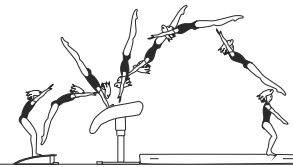

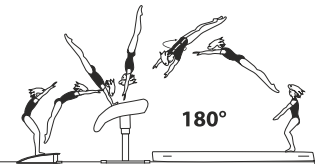
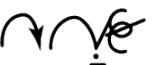
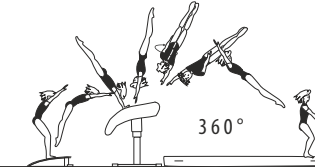
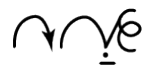
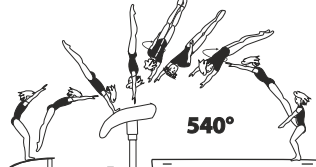

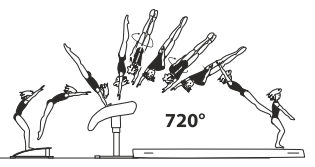

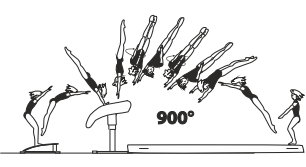

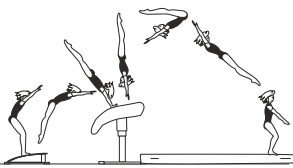

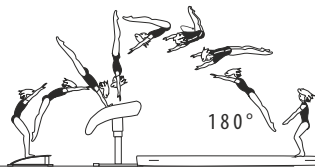

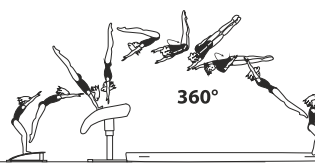



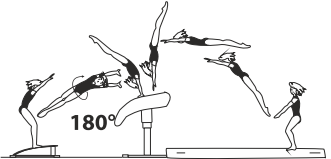
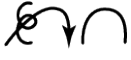
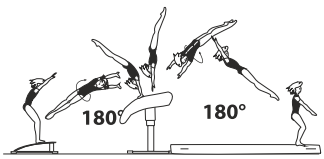

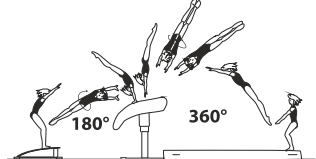

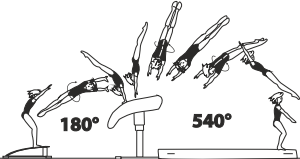

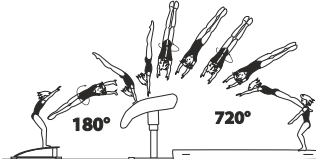
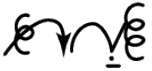
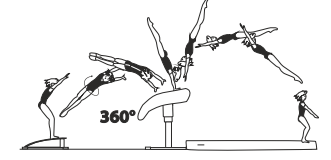

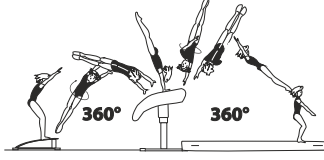

# VAULT TABLE Elements

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

1.00	1.01	1.02	1.03	1.04	1.05
<p><i>Handspring fwd</i></p> <p style="text-align: right;"><b>1.60 P.</b></p>  	<p><i>Handspring fwd on – ½ turn (180°) off</i></p> <p style="text-align: right;"><b>2.00 P.</b></p>  <p style="text-align: center;">180°</p> 	<p><i>Handspring fwd on – 1/1 turn (360°) off</i></p> <p style="text-align: right;"><b>2.60 P.</b></p>  <p style="text-align: center;">360°</p> 	<p><i>Handspring fwd on – 1½ turn (540°) off (Kim)</i></p> <p style="text-align: right;"><b>3.20 P.</b></p>  <p style="text-align: center;">540°</p> 	<p><i>Handspring fwd on – 2/1 turn (720°) off</i></p> <p style="text-align: right;"><b>3.60 P.</b></p>  <p style="text-align: center;">720°</p> 	<p><i>Handspring fwd on – 2½ turn (900°) off</i></p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">900°</p> 
1.10	1.11	1.12	1.13	1.14	1.15
<p><i>Yamashita</i></p> <p style="text-align: right;"><b>2.00 P.</b></p>  	<p><i>Yamashita with ½ turn (180°) off</i></p> <p style="text-align: right;"><b>2.40 P.</b></p>  <p style="text-align: center;">180°</p> 	<p><i>Yamashita with 1/1 turn (360°) off</i></p> <p style="text-align: right;"><b>2.80 P.</b></p>  <p style="text-align: center;">360°</p> 			

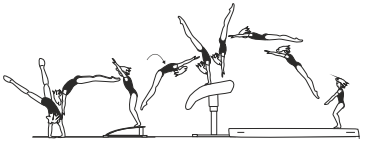
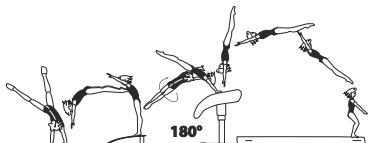
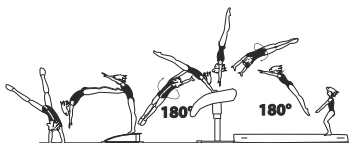
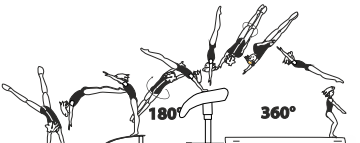
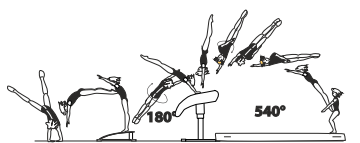
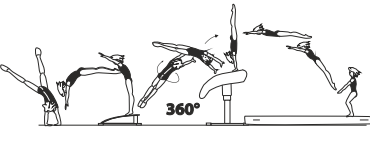
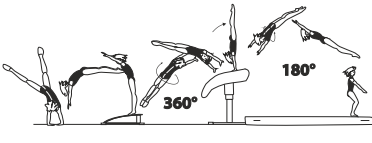
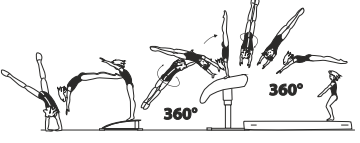


**GROUP 1 – HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1<sup>ST</sup> AND/OR 2<sup>ND</sup> FLIGHT PHASE**

1.20	1.21	1.22	1.23	1.24	1.25
<p>Handspring fwd with ½ turn (180°) on – repulsion off</p> <p style="text-align: right;"><b>1.60 P.</b></p>  	<p>Handspring fwd with ½ turn (180°) on – ½ turn (180°) off (in either direction)</p> <p style="text-align: right;"><b>2.40 P.</b></p>  	<p>Handspring fwd with ½ turn (180°) on – 1/1 turn (360°) off</p> <p style="text-align: right;"><b>2.60 P.</b></p>  	<p>Handspring fwd with ½ turn (180°) on – 1½ turn (540°) off</p> <p style="text-align: right;"><b>3.20 P.</b></p>  	<p>Handspring fwd with ½ turn (180°) on – 2/1 turn (720°) off</p> <p style="text-align: right;"><b>3.60 P.</b></p>  	
<p>1.30</p> <p>Handspring fwd with 1/1 turn (360°) on – Handspring fwd off</p> <p style="text-align: right;"><b>3.20 P.</b></p>  	<p>1.31</p> <p>Handspring fwd with 1/1 turn (360°) on – 1/1 turn (360°) off (Korbut)</p> <p style="text-align: right;"><b>3.60 P.</b></p>  	<p>1.32</p>	<p>1.33</p>	<p>1.34</p>	<p>1.35</p>

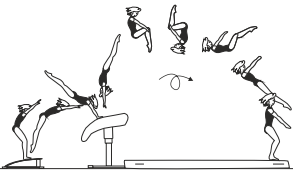

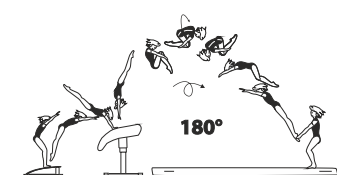
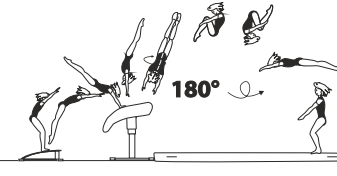

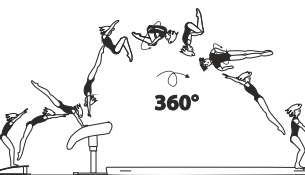
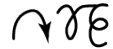
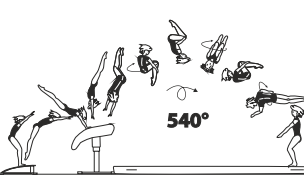
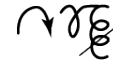
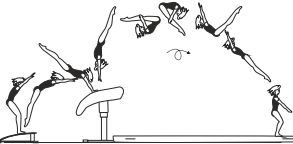
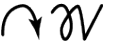
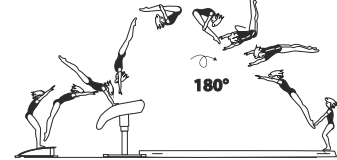
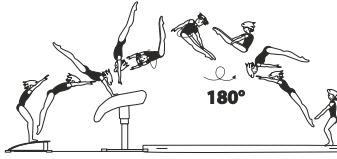

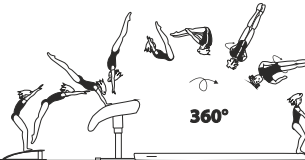



**GROUP 1 – HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1<sup>ST</sup> AND/OR 2<sup>ND</sup> FLIGHT PHASE**

<p><b>1.40</b> Round-off, flic-flac on – repulsion off <b>2.00 P.</b></p>  <p><i>kn</i></p>	<p><b>1.41</b></p>	<p><b>1.42</b></p>	<p><b>1.43</b></p>	<p><b>1.44</b></p>	<p><b>1.45</b></p>
<p><b>1.50</b> Round-off, flic-flac with ½ turn (180°) on – Handspring fwd off <b>2.20 P.</b></p>  <p><i>kn</i></p>	<p><b>1.51</b> Round-off, flic-flac with ½ turn (180°) on – ½ turn (180°) off <b>2.60 P.</b></p>  <p><i>kn</i></p>	<p><b>1.52</b> Round-off, flic-flac with ½ turn (180°) on – 1/1 turn (360°) off <b>3.00 P.</b></p>  <p><i>kn</i></p>	<p><b>1.53</b> Round-off, flic-flac with ½ turn (180°) on – 1½ turn (540°) off <b>3.40 P.</b></p>  <p><i>kn</i></p>	<p><b>1.54</b></p>	<p><b>1.55</b></p>
<p><b>1.60</b> Round-off, flic-flac with 1/1 turn (360°) on – repulsion off <b>2.40 P.</b></p>  <p><i>kn</i></p>	<p><b>1.61</b> Round-off, flic-flac with 1/1 turn (360°) on – ½ turn (180°) off <b>2.80 P.</b></p>  <p><i>kn</i></p>	<p><b>1.62</b> Round-off, flic-flac with 1/1 turn (360°) on – 1/1 turn (360°) off <b>3.20 P.</b></p>  <p><i>kn</i></p>	<p><b>1.63</b></p>	<p><b>1.64</b></p>	<p><b>1.65</b></p>



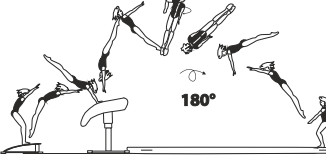

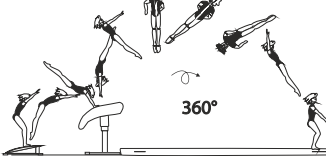

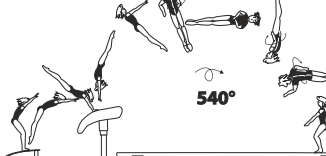

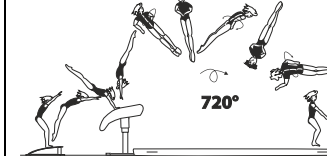



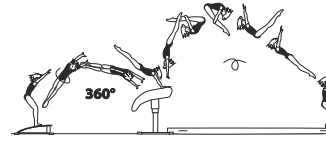
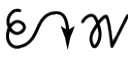
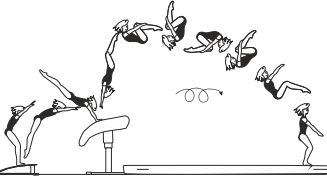
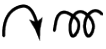


**GROUP 2 – HANDSPRING FWD WITH/WITHOUT 1/1 TURN (360°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT TWIST IN 2<sup>ND</sup> FLIGHT PHASE**

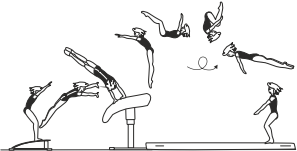
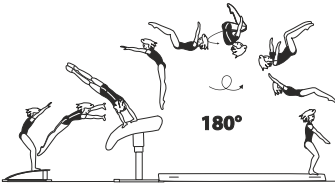
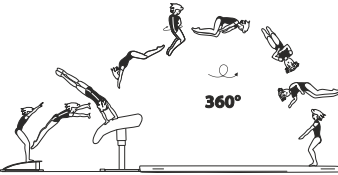
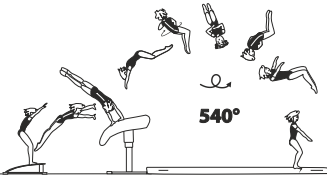
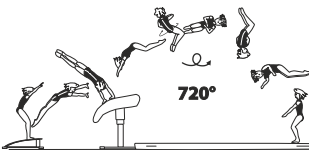
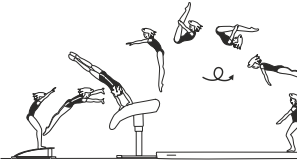
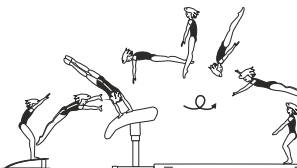
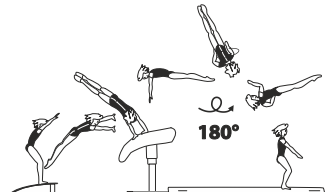
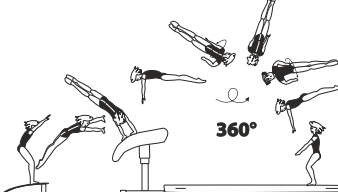
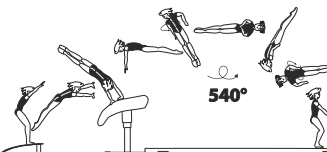
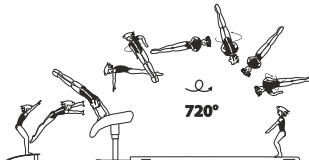
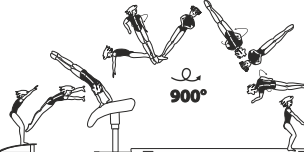
2.10	2.11	2.12	2.13	2.14	2.15
<p><i>Handspring fwd on – tucked salto fwd off</i></p> <p style="text-align: right;"><b>3.60 P.</b></p>  	<p><i>Handspring fwd on – tucked salto fwd with ½ twist (180°) off, also – ½ turn (180°) and tucked salto bwd off</i></p> <p style="text-align: right;"><b>3.80 P.</b></p>  <p style="text-align: center;">180°</p>  <p style="text-align: center;">180°</p> 	<p><i>Handspring fwd on – tucked salto fwd with 1/1 twist (360°) off</i></p> <p style="text-align: right;"><b>4.20 P.</b></p>  <p style="text-align: center;">360°</p> 	<p><i>Handspring fwd on – tucked salto fwd with 1½ twist (540°) off</i></p> <p style="text-align: right;"><b>4.60 P.</b></p>  <p style="text-align: center;">540°</p> 		
2.20	2.21	2.22	2.23	2.24	2.25
<p><i>Handspring fwd on – piked salto fwd off</i></p> <p style="text-align: right;"><b>3.80 P.</b></p>  	<p><i>Handspring fwd on – piked salto fwd with ½ twist (180°) off, also – ½ turn (180°) and piked salto bwd off</i></p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">180°</p>  <p style="text-align: center;">180°</p> 	<p><i>Handspring fwd on – piked salto fwd with 1/1 twist (360°) off (Chusovitina)</i></p> <p style="text-align: right;"><b>4.40 P.</b></p>  <p style="text-align: center;">360°</p> 			



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




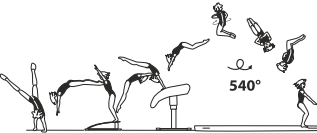
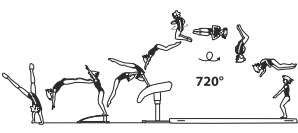

<p><b>2.30</b> Handspring fwd on – stretched salto fwd off (Evdokimova) <b>4.40 P.</b></p>  	<p><b>2.31</b> Handspring fwd on – stretched salto fwd with ½ twist (180°) off (Wang) <b>4.60 P.</b></p>  	<p><b>2.32</b> Handspring fwd on – stretched salto fwd with 1/1 twist (360°) off <b>5.00 P.</b></p>  	<p><b>2.33</b> Handspring fwd on – stretched salto fwd with 1½ twist (540°) off (Chusovitina) <b>5.40 P.</b></p>  	<p><b>2.34</b> Handspring fwd on – stretched salto fwd with 2/1 twist (720°) off (Yeo) <b>5.80 P.</b></p>  	<p><b>2.35</b></p>
<p><b>2.40</b> Handspring fwd with 1/1 turn (360°) on – tucked salto fwd off (Davydova) <b>4.80 P.</b></p>  	<p><b>2.41</b> Handspring fwd with 1/1 turn (360°) on – piked salto fwd off <b>5.20 P.</b></p>  	<p><b>2.42</b></p>	<p><b>2.43</b></p>	<p><b>2.44</b></p>	<p><b>2.45</b></p>
<p><b>2.50</b> Handspring fwd on – tucked double salto fwd off (Produnova) <b>6.00 P.</b></p>  	<p><b>2.51</b></p>	<p><b>2.52</b></p>	<p><b>2.53</b></p>	<p><b>2.54</b></p>	<p><b>2.55</b></p>

**GROUP 3 – HANDSPRING WITH ¼ - ½ TURN (90°-180°) IN 1<sup>ST</sup> FLIGHT PHASE (TSUKAHARA) – SALTO BWD WITH/WITHOUT TWIST IN 2<sup>ND</sup> FLIGHT PHASE**

<p><b>3.10</b> Tsukahara tucked (Tourischeva)</p> <p><b>3.20 P.</b></p>  <p><i>ew</i></p>	<p><b>3.11</b> Tsukahara tucked with ½ twist (180°) off</p> <p><b>3.40 P.</b></p>  <p><i>ewef</i></p>	<p><b>3.12</b> Tsukahara tucked with 1/1 twist (360°) off (Kim)</p> <p><b>3.80 P.</b></p>  <p><i>ewef</i></p>	<p><b>3.13</b> Tsukahara tucked with 1½ twist (540°) off</p> <p><b>4.20 P.</b></p>  <p><i>ewef</i></p>	<p><b>3.14</b> Tsukahara tucked with 2/1 twist (720°) off</p> <p><b>4.60 P.</b></p>  <p><i>ewef</i></p>	
<p><b>3.20</b> Tsukahara piked</p> <p><b>3.40 P.</b></p>  <p><i>ewer</i></p>					
<p><b>3.30</b> Tsukahara stretched</p> <p><b>3.80 P.</b></p>  <p><i>ewel</i></p>	<p><b>3.31</b> Tsukahara stretched with ½ twist (180°) off</p> <p><b>4.00 P.</b></p>  <p><i>ewel</i></p>	<p><b>3.32</b> Tsukahara stretched with 1/1 twist (360°) off (Kim)</p> <p><b>4.40 P.</b></p>  <p><i>ewel</i></p>	<p><b>3.33</b> Tsukahara stretched with 1½ twist (540°) off</p> <p><b>4.80 P.</b></p>  <p><i>ewel</i></p>	<p><b>3.34</b> Tsukahara stretched with 2/1 twist (720°) off (Zamolodchikova)</p> <p><b>5.20 P.</b></p>  <p><i>ewel</i></p>	<p><b>3.35</b> Tsukahara stretched with 2½ twist (900°) off</p> <p><b>5.60 P.</b></p>  <p><i>ewel</i></p>





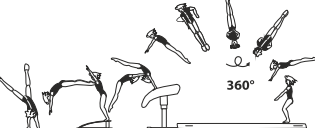
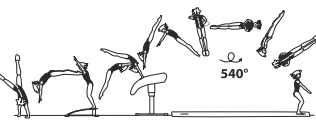
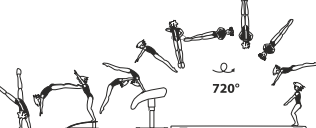
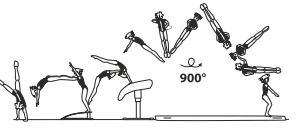
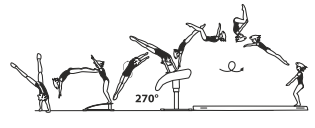
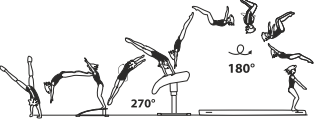
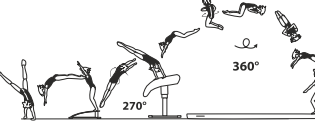
**GROUP 4 – ROUND-OFF (YURCHENKO) WITH/WO ¾ TURN (270°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO BWD WITH/WITHOUT TWIST IN 2<sup>ND</sup> FLIGHT PHASE**

4.10	4.11	4.12	4.13	4.14	4.15
<p>Round-off, flic-flac on – tucked salto bwd off (Yurchenko)</p> <p style="text-align: right;"><b>3.00 P.</b></p>  <p style="text-align: center;">kru</p>	<p>Round-off, flic-flac on – tucked salto bwd with ½ twist (180°) off</p> <p style="text-align: right;"><b>3.20 P.</b></p>  <p style="text-align: center;">kru<sub>180</sub></p>	<p>Round-off, flic-flac on - tucked salto bwd with 1/1 twist (360°) off</p> <p style="text-align: right;"><b>3.60 P.</b></p>  <p style="text-align: center;">kru<sub>360</sub></p>	<p>Round-off, flic-flac on – tucked salto bwd with 1½ twist (540°) off</p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">kru<sub>540</sub></p>	<p>Round-off, flic-flac on – tucked salto bwd with 2/1 twist (720°) off (Dungelova)</p> <p style="text-align: right;"><b>4.40 P.</b></p>  <p style="text-align: center;">kru<sub>720</sub></p>	
4.20	4.21	4.22	4.23	4.24	4.25
<p>Round-off, flic-flac on – piked salto bwd off</p> <p style="text-align: right;"><b>3.20 P.</b></p>  <p style="text-align: center;">kru<sub>p</sub></p>					



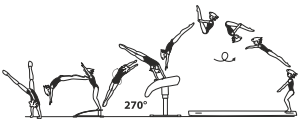
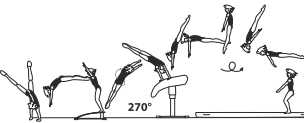
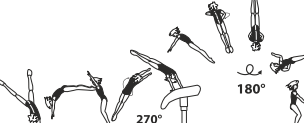
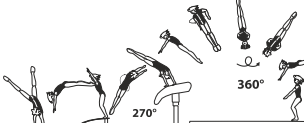



**GROUP 4 – ROUND-OFF (YURCHENKO) WITH/NO ¾ TURN (270°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO BWD WITH/WITHOUT TWIST IN 2<sup>ND</sup> FLIGHT PHASE**

<p><b>4.30</b> Round-off, flic-flac on – stretched salto bwd off</p> <p><b>3.60 P.</b></p>  <p><i>knw</i></p>	<p><b>4.31</b> Round-off, flic-flac on – stretched salto bwd with ½ twist (180°) off</p> <p><b>3.80 P.</b></p>  <p><i>knw½</i></p>	<p><b>4.32</b> Round-off, flic-flac on – stretched salto bwd with 1/1 twist (360°) off</p> <p><b>4.20 P.</b></p>  <p><i>knw1</i></p>	<p><b>4.33</b> Round-off, flic-flac on – stretched salto bwd with 1½ twist (540°) off</p> <p><b>4.60 P.</b></p>  <p><i>knw1½</i></p>	<p><b>4.34</b> Round-off, flic-flac on – stretched salto bwd with 2/1 twist (720°) off (Baitova)</p> <p><b>5.00 P.</b></p>  <p><i>knw2</i></p>	<p><b>4.35</b> Round-off, flic-flac on – stretched salto bwd with 2½ twist (900°) off (Amanar)</p> <p><b>5.40 P.</b></p>  <p><i>knw2½</i></p>
<p><b>4.40</b> Round-off, flic-flac with ¾ turn (270°) on – tucked salto bwd off (Luconi)</p> <p><b>3.60 P.</b></p>  <p><i>knw¾</i></p>	<p><b>4.41</b> Round-off, flic-flac with ¾ turn (270°) on – tucked salto bwd with ½ twist (180°) off</p> <p><b>4.00 P.</b></p>  <p><i>knw¾½</i></p>	<p><b>4.42</b> Round-off, flic-flac with ¾ turn (270°) on – tucked salto bwd with 1/1 twist (360°) off</p> <p><b>4.20 P.</b></p>  <p><i>knw¾1</i></p>	<p><b>4.43</b></p>	<p><b>4.44</b></p>	<p><b>4.45</b></p>

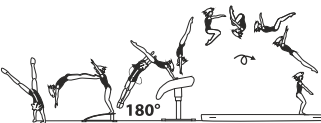
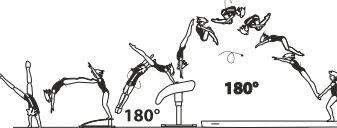
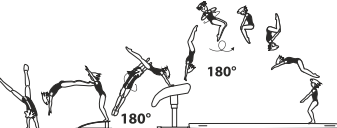
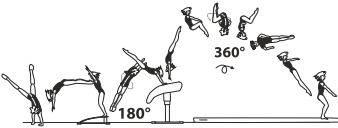
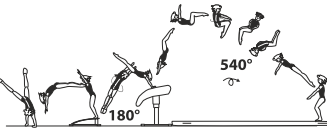
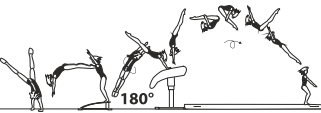
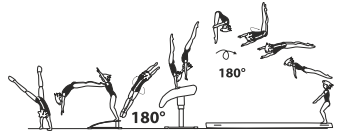
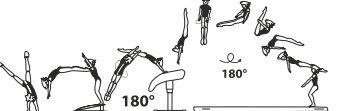
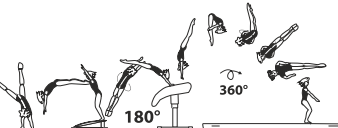


