score slips† and manual scoring may be eliminated per agreement by the WTC President, Bureau of Scoring and Calculations and the Organizers.*

† Refer to Appendix IV-3.

#### 4.4.4 Functions of the Assistants

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

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

*(For non adherence, written information to the Secretary.)*

#### 4.4.5 Functions of the Secretaries

The Secretaries, with FIG Brevet, are usually appointed by the Organizing Committee.

Under the supervision of the WTC member (Chair) they are responsible for correctness of all entries (*proceedings*) into the computers:

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

#### 4.5 Seating Arrangement for the Apparatus Jury (Judges' Panels)

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

- The Chair must be in line with the center of the apparatus.
- The timer(s) sit by the Apparatus Jury, indicated by AST in the seating diagram.
- The line judges at floor must sit at opposite corners and observe the 2 lines closest to them.

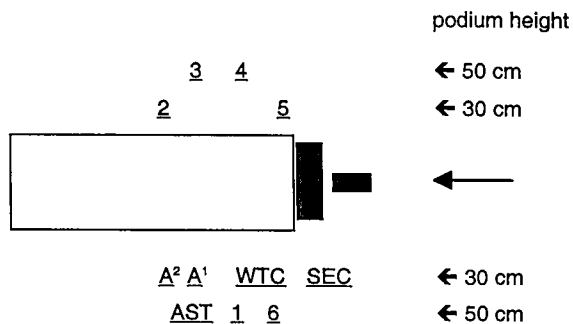
**Examples for seating order:**

2 3 4 5  
1 AST A<sup>2</sup> A<sup>1</sup> WTC SEC 6

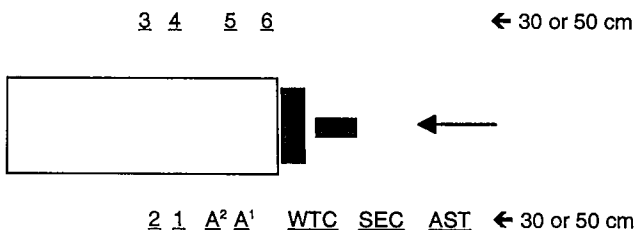
OR

1 2 3 AST A<sup>2</sup> A<sup>1</sup> WTC SEC 4 5 6

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



OR



**4.6 Determination of Scores**

The judges are obligated through their activity to adhere to the rules of the CODE OF POINTS, Articles 5-11 in an unbiased and conscientious manner, otherwise sanctions can be imposed against them by the FIG/WTC and/or the Competition Jury per the FIG Judges' Rewards, Sanctions and Appeals Rules\*.

\*See Appendix IV-5.

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

A Panel SV = 9.70 P.

B Panel Deductions

| Judge:                | B-1  | B-2  | B-3  | B-4  | B-5  | B-6  |
|-----------------------|------|------|------|------|------|------|
| <u>Execut.</u>        | 0.60 | 0.50 | 0.50 | 0.45 | 0.40 | 0.30 |
| <u>Artistry</u>       | 0.25 | 0.20 | 0.10 | 0.15 | 0.10 | 0.05 |
| <u>Flash. Deduct.</u> | 0.85 | 0.70 | 0.60 | 0.60 | 0.50 | 0.35 |
|                       |      | x    | x    | x    | x    |      |
| <u>Scores</u>         | 8.85 | 9.00 | 9.10 | 9.10 | 9.20 | 9.35 |
|                       |      | x    | x    | x    | x    |      |

FLASHED FINAL SCORE = 36.4 / 4 = 9.10 P.

A Panel SV = 9.30 P.

B Panel Deductions

| Judge:                | B-1  | B-2  | B-3  | B-4  | B-5  | B-6  |
|-----------------------|------|------|------|------|------|------|
| <u>Execut.</u>        | 0.70 | 0.70 | 0.60 | 0.65 | 0.60 | 0.55 |
| <u>Artistry</u>       | 0.30 | 0.30 | 0.30 | 0.20 | 0.20 | 0.15 |
| <u>Flash. Deduct.</u> | 1.00 | 1.00 | 0.90 | 0.85 | 0.80 | 0.70 |
|                       |      | x    | x    | x    | x    |      |
| <u>Scores</u>         | 8.30 | 8.30 | 8.40 | 8.45 | 8.50 | 8.60 |
|                       |      | x    | x    | x    | x    |      |

FLASHED FINAL SCORE = 33.65 / 4 = 8.4125 P.

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

Both electronic and manual scoring systems do **NOT** round to the third decimal point, e.g. 8.4125 does **NOT** become 8.413. On the result output the fourth and fifth decimal places do not show.

*Note: In the All Around totals, dropping of the fourth and fifth decimal place can hide an actual tied place. When the first and second decimal places are the same, then a further calculation is necessary to determine the true rank/placement.*

# APPARATUS JURY

## World Championships, Olympic Games, World Cups

9 Judges

|  |                      |  |
|--|----------------------|--|
| <b>WTC Member</b>  |                      |  |
| <b>CHAIR – CONTROL</b>                                   |                      |  |
| Calculates SV, Deductions for Evaluation of A & B Panels |                      |  |
| <b>Panel A</b>   |                      | <b>Panel B</b>   |
| <b>A<sup>1</sup>– Assistant Chair</b>                    | <b>A<sup>2</sup></b> | <b>6 Judges</b>  |
| Calculate Start Value.                                   |                      | Drop the highest and lowest deductions.<br>Average of 4 middle deductions from SV =<br>Final Score |
| Confer with Chair,<br>when necessary                     | Enter SV             |  |

7 Judges

### International Invitationals

|  |   |   |
|--|---|---|
| <b>Panel A</b>                                     | <b>Panel A &amp; B</b>  | <b>Panel B</b>                              |
| <b>A<sup>1</sup><br/>Chair</b>                     | <b>A<sup>2</sup><br/>and Judge B-1</b>  | <b>6<br/>Judges including A<sup>2</sup></b> |
| Calculate Start Value                              |   |   |
| Calculates deduction for<br>Evaluation of B- Panel | Drop the highest and lowest deductions. Average of the<br>middle 4 deductions from the SV = Final Score |   |

6 Judges

|  |  |                     |
|--|--|---------------------|
| <b>Panel A</b>                                     |  | <b>Panel B</b>      |
| <b>A<sup>1</sup><br/>Chair</b>                     | <b>A<sup>2</sup></b>   | <b>4<br/>Judges</b> |
| Calculate Start Value                              |  |                     |
| Calculates deduction for<br>Evaluation of B- Panel | Drop the highest and lowest deductions.<br>Average of the middle 2 deductions from<br>the SV = Final Score |                     |

4 Judges

### Team Competitions

|  |   |   |
|--|---|---|
| <b>Panel A and B</b>                               |   | <b>Panel B</b>                                      |
| <b>A<sup>1</sup><br/>Chair &amp; Judge B-1</b>     | <b>A<sup>2</sup><br/>Judge B-2</b>  | <b>4<br/>Judges including A<sup>1</sup> &amp; 2</b> |
| Calculate Start Value                              |   |   |
| Calculates deduction for<br>Evaluation of B- Panel | Drop the highest and lowest deductions.<br>Average of the middle 2 deductions from the SV = Final Score |   |

**NOTE: SV is mandated by A- Panel up to 10.00 P.**





## **PART II – General Regulations**

**ARTICLES 5 - 7**

## ARTICLE 5 — The Evaluation of the Exercises

### 5.1 General

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

The evaluation method described in paragraph 5.2 will be used at the official FIG Competitions -

- World Championships
- World Cup
- Olympic Games

and is available for

- Continental
- Regional
- Team Competitions and
- International Invitationals.

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

See the **FIG Age Group Developmental Program**

- sample difficulty content, recommended technical content, special requirements and components of the evaluation for the four apparatus.

### 5.2 Components of the Evaluation

The current philosophy for exercise content and combination encourages an emphasis on the mastery of dance and acrobatic choreography, presented with grace, artistry and personal style.

The exercises will be evaluated from 10.00 P. on the apparatus - uneven bars, balance beam, and floor. In principle, the repetition of an exercise is not permitted *See Article 4.2.*

The vaults will be evaluated from the Start Values as listed in the Table of Vaults.

The responsibilities for the evaluation are distributed between the **A- and B-Panels** as described below.

### 5.2.1 A- Score (Start Value / Content)

The A- Score (Start Value) on Uneven Bars, Balance Beam and Floor Exercise includes

- Value Parts  
2.60 P.
  - Structure of the Exercise (A-, B-, C-)
- Special Requirements  
1.20 P.
- Additive Value  
1.20 P.
  - Difficulties (D-, E-, <sup>SUPER</sup> E-)
  - Connections

**Total 5.00 P.**

These components of the A- Score are described in Article 5.3.

### 5.2.2 B- Score (Performance)

The B- score includes deductions for faults in

- Composition
- Execution
- Artistry (balance beam and floor exercise)

**Total 5.00 P.**

These deductions for faults are described in **Article 6** and the **Specific Apparatus Articles (8-11)**. Errors are described in the categories of:

- body posture (form), aesthetic faults and technical faults
- general faults throughout the exercise
- execution faults
- landing faults
- other faults (spotting assistance and fewer than 5 elements)
- specific apparatus faults in
  - composition and
  - execution and
  - artistic expression.

### 5.2.3 The Final Average Score

For fulfillment of required Value Parts (A-, B-, C-) and Special Apparatus Requirements with perfection of execution, combination and artistic expression the gymnast may earn a score of **8.80 P.**

“Additive Value” for Difficulties and Connections may be earned up to **1.20 P.**

A perfect **Final Average Score** is **10.00 P.**

The **Final Average Score** is calculated per the formula

$$\text{A- Score minus B- score} = \text{Final Score}$$

#### Scoring example:

|   |                |
|---|----------------|
| – A- Score from                                   | 8.80 P.        |
| • Missing Value Parts                             | – 0.00 P.      |
| • Missing Special Requirements                    | – 0.20 P.      |
| • Additive Value for Difficulties and Connections | + 0.60 P.      |
| <b>A- Score</b>                                   | <b>9.20 P.</b> |

|                             |                 |
|-----------------------------|-----------------|
| – B- Score deductions       |                 |
| • Composition and Execution | –0.45 P.        |
| • Artistry (beam and floor) | –0.20 P.        |
| <b>B- Score</b>             | <b>–0.65 P.</b> |

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

**Final Average Score 8.55 P.**

### 5.3 Components of the A- Score

#### 5.3.1 Value Parts (VP) and Difficulties

The Code of Points contains specific apparatus Table of Elements (see Articles 8 to 11), in which each element is identified by a multi-digit number.

#### Examples:

- 101 to 199 = A Value Parts
- 201 to 299 = B Value Parts
- 301 to 399 = C Value Parts
- 401 to 499 = D Difficulties
- 501 to 599 = E Difficulties
- 601 to 699 = <sup>Super</sup> E Difficulties

The VPs, which form the structure of the exercise, are evaluated progressively as:

- A- parts = 0.10 P.
- B- parts = 0.30 P.
- C- parts = 0.50 P.

The required Value Parts are as follows:

| WC and OG<br>Competitions I, IV, II, III |
|--|
| 2A = 0.20 P.                             |
| 3B = 0.90 P.                             |
| 3C = 1.50 P.                             |
| 2.60 P.                                  |

The same Value Part and/or Difficulty can be recognized only one time in an exercise.

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

The counting of elements occurs in chronological order.

Elements are considered different, if they are listed under

- different numbers or
- the same number, when
  - there are different body positions (tuck, pike or stretched) in saltos
  - there are different degrees of turns  $\frac{1}{2}$ ,  $1/1$ ,  $1\frac{1}{2}$  ( $180^\circ$ - $360^\circ$ - $540^\circ$ ), etc.
  - the take-off for a leap/jump/hop is from one or both legs
  - the support is performed on one or both arms
  - the acrobatic elements take-off or land on one or both legs (Balance Beam) and
  - mount elements are performed as elements within the exercise.

#### 5.3.2 Special Requirements (SR) (1.20 P.)

Six (6) SR are to be fulfilled at each apparatus and are described in the respective **Apparatus Articles 8.3, 8.4.1, 9.3, 10.3 and 11.3.**

A- elements may be used to fulfill SR, whether listed in the Table of Elements or commonly recognized.

For each missing SR, 0.20 will be deducted from the A- Score.

One element may fulfill more than one SR; however, an element may not be repeated to fulfill another SR, e.g. repetition of same C- or D- salto in “dismount” connection on floor exercise.

### 5.3.3 Additive Value (1.20 P.)

In order to be counted in the A- Score, the difficulty element and/or connection must be performed without a large error (-0.30 P.) on any one of the elements.

#### 5.3.3.1 Difficulty Value (DV) is evaluated progressively as:

- D- parts +0.10 P.
- E- parts +0.20 P.
- <sup>Super</sup> E- parts +0.30 P.

D-, E- or <sup>Super</sup> E- Difficulties may replace a required Value Part of A-, B- or C- and still earn points for DV.

#### 5.3.3.2 Connection Value (CV)

Connection Value (CV) is evaluated at

- +0.10 P. or +0.20 P.

Connection Value is to be achieved through unique and highly difficult combinations of Value Parts and Difficulties on

- Uneven Bars, Balance Beam and Floor Exercise.

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

- All acrobatic A-, B-, C-, D-, E- and <sup>Super</sup>E- flight elements and dance elements of C- or more value, as specified in the CV formulas, may be used.
- All connections must be **direct**; *only on Floor* can acrobatic connections be **indirect**.
- **Direct Connections** are those in which acrobatic and/or dance elements are performed without
  - hesitation or pause between elements
  - an extra swing or extra step between elements.
- **Indirect Connections** (*only in acrobatic series on Floor*), are those in which directly connected acrobatic elements with flight phase and hand support (*from Group 5, e.g. round-off, flic-flac, etc. as preparatory elements*) are performed between aerials (Group 5) and saltos (*Group 6, 7, 8*).
- Elements may not be repeated in another connection for CV.
- Recognition occurs in chronological order.
- Elements on Bars and acrobatic elements on Beam and Floor may be performed two (2) times **within** one connection – examples:

- Bars – Tkatchev 2x
- Bars – giant circle backward to handstand with hop 1/1 pirouette 2x
- Beam – stretched salto backward with step-out 2x
- Floor – whip salto backward 2x to double salto backward piked.

- The order of succession of value parts within a connection can be freely chosen.
- With the direct connection of three or more elements, the second element (and/or those following) may be used a second time –
  - the first time as the last element of a connection and
  - the second time as the first element to begin a new connection.

#### 5.3.4 Specific Deductions for Short Exercises

A deduction of 2.00 P. is taken from the Final Average Score for short exercises, as follows:

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

in addition to deductions

- from the A- Score for missing Value Parts, Special Requirements and no dismount and
- from the B- Score for faults in execution, composition and artistry (Beam and Floor).

### 5.4 Components of the B- Score

#### 5.4.1 Body Posture (Form), Aesthetic and Technical Faults

These faults are listed in **Article 6 – Table of General Faults and Penalties** and include deductions for visible errors in degree of:

- arm, knee or leg position
- flight height during acrobatic and dance leaps/jumps/hops, flight elements on uneven bars
- amplitude during movement of all body parts
- exactness of body positions and
- exactness of phases during turns around several axes.

#### 5.4.2 Faults Throughout the Exercise

These faults are listed in Article 6 – Table of General Faults and include deductions for cumulative errors in:

- movement completion
- posture (form) and
- flexibility.

### 5.4.3 Execution and Landing Faults

These faults include:

- hesitations during jump, press or swing to handstand
- adjusted grip(s), additional hand placement(s) or support
- touch, brush or hit with feet on mat or apparatus
- grasp on apparatus and
- lack of sureness and stability during landing of elements and dismounts.

Deductions for a fall or steps on the landing will be taken in addition to deductions for posture (form breaks) and technical faults, including amplitude during performance of an element or connection.

### 5.4.4 Specific Compositional Faults

These faults are listed in the respective apparatus **Articles 8.5, 9.5, 10.5, 11.5** and include deductions for errors in:

- a diversified and creative composition of elements and connections from a variety of categories of movements
- a progressive distribution of the elements, leading to a commensurate dismount and
- the use of the entire apparatus, exhibiting space and directional change.

### 5.4.5 Specific Execution Faults

These faults are listed in the respective apparatus **Articles 8.6, 9.6, 10.6, 11.6**, among others, deductions for errors in:

- rhythm and tempo
- dynamic performance and
- artistic interpretation and expression on Beam and Floor.

### 5.5 Recognition of New Vaults, Elements and Connections

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

- The coaches and gymnasts are encouraged to submit new vaults, elements (Value Parts and Difficulties) and new connections, that have not yet been performed and/or do not yet appear in the Table of Elements .
- In order to be recognized as a new element or connection, the element and/or connection must be considered fully completed.

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

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

The FIG/WTC will evaluate concerning:

- Start Value of new vaults (*vault group and number*)
- Value of new elements (Value Parts and Difficulties)
- Value of new connections, which do not conform with the Connection Value stipulations.

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

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

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

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

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

### 5.6 FIG Code Update

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

- all new elements and variations with a number and illustration
- new connections with value, which do not conform with the CV stipulations
- any necessary modifications and interpretations contingent on the development, as illustrated by the analyses.

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

| <b>ARTICLE 6 — Table of General Faults and Penalties</b>   |  |                          |                      |                |                         |
|--|--|--------------------------|----------------------|----------------|-------------------------|
| <b>FAULTS</b>  |  | <b>Slight/<br/>Small</b> | <b>Medium</b>        | <b>Large</b>   | <b>Very Large</b>       |
| <b>For Specific Compositional and Execution Faults and Deductions</b><br>– See Article 8, 9, 10 and 11           |  |                          |                      |                |                         |
| <b>DEDUCTIONS</b>  |  | <b>0.05/<br/>0.10</b>    | <b>0.20</b>          | <b>0.30</b>    | <b>0.50</b> <b>More</b> |
| <b>BY B- PANEL JUDGES (B<sup>1</sup> - B<sup>6</sup>)<br/>Bars, Beam and Floor<br/>For Vault - see Article 8</b> | <b>NOTE:<br/>0.00 =<br/>flat<br/>deduction</b> |                          |                      |                |                         |
| <b>Body Posture (Form), Aesthetic and Technical<br/>Faults</b>   |  |                          |                      |                |                         |
| – Bent arms in support or bent knees   | each time                                      | X                        | X                    | X              |                         |
| – Leg or knee separations  | each time                                      | ≤ shoulder<br>width      | > shoulder<br>width  |                |                         |
| – Legs crossed during saltos with twists   | each time                                      | X                        |                      |                |                         |
| – Insufficient height of dance leaps, jumps, hops  | each time                                      | X                        | X                    |                |                         |
| – Insufficient height of acrobatic elements with flight  | each time                                      | X                        | X                    |                |                         |
| – Insufficient split position (deviation from 180°)<br>(see Article 7 - Technique)                               | each time                                      | ≤20°                     | >20° ≤45°            |                | >45° credit<br>lower VP |
| – Incorrect position of legs in split or straddle pike<br>(see Article 7 - Technical Directives)                 | each time                                      | X                        | X                    |                |                         |
| – Insufficient exactness of tuck, pike or stretch position   | each time                                      | X                        | X                    |                |                         |
| – Dance: under rotated turn (incomplete turn)  | each time                                      | ≤45°                     | >45° ≤90°            |                | >90° credit<br>lower VP |
| – Acrobatics: under or over rotated twist<br>(see Article 7 - Technical Directives)                              | each time                                      | ≤45°                     | >45° ≤90°            |                | >90° credit<br>lower VP |
| – Deviation from vertical for completion of turns in<br>handstand phase (see Article 7 - Technique)              | each time                                      | >10° ≤30°                | >30°                 |                |                         |
| <b>– Throughout the entire exercise:</b>   |  |                          |                      |                |                         |
| ~ Insufficient completion of movements – head gesture<br>and/or arm-hand gesture at end of movements             |  | X                        | X                    |                |                         |
| ~ Relaxed or incorrect foot/leg/body/trunk posture   |  | X                        | X                    |                |                         |
| ~ Insufficient flexibility   |  | X                        | X                    |                |                         |
| ~ Insufficient swingful execution (UB)   |  | X                        | X                    |                |                         |
| ~ Insufficient variation in rhythm and tempo (BB, FX)  |  | X                        | X                    |                |                         |
| ~ Insufficient dynamics (UB, BB, FX)   |  | X                        | X                    |                |                         |
| ~ Insufficient artistry (see Articles 10 BB ,11 FX)  |  | X                        | X                    | X              |                         |
| <b>Execution Faults</b>  |  |                          |                      |                |                         |
| – Hesitation during jump, press or swing to handstand  | each time                                      | X                        |                      |                |                         |
| – Adjusted grip position, additional hand placement or<br>hand support   | each time                                      | X                        |                      |                |                         |
| – Touch/brush on apparatus or mat with foot (feet) contrary<br>to technique (UB, BB)                             | each time                                      | 0.10                     |                      |                |                         |
| – Hit on apparatus or mat with foot (feet) contrary to<br>technique (UB, BB)                                     | each time                                      |                          | 0.20 on<br>Apparatus | 0.30 on<br>Mat |                         |
| – Grasp on apparatus to avoid fall (UB, BB)  | each time                                      |                          |                      | 0.30           |                         |
| – Leaving apparatus without remounting to execute<br>dismount (UB, BB)   |  |                          |                      | 0.30           |                         |
| <b>Landing Faults<br/>(all elements including dismounts)</b>   |  |                          |                      |                |                         |
| – Insufficient extension in preparation for landing  | each time                                      | X                        |                      |                |                         |
| – Deviation from straight direction  | each time                                      | X                        |                      |                |                         |
| – Legs apart on landing  | each time                                      | X                        |                      |                |                         |
| <b>– Movements to maintain balance:</b>  |  |                          |                      |                |                         |
| ~ slight hop or small adjustment of feet   | each time                                      | X                        |                      |                |                         |
| ~ extra arm swings   |  | X                        |                      |                |                         |
| ~ additional trunk movements to maintain balance   | each time                                      | X                        | X                    | X              |                         |
| ~ extra steps (per step with maximum of 4)   | each time                                      | 0.10                     |                      |                |                         |
| ~ very large step or jump  | each time                                      |                          | 0.20                 |                |                         |
| ~ deep squat   | each time                                      |                          |                      | 0.30           |                         |
| ~ support on mat with 1 or 2 hands   | each time                                      |                          |                      |                | 0.50                    |
| ~ fall on mat to knees or hips   | each time                                      |                          |                      |                | 0.50                    |
| ~ fall on or against apparatus   | each time                                      |                          |                      |                | 0.50                    |
| <b>Other Deductions</b>  |  |                          |                      |                |                         |
| – Spotting assistance  | each time                                      |                          |                      |                | 0.50                    |



## ARTICLE 6

### GENERAL FAULTS

For Specific Compositional and Execution Faults and Deductions –  
See Article 8, 9, 10 and 11

### DEDUCTIONS

#### BY CHAIR OF COMPETITION JURY (IN CONSULTATION WITH COMPETITION JURY) (continued)

#### Behavior of Coach

|  |  |
|--|--|
|  | 1st offense = Yellow Card; 2nd offense = Red Card; at which time the coach is excluded from the rest of competition phases |
| – Unsportsmanlike conduct  | Yellow Card, then Red Card   |
| – Unexcused delay or interruption of competition   | Yellow Card, then Red Card   |
| – Unauthorized remaining on the podium (VT, BB, FX)  | Yellow Card, then Red Card; also 0.50 from Final Score in consultation with Apparatus Chair                                |
| – More than the prescribed number of persons in inner circle during competition                                  | Yellow Card with dismissal from inner circle, then Red Card  |
| – Two male team coaches in inner circle in Qualifying and/or Team Final  | Yellow Card with dismissal from inner circle, then Red Card  |
| – Two persons on podium (unless 1 to remove board or place mat and 1 to spot UB element in 1st part of exercise) | Yellow Card, then Red Card   |
| – Speaking to active judges during the competition   | Yellow Card, then Red Card   |
| – Signals, verbal cues, cheers, etc. by coach to own gymnast   | Yellow Card, then Red Card   |
| – Other flagrant, undisciplined and abusive behavior   | Immediate Red Card   |



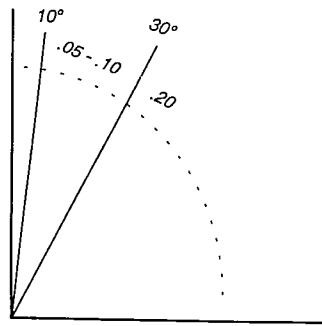
# ARTICLE 7 — Technical Directives

The A-, B-, C-, D- E- or Super E- parts require a specific technical execution.

## Uneven Bars\*

Amplitude of Body at Turn Completion

### ◆ During Handstand Pirouettes and Hop Grip Changes



Turns (180°, 360°, 540°) in handstand phase† (to regular grip, under grip, mixed grip, mixed-L grip, or L grip)

>10° — 30° deduct 0.05 - 0.10 P.  
>30° deduct 0.20 P.

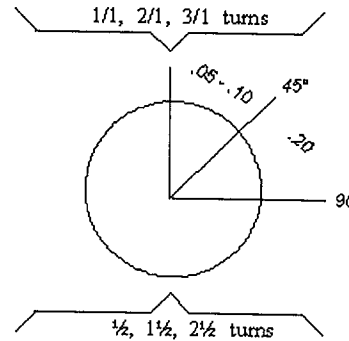
\* **Note:** Deductions for body posture faults (form breaks) in body-torso, arms-elbows, legs-knees must be taken in addition to penalties assessed for amplitude (angle) of turn completion.

† **Completed in handstand phase** = within 10° either side of vertical.

A basic cast to handstand must reach within 10° from vertical to receive B- value part credit, otherwise no value part is awarded.

## Balance Beam and Floor — Dance\*

### ◆ Turns ◆ Leaps, Jumps and Hops with Turns

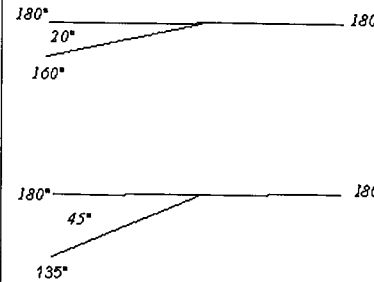


For under turning  
0° — 45° deduct 0.05 - 0.10 P.

>45° — 90° deduct 0.20 P.  
If more than 90° of turn is missing, credit the lesser VP in CODE, i.e.:

- ◆ 3/1 turn becomes 2/1 turn
- ◆ 2/1 turn becomes 1 1/2 turn
- ◆ 1/1 turn becomes 1/2 turn

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



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

0° — 20° deduct 0.05 - 0.10 P.

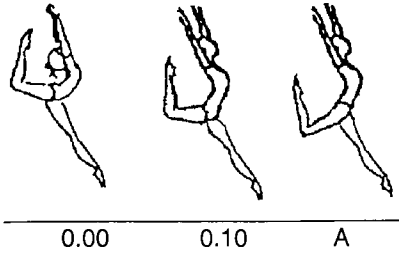
>20° — 45° deduct 0.20 P.

>45° Credit the actual lower VP performed

\* **Note:** Deductions for body posture faults (form breaks) in body-torso, arm-elbows, legs-knees must be taken in addition to penalties assessed for degree of turn completion.

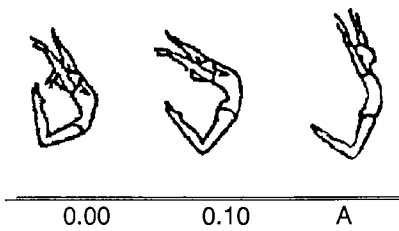
♦ **Leaps, Jumps and Hops – Amplitude and Leg Positions**

**Ring Leap**



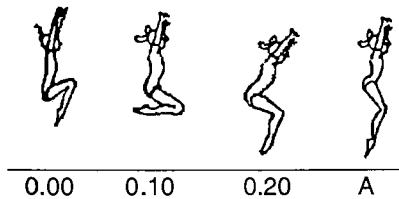
- ♦ Rear leg (foot) to top of head height – No deduction (ideal position)
- ♦ Rear leg (foot) to shoulder or upper back height – deduct 0.05/0.10 P.
- ♦ Rear leg (foot) to hip height – credit the actual appropriate VP performed
  - Ring leap becomes sissone

**Sheep Jump**



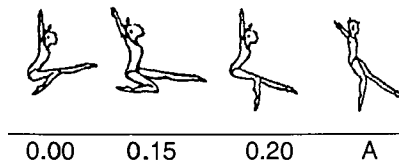
- ♦ Legs (feet) to head height – No deduction (ideal position)
- ♦ Legs (feet) to shoulder or upper back height – deduct 0.05/0.10 P.
- ♦ Legs (feet) to hip height – credit the actual appropriate VP performed
  - Sheep jump becomes stretched jump with bent legs

**Tuck Jump**



- ♦ Knees above horizontal – No deduction (ideal position)
- ♦ Knees lower than horizontal and/or >90° angle at knee – each 0.05/0.10
- ♦ >135° angle at hip, 90° at knee – credit the actual appropriate VP performed

**Wolf Jump**

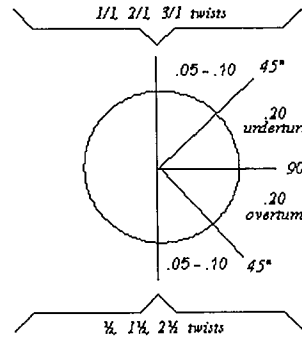


- ♦ Extended leg above horizontal with knees together – No deduction (ideal position)
- ♦ Extended and or bent leg below horizontal – each 0.05/0.10 P.
- ♦ >135° angle at hip, 90° at knee – credit the actual appropriate VP performed

\* **Note:** Deductions for body posture faults (form breaks) in body-torso and legs-knees must be taken in addition to penalties assessed.

**Landings from Saltos with Twists\***

As dismounts from uneven bars and balance beam and during the exercise on balance beam and floor\*



For under or over turning:

0° — 45° deduct 0.05 - 0.10 P.  
 >45° — 90° deduct 0.20 P.

- ♦ If more than 90° of twist is missing, credit the lesser VP in Code, i.e.:
  - 3/1 twist becomes 2½ twist
  - 2½ twist becomes 2/1 twist
  - 2/1 twist becomes 1½ twist
  - 1½ twist becomes 1/1 twist

**Falls**

**Vault:** Second Flight –

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

**Uneven Bars:**

Flight elements –

- ♦ with grasp of one or both hands (momentary hang) on the bar, the VP and SR are awarded
- ♦ without grasp of one or both hands (momentary hang) on the bar – **No** VP and SR are awarded

**Balance Beam:**

Acro and gym elements –

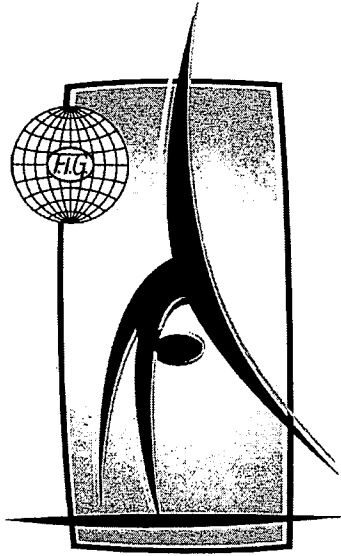
- ♦ with a landing of one or two feet on the beam the VP and SR are awarded
- ♦ without landing of one or two feet on the beam **No** VP and SR are awarded

**Floor Exercise:**

Salto elements –

- ♦ with landing feet first, the VP and SR are awarded
- ♦ without landing feet first **No** VP and SR are awarded

\* **Note:** Deductions for body posture faults (form breaks) in body-torso, arm-elbows, legs-knees must be taken in addition to penalties assessed for degree of turn completion.



## **PART III – Apparatus**

**ARTICLES 8 - 11**

## ARTICLE 8 — Horse Vault

### 8.1 General

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

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

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

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

- forward position or
- backward position.

Beginning with the take-off, the vault phases are evaluated: pre-flight (1st flight), repulsion, after-flight (2nd flight) and landing (see paragraph 8.6).

No vault with sideward take-off or landing may be submitted. All vaults must be performed with repulsion by **both** hands from the **horse**.

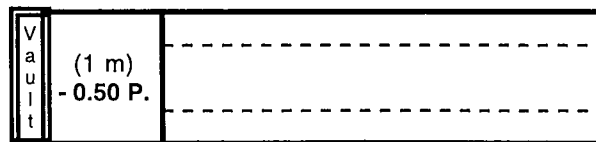
Permitted running approaches, if the gymnast has not touched the springboard and/or the horse, are:

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

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

A 1 meter zone adjacent to the landing side of the vaulting apparatus will be marked. Landing in this zone will receive a 0.50 P. penalty. For landing outside of this zone, deductions will be taken in relationship to the distance of after-flight and the height of the gymnast.

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



1 meter from rear edge of horse

### 8.2 Vault Groups

The vaults are classified into the following groups:

- Group 1 — Vaults without saltos (Handsprings, Yamashitas) and with or without long axis (LA) turns in 1st and/or 2nd flight phase
- Group 2 — Handspring forward with or without 1/1 turn (360°) in entry phase - salto forward or backward with or without LA turn in 2nd flight phase
- Group 3 — Handspring with ½ turn (180°) in entry phase (Tsukahara entry) - salto backward or forward with or without LA turn in 2nd flight phase
- Group 4 — Round-off in entry phase (Yurchenko entry) - salto forward or backward with or without LA turn in 2nd flight phase
- Group 5 — Round-off with ½ or 1/1 turn (180°-360°) in entry phase – handspring or salto forward or backward with or without LA turn in 2nd flight phase

### 8.3 Special Requirements (SR) (A- Panel)

- The **intended** vault number is to be flashed (manually or electronically) before the vault is performed.
- In the **Qualifying**: one vault must be performed. The **one** score counts.
- In the **Team Final** and **All-Around Final**: two vaults must be performed; the two vaults must be different.\*
- In **Apparatus Finals**: two vaults from different Vault Groups must be performed.\*

**\*Note:** In the Team Final, All-Around Final and Apparatus Final the score of the two vaults are averaged (added and divided by 2) in order to arrive at the Final Score.

## 8.4 Specific Apparatus Deductions (A- Panel)

### 8.4.1 Absence of Special Requirements

- Failure to flash the intended vault number\*  
(no vault number flashed)  
\* taken from the Final Score of the vault performed
- In the **Team Final** and **All-Around Final**, when the **same vault** is performed twice  
**Evaluation:** Final average of both vaults **minus** 1.00 P. = Final Score
- In the **Apparatus Final**, when two vaults from the **same vault group** are performed  
**Evaluation:** Final average of both vaults **minus** 1.00 P. = Final Score
- In the **Team Final**, **All-Around** and **Apparatus Final**, when **only one vault** is performed  
**Evaluation:** Score of the performed vault divided by 2 = Final Score

Deduction

0.20 P.

**Note:** Deductions for missing SR will be dealt with by the A- Panel and entered into the computer by the Secretary.

### 8.4.2 Performance of Invalid Vaults †

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

Invalid - 0 Score

Invalid - 0 Score

Invalid - 0 Score

Invalid - 0 Score

Invalid - 0 Score

† **Note:** "0" score from both A- and B- Panels.

A video review by the Competition Jury will automatically occur for every vault that receives an Invalid - 0 Score or receives a 1.00 P. deduction for "touch with one hand".

## 8.5 Method of Scoring

**A- Panel:** enters the Start Value of the performed vault

**B- Panel:** each judge evaluates the performed vault and enters their respective deduction total, e.g. -0.45 P.

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

In the Team Final, All-Around Final and Apparatus Final, the method of score calculation is as follows:

$$(1st\ vault + 2nd\ vault) / 2 = Final\ Score$$

All vaults are illustrated with a number – tucked, piked and stretched.

- A- Vaults to 8.20 P.
- B- Vaults from 8.30 P. to 8.90 P.
- C- Vaults from 9.00 P. to 9.40 P.
- D- Vaults from 9.50 P. to 9.70 P.
- E- Vaults from 9.80 P. to 9.90 P.
- <sup>Super</sup>E- Vaults 10.00 P.

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

## 8.6 Specific Execution Deductions (B- Panel)

| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| <b>8.6.1 First Flight Phase</b>                |                |               |              |               |                    |
| - Prescribed LA turn not fully executed        | x              | x             | x            | x             |                    |
| - Knees bent                                   | x              | x             | x            | x             |                    |
| - Legs separated                               | x              | x             | x            |               |                    |
| - Poor technique<br>• hip angle                | x              | x             | x            |               |                    |
| <b>8.6.2 Repulsion Phase</b>                   |                |               |              |               |                    |
| - Poor technique<br>• arch<br>• shoulder angle | x<br>x         | x<br>x        | x<br>x       |               |                    |
| - Bent arms                                    | x              | x             | x            | x             | 0.50               |
| - Prescribed LA turn begun too early           | x              | x             | x            | x             |                    |

### Special Deduction

- Touch with only one hand

1.00

| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| <b>8.6.3 Second Flight Phase</b>                                     |                |               |              |               |                    |
| – Prescribed LA turn begun too late                                  | x              | x             | x            | x             | 0.50               |
| – Legs   |                |               |              |               |                    |
| • crossed  | x              | x             |              |               |                    |
| • separated  | x              | x             | x            |               |                    |
| – Knees bent   | x              | x             | x            | x             |                    |
| – Turns  |                |               |              |               |                    |
| • under rotation of breadth axis (BA) turn                           | x              | x             |              |               |                    |
| • exactness of (LA) turn   | x              | x             |              |               |                    |
| – Body position  |                |               |              |               |                    |
| • Insufficient tuck, pike, stretch                                   | x              | x             | x            | x             |                    |
| – Height   | x              | x             | x            | x             | 0.50               |
| – Length   |                |               |              |               |                    |
| • landing in unauthorized zone (1 meter)                             |                |               |              |               | 0.50               |
| • insufficient distance beyond 1 meter zone                          |                | x             | x            | x             |                    |
| – Extension (open) of body before landing                            |                |               |              |               |                    |
| • failure to maintain stretched body (pike down of stretched vaults) | x              | x             | x            | x             |                    |
| • insufficient and/or late extension (tuck and pike vaults)          | x              | x             | x            |               |                    |
| • absence of extension (tuck and pike vaults)                        |                |               |              | 0.30          |                    |
| • in double salto vaults   |                |               |              |               |                    |
| a) insufficient and/or late extension                                | x              | x             |              |               |                    |
| b) absence of extension  |                |               | 0.20         |               |                    |

| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| <b>8.6.4 Landing</b>                                     |                |               |              |               |                    |
| – Legs apart   | x              | x             |              |               |                    |
| – Movements to maintain balance                          |                |               |              |               |                    |
| • slight hop or small adjustments of feet                | x              | x             |              |               |                    |
| • extra arm swings                                       | x              | x             |              |               |                    |
| • additional trunk movements to maintain balance         | x              | x             | x            |               |                    |
| • body posture fault                                     | x              | x             | x            |               |                    |
| • extra steps (per step with maximum of 4)               |                | 0.10          | 0.20         |               |                    |
| • very large step or jump                                |                |               |              | 0.30          |                    |
| • deep squat   |                |               |              |               |                    |
| • support on mat with 1 or 2 hands                       |                |               |              |               | 0.50               |
| • fall on mat to knees or hips                           |                |               |              |               | 0.50               |
| • fall against apparatus                                 |                |               |              |               | 0.50               |
| – Prescribed axis turn over- or under rotated on landing |                | 0° - ≤30°     | >30° - ≤60°  | >60° - ≤90°   |                    |
| – Deviation from a straight direction by landing with    |                |               |              |               |                    |
| • one foot outside of marked zone                        |                | 0.10          |              |               |                    |
| • both feet outside of marked zone                       |                |               | 0.20         |               |                    |
| • 1 or 2 feet off side of mat                            |                |               |              | 0.30          |                    |
| <b>8.6.5 General</b>                                     |                |               |              |               |                    |
| – Insufficient dynamics                                  | x              | x             | x            | x             |                    |

# ARTICLE 9 — Uneven Bars

## 9.1 General

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

- A second run approach for the mount is permitted, if the gymnast on her first attempt (balk) has not touched the springboard, the apparatus, or not run underneath the apparatus. If a third run approach is necessary, she then receives a deduction of 0.50 P.

During a fall onto or from the apparatus, an interruption of 30 seconds is allowed before the exercise must be resumed. A warning will be given 10 seconds before the exercise must be continued.

## 9.2 Content and Construction of the Exercise

The value parts A-, B-, C-, D-, E- and <sup>Super</sup> E- should represent a variety of the following categories of movement:

- kips (as mounts or in the exercise)
- casts
- underswings and clear hip circles
- giant swings-circles backward
- giant swings-circles forward
- stalder circles forward
- stalder circles backward
- circle swings and hechts.

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

The exercise should exhibit:

- progressive distribution of elements to create high points, leading to a commensurate dismount
- use of entire apparatus (spatially and directionally), incorporating movements around, above, between and below the rails through
  - presentation of swinging, flight and turning elements
- amplitude of swing, flight and position with purity of body line
- swingful rhythm and
- dynamic body position changes.

Dismount with take-off **only** from the feet is not permitted.

## 9.3 Special Requirements (SR) (A- Panel)

The exercise must contain the following 6 Special Requirements.

### SR

- 1 - One bar change from LB to HB, minimum B- element.
- 2 - A second bar change element from HB to LB, minimum B
- 3 - A flight \* element, minimum B-, to catch on same bar
- 4 - One LB element, minimum B- value
  - started and finished on LB, excluding mount
- 5 - One element from Group 3, 6 or 7, minimum C- value
- 6 - Dismount:
  - minimum C- element in Qualification, Team, All Around
  - minimum D- element in Apparatus Final

### \* Flight elements for SR include

- elements with counter flight, vault, hecht or salto followed by regrasp on same bar.
- Hop-grip changes do not constitute flight.

## 9.4 Connection Value (CV) (A- Panel)

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

An element can be performed two (2) times within the same direct connection for CV, but may not receive value part (VP) credit a second time.

Formulas for direct connections follow:

- |             |         |
|-------------|---------|
| a) C+D, D+D | 0.10 P. |
| b) D+E      | 0.20 P. |

The C- element must have either, flight\*\* phase or long axis (LA) turn of at least 180°.

### \*\* Flight elements for CV include elements with visible flight

- from HB to grasp on LB (or LB to HB)
- with counter flight, vault, hecht or salto followed by
  - regrasp on same bar or other bar
- performed as mounts.
- Hop-grip changes do not constitute flight.

These direct connections can be performed as a:

- mount connection
- connection within the exercise and
- dismount connection.

If an **"empty swing"** or **"intermediate swing"** is performed between two (2) elements, CV can not be awarded. (See definition in 9.5 and 9.6)

If a **swing forward or backward reaches the handstand phase** (10° from vertical), it will be considered an **element** (e.g. forward and/or backward giant circle = B- element).

### 9.5 Specific Compositional Deductions (B- Panel)

| Faults  | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|---|----------------|---------------|--------------|---------------|--------------------|
| – Lack of<br>• variety in choice of elements and connections (refer to Article 9.2, paragraph 1 & 2)<br>• balance between elements with pirouettes and flight phase | x              | x             |              |               |                    |
| – Lack of:<br>• progressive distribution of elements to create high points  | x              | x             |              |               |                    |
| – Insufficient use of entire apparatus both<br>• spatially<br>• directionally   |                | x             |              |               |                    |
| – Squat on low bar:<br>• grasp HB<br>• sole circle (more than 1x) to grasp HB<br>• 180° turn on feet to grasp HB  |                | x             |              |               |                    |
| – Swing forward on HB, place feet on LB with or without 180° turn   |                | x             |              |               |                    |
| – "Empty swing"   |                | x             |              |               |                    |
| – ¾ giant circle forward with or without hop grip-change  |                | x             |              |               |                    |
| – Performance of more than 2 same elements directly connected to the dismount   |                | x             |              |               |                    |

\* An **"empty swing"** is defined as a **swing forward without the execution of an element** in the Table, before the swing reverses to the opposite direction.

### 9.6 Specific Execution Deductions (B- Panel)

| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| – Third run approach   |                |               |              |               | <u>0.50</u>        |
| – More than one element before mount (take-off from springboard)   |                |               | x            |               |                    |
| – Grasp on apparatus to avoid a fall   |                |               |              | x             |                    |
| – Intermediate swing *   |                |               |              | x             |                    |
| – Amplitude of casts and swings<br>• swing forward or backward under horizontal<br>• kip-cast to 45° and below<br>• kip-cast above 45° to outside 10° from vertical handstand position<br>• Cast to handstand within 10° from vertical** | ea x           | ea x          |              |               |                    |
| – Amplitude of bar elements  | ea x           | x             | x            |               |                    |

\* An **"intermediate swing"** is defined as a **"pump swing or cast from a front support"** and/or **"a long swing not needed in order to perform the next element"**.

\*\* A basic cast to handstand must reach within 10° from vertical to receive B- value part credit, otherwise no value part is awarded. Turn completion angles are explained in Article 7, page 20.



# ARTICLE 10 — Balance Beam

## 10.1 General

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

A **second** run approach for the mount is permitted, if the gymnast on her **first** attempt (balk) has **not** touched the springboard, the apparatus, or not run underneath the apparatus.

- If a **third** run approach is necessary, she receives a deduction of 0.50 P.

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

**Timing:** The Assistants begin timing when the gymnast takes-off from the springboard or mat. They stop the clock, when the gymnast touches the mat upon completion of her beam exercise. A signal (gong) will be communicated **ten** (10) seconds prior to the maximum time limit and again at the maximum time limit to indicate that the exercise is to be finished.

If the dismount lands **at** the sound of the second signal, there is no deduction. If the dismount lands **after** the sound of the second signal, there is a deduction for exceeding the time limit. The judges evaluate the entire exercise including the dismount.

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

Time violations are reported in writing by the respective Time Judge to the Chair of the Apparatus Jury, who then takes the deduction from the Final Score.

### Intermediate (Fall) Time:

- For interruption of the exercise due to a fall from the apparatus, an intermediate time period of **ten** (10) seconds is allowed. The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise.
- The timing of the fall period begins when the gymnast touches the mat.
- The fall period ends when the gymnast takes-off from the mat to remount the beam.

- After remounting the beam the resumption of timing begins with the first movement to continue the exercise.
- If the 10 second fall period is exceeded, then the exercise is terminated. Missing Value Parts and Special Requirements are deducted.

## 10.2 Content and Construction of the Exercise

The value parts A-, B-, C-, D-, E-, and <sup>Super</sup> E- should represent a variety of the categories of movement:

- Acrobatic
  - rolls
  - holds (with support on one or both arms)
  - hand support elements with or without flight phase \*
  - saltos \*

*\*in the forward/sideward and backward movement*

- Dance
  - leaps, jumps and hops
  - turns
  - body waves
  - holds (in stand, sit and lying position)

The exercise should exhibit:

- progressive distribution of elements to create high points, leading to a commensurate dismount
- movements in a side, cross, oblique and low level to the apparatus present with
- harmonious change between dance and acrobatic elements and connections, with
- pauses to show control and mastery of balance elements with an air of confidence
- flexibility
- varied rhythms in a
- dynamic performance with
- artistry of presentation, showing qualities of
  - femininity, beauty and elegance
  - projection of personal style, focus and expression
  - entertainment value.

### 10.3 Special Requirements (SR) (A- Panel)

The exercise must contain the following 6 Special Requirements:

#### SR

- 1 - One acrobatic connection with a minimum of two flight elements, one being a salto or aerial performed on the beam.
- 2 - One dance or dance/acro direct connection with a minimum of two elements.
  - *These connections in principle are to be performed on the beam, not as a dismount series. "Wave" and "Hold" elements [Group 4 and 5] are not permitted in direct connections.*
- 3 - One turn of minimum 360° on foot or knee (hand support alternate)\*
- 4 - One leap, hop or jump with 180° cross split of legs\*
 

\* SR #3 (360° turn) and/or #4 (leap, hop or jump with 180° split of legs) may be part of SR #2 (gym or mixed series)
- 5 - One scale (on one leg), planche or handstand element from the Table (held 2 sec.)
- 6 - Dismount:
  - minimum C- element in Qualification, Team, All Around
  - minimum D- element in Apparatus Final

### 10.4 Connection Value (CV) (A- Panel)

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

An element can be performed two (2) times within the same series for CV, but may not receive value part (VP) credit a second time.

Formulas for direct connections follow.

#### 10.4.1 Direct connections of 2 acrobatic flight elements (excluding the dismount)

- a) C+C, C+D, B+E or more 0.10 P.

#### 10.4.2 Direct connections of 3 acrobatic flight elements, including the mount and dismount (dismount element minimum D-)

- a) B+B+D 0.10 P.  
 b) C+C+C (no more than 2 elements being the same) 0.20 P.  
 c) B+C+D, B+B+E 0.20 P.

### 10.4.3 \* Direct connections of:

- 2 different dance elements
- 2 dance/acrobatic elements (or reversed)
- a) C+C or more (no less than C-)

0.10 P.

\* **Note: 10.4.3 applies to mount and connections within the exercise. Dance elements can not be repeated in succession for CV.**

The following B- acro elements with hand support and flight

- flic-flac with legs together
- flic-flac with step-out
- gainer flic-flac
- round-off and
- handspring forward

can be performed a second time in the exercise and/or dismount to receive CV.

### 10.5 Specific Compositional Deductions (B- Panel)

| Faults  | Slight<br>0.05 | Small<br>0.10          | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|---|----------------|------------------------|--------------|---------------|--------------------|
| - One sided use of elements: <ul style="list-style-type: none"> <li>• missing acrobatic element forward/sideward and backward (Group 7 and 8)</li> <li>• dance elements of same type</li> <li>• more than one leap/jump/hop element to prone or front support position</li> <li>• lack of balance between acrobatic and dance elements</li> </ul> | x              | ea x<br>x<br>ea x<br>x |              |               |                    |
| - Lack of <ul style="list-style-type: none"> <li>• progressive distribution of elements to create high points</li> </ul>  | x              | x                      |              |               |                    |
| - Insufficient use of entire beam apparatus: <ul style="list-style-type: none"> <li>• missing one movement* close to the beam</li> <li>• spatially</li> <li>• directionally</li> </ul>  |                | x<br>x<br>x            |              |               |                    |

\* *Movement (element not necessary) close to the beam with a part of the torso and/or head touching the beam*

### 10.6 Specific Execution Deductions (B- Panel)

| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| - Third run approach   |                |               |              |               | <u>0.50</u>        |
| - More than one element before mount (take off from springboard) |                |               | x            |               |                    |
| - Support of one leg against the side surface of the beam        |                |               | ea x         |               |                    |
| - Grasp on beam in order to avoid a fall                         |                |               |              | ea x          |                    |
| - Concentration pause ( <i>longer than 2 seconds</i> )           |                | ea x          |              |               |                    |
| - Lack of tempo during execution of connection                   | x              | x             |              |               |                    |
| - Insufficient artistry of presentation throughout the exercise  |                |               |              |               |                    |
| • femininity, beauty and elegance                                | x              | x             |              |               |                    |
| • projection of personal style, focus and expression             | x              | x             |              |               |                    |
| • entertainment value  | x              | x             |              |               |                    |

# ARTICLE 11 — Floor Exercise

## 11.1 General

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

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

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

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

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

Exceeding the prescribed floor area (12 X 12 m), that is touching on the floor with any part of the body outside of the border marking, will result in a deduction of 0.10 P. **each time.**

- Elements with the landing outside the border marking are recognized by the A- Panel and evaluated by the B- Panel.

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

## 11.2 Content and Construction of the Exercise

The value parts A-, B-, C-, D-, E- and <sup>Super</sup> E- should represent a variety of the categories of movement:

- Acrobatic
  - rolls
  - handstands
  - hand support elements with or without flight phase\* and
  - Saltos\* (in the forward/sideward and backward movement)

- Dance
  - leaps, jumps and hops
  - turns

The exercise should exhibit:

- progressive distribution of elements to create high points, leading to a closing acrobatic series commensurate with the acrobatic element content
- versatile use of the floor area, that is alternation of long dance passages with dance elements in place
- change between movements executed near to and far from the floor
- harmonious and dynamic change between dance and acrobatic elements, series and connections corresponding to the character of the music
- musical choreography
  - which expresses the personality, style, age and morphological type of the gymnast and
  - displays integration of music and movement with expression and emotion
- flexibility
- varied rhythms in a
- dynamic performance with
- artistry of presentation, showing qualities of
  - femininity, beauty and elegance
  - projection of personal style, focus and expression
  - entertainment value.

*Non aesthetic exaggerations with no sportive value are **undesirable.***

## 11.3 Special Requirements (SR) (A- Panel)

The exercise must contain the following 6 Special Requirements:

### SR

- 1 - One acrobatic series\*
- 2 - A second acrobatic series\* with two saltos
  - \* *An **acrobatic series** must consist of at least three acrobatic flight elements, one being a salto.*
- 3 - Three different saltos within the exercise
- 4 - One dance turn on one leg with minimum B- value
- 5 - One dance direct connection with minimum of two leaps, each with take-off from one leg
  - Note:** The leaps may be the same or different.*
- 6 - Dismount:
  - **last** salto/connection of **final** saltos – minimum C- in Qualification, Team, All Around
  - **last** salto/connection of **final** saltos – minimum D- in Apparatus Final

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

#### 11.4 Connection Value (CV) (A- Panel)

Connection Value can be awarded for indirect and direct acrobatic connections and direct dance or dance/acro connections. The value of the coefficients for CV will be added into the A- Score.

A dance element can not be performed two (2) times in direct succession for CV.

Formulas for indirect and direct connections follow.

##### 11.4.1 Indirect \* acrobatic connections of 2 saltos and/or aerials

a) C+D or more (no less than C-) 0.10 P.

##### 11.4.2 Indirect \* and direct acrobatic connections of 3 or more saltos and/or aerials in same series

a) A+A+D (minimum) 0.10 P.

\* **Indirect connections** are those in which directly connected acrobatic elements with flight phase and hand support (from Group 5, e.g. round-off, flic-flac, etc. as preparatory elements) are performed between aerials (Group 5) and saltos (Groups 6, 7 or 8).

##### 11.4.3 Direct acrobatic connections of 2 saltos and/or aerials

a) D+B, E+A, C+C 0.10 P.  
b) D+C, E+B or more 0.20 P.

##### 11.4.4 Direct connections of

– 2 different dance elements or  
– 2 dance/acrobatic\*\* elements (or reversed)

a) C+D or more (no less than C-) 0.10 P.

\*\* **Note:**

• Acrobatic elements may include saltos, aerials and hand support elements with flight .

#### 11.5 Specific Compositional Deductions (B- Panel)

| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| – One sided use of elements:<br>• dance elements of same type<br>• LA or BA turns in saltos<br>• more than one leap/jump/hop element to prone position | x<br><br>x     | x<br><br>ea x |              |               |                    |
| – Lack of<br>• progressive distribution of elements to create high points  | x              | x             |              |               |                    |
| – Insufficient use of the floor area<br>• directionally<br>• spatially   |                | x<br>x        |              |               |                    |

### 11.6 Specific Execution Deductions (B- Panel)

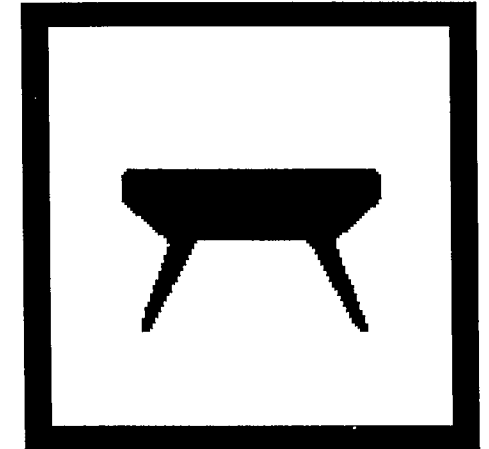
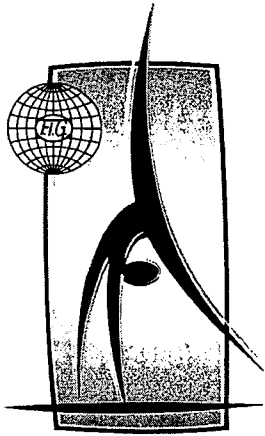
| Faults   | Slight<br>0.05 | Small<br>0.10 | Med.<br>0.20 | Large<br>0.30 | Very Large<br>0.50 |
|--|----------------|---------------|--------------|---------------|--------------------|
| – Concentration pause (more than 2 seconds) prior to acrobatic series  |                | ea x          |              |               |                    |
| – Missing synchronization of movement with musical beat <ul style="list-style-type: none"> <li>• each time</li> <li>• throughout the exercise – maximum</li> <li>• at the end of the exercise</li> </ul>   | x              | x             |              | x             |                    |
| – insufficient artistry of presentation throughout the exercise <ul style="list-style-type: none"> <li>• femininity, beauty and elegance</li> <li>• projection of personal style, focus and expression</li> <li>• entertainment value</li> </ul> | x<br>x<br>x    | x<br>x<br>x   |              |               |                    |

#### Special Deduction

– Absence of music or music with voice (song)

1.00 P.

*Note: taken by the A- Panel from the Final Score*



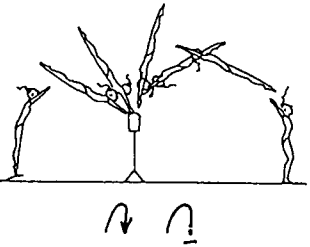
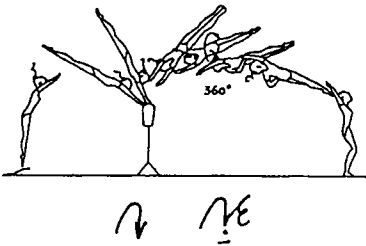
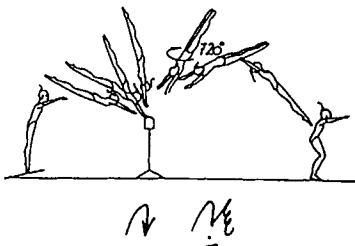
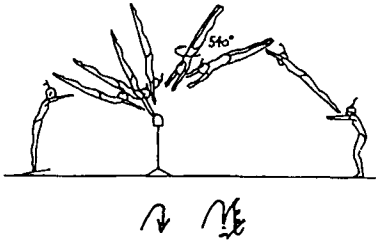
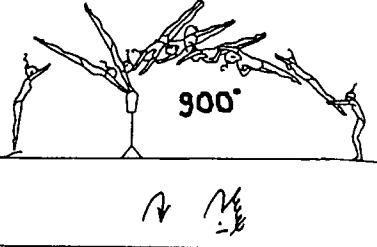
**Saut de Cheval – Éléments**

***Horse Vault – Elements***

**Pferdsprung – Elemente**

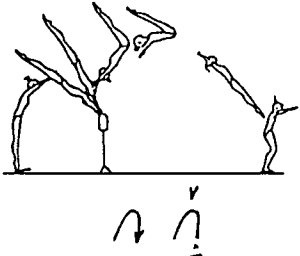
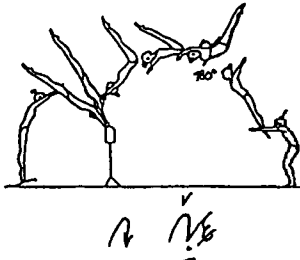
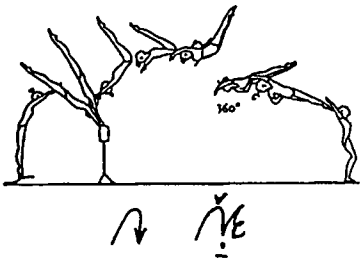
**ARTICLE 8 – *ARTICLE 8* – ARTIKEL 8**

GROUPE 1 - SAUTS SANS SALT (RENVERSEMENTS, YAMASHITAS) ET AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL DANS LE 1ER ET/OU LE 2ÈME ENVOL  
 GROUP 1 - VAULTS WITHOUT SALTO (HANDSPRINGS, YAMASHITAS) AND WITH OR WITHOUT LA TURNS IN 1ST AND/OR 2ND FLIGHT PHASE  
 GRUPPE 1 - SPRÜNGE OHNE SALT (ÜBERSCHLÄGE, YAMASHITAS) UND OHNE ODER MIT LA DREHUNGEN IN DER 1. UND/ODER 2. FLUGPHASE

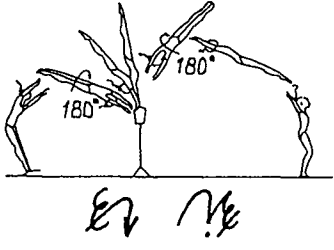
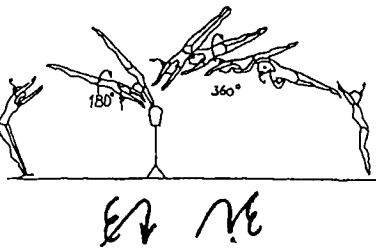
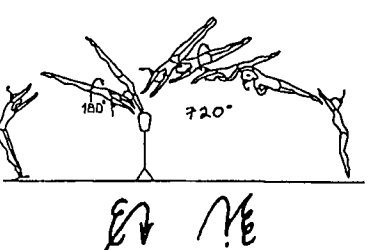
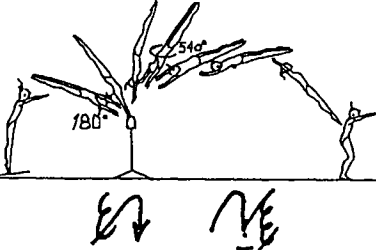
| A (8.2 & <)  | B (8.3 — 8.9)   | C (9.0 — 9.4)   | D (9.5— 9.7)  | E (9.8 — 9.9) — Super E (10.0) |
|--|---|---|---|--------------------------------|
| <p>1.101<br/>           Renversement av.<br/> <i>Handspring forward</i><br/>           Überschlag vw.</p> <p>7.80 P.</p>  | <p>1.201<br/>           Renversement av. avec 1/1 tour (360°)<br/>           pendant le 2e envol<br/> <i>Handspring forward on — 1/1 tum (360°) off</i><br/>           Überschlag vw. mit 1/1 Dre. (360°) i.d. 2.<br/>           Flugphase</p> <p>8.40 P.</p>  | <p>1.301<br/>           Renversement av. avec 2/1 tours (720°)<br/>           pendant le 2e envol<br/> <i>Handspring forward on — 2/1 tum (720°) off</i><br/>           Überschlag vw. mit 2/1 Dre. (720°) i.d. 2.<br/>           Flugphase</p> <p>9.20 P.</p>  | <p>1.401</p>  | <p>1.501</p>                   |
| <p>1.102</p>   | <p>1.202<br/>           Renversement av. avec 1½ tour (540°)<br/>           pendant le 2e envol<br/> <i>Handspring forward on — 1½ tum (540°) off</i><br/>           Überschlag vw. mit 1½ Dre. (540°) i.d. 2.<br/>           Flugphase</p> <p>8.60 P.</p>   | <p>1.302</p>  | <p>1.402<br/>           Renversement av. avec 2½ tours (900°)<br/>           pendant le 2e envol<br/> <i>Handspring forward on — 2½ tum (900°) off</i><br/>           Überschlag vw. mit 2½ Dre. (900°) i.d. 2.<br/>           Flugphase</p> <p>9.60 P.</p>  | <p>1.502</p>                   |



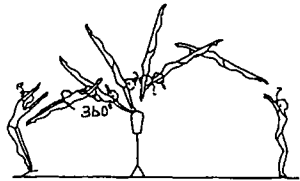
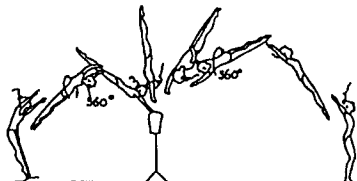
- GROUPE 1 - SAUTS SANS SALT (RENVERSEMENTS, YAMASHITAS) ET AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL DANS LE 1ER ET/OU LE 2ÈME ENVOL  
 GROUP 1 - VAULTS WITHOUT SALTO (HANDSPRINGS, YAMASHITAS) AND WITH OR WITHOUT LA TURNS IN 1ST AND/OR 2ND FLIGHT PHASE  
 GRUPPE 1 - SPRÜNGE OHNE SALT (ÜBERSCHLÄGE, YAMASHITAS) UND OHNE ODER MIT LA DREHUNGEN IN DER 1. UND/ODER 2. FLUGPHASE

| A (8.2 & <)  | B (8.3 — 8.9)   | C (9.0 — 9.4) | D (9.5— 9.7) | E (9.8 — 9.9) — Super E (10.0) |
|--|---|---------------|--------------|--------------------------------|
| 1.103<br>Yamashita<br>Yamashita<br>Yamashita<br>8.00 P.<br>  | 1.203   | 1.303         | 1.403        | 1.503                          |
| 1.104<br>Yamashita avec ½ tour (180°) pendant le 2e envol<br>Yamashita with ½ tum (180°) off<br>Yamashita mit ½ Dre. (180°) i.d. 2. Flugphase<br>8.20 P.<br> | 1.204<br>Yamashita avec 1/1 tour (360°) pendant le 2e envol<br>Yamashita with 1/1 tum (360°) off<br>Yamashita mit 1/1 Dre. (360°) i.d. 2. Flugphase<br>8.60 P.<br> | 1.304         | 1.404        | 1.504                          |

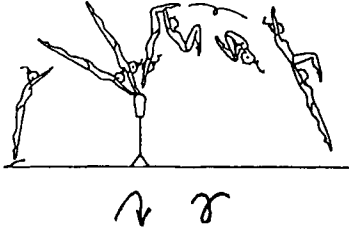
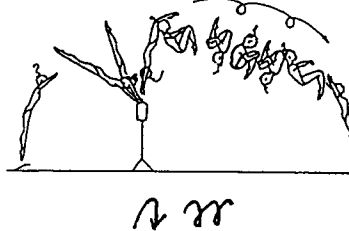
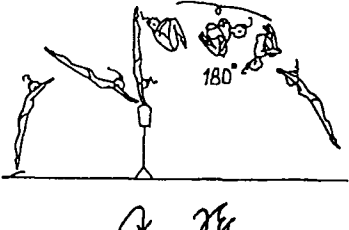
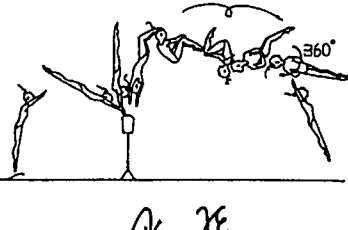
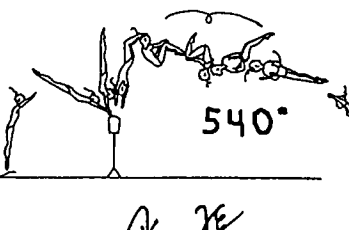
GROUPE 1 - SAUTS SANS SALT (RENVERSEMENTS, YAMASHITAS) ET AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL DANS LE 1ER ET/OU LE 2ÈME ENVOL  
 GROUP 1 - VAULTS WITHOUT SALTO (HANDSPRINGS, YAMASHITAS) AND WITH OR WITHOUT LA TURNS IN 1ST AND/OR 2ND FLIGHT PHASE  
 GRUPPE 1 - SPRÜNGE OHNE SALT (ÜBERSCHLÄGE, YAMASHITAS) UND OHNE ODER MIT LA DREHUNGEN IN DER 1. UND/ODER 2. FLUGPHASE

| A (8.2 & <)   | B (8.3 — 8.9)   | C (9.0 — 9.4)   | D (9.5— 9.7) | E (9.8 — 9.9) — Super E (10.0) |
|---|---|---|--------------|--------------------------------|
| <p>1.105<br/>           Renversement av. avec ½ tour (180°)<br/>           pendant le 1er — ½ tour (180°) pendant le 2e<br/>           envol<br/>           ½ tum (180°) on — ½ tum (180°) off (in<br/>           either direction)<br/>           Überschlag vv. mit ½ Dre. (180°) i.d. 1.<br/>           Flugphase und ½ Dre. (180°) i.d. 2.<br/>           Flugphase<br/>           8.00 P.</p>  | <p>1.205<br/>           Renversement av. avec ½ tour (180°)<br/>           pendant le 1er — 1/1 tour (360°) pendant le<br/>           2e envol<br/>           ½ tum (180°) on — 1/1 tum (360°) off<br/>           Überschlag vv. mit ½ Dre. (180°) i.d. 1.<br/>           Flugphase und 1/1 Dre. (360°) i.d. 2.<br/>           Flugphase<br/>           8.30 P.</p>  | <p>1.305<br/>           Renversement av. avec ½ tour (180°)<br/>           pendant le 1er — 2/1 tours (720°) pendant le<br/>           2e envol<br/>           ½ tum (180°) on — 2/1 tum (720°) off<br/>           Überschlag vv. mit ½ Dre. (180°) i.d. 1.<br/>           Flugphase und 2/1 Dre. (720°) i.d. 2.<br/>           Flugphase<br/>           9.10 P.</p>  | <p>1.405</p> | <p>1.505</p>                   |
| <p>1.106</p>  | <p>1.206<br/>           Renversement av. avec ½ tour (180°)<br/>           pendant le 1er — 1½ tour (540°) pendant le<br/>           2e envol<br/>           ½ tum (180°) on — 1½ tum (540°) off<br/>           Überschlag vv. mit ½ Dre. (180°) i.d. 1.<br/>           Flugphase und 1½ Dre. (540°) i.d. 2.<br/>           Flugphase<br/>           8.50 P.</p>   | <p>1.306</p>  | <p>1.406</p> | <p>1.506</p>                   |

- GROUPE 1 - SAUTS SANS SALTİ (RENVERSEMENTS, YAMASHITAS) ET AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL DANS LE 1ER ET/OU LE 2ÈME ENVOL  
 GROUP 1 - VAULTS WITHOUT SALTOS (HANDSPRINGS, YAMASHITAS) AND WITH OR WITHOUT LA TURNS IN 1ST AND/OR 2ND FLIGHT PHASE  
 GRUPPE 1 - SPRÜNGE OHNE SALTİ (ÜBERSCHLÄGE, YAMASHITAS) UND OHNE ODER MIT LA DREHUNGEN IN DER 1. UND/ODER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9)  | C (9.0 — 9.4)  | D (9.5 — 9.7) | E (9.8 — 9.9) — Super E (10.0) |
|-------------|--|--|---------------|--------------------------------|
| 1.107       | 1.207<br>Renversement av. avec 1/1 tour (360°)<br>pendant le 1er envol<br>1/1 tum (360°) on – Handspring off<br>Überschlag vw. mit 1/1 Dre. (360°) i.d. 1.<br>Flugphase<br>8.40 P. | 1.307<br>Renversement av. avec 1/1 tour (360°)<br>pendant le 1er – 1/1 tour (360°) pendant le<br>2e envol<br>1/1 tum (360°) on – 1/1 tum (360°) off<br>Überschlag vw. mit 1/1 Dre. (360°) i.d. 1.<br>Flugphase und 1/1 Dre. (360°) i.d. 2.<br>Flugphase<br>9.00 P. | 1.407         | 1.507                          |
|             |  <p style="text-align: center;">EV 1</p>  |  <p style="text-align: center;">EV 1/2</p>   |               |                                |

- GRUPE 2** - **RENVERSEMENTS AVANT AVEC OU SANS 1/1 TOUR (360°) PENDANT LE 1ER ENVOL – SALTO AVANT OU ARRIÈRE AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL**  
**GROUP 2** - **HANDSPRING FORWARD WITH OR WITHOUT 1/1 TURN (360°) IN ENTRY PHASE – SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE**  
**GRUPPE 2** - **ÜBERSCHLÄGE VORWÄRTS OHNE ODER MIT 1/1 DREHUNG (360°) IN DER EINGANGSPHASE – SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE**

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5 — 9.7)  | E (9.8 — 9.9) — Super E (10.0)  |
|-------------|---------------|---|--|---|
| 2.101       | 2.201         | 2.301<br>Renversement av. – salto av. groupé pendant le 2e envol<br><i>Handspring forward on – tucked salto forward off</i><br>Überschlag vw. – Salto vw. gehockt i.d. 2. Flugphase<br>9.20 P.<br>  | 2.401  | 2.501<br><b>Super E</b><br>Renversement av. – double salto av. groupé pendant le 2e envol<br><i>Handspring on – tucked double salto forward off</i><br>Überschlag vw. – Doppelsalto vw. gehockt i. d. 2. Flugphase<br>10.00 P.<br>                       |
| 2.102       | 2.202         | 2.302<br>Renversement av. – salto av. groupé avec ½ tour (180°) pendant le 2e envol<br><i>Handspring forward on – tucked salto forward with ½ turn (180°) off</i><br>Überschlag vw. – Salto vw. gehockt mit ½ Dre. (180°) i. d. 2. Flugphase<br>9.40 P.<br> | 2.402<br>Renversement av. – salto av. groupé avec 1/1 tour (360°) pendant le 2e envol<br><i>Handspring on – tucked salto forward with 1/1 turn (360°) off</i><br>Überschlag vw. – Salto vw. gehockt mit 1/1 Dre. (360°) i. d. 2. Flugphase<br>9.60 P.<br> | 2.502<br>Renversement av. – salto av. groupé avec 1½ tour (540°) pendant le 2e envol<br><i>Handspring on – tucked salto forward with 1½ turn (540°) off</i><br>Überschlag vw. – Salto vw. gehockt mit 1½ Dre. (540°) i. d. 2. Flugphase<br>9.80 P.<br> |

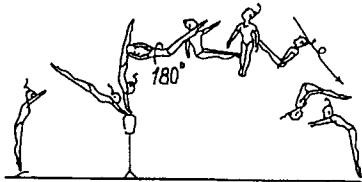
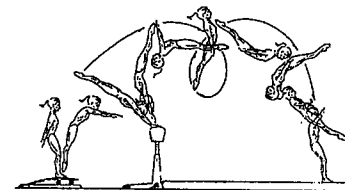
- GROUPE 2** - RENVERSEMENTS AVANT AVEC OU SANS 1/1 TOUR (360°) PENDANT LE 1ER ENVOL - SALTO AVANT OU ARRIÈRE AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
**GROUP 2** - HANDSPRING FORWARD WITH OR WITHOUT 1/1 TURN (360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
**GRUPPE 2** - ÜBERSCHLÄGE VORWÄRTS OHNE ODER MIT 1/1 DREHUNG (360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5— 9.7)   | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|---|--|--------------------------------|
| 2.103       | 2.203         | 2.303<br>Renversement av. - ½ tour (180°) et salto arr. groupé pendant le 2e envol (Cuervo)<br><i>Handspring forward on - ½ turn (180°) and tucked salto backward off (Cuervo)</i><br>Überschlag vw. - ½ Dre. (180°) und Salto rw. gehockt i. d. 2. Flugphase (Cuervo)<br>9.40 P. | 2.403<br>Renversement av. - ½ tour (180°) et salto arr. groupé avec ½ tour (180°) pendant le salto et le 2e envol (Cuervo avec ½ tour)<br><i>Handspring on - ½ turn (180°) and tucked salto backward with an additional ½ turn (180°) turn off (Cuervo with ½ turn)</i><br>Überschlag vw. - ½ Dre. (180°) und Salto rw. gehockt mit zusätzlicher ½ Dre. (180°) i. d. 2. Flugphase (Cuervo mit ½ Dre.)<br>9.60 P. | 2.503                          |
| 2.104       | 2.204         | 2.304<br>Renversement av. - salto av. carpé pendant le 2e envol<br><i>Handspring forward on - piked salto forward off</i><br>Überschlag vw. - Salto vw. gebückt i. d. 2. Flugphase<br>9.40 P.   | 2.404<br>Renversement av. - salto av. carpé avec ½ tour (180°) pendant le 2e envol<br><i>Handspring forward on - piked salto forward with ½ turn (180°) off</i><br>Überschlag vw. - Salto vw. gebückt mit ½ Dre. (180°) i. d. 2. Flugphase<br>9.60 P.  | 2.504                          |

GRUPE 2 - RENVERSEMENTS AVANT AVEC OU SANS 1/1 TOUR (360°) PENDANT LE 1ER ENVOL - SALTO AVANT OU ARRIERE AVEC OU SANS ROTATION AROUND DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL

GROUP 2 - HANDSPRING FORWARD WITH OR WITHOUT 1/1 TURN (360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

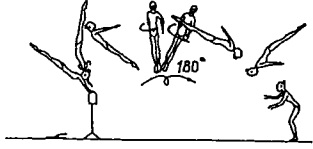
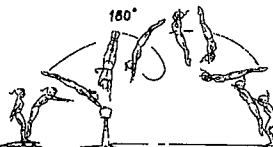
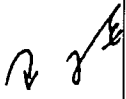
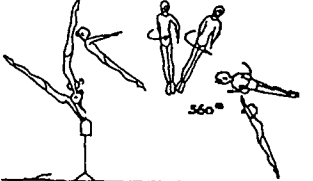
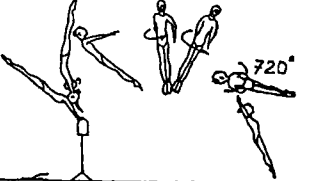
GRUPPE 2 - ÜBERSCHLÄGE VORWÄRTS OHNE ODER MIT 1/1 DREHUNG (360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4) | D (9.5— 9.7)  | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|---------------|---|--------------------------------|
| 2.105       | 2.205         | 2.305         | <p>2.405<br/>           Renversement av. - ½ tour (180°) et salto arr. carpé pendant le 2e envol (Cuervo)<br/> <i>Handspring forward on - ½ turn (180°) and piked salto backward off (Cuervo)</i><br/>           Überschlag vw. mit ½ Dre. (180°) und Salto rw. gebückt i. d. 2. Flugphase (Cuervo)<br/>           9.60 P.</p>  <p style="text-align: center;">↻ uuv</p> | 2.505                          |
| 2.106       | 2.206         | 2.306         | <p>2.406<br/>           Renversement av. - salto av. tendu pendant le 2e envol (Ewdokimova)<br/> <i>Handspring forward on - salto forward stretched off (Ewdokimova)</i><br/>           Überschlag vw. - Salto vw. gestreckt i. d. 2. Flugphase (Ewdokimova)<br/>           9.60 P.</p>  <p style="text-align: center;">↻ d</p>  | 2.506                          |

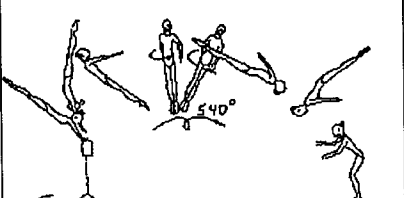
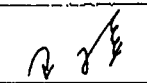
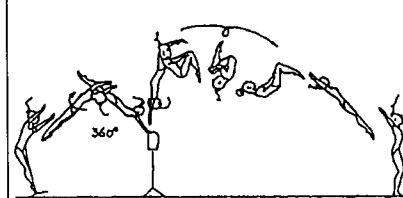
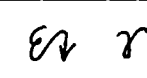
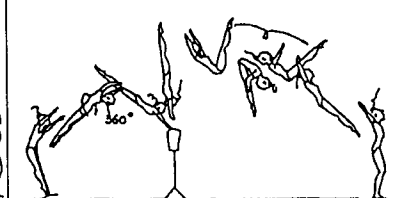
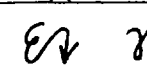
GRUPE 2 - RENVERSEMENTS AVANT AVEC OU SANS 1/1 TOUR (360°) PENDANT LE 1ER ENVOL - SALTO AVANT OU ARRIERE AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL

GROUP 2 - HANDSPRING FORWARD WITH OR WITHOUT 1/1 TURN (360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

GRUPPE 2 - ÜBERSCHLÄGE VORWÄRTS OHNE ODER MIT 1/1 DREHUNG (360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

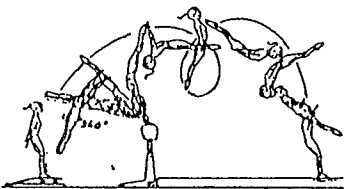
| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5 — 9.7)   | E (9.8 — 9.9) — Super E (10.0)  |
|-------------|---------------|---|---|---|
| 2.107       | 2.207         | 2.307<br>2.407<br>Renversement av. – salto av. tendu avec ½ tour (180°) pendant le 2e envol (Wang W.-G.)<br><i>Handspring on – stretched salto forward with ½ turn (180°) off (Wang W.-G.)</i><br>Überschlag vw. – Salto vw. gestreckt mit ½ Dre. (180°) i.d. 2. Flugphase (Wang W.-G.)<br><br>Renversement av. – ½ tour (180°) et salto arr. tendu pendant le 2e envol (Cuervo) (Polozkova)<br><i>Handspring on – ½ turn (180°) and stretched salto backward off (Cuervo) (Polozkova)</i><br>Überschlag vw. – ½ Dre. (180°) und Salto rw. gestreckt i.d. 2. Flugphase (Cuervo) (Polozkova)<br> | 2.507<br>Renversement av. – salto av. tendu avec 1/1 tour (360°) pendant le 2e envol<br><i>Handspring on – stretched salto forward with 1/1 turn (360°) off</i><br>Überschlag vw. – Salto vw. gestreckt mit 1/1 Dre. (360°) i.d. 2. Flugphase<br><br> | 9.80 P.<br>9.70 P.<br>9.80 P.   |
|             |               |   |   | 2.607<br><b>Super E</b><br>Renversement av. – salto av. tendu avec 2/1 tours (720°) pendant le 2e envol<br><i>Handspring on – stretched salto forward with 2/1 turn (720°) off</i><br>Überschlag vw. – Salto vw. gestreckt mit 2/1 Dre. (720°) i.d. 2. Flugphase<br><br>10.00 P. |

- GROUPE 2** - **RENVERSEMENTS AVANT AVEC OU SANS 1/1 TOUR (360°) PENDANT LE 1ER ENVOL - SALTO AVANT OU ARRIÈRE AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL**  
**GROUP 2** - **HANDSPRING FORWARD WITH OR WITHOUT 1/1 TURN (360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE**  
**GRUPPE 2** - **ÜBERSCHLÄGE VORWÄRTS OHNE ODER MIT 1/1 DREHUNG (360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE**

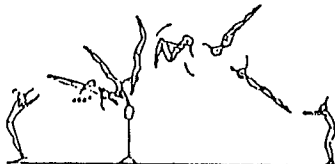
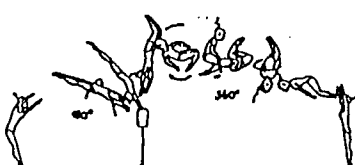

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4) | D (9.5 — 9.7)   | E (9.8 — 9.9) — Super E (10.0)   |
|-------------|---------------|---------------|---|--|
| 2.108       | 2.208         | 2.308         | 2.408   | 2.508<br>Renversement av. – salto av. tendu avec 1½ tour (540°) pendant le 2e envol<br><i>Handspring on – stretched salto forward with 1½ turn (540°) off</i><br>Überschlag vv. – Salto vv. gestreckt mit 1½ Dre. (540°) i.d. 2. Flugphase<br>9.90 P.<br><br>                      |
| 2.109       | 2.209         | 2.309         | 2.409<br>Renversement av. avec 1/1 tour (360°) pendant le 1er – salto av. groupé pendant le 2e envol<br><i>1/1 turn (360°) on – tucked salto forward off</i><br>Überschlag vv. mit 1/1 Dre. (360°) i.d. 2. Flugphase und Salto vv. gehockt i.d. 2. Flugphase<br>9.70 P.<br><br> | 2.509<br>Renversement av. avec 1/1 tour (360°) pendant le 1er – salto av. carapé pendant le 2e envol<br><i>1/1 turn (360°) on – piked salto forward off</i><br>Überschlag vv. mit 1/1 Dre. (360°) i.d. 2. Flugphase und Salto vv. gebückt i.d. 2. Flugphase<br>9.80 P.<br><br> |



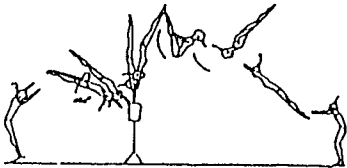
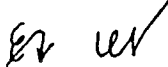
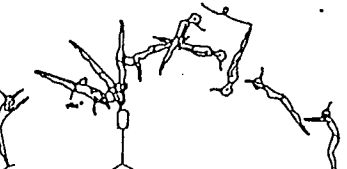
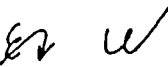
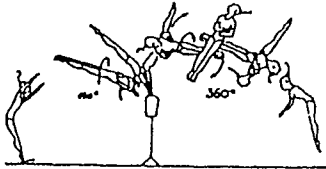
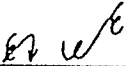
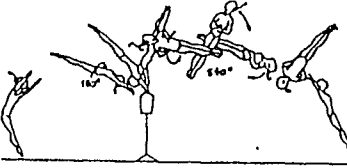
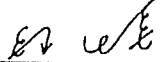
- GROUPE 2 - RENVERSEMENTS AVANT AVEC OU SANS 1/1 TOUR (360°) PENDANT LE 1ER ENVOL - SALTO AVANT OU ARRIÈRE AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
 GROUP 2 - HANDSPRING FORWARD WITH OR WITHOUT 1/1 TURN (360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
 GRUPPE 2 - ÜBERSCHLÄGE VORWÄRTS OHNE ODER MIT 1/1 DREHUNG (360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4) | D (9.5— 9.7) | E (9.8 — 9.9) — Super E (10.0)  |
|-------------|---------------|---------------|--------------|---|
|             |               |               |              | <p>2.609 Super E</p> <p>Renversement av. avec 1/1 tour (360°) pendant le 1er - salto av. tendu pendant le 2e envol<br/>           1/1 turn (360°) on - stretched salto forward off<br/>           Überschlag vw. mit 1/1 Dre. (360°) i.d. 2. Flugphase und Salto vw. gestreckt i.d. 2. Flugphase</p> <p style="text-align: right;">10.00 P.</p>  <p style="text-align: center;">ER 2</p> |

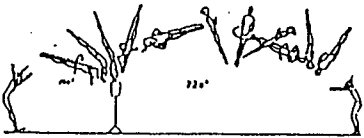

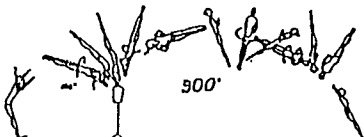

**GROUPE 3** - RENVERSEMENTS AVEC  $\frac{1}{4}$  -  $\frac{1}{2}$  TOUR (90°-180°) PENDANT LE 1ER ENVOL (1ÈRE PHASE DU TSUKAHARA) - SALTO ARRIÈRE OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
**GROUP 3** - HANDSPRING WITH  $\frac{1}{4}$  -  $\frac{1}{2}$  TURN (90°-180°) IN ENTRY PHASE (TSUKAHARA ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
**GRUPPE 3** - ÜBERSCHLÄGE VORWÄRTS MIT  $\frac{1}{4}$  -  $\frac{1}{2}$  DREHUNG (90°-180°) IN DER EINGANGSPHASE (TSUKAHARA EINGANG) - SALTO RÜCKWÄRTS ODER VORWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9)   | C (9.0 — 9.4)   | D (9.5— 9.7)   | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---|---|--|--------------------------------|
| 3.101       | 3.201<br>Tsukahara groupé<br>Tsukahara tucked<br>Tsukahara gehockt<br>8.90 P.                     | 3.301   | 3.401  | 3.501                          |
|             | <br><i>ET UN</i> |   |  |                                |
| 3.102       | 3.202   | 3.302<br>Tsukahara groupé avec 1/1 tour (360°)<br>Tsukahara tucked with 1/1 turn (360°) off<br>Tsukahara gehockt mit 1/1 Dre. (360°)<br>9.30 P. | 3.402<br>Tsukahara groupé avec 1½ tour (540°)<br>Tsukahara tucked with 1½ turn (540°) off<br>Tsukahara gehockt mit 1½ Dre. (540°)<br>9.50 P. | 3.502                          |
|             |   | <br><i>ET UN</i>  | <br><i>ET UN</i>  |                                |

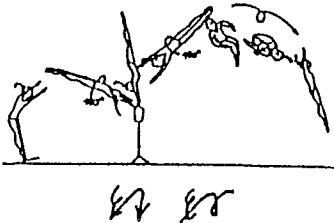
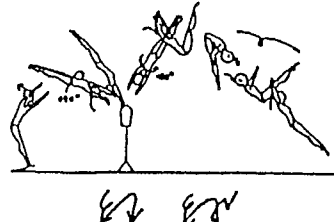

- GROUPE 3 - RENVERSEMENTS AVEC ¼ - ½ TOUR (90°-180°) PENDANT LE 1ER ENVOL (1ÈRE PHASE DU TSUKAHARA) - SALTO ARRIÈRE OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
 GROUP 3 - HANDSPRING WITH ¼ - ½ TURN (90°-180°) IN ENTRY PHASE (TSUKAHARA ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
 GRUPPE 3 - ÜBERSCHLÄGE VORWÄRTS MIT ¼ - ½ DREHUNG (90°-180°) IN DER EINGANGSPHASE (TSUKAHARA EINGANG) - SALTO RÜCKWÄRTS ODER VORWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)  | D (9.5— 9.7)  | E (9.8 — 9.9) — Super E (10.0)   |
|-------------|---------------|--|---|--|
| 3.103       | 3.203         | 3.303<br>Tsukahara carpé<br>Tsukahara plked<br>Tsukahara gebückt<br>9.00 P. <br>           | 3.403   | 3.503  |
| 3.104       | 3.204         | 3.304<br>Tsukahara tendu<br>Tsukahara stretched<br>Tsukahara gestreckt<br>9.10 P. <br> | 3.404<br>Tsukahara tendu avec 1/1 tour (360°)<br>Tsukahara stretched with 1/1 tum (360°) off<br>Tsukahara gestreckt mit 1/1 Dre. (360°)<br>9.50 P. <br> | 3.504<br>Tsukahara tendu avec 1½ tour (540°)<br>Tsukahara stretched with 1½ tum (540°) off<br>Tsukahara gestreckt mit 1½ Dre. (540°)<br>9.80 P. <br> |

- GROUPE 3** - RENVERSEMENTS AVEC  $\frac{1}{4}$  -  $\frac{1}{2}$  TOUR (90°-180°) PENDANT LE 1ER ENVOL (1ÈRE PHASE DU TSUKAHARA) - SALTO ARRIÈRE OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
**GROUP 3** - HANDSPRING WITH  $\frac{1}{4}$  -  $\frac{1}{2}$  TURN (90°-180°) IN ENTRY PHASE (TSUKAHARA ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE.  
**GRUPPE 3** - ÜBERSCHLÄGE VORWÄRTS  $\frac{1}{4}$  -  $\frac{1}{2}$  DREHUNG (90°-180°) IN DER EINGANGSPHASE (TSUKAHARA EINGANG) - SALTO RÜCKWÄRTS ODER VORWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4) | D (9.5 — 9.7) | E (9.8 — 9.9) — Super E (10.0)   |
|-------------|---------------|---------------|---------------|--|
| 3.105       | 3.205         | 3.305         | 3.405         | 3.505<br>Tsukahara tendu avec 2/1 tours (720°)<br><i>Tsukahara stretched with 2/1 turn (720°) off</i><br>Tsukahara gestreckt mit 2/1 Dre. (720°)<br>9.90 P.<br><br>                    |
|             |               |               |               | 3.605 Super E<br>Tsukahara tendu avec 2 1/2 tours (900°)<br><i>Tsukahara stretched with 2 1/2 turn (900°) off</i><br>Tsukahara gestreckt mit 2 1/2 Dre. (900°)<br>10.00 P.<br><br> |

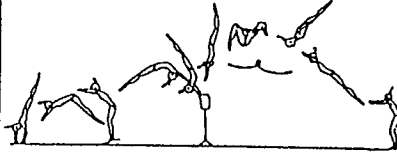

- GRUPE 3** - RENVERSEMENTS AVEC ¼ - ½ TOUR (90°-180°) PENDANT LE 1ER ENVOL (1ÈRE PHASE DU TSUKAHARA) - SALTO ARRIÈRE OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
**GROUP 3** - HANDSPRING WITH ¼ - ½ TURN (90°-180°) IN ENTRY PHASE (TSUKAHARA ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
**GRUPPE 3** - ÜBERSCHLÄGE VORWÄRTS ¼ - ½ DREHUNG (90°-180°) IN DER EINGANGSPHASE (TSUKAHARA EINGANG) - SALTO RÜCKWÄRTS ODER VORWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5 — 9.7)  | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|---|--|--------------------------------|
| 3.106       | 3.206         | 3.306<br>Renversement av. avec ½ tour (180°) pendant le 1er - ½ tour (180°) et salto av. groupé pendant le 2e envol<br><i>½ tum (180°) on - ½ tum (180°) with tucked salto forward off</i><br>Überschlag vv. mit ½ Dre. (180°) l. d. 1. Flugphase und ½ Dre. (180°) mit Salto vv. geh. l. d. 2. Flugphase<br>9.30 P.<br>    | 3.406  | 3.506                          |
| 3.107       | 3.207         | 3.307<br>Renversement av. avec ½ tour (180°) pendant le 1er - ½ tour (180°) et salto av. carpé pendant le 2e envol<br><i>½ tum (180°) on - ½ tum (180°) with piked salto forward off</i><br>Überschlag vv. mit ½ Dre. (180°) l. d. 1. Flugphase und ½ Dre. (180°) mit Salto vv. gebückt l. d. 2. Flugphase<br>9.40 P.<br> | 3.407<br>Renversement av. avec ½ tour (180°) pendant le 1er - ½ tour (180°) et salto av. tendu pendant le 2e envol (Phelps)<br><i>½ tum (180°) on - ½ tum (180°) and stretched salto forward off (Phelps)</i><br>Überschlag vv. mit ½ Dre. (180°) l. d. 1. Flugphase und ½ Dre. (180°) mit Salto vv. gestreckt l. d. 2. Flugphase (Phelps)<br>9.50 P.<br> | 3.507                          |

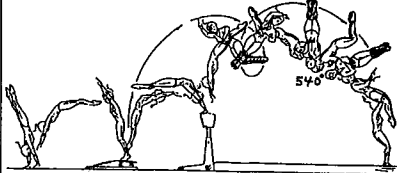
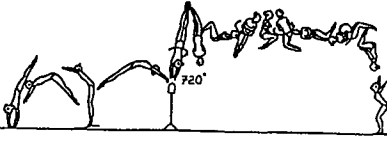
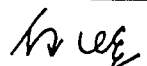

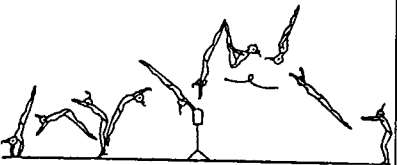
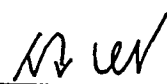
GRUPE 4 - RONDADE PENDANT LE 1ER ENVOL (1ÈRE PHASE DU YURCHENKO) - SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL  
 PENDANT LE 2ÈME ENVOL

GROUP 4 - ROUND-OFF ENTRY PHASE (YURCHENKO ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

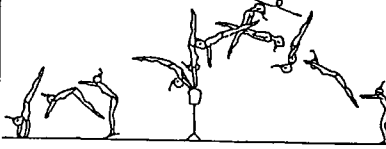
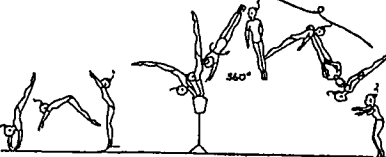
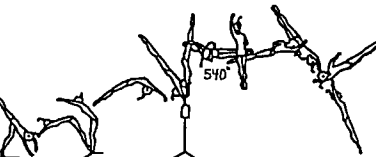

GRUPPE 4 - RONDAT IN DER EINGANGSPHASE (YURCHENKO EINGANG) - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9)  | C (9.0 — 9.4)   | D (9.5 — 9.7) | E (9.8 — 9.9) — Super E (10.0) |
|-------------|--|---|---------------|--------------------------------|
| 4.101       | 4.201<br>Rondade - flic-flac - salto arr. groupé pendant le 2 <sup>e</sup> envol<br>Round-off, flic-flac on - tucked salto backward off<br>Rondat - Flick-Flack - Salto rw. gehockt i. d. 2. Flugphase<br>8.90 P.<br> <p style="text-align: center;"><i>new</i></p> | 4.301   | 4.401         | 4.501                          |
| 4.102       | 4.202  | 4.302<br>Rondade - flic-flac - salto arr. groupé avec 1/1 tour (360°) pendant le 2 <sup>e</sup> envol<br>Round-off, flic-flac on - tucked salto backward with 1/1 turn (360°) off<br>Rondat - Flick-Flack - Salto rw. gehockt mit 1/1 Dre. (360°) i. d. 2. Flugphase<br>9.20 P.<br> <p style="text-align: center;"><i>new</i></p> | 4.402         | 4.502                          |

- GROUPE 4** - RONDADE PENDANT LE 1ER ENVOL (1ÈRE PHASE DU YURCHENKO) - SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL  
 PENDANT LE 2ÈME ENVOL  
**GROUP 4** - **ROUND-OFF ENTRY PHASE (YURCHENKO ENTRY)** - **SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE**  
**GRUPPE 4** - RONDAT IN DER EINGANGSPHASE (YURCHENKO EINGANG) - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

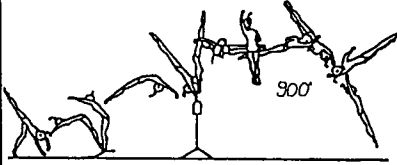
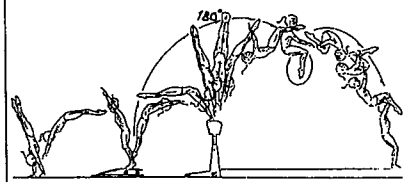
| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)  | D (9.5 — 9.7)   | E (9.8 — 9.9) — Super E (10.0) |  |
|-------------|---------------|--|---|--------------------------------|--|
| 4.103       | 4.203         | 4.303<br>Rondade – flic-flac – salto arr. groupé avec<br>1½ tour (540°) pendant le 2e envol<br><i>Round-off, flic-flac on – tucked salto<br/>           backward with 1½ turn (540°) off</i><br>Rondat – Flick-Flack – Salto rw. gehockt<br>mit 1½ Dre. (540°) i. d. 2. Flugphase<br>9.40 P. | 4.403<br>Rondade – flic-flac – salto arr. groupé avec<br>2/1 tours (720°) pendant le 2e envol<br>(Dungelova)<br><i>Round-off, flic-flac on – tucked salto<br/>           backward with 2/1 turn (720°) off<br/>           (Dungelova)</i><br>Rondat – Flick-Flack – Salto rw. gehockt<br>mit 2/1 Dre. (720°) i. d. 2. Flugphase<br>(Dungelova)<br>9.60 P. | 4.503                          |  |
|             |               |    |    |                                |  |
|             |               |    |    |                                |  |
| 4.104       | 4.204         | 4.304<br>Rondade – flic-flac – salto arr. carpé<br>pendant le 2e envol<br><i>Round-off, flic-flac on – piked salto<br/>           backward off</i><br>Rondat – Flick-Flack – Salto rw. gebückt i.<br>d. 2. Flugphase<br>9.00 P.  | 4.404   | 4.504                          |  |
|             |               |    |   |                                |  |
|             |               |    |   |                                |  |

**GROUPE 4 - RONDADE PENDANT LE 1ER ENVOL (1ÈRE PHASE DU YURCHENKO) - SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL**  
**GROUP 4 - ROUND-OFF ENTRY PHASE (YURCHENKO ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE**  
**GRUPPE 4 - RONDAT IN DER EINGANGSPHASE (YURCHENKO EINGANG) - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE**

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5— 9.7)   | E (9.8 — 9.9) — Super E (10.0)   |
|-------------|---------------|---|--|--|
| 4.105       | 4.205         | 4.305<br>Rondade – flic-flac – salto arr. tendu pendant le 2e envol<br>Round-off, flic-flac on – stretched salto backward off<br>Rondat – Flick-Flack – Salto rw. gestreckt i. d. 2. Flugphase<br>9.10 P.   | 4.405  | 4.505  |
|             |               | <br><i>rw</i>   |  |  |
| 4.106       | 4.206         | 4.306<br>Rondade – flic-flac – salto arr. tendu avec 1/1 tour (360°) pendant le 2e envol<br>Round-off, flic-flac on – stretched salto backward with 1/1 turn (360°) off<br>Rondat – Flick-Flack – Salto rw. gestreckt mit 1/1 Dre. (360°) i. d. 2. Flugphase<br>9.40 P. | 4.406<br>Rondade – flic-flac – salto arr. tendu avec 1½ tour (540°) pendant le 2e envol<br>Round-off, flic-flac on – stretched salto backward with 1½ turn (540°) off<br>Rondat – Flick-Flack – Salto rw. gestreckt mit 1½ Dre. (540°) i. d. 2. Flugphase<br>9.70 P. | 4.506<br>Rondade – flic-flac – salto arr. tendu avec 2/1 tours (720°) pendant le 2e envol<br>Round-off, flic-flac on – stretched salto backward with 2/1 turn (720°) off<br>Rondat – Flick-Flack – Salto rw. gestreckt mit 2/1 Dre. (720°) i. d. 2. Flugphase<br>9.80 P. |
|             |               | <br><i>rwE</i>  | <br><i>rwE</i>  | <br><i>rwE</i>  |



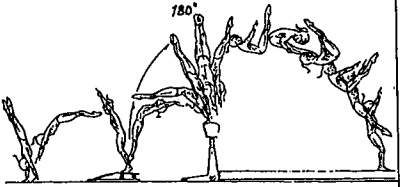
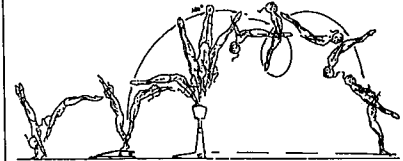
- GROUPE 4 - RONDADE PENDANT LE 1ER ENVOL (1ÈRE PHASE DU YURCHENKO) - SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL  
 PENDANT LE 2ÈME ENVOL  
 GROUP 4 - ROUND-OFF ENTRY PHASE (YURCHENKO ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
 GRUPPE 4 - RONDAT IN DER EINGANGSPHASE (YURCHENKO EINGANG) - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5 — 9.7) | E (9.8 — 9.9) — Super E (10.0)   |
|-------------|---------------|---|---------------|--|
|             |               |   |               | <p>4.606 <b>Super E</b><br/>           Rondade – flic-flac – salto arr. tendu avec 2½ tours (900°) pendant le 2e envol (Amanar)<br/>           Round-off, flic-flac on – stretched salto backward with 2½ turn (900°) off (Amanar)<br/>           Rondat – Flick-Flack – Salto rw. gestreckt mit 2½ Dre. (900°) i. d. 2. Flugphase (Amanar)</p> <p style="text-align: right;">10.0 P.</p>  <p style="text-align: center;"><i>rw</i></p> |
| 4.107       | 4.207         | <p>4.307<br/>           Rondade – flic-flac – ½ tour (180°) et salto av. groupé pendant le 2e envol (Peneva)<br/>           Round-off, flic-flac on – ½ turn (180°) and salto forward tucked off (Peneva)<br/>           Rondat – Flick-Flack – ½ Dre. (180°) und Salto vw. gehockt i. d. 2. Flugphase (Peneva)</p> <p style="text-align: right;">9.20 P.</p>  <p style="text-align: center;"><i>rw</i></p> | 4.407         | 4.507  |

GRUPE 4 - RONDADE PENDANT LE 1ER ENVOL (1ÈRE PHASE DU YURCHENKO) - SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL  
PENDANT LE 2ÈME ENVOL

GROUP 4 - ROUND-OFF ENTRY PHASE (YURCHENKO ENTRY) - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

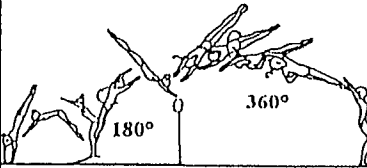
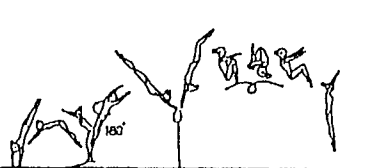


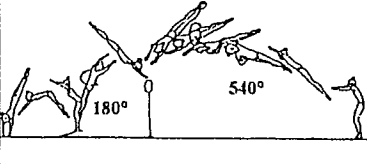
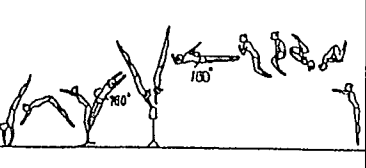
GRUPPE 4 - RONDAT IN DER EINGANGSPHASE (YURCHENKO EINGANG) - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)  | D (9.5— 9.7) | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|--|--------------|--------------------------------|
| 4.108       | 4.208         | <p>4.308<br/>Rondade – flic-flac – ½ tour (180°) et salto av. carpé pendant le 2e envol<br/><i>Round-off, flic-flac on – ½ tum (180°) and salto forward piked off</i><br/>Rondat – Flick-Flack – ½ Dre. (180°) und Salto vv. gebückt i. d. 2. Flugphase</p> <p>9.30 P.</p>  <p><i>180°</i></p> <p><i>to 2nd</i></p>  | 4.408        | 4.508                          |
| 4.109       | 4.209         | <p>4.309<br/>Rondade – flic-flac – ½ tour (180°) et salto av. tendu pendant le 2e envol (Hristakieva)<br/><i>Round-off, flic-flac on – ½ tum (180°) and salto forward stretched off (Hristakieva)</i><br/>Rondat – Flick-Flack i. d. 1. Flugphase – ½ Dre. (180°) mit Salto vv. gestreckt i. d. 2. Flugphase (Hristakieva)</p> <p>9.40 P.</p>  <p><i>180°</i></p> <p><i>to 2nd</i></p> | 4.409        | 4.509                          |

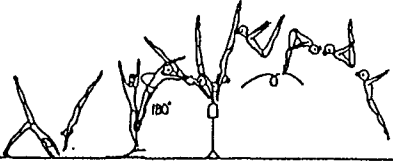
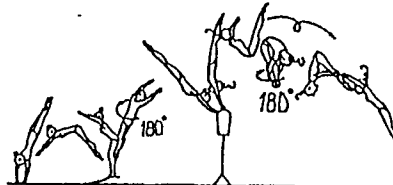
GRUPE 5 - RONDADE AVEC 1/2 OU 1/1 TOUR (180°-360°) PENDANT LE 1ER ENVOL - RENVERSEMENT EN AVANT OU SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL

GROUP 5 - ROUND-OFF WITH 1/2 OR 1/1 TURN (180°-360°) IN ENTRY PHASE - HANDSPRING OR SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE

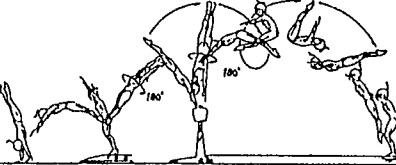

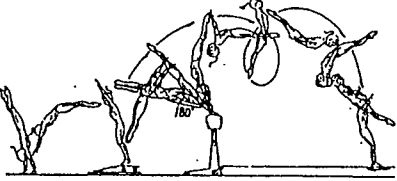
GRUPPE 5 - RONDAT MIT 1/2 ODER 1/1 DREHUNG (180°-360°) IN DER EINGANGSPHASE - ÜBERSCHLAG ODER SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <)  | B (8.3 — 8.9)  | C (9.0 — 9.4)   | D (9.5 — 9.7)  | E (9.8 — 9.9) — Super E (10.0)   |
|--------------|--|---|--|--|
| <p>5.101</p> | <p>5.201</p> <p>Rondade – flic-flac avec 1/2 tour (180°) pendant le 1er – Renversement 1/1 tour (360°) pendant le 2e envol<br/> <i>Round-off, flic-flac with 1/2 tum (180°) on – Handspring 1/1 tum (360°) off</i><br/>           Rondat – Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase – Überschlag mit 1/1 Dre. (360°) i.d. 2. Flugphase</p> <p style="text-align: right;">8.50 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 360°</i></p>         | <p>5.301</p> <p>Rondade – flic-flac avec 1/2 tour (180°) pendant le 1er – salto av. groupé pendant le 2e envol (Ivancheva)<br/> <i>Round-off, flic-flac with 1/2 tum (180°) on – tucked salto forward off (Ivancheva)</i><br/>           Rondat – Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase – Salto vw. gehockt i. d. 2. Flugphase (Ivancheva)</p> <p style="text-align: right;">9.30 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180°</i></p> | <p>5.401</p> <p>Rondade – flic-flac avec 1/2 tour (180°) pendant le 1er – salto av. groupé avec 1/2 tour (180°) pendant le 2e envol (Servente)<br/> <i>Round-off, flic-flac with 1/2 tum (180°) on – salto forward tucked with 1/2 tum (180°) off (Servente)</i><br/>           Rondat – Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase – Salto vw. gehockt mit 1/2 Dre. (180°) i. d. 2. Flugphase (Servente)</p> <p style="text-align: right;">9.50 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180°</i></p> | <p>5.501</p> <p>Rondade – flic-flac avec 1/2 tour (180°) pendant le 1er – salto av. groupé avec 1 1/2 tour (540°) pendant le 2e envol (Khorkina)<br/> <i>Round-off flic-flac with 1/2 tum (180°) on – tucked salto forward with 1 1/2 tum (540°) off (Khorkina)</i><br/>           Rondat – Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase – Salto vw. gehockt mit 1 1/2 Dre. i.d. 2. Flugphase (Khorkina)</p> <p style="text-align: right;">9.90 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 540°</i></p> |
| <p>5.102</p> | <p>5.202</p> <p>Rondade – flic-flac avec 1/2 tour (180°) pendant le 1er – Renversement 1 1/2 tour (540°) pendant le 2e envol<br/> <i>Round-off, flic-flac with 1/2 tum (180°) on – Handspring 1 1/2 tum (540°) off</i><br/>           Rondat – Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase – Überschlag mit 1 1/2 Dre. (540°) i.d. 2. Flugphase</p> <p style="text-align: right;">8.70 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 540°</i></p> | <p>5.302</p>  | <p>5.402</p> <p>Rondade – flic-flac avec 1/2 tour (180°) pendant le 1er – 1/2 tour (180°) et salto arr. groupé pendant le 2e envol (Mróz)<br/> <i>Round-off, flic-flac with 1/2 tum (180°) on – 1/2 tum (180°) and tucked salto backward off (Mróz)</i><br/>           Rondat – Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase – 1/2 Dre. (180°) und Salto rw. gehockt i. d. 2. Flugphase (Mróz)</p> <p style="text-align: right;">9.50 P.</p>  <p style="text-align: center;"><i>Handwritten notation: 180° 180°</i></p>       | <p>5.502</p>   |



- GROUPE 5 - RONDADE AVEC 1/2 OU 1/1 TOUR (180°-360°) PENDANT LE 1ER ENVOL - RENVERSERMENT EN AVANT OU SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
 GROUP 5 - ROUND-OFF WITH 1/2 OR 1/1 TURN (180°-360°) IN ENTRY PHASE - HANDSPRING OR SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
 GRUPPE 5 - RONDAT MIT 1/2 ODER 1/1 DREHUNG (180°-360°) IN DER EINGANGSPHASE - ÜBERSCHLAG ODER SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4) | D (9.5— 9.7)   | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|---------------|--|--------------------------------|
| 5.103       | 5.203         | 5.303         | 5.403<br>Rondade - flic-flac avec 1/2 tour (180°) pendant le 1er - salto av. carpé pendant le 2e envol (Omelianchik)<br>Round-off, flic-flac with 1/2 turn (180°) on - piked salto forward off (Omelianchik)<br>Rondat - Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase - Salto vw. gebückt i. d. 2. Flugphase (Omelianchik)<br>9.50 P.<br>   | 5.503                          |
| 5.104       | 5.204         | 5.304         | 5.404<br>Rondade - flic-flac avec 1/2 tour (180°) pendant le 1er - salto av. carpé avec 1/2 tour (180°) pendant le 2e envol (Podkopayeva)<br>Round-off, flic-flac with 1/2 turn (180°) on - piked salto forward with 1/2 turn (180°) off (Podkopayeva)<br>Rondat - Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase - Salto vw. gebückt mit 1/2 Dre. (180°) i. d. 2. Flugphase (Podkopayeva)<br>9.70 P.<br> | 5.504                          |

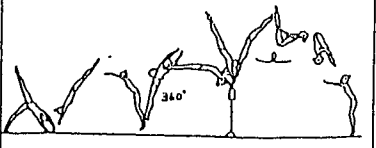
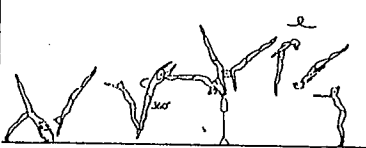
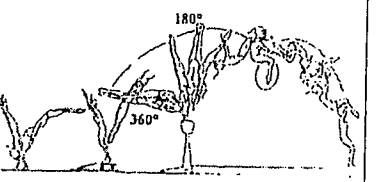
- GROUPE 5 - RONDADE AVEC 1/2 OU 1/1 TOUR (180°-360°) PENDANT LE 1ER ENVOL - RENSEMEMENT EN AVANT OU SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
 GROUP 5 - ROUND-OFF WITH 1/2 OR 1/1 TURN (180°-360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
 GRUPPE 5 - RONDAT MIT 1/2 ODER 1/1 DREHUNG (180°-360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

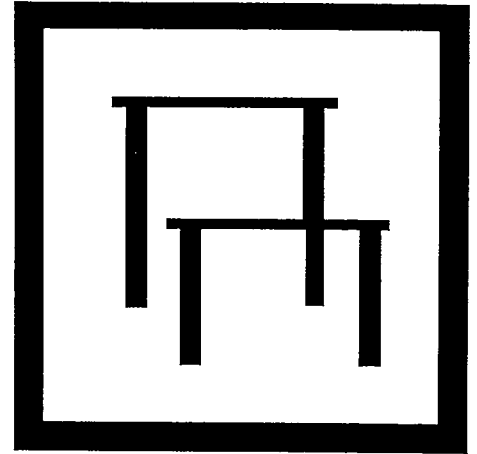
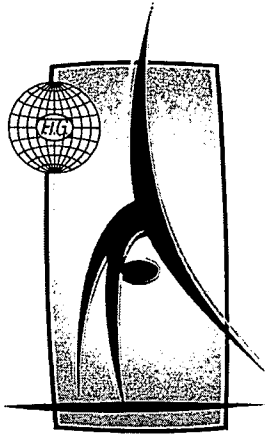
| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)   | D (9.5— 9.7)  | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|---|---|--------------------------------|
| 5.105       | 5.205         | 5.305<br>5.405<br>Rondade - flic-flac avec 1/2 tour (180°) pendant le 1er - 1/2 tour (180°) et salto arr. carpé pendant le 2e envol (Chorkina)<br>Round-off, flic-flac with 1/2 turn (180°) on - 1/2 turn (180°) and piked salto backward off (Chorkina)<br>Rondat - Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase - 1/2 Dre. (180°) und Salto rw. gebückt (Chorkina)<br>9.70 P.  <p style="text-align: center;"><i>Handwritten: 180° 180°</i></p> | 5.505<br>Rondade - flic-flac avec 1/2 tour (180°) pendant le 1er - 1/2 tour (180°) et salto arr. tendu pendant le 2e envol ou - salto av. tendu avec 1/2 tour (180°) pendant le 2e envol (López)<br>Round-off, flic-flac with 1/2 turn (180°) on - 1/2 turn (180°) - stretched salto backward off or - salto forward stretched with 1/2 turn (180°) off (López)<br>Rondat - Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase - 1/2 Dre. (180°) und Salto rw. gestreckt oder - Salto vw. gestreckt mit 1/2 Dre (180°) i. d. 2. Flugphase (López)<br>9.80 P.  <p style="text-align: center;"><i>Handwritten: 180° 180°</i></p> |                                |
| 5.106       | 5.206         | 5.306   | 5.406<br>Rondade - flic-flac avec 1/2 tour (180°) pendant le 1er - salto av. tendu pendant le 2e envol<br>Round-off, flic-flac with 1/2 turn (180°) on - stretched salto forward off<br>Rondat - Flick-Flack mit 1/2 Dre. (180°) i. d. 1. Flugphase - Salto vw. gestreckt i. d. 2. Flugphase<br>9.70 P.  <p style="text-align: center;"><i>Handwritten: 180°</i></p>   | 5.506                          |

- GROUPE 5** - RONDADE AVEC ¼ OU 1/1 TOUR (180°-360°) PENDANT LE 1ER ENVOL - RENVÈREMENT EN AVANT OU SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE LONGITUDINAL PENDANT LE 2ÈME ENVOL  
**GROUP 5** - ROUND-OFF WITH ¼ OR 1/1 TURN (180°-360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
**GRUPPE 5** - RONDAT MIT ¼ ODER 1/1 DREHUNG (180°-360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4)  | D (9.5 — 9.7)   | E (9.8 — 9.9) — Super E (10.0) |
|-------------|---------------|--|---|--------------------------------|
| 5.107       | 5.207         | 5.307<br>Rondade – flic-flac avec 1/1 tour (360°) pendant le 1er – renversement av. avec 1/1 tour (360°) pendant le 2e envol<br><i>Round-off, flic-flac with 1/1 turn (360°) on – 1/1 turn (360°) off</i><br>Rondat – Flick-Flack mit 1/1 Dre. (360°) i. d. 1. Flugphase – Überschlag vw. mit 1/1 Dre. (360°) i. d. 2. Flugphase<br>9.20 P.<br><br><i>REV ME</i> | 5.407   | 5.507                          |
| 5.108       | 5.208         | 5.308  | 5.408<br>Rondade – flic-flac avec 1/1 tour (360°) pendant le 1er – salto arr. groupé pendant le 2e envol (Luconi)<br><i>Round-off, flic-flac with 1/1 turn (360°) on – tucked salto backward off (Luconi)</i><br>Rondat – Flick-Flack mit 1/1 Dre. (360°) i. d. 1. Flugphase – Salto rw. gehockt i. d. 2. Flugphase (Luconi)<br>9.50 P.<br><br><i>REV VE</i> | 5.508                          |

GROUPE 5 - RONDADE AVEC 1/2 OU 1/1 TOUR (180°-360°) PENDANT LE 1ER ENVOL - RENVERSEMENT EN AVANT OU SALTO ARRIÈRE SANS OU AVANT AVEC OU SANS ROTATION AUTOUR DE L'AXE  
 LONGITUDINAL PENDANT LE 2ÈME ENVOL  
 GROUP 5 - ROUND-OFF WITH 1/2 OR 1/1 TURN (180°-360°) IN ENTRY PHASE - SALTO FORWARD OR BACKWARD WITH OR WITHOUT LA TURN IN 2ND FLIGHT PHASE  
 GRUPPE 5 - RONDAT MIT 1/2 ODER 1/1 DREHUNG (180°-360°) IN DER EINGANGSPHASE - SALTO VORWÄRTS ODER RÜCKWÄRTS OHNE ODER MIT LA DREHUNG IN DER 2. FLUGPHASE

| A (8.2 & <) | B (8.3 — 8.9) | C (9.0 — 9.4) | D (9.5— 9.7)   | E (9.8 — 9.9) — Super E (10.0)  |
|-------------|---------------|---------------|--|---|
| 5.109       | 5.209         | 5.309         | 5.409<br>Rondade - flic-flac avec 1/1 tour (360°) pendant le 1er - salto arr. carpé pendant le 2e envol<br><i>Round-off, flic-flac with 1/1 turn (360°) on-piked salto backward off</i><br>Rondat - Flick-Flack mit 1/1 Dre. (360°) i. d. 1. Flugphase - Salto rw. gebückt i. d. 2. Flugphase<br>9.70 P. <br><i>NEV UN</i>  | 5.509<br>Rondade - flic-flac avec 1/1 tour (360°) pendant le 1er - salto arr. tendu pendant le 2e envol<br><i>Round-off, flic-flac with 1/1 turn (360°) on-stretched salto backward off</i><br>Rondat - Flick-Flack mit 1/1 Dre. (360°) i. d. 1. Flugphase - Salto rw. gestreckt i. d. 2. Flugphase<br>9.80 P. <br><i>NEV UN</i> |
| 5.110       | 5.210         | 5.310         | 5.410<br>Rondade - flic-flac avec 1/1 tour (360°) pendant le 1er - 1/2 tour (180°), salto en av. pendant le 2e envol<br><i>Round-off, flic-flac with 1/1 turn (360°) on-1/2 (180°) turn, tucked salto forward off</i><br>Rondat - Flick-Flack mit 1/1 Dre. (360°) i. d. 1. Flugphase - 1/2 Dre (180°), Salto vw. gehockt i. d. 2. Flugphase<br>9.60 P. <br><i>NEV ETO</i> | 5.510   |

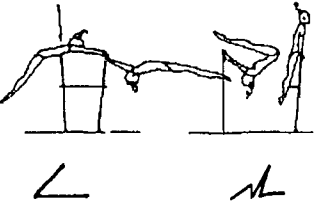
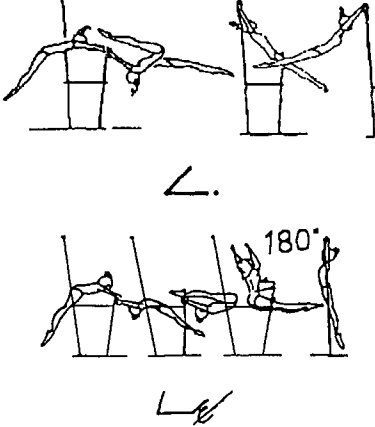
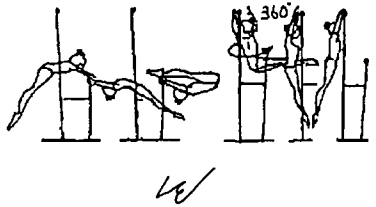
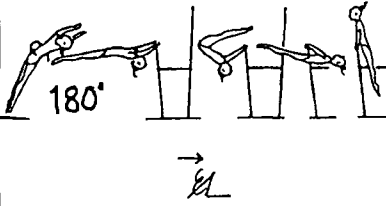
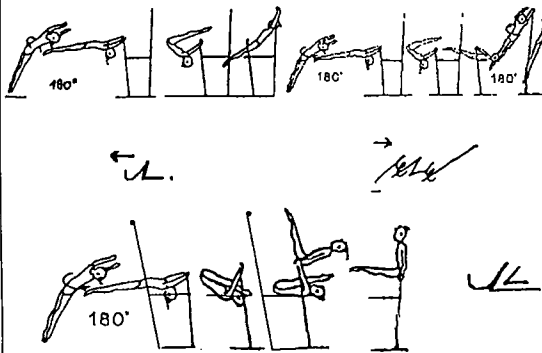
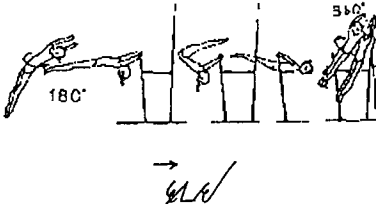


**Barres asymétriques – Éléments**  
***Uneven Bars – Elements***  
**Stufenbarren – Elemente**

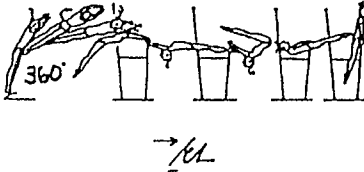
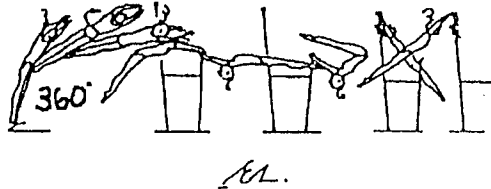
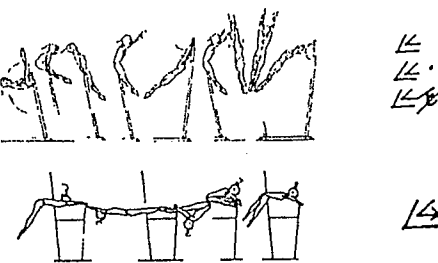
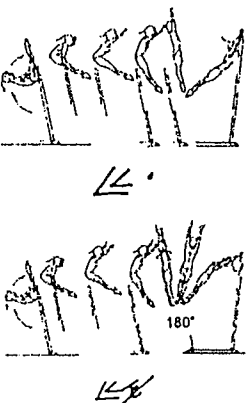
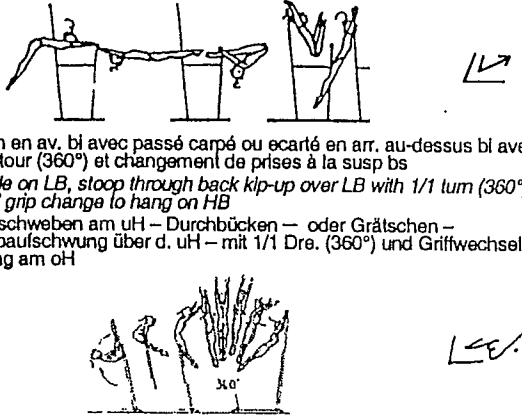
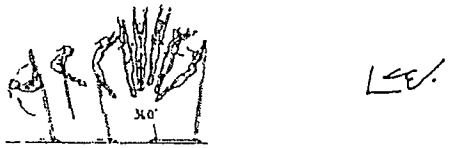
**ARTICLE 9 – *ARTICLE 9* – ARTIKEL 9**



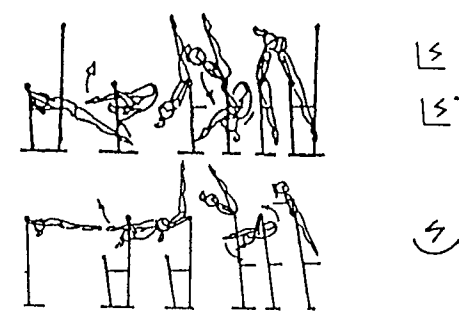
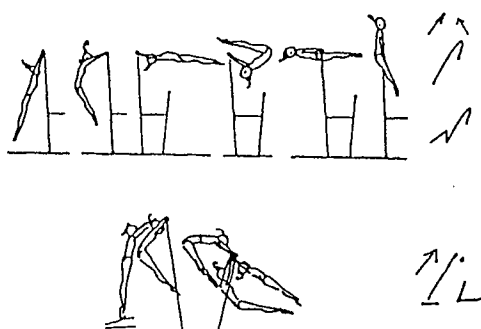
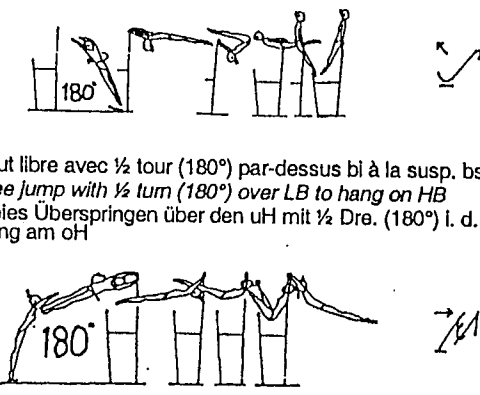
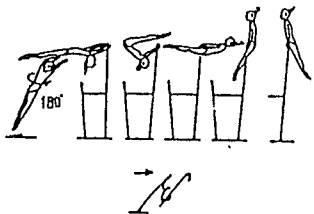
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A   | B  | C   | D            | E — Super E   |
|---|--|---|--------------|---|
| <p>1.101 *<br/>                     Bascule fac. à l'appui bi, aussi en prises palm.<br/> <i>Glide kip-up on LB, also with reverse grip</i><br/>                     Kippe i. d. Stütz am uH, auch mit Kämmgriff</p>  | <p>1.201 *<br/>                     Bascule fac. à l'appui bi avec changement de prises à la susp. bs, aussi avec ½ tour (180°)<br/> <i>Glide kip on LB with grip change to hang on HB, also with ½ turn (180°)</i><br/>                     Kippe am uH mit Griffwechsel i. d. Hang am oH, auch mit ½ Dre. (180°)</p>    | <p>1.301 *<br/>                     Bascule fac. bi avec 1/1 tour (360°) et changement de prises à la susp. bs<br/> <i>Glide kip on LB with 1/1 turn (360°) and grip change to hang on HB</i><br/>                     Kippe am uH mit 1/1 Dre. (360°) und Griffwechsel i. d. Hang am oH</p>   | <p>1.401</p> | <p>1.501</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p><b>*aussi dans l'exercice</b></p> <p>Note pour les Groupes d'Eléments:<br/>                     Les éléments exécutés avec un bras reçoivent le même valeur de difficulté que les éléments exécutés avec les deux bras.</p> <p><b>*also within the exercise</b></p> <p>Note for all Element Groups:<br/>                     Elements performed on one arm receive the same value part credit as elements performed on both arms.</p> <p><b>*auch innerhalb der Übung</b></p> <p>Bemerkung für alle Elementegruppen:<br/>                     Elemente mit einem Arm ausgeführt erhalten gleichen Wertteil-Kredit als mit beiden Armen geturnte Elemente.</p> </div> |
| <p>1.102<br/>                     Saut avec ½ tour (180°) et bascule fac. à l'appui bi<br/> <i>Jump with ½ turn (180°), kip-up to support on LB</i><br/>                     Drehkippe(180°) i. d. Stütz am uH</p>  | <p>1.202<br/>                     Saut avec ½ tour (180°) et bascule fac. bi avec ou sans ½ tour (180°) et changement de prises à la susp. bs ou passer les jambes entre les prises, bascule au siège bi<br/> <i>Jump with ½ turn (180°), glide kip on LB with or without ½ turn (180°) and grip change to hang on HB or with stoop through to rear support (back kip-up)</i><br/>                     Drehkippe (180°) am uH ohne oder mit ½ Dre. (180°) und Griffwechsel i. d. Hang am oH oder mit Durchschub i. d. Sitz auf d. uH</p>  | <p>1.302<br/>                     Saut avec ½ tour (180°) et bascule fac. bi avec 1/1 tour (360°) et changement de prises à la susp. bs<br/> <i>Jump with ½ turn (180°), glide kip on LB with 1/1 turn (360°) and grip change to hang on HB</i><br/>                     Drehkippe (180°) am uH mit 1/1 Dre. (360°) und Griffwechsel i. d. Hang am oH</p>  | <p>1.402</p> | <p>1.502</p>  |

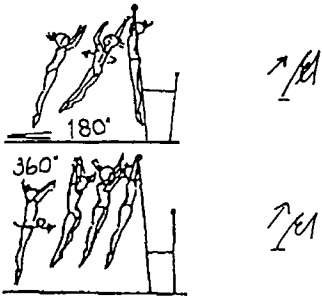
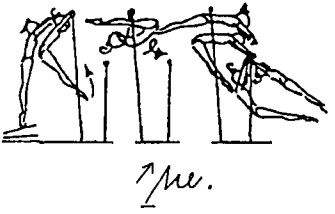
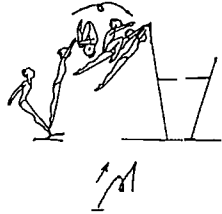
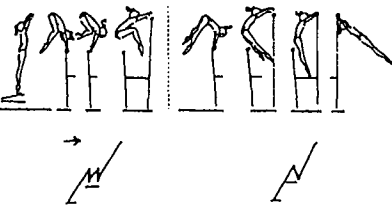
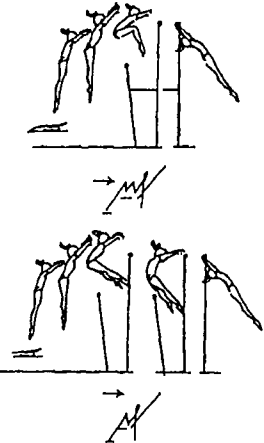
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A   | B  | C   | D            | E — Super E  |
|---|--|---|--------------|--------------|
| <p>1.103</p>  | <p>1.203<br/>Saut avec 1/1 tour (360°) et bascule fac. à l'appui bi<br/>Jump with 1/1 tum (360°) and kip-up to support on LB<br/>Sprung mit 1/1 Dre. (360°) und Kippe i. d. Stütz am uH</p>   | <p>1.303<br/>Saut avec 1/1 tour (360°) et bascule fac. bi avec changement de prises à la susp. bs<br/>Jump with 1/1 tum (360°) and kip on LB with grip change to hang on HB<br/>Sprung mit 1/1 Dre. (360°) und Kippe am uH mit Griffwechsel i. d. Hang am oH</p>   | <p>1.403</p> | <p>1.503</p> |
| <p>1.104* <i>S1.204 Job</i><br/>Elan en av. bi ou bs — passer les jambes entre les prises, bascule<br/>— à l'appui dors passager (en touchant avec le côté postérieur des cuisses), aussi avec changement de prises à susp. bs avec ou sans 1/2 tour (180°)<br/>— aussi avec écart à la susp. à même b<br/>Glide on LB or swing forward on HB, stoop through, back kip-up<br/>— to brief rear support (touching LB with back of thighs), also with grip change to hang on HB with or without 1/2 tum (180°)<br/>— also with straddle cut backward to hang on same bar<br/>Vorschweben am uH oder oH, Durchbücken, Kippaufschwung rl. vw.<br/>— i. d. flüchtigen Stütz rl. (Durchschub mit Berühren der Rückseite der Oberschenkel), auch i. d. Hang am oH ohne oder mit 1/2 Dre. (180°)<br/>— auch mit Ausgrätschen i. d. Hang am gleichen Holm</p>  | <p>1.204*<br/>Elan en av. bi — passer les jambes entre les prises, bascule à l'appui dors. libre avec changement de prises à la susp. bs — aussi avec 1/2 tour (180°)<br/>Glide on LB, stoop through, back kip-up on LB through clear rear support with grip change to hang on HB — also with 1/2 tum (180°)<br/>Vorschweben am uH — Durchbücken — Kippaufschwung rl. vw. durch den flüchtigen freien Stütz rl. (Durchschub) i. d. Hang am oH — auch mit 1/2 Dre. (180°)</p>  | <p>1.304<br/>Elan en av. bi — passer les jambes entre les prises, écarté à la susp. avec changement de prises à la susp. bs<br/>Glide on LB stoop through, back kip-up with straddle cut backward to hang on HB<br/>Vorschweben am uH — Durchbücken — Kippaufschwung mit Ausgrätschen und Griffwechsel i. d. Hang am oH</p>  <p>Elan en av. bi avec passé carpé ou écarté en arr. au-dessus bi avec 1/1 tour (360°) et changement de prises à la susp. bs<br/>Glide on LB, stoop through back kip-up over LB with 1/1 tum (360°) and grip change to hang on HB<br/>Vorschweben am uH — Durchbücken — oder Grätschen — Kippaufschwung über d. uH — mit 1/1 Dre. (360°) und Griffwechsel i. d. Hang am oH</p>  | <p>1.404</p> | <p>1.504</p> |

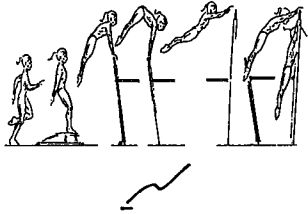
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A  | B  | C   | D            | E — Super E  |
|--|--|---|--------------|--------------|
| <p>1.105</p>   | <p>1.205 *</p> <p>Bascule dors. de — l'élan en av. (bi) — l'élan en av. (bs) passé carapé en arr. mi-renv., élan en arr. en susp. dors. mi-renv. et bascule en arr. à l'appui dors. à bi, aussi avec changement de prises à la susp. bs.</p> <p><i>Reverse kip-up from: — glide forward on LB — swing forward on HB — stoop through to kip hang, back kip swing, seat (pike) circle backward to rear support, also with grip change to hang on HB</i></p> <p>Rückenkippe aus dem — Vorschweben (uH) — Vorschwung (oH) Durchbücken i.d. Kipphang — Pendeln im Kipphang. mit Kippaufschwung r. rw. i.d. Stütz r., auch mit Griffwechsel i.d. Hang am oH</p>  | <p>1.305</p>  | <p>1.405</p> | <p>1.505</p> |
| <p>1.106 *</p> <p>Saut à la susp. passagère bs — aussi en prises palm — bascule fac. à l'appui, ou avec changement de prises de bs à bi avec bascule (ou autre)</p> <p><i>Jump to brief hang on HB — also with reverse grip — kip-up to support, or with grip change from HB to hang on LB with kip-up to support (or similar)</i></p> <p>Sprung i. d. flüchtigen Hang am oH — auch mit Kammgriff — Kippe i. d. Stütz am oH, oder mit Griffwechsel i.d. Hang am uH mit Kippe zum Stütz (o.ä.)</p>  | <p>1.206</p> <p>Stat. fac. bs — saut avec ½ tour (180°) et bascule fac. à l'appui bs</p> <p><i>Side stand facing HB — Jump with ½ tum (180°) — kip-up to support on HB</i></p> <p>Seitstand vor d. oH — Drehkippe (180°) am oH i. d. Stütz am oH</p> <p>Saut libre avec ½ tour (180°) par-dessus bi à la susp. bs</p> <p><i>Free jump with ½ tum (180°) over LB to hang on HB</i></p> <p>Freies Überspringen über den uH mit ½ Dre. (180°) i. d. Hang am oH</p>   | <p>1.306</p> <p>Saut avec ½ tour (180°) par-dessus bi — bascule fac. à l'appui bs</p> <p><i>Jump with ½ tum (180°) over LB — kip-up to support on HB</i></p> <p>Sprung mit ½ tum (180°) über d. uH — Kippe i.d. Stütz am uH</p>  | <p>1.406</p> | <p>1.506</p> |


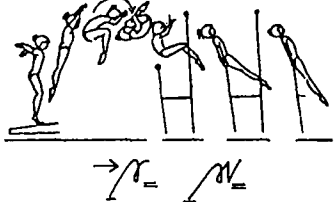



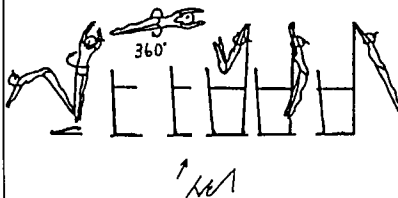
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A   | B  | C   | D            | E — Super E  |
|---|--|---|--------------|--------------|
| <p>1.107<br/>De stat. fac devant bs — saut avec ½ tour (180°) ou 1/1 tour (360°) à la susp. bs<br/><i>From sidestand facing HB — jump with ½ turn (180°) or 1/1 turn (360°) to hang on HB</i><br/>Vom Seitstand vor d. oH — Sprung mit ½ Dre. (180°) oder 1/1 Dre. (360°) i.d. Hang am oH</p>  | <p>1.207 *p<br/>Saut à la susp. passagère bs — salto arr. groupé ou écarté avec changement de prises à la susp. bi<br/><i>Jump to brief hang on HB, salto roll backward tucked or straddled with grip change to hang on LB</i><br/>Sprung i. d. flüchtigen Hang am oH — Saltorölle rw. gehockt oder gegrätscht mit Griffwechsel i. d. Hang am uH</p>  | <p>1.307<br/>De stat. fac devant bs — salto av. à la passagère bs<br/><i>From sidestand facing HB — salto forward to brief hang on HB</i><br/>Vom Seitstand vor d. oH — Salto ww. i.d. flüchtigen Hang am oH</p>  | <p>1.407</p> | <p>1.507</p> |
| <p>1.108<br/>Saut groupé ou écarté avec impulsion des mains par-dessus bi à la susp. bs<br/><i>Squat or straddle vault with hand repulsion over LB to hang on HB</i><br/>Überhocken oder Übergrätschen mit Abdruck der Hände über d. uH i. d. Hang am oH</p>                                  | <p>1.208<br/>Saut groupé ou écarté libre par-dessus bi à la susp. bs<br/><i>Free tuck or straddle jump over LB to hang on HB</i><br/>Freies Überhocken oder Übergrätschen über d. uH i. d. Hang am oH</p>   | <p>1.308</p>  | <p>1.408</p> | <p>1.508</p> |





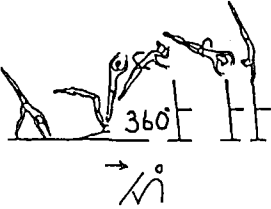
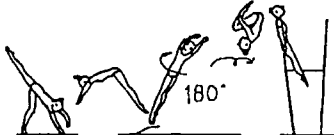
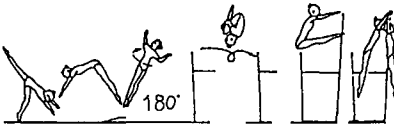
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A     | B  | C     | D     | E — Super E |
|-------|--|-------|-------|-------------|
| 1.109 | <p>1.209</p> <p>Saut poisson (jambes serrées) par-dessus<br/>bi avec répulsion des mains à la<br/>suspension bs</p> <p><i>Hecht jump (legs together) with hand<br/>repulsion over LB to hang on HB</i></p> <p>Hechtsprung (Beine geschlossen) über d.<br/>uH mit Abdruck von den Händen und Flug<br/>i.d. Hang am oH</p>  | 1.309 | 1.409 | 1.509       |

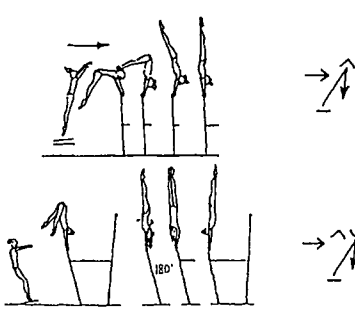
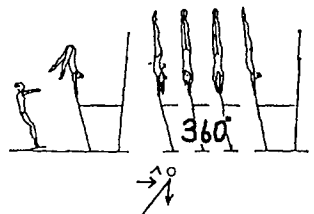
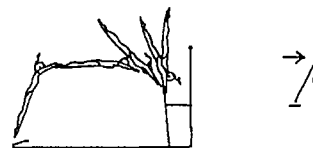
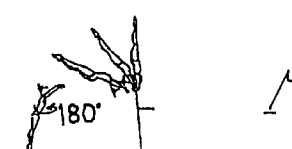
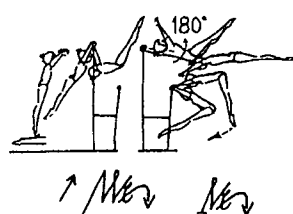

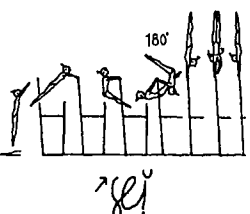
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A            | B  | C  | D   | E — Super E  |
|--------------|--|--|---|--------------|
| <p>1.110</p> | <p>1.210<br/>Salto av. jambes groupé, écartées lat. ou carpe par-dessus bi à la susp. cub. bi<br/><i>Salto forward tucked, piked or straddled over LB into L hang on LB</i><br/>Salto vw. gehockt, gegrätscht oder gebückt über d. uH i.d. Ellhang am uH</p>    | <p>1.310<br/>Salto av. jambes groupé, ou carpe par-dessus bi à la siège passager bi<br/><i>Salto forward tucked or piked over LB to brief sit on LB</i><br/>Salto vw. gehockt oder gebückt über d. uH i.d. flüchtigen Sitz auf d. uH</p>   | <p>1.410<br/>Salto av. groupé ou carpe par-dessus bi à la susp. bs sans toucher bi<br/><i>Salto forward, tucked or piked over LB to hang on HB without touching LB</i><br/>Salto vw. gehockt oder gebückt über d. uH i. d. Hang am oH ohne Berührung d. uH</p>               | <p>1.510</p> |
| <p>1.111</p> | <p>1.211<br/>Rondade devant bi – saut libre en arr. (jambes écartées) à l'appui jambes écartées horiz. passager<br/><i>Round-off in front of LB – flight backward (straddled) through momentary clear straddle support on LB</i><br/>Rondat vor d. uH – Flug rw. (gegrätscht) i. d. flüchtigen Grätschschwebestütz auf d. uH</p>  | <p>1.311<br/>Rondade devant bi – saut libre en arr. par-dessus bi avec des jambes serrées ou écartées lat. à la susp. bs<br/><i>Round-off in front of LB – flight backward over LB with legs together or straddled to hang on HB</i><br/>Rondat vor d. uH – Flug rw. über d. uH mit Beine geschlossen oder gegrätscht i.d. Hang am oH</p>  | <p>1.411<br/>Rondade devant bi – saut libre en arr. avec 1/1 tour (360°) à la susp.bs<br/><i>Round-off in front of LB – flight backward over LB with 1/1 turn (360°) to hang on HB</i><br/>Rondat vor d. uH – Flug rw. über d. uH mit 1/1 Dre. (360°) i.d. Hang am oH</p>  | <p>1.511</p> |

1.000 ENTRÉES — MOUNTS — ANGÄNGE

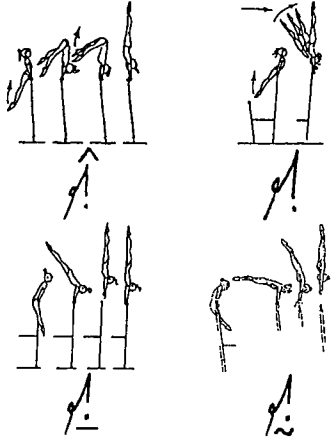
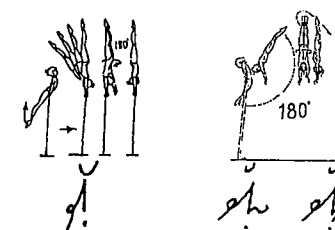
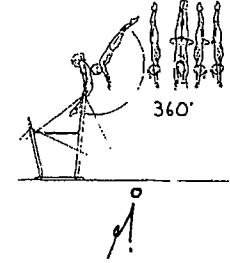
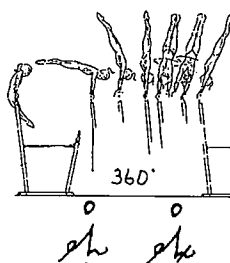
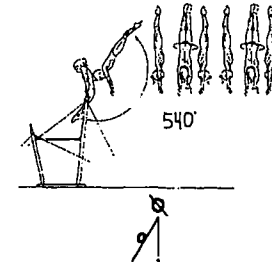
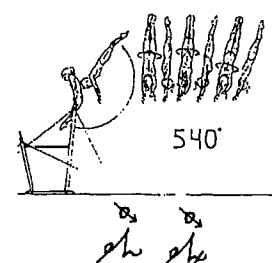
| A     | B     | C  | D  | E — Super E  |
|-------|-------|--|--|--|
| 1.112 | 1.212 | <p>1.312</p> <p>Rondade devant bi — salto arr. groupé par-dessus bi à la susp. bi (Jentsch)<br/> <i>Round-off in front of LB — tucked salto backward over LB to hang on LB (Jentsch)</i><br/>                     Rondat vor d. uH — Salto rw. gehockt über d. uH i.d. Hang am uH (Jentsch)</p>  <p>Rondade devant bi — flic-flac a l'atr bi (Gonzalez)<br/> <i>Round-off in front of LB, flic-flac through handstand phase on LB (Gonzalez)</i><br/>                     Rondat vor d. uH — Flick-Flack durch d. Handstandphase auf d. uH (Gonzalez)</p>  | <p>1.412</p> <p>Rondade devant bi — salto arr. groupé par-dessus bi à la susp. bi (Jentsch)<br/> <i>Round-off in front of LB — tucked salto backward over LB to hang on LB (Jentsch)</i><br/>                     Rondat vor d. uH — Salto rw. gehockt über d. uH i.d. Hang am uH (Jentsch)</p>  <p>Rondade devant bi — flic-flac a l'atr bi (Gonzalez)<br/> <i>Round-off in front of LB, flic-flac through handstand phase on LB (Gonzalez)</i><br/>                     Rondat vor d. uH — Flick-Flack durch d. Handstandphase auf d. uH (Gonzalez)</p>  | <p>1.512</p> <p>Rondade devant bi — flic-flac avec 1/1 tour (360°) à l'appui libre ou en passant par d'atr bi (Gurova)<br/> <i>Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or through handstand phase on LB (Gurova)</i><br/>                     Rondat vor d. uH — Flick-Flack mit 1/1 Dre. (360°) i. d. freien Stütz oder durch d. Handstandphase auf d. uH (Gurova)</p>  |
| 1.113 | 1.213 | 1.313  | <p>1.413</p> <p>Rondade devant bi — twist groupé ou carpé par-dessus bi au siège passager bi<br/> <i>Round-off in front of LB — tucked or piked arabian salto over LB to a momentary sit on LB</i><br/>                     Rondat vor d. uH — Twist gehockt oder gebückt über d. uH i. d. flüchtigen Sitz auf d. uH</p>    | <p>1.513</p> <p>Rondade devant bi — twist groupé ou carpé par-dessus bi à la susp. bs sans toucher bi<br/> <i>Round-off in front of LB — tucked or piked arabian salto over LB to hang on HB without touching the LB</i><br/>                     Rondat vor d. uH — Twist gehockt oder gebückt i.d. Hang am oH ohne Berührung d. uH</p>    |

1.000 ENTRÉES — MOUNTS — ANGÄNGE


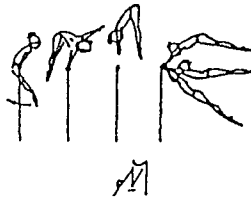
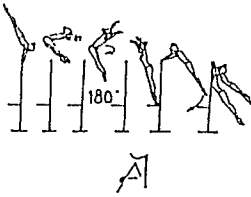

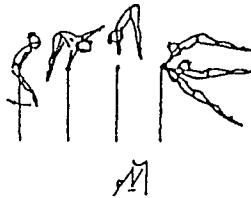
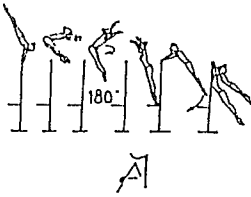


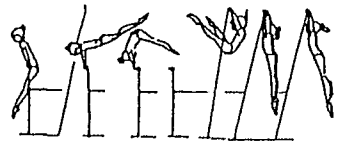

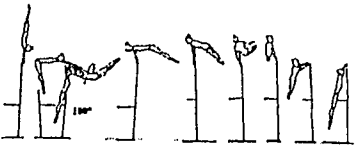
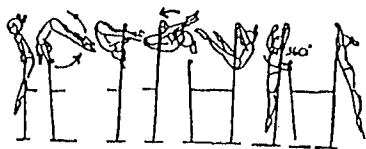
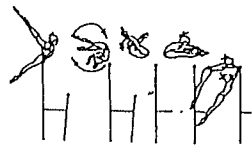
| A            | B  | C  | D  | E — Super E  |
|--------------|--|--|--|--------------|
| <p>1.114</p> | <p>1.214<br/>Saut avec corps carpé à l'atr bi, aussi avec ½ tour (180°) dans la phase d'atr<br/><i>Jump to handstand on LB with hips bent, then extended, also with ½ tum (180°) in handstand phase</i><br/>Sprung i. d. Handstand auf d. uH mit Beugen und Strecken d. Hüfte, auch mit ½ Dre. (180°) i. d. Handstandphase</p>  | <p>1.314<br/>Saut avec corps carpé à l'atr bi et 1/1 tour (360°) dans la phase d'atr<br/><i>Jump to handstand on LB with hips bent, then extended and 1/1 tum (360°) in handstand phase</i><br/>Sprung i. d. Handstand am uH mit Beugen und Strecken d. Hüfte und 1/1 Dre. (360°) i. d. Handstandphase</p>   | <p>1.414<br/>Saut avec corps tendu à l'atr bi<br/><i>Jump with extended body to handstand on LB</i><br/>Sprung mit gestrecktem Körper i. d. Handstand uH</p>  <p>Saut avec ½ tour (180°) corps tendu à l'atrbi<br/><i>Jump with ½ tum (180°) and extended body to handstand on LB</i><br/>Sprung mit ½ Dre. und gestrecktem Körper i. d. Handstand uH</p>    | <p>1.514</p> |
| <p>1.115</p> | <p>1.215 *<br/>Saut à la susp. bs – élan par-dessous b avec ½ tour (180°) par-dessus bi – élan av. bi<br/><i>Jump to hang on HB – underswing with ½ tum (180°) and flight over LB to glide</i><br/>Sprung i. d. Hang am oH – Unterschwing mit ½ Dre. (180°) über d. uH – Vorschweben</p>                                      | <p>1.315 *<br/>Saut à l'appui fac. libre passager bs – tour d'appui libre à l'atr bs en prises dors., mixtes ou palm.<br/><i>Jump to brief clear support on HB – clear hip circle to handstand on HB with reverse-, mixed- or regular grip</i><br/>Sprung i. d. flüchtigen freien Stütz am oH – freie Felge i. d. Handstand auf d. oH mit Rist-, Zwie- oder Kammgriff</p>  | <p>1.415<br/>Saut à l'appui fac. libre passager bs (en prises dors., mixtes ou palm.) – tour d'appui libre à l'atr avec ½ tour (180°) dans la phase d'atr bs (McNamara)<br/><i>Jump to brief clear support on HB (with reverse-, mixed- or regular grip) – clear hip circle to handstand with ½ tum (180°) in handstand phase on HB (McNamara)</i><br/>Sprung in den flüchtigen freien Stütz am oH (Rist-, Kamm- oder Zwiegriff) – freie Felge i. d. Handstand mit ½ Dre. (180°) i. d. Handstandphase auf d. oH (McNamara)</p>  | <p>1.515</p> |