**GROUP 4 – ROUND-OFF (YURCHENKO) WITH/WO ¾ TURN (270°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO BWD WITH/WITHOUT TWIST IN 2<sup>ND</sup> FLIGHT PHASE**

4.50	4.51	4.52	4.53	4.54	4.55
<p>Round-off, flic-flac ¾ turn (270°) on – piked salto bwd off</p> <p style="text-align: right;"><b>3.80 P.</b></p>  <p style="text-align: center;">Kernel</p>	<p>Round-off, flic-flac with ¾ turn (270°) on – stretched salto bwd off</p> <p style="text-align: right;"><b>4.20 P.</b></p>  <p style="text-align: center;">Kernel</p>	<p>Round-off, flic-flac with ¾ turn (270°) on – stretched salto bwd with ½ twist (180°) off</p> <p style="text-align: right;"><b>4.60 P.</b></p>  <p style="text-align: center;">Kernel</p>	<p>Round-off, flic-flac with ¾ turn (270°) on – stretched salto bwd with 1/1 twist (360°) off</p> <p style="text-align: right;"><b>5.00 P.</b></p>  <p style="text-align: center;">Kernel</p>		
4.60	4.61	4.62	4.63	4.64	4.65
		<p>Round-off, flic-flac on –double piked salto bwd off (Biles)</p> <p style="text-align: right;"><b>6.40 P.</b></p>  <p style="text-align: center;">Kernel</p>			

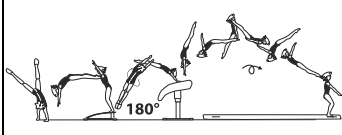
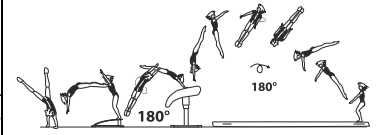
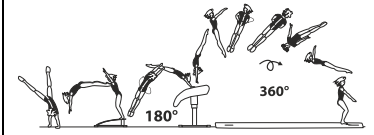
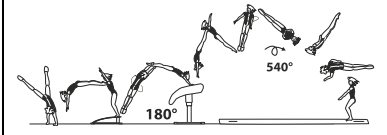
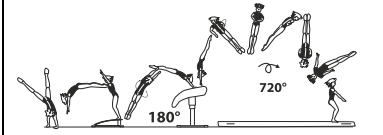


**GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1<sup>ST</sup> FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT TWIST IN 2<sup>ND</sup> FLIGHT PHASE**

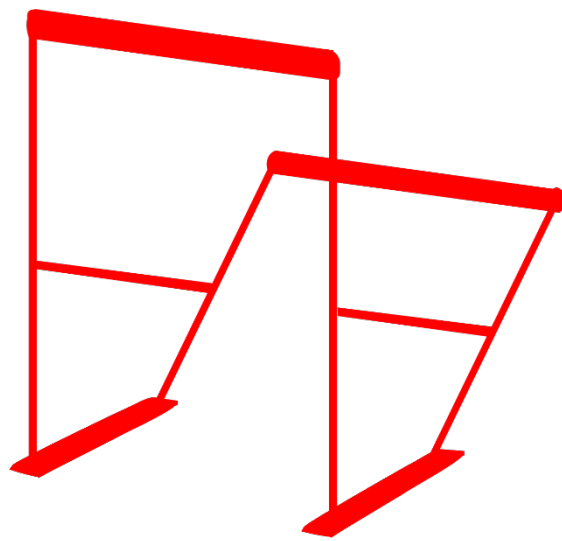
5.10	5.11	5.12	5.13	5.14	5.15
<p>Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd off <b>(Ivantcheva)</b></p> <p style="text-align: right;"><b>3.80 P.</b></p>  <p style="text-align: center;">Kevr</p>	<p>Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd with ½ twist (180°) off, also – ½ turn (180°) and tucked salto bwd off <b>(Servente)</b></p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">Kevrte</p>  <p style="text-align: center;">Kevrte</p>	<p>Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd with 1/1 twist (360°) off</p> <p style="text-align: right;"><b>4.40 P.</b></p>  <p style="text-align: center;">Kevrte</p>	<p>Round-off flic-flac with ½ turn (180°) on - tucked salto fwd with 1½ twist (540°) off <b>(Khorkina)</b></p> <p style="text-align: right;"><b>4.80 P.</b></p>  <p style="text-align: center;">Kevrte</p>		
<p>Round-off, flic-flac with ½ turn (180°) on – piked salto fwd off <b>(Omelianchik)</b></p> <p style="text-align: right;"><b>4.00 P.</b></p>  <p style="text-align: center;">Kevrv</p>	<p>Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with ½ twist (180°) off, also – ½ turn (180°) and piked salto bwd off <b>(Podkopayeva)</b></p> <p style="text-align: right;"><b>4.20 P.</b></p>  <p style="text-align: center;">Kevrvte</p>  <p style="text-align: center;">Kevrvte</p>	<p>Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with 1/1 twist (360°) off</p> <p style="text-align: right;"><b>4.60 P.</b></p>  <p style="text-align: center;">Kevrvte</p>			



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

5.30	5.31	5.32	5.33	5.34	5.35
<p>Round-off, flic-flac with ½ turn (180°) on – stretched salto fwd off</p>	<p>Round-off, flic-flac with ½ turn (180°) on – salto fwd stretched with ½ twist (180°) off</p>	<p>Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1/1 twist (360°) off</p>	<p>Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1½ twist (540°) off <b>(Cheng)</b></p>	<p>Round off flic-flac with ½ turn (180°) on – stretched salto fwd with 2/1 twist (720°) off <b>(Biles)</b></p>	
<p style="text-align: right;"><b>4.60 P.</b></p>	<p style="text-align: right;"><b>4.80 P.</b></p>	<p style="text-align: right;"><b>5.20P.</b></p>	<p style="text-align: right;"><b>5.60 P.</b></p>	<p style="text-align: right;"><b>6.00 P.</b></p>	
					
<p style="text-align: center; font-size: 2em;">Kerz</p>	<p style="text-align: center; font-size: 2em;">Kerze</p>	<p style="text-align: center; font-size: 2em;">Kerze</p>	<p style="text-align: center; font-size: 2em;">Kerze</p>	<p style="text-align: center; font-size: 2em;">Kerze</p>	

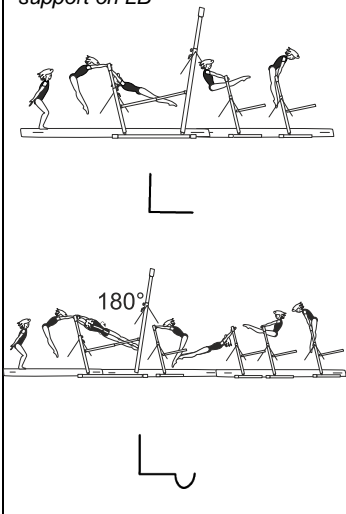
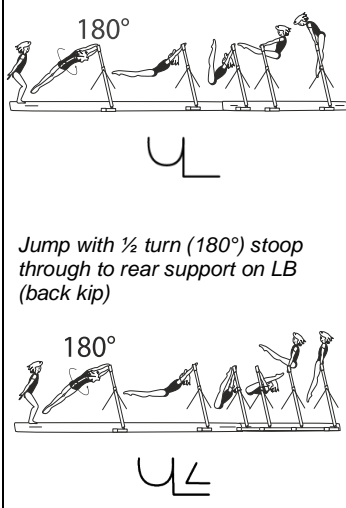
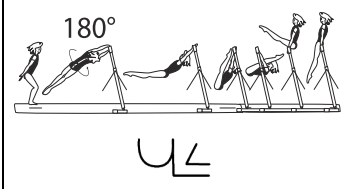
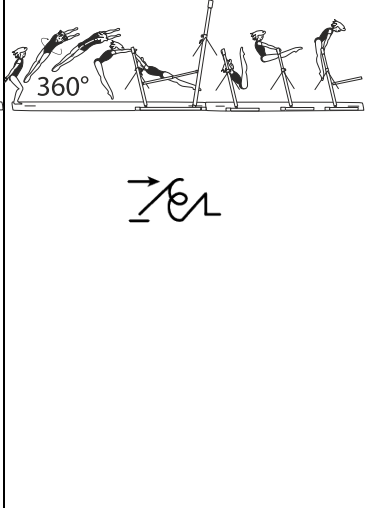




# UNEVEN BARS

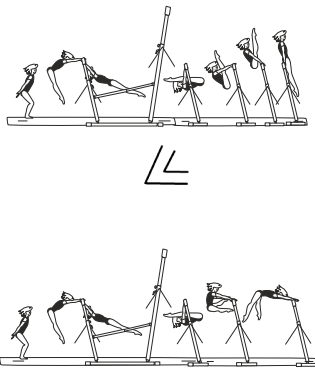
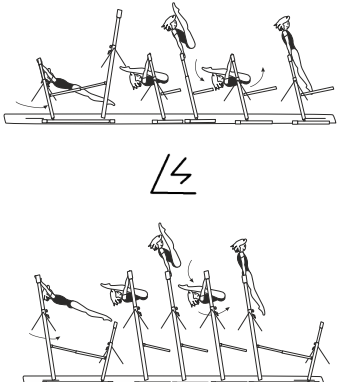


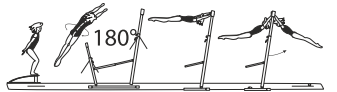
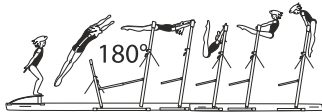
## Elements

**2.000 — CASTS AND CLEAR HIP CIRCLES**

A	B	C	D	E	F/G
<p><b>1.101</b>  <i>Glide kip to support on LB, or glide with ½ turn (180°) kip to support on LB</i></p> 					
<p><b>1.102</b>  <i>Jump with ½ turn (180°) kip to support on LB</i></p>  <p><i>Jump with ½ turn (180°) stoop through to rear support on LB (back kip)</i></p> 	<p><b>1.202</b>  <i>Jump with 1/1 turn (360°) and Glide kip to support on LB</i></p> 				

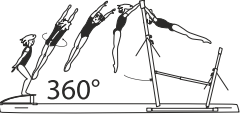

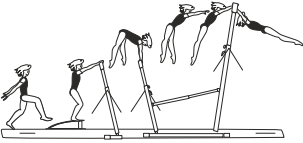

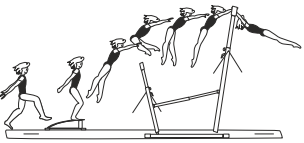

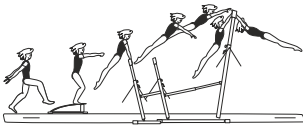

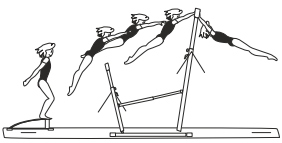

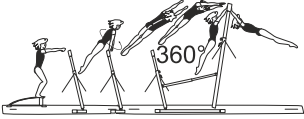



**2.000 — CASTS AND CLEAR HIP CIRCLES**

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



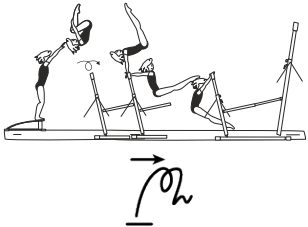
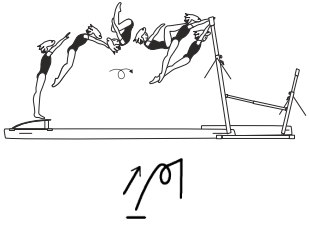
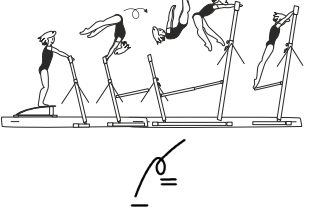
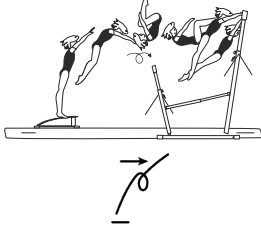
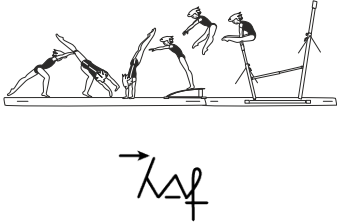

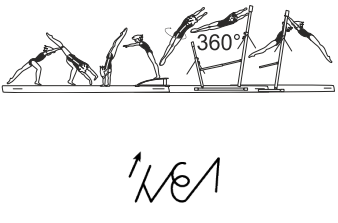
**2.000 — CASTS AND CLEAR HIP CIRCLES**

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









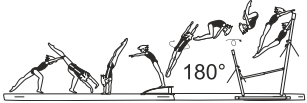
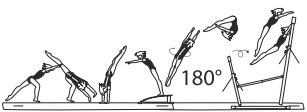



2.000 — CASTS AND CLEAR HIP CIRCLES

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

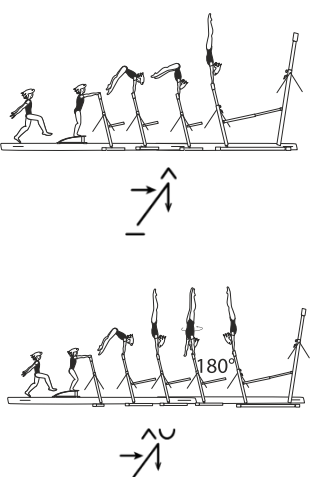
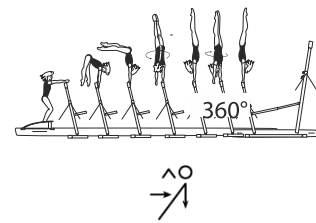
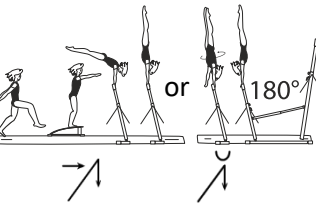
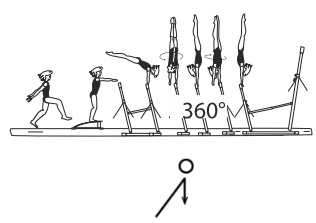
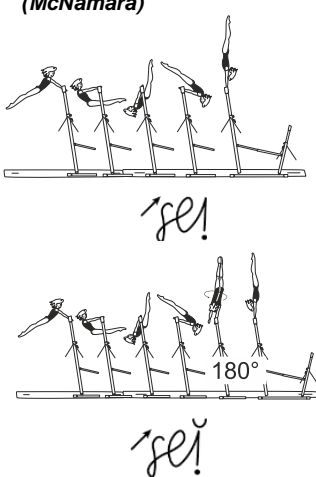


2.000 — CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
1.109	1.209	1.309	<p>1.409</p> <p>Round-off in front of LB – tucked salto bwd over LB to hang on LB <b>(Jentsch)</b></p>   <p>Round-off in front of LB, flic-flac through hstd phase on LB <b>(González)</b></p>  	<p>1.509</p> <p>Round-off in front of LB, flic-flac with 1/1 turn (360°) to clear support or through hstd phase on LB <b>(Gurova)</b></p>  	<p>1.609</p> <p>Round-off in front of LB – tucked arabian salto over LB to hang on HB without touching the LB</p>  <p>1.709</p> <p>Round-off in front of LB – piked arabian salto over LB to hang on HB without touching the LB</p>  

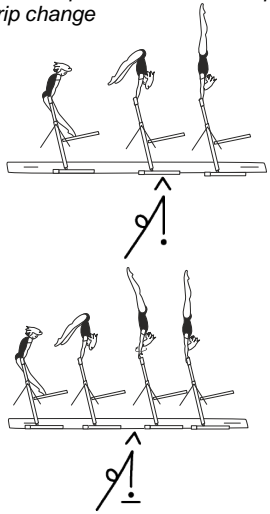
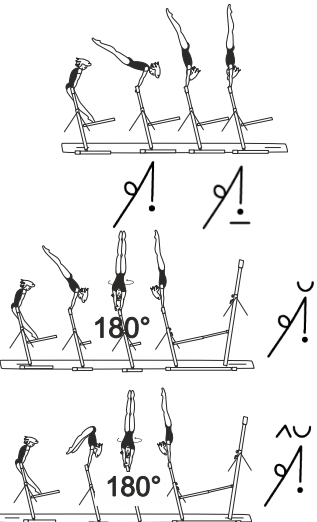
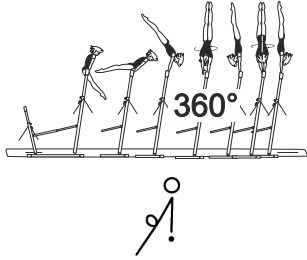
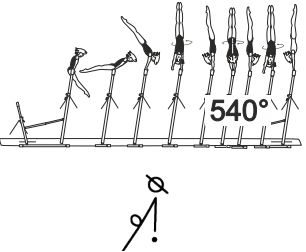
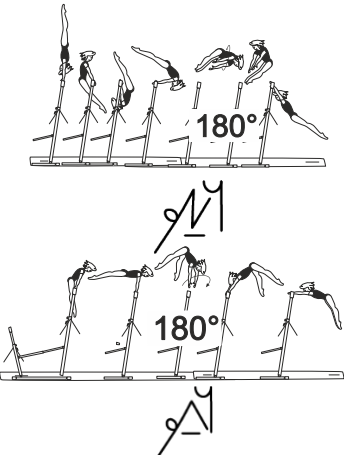
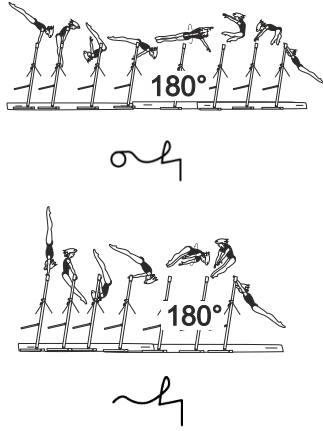


2.000 — CASTS AND CLEAR HIP CIRCLES

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

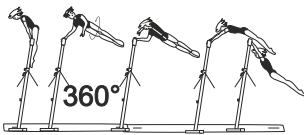



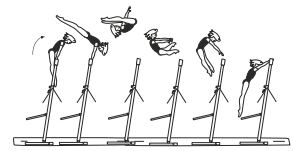

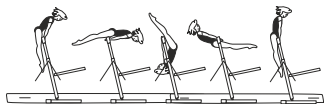

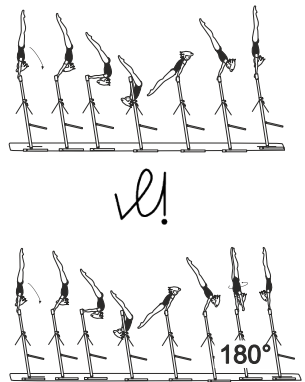


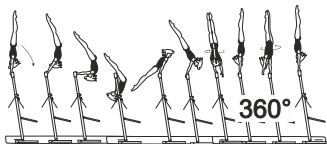



**2.000 — CASTS AND CLEAR HIP CIRCLES**

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

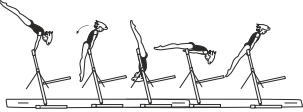
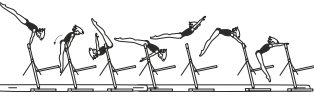
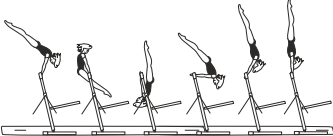
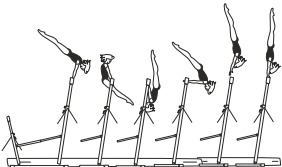
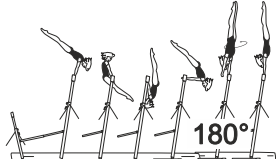
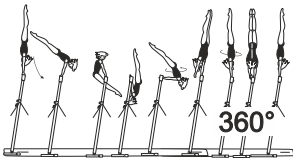
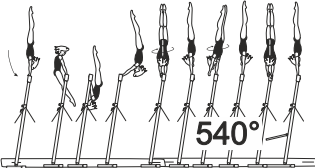


2.000 — CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p>2.103</p>	<p>2.203</p>	<p>2.303 From front support on HB – cast with release and 1/1 turn (360°) to hang on HB <b>(Caslavska)</b></p>  <p>360°</p> 	<p>2.403 From inner front support on LB – cast with salto roll fwd to hang on HB (Radochla roll) <b>(Radochla)</b></p>  	<p>2.503 Front support on HB – cast with salto fwd straddled to hang on HB (Comaneci salto) <b>(Comaneci)</b></p>  	<p>2.603</p>
<p>2.104 Hip circle fwd (hips touching bar)</p>  	<p>2.204</p>	<p>2.304</p>	<p>2.404 Clear hip circle fwd to hstd, also with 1/2 turn (180°) in hstd phase (Weiler-kip)</p>  <p>180°</p>  	<p>2.504 Clear hip circle fwd to hstd with 1/1 turn (360°) in hstd phase (Godwin)</p>  <p>360°</p> 	<p>2.604</p>

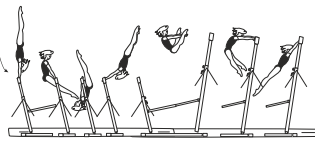
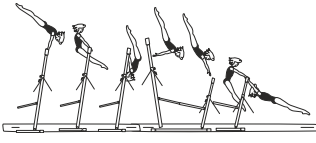
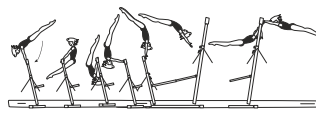
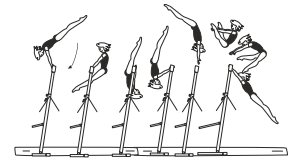
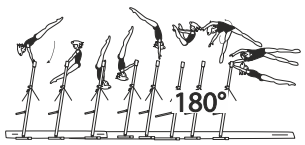
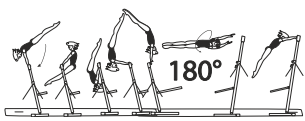
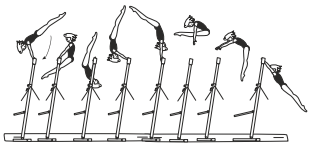
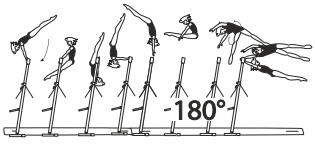


**2.000 — CASTS AND CLEAR HIP CIRCLES**

A	B	C	D	E	F/G
2.105	2.205	2.305	2.405	2.505	2.605
<p><i>Hip circle bwd (hips touching bar)</i></p>  <p>○</p> <p><i>Clear hip circle bwd or hip circle bwd on LB – hip repulsion (“false-pop”) – with regrasp on LB</i></p>  <p>~.</p>		<p><i>Clear hip circle to hstd, also with hop-grip change in hstd phase, or with ½ turn (180°) to hstd</i></p>  <p>ei!</p>  <p>ei!</p>  <p>180°</p> <p>ei!</p>	<p><i>Clear hip circle with 1/1 turn (360°) to hstd</i></p>  <p>360°</p> <p>ei!</p>	<p><i>Clear hip circle with 1½ turn (540°) to hstd</i></p>  <p>540°</p> <p>ei!</p>	

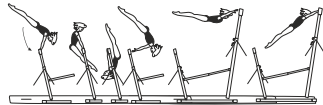

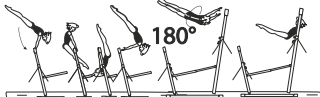



2.000 — CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
2.106	2.206	2.306	2.406	2.506	2.606
	<p>Clear underswing on LB, release and counter movement fwd in flight to hang on HB.</p>  <p style="text-align: center;"><i>lh</i></p>	<p>Clear hip circle bwd on HB with hecht to clear support on LB (Pedrick)</p>  <p style="text-align: center;"><i>h.</i></p>	<p>Inner front support on LB – clear hip circle through hstd with flight to hang on HB (Shaposhnikova)</p>  <p style="text-align: center;"><i>lh</i></p>	<p>Clear hip circle on HB, counter straddle over HB to hang on HB (Hindorff)</p>  <p style="text-align: center;"><i>lh</i> →</p> <p>Clear hip circle on HB with counter straddle over the HB with ½ turn (180°) to hang in mixed L grip (Martins)</p>  <p style="text-align: center;"><i>lh</i> →</p> <p>Clear hip circle through hstd with ½ turn (180°) in flight to hang on HB (Khorkina)</p>  <p style="text-align: center;"><i>lh</i> →</p>	<p>Clear hip circle on HB, counter pike over HB to hang on HB (Shang)</p>  <p style="text-align: center;"><i>lh</i> ↘</p> <p>Clear hip circle on HB, counter pike over HB with ½ turn (180°) to hang in mixed L grip (Black)</p>  <p style="text-align: center;"><i>lh</i> ↘</p>



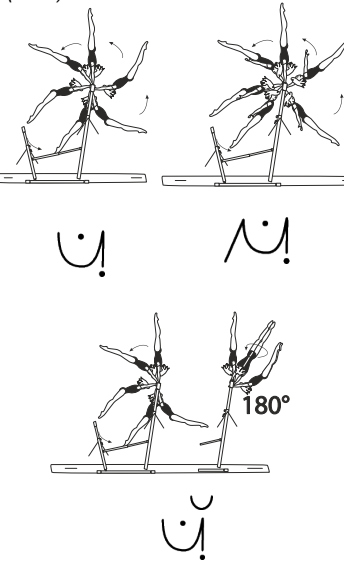
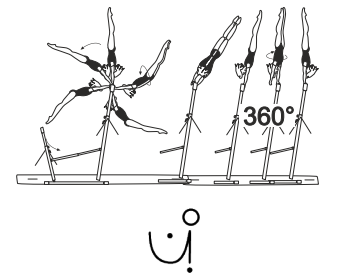
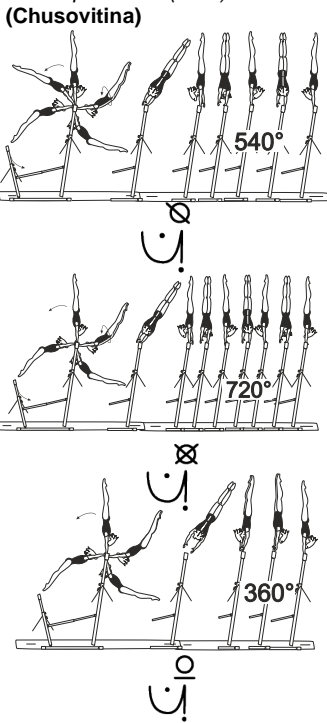
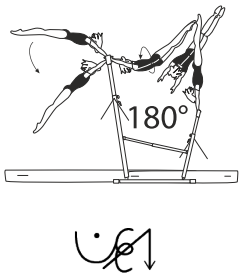
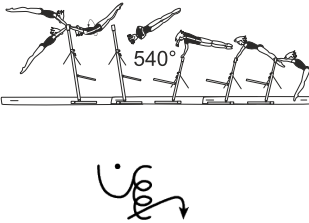
2.000 — CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
2.107	2.207	2.307	2.407	2.507	2.607
		<p>Outer front support – clear hip circle bwd on LB with hecht to hang on HB (Yarotska)</p>  	<p>Outer front support – clear hip circle bwd on LB with hecht with ½ turn (180°) to hang on HB (legs together or straddled)</p>  		



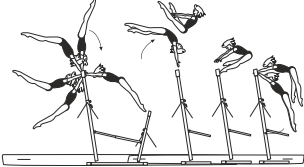

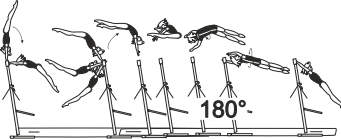

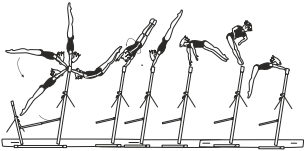

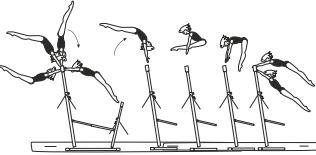

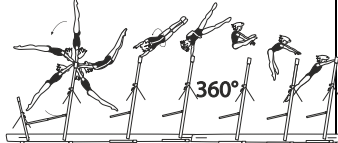



3.000 — GIANT CIRCLES

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


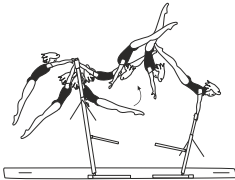
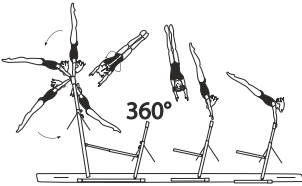



3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
3.103	3.203	3.303	3.403	3.503	3.603
			<p>Long swing fwd, counter straddle-reverse hecht over HB to hang (Tkatchev) <b>(Davydova)</b></p>   <p>Tkatchev with ½ turn (180°) <b>(Kononenko)</b></p>   <p>Swing fwd with ½ turn (180°), pike vault over HB to hang <b>(Monckton)</b></p>  	<p>Tkatchev piked</p>   <p>Long swing fwd with ½ turn (180°) - ½ turn (180°) to counter straddle in flight over HB to hang <b>(Shushunova)</b></p>  	

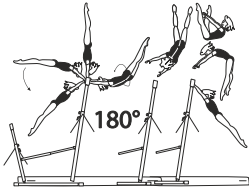
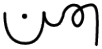
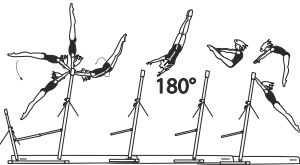
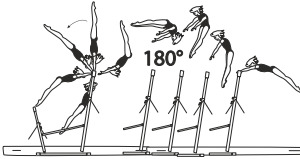

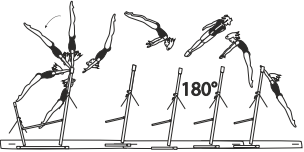
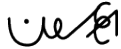
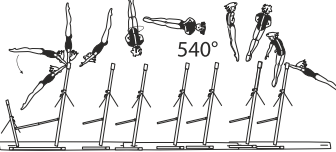



**3.000 — GIANT CIRCLES**

3.104 A	3.204 B	3.304 C	3.404 D	3.504 E	3.604 F/G
		<p>Hang on HB, facing LB – swing fwd and roll bwd (legs straddled) to clear support on LB</p>  <p style="text-align: center;">ĉ.</p>	<p>Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB</p> <p>(Pak)</p>  <p style="text-align: center;">e.</p>	<p>Pak Salto with 1/1 turn (360°)</p> <p>(Bhardwaj)</p>  <p style="text-align: center;">e.</p>	<p>Facing outward on HB - swing fwd and counter salto fwd with legs straddled to catch HB in reverse grip</p>  <p style="text-align: center;">7</p>

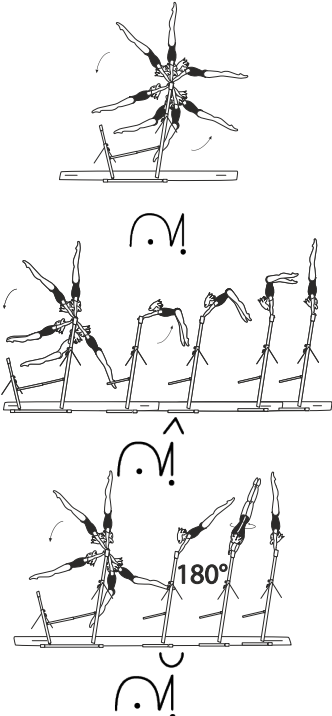
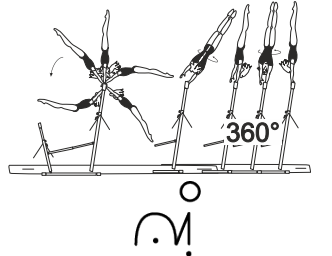
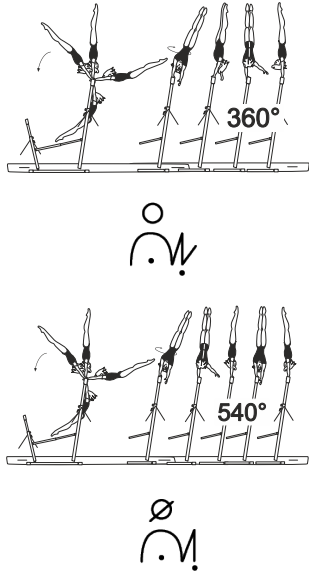
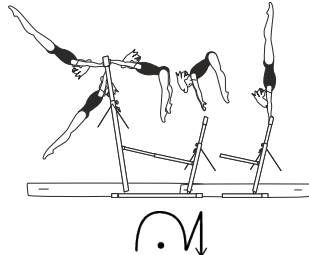
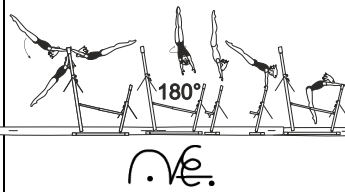


3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
3.105	3.205	3.305	3.405	3.505	3.605
			<p>Swing fwd with ½ turn (180°) and salto fwd straddled (Deltchev Salto), or piked</p>  <p>180°</p>  <p>(Moreno/Nakamura)</p>  <p>180°</p> <p>or swing fwd and salto bwd with ½ turn (180°) piked (Gienger Salto) – to hang on HB</p>  <p>180°</p> 	<p>Swing fwd and salto bwd with ½ turn (180°) stretched to hang on HB</p>  <p>180°</p> 	<p>3.705</p> <p>Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB</p> <p>(Hristakieva)</p>  <p>540°</p> 

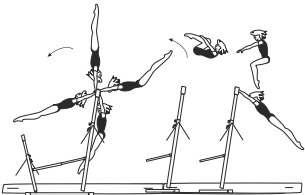
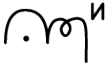
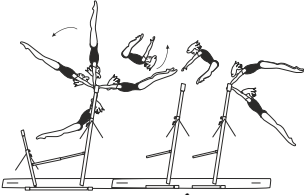
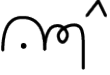
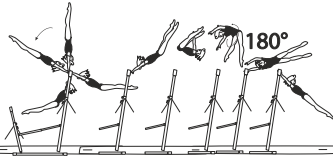
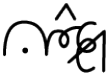
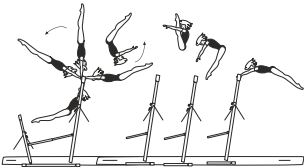
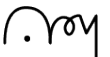
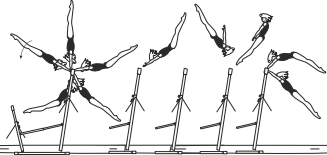
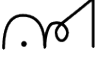
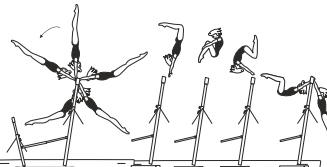



**3.000 — GIANT CIRCLES**

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

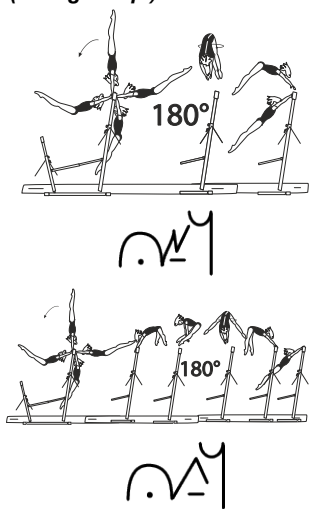
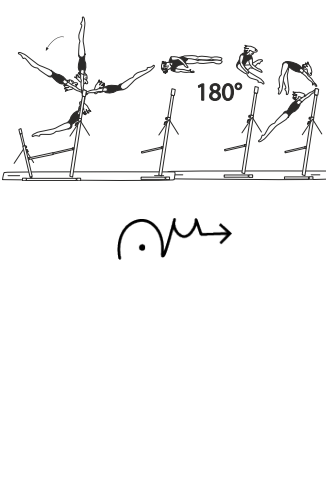
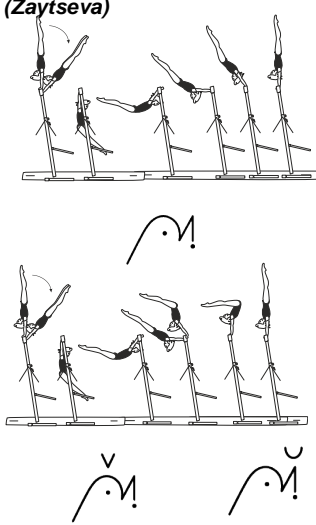
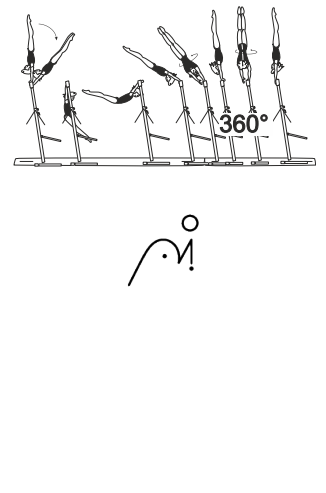
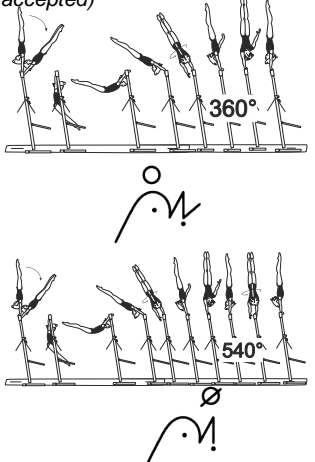


3.000 — GIANT CIRCLES

A	B	C	D	E	F/G
3.108	3.208	3.308	3.408	3.508	3.608
		<p data-bbox="792 197 1084 245">Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto)</p>  	<p data-bbox="1158 197 1449 245">Jaeger Salto straddled to hang on HB</p>   <p data-bbox="1158 568 1449 644">Jaeger Salto straddled with ½ turn (180°) to hang on HB (Li Ya)</p>   <p data-bbox="1158 951 1449 999">Jaeger Salto piked to hang on HB</p>  		<p data-bbox="1843 197 2134 268">Jaeger Salto stretched to hang on HB (Capuccitti)</p>   <p data-bbox="1843 911 2134 1023">3.708 Swing bwd with salto fwd tucked over HB to hang on HB (Mo)</p>  

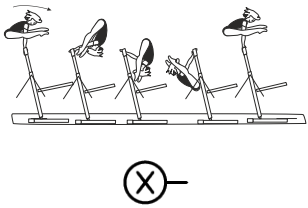
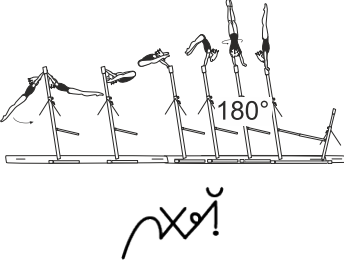
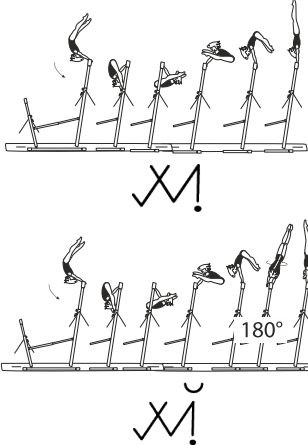
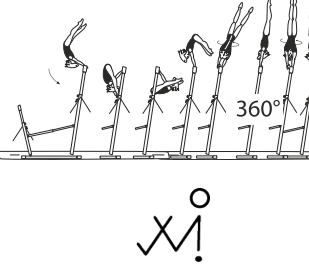
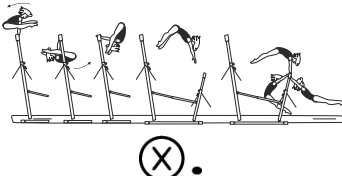
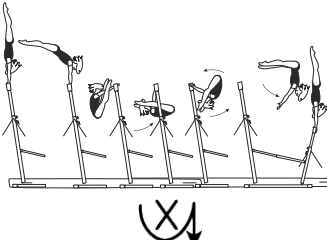
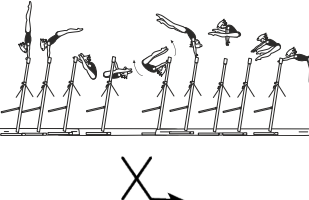
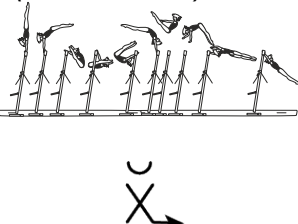
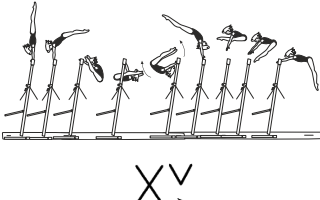


**3.000 — GIANT CIRCLES**

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



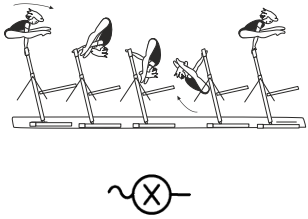
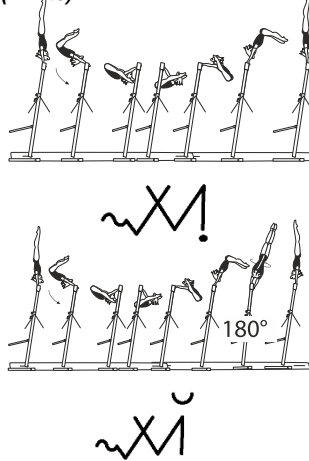
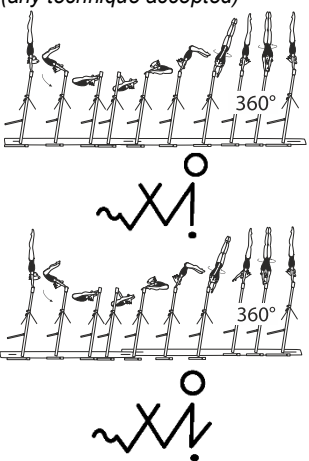
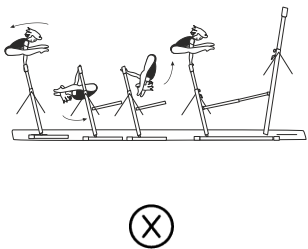
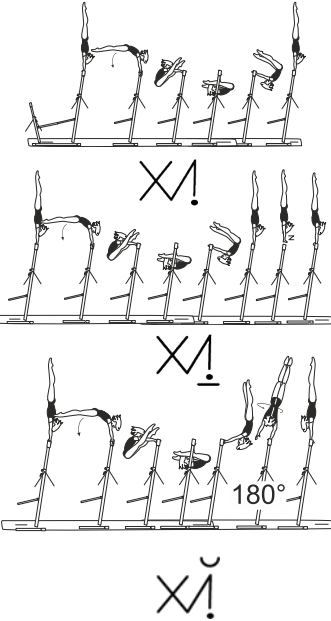
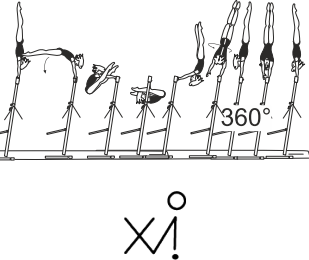
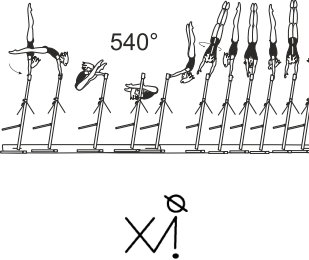
4.000 — STALDER CIRCLES

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



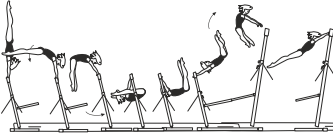

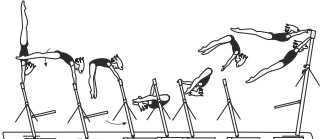



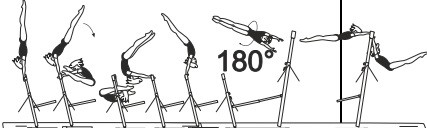



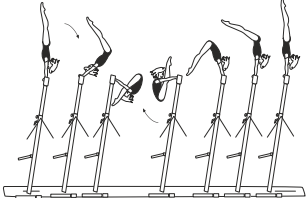

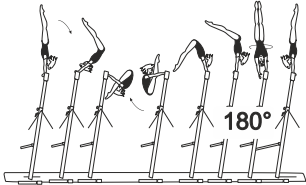

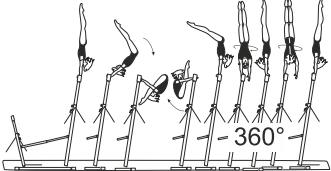



**4.000 — STALDER CIRCLES**

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

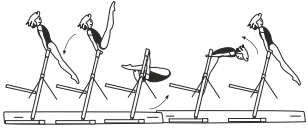

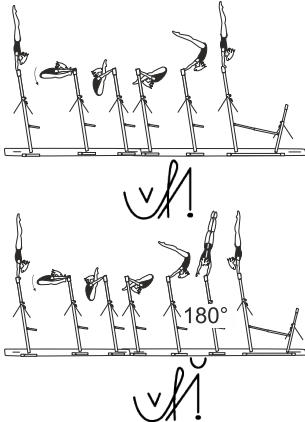
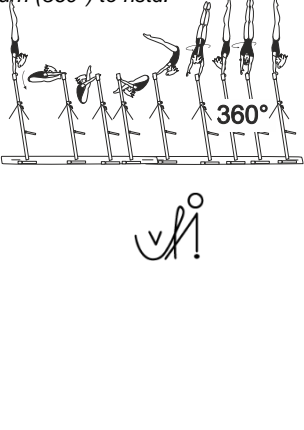
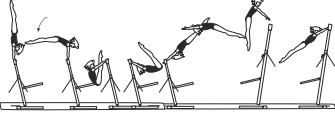

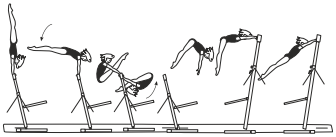

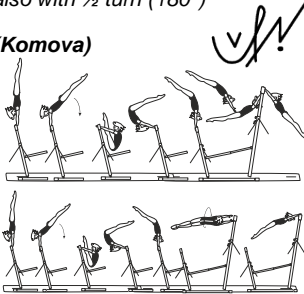
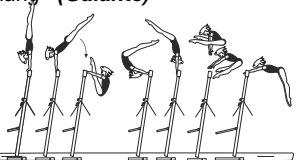
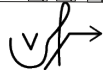
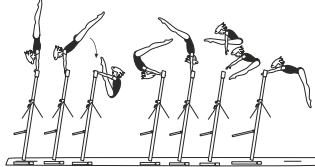

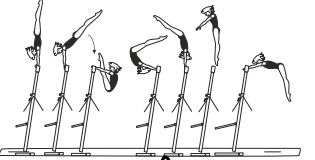



**4.000 — STALDER CIRCLES**

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



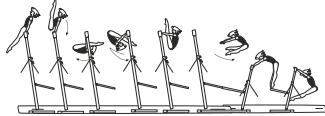

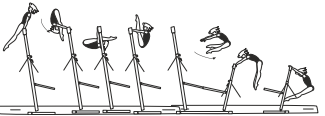



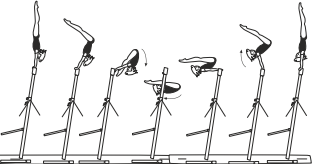

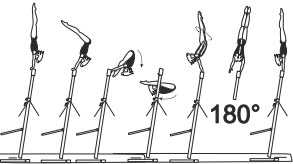



4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p><b>4.107</b> Rear support – seat (pike) circle bwd to rear support</p>  	<p><b>4.207</b></p>	<p><b>4.307</b></p>	<p><b>4.407</b> Clear pike circle bwd to hstd, also with ½ turn (180°) to hstd</p> 	<p><b>4.507</b> Clear pike circle bwd with 1/1 turn (360°) to hstd.</p> 	<p><b>4.607</b></p>
<p><b>4.108</b></p>	<p><b>4.208</b> Clear pike circle bwd on LB with counter flight to hang on HB</p>  	<p><b>4.308</b> Clear pike circle bwd on LB with hecht flight to hang on HB (Zgoba)</p>  	<p><b>4.408</b></p>	<p><b>4.508</b> Clear pike circle bwd through hstd with flight to hang on HB, also with ½ turn (180°) (Komova)</p>  <p>Clear pike circle bwd with counter straddle (open hip before flight) – reverse hecht over HB to hang (Galante)</p>  	<p><b>4.608</b> Clear pike circle bwd with counter pike – reverse hecht over HB to hang</p>   <p><b>4.708</b> Clear pike circle bwd on LB with counter flight to hang on HB (Nemour)</p>  

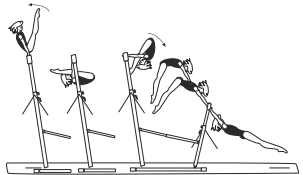

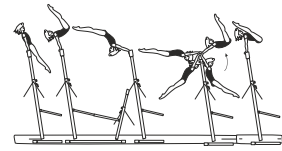





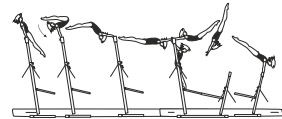

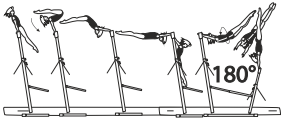



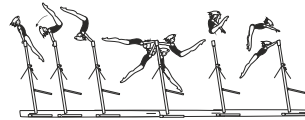
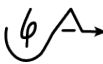


**5.000 — PIKE CIRCLES**

A	B	C	D	E	F/G
<p><b>5.101</b> Rear support on LB or HB – seat (pike) circle fwd with straddle cut bwd to hang on same bar</p>  	<p><b>5.201</b></p>	<p><b>5.301</b> Outer rear support on HB – fall bwd to inverted pike swing or seat (pike) circle fwd – straddle cut bwd with flight over LB to hang</p>     <p>Rear support on LB - seat (pike) circle fwd with straddle cut bwd and grip change to hang on HB.</p>  	<p><b>5.401</b></p>	<p><b>5.501</b> Stoop in to Adler-seat (pike) circle fwd through clear extended support to finish in L grip (deviation up to 30° allowed), also with ½ turn (180°)</p> <p>(Luo)</p>    	<p><b>5.601</b></p>

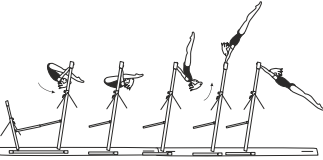

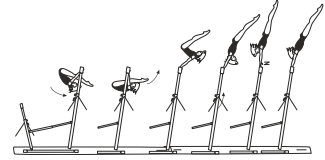

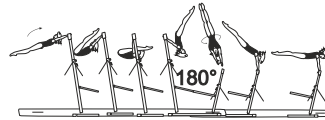

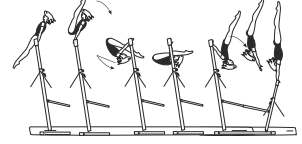

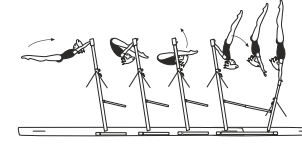



5.000 — PIKE CIRCLES

5.102 A	5.202 B	5.302 C	5.402 D	5.502 E	5.602 F/G
	<p>Rear support on HB – seat circle bwd with release to hang on LB</p>  	<p>Clear rear pike support on HB (legs together) – full circle swing bwd to finish in clear rear support on HB (Steinemann circle)</p>  	<p>Clear rear pike support on HB (legs together) – full circle swing bwd – continuing through clear rear pike support bwd over HB into hang (Mirgoradskaja)</p>   <p>From hstd clear pike circle bwd to rear inverted pike support</p>  	<p>Clear rear pike support on HB (legs together) – circle swing bwd and continue to salto bwd stretched between bars to clear support on LB (Teza)</p>   <p>circle swing bwd and ½ turn (180°) with flight to hstd on LB</p>  	
5.103	5.203	<p>Clear rear pike support (legs together) on HB – full circle swing bwd with stoop out bwd to hang on HB (Li Li)</p>  	<p>Clear rear pike support (legs together) on HB – full circle swing bwd with counter flight bwd straddled (Li Li)</p>  	5.503	5.603