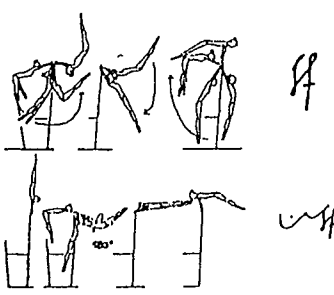
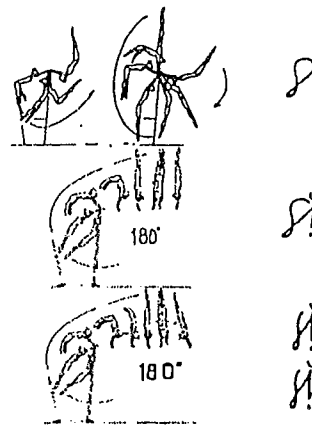
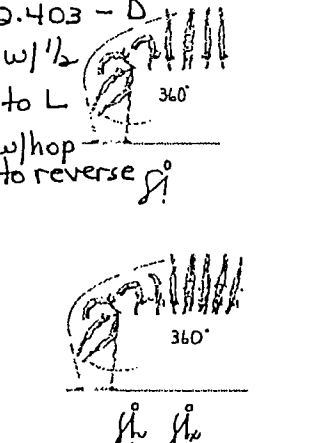
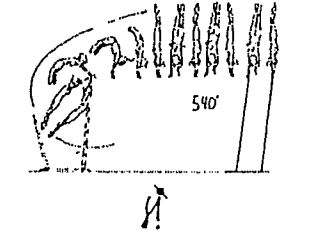
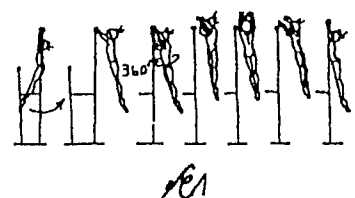

2.000 ÉLANS EN ARRIÈRE, CONTRE-MOUVEMENTS — CASTS, COUNTER SWINGS — RÜCKSCHWÜNGE-KONTERSCHWÜNGE

| A            | B   | C   | D  | E — Super E  |
|--------------|---|---|--|--|
| <p>2.101</p> | <p>2.201 *</p> <p>Elan en arr. à l'atr avec jambes écartées (corps carpé) ou jambes serrées (corps tendu), aussi en sautant, pour terminer en prises palm. ou cub. dans la phase d'atr<br/> <i>Cast to handstand with legs straddled (hips bent) or together (hips extended), also with hop-change to reverse or L grip in handstand phase</i><br/>                     Rückschwung i.d. Handstand mit gegrätschten Beinen (gebeugter Hüfte) oder geschlossenen Beinen (gestreckter Hüfte), auch mit Umspringen i.d. Kammgriff oder Ellgriff i.d. Handstandphase</p>  <p>Elan en arr. à l'atr avec ½ tour (180°) dans la phase d'atr<br/> <i>Cast to handstand with ½ tum (180°) in handstand phase</i><br/>                     Rückschwung i.d. Handstand mit ½ Dre. (180°) i.d. Handstandphase<br/>                     (Mirgorodskaja)<br/>                     ... pour terminer en prises cub.<br/>                     ... to L grip<br/>                     ... i.d. Ellgriff</p>  | <p>2.301 *</p> <p>Elan en arr. à l'atr avec 1/1 tour (360°) dans la phase d'atr<br/> <i>Cast to handstand with 1/1 tum (360°) in handstand phase</i><br/>                     Rückschwung i.d. Handstand mit 1/1 Dre. (360°) i.d. Handstandphase</p>  <p>(Pacheco)<br/>                     ...en sautant en prises palm. et 1/1 tour (360°) pour terminer en prises mixtes palm. cub.<br/>                     ...with hop-change to reverse grip and 1/1 tum (360°) to mixed-L grip<br/>                     ...mit Umspringen i.d. Kammgriff und 1/1 Dre. (360°) i.d. Mix-Ellgriff</p>  | <p>2.401 *</p> <p>Elan en arr. à l'atr avec 1½ tour (540°) dans la phase d'atr<br/> <i>Cast to handstand with 1½ tum (540°) in handstand phase</i><br/>                     Rückschwung i.d. Handstand mit 1½ Dre. (540°) i.d. Handstandphase</p>  <p>(Miller)<br/>                     ...pour terminer en prises mixtes palm. cub.<br/>                     ...to mixed-L grip<br/>                     ...i.d. Mix-Ellgriff</p>  | <p>2.501</p> <div style="border: 2px solid black; padding: 10px; margin-top: 20px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément<br/>                     *To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element<br/>                     *Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz, Ell oder Mix-Ell — das gleiche Element</p> </div> |

2.000 ÉLANS EN ARRIÈRE, CONTRE-MOUVEMENTS — CASTS, COUNTER SWINGS — RÜCKSCHWÜNGE-KONTERSCHWÜNGE

| A  | B   | C   | D  | E — Super E  |
|--|---|---|--|--|
| <p>2.102</p> <p>S2.102<br/>Cast to squat,<br/>straddle or stoop<br/>on LB, jump to HB</p>  <p>Appui fac. bi — passé groupé, carpé, écarté libre par dessus bi avec changement de prises à la susp. bs<br/>Front support on LB — free squat, stoop or straddle over LB with grip change to hang on HB<br/>Stütz vl. am uH — freies Überbücken, -hocken oder -grätschen am uH mit Griffwechsel i.d. Hang am oH</p> <p>Appui fac. bs — passé carpé avec envol ou élan arr. passé écarté libre en av. et ½ tour (180°) par-dessus bs à la susp. bs<br/>Front support on HB — stoop with flight or free straddle forward over HB and ½ tum (180°) to hang on HB<br/>Stütz vl. am oH — Überbücken mit Flugphase oder freies Übergrätschen vw. über d. oH und ½ Dre. (180°) i.d. Hang am oH</p>   | <p>2.202</p> <p>Appui fac. bi — passé groupé, carpé, écarté libre par dessus bi avec changement de prises à la susp. bs<br/>Front support on LB — free squat, stoop or straddle over LB with grip change to hang on HB<br/>Stütz vl. am uH — freies Überbücken, -hocken oder -grätschen am uH mit Griffwechsel i.d. Hang am oH</p>  <p>Appui fac. bs — passé carpé avec envol ou élan arr. passé écarté libre en av. et ½ tour (180°) par-dessus bs à la susp. bs<br/>Front support on HB — stoop with flight or free straddle forward over HB and ½ tum (180°) to hang on HB<br/>Stütz vl. am oH — Überbücken mit Flugphase oder freies Übergrätschen vw. über d. oH und ½ Dre. (180°) i.d. Hang am oH</p>   | <p>2.302</p> <p>Susp. bs — élan en av. — contre-mouvement et passé écarté en arr. (passé écarté Schier) ou passé dors. (passé dors. Schier) par-dessus bs à la susp. ou susp. cub. bs<br/>Hang on HB — uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L hang or hang<br/>Hang am oH — Schwungstemme mit Fluggrätsche (Schier-Grätsche) oder Flugkehre (Schier-Kehre) über d. oH i.d. Ellhang oder Hang am oH</p>   | <p>2.402</p> <p>Appui fac. bi, face à bs — élan en arr. et salto av. à la susp. bs, aussi de l'appui fac. bi, dos à bs — salto av. à la susp. bs (salto Radochla)<br/>Outer front support on LB — cast with salto roll forward to hang on HB, also from inner front support — Radochla roll to hang<br/>Aussenseitstütz vl. am uH — Rückschwung mit Saltorolle vw. i.d. Hang am oH, auch aus dem Innenseitstütz vl. am uH — Radochlarolle i.d. Hang am oH</p>   <p>Atr bs — Grand tour en arr. av. avec ½ tour (180°), établissement en arrière et passé dors. sur la bs à la suspension (Jans-Kehre)<br/>Hanstand on HB — Giant circle backward with ½ tum (180°), uprise backward with rear vault in flight over HB to hang (Jans-Kehre)<br/>Handstand am oH — Riesenfelge rw. mit ½ Dre., Schwungstemme rw. mit Kehre über d. oH i.d. Hang am oH (Jans-Kehre)</p>  | <p>2.502</p> <p>Appui fac. bi, dos à bs — salto Radochla avec 1/1 tour (360°) à la susp. bs<br/>Inner front support on LB — Radochla roll with 1/1 tum (360°) to hang on HB<br/>Innenseitstütz vl. am uH — Radochlarolle mit 1/1 Dre. (360°) i.d. Hang am oH</p>  <p>Appui fac. bs — élan en arr. et salto av. écarté lat. à la susp. bs (salto Comaneci)<br/>Front support on HB — cast with salto forward straddled to hang on HB (Comaneci Salto)<br/>Stütz vl. am oH — Rückschwung mit Salto vw. gegrätscht i.d. Hang am oH (Comaneci Salto)</p>  |

2.000 ÉLANS EN ARRIÈRE, CONTRE-MOUVEMENTS — CASTS, COUNTER SWINGS — RÜCKSCHWÜNGE-KONTERSCHWÜNGE

| A  | B  | C   | D  | E — Super E   |
|--|--|---|--|---|
| <p>2.103 S2.203 Jo-B<br/>                     Susp. bs — établissement à l'appui libre bs, aussi de l'atr bs ou — s'abaisser avec 1/2 tour (180°) et établissement à l'appui libre bs (établissement avec rotation)<br/>                     Hang on HB — uprise backward to clear support on HB, also from handstand on HB or — swing down with 1/2 tum (180°) and uprise backward to clear support on HB (turning uprise)<br/>                     Hang am oH — Schwungstemme i.d. freien Stütz am oH, auch vom Handstand am oH oder — Abschwüngen mit 1/2 Dre. (180°) und Schwungstemme i.d. freien Stütz am oH</p>  | <p>2.203 S2.303 Jo-C<br/>                     Susp. bs — établissement à l'atr bs, aussi avec 1/2 tour (180°) dans la phase d'atr<br/>                     Hang on HB — uprise backward to handstand on HB, also with 1/2 tum (180°) in handstand phase<br/>                     Hang am oH — Schwungstemme i.d. Handstand auf d. oH, auch mit 1/2 Dre. (180°) i.d. Handstandphase</p>  | <p>2.303 S2.403 Jo-D<br/>                     Susp. bs — établissement à l'atr bs avec 1/1 tour (360°) dans la phase d'atr<br/>                     Hang on HB — uprise backward to handstand on HB with 1/1 tum (360°) in handstand phase<br/>                     Hang am oH — Schwungstemme i.d. Handstand auf d. oH mit 1/1 Dre. (360°) i.d. Handstandphase</p> <p>S2.403 - D<br/>                     * w/ 1/2<br/>                     * to L 360°<br/>                     * w/hop to reverse</p>  | <p>2.403<br/>                     Susp. bs — établissement à l'atr bs avec 1/2 tour (540°) dans la phase d'atr (Reeder)<br/>                     Hang on HB — uprise backward to handstand with 1/2 tum (540°) in handstand phase (Reeder)<br/>                     Hang am oH — Schwungstemme i.d. Handstand mit 1/2 Dre. (540°) i.d. Handstandphase (Reeder)<br/>                     (Reeder)<br/>                     ...pour terminer en prise dorsale<br/>                     ...to regular grip<br/>                     ...i.d. Ristgriff</p>  | <p>2.503<br/>                     S2.403<br/>                     turning uprise<br/>                     Λ over HB, 1/2<br/>                     to regrab HB<br/>                     OR<br/>                     uprise, 1/2, straddle<br/>                     back over HB</p> |
| <p>2.104</p>   | <p>2.204<br/>                     Susp. bs — élan en arr. avec 1/1 tour (360°) à la susp. bs<br/>                     Hang on HB — swing backward with release and 1/1 tum (360°) to hang on HB<br/>                     Hang am oH — Rückschwung mit 1/1 Dre. (360°) i.d. Hang am oH</p>   | <p>2.304<br/>                     De l'appui fac. bs — élan en arr. avec 1/1 tour (360°) à la susp. bs (prouette Caslavska)<br/>                     From front support on HB — swing backward with release and 1/1 tum (360°) to hang on HB (Caslavska Prouette)<br/>                     Auch aus dem Aussenseitstütz v. am oH — Rückschwung mit 1/1 Dre. (360°) i.d. Hang am oH (Caslavska Prouette)</p>   | <p>2.404</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément<br/>                     *To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element<br/>                     *Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz, Ell oder Mix-Ell — das gleiche Element</p> </div> <p>S2.306<br/>                     Counterswing w/ 1/2<br/>                     to clr. support on LB</p>  | <p>2.504</p>  |

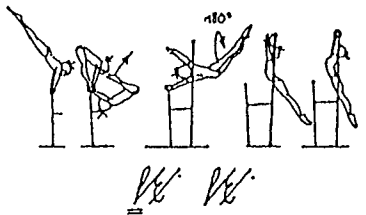
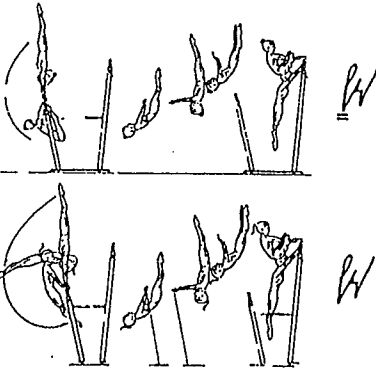
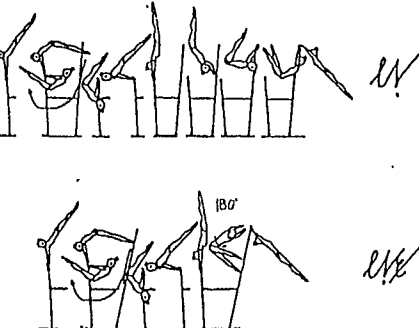
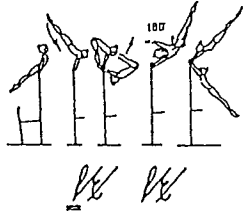
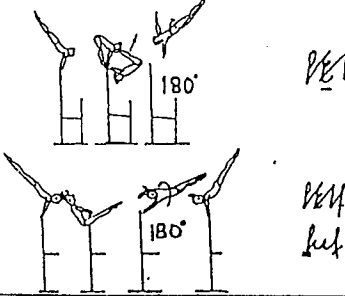
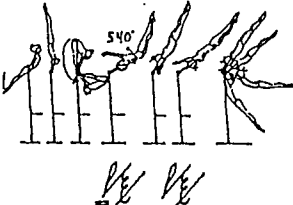
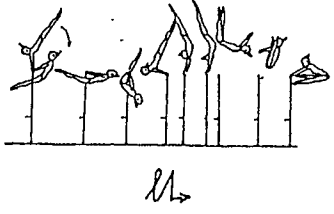
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S2.205  
 Counterswing  
 over LB

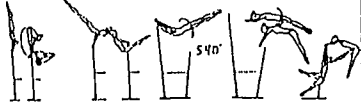
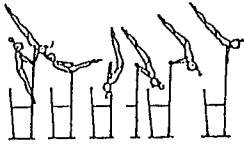
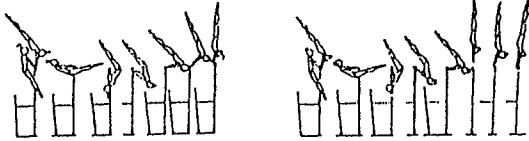

IX-12 S2.305  
 Counterswing to ! on LB  
 — also w/ 1/2 in

S2.405  
 Counterswing w/ 1/2 to ! on LB  
 OR  
 Counterswing to ! w' 1/2 in


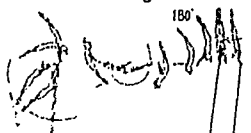
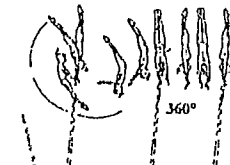
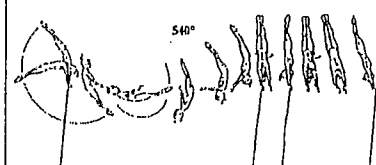
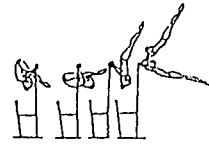
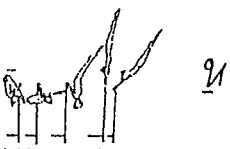
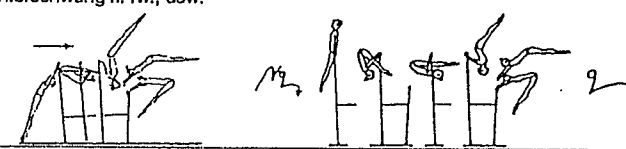


3.000 ELANS PAR DESSOUS BARRES, TOURS D'APPUI LIBRE — UNDERSWINGS, CLEAR HIP CIRCLES — UNTERSCHWÜNGE, FREIE

| A  | B  | C   | D   | E — Super E   |
|--|--|---|---|---|
| <p>3.101</p> <div data-bbox="72 404 424 718" style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p>* Tous les élan par-dessous b peuvent être exécutés avec ou sans appui des pieds en s'abaissant.<br/>                     * All underswings are able to be executed with or without support of feet in the downward movement.<br/>                     * Alle Unterschwinge können mit oder ohne Stütz d. Füße ausgeführt werden.</p> </div> | <p>3.201</p> <p>Elan par-dessous* bi avec ½ tour (180°) et changement de prises à la susp. bs<br/> <i>Underswing* on LB with ½ tum (180°) and grip change to hang on HB</i><br/>                     Unterschwingung* am uH mit ½ Dre. (180°) und Griffwechsel i. d. Hang am oH</p>   | <p>3.301</p> <p>Elan par-dessous bi, contremouvement avec envol à la susp. bs<br/> <i>Underswing on LB, release and counter movement forward in flight to hang on HB</i><br/>                     Unterschwingung am uH und Konterbewegung im Flug i.d. Hang am oH</p>  | <p>3.401</p> <p>Appui fac. bi, dos à bs – tour d'appui libre en passant par l'atr avec envol à la susp. bs (Schaposchnikova), ou ½ tour (180°) dans envol à la susp. bs (Chorkina)<br/> <i>Inner front support on LB – clear hip circle through handstand with flight to hang on HB (Schaposchnikova), or with ½ tum (180°) in flight to hang on HB (Chorkina)</i><br/>                     Innenseitstütz vl. am uH – freie Felge über d. Handstand mit Flug i. d. Hang am oH (Schaposchnikova), oder mit ½ Dre. (180°) und Flug i. d. Hang am oH (Chorkina)</p>  | <p>3.501</p>  |
| <p>3.102</p> <p>Elan par-dessous bs avec ½ tour (180°) à la susp.<br/> <i>Underswing with ½ tum (180°) on HB to hang</i><br/>                     Unterschwingung mit ½ Dre. (180°) am oH i. d. Hang</p>    | <p>3.202</p> <p>Vers l'extérieur – élan par-dessous b avec ½ tour et (180°) avec envol en écartant les bras de côté à la susp. même b ou elan par-dessous b avec ½ tour (180°) à l'appui libre à la même b<br/> <i>Facing outward – underswing on HB with ½ tum (180°) and side flair of arms in flight to hang on same bar or Underswing with ½ tum (180°) to clear support on same bar</i><br/>                     Blick nach aussen – Unterschwingung am oH mit ½ Dre. (180°) und Seitführen der Arme im Flug i. d. Hang am gleichen Holm oder Unterschwingung mit ½ Dre. (180°) i. d. freien Stütz am gleichen Holm</p>  | <p>3.302</p> <p>Elan par-dessous b avec 1½ tour (540°) bi ou bs à la susp.<br/> <i>Underswing on HB or LB with 1½ tum (540°) to hang</i><br/>                     Unterschwingung am oH oder uH mit 1½ Dre. (540°) i. d. Hang</p>                                     | <p>3.402</p>  | <p>3.502</p> <p>Tour d'appui libre en passant par l'atr bs avec contre mouvement et passé écarté en arr. par-dessus bs à la susp. bs (Hindorff)<br/> <i>Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff)</i><br/>                     Freie Felge über d. Handstand am oH mit Kontergrätsche i. d. Hang am oH (Hindorff)</p>  |

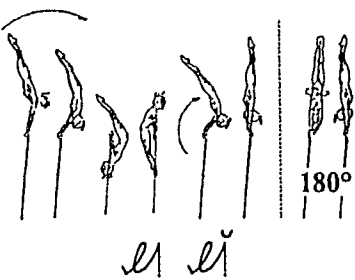
3.000 ELANS PAR DESSOUS BARRES, TOURS D'APPUI LIBRE — UNDERSWINGS, CLEAR HIP CIRCLES — UNTERSCHWÜNGE, FREIE

| A     | B   | C  | D   | E — Super E   |
|-------|---|--|---|---|
| 3.103 | <p>3.203</p> <p>S3.203</p> <p>Underswing 1/2 over LB</p>  | <p>3.303</p> <p>S.3.303</p> <p>From handstand — Underswing 1/2 over LB</p>   | <p>3.403</p> <p>S3.403</p> <p>underswing 1/2 to handstand on LB</p> | <p>3.603 Super E</p> <p>Air bs, face à bi — élan par-dessous bs avec 1 1/2 tour (540°) et envol par-dessus bi à la susp. bi (Strong)</p> <p>Handstand on HB, facing LB — underswing with 1 1/2 tum (540°) and flight over LB to hang on LB (Strong)</p> <p>Handstand am oH, Blick zum uH — Unterschwing mit 1 1/2 Dre. und Flug (540°) über d. uH i. d. Hang am uH (Strong)</p> <p>S3.503 JO-E</p>  <p style="text-align: center;">N N</p> |
| 3.104 | <p>3.204</p> <p>Tour d'appui libre à l'appui libre</p> <p>Clear hip circle to clear front support</p> <p>Freie Felge i. d. freien Stütz</p>  <p style="text-align: center;">N</p> | <p>3.304</p> <p>*Tour d'appui libre à l'air, aussi avec en sautant on prisos dans la phase d'air</p> <p>S3.404 JO-D</p> <p>*Clear hip circle to handstand, also with hop-change grip in handstand phase</p> <p>*Freie Felge i. d. Handstand, auch mit Umspringen i. d. Griff i. d. Handstandphase</p>  <p style="text-align: center;">N N</p> <p>Ettablissement (aussi de 1/2 tour (180°)) et tour d'appui libre à l'air</p> <p>Uprise backward (also from 1/2 tum (180°)) and clear hip circle to handstand</p> <p>Schwungstemme (auch aus d. 1/2 Dre. (180°)) und freie Felge i. d. Handstand</p>  <p style="text-align: center;">N N</p> | 3.404   | <p>3.604</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p>* Tous les élan par-dessous b peuvent être exécutés avec ou sans appui des pieds en s'abaissant.</p> <p>* All underswings are able to be executed with or without support of feet in the downward movement.</p> <p>* Alle Unterschwunge können mit oder ohne Stütz d. Füße ausgeführt werden.</p> </div>   |

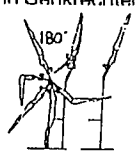
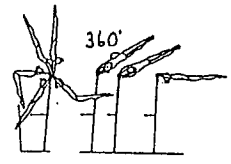
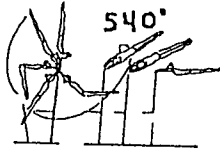
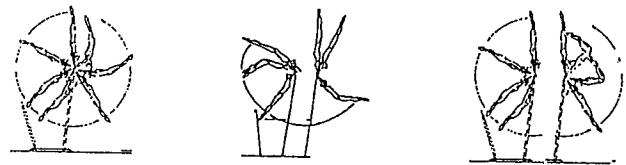
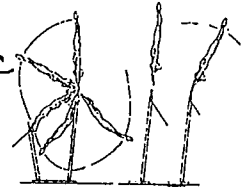
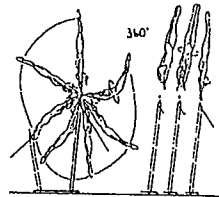
3.000 ELANS PAR DESSOUS BARRES, TOURS D'APPUI LIBRE — UNDERSWINGS, CLEAR HIP CIRCLES — UNTERSCHWÜNGE, FREIE

| A  | B            | C  | D  | E — Super E  |
|--|--------------|--|--|--|
| <p>3.105</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-top: 20px;"> <p>* Tous les élans par-dessous b peuvent être exécutés avec ou sans appui des pieds en s'abaissant.<br/>                     * All underswings are able to be executed with or without support of feet in the downward movement.<br/>                     * Alle Unterschwinge können mit oder ohne Stütz d. Füße ausgeführt werden.</p> </div> | <p>3.205</p> | <p>3.305 *</p> <p>Tour d'appui libre à l'atr avec ½ tour (180°) dans la phase d'atr<br/> <i>Clear hip circle to handstand with ½ tum (180°) in handstand phase</i><br/>                     Freie Felge i.d. Handstand mit ½ Dre. (180°) i.d. Handstandphase (Karpenko) ... pour terminer en prises cub.,...to L grip,...i.d. Ellgriff</p>  <p style="text-align: center;">M                      lh</p> <p>Susp. bs — établissement et tour d'appui libre à l'atr avec ½ tour (180°) dans la phase d'atr<br/> <i>Hang on HB — uprise backward and clear hip circle to handstand on HB with ½ tum (180°) in handstand phase</i><br/>                     Hang am oH — Schwungstemme und freie Felge i.d. Handstand am oH mit ½ Dre. (180°)<br/>                     (Prodnova)<br/>                     ... pour terminer en prises cub<br/>                     ... to L grip<br/>                     ... i.d. Ellgriff</p>  <p style="text-align: right;">si<br/>si</p>   | <p>3.405 *</p> <p>Tour d'appui libre à l'atr avec 1/1 tour (360°) dans la phase d'atr<br/> <i>Clear hip circle to handstand with 1/1 tum (360°) in handstand phase</i><br/>                     Freie Felge i. d. Handstand mit 1/1 Dre. (360°) i.d. Handstandphase<br/>                     (Ma)<br/>                     ...pour terminer en prise dorsale<br/>                     ...to regular grip<br/>                     ...i.d. Ristgriff</p>  <p style="text-align: center;">u</p>                                 | <p>3.505</p> <p>Tour d'appui libre à l'atr avec 1½ tour (540°) dans la phase d'atr<br/> <i>Clear hip circle to handstand with 1½ tum (540°) in handstand phase</i><br/>                     Freie Felge i. d. Handstand mit 1½ Dre. (540°) i.d. Handstandphase</p>  <p style="text-align: center;">ei</p> |
| <p>3.106</p> <p>Elan en arr. par-dessous bs (propulsion) à la susp. bs<br/> <i>Underswing backward (inverted pike swing), dislocate (Schleudem) to hang on HB</i><br/>                     Unterschwingung rl. rw. (Schleudem) i. d. Hang am oH</p>  <p style="text-align: center;">91</p>  | <p>3.206</p> | <p>3.306</p> <p>Elan en arr. par-dessous bs (propulsion) près de l'atr en sautant en prises dors. bs<br/> <i>Underswing backward (inverted pike swing), on HB — dislocate (Schleudem) to near handstand with hop-change to regular grip on HB</i><br/>                     Unterschwingung rl. rw. (Schleudem) in Handstandnähe am oH mit Umspringen i. d. Ristgriff am oH</p>  <p style="text-align: center;">91</p> <p>Susp. bs, dos à bi — passé carpé en arr. — élan en arr. par-dessous bs (propulsion) et envol par-dessus bi à la susp. , aussi en apui dors. bs, élan en arr. par-dessous bs (propulsion), etc.<br/> <i>Hang on HB, back to LB — sloop through, underswing backward (inverted pike swing), dislocate (Schleudem) with flight over LB to hang, also from rear support on HB, underswing backward, etc.</i><br/>                     Hang am oH, Rücken zum uH — Durchbücken — Unterschwingung rl. rw. (Schleudem) mit Flug über d. uH i.d. Hang, auch von d. Stütz rl. auf d. oH, Unterschwingung rl. rw., usw.</p>  <p style="text-align: center;">m2                      2</p> | <p>3.406</p> <p>Elan en arr. par-dessous bs (propulsion) et envol à l'atr bi (propulsion Zuchold)<br/> <i>Underswing backward (inverted pike swing) on HB — dislocate with flight to handstand on LB (Zuchold-Schleudem)</i><br/>                     Unterschwingung rl. rw. (Schleudem) am oH und Flug i. d. Handstand auf d. uH (Zuchold-Schleudem)</p>  <p style="text-align: right;">M2</p>  <p style="text-align: right;">92</p> | <p>3.506</p>   |

3.000 ELANS PAR DESSOUS BARRES, TOURS D'APPUI LIBRE — UNDERSWINGS, CLEAR HIP CIRCLES — UNTERSCHWÜNGE, FREIE



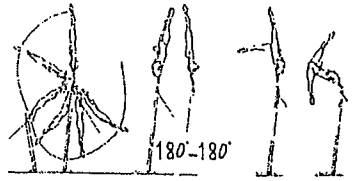

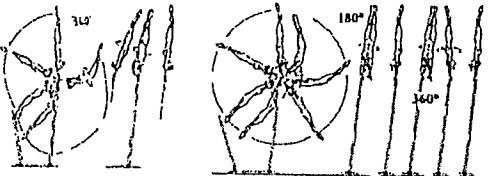


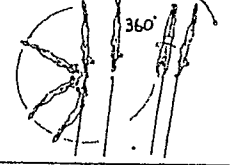
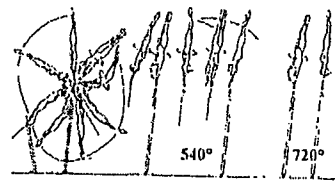

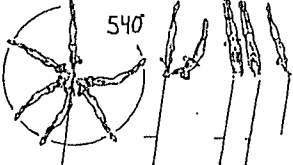
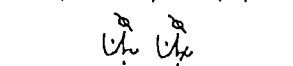
| A     | B     | C   | D  | E — Super E |
|-------|-------|---|--|-------------|
| 3.107 | 3.207 | <p>3.307 <i>S3.407 Jo-D</i><br/>                     Prè de l'atr — tour d'appui libre en av. à l'atr, aussi avec ½ tour (180°) dans la phase d'atr (Weiler-bascule)<br/>                     Near handstand — clear hip circle forward to handstand, also with ½ turn (180°) in handstand phase (Weiler-kip)<br/>                     Handstandnähe — freie Felge vv. i.d. Handstand, auch mit ½ Dre. (180°) i.d. Handstandphase (Weiler-Kippe)</p>  | 3.407  | 3.507       |
|       |       |   | <p><i>S3.408</i><br/>                     on LB facing HB — clear hip fwd to front salto over LB to catch HB</p> |             |

4.000 GRAND TOURS-ÉLANS CIRCULAIRES EN ARR. - **GRAND SWINGS BWD.** — RIESENUMSCHWÜNGE-FELGEN RW.



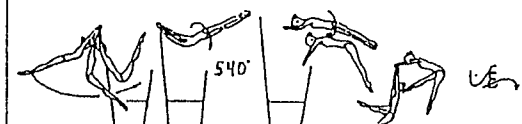
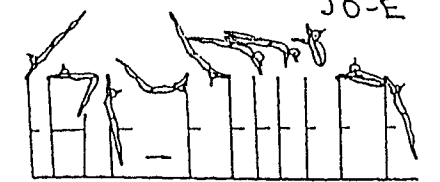

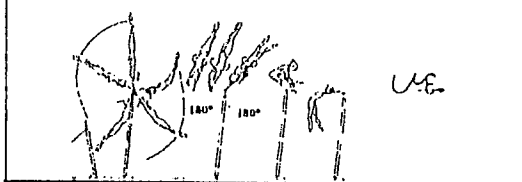
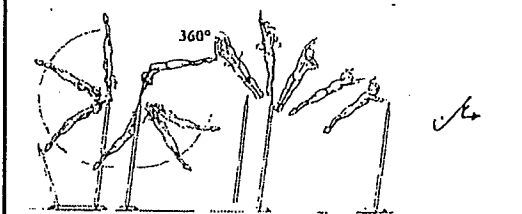
| A  | B   | C  | D   | E — Super E  |
|--|---|--|---|--------------|
| <p>4.101<br/>(Atr bs →) élaner en av. entre les b avec ½ tour (180°) env. 45° avant la verticale<br/>(Handstand on HB →) swing down between bars, swing forward with ½ turn (180°) above HB height, circa 45° deviation from vertical<br/>(Handstand auf d. oH →) Abschwngen zwischen beiden Holmen — Vorschung mit ½ Dre. (180°), ca. 45° vor d. oberen Senkrechten</p>  | <p>4.201<br/>(Atr bs →) élaner en av. entre les b avec 1/1 tour (360°) à la hauteur de bs à la susp. cub. bs (à l'horiz.)<br/>(Handstand on HB →) swing down between bars, swing forward with 1/1 turn (360°) to L hang at height of HB (at horizontal)<br/>(Handstand auf d. oH →) Abschwngen zwischen beiden Holmen — Vorschung mit 1/1 Dre. (360°) in Höhe d. oH i.d. Ellhang am oH (i.d. Horizontalen)</p>   | <p>4.301<br/>(Atr bs →) élaner en av. entre les b avec 1½ tour (540°) env. 45° avant la verticale à la susp. bs<br/>(Handstand on HB →) swing down between bars, swing forward with 1½ turn (540°), circa 45° deviation from vertical to hang on HB<br/>(Handstand auf d. oH →) Abschwngen zwischen beiden Holmen — Vorschung mit 1½ Dre. (540°), ca 45° vor d. oberen Senkrechten i.d. Hang am oH</p>  | <p>4.401</p> <div style="border: 2px solid black; padding: 10px; margin-top: 20px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée; cubitale, mixte (palmaire-cubitale) — le même élément<br/>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element<br/>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz, Ell oder Mix-Ell — das gleiche Element</p> </div>  | <p>4.501</p> |
| <p>4.102<br/>S4.102<br/>Long pullover<br/>S4.102<br/>Bk giant on LB</p>  | <p>4.202 *<br/>Atr bs — grand tour on arr. à l'atr en prises dors. ou croisées (Dussier), ou en carpant le corps à la verticale haute bs, aussi d' un bras (Liu)<br/>Handstand on HB — giant circle backward to handstand, in regular or cross grip (Dussier), or with bending of hip joints in upper vertical, also on one arm (Liu)<br/>Handstand am oH — Riesenfelge rw. i. d. Handstand mit Ristgriff oder Kreuzgriff (Dussier), oder mit Beugen d. Hüfte i. d. oberen Senkrechten, auch mit einem Arm (Liu)</p>  <p>Atr bs — grand tour en arr. à l'atr en sautant en prises dans la phase d'atr<br/>Handstand on HB — giant circle backward to handstand with hop-change grip in handstand phase<br/>Handstand am oH — Riesenfelge rw. i. d. Handstand mit Umspringen i. d. Griff i.d. Handstandphase</p>  | <p>4.302</p>   | <p>4.402 <b>S4.502 JO-E</b><br/>Atr bs — grand tour en arr. à l'atr avec 1/1 tour (360°) sauté dans la phase d'atr<br/>Handstand on HB — giant circle backward to handstand with hop 1/1 turn (360°) in handstand phase<br/>Handstand am oH — Riesenfelge rw. i. d. Handstand mit 1/1 Dre. (360°) gesprungen<br/><br/>(Tchusovitina)<br/>...pour terminer en prise dorsale<br/>...to regular grip<br/>...i.d. Ristgriff</p>  | <p>4.502</p> |



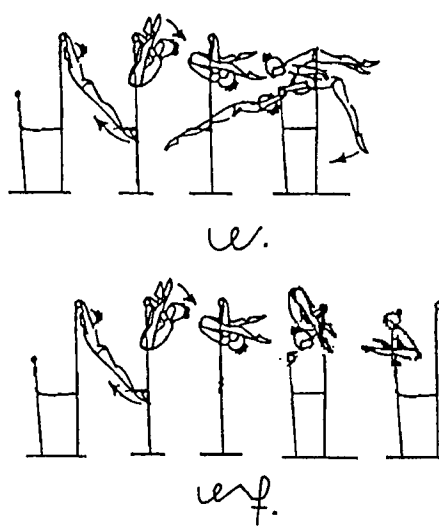

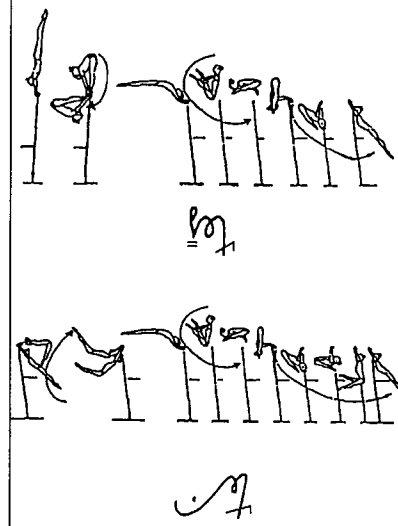
4.000 GRAND TOURS-ÉLANS CIRCULAIRES EN ARR. — GIANT SWINGS BWD. — RIESENUMSCHWÜNGE-FELGEN RW.

| A            | B   | C   | D   | E — Super E   |
|--------------|---|---|---|---|
| <p>4.103</p> | <p>4.203 S4.303 Jb-C</p> <p>*Atr bs — grand tour en arr. à l'atr avec 1/2 tour (180°)</p> <p>*Handstand on HB — giant circle backward to handstand with 1/2 tum (180°)</p> <p>*Handstand arm oH — Riesenfelge rw. l. d. Handstand mit — 1/2 Dre. (180°)</p> <p>also to L or mixed L</p>   <p>Atr bs — grand tour en arr. à l'atr avec 1/2 1/2 tour (180°+180°) dans la phase d'atr, aussi avec jambes écartées pendant le deuxième 1/2 tour (180°)</p> <p>Handstand on HB — giant circle backward to handstand with 1/2 1/2 tum (180°+180°) in handstand phase, also with legs straddled during the 2nd 1/2 tum (180°)</p> <p>Handstand arm oH — Riesenfelge rw. l. d. Handstand mit 1/2 1/2 Dre. (180°+180°) l. d. Handstandphase, auch mit gegrätschten Beinen während der zweiten 1/2 Dre. (180°)</p>   <p>S4.203<br/>Bk giant 1/2 on LB</p> | <p>4.303* S.4.403 Jo-D</p> <p>Atr bs — Grand tour en arr. à l'atr avec 1/1 tour (360°) ou 1/2 1/1 (180°+360°) dans la phase d'atr</p> <p>Handstand on HB — giant circle backward to handstand with 1/1 tum (360°) or 1/2 1/1 (180°+360°) in handstand phase</p> <p>Handstand arm oH — Riesenfelge rw. l. d. Handstand mit 1/1 Dre. (360°) oder 1/2 1/1 (180°+360°) i. d. Handstandphase</p> <p>S4.303<br/>Bk giant 1/1 on LB</p>   <p>(Mao)<br/>...pour terminer en prises cub.<br/>...to L grip<br/>...i.d. Ell Griff</p>   <p>(Oka)<br/>... sautant en prise palm. et 1/1 tour (360°) pour terminer en prises mixtes palm. cub.<br/>...with hop-change to reverse grip and 1/1 tum (360°) to mixed-L grip<br/>...mit Umspringen l. d. Kammgriff und 1/1 Dre. (360°) l. d. Mix-Ellgriff</p> | <p>4.403*</p> <p>Atr bs — grand tour en arr. à l'atr avec 1 1/2 - 2/1 tour (540° - 720°) dans la phase d'atr</p> <p>Handstand on HB — giant circle backward to handstand with 1 1/2 - 2/1 tum (540° - 720°) in handstand phase</p> <p>Handstand arm oH — Riesenfelge rw. l. d. Handstand mit 1 1/2 - 2/1 Dre (540° - 720°) l. d. Handstandphase</p> <p>(Dawes)<br/>... avec 1 1/2 tour (540°) pour terminer en prise dorsale<br/>... with 1 1/2 tum (540°) to regular grip<br/>... mit 1 1/2 Dre. (540°) l. d. Ristgriff</p>   <p>(Kim, G.S.)<br/>... pour terminer en prises mixtes palm. cub.<br/>... to mixed-L grip<br/>... i.d. Mix-Ellgriff</p>   <p>S4.403<br/>Bk giant 1/1 w/hop on first 1/2 - turn in same direction</p> | <p>4.503</p> <p>S4.503 - Jo-E</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément</p> <p>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element</p> <p>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz-, Ell oder Mix-Ell — das gleiche Element</p> </div> |

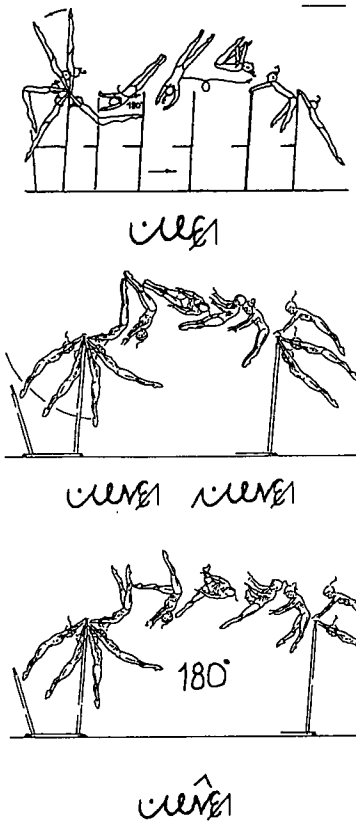
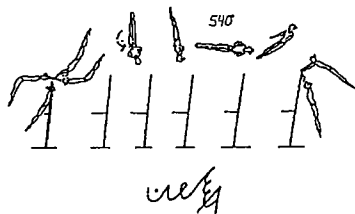
4.000 GRAND TOURS-ÉLANS CIRCULAIRES EN ARR. — GIANT SWINGS BWD. — RIESENUMSCHWÜNGE-FELGEN RW.

| A     | B  | C   | D   | E — Super E   |
|-------|--|---|---|---|
| 4.104 | <p>4.204<br/>Susp. bs — élan en avant bs avec ½ tour (180°) et envol par-dessus bi à la susp. bi<br/>Hang on HB — long swing forward with ½ turn (180°) and flight over LB to hang on LB<br/>Hang am oH — Vorschwung mit ½ Dre. (180°) und Flug über d. uH i.d. Hang am uH</p>  | <p>4.304</p> <p>S4.304 JO-C</p> <p>must start from handstand to receive C</p> | <p>4.404<br/>Susp. bs — élan en avant bs avec ½ tour (180°) et envol à l'air à bi<br/>Hang on HB — long swing forward with ½ turn (180°) and flight to handstand on LB<br/>Hang am oH — Vorschwung mit ½ Dre. (180°) und Flug i. d. Handstand auf d. uH</p>    | <p>4.504<br/>Susp. bs — élan en avant bs avec 1½ tour (540°) et envol par-dessus bi à la susp. bi à l'air à bi<br/>Hang on HB — long swing forward with 1½ turn (540°) and flight over LB to hang on LB<br/>Hang am oH — Vorschwung mit 1½ Dre. (540°) und Flug über d. uH i.d. Hang am uH</p>   |
| 4.105 | 4.205  | 4.305   | <p>4.405<br/>Atr bs — grand tour en arr. avec contre-mouvement et passé écarté (Tkatchev) ou carpé en arr. par-dessus bs à la susp.<br/>Handstand on HB — giant circle backward, counter straddle-reverse hecht (Tkatchev) or pike over HB to hang<br/>Handstand am oH — Riesenfelge rw. mit Kontergrätsche (Tkatchev) oder Konterbücke über d. oH i.d. Hang</p> <p>S4.505<br/>JO-E</p>   | <p>4.505<br/>Atr bs — grand tour en arr. avec ½ tour (180°) et continuer avec ½ tour (180°) et contre-mouvement passé écarté en arr. par-dessus bs à la susp. (Schuschunova)<br/>Handstand on HB — giant circle backward with ½ turn (180°), further ½ turn (180°) to counter straddle in flight over HB to hang (Schuschunova)<br/>Handstand am oH — Riesenfelge rw. mit ½ Dre. (180°), weitere ½ Dre. (180°) und Fluggrätsche rw. über d. oH i. d. Hang (Schuschunova)</p>  <p>4.605 Super E S4.505 JO-E</p> <p>Atr bs — grand tour en arr. et contre-mouvement avec 1/1 tour (360°), passé écarté en arr. par-dessus bs à la susp.<br/>Handstand on HB — giant circle backward and counter straddle in flight with 1/1 turn (360°) over HB to hang<br/>Handstand am oH — Riesenfelge rw. und Fluggrätsche rw. mit 1/1 Dre. (360°) über d. oH i. d. Hang</p>  |

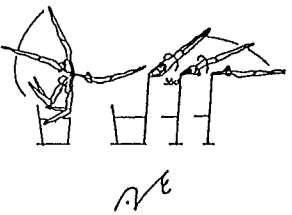
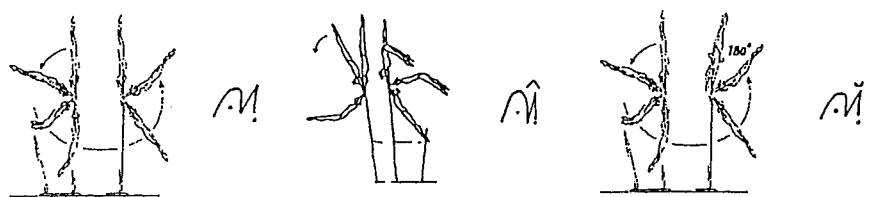
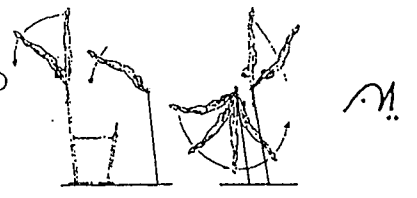
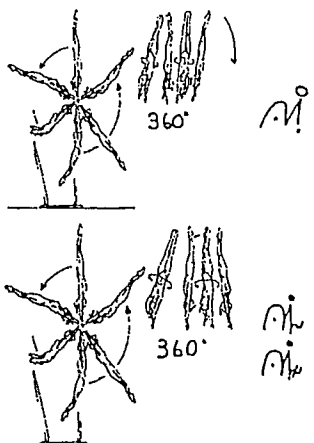
4.000 GRAND TOURS-ÉLANS CIRCULAIRES EN ARR. — GIANT SWINGS BWD. — RIESENUMSCHWÜNGE-FELGEN RW.

| A            | B   | C            | D   | E — Super E   |
|--------------|---|--------------|---|---|
| <p>4.106</p> | <p>4.206<br/>           Susp. bs, face à bi — élan en . av. — et salto arr. groupé ou écarté lat. à la susp. bi ou à l'appui libre bi<br/> <i>Hang on HB, facing LB — swing forward and salto roll backward (legs tucked or straddled) to hang or clear straddle support on LB</i><br/>           Hang am oH, Blick zum uH — Vorschung mit Saltorolle rw. gehockt oder gegrätscht i.d. Hang oder freien Stütz am uH</p>  | <p>4.306</p> | <p>4.406<br/>           Susp. bs, regard vers bi — élan en av. et salto arr. tendu entre les b à l'appui libre bi (salto Pak)<br/> <i>Hang on HB, facing LB — swing forward, salto backward stretched between bars to clear support on LB (Pak Salto)</i><br/>           Hang am oH, Blick zum uH — Vorschung mit Saltorolle gestreckt zwischen d. Holmen i.d. freien Stütz am uH (Pak-Salto)</p>  | <p>4.506<br/>           Vers l'extérieur — élan en av. bs avec appui des pieds ou élan en av. — contre mouvement et salto av. écarté lat. à la susp.bs en prises palm. ("contre" Kim)<br/> <i>Facing outward — underswing forward on HB with support of feet or swing toward on HB — counter salto forward straddled to hang on HB in reverse grip (Counter Kim)</i><br/>           Nach aussen — Unterschwing vw. am oH mit Stütz der Füße oder Vorschung am oH — Kontersalto vw. gegrätscht i.d. Hang am oH mit Kammgriff (Konter Kim)</p>  |


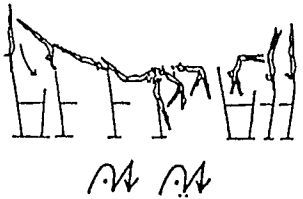
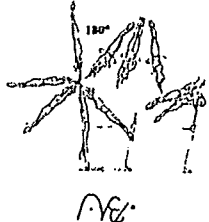
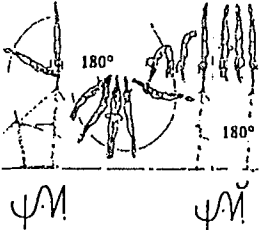

4.000 GRAND TOURS-ÉLANS CIRCULAIRES EN ARR. — GIANT SWINGS BWD. — RIESENUMSCHWÜNGE-FELGEN RW.

| A     | B     | C     | D   | E — Super E  |
|-------|-------|-------|---|--|
| 4.107 | 4.207 | 4.307 | <p>4.407<br/>                     (Atr bs -) élaner en av. entre les b et salto en arr. avec ½ tour (180°) – groupé ou écarté lat. (salto Deltchev), carpé (salto Gienger), ou carpé-écarté (salto Nyeste) – à la susp. bs, aussi du grand tour en arr. d'un bras (Liu)<br/>                     (Handstand on HB -) swing down between bars, swing forward and salto backward with ½ turn (180°) – tucked or straddled (Deltchev Salto), piked (Gienger Salto), or straddle-piked (Nyeste Salto) – to hang on HB, also from one arm giant swing (Liu)<br/>                     (Handstand auf d. oH -) Abschwngen zwischen beiden Holmen, Vorschwung und Salto rw. mit ½ Dre. (180°) – gehockt oder gegrätscht (Deltchev Salto), gebückt (Gienger Salto), oder gegrätscht-gebückt (Nyeste Salto) – i.d. Hang am oH, auch von einarmiger Riesenfelge (Liu)</p>  <p>Handwritten codes: <i>UUEE1</i>, <i>UUEVE1 UUEVE1</i>, <i>UUEVE1</i></p> | <p>4.607 Super E<br/>                     (Artr bs -) élaner en av. entre les b et salto en arr. tendu avec 1½ tour (540°) à la susp. à bs (Hristakieva)<br/>                     (Handstand on HB -) swing down between bars, swing forward and salto backward stretched with 1½ turn (540°) to hang on HB (Hristakieva)<br/>                     (Handstand auf d. oH -) Abschwngen zwischen beiden Holmen – Vorschwung – Salto rw. gestreckt mit 1½ Dre. (540°) i.d. Hang am oH (Hristakieva)</p>  <p>Handwritten code: <i>UUEE1</i></p> |

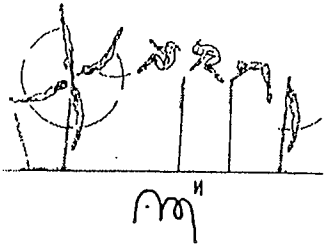
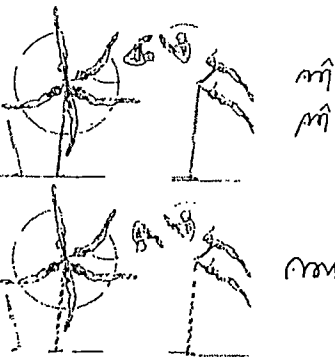
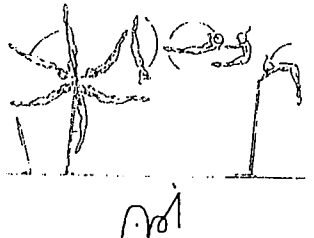
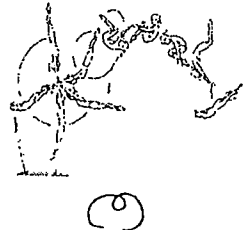
5.000 GRAND TOURS-ÉLANS CIRC. EN AV. — GIANT SWINGS-CIRCLES FORWARD — RIESENUMSCHWÜNGE-FELGEN

| A     | B   | C  | D     | E — Super E |
|-------|---|--|-------|-------------|
| 5.101 | <p>5.201<br/>                     (Atr bs →) s'abaisser en av. entre les b – élan en arr. avec 1/1 tour (360°) à la hauteur bs<br/>                     (Handstand on HB) – swing down forward between bars, swing backward and 1/1 tum (360°) at height of HB<br/>                     (Handstand auf d. oH) – Abschwüngen vv. zwischen beiden Holmen – Rückschwung und 1/1 Dre. (360°) in Höhe d. oH</p>  <p>S5.202 Front grant on LB, also w/ 1/2</p>   | <p>5.301</p> <div style="border: 2px solid black; padding: 10px; margin: 10px 0;"> <p>* Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) – le même élément<br/>                     * To end in any grip: regular, reverse, mixed, cross, L or mixed-L – same element<br/>                     * Zu beenden in jedem Griff: Rist-, Kamm-, Zwi-, Kreuz, Ell' oder Mix-Ell – das gleiche Element</p> </div> <p>S5.302 Front grant 1/1 on LB</p>  | 5.401 | 5.501       |
| 5.102 | <p>5.202 * S5.302 J0--C<br/>                     Atr bs – grand élan circ. en av. en prises plam. à l'atr, aussi avec les jambes écartées ou carpant le corps pendant l'élévation, aussi avec 1/2 tour (180°) dans la phase d'atr<br/>                     Handstand on HB – giant circle swing forward in reverse grip to handstand, also with legs straddled or hips bent in upswing phase, also with 1/2 tum (180°) in handstand phase<br/>                     Handstand am oH – Riesenumschwung vv. mit Kammgriff i.d. Handstand, auch mit gegrätschten Beinen oder gebeugten Hüfte i.d. Aufschwung, auch mit 1/2 Dre. (180°) i.d. Handstandphase</p>  <p>(Galloway)<br/>                     ...grand élan circ. en av. en prise dorsale S5.402 J0--D<br/>                     ...giant circle forward in regular grip<br/>                     ...Riesenumschwung vv. im Ristgriff</p>  | <p>5.302 * S5.402 J0--D<br/>                     Atr bs – grand élan circ. en av. en prises palm. à l'atr avec 1/1 tour (360°) dans la phase d'atr<br/>                     Handstand on HB – giant circle swing forward in reverse grip to handstand with 1/1 tum (360°) in handstand phase<br/>                     Handstand auf d. oH – Riesenumschwung vv. mit Kammgriff i.d. Handstand und 1/1 Dre. (360°) i.d. Handstandphase</p> <p>(Portocarrero)<br/>                     ...pour terminer en prise dorsale<br/>                     ...to regular grip<br/>                     ...i.d. Ristgriff</p>  <p>(Miura)<br/>                     ...pour terminer prises mixtes palm cub. (ou prises palm.)<br/>                     ...to mixed-L grip (or reverse grip)<br/>                     ...i.d. Mix-Ellgriff (oder Kammgriff)</p> | 5.402 | 5.502       |

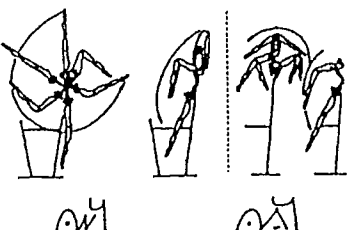
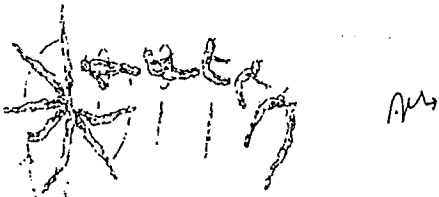
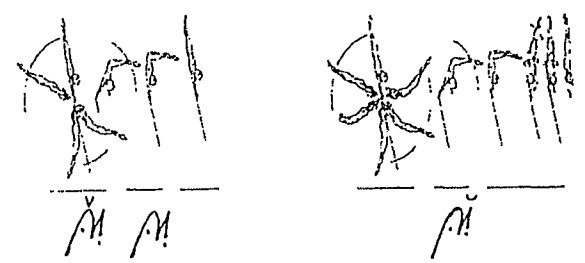
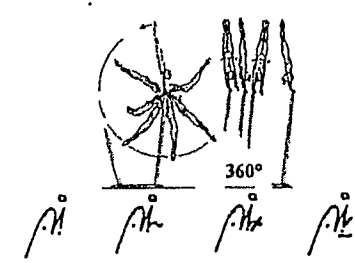
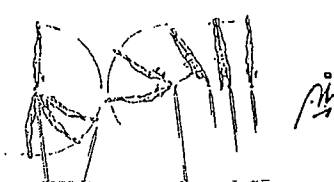
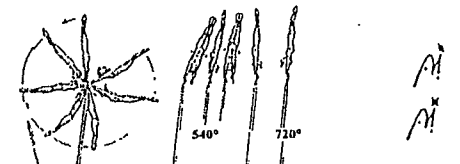
5.000 GRAND TOURS-ÉLANS CIRC. EN AV. — GIANT SWINGS-CIRCLES FORWARD — RIESENUMSCHWÜNGE-FELGEN

| A            | B   | C  | D   | E — Super E   |
|--------------|---|--|---|---|
| <p>5.103</p> | <p>5.203 S5.303 JO-C<br/>                     (Atr bs -) s'abaisser en av. (dos vers bi) prises dors. ou palm. — passé écarté avec envol en arr. par-dessus bi à la susp. bi<br/>                     (Handstand on HB -) swing down forward (back facing LB) in regular or reverse grip — straddle flight backward over LB to hang on LB<br/>                     (Handstand am oH -) Abschwngen vw. (Rücken zum uH) mit Rist- oder Kammgriff — Fluggrätsche rw. über d. uH i.d. Hang am uH</p>   | <p>5.303 S5.403 JO-D<br/>                     (Atr bs -) s'abaisser en av. (dos vers bi) en prises dors. ou palm. — passé écarté avec envol en arr. par-dessus bi à l'atr bi<br/>                     (Handstand on HB -) swing down forward (back facing LB) in regular or reverse grip — straddle flight backward to handstand on LB<br/>                     (Handstand auf d. oH -) Abschwngen vw. (Rücken zum uH) mit Rist- oder Kammgriff — Fluggrätsche rw. i.d. Handstand auf d. uH</p>  | <p>5.403<br/>                     (Atr bs -) s'abaisser en av. (dors vers bi) en prises palm. élan en arrière, lâcher et 1/2 tour avec envol entre les barres pour saisir la bi en suspension (Ejova)<br/>                     (Handstand on HB -) swing down forward (back facing LB) in reverse grip, backward swing, release and 1/2 turn (180°) in flight between the bars to catch LB in hang (Ejova)<br/>                     (Handstand auf d. oH -) Abschwngen Holmen im Kammgriff, Rückschwung, loslassen und 1/2 Dre. (180°) im Flug zwischen beiden Holmen i.d. Hang am uH (Ejova)</p>    | <p>5.503</p>  |
| <p>5.104</p> | <p>5.204 S5.304 JO-C<br/>                     Atr bs - s'abaisser entre les b avec changement en prises croisées, 1/2 tour (180°) en susp. bs, élan vers le haut à l'atr, aussi avec 1/2 tour (180°) dans la phase d'atr (Shahaf)<br/>                     (Handstand on HB -) swing down between bars with grip change to cross grip, 1/2 turn (180°) in range of hang position and swing upward to handstand on HB, also with 1/2 turn (180°) in handstand phase (Shahaf)<br/>                     Handstand am oH - Abschwung zwischen beiden Holmen mit Umgreifen zum Kreuzgriff, 1/2 Dre. (180°) im Bereich d. Hangposition und Aufschwung i. d. Handstand am oH, auch mit 1/2 Dre. (180°) i. d. Handstandphase (Shahaf)</p>  | <p>5.304</p>   | <p>5.404<br/>                     (Atr bs -) s'abaisser entre les b avec 1/2 tour (180°) en passant par la susp. passagère en prises croisées ou avec changement de prises — élan en arr. et salto av. (écarté lat. ou groupé) à la susp. bs<br/>                     (Handstand on HB -) swing down between bars with 1/2 turn (180°) through brief hang in cross grip or change to regular grip, swing backward with salto forward straddled or lucked to hang on HB<br/>                     (Handstand auf d. oH -) Abschwngen zwischen beiden Holmen mit 1/2 Dre. (180°) über den flüchtigen Hang mit Kreuzgriff bzw. Umgreifen i.d. Ristgriff — Rückschwung mit Salto vw. (gegrätscht oder gehockt) i.d. Hang am oH</p>  | <p>5.504<br/>                     S5.504<br/>                     From handstand-swing down w/ 1/2 backswing front pk to hang on HB</p> |

5.000 GRAND TOURS-ÉLANS CIRC. EN AV. — GIANT SWINGS-CIRCLES FORWARD — RIESENUMSCHWÜNGE-FELGEN

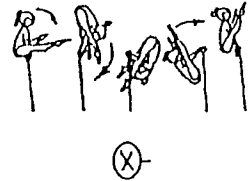
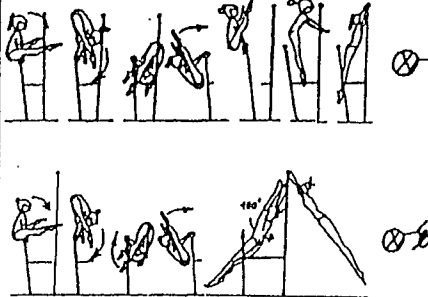

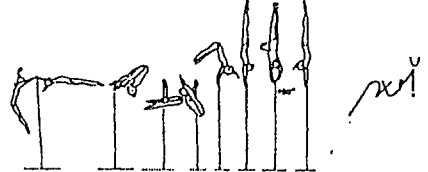
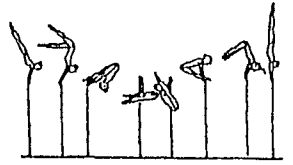
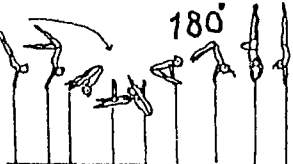
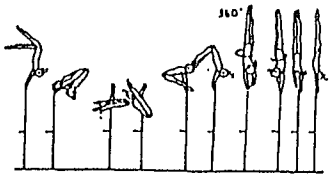
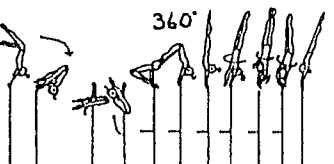
| A     | B     | C   | D  | E — Super E  |
|-------|-------|---|--|--|
| 5.105 | 5.205 | <p>5.305 S5.405 Jo-D<br/>                     (Atr bs →) s'abaisser en prises palm. ou cub. entre les b élan en arr. et salto av. (groupé) à la susp. bs (Jaeger-Salto)<br/>                     (Handstand on HB →) swing down forward between bars in reverse or L grip, swing backward and salto forward tucked to hang on HB (Jaeger-Salto)<br/>                     (Handstand auf d. oH →) Abschwngen zwischen beiden Holmen mit Kamm- oder Ellgriff — Rückschwung und Salto vw. (gehockt) i.d. Hang am oH (Jäger-Salto)</p>  | <p>5.405<br/>                     (Atr bs →) s'abaisser en prises palm. ou cub. entre les b élan en arr. et salto av. (écarté lat. ou carpé) à la susp. bs (salto Jäger)<br/>                     (Handstand on HB →) swing down forward between bars in reverse or L grip, swing backward and salto forward straddled or piked to hang on HB (Jaeger-Salto)<br/>                     (Handstand auf d. oH →) Abschwngen zwischen beiden Holmen mit Kamm- oder Ellgriff — Rückschwung und Salto vw. (gegrätscht oder gebückt) i.d. Hang am oH (Jäger-Salto)</p> <p>S5.505 JO-E</p>  | <p>5.505<br/>                     (Atr bs →) s'abaisser entre les b en prises palm. ou cub., élan en arr. et salto av. tendu à la susp. bs (Cappuccitti)<br/>                     (Handstand on HB →) swing down forward between bars in reverse or L grip, swing backward and salto forward stretched to hang on HB (Cappuccitti)<br/>                     (Handstand auf d. oH →) Abschwngen zwischen beiden Holmen mit Kamm- oder Ellgriff, Rückschwung mit Salto vw. gestreckt i.d. Hang am oH (Cappuccitti)</p>  |
|       |       |   | <p>S5.405<br/>                     Facing out on LB<br/>                     - LB front giant<br/>                     front salto to<br/>                     catch HB</p>  | <p>5.605 Super E S5.505-JO-E<br/>                     (Atr bs →) grand élan circ. en av. en prises palm. salto av. par dessus bs à la susp. en prises palm. bs (Salto Mo)<br/>                     (Handstand on HB →) circle swing forward in L grip with salto forward tucked over HB to hang on HB in reverse grip (Mo-Salto)<br/>                     (Handstand am oH →) Umschwung vw. mit Ellgriff und Salto vw. gehockt über d. oH i. d. Hang am oH mit Kammgriff (Mo-Salto)</p>                             |

5.000 GRAND TOURS-ÉLANS CIRC. EN AV. — GIANT SWINGS-CIRCLES FORWARD — RIESENUMSCHWÜNGE-FELGEN

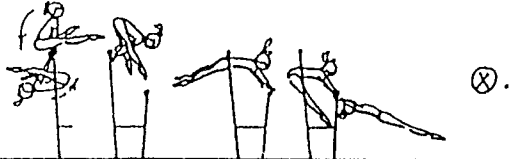

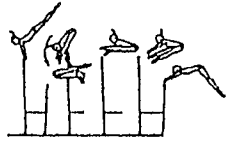

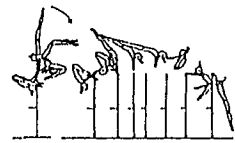


| A     | B     | C   | D  | E — Super E  |
|-------|-------|---|--|--|
| 5.106 | 5.206 | <p>5.306</p> <p>(Atr bs →) grand élan circ. en av. en prises palm. avec contre-mouvement et passé carpe libre ou écarté libre avec ½ tour (180°) par-dessus bs à la susp. bs (Wenning/Volpi)</p> <p>(Handstand on HB →) circle swing forward in reverse grip with free stoop or straddle vault and ½ tum (180°) over HB to hang (Wenning/Volpi)</p> <p>(Handstand auf d. oH →) Umschwung vw. mit Kammgriff und Flugbücke oder Fluggrätsche rw. mit ½ Dre. (180°) über d. oH i.d. Hang am oH (Wenning/Volpi)</p>    | <p>5.406</p> <p>(Atr bs →) grand élan circ. en av. en prises palm. avec ½ tour (180°) et passé écarté avec envol en arr. par-dessus bs à la susp. bs (Chorkina)</p> <p>(Handstand on HB →) circle swing forward in reverse grip with ½ tum (180°) and straddle flight backward over the HB to hang on HB (Chorkina)</p> <p>(Handstand am oH →) Umschwung vw. mit Kammgriff, ½ Dre. (180°) und Fluggrätsche rw. über d. oH i. d. Hang am oH (Chorkina)</p>    | <p>5.506</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) – le même élément</p> <p>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L – same element</p> <p>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz, Ell oder Mix-Ell – das gleiche Element</p> </div>  |
| 5.107 | 5.207 | <p>5.307 * <b>SS.407 JO-D</b></p> <p>Atr bs – grand élan circ. en av. en prises cub. (en pos. dors.) à l'atr avec le corps carpe ou tendu dans la phase d'atr, aussi avec ½ tour (180°) dans la phase d'atr (Zaytseva)</p> <p>Handstand on HB – giant circle swing forward in L grip (rearways) to handstand with piked or stretched body (L grip giant) through handstand phase, also with ½ tum (180°) in handstand phase (Zaytseva)</p> <p>Handstand auf d. oH – Riesenumschwung vw. mit Ellgriff (im Rücklingsverhalten) i.d. Handstand mit gebücktem oder gestrecktem Körper durch d. Handstandphase (Ellgriff-Riese), auch mit ½ Dre. (180°) i.d. Handstandphase (Zaytseva)</p> <p>...pour terminer en prise dorsale</p> <p>...to regular grip</p> <p>...i.d. Ristgriff</p>  | <p>5.407 * <b>SS.507 JO-E</b></p> <p>Atr à la bs – grand élan cir. en av. en prises cub. corps tendu (grand tour en prises cub.), changement de prises avec relâchement ou sauté et initier un 1/1 tour (360°) complété dans la phase d'atr</p> <p>Handstand on HB – giant circle swing forward in L grip with stretched body (L grip giant) release or hop-change grip to initiate 1/1 tum (360°) completed in handstand phase</p> <p>Handstand auf d. oH – Riesenumschwung vw. mit Ellgriff, gestrecktem Körper (Ellgriff-Riese), Umgreifen oder Umspringen i.d. Griff mit 1/1 Dre. (360°) beendet i.d. Handstandphase</p> <p>(Karpenko)</p> <p>...pour terminer en prises mixtes palm. cub.</p> <p>...to mixed-L grip</p> <p>...i.d. Mix-Ellgriff</p> <p>(Ling)</p> <p>...pour terminer en prises cub.</p> <p>...to L grip</p> <p>...i.d. Ellgriff</p>  | <p>5.507 *</p> <p>Atr – grand tour en av. en prises cub. (en pos. dors.) avec le corps tendu à l'atr et un 1/1 (360°) en prises cub. d' un bra dans la phase d'atr en conduisant le bras libre par le côté</p> <p>Handstand on HB – giant circle swing forward in L grip (rearways) with stretched body to handstand and 1/1 tum (360°) in handstand phase from L grip on one arm with side flair of free arm</p> <p>Handstand am oH – Riesenumschwung vw. mit Ellgriff (im Rücklingsverhalten) mit gestrecktem Körper i.d. Handstand und 1/1 Dre. (360°) aus einarmigen Ellgriff i.d. Handstand mit Selbstführung des freien Armes</p> <p>(Bi)</p> <p>...pour terminer en prises palm.</p> <p>...to reverse grip</p> <p>...im Kammgriff</p>  <p>Grand élan circulaire en avant en prises cubitales avec 1½ - 2/1 tours (540°-720°) pendant la phase d'atr</p> <p>Giant circle swing forward in L grip to handstand with 1½-2/1 tum (540°-720°)</p> <p>Riesenumschwung vw. mit Ellgriff i.d. Handstand mit 1½ - 2/1 Dre. (540°-720°)</p>  |



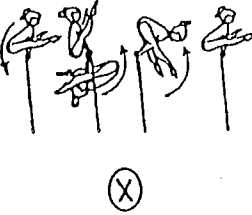
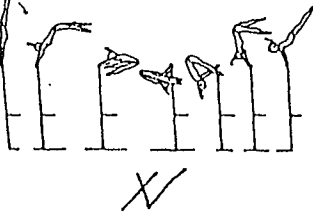
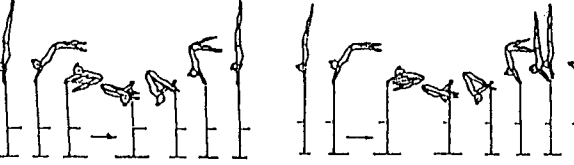
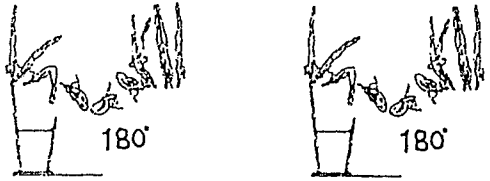
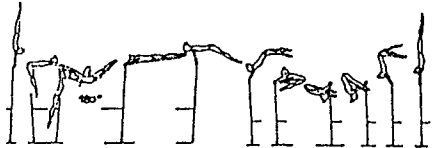
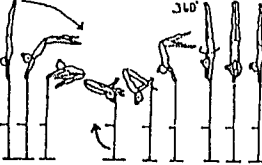
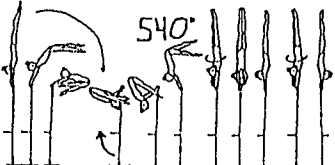

6.000 TOURS STALDER — STALDER CIRCLES — STALDER UMSCHWÜNGE

| A  | B   | C   | D   | E — Super E   |
|--|---|---|---|---|
| <p>6.101<br/>Elan circ. fac. libre en av. bi ou bs à l'appui libre (jambes écartées)<br/>Clear straddle circle forward on LB or HB to clear support<br/>Freier Umschwung vv. am uH oder oH i.d. freien Stütz</p>  | <p>6.201<br/>Elan circ. fac. libre en av. bi (jambes écartées) avec changement de prises à la susp. bs, aussi avec ½ tour (180°)<br/>Clear straddle circle forward on LB with grip change to hang on HB, also with ½ turn (180°)<br/>Freier Umschwung vv. am uH mit Griffwechsel i.d. Hang am oH, auch mit ½ Dre. (180°)</p>  <p>Stalder en av. à l'appui libre<br/>Stalder forward to clear support<br/>Stalder vv. i. d. freien Stütz</p>  <p>Bascule bs — passer les jambes écartées dehors les prises — élan/élévation en arr. à l'air avec ½ tour (180°) à l'air <b>56.303 JO-C</b><br/>Kip-up on HB, passing through clear straddle support — swing/pass to handstand and ½ turn (180°) in handstand phase<br/>Kippe am oH, durch d. freien Stütz (gegrätscht) — Rückschwung/Heben i.d. Handstand mit ½ Dre. i.d. Handstandphase</p>  | <p>6.301<br/>Stalder en av. à l'air, aussi avec ½ tour (180°) dans la phase d'air<br/>Stalder forward to handstand, also with ½ turn (180°) in handstand phase<br/>Stalder vv. i. d. Handstand, auch mit ½ Dre. (180°) i.d. Handstandphase</p>  <p>XI</p>  <p>XI</p> <p>s/p 56.301?</p> | <p>6.401 *<br/>Stalder en av. à l'air avec 1/1 tour (360°) dans la phase d'air<br/>Stalder forward to handstand with 1/1 turn (360°) in handstand phase<br/>Stalder vv. i. d. Handstand mit 1/1 Dre. (360°) i.d. Handstandphase</p>  <p>XI</p>  <p>XI XI</p> <p>56.401<br/>Stalder forward<br/>w/reg grip</p> | <p>6.501</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément<br/>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element<br/>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz, Eil oder Mix-Eil — das gleiche Element</p> </div> |