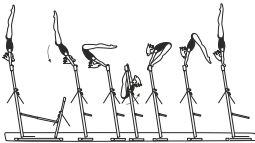

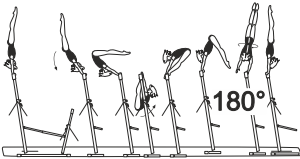

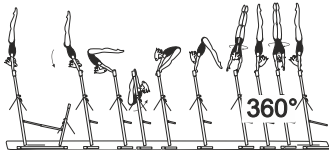



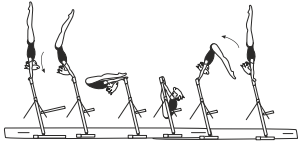

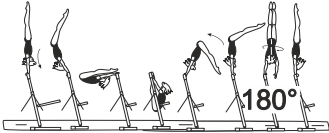

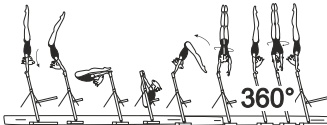



5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p data-bbox="85 132 407 236"><b>5.104</b> Underswing bwd (inverted pike swing), dislocate (Schleudern) to hang on HB</p>  	<p data-bbox="430 132 775 156"><b>5.204</b></p>	<p data-bbox="797 132 1142 212"><b>5.304</b> Schleudern to near hstd with hop-change to regular grip on HB</p>   <p data-bbox="797 722 1120 842">Stoop trough on HB, dislocate and release with ½ (180°) turn in flight between the bars to catch LB in hang <b>(Alt)</b></p>  	<p data-bbox="1164 132 1487 292"><b>5.404</b> Underswing bwd (inverted pike swing) on HB – dislocate with flight to hstd on LB <b>(Zuchold-Schleudern)</b> also from stoop through etc...</p>    	<p data-bbox="1509 132 1832 156"><b>5.504</b></p>	<p data-bbox="1854 132 2177 156"><b>5.604</b></p>

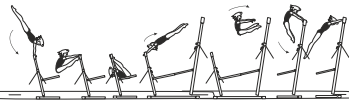

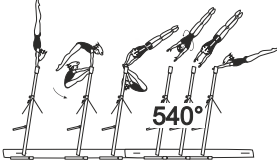

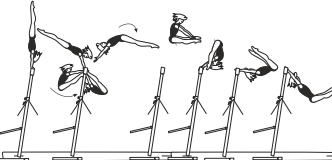



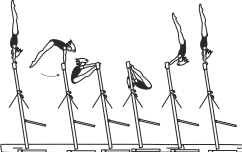



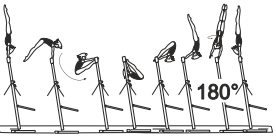

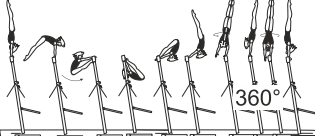

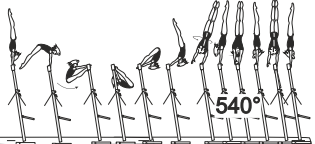



**5.000 — PIKE CIRCLES**

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








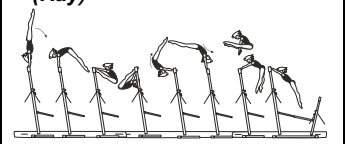











5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207</p> <p>Underswing on LB (support of feet) with counter movement fwd in flight to hang on HB</p>  	<p>5.307</p> <p>Underswing on HB or LB with hand release and 1½ turn (540°) to hang (Burda)</p>  	<p>5.407</p>	<p>5.507</p>	<p>5.607</p> <p>Facing outward on HB – underswing with support of feet-counter salto fwd straddled to catch on HB (Kim)</p>  
<p>5.108</p> <p>Sole circle bwd (piked or straddle)</p>  	<p>5.208</p>	<p>5.308</p> <p>Pike sole circle bwd to hstd, also with hop-grip change to reverse grip in hstd phase, also with ½ turn (180°)</p>      	<p>5.408</p> <p>Pike sole circle bwd with 1/1 turn (360°) to hstd</p>  	<p>5.508</p> <p>Pike sole circle bwd with 1½ turn (540°) to hstd (Lucke)</p>  	<p>5.609</p>



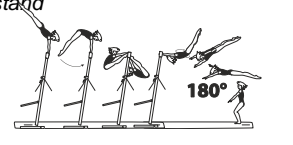
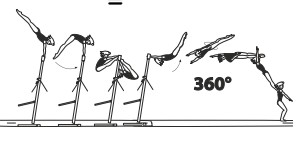
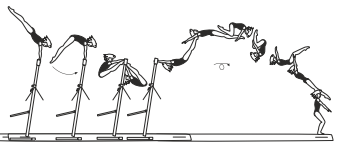
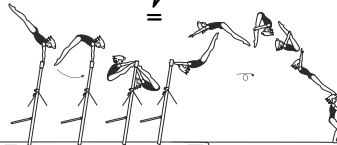
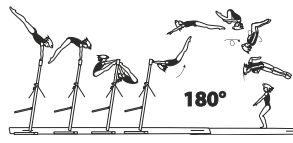
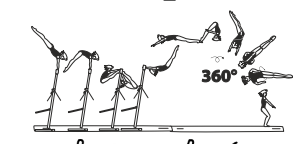
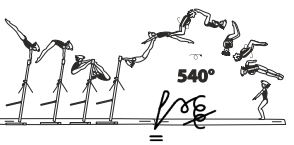
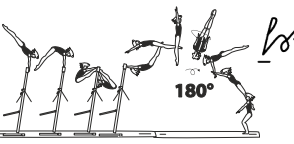
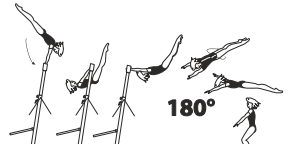
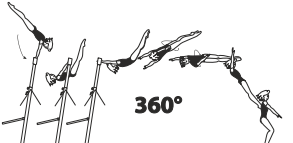
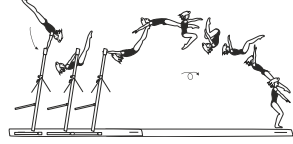
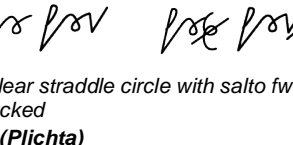
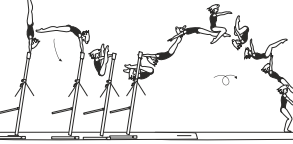

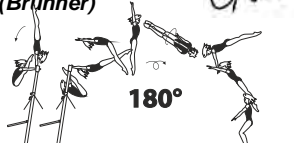
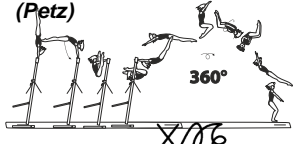



5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
5.109	5.209	5.309	<p>5.409</p> <p>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</p> <p>(Maloney)</p>  	<p>5.509</p> <p>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°) (Van Leeuwen), or 1/1 turn (360°) to hang on HB (Seitz)</p>  <p>180°</p>  <p>360°</p> 	5.609
5.110	5.210	5.310	<p>5.410</p> <p>Pike sole circle bwd counter straddle-reverse hecht over HB to hang</p> <p>(Ray)</p>   <p>Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L grip</p> <p>(Tweddle)</p>  <p>180°</p> 	<p>5.510</p> <p>Pike sole circle bwd counter pike hecht over HB to hang</p> <p>(Church)</p>   <p>Pike sole circle bwd with counter pike hecht over HB with ½ turn (180°) to hang in mixed L grip</p> <p>(Fenton)</p>  <p>180°</p> 	<p>5.610</p> <p>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB to hang</p> <p>(Nabieva)</p>   <p>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB, with ½ turn (180°) to hang in mixed L grip</p> <p>(Derwael)</p>  <p>180°</p> 

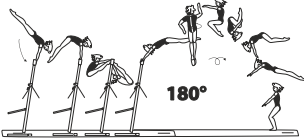
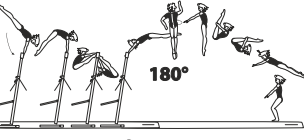
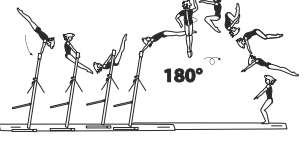
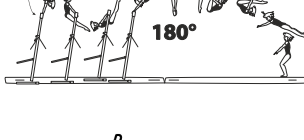
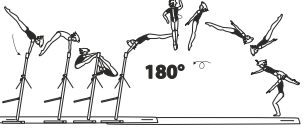
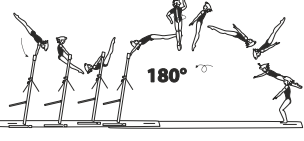
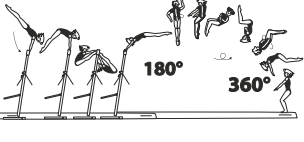


**6.000 — DISMOUNTS**

A	B	C	D	E	F/G
<p><b>6.101</b> From HB – underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p>  <p>180°</p>  <p>360°</p>	<p><b>6.201</b> From HB – underswing with salto fwd tucked or piked</p>  	<p><b>6.301</b> From HB – underswing with salto fwd tucked or piked with ½ turn (180°) or 1/1 turn (360°)</p>  <p>180°</p>  <p>360°</p>	<p><b>6.401</b> From HB – underswing with salto fwd tucked with 1½ turn (540°)</p>  <p>540°</p> <p>From HB – underswing with salto fwd stretched with ½ turn (180°) (Moors)</p>  <p>180°</p>		
<p><b>6.102</b> From HB – clear underswing with ½ turn (180°) or 1/1 turn (360°) to stand</p>  <p>180°</p>  <p>360°</p>	<p><b>6.202</b></p>	<p><b>6.302</b> From HB – clear underswing with salto fwd tucked or piked; also with ½ turn (180°)</p>   <p>Clear straddle circle with salto fwd tucked (Plichta) also with ½ turn (180°) (Alt)</p> 	<p><b>6.402</b> From HB – clear underswing with salto fwd tucked with 1/1 turn (360°)</p>  <p>360°</p> <p>Clear pike underswing to salto forward stretched with ½ turn (180°) (Brunner)</p>  <p>180°</p> <p>From HB – clear straddle circle with salto fwd tucked with 1/1 turn (360°) (Petz)</p>  <p>360°</p>	<p><b>6.502</b> From HB – clear underswing with salto fwd tucked with 1½ turn (540°)</p>  <p>540°</p>	<p><b>6.602</b></p>


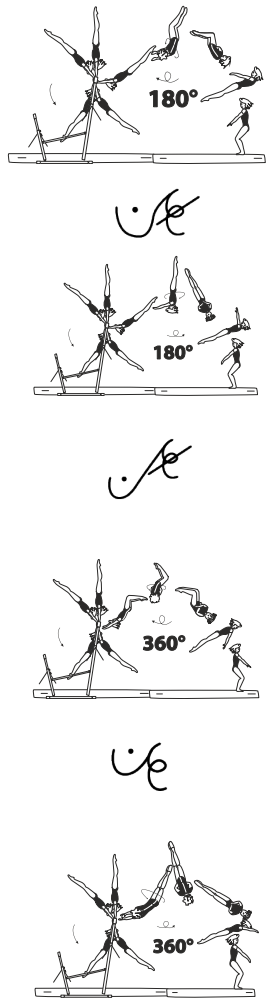
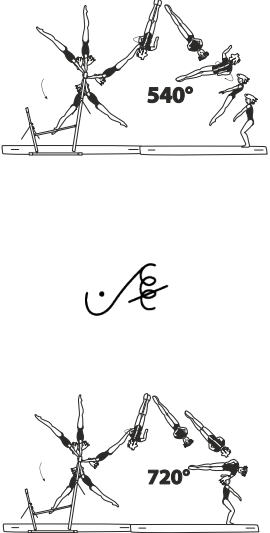
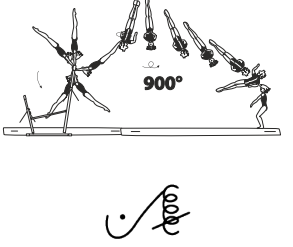
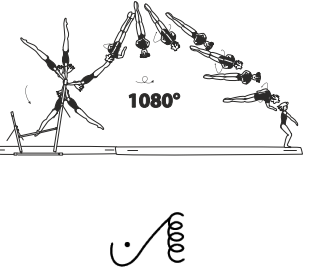


6.000 — DISMOUNTS

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

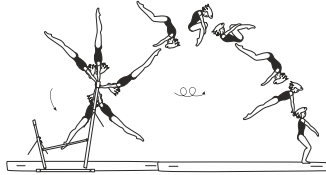
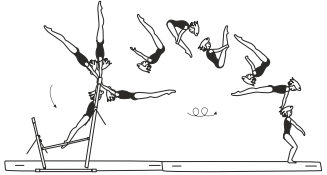
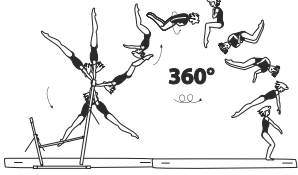
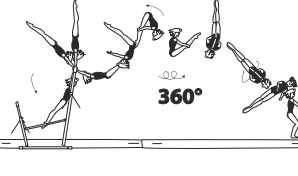
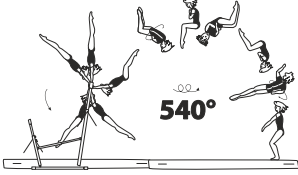
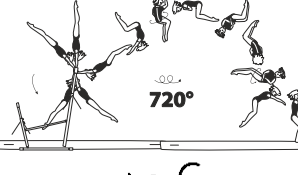

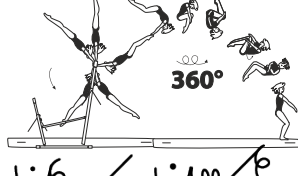
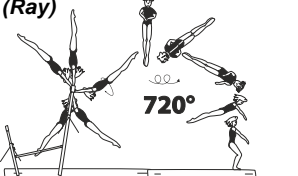


6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p><b>6.104</b>                      Swing fwd to salto bwd tucked, piked or stretched (flyaway)</p>  <p>هن</p> <p>هن</p> <p>هن</p>	<p><b>6.204</b>                      Swing fwd to salto bwd tucked, or stretched with ½ turn (180°) or 1/1 turn (360°) (flyaway)</p>  <p>180°</p> <p>هن</p> <p>180°</p> <p>هن</p> <p>360°</p> <p>هن</p> <p>360°</p> <p>هن</p>	<p><b>6.304</b>                      Swing fwd to salto bwd stretched with 1½ turn (540°) or 2/1 turn (720°) (flyaway)</p>  <p>540°</p> <p>هن</p> <p>720°</p> <p>هن</p>	<p><b>6.404</b>                      Swing fwd to salto bwd stretched with 2½ turn (900°) (Ji)</p>  <p>900°</p> <p>هن</p>	<p><b>6.504</b>                      Swing fwd to salto bwd stretched with 3/1 turn (1080°) (Bar)</p>  <p>1080°</p> <p>هن</p>	<p><b>6.604</b></p>

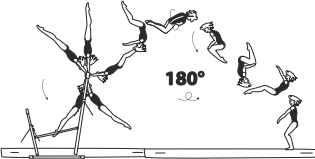
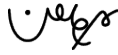
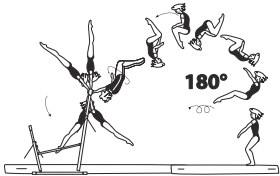

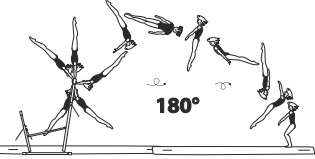

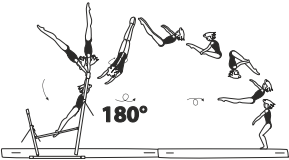
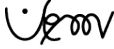
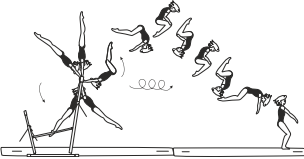



6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p>6.105</p>	<p>6.205</p> <p>Swing fwd to double salto bwd tucked</p>  <p>Uel</p>	<p>6.305</p> <p>Swing fwd to double salto bwd piked</p>  <p>Uel</p>	<p>6.405</p> <p>Swing fwd to double salto bwd tucked or piked with 1/1 turn (360°) in first or second salto (Morio / Chusovitina)</p>  <p>Uel</p>  <p>Uel</p>	<p>6.505</p> <p>Swing fwd to double salto bwd tucked with 1½ turn (540°) (Mustafina)</p>  <p>Uel</p>	<p>6.605</p> <p>Swing fwd to double salto bwd tucked with 2/1 turn (720°) (Fabrighnova)</p>  <p>Uel</p>
<p>6.106</p>	<p>6.206</p>	<p>6.306</p>	<p>6.406</p> <p>Swing fwd to double salto bwd stretched</p>  <p>Uel</p>	<p>6.506</p>	<p>6.606</p> <p>Swing fwd to double salto bwd stretched with 1/1 turn (360°) in first or second salto</p>  <p>Uel Uel</p> <p>6.706</p> <p>Swing fwd to double salto bwd stretched with 2/1 turn (720°) (Ray)</p>  <p>Uel</p>

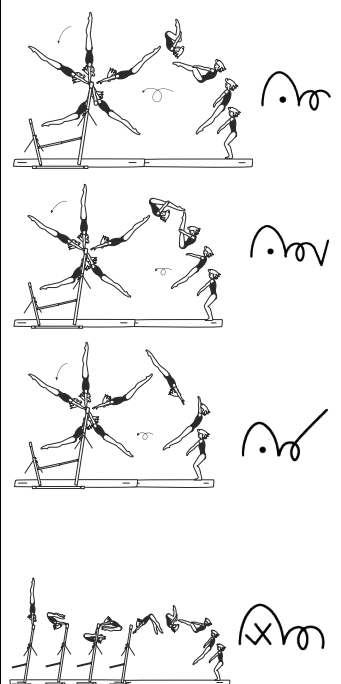
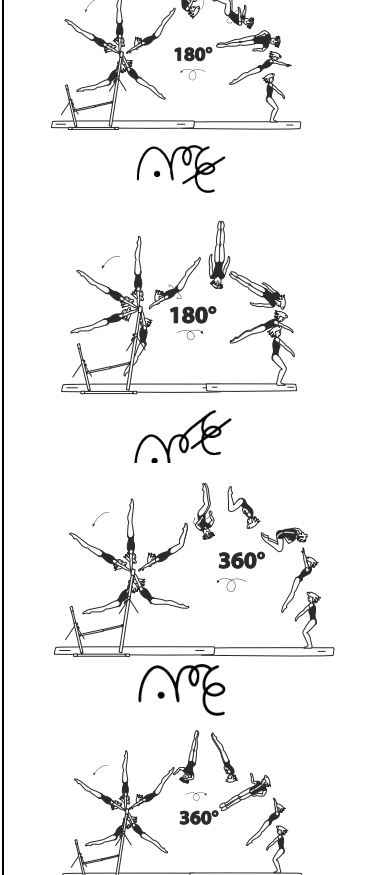
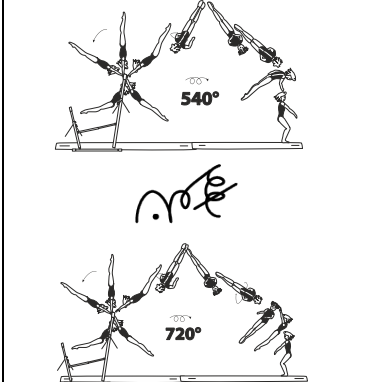
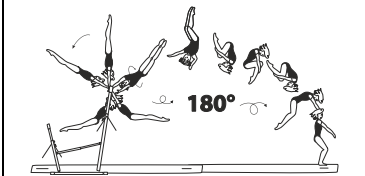
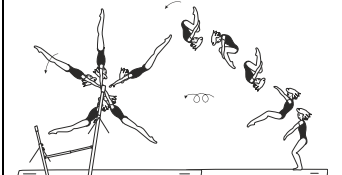
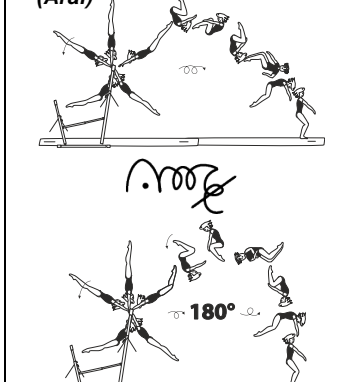
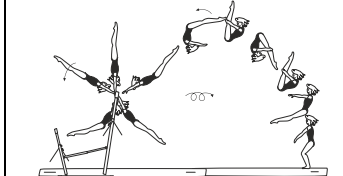
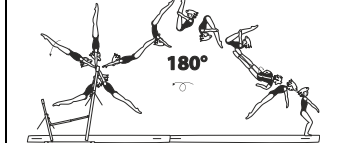


6.000 — DISMOUNTS

A	B	C	D	E	F/G
6.107	6.207	6.307	6.407	6.507	6.607
			<p>Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked <b>(Fontaine)</b></p>   <p>Swing fwd with ½ turn (180°) to double salto fwd tucked</p>  	<p>Swing fwd to salto bwd stretched with ½ turn (180°) – into salto fwd stretched <b>(Blanco)</b></p>   <p>Swing fwd with ½ turn (180°) to double salto fwd piked <b>(Giovannini / Li Ya)</b></p>  	<p>6.707</p> <p>Swing fwd to triple salto bwd tucked <b>(Magaña)</b></p>  

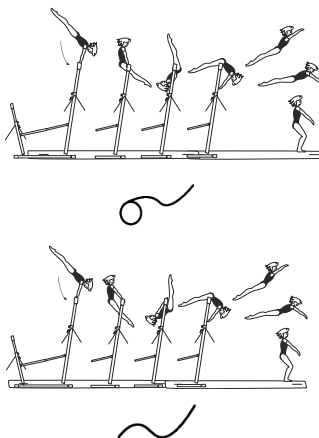
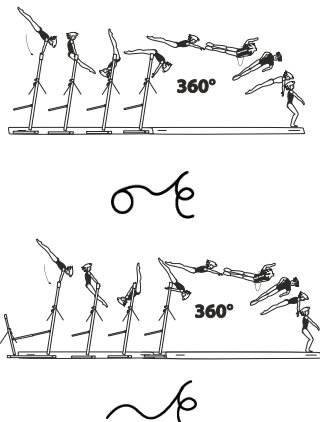
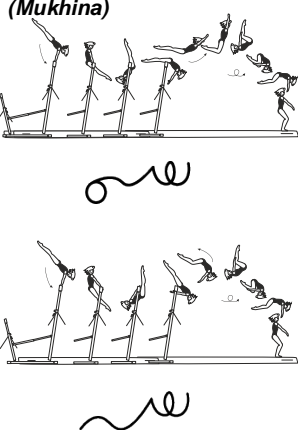
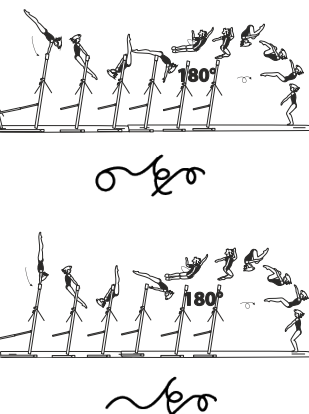
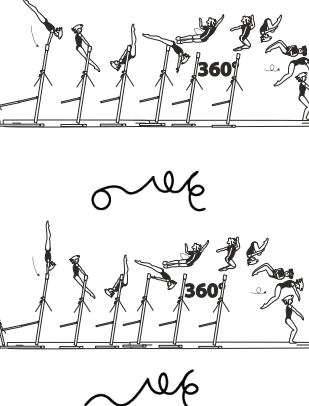
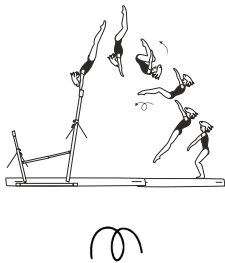
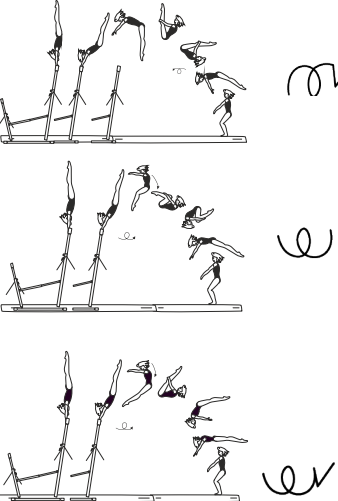


**6.000 — DISMOUNTS**

A	B	C	D	E	F/G
<p><b>6.108</b>                      Swing bwd to salto fwd tucked, piked or stretched or clear straddle circle fwd on HB to salto fwd tucked</p> 	<p><b>6.208</b>                      Swing bwd to salto fwd tucked or stretched with ½ turn (180°) or 1/1 turn (360°)</p> 	<p><b>6.308</b>                      Swing bwd to salto fwd stretched with 1½ turn (540°) or 2/1 turn (720°)                      (Pechstein)</p>  <p>From L grip, swing bwd, ½ (180°) turn, to double salto bwd tucked                      (Fan)</p> 	<p><b>6.408</b>                      Swing bwd to double salto fwd tucked</p> 	<p><b>6.508</b>                      Swing bwd to double salto fwd tucked with ½ turn (180°) also salto fwd with ½ turn (180°) into salto bwd tucked                      (Arai)</p>  <p>Swing bwd to double salto fwd piked                      (Stewart)</p> 	<p><b>6.608</b>                      Swing bwd to double salto fwd piked with ½ turn (180°)                      (Pentek)</p> 