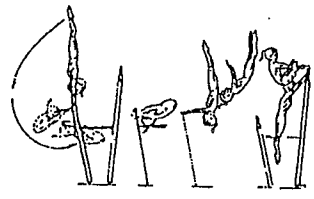
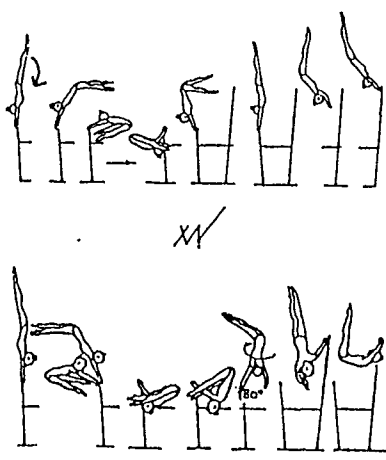
6.000 TOURS STALDER — STALDER CIRCLES — STALDER UMSCHWÜNGE

| A     | B   | C  | D  | E — Super E   |
|-------|---|--|--|---|
| 6.102 | <p>6.202<br/>Elan circ. fac. libre en arr. (jambes écartées) bs avec changement de prises à la susp. bi<br/><i>Clear straddle circle backward on HB with grip change to hang on LB</i><br/>Freier Umschwung rw. (gegrätscht) am oH mit Griffwechsel i.d. Hang am uH</p>  <p>(Atr bs →) Elan circ. écarté libre en arr. bs avec ½ tour (180°) à la susp. bs<br/>(Handstand on HB →) <i>Clear straddle circle backward on HB with ½ tum (180°) to hang on HB</i><br/>(Handstand auf d. oH →) Freier Grätschumschwung rw. am oH mit ½ Dre. (180°) i.d. Hang am oH</p>  | <p>6.302<br/>Elan circ. écarté libre en av. bs avec envol en arr. par-dessus bi à la susp. bi<br/><i>Clear straddle circle forward on HB with flight backward over LB to hang on LB</i><br/>Freier Grätschumschwung vw. am oH mit Flug rw. über d. uH i.d. Hang am uH</p>  | <p>6.402<br/>Elan circ. écarté libre en av. ou en arr. bs et envol à l'atr bi<br/><i>Clear straddle circle forward or backward on HB with flight to handstand on LB</i><br/>Freier Grätschumschwung vw. oder rw. am oH mit Flug i.d. Handstand auf d. uH</p>    | <p>6.502<br/>Stalder en arr. bs en passant par l'atr, avec contre-mouvement et passé écarté en arr. par-dessus bs à la susp. bs (passé écarté Ricna)<br/><i>Stalder backward on HB through handstand with counter straddle to hang on HB (Ricna-Straddle)</i><br/>Stalder rw. am oH über d. Handstand mit Kontergrätsche i.d. Hang am oH (Ricna-Grätsche)</p>  |
| 6.103 | <p>6.203</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) – le même élément<br/>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L – same element<br/>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwi-, Kreuz, Ell oder Mix-Ell – das gleiche Element</p> </div>  | <p>6.303</p> <p>56.303<br/>L grip front stalder to clear support</p>   | <p>6.403 *</p> <p>Stalder en av. en prises cub. à l'atr, aussi avec ½ tour (180°) dans la phase d'atr (White)<br/><i>Stalder forward in L grip to handstand, also with ½ tum (180°) in handstand phase (White)</i><br/>Stalder vw. mit Ellgriff i.d. Handstand, auch mit ½ Dre. (180°) i.d. Handstandphase (White)</p>  | <p>6.503</p> <p>Stalder en av. en prises cub. à l'atr avec 1/1 tour (360°) dans la phase d'atr<br/><i>Stalder forward in L grip to handstand with 1/1 tum (360°) in handstand phase</i><br/>Stalder vw. mit Ellgriff i.d. Handstand mit 1/1 Dre. (360°) i.d. Handstandphase</p>    |

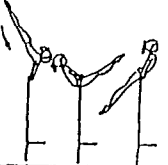
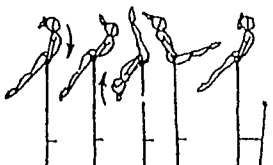
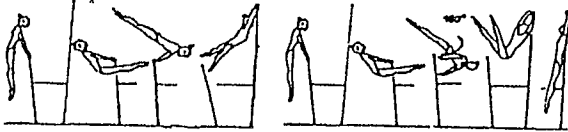

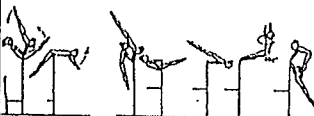
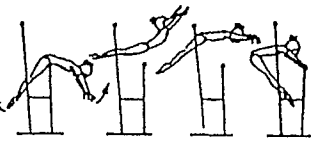
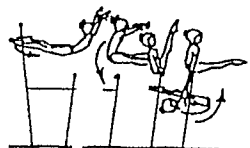
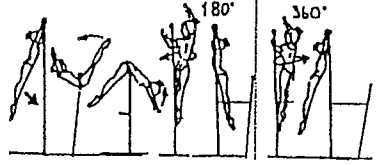
6.000 TOURS STALDER — STALDER CIRCLES — STALDER UMSCHWÜNGE

| A  | B   | C  | D  | E — Super E   |
|--|---|--|--|---|
| <p>6.104<br/>Élan circ. fac. libre en arr. bi ou bs à l'appui libre (jambes écartées)<br/><i>Clear straddle circle backward on LB or HB to clear support</i><br/>Freier Umschwung rw. am uH oder oH i.d. freien Stütz</p>  <p style="text-align: center;">⊗</p> | <p>6.204<br/>Stalder en arr. à l'appui libre<br/><i>Stalder backward to clear support</i><br/>Stalder rw. i. d. freien Stütz</p>  <p style="text-align: center;">⊗</p> | <p>6.304<br/>*Stalder en arr. à l'atr, aussi en sautant prises dans la phase d'atr<br/><i>*Stalder backward to handstand, also with hop-change grip in handstand phase</i><br/>Sl. 407 Jo-D<br/>*Stalder rw. i. d. Handstand, auch mit Umspringen i.d. Griff i. d. Handstandphase</p>  <p style="text-align: center;">XI XI</p> <p>*Stalder en arr. à l'atr avec ½ tour (180°) dans la phase d'atr<br/><i>*Stalder backward to handstand with ½ turn (180°) in handstand phase</i><br/>*Stalder rw. i. d. Handstand mit ½ Dre. (180°) i.d. Handstandphase (Tostenko)<br/>...avec ½ tour (180°) pour terminer en prises cub.<br/>...with ½ turn (180°) to L grip<br/>...mit ½ Dre. (180°) i.d. Ellgriff</p>  <p style="text-align: center;">180° 180°</p> <p style="text-align: center;">XI XI XI</p> <p>(Atr bs —) s'abaisser entre les b, élan en av. avec ½ tour (180°) — établissement à l'appui libre bs et Stalder en arr. à l'atr<br/><i>(Handstand on HB —) swing downward between the bars, swing forward with ½ turn (180°) — uprise to Stalder backward to handstand</i><br/>(Handstand auf d. oH —) Abspringen zwischen beiden Holmen, Vorschwing mit ½ Dre. (180°) — Schwungstemme und Stalder rw. i.d. Handstand</p>  <p style="text-align: right;">S XI</p> | <p>6.404 *<br/>Stalder en arr. avec 1/1 tour (360°) dans la phase d'atr<br/><i>Stalder backward to handstand with 1/1 turn (360°) in handstand phase</i><br/>Stalder rw. i.d. Handstand mit 1/1 Dre. (360°) i.d. Handstandphase</p>  <p style="text-align: center;">XI</p> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément<br/><i>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element</i><br/>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz-, Ell oder Mix-Ell — das gleiche Element</p> | <p>6.504 *<br/>Stalder en arr. avec 1½ tour (540°) dans la phase d'atr<br/><i>Stalder backward to handstand with 1½ turn (540°) in handstand phase</i><br/>Stalder rw. i.d. Handstand mit 1½ Dre. (540°) i.d. Handstandphase</p>  <p style="text-align: center;">XI</p> <p>(Chorkina - Chow)<br/>...pour terminer en prises mixtes palm. cub.<br/>...to mixed-L grip<br/>...i.d. Mix-Ellgriff</p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">XI XI</p> |

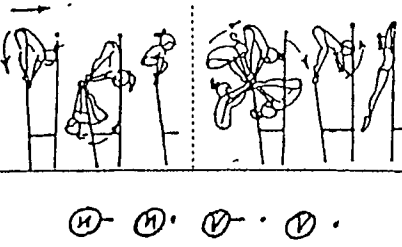
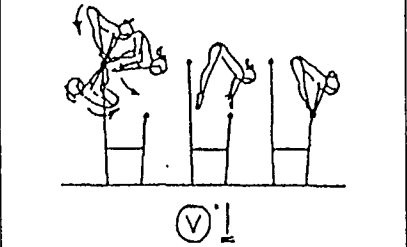
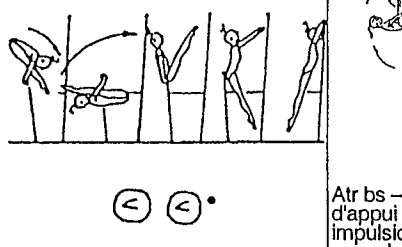
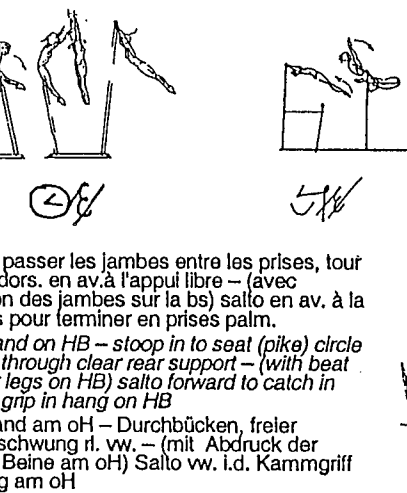
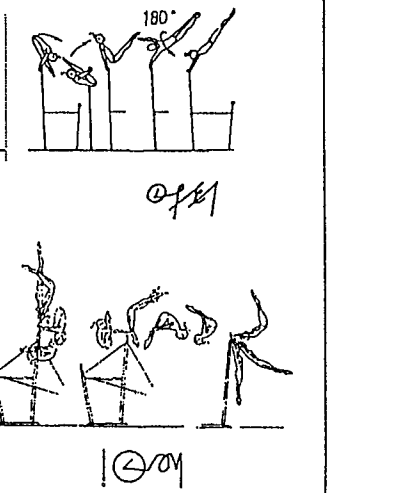
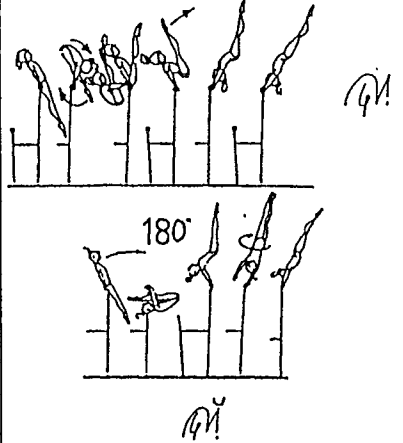
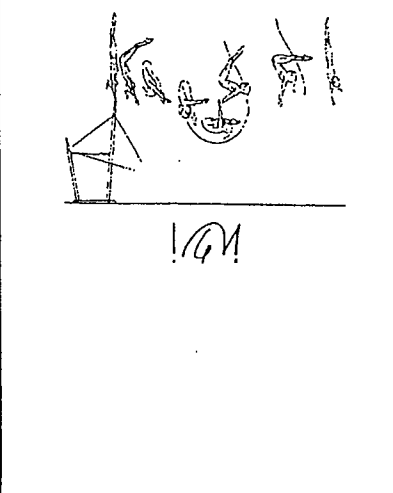
6.000 TOURS STALDER — STALDER CIRCLES — STALDER UMSCHWÜNGE

| A     | B     | C  | D  | E — Super E |
|-------|-------|--|--|-------------|
| 6.105 | 6.205 | <p>6.305<br/>                     Vers l'intérieur — Stalder en arr. bi, contremouvement avec envol à la susp. bs (Ray)<br/>                     Facing inward — Stalder backward with release and counter movement forward in flight to hang on HB (Ray)<br/>                     Blick nach innen — Stalder rw. mit Konterbewegung und Flug i.d. Hang am oH (Ray)</p>  <p>XV</p> | <p>6.405<br/>                     Vers l'extérieur — Stalder en arr. en passant par l'atr avec envol à la susp. bs, aussi avec ½ tour (180°) ou — fac à bs avec envol et ½ tour (180°) à la susp. bs<br/>                     Facing outward — Stalder backward through handstand with flight to hang on HB, also with ½ turn (180°), or — from outside with ½ turn (180°) to hang on HB<br/>                     Blick nach aussen — Stalder rw. über d. Handstand mit Flug i. d. Hang am oH, auch mit ½ Dre. (180°) oder — von aussen mit ½ Dre. (180°) i.d. Hang am oH</p>  <p>XV</p> <p>XVI</p> <p>S6.405<br/>                     Facing out on LB —<br/>                     LB front stalder.<br/>                     to frnt saltocatch HB</p> | 6.505       |

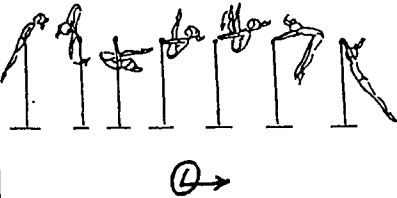
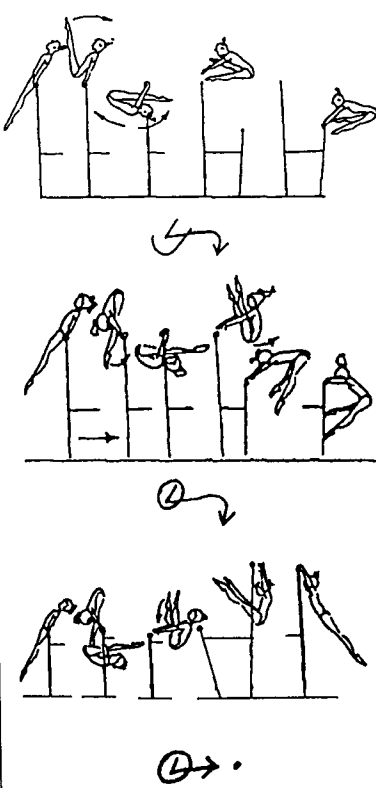
7.000 ELANS CIRCULAIRES, POISSONS — CIRCLE SWINGS, HECHTS — KREISSCHWÜNGE, HECHT

| A  | B  | C   | D   | E — Super E  |
|--|--|---|---|--------------|
| <p>7.101<br/>Tour d'appui fac. en arr. bi ou bs à l'appui (avec ou sans appui des mains)<br/><i>Hip circle backward on LB or HB to support (with or without hand support)</i><br/>Fulgumschwung vl. rw. am uH oder oH i.d. Stütz (Umschwung mit oder ohne Stütz der Hände)</p>  <p>Tour d'appui fac. en av. bs ou bi à l'appui (avec ou sans appui des mains)<br/><i>Hip circle forward on HB or LB to support (with or without hand support)</i><br/>Fulgumschwung vl. vw. am uH oder oH i.d. Stütz (Umschwung mit oder ohne Stütz d. Hände)</p>  | <p>7.201</p>   | <p>7.301<br/>Elan circ. fac. libre en arr. bi, face à bs, et poisson à la susp. bs, aussi avec ½ tour (180°) (jambes serrées ou écartées)<br/><i>Outer front support — clear hip circle backward on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled)</i><br/>Freier Umschwung vl. rw. am uH (von aussen) mit Abhechten i.d. Hang am oH, auch mit ½ Dre. (180°) (Beine geschlossen oder gegrätscht)</p>  <p>Vers l'intérieur — Stalder en arr. bi, poisson avec envol à la susp. bs (Yarotska)<br/><i>Facing inward — Stalder backward with release and hecht to hang on HB (Yarotska)</i><br/>Blick nach Innen — Stalder rw. mit Abhechten und Flug i.d. Hang am oH (Yarotska)</p>  | <p>7.401<br/>Tour d'appui fac. en arr. bi ou bs avec envol et passé dors. par-dessus b à la susp. à la même b — aussi de l'élan circ. fac. libre en arr. bs<br/><i>Free hip circle backward on LB or HB hecht with flight and ½ turn (180°) passing over bar to hang on same bar — also from clear hip circle backward on HB (free or clear Hechtkehre)</i><br/>Fulgumschwung vl. rw. am uH oder oH mit Flug und Überkehren i.d. Hang am gleichen Holm — auch von freier Umschwung vl. rw. am oH (freie Hechtkehre)</p>  | <p>7.501</p> |
| <p>7.102<br/>Tour d'appui fac. en arr. bi — Impulsion des hanches — envol et reprendre bi pour élaner en av.<br/><i>Free hip circle backward on LB — hip repulsion — flight with regrasp on LB to glide ("false-pop")</i><br/>Fulgumschwung vl. rw. am uH — Abdruck von d. Hüfte — Flug mit Erlassen d. uH zum Vorschweben (Trick)</p>    | <p>7.202<br/>Tour d'appui fac. en arr. bi — Impulsion des hanches — avec passé écarté libre en av. à l'appui dors (Korbut)<br/><i>Free hip circle backward on LB — hip repulsion — with free straddle forward over LB to rear support (Korbut)</i><br/>Fulgumschwung vl. rw. am uH — Abdruck von d. Hüfte — mit freiem Übergrätschen i.d. Stütz rl. (Korbut)</p>  | <p>7.302<br/>Tour d'appui fac. en arr. bi — Impulsion des hanches — avec ½ ou 1/1 tour (180° ou 360°) et changement de prises à la susp. bs<br/><i>Free hip circle backward on LB — hip repulsion — with ½ or 1/1 turn (180° or 360°) and grip change to hang on HB</i><br/>Fulgumschwung vl. rw. am uH — Abdruck von d. Hüfte — mit ½ oder 1/1 Dre. (180° oder 360°) und Griffwechsel i.d. Hang am oH</p>    | <p>7.402</p>  | <p>7.502</p> |

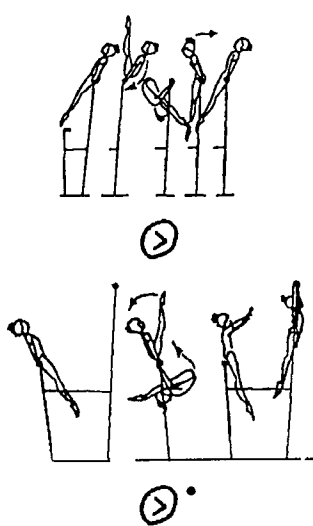
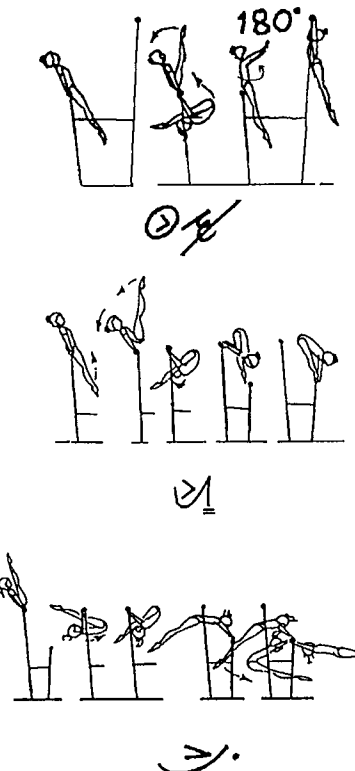

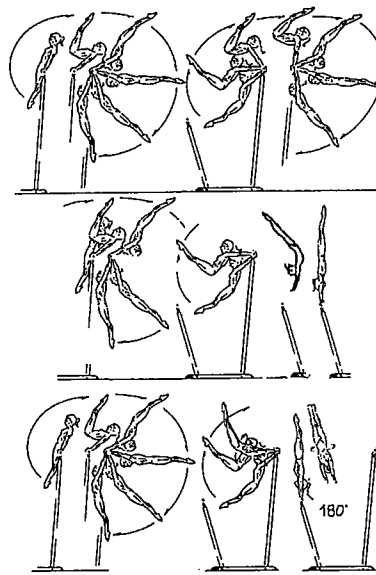
7.000 ELANS CIRCULAIRES, POISSONS — *CIRCLE SWINGS, HECHTS* — *KREISSCHWÜNGE, HECHT*

| A  | B   | C  | D  | E — Super E   |
|--|---|--|--|---|
| <p>7.103<br/>Elan circ. groupé ou carpé en av. ou en arr. bi ou bs à la stat., aussi avec changement de prises à la susp. bs<br/><i>Sole circle forward or backward (tucked or piked) on HB or LB to stand, also with grip change to hang on HB</i><br/>Sohlumschwung vw. oder rw. (gehockt oder gebückt) am uH oder oH i.d. Stand, auch mit Griffwechsel i.d. Hang am oH</p>      | <p>7.203<br/>Elan circ. en arr. carpé bs avec envol à la stat. bi<br/><i>Sole circle backward piked with flight from HB to stand on LB</i><br/>Sohlumschwung rw. gebückt vom oH mit Flug i.d. Stand am uH</p>    | <p>7.303</p>   | <p>7.403</p>   | <p>7.503</p>  |
| <p>7.104<br/>Appui dors. bi ou bs — tour d'appui dors. en av. à l'appui dors., à bi aussi avec changement de prises à la susp. bs<br/><i>Rear support on LB or HB — seat (pike) circle forward to rear support, also on LB with grip change to hang on HB</i><br/>Stütz rl. am uH oder oH — Kippumschwung rl. vw. i.d. Stütz rl. am uH auch mit Griffwechsel i.d. Hang am oH</p>  | <p>7.204<br/>Appui dors. bi — tour d'appui dors. en av. (libre) avec ½ tour (180°) à la susp. bs, aussi — Susp. ou appui dors. bs, passé carpé en arr. et bascule dors. en av. (libre) ou tour d'appui dors. en av. (libre) — avec ½ tour (180°) à la susp. bs<br/><i>Rear support on LB — seat (pike) circle forward through clear rear support with ½ tum (180°) to hang on HB, also — Hang or rear support on HB — stoop through, back kip-up or seat (pike) circle forward — through clear rear support with ½ tum (180°) to hang on HB</i><br/>Stütz rl. am uH — Kippumschwung rl. vw. frei i.d. Stütz rl., am uH mit ½ Dre. (180°) i.d. Hang am oH, auch — Hang oder Stütz am oH oder — Stütz am oH, Durchbücken, Klippaufschwung rl. vw. frei oder Kippumschwung rl. vw. (frei) — mit ½ Dre. (180°) i.d. Hang am oH</p>  <p>Atr bs — passer les jambes entre les prises, tour d'appui dors. en av. à l'appui libre — (avec impulsion des jambes sur la bs) salto en av. à la susp. bs pour terminer en prises palm.<br/><i>Handstand on HB — stoop in to seat (pike) circle forward through clear rear support — (with beat of lower legs on HB) salto forward to catch in reverse grip in hang on HB</i><br/>Handstand am oH — Durchbücken, freier Klippaufschwung rl. vw. — (mit Abdruck der unteren Beine am oH) Salto vw. i.d. Kammgriff i.d. Hang am oH</p> | <p>7.304</p>  | <p>7.404<br/>Appui dors. bs — tour d'appui dors. en av. à l'appui libre (pour terminer en prises cub.) dans la phase d'atr (Adler), aussi avec ½ tour (180°)<br/><i>Rear support on HB — seat (pike) circle forward through clear extended support (in L grip) in handstand phase (Adler), also with ½ tum (180°)</i><br/>Stütz rl. am oH — Kippumschwung rl. vw. i.d. freien Stütz (mit Ellgriff) i. d. Handstandphase (Adler), auch mit ½ Dre. (180°)</p>  | <p>7.504<br/>Atr bs — passer les jambes entre les prises, Adler-tour d'appui dors. en av. à l'appui libre (pour terminer en prises cub.) dans la phase d'atr (Luo)<br/><i>Handstand on HB — stoop in to Adler-seat (pike) circle forward through clear extended support (in L grip) in handstand phase (Luo)</i><br/>Handstand am oH — Einbücken, Adler-Umschwung mit Aufstrecken i.d. freien Stütz (mit Ellgriff) i.d. Handstandphase (Luo)</p>  |

7.000 ELANS CIRCULAIRES, POISSONS — *CIRCLE SWINGS, HECHTS* — KREISSCHWÜNGE, HECHT

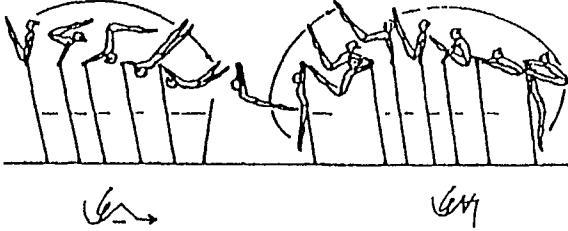
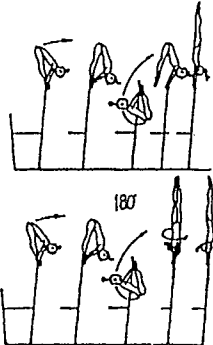
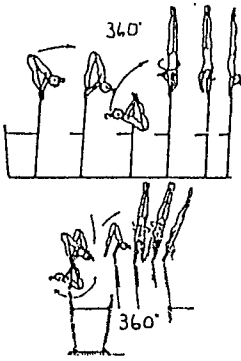
| A   | B            | C   | D            | E — Super E  |
|---|--------------|---|--------------|--------------|
| <p>7.105<br/>Appui dors. bi ou bs — tour d'appui dors. en av. avec passé écarté en arr. à la susp. à la même b<br/><i>Rear support on LB or HB — seat (pike) circle forward with straddle cut backward to hang on same bar</i><br/>Stütz rl. am uH oder oH — Kippumschwung rl. vw. mit Ausgrätschen i.d. Hang am gleichen Holm</p>  | <p>7.205</p> | <p>7.305<br/>Appui dors. bs, dos à bi — s'abaisser en arr. à la susp. dors. mi-renv., bascule dors. en av. ou tour d'appui dors. en av. — passé écarté en arr. et envol en arr. par-dessus bi à la susp., aussi —<br/>Appui dors. bi — tour d'appui dors. en av. avec passé écarté en arr. et changement de prises à la susp. bs<br/><i>Outer rear support on HB — fall backward to inverted pike swing or seat (pike) circle forward — straddle cut backward with flight over LB to hang, also —</i><br/><i>Rear support on LB — seat (pike) circle forward with straddle cut backward and grip change to hang on HB</i><br/>Aussenseitstütz rl. am oH — Senken rw. i.d. Kipphang-Kippaufschwung rl. vw. oder Kippumschwung rl. vw. — Ausgrätschen und Flug rw. über d. uH i.d. Hang, auch — Stütz rl. am uH — Kippumschwung rl. rw. mit Ausgrätschen und Griffwechsel i.d. Hang am oH</p>  | <p>7.405</p> | <p>7.505</p> |

7.000 ELANS CIRCULAIRES, POISSONS — CIRCLE SWINGS, HECHTS — KREISSCHWÜNGE, HECHT

| A  | B   | C   | D  | E — Super E  |
|--|---|---|--|--------------|
| <p>7.106<br/>Appui dors. bi ou bs — tour d'appui dors. en arr. à l'appui dors., à bi aussi avec changement de prises à la susp. bs<br/><i>Rear support on LB or HB — seat (pike) circle backward to rear support, also on LB with grip change to hang on HB</i><br/>Stütz rl. am uH oder oH — Kippumschwung rl. rw. i.d. Stütz rl., am uH auch mit Griffwechsel i.d. Hang am oH</p>  | <p>7.206<br/>Appui dors. bi — tour d'appui dors. avec ½ tour (180°) en arr. à l'appui dors. et changement de prises à la susp. bs, aussi — appui dors. bs, face à bi — tour d'appui dors. en arr. en sautant à l'appui jambes tendues bi ou avec changement de prises à la susp. bi<br/><i>Rear support on LB — seat (pike) circle backward with ½ tum (180°) and grip change to hang on HB, also — inner rear support on HB — seat (pike) circle backward with release to stand on LB or with grip change to hang on LB</i><br/>Stütz rl. am uH — Kippumschwung rl. mit ½ Dre. (180°) und Griffwechsel i.d. Hang am oH, auch<br/>— Innenseitstütz rl. am oH — Kippumschwung rl. rw. mit Umspringen i.d. Stand auf d. uH oder mit Griffwechsel i.d. Hang am uH</p>  | <p>7.306<br/>Appui dors libre. bs (jambes serrées) — élaner dors. en arr. à la susp. dors., établissement av. à l'appui dors. libre bs (Steinemann)<br/><i>Clear rear pike support on HB (legs together) — full circle swing backward to finish in clear rear support on HB (Steinemann circle)</i><br/>Aus dem freien Stütz rl. am oH (Beine geschlossen) — Umschwung rl. rw. i.d. freien Stütz am oH (Steinemann-Umschwung)<br/>Stütz rl. am uH — Kippumschwung rl. mit ½ Dre. (180°) und Griffwechsel i.d. Hang am oH, auch</p>  | <p>7.406<br/>Appui dors libre. bs (jambes serrées)<br/>— élan circ. dors. libre en arr. — continuer en appui dors. libre en arr. au-dessus bs à la susp. (Mirgorodskaia)<br/>— élaner dors. en arr. à la susp. dors. — continuer pour salto arr. tendu (ou carpé) entre les b à l'appui libre bi (Teza)<br/>— élaner dors. en arr. à la susp. dors. et ½ tour (180°) avec envol à l'atr bi (Teza)<br/><i>Clear rear pike support on HB (legs together)</i><br/>— full circle swing backward — continuing through clear rear pike support backward over HB into hang (Mirgorodskaia)<br/>— circle swing backward and continue to salto backward stretched (or piked) between bars to clear support on LB (Teza) or<br/>— circle swing backward and ½ tum (180°) with flight to handstand on LB (Teza)<br/>Aus dem freien Stütz rl. am oH (Beine geschlossen)<br/>— Riesenumschwung rl. rw. — weiterführen i.d. freien Stütz rw. über d. oH i.d. Hang (Mirgorodskaia)<br/>— Umschwung rl. rw. — weiterführen mit Saltorolle gestreckt (oder gebückt) zwischen d. Holmen i.d. freien Stütz am uH (Teza)<br/>— Umschwung rl. rw. und ½ Dre. (180°) mit Flug i.d. Handstand auf d. uH (Teza)</p>  | <p>7.506</p> |

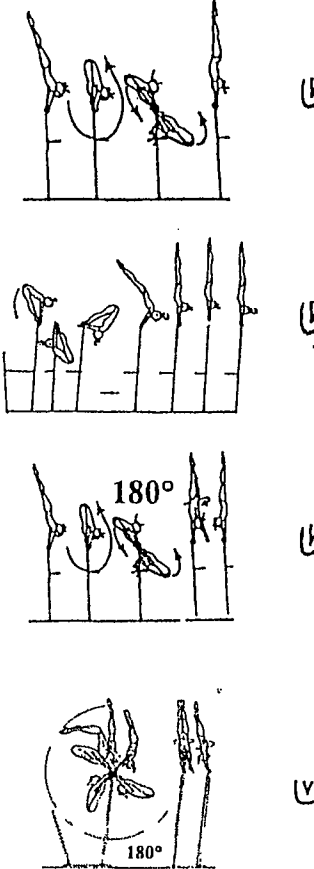
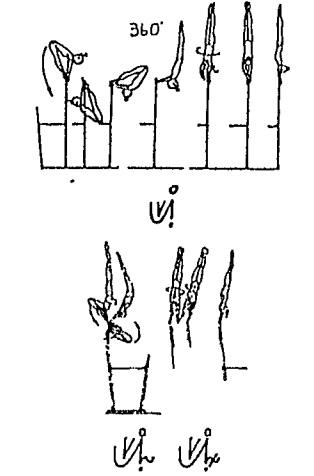
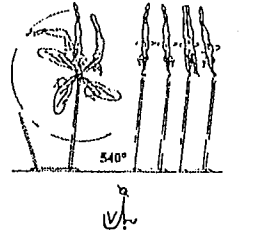


7.000 ELANS CIRCULAIRES, POISSONS — *CIRCLE SWINGS, HECHTS* — KREISSCHWÜNGE, HECHT

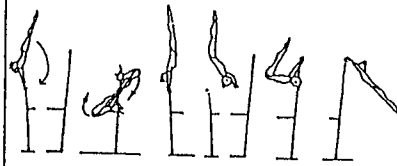
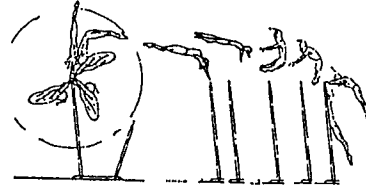
| A     | B     | C  | D   | E — Super E |
|-------|-------|--|---|-------------|
| 7.107 | 7.207 | <p>7.307 7.407<br/>                     Appui dors. libre bs (jambes serrées) — élan circ. dors. libre en arr. avec contre-mouvement et passé écarté avec envol ou passé carpé en arr. par-dessus bs à la susp. bs (L-L)<br/> <i>Clear rear pike support (legs together) on HB — full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB (L-L)</i><br/>                     Freier Stütz rl. am oH (Beine geschlossen) — Umschwung rl. rw. mit Konterflug rw. gerätscht oder Rückbücken i.d. Hang am oH (L-L)</p>  | 7.507   |             |
| 7.108 | 7.208 | <p>7.308 *<br/>                     Elan circ. carpé en av. à l'atr, aussi avec ½ tour (180°) dans la phase d'atr<br/> <i>Pike sole circle forward to handstand, also with ½ turn (180°) in handstand phase</i><br/>                     Bückumschwung vv. i.d. Handstand, auch mit ½ Dre. (180°) i.d. Handstandphase</p>    | <p>7.408 *<br/>                     Elan circ. carpé en av. à l'atr avec 1/1 tour (360°) dans la phase d'atr<br/> <i>Pike sole circle forward with 1/1 turn (360°) in handstand phase</i><br/>                     Bückumschwung vv. i.d. Handstand mit 1/1 Dre. (360°) i.d. Handstandphase</p>  | 7.508       |

\*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément  
 \*To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element  
 \*Zu beenden in jedem Griff: Rist-, Kamm-, Zwie-, Kreuz, Eil oder Mix-Eil — das gleiche Element

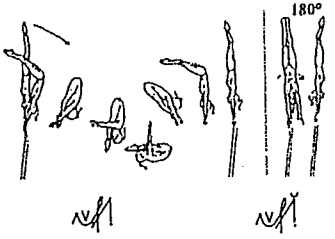
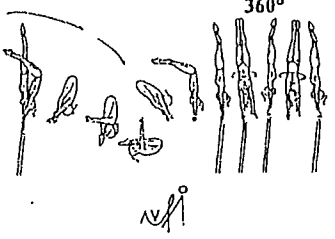
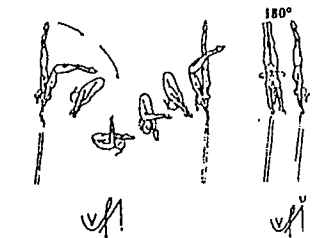
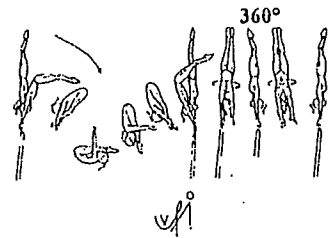
7.000 ELANS CIRCULAIRES, POISSONS — *CIRCLE SWINGS, HECHTS* — KREISSCHWÜNGE, HECHT

| A   | B   | C  | D   | E — Super E  |
|---|---|--|---|--|
| <p>7.109</p> <div data-bbox="300 335 735 624" style="border: 1px solid black; padding: 5px;"> <p><b>ATTENTION/ATTENTION/ACHTUNG:</b></p> <p>Tous les élans circ. carpés peuvent aussi être exécutés avec les jambes écartées.</p> <p><i>All pike sole circles may be performed as straddle sole circles.</i></p> <p>Alle Bückumschwünge können auch mit gegrätschten Beinen ausgeführt werden.</p> </div> <div data-bbox="300 718 725 966" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>*Pour finir à n'importe quelle prise: dorsale, palmaire, mixte, palmaire croisée, cubitale, mixte (palmaire-cubitale) — le même élément</p> <p><i>*To end in any grip: regular, reverse, mixed, cross, L or mixed-L — same element</i></p> <p>*Zu beenden in jedem Griff: Rist-, Kamm-, Zwi-, Kreuz-, Ell oder Mix-Ell — das gleiche Element</p> </div> | <p>7.209</p> <p style="text-align: center; font-size: 1.2em;">ST.209</p> <p style="text-align: center; font-size: 1.2em;">Pike sole circle<br/>bwd to ctr-support</p> | <p>7.309 *</p> <p>Elan circ. carpé en arr. à l'atr, aussi avec en sautant en prises palm. dans la phase d'atr, aussi avec ½ tour (180°)</p> <p><i>Pike sole circle backward to handstand, also with hop-change to reverse grip in handstand phase, also with ½ turn (180°)</i></p> <p>Bückumschwung rw. l.d. Handstand, auch mit Umspringen l.d. Kammgriff l.d. Handstandphase, auch mit ½ turn (180°) l.d. Handstandphase</p>  | <p>7.409 *</p> <p>Elan circ. carpé en arr. à l'atr avec 1/1 tour (360°) dans la phase d'atr</p> <p><i>Pike sole circle backward to handstand with 1/1 turn (360°) in handstand phase</i></p> <p>Bückumschwung rw. l.d. Handstand mit 1/1 Dre. (360°) l.d. Handstandphase</p> <p>(Maloney)</p> <p>... pour terminer en prises mixtes palm. cub.</p> <p>... to mixed-L grip</p> <p>... l. d. Mix-Ellgriff</p>  | <p>7.509 *</p> <p>Elan circ. carpé en arr. à l'atr avec 1½ tour (540°)</p> <p><i>Pike sole circle backward to handstand with 1½ turn (540°)</i></p> <p>Bückumschwung rw. l.d. Handstand mit 1½ Dre. (540°)</p> <p>(Lucke)</p> <p>... pour terminer en prises cub.</p> <p>... to L grip</p> <p>... l. d. Ellgriff</p>  |

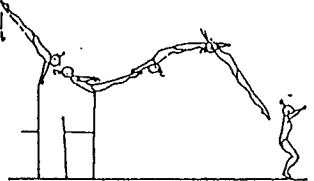
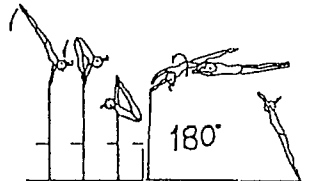
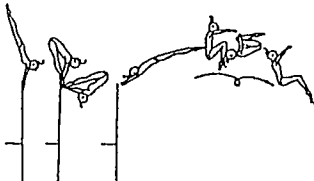
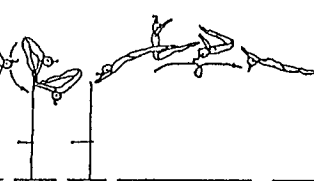
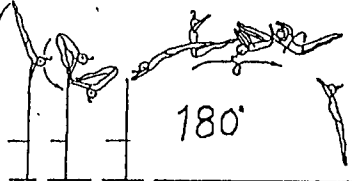
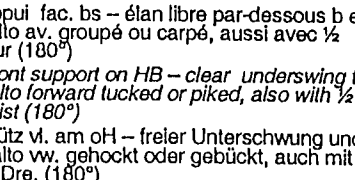
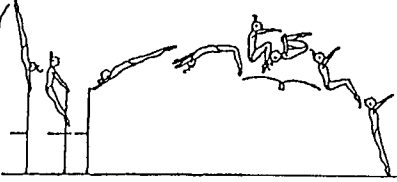
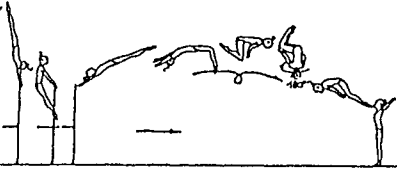
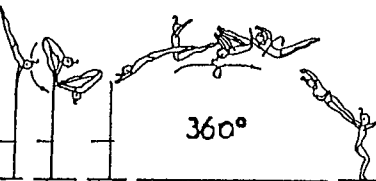
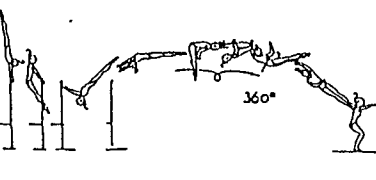
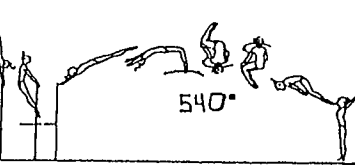
7.000 ELANS CIRCULAIRES, POISSONS — *CIRCLE SWINGS, HECHTS* — *KREISSCHWÜNGE, HECHT*

| A     | B     | C     | D  | E — Super E |
|-------|-------|-------|--|-------------|
| 7.110 | 7.210 | 7.310 | <p>7.410 .<br/> <i>Appui fac. bi dos à bs — elan circ. carpé en arr. passant par l'atr avec envol à la susp. bs (Maloney)</i><br/> <i>Inner front support on LB — pike sole circle backward through handstand with flight to hang on HB (Maloney)</i><br/> <i>Innenseitstütz vl. am uH — Bückumschwung rw. über d. Handstand mit Flug i. d. Hang am oH (Maloney)</i></p>  <p style="text-align: center;">S 7.410<br/> w/ 1/2 (either direction)</p> | 7.510       |
| 7.111 | 7.211 | 7.311 | <p>7.411 <b>S 7.511 — JO D</b><br/> <i>Atr bs — Elan circ. carpé en arr. avec contre-mouvement et passé écarté en arr. par-dessus bs à la susp. (Ray)</i><br/> <i>Handstand on HB — Pike sole circle backward counter straddle-reverse hecht over HB to hang (Ray)</i><br/> <i>Handstand am oH — Bückumschwung rw. Riesenfelge rw. mit Kontergrätsche über d. oH i.d. Hang (Ray)</i></p>  <p style="text-align: center;">VL →</p>                 | 7.511       |

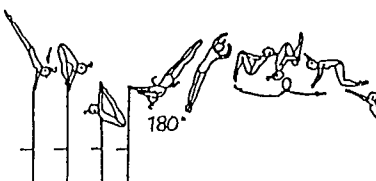
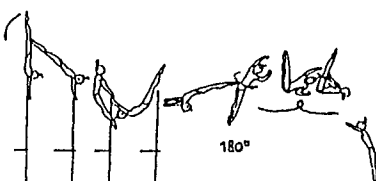
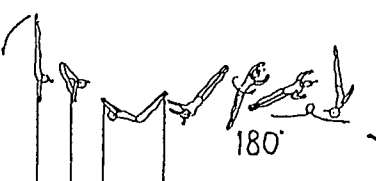
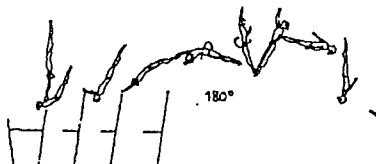
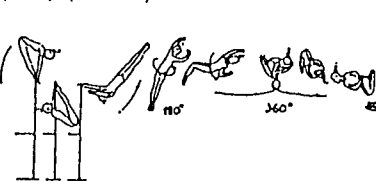
7.000 ELANS CIRCULAIRES, POISSONS — *CIRCLE SWINGS, HECHTS* — KREISSCHWÜNGE, HECHT

| A     | B     | C     | D  | E — Super E   |
|-------|-------|-------|--|---|
| 7.112 | 7.212 | 7.312 | <p>7.412<br/>                     Elan circ. carpé libre en av. à l'atr., aussi avec ½ tour (180°) pendant la phase d'atr (Endo-carpé)<br/> <i>Clear pike circle forward to handstand, also with ½ turn (180°) in handstand phase (Endo-piked)</i><br/>                     Freier Bückumschwung vw. i.d. Handstandphase, auch mit ½ Dre (180°) i.d. Handstandphase (Endo-gebückt)</p>            | <p>7.512<br/>                     Elan circ. carpé libre en av. avec 1/1 tour (360°) pendant la phase d'atr (Endo-carpé)<br/> <i>Clear pike circle forward with 1/1 turn (360°) in handstand phase (Endo-piked)</i><br/>                     Freier Bückumschwung vw. mit 1/1 Dre (360°) i.d. Handstandphase (Endo-gebückt)</p>            |
| 7.113 | 7.213 | 7.313 | <p>7.413<br/>                     Elan circ. carpé libre en arr. à l'atr., aussi avec ½ tour (180°) pendant la phase d'atr (Stalder-carpé)<br/> <i>Clear pike circle backward to handstand, also with ½ turn (180°) in handstand phase (Stalder-piked)</i><br/>                     Freier Bückumschwung rw. i.d. Handstandphase, auch mit ½ Dre (180°) i.d. Handstandphase (Endo-gebückt)</p>  | <p>7.513<br/>                     Elan circ. carpé libre en arr. avec 1/1 tour (360°) pendant la phase d'atr (Stalder-carpé)<br/> <i>Clear pike circle backward with 1/1 turn (360°) in handstand phase (Stalder-piked)</i><br/>                     Freier Bückumschwung rw. mit 1/1 Dre (360°) i.d. Handstandphase (Endo-gebückt)</p>  |

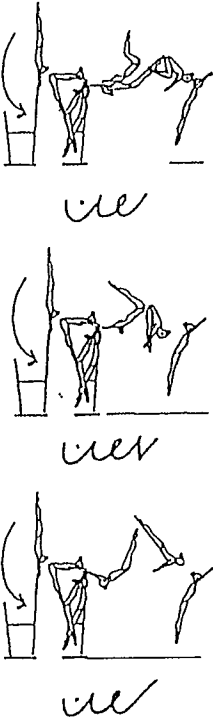
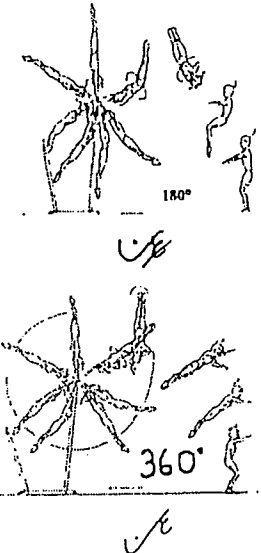
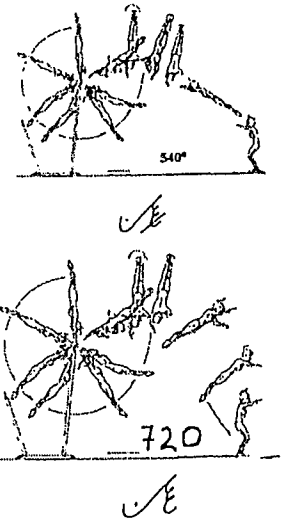
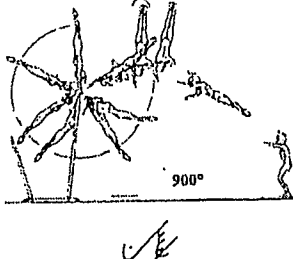
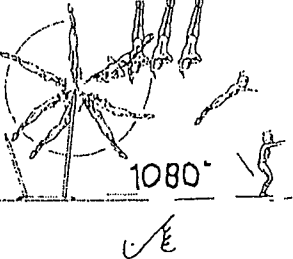
8.000 SORTIES — L JOURNALS — ABGÄNGE

| A   | B  | C  | D   | E — Super E   |
|---|--|--|---|---|
| <p>8.101<br/>Appui fac. bs — élan par-dessous b* (aussi libre** à la stat. dors. aussi avec 1/2 ou 1/1 tour (180° ou 360°) (des deux côtés)<br/>Front support on HB — underswing* (also clear**) to stand, also with 1/2 twist (180°) or 1/1 twist (360°) (to both sides)<br/>Stütz vl. am oH — Abschwingen zwischen beiden Holmen — Vorschwing, auch mit 1/2 Dre. (180°) oder 1/1 Dre. (360°) (nach beiden Seiten)</p>  <p>180°</p>  <p>360°</p> | <p>8.201 <b>S8.301 Jo-C</b><br/>Appui fac. bs — élan par-dessous b et salto av. groupé ou carpé<br/>Front support on HB — underswing with salto forward tucked or piked<br/>Stütz vl. am oH — Unterschwing — Salto vw. gehockt oder gebückt</p>  <p>180°</p>  <p>180°</p> <p>S8.201<br/>Underswing 1 1/2 - 2 1/1</p> | <p>8.301<br/>Appui fac. bs — élan par-dessous b et salto av. groupé ou carpé avec 1/2 tour (180°)<br/>Front support on HB — underswing to salto forward tucked or piked with 1/2 turn (180°)<br/>Stütz vl. am oH — Unterschwing (mit oder ohne Stütz der Füße) und Salto vw. gehockt oder gebückt mit 1/2 Dre. (180°)</p>  <p>180°</p>  <p>180°</p> <p>Appui fac. bs — élan libre par-dessous b et salto av. groupé ou carpé, aussi avec 1/2 tour (180°)<br/>Front support on HB — clear underswing to salto forward tucked or piked, also with 1/2 twist (180°)<br/>Stütz vl. am oH — freier Unterschwing und Salto vw. gehockt oder gebückt, auch mit 1/2 Dre. (180°)</p>   | <p>8.401<br/>Appui fac. bs — élan (aussi libre) par-dessous b et salto av. groupé ou carpé avec 1/1 tour (360°)<br/>Front support on HB — underswing (also clear) to salto forward tucked or piked with 1/1 twist (360°)<br/>Stütz vl. am oH — Unterschwing (mit oder ohne Stütz der Füße) — Salto vw. gehockt oder gebückt mit 1/1 Dre. (360°)</p>  <p>360°</p>  <p>360°</p> | <p>8.501<br/>Appui fac. bs — élan par-dessous b (aussi libre) au salto en av. groupé avec 1 1/2 tour (540°)<br/>Front support on HB — underswing (also clear) to salto forward tucked with 1 1/2 twist (540°)<br/>Stütz vl. am oH — Unterschwing (mit oder ohne Stütz der Füße) — Salto vw. gehockt mit 1 1/2 Dre. (540°)</p>  <p>540°</p> |

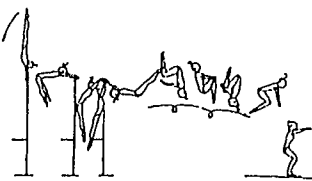

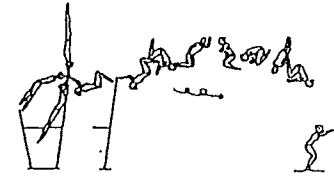

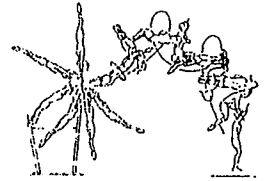
8.000 SORTIES — DISMOUNTS — ABGÄNGE

| A            | B  | C   | D  | E — Super E   |
|--------------|--|---|--|---|
| <p>8.102</p> | <p>8.202 <b>S 8.302 JO-C</b><br/>           Appui fac. bs — élan par-dessous b avec ½ tour (180°) et salto arr. groupé ou carpé (Comaneci)<br/> <i>Front support on HB — underswing with ½ twist (180°) to salto backward tucked or piked (Comaneci)</i><br/>           Stütz vl. am oH — Unterschwing mit ½ Dre. (180°) — Salto rw. gehockt oder gebückt (Comaneci)</p>  <p><i>huc huc</i></p> | <p>8.302<br/>           Appui fac. bs — élan libre par-dessous b avec ½ tour (180°) et salto arr. groupé ou carpé<br/> <i>Front support on HB — clear underswing with ½ twist (180°) to salto backward tucked or piked</i><br/>           Stütz vl. am oH — freier Unterschwing mit ½ Dre. (180°) — Salto rw. gehockt oder gebückt</p>  <p><i>huc huc</i></p> | <p>8.402<br/>           Appui fac. bs — élan par-dessous b avec ½ tour (180°) et salto arr. tendu<br/> <i>Front support on HB — underswing with ½ twist (180°) to salto backward stretched</i><br/>           Stütz vl. am oH — Unterschwing mit ½ Dre. (180°) — Salto rw. gestreckt</p>  <p><i>huc</i></p> <p>Appui fac. bs — élan libre par-dessous b avec ½ tour (180°) et salto arr. tendu (Okino)<br/> <i>Front support on HB — clear underswing with ½ twist (180°) to salto backward stretched (Okino)</i><br/>           Stütz vl. am oH — freier Unterschwing mit ½ Dre. (180°) — Salto rw. gestreckt (Okino)</p>  <p><i>huc</i></p> | <p>8.502<br/>           Appui fac. bs — élan par-dessous b avec ½ tour (180°) et salto arr. groupé avec 1/1 tour (360°) (Kraeker)<br/> <i>Front support on HB — underswing with ½ twist (180°) to salto backward tucked with 1/1 twist (360°) (Kraeker)</i><br/>           Stütz vl. am oH — Unterschwing mit 1/2 Dre. (180°) — Salto rw. gehockt mit 1/1 Dre. (360°) (Kraeker)</p>  <p><i>huc</i></p> |

8.000 SORTIES — DISMOUNTS — ABGÄNGE


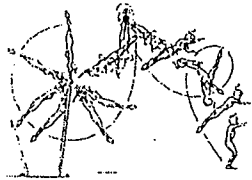

| A  | B   | C   | D  | E — Super E  |
|--|---|---|--|--|
| <p>8.103<br/>                     (Atr bs →) s'abaisser entre les b — élan en av. et salto arr. groupé, carpé ou tendu avec ½ tour (180°) or 1/1 tour (360°)<br/>                     (Handstand on HB →) swing down between bars — swing forward to salto backward tucked, piked or stretched (Flyaway)<br/>                     (Handstand auf d. oH →) Abschwingen zwischen beiden Holmen — Vorschwung — Salto rw. gehockt, gebückt oder gestreckt</p>  | <p>8.203<br/>                     (Atr bs →) s'abaisser entre les b — élan en av. et salto arr. groupé, carpé ou tendu avec ½ tour (180°) or 1/1 tour (360°)<br/>                     (Handstand on HB →) swing down between bars — swing forward to salto backward tucked, piked or stretched with ½ twist (180°) or 1/1 twist (360°) (Flyaway)<br/>                     (Handstand auf d. oH →) Abschwingen zwischen beiden Holmen — Vorschwung — Salto rw. gehockt, gebückt oder gestreckt mit ½ Dre. (180°) oder 1/1 Dre. (360°)</p>  | <p>8.303<br/>                     (Atr bs →) s'abaisser entre les b — élan en av. et salto arr. tendu avec 1½ (540°) ou 2/1 tours (720°)<br/>                     (Handstand on HB →) swing down between bars — swing forward to salto backward stretched with 1½ twist (540°) or 2/1 (720°) twist<br/>                     (Handstand auf d. oH →) Abschwingen zwischen beiden Holmen — Vorschwung — Salto rw. gestreckt mit 1½ Dre. (540°) oder 2/1 Dre. (720°)</p>  | <p>8.403<br/>                     (Atr bs →) s'abaisser entre les barres — élan en av. et salto arr. tendu avec 2½ (900°) (Jl) (Bar)<br/>                     (Handstand on HB →) swing down between bars — swing forward to salto backward stretched with 2½ twist (900°) (Jl)<br/>                     (Handstand auf d. oH →) Abschwingen zwischen beiden Holmen — Vorschwung — Salto rw. gestreckt mit 2½ Dre. (900°) (Jl)</p>  <p>Jo-E's<br/>                     * any double salto flyaway w/ twists on either salto</p> | <p>8.503<br/>                     (Atr bs →) s'abaisser entre les b — élan en av. et salto arr. tendu avec 3/1 (1080°) (Bar)<br/>                     (Handstand on HB →) swing down between bars — swing forward to salto backward stretched with 3/1 twist (1080°) (Bar)<br/>                     (Handstand auf d. oH →) Abschwingen zwischen beiden Holmen — Vorschwung — Salto rw. gestreckt mit 3/1 Dre. (1080°) (Bar)</p>  |

8.000 SORTIES — DISMOUNTS — ABGÄNGE

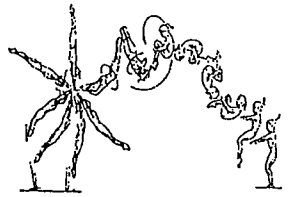
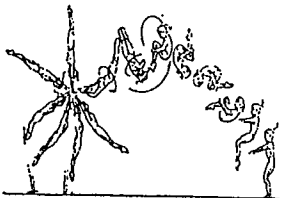
| A            | B  | C   | D  | E — Super E   |
|--------------|--|---|--|---|
| <p>8.104</p> | <p>8.204 S8.304 JO-C<br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. groupé<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward tucked<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung - Doppelsalto rw. gehockt</p>  <p>uee</p> | <p>8.304<br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. carpé<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward piked<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung - Doppelsalto rw. gebückt</p>  <p>uee</p> | <p>8.404 S8.504 JO-E<br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. groupé avec 1/1 tour (360°) pendant le 1er (Mortio) ou le 2e salto (Chousovilina)<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward tucked with 1/1 twist (360°) in first (Mortio) or second salto (Chousovilina)<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung - Doppelsalto rw. gehockt mit 1/1 Dre. (360°) im ersten (Mortio) oder zweiten Salto (Chousovilina)</p>  <p>uee</p> <p>(Atr bs -) s'abaisser entre les b - élan en av. et salto arr. tendu avec 1/2 tour (180°) et salto av. carpé avec 1/2 tour (180°) (Varga)<br/>                     (Handstand on HB -) swing down between bars - swing forward to salto backward stretched with 1/2 twist (180°) into salto forward piked with 1/2 twist (180°) (Varga)<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung - Salto rw. gestreckt 1/2 Dre. (180°) zum Salto vw. gebückt mit 1/2 Dre. (180°) (Varga)</p>  <p>uee</p> <p>S8.404<br/>                     Double back tuck<br/>                     w/ 1/2 in 2nd salto</p> | <p>8.604 Super E<br/>                     S8.504 JO-E<br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. groupé avec 2/1 tours (720°) (Fabrichnova)<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward tucked with 2/1 twist (720°) (Fabrichnova)<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung - Doppelsalto rw. gehockt mit 2/1 Dre. (720°) (Fabrichnova)</p>  <p>uee</p> |



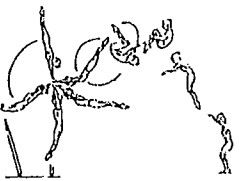

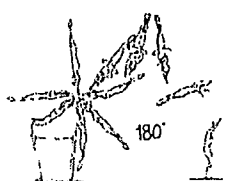
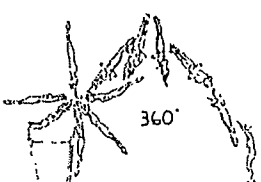
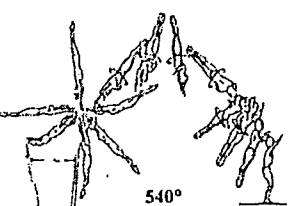

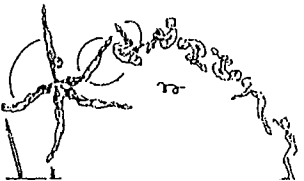

8.000 SORTIES — DISMOUNTS — ABGÄNGE

| A     | B     | C     | D  | E — Super E  |
|-------|-------|-------|--|--|
| 8.105 | 8.205 | 8.305 | <p>8.405 <i>SP.505 JO-E</i><br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. tendu<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward stretched<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwing - Doppelsalto rw. gestreckt</p>  <p><i>uee</i><br/>                     8.405<br/>                     Double back →<br/>                     lay/pike OR pike/lay</p> | <p>8.505<br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. tendu avec 1/1 (360°) tour pendant le 1er ou le 2e salto<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward stretched with 1/1 twist (360°) in first or second salto<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwing - Doppelsalto rw. gestreckt mit 1/1 Dre. (360) im ersten oder im zweiten Salto</p>  <p><i>uee uee</i></p> |
|       |       |       |  | <p>8.605 <i>JO E Super E SP.505</i><br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et double salto arr. tendu avec 2/1 tour (720°) (Ray)<br/>                     (Handstand on HB -) swing down between bars - swing forward to double salto backward stretched with 2/1 twist (720°) (Ray)<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwing - Doppelsalto rw. gestreckt mit 2/1 Dre. (720°) (Ray)</p>  <p><i>Eee</i></p>  |



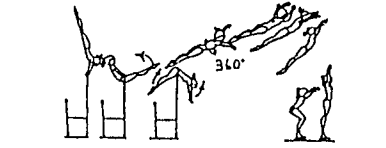
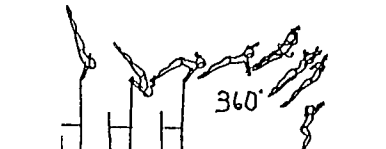
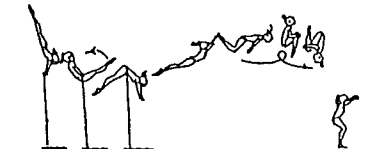


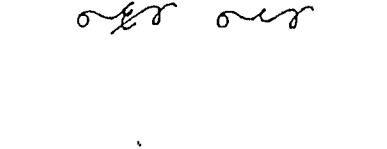
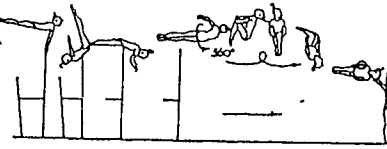

8.000 SORTIES — DISMOUNTS — ABGÄNGE

| A     | B     | C     | D  | E — Super E |
|-------|-------|-------|--|-------------|
| 8.106 | 8.206 | 8.306 | <p>8.406 · <i>SR.506 JO-E</i><br/>                     (Atr bs -) s'abaisser entre les b - élan en av. et salto arr. groupé avec ½ tour (180°) et salto av. groupé (Fontaine)<br/>                     (Handstand on HB -) swing down between bars - swing forward to salto backward tucked with ½ twist (180°) - into salto forward tucked (Fontaine)<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung - Salto rw. gehockt mit ½ Dre. (180°) zum Salto vw. gehockt (Fontaine)</p>  <p style="text-align: center;"><i>Ullst</i></p> <p>(Atr bs -) s'abaisser entre les b - élan en av. avec ½ tour (180°) au double salto av. groupé<br/>                     (Handstand on HB -) swing down between bars - swing forward with ½ twist (180°) to double salto forward tucked<br/>                     (Handstand auf d. oH -) Abschwingen zwischen beiden Holmen - Vorschwung mit ½ Dre. (180°) zum Doppelsalto vw. gehockt</p>  <p style="text-align: center;"><i>Ullst</i></p> | 8.506       |




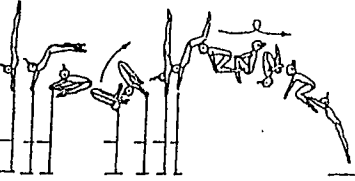
8.000 SORTIES — DISMOUNTS — ABGÄNGE

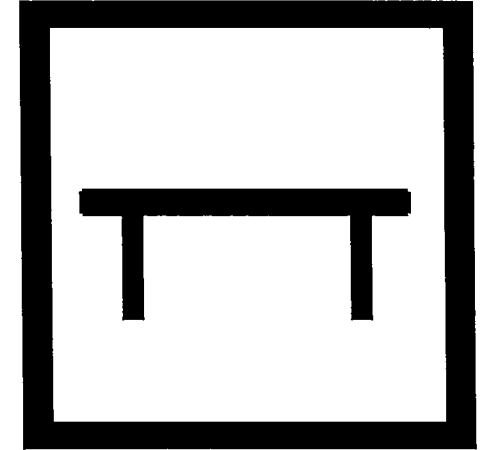
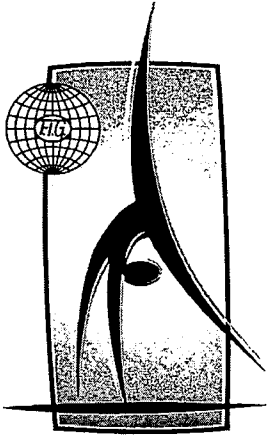
| A  | B  | C  | D   | E — Super E  |
|--|--|--|---|--------------|
| <p>8.107<br/>(Atr bs en prises palm. →) Élaner en av. entre les b, salto av. groupé, carpé ou tendu<br/>(Handstand on HB →) Swing down forward in reverse grip between bars, salto forward tucked, piked or stretched<br/>(Handstand auf d. oH →) Abschwngen vw. zwischen beiden Holmen mit Kammgriff, Salto vw. gehockt</p>  <p>Ar 1/2</p> | <p>8.207<br/>(Atr bs en prises palm. →) Élan circ. écarté libre en av. bs et salto av. groupé — ou élaner en av. entre les b, salto av. groupé, carpé ou tendu avec 1/2 tour (180°) ou 1/1 tour (360°)<br/>(Handstand on HB →) clear straddle circle forward on HB to salto forward tucked — or swing down forward in reverse grip between bars, salto forward tucked, piked or stretched with 1/2 twist (180°) or 1/1 twist (360°)<br/>(Handstand auf d. oH →) Freier Grätschumschwung vw. Salto vw. gehockt — oder Abschwngen vw. zwischen beiden Holmen mit Kammgriff, Salto vw. gehockt, gebückt oder gestreckt mit 1/2 Dre. (180°) oder 1/1 Dre. (360°)</p>  <p>Ar</p>  <p>180°</p>  <p>360°</p> <p>ArE</p> | <p>8.307<br/>(Atr bs →) s'abaisser en av. entre les b — en prises palm. — salto av. tendu avec 1 1/2 tour (540°) (Pechstein), aussi avec 2/1 tour (720°)<br/>(Handstand on HB →) swing down forward between bars with reverse grip — salto forward stretched with 1 1/2 twist (540°) (Pechstein), also with 2/1 twist (720°)<br/>(Handstand auf d. oH →) Abschwngen vw. zwischen beiden Holmen mit Kammgriff — Salto vw. gestreckt mit 1 1/2 Dre. (540°) (Pechstein), auch mit 2/1 twist (720°)</p>  <p>540°</p>  <p>720°</p> <p>ArE ArE</p> <p>S8.307<br/>Front tuck 1 1/2</p> | <p>8.407. S.P. 507 Jo-E<br/>(Atr bs en prises palm. ou cub. →) s'abaisser en av. entre les b — élan en arr. et double salto av. groupé<br/>(Handstand on HB →) swing down forward between bars in reverse or L grip — swing backward to double salto forward tucked<br/>(Handstand auf d. oH →) Abschwngen vw. mit Kammgriff oder Ellgriff zwischen beiden Holmen — Rückschwung mit Doppelsalto vw. gehockt</p>  <p>Ar</p> <p>(Atr bs en prises palm. ou cub. [Arai] →) s'abaisser en av. entre les b, élan en arr. et double salto av. groupé avec 1/2 tour (180°) — aussi salto en av. groupé avec 1/2 tour (180°) au salto arr. groupé<br/>(Handstand on HB →) swing down forward between bars in reverse grip or L Grip (Arai), swing backward to double salto forward tucked with 1/2 twist (180°) — also salto forward with 1/2 twist (180°) into salto backward tucked<br/>(Handstand auf d. oH →) Abschwngen vw. mit Kammgriff oder Ellgriff (Arai) zwischen beiden Holmen, Rückschwung, Doppelsalto vw. gehockt mit 1/2 Dre. (180°) — auch Salto vw. mit 1/2 Dre. (180°) und Salto rw. gehockt.</p>  <p>ArE ArE ArE</p> <p>S8.407<br/>Front layout 2 1/2</p> | <p>8.507</p> |

8.000 SORTIES — DISMOUNTS — ABGÄNGE

| A            | B  | C  | D  | E — Super E  |
|--------------|--|--|--|--|
| <p>8.108</p> | <p>8.208<br/>           Tour d'appui fac. en arr. bi ou bs— poisson, aussi élan circ. libre en arr. — poisson<br/> <i>Hip circle backward on LB or HB — hecht, also from clear hip circle backward</i><br/>           Umschwung vl. rw. am uH oder oH — Abhechten, auch freies Abhechten</p>   | <p>8.308<br/>           Tour d'appui fac. en arr. (aussi libre) bi ou bs — poisson avec 1/1 tour (360°) (des deux côtés)<br/> <i>Hip circle backward (also clear) on LB or HB — hecht with 1/1 twist (360°)</i><br/>           Umschwung vl. rw. (auch frei) am uH oder oH — Abhechten mit 1/1 Dre. (360°)</p>   | <p>8.408<br/>           Tour d'appui fac. en arr. (aussi libre) bi ou bs — poisson avec salto arr. groupé (Muchina)<br/> <i>Hip circle backward (also clear) on LB or HB — hecht with salto backward tucked (Muchina)</i><br/>           Felgumschwung vl. rw. (auch frei) am uH oder oH — Abhechten mit Salto rw. gehockt (Muchina)</p>   | <p>8.508<br/>           Tour d'appui fac. en arr. bi ou bs — poisson avec ½ tour (180°) et salto av.<br/> <i>Hip circle backward on LB or HB — hecht with ½ twist (180°) to salto forward</i><br/>           Felgumschwung vl. rw. am uH — oder oH — Abhechten mit ½ Dre. (180°) — Salto ww.</p>     |
|              |  |  |  | <p>8.608 <b>Jo-E Super E 58.508</b><br/>           Tour d'appui fac. en arr. bi ou bs — poisson et salto arr. avec 1/1 tour (360°) (Ma)<br/> <i>Hip circle backward on LB or HB — hecht to salto backward with 1/1 twist (360°) (Ma)</i><br/>           Felgumschwung vl. rw. am uH oder oH — Abhechten — Salto rw. mit 1/1 Dre. (360°) (Ma)</p>   |

8.000 SORTIES — DISMOUNTS — ABGÄNGE

| A     | B  | C  | D   | E — Super E |
|-------|--|--|---|-------------|
| 8.109 | <p>8.209<br/>Appui fac. bs, face à bl — élan en arr. près de l'ar et salto av. groupé<br/><i>Outer front support on HB — cast to near handstand, salto forward tucked</i><br/>Aussenseitstütz vl. am oH — Rückschwung i. Handstandnähe — Salto ww. gehockt</p>  | <p>8.309<br/>Appui fac. bs, face à bl — élan en arr. près de l'atr — salto av. carpé ou salto arr. groupé ou carpé<br/><i>Outer front support on HB — cast near handstand to salto forward piked or salto backward tucked or piked</i><br/>Aussenseitstütz vl. auf d. oH — Rückschwung i. Handstandnähe — Salto ww. gebückt oder Salto rw. gehockt oder gebückt</p>    | 8.409   | 8.509       |
| 8.110 | <p>8.210<br/>SP.210<br/>Tanac<br/>on<br/>LB<br/>or<br/>HB</p>  | <p>8.310<br/>Appui fac. bs, face à bl — tour d'appui libre à l'atr ou en passant par l'atr et salto arr. groupé ou carpé<br/><i>Outer front support — clear hip circle swing backward or clear hip circle through handstand to salto backward tucked or piked</i><br/>Aussenseitstütz vl. am oH — freier Felgüberschwung bzw. freie Felge über d. Handstand — Salto rw. gehockt oder gebückt</p>  <p>(Atr bs, dos vers bl —) grand tour en arr. et salto arr. par-dessus bs (Gonzales)<br/>(Handstand on HB —) giant circle backward (facing LB) to salto backward tucked over HB (Gonzales)<br/>(Handstand auf d. oH, Rücken zum uH —) Riesenfelge rw. mit Salto rw. über d. oH (Gonzales)</p> <p>SP.310<br/>Tanac 1/1</p> | <p>8.410<br/>(Atr bs —) Stalder en arr. en passant par l'atr et salto arr. groupé ou carpé<br/>(Handstand on HB —) Stalder backward through handstand to salto backward tucked or piked<br/>(Handstand auf d. oH —) Stalder rw. über d. Handstand — Salto rw. gehockt oder gebückt</p>  <p>SP.410<br/>Giant to bk tuck over HB w/1/1</p> | 8.510       |



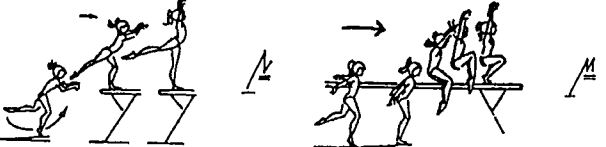


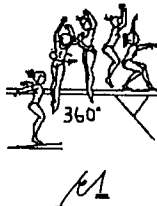


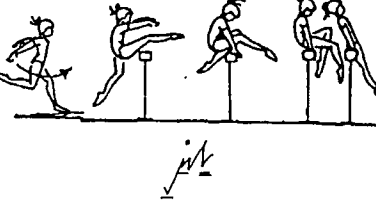
**Poutre – Éléments**

***Balance Beam – Elements***

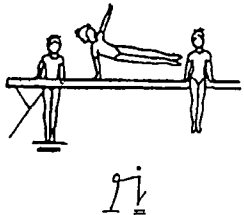
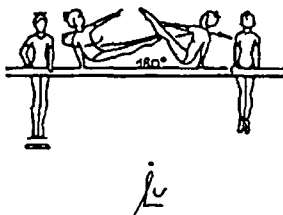
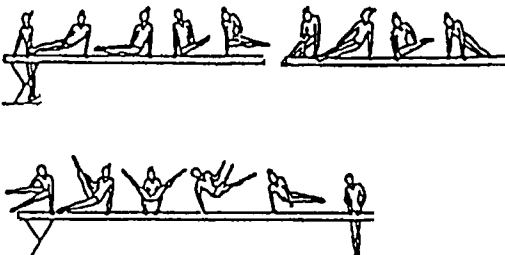
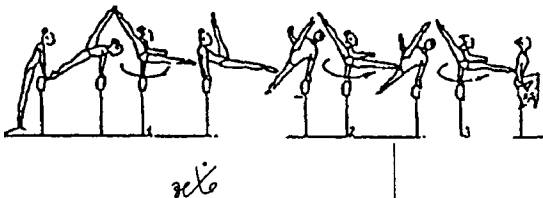
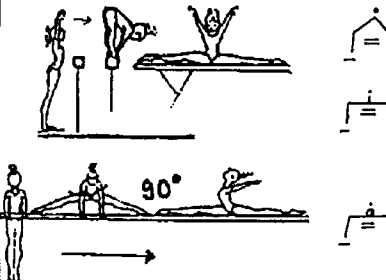
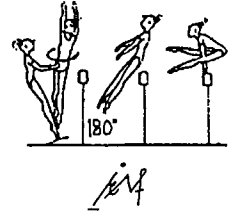
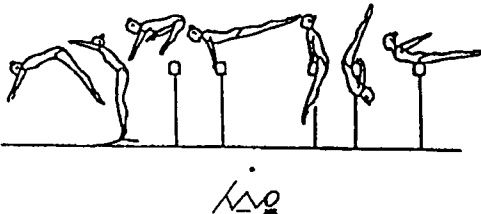
**Schwebebalken – Elemente**

**ARTICLE 10 – *ARTICLE 10* – ARTIKEL 10**

1.000 ENTRÉES — MOUNTS — ANGÄNGE

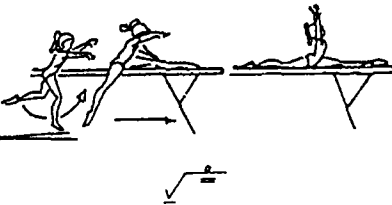
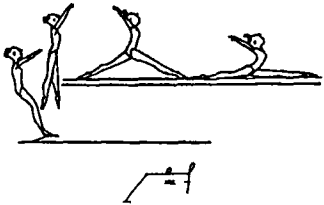
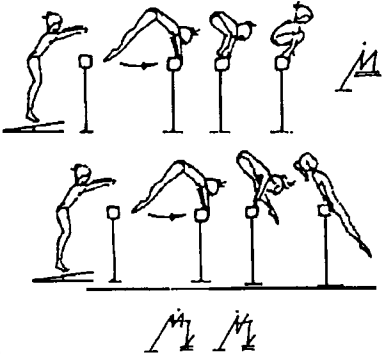
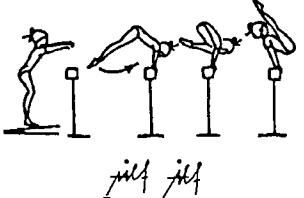
| A   | B  | C   | D            | E — Super E  |
|---|--|---|--------------|--------------|
| <p>1.101<br/>Saut libre à la stat. sur une ou deux jambes au milieu, au bout ou oblique par rapport à la poutre — appel d'un ou des deux pieds<br/><i>Free leap to stand on one or both legs at middle, end or diagonal to beam — take-off from one or both legs</i><br/>Freies Aufspringen i.d. Stand auf einem oder beiden Beinen i.d. Mitte, am Ende, bzw. schräg zum Balken — Absprung von einem oder beiden Beinen</p>  <p>Saut libre à la stat. sur une jambe au bout ou oblique par rapport à la poutre avec en s'abaissant à la planche — appel d'un pied<br/><i>Free leap to stand on one leg at end or diagonal to beam with lowering to scale — take-off from one leg</i><br/>Freies Aufspringen i.d. Stand auf einem Bein am Ende, bzw. schräg zum Balken mit Senken i.d. Standwaage — Absprung von einem Bein</p>  | <p>1.201<br/>Saut libre avec ½ tour (180°) pendant l'envol, appel d'un ou des deux pieds — élan au bout ou oblique par rapport à la poutre<br/><i>Free jump with ½ turn (180°) in flight phase to stand — take-off from one or both legs — approach at end or diagonal to beam</i><br/>Freies Aufspringen mit ½ Dre. (180°) i.d. Flugphase aus d. Absprung von einem oder beiden Beinen — Anlauf am Ende oder schräg zum Balken</p>  | <p>1.301<br/>Saut libre avec 1/1 tour (360°) pendant l'envol, appel des deux pieds à une stat. — élan au bout ou oblique par rapport à la poutre<br/><i>Free jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs — approach at end or diagonal to beam</i><br/>Freies Aufspringen mit 1/1 Dre. (360°) i.d. Flugphase aus d. Absprung von beiden Beinen i.d. Stand — Anlauf am Ende oder schräg zum Balken</p>  | <p>1.401</p> | <p>1.501</p> |
| <p>1.102<br/>Franchissement en ciseaux par-dessus la poutre au siège g. ou d. — élan oblique par rapport à la poutre<br/><i>Scissors leap to cross sit on L or R thigh diagonal approach to beam</i><br/>Überscheren i.d. Sitz auf d. linken oder rechten Oberschenkel — Anlauf schräg zum Balken</p>  <p>Saut en écartant une jambe et ½ tour (180°) à l'appui fac. — élan à 90° par rapport à la poutre<br/><i>Stride leap with ½ turn (180°) to front support — 90° approach to beam</i><br/>Überspreizen mit ½ Dre. (180°) i.d. Stütz vl. — Anlauf 90° zum Balken</p>   | <p>1.202<br/>Saut de voleur (appel d'un pied) franchissement écarté libre une jambe après l'autre à l'appui dors. — élan à 90° par rapport à la poutre<br/><i>Thief vault — take-off from one leg — free leap over beam, one leg after another to rear support — 90° approach to beam</i><br/>Diebsprung — Absprung von einem Bein — freies Überspringen mit d. Beinen nacheinander i.d. Stütz rl. — Anlauf 90° zum Balken</p>     | <p>1.302</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 10px auto;"> <p>* aussi lors de l'exercice<br/>* also within the exercise<br/>* auch innerhalb der Übung</p> </div>   | <p>1.402</p> | <p>1.502</p> |

1.000 ENTRÉES — MOUNTS — ANGÄNGE

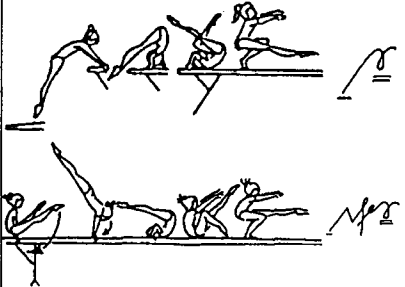
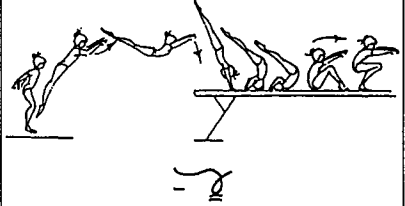
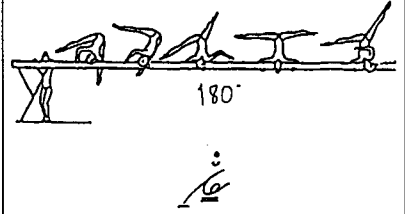
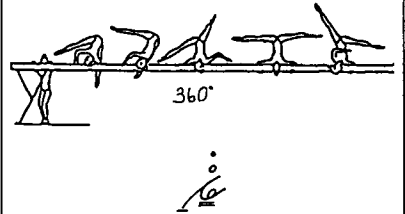
| A   | B   | C  | D   | E — Super E  |
|---|---|--|---|--------------|
| <p>1.103 *</p> <p>Stat. fac. — franchissement cost. à l'appui dors.</p> <p><i>From side stand frontways — flank over to rear support</i></p> <p>Seitstand vl. — Überflanken i.d. Stütz rl.</p>   | <p>1.203 *</p> <p>Stat. fac. — couronnement à l'appui dors.</p> <p><i>From side stand frontways — double leg swing (Kehre-in) with ½ turn (180°) to rear support (Kreiskehreswing)</i></p> <p>Seitstand vl. — Kreiskehrschwung i.d. Stütz rl. (½ Dre. 180°)</p>                            | <p>1.303 *</p> <p>Deux cercles des jambes suivis de cercles américains (Baitova)</p> <p><i>Two flank circles followed by leg «Flair» (Baitova)</i></p> <p>Zwei Kreisflanken mit anschließendem Kreisspreizen (Baitova)</p>   | <p>1.403 *</p> <p>3 cercles des jambes écartés (Homma)</p> <p><i>3 flying flairs (Homma)</i></p> <p>3 fliegende Scheren (Homma)</p>                      | <p>1.503</p> |
| <p>1.104</p> <p>Stat. fac. — saut écarté à la stat. jambes écartées, buste incliné en av. ou au grand-écart lat. ou avec ¼ de tour (90°) au grand-écart transv.</p> <p><i>From side stand frontways — jump (with hand support) to side straddle stand or split sit, also with ¼ turn (90°) to cross split sit</i></p> <p>Seitstand v.l. — Aufgrätschen i.d. Grätschwinkelstand, Seitspagat oder mit ¼ Dre. (90°) i.d. Querspagat</p>  | <p>1.204</p> <p>Saut avec ½ tour (180°) à l'appui jambes écartées horiz. — élan 90° par rapport à la poutre</p> <p><i>Jump with ½ turn (180°) to clear straddle support — 90° approach to beam</i></p> <p>Sprung mit ½ Dre. (180°) i.d. Grätschschwebestütz — Anlauf 90° zum Balken</p>  | <p>1.304</p> <p>Rondade — saut carapé écarté en arr. par-dessus la poutre — tour d'appui en arr. — élan 90° par rapport à la poutre</p> <p><i>Round-off, straddle pike jump backward over beam into immediate hip circle backward — 90° approach to beam</i></p> <p>Rondat — Grätschsprung über d. Balken — Hüftumschwung vl. rw. — Anlauf 90° zum Balken</p>  | <p>1.404</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 10px auto;"> <p>* aussi lors de l'exercice</p> <p>* also within the exercise</p> <p>* auch innerhalb der Übung</p> </div> | <p>1.504</p> |



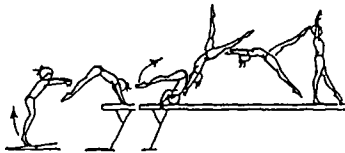
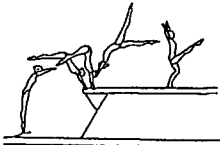
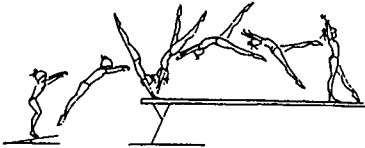
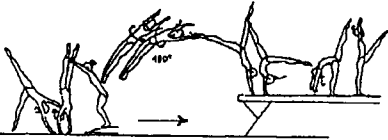
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A  | B  | C            | D            | E — Super E  |
|--|--|--------------|--------------|--------------|
| <p>1.105<br/>Saut au grand-écart transv. de l'appel d'un pied — élan oblique par rapport à la poutre (appui d'une main autorisé)<br/><i>Leap to cross split sit from one foot take-off — diagonal approach to beam (support of one hand permitted)</i><br/>Aufspringen i.d. Querspagat aus d. Absprung von einem Bein — Anlauf schräg zum Balken (Stütz mit einer Hand erlaubt)</p>  | <p>1.205<br/>Saut libre au grand-écart transv. de l'appel des deux pieds — élan oblique par rapport à la poutre<br/><i>Free jump to cross split sit — take-off from both legs — diagonal approach to beam</i><br/>Freies Aufspringen i.d. sofortigen Querspagat aus d. Absprung von beiden Beinen — Anlauf schräg zum Balken</p>  | <p>1.305</p> | <p>1.405</p> | <p>1.505</p> |
| <p>1.106<br/>Stat. fac. — saut groupé à la stat. groupée ou franchissement groupé, franchissement carpé, à l'appui dors.<br/><i>From side stand frontways — jump to tuck stand, squat through or stoop through to rear support</i><br/>Seitstand vl. — Aufhocken oder Überhocken, Überbücken i.d. Stütz rl.</p>    | <p>1.206<br/>Stat. fac. — franchissement groupé ou carpé à l'appui dors. libre jambes levées à la tête (2 sec.)<br/><i>From side stand — squat or stoop through to clear pike support (2 sec.)</i><br/>Seitstand — Überhocken oder Überbücken i.d. Spitzwinkelstütz (2 Sek.)</p>    | <p>1.306</p> | <p>1.406</p> | <p>1.506</p> |

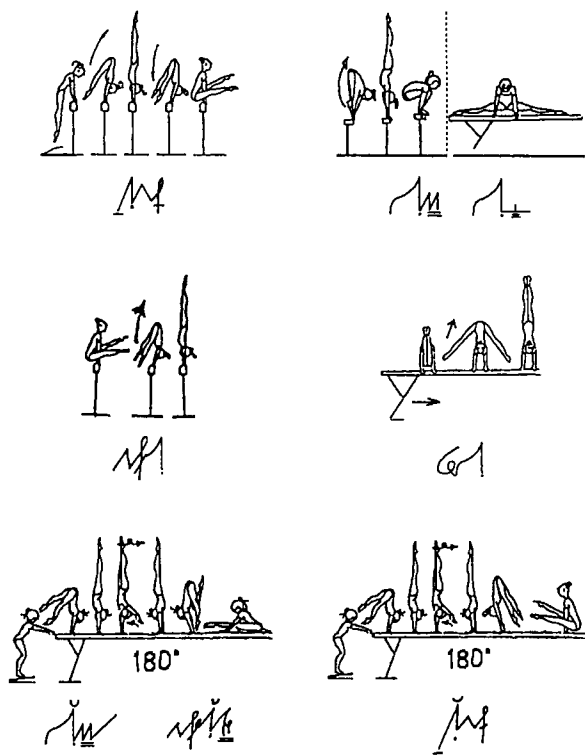
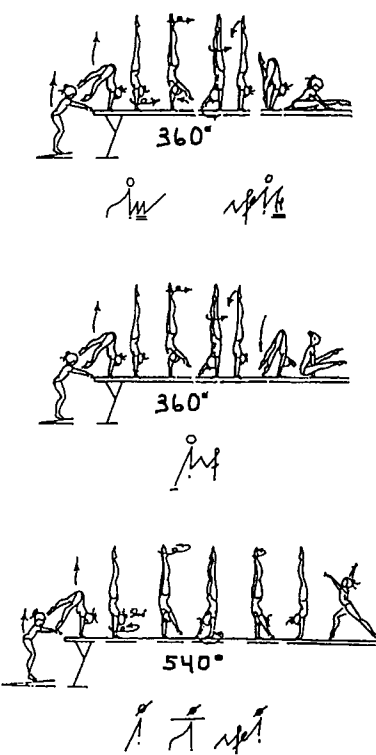
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A   | B   | C  | D   | E — Super E  |
|---|---|--|---|--------------|
| <p>1.107<br/>Saut — roulé av. au bout ou au milieu de la poutre, aussi de l'appui jambes écartées horiz. au bout de la poutre — élan en arr. — roulé av.<br/><i>Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam — swing backward to roll forward</i><br/>Aufrollen am Ende oder i.d. Mitte d. Balkens, auch aus d. Grätschschwebestütz am Ende d. Balkens — Rückschwung — Rolle vw.</p>  | <p>1.207</p>  | <p>1.307<br/>Saut de poisson (corps tendu), roulé en avant — élan au bout ou oblique par rapport à la poutre<br/><i>Hecht roll (extended hip angle in flight phase) — approach at end or diagonal to beam</i><br/>Hechtrolle — gestreckter Hüftwinkel — Anlauf am Ende oder schräg zum Balken</p>                      | <p>1.407</p>  | <p>1.507</p> |
| <p>1.108</p>  | <p>1.208 *<br/>Saut à la pos. mi-renv. sur la nuque — ½ tour (180°) sur les épaules à la pos. mi-renv. sur la poitrine<br/><i>Jump to neckstand, ½ tum (180°) over shoulder to cheststand</i><br/>Sprung i.d. Nackenstand — ½ Dre. (180°) über die Schulter i.d. Bruststand</p>  | <p>1.308 *<br/>Saut à la pos. mi-renv. sur la nuque — 1/1 tour (360°) sur les épaules à la pos. mi-renv. sur la poitrine (Silivas)<br/><i>Jump to neckstand, 1/1 tum (360°) over shoulder to cheststand (Silivas)</i><br/>Sprung i.d. Nackenstand — 1/1 Dre. (360°) über die Schulter i.d. Bruststand (Silivas)</p>  | <p>1.408</p> <div data-bbox="1274 982 1605 1131" style="border: 1px solid black; border-radius: 15px; padding: 5px; margin: 10px auto; width: fit-content;"> <p>* aussi lors de l'exercice<br/>* also within the exercise<br/>* auch innerhalb der Übung</p> </div> | <p>1.508</p> |

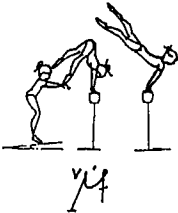
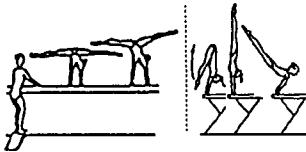
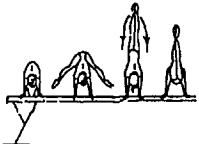
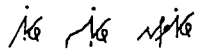
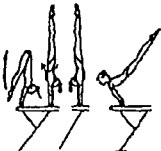
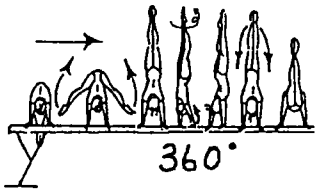
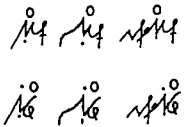
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A            | B   | C  | D  | E — Super E  |
|--------------|---|--|--|--|
| <p>1.109</p> | <p>1.209 *<br/>Stat. transv. — bascule de tête<br/><i>From cross stand facing end of beam — head kip</i><br/>Querstand — Kopfkippe</p>  <p style="text-align: center;">L</p> | <p>1.309<br/>Stat. transv. — saut à l'ar avec corps carapé<br/>— renversement av. avec envol<br/><i>From cross stand facing end of beam — jump to handstand with hip angle (pike) to handspring forward with step-out</i><br/>Querstand — Sprung i.d. Handstand mit gewinkelter Hüfte — Überschlag vv. mit Flugphase</p>  <p style="text-align: center;">M</p> | <p>1.409<br/>Renv. av. avec phase de balance libre (corps tendu) avant et après l'appui des mains sur la poutre — élan au bout ou oblique par rapport à la poutre<br/><i>Handspring forward with hecht phase (extended hip angle) before and after hand support on beam — approach at end or diagonal to beam</i><br/>Überschlag vv. mit Hechtphase (Hüfte gestreckt) vor und nach d. Stütz d. Hände auf d. Balken — Anlauf am Ende oder schräg zum Balken</p>  <p style="text-align: center;">N</p> <p>Rondade devant la poutre (au bout) — flic-flac avec ½ tour (180°) et renv. av. (Dunn)<br/><i>Round-off at end of beam — flic-flac with ½ tum (180°) and walkover forward (Dunn)</i><br/>Rondat vor dem Balken (am Ende) — Flick-Flack mit ½ Dre. (180°) und Überschlag vv. (Dunn)</p>  <p style="text-align: center;">NM</p> | <p>1.509</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>* aussi lors de l'exercise<br/>* also within the exercise<br/>* auch innerhalb der Übung</p> </div> |

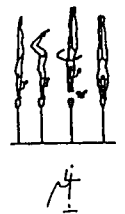
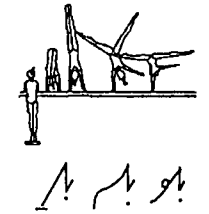
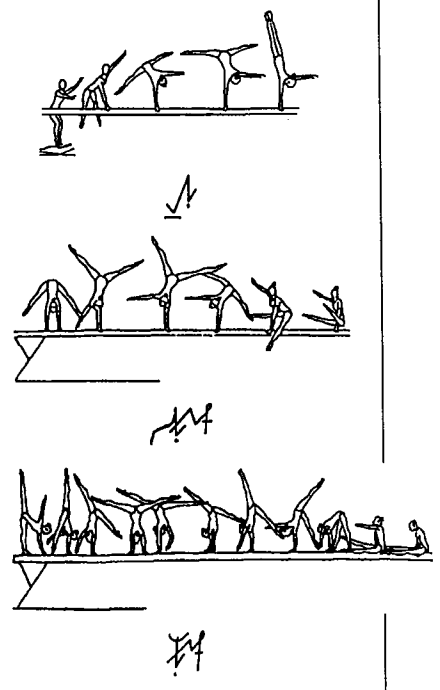
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A            | B  | C   | D            | E — Super E  |
|--------------|--|---|--------------|--|
| <p>1.110</p> | <p>1.210 *</p> <p>Saut, élan ou élévation à l'atr, aussi à l'appui libre jambes écartées horiz. ou à l'appui dors. libre, jambes levées à la tête — s'abaisser à une pos. finale en touchant la poutre ou à l'appui jambes écartées horiz., aussi avec ½ tour (180°) à l'atr</p> <p>Jump, press, or swing to side or cross handstand, also from clear straddle or clear pike support — lower to end position touching beam or clear straddle support, also with ½ turn (180°) in handstand</p> <p>Sprung, Schwingen oder Heben i.d. Handstand, auch aus d. Grätschwebe- oder Spitzwinkestütz, — Senken i. eine Endstellung mit Balkenberührung oder i.d. Grätschwebestütz, auch mit ½ Dre. (180°) i. d. Handstand</p>  | <p>1.310*</p> <p>Saut, élévation ou élan en arr. à l'atr — transv. ou lat. — 1/1- ½ tour (360°- 540°) à l'atr — s'abaisser à une pos. finale en touchant la poutre ou à l'appui jambes écartées horiz.</p> <p>Jump, press or swing to cross or side handstand with 1/1 - 1/2 turn (360°- 540°) — lower to end position touching beam or clear straddle support</p> <p>Sprung, Heben oder Rückschwung i.d. Quer- oder Seithandstand — 1/1-½ Dre. (360°- 540°) i. Handstand — Senken i. eine Endstellung mit Balkenberührung oder i.d. Grätschwebestütz</p>  | <p>1.410</p> | <p>1.510</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>* aussi lors de l'exercise<br/>             * also within the exercise<br/>             * auch innerhalb der Übung</p> </div> |

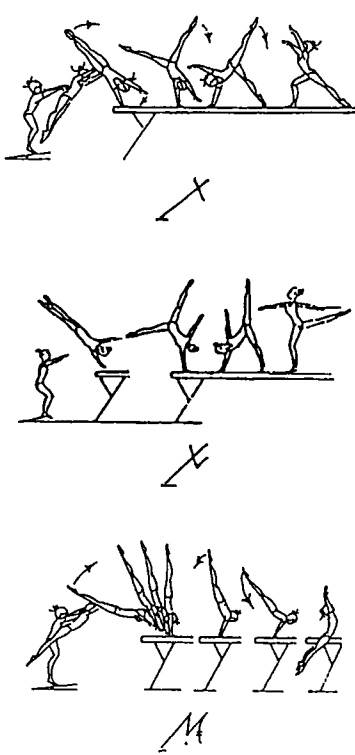
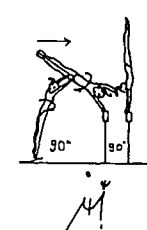

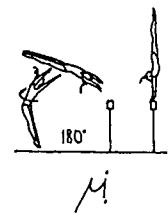
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A  | B   | C   | D  | E — Super E  |
|--|---|---|--|--------------|
| <p>1.111</p> <div data-bbox="78 236 410 376" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>* aussi lors de l'exercise<br/>* also within the exercise<br/>* auch innerhalb der Übung</p> </div> | <p>1.211</p> <p>Saut avec corps carpé à l'appui fac. horiz. libre (2 sec.)<br/><i>Jump with bent hips to side planche (clear front support above horizontal) (2 sec.)</i></p> <p>Sprung mit gebückter Hüfte i.d. freie Stützwaage i. Seitverhalten (2 Sek.)</p>  | <p>1.311*</p> <p>Saut avec corps tendu à l'appui fac. horiz. libre (Schuschunova), aussi saut, élévation ou élan arr. à l'atr transv. ou lat. — s'abaisser à l'appui fac. horiz. libre ou à l'appui dors. libre, jambes levées à la tête (2 sec.)<br/><i>Jump with stretched hips to planche (Schuschunova), also jump, press, or swing to cross or side handstand — lower to planche or clear pike support (2 sec.)</i></p> <p>Sprung mit gestreckter Hüfte i.d. freie Stützwaage i. Seitverhalten (Schuschunova), auch Sprung, Heben oder Rückschwung i.d. Quer- oder Seithandstand — Senken i.d. freie Stützwaage oder i.d. Spitzwinkelstütz (2 Sek.)</p>    <p>Saut, élévation ou élan en arr. à l'atr transv. ou lat. — ½ tour (180°) à l'atr — s'abaisser à l'appui fac. horiz. libre ou à l'appui dors. libre, jambes levées à la tête (2 sec.)<br/><i>Jump, press or swing to cross or side handstand — ½ turn (180°) in handstand — lower to planche or clear pike support (2 sec.)</i></p> <p>Sprung, Heben oder Rückschwung i.d. Quer- oder Seithandstand — ½ Dre. (180°) i. Handstand — Senken i.d. freie Stützwaage oder i.d. Spitzwinkelstütz (2 Sek.)</p>  | <p>1.411*</p> <p>Saut, élévation ou élan en arr. à l'atr transv. ou lat. — 1/1 tour (360°) à l'atr — s'abaisser à l'appui fac. horiz. libre ou à l'appui dors. libre, jambes levées à la tête (2 sec.)<br/><i>Jump, press or swing to cross or side handstand — 1/1 turn (360°) in handstand — lower to planche or clear pike support (2 sec.)</i></p> <p>Sprung, Heben oder Rückschwung i.d. Quer- oder Seithandstand — 1/1 Dre. (360°) i. Handstand — Senken i.d. freie Stützwaage oder i.d. Spitzwinkelstütz (2 Sek.)</p>   | <p>1.511</p> |

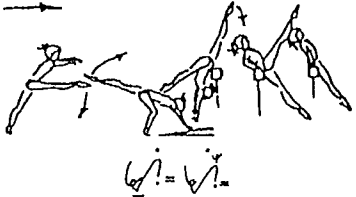
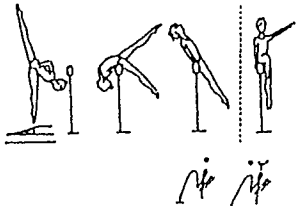


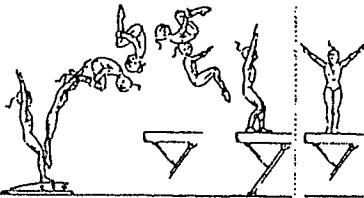
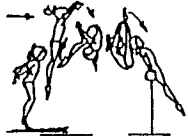
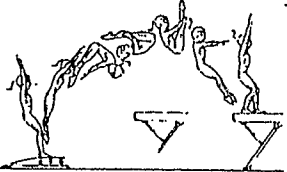
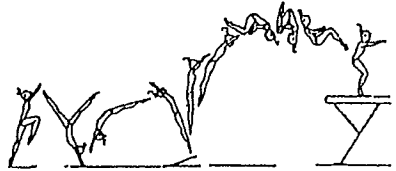
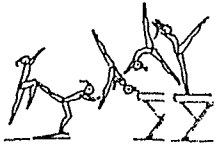
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A            | B  | C  | D   | E — Super E  |
|--------------|--|--|---|--|
| <p>1.112</p> | <p>1.212*</p> <p>Élévation à l'atr lat. — fléchir/tendre les jambes en sautant avec ¼ de tour (90°) à l'atr transv. (Lori-Hop)</p> <p><i>Press to side handstand, with bending - stretching of legs — hop with ¼ turn (90°) to cross handstand (Lori-hop)</i></p> <p>Heben i.d. Seithandstand — Beugen/Strecken d. Beine mit Umspringen und ¼ Dre. (90°) i.d. Querhandstand (Lori-Hop)</p>  | <p>1.312*</p> <p>Saut ou élévation à l'atr, changer le poids à l'atr sur un bras (2 sec.) — s'abaisser à une pos. finale libre</p> <p><i>Jump or press to handstand shift weight to one arm handstand (2 sec.) — lower to optional end position</i></p> <p>Sprung oder Heben i.d. Handstand, Gewichtsverlagerung auf einarmigen Handstand (2 Sek.) — Senken i. eine beliebige Endposition</p>  | <p>1.412*</p> <p>Saut ou élévation sur un bras à l'atr (Rankin), aussi saut, élévation ou élan en arr. à l'atr. transv. ou lat. — changement du poids du corps (Rankin) à l'atr sur un bras (2 sec.), s'abaisser à l'appui jambes écartées horiz. sur un bras (Rankin, Lowing)</p> <p><i>Jump or press on one arm to handstand (Rankin), also jump, press or swing to cross or side handstand — shift weight (Rankin) to side handstand on one arm (2 sec.), lowering to clear straddle support on one arm (Rankin, Lowing)</i></p> <p>Sprung oder Heben auf einem Arm i.d. Handstand (Rankin), auch Sprung, Heben oder Rückschwung i.d. Quer- oder Seithandstand — Gewichtsverlagerung (Rankin) i.d. Handstand auf einem Arm (2 Sek.), Senken i.d. Grätschschwebestütz auf einem Arm (Rankin, Lowing)</p>  | <p>1.512</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>* aussi lors de l'exercise<br/>* also within the exercise<br/>* auch innerhalb der Übung</p> </div> |

1.000 ENTRÉES — MOUNTS — ANGÄNGE

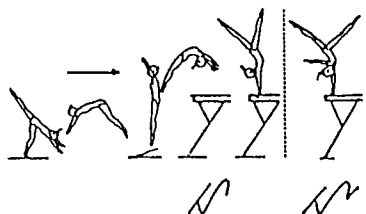
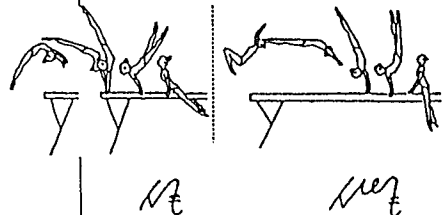
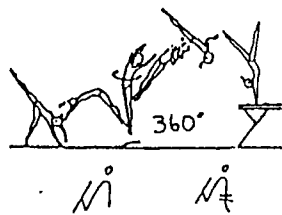
| A            | B  | C   | D   | E — Super E  |
|--------------|--|---|---|--------------|
| <p>1.113</p> | <p>1.213</p> <p>Saut avec corps tendu pendant l'envol (phase de balance libre) — renv. lat. l'appui d'un ou des deux mains ou atr — s'abaisser à la stat. ou une pos. finale en touchant la poutre — élan au bout par rapport à la poutre</p> <p><i>Jump with extended hips (hecht phase) to cartwheel on one or both arms or to cross handstand — lower to stand or end position touching beam — approach at end of beam</i></p> <p>Sprung mit gestreckter Hüfte i.d. Anflugphase (Hechtphase) i.d. Überschlag sw. mit Stütz beider oder einer Hand oder i.d. Querhandstand — Senken i. Stand oder eine Endstellung mit Balkenberührung — Anlauf am Ende des Balkens</p>  | <p>1.313</p> <p>Élan à 90° par rapport à la poutre — saut avec corps tendu et ¼ de tour (90°) à l'atr passer sur un bras et immédiatement ¼ de tour (90°) et appui de l'autre bras à l'atr lat.</p> <p><i>90° approach to beam — jump with extended hips and with ¼ turn (90°) through a momentary handstand on one arm with immediate ¼ turn (90°) and support on second arm to side handstand</i></p> <p>Anlauf 90° zum Balken — Sprung mit gestreckter Hüfte und ¼ Dre. (90°) i.d. flüchtigen Handstand auf einem Arm mit sofortigem Nachstützen und ¼ Dre. (90°) i.d. Seithandstand</p>  <p>Rondade devant la poutre — saut avec ½ tour (180°) à la pproche atr lat. (Gurova)</p> <p><i>Round-off in front of beam — jump with ½ twist (180°) to near side handstand (Gurova)</i></p> <p>Rondat vor d. Balken — Sprung mit ½ Dre. (180°) i.d. Seithandstandnähe (Gurova)</p>  | <p>1.413</p> <p>Saut avec corps tendu et ½ tour (180°) pendant l'envol à l'atr lat. — élan à 90° par rapport à la poutre</p> <p><i>Jump with extended hips and ½ turn (180°) in flight phase to side handstand — 90° approach to beam</i></p> <p>Sprung mit gestreckter Hüfte und ½ Dre. (180°) i.d. Flugphase i.d. Seitstand — Anlauf 90° zum Balken</p>  | <p>1.513</p> |

1.000 ENTRÉES — MOUNTS — ANGÄNGE

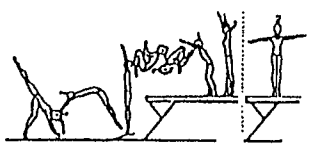
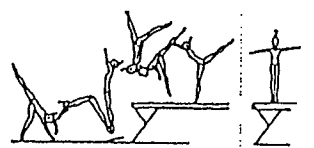
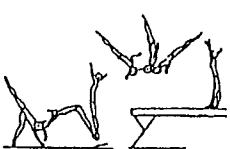
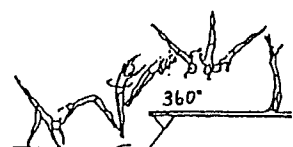
| A            | B  | C   | D   | E — Super E   |
|--------------|--|---|---|---|
| <p>1.114</p> | <p>1.214</p> <p>Renv. av. avec appel des mains sur le tremplin à l'appui dors. ou avec ¼ de tour (90°) au siège g. ou d. — élan à 90° par rapport à la poutre<br/> <i>Handsprung forward with hand repulsion from springboard to rear support — or with ¼ turn (90°) to cross sit on R or L thigh — 90° approach to beam</i><br/>                     Überschlag vv. mit Stütz d. Hände auf d. Sprungbrett oder i.d. Stütz rl. oder mit ¼ Dre. (90°) i.d. Sitz auf d. rechten oder linken Oberschenkel — Anlauf 90° zum Balken</p>  <p>Renv. av. libre à l'appui dors. ou avec ¼ de tour (90°) au siège g. ou d. — élan à 90° par rapport à la poutre<br/> <i>Free (aerial) walkover forward to rear support — or with ¼ turn (90°) to cross sit on R or L thigh — 90° approach to beam</i><br/>                     Freier Überschlag vv. i.d. Stütz rl. oder mit ¼ Dre. (90°) i.d. Sitz auf d. rechten oder linken Oberschenkel — Anlauf 90° zum Balken</p>  | <p>1.314</p> <p>Salto av. groupé avec appel des deux pieds au siège g. ou d. — ou au siège groupé une jambe tendue en av. avec appui des mains derrière la bassin (Poulin) — au bout ou oblique à la poutre<br/> <i>Salto forward tucked with take-off from both legs to cross sit R or L — or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) — approach at end or diagonal to beam</i><br/>                     Salto vv. gehockt aus dem Absprung von beiden Beinen i.d. Sitz auf d. rechten oder linken Oberschenkel — oder Landung auf einem Bein i. d. Hockstrecksitz mit Stütz der Hände hinter dem Körper (Poulin) — Anlauf am Ende oder Schräg zum Balken</p>   <p>SI.414 JO-D</p> <p>Salto av. groupé à la stat. transv. ou lat. — élan au bout de la poutre<br/> <i>Salto forward tucked to cross or side stand — approach at end of beam</i><br/>                     Salto vv. gehockt i.d. Quer- oder Seitstand — Anlauf am Ende d. Balkens</p>  | <p>1.414</p> <p>Salto groupé ou carpé à l'appui dors. — élan à 90° par rapport à la poutre<br/> <i>Salto tucked or piked to rear support — 90° approach to beam</i><br/>                     Salto gehockt oder gebückt i.d. Stütz rl. — Anlauf 90° zum Balken</p>  <p>Salto av. carpé à la stat. — élan au bout de la poutre<br/> <i>Salto forward piked to stand — approach at end of beam</i><br/>                     Salto vv. gebückt i.d. Stand — Anlauf am Ende d. Balkens</p> <p>SI.514 JO-E</p>  <p>Renv. av. devant la poutre (au bout) — salto av. groupé à la stat. (Kewitz)<br/> <i>Handsprung forward — approach at end of beam — salto forward tucked to stand (Kewitz)</i><br/>                     Überschlag vv. — Anlauf am Ende d. Balkens — Salto vv. gehockt i.d. Stand (Kewitz)</p>  <p>Renv. av. libre à la stat. transv. — élan au bout de la poutre<br/> <i>Aerial walkover forward to cross stand — approach at end of beam</i><br/>                     Freier Überschlag vv. i.d. Querstand — Anlauf am Ende d. Balkens</p>  | <p>1.514</p> <p>SI.514<br/>                     Front tuck<br/>                     w/ 1/2 to stand</p> |



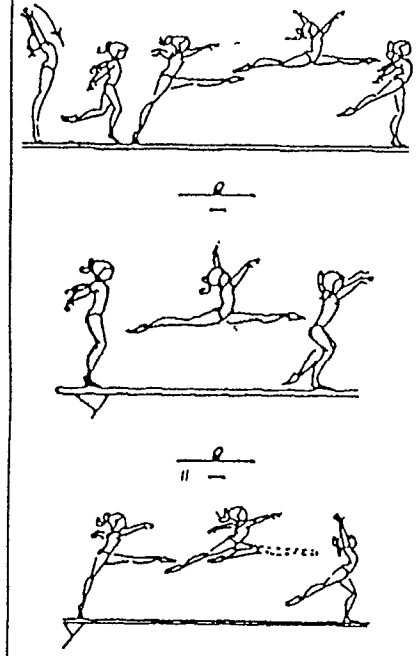
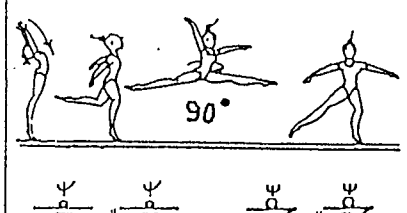
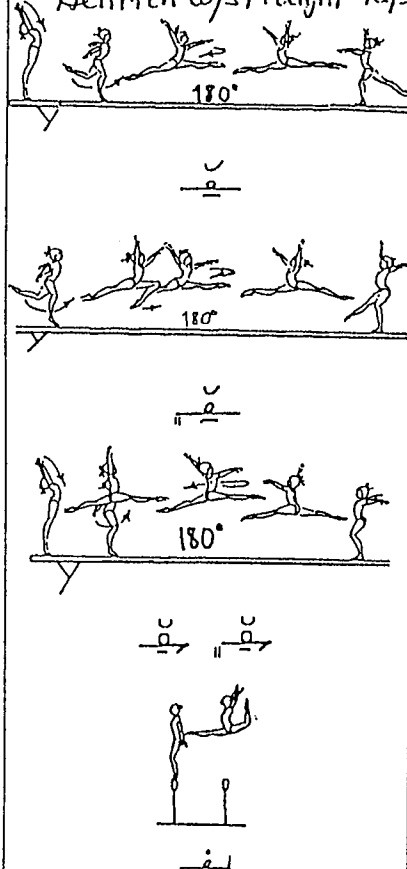
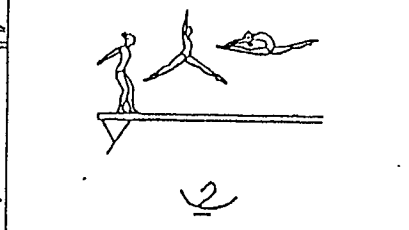
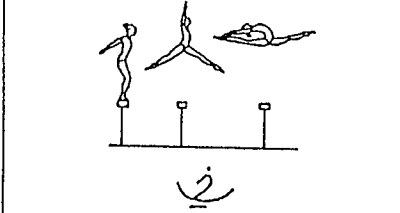
1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A     | B     | C   | D  | E — Super E   |
|-------|-------|---|--|---|
| 1.115 | 1.215 | <p>1.315</p> <p>Rondade devant la poutre (au bout) — flic-flac par l'atr — appui sur un ou deux bras — à la stat. transv. sur la poutre ou avec élan au siège à cheval, aussi avec fléchissant et tendant les jambes — appui sur des deux bras — au siège à cheval (Milosovici)</p> <p>Round-off at end of beam — flic-flac through handstand — support on one or both arms — to cross stand on beam or with swing down to cross straddle sit, also with tucking and stretching of legs — support on both arms — swing down to cross straddle sit (Milosovici)</p> <p>Rondat v. d. Balken (am Ende) — Flick-Flack durch d. Handstand — Stütz eines oder beiden Armen — i. d. Querstand auf d. Balken oder mit Einschwingen i.d. Reitsitz, auch mit Hocken und Strecken d. Beine — Stütz auf beiden Armen — Einschwingen i.d. Reitsitz (Milosovici)</p>   | <p>1.415</p> <p>Rondade devant la poutre (au bout) — flic-flac avec 1/1 tour (360°) à la stat. transv. (Luconi), aussi avec élan au siège à cheval (Tsavdaridou)</p> <p>Round-off at end of beam — flic-flac with 1/1 twist (360°) to cross stand on beam (Luconi), also into swing down to cross straddle sit (Tsavdaridou)</p> <p>Rondat vor dem Balken (am Ende) — Flick-Flack mit 1/1 Dre. (360°) i.d. Querstand (Luconi), auch zum Einschwingen i.d. Reitsitz (Tsavdaridou)</p>  | <p>1.515</p> <p>Sl. 515<br/>Ro-Arabian to stand</p> |



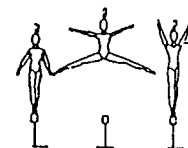

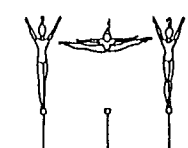



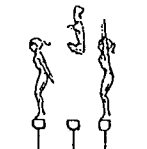

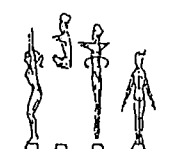

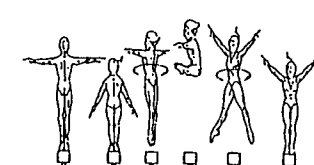

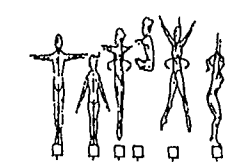








1.000 ENTRÉES — MOUNTS — ANGÄNGE

| A     | B     | C     | D   | E — Super E   |
|-------|-------|-------|---|---|
| 1.116 | 1.216 | 1.316 | <p>1.416</p> <p>Rondade devant la poutre (au bout) — salto arr. groupé ou tendu-écarté à la stat. transv. ou lat. sur la poutre<br/> <i>Round-off at end of beam — salto backward tucked or stretched with step-out to cross or side stand on beam</i></p> <p>Rondat vor d. Balken (am Ende) — Salto rw. gehockt oder gestreckt-gespreizt i.d. Quer- oder Seitstand auf d. Balken</p>  <p style="text-align: center;">/e/ i</p>  <p style="text-align: center;">/e/ i i</p> | <p>1.516</p> <p>Rondade devant la poutre (au bout) — salto arr. tendu à la stat. transv. sur la poutre<br/> <i>Round-off at end of beam — salto backward stretched to cross stand on beam</i></p> <p>Rondat vor d. Balken (am Ende) — Salto rw. gestreckt i.d. Querstand auf d. Balken</p>  <p style="text-align: center;">/e/ i</p> <hr/> <p>1.616 <i>S.I.</i> Super E JO-E</p> <p>Rondade devant la poutre (au bout) — salto arr. tendu avec 1/1 tour (360°) à la stat. transv. sur la poutre (Garrison)<br/> <i>Round-off at end of beam — salto backward stretched with 1/1 twist (360°) to cross stand on beam (Garrison)</i></p> <p>Rondat vor d. Balken (am Ende) — Salto rw. gestreckt mit 1/1 Dre. (360°) i.d. Querstand (Garrison)</p>  <p style="text-align: center;">/e/ i</p> |

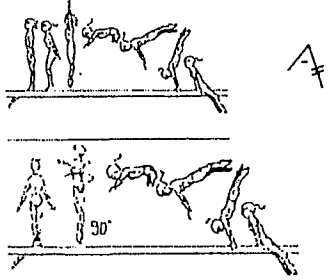
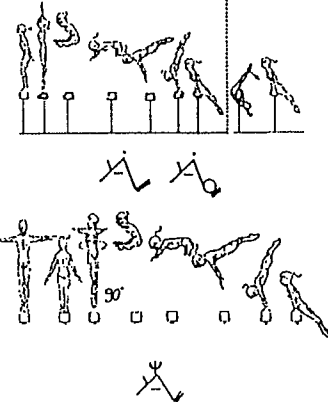
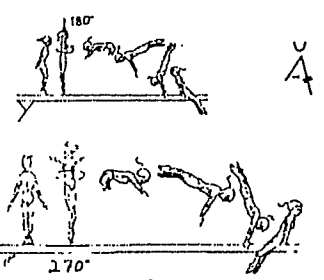
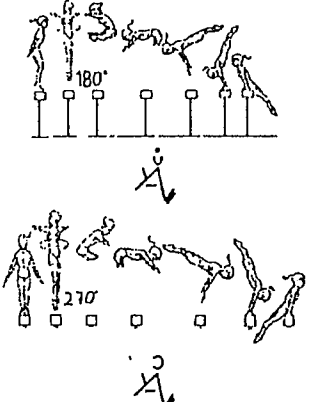
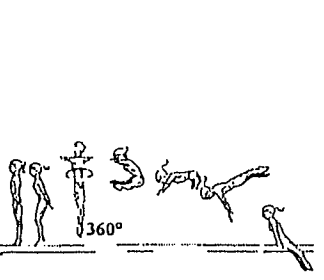
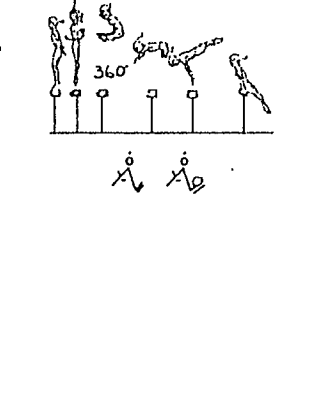
2.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A   | B  | C  | D  | E — Super E  |
|---|--|--|--|--|
| <p>2.101<br/>Saut enjambé* (appel d'un pied) ou saut écart transv. (appel des deux pieds), aussi avec jambe libre fl. (saut de charmois)<br/>Split* leap forward (take-off from one leg) or split jump in place (take-off from both legs), also with bending of front leg (stag leap-jump)<br/>Spagatsprung* vw. (Absprung von einem Bein) oder am Ort (Absprung von beiden Beinen), auch mit Beugen d. vorderen Beines (Rehsprung)</p>  | <p>2.201<br/>Saut enjambé ou saut de chamois en av. ou saut écart transv. avec ¼ de tour (90°) — réception successif ou sur les deux jambes à la stat. lat.<br/>Split or stag split leap forward or jump in place with ¼ turn (90°) — landing of legs one after another or on both legs in side stand<br/>Spagat- oder Rehsprung vw. oder am Ort mit ¼ Dre. (90°) — Landung der Beine nacheinander oder auf beiden Beinen im Seitverhalten</p>  | <p>2.301<br/>Saut enjambé ou saut de chamois avec ½ tour (180°) — réception successive ou sur les deux jambes, aussi saut écart en pos. lat., jambe fl. en arr. (Henrich)<br/>Split or stag-split leap or jump forward with ½ turn (180°) — landing alternately or on both legs, also cross split jump in side position with bending of rear leg backward upward (Henrich)<br/>Spagat- oder Rehsprung mit ½ Dre. (180°) — Landung d. Beine nacheinander oder auf beiden Beinen, auch Quergrätschsprung im Seitverhalten mit Rückhochbeugen d. hinteren Beines (Henrich)<br/>S2.301<br/>Henrich w/straight legs</p>  | <p>2.401 S2.501 JO-E<br/>De la pos. trans — Saut au grand-écart en inclinant le tronc en arr. (angle d'écart plus de 180°) (Yang-Bo)<br/>From cross stand — jump to cross split (split &gt; over 180°) and backward bending (arch) of upper body (Yang-Bo)<br/>Aus dem Querverhalten — Quergrätschsprung mit Überspagat (Spreizwinkel über 180°) und Rückbeugen d. Oberkörpers (Yang-Bo)<br/>Split jump 1/1 - FIG. 02<br/>S2.401 S2.501 JO-E<br/>Split jump 3/4 (cross or side.)</p>  | <p>2.501<br/>De la pos. lat. — Saut au grand-écart en inclinant le tronc en arr. (angle d'écart plus de 180°) (Yang-Bo), aussi (Teza)<br/>From side stand — jump to cross split (sp. &gt; over 180°) and backward bending (arch) of upper body (Teza)<br/>Aus dem Seitverhalten — Quergrätschsprung mit Überspagat (Spreizwinkel über 180°) und Rückbeugen d. Oberkörpers (Teza)</p>  |
| <p><b>ATTENTION/ATTENTION/ACHTUNG:</b><br/>Les sauts avec le même numéro mais différents degrés de rotation (½, 1/1, 1½ - 180°, 360°, 540°) sont considérés comme des éléments différents.<br/>Leaps, jumps and hops with the same number and different degrees of turn (½, 1/1, 1½ - 180°, 360°, 540°) are considered different elements.<br/>Sprünge mit gleichen Nummern und verschiedenen Rotationsgraden, (½, 1/1, 1½ - 180°, 360°, 540°) müssen als verschiedene Elemente betrachtet werden.</p>                    |  |  |  |  |
| <p>Pour grand-écart = angle d'écart 180° exigé.<br/>Split leaps and jumps require 180° separation.<br/>Bedingung für Spagat = 180° Spreizwinkel.</p>  |  |  |  |  |





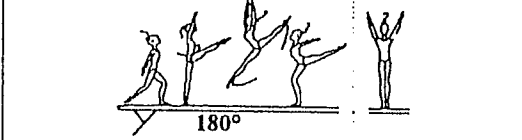
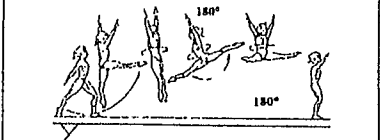


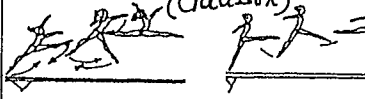
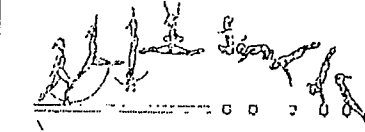
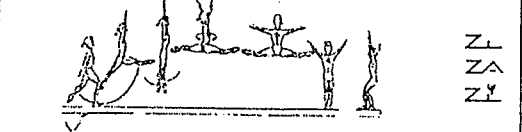
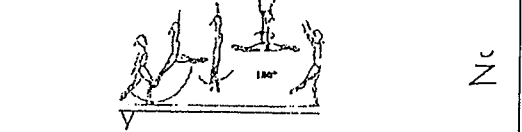
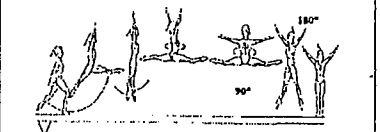
2.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A   | B   | C  | D   | E — Super E  |
|---|---|--|---|--|
| <p>2.102* <del>deleted for JO</del><br/>                     Saut écart lat. (corps tendu) de la pos. transv. ou lat. (angle d'écart au minimum 150°)<br/>                     Side straddle jump (hip angle extended) from a cross or side position (straddle <math>\angle</math> minimum 150°)<br/>                     Seitgrätschsprung (Hüfte gestreckt) aus dem Quer- oder Seitverhalten (Spreizwinkel mindestens 150°)</p> <p>would give it C value for JO &amp; take .2 for insuf split -210-45° deduct .2</p>     | <p>2.202* <del>SO.302 JO-C</del><br/>                     Saut carapé-écarté de la pos. transv. ou lat (angle d'écart 180°), aussi avec ¼ tour (90°)<br/>                     Straddle pike jump from cross or side position (separation <math>\angle</math> 180°), also with ¼ turn (90°)<br/>                     Grätschrisprung aus dem Querverhalten oder Seitverhalten (Spreizwinkel 180°), auch mit ¼ Dre. (90°)</p>         | <p>2.302* <del>SO.402 JO-D</del><br/>                     Saut carapé-écarté de la pos. transv. (Hill) ou lat. (Borden) avec ½ tour (180°) ou ¼ tour (270°)<br/>                     Straddle pike jump from cross (Hill) or side (Borden) position with ½ turn (180°) or ¼ turn (270°)<br/>                     Grätschrisprung aus dem Querverhalten (Hill) oder Seitverhalten (Borden) mit ½ Dre. (180°) oder ¼ Dre. (270°)</p>         | <p>2.402* <del>SO.502 JO-F</del><br/>                     Saut carapé-écarté avec 1/1 tour (360°) de la pos. transv. ou lat.<br/>                     Straddle pike jump with 1/1 turn (360°) from cross or side position<br/>                     Seitgrätschsprung mit 1/1 Dre. (360°) aus dem Querverhalten oder Seitverhalten</p>    | <p>2.502</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <ul style="list-style-type: none"> <li>• le même élément</li> <li>• same element</li> <li>• das gleiche Element</li> </ul> </div> |

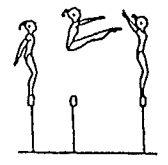

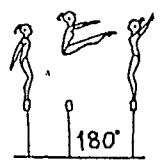
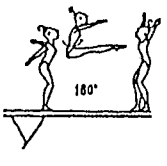
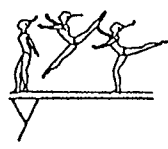
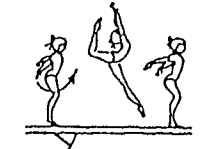

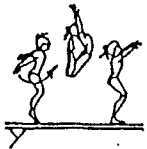

2.000 SAUTS GYMNINIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A            | B  | C  | D  | E — Super E  |
|--------------|--|--|--|--|
| <p>2.103</p> | <p>2.203 * S2.303 JO-C<br/>Saut écarté lat. à l'appui des mains au siège à cheval, aussi avec ¼ tour (90°)<br/>Straddle jump to hand support with swing down to cross straddle sit, also with ¼ turn (90°)<br/>Grätschsprung i. d. Handstütz mit Einschwingen i. d. Reitsitz, auch mit ¼ Dre. (90°)</p>  <p>Saut écarté lat. à l'appui fac. ou avec tour d'appui en arr. (Fumon), aussi avec ¼ tour (90°)<br/>Straddle jump to front side support or with hip circle backward (Fumon), also with ¼ turn (90°)<br/>Grätschsprung i. d. Seitstütz vl. oder mit Umschwung vl. rw. (Fumon), auch mit ¼ Dre. (90°)</p>  | <p>2.303 * S2.403 JO-D<br/>Saut écarté lat. avec ½ - ¾ tour (180°-270°) à l'appui des mains au siège à cheval<br/>Straddle jump with ½ - ¾ turn (180°-270°) to hand support with swing down to cross straddle sit<br/>Grätschsprung mit ½ - ¾ Dre. (180°-270°) i. d. Handstütz mit Einschwingen i. d. Reitsitz</p>  <p>Saut écarté lat. avec ½ - ¾ tour (180°-270°) à l'appui fac. ou avec tour d'appui en arr.<br/>Straddle jump with ½ - ¾ turn (180°-270°) to front side support or with hip circle backward<br/>Grätschsprung mit ½ - ¾ Dre. (180°-270°) i. d. Seitstütz vl. oder mit Umschwung vl. rw.</p>  | <p>2.403 * S2.503 JO-E<br/>Saut écarté lat. de la pos. transv. avec 1/1 tour (360°) à l'appui des mains au siège à cheval<br/>Straddle jump from cross position with 1/1 turn (360°) to hand support with swing down to cross straddle sit<br/>Grätschsprung aus dem Querverhalten mit 1/1 Dre. (360°) i. d. Handstütz mit Einschwingen i. d. Reitsitz</p>  <p>Saut écarté lat. de la pos. lat. avec 1/1 tour (360°) à l'appui fac. ou avec tour d'appui en arr.<br/>Straddle jump from side position with 1/1 turn (360°) to front side support or with hip circle backward<br/>Grätschsprung aus dem Seitverhalten i. d. Seitstütz mit 1/1 Dre. (360°) vl. oder mit Umschwung vl. rw.</p>  | <p>2.503</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <ul style="list-style-type: none"> <li>• le même élément</li> <li>• same element</li> <li>• das gleiche Element</li> </ul> </div> |

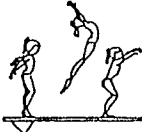

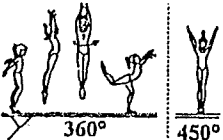




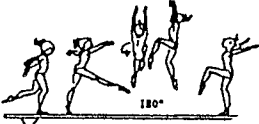

2.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A   | B   | C   | D   | E — Super E   |
|---|---|---|---|---|
| <p>2.104<br/>Saut en écartant la jambe libre au-dessus de l'horiz. - appel d'un pied<br/>Hop with free leg extended above horizontal<br/>Sprung mit d. freien Bein über den Horiz. — Absprung von einem Bein</p>  <p style="text-align: center;">Y</p> | <p>2.204</p>  <p style="text-align: center;">Y</p>   | <p>2.304<br/>Saut avec ½ tour (180°), en écartant la jambe libre au-dessus de l'horiz. - appel d'un pied<br/>Hop with ½ tum (180°), free leg extended above horiz.<br/>Sprung mit ½ Dre. (180°) und freies Bein über der Horiz. — Absprung von einem Bein</p>  <p style="text-align: center;">Y</p> <p>Saut fouetté avec ½ tour (180°) à la planche fac. (jambe libre au-dessus de l'horiz.)<br/>Fouetté-hop with ½ tum (180°) to land in scale (free leg above horizontal)<br/>Sprung fouetté mit ½ Dre. (180°) i.d. Standwaage (Spielbein über den Horiz.) — Absprung von einem Bein</p>  <p style="text-align: center;">Y</p>  | <p>2.404 *<br/>Saut ciseaux en av. avec jambes tendues et ½ tour (180°) (tour jeté — angle d'écart 180° après le ½ tour), aussi avec ¼ tour (90°) supplémentaire<br/>Scissors leap with extended legs and ½ tum (180°) (tour jeté — separation &lt; 180°), also with additional ¼ tum (90°)<br/>Schersprung vw. mit gestreckten Beinen und ½ Dre. (180°) (180° Spreizwinkel nach d. Dre.) — Kadettsprung, auch mit zusätzlicher ¼ Dre. (90°)</p>  <p style="text-align: center;">180°<br/>¼ ¼</p>  | <p>2.504<br/>Saut ciseaux en av. avec jambes tendues et ½ tour (180°) (tour jeté — angle d'écart 180° après le ½ tour) avec ½ tour (180°) supplémentaire<br/>Scissors leap with extended legs and ½ tum (180°) (tour jeté — separation &lt; 180°) with additional ½ tum (180°)<br/>Schersprung vw. mit gestreckten Beinen und ½ Dre. (180°) (180° Spreizwinkel nach d. Dre.) — Kadettsprung mit zusätzlicher ½ Dre. (180°)</p>  <p style="text-align: center;">180°<br/>¼</p>  |
| <p>2.105<br/>S2.105<br/>Stag Switch leg leap</p>  <p style="text-align: center;">W</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* le même élément<br/>* same element<br/>* das gleiche Element</p> </div>            | <p>2.205<br/>Saut enjambé avec changement de jambes à la pos. groupée (une jambe tendue horiz. en avant)<br/>Stride leap forward with change of legs to wolf position<br/>Schrittsprung vw. mit Beinwechsel zur Hocksprenz pos.</p>  <p style="text-align: center;">W</p> | <p>2.305<br/>Saut enjambé avec changement de jambes (angle d'écart 180° après le changement), aussi à la planche fac. (2 sec.)<br/>Split leap forward with change of legs (180° separation &lt; after leg change), also to scale forward (2 sec.)<br/>Spagatsprung vw. mit Beinwechsel (180° Spreizwinkel nach d. Beinwechsel), auch i.d. Standwaage vl. (2 Sek.)<br/>S2.305 Switch to straddle (Clauson)</p>  <p style="text-align: center;">Z</p> <p>* Saut enjambé avec changement de jambes et ¼ de tour (90°) à l'appui fac., aussi avec tour d'appui arr.<br/>* Split leap forward with leg change and ¼ tum (90°) to front support, also with hip circle backward<br/>* Spagatsprung vw. mit Beinwechsel u. ¼ (90°) Dre. i.d. Seitstütz vl., auch mit Umschwung vl. rw.</p>  <p style="text-align: center;">ZY<br/>ZY</p> | <p>2.405<br/>* Saut enjambé avec changement de jambes (angle d'écart 180° après le changement) et<br/>— ¼ de tour (90°) au grand-écart lat. ou pos. lat. carpée-écartée, aussi avec ¼ tour (90°) ou<br/>— ½ tour (180°)<br/>* Split leap forward with leg change (180° separation &lt; after leg change) and<br/>— ¼ tum (90°) to side split or straddle pike position, also with<br/>— ½ tum (180°)<br/>* Spagatsprung vw. mit Beinwechsel (180° Spreizwinkel nach d. Beinwechsel) und oder<br/>— ¼ Dre. (90°) zum Seitspagat oder Seitgrätschverhalten, auch mit ¼ Dre. (90°)<br/>— ½ Dre. (180°)</p>  <p style="text-align: center;">Z<br/>ZA<br/>ZY</p>  <p style="text-align: center;">Z<br/>Z</p> | <p>2.505<br/>Saut enjambé avec changement de jambes (angle d'écart 180° après le changement) et ¼ de tour (90°) au grand-écart lat. (180°) ou pos. carpée-écartée pos. (Johnson) avec ½ tour (180°) supplémentaire<br/>Split leap forward with leg change (180° separation &lt; after leg change) and ¼ tum (90°) to side split leap (180°) or straddle pike position (Johnson) with additional ½ tum (180°)<br/>Spagatsprung vw. mit Beinwechsel (180° Spreizwinkel nach d. Beinwechsel) und ¼ Dre. (90°) zum Seitspagat (180°) oder Schritgrätschsprung (Johnson) mit zusätzlicher ½ Dre. (180°)</p>  <p style="text-align: center;">90°</p> <p style="text-align: center;">ZY</p> |

2.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A  | B  | C   | D   | E — Super E   |
|--|--|---|---|---|
| <p>2.106</p>   | <p>2.206* <i>S2.306 Jo-C</i><br/>                     Saut carpé jambes serrées de la pos. lat. ou transv. (angle du corps 90°)<br/> <i>Pike jump from side or cross position (hip &lt;math&gt;\angle 90^\circ&lt;/math&gt;)</i><br/>                     Bücksprung aus dem Seitverhalten oder Querverhalten (Hüftwinkel von 90°)</p>   | <p>2.306* <i>S2.406 Jo-D</i><br/>                     Saut carpé jambes serrées de la pos. lat. (Sekerova) ou transv. (angle du corps 90°) avec 1/2 tour (180°)<br/> <i>Pike jump from side or cross (Sekerova) position (hip &lt;math&gt;\angle 90^\circ&lt;/math&gt;) with 1/2 turn (180°)</i><br/>                     Bücksprung aus dem Seitverhalten oder Querverhalten (Sekerova) (Hüftwinkel von 90°) mit 1/2 Dre. (180°)</p>   | <p>2.406</p>  | <p>2.506</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <ul style="list-style-type: none"> <li>• le même élément</li> <li>• same element</li> <li>• das gleiche Element</li> </ul> </div> <p><i>S2.506</i><br/> <i>Pike jump 1/1</i></p>  |
| <p>2.107<br/>                     Sissone — appel des deux pieds<br/> <i>Sissone, take off from both legs</i><br/>                     Spreizsprung (Sissone) — Absprung von beiden Beinen</p>  | <p>2.207</p>   | <p>2.307<br/>                     Saut cambré une jambe tendue, l'autre fl. en arr., aussi saut de chamols avec jambe d'appel fl. (appel d'un ou des deux pieds)<br/> <i>Ring or stag-ring leap or jump (rear leg at head height)</i><br/>                     Ringsprung oder Rehringsprung — Absprung beliebig</p>    | <p>2.407<br/>                     Saut groupé cambré en arr. (saut de mouton)<br/> <i>Tuck jump with arch (Sheep jump), feet at head height</i><br/>                     Hocksprung mit Bogenspannung (Schafsprung)</p>  | <p>2.507<br/>                     Saut enjambé avec changement de jambes au saut cambré, une jambe tendue, l'autre fl. en arr. (angle d'écart 180° après le changement)<br/> <i>Split leap forward with leg change to ring leap (180° separation &lt;math&gt;\angle&lt;/math&gt; after leg change)</i><br/>                     Spagatsprung vw. mit Beinwechsel zum Ring [(180°) Spreizwinkel nach d. Beinwechsel]</p>  |

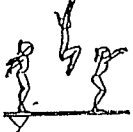


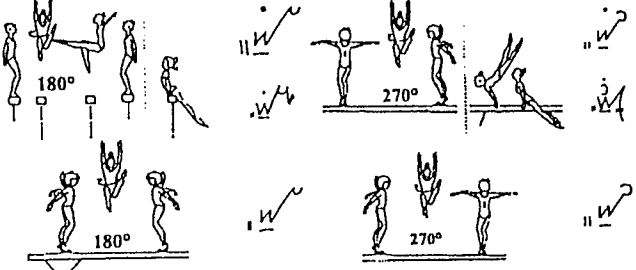
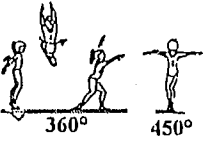
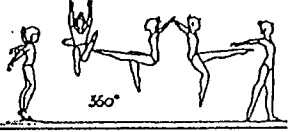
2.000 SAUTS GYMNINIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A  | B  | C  | D  | E — Super E  |
|--|--|--|--|--|
| <p>2.108<br/>Saut en extension en av. corps cambré<br/><i>Stretched jump forward</i><br/>Strecksprung vw.</p>  <p>Saut en extension avec ½ tour (180°), aussi avec changement de jambes<br/><i>Stretched jump forward with ½ turn (180°), also with change beat of legs</i><br/>Strecksprung vw. mit ½ Dre. (180°), auch mit Beinwechsel</p>             | <p>2.208</p> <p>S2.208<br/>Stretched jump 3/4</p>  | <p>2.308<br/>Saut avec 1/1-1¼ tour (360°-450°)<br/><i>Stretched jump with 1/1-1¼ turn (360°-450°)</i><br/>Strecksprung mit 1/1-1¼ Dre. (360°-450°)</p>  <p>360° 450°</p> | <p>2.408<br/>Saut avec 1½ tour (540°), réception libre<br/><i>Stretched jump with 1½ turn (540°), landing optional</i><br/>Strecksprung mit 1½ Dre. (540°), Landung beliebig</p>  <p>540°</p> | <p>2.508</p>   |
| <p>2.109 +<br/>Saut ciseaux en av. ou arr. avec jambes fl. ou tendues<br/><i>Scissors leap forward or backward with bent (Cat Leap) or extended (Hitchkick) legs</i><br/>Schersprung vw. oder rw. mit gebogenen oder gestreckten Beinen<br/>S2.110 Cabriole</p>    | <p>2.209 +<br/>Saut de chat en av. avec ½ tour (180°)<br/><i>Cat leap with ½ turn (180°)</i><br/>Scherhocksprung vw. mit ½ Dre. (180°)</p>  <p>180°</p> | <p>2.309 +<br/>Saut de chat en av. avec 1/1 tour (360°)<br/><i>Cat leap with 1/1 turn (360°)</i><br/>Scherhocksprung vw. mit 1 Dre. (360°)</p>  <p>360°</p>            | <p>2.409</p> <p>S2.410 Cat leap 1/2 Jo-D</p>   | <div style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p>+Ligne 2.109<br/>Tous les sauts de chat avec appel d'un pied et réception sur l'autre pied</p> <p>+Line 2.109<br/><i>All cat leaps with take-off from one leg and landing on the other leg</i></p> <p>+Linie 2.109<br/>Alle Scherhocksprünge mit Absprung aus einem Bein und Landung auf dem anderen Bein</p> </div> |

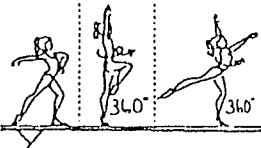
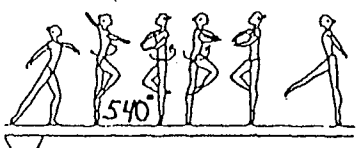
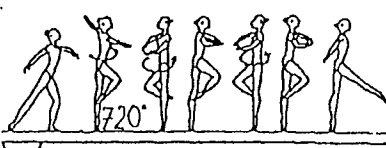
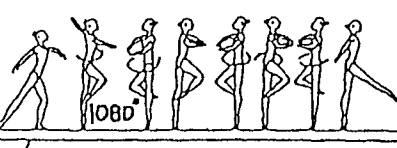

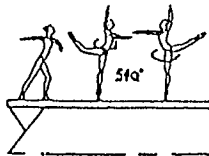
2.308 revised - 1/10/02  
Moved cats from line 10 to line 9 - 1/31/02. Added "text box" to Line 2.109 - 2/9/02.