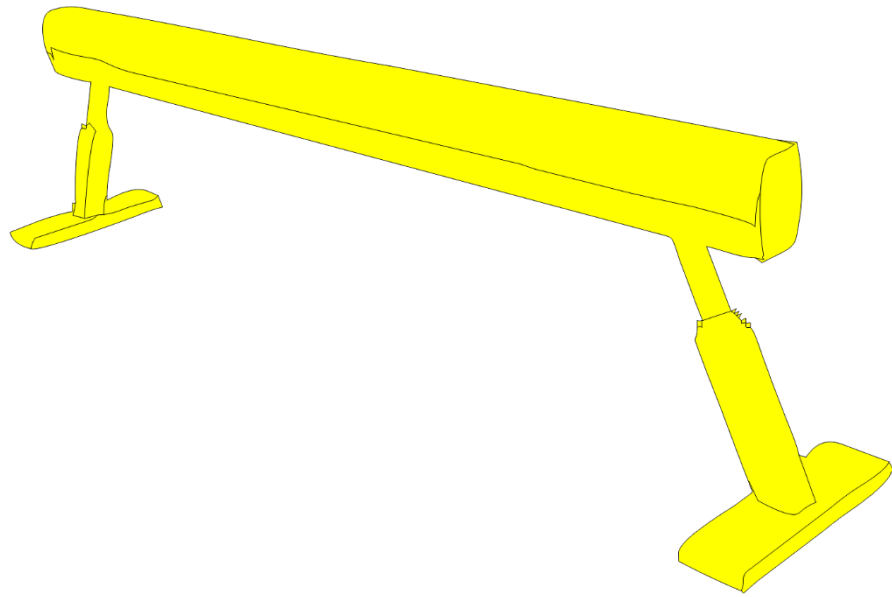


6.000 — DISMOUNTS

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



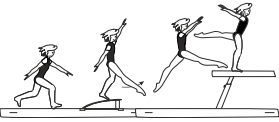





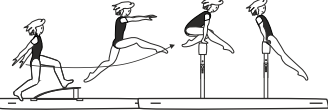

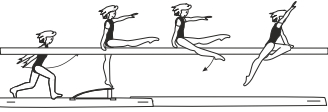

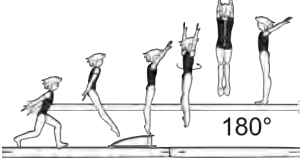

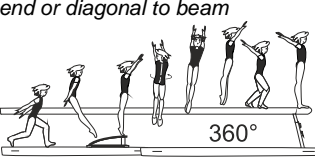

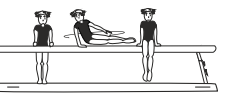

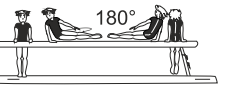

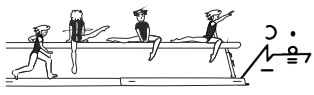









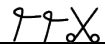




# BALANCE BEAM

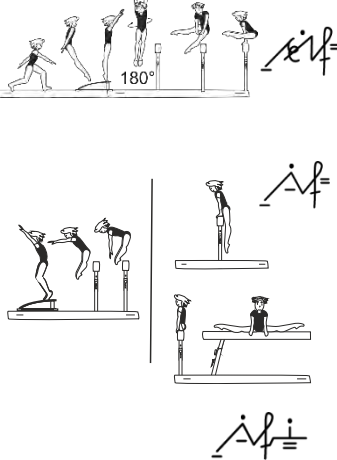
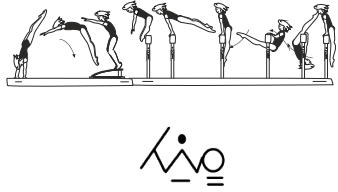
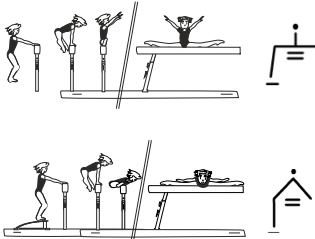
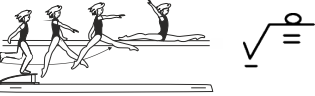


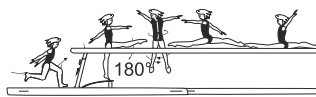
## Elements

**1.000 — MOUNTS**

A	B	C	D	E	F/G
<p><b>1.101 (D)</b> Leap - on landing must show arabesque position (leg min. at horizontal)</p>  	<p><b>1.201 (D)</b> Split leap (180°)</p>  	<p><b>1.301</b></p>	<p><b>1.401 (D)</b> Leap fwd with leg change (free leg swing to 45°) to cross split</p>  	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>(D) = To be counted as Dance element</p> </div>	<p><b>1.601</b></p>
<p><b>1.102 (D)</b> Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam, or Scissor leap over beam to cross sit on thigh – diagonal approach to beam</p>  	 	<p><b>1.302 (D)</b> Straight Jump with ½ turn (180°) in flight phase to stand</p>  	<p><b>1.402 (D)</b> Jump with 1/1 turn (360°) in flight phase to stand – approach from end or diagonal to beam</p>  		<p><b>1.502</b></p>
<p><b>1.103</b> Flank to rear support, also with ½ turn (180°)</p>     <p>Jump with hand support, ¾ turn (270°) in support to cross sit on thigh</p>  	<p><b>1.203</b></p>	<p><b>1.303</b> Two flying flairs</p>   	<p><b>1.403</b> 3 flying flairs (<b>Homma</b>)</p>    <p>Two flank circles followed by leg "Flair" (<b>Baitova</b>)</p>   	<p><b>1.503</b></p>	<p><b>1.603</b></p>

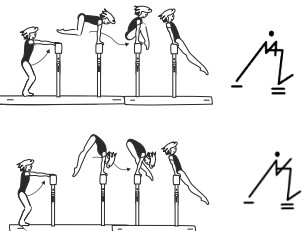
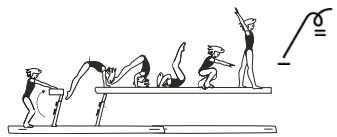
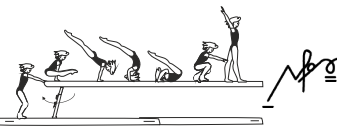
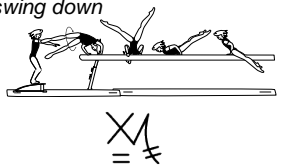
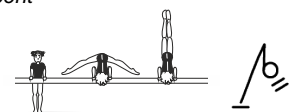
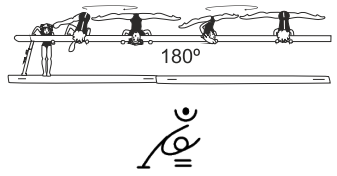
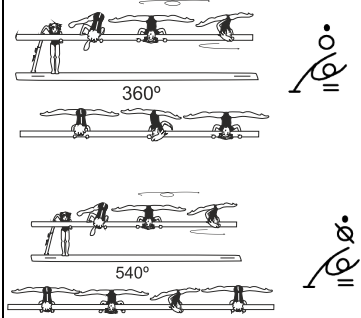


1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.104</p>	<p>1.204 (D)</p> <p>Jump with ½ turn (180°) to clear straddle support, or jump bwd through straddle position over the beam to front support, or to side split – 90° approach to beam</p> 	<p>1.304 (D)</p> <p>Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam</p> 	<p>1.404</p>	<p>1.504</p>	<p>1.604</p>
<p>1.105 (D)</p> <p>Jump with hand support to side split sit or straddle position (must show split without hands touching the beam as final position; in straddle position the trunk must touch the beam)</p>  <p>Jump or leap to cross split sit – diagonal approach to beam (with hand support)</p> 	<p>1.205</p>	<p>1.305 (D)</p> <p>Free jump to cross split sit take-off from two feet – diagonal approach to beam</p>  <p>Change leg leap to free cross split sit – diagonal approach to beam (Dick)</p> 	<p>1.405 (D)</p> <p>Leap with leg change and ½ turn (180) away from beam to free cross split sit – diagonal approach to beam (Dick)</p> 	<p>1.505</p>	<p>1.605</p>

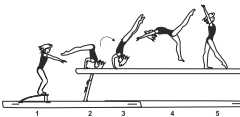






1.000 — MOUNTS

A	B	C	D	E	F/G
<p><b>1.106</b></p> <p><i>From side stand - squat or stoop through to rear support</i></p> 	<p><b>1.206</b></p>	<p><b>1.306</b></p>	<p><b>1.406</b></p>	<p><b>1.506</b></p>	<p><b>1.606</b></p>
<p><b>1.107</b></p>	<p><b>1.207</b></p> <p><i>Jump to roll fwd at end or middle of beam to sit position or tuck stand</i></p>  <p><i>Jump to clear straddle support on end of beam – swing bwd to roll fwd to sit position or tuck stand</i></p> 	<p><b>1.307</b></p>	<p><b>1.407</b></p>	<p><b>1.507</b></p>	<p><b>1.607</b></p>
<p><b>1.108</b></p> <p><i>Cartwheel with bending of both arms through chest stand to swing down</i></p>  <p><i>Stand at side of beam and jump to chest stand with both arms bent</i></p> 	<p><b>1.208</b></p> <p><i>Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand</i></p> 	<p><b>1.308</b></p> <p><i>Jump with ½ turn (180°) over shoulder to neck stand, 1/1 or 1½ turn (360° - 540°) to neck stand</i></p> 	<p><b>1.408</b></p>	<p><b>1.508</b></p>	<p><b>1.608</b></p>

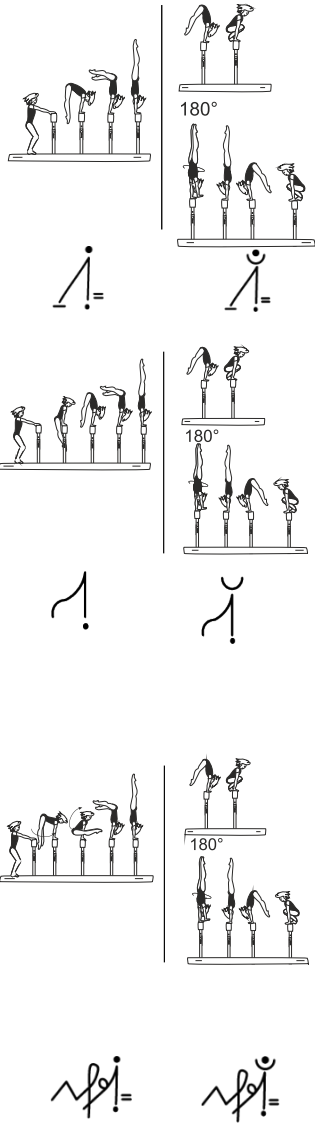
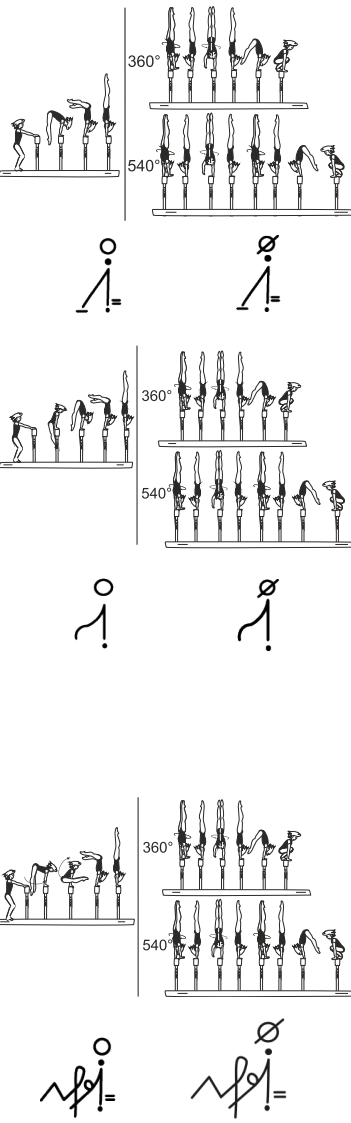


1.000 — MOUNTS

A	B	C	D	E	F/G
1.109	1.209	1.309	1.409	1.509	1.609
		<p data-bbox="786 164 1084 209"><i>From cross stand facing end of beam – head kip</i></p>  <p data-bbox="943 400 987 448">L</p> <p data-bbox="786 555 1122 632"><i>From cross stand facing end of beam – jump to hstd with hip angle (pike) to front walkover</i></p>  <p data-bbox="920 858 987 911">M</p> <p data-bbox="786 935 1122 1034"><i>From cross stand facing end of beam – jump to hstd with hip angle (pike) to handspring fwd with step-out or land on 2 feet</i></p>  <p data-bbox="920 1166 987 1219">M</p>  <p data-bbox="920 1369 987 1422">M</p>			<p data-bbox="1839 164 2145 256"><i>Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd (Dunn)</i></p>  <p data-bbox="1973 448 2040 501">M!</p>

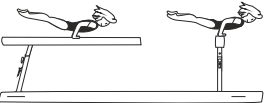

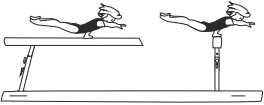

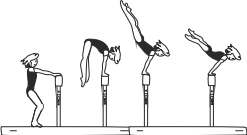
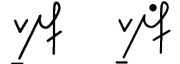
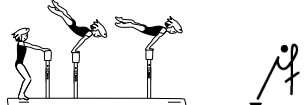

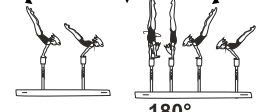
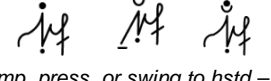
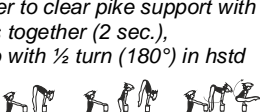
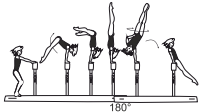

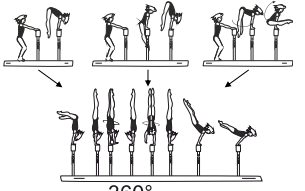

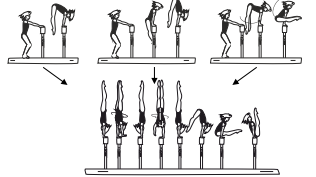
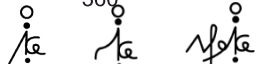
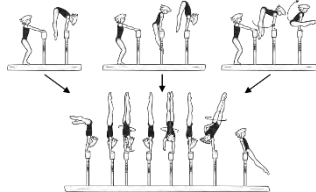



1.000 — MOUNTS

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

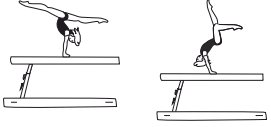



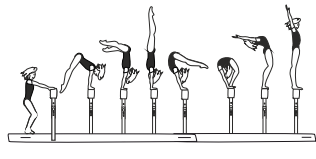

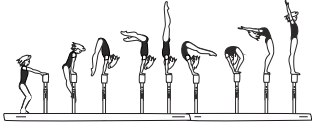

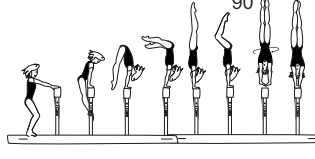

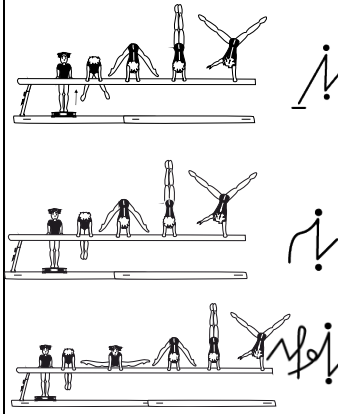

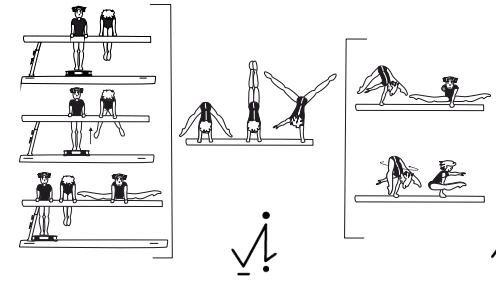
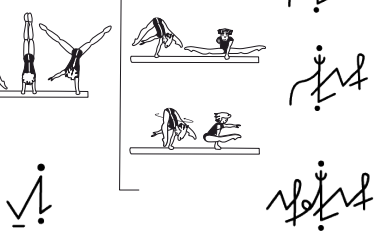


1.000 — MOUNTS

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



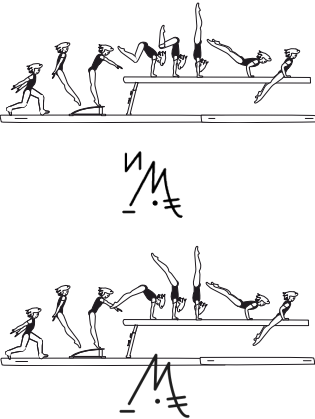
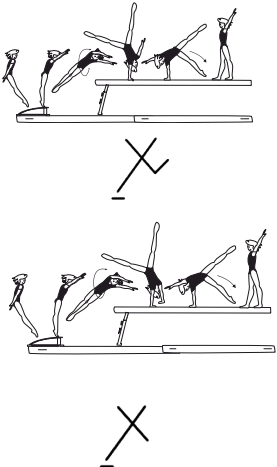
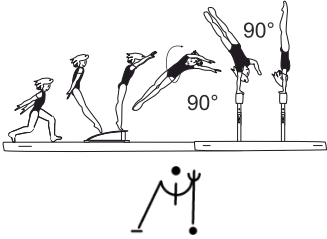
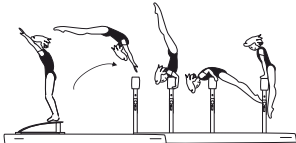
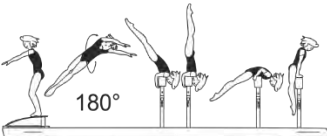
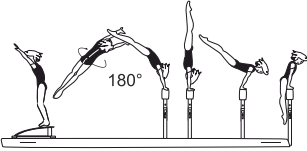
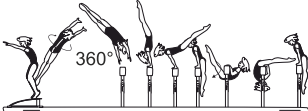
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.112</p>	<p>1.212</p>	<p>1.312</p> <p>Hstd in cross position with large arch span, also piked with one leg vertical, other leg bent (2 sec.) - lower to optional end position</p>   <p>Hstd with horizontal leg hold (2 sec.) – reverse planche in different variations - lower to optional end position</p>  	<p>1.412</p> <p>Jump or press to side hstd – walkover fwd to side stand on both legs (Phillips)</p>    	<p>1.512</p>	<p>1.612</p>
<p>1.113</p>	<p>1.213</p> <p>Press to side hstd, with bending - stretching of legs – hop with ¼ turn (90°) to cross hstd - lower to optional end position</p>  	<p>1.313</p> <p>Jump, press, or swing to hstd shift weight to one arm hstd (2 sec.) – lower to optional end position</p>  	<p>1.413</p> <p>Jump or press on one arm to hstd lower to optional end position, also jump, press, or swing to hstd – shift weight to side hstd on one arm (2 sec.), lowering to clear straddle support on one arm, also with ¼ turn (90°) (Rankin)</p>  	<p>1.613</p>	<p>1.613</p>







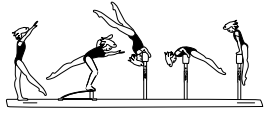

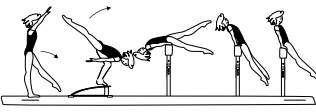

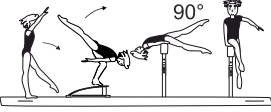

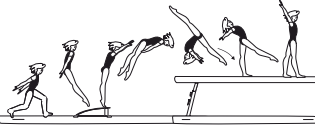



**1.000 — MOUNTS**

A	B	C	D	E	F/G
<p><b>1.114</b> Jump to hstd with bent or straight legs – lower to optional end position</p> 	<p><b>1.214</b> Cartwheel on one or both arms</p> 	<p><b>1.314</b> Jump with ¼ turn (90°) and extended hips through a momentary hstd on one arm with immediate ¼ turn (90°) and support on second arm to side hstd – lower to optional end position - 90° approach to beam</p>  <p>From rear stand (back towards beam), flic flac over beam to candle position, ending in front support <b>(Beukes)</b></p>  <p>From rear stand (back towards beam), flic flac with ½ turn (180°) to candle position, ending in front support (grasping under the beam with both hands) <b>(Soares)</b></p> 	<p><b>1.414</b> Round-off in front of beam – jump with ½ twist (180°) to near side hstd – lower to optional position <b>(Gurova)</b></p> 	<p><b>1.514</b> Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle bwd <b>(Zamolodchikova)</b></p> 	<p><b>1.614</b></p>

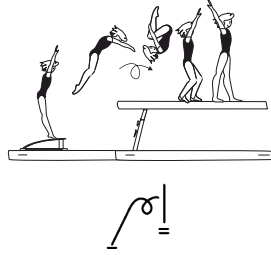
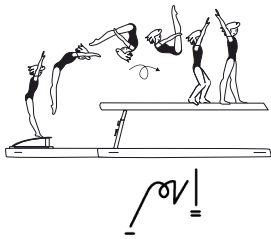
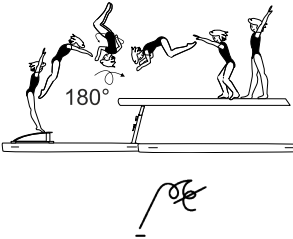
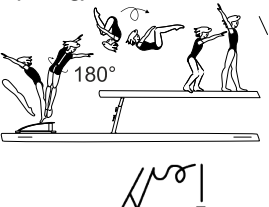
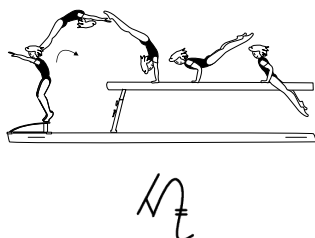
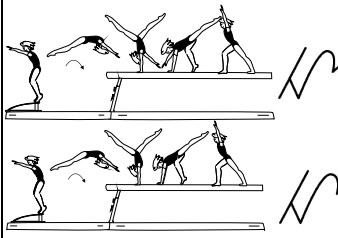
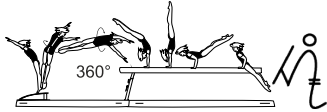
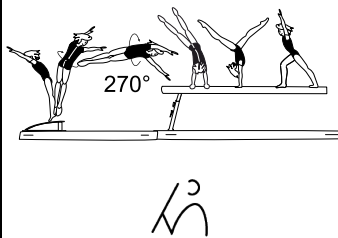


1.000 — MOUNTS

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

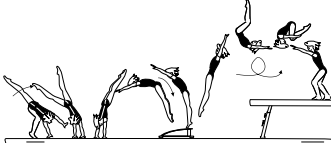
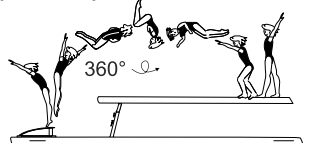
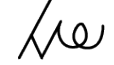



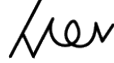







1.000 — MOUNTS

A	B	C	D	E	F/G
1.116	1.216	1.316	<p>1.416</p> <p>Salto fwd tucked to stand – approach from end of beam</p> 	<p>1.516</p> <p>Salto fwd piked to stand – approach from end of beam</p> 	<p>1.616</p> <p>Salto fwd tucked with ½ twist (180°) <b>(Wong Hiu Ying Angel)</b></p>  <p>1.716</p> <p>Round-off at end of beam – take off bwd with ½ turn (180°) – tucked salto fwd to stand <b>(Erceg)</b></p> 
1.117	1.217	<p>1.317</p> <p>Round-off at end of beam – flic-flac through hstd with swing down to cross straddle sit</p> 	<p>1.417</p> <p>Round-off at end of beam – flic-flac through hstd – support on one or both arms – to stand</p>  <p>Round-off at end of beam – flic-flac with 1/1 twist (360°) into swing down to cross straddle sit <b>(Tsavdaridou)</b></p> 	<p>1.517</p> <p>Round-off at end of beam – flic-flac with ¾ twist (270°) to stand</p> 	1.617

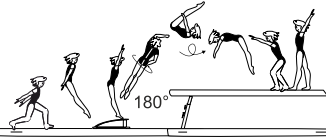


1.000 — MOUNTS

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

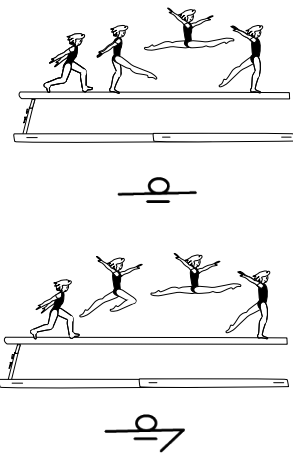
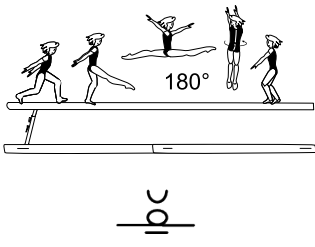
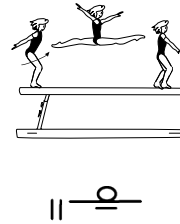
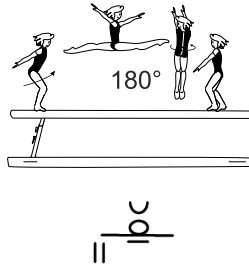
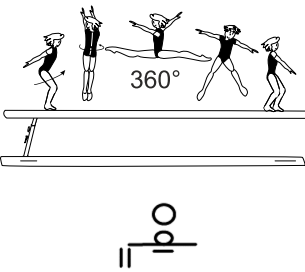


1.000 — MOUNTS

A	B	C	D	E	F/G
1.119	1.219	1.319	1.419	1.519	1.619
					<p data-bbox="1839 161 2163 209"><i>Jump fwd with ½ twist (180°) – salto bwd piked to stand</i></p>  <p data-bbox="1944 448 2047 533"><i>mer</i></p>

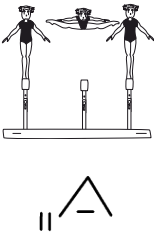
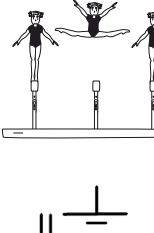
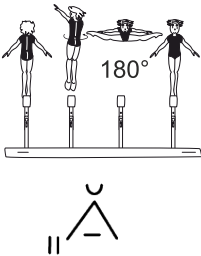
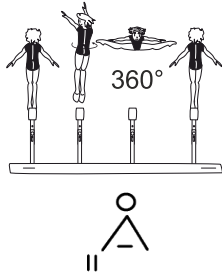


**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.101</b></p> <p><i>Split leap fwd (leg separation 180°)</i></p> 	<p><b>2.201</b></p>	<p><b>2.301</b></p> <p><i>Split leap fwd with ½ turn (180°)</i></p> 	<p><b>2.401</b></p>	<p><b>2.501</b></p>	<p><b>2.601</b></p>
<p><b>2.102</b></p>	<p><b>2.202</b></p> <p><i>Split jump (leg separation 180°) from cross position</i></p> 	<p><b>2.302</b></p> <p><i>Split jump with ½ turn (180°) from cross position</i></p> 	<p><b>2.402</b></p> <p><i>Split jump with 1/1 turn (360°) from cross position</i></p> 	<p><b>2.502</b></p>	<p><b>2.602</b></p> <div data-bbox="1500 917 2072 1109" style="border: 1px solid black; padding: 5px;"> <p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p> </div>