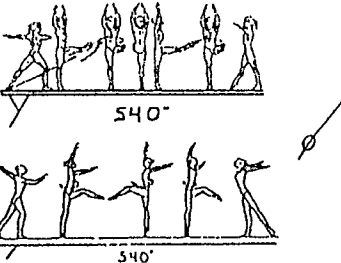
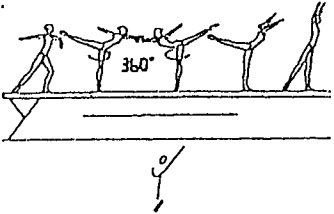
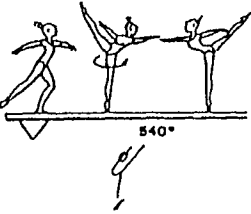
2.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A   | B   | C   | D   | E — Super E  |
|---|---|---|---|--------------|
| <p>2.110 * +<br/>Saut groupé — appel d'un ou des deux pieds<br/>Tuck jump, take-off from one or both legs<br/>Hocksprung — Absprung von einem oder beiden Beinen</p>  <p style="text-align: center;">   И</p> <p>Saut groupé (une jambe tendue en avant au-dessus de l'horiz.) de la pos. lat. ou transv. — appel d'un ou des deux pieds<br/>Wolf hop or jump (one leg tucked, one leg extended forward above horizontal) from side or cross position — take-off from one or both legs<br/>Hocksprelzsprung (Spielbein vw. über d. Horizontalen) aus dem Seitverhalten oder Querverhalten — Absprung von einem oder beiden Beinen</p>  <p style="text-align: center;">   И</p> | <p>2.210 * +<br/>Saut groupé avec 1/2 ou 3/4 tour (180° ou 270°) — appel d'un ou des deux pieds<br/>Tuck jump with 1/2 or 3/4 turn (180° or 270°), take off from one or both legs<br/>Hocksprung mit 1/2 oder 3/4 Dre. (180°-270°) — Absprung von einem oder beiden Beinen</p> <p style="text-align: center;">S2.309 Tuck 3/4<br/>Jo-c</p>  <p style="text-align: center;">   И         У</p> <p>Saut groupé (une jambe tendue en avant au-dessus de l'horiz.) de la pos. transv. ou lat. avec 1/2 - 3/4 tour (180°-270°), aussi à l'appui fac. — appel d'un ou des deux pieds<br/>Wolf hop or jump from cross or side position with 1/2 - 3/4 turn (180° - 270°), also landing in front support — take-off from one or both legs<br/>Hocksprelzsprung aus dem Querverhalten oder Seitverhalten mit 1/2 - 3/4 Dre. (180° - 270°), auch i.d. Seilstütz — Absprung von einem oder beiden Beinen</p> <p>(White)<br/>...de la pos. lat. avec 1/2 tour (180°)<br/>...from side position with 1/2 turn (180°)<br/>...aus dem Querverhalten mit 1/2 Dre. (180°)</p> <p style="text-align: center;">S2.311 Wolf hop/jump 1/2 - 3/4<br/>also to frnt support/straddle sit</p>  <p style="text-align: center;">   И         У</p> | <p>2.310</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <ul style="list-style-type: none"> <li>• le même élément</li> <li>• same element</li> <li>• das gleiche Element</li> </ul> </div> <p>+ Ligne 2.110<br/>Les sauts groupés et les sauts groupés avec une jambe tendue horiz. en av. sont différents, si la réception est faite avec appui sur les mains.</p> <p>+ Ligne 2.110<br/>Tuck hops/jumps or wolf hops/jumps are different, if landed with support of hands.</p> <p>+ Ligne 2.110<br/>Die Hocksprünge und die Hocksprelzsprünge sind verschieden, wenn die Landung mit Stütz der Hände erfolgt.</p> | <p>2.410 * +<br/>Saut groupé avec 1/1-1 1/4 tours (360°-450°) — appel d'un ou des deux pieds<br/>Tuck jump with 1/1-1 1/4 (360°-450°), take-off from one or both legs<br/>Hocksprung mit 1/1-1 1/4 Dre. (360°-450°) — Absprung von einem oder beiden Beinen</p>  <p style="text-align: center;">   И         У</p> <p>Saut groupé (une jambe tendue en avant au-dessus de l'horiz.) avec 1/1 tour (360°) de la pos. trans. ou lat. — appel d'un ou des deux pieds<br/>Wolf hop or jump from cross or side position with 1/1 turn (360°) — take-off from one or both legs<br/>Hocksprelzsprung aus dem Querverhalten oder Seitverhalten mit 1/1 Dre. (360°) — Absprung von einem oder beiden Beinen</p> <p style="text-align: center;">S2.511 JO-E<br/>S2.511<br/>Jo-E<br/>Wolf jip 1/2</p>  <p style="text-align: center;">   W         W</p> | <p>2.510</p> |

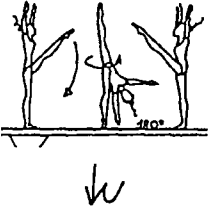
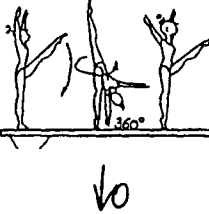
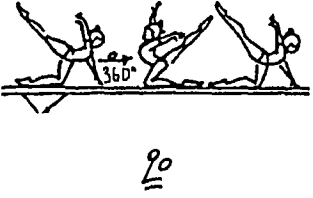
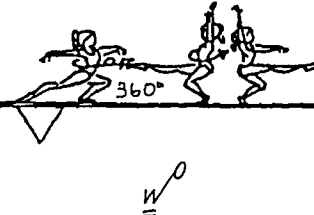

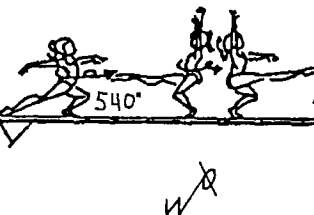

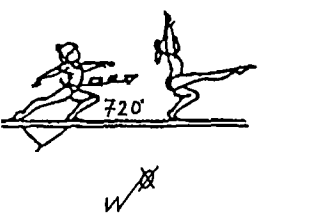
3.000 PIROUETTES GYMNIQUES — GYMNASTIC TURNS — GYMNASTISCHE DREHUNGEN

| A  | B  | C   | D   | E — Super E   |
|--|--|---|---|---|
| <p>3.101<br/>                     Pirouette 1/1 tour (360°) sur une jambe — jambe libre au — dessous de l'horiz.<br/>                     1/1 tum (360°) on one leg, free leg below horizontal<br/>                     1/1 Dre. (360°) auf einem Bein — Spielbein unter d. Horizontalen</p>  <p style="text-align: center;">○</p> | <p>3.201<br/>                     Pirouette 1½ tour (540°) sur une jambe — jambe libre au — dessous de l'horiz.<br/>                     1½ tum (540°) on one leg, free leg below horizontal<br/>                     1½ Dre. (540°) auf einem Bein — Spielbein unter d. Horizontalen</p>  <p style="text-align: center;">⊘</p> | <p>3.301</p>  | <p>3.401<br/>                     Pirouette 2/1 tours (720°) sur une jambe — jambe libre au — dessous de l'horiz.<br/>                     2/1 tum (720°) on one leg, free leg below horizontal<br/>                     2/1 Dre. (720°) auf einem Bein — Spielbein unter d. Horizontalen</p>  <p style="text-align: center;"><del>⊘</del></p>   | <p>3.501<br/>                     Pirouette 3/1 tours (1080°) sur une jambe (Okino)<br/>                     3/1 tum (1080°) on one leg (Okino)<br/>                     3/1 Dre. (1080°) im Stand auf einem Bein (Okino)</p>  <p style="text-align: center;"><del>⊘</del></p> |
| <p>3.102</p>   | <p>3.202</p>   | <p>3.302<br/>                     Pirouette 1/1 tour (360°) sur une jambe — la cuisse de la jambe libre au-dessus de l'horiz. en arr.<br/>                     1/1 tum (360°) on one leg, thigh of free leg above horizontal, backward upward<br/>                     1/1 Dre. (360°) auf einem Bein — Oberschenkel d. Spielbeines über d. Horizontalen (rückhoch)</p>  <p style="text-align: center;">♂</p> | <p>3.402<br/>                     Pirouette 1½ tour (540°) sur une jambe — la cuisse de la jambe libre au-dessus de l'horiz. en arr.<br/>                     1½ tum (540°) on one leg, thigh of free leg above horizontal, backward upward<br/>                     1½ Dre. (540°) auf einem Bein — Oberschenkel d. Spielbeines über d. Horizontalen (rückhoch)</p>  <p style="text-align: center;">♂</p> | <p>3.502</p>  |

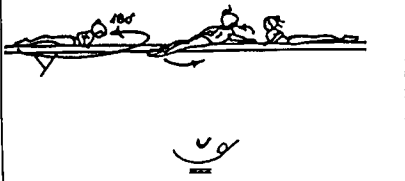
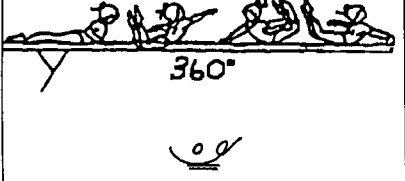
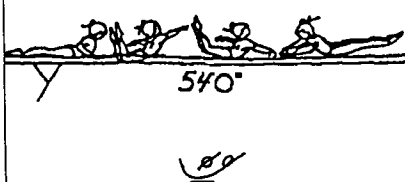
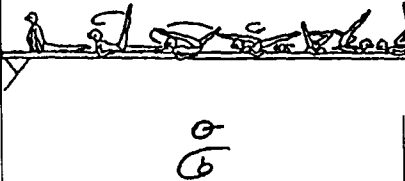
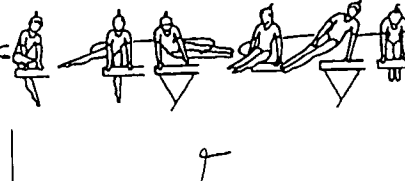
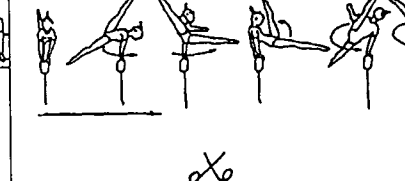
3.000 PIROQUETTES GYMNIIQUES — GYMNASTIC TURNS — GYMNASTISCHE DREHUNGE

| A     | B     | C   | D   | E — Super E |
|-------|-------|---|---|-------------|
| 3.103 |       | <p>3.303<br/>                     Prouette 1/1 tour (360°) avec le talon de la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation — jambe tendue ou fléchie en avant<br/> <i>1/1 tum (360°) with heel of free leg forward above horizontal from start to end of tum — forward leg extended or bent</i><br/>                     1/1 Dre. (360°) mit Ferse des Spielbeines vw. über d. Horizontalen vom Beginn bis zum Ende d. Dre. — das vordere Bein gestreckt oder gebeugt</p>  <p>Prouette 1/1 tour (360°) tenant la jambe libre avec la main, au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation (Cuncova)<br/> <i>1/1 tum (360°) with free leg held with hand above horizontal from start to end of tum (Cuncova)</i><br/>                     1/1 Dre. (360°) mit Halten des Spielbeines mit der Hand über d. Horizontalen vom Beginn bis zum Ende d. Dre. (Cuncova)</p>  | <p>3.403<br/>                     Prouette 1½ tour (540°) avec le talon de la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation — jambe tendue ou fléchie en avant<br/> <i>1½ tum (540°) with heel of free leg forward above horizontal from start to end of tum — forward leg extended or bent</i><br/>                     1½ Dre. (540°) mit Ferse des Spielbeines vw. über d. Horizontalen vom Beginn bis zum Ende d. Dre. — das vordere Bein gestreckt oder gebeugt</p>  | 3.503       |
| 3.104 | 3.204 | <p>3.304<br/>                     1/1 tour (360°) en planche fac. — jambe libre dès le début jusqu'à la fin de la rotation au-dessus de l'horiz.<br/> <i>1/1 tum (360°) in scale forward, free leg above horizontal from start to end of tum</i><br/>                     1/1 Dre. (360°) i.d. Standwaage — Spielbein vom Beginn bis zum Ende d. Dre. über d. Horizontalen</p>    | <p>3.404<br/>                     Prouette 1½ tour (540°) en planche fac. — jambe libre dès le début jusqu'à la fin de la rotation au-dessus de l'horiz.<br/> <i>1½ tum (540°) in scale forward, free leg above horizontal from start to end of tum</i><br/>                     1½ Dre. (540°) i.d. Standwaage — Spielbein vom Beginn bis zum Ende d. Dre. über d. Horizontalen</p>   | 3.504       |




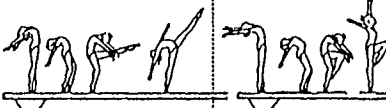



3.000 PIROUETTES GYMNIQUES — GYMNASTIC TURNS — GYMNASTISCHE DREHUNGEN

| A  | B   | C  | D  | E — Super E  |
|--|---|--|--|--------------|
| <p>3.105</p>   | <p>3.205</p>  | <p>3.305</p> <p>Pirouette plongée ½ tour (180°) à la stat. en grand-écart sans toucher la poutre avec la jambe libre (touche passagère d'une main autorisée)</p> <p>½ illusion tum (180°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)</p> <p>½ Taucherdrehung über d. Standspagat ohne Berührung d. Balkens durch d. Spielbein (flüchtige Balkenberührung mit einer Hand erlaubt)</p>    | <p>3.405</p> <p>Pirouette plongée 1/1 tour (360°) à la stat. en grand-écart sans toucher la poutre avec la jambe libre (touche passagère d'une main autorisée)</p> <p>1/1 illusion tum (360°) through standing split without touching beam with free leg (brief touching of beam with one hand permitted)</p> <p>1/1 Taucherdrehung (360°) über d. Standspagat ohne Berührung d. Balkens durch d. Spielbein (flüchtige Balkenberührung mit einer Hand erlaubt)</p>  | <p>3.505</p> |
| <p>3.106</p> <p>Pirouette 1/1 tour (360°) en planche à genou — appui des mains successifs</p> <p>1/1 tum (360°) in knee scale — hand support alternate</p> <p>1/1 Dre. (360°) i.d. Kniewaage — Hände stützen nacheinander</p>  | <p>3.206</p> <p>Pirouette 1/1 tour (360°) à la stat. groupée sur une jambe — jambe libre en av. à l'horiz. — poser la jambe libre à la fin de la rotation (1/1)</p> <p>1/1 tum (360°) in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1/1 tum (360°)</p> <p>1/1 Dre. (360°) im Hockstand auf einem Bein — Spielbein in horizontaler Vorhalte — Aufsetzen d. Spielbeines mit Abschluss d. 1/1 Dre.</p>  <p>Pirouette 1½ tour (540°) en planche à genou — appui des mains successifs</p> <p>1½ tum (540°) in knee scale — hand support alternate</p> <p>1½ Dre., auch 1/1 Dre. (540°) i.d. Kniewaage — Hände stützen nacheinander</p>  | <p>3.306</p> <p>Pirouette 1½ tour (540°) à la stat. groupée sur une jambe — jambe libre en av. à l'horiz. — poser la jambe libre à la fin de la rotation</p> <p>1½ tum (540°) in tuck stand on one leg, free leg in forward horizontal, placing of the free leg at end of 1½ tum</p> <p>1½ Dre. (540°) im Hockstand auf einem Bein — Spielbein i. horizontaler Vorhalte — Aufsetzen d. Spielbeines mit Abschluss d. 1½ Dre.</p>  <p>Pirouette 2/1 tour (720°) en planche à genou — dont 1/1 tour (360°) est libre</p> <p>2/1 tum (720°) in knee scale — of which 1/1 (360°) is free</p> <p>2/1 Dre. (720°) i.d. Kniewaage — davon 1/1 Dre. (360°) frei ist</p>  | <p>3.406</p> <p>Pirouette 2/1 tours (720°) et plus à la stat. groupée sur une jambe — jambe libre en av. à l'horiz. — poser la jambe libre à la fin de la rotation 2/1</p> <p>2/1 tum (720°) and more in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 2/1 tum</p> <p>2/1 Dre. (720°) und mehr im Hockstand auf einem Bein — Spielbein i. horizontaler Vorhalte — Aufsetzen d. Spielbeines mit Abschluss d. 2/1 Dre.</p>    | <p>3.506</p> |

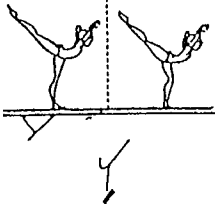
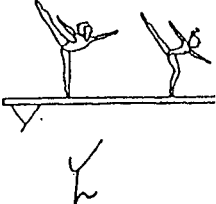



3.000 PIRouETTES GYMNiques — GYMNASTIC TuRNS — GYMNASTISCHE DReHUNGEN

| A  | B   | C  | D            | E — Super E  |
|--|---|--|--------------|--------------|
| <p>3.107<br/>                     ½ tour (180°) en pos. couchée fac. — appui des mains alternatif<br/>                     ½ tum (180°) in prone position — hand support alternate<br/>                     ½ Dre. (180°) i.d. Bauchlage — Hände stützen nacheinander</p>  | <p>3.207<br/>                     1/1 à 1½ tour (360° à 540°) en pos. couchée fac. — appui alternatif des mains autorisé<br/>                     1/1 tum to 1½ tum (360° to 540°) in prone position — alternate support of hands permitted<br/>                     1/2 bis 1½ Dre. (360° bis 540°) i.d. Bauchlage — Stützen d. Hände nacheinander erlaubt</p>  <p>360°</p>  <p>540°</p> | <p>3.307<br/>                     Pirouette 1¼ tour (450°) en pos. couchée dors. (angle tronc-jambes fermé) (Li-Li)<br/>                     1¼ (450°) tum on back in kip position (hip-leg angle closed) (Li-Li)<br/>                     1¼ Dre. (450°) i.d. Kipplage (Beinrumpfwinkel geschlossen) (Li-Li)</p>  | <p>3.407</p> | <p>3.507</p> |
| <p>3.108</p>   | <p>3.208<br/>                     Cercle des jambes (costal Voigt)<br/>                     1/1 tum (360°) flank circle, legs together (Kreis flank-Voigt flank)<br/>                     Kreisflanke (Voigt-Flanke)</p>   | <p>3.308<br/>                     1 x cercle avec les jambes écartées (Talavera)<br/>                     One leg circle with «flair» (legs separated) (Talavera)<br/>                     1x Kreisspreizen (Talavera)</p>   | <p>3.408</p> | <p>3.508</p> |

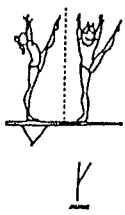
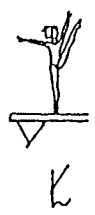
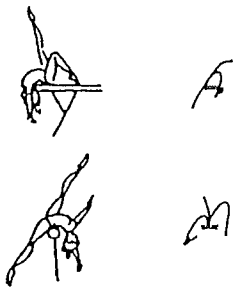
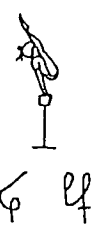
4.000 ONDES DU CORPS — WAVES — KÖRPERWELLEN

| A   | B   | C            | D  | E — Super E  |
|---|---|--------------|--|--------------|
| <p>4.101<br/>Onde du corps en av. à la stat. sur les ½ pointes des pieds<br/><i>Body wave forward to balance stand on both legs</i><br/>Körperwelle vw. i.d. Ballenstand auf beiden Beinen</p>    | <p>4.201<br/>Onde du corps en av. à la stat. sur la ½ pointe du pied<br/><i>Body wave forward to balance stand on one leg</i><br/>Körperwelle vw. i.d. Ballenstand auf einem Bein</p>    | <p>4.301</p> | <p>4.401</p> <div data-bbox="1263 297 1616 371" style="border: 2px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <p>* balance stand = ball of foot</p> </div> | <p>4.501</p> |
| <p>4.102<br/>Onde du corps en arr. à la stat. sur les ½ pointes des pieds<br/><i>Body wave backward to balance stand on both legs</i><br/>Körperwelle rw. i.d. Ballenstand auf beiden Beinen</p>  | <p>4.202<br/>Onde du corps en arr. à la stat. sur la ½ pointe du pied<br/><i>Body wave backward to balance stand on one leg</i><br/>Körperwelle rw. i.d. Ballenstand auf einem Bein</p>    | <p>4.302</p> | <p>4.402</p>   | <p>4.502</p> |
| <p>4.103<br/>Onde du corps lat. à la stat. sur les ½ pointes des pieds<br/><i>Body wave sideward to balance stand on both legs</i><br/>Körperwelle sw. i.d. Ballenstand auf beiden Beinen</p>   | <p>4.203<br/>Onde du corps lat. à la stat. sur la ½ pointe du pied<br/><i>Body wave sideward to balance stand on one leg</i><br/>Körperwelle sw. i.d. Ballenstand auf einem Bein</p>   | <p>4.303</p> | <p>4.403</p>   | <p>4.503</p> |
| <p>4.104</p>  | <p>4.204<br/>Pos. assise sur les talons — en se redressant onde du corps en passant par la stat. sur la ½ pointe des pieds<br/><i>From kneeling sit position, rise upward with body wave through toe-balance stand</i><br/>Fersensitz — Körperwelle vw. über d. Ballenstand</p>  | <p>4.304</p> | <p>4.404</p>   | <p>4.504</p> |

5.000 PARTIES DE MAINTIEN — HOLDS - STANDS — HALTETEILE

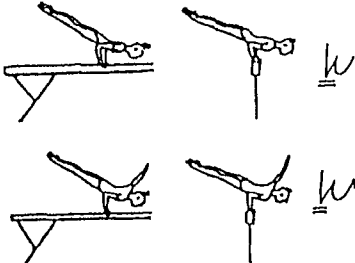
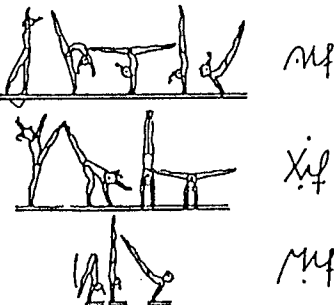
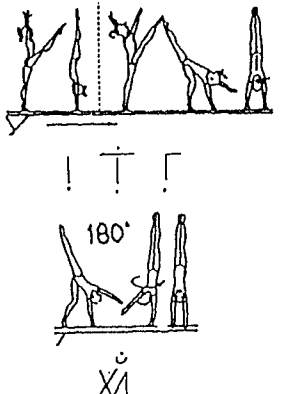
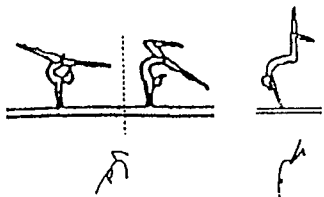
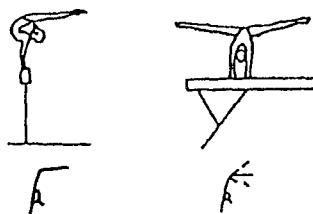
| A  | B  | C   | D   | E — Super E  |
|--|--|---|---|--------------|
| <p>5.101<br/>                     Planche fac. -jambe d'appui tendue ou fl. (2 sec.)<br/> <i>Scale forward, support leg extended or bent (2 sec.)</i><br/>                     Standwaage vl. — Standbein gestreckt od. gebeugt (2 Sek.)</p>    | <p>5.201<br/>                     Planche fac. sur la ½ pointe du pied — jambe d'appui tendue ou fl. (2 sec.)<br/> <i>Scale forward in balance stand, support leg extended or bent (2 sec.)</i><br/>                     Standwaage vl. im Ballenstand — Standbein gestreckt oder gebeugt (2 Sek.)</p>  | <p>5.301</p>  | <p>5.401</p>  | <p>5.501</p> |
| <p>5.102<br/>                     Stat. en grand-écart avec appui des mains devant la jambe d'appui (angle d'écart 180° — 2 sec.)<br/> <i>Standing split forward with hand support in front of support leg (separation <math>\angle</math> 180°) — Needle scale (2 sec.)</i><br/>                     Standspagat mit Stütz d. Hände vor d. Standbein (Spreizwinkel 180° — 2 Sek.)</p>  | <p>5.202</p>   | <p>5.302<br/>                     Stat. dors. en grand-écart, buste incliné en arr. sur la plante du pied (2 sec.)<br/> <i>Standing split backward, in stand on whole foot (2 sec.)</i><br/>                     Standspagat rl. — Stand auf ganzem Fuss (2 Sek.)</p>  | <p>5.402<br/>                     Planche dors. sur la pointe du pied (2 sec.)<br/> <i>Scale backward in balance stand (2 sec.)</i><br/>                     Standwaage rl. im Ballenstand (2 Sek.)</p>  | <p>5.502</p> |

5.000 PARTIES DE MAINTIEN — HOLDS - STANDS — HALTETEILE


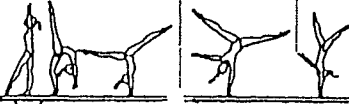


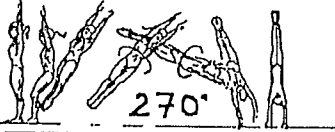
| A   | B  | C            | D            | E — Super E  |
|---|--|--------------|--------------|--------------|
| <p>5.103<br/>Stat. sur une jambe (sur la plante du pied) — jambe libre en av. ou lat. au-dessus de 90° (2 sec.)<br/><i>Stand on one leg (whole foot) free leg in forward or sideward hold above 90° (2 sec.)</i><br/>Stand auf einem Bein (ganzer Fuss) — Spielbein i. Vor- oder Seithalte über 90° (2 Sek.)</p>                                       | <p>5.203<br/>Stat. sur la ½ pointe du pied — jambe libre écartée lat. en haut au-dessus de 140° (2 sec.)<br/><i>Balance stand on one foot, free leg in sideward upward hold above 140° (2 sec.)</i><br/>Ballenstand auf einem Bein — Spielbein über 140° i. Seithochhalte (2 Sek.)</p>  | <p>5.303</p> | <p>5.403</p> | <p>5.503</p> |
| <p>5.104<br/>Pos. couchée dors. libre avec grande amplitude des jambes — pos. du torso au bout ou lat. à la poutre (2 sec.)<br/><i>Free lying with large leg amplitude — torso position at end or side of beam (2 sec.)</i><br/>Freies Liegen mit grosser Amplitude der Beine — Hümpfhaltung am Ende des Balkens oder im Seitverhalten (2 Sek.)</p>  | <p>5.204<br/>Appui dors. libre jambes levées à la tête (2 sec.)<br/><i>Clear pike — «V» — support (2 sec.)</i><br/>Freier Spitzwinkelstütz (2 Sek.)</p>   | <p>5.304</p> | <p>5.404</p> | <p>5.504</p> |



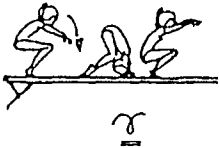

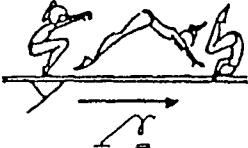

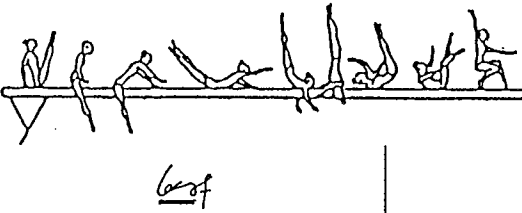
5.000 PARTIES DE MAINTIEN — HOLDS - STANDS — HALTETEILE

| A  | B   | C   | D            | E — Super E  |
|--|---|---|--------------|--------------|
| <p>5.105<br/>Appui fac. horiz. sur un ou deux bras<br/>(2 sec.)<br/><i>Planche with support on one or both arms<br/>(2 sec.)</i><br/>Stützwaage auf einem Arm oder beiden<br/>Armen (2 Sek.)</p>    | <p>5.205</p>  | <p>5.305<br/>Saut, élévation ou élan en arr. à l'atr. transv<br/>ou lat. — renv. arr. ou lat. sans envol à l'atr<br/>transv. ou lat. — s'abaisser à l'appui fac.<br/>horiz. libre en pos. transv. ou lat. (2 sec.)<br/><i>Jump, press, or swing to cross or side<br/>handstand — walkover backward or<br/>cartwheel to cross or side handstand —<br/>lower to cross or side planche (2 sec.)</i><br/>Sprung, Heben oder Rückschwung i.d.<br/>Quer- oder Seithandstand — Überschlag rw.<br/>oder sw. ohne Flugphase i.d. Quer- oder<br/>Seithandstand — Senken i.d. freie<br/>Stützwaage (2 Sek.)</p>  | <p>5.405</p> | <p>5.505</p> |
| <p>5.106<br/>Élan à l'atr transv. ou lat., aussi avec ½ tour<br/>(180°) (2 sec.)<br/><i>Kick to cross or side handstand, also with<br/>½ turn (180°) (2 sec.)</i><br/>Schwingen i.d. Quer- oder Seithandstand,<br/>auch mit ½ Dre. (180°) (2 Sek.)</p>  | <p>5.206<br/>Atr transv. en pos. cambrée très marquée,<br/>aussi carpé avec un jambe la verticale et<br/>l'autre jambe pliée (2 sec.)<br/><i>Handstands in cross position with large<br/>arch span, also piked with one leg vertical,<br/>other leg bent (2 sec.)</i><br/>Querhandstände mit grosser<br/>Bogenspannung, auch gebückt mit einem<br/>Bein senkrecht, das andere Bein gebeugt<br/>(2 Sek.)</p>  | <p>5.306<br/>Atr transv. ou lat. Jambes horiz. en arr. en<br/>différentes variantes (2 sec.)<br/><i>Cross or side handstand with horizontal leg<br/>hold — reverse planche in different<br/>variations (2 sec.)</i><br/>Handstand im Quer- oder Seitverhalten mit<br/>horizontaler Beinhalte i. verschiedenen<br/>Varianten<br/>(2 Sek.)</p>    | <p>5.406</p> | <p>5.506</p> |

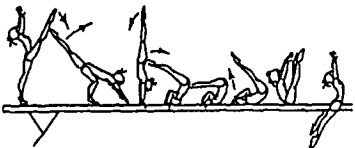

5.000 PARTIES DE MAINTIEN — HOLDS - STANDS — HALTETEILE

| A     | B  | C  | D   | E — Super E |
|-------|--|--|---|-------------|
| 5.107 | 5.207  | <p>5.307<br/>                     Atr lat. (2 sec.) — lâcher une main et s'abaisser lat. à l'appui dors. lat., au siège lat., à la pos. couchée dors. ou à une pos. finale semblable (Hand-Li)<br/>                     Side handstand (2 sec.) — release one hand with swing down sideward (flank) to side sit, back lying or other end position (Hand-Li)<br/>                     Seithandstand (2 Sek.) — Lösen einer Hand mit Abschwingen sw. (Ausflanken) i.d. Seitsütz rl., Seitsitz, Rückenlage und ähnliche Endpositionen (Hand-Li)</p>  <p>Atr transv. ou lat. sur un bras (2 sec.), aussi de renv. arr. en pos. transv.<br/>                     Cross or side handstand on one arm (2 sec.), also from walkover backward in cross position<br/>                     Quer- oder Seithandstand auf einem Arm (2 Sek.), auch von Überschlag rw. im Querverhalten</p>  | 5.407*  | 5.507       |
| 5.108 | 5.208  | 5.308  | 5.408   | 5.508       |
|       | <p>Saut à l'air transv. ou lat. ou à la pos. renversée sur la poitrine (2 sec.)<br/>                     Jump to cross or side handstand, also to cheststand (2 sec.)<br/>                     Sprung i.d. Quer- oder Seithandstand bzw. Bruststand (2 Sek.)</p>  | <p>Saut en arrière (appel pour flic-flac) avec ¼ de tour (90°) à l'air lat. (2sec.)<br/>                     Flic-flac with ¼ twist (90°) to side handstand (2 sec.)<br/>                     Flick-Flack mit ¼ Dre. (90°) i.d. Seithandstand (2 Sek.)</p>   | <p>Saut en arrière (appel pour flic-flac) avec ¾ de tour (270°) à l'air lat. (2 sec.) (Omelianchik)<br/>                     Flic-flac with ¾ twist (270°) to side handstand (2 sec.) (Omelianchik)<br/>                     Flick-Flack mit ¾ Dre. (270°) i.d. Seithandstand (2Sek.) (Omelianchik)</p>  |             |


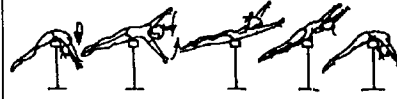

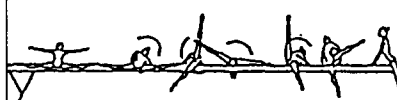
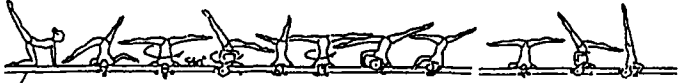
6.000 ROULÉS — ROLLS — ROLLEN

| A   | B  | C   | D            | E — Super E  |
|---|--|---|--------------|--------------|
| <p>6.101<br/>Roulé av. avec appui des mains<br/><i>Roll forward with hand support</i><br/>Rolle vv. mit Stütz der Hände</p>  <p>Élan en arr. — roulé av.<br/><i>Roll forward from backward swing</i><br/>Rückschwung — Rolle vv.</p>  <p>Sb.101<br/>Fwd shoulder roll<br/>w/hand support</p> | <p>6.201<br/>Saut — roulé av.<br/><i>Dive roll forward</i><br/>Ansprungrolle</p>  <p>Sb.201<br/>Garrison roll w/<br/>hand support</p> | <p>6.301</p>  | <p>6.401</p> | <p>6.501</p> |
| <p>6.102</p>  | <p>6.202<br/>Roulé av. sans appui des mains<br/><i>Roll forward without hand support</i><br/>Rolle vv. ohne Stütz d. Hände</p>      | <p>6.302<br/>Roulé av. libre sur un épaule en se redressant sans appui des mains à la stat. groupée ou à la stat. (Garrison)<br/><i>Free shoulder roll forward with straightening to tuck stand or stand without hand support (Garrison)</i><br/>Freie Schulterrolle vv. mit Aufrichten ohne Stütz d. Hände i.d. Hockstand oder Stand (Garrison)</p>  | <p>6.402</p> | <p>6.502</p> |

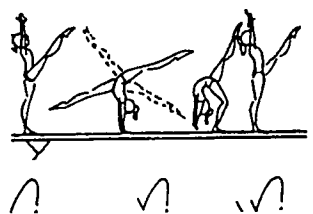
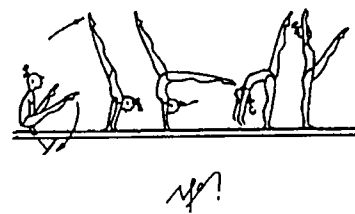
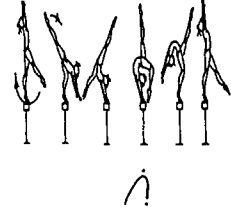
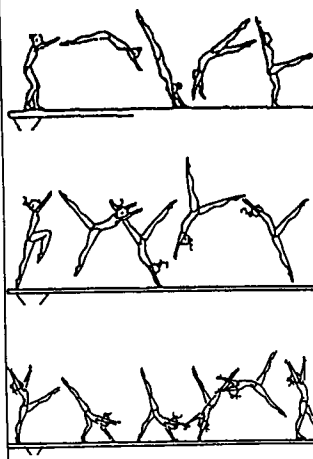
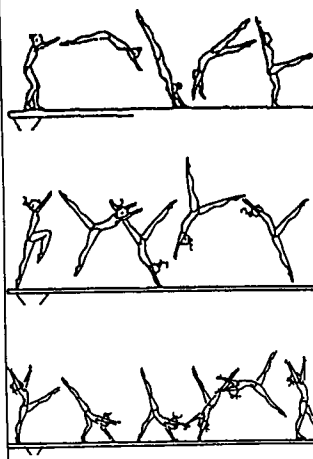
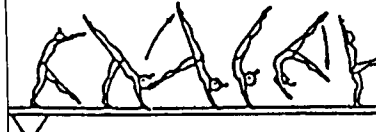
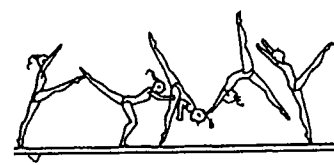
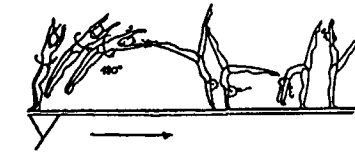
6.000 ROULÉS — ROLLS — ROLLEN

| A   | B   | C            | D            | E — Super E  |
|---|---|--------------|--------------|--------------|
| <p>6.103<br/>Élan à l'atr. transv. — roulé av. sans ou avec appui des mains<br/><i>Kick to cross handstand — roll forward with or without hand support</i><br/>Schwingen i.d. Querhandstand — Abrollen vw. ohne oder mit Stütz d. Hände</p>  <p style="text-align: center;"><u>hr</u></p>  <p style="text-align: center;"><u>hf</u></p> | <p>6.203<br/>Appui jambes écartées horiz. — élan en arr. à l'atr — roulé av.<br/><i>From clear straddle support — swing backward to handstand — roll forward</i><br/>Grätschschwebestütz - Rückschwung i.d. Handstand — Abrollen vw.</p>  <p style="text-align: center;"><u>hr</u></p> | <p>6.303</p> | <p>6.403</p> | <p>6.503</p> |
| <p>6.104<br/>Roulé arr.<br/><i>Roll backward</i><br/>Rolle rw.</p>  <p style="text-align: center;"><u>w</u></p>  | <p>6.204<br/>Roulé arr. à l'atr<br/><i>Roll backward to handstand</i><br/>Rolle rw. i.d. Handstand</p>  <p style="text-align: center;"><u>w!</u></p>   | <p>6.304</p> | <p>6.404</p> | <p>6.504</p> |

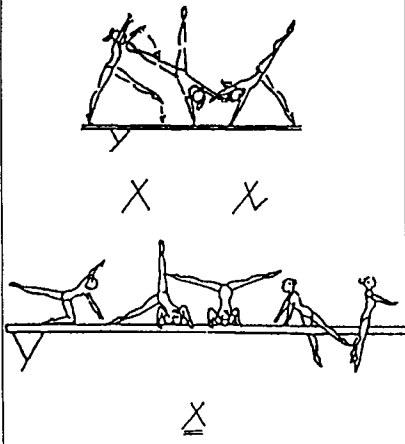
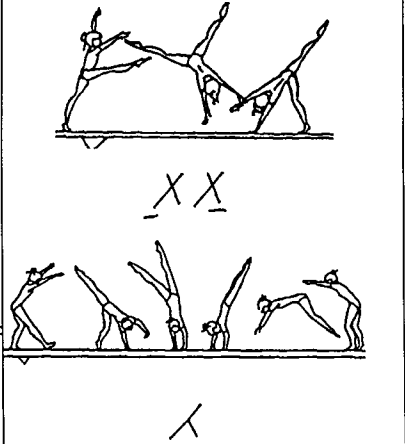
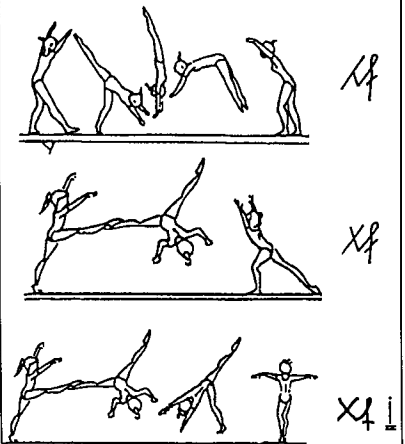
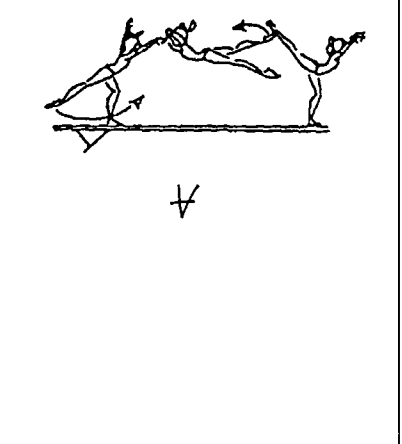
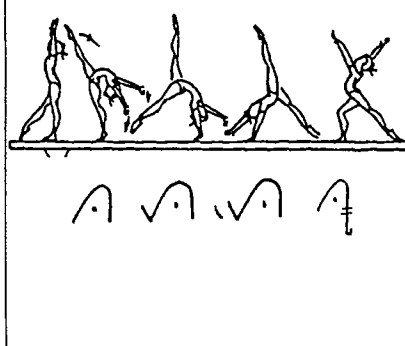
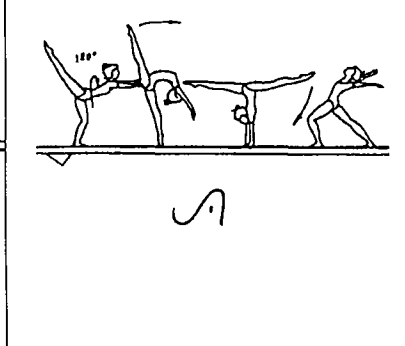
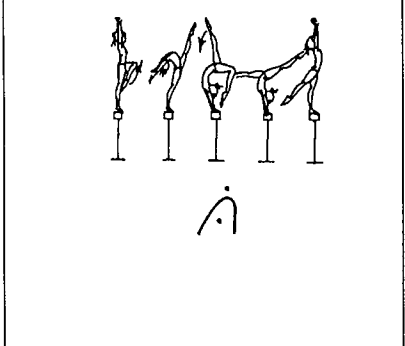
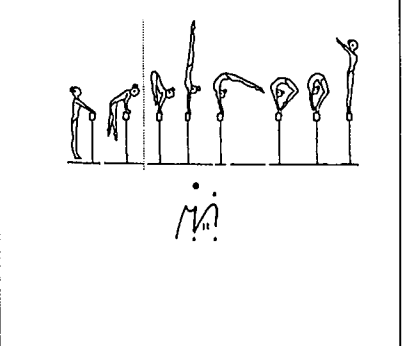
6.000 ROULÉS — ROLLS — ROLLEN

| A     | B  | C   | D     | E — Super E |
|-------|--|---|-------|-------------|
| 6.105 | <p>6.205<br/>                     Roulé lat. — corps groupé ou tendu — ou sur la nuque, aussi avec ½ tour (180°) sur l'épaule<br/> <i>Roll sideward, body tucked or stretched — or roll sideward stretched through neckstand, also with ½ turn (180°) over shoulder</i><br/>                     Rolle sw. gehockt oder gestreckt — oder über d. Nackenstand, auch mit ½ Dre. (180°) über d. Schulter</p>  <p style="text-align: center;"><u>α</u></p>  <p style="text-align: center;"><u>α</u></p>  <p style="text-align: center;"><u>β</u></p> <p>Grand-écart lat. — roulé lat. corps tendu — jambes écartées — pos. finale libre<br/> <i>Side split — roll sideward stretched, legs separated — end position optional</i><br/>                     Seitspagat — Rolle sw. gestreckt-gespreizt — Endposition beliebig</p>  <p style="text-align: center;"><u>± α</u></p> | <p>6.305<br/>                     Roulé sur la nuque avec 1/1 ou 1½ tour (360° ou 540°)<br/> <i>Neck roll stretched with 1/1 turn (360°) or 1½ turn (540°)</i><br/>                     Nackenrolle gestreckt mit 1/1 oder 1½ Dre. (360° oder 540°)</p>  <p style="text-align: center;"><u>0/α</u><br/><u>β</u></p> | 6.405 | 6.505       |

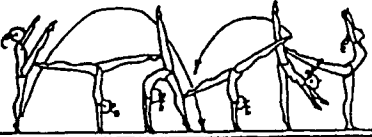

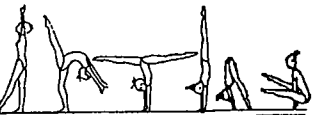
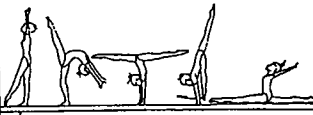
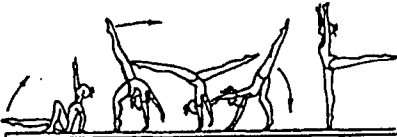

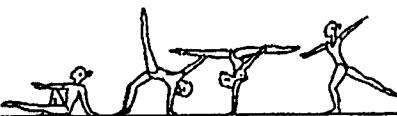

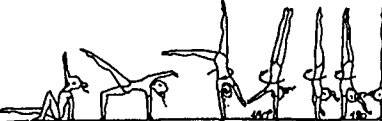



7.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A   | B  | C   | D  | E — Super E  |
|---|--|---|--|--------------|
| <p>7.101<br/>Renv. av. sans envol, aussi avec appui sur un bras ou avec appuis des mains successifs (roue arabe av.)<br/><i>Walkover forward, also with support of one arm or with alternate hand support (Tinsica)</i><br/>Überschlag vw. ohne Flugphase, auch mit Stütz eines Armes bzw. mit Stütz d. Hände nacheinander (Araberrad vw.)</p>  | <p>7.201<br/>Appui jambes écartées horiz. — élan en arr. à l'atr — renv. av.<br/><i>From clear straddle support — swing backward to handstand — walkover forward</i><br/>Grätschschwebestütz — Rückschwung i.d. Handstand — Überschlag vw.</p>    | <p>7.301<br/>Renv. av. sans envol en pos. lat. à la stat. lat.<br/><i>Walkover forward in side position to sidestand</i><br/>Überschlag vw. ohne Flugphase im Seitverhalten i.d. Seitstand</p>  | <p>7.401</p>   | <p>7.501</p> |
| <p>7.102</p>   | <p>7.202<br/>Renv. av. avec envol avant ou après l'appui des mains, aussi avec appui sur un bras ou avec appui des mains alternatif (renv. arabe)<br/><i>Handspring forward with flight before or after support of hands, also with support on one arm or with alternate hand support (Tinsica spring)</i><br/>Überschlag vw. mit Flugphase vor oder nach d. Stütz d. Hände, auch mit Stütz eines Armes, oder mit Stütz d. Hände nacheinander (Araberüberschlag)</p>  | <p>7.302<br/>Renv. av. avec changement de jambes pendant l'envol<br/><i>Handspring forward with leg change in flight phase</i><br/>Überschlag vw. mit Beinwechsel i.d. Flugphase</p>          | <p>7.402<br/>Renv. av. libre<br/><i>Free (aerial) walkover forward</i><br/>Freier Überschlag vw.</p>  <p>Saut en arr. (appel pour flic-flac) avec ½ tour (180°) et renv. av.<br/><i>Jump backward (flic-flac take-off) with ½ twist (180°) to walkover forward</i><br/>Sprung rw. (Flick-Flack-Absprung) mit ½ Dre. (180°) i.d. Überschlag vw.</p>  | <p>7.502</p> |

7.000 RENVVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

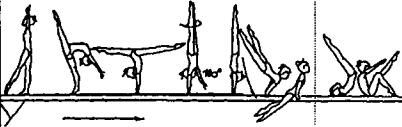
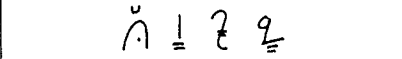

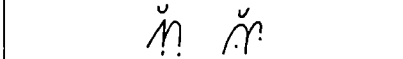
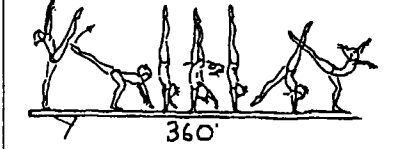

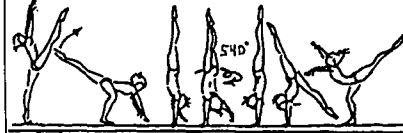
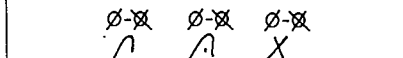


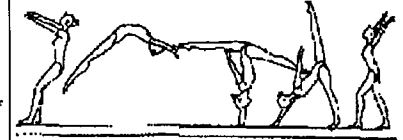
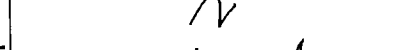
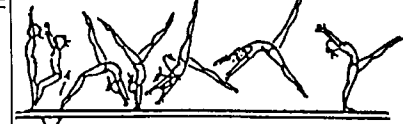

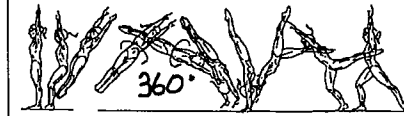

| A   | B  | C  | D  | E — Super E  |
|---|--|--|--|--|
| <p>7.103<br/>Renv. lat. sans envol, aussi avec appui sur un bras ou en passant par la pos. sur la poitrine<br/><i>Cartwheel, also with support of one arm or with bending of both arms or on forearms through cheststand</i><br/>Überschlag sw. ohne Flugphase, auch mit Stütz eines Armes bzw. über d. Bruststand</p>    | <p>7.203<br/>Renv. lat. avec envol avant ou après l'appui des mains, aussi rondade<br/><i>Cartwheel with flight phase before or after hand support, also round-off</i><br/>Überschlag sw. mit Flugphase vor oder nach d. Stütz d. Hände, auch Rondat</p>  | <p>7.303<br/>Rondade libre sur les deux jambes, aussi renv. lat. libre — en pos. lat. ou transv.<br/><i>Free (aerial) round-off, landing on both legs, also free (aerial) cartwheel — landing in cross or side position</i><br/>Freies Rondat auf beide Beine, auch freier Überschlag sw. — Landung im Seit- oder Querverhalten</p>  | <p>7.403<br/>Papillon (Butterfly)<br/><i>Butterfly</i><br/>Schmetterling (Butterfly)</p>    | <p>7.503</p>   |
| <p>7.104<br/>Renv. arr. sans envol, aussi avec appui sur un bras ou avec appuis des mains alternatif (roue arabe arr.), aussi au siège à cheval<br/><i>Walkover backward, also with support of one arm, with alternate hand support (Tinsica) or with swing down to cross sit</i><br/>Überschlag rw. ohne Flugphase, auch mit Stütz eines Armes bzw. mit Stütz d. Hände nacheinander (Araberrad rw.), auch i.d. Reitsitz</p>  | <p>7.204<br/>Planche fac. — ½ tour (180°) — renv. arr. sans envol<br/><i>Scale forward, ½ turn (180°) to walkover backward (Turning Bridge)</i><br/>Standwaage vl. — ½ Dre. (180°) — Überschlag rw. ohne Flugphase (Drehbrücke)</p>                     | <p>7.304<br/>Renv. arr. sans envol en pos. lat. à la stat. lat.<br/><i>Walkover backward in side position to side stand</i><br/>Überschlag rw. ohne Flugphase im Seitverhalten i.d. Seitstand</p>    | <p>7.404*<br/>Élévation à l'atr lat. — renversement av. à la stat. lat. sur les deux jambes (Phillips)<br/><i>Press to side handstand — walkover forward to side stand on both legs (Phillips)</i><br/>Heben i.d. Seithandstand — Überschlag vw. i.d. Seitstand auf beiden Beinen (Phillips)</p>  | <p>7.504</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* aussi comme entrée<br/>* also as mount<br/>* auch als Angang</p> </div> |

7.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

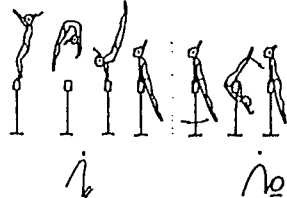
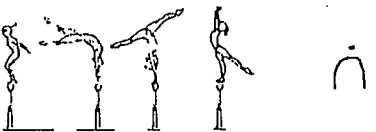
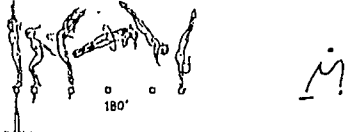
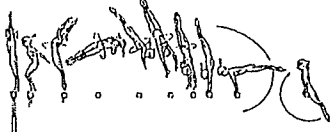


| A  | B  | C  | D            | E — Super E  |
|--|--|--|--------------|--------------|
| <p>7.105<br/>Renv. av. — arr. (Tic-tac)<br/><i>Walkover forward, backward (Tic-toc)</i><br/>Überschlag vw. — rw. (Tick-Tack)</p>    | <p>7.205<br/>Renv. arr. sans envol — s'abaisser à l'appui<br/>jambes écartées horiz.<br/><i>Walkover backward — lower to clear<br/>straddle support</i><br/>Überschlag rw. ohne Flugphase — Senken<br/>i.d. Grätschschwebestütz</p>  <p>Renv. arr. sans envol avec passé carpé<br/>d'une jambe au grand-écart transv.<br/><i>Walkover backward with stoop through of<br/>one leg to cross split sit</i><br/>Überschlag rw. ohne Flugphase mit<br/>Durchbücken eines Beines i.d. Querspagat</p>   | <p>7.305</p>   | <p>7.405</p> | <p>7.505</p> |
| <p>7.106<br/>Du siège groupé une jambe tendue en av. —<br/>renv. arr. sans envol. aussi avec appui sur<br/>un bras<br/><i>From extended tuck sit — walkover<br/>backward (Valdez), also with support on<br/>one arm</i><br/>Hochstreckesitz (Sitzbrücke) — Überschlag rw.<br/>ohne Flugphase, auch mit Stütz eines<br/>Armes</p>     | <p>7.206<br/>Du siège groupé une jambe tendue en av.<br/>— renav. arr. sans envol avec 1/1 tour (360°)<br/>— 1/2 tour (180°) à l'atr sur un bras, 2ème 1/2<br/>tour (180°) avec appui de l'autre bras<br/><i>From extended tuck sit — walkover<br/>backward with 1/1 tum (360°) — 1/2 tum<br/>(180°) in handstand on one arm, second 1/2<br/>tum (180°) with late support of second arm</i><br/>Hockstreckesitz — Überschlag rw. ohne<br/>Flugphase (Sitzbrücke) mit 1/1 Dre. (360°) —<br/>1/2 Dre. (180°) im Handstand auf einem<br/>Arm, zweite 1/2 Dre. (180°) mit<br/>Nachstützen d. zweiten Armes</p>   | <p>7.306<br/>Du siège groupé une jambe tendue en av.<br/>— élan en arr. en passant par l'appui horiz.<br/>avec appui sur un bras (Garrison)<br/><i>From extended tuck sit — "Valdez" swing<br/>over backward through horizontal plane<br/>with support on one arm (Garrison)</i><br/>Hockstreckesitz — Stützüberschwingung rw.<br/>über d. Horizontale mit Stütz eines Armes<br/>(Garrison)</p>   | <p>7.406</p> | <p>7.506</p> |





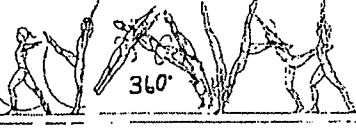
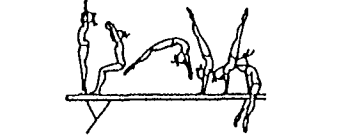

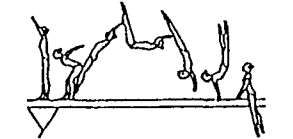

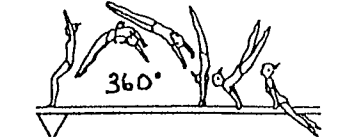
7.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A  | B  | C   | D   | E — Super E  |
|--|--|---|---|--------------|
| <p>7.107<br/>Renv. arr. sans envol jusqu'à l'atr avec ½ tour (180°) à l'atr. — s'abaisser à une pos. finale en touchant la poutre<br/><i>Walkover backward to handstand, ½ turn (180°) in handstand — lower to end position touching beam</i><br/>Überschlag rw. ohne Flugphase bis i.d. Handstand — ½ Dre. (180°) im Handstand — Senken i. eine Endstellung mit Balkenberührung</p>   | <p>7.207<br/>Renv. av. ou arr. sans envol avec ½ tour (180°) et continuer le mouvement avec renv. av.<br/><i>Walkover forward or backward with ½ turn (180°) in handstand and continuation of movement to walkover forward</i><br/>Überschlag vw. oder rw. ohne Flugphase mit ½ Dre. (180°) und Fortführen d. Bewegung i.d. Überschlag vw.</p>  <p>180°</p>  | <p>7.307<br/>Tout renv. av., arr. ou lat. sans envol avec 1/1 - 2/1 tour (360° - 720°) à l'atr<br/><i>All walkovers forward, backward, or cartwheels with 1/1 - 2/1 turn (360° - 720°) in handstand</i><br/>Alle Überschläge ohne Flugphase mit 1/1 - 2/1 Dre. (360° - 720°) im Handstand</p>  <p>360°</p>   <p>540°</p>    | <p>7.407</p>  | <p>7.507</p> |
| <p>7.108</p>   | <p>7.208<br/>Flic-flac avec jambes écartées transv.<br/><i>Flic-flac with step-out</i><br/>Flick-Flack mit gespreizten Beinen</p>    | <p>7.308<br/>Flic-flac jambes écartées transv. avec appui sur un bras ou flic-flac avec ½ tour (180°) après l'appui des mains<br/><i>Flic-flac with step-out, with support on one arm or flic-flac with ½ twist (180°) after hand support</i><br/>Flick-Flack mit gespreizten Beinen, mit Stütz eines Armes oder Flick-Flack mit ½ Dre. (180°) nach d. Stütz d. Hände</p>     | <p>7.408<br/>Flic-flac avec 1/1 tour (360°) avant l'appui des mains (Kochetkova)<br/><i>Flic-flac with 1/1 twist (360°) before cross hand support (Kochetkova)</i><br/>Flick-Flack mit 1/1 Dre. (360°) vor d. Stütz d. Hände (Kochetkova)</p>  <p>360°</p>  | <p>7.508</p> |


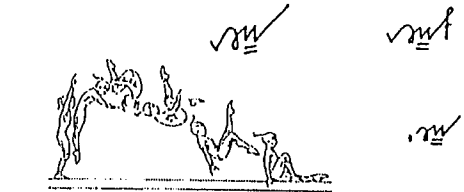



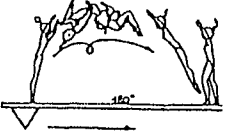
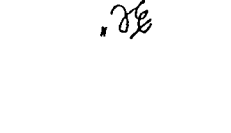
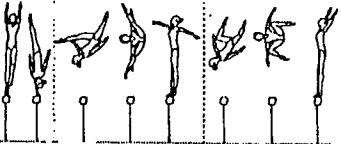



7.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A     | B  | C   | D   | E — Super E  |
|-------|--|---|---|--|
| 7.109 | 7.209  | <p>7.309<br/>Flic-flac de la pos. lat. et tour d'appui fac. en arr. ou à l'appui fac.<br/><i>Flic-flac from side position to front support or with hip circle backward</i><br/>Flick-Flack aus dem Seitverhalten mit Umschwung vl. rw. oder i.d. Seitstütz vl.</p>  | <p>7.409<br/>Flic-flac écarté de la pos. lat. (Tousek)<br/><i>Flic-flac with step-out from side position (Tousek)</i><br/>Flick-Flack gespreizt aus dem Seitverhalten (Tousek)</p>  <p>Saut de la pos. lat. avec ½ tour (180°) à l'atr lat (Kolesnikova)<br/><i>Jump from side position with ½ twist (180°) to side handstand (Kolesnikova)</i><br/>Sprung aus dem Seitverhalten mit ½ Dre. i.d. Seithandstand (Kolesnikova)</p>  | 7.509<br>Flic-flac de la pos. lat. avec 1/1 tour (360°) et tour d'appui fac. en arr. (Teza)<br><i>Flic-flac from side position with 1/1 twist (360°) to hip circle backward (Teza)</i><br>Flick-Flack aus dem Seitverhalten mit 1/1 Dre. (360°) und Umschwung vl. rw. (Teza)  |
| 7.110 | <p>7.210<br/>Flic-flac de la stat. — jambes serrées<br/><i>Flic-flac from stand with legs together, landing on both legs in stand</i><br/>Flick-Flack aus d. Stand — Beine geschlossen</p>  | <p>7.310<br/>Flic-flac de la stat. — jambes serrées avec appui sur un bras<br/><i>Flic-flac from stand with legs together, landing on both legs in stand with support on one arm</i><br/>Flick-Flack aus d. Stand — Beine geschlossen mit Stütz eines Armes</p>   | 7.410   | 7.510  |

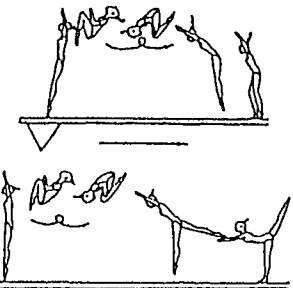
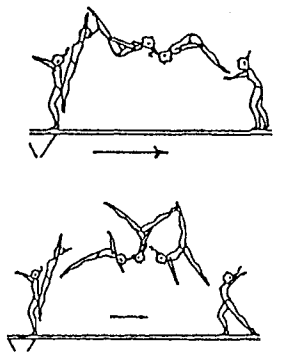
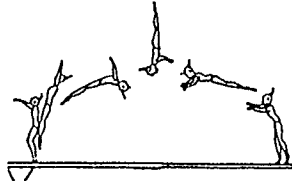
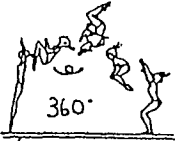
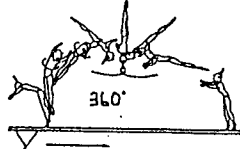
7.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A            | B  | C   | D  | E — Super E  |
|--------------|--|---|--|--------------|
| <p>7.111</p> | <p>7.211<br/>Flic-flac Auerbach<br/>Gainer flic-flac<br/>Auerbach-Flick-Flack</p>   | <p>7.311<br/>Flic-flac Auerbach avec appui sur un bras<br/>Gainer flic-flac with support on one arm<br/>Auerbach-Flick-Flack mit Stütz eines Armes</p>    | <p>7.411<br/>Flic-flac Auerbach avec 1/1 tour (360°) avant l'appui des mains (Chorkina)<br/>Gainer flic-flac with 1/1 twist (360°) before hand support (Chorkina)<br/>Auerbach Flick-Flack mit 1/1 Dre. (360°) vor d. Stütz d. Hände (Chorkina)</p>   | <p>7.511</p> |
| <p>7.112</p> | <p>7.212<br/>Toutes les variantes de flic-flac avec grand envol au siège à cheval (flic-flac Korbut)<br/>All flic-flac variations with high flight phase, and swing down to cross straddle sit (Korbut flic-flac)<br/>Alle Flick-Flack-Varianten mit hohem Flug und Einschwingen i.d. Reitsitz (Korbut Flick-Flack)</p>   | <p>7.312<br/>Flic-flac en carplant et tendant le corps (Rueda) au siège à cheval, aussi flic-flac Auerbach en carplant et tendant le corps<br/>Flic-flac with piking and stretching (Rueda) of hips in flight phase with swing down to cross straddle sit, also gainer flic-flac with piking and stretching of hips<br/>Flick-Flack mit Bücken und Strecken der Hüfte (Rueda) zum Einschwingen i.d. Reitsitz, auch Auerbach Flick-Flack mit Bücken und Strecken der Hüfte.</p>   | <p>7.412<br/>Flic-flac avec 1/1 tour (360°) — élan au siège à cheval (Rullova)<br/>Flic-flac with 1/1 twist (360°) — swing down to cross straddle sit (Rullova-flic)<br/>Flick-Flack mit 1/1 Dre. (360°) — Einschwingen i.d. Reitsitz (Rullova)</p>  | <p>7.512</p> |




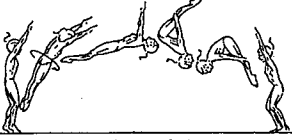
8.000 SALTI — SALTOS — SALTI

| A            | B  | C  | D  | E — Super E  |
|--------------|--|--|--|--|
| <p>8.101</p> | <p>8.201 <i>SP.301 JOC</i><br/>                     Salto av. groupé avec appel d'un pied ou des deux (Poulin) pieds au siège groupé une jambe tendue en av., aussi sans appui des mains (Portocarrero)<br/>                     Salto forward tucked, take-off from one or both (Poulin) legs, to extended-tuck sit, also without hand support (Portocarrero)<br/>                     Salto vv. gehockt aus d. Absprung von einem oder beiden (Poulin) Beinen i.d. Hockstreckensitz, auch ohne Stütz d. Hände (Portocarrero)</p>   | <p>8.301<br/>                     Salto av. groupé avec appel d'un pied à la stat.<br/>                     Salto forward tucked, take-off from one leg to stand<br/>                     Salto vv. gehockt aus d. Absprung von einem Bein i.d. Stand</p>  <p><i>SP.301</i><br/>                     Cast, whip front salto to land on hands in straddle sit</p> | <p>8.401<br/>                     Salto av. groupé ou carpé à la stat. transv. ou lat. — élan au bout de la poutre<br/>                     Salto forward tucked or piked to cross or side stand — approach at end of beam<br/>                     Salto vv. gehockt oder gebückt i.d. Quer- oder Seitstand — Anlauf am Ende d. Balkens</p>                   | <p>8.501<br/>                     Salto av. groupé avec ½ tour (180°) avec appel des deux pieds (Grigoras)<br/>                     Salto forward tucked with ½ twist (180°), take-off from both legs (Grigoras)<br/>                     Salto vv. gehockt mit ½ Dre. (180°) aus d. Absprung von beiden Beinen (Grigoras)</p>   |
| <p>8.102</p> | <p>8.202</p>   | <p>8.302</p>   | <p>8.402<br/>                     Salto lat. groupé ou carpé avec appel en av. ou lat. d'un pied à la stat. lat.<br/>                     Salto sideward tucked or piked, take-off forward or sideward from one leg to side stand<br/>                     Salto sw. gehockt oder gebückt aus d. Absprung vv. oder sw. von einem Bein i.d. Seitstand</p>   | <p>8.502<br/>                     Twist groupé (appel en arr. avec ½ tour [180°] — salto av.)<br/>                     Arabian salto tucked (take-off backward with ½ twist [180°], salto forward)<br/>                     Twist gehockt (Rückwärtsabsprung mit ½ Dre. [180°] — Salto vv.)</p>                              |

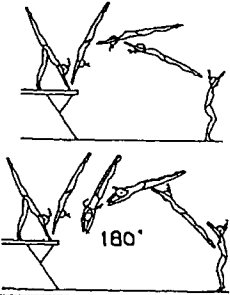
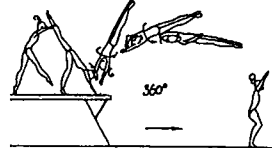
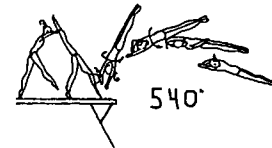
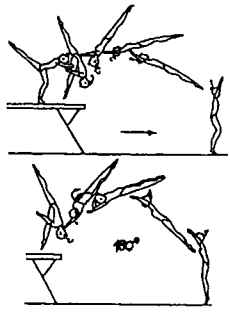
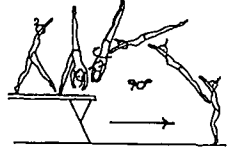
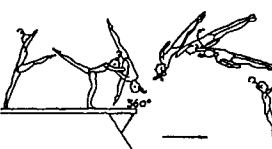
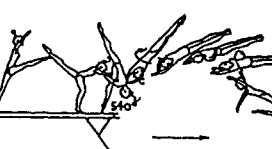
8.000 SALTJ — SALTOS — SALTJ

| A     | B     | C   | D   | E — Super E  |
|-------|-------|---|---|--|
| 8.103 | 8.203 | <p>8.303<br/>Salto arr. groupé à la stat. oder à la planche fac. (2 sec.)<br/>Salto backward tucked to stand or to scale forward (2 sec.)<br/>Salto rw. gehockt i.d. Stand oder i.d. Standwaage vl. (2 Sek.)</p>  | <p>8.403<br/>S8.403<br/>Back tuck in side<br/>Back tuck w/1/4 to land sideways</p>  | 8.503  |
| 8.104 | 8.204 | <p>8.304<br/>Salto arr. carpé, aussi tendu-écarté<br/>Salto backward piked, also stretched with step-out<br/>Salto rw. gebückt, auch gestreckt-gesprelzt</p>   | <p>8.404<br/>Salto arr. tendu — jambes serrées<br/>Salto backward stretched with legs together<br/>Salto rw. gestreckt — Beine geschlossen</p>  | <p>8.504<br/>Salto arr. groupé avec 1/1 tour (360°) (Schischova)<br/>Salto backward tucked with 1/1 twist (360°) (Schischova)<br/>Salto rw. gehockt mit 1/1 Dre. (360°) (Schischova)</p>  <p>En</p> <hr/> <p>8.604<br/>Super E<br/>S8.504 JO-E<br/>Salto arr. tendu avec 1/1 tour (360°)<br/>Salto backward stretched with 1/1 twist (360°)<br/>Salto rw. gestreckt mit 1/1 Dre. (360°)</p>  <p>E</p> |


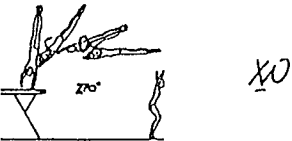
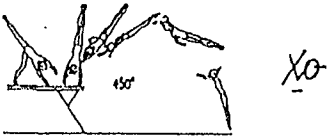
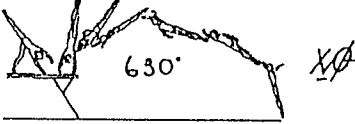

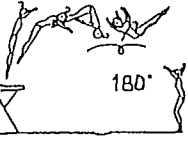
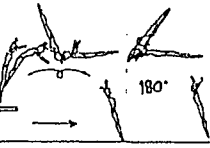
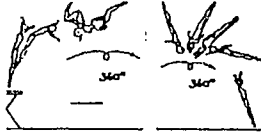
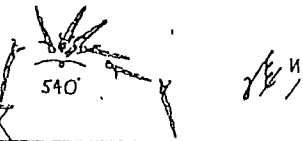
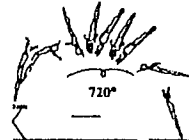
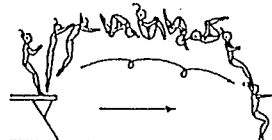
8.000 SALTI — SALTOS — SALTI

| A     | B     | C   | D     | E — Super E  |
|-------|-------|---|-------|--|
| 8.105 | 8.205 | <p>8.305<br/>Salto Auerbach groupé<br/><i>Gainer salto backward tucked</i><br/>Auerbachsalto gehockt</p>  <p style="text-align: center;"><i>re</i></p> <p>Salto Auerbach carpé ou tendu-écarté,<br/>aussi avec changement de jambes<br/>pendant l'envol<br/><i>Gainer salto backward piked or stretched,</i><br/><i>also with leg change in flight</i><br/>Auerbachsalto gebückt oder gestreckt<br/>gespreizt, auch mit Beinwechsel i.d.<br/>Flugphase</p>   <p style="text-align: center;"><i>zy</i></p> | 8.405 | <p>8.505<br/>Saut en av. avec ½ tour (180°) – salto arr.<br/>carpé (Prodnova)<br/><i>Jump forward with ½ twist (180°) – salto</i><br/><i>backward piked (Prodnova)</i><br/>Sprung vw. mit ½ Dre. (180°) – Salto rw.<br/>gebückt (Prodnova)</p>  <p style="text-align: center;"><i>re re</i></p> |

9.000 SORTIES — DISMOUNTS — ABGÄNGE

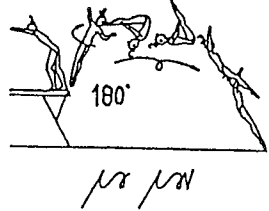

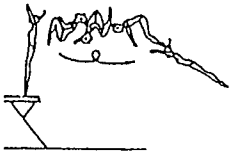
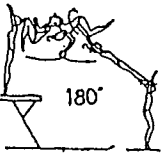
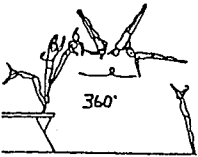
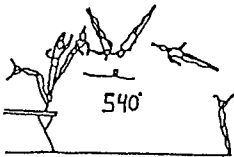
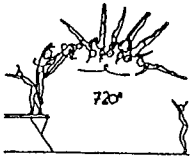
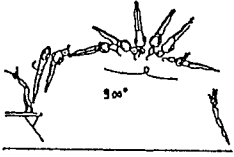
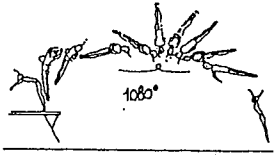
| A   | B   | C   | D            | E — Super E  |
|---|---|---|--------------|--------------|
| <p>9.101<br/>Renv. av., aussi avec ½ tour (180°) après l'appui des mains<br/><i>Handspring forward, also with ½ twist (180°) after hand support</i><br/>Überschlag vw., auch mit ½ Dre. (180°) nach d. Stütz d. Hände</p>  <p>! —<br/>N/E —</p>  | <p>9.201<br/>Renv. av. avec 1/1 tour (360°) après l'appui des mains<br/><i>Handspring forward with 1/1 twist (360°) after hand support</i><br/>Überschlag vw. mit 1/1 Dre. (360°) nach d. Stütz d. Hände</p>  <p>N/E —</p> | <p>9.301<br/>Renv. av. avec 1½ tour (540°) après l'appui des mains<br/><i>Handspring forward with 1½ twist (540°) after hand support</i><br/>Überschlag vw. mit 1½ Dre. (540°) nach d. Stütz d. Hände</p>  <p>N/E —</p> | <p>9.401</p> | <p>9.501</p> |
| <p>9.102<br/>Renv. av., aussi avec ½ tour (180°)<br/><i>Free (aerial) walkover forward, also with ½ twist (180°)</i><br/>Freier Überschlag vw., auch mit ½ Dre. (180°)</p>  <p>N/E —<br/>N/E —</p> <p>Rondade libre<br/><i>Free (aerial) round-off</i><br/>Freies Rondat</p>  <p>N/E —</p> | <p>9.202<br/>Renv. av. libre avec 1/1 tour (360°)<br/><i>Free (aerial) walkover forward with 1/1 twist (360°)</i><br/>Freier Überschlag vw. mit 1/1 Dre. (360°)</p>  <p>N/E —</p>  | <p>9.302<br/>Renv. av. libre avec 1½ tour (540°)<br/><i>Free (aerial) walkover forward with 1½ twist (540°)</i><br/>Freier Überschlag vw. mit 1½ Dre. (540°)</p>  <p>N/E —</p>  | <p>9.402</p> | <p>9.502</p> |

9.000 SORTIES — DISMOUNTS — ABGÄNGE

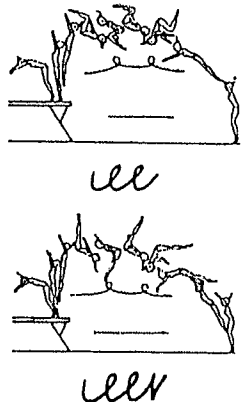
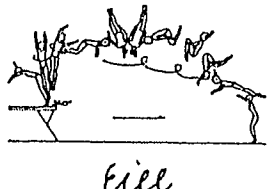
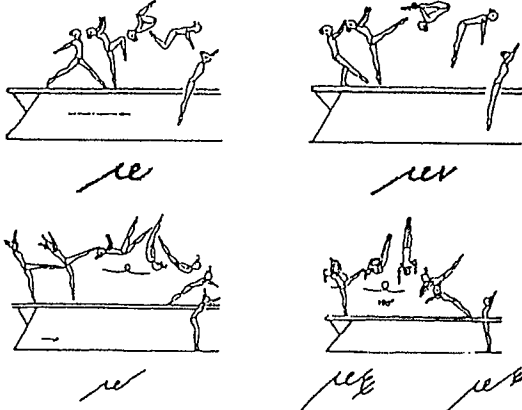
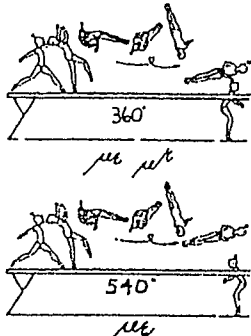
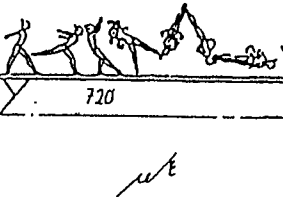
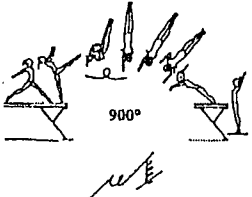
| A   | B   | C   | D  | E — Super E  |
|---|---|---|--|--|
| <p>9.103<br/>Renv. lat. avec ¼ de tour (90°) à la stat. transv. au bout de la poutre<br/><i>Cartwheel with ¼ twist (90°) to cross stand at end of beam</i><br/>Überschlag sw. mit ¼ Dre. (90°) i.d. Querstand am Ende d. Balkens</p>  <p>Renv. lat. avec ¾ de tour (270°) à la stat. transv. au bout de la poutre<br/><i>Cartwheel ¾ twist (270°) to cross stand at end of beam</i><br/>Überschlag sw. mit ¾ Dre. (270°) i.d. Querstand am Ende d. Balkens</p>  | <p>9.203<br/>Renv. lat. avec 1¼ tour (450°) après l'appui des mains à la stat. transv. au bout de la poutre<br/><i>Cartwheel with 1¼ twist (450°) after hand support to cross stand at end of beam</i><br/>Überschlag sw. mit 1¼ Dre. (450°) nach d. Stütz d. Hände i.d. Querstand am Ende d. Balkens</p>  <p>Renv. lat. avec 1¾ tour (630°) après l'appui des mains à la stat. transv. au bout de la poutre<br/><i>Cartwheel with 1¾ twist (630°) after hand support to cross stand at end of beam</i><br/>Überschlag sw. mit 1¾ Dre. (630°) nach d. Stütz d. Hände i.d. Querstand am Ende d. Balkens</p>  | <p>9.303</p>  | <p>9.403</p>   | <p>9.503</p>   |
| <p>9.104<br/>Salto av. groupé ou carpé, aussi avec ½ tour (180°)<br/><i>Salto forward tucked or piked, also with ½ twist (180°)</i><br/>Salto vv. gehockt oder gebückt, auch mit ½ Dre. (180°)</p>    | <p>9.204<br/>Salto av. tendu, aussi avec ½ tour (180°)<br/><i>Salto forward stretched, also with ½ twist (180°)</i><br/>Salto vv. gestreckt, auch mit ½ Dre. (180°)</p>    | <p>9.304<br/>Salto av. groupé ou tendu avec 1/1-1½ tour (360°-540°) — seulement de l'appel des deux pieds<br/><i>Salto forward tucked or stretched with 1/1-1½ twist (360°-540°) — take-off only from both legs</i><br/>Salto vv. gehockt oder gestreckt mit 1/1-1½ Dre. (360°-540°), nur aus d. Absprung von beiden Beinen</p>   | <p>9.404<br/>Salto av. tendu avec 2/1 tour (720°) — seulement de l'appel des deux pieds (Araujo)<br/><i>Salto forward stretched with 2/1 twist (720°) — take-off only from both legs (Araujo)</i><br/>Salto vv. gestreckt mit 2/1 Dre. (720°) — nur aus d. Absprung von beiden Beinen (Araujo)</p>  | <p>9.604 Super E<br/>Double salto av. groupé<br/><i>Double salto forward tucked</i><br/>Doppelsalto vv. gehockt</p> <p>S9.504 JO-E</p>  |



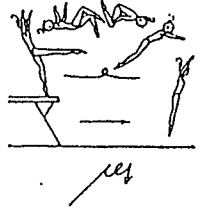
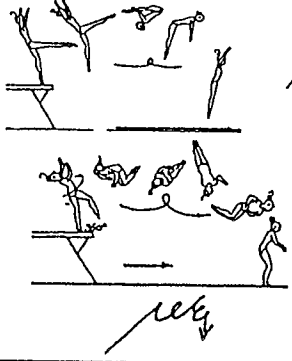
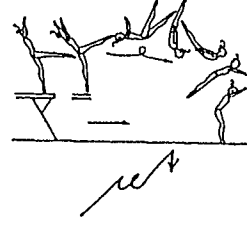
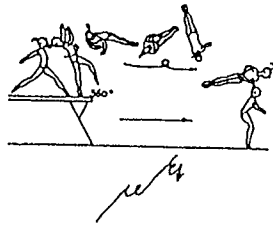
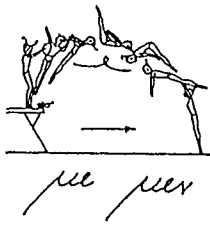
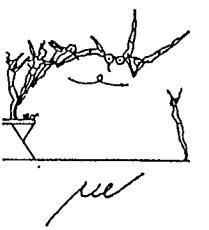
9.000 SORTIES — DISMOUNTS — ABGÄNGE

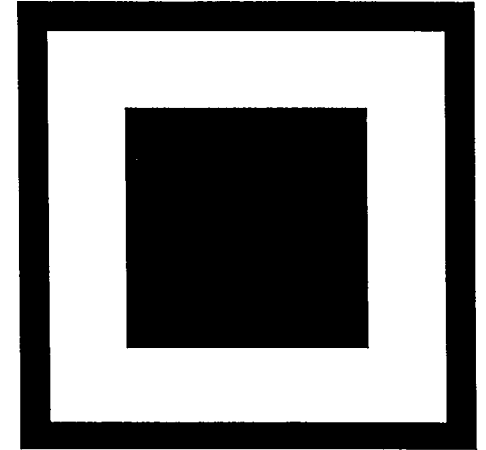
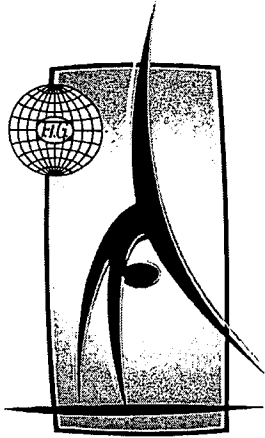
| A   | B  | C  | D  | E — Super E   |
|---|--|--|--|---|
| <p>9.105</p>  | <p>9.205<br/>Twist groupé ou carpé<br/>Arabian salto tucked or piked (jump backward, ½ twist [180°], salto forward)<br/>Twist gehockt oder gebückt</p>                              | <p>9.305</p>   | <p>9.405<br/>Saut en extension en av. avec 1/1 tour (360°) et salto av. groupé, carpé ou tendu<br/>Stretched jump forward with 1/1 twist (360°) and salto forward tucked, piked, or stretched<br/>Strecksprung vw. mit 1/1 Dre. (360°) und Salto vw. gehockt, gebückt oder gestreckt</p>  | <p>9.505</p> <p>S9.505 - Jo-0<br/>9.605<br/>Double Arabian</p>  |
| <p>9.106<br/>Salto arr. groupé, carpé ou tendu, aussi avec ½ tour (180°)<br/>Salto backward tucked, piked, or stretched, also with ½ twist (180°)<br/>Salto rw. gehockt, gebückt oder gestreckt, auch mit ½ Dre. (180°)</p>   | <p>9.206<br/>Salto arr. groupé ou tendu avec 1/1 tour (360°)<br/>Salto backward tucked or stretched with 1/1 (360°)<br/>Salto rw. gehockt oder gestreckt mit 1/1 Dre. (360°)</p>  | <p>9.306<br/>Salto arr. tendu avec 1½ - 2/1 tours (540° - 720°)<br/>Salto backward stretched with 1½ - 2/1 twist (540° - 720°)<br/>Salto rw. gestreckt mit 1½ - 2/1 Dre. (540° - 720°)</p>   | <p>9.406<br/>Salto arr. tendu avec 2½ tours (900°)<br/>Salto backward stretched with 2½ twist (900°)<br/>Salto rw. gestreckt mit 2½ Dre. (900°)</p>   | <p>9.506<br/>Salto arr. tendu avec 3/1 tours (1080°)<br/>Salto backward stretched with 3/1 twist (1080°)<br/>Salto rw. gestreckt mit 3/1 Dre. (1080°)</p>  |

9.000 SORTIES — DISMOUNTS — ABGÄNGE

| A  | B   | C  | D  | E — Super E   |
|--|---|--|--|---|
| <p>9.107</p>   | <p>9.207</p>  | <p>9.307</p>   | <p>9.407<br/>                     Double salto arr. groupé ou carpé<br/> <i>Double salto backward tucked or piked</i><br/>                     Doppelsalto rw. gehockt oder gebückt</p>   | <p>9.507<br/>                     Double salto arr. groupé avec 1/1 tour (360°) pendant le 1er salto<br/> <i>Double salto backward tucked with 1/1 twist (360°) in first salto</i><br/>                     Doppelsalto rw. gehockt mit 1/1 Dre. (360°) im ersten Salto</p>  |
| <p>9.108<br/>                     Salto Auerbach groupé, carpé ou tendu sur le côté de la poutre, aussi avec 1/2 tour (180°)<br/> <i>Gainer salto tucked, piked, or stretched to side of beam, also with 1/2 twist (180°)</i><br/>                     Auerbachsalto gehockt, gebückt oder gestreckt zur Seite d. Balkens, auch mit 1/2 Dre. (180°)</p>  | <p>9.208<br/>                     Salto Auerbach groupé ou tendu avec 1/1- 1/2 (Böhmerova) tour (360°- 540°) sur le côté de la poutre <b>S9.308 Jo-C</b><br/> <i>Gainer salto tucked or stretched with 1/1 - 1/2 (Böhmerova) twist (360°- 540°) to side of beam</i><br/>                     Auerbachsalto gehockt oder gestreckt mit 1/1- 1/2 (Böhmerova) Dre. (360°- 540°) zur Seite d. Balkens</p>  | <p>9.308 <b>S9.408 Jo-D</b><br/>                     Salto Auerbach tendu avec 2/1 tours (720°) sur le côté de la poutre<br/> <i>Gainer salto backward stretched with 2/1 twist (720°) to side of beam</i><br/>                     Auerbachsalto gestreckt mit 2/1 Dre. (720°) zur Seite d. Balkens</p>  | <p>9.408<br/>                     Salto Auerbach tendu avec 2 1/2 tours (900°) sur le côté de la poutre (Khorkina)<br/> <i>Gainer salto backward stretched with 2 1/2 twist (900°) to side of beam (Khorkina)</i><br/>                     Auerbachsalto gestreckt mit 2 1/2 Dre. (900°) zur Seite d. Balkens (Khorkina)</p>  | <p>9.508</p>  |