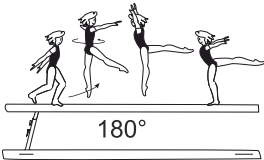

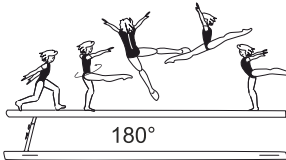

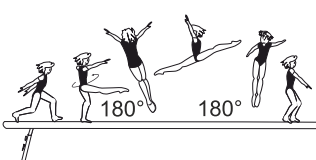

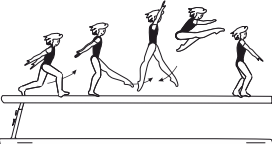

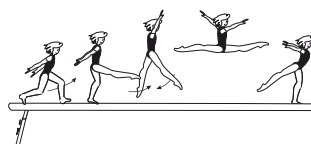

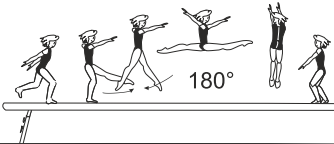

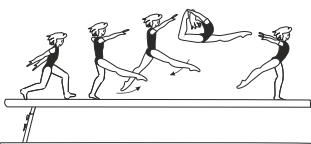

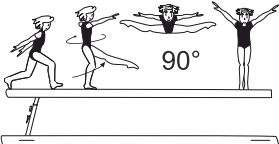

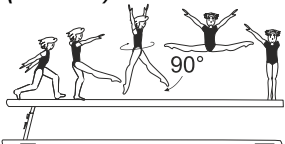
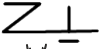
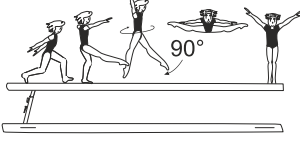

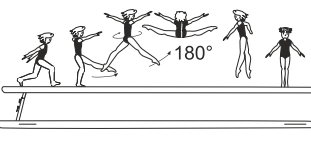



2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
2.103	<p data-bbox="430 161 723 229">2.203 <i>Straddle pike jump (both legs above horizontal), or side split jump from cross position</i></p>  	<p data-bbox="784 161 1077 209">2.303 <i>Straddle pike jump with ½ turn (180°) from cross position</i></p> 	<p data-bbox="1140 161 1433 209">2.403 <i>Straddle pike with 1/1 turn (360°) from cross position</i></p> 	<p data-bbox="1518 256 1966 400">2.503</p> <div data-bbox="1518 256 1966 400" style="border: 1px solid black; padding: 5px;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div> <div data-bbox="1518 799 2078 991" style="border: 1px solid black; padding: 5px; margin-top: 100px;"> <p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p> </div>	<p data-bbox="1839 134 1906 158">2.603</p>



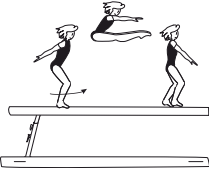

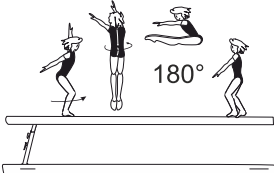

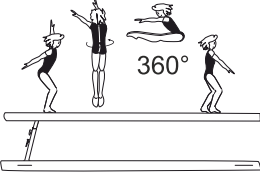

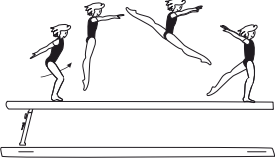

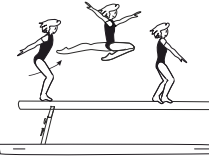

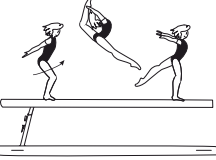

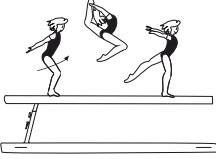

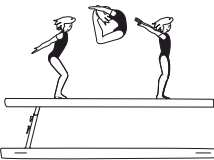

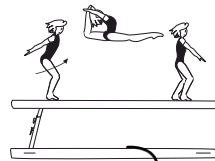
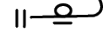
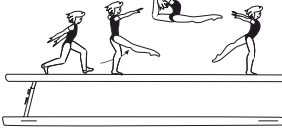



**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.104</b></p>	<p><b>2.204</b></p> <p><i>Fouetté hop with ½ turn (180°) to land in arabesque (free leg above horizontal)</i></p>  <p>180°</p> 	<p><b>2.304</b></p>	<p><b>2.404</b></p> <p><i>Fouetté hop with leg change to cross split (leg separation 180°) (tour jeté)</i></p>  <p>180°</p> 	<p><b>2.504</b></p> <p><i>Tour jeté with additional ½ turn (180°)</i></p>  <p>180° 180°</p> 	<p><b>2.604</b></p>
<p><b>2.105</b></p> <p><i>Stride leap fwd with change of legs to wolf position (hip angle at 45°)</i></p>  	<p><b>2.205</b></p>	<p><b>2.305</b></p> <p><i>Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation &lt; after leg change) (Switch leap)</i></p>  	<p><b>2.405</b></p> <p><i>Switch leap with ½ turn (180°)</i></p>  <p>180°</p> 	<p><b>2.505</b></p> <p><i>Switch leap to ring position (leg separation 180°)</i></p>  	<p><b>2.605</b></p>
<p><b>2.106</b></p>	<p><b>2.206</b></p> <p><i>Leap with ¼ turn (90°) into straddle pike position (both legs above horizontal), to land on one or both feet</i></p>  <p>90°</p> 	<p><b>2.306</b></p> <p><i>Leap fwd with leg change and ¼ turn (90°) to side split (180°) or straddle pike position (Johnson)</i></p>  <p>90°</p>   <p>90°</p> 	<p><b>2.406</b></p>	<p><b>2.506</b></p> <p><i>Johnson with additional ½ turn (180°)</i></p>  <p>180°</p> 	<p><b>2.606</b></p>



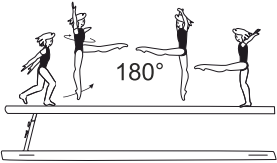
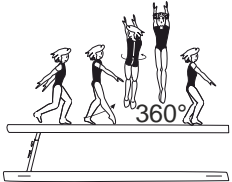
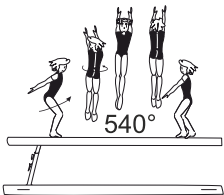


**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.107</b> Pike jump from cross position (hip &lt; 90°)</p>  	<p><b>2.207</b> Pike jump from cross position with ½ turn (180°)</p>  	<p><b>2.307</b></p>	<p><b>2.407</b> Pike jump from cross position with 1/1 turn (360°)</p>  	<p><b>2.507</b></p> <div data-bbox="1503 320 2078 512" style="border: 1px solid black; padding: 5px;"> <p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p> </div>	<p><b>2.607</b></p>
<p><b>2.108 (*)</b> Sissone (leg separation 180° on the diagonal / 45° to the floor) take off from both feet, land on one foot</p>   <p>Stag jump (leg separation 180°)</p>  	<p><b>2.208 (*)</b> Sissone to ring position (rear foot at head height, body arched and head dropped bwd, leg separation 180°) to land on one foot, or stag-ring jump</p>    	<p><b>2.308</b> Jump with upper back arch and head release with feet to head height/closed ring (Sheep jump)</p>  	<p><b>2.408 (*)</b> Split jump to ring position (leg separation 180°) to land on two feet</p>   <p>Split ring leap (leg separation 180°)</p>   <p>Jump to cross over split with body arched and head dropped bwd (Yang-Bo)</p>  	<p><b>2.508</b></p> <div data-bbox="1554 823 2007 967" style="border: 1px solid black; padding: 5px;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>2.608</b></p>



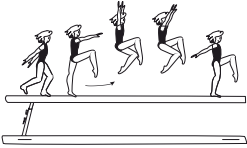



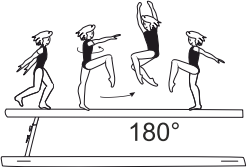

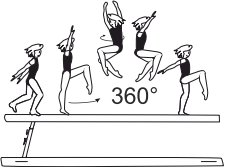

2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
2.109	<p data-bbox="432 134 759 209">2.209 (*) <i>Hop with ½ turn (180°) free leg extended at horizontal throughout</i></p>  <p data-bbox="555 427 600 496">F</p> <p data-bbox="432 576 741 627"><i>Stretched jump/hop with 1/1turn (360°) from cross position</i></p>  <p data-bbox="566 895 607 943">O</p>	2.309	<p data-bbox="1142 134 1469 209">2.409 <i>Stretched jump/hop with 1½ turn (540°) from cross position</i></p>  <p data-bbox="1285 475 1346 539">Ø</p>	2.509	2.609

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

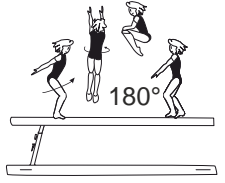
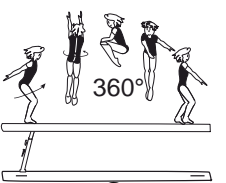
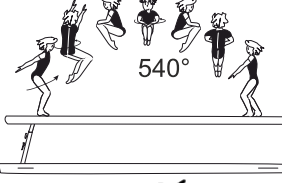
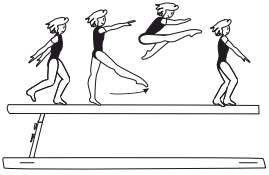
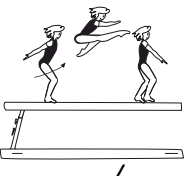
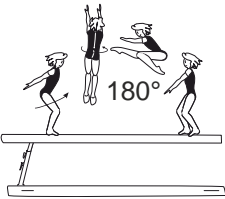
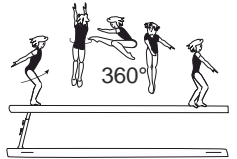
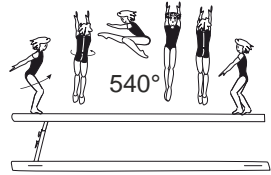


**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.110 (*)</b>  <i>Cat leap (knees above horizontal alternately)</i></p>   <p><i>Scissors leap forward (legs above horizontal)</i></p>  	<p><b>2.210</b>  <i>Cat leap with ½ turn (180°)</i></p>  	<p><b>2.310</b>  <i>Cat leap with 1/1 turn (360°)</i></p>  	<p><b>2.410</b></p>	<p><b>2.510</b></p>	<p><b>2.610</b></p>
<p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p>					

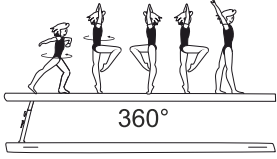
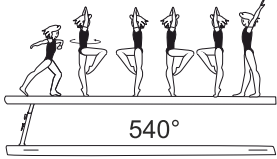
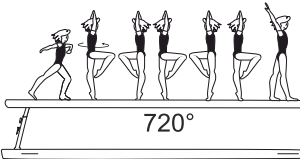
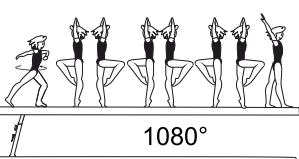
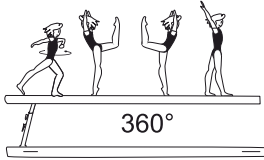
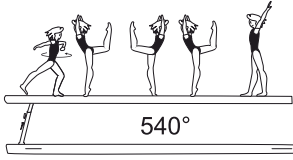


**2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>2.111</b></p>	<p><b>2.211</b></p> <p><i>Tuck hop or jump with ½ turn (180°) from cross position (hip &amp; knee angle at 45°)</i></p>  <p style="text-align: center;">   <u>Σ</u></p>	<p><b>2.311</b></p> <p><i>Tuck hop or jump with 1/1 turn (360°) from cross position</i></p>  <p style="text-align: center;">   <u>∅</u></p>	<p><b>2.411</b></p> <p><i>Tuck hop or jump with 1½ turn (540°) from cross position</i></p>  <p style="text-align: center;">   <u>∅</u></p>	<p><b>2.511</b></p> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Jumps from side position finishing in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)</p> </div>	<p><b>2.611</b></p>
<p><b>2.112 (*)</b></p> <p><i>Wolf hop or jump from cross position (hip angle at 45°, knees together)</i></p>  <p style="text-align: center;">   <u>W</u></p>  <p style="text-align: center;">   <u>W</u></p>	<p><b>2.212</b></p> <p><i>Wolf hop or jump with ½ turn (180°) from cross position</i></p>  <p style="text-align: center;">   <u>W</u></p>	<p><b>2.312</b></p>	<p><b>2.412</b></p> <p><i>Wolf hop or jump with 1/1 turn (360°) from cross position</i></p>  <p style="text-align: center;">   <u>W</u></p>	<p><b>2.512</b></p> <p><i>Wolf hop or jump with 1½ turn (540°) from cross position</i></p>  <p style="text-align: center;">   <u>W</u></p>	<p><b>2.612</b></p>

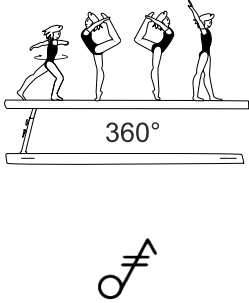
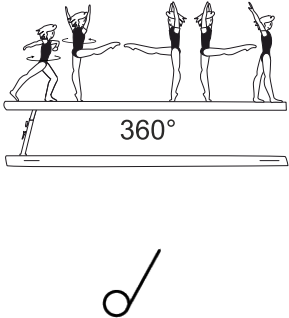
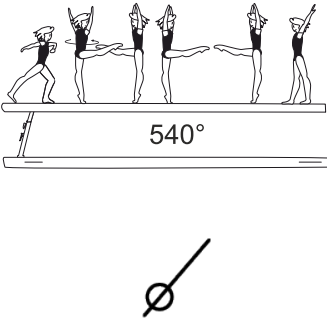
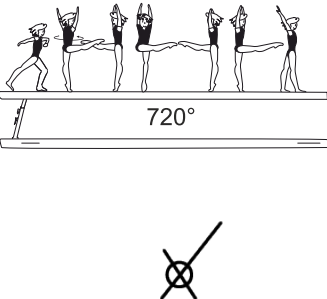


**3.000 — GYMNASTIC TURNS**

A	B	C	D	E	F/G
<p><b>3.101</b> 1/1 turn (360°) on one leg – free leg optional below horizontal</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">○</p>	<p><b>3.201</b> 1½ turn (540°) on one leg – free leg optional below horizontal</p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">∅</p>	<p><b>3.301</b></p>	<p><b>3.401</b> 2/1 turn (720°) on one leg – free leg optional below horizontal</p>  <p style="text-align: center;">720°</p> <p style="text-align: center;">⊗</p>	<p><b>3.501</b> 3/1 turn (1080°) on one leg – free leg optional below horizontal (Okino)</p>  <p style="text-align: center;">1080°</p> <p style="text-align: center;">⊗</p>	<p><b>3.601</b></p>
<p><b>3.102</b></p>	<p><b>3.202</b></p>	<p><b>3.302</b> 1/1 turn (360°) on one leg in back attitude, thigh of free leg at horizontal, throughout turn</p>  <p style="text-align: center;">360°</p> <p style="text-align: center;">♩</p>	<p><b>3.402</b> 1½ turn (540°) on one leg in back attitude, thigh of free leg at horizontal, throughout turn</p>  <p style="text-align: center;">540°</p> <p style="text-align: center;">♩</p>	<p><b>3.502</b></p>	<p><b>3.602</b></p>

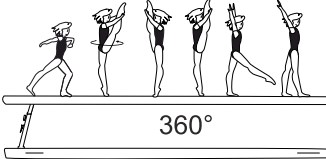

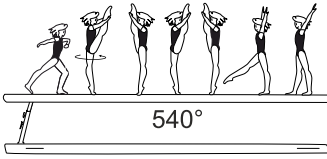

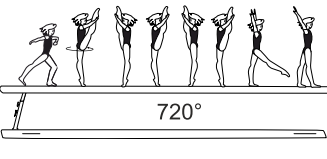

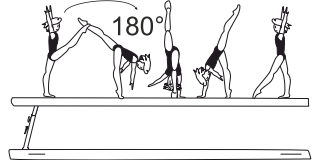

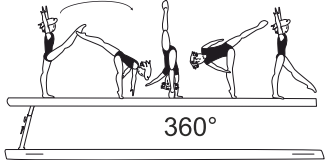



3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
3.103	3.203	3.303	<p>3.403</p> <p><i>1/1 turn (360°) pirouette with free leg held bwd with both hands (Preziosa)</i></p> 	3.503	3.603
3.104	3.204	<p>3.304</p> <p><i>1/1 turn (360°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent)</i></p> 	<p>3.404</p> <p><i>1½ turn (540°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent)</i></p> 	<p>3.504</p> <p><i>2/1 turn (720°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent) (Wevers)</i></p> 	3.604

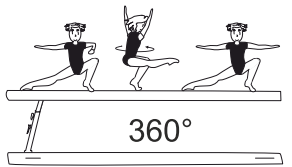

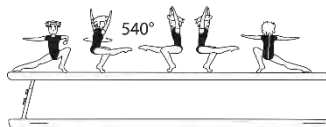

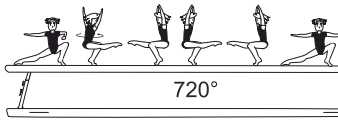

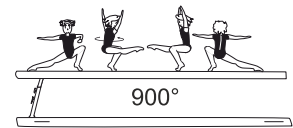

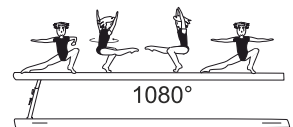

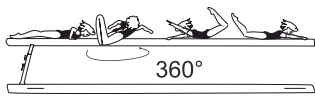
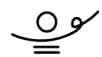
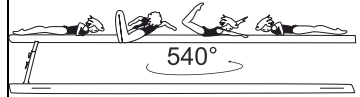
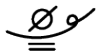




**3.000 — GYMNASTIC TURNS**

A	B	C	D	E	F/G
3.105	3.205	<p>3.305</p> <p><i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i></p>  <p>360°</p> 	<p>3.405</p> <p><i>1 ½ turn (540°) with free leg held upward in 180° split position throughout turn</i> <b>(Galante)</b></p>  <p>540°</p> 	<p>3.505</p> <p><i>2/1 turn (720°) with free leg held upward in 180° split position throughout turn</i> <b>(Sugihara)</b></p>  <p>720°</p> 	3.605
3.106	<p>3.206</p> <p><i>½ illusion turn (180°) through standing split (180° legs separation) with/without brief touching of beam with one hand</i></p>  <p>180°</p> 	3.306	<p>3.406</p> <p><i>1/1 illusion turn (360°) through standing split (180° legs separation) with/without brief touching of beam with one hand</i></p>  <p>360°</p> 	3.506	3.606



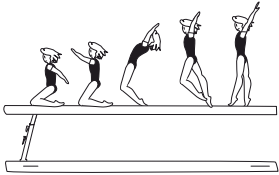

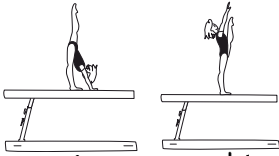



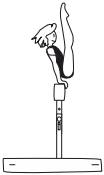

### 3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p><b>3.107</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>3.207</b></p> <p><i>1/1 turn (360°) in tuck stand on one leg – free leg straight throughout turn</i></p>  <p style="text-align: center;">360°</p> 	<p><b>3.307</b></p> <p><i>1½ turn (540°) in tuck stand on one leg – free leg straight throughout turn</i></p>  <p style="text-align: center;">540°</p> 	<p><b>3.407 (*)</b></p> <p><i>2/1 turn (720°) or 2½ turn (900°) in tuck stand on one leg – free leg straight throughout turn</i> <b>(Humphrey)</b></p>  <p style="text-align: center;">720°</p>   <p style="text-align: center;">900°</p> 	<p><b>3.507</b></p> <p><i>3/1 turn (1080°) in tuck stand on one leg – free leg straight throughout turn</i> <b>(Mitchell)</b></p>  <p style="text-align: center;">1080°</p> 	<p><b>3.607</b></p>
<p><b>3.108</b></p>	<p><b>3.208 (*)</b></p> <p><i>1/1 turn to 1½ turn (360°- 540°) in prone position – alternate support of hands permitted</i></p>  <p style="text-align: center;">360°</p>   <p style="text-align: center;">540°</p> 	<p><b>3.308</b></p>	<p><b>3.408</b></p> <p><i>1¼ (450°) turn on back in kip position (hip-leg angle closed)</i> <b>(Li Li)</b></p>  <p style="text-align: center;">450°</p> 	<p><b>3.508</b></p>	<p><b>3.608</b></p>



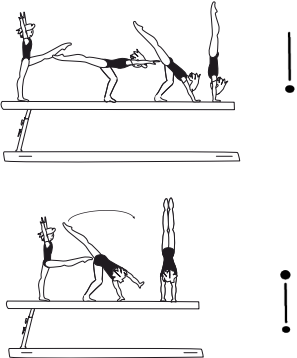
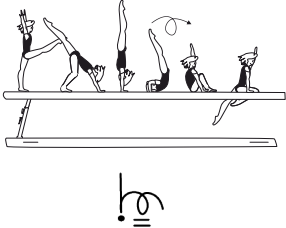
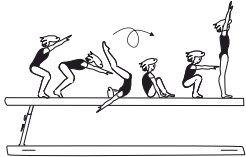
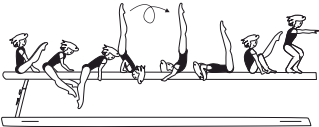
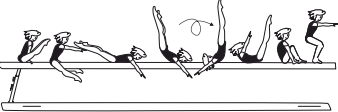


**4.000 – HOLDS AND ACROBATIC NON-FLIGHT**

A	B	C	D	E	F/G
<p><b>4.101 (D)</b></p> <p><i>From kneeling sit position, rise upward with body wave through toe-balance stand</i></p>  	<p><b>4.201</b></p>	<p><b>4.301</b></p>	<p><b>4.401</b></p> <div data-bbox="1205 304 1809 406" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><i>(D) To be counted as dance element</i></p> </div>	<p><b>4.501</b></p>	<p><b>4.601</b></p>
<p><b>4.102 (D) (*)</b></p> <p><i>Standing split fwd with hand support in front of support leg (leg separation 180°) – Needle scale (2 sec.) or Stand on one leg with foot of free leg in fwd hold above head (2 sec.)</i></p>   <p><i>Scale fwd, support leg extended (leg separation 180°) (2 sec.)</i></p>  	<p><b>4.202</b></p> <p><i>Clear pike support with legs together (2 sec.)</i></p>  	<p><b>4.302</b></p>	<p><b>4.402</b></p> <div data-bbox="1205 901 1657 1050" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>4.502</b></p>	<p><b>4.602</b></p>

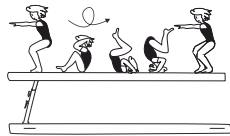

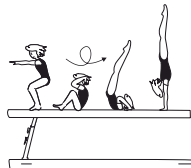

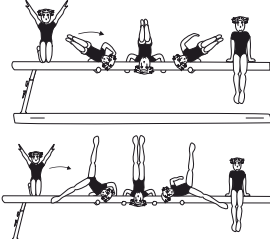

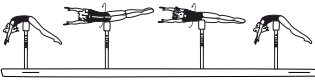

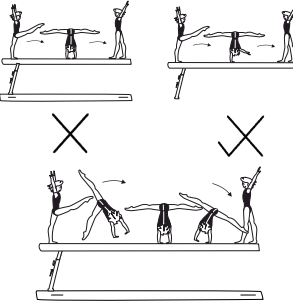

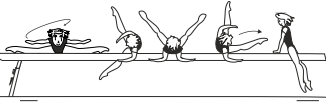

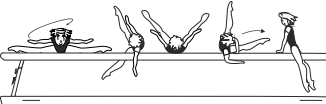
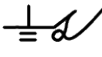


**4.000 – HOLDS AND ACROBATIC NON-FLIGHT**

A	B	C	D	E	F/G
<p><b>4.103</b> Kick to side or cross hstd (2 sec.), lower to end position touching beam</p> 	<p><b>4.203</b> Kick to cross hstd – roll fwd with or without hand support to sit position or to tuck stand</p> 				
<p><b>4.104</b></p>	<p><b>4.204</b> Roll fwd without hand support to sit position or to tuck stand</p>  <p><b>6f</b></p> <p>From cross sit, swing bwd to shoulder roll fwd with hip extension and hand support to sit position or to tuck stand</p>  <p><b>6o</b></p>	<p><b>4.304</b> Free shoulder roll fwd with hip extension and without hand support to sit position or tuck stand</p>  <p><b>6of</b></p>			

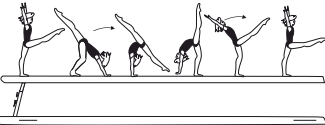
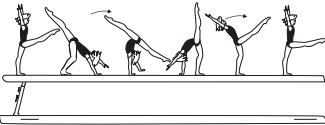

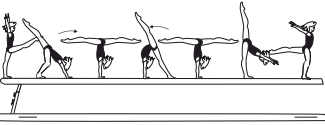

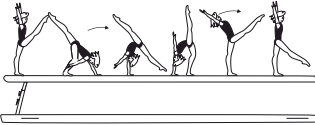

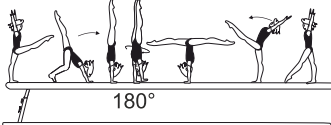
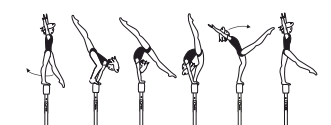
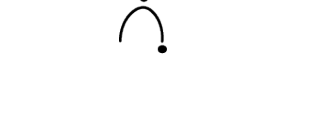


**4.000 – HOLDS AND ACROBATIC NON-FLIGHT**

A	B	C	D	E	F/G
<p><b>4.105</b></p> <p>Roll bwd with hand support on top of the beam – landing on one or both feet</p>  	<p><b>4.205</b></p>	<p><b>4.305</b></p> <p>Roll bwd to hstd - lower to end position touching beam</p>  	<p><b>4.405</b></p>	<p><b>4.505</b></p>	<p><b>4.605</b></p>
<p><b>4.106</b></p>	<p><b>4.206</b></p> <p>Roll swd, body tucked, straddle piked or stretched through neck stand, also with ½ turn (180°) over shoulder</p>  	<p><b>4.306</b></p> <p>Roll swd, body stretched without hand support</p>  	<p><b>4.406</b></p>	<p><b>4.506</b></p>	<p><b>4.606</b></p>
<p><b>4.107</b></p> <p>Cartwheel, also with support on one arm, or Cartwheel with flight phase before or after hand support</p>  	<p><b>4.207</b></p> <p>Roll swd, piked straddle with hand support – end position optional</p>  	<p><b>4.307</b></p> <p>From cross sit or side split – roll swd straddle or stretched without hand support – end position optional</p>  	<p><b>4.407</b></p>	<p><b>4.507</b></p>	<p><b>4.607</b></p>

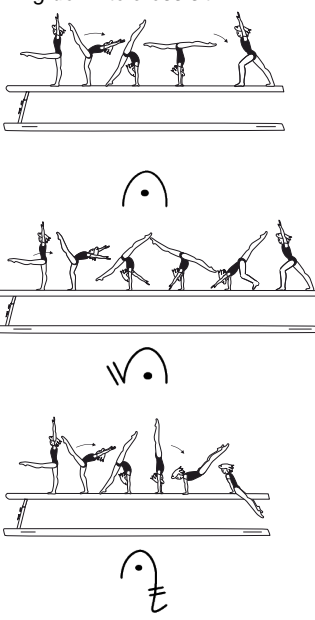
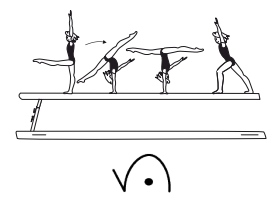
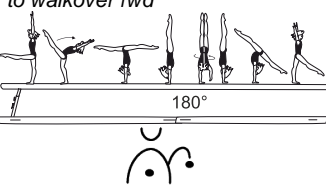
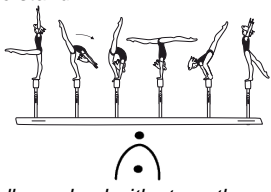
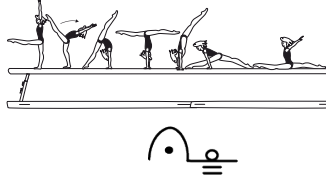
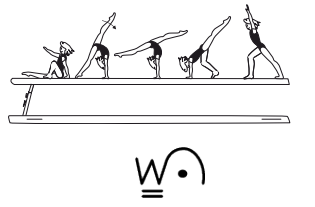
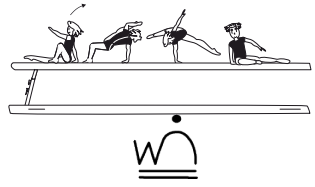
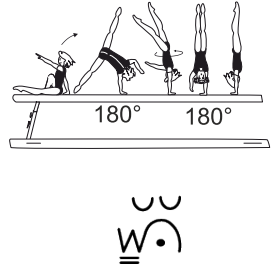


**4.000 – HOLDS AND ACROBATIC NON-FLIGHT**

A	B	C	D	E	F/G
<p><b>4.108</b> Walkover fwd, with/without alternate hand support (Tinsica)</p>    <p>Walkover fwd, bwd (Tic-Toc)</p>  	<p><b>4.208</b> Walkover fwd, with support of one arm</p>  	<p><b>4.308</b> Kick to cross hdst with ½ turn (180°) to walkover fwd</p>  <p>180°</p>  <p>Walkover fwd in side position to side stand</p> 	<p><b>4.408</b></p>	<p><b>4.508</b></p>	<p><b>4.608</b></p>

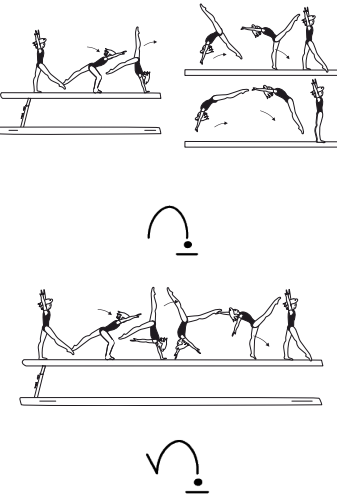

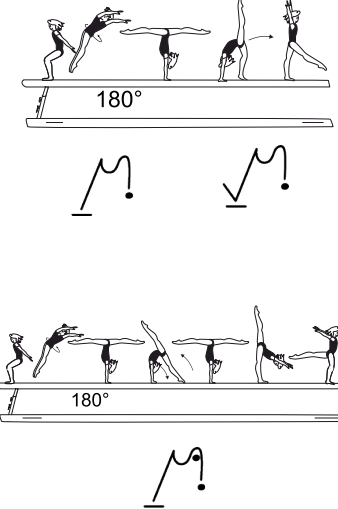
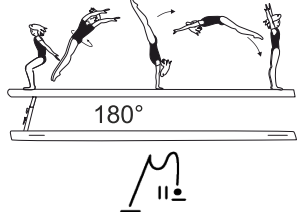
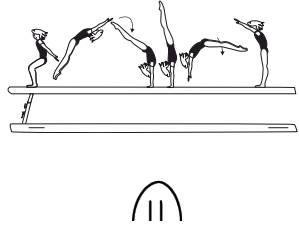
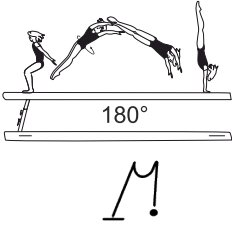
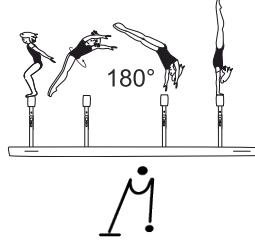


**4.000 – HOLDS AND ACROBATIC NON-FLIGHT**

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

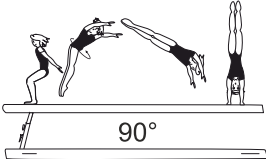

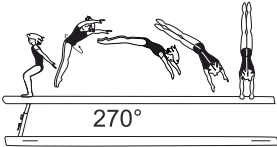

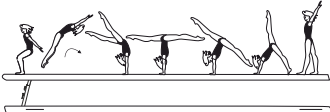

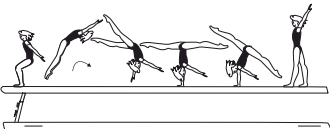

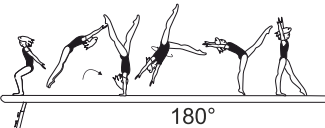

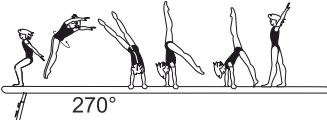



5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p><b>5.101</b></p>	<p><b>5.201</b></p> <p>Handspring fwd with flight to land on one or both legs (same element), also with support on one arm</p> 	<p><b>5.301</b></p> <p>Handspring fwd with leg change in flight phase</p> 	<p><b>5.401</b></p> <p>Jump bwd (flic-flac take-off) with ½ twist (180°) through hstd to walkover fwd (Onodi) also with support on one arm, or to tic-toc</p> 	<p><b>5.501</b></p> <p>Jump bwd (flic-flac take-off) with ½ twist (180°) to handspring fwd land on 2 feet (Worley)</p> 	<p><b>5.601</b></p>
<p><b>5.102</b></p>	<p><b>5.202</b></p> <p>Flic-flac to land on both feet</p> 	<p><b>5.302</b></p> <p>Flic-flac with ½ twist (180°) to hstd (2 sec.) – lower to optional end position</p> 	<p><b>5.402</b></p> <p>Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position (Kolesnikova)</p> 	<p><b>5.502</b></p>	<p><b>5.602</b></p>

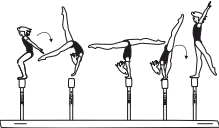
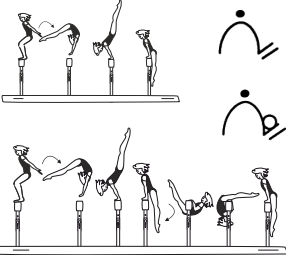
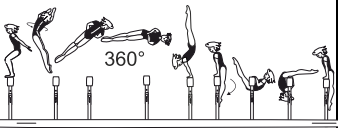
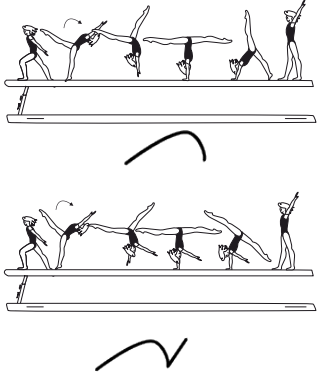
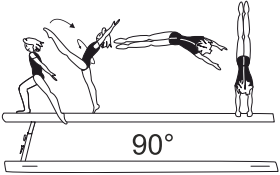
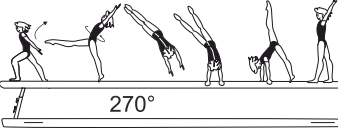


5.000 — ACROBATIC FLIGHT

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



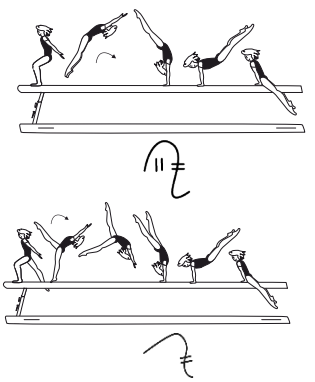
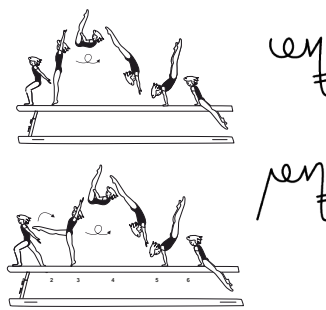
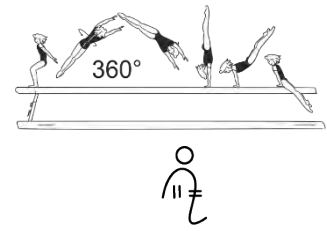
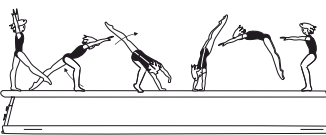
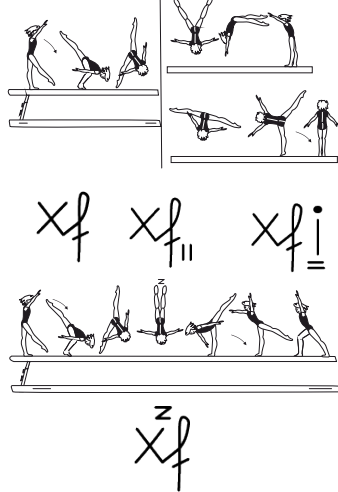
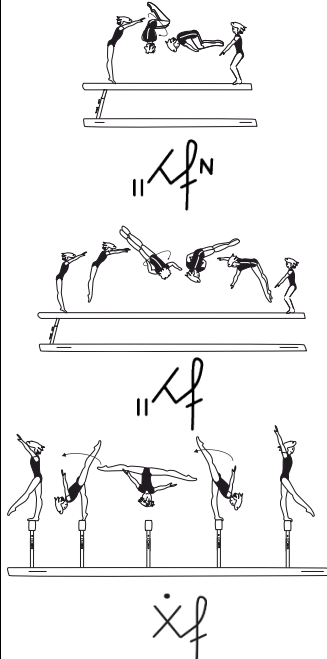
5.000 — ACROBATIC FLIGHT

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



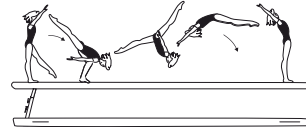
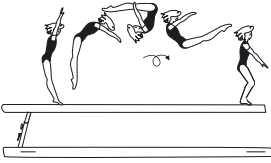


5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
<p>5.107</p>	<p>5.207</p> <p>Flic-flac or Gainer flic-flac – with high flight phase, and swing down to cross straddle sit</p> 	<p>5.307</p> <p>Flic-flac or Gainer flic-flac – with piking and stretching of hips in flight phase and swing down to cross straddle sit (Rueda)</p> 	<p>5.407</p> <p>Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit (Rulfova)</p> 	<p>5.507</p>	<p>5.607</p>
<p>5.108</p>	<p>5.208</p> <p>Round-off</p> 	<p>5.308</p>	<p>5.408</p> <p>Free (aerial) cartwheel – landing on one or both feet, in cross or side position, also with leg change</p> 	<p>5.508</p> <p>Free (aerial) round-off tucked or piked – take off from 2 feet</p> 	<p>5.609</p>

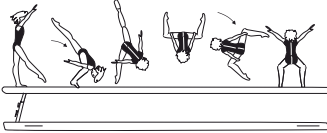



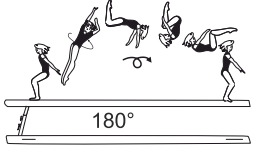

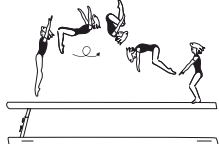



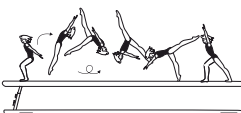

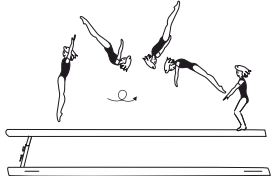

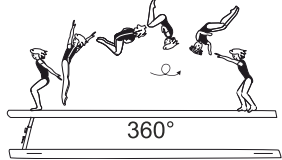

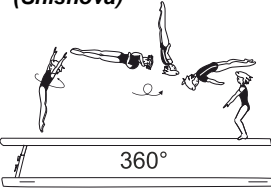



5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.109	5.209	5.309	<p data-bbox="1144 161 1469 209">5.409 <i>Free (aerial) walkover fwd, landing on one or both feet</i></p>  <p data-bbox="1272 400 1352 480">f</p>  <p data-bbox="1272 691 1352 770">f  </p>	5.509	5.609
5.110	5.210	<p data-bbox="788 815 1122 895">5.310 <i>Salto fwd tucked, take-off from one leg to stand on one or two feet (Liukin)</i></p>  <p data-bbox="898 1145 1001 1193">vo</p>	<p data-bbox="1144 815 1447 839">5.410 <i>Salto fwd tucked to cross stand</i></p>  <p data-bbox="1238 1145 1341 1193">vo  </p>	<p data-bbox="1500 815 1794 839">5.510 <i>Salto fwd piked to cross stand</i></p>  <p data-bbox="1603 1145 1706 1193">vo  </p>	5.610

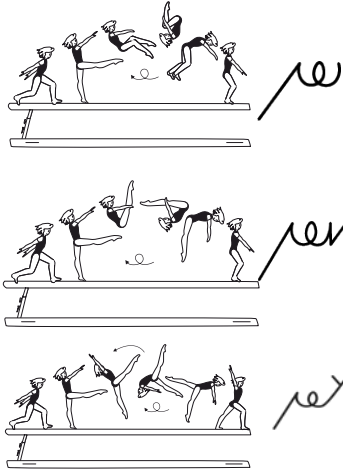
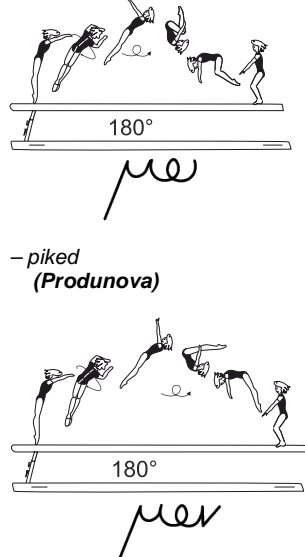


5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.111	5.211	5.311	<p>5.411</p> <p>Salto swd tucked take off from one leg to side stand</p>  	<p>5.511</p> <p>Salto swd tucked with ½ twist (180°) take off from one leg to side stand (Schaefer)</p>  	<p>5.611</p> <p>Arabian salto tucked (take-off bwd with ½ twist [180°], salto fwd)</p>  
5.112	5.212	<p>5.312</p> <p>Salto bwd tucked, piked or stretched (step out)</p>      	5.412	<p>5.512</p> <p>Salto bwd stretched with legs together</p>  	<p>5.612</p> <p>Salto bwd tucked with 1/1 twist (360°) (Shishova)</p>   <p>5.712</p> <p>Salto bwd stretched with 1/1 twist (360°) (Shishova)</p>  

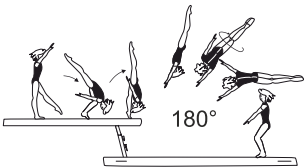

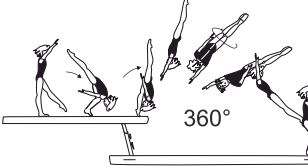

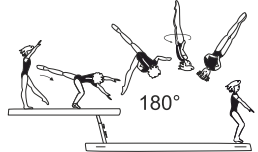

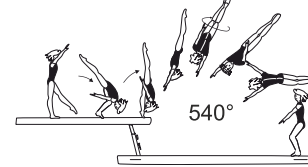

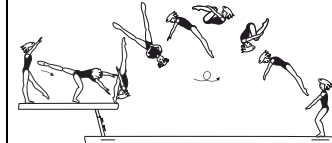

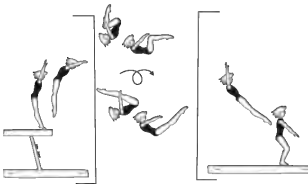

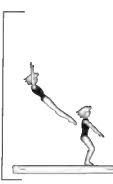

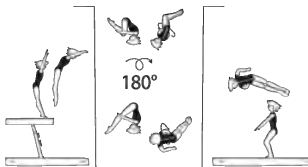



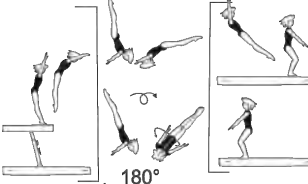


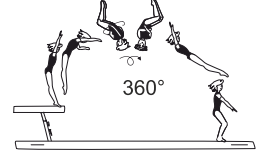

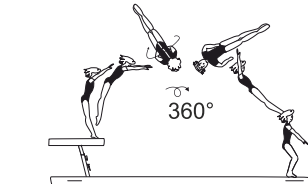

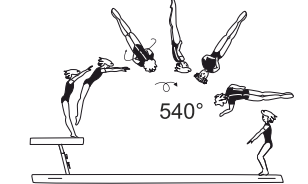

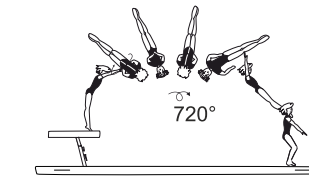

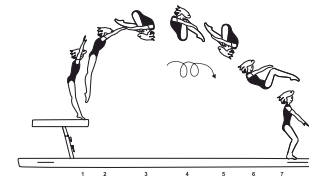



5.000 — ACROBATIC FLIGHT

A	B	C	D	E	F/G
5.113	5.213	5.313	5.413	5.513	5.613
		<p>Gainer salto bwd tucked, piked or stretched-step out</p> 			<p>Jump fwd with ½ twist (180°) – salto bwd tucked</p>  <p>– piked (Profunova)</p>

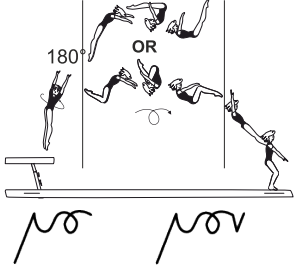
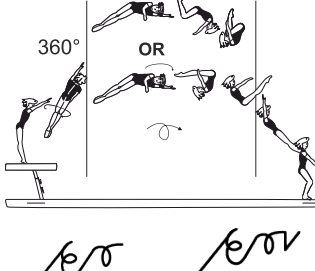
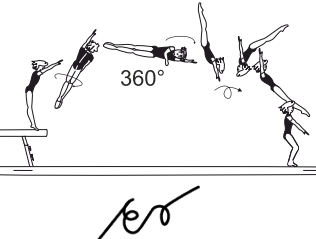
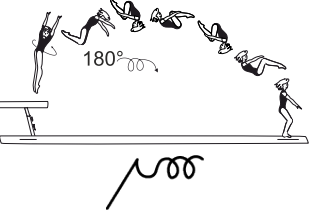
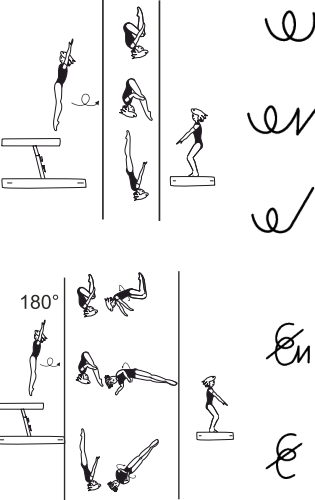
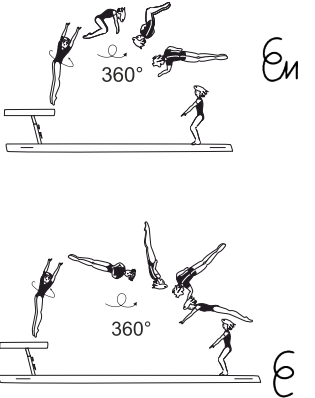
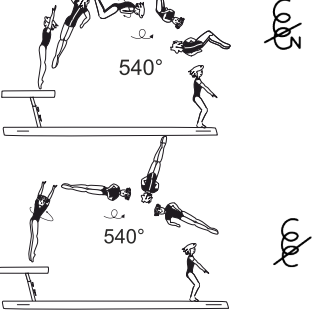
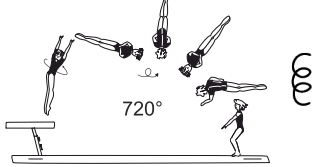
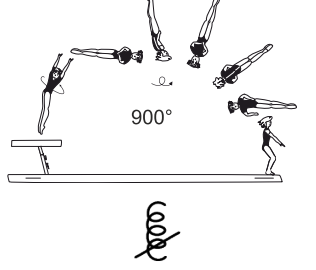
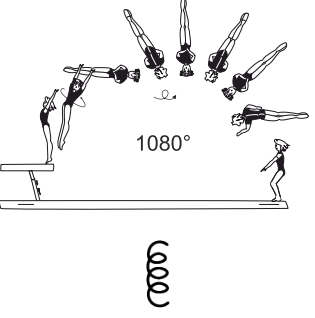


**6.000 — DISMOUNTS**

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

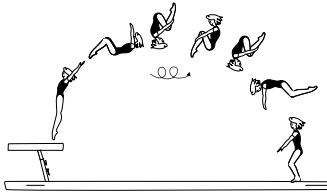
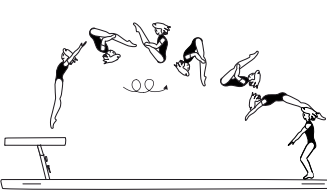
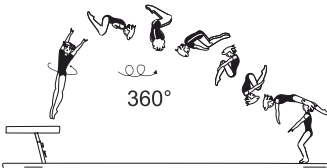
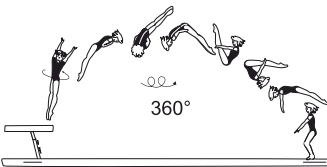
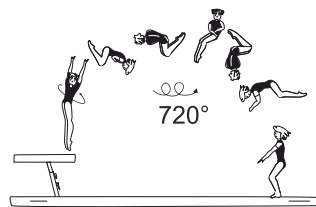


**6.000 — DISMOUNTS**

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

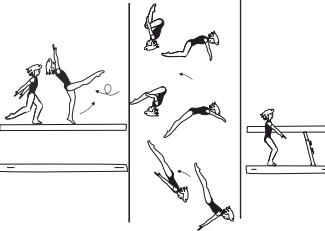

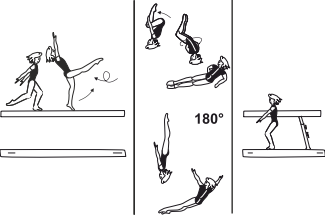

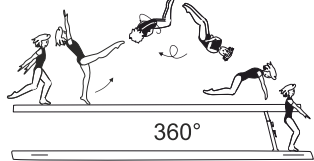

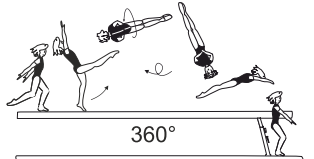

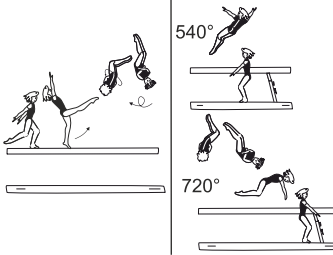
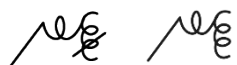
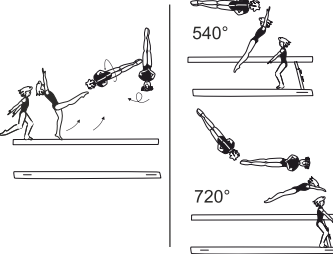
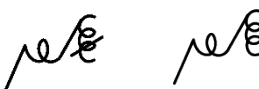
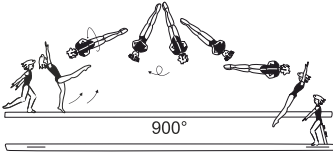

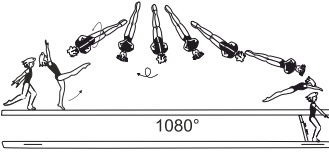



6.000 — DISMOUNTS

A	B	C	D	E	F/G
6.105	6.205	6.305	6.405	6.505	6.605
			<p><i>Double salto bwd tucked</i></p>  <p style="text-align: center;">ll</p>	<p><i>Double salto bwd piked</i></p>  <p style="text-align: center;">llv</p>	<p><b>6.705</b></p> <p><i>Double salto bwd tucked or piked with 1/1 twist (360°)</i></p>  <p style="text-align: center;">E ll</p>  <p style="text-align: center;">E llv</p> <p><b>6.805</b></p> <p><i>Double salto bwd tucked with 2/1 twist (720°) (Biles)</i></p>  <p style="text-align: center;">lll</p>



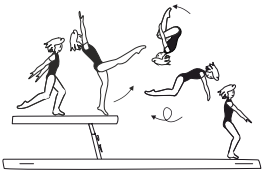
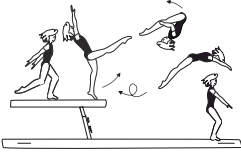


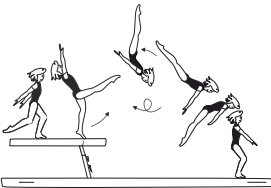
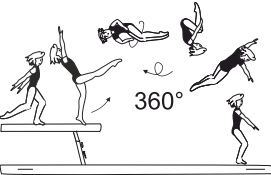


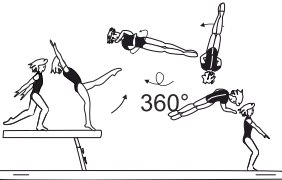
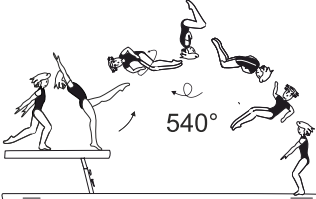