9.000 SORTIES — DISMOUNTS — ABGÄNGE

| A            | B   | C   | D  | E — Super E  |
|--------------|---|---|--|--|
| <p>9.109</p> | <p>9.209<br/>Salto Auerbach groupé au bout de la poutre<br/><i>Gainer salto tucked at end of beam</i><br/>Auerbachsalto gehockt am Ende d. Balkens</p>   | <p>9.309<br/>Salto Auerbach carpé au bout de la poutre ou Salto Auerbach groupé avec 1/1 tour (360°) au bout de la poutre<br/><i>Gainer salto piked at end of the beam or Gainer salto tucked 1/1 twist (360°) at end of beam</i><br/>Auerbachsalto gebückt am Ende d. Balkens — Beine geschlossen oder Auerbachsalto gehockt mit 1/1 Dre. (360°) am Ende d. Balkens</p>  | <p>9.409<br/>Salto Auerbach tendu (jambes serrées) au bout de la poutre<br/><i>Gainer salto stretched with legs together at end of the beam</i><br/>Auerbachsalto gestreckt am Ende d. Balkens — Beine geschlossen</p>  | <p>9.509<br/>Salto Auerbach tendu (jambes serrées) avec 1/1 tour (360°) au bout de la poutre<br/><i>Gainer salto stretched with legs together and 1/1 twist (360°) at end of beam</i><br/>Auerbachsalto gestreckt mit 1/1 Dre. (360°) — Beine geschlossen — am Ende d. Balkens</p>  |
| <p>9.110</p> | <p>9.210<br/>Saut en extension en av. avec ½ tour (180°) et salto arr. groupé ou carpé<br/><i>Stretched jump forward with ½ twist (180°) and salto backward tucked or piked</i><br/>Strecksprung vw. mit ½ Dre. (180°) und Salto rw. gehockt oder gebückt</p>  | <p>9.310<br/>Saut en extension en av. avec ½ tour (180°) et salto arr. tendu<br/><i>Stretched jump forward with ½ twist (180°) and salto backward stretched — take-off from both legs</i><br/>Strecksprung vw. mit ½ Dre. (180°) und Salto rw. gestreckt</p>    | <p>9.410</p>   | <p>9.510</p>   |



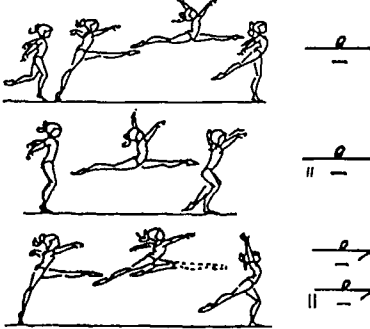
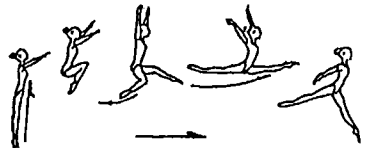

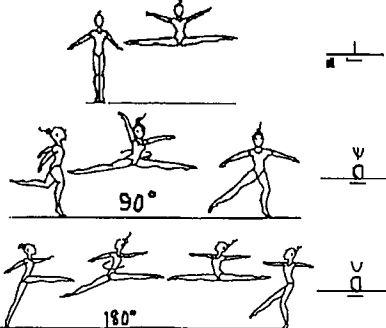
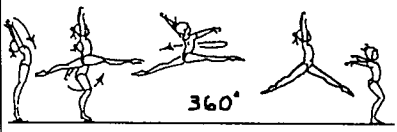
**Sol – Éléments**

***Floor – Elements***



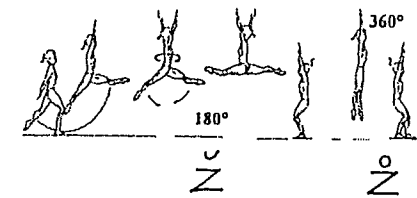

**Boden – Elemente**

**ARTICLE 11 – *ARTICLE 11* – ARTIKEL 11**

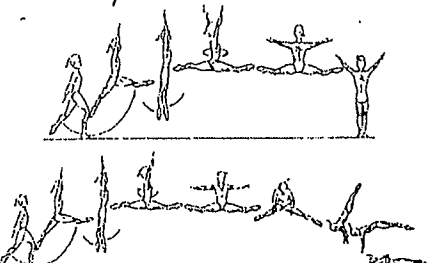
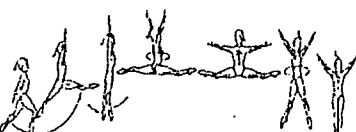
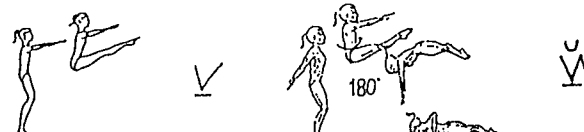

1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A  | B  | C  | D   | E — Super E  |
|--|--|--|---|--------------|
| <p>1.101<br/>Saut enjambé* ou saut écarté transv., aussi avec jambe libre fl. - appel d'un ou des deux pieds<br/><i>Split* leap forward or split jump in place, also with bending of the forward leg (stag position in flight phase)</i><br/>Spagatsprung* vv. oder am Ort, auch mit Abwinkeln d. vorderen Beines (Rehsprung) - Absprung beliebig</p>  | <p>1.201<br/>Saut groupé en écartant au grand-écart transv. pendant l'envol<br/><i>Tuck jump with separation of legs to cross split (180°) during flight phase</i><br/>Hocksprung mit Aufspreizen i.d. Querspagat während d. Flugphase</p>    | <p>1.301<br/>Saut avec 1/1 tour (360°) en fl. la jambe libre en av. puis en l'écartant en arr. (angle d'écart 180° après avoir écarté la jambe en arr.)<br/><i>Leap with 1/1 turn (360°), with free leg bending forward then thrusting backward to split position (180° separation)</i><br/>Sprung mit 1/1 Dre. (360°), dabei Vorbeugen und Rückschlagen d. Spielbeines (180° Spreizwinkel)</p>  | <p>1.401</p> <div data-bbox="1336 272 1978 553" style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p><b>ATTENTION/ATTENTION/ACHTUNG:</b><br/>Les sauts avec le même numéro mais différents degrés de rotation (½, 1/1, 1½ - 180°, 360°, 540°) sont considérés comme des éléments différents.<br/><i>Leaps, jumps and hops with the same number and different degrees of turn (½, 1/1, 1½ - 180°, 360°, 540°) are considered different elements.</i><br/>Sprünge mit gleichen Nummern und verschiedenen Rotationsgraden, (½, 1/1, 1½ - 180°, 360°, 540°) müssen als verschiedene Elementen betrachtet werden.</p> </div> <div data-bbox="1440 627 1854 743" style="border: 2px solid black; border-radius: 15px; padding: 5px; margin-top: 20px;"> <p>* Pour grand-écart = angle d'écart 180° exigé.<br/>* Split leaps and jumps require 180° separation.<br/>* Bedingung für Spagat = 180° Spreizwinkel.</p> </div> | <p>1.501</p> |
| <p>1.102</p>   | <p>1.202<br/>Saut écarté latéral, aussi saut enjambé ou saut écart transv. avec ¼ tour (90°) ou ½ tour (180°) - appel d'un ou des deux pieds<br/><i>Side split jump, also split leap forward or in place with ¼ turn (90°) or ½ turn (180°) - take-off from one or both legs</i><br/>Seitspagatsprung, auch Spagatsprung vv. oder am Ort mit ¼ Dre. (90°) oder ½ Dre. (180°) - Absprung beliebig</p>  | <p>1.302<br/>Saut écarté transv. avec 1/1 tour (360°) - appel des deux pieds (Rivarola)<br/><i>Split jump in place with 1/1 tum (360°) (Rivarola)</i><br/>Spagatsprung am Ort mit 1/1 Dre. (360°) - Absprung von beiden Beinen (Rivarola)</p>    | <p>1.402</p>  | <p>1.502</p> |

1.000 SAUTS GYMNNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

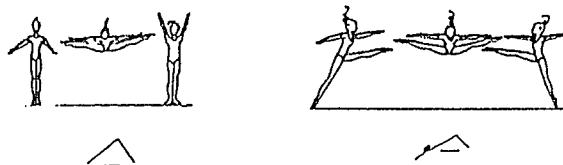

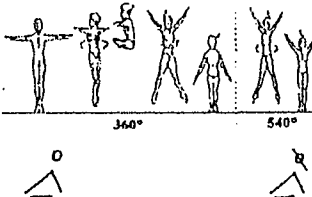


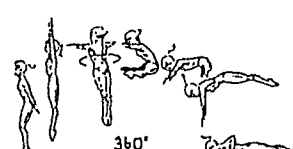
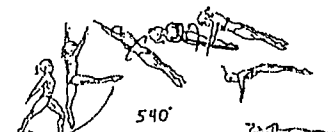
| A   | B   | C  | D     | E — Super E |
|---|---|--|-------|-------------|
| 1.103   | <p>1.203 *</p> <p>Saut enjambé en arr. avec ¼ à ½ tour (90° à 180°) — appel d'un pied (jeté en tournant)</p> <p>Split leap backward with ¼ to ½ turn (90° to 180°) — take-off from one leg (jeté en tournant)</p> <p>Spagatsprung rw. mit ¼ bis ½ Dre. (90° bis 180°) — Absprung von einem Bein (jeté en tournant)</p>  <p style="text-align: center;">u a u a</p> | <p>1.303</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>* le même élément<br/>* same element<br/>* das gleiche Element</p> </div>  | 1.403 | 1.503       |
| <p>1.104</p> <p>SI.104<br/>switch to wolf</p> | <p>1.204</p> <p>Saut enjambé avec changement de jambes (angle d'écart 180° après le changement)</p> <p>Split leap forward with leg change (180° separation Z after leg change)</p> <p>Spagatsprung vw. mit Beinwechsel (180°) (Spreizwinkel nach d. Beinwechsel 180°)</p>  <p style="text-align: center;">Z</p>  | <p>1.304</p> <p>Saut enjambé avec changement de jambes et ½ -1/1 tour (180°-360°) pendant l'envol (angle d'écart 180° après le changement) (Frolova)</p> <p>Split leap forward with leg change and ½-1/1 turn (180°) in flight phase (180°-360°) separation Z after leg change (Frolova)</p> <p>Spagatsprung vw. mit Beinwechsel und ½-1/1 Dre. (180°-360°) i.d. Flugphase (180° Spreizwinkel nach d. Beinwechsel) (Frolova)</p>  <p style="text-align: center;">Z      Z</p> <p>Saut enjambé avec changement de jambes — la jambe avant passe par l'horiz. (rond-de-jambe) (Plataroti), aussi avec ½ tour (180°)</p> <p>Split leap forward with leg change through forward, sideward, to backward horizontal (rond-de-jambe) (Plataroti), also with ½ turn (180°)</p> <p>Spagatsprung mit Beinwechsel durch die Horizontale (rond-de-jambe) (Plataroti), auch mit ½ Dre. (180°)</p>  <p style="text-align: right;">Z<br/>Z</p> | 1.404 | 1.504       |

1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASISCHE SPRÜNGE

| A     | B  | C   | D     | E — Super E |
|-------|--|---|-------|-------------|
| 1.105 | <p>1.205 <i>SI. 305 JO-C</i></p> <p>* Saut enjambé avec changement de jambes (angle d'écart 180° après le changement) et<br/>                     - ¼ de tour (90°) au grand-écart lat. (180°) ou pos. carpée-écartée pos. (Johnson) ou<br/>                     - ¼ de tour (90°) au carpée-écartée pos à l'appui couché fac.<br/>                     * Split leap forward with leg change (180° separation <math>\angle</math> after leg change) and<br/>                     - ¼ turn (90°) to side split leap (180°) or straddle pike position (Johnson) or<br/>                     - ¼ turn (90°) to straddle pike position with landing in front lying support<br/>                     * Spagatsprung vw. mit Beinwechsel (Spreizwinkel nach d. Beinwechsel 180°) und<br/>                     - ¼ Dre. (90°) zum Seitspagal (180°) oder Schrittgrätschrisprung (Johnson) oder<br/>                     - ¼ Dre. (90°) zum Grätschrisprung mit Landung zum Liegestütz<br/> <i>SI. 305 w/add' 1/2 to frt. lying support</i></p>  <p style="text-align: right;">Z<sub>+</sub><br/>Z<sub>A</sub><br/>Z<sub>VA</sub></p> | <p>1.305 *</p> <p>Saut enjambé avec changement de jambes (angle d'écart 180° après le changement) et<br/>                     - ¼ de tour (90°) au grand-écart lat. (180°) ou à la pos. carpée-écartée avec ½ tour (180°) ou ¾ tour (270°)<br/>                     * Split leap forward with leg change (180° separation <math>\angle</math> after leg change) and<br/>                     - ¼ turn (90°) to side split leap (180°) or straddle pike pos. with ½ turn (180°) or ¾ turn (270°)<br/>                     * Spagatsprung vw. mit Beinwechsel (Spreizwinkel nach d. Beinwechsel 180°) und<br/>                     - ¼ Dre. (90°) zum Seitspagal (180°) oder Schrittgrätschrisprung mit ½ Dre. (180°) oder ¾ Dre. (270°)</p>  <p style="text-align: center;">Z<sub>+</sub>      Z<sub>+</sub></p> | 1.405 | 1.505       |
| 1.106 | <p>1.206</p> <p>Saut carapé — jambes serrées au-dessus de l'horiz ou — ½ tour (180°) à l'appui couché fac. — appel d'un ou des deux pieds<br/>                     Pike jump legs above horizontal or with ½ turn (180°) to front lying support — take-off from one or both legs<br/>                     Bücksprung — Beine über d. Horizontalen oder ½ Dre. (180°) zum Liegestütz — Absprung beliebig</p>  <p>Saut groupé avec 1/1 tour (360°) (une jambe tendue horiz. en av.) — à l'appui couché fac. — appel des deux pieds <i>SI. 316 JO-C</i><br/>                     Wolf jump with 1/1 turn (360°), landing in front lying support — take off from 2 feet<br/>                     Hockspreiszprung mit 1/1 Dre. (360°) — Landung i.d. Liegestütz — Absprung von beiden Beinen</p>   | 1.306   | 1.406 | 1.506       |

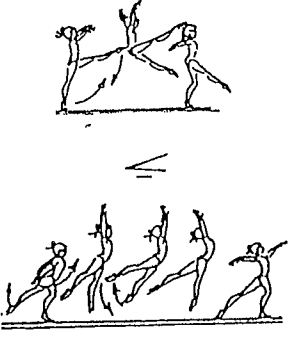
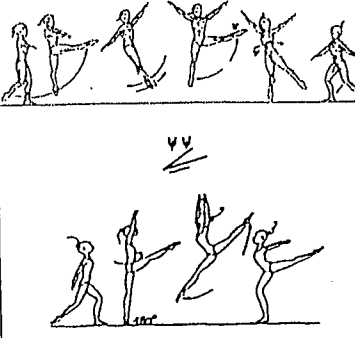
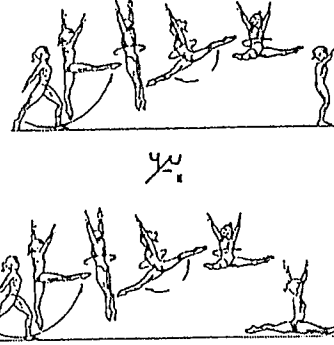
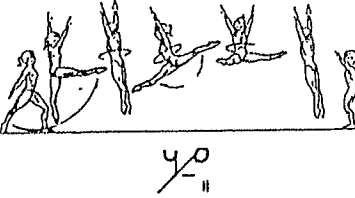
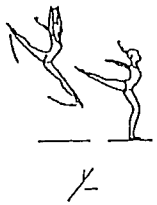

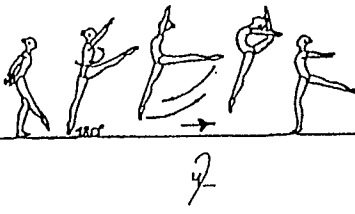
\* le même élément  
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1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

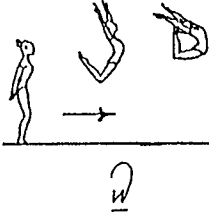
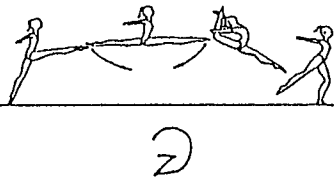
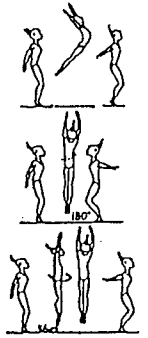
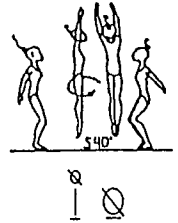
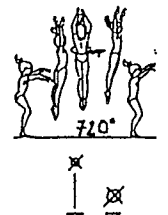
| A     | B  | C   | D     | E — Super E |
|-------|--|---|-------|-------------|
| 1.107 | <p>1.207<br/>Saut carpé-écarté — appel d'un ou des deux pieds<br/><i>Straddle pike jump with take off from one or two legs</i><br/>Grätschistsprung o. Schrittgrätschistsprung</p>  <p>Saut carpé-écarté avec ½ tour (180°) — appel des deux pieds<br/><i>Straddle pike jump with ½ tum (180°) — take-off from both legs</i><br/>Grätschistsprung mit ½ Dre. (180°) — Absprung von beiden Beinen</p>   | <p>1.307<br/>Saut carpé-écarté avec 1/1 tour (360°) (Popa) ou 1½ tour (540°) — appel des deux pieds<br/><i>Straddle pike jump with 1/1 tum (360°) (Popa) or 1½ tum (540°) — take-off from both legs</i><br/>Grätschistsprung mit 1/1 Dre. (360°) (Popa) oder 1½ Dre. (540°) — Absprung von beiden Beinen</p> <p>SI.407 JO-D</p>    | 1.407 | 1.507       |
| 1.108 | <p>1.208<br/>Saut carpé-écarté (angle d'écart 180°) à l'appui couché fac. (Schuschunova)<br/><i>Side split jump (180° separation ∟) with landing to front lying support</i><br/>(Schuschunova)<br/>Seitspagatsprung (180° Spreizwinkel) mit Landung zum Liegestütz<br/>(Schuschunova)</p>  <p>Saut avec ½ tour (180°) à carpé-écarté (angle d'écart 180°) à l'appui couché fac. (Schuschunova)<br/><i>Jump with ½ tum (180°) to side split jump (180° separation ∟) with landing to front lying support</i><br/>(Schuschunova)<br/>Sprung mit ½ Dre. (180°) und Seitspagatsprung (180° Spreizwinkel) mit Landung zum Liegestütz (Schuschunova)</p>  | <p>1.308<br/>Saut avec 1/1 tour (360°) à carpé-écarté (angle d'écart 180°) à l'appui couché fac. (Schuschunova)<br/><i>Jump with 1/1 tum (360°) to side split jump (180° separation ∟) with landing to front lying support</i><br/>(Schuschunova)<br/>Sprung mit 1/1 Dre. (360°) und Seitspagatsprung (180° Spreizwinkel) mit Landung zum Liegestütz (Schuschunova)</p>  <p>Saut avec 1½ tour (540°) en horiz., jambes serrées, à l'appui couché fac.— appel d'un pied (Chorkina)<br/><i>Leap with 1½ tum (540°) in horizontal plane, legs together, landing in front lying support — take off from one leg</i><br/>(Chorkina)<br/>Sprung mit 1½ Dre. (540°) i. d. Horizontalen mit geschlossenen Beinen, zum Landung i. d. Liegestütz — Absprung von einem Bein (Chorkina)</p>  | 1.408 | 1.508       |



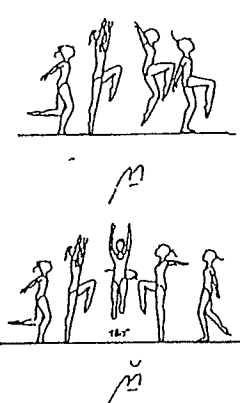
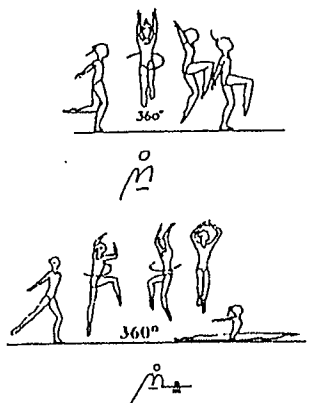
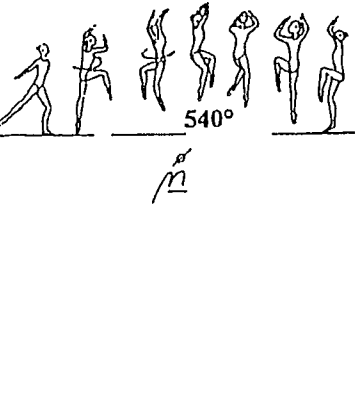
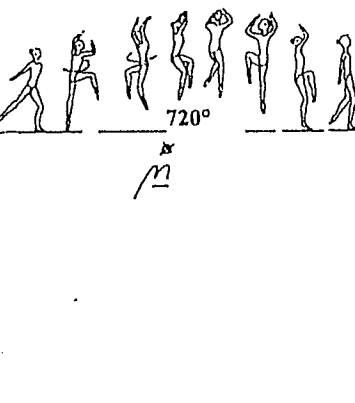
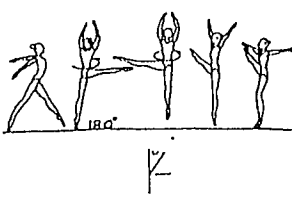
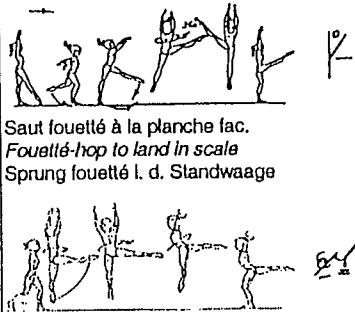
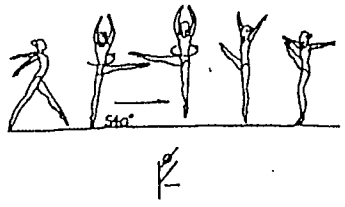
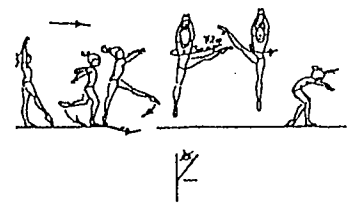
1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A   | B  | C  | D   | E — Super E  |
|---|--|--|---|--------------|
| <p>1.109<br/>Saut ciseaux en avant ou arr. avec jambes tendues<br/><i>Scissors leap forward or backward with stretched legs</i><br/>Schersprung vw. oder rw. mit gestreckten Beinen</p>  <p>SI. 109<br/>Cabriole</p> | <p>1.209<br/>Saut ciseaux en av. avec jambes tendues — ¼ 1/4 tour (90°-90°), aussi avec ½ tour (180°) (tour jeté)<br/><i>Scissors leap forward with stretched legs — ¼ 1/4 tum (90°-90°), also with ½ tum (180°) (tour jeté)</i><br/>Schersprung vw. mit gestreckte Beinen — ¼ 1/4 Dre. (90°-90°), auch mit ½ Dre. (180°) — Kadettsprung</p>  | <p>1.309<br/>Tour jeté avec ½ tour (180°) supplémentaire — réception sur l'un ou les deux jambes (Strug), ou au grand-écart transv. (Prodnova)<br/><i>Tour jeté with additional ½ tum (180°) — landing on one or both legs (Strug), or in split sit position (Prodnova)</i><br/>Kadettsprung mit zusätzlicher ½ Dre. (180°) — Landung auf einem oder beiden Beinen (Strug), oder i.d. Spagat (Prodnova)</p>  | <p>1.408<br/>Tour jeté avec 1/1 tour (360°) supplémentaire, réception sur les deux jambes (Gogean)<br/><i>Tour jeté with additional 1/1 tum (360°) to land on both legs (Gogean)</i><br/>Kadettsprung mit zusätzlicher 1/1 Dre. (360°) — Landung auf beiden Beinen (Gogean)</p>  | <p>1.509</p> |
| <p>1.110<br/>Sissone<br/><i>Sissone</i><br/>Spreizsprung (Sissone)</p>   | <p>1.210<br/>Saut cambré une jambe tendue, l'autre fl. en arr. — appel d'un ou des deux pieds<br/><i>Ring leap or jump (rear leg at head height) — take-off from one or two legs</i><br/>Ringsprung — Absprung beliebig</p>   | <p>1.310<br/>Tour jeté au saut cambré, une jambe tendue, l'autre fl. en arr. (Boucher)<br/><i>Tour jeté to ring leap (Boucher)</i><br/>Kadettsprung zum Ring (Boucher)</p>  <p>SI. 310<br/>Tour jete ring w/ ½</p>   | <p>1.410</p>  | <p>1.510</p> |

1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

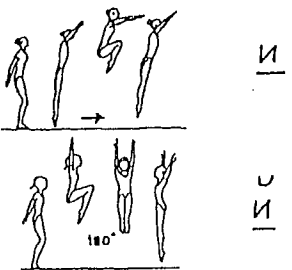
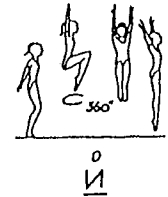
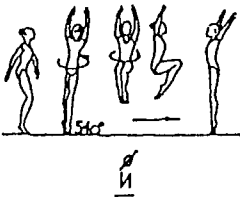
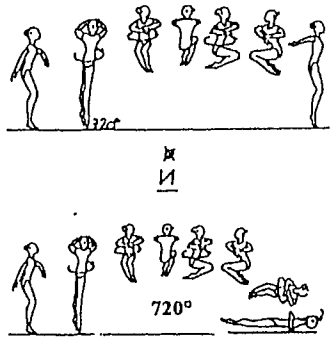
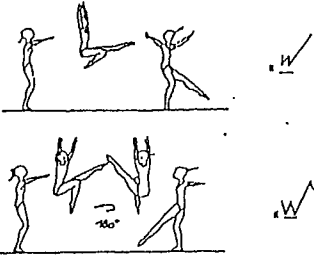
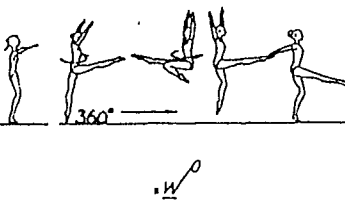
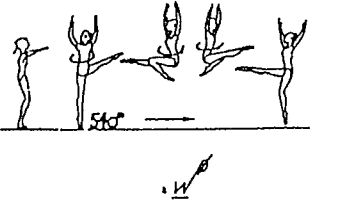
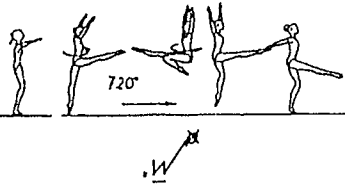
| A   | B   | C   | D   | E — Super E  |
|---|---|---|---|--------------|
| <p>1.111</p>  | <p>1.211<br/>Saut de mouton<br/>Tuck jump backward with arch (Sheep jump), feet to head height<br/>Schafsprung</p>   | <p>1.311<br/>Saut enjambé avec changement de jambes au saut cambré, une jambe tendue, l'autre fl. en arr. (angle d'écart 180° après le changement)<br/>Split leap forward with leg change to ring leap (180° separation ∠ after leg change)<br/>Spagatsprung vv. mit Beinwechsel zum Ringsprung (Spreizwinkel von 180° nach dem Wechsel)</p>  | <p>1.411</p>                                      | <p>1.511</p> |
| <p>1.112<br/>Saut en extension ou saut avec ½ tour (180°) ou 1/1 tour (360°), aussi chassé avec 1/1 tour en l'air (360°) — appel des deux pieds<br/>Stretched jump, also with ½ tum (180°) or 1/1 tum (360°), also chassé with 1/1 tum (360°) — take-off from both legs<br/>Strecksprung, auch mit ½ Dre. (180°) oder 1/1 Dre. (360°), auch "chassé" mit 1/1 (360°) Dre. — Absprung von beiden Beinen</p>  | <p>1.212<br/>Saut avec 1½ tour (540°) — appel des deux pieds<br/>Stretched jump with 1½ tum (540°) — take-off from both legs<br/>Strecksprung mit 1½ Dre. (540°) — Absprung von beiden Beinen</p>  | <p>1.312<br/>Saut avec 2/1 tours (720°) — appel des deux pieds<br/>Stretched jump with 2/1 tum (720°) — take-off from both legs<br/>Strecksprung mit 2/1 Dre. (720°) — Absprung von beiden Beinen</p>  <p>S1.312<br/>stretched jump 2 1/2</p>   | <p>1.412</p> <p>S1.412<br/>stretched jump 3/1</p> | <p>1.512</p> |

1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

| A  | B  | C  | D   | E — Super E   |
|--|--|--|---|---|
| <p>1.113 +<br/>Saut de chat en av., aussi avec ½ tour (180°)<br/><i>Scissors leap forward with bent legs (cat leap), also with ½ turn (180°)</i><br/>Scherhocksprung vw., auch mit ½ Dre. (180°)</p>    | <p>1.213 +<br/>Saut de chat avec 1/1 tour (360°), aussi réception au grand-écart transv.<br/><i>Cat leap forward with bent legs and 1/1 turn (360°), also to land in split sit</i><br/>Scherhocksprung mit 1/1 Dre. (360°), auch Landung i.d. Spagat</p>    | <p>1.313 +<br/>Saut de chat avec 1½ tour (540°) (Garrison)<br/><i>Cat leap forward with bent legs and 1½ turn (540°) (Garrison)</i><br/>Scherhocksprung mit 1½ Dre. (540°) (Garrison)</p>    | <p>1.413 +<br/>Saut de chat avec 2/1 tours (720°) (Benton)<br/><i>Cat leap forward with bent legs and 2/1 turn (720°) (Benton)</i><br/>Scherhocksprung mit 2/1 Dre. (720°) (Benton)</p>    | <p>1.513</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p>+Ligne 1.113<br/>Tous les sauts de chat avec appel d'un pied et réception sur l'autre pied</p> <p>+Line 1.113<br/><i>All cat leaps with take-off from one leg and landing on the other leg</i></p> <p>+Linie 1.113<br/>Alle Scherhocksprünge mit Absprung aus einem Bein und Landung auf dem anderen Bein</p> </div> |
| <p>1.114 ++<br/>Saut avec ½ tour (180°) en écartant la jambe libre au-dessus de l'horiz. — appel d'un pied<br/><i>Hop with ½ turn (180°), free leg extended above horizontal — take-off from one leg</i><br/>Sprung mit ½ Dre. (180°), dabei das freie Bein gestreckt über d. Horizontalen — Absprung von einem Bein</p>  | <p>1.214 ++<br/>Saut avec 1/1 tour (360°) en écartant la jambe libre au-dessus de l'horiz. — appel d'un pied<br/><i>Hop with 1/1 turn (360°), free leg extended above horizontal — take-off from one leg</i><br/>Sprung mit 1/1 Dre. (360°), dabei das freie Bein gestreckt über d. Horizontalen — Absprung von einem Bein</p> <p>Saut fouetté à la planche fac.<br/><i>Fouetté-hop to land in scale</i><br/>Sprung fouetté i. d. Standwaage</p>  | <p>1.314 ++<br/>Saut avec 1½ tour (540°) en écartant la jambe libre au-dessus de l'horiz. — appel d'un pied<br/><i>Hop with 1½ turn (540°), free leg extended above horizontal</i><br/>Sprung mit 1½ Dre. (540°) und Spreizen eines Beines über d. Horizontalen — Absprung von einem Bein</p>  | <p>1.414 ++<br/>Saut avec 2/1 tours (720°) en écartant la jambe libre au-dessus de l'horiz. — appel d'un pied<br/><i>Hop with 2/1 turn (720°), free leg extended above horizontal</i><br/>Sprung mit 2/1 Dre. (720°) und Spreizen eines Beines über d. Horizontalen — Absprung von einem Bein</p>  | <p>1.514</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <p>++Ligne 1.114<br/>Tous les sauts avec appel d'un pied et réception sur le même pied</p> <p>++ Line 1.114<br/><i>All hops with take-off and landing on same leg</i></p> <p>++ Linie 1.114<br/>Alle Sprünge mit Absprung aus einem Bein und Landung auf dem selben Bein</p> </div>                                     |

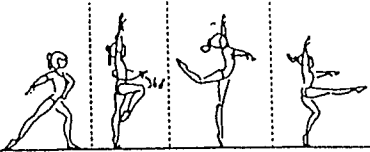

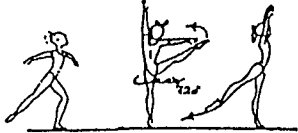

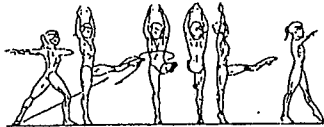


1.213 Revised — 1/10/02. Moved up Line 14-Cats to 13 and Line 15-Hops to Line 14 — 2/1/02. Added "text box" to Line 1.113 and Line 1.114. Line 1.114 Revised text.

1.000 SAUTS GYMNIQUES — GYMNASTIC LEAPS, JUMPS, AND HOPS — GYMNASTISCHE SPRÜNGE

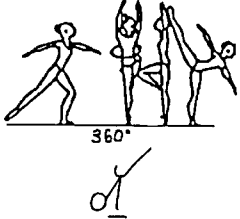
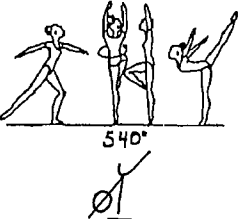
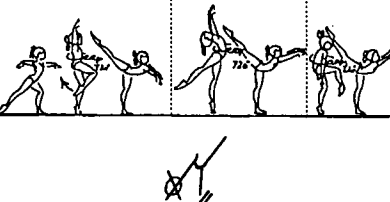
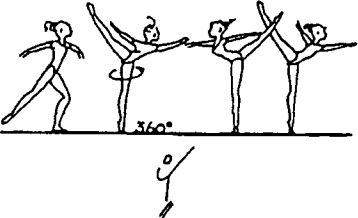
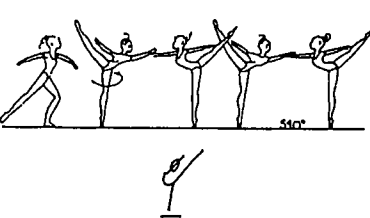
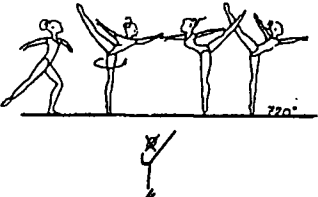
| A  | B  | C  | D   | E — Super E   |
|--|--|--|---|---|
| <p>1.115 * +<br/>Saut groupé (jambes serrées), aussi avec ½ tour (180°) – appel d'un ou des deux pieds<br/>Tuck jump (legs together), also with ½ turn (180°) – take-off from one or both legs<br/>Hocksprung (Beine geschlossen), auch mit ½ Dre. (180°) – Absprung von einem oder beiden Beinen</p>   | <p>1.215 * +<br/>Saut groupé (jambes serrées) avec 1/1 tour (360°) – appel d'un ou des deux pieds<br/>Tuck jump (legs together) with 1/1 turn (360°) – take-off from one or both legs<br/>Hocksprung (Beine geschlossen) mit 1/1 Dre. (360°) – Absprung von einem oder beiden Beinen</p>  | <p>1.315 * +<br/>Saut groupé (jambes serrées) avec 1½ tour (540°) – appel d'un ou des deux pieds<br/>Tuck jump (legs together) with 1½ turn (540°) – take-off from one or both legs<br/>Hocksprung (Beine geschlossen) mit 1½ Dre. (540°) – Absprung von einem oder beiden Beinen</p>  | <p>1.415 * +<br/>Saut groupé (jambes serrées) avec 2/1 tours (720°) – appel d'un ou des deux pieds, aussi à l'appui couché fac. (Ziganshiva)<br/>Tuck jump (legs together) with 2/1 turn (720°) – take-off from one or both legs, also landing in front lying support (Ziganshiva)<br/>Hocksprung (Beine geschlossen) mit 2/1 Dre. (720°) – Absprung von einem oder beiden Beinen, auch Landung zum Liegestütz (Ziganshiva)</p>  | <p>1.515</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <ul style="list-style-type: none"> <li>* le même élément</li> <li>* same element</li> <li>* das gleiche Element</li> </ul> </div>   |
| <p>Saut groupé (une jambe tendue horiz. en avant) – appel d'un ou des deux pieds, aussi avec ½ tour (180°)<br/>Wolf hop or jump (one leg tucked, one leg extended horizontally forward) – take-off from one or both legs, also with ½ turn (180°)<br/>Hockspreizsprung (Spielbein horizontal vw.) – Absprung von einem oder beiden Beinen, auch mit ½ Dre. (180°)</p> <p>hop/jp w/½ Jo-B</p>  | <p>Saut groupé avec 1/1 tour (360°) (une jambe tendue horiz. en av.) – appel d'un ou des deux pieds<br/>Wolf jump with 1/1 turn (360°) – take-off from one or both legs<br/>Hockspreizsprung mit 1/1 Dre. (360°) – Absprung von einem oder beiden Beinen</p> <p>hop/jp Jo-C</p>         | <p>Saut groupé avec 1½ tour (540°) (une jambe tendue horiz. en av.) – appel d'un ou des deux pieds<br/>Wolf jump with 1½ turn (540°) – take-off from one or both legs<br/>Hockspreizsprung mit 1½ Dre. (540°) – Absprung von einem oder beiden Beinen</p> <p>hop/jp Jo-D</p>         | <p>Saut groupé avec 2/1 tours (720°) (une jambe tendue horiz. en av.) – appel d'un ou des deux pieds<br/>Wolf jump with 2/1 turn (720°) – take-off from one or both legs<br/>Hockspreizsprung mit 2/1 Dre. (720°) – Absprung von einem oder beiden Beinen</p> <p>hop/jp Jo-E</p>   | <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>+ Ligne 1.115<br/>Le saut groupé et le saut groupé avec une jambe tendue horiz. en av. sont les mêmes éléments (aussi avec réception à la pos. ventrale), à moins qu'ils soient exécutés avec ½ tour (180°) supplémentaire.</p> <p>+ Lino 1.115<br/>The Tuck hop/jump and Wolf hop/jump are the same element (also with landing in prone position), unless performed with additional ½ turn (180°).</p> <p>+ Linie 1.115<br/>Der Hocksprung und der Hockspreizsprung sind gleiche Elemente (auch mit Landung zur Bauchlage), es sei sie sind mit zusätzlichem ½ Dre. (180°) ausgeführt.</p> </div> |

Moved Line 13 "tuck jumps" to new line 15, combining with "wolf jumps" – 2/1/02.  
Line 1.115 - revised all texts and added "text box" – 2/4/02.

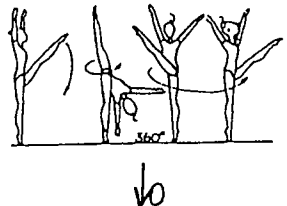
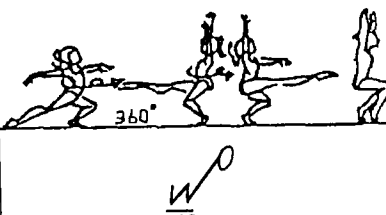
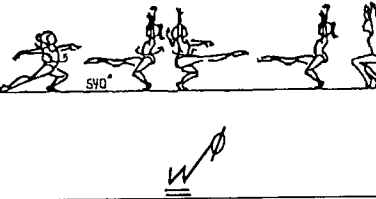
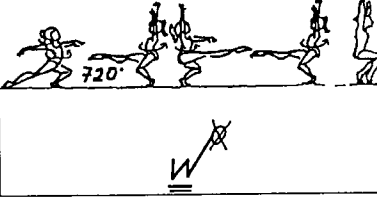
2.000 PIROUETTES GYMNIQUES — GYMNASTIC TURNS — GYMNASISCHE DREHUNGEN

| A   | B   | C  | D   | E — Super E  |
|---|---|--|---|--------------|
| <p>2.101<br/>                     Pirouette 1/1 tour (360°) sur une jambe — jambe libre à volonté<br/>                     1/1 tum (360°) on one leg (free leg optional)<br/>                     1/1 Dre. (360°) auf einem Bein — Spielbein beliebig</p>  <p style="text-align: center;">0</p> | <p>2.201<br/>                     Pirouette 1½ tour (540°) sur une jambe — jambe libre à volonté<br/>                     1½ tum (540°) on one leg (free leg optional)<br/>                     1½ Dre. (540°) auf einem Bein — Spielbein beliebig</p>  <p style="text-align: center;">∅</p>   | <p>2.301<br/>                     Pirouette 2/1 tours (720°) sur une jambe — jambe libre à volonté<br/>                     2/1 tum (720°) on one leg (free leg optional)<br/>                     2/1 Dre. (720°) auf einem Bein — Spielbein beliebig</p>  <p style="text-align: center;">⊗</p>   | <p>2.401<br/>                     Pirouette 3/1 tours (1080°) sur une jambe — jambe libre à volonté<br/>                     3/1 tum (1080°) on one leg (free leg optional)<br/>                     3/1 Dre. (1080°) auf einem Bein — Spielbein beliebig</p>  <p style="text-align: center;">⊗</p>  | <p>2.501</p> |
| <p>2.102</p>  | <p>2.202<br/>                     Pirouette 1/1 tour (360°) avec la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation<br/>                     1/1 tum (360°) with free leg above horizontal from start to end of tum<br/>                     1/1 Dre. (360°) mit Spielbeinhalte über d. Horizontalen vom Beginn bis zum Ende d. Dre.</p>  <p style="text-align: center;">360°<br/>∅</p> | <p>2.302<br/>                     Pirouette 1½ tour (540°) avec la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation<br/>                     1½ tum (540°) with free leg above horizontal from start to end of tum<br/>                     1½ Dre. (540°) mit d. Spielbeinhalte über d. Horizontalen vom Beginn bis zum Ende d. Dre.</p>  <p style="text-align: center;">540°<br/>∅</p> | <p>2.402<br/>                     Pirouette 2/1 ou 2½ (720° — 900°) tours avec la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation<br/>                     2/1 or 2½ tum (720° — 900°) with free leg above horizontal from start to end of tum<br/>                     2/1 und 2½ Dre. (720° — 900°) mit d. Spielbein über d. Horizontalen vom Beginn bis zum Ende d. Dre.</p>  <p style="text-align: center;">720°-900°<br/>⊗</p> | <p>2.502</p> |





2.000 PIRQUETTES GYMNQUES — GYMNASTIC TURNS — GYMNASTISCHE DREHUNGEN

| A            | B  | C  | D   | E — Super E  |
|--------------|--|--|---|--------------|
| <p>2.103</p> | <p>2.203<br/>                     Pirouette 1/1 tour (360°) sur une jambe à la planche fac. (2 sec.)<br/>                     1/1 turn (360°) on one leg to scale forward (2 sec.)<br/>                     1/1 Dre. (360°) auf einem Bein i.d. Standwaage vl. (2 Sek.)</p>   | <p>2.303<br/>                     Pirouette 1½ tour (540°) sur une jambe à la planche fac. (2 sec.)<br/>                     1½ turn (540°) on one leg to scale forward (2 sec.)<br/>                     1½ Dre. (540°) auf einem Bein i. d. Standwaage vl. (2 Sek.)</p>    | <p>2.403<br/>                     Pirouette 2/1 tours (720°) à la planche fac. (2 sec)<br/>                     2/1 turn (720°) to scale forward (2 seconds)<br/>                     2/1 Dre. (720°) i.d. Standwaage vl. (2 Sek.)</p>   | <p>2.503</p> |
| <p>2.104</p> | <p>2.204<br/>                     Pirouette 1/1 tour (360°) en planche fac. avec la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation<br/>                     1/1 turn (360°) in scale forward with free leg above horizontal from start to end of turn<br/>                     1/1 Dre. (360°) i. der Standwaage vl. mit Spielbeinhalte über d. Horizontalen vom Beginn bis zum Ende d. Dre.</p>  | <p>2.304<br/>                     Pirouette 1½ tour (540°) en planche fac. avec la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation<br/>                     1½ turn (540°) in scale forward with free leg above horizontal from start to end of turn<br/>                     1½ Dre. (540°) i. der Standwaage vl. mit Spielbeinhalte über d. Horizontalen vom Beginn bis zum Ende d. Dre.</p>  | <p>2.404<br/>                     Pirouette 2/1 tours (720°) en planche fac. avec la jambe libre au-dessus de l'horiz. dès le début jusqu'à la fin de la rotation<br/>                     2/1 turn (720°) in scale forward with free leg above horizontal from start to end of turn<br/>                     2/1 Dre. (720°) i. der Standwaage vl. mit Spielbeinhalte über d. Horizontalen vom Beginn bis zum Ende d. Dre.</p>  | <p>2.504</p> |

**2.000 PIROUETTES GYMNIQUES — GYMNASTIC TURNS — GYMNASTISCHE DREHUNGEN**

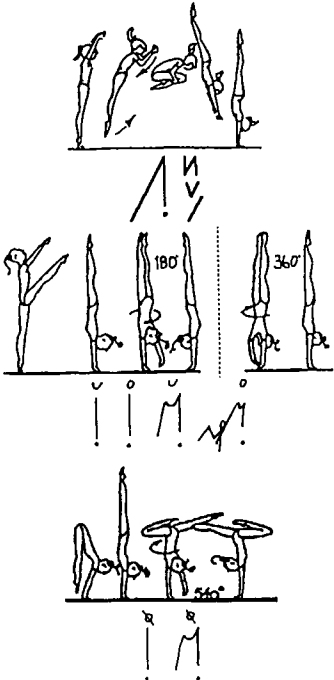
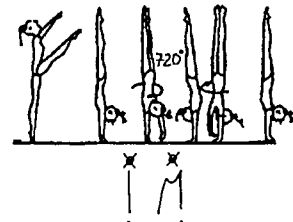
| A     | B   | C   | D   | E — Super E |
|-------|---|---|---|-------------|
| 2.105 | <p>2.205<br/>                     Pirouette plongée 1/1 tour (360°) sans toucher le sol avec la jambe libre ou les mains<br/> <i>1/1 illusion tum (360°) without touching floor with free leg or hand</i><br/>                     Taucherdrehung 1/1 (360°) ohne Bodenberührung mit d. Spielbein oder Händen</p>  | 2.305   | 2.405   | 2.505       |
| 2.106 | <p>2.206<br/>                     Pirouette 1/1 tour (360°) à la stat. groupée sur une jambe — jambe libre à volonté<br/> <i>1/1 tum (360°) in tuckstand on one leg — free leg optional</i><br/>                     1/1 Dre. (360°) im Hockstand auf einem Bein- Spielbein beliebig</p>                         | <p>2.306<br/>                     Pirouette 1½ tour (540°) à la stat. groupée sur une jambe — jambe libre à volonté<br/> <i>1½ tum (540°) in tuckstand on one leg — free leg optional</i><br/>                     1½ Dre. (540°) im Hockstand auf einem Bein — Spielbein beliebig</p>  | <p>2.406<br/>                     Pirouette 2/1 tours (720°) à la stat. groupée sur une jambe — jambe libre à volonté<br/> <i>2/1 tum (720°) in tuckstand on one leg — free leg position optional</i><br/>                     2/1 Dre. (720°) im Hockstand auf einem Bein — Spielbein beliebig</p>  | 2.506       |

**2.000 PIROUETTES GYMNIQUES — GYMNASTIC TURNS — GYMNASTISCHE DREHUNGEN**



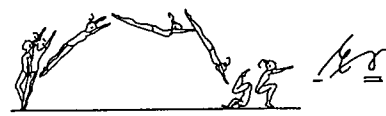
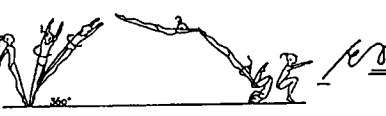

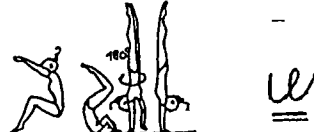
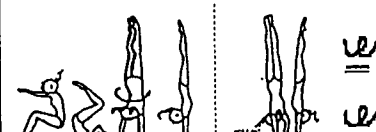
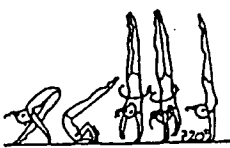
| A     | B  | C  | D     | E — Super E |
|-------|--|--|-------|-------------|
| 2.107 | 2.207<br>Pirouette 2/1 tours (720°) ou plus en pos. couchée dors. — angle tronc-jambes fermé<br>2/1 spin (720°) or more on back in kip position (hip-leg $\angle$ closed)<br>2/1 Dre. (720°) oder mehr i.d. Kiplage — Bein-Rumpf-Winkel geschlossen<br>  | 2.307  | 2.407 | 2.507       |
| 2.108 | 2.208  | 2.308<br>Doubles cercles des jambes écartées (Homma)<br>Double "flair" (Homma)<br>Doppel gespr. Kreisflanken (Homma)<br>  | 2.408 | 2.508       |



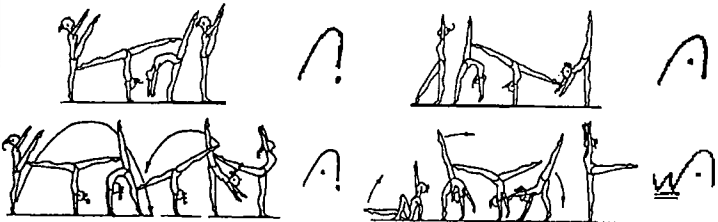
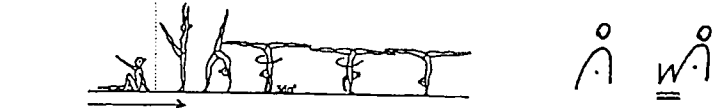
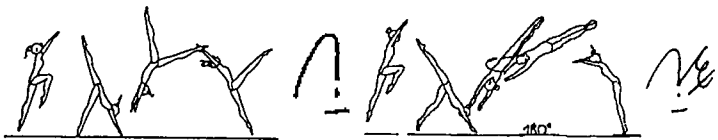
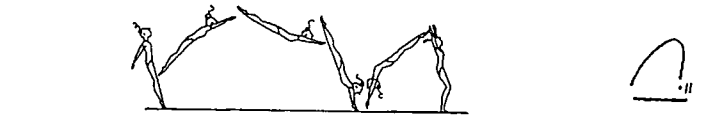
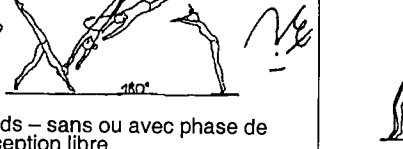
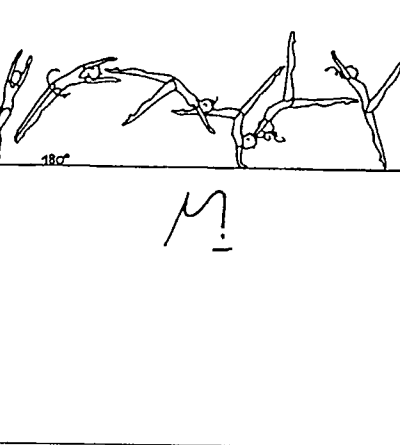
3.000 APPUIS RENVERSÉS — HANDSTANDS — HANDSTÄNDE

| A  | B  | C            | D            | E — Super E  |
|--|--|--------------|--------------|--------------|
| <p>3.101<br/>                     Saut à l'atr — retour libre ou élan ou élévation à l'atr avec ½ - 1½ tour (180°-540°) à l'atr — retour libre<br/>                     Jump to handstand — return movement optional or kick or press to handstand with ½ - 1½ turn (180°-540°) in handstand — return movement optional<br/>                     Sprung i.d. Handstand — Rückbewegung beliebig oder Schwingen oder Heben i.d. Handstand mit ½ - 1½ Dre. (180°-540°) im Handstand — Rückbewegung beliebig</p>  | <p>3.201<br/>                     Elan ou élévation à l'atr — 2/1 tour ou plus (720°) à l'atr — retour libre<br/>                     Kick or press to handstand — 2/1 turn or more (720°) in handstand — return movement optional<br/>                     Schwingen oder Heben i.d. Handstand — 2/1 Dre. oder mehr (720°) im Handstand — Rückbewegung beliebig</p>  | <p>3.301</p> | <p>3.401</p> | <p>3.501</p> |


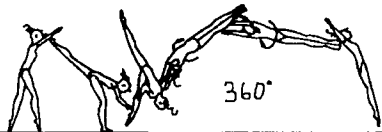
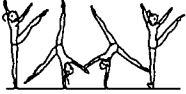




4.000 ROULÉS — ROLLS — ROLLEN

| A  | B   | C            | D            | E — Super E  |
|--|---|--------------|--------------|--------------|
| <p>4.101<br/>Roulé en avant<br/>Roll forward<br/>Rolle vw.</p>  <p>Saut — saut de poisson, roulé en avant<br/>Hecht roll<br/>Hechtrolle</p>    | <p>4.201<br/>Saut en extension en arr. avec ½ tour (180°) — saut de poisson, roulé en avant<br/>From backward take-off — stretched jump with ½ twist (180°) to hecht roll (turning hecht roll with ½ turn)<br/>Rückwärtsabsprung — Strecksprung mit ½ Dre. (180°) — Hechtrolle (Drehhechtrolle)</p>  <p>Saut en extension en av. avec 1/1 tour (360°) — saut de poisson, roulé en avant<br/>Stretched jump forward with 1/1 twist (360°) to hecht roll<br/>Strecksprung vw. mit 1/1 Dre. (360°) — Hechtrolle</p>  | <p>4.301</p> | <p>4.401</p> | <p>4.501</p> |
| <p>4.102<br/>Roulé arr. à l'atr aussi avec ½ -1½ tour (180°- 540°) à l'atr<br/>Roll backward to handstand also with ½ -1½ turn (180°- 540°) in handstand<br/>Rolle rw. i.d. Handstand auch mit ½ -1½ Dre. (180°- 540°) im Handstand</p>    | <p>4.202<br/>Roulé arr. à l'atr avec 2/1 tour (750°) ou plus à l'atr<br/>Roll backward to handstand with 2/1 turn (750°) or more in handstand<br/>Rolle rw. i.d. Handstand mit 2/1 Dre. (750°) oder mehr im Handstand</p>    | <p>4.302</p> | <p>4.402</p> | <p>4.502</p> |

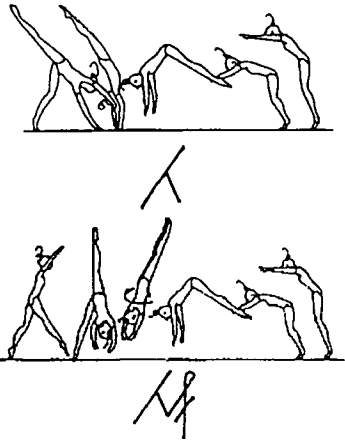
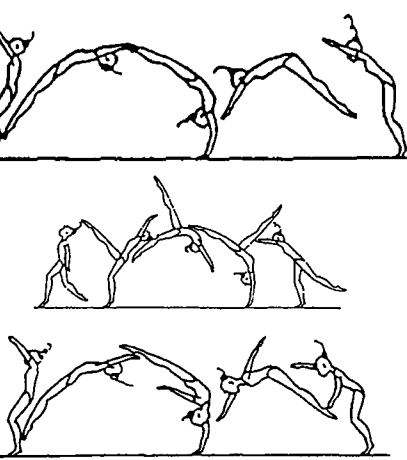
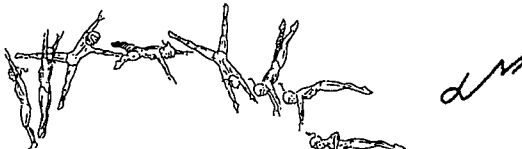
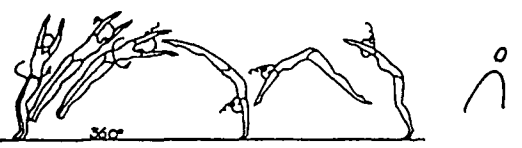
**5.000 RENVVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE**

| A   | B   | C  | D            | E — Super E  |              |
|---|---|--|--------------|--------------|--------------|
| <p>5.101<br/>Renv. av. ou arr. sans envol (toutes les variantes), aussi du siège groupé une jambe tendue en av.<br/><i>Walkover forward or backward (all variations), also from tuck sit — Valdez</i><br/>Überschlag vw. oder rw. ohne Flugphase (alle Varianten), auch aus d. Hockstrecksitz</p>  <p>Renv. arr. sans envol de la station ou du siège groupé une jambe tendue en av. jusqu'à l'atr — 1/1 tour (360°) à l'atr — retour libre<br/><i>Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand — return movement optional</i><br/>Überschlag rw. ohne Flugphase aus d. Stand oder Hockstrecksitz bis zum Handstand — 1/1 Dre. (360°) im Handstand — Rückbewegung beliebig</p>   | <p>5.201</p> <p>5.301</p>   | <p>5.401</p>   | <p>5.501</p> |              |              |
| <p>5.102<br/>Renv. av. avec envol — appel d'un pied — aussi avec ½ tour (180°) après l'appui des mains — réception libre<br/><i>Handspring forward — take-off from one leg — also with ½ twist (180°) after hand support — landing optional</i><br/>Überschlag vw. mit Flugphase — Absprung von einem Bein — auch mit ½ Dre. (180°) nach d. Stütz d. Hände — Landung beliebig</p>  <p>Renv. av. avec envol — appel des deux pieds — sans ou avec phase de balance libre avant l'appui des mains — réception libre<br/><i>Flyspring forward — take-off from both legs — with or without hecht phase before hand support — landing optional</i><br/>Überschlag vw. mit Flugphase — Absprung von beiden Beinen — mit o. ohne Hechtphase vor d. Stütz d. Hände — Landung beliebig</p>  | <p>5.202<br/>Saut en extension en arr. avec ½ tour (180°) renv. av. avec envol (renv. twist) — réception libre<br/><i>Jump backward with ½ twist (180°) to handspring forward (arabian handspring) — landing optional</i><br/>Rückwärtsabsprung mit ½ Dre. (180°) — Überschlag vw. mit Flugphase — Landung beliebig (Twistüberschlag)</p>  | <p>5.302<br/>Renv. av. avec envol et 1/1 tour (360°) après l'appui des mains ou avant (Mostepanova)<br/><i>Handspring forward with 1/1 twist (360°) after hand support or before (Mostepanova)</i><br/>Überschlag vw. mit Flugphase und 1/1 Dre. (360°) nach oder vor d. Stütz d. Hände (Mostepanova)</p>  |              | <p>5.402</p> | <p>5.502</p> |

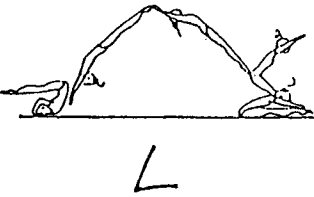
5.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A   | B   | C            | D            | E — Super E  |
|---|---|--------------|--------------|--------------|
| <p>5.103<br/>Renv. av. libre<br/><i>Free (aerial) walkover forward</i><br/>Freier Überschlag vw.</p>  <p style="text-align: center;">Nf</p>   | <p>5.203<br/>Renv. av. libre avec 1/1 tour (360°)<br/><i>Free (aerial) walkover forward with 1/1 twist (360°)</i><br/>Freier Überschlag vw. mit 1/1 Dre. (360°)</p>  <p style="text-align: center;">Nf/c</p> | <p>5.303</p> | <p>5.403</p> | <p>5.503</p> |
| <p>5.104<br/>Renv. lat. sans au avec envol ou Renv. lat. libre<br/><i>Cartwheel with or without flight phase or free (aerial) cartwheel</i><br/>Überschlag sw. ohne oder mit Flugphase oder freier Überschlag sw.</p>  <p style="text-align: center;">X</p>  <p style="text-align: center;">X X X</p>  <p style="text-align: center;">Xf</p> <p>Une Papillon en av. (Butterfly) ou arr.<br/><i>One Butterfly forward or backward</i><br/>Schmetterling (oder Butterfly) vw. oder rw.</p>  <p style="text-align: center;">f</p>  <p style="text-align: center;">A</p> | <p>5.204</p>  | <p>5.304</p> | <p>5.404</p> | <p>5.504</p> |

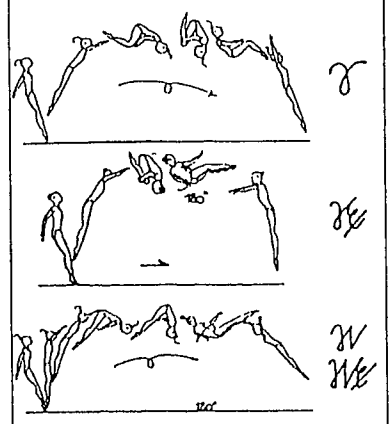
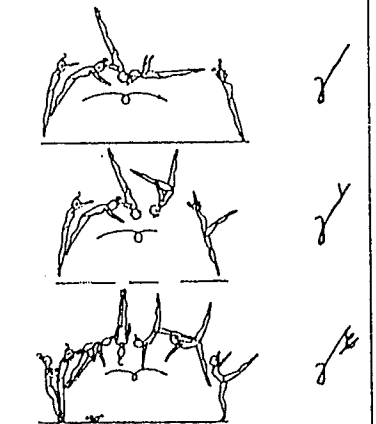
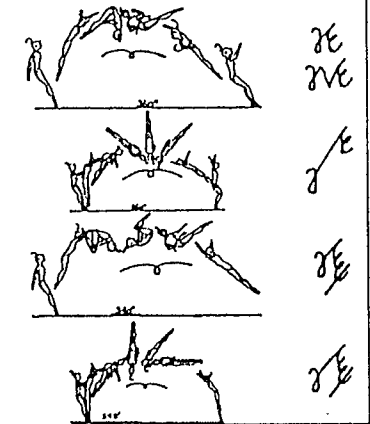
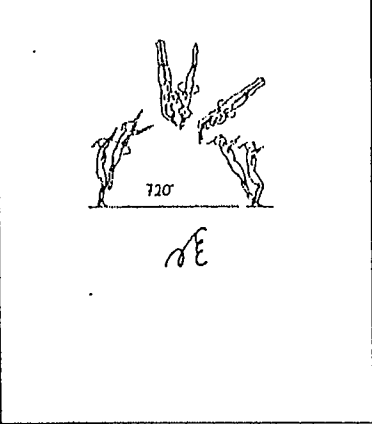
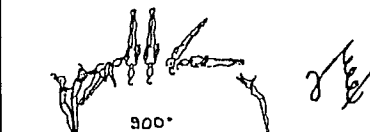
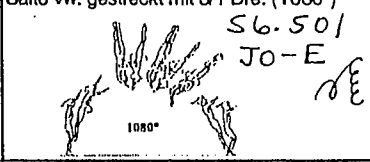
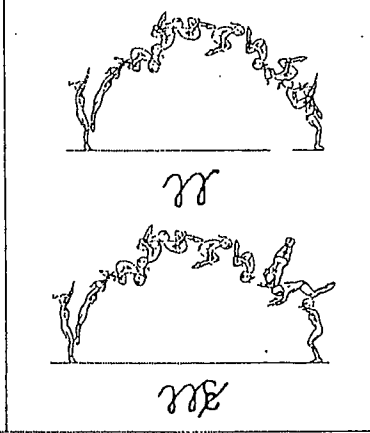
5.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A  | B   | C            | D            | E — Super E  |
|--|---|--------------|--------------|--------------|
| <p>5.105<br/>Rondade ou rondade libre<br/><i>Round-off or free (aerial) round-off</i><br/>Rondat oder freies Rondat</p>    | <p>5.205</p>  | <p>5.305</p> | <p>5.405</p> | <p>5.505</p> |
| <p>5.106<br/>Toutes les variantes de flic-flac et de flic-flac Auerbach, aussi avec appui sur un bras<br/><i>All flic-flac and gainer flic flac variations, also with support of one arm</i><br/>Alle Flick-Flack und Auerbach-Flick-Flack- Varianten, auch mit Stütz eine Armes</p>  | <p>5.206<br/>Saut en extension en arr. avec ¼ tour (90°) – renv. lat. libre – continuant avec ¼ tour (90°) à l'appui couché fac.<br/>(Tsavdaridou)<br/><i>Arabian (backward take-off) with ¼ twist (90°) – free (aerial) cartwheel – continuing with ¼ twist (90°) to front lying support (Tsavdaridou)</i><br/>Twist (Rückwärtsabsprung) mit ¼ Dre. (90°) – freier Überschlag sw – weiterführen mit ¼ Dre. (90°) und Landung zum Liegestütz (Tsavdaridou)</p>  <p>Flic-flac avec 1/1 tour (360°) avant l'appui des mains<br/><i>Flic-flac with 1/1 twist (360°) before hand support</i><br/>Flick-Flack mit 1/1 Dre. (360°) vor d. Stütz d. Hände</p>  | <p>5.306</p> | <p>5.406</p> | <p>5.506</p> |

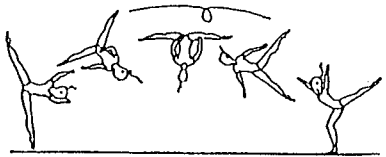
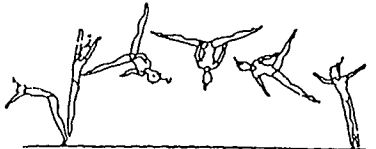
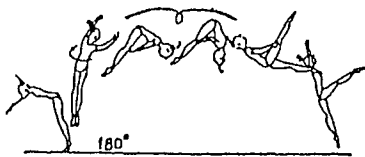
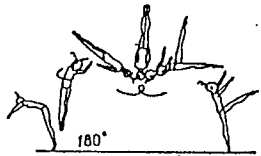
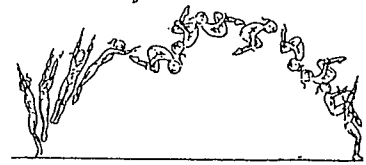
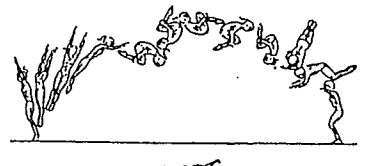
5.000 RENVERSEMENTS — WALKOVERS, CARTWHEELS, ETC. — ÜBERSCHLÄGE

| A  | B            | C            | D            | E — Super E  |
|--|--------------|--------------|--------------|--------------|
| <p>5.107<br/>                     Toutes les bascules de tête ou de nuque<br/> <i>All head or neck kips</i><br/>                     Alle Kopf- oder Nackenkippen</p>  | <p>5.207</p> | <p>5.307</p> | <p>5.407</p> | <p>5.507</p> |

6.000 SALTI AVANT — SALTOS FORWARD — SALTI VORWÄRTS


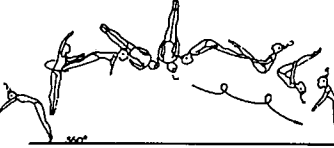
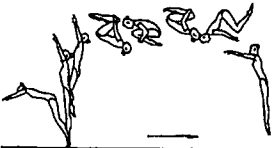

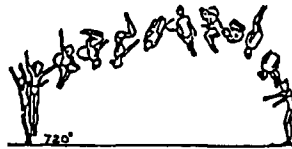
| A  | B  | C   | D  | E — Super E  |
|--|--|---|--|--|
| <p>6.101 <i>Sl. 201 Jo-B</i><br/>                     Salto av. groupé ou carpé, aussi avec ½ tour (180°)<br/>                     Salto forward tucked or piked, also with ½ twist (180°)<br/>                     Salto vv. gehockt oder gebückt, auch mit ½ Dre. (180°)</p>  | <p>6.201 <i>Sl. 301 Jo-C</i><br/>                     Salto av. tendu (aussi tendu-écarté), aussi avec ½ tour (180°) — réception libre<br/>                     Salto forward stretched (also with step out), also with ½ twist (180°) — landing optional<br/>                     Salto vv. gestreckt (auch gestr.-gespr.), auch mit ½ Dre. (180°) — Landung beliebig</p>  | <p>6.301 <i>Sl. 401 Jo-D</i><br/>                     Salto av. groupé, carpé ou tendu avec 1/1 tour (360°) ou 1½ tour (540°)<br/>                     Salto forward tucked piked or stretched with 1/1 twist (360°) or 1½ twist (540°)<br/>                     Salto vv. gehockt, gebückt oder gestreckt mit 1/1 Dre. (360°) oder 1½ Dre. (540°)</p>  | <p>6.401 <i>Sl. 501 Jo-E</i><br/>                     Salto av. tendu avec 2/1 tours (720°) (Tarasevich)<br/>                     Salto forward stretched with 2/1 twist (720°) (Tarasevich)<br/>                     Salto vv. gestreckt mit 2/1 Dre. (720°) (Tarasevich)</p>  | <p>6.501<br/>                     Salto av. tendu avec 2½ tours (900°) (Stroescu)<br/>                     Salto forward stretched with 2½ twist (900°) (Stroescu)<br/>                     Salto vv. gestreckt mit 2½ Dre. (900°) (Stroescu)</p>  <p>6.601 <b>Super E</b><br/>                     Salto av. tendu avec 3/1 tours (1080°)<br/>                     Salto forward stretched with 3/1 twist (1080°)<br/>                     Salto vv. gestreckt mit 3/1 Dre. (1080°)</p> <p><i>Sl. 501 Jo-E</i></p>  |
| <p>6.102</p>   | <p>6.202</p>   | <p>6.302</p>  | <p>6.402</p>   | <p>6.502<br/>                     Double salto av., aussi avec ½ tour (180°) (Podkopayeva)<br/>                     Double salto forward, also with ½ twist (180°) (Podkopayeva)<br/>                     Doppelsalto vv., auch mit ½ Dre. (180°) (Podkopayeva)</p>   |

7.000 SALTI LATERAL ET TWIST — *SALTOS SIDEWARD-ARABIAN* — SALTI SEITWÄRTS-TWIST

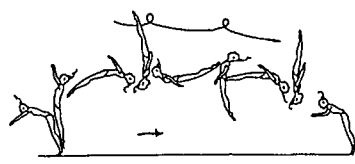
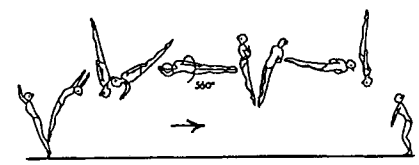
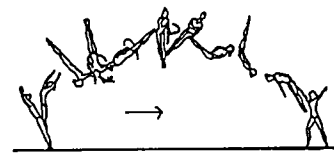
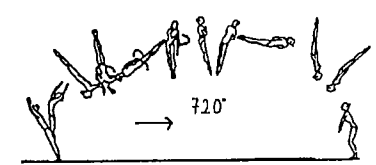
| A   | B   | C            | D            | E — Super E  |
|---|---|--------------|--------------|--|
| <p>7.101<br/>                     Appel en av. d'un ou des deux pieds — salto lat. groupé, carpé ou tendu<br/> <i>From take-off forward from one or both legs — salto sideward tucked, piked, or stretched</i><br/>                     Absprung vw. von einem oder beiden Beinen — Salto sw. gehockt, gebückt oder gestreckt</p>  <p style="text-align: center;"><i>Sw Sw Sw</i></p> | <p>7.201<br/>                     Saut en arr. — salto lat. tendu<br/> <i>From take-off backward — salto sideward stretched</i><br/>                     Rückwärtsabsprung — Salto sw. gestreckt</p>  <p style="text-align: center;"><i>Sw</i></p>   | <p>7.301</p> | <p>7.401</p> | <p>7.501</p>   |
| <p>7.102</p>  | <p>7.202<br/>                     Twist groupé, carpé ou tendu (appel en arr. avec ½ tour [180°] — salto av.) — réception libre<br/> <i>Arabian salto tucked, piked, or stretched (take-off backward with ½ twist [180°], salto forward) — landing optional</i><br/>                     Twist gehockt, gebückt oder gestreckt (Rückwärtsabsprung mit ½ Dre. [180°] — Salto vw.) — Landung beliebig</p>  <p style="text-align: center;"><i>Sw Sw</i></p>  <p style="text-align: center;"><i>Sw Sw</i></p> | <p>7.302</p> | <p>7.402</p> | <p>7.502<br/>                     Double twist, aussi avec ½ tour (180°) (Andreasen)<br/> <i>Arabian double salto, also with ½ twist (180°) (Andreasen)</i><br/>                     Doppeltwist, auch mit ½ Dre. (180°) (Andreasen)</p>  <p style="text-align: center;"><i>Sw Sw</i></p>  <p style="text-align: center;"><i>Sw Sw</i></p> |



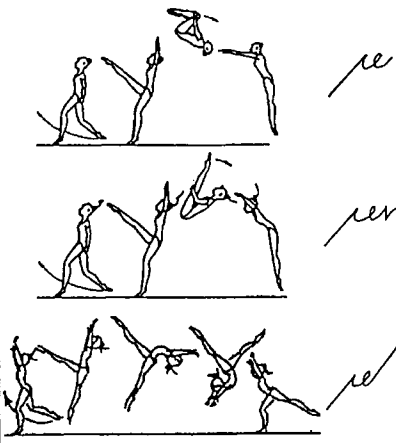
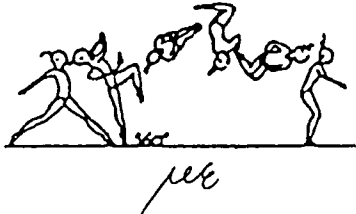
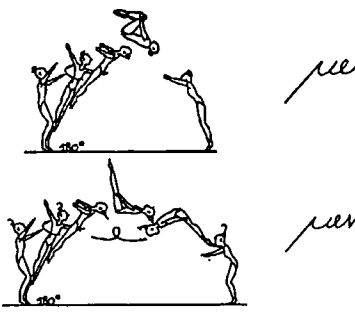
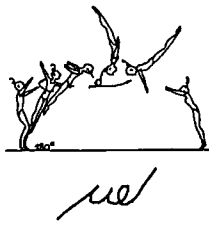
8.000 SALTI ARRIÉRÉ — SALTOS BACKWARD — SALTI RÜCKWÄRTS

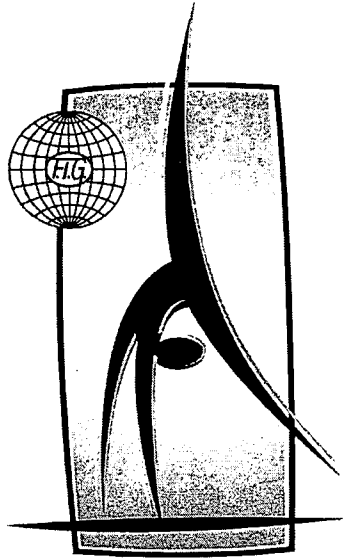
| A     | B     | C   | D  | E — Super E  |
|-------|-------|---|--|--|
| 8.103 | 8.203 | 8.303<br>Double salto arr. groupé<br>Double salto backward tucked<br>Doppelsalto rw. gehockt  | 8.403<br>Double salto arr. carpé<br>Double salto backward piked<br>Doppelsalto rw. gebückt     | 8.503<br>Double salto arr. groupé ou carpé avec 1/1 tour (360°) (Muchina)<br>Double salto backward tucked or piked with 1/1 twist (360°) (Muchina)<br>Doppelsalto rw. gehockt oder gebückt mit 1/1 Dre. (360°) (Muchina)  <p>360°</p> <p>Ell</p>  <p>Ell</p> |
|       |       |  <p>lll</p> |  <p>lll</p> | 8.603 <b>Super E</b><br>Double salto arr. groupé avec 2/1 tours (720°) (Silvas)<br>Double salto backward tucked with 2/1 twist (720°) (Silvas)<br>Doppelsalto rw. gehockt mit 2/1 Dre. (720°) (Silvas)  <p>720°</p> <p>Ell</p>  |

8.000 SALTI ARRIÉRÉ — SALTOS BACKWARD — SALTI RÜCKWÄRTS

| A     | B     | C  | D   | E — Super E   |
|-------|-------|--|---|---|
| 8.104 | 8.204 | 8.304  | 8.404   | <p>8.504<br/>                     Double salto arr. tendu<br/>                     Double salto backward stretched<br/>                     Doppelsalto rw. gestreckt</p>  <p style="text-align: right;"><i>ue</i></p> |
|       |       | <p>8.604</p> <p>Double salto arr. tendu avec 1/1 tour (360°) pendant le 1er salto (Tougikova) ou pendant le 2ème salto (Tchusovitina)<br/>                     Double salto backward stretched with 1/1 twist (360°) in first salto (Tougikova) or in second salto (Tchusovitina)<br/>                     Doppelsalto rw. gestreckt mit 1/1 Dre. (360°) im ersten Salto (Tougikova) oder im zweiten Salto (Tchusovitina)</p>  <p style="text-align: right;"><i>ue</i></p>  <p style="text-align: right;"><i>ue</i></p> | <p><b>Super E</b></p> <p>Double salto arr. tendu avec 2/1 tour (720°)<br/>                     Double salto backward stretched with 2/1 twist (720°)<br/>                     Doppelsalto rw. gestreckt mit 2/1 Dre. (720°)</p>  <p style="text-align: right;"><i>Eue</i></p> |   |

8.000 SALTU ARRIÉRÉ — *SALTOS BACKWARD* — SALTU RÜCKWÄRTS

| A  | B   | C   | D            | E — Super E  |
|--|---|---|--------------|--------------|
| <p>8.105<br/>Salto Auerbach groupé, carpé ou tendu<br/><i>Gainer salto tucked, piked or stretched</i><br/>Auerbachsalto gehockt, gebückt oder gestreckt</p>  | <p>8.205<br/>Salto Auerbach groupé avec 1/1 tour (360°)<br/><i>Gainer salto tucked with 1/1 twist (360°)</i><br/>Auerbachsalto gehockt mit 1/1 Dre. (360°)</p>   | <p>8.305</p>  | <p>8.405</p> | <p>8.505</p> |
| <p>8.106</p>   | <p>8.206<br/>Saut en av. avec ½ tour (180°) — salto arr. groupé ou carpé<br/><i>Jump forward with ½ twist (180°) — salto backward tucked or piked</i><br/>Sprung vw. mit ½ Dre. (180°) — Salto rw. gehockt oder gebückt</p>  | <p>8.306<br/>Saut en av. avec ½ tour (180°) — salto arr. tendu<br/><i>Jump forward with ½ twist (180°) — salto backward stretched</i><br/>Sprung vw. mit ½ Dre. (180°) — Salto rw. gestreckt</p>  | <p>8.406</p> | <p>8.506</p> |



**PARTIE IV – Annexes**

**PART IV – Appendices**

**TEIL IV – Anlagen**

**ANNEXES 1 - 5 – APPENDICES 1 - 5 – ANLAGEN 1 - 5**

## Barres asymétriques

### 9.4 Valeur des liaisons

La valeur des liaisons peut être attribuée pour:

- 9.4.1**  
Liaisons de 2 éléments directes au moins
- des liaisons avec l'entrée
  - des liaisons lors de l'exercice et/ou
  - des liaisons avec la sortie

## Uneven Bars

### 9.4 Connection Value

Connection Value can be awarded for:

- 9.4.1**  
Direct connections of at least 2 elements in a
- Mount connection
  - Connection within the exercise and/or
  - Dismount connection

## Stufenbarren

### 9.4 Verbindungswert

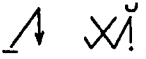
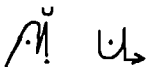
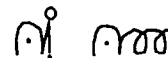
Verbindungswert kann vergeben werden für:

- 9.4.1**  
Direkte Verbindungen von mindestens 2 Elementen
- Angangsverbindungen
  - Verbindungen während der Übung
  - Abgangsverbindungen

Exemples/Examples/Beispiele:

#### C + D 0.10 P.

- (C- avec envol ou  
autour de l'axe longitudinal)  
(C- with flight phase or  
long axis turn)  
(C- mit Flugphase oder  
Längsachsendrehung)


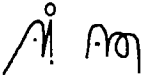
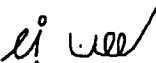
1. 
2. 
3. 