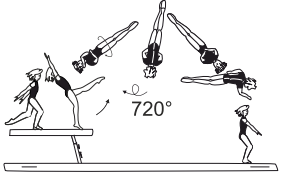
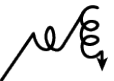
6.000 — DISMOUNTS

A	B	C	D	E	F/G
<p><b>6.106</b> Gainer salto tucked, piked, or stretched to side of beam, also with ½ twist (180°) (tucked or stretched)</p>    	<p><b>6.206</b> Gainer salto tucked or stretched with 1/1 twist (360°) to side of beam</p>    	<p><b>6.306</b> Gainer salto bwd tucked or stretched with 1½ twist (540°) (Bohmerova) or 2/1 twist (720°) to side of beam</p>    	<p><b>6.406</b> Gainer salto bwd stretched with 2½ twist (900°) to side of beam (Khorkina)</p>  	<p><b>6.506</b></p>	<p><b>6.606</b> Gainer salto bwd stretched with 3/1 twist (1080°) to side of beam</p>  

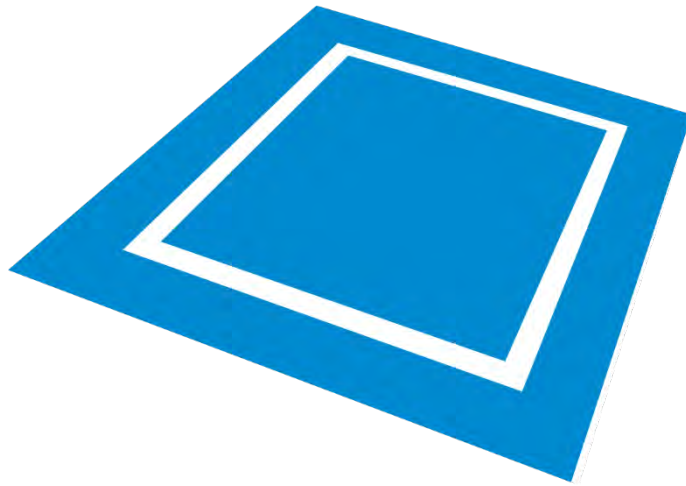




6.000 — DISMOUNTS

A	B	C	D	E	F/G
6.107	<p>6.207</p> <p>Gainer salto tucked or piked at end of beam</p>    	<p>6.307</p> <p>Gainer salto stretched with legs together at end of beam</p>  <p>Gainer salto tucked with 1/1 twist (360°) at end of beam (Kim)</p>   	<p>6.407</p> <p>Gainer salto stretched with 1/1 twist (360°) at end of beam (Steingruber)</p>  <p>Gainer salto tucked with 1½ twist (540°) at end of beam (Olafsdottir)</p>   	<p>6.507</p> <p>Gainer salto stretched with 2/1 twist (720°) at end of beam (Jurkowska-Kowalska)</p>  	6.607


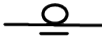
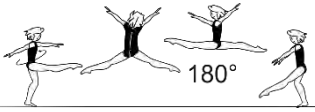
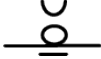
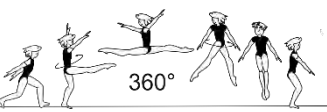





# FLOOR EXERCISE Elements








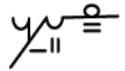


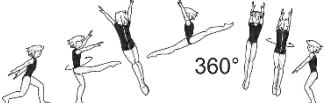



**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p>1.101</p> <p><i>Split leap fwd (leg separation 180°)</i></p>  	<p>1.201</p> <p><i>Split leap with ½ turn (180°)</i></p>  	<p>1.301</p> <p><i>Split leap with 1/1 turn (360°)</i></p>  	<p>1.401</p>	<p>1.501</p>	<p>1.601</p>




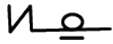


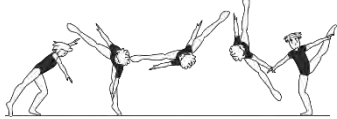

1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
1.102	<p>1.202 (*)  <i>Fouetté hop with leg change to cross split (leg separation 180°), also to ring position (tour jeté)</i></p>    	<p>1.302 (*)  <i>Tour jeté with additional ½ turn (180°), landing on one or both feet, or in split sit position (Produnova)</i></p>     <p>Leap fwd, through tour jeté technique, with ¾ turn (270°) into straddle pike position with additional ¼ turn (90°), landing on one or both feet (Csillag)</p>  	<p>1.402  <i>Tour jeté with additional 1/1 turn (360°), landing on one or both feet (Gogean)</i></p>  	1.502	1.602

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



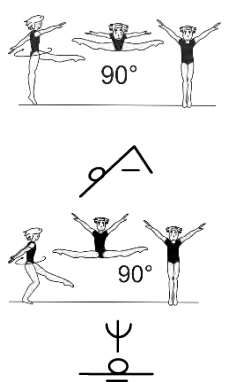

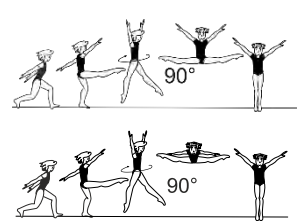

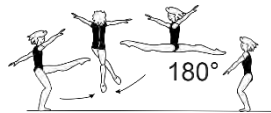

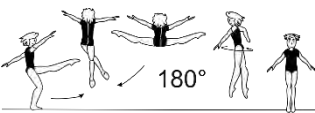
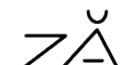
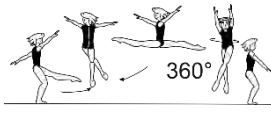

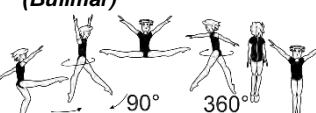









**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>1.103</b></p> <p><i>Tuck jump with separation of legs to cross split (180°) during flight phase</i></p>  	<p><b>1.203 (*)</b></p> <p><i>Butterfly fwd torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight</i></p>   <p><i>Butterfly bwd torso parallel to floor, slightly arched, legs straddled and feet at or slightly below hip height during flight,</i></p>  	<p><b>1.303</b></p>	<p><b>1.403</b></p>	<p><b>1.503</b></p>	<p><b>1.603</b></p>

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


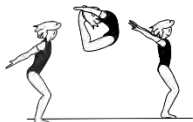
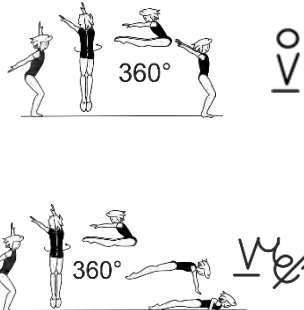


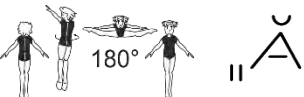

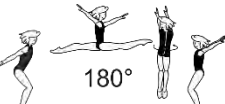








**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>1.104 (*)</b> Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet</p>  <p>90°</p> <p>90°</p> 	<p><b>1.204</b> Switch leap with ¼ turn (90°) to side split or to straddle pike position (both legs above horizontal) <b>(Johnson)</b></p>  <p>90°</p> <p>90°</p> 	<p><b>1.304 (*)</b> Switch leap with ½ turn (180°) in flight phase <b>(Frolova)</b></p>  <p>180°</p>  <p>Johnson with additional ½ turn (180°)</p>  <p>180°</p> 	<p><b>1.404 (*)</b> Switch leap with 1/1 turn (360°) in flight phase</p>  <p>360°</p>  <p>Johnson with additional 1/1 turn (360°) <b>(Bulimar)</b></p>  <p>90° 360°</p> 	<p><b>1.504</b></p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>1.604</b></p>
<p><b>1.105 (*)</b> Stride leap fwd with change of legs to wolf position</p>  	<p><b>1.205</b> Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation after leg change) (Switch leap)</p>  	<p><b>1.305</b> Switch leap to ring position (180° separation of legs)</p>  	<p><b>1.405</b> Switch leap to ring position with ½ turn (180°) <b>(Sankova)</b></p>  <p>180°</p> 	<p><b>1.505</b></p>	<p><b>1.605</b></p>

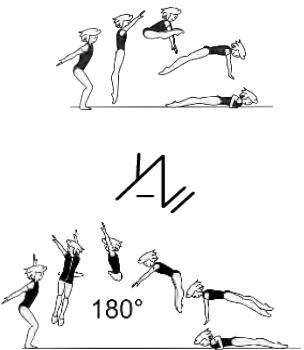
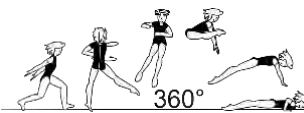
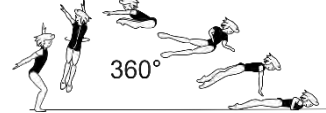
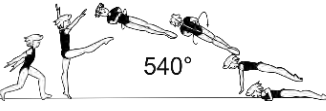


**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>1.106</b> Pike jump (hip &lt; 90°)</p>  <p style="text-align: center;">V</p>	<p><b>1.206</b> Jump with upper back arch and head release with feet almost touching head (sheep jump)</p>  <p style="text-align: center;">W</p>	<p><b>1.306 (*)</b> Pike jump (hip &lt; 90°) with 1/1 turn (360°), also landing in front lying support (Moerz)</p>  <p style="text-align: center;">V</p>	<p><b>1.406 (*)</b></p>	<p><b>1.506</b></p>	<p><b>1.606</b></p>
<p><b>1.107 (*)</b> Straddle pike jump (both legs above horizontal), or side split jump (leg separation 180°)</p>  <p style="text-align: center;">A</p>  <p style="text-align: center;">T</p>	<p><b>1.207 (*)</b> Straddle pike or side split jump with ½ turn (180°)</p>  <p style="text-align: center;">A</p>  <p style="text-align: center;">T</p> <p>Split Jump with ½ turn (180°)</p>  <p style="text-align: center;">T</p>	<p><b>1.307 (*)</b> Straddle pike or side split jump with 1/1 turn (360°) (Popa)</p>  <p style="text-align: center;">A</p>  <p style="text-align: center;">T</p> <p>Split Jump with 1/1 turn (360°)</p>  <p style="text-align: center;">T</p>	<p><b>1.407 (*)</b> Straddle pike or side split jump with 1½ turn (540°)</p>  <p style="text-align: center;">A</p>  <p style="text-align: center;">T</p> <p>Split Jump with 1½ turn (540°)</p>  <p style="text-align: center;">T</p>	<p><b>1.507</b></p> <div style="border: 1px solid black; padding: 10px; margin: 20px auto; width: 80%; text-align: center;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>1.607</b></p>



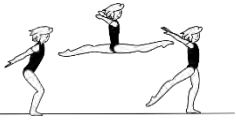



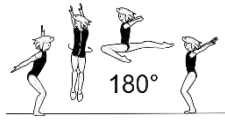

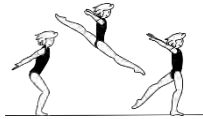

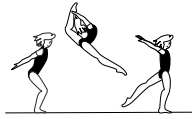



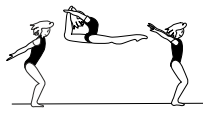
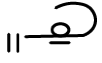

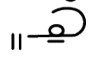

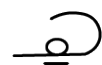
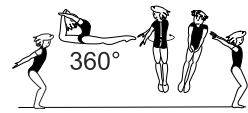
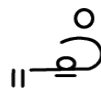
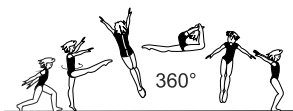

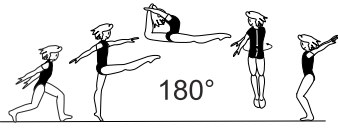
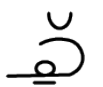
**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>1.108 (*)</b>  <i>Straddle pike (both legs above horizontal), or side split jump landing in front lying support, also with ½ turn (180°)</i></p>  <p><i>Hop with 1/1 turn (360°) to straddle and land in front lying support</i></p> 	<p><b>1.208 (*)</b>  <i>Straddle pike (both legs above horizontal), or side split jump with 1/1 turn (360°) landing in front lying support</i></p>  <p><i>Hop with 1½ turn (540°) in horizontal plane to land in front lying support</i></p> 	<p><b>1.308</b></p>	<p><b>1.408</b></p>	<p><b>1.508</b></p>	<p><b>1.608</b></p>



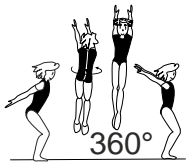

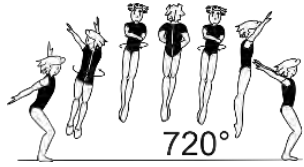





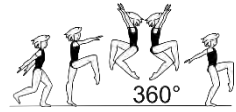

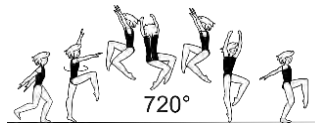



**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>1.109 (*)</b> Split jump (leg separation 180°)</p>   <p>Stag jump</p>   <p>Stag jump with ½ turn (180°)</p>   <p>Sissone (leg separation 180° on the diagonal/45° to the floor) take off two feet, land on one foot</p>  	<p><b>1.209 (*)</b> Sissone to ring position (rear foot at head height, body arched and head dropped bwd, 180° separation of legs), to land on one foot</p>   <p>Stag ring jump (rear foot at head height, body arched and head dropped bwd)</p>   <p>Split jump to ring position (180° separation of legs) to land on both feet</p>   <p>Split jump to ring position with ½ turn (180°) to land on both feet</p>  	<p><b>1.309 (*)</b> Split ring leap (180° separation of legs)</p>   <p>Split jump to ring position with 1/1 turn (360°) (Jurkowska-Kowalska)</p>  	<p><b>1.409 (*)</b> Tour jeté, to ring position with additional ½ turn (180°) (Ferrari)</p>   <p>Split leap to ring position with ½ turn (180°) (Ting)</p>  	<p><b>1.509</b></p>	<p><b>1.609</b></p>

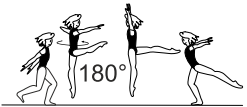

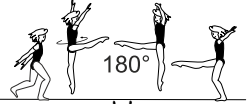

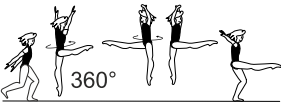

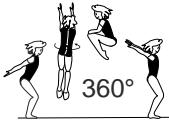



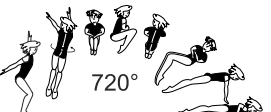



1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

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



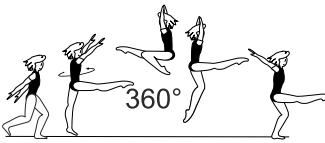
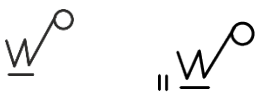
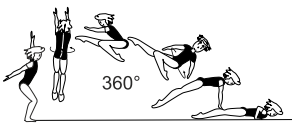
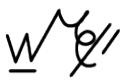
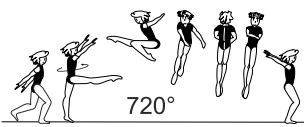



**1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS**

A	B	C	D	E	F/G
<p><b>1.112 (*)</b> Hop with ½ turn (180°) to land in arabesque with free leg above horizontal (Fouetté hop)</p>   <p>Hop with ½ turn (180°) free leg extended at horizontal throughout</p>  	<p><b>1.212</b> Hop with 1/1 turn (360°), free leg extended at horizontal throughout</p>  	<p><b>1.312</b></p>	<p><b>1.412</b></p>	<p><b>1.512</b></p>	<p><b>1.612</b></p>
<p><b>1.113</b></p>	<p><b>1.213</b> Tuck hop or jump with 1/1 turn (360°)</p>  	<p><b>1.313 (*)</b> Tuck hop or jump with 2/1 turn (720°) also landing in front lying support</p>    	<p><b>1.413</b></p> <div data-bbox="1209 869 1657 1013" style="border: 1px solid black; padding: 5px; width: fit-content; margin: 20px auto;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>1.513</b></p>	<p><b>1.613</b></p>



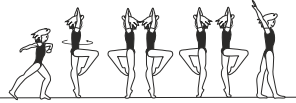











1.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.114</p> <p>Hop or Jump with one leg bent and the other – extended straight, fwd above horizontal with knees together (Wolf hop or jump)</p>  	<p>1.214 (*)</p> <p>Wolf hop or jump with 1/1 turn (360°)</p>   <p>Wolf hop or jump with 1/1 turn (360°) landing in front lying support</p>  	<p>1.314</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 20px auto;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p>1.414</p>	<p>1.514</p> <p>Wolf hop or jump with 2/1 turn (720°)</p>  	<p>1.614</p>

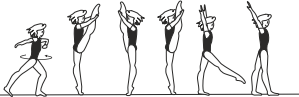





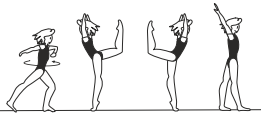









**2.000 — GYMNASTIC TURNS**

A	B	C	D	E	F/G
<p><b>2.101</b> 1/1 turn (360°) on one leg – free leg optional below horizontal</p>  <p>360°</p> 	<p><b>2.201</b> 2/1 turn (720°) on one leg – free leg optional below horizontal</p>  <p>720°</p> 	<p><b>2.301</b> 3/1 turn (1080°) on one leg – free leg optional below horizontal</p>  <p>1080°</p> 	<p><b>2.401</b></p>	<p><b>2.501</b> 4/1 turn (1440°) on one leg – free leg optional below horizontal (Gomez)</p>  <p>x4 1440°</p> 	<p><b>2.601</b></p>
<p><b>2.102</b></p>	<p><b>2.202</b> 1/1 turn (360°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent)</p>  <p>360°</p> 	<p><b>2.302</b></p>	<p><b>2.402</b> 2/1 turn (720°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent)</p>  <p>720°</p> 	<p><b>2.502</b></p>	<p><b>2.602</b></p>




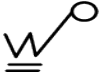






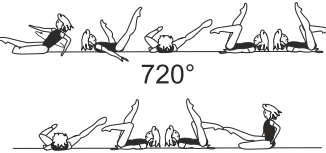



2.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
2.103	<p>2.203</p> <p>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</p>  <p>360°</p> 	2.303	<p>2.403</p> <p>2/1 turn (720°) with free leg held upward in 180° split position throughout turn <b>(Mommel)</b></p>  <p>720°</p> 	<p>2.503</p> <p>3/1 turn (1080°) with free leg held upward in 180° split position throughout turn <b>(Mustafina)</b></p>  <p>1080°</p> 	2.603
2.104	<p>2.204</p> <p>1/1 turn (360°) in back attitude (thigh of free leg at horizontal throughout turn)</p>  <p>360°</p> 	2.304	<p>2.404 (*)</p> <p>2/1 turn (720°) in back attitude (thigh of free leg at horizontal throughout turn) <b>(Semenova)</b></p>  <p>720°</p>  <p>2/1 turn (720°) with free leg held with both hands bwd/upward throughout turn <b>(Berar)</b></p>  <p>720°</p> 	<p>2.504</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	2.604
2.105	<p>2.205</p> <p>1/1 turn (360°) in scale fwd with free leg above horizontal throughout turn</p>  <p>360°</p> 	2.305	2.405	2.505	2.605


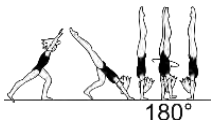
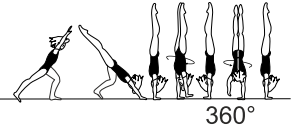
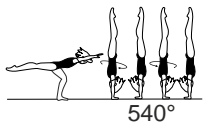
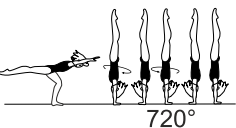
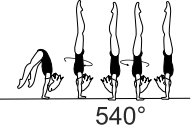


2.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
2.106	<p>2.206</p> <p>1/1 illusion turn (360°) through standing split without touching floor with hand</p>  <p>360°</p> 	2.306	2.406	2.506	2.606
2.107	<p>2.207</p> <p>1/1 turn (360°) in tuck stand on one leg – free leg straight throughout turn</p>  <p>360°</p> 	<p>2.307</p> <p>2/1 (720°) pirouette starting with free leg at horizontal, lowering to complete the turn in wolf position (Nguyen)</p>  <p>360° 360°</p> 	<p>2.407</p> <p>2/1 turn (720°) in tuck stand on one leg – free leg straight throughout turn (no turn initiation with a push from hands on floor)</p>  <p>720°</p> 	<p>2.507</p> <p>3/1 turn (1080°) in tuck stand on one leg – free leg straight throughout turn (no turn initiation with a push from hands on floor) (Mitchell)</p>  <p>1080°</p> 	2.607
2.108	<p>2.208</p> <p>2/1 spin (720°) or more on back in kip position (hip-leg &lt; closed)</p>  <p>720°</p> 	2.308	2.408	2.508	2.608



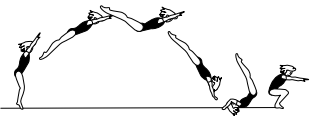

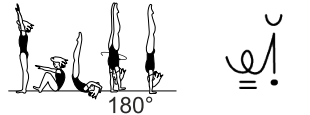

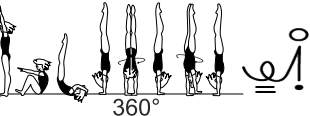

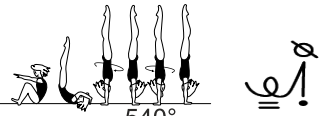

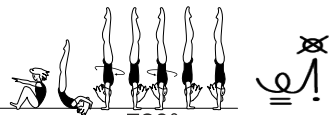

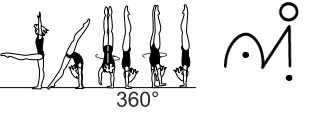

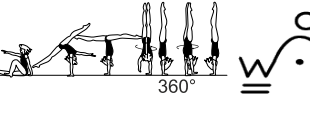

### 3.000 — HAND SUPPORT ELEMENTS

A	B	C	D	E	F/G
<p><b>3.101</b></p> <p><i>Jump kick or press to hstd – return movement optional, also with ½ and 1/1 turn (180° - 360°) in hstd</i></p>   	<p><b>3.201</b></p> <p><i>Jump kick or press to hstd with 1½ - 2/1 turn (540° - 720°) in hstd – return movement optional</i></p>   				<p><b>3.601</b></p>



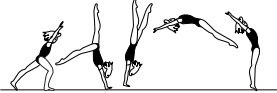
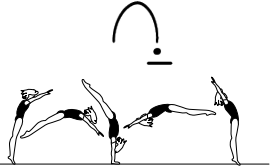

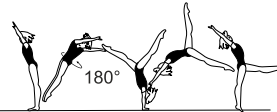

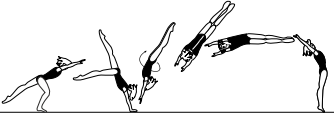
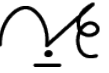

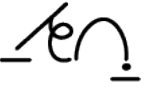




**3.000 — HAND SUPPORT ELEMENTS**

A	B	C	D	E	F/G
<p><b>3.102</b></p> <p><i>Hecht roll</i></p>  	<p><b>3.202</b></p>	<p><b>3.302</b></p>	<p><b>3.402</b></p>	<p><b>3.502</b></p>	<p><b>3.602</b></p>
<p><b>3.103</b></p> <p><i>Roll bwd to hstd with ½ or 1/1 turn (180° - 360°) in hstd</i></p>  <p>180°</p>   <p>360°</p> 	<p><b>3.203</b></p> <p><i>Roll bwd to hstd with 1½ - 2/1 (540° - 720°) turn in hstd</i></p>  <p>540°</p>   <p>720°</p> 	<p><b>3.303</b></p>	<p><b>3.403</b></p>	<p><b>3.503</b></p>	<p><b>3.603</b></p>
<p><b>3.104</b></p> <p><i>Walkover bwd from stand or extended tuck-sit to hstd with 1/1 turn (360°) in hstd – return movement optional</i></p>  <p>360°</p>   <p>360°</p> 	<p><b>3.204</b></p>	<p><b>3.304</b></p>	<p><b>3.404</b></p>	<p><b>3.504</b></p>	<p><b>3.604</b></p>



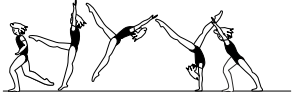



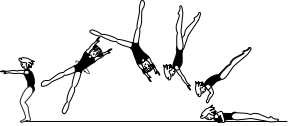

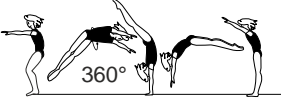



**3.000 — HAND SUPPORT ELEMENTS**

A	B	C	D	E	F/G
<p><b>3.105</b></p> <p><i>Handspring fwd, take-off from one leg or Flyspring fwd, take-off from both legs – with or without hecht phase before hand support – landing optional</i></p>    <p><i>Jump bwd with ½ twist (180°) to handspring fwd – landing optional</i></p>  	<p><b>3.205</b></p>	<p><b>3.305</b></p> <p><i>Handspring fwd with 1/1 twist (360°) after hand support or before (Mostepanova)</i></p>  <p>360°</p>   <p>360°</p> 	<p><b>3.405</b></p>	<p><b>3.505</b></p>	<p><b>3.605</b></p>
<p><b>3.106</b></p> <p>Round-off</p>  	<p><b>3.206</b></p>	<p><b>3.306</b></p>	<p><b>3.406</b></p>	<p><b>3.506</b></p>	<p><b>3.606</b></p>

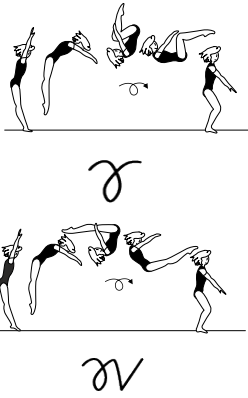
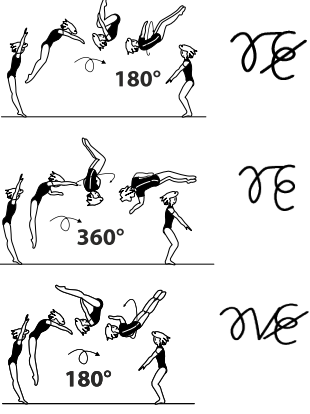

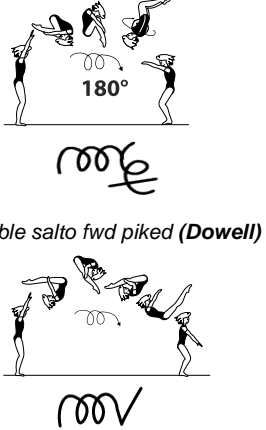