Entrée/Mount/Angang

Lors de l'exercice/Within the exercise/Während der Übung

Sortie/Dismount/Abgang

#### D + D 0.10 P.

1. 
2. 
3. 

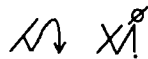
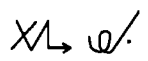

Entrée/Mount/Angang

Lors de l'exercice/Within the exercise/Während der Übung

Sortie/Dismount/Abgang

|   |   |  |
|---|---|--|
| <p><b>9.4.1</b><br/>Liaisons de 2 éléments directes au moins</p> <ul style="list-style-type: none"> <li>- des liaisons avec l'entrée</li> <li>- des liaisons lors de l'exercice et/ou</li> <li>- des liaisons avec la sortie</li> </ul> | <p><b>9.4.1</b><br/><i>Direct connections of at least 2 elements in a</i></p> <ul style="list-style-type: none"> <li>- <i>Mount connection</i></li> <li>- <i>Connection within the exercise and/or</i></li> <li>- <i>Dismount connection</i></li> </ul> | <p><b>9.4.1</b><br/>Direkte Verbindungen von mindestens 2 Elementen</p> <ul style="list-style-type: none"> <li>- Anfangsverbindungen</li> <li>- Verbindungen während der Übung</li> <li>- Abgangsverbindungen</li> </ul> |
|---|---|--|

**D + E 0.20 P.**

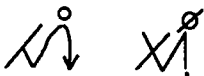
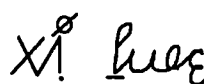
1. 
2. 
3. 

Entrée/*Mount*/Angang

Lors de l'exercice/*Within the exercise*/Während der Übung

Sortie/*Dismount*/Abgang

**E + E 0.20 P.**

1. 
2. 

Entrée/*Mount*/Angang

Lors de l'exercice/*Within the exercise*/Während der Übung

## Poutre

## Balance Beam

## Schwebebalken

### 10.4 Valeur des liaisons

La valeur des liaisons peut être attribuée pour:

### 10.4 Connection Value

Connection Value can be awarded for:

### 10.4 Verbindungswert

Verbindungswert kann vergeben werden für:

#### 10.4.1

- Liaisons de 2 éléments acrobatiques avec envol directes (sauf la sortie)

#### 10.4.1

- Direct Connections of 2 acrobatic flight elements (excluding dismount)

#### 10.4.1


- Direkte Verbindungen von 2 akrobatischen Flugelementen (ausser Abgang)

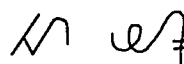
Exemples/Examples/Beispiele:

**C + C 0.10 P.**

et plus  
and more  
und schwieriger

1. 

2. 

3. 

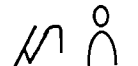
Pas d'élément inférieur à C

No element less than C

Kein Element niedriger als C

**C + D 0.10 P.**

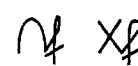
1.



2.

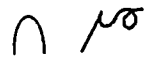


3.

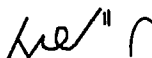


**B + E 0.10 P.**

1.



2.



3.




|  |   |  |
|--|---|--|
| <b>10.4.2</b><br>Liaisons directes d'au moins<br>3 éléments acrobatiques avec envol, aussi avec<br>l'entrée ou la sortie (sortie minimum D-) | <b>10.4.2</b><br><i>Direct connections of at least 3 acrobatic<br/>         flight elements, including the mount or the<br/>         dismount (dismount minimum D-)</i> | <b>10.4.2</b><br>Direkte Verbindungen von mindestens<br>3 akrobatischen Flugelementen, auch Angangs-<br>oder Abgangsverbindungen (Abgang minimum D-) |
|--|---|--|

Exemples/Examples/Beispiele:

**B + B + D 0.10 P.**

1. 

Entrée/Mount/Angang

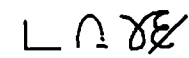
2. 

Lors de l'exercice/Within the exercise/Während der Übung

3. 

Sortie/Dismount/Abgang

**B + B + E 0.20 P.**

1. 

Entrée/Mount/Angang

2. 

Lors de l'exercice/Within the exercise/Während der Übung

3. 

Sortie/Dismount/Abgang

**B + C + D 0.20 P.**

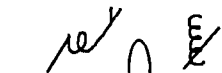
et plus  
and more  
und schwieriger

1. 

Entrée/Mount/Angang

2. 

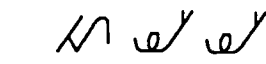
Lors de l'exercice/Within the exercise/Während der Übung

3. 

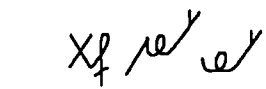
Sortie/Dismount/Abgang

**C + C + C 0.20 P.**

Pas plus de 2 éléments identiques  
No more than two elements the same  
Nicht mehr als zwei gleiche Elemente

1. 

Entrée/Mount/Angang

2. 

Lors de l'exercice/Within the exercise/Während der Übung

3. 

Lors de l'exercice/Within the exercise/Während der Übung




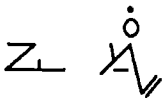
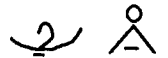
|   |   |  |
|---|---|--|
| <b>10.4.3</b><br>Liaisons directes de <ul style="list-style-type: none"> <li>• 2 éléments de danse différents</li> <li>• 2 éléments de danse/acro (ou inversement)</li> </ul> | <b>10.4.3</b><br><i>Direct connections of</i> <ul style="list-style-type: none"> <li>• 2 <i>different dance elements</i></li> <li>• 2 <i>dance/acro elements (or reversed)</i></li> </ul> | <b>10.4.3</b><br>Direkte Verbindungen von <ul style="list-style-type: none"> <li>• 2 verschiedenen Tanzelementen</li> <li>• 2 Tanz/Akro- Elementen (oder umgekehrt)</li> </ul> |
|---|---|--|

Exemples/Examples/Beispiele:

danse/ *dance*/ Tanz

**C + C 0.10 P.**

et plus  
*and more*  
 und schwieriger

1.  (D + D)
2.  (D + D)
3.  (D + D)

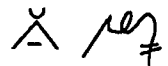
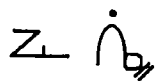
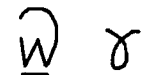
Pas d'élément inférieur à C  
*No element less than C*  
 Kein Element niedriger als C

Exemples/Examples/Beispiele:

danse-acro/ *dance/acro*/ Tanz/Akro-

**C + C 0.10 P.**

et plus  
*and more*  
 und schwieriger

1.  (D + C)
2.  (D + C)
3.  (D + D)

Pas d'élément inférieur à C  
*No element less than C*  
 Kein Element niedriger als C

**Sol**

**Floor**

**Boden**

**11.4 Valeur de liaisons**

La valeur des liaisons peut être attribuée pour:

**11.4 Connection Value**

Connection Value can be awarded for:

**11.4 Verbindungswert**

Verbindungswert kann vergeben werden für:

|   |   |  |
|---|---|--|
| <p><b>11.4.1</b><br/>- Liaisons indirectes de 2 salti</p> | <p><b>11.4.1</b><br/>- Indirect acrobatic connections of 2 saltos</p> | <p><b>11.4.1</b><br/>- Indirekte akrobatische Verbindungen von 2 Salti</p> |
|---|---|--|

Exemples/Examples/Beispiele:

**C + D 0.10 P.**

1.  $\lambda \cap \underline{E} / \lambda \cap \underline{E}$
2.  $\cap \delta^E \cap \delta^E$
3.  $\delta^E \lambda \cap \cap \underline{E} \underline{E}$

|   |   |   |
|---|---|---|
| <p><b>11.4.2</b><br/>- Liaisons indirectes ou directes de 3 salti et plus et/ou des éléments acrobatiques avec envol sans appui des mains</p> | <p><b>11.4.2</b><br/>- Indirect or direct acrobatic connections of 3 or more saltos and/or acrobatic flight elements without hand support (aerials)</p> | <p><b>11.4.2</b><br/>- Indirekte oder direkte akrobatische Verbindungen von 3 oder mehr Salti und/oder akrobatischen Flugelementen ohne Stütz der Hände</p> |
|---|---|---|

Exemples/Examples/Beispiele:

**A + A + D 0.10 P.**  
et plus  
and more  
und schwieriger

1.  $\lambda \cap \cap \cap \underline{E} \underline{E}$
2.  $\delta \lambda \cap \underline{E} \delta$
3.  $\mu \sigma \cap \delta \delta^E$  (B + A + D)
4.  $\lambda \cap \underline{E} \delta \lambda \cap \cap \underline{E} \underline{E}$  (C + A + D)

|  |   |  |
|--|---|--|
| <b>11.4.3</b><br>- Liasons directes de 2 salti et/ou des éléments acrobatiques avec envol sans appui des mains | <b>11.4.3</b><br>- Direct acrobatic connections of 2 saltos and/or acrobatic flight elements without hand support (aerials) | <b>11.4.3</b><br>- Direkte akrobatische Verbindungen von 2 Salti und/oder akrobatischen Flugelementen ohne Stütz der Hände |
|--|---|--|

Exemples/Examples/Beispiele:

**B + D 0.10 P.**

1.  $\delta \delta^E$

2.  $\delta \delta \delta \delta$

3.  $\delta \delta \delta \delta$

**A + E 0.10 P.**

1.  $\delta \delta$

2.  $\delta \delta \delta \delta$

3.  $\delta \delta \delta \delta$

**C + C 0.10 P.**

1.  $\delta^E \delta^E$

2.  $\delta^E \delta^E$

3.  $\delta^E \delta^E$

**C + D 0.20 P.**


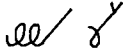

1.  $\delta^E \delta^E$

2.  $\delta^E \delta^E$

3.  $\delta \delta \delta \delta$

| 11.4.3 (continuation)  | 11.4.3 (continuation)  | 11.4.3 (Fortsetzung)  |
|--|--|---|
| - Liaisons directes de 2 salti et/ou des éléments acrobatiques avec envol sans appui des mains | - Direct acrobatic connections of 2 saltos and/or acrobatic flight elements without hand support (aerials) | - Direkte akrobatische Verbindungen von 2 Salti und/oder akrobatischen Flugelementen ohne Stütz der Hände |

**B + E 0.20 P.**  
et plus  
*and more*  
und schwieriger

1.  Eee
2. 
3.  (E + C)

| 11.4.4  | 11.4.4   | 11.4.4  |
|---|--|---|
| Liaisons de<br>- 2 éléments de danse différents ou<br>- 2 éléments de danse/acro (ou inversement) | Connections of<br>- 2 different dance elements or<br>- 2 dance/acro elements (or reversed) | Verbindungen von<br>- 2 verschiedenen Tanzelementen oder<br>- 2 Tanz/Akro- Elementen (oder umgekehrt) |

Exemples/Examples/Beispiele:

**C + D 0.10 P.**  
et plus  
*and more*  
und schwieriger


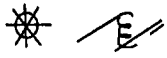
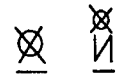
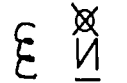
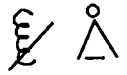
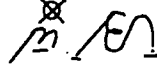
1.  2 éléments de danse différents
  2.  2 different dance elements
  3.  2 verschiedenen Tanzelementen
- 
1.  Les éléments acrobatiques peuvent être des salti et des élément d'envol avec appui des mains
  2.  *Acrobatic elements may include saltos and hand support elements with flight*
  3.  Akrobatische Elemente dürfen Salti oder Flugelemente mit Stütz der Hände einschliessen

FIG  
Vault  
Table  
2001

Draft  
9

|                       | GROUP I  | GROUP II   | GROUP III   | GROUP IV   | GROUP V  |
|-----------------------|--|--|---|--|--|
| A<br>8.2<br>↓         | 1.101  7.80<br>1.103  8.00<br>1.104  8.20<br>1.105  8.00                               | <p><b>C-I:</b> One vault <b>must</b> be performed. The one score counts.<br/> <b>C-IV, II:</b> Two vaults with <b>different numbers</b> must be performed. The two vaults are averaged.<br/> <b>C-III:</b> Two vaults from <b>different vault groups</b> must be performed. The two vaults are averaged.</p> |   |  |  |
| B<br>8.3<br>to<br>8.9 | 1.201  8.40<br>1.202  8.60<br>1.204  8.60<br>1.205  8.30<br>1.206  8.50<br>1.207  8.40 |  | 3.201  8.90   | 4.201  8.90  |  |
| C<br>9.0<br>to<br>9.4 | 1.301  9.20<br>1.305  9.10<br>1.307  9.00  | 2.301  9.20<br>2.302  9.40<br>2.303  9.40<br>2.304  9.40   | 3.302  9.30<br>3.303  9.00<br>3.304  9.10<br>3.306  9.30<br>3.307  9.40 | 4.302  9.20<br>4.303  9.40<br>4.304  9.00<br>4.305  9.10<br>4.306  9.40<br>4.307  9.20<br>4.308  9.30<br>4.309  9.40 | 5.301  9.30<br>5.307  9.20<br>5.308  9.40  |
| D<br>9.5<br>to<br>9.7 | 1.402  9.60  | 2.402  9.60<br>2.403  9.60<br>2.404  9.60<br>2.405  9.60<br>2.406  9.60<br>2.407  9.70<br><br>2.409  9.70  | 3.402  9.50<br>3.404  9.50<br>3.407  9.50                               | 4.403  9.60<br>4.406  9.70   | 5.401  9.50<br>5.402  9.50<br>5.403  9.50<br>5.404  9.70<br>5.405  9.70<br>5.406  9.70<br>5.408  9.50<br>5.409  9.60 |
| E<br>9.8<br>to<br>9.9 |  | 2.502  9.80<br>2.507  9.80<br>2.508  9.90<br>2.509  9.80   | 3.504  9.80<br>3.505  9.90  | 4.506  9.80  | 5.501  9.90<br>5.505  9.80   |
| E*<br>10              |  | 2.601  10.00<br>2.607  10.00<br>2.609  10.00   | 3.605  10.00  | 4.606  10.00   |  |

|       | A-.100            | B-.200         | C-.300   | D-.400   | E-.500 | E-.600 |
|-------|-------------------|----------------|----------|----------|--------|--------|
| 1. 01 | L                 | L. LE          | LE       |          |        |        |
| 02    | U                 | U. UE UF       | UF       |          |        |        |
| 03    |                   | EL             | EL       |          |        |        |
| 04    | LE LE             | LE LE          | LE. LE   |          |        |        |
| 05    |                   | LE U           |          |          |        |        |
| 06    | UL UL             | U UL           | UL       |          |        |        |
| 07    | UL UL             | UL. UL         | UL       |          |        |        |
| 08    | UL UL             | UL UL          |          |          |        |        |
| 09    |                   | UL             |          |          |        |        |
| 10    |                   | UL             | UL       | UL       |        |        |
| 11    |                   | UL             | UL       | UL       |        |        |
| 12    |                   |                |          | UL UL    | UL     |        |
| 13    |                   |                |          | UL UL    | UL UL  |        |
| 14    |                   | UL UL          | UL       | UL UL    |        |        |
| 15    |                   | UL             | UL       | UL       |        |        |
| 2. 01 |                   | UL UL UL UL    | UL       | UL       |        |        |
| 02    |                   | UL UL UL UL    | UL UL    | UL UL    | UL UL  |        |
| 03    | UL UL             | UL UL          | UL       | UL       |        |        |
| 04    |                   | UL             | UL       |          |        |        |
| 3. 01 |                   | UL UL          | UL UL    | UL UL    |        |        |
| 02    | UL                | UL UL UL       | UL UL    |          | UL     |        |
| 03    |                   |                |          |          |        | UL UL  |
| 04    |                   | UL             | UL UL UL |          |        |        |
| 05    |                   |                | UL UL    | UL       |        |        |
| 06    | UL                |                | UL UL UL | UL UL UL |        |        |
| 4. 01 | UL <sup>45°</sup> | UL             | UL       |          |        |        |
| 02    |                   | UL UL UL UL UL |          | UL       |        |        |
| 03    |                   | UL UL UL       | UL       | UL       |        |        |
| 04    |                   | UL             |          | UL       | UL     |        |
| 05    |                   | UL UL          |          | UL UL    |        | UL     |
| 06    |                   |                |          | UL       | UL UL  | UL     |
| 07    |                   |                |          | UL UL    |        | UL     |

|       | A-.100   | B-.200            | C-.300         | D-.400            | E-.500      | E-.600   |
|-------|----------|-------------------|----------------|-------------------|-------------|----------|
| 5. 01 |          | UL                |                |                   |             |          |
| 02    | UL       | UL UL UL UL       | UL             |                   |             |          |
| 03    |          | UL                | UL UL          |                   |             |          |
| 04    |          | UL UL             |                | UL                |             |          |
| 05    |          |                   | UL UL          | UL UL UL          | UL UL       | UL UL    |
| 06    |          |                   | UL UL          | UL                |             |          |
| 07    |          |                   | UL UL UL       | UL                | UL          |          |
| 6. 01 |          | UL UL UL UL       | UL UL          | UL                |             |          |
| 02    |          | UL UL             | UL             | UL UL UL          | UL          |          |
| 03    |          |                   |                | UL UL UL          |             |          |
| 04    |          | UL UL UL          | UL UL UL UL    | UL                | UL          | UL       |
| 05    |          |                   | UL             | UL UL             |             |          |
| 7. 01 | UL UL    |                   | UL UL          | UL UL             |             |          |
| 02    | UL UL    | UL                | UL UL          |                   |             |          |
| 03    | UL UL    | UL                |                |                   |             |          |
| 04    | UL UL    | UL UL UL UL       |                | UL UL             | UL UL       | UL UL    |
| 05    | UL       |                   | UL UL UL       |                   |             |          |
| 06    | UL       | UL UL UL          | UL             | UL UL UL UL       |             |          |
| 07    |          |                   |                | UL UL             |             |          |
| 08    |          |                   | UL UL          | UL                |             |          |
| 09    |          |                   | UL UL          | UL                | UL          |          |
| 10    |          |                   |                | UL                |             |          |
| 11    |          |                   |                | UL                |             |          |
| 8. 01 | UL UL UL | UL UL             | UL UL UL UL UL | UL UL UL UL       | UL UL UL    | UL UL UL |
| 02    |          | UL UL             | UL UL          | UL UL             | UL UL       | UL UL    |
| 03    | UL UL    | UL UL UL          | UL UL UL       |                   | UL UL       | UL UL    |
| 04    |          | UL UL             | UL UL          | UL UL UL UL UL    |             | UL UL    |
| 05    |          |                   |                | UL UL UL UL       |             | UL UL    |
| 06    |          |                   |                | UL UL UL UL       |             | UL UL    |
| 07    | UL UL    | UL UL UL UL UL UL | UL UL          | UL UL UL UL UL UL |             | UL UL    |
| 08    |          | UL UL             | UL UL UL       | UL UL UL          | UL UL UL UL | UL UL UL |
| 09    |          | UL UL             | UL UL UL       |                   | UL UL UL UL | UL UL UL |
| 10    |          | UL UL             | UL UL UL       | UL UL UL          |             | UL UL UL |

|       | A-100   | B-200       | C-300       | D-400   | E-500   | E-600 |
|-------|---------|-------------|-------------|---------|---------|-------|
| 1. 01 | L       | L L         | L           |         |         |       |
| 02    | u       | u u u       | u           |         |         |       |
| 03    |         | u           | u           |         |         |       |
| 04    | L L     | L L         | L L         |         |         |       |
| 05    |         | L L         |             |         |         |       |
| 06    | L L L   | L L L       | L L         |         |         |       |
| 07    | L L L   | L L L       | L L         |         |         |       |
| 08    | L L L   | L L L       | L L         |         |         |       |
| 09    |         | L L         |             |         |         |       |
| 10    |         | L L         | L L         | L L     |         |       |
| 11    |         | L L         | L L         | L L     |         |       |
| 12    |         |             |             | L L L   | L L     |       |
| 13    |         |             |             | L L L   | L L     |       |
| 14    |         | L L         | L L         | L L     |         |       |
| 15    |         | L L         | L L         | L L     |         |       |
| 2. 01 |         | L L L L L L | L L L L     | L L L L |         |       |
| 02    |         | L L L L L L | L L L L     | L L L L | L L L L |       |
| 03    | L L L   | L L L L     | L L L L     | L L     |         |       |
| 04    |         | L L         | L L         |         |         |       |
| 3. 01 |         | L L         | L L         | L L L   |         |       |
| 02    | L L     | L L L L     | L L L       | L L L   | L L     |       |
| 03    |         |             |             |         |         | L L L |
| 04    |         | L           | L L L L     | L L     |         |       |
| 05    |         |             | L L L L L L | L L     |         |       |
| 06    | L L     | L L L L     | L L L L     | L L L L |         |       |
| 4. 01 | L L 45° | L L         | L L         |         |         |       |
| 02    |         | L L L L L L |             | L L     |         |       |
| 03    |         | L L L L L L | L L L       | L L L L |         |       |
| 04    |         | L L         |             | L L     | L L     |       |
| 05    |         |             |             | L L     |         | L L   |
| 06    | L L L   |             |             | L L     | L L L L |       |
| 07    |         |             |             | L L L   | L L L   |       |

|       | A-100       | B-200               | C-300               | D-400               | E-500           | E-600       |
|-------|-------------|---------------------|---------------------|---------------------|-----------------|-------------|
| 5. 01 |             | L L                 |                     |                     |                 |             |
| 02    |             | L L L L L L         | L L L L             |                     |                 |             |
| 03    |             | L L                 | L L                 |                     |                 |             |
| 04    |             | L L L L             |                     | L L                 |                 |             |
| 05    |             |                     | L L L L             | L L L L             | L L L L         | L L L L     |
| 06    |             |                     | L L L L             | L L L L             |                 |             |
| 07    |             |                     | L L L L             | L L L L             | L L L L         |             |
| 6. 01 |             | L L L L L L         | L L L L             | L L L L L L         |                 |             |
| 02    |             | L L L L             | L L L L             | L L L L L L         | L L L L         |             |
| 03    |             |                     |                     | L L L L             |                 |             |
| 04    |             | L L L L L L         | L L L L L L L L L L | L L L L             | L L L L L L     |             |
| 05    |             |                     | L L L L             | L L L L L L         |                 |             |
| 7. 01 | L L         |                     | L L L L             | L L L L             |                 |             |
| 02    | L L L       | L L L               | L L L L             |                     |                 |             |
| 03    | L L L       | L L L               |                     |                     |                 |             |
| 04    | L L L       | L L L L L L L L L L |                     | L L L L L L L L     | L L L L         |             |
| 05    | L L L       |                     | L L L L L L L L     |                     |                 |             |
| 06    | L L L       | L L L L L L L L     | L L L L             | L L L L L L L L L L |                 |             |
| 07    |             |                     |                     | L L L L L L         |                 |             |
| 08    |             |                     | L L L L             | L L L L L L         |                 |             |
| 09    |             |                     | L L L L L L L L     | L L L L L L         | L L L L         |             |
| 10    |             |                     |                     | L L L L             |                 |             |
| 11    |             |                     |                     | L L L L             |                 |             |
| 8. 01 | L L L L L L | L L L L             | L L L L L L L L L L | L L L L L L L L     | L L L L L L     | L L L L L L |
| 02    |             | L L L L             | L L L L             | L L L L L L         | L L L L         | L L L L     |
| 03    | L L L L     | L L L L             | L L L L L L         |                     | L L L L         |             |
| 04    |             | L L L L             | L L L L L L         | L L L L L L L L L L |                 | L L L L     |
| 05    |             |                     |                     | L L L L             | L L L L L L L L | L L L L     |
| 06    |             |                     |                     | L L L L L L L L     | L L L L L L L L |             |
| 07    | L L L L     | L L L L L L L L L L | L L L L             | L L L L L L L L L L |                 |             |
| 08    |             | L L L L             | L L L L L L         | L L L L L L         | L L L L L L L L | L L L L L L |
| 09    |             | L L L L             | L L L L L L         |                     |                 |             |
| 10    |             |                     | L L L L L L L L     | L L L L L L         |                 |             |

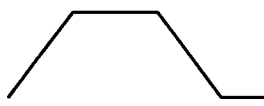
Handstand Chart - without Grips

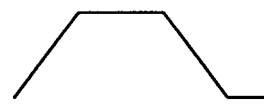
|        | A     | B           | C         | D   | E | Super E |
|--------|-------|-------------|-----------|-----|---|---------|
| Mounts |       | ↗ ↘         | ↗         | ↗ ↘ |   |         |
|        |       |             | seī       | seī |   |         |
| !      |       | (! ! !) !   | !         | !   |   |         |
| !      | ! ! ! | ! !         | !         | !   |   |         |
| !      |       | !           | (! !) seī |     |   |         |
|        |       |             | ! !       | !   |   |         |
| !      |       | (! ! ! !) ! |           | !   |   |         |
|        |       | ! ! !       | !         | !   |   |         |
| !      |       | ! !         | !         |     |   |         |
| !      |       | ! !         |           |     |   |         |
| !      |       |             | (! !) !   | !   | ! |         |
| !      |       | ! !         | ! !       | !   |   |         |
|        |       |             |           | ! ! |   |         |
| !      |       | !           | (! !) ! ! | !   | ! |         |
| !      |       |             | ! !       | !   |   |         |
| !      |       |             | (! !) !   | !   | ! |         |
| !      |       |             |           | ! ! | ! |         |

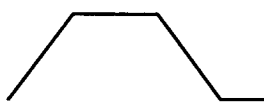


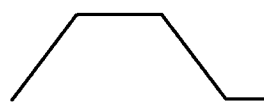
Nation:

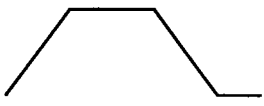
Competition:

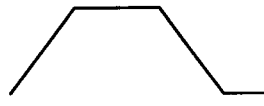
|   |             |           |  |
|---|-------------|-----------|--|
| #   | # Nominated |           |  |
| Name  |             |           |  |
| Nat   | # Performed | SV        |  |
|   |             | Execution |  |
|  | Final Score | Score     |  |

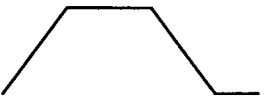
|  |             |           |  |
|--|-------------|-----------|--|
| #  | # Nominated |           |  |
| Name   |             |           |  |
| Nat  | # Performed | SV        |  |
|  |             | Execution |  |
|  | Final Score | Score     |  |

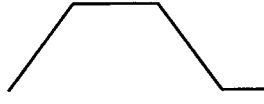
|   |             |           |  |
|---|-------------|-----------|--|
| #   | # Nominated |           |  |
| Name  |             |           |  |
| Nat   | # Performed | SV        |  |
|   |             | Execution |  |
|  | Final Score | Score     |  |

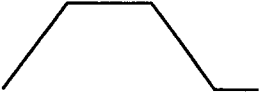
|  |             |           |  |
|--|-------------|-----------|--|
| #  | # Nominated |           |  |
| Name   |             |           |  |
| Nat  | # Performed | SV        |  |
|  |             | Execution |  |
|  | Final Score | Score     |  |

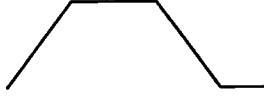
|   |             |           |  |
|---|-------------|-----------|--|
| #   | # Nominated |           |  |
| Name  |             |           |  |
| Nat   | # Performed | SV        |  |
|   |             | Execution |  |
|  | Final Score | Score     |  |

|  |             |           |  |
|--|-------------|-----------|--|
| #  | # Nominated |           |  |
| Name   |             |           |  |
| Nat  | # Performed | SV        |  |
|  |             | Execution |  |
|  | Final Score | Score     |  |

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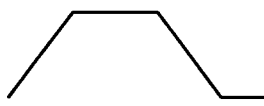
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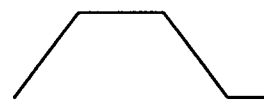
| □  |    | A -.100 | B -.200   | C -.300 | D -.400 | E -.500 | *E-.600 |
|----|----|---------|-----------|---------|---------|---------|---------|
| 1. | 01 | ⌘       | ⌘         | ⊙       |         |         |         |
|    | 02 |         | ⌘         | ⊙       |         |         |         |
|    | 03 |         | ⌘         |         |         |         |         |
|    | 04 |         | Z         | Ż Z    |         |         |         |
|    | 05 |         | Z Z Δ Z Δ | Z Ż Ż |         |         |         |
|    | 06 |         | V V̇ V̇   |         |         |         |         |
|    | 07 |         | Δ Δ̇ Δ̇   | Δ̇      |         |         |         |
|    | 08 |         | X Ẋ Ẋ   | Ẋ Ẋ   |         |         |         |
|    | 09 | ≤ ≥     | Ż Ż     | Ẋ Ẋ   | Ẋ      |         |         |
|    | 10 | X       | Ż Ż     | Ż      |         |         |         |
|    | 11 |         | ⊙         | ⊙       |         |         |         |
|    | 12 | ⊙       | ⊙         | ⊙       |         |         |         |
|    | 13 | ⊙       | ⊙         | ⊙       | ⊙       |         |         |
|    | 14 | ⊙       | ⊙         | ⊙       | ⊙       |         |         |
|    | 15 | ⊙       | ⊙         | ⊙       | ⊙       |         |         |
|    | 16 | ⊙       | ⊙         | ⊙       | ⊙       |         |         |
| 2. | 01 | ○       | ⊙         | ⊙       | ⊙       |         |         |
|    | 02 |         | ⊙         | ⊙       | ⊙       |         |         |
|    | 03 |         | ⊙         | ⊙       | ⊙       |         |         |
|    | 04 |         | ⊙         | ⊙       | ⊙       |         |         |
|    | 05 |         | ⊙         |         |         |         |         |
|    | 06 |         | ⊙         | ⊙       | ⊙       |         |         |
|    | 07 |         | ⊙         |         |         |         |         |
|    | 08 |         |           | ⊙       |         |         |         |

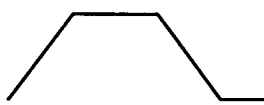
| □  |    | A -.100 | B -.200 | C -.300 | D -.400 | E -.500 | *E-.600 |
|----|----|---------|---------|---------|---------|---------|---------|
| 3. | 01 | 1 1/2   | 1+      |         |         |         |         |
|    | 4. | 01      | ⌘       | ⌘       |         |         |         |
|    |    | 02      | ⌘       | ⌘       |         |         |         |
|    | 5. | 01      | ⌘       |         |         |         |         |
|    |    | 02      | ⌘       | M       | ⌘       |         |         |
|    |    | 03      | ⌘       | ⌘       |         |         |         |
|    |    | 04      | X X Δ A |         |         |         |         |
| 05 |    | X X     |         |         |         |         |         |
| 06 |    | ⌘       | ⌘       |         |         |         |         |
| 07 |    | L       |         |         |         |         |         |
| 6. | 01 | ⌘       | ⌘       | ⌘       | ⌘       | ⌘       |         |
|    | 02 |         |         |         |         | ⌘       |         |
| 7. | 01 | ⌘       | ⌘       |         |         |         |         |
|    | 02 |         | ⌘       |         |         | ⌘       |         |
| 8. | 01 | ⌘       | ⌘       | ⌘       | ⌘       | ⌘       |         |
|    | 02 | ⌘       | ⌘       |         |         |         |         |
|    | 03 |         |         | ⌘       | ⌘       | ⌘       | ⌘       |
|    | 04 |         |         |         |         | ⌘       | ⌘       |
|    | 05 | ⌘       | ⌘       |         |         |         |         |
|    | 06 |         | ⌘       | ⌘       |         |         |         |

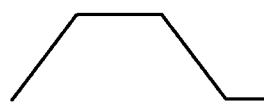
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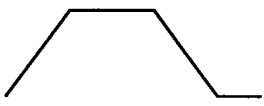
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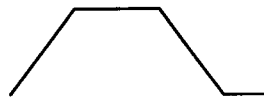
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| Name  |             |       |
| Nat   | # Performed | SV    |
|  | Execution   |       |
|   | Final Score | Score |

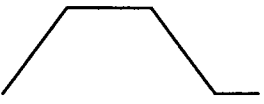
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| Name   |             |       |
| Nat  | # Performed | SV    |
|  | Execution   |       |
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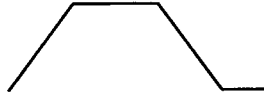
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| #   | # Nominated |       |
| Name  |             |       |
| Nat   | # Performed | SV    |
|  | Execution   |       |
|   | Final Score | Score |


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| #  | # Nominated |       |
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| Nat  | # Performed | SV    |
|  | Execution   |       |
|  | Final Score | Score |

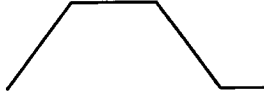
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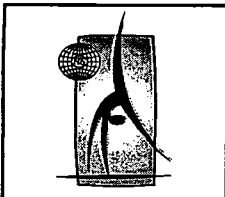
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| Nat   | # Performed | SV    |
|  | Execution   |       |
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| #  | # Nominated |       |
| Name   |             |       |
| Nat  | # Performed | SV    |
|  | Execution   |       |
|  | Final Score | Score |

| Connection Value                                    |  | SR   | Connection Value |   | SR | Connection Value  |     | SR  | Content                         |          |
|---|--|--|------------------|---|----|---|-----|---|---------------------------------|----------|
| 0.1   | 0.2  | ✓  | 0.1              | 0.2   | ∩  | 0.1   | 0.2 | □   |                                 |          |
| C+D<br>D+D D+E<br><br>(C- must have turn or flight) | LB - HB B<br>HB - LB B<br>Flight (same bar) B<br>LB Element B<br>Element Grp. 3/6/7 C<br><br>Dmt C/D | Acro Flight C+C<br>(excluding Dmt.) C+D<br><br>Acro Series C+C+C<br>(including Mt/Dmt) B+B+D B+B+E B+C+D<br><br>2 Dance/Dance-Acro C+C |                  | Acro S. w/ Salto<br>Dance/Dance-Acro S.<br>1/1 Turn<br>180° Leap<br>Hold Element<br><br>Dmt C/D |    | Acro. Indirect C+D<br>Acro Ind/Dir A+A+D<br><br>Acro Direct B+D C+D<br>A+E B+E<br>C+C |     | 1 Acro S.<br>2nd Acro S w/ 2<br>Saltos<br>3 Diff. Saltos<br>2 Dance Leap S.<br>B- Turn<br><br>Dmt C/D | A 2<br>B 3<br>C 3               |          |
|   |  |  |                  |   |    |   |     | B<br>C<br>D<br>E<br>E*  | CV<br>D<br>E<br>E*<br>SV<br>FIN | VP<br>SR |
|   |  |  |                  |   |    |   |     | B<br>C<br>D<br>E<br>E*  | CV<br>D<br>E<br>E*<br>SV<br>FIN | VP<br>SR |
|   |  |  |                  |   |    |   |     | B<br>C<br>D<br>E<br>E*  | CV<br>D<br>E<br>E*<br>SV<br>FIN | VP<br>SR |



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

**WOMEN'S ARTISTIC GYMNASTICS – A Panel Judge's Slip**  
*Gymastique Artistique Féminine – A Jury Feuillet de Juge*

Date: \_\_\_\_\_

Competition/Concours:

I  II  III  IV

Gymnast No./Gymnaste No.

Country/Pays

Gymnast's Name/Nom de la gymnaste



Deductions/Déductions (-):

Additive Value (+)/  
Valeur Additive (+):

Value Parts/Parties de valeur

Connection Value/Valeur des liaisons

A

B

C

Special Requirements/Exigences  
spécifiques

Difficulty Value/Valeur de difficulté

No Dismount/Pas de sortie

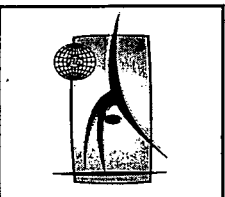
Starting Value (SV)/Valeur de départ

1 \_\_\_\_\_

2 \_\_\_\_\_

Signature of A<sup>1</sup>/Signature de l'A<sup>1</sup>

Signature of A<sup>2</sup>/Signature de l'A<sup>2</sup>



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

**WOMEN'S ARTISTIC GYMNASTICS – B Panel Judge's Slip**  
*Gymastique Artistique Féminine – B Jury Feuillet de Juge*

Date: \_\_\_\_\_

Competition/Concours:

I  II  III  IV

Gymnast No./Gymnaste No.

Country/Pays

Gymnast's Name/Nom de la gymnaste



Execution-Composition  
Exécution-Composition

Artistry  
(Beam & Floor)      Valeur artistique  
(Poutre & Sol)

TOTAL DEDUCTIONS/DÉDUCTIONS TOTALES

1 \_\_\_\_\_

2 \_\_\_\_\_

Judge's Position/Position du Juge

Signature of Judge/Signature du Juge

***THE FIG CODE OF POINTS***  
**IS THE OFFICIAL RULE BOOK FOR**  
**INTERNATIONAL / ELITE LEVEL GYMNASTICS.**

**MANY OF THE REQUIREMENTS AND SKILL VALUES**  
**LISTED IN THIS *CODE***  
**HAVE BEEN MODIFIED FOR USE IN THE**  
**2001-2005 USA GYMNASTICS**  
**JR. OLYMPIC PROGRAM.**

**The following pages include the basic differences and regulations for the Jr. Olympic Program.**

- 1. A list of the elements in this Code which have a different value for the Jr. Olympic Program.**
- 2. A list of the Jr. Olympic Vault Values.**
- 3. A Jr. Olympic Optional Requirement chart.**
- 4. Principles for Connective Value**

**The Jr. Olympic Element Supplement, which includes skills that are not found in the Code, but have been evaluated by the USAG-WTC for use by the Jr. Olympic athlete is being compiled by the WTC and will be printed in the Technique and posted on the USA Gymnastics website by the Fall of 2001.**

**For a more complete understanding of the rules for the USA Gymnastics Jr. Olympic Program, please call Member Services to order the newly revised (3<sup>rd</sup> edition - 2001)**  
***Jr. Olympic Technical Handbook***  
***for Coaches and Judges.***

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**ELEMENT VALUES FOR THE JR. OLYMPIC PROGRAM  
WHICH DIFFER FROM THE 2001 FIG CODE VALUES**

**UNEVEN BARS**

| # in 2001 Code | Element  | Value for JO Competition | # for JO Supplement |
|----------------|--|--------------------------|---------------------|
|                | <b><i>MOUNTS</i></b>   |                          |                     |
| 1.104          | Glide stoop through, straddle cut and catch same bar (also in exercise)  | B                        | S1.204              |
| 1.210          | Salto forward (tuck, pike or straddled) over LB to L hang on LB  | C                        | S1.310              |
| 1.214          | Jump to handstand on LB with hips bent, then extended with ½ turn  | C                        | S1.314              |
| 1.314          | Jump to handstand on LB with hips bent, then extended with 1/1 turn in handstand   | D                        | S1.414              |
|                | <b><i>CASTS AND COUNTERSWINGS</i></b>  |                          |                     |
| 2.103          | Uprise backward to clear support on HB<br>Also, Turning uprise   | B                        | S2.203              |
| 2.201          | Cast Handstand with legs straddled (hips bent) or together (hips extended) with ½ turn, also to L or mixed-L grip<br><br>Also, Cast Handstand with hop change to reverse grip in handstand | C                        | S2.301              |
| 2.201          | Cast handstand, hop change to L grip   | D                        | S2.401              |
| 2.203          | Back Uprise to Handstand   | C                        | S2.303              |
| 2.203          | Back Uprise to Handstand with ½ turn in handstand, also to L or mixed-L grip   | D                        | S2.403              |
| 2.301          | Cast handstand with 1/1 turn in handstand<br>Also, Cast handstand with hop change to reverse grip and 1/1 turn to L or mixed-L grip  | D                        | S2.401              |
| 2.303          | Uprise backward to handstand with 1/1 turn in handstand, also to L or mixed-L grip   | D                        | S2.403              |
|                | <b><i>UNDERSWINGS AND CLEAR HIPS</i></b>   |                          |                     |
| 3.304          | Clear hip circle to Handstand, hop change to reverse grip  | D                        | S3.404              |
| 3.603          | HS on HB facing LB- underswing with 1½ turn and flight over LB to hang on LB (Strong)  | E                        | S3.503              |
|                | <b><i>GIANT SWINGS BACKWARDS</i></b>   |                          |                     |
| 4.202          | Giant circle backward with hop grip change in handstand phase  | C                        | S4.302              |
| 4.203          | Giant circle backward with ½ turn, also to L or mixed-L grip<br><br>Also, Giant circle backward with ½ turn, ½ turn (different directions)   | C                        | S4.303              |
| 4.204          | Handstand on HB, long swing (bail ) ½ turn to hang on LB (½ turn Overshoot) <b>Must start from Handstand to receive C</b>  | C                        | S4.304              |
| 4.303          | Giant circle backward with 1/1 turn in handstand, also to L or mixed-L grip<br>Also, Giant circle backward with hop change to reverse grip and 1/1 turn to mixed-L grip                    | D                        | S4.403              |
| 4.402          | Giant circle backward with hop 1/1 turn in handstand   | E                        | S4.502              |
| 4.605          | Reverse hecht with 1/1 twist (Schuschunova)  | E                        | S4.505              |
| 4.607          | Swing down between the bars, swing forward and salto backward stretched with 1½ turn to hang on HB (Hristakieva)   | E                        | S4.507              |



**Uneven Bars, continued**

| <b>GIANT SWINGS/CIRCLES FORWARD</b> |   |   |        |
|-------------------------------------|---|---|--------|
| 5.202                               | Giant circle forward with legs straddled or together, hips piked or extended in upswing, also with ½ turn   | C | S5.302 |
| 5.202                               | Giant circle forward in regular grip (slip grip) (Galloway)   | D | S5.402 |
| 5.203                               | Handstand on HB, swing down fwd. with back toward LB (regular or reverse grip), straddle flight backward over LB to hang on LB  | C | S5.303 |
| 5.204                               | HS on HB- swing down between the bars with grip change to cross grip, ½ turn in range of hang position and swing upward to HS on HB, also with ½ turn   | C | S5.304 |
| 5.302                               | Giant circle forward with 1/1 turn, also to L or mixed-L grip   | D | S5.402 |
| 5.303                               | Handstand on HB, swing down fwd. with back toward LB (regular or reverse grip), straddle flight backward over LB to handstand on LB   | D | S5.403 |
| 5.305                               | Jaeger salto tucked   | D | S5.405 |
| 5.307                               | Giant circle forward in L-grip, also with ½ turn  | D | S5.407 |
| 5.405                               | Jaeger Salto piked  | E | S5.505 |
| 5.407                               | Giant circle forward in L-grip with 1/1 turn in handstand to L or mixed-L grip (L-grip front giant to Healy)  | E | S5.507 |
| 5.605                               | Mo salto  | E | S5.50  |
| <b>STALDER CIRCLES</b>              |   |   |        |
| 6.304                               | Stalder circle backward to handstand, hop-change grip in handstand  | D | S6.404 |
| <b>CIRCLE SWINGS AND HECHTS</b>     |   |   |        |
| 7.105                               | Seat circle forward with straddle cut backward to hang on same bar  | B | S7.205 |
| 7.309                               | Pike sole circle backward to handstand with hop-change to reverse grip  | D | S7.409 |
| <b>BAR DISMOUNTS</b>                |   |   |        |
| 8.201                               | Underswing front salto tucked or piked (toe on- front salto off)  | C | S8.301 |
| 8.202                               | Underswing ½ turn to salto backward tucked or piked (Comaneci)  | C | S8.302 |
| 8.204                               | Flyaway with double salto backward tucked   | C | S8.304 |
| 8.404                               | Flyaway double salto backward tucked with 1/1 twist on 1st or 2nd salto<br><br>Also, HS on HB-swing down between the bars- swing forward to salto backward stretched with ½ twist into salto forward piked with ½ twist                   | E | S8.504 |
| 8.405                               | Flyaway double salto backward stretched   | E | S8.505 |
| 8.406                               | HS on HB-swing down between the bars-swing forward to salto backward tucked with ½ twist into salto forward tucked (Fontaine)<br><br>Also, HS on HB-swing down between the bars-swing forward with ½ twist to double salto forward tucked | E | S8.506 |
| 8.407                               | HS on HB- swing down forward in reverse or L-grip to Double salto forward tucked<br><br>Also, HS on HB-swing down forward in reverse of L-grip to double salto forward tucked with ½ twist  | E | S8.507 |
| 8.604                               | Flyaway double salto backward tucked with 2/1 twist   | E | S8.504 |
| 8.605                               | Flyaway double salto backward stretched with 2/1 twist  | E | S8.505 |
| 8.608                               | Hip circle backward on LB or HB-hecht to salto backward with 1/1 twist  | E | S8.508 |

Any double salto flyaway with twists on first or second salto = E

## BALANCE BEAM

| # in 2001 Code | Element  | Value for JO Competition | # for JO Supplement |
|----------------|--|--------------------------|---------------------|
|                | <b><i>MOUNTS</i></b>   |                          |                     |
| 1.205          | Free jump to cross split sit-take off from both legs-diagonal approach   | C                        | S1.305              |
| 1.301          | Free jump with 1/1 turn in flight to stand   | D                        | S1.401              |
| 1.314          | Salto forward tucked to stand- approach at end of beam   | D                        | S1.414              |
| 1.414          | Salto forward piked to stand-approach at end of beam   | E                        | S1.514              |
| 1.616          | Round-off at end of beam-salto backward stretched with 1/1 twist to cross stand on beam  | E                        | S1.516              |
|                | <b><i>LEAPS AND JUMPS</i></b>  |                          |                     |
| 2.202          | Straddle Pike jump from cross or side position, also with ¼ turn   | C                        | S2.302              |
| 2.203          | Straddle jump to hand support with swing down to cross straddle sit, also with ¼ turn<br><br>Also, Straddle jump to front side support or with hip circle backward, also with ¼ turn | C                        | S2.303              |
| 2.206          | Pike jump in side position   | C                        | S2.306              |
| 2.209          | Tuck jump with ¾ turn – take-off both legs   | C                        | S2.309              |
| 2.302          | Straddle Pike jump from cross or side position with ½ or ¾ turn  | D                        | S2.402              |
| 2.303          | Straddle jump with ½ or ¾ turn to hand support with swing down to cross straddle sit<br><br>Also, Straddle jump with ½ or ¾ turn to front side support or with hip circle backward   | D                        | S2.403              |
| 2.401          | Yang Bo jump in cross position   | E                        | S2.501              |
| 2.402          | Straddle Pike jump with 1/1 turn from cross or side position   | E                        | S2.502              |
| 2.403          | Straddle Jump with 1/1 turn to front side support or with hip circle backward  | E                        | S2.503              |
| 2.411          | Wolf jump from cross or side position with 1/1 turn  | E                        | S2.511              |
|                | <b><i>TURNS</i></b>  |                          |                     |
| 3.405          | 1/1 illusion   | E                        | S3.505              |
|                | <b><i>WALKOVERS AND CARTWHEELS</i></b>   |                          |                     |
| 7.206          | From extended tuck sit- walkover backward with 1/1 turn (½ turn in HS on one arm, second ½ turn with late support of second arm)   | C                        | S7.306              |
| 7.303          | Aerial cartwheel landing in side position  | D                        | S7.403              |
| 7.402          | Jump backward with ½ twist to walkover forward   | E                        | S7.502              |
| 7.403          | Butterfly  | E                        | S7.503              |
|                | <b><i>SALTOS</i></b>   |                          |                     |
| 8.201          | Salto forward tucked- take-off from one or both legs to extended tuck sit, also without hand support   | C                        | S8.301              |
| 8.401          | Salto forward piked  | E                        | S8.501              |
| 8.604          | Salto backward stretched with 1/1 twist  | E                        | S8.504              |
|                | <b><i>DISMOUNTS</i></b>  |                          |                     |
| 9.208          | Gainer salto backward tucked or stretched with 1½ twist to side of beam  | C                        | S9.308              |
| 9.308          | Gainer salto backward stretched with 2/1 twist to side of beam   | D                        | S9.408              |
| 9.604          | Double salto forward tucked  | E                        | S9.504              |

## FLOOR EXERCISE

| # in 2001 Code | Element   | Value for JO Competition | # for JO Supplement |
|----------------|---|--------------------------|---------------------|
|                | <b>LEAPS, JUMPS, AND HOPS</b>   |                          |                     |
| 1.115          | Wolf hop with ½ turn (take-off from one leg)<br>Note: Hop with ½ turn with both legs extended remains A   | B                        | S1.215              |
| 1.205          | Split leap forward with leg change and ¼ turn to side split leap or straddle pike position<br><br>Also, Split leap forward with leg change and ¼ turn to straddle pike position with landing in front lying support (considered a different element due to prone landing) | C                        | S1.305              |
| 1.215          | Wolf Hop with 1/1 turn (take-off from one leg)  | C                        | S1.315              |
| 1.216          | Wolf Jump with 1/1 turn (take-off from both legs)   | C                        | S1.316              |
| 1.315          | Wolf Hop with 1½ turn (take-off from one leg)   | D                        | S1.415              |
| 1.316          | Wolf Jump with 1½ turn (take-off from both legs)  | D                        | S1.416              |
| 1.415          | Wolf Hop with 2/1 turn (take-off from one leg)  | E                        | S1.515              |
| 1.416          | Wolf Jump with 2/1 turn (take-off from both legs)   | E                        | S1.516              |
|                | <b>HANDSTANDS</b>   |                          |                     |
| 3.101          | Kick or press to handstand with 1½ turn in handstand  | B                        | S3.201              |
| 4.102          | Back extension roll with 1/1 – 1½ turn in handstand   | B                        | S4.202              |
|                | <b>WALKOVERS/CARTWHEELS</b>   |                          |                     |
| 5.101          | Walkover backward or Valdez with 1/1 turn in handstand  | B                        | S5.201              |
| 5.102          | Flyspring   | B                        | S5.202              |
| 5.203          | Aerial walkover forward with 1/1 twist  | C                        | S5.303              |
|                | <b>SALTOS FORWARD</b>   |                          |                     |
| 6.101          | Front Salto Piked, also with ½ twist  | B                        | S6.201              |
| 6.201          | Front salto stretched, also with ½ twist  | C                        | S6.301              |
| 6.301          | Front salto tucked, piked, or stretched with 1/1 or 1½ twist  | D                        | S6.401              |
| 6.401          | Front salto stretched with 2/1 twist  | E                        | S6.501              |
|                | <b>SALTOS BACKWARD</b>  |                          |                     |
| 8.102          | Whip salto with ½ twist   | B                        | S8.202              |
| 8.303          | Double salto backward tucked  | D                        | S8.403              |
| 8.603          | Double salto backward tucked with 2/1 twist   | E                        | S8.503              |
| 8.604          | Double salto backward stretched with 1/1 twist in 1 <sup>st</sup> or 2 <sup>nd</sup> salto, or with 2/1 twist   | E                        | S8.504              |

## WOMEN'S JR. OLYMPIC VAULT VALUES FOR LEVELS 7 & 8

Effective August 1, 2001 – July 31, 2005

Note: Many of the vault numbers have changed to correspond to the number in the 2001 FIG Code of Points; however, the vault values are the same as used in the 2000-2001 season.

### LEVEL 7

#### ALLOWABLE VAULTS:

Group 1 Vaults that have no more than 360° turn in one flight and no more than 540° turn in total. The following Group 1 vaults are all valued at 10.0 for Level 7:

|        |  |  |
|--------|--|--|
| 1.101  | Handspring                                 |  |
| S1.102 | Handspring – ½ twist off                   |  |
| 1.103  | Yamashita                                  |  |
| 1.104  | Yamashita – ½ twist off                    |  |
| 1.105  | ½ twist on – ½ twist off                   |  |
| 1.201  | Handspring – 1/1 twist                     |  |
| 1.204  | Yamashita – 1/1 twist                      |  |
| 1.205  | ½ on – 1/1 twist off                       |  |
| 1.207  | 1/1 twist on – Handspring or Yamashita off |  |

The following vaults may also be performed at Level 7 or PREP Optional competitions, but will have the following values:

|      |                |     |
|------|----------------|-----|
| S0.1 | Squat Vault    | 7.0 |
| S0.2 | Stoop Vault    | 7.5 |
| S0.3 | Straddle Vault | 7.5 |

### LEVEL 8

The following Group 1 and 3 Vaults are allowed at Level 8:

|        |                                  |      |
|--------|----------------------------------|------|
| 1.101  | Handspring                       | 9.0  |
| S1.102 | Handspring – ½ twist off         | 9.0  |
| 1.103  | Yamashita                        | 9.0  |
| 1.104  | Yamashita – ½ twist off          | 9.2  |
| 1.105  | ½ twist on – ½ twist off         | 9.1  |
| 1.201  | Handspring – 1/1 twist           | 9.4  |
| 1.202  | Handspring – 1½ twist            | 9.6  |
| 1.204  | Yamashita – 1/1 twist            | 9.4  |
| 1.205  | ½ twist on – 1/1 twist off       | 9.3  |
| 1.206  | ½ twist on – 1½ twist off        | 9.5  |
| 1.207  | 1/1 twist on – HSP/Yamashita off | 9.4  |
| S1.210 | 1/1 twist on – ½ twist off       | 9.6  |
| 3.201  | Tsukahara Tuck                   | 9.8  |
| 3.303  | Tsukahara Pike                   | 10.0 |
| S3.310 | Tsukahara Tuck w/ ½              | 10.0 |

## WOMEN'S JR. OLYMPIC VAULT VALUES FOR LEVELS 9 AND 10

Effective August 1, 2001 – July 31, 2005

**Note:** The following values are the same as the 2000-2001 season. Many of the vault numbers have changed to correspond to the numbers in the 2001 FIG Code of Points.

| Group 1 | Handsprings and Yamashitas           | JO Value |
|---------|--------------------------------------|----------|
| 1.101   | Handspring                           | 8.8      |
| S1.102  | Handspring – ½ turn                  | 8.8      |
| 1.103   | Yamashita                            | 8.8      |
| 1.104   | Yamashita – ½ turn                   | 9.0      |
| 1.105   | ½ On – ½ Off                         | 8.9      |
| 1.201   | Handspring – 1/1                     | 9.2      |
| 1.202   | Handspring – 1 ½                     | 9.4      |
| 1.204   | Yamashita – 1/1                      | 9.2      |
| 1.205   | ½ On – 1/1 Off                       | 9.1      |
| 1.206   | ½ On – 1 ½ Off                       | 9.3      |
| 1.207   | 1/1 On – Handspring or Yamashita off | 9.2      |
| S1.210  | 1/1 On – ½ Off (H/Y)                 | 9.4      |
| 1.301   | Handspring – 2/1                     | 9.8      |
| 1.305   | ½ On – 2/1 Off                       | 9.7      |
| 1.307   | 1/1 On – 1/1 Off (H/Y)               | 9.8      |
| S1.410  | 1/1 On – 1 ½ Off (H/Y)               | 10.0     |
| 1.402   | Handspring – 2 ½                     | 10.0     |
| S1.505  | Yamashita 2½ (Kincaid)               | 10.0     |

| Group 2 | Cuervos & Salto Forward   | JO Value |
|---------|---|----------|
| 2.301   | Handspring – Front Tuck   | 9.7      |
| 2.302   | Handspring – Front Tuck ½   | 9.9      |
| 2.303   | Handspring – ½ Off, Back Tuck                                     | 9.9      |
| 2.304   | Handspring – Front Pike   | 9.8      |
| 2.402   | Handspring – Front Tuck 1/1                                       | 10.0     |
| 2.403   | Handspring – ½ Off, Back Tuck ½                                   | 10.0     |
| 2.404   | Handspring – Front Pike ½   | 10.0     |
| 2.405   | Handspring – ½ Off, Back Pike                                     | 10.0     |
| 2.406   | Handspring – Front Layout   | 10.0     |
| 2.407   | Handspring – Front Layout ½ OR<br>Handspring – ½ Off, Back Layout | 10.0     |
| 2.409   | 1/1 On – Front Tuck   | 10.0     |
| 2.502   | Handspring – Front Tuck 1½  | 10.0     |
| 2.507   | Handspring – Front Layout 1/1                                     | 10.0     |
| 2.508   | Handspring – Front Layout 1½                                      | 10.0     |
| 2.509   | 1/1 On – Front Pike   | 10.0     |
| 2.601   | Handspring – Double Front   | 10.0     |
| 2.607   | Handspring – Front Layout 2/1                                     | 10.0     |
| 2.609   | 1/1 On – Front Layout   | 10.0     |

**WOMEN'S Jr. Olympic Vault VALUES for Levels 9 and 10, continued**

| <b>Group 3</b> | <b>Tsukaharas &amp; ½ Turn Entry Phase</b> | <b>JO Value</b> |
|----------------|--|-----------------|
| 3.201          | Tsukahara Tuck                             | 9.4             |
| 3.302          | Tsukahara Tuck 1/1                         | 9.8             |
| 3.303          | Tsukahara Pike                             | 9.5             |
| 3.304          | Tsukahara Layout                           | 9.7             |
| 3.306          | ½ On – ½ Off, Front Tuck                   | 9.8             |
| 3.307          | ½ On – ½ Off, Front Pike                   | 9.9             |
| S3.310         | Tsukahara Tuck ½                           | 9.6             |
| S3.311         | Tsukahara Pike ½                           | 9.7             |
| S3.312         | Tsukahara Layout ½                         | 9.9             |
| 3.402          | Tsukahara Tuck 1½                          | 10.0            |
| 3.404          | Tsukahara Layout 1/1                       | 10.0            |
| 3.407          | ½ On – ½ Off, Front Layout                 | 10.0            |
| 3.504          | Tsukahara Layout 1½                        | 10.0            |
| 3.505          | Tsukahara Layout 2/1                       | 10.0            |
| S3.509         | ½ On – ½ Off, Front Tuck ½ (Shible)        | 10.0            |
| S3.510         | ½ On – ½ Off, Front tuck 1/1 (Shible)      | 10.0            |
| 3.605          | Tsukahara Layout 2½                        | 10.0            |

| <b>Group 4</b> | <b>Round Off Entry (Yurchenko)<br/>*Allowed Only at Level 10</b> | <b>JO Value</b> |
|----------------|--|-----------------|
| 4.201          | Round Off, Flic-flac on – Back Tuck                              | 9.4             |
| 4.302          | Round Off, Flic-flac on – Back Tuck 1/1 twist                    | 9.8             |
| 4.303          | Round Off, Flic-flac on – Back Tuck 1½ twist                     | 10.0            |
| 4.304          | Round Off, Flic-flac on – Back Pike                              | 9.5             |
| 4.305          | Round Off, Flic-flac on – Back Layout                            | 9.7             |
| 4.306          | Round Off, Flic-flac on – Back Layout 1/1 twist                  | 10.0            |
| 4.307          | Round Off, Flic-flac on – ½ off, Front Tuck                      | 9.8             |
| 4.308          | Round Off, Flic-flac on – ½ off, Front Pike                      | 9.9             |
| 4.309          | Round Off, Flic-flac on – ½ off, Front Layout                    | 10.0            |
| S4.312         | Round Off, Flic-flac on – 1/1 twist off                          | 9.1             |
| S4.313         | Round Off, Flic-flac on – 1½ twist off (Allen)                   | 9.3             |
| S4.320         | Round Off, Flic-flac on – Back Tuck ½ twist                      | 9.6             |
| S4.321         | Round Off, Flic-flac on – Back Pike ½ twist                      | 9.7             |
| S4.322         | Round Off, Flic-flac on – Back Layout ½ twist                    | 9.9             |
| 4.403          | Round Off, Flic-flac on – Back Tuck 2/1 twist                    | 10.0            |
| 4.406          | Round Off, Flic-flac on – Back Layout 1½ twist                   | 10.0            |
| S4.412         | Round Off, Flic-flac on – 2/1 twist off (Allen)                  | 9.7             |
| 4.506          | Round Off, Flic-flac on – Back Layout 2/1 twist                  | 10.0            |
| 4.406          | Round Off, Flic-flac on – Back Layout 2½ twist                   | 10.0            |

**WOMEN'S Jr. Olympic Vault VALUES for Levels 9 and 10, continued**

| <b>Group 5</b> | <b>Round Off with ½ or 1/1 turn in Entry Phase<br/>*Allowed Only at Level 10</b>                | <b>JO Value</b> |
|----------------|---|-----------------|
| S5.210         | Round Off, Flic-flac ½ on – 1/1 twist off   | 9.2             |
| S5.211         | Round Off, Flic-flac ½ on – 1½ twist off  | 9.4             |
| 5.301          | Round Off, Flic-flac ½ on – Front Tuck  | 9.9             |
| 5.302          | Round Off, Flic-flac 1/1 on – 1/1 twist off   | 9.3             |
| 5.308          | Round Off, Flic-flac 1/1 on – Back Tuck   | 10.0            |
| 5.401          | Round Off, Flic-flac ½ on – Front Tuck ½  | 10.0            |
| 5.402          | Round Off, Flic-flac ½ on – ½ off, Back Tuck  | 10.0            |
| 5.403          | Round Off, Flic-flac ½ on – Front Pike  | 10.0            |
| 5.404          | Round Off, Flic-flac ½ on – Front Pike ½  | 10.0            |
| 5.405          | Round Off, Flic-flac ½ on – ½ off, Back Pike  | 10.0            |
| 5.406          | Round Off, Flic-flac ½ on – Front Layout  | 10.0            |
| 5.408          | Round Off, Flic-flac 1/1 on – Back Pike   | 10.0            |
| 5.409          | Round Off, Flic-flac 1/1 on – Back Layout   | 10.0            |
| S5.420         | Round Off, Flic-flac ½ on – 2/1 twist off   | 9.8             |
| 5.501          | Round Off, Flic-flac ½ on – Front Tuck 1½   | 10.0            |
| 5.505          | Round Off, Flic-flac ½ on – Front Layout ½ OR<br>Round Off, Flic-flac ½ on – ½ off, Back Layout | 10.0            |

## JR. OLYMPIC OPTIONAL REQUIREMENTS (EFFECTIVE AUGUST 2001- JULY 2005)

| REQUIREMENTS   | LEVEL 8   | LEVEL 9  | LEVEL 10   |
|--|---|--|--|
| <b>VALUE PARTS</b><br>A=.10, B=.30, C=.50                        | 4 A's, 4 B's, 0 C's   | 3 A's, 4 B's, 1 C  | 3 A's, 3 B's, 2 C's  |
| <b>START VALUE</b>   | 10.00   | 9.70   | 9.50   |
| <b>ADDITIVE VALUE</b>  | Not eligible for Additive Value   | Maximum of 0.30 Additive Value from Connections only   | Maximum of 0.50 Additive Value (min. of + 0.10 Difficulty Value min. +0.1 Connection Value.)   |
| <b>DIFFICULTY RESTRICTIONS FOR BARS, BEAM &amp; FLOOR</b>        | "D/E" BB/FX Acro elem. & UB mount, dismount & releases VOID exercise. All other D/E's receive 2.00 penalty and no Value Part credit is awarded. "C" Gym (dance) &/or Acro-strength elements are allowed. All other "C's" will not receive Value Part credit. (exception- see UB)  | No difficulty restrictions; however, if a "D" or "E" element is performed, it receives "C" Value Part credit, it may fulfill compositional and Special Requirements and may act as a "C" for Connective Value.   | No restrictions.   |
| <b>Vaults ALLOWED</b>  | Group 1 & 3 Vaults (Handsprings & Tsukaharas) on Level 8 Vault chart<br>All other vaults are not permitted and if performed, would VOID the event.  | All Group 1, 2, & 3 Vaults are allowed<br>Gr. 4 & 5 (Round-off entry) vaults are NOT permitted and if performed, would VOID the event.   | All vaults from Groups 1, 2, 3, 4 & 5.   |
| <b>SPECIAL REQUIREMENTS</b><br>(Deduct 0.20 for each missing SR) | <p style="text-align: center;"><b>BARS</b></p> <p>1 Bar Change<br/>1 "B" element with flight or turn<br/>"B" element started &amp; finished on LB<br/>Minimum of "A" Dismount</p> <p style="text-align: center;"><b>BEAM:</b></p> <p>Acro series of 2 elements, 1 flight (both elements must start &amp; finish on beam)<br/>Dance or dance/acro series of 2 or more elements<br/>One "hold" element(excl. #5.102 &amp; 5.104)<br/>Min. of 360° Turn on one foot or knee<br/>Leap, jump or hop requiring 180° split<br/>Minimum of "A" Dismount</p> <p style="text-align: center;"><b>FLOOR:</b></p> <p>Acro series (3 flight elements, 1 a salto)<br/>Acro series with 2 saltos, same or different<br/>3 Different Saltos in exercise<br/>Dance turn on one foot, min. of "B"<br/>Dance series of leaps, jump, hops:<br/>one must be leap with one-foot takeoff<br/>Minimum of "A" salto as last salto or in last connection of saltos</p> | <p style="text-align: center;"><b>BARS:</b></p> <p>2 Bar Changes<br/>1 flight element, minimum of "B"<br/>1 LA Turn (180° or more) excl. mnt/dsmnt<br/>"B" element started &amp; finished on LB<br/>Minimum of "B" Dismount</p> <p style="text-align: center;"><b>BEAM:</b></p> <p>Acro Series (min. of 2 flight elements &amp; both elements must start &amp; finish on beam)<br/>Dance or dance/acro series of 2 or more elements<br/>One "hold" element (excl. #5.102 &amp; 5.104)<br/>Min. of 360° Turn on one foot or knee<br/>Leap, jump or hop requiring 180° split<br/>Minimum of "B" Dismount</p> <p style="text-align: center;"><b>FLOOR:</b></p> <p>Acro series (3 flight elements, 1 a salto)<br/>Acro series with 2 saltos, same or different<br/>3 Different Saltos in exercise<br/>Dance turn on one foot, min. of "B"<br/>Dance series of leaps, jump, hops:<br/>one must be leap with one-foot takeoff<br/>Minimum of "B" salto as last salto or in last connection of saltos</p> | <p style="text-align: center;"><b>BARS:</b></p> <p>2 Bar changes<br/>2 Different Flight Elements, Min. of "B"<br/>"B" element from Gr. 3, 6 or 7 in Code<br/>"B" element started &amp; finished on LB<br/>Minimum of "B" Dismount</p> <p style="text-align: center;"><b>BEAM:</b></p> <p>Acro Series (min. of 2 flight elements &amp; both elements must start &amp; finish on beam)<br/>Dance or dance/acro series of 2 or more elements<br/>One "hold" element (excl. #5.102 &amp; 5.104)<br/>Min. of 360° Turn on one foot or knee<br/>Leap, jump or hop requiring 180° split<br/>Minimum of "B" Dismount</p> <p style="text-align: center;"><b>FLOOR:</b></p> <p>Acro series (3 flight elements, 1 a salto)<br/>Acro series with 2 saltos, same or different<br/>3 Different Saltos in exercise<br/>Dance turn on one foot, min. of "B"<br/>Dance series of leaps, jump, hops:<br/>one must be leap with one-foot takeoff<br/>Minimum of "B" salto as last salto or in last connection of saltos</p> |



# PRINCIPLES FOR ADDITIVE\* VALUE FOR USE IN THE JR. OLYMPIC LEVELS 9 & 10

\*Additive Value was previously known as "Bonus". These principles are basically the same as those used in the 1997-2002 cycle. Slight changes have been made to Bars and one Beam principle.

## I. DIFFICULTY VALUE

|                             |       |
|-----------------------------|-------|
| Performance of a D element  | +0.10 |
| Performance of an E element | +0.20 |

## II. CONNECTION VALUE (previously known as Special Connections)

### A. BARS

#### LEVEL 10

Mount\* connection, connections within the exercise and dismount \* connection:

C + C +0.10

Both C elements must have either flight phase or a long axis (LA) turn of at least 180°

C + D, D + C +0.10

When a C element is connected to a D or E element, the C is not required to have flight or turn. D/E elements are never required to have flight or turn to be used for Connection Value

D + D or more difficult +0.20

\* All C, D, or E mounts and dismounts may be used for Connective value.

#### LEVEL 9

C + C (one or both\*\* elements without LA turn or flight) +0.10

\*\*If both elements are without turn or flight, they must be DIFFERENT elements.

C + C (both elements with turn or flight) +0.20

D or E elements will be considered as a C when determining connection value.

### B. BALANCE BEAM

#### 1. Connection of two (2) or more acrobatic flight elements (excluding dismounts)

This is a slight change from last cycle: now mounts can be included)

B + D +0.10

C + C +0.10

B + E +0.10

C + D +0.20

D + D or more difficult +0.20

**2. Connections of at least three (3) acrobatic flight elements  
(Applies to mount, dismount and connections within the exercise)**

|   |              |
|---|--------------|
| <b>B + B + C</b>  | <b>+0.10</b> |
| <b>(now includes Flic-Flac step-out, Flic-Flac step-out, Layout step-out)</b> |              |
| <b>B + C + C</b>  | <b>+0.10</b> |
| <b>B + B + D</b>  | <b>+0.20</b> |
| <b>B + C + D or more difficult</b>  | <b>+0.20</b> |
| <b>C + C + C</b>  | <b>+0.20</b> |
| <b>B + C + C + C</b>  | <b>+0.20</b> |

**3. Connections of two:**

- ◆ **Dance elements, or**
- ◆ **Dance/Acrobatic elements (or the reverse)**

**(Applies to mount and connections within the exercise)**

|                                |              |
|--------------------------------|--------------|
| <b>A + D</b>                   | <b>+0.10</b> |
| <b>B + C</b>                   | <b>+0.10</b> |
| <b>B + D</b>                   | <b>+0.20</b> |
| <b>C + C or more difficult</b> | <b>+0.20</b> |

## **C. FLOOR EXERCISE**

**1. Indirect acrobatic connections of two or more saltos or acro elements without hand support (aerials).**

- ◆ **C-Salto series:**

|                      |              |
|----------------------|--------------|
| <b>C + C</b>         | <b>+0.10</b> |
| <b>A/B + A/B + C</b> | <b>+0.10</b> |

- ◆ **D-Salto series**

|                                 |              |
|---------------------------------|--------------|
| <b>A + D</b>                    | <b>+0.10</b> |
| <b>A + A + D</b>                | <b>+0.10</b> |
| <b>B + D</b>                    | <b>+0.20</b> |
| <b>A/B + B + D</b>              | <b>+0.20</b> |
| <b>C + D, or more difficult</b> | <b>+0.20</b> |

**2. Direct Connection of two or more saltos or acro elements with flight and without hand support.**

|                                 |              |
|---------------------------------|--------------|
| <b>A + C</b>                    | <b>+0.10</b> |
| <b>B + C</b>                    | <b>+0.10</b> |
| <b>A + A + C</b>                | <b>+0.10</b> |
| <b>A/B + D</b>                  | <b>+0.20</b> |
| <b>A + A + D</b>                | <b>+0.20</b> |
| <b>C + C, or more difficult</b> | <b>+0.20</b> |

**3. Connections of two dance elements or two dance/acrobatic elements (or reversed):**

|                                |              |
|--------------------------------|--------------|
| <b>C + C</b>                   | <b>+0.10</b> |
| <b>B + D</b>                   | <b>+0.10</b> |
| <b>C + D or more difficult</b> | <b>+0.20</b> |

**Specific examples of connection values and additional information can be found in the *2001 Jr. Olympic Technical Handbook for Coaches and Judges*.**

# ***ERRATA - 2001 FIG CODE OF POINTS***

## ***Jr. Olympic Section***

*April 27, 2001*

Please make the following corrections to the Jr. Olympic section found at the back of the *2001 FIG Code of Points*:

### **LIST OF ELEMENT VALUES FOR J.O. THAT DIFFER FROM FIG:**

#### **BEAM:**

Add to list:

#2.102 - Side straddle jump from cross or side position with minimum straddle split angle of 150°)

**Delete this element, as described, for the J.O. Program.**

*Note: The J.O. Program will recognize it as a "C" element (S2.302) and the appropriate insufficient split deductions, as found in the FIG Code-Technical Directives, Article 7 will be applied.*

### **Principles for Additive Value (Bonus) for use in the Jr. Olympic Levels 9 & 10**

#### **B. BALANCE BEAM**

1. Connection of two (2) or more acrobatic flight elements (excluding dismounts)  
This is a slight change from last cycle: now mounts can be included)

Change  $B + E = +0.10$  to:

$B + E = +0.20$

#### **C. FLOOR EXERCISE**

1. Indirect acrobatic connections of two or more saltos or acro elements without hand support (aerials).

D-Salto series

Change  $A + A + D = +0.10$  to:

$A/B + A/B + D = +0.10$

Change  $B + D = +0.20$  to:

$B + D = +0.10$

Delete  $A/B + B + D = +0.20$

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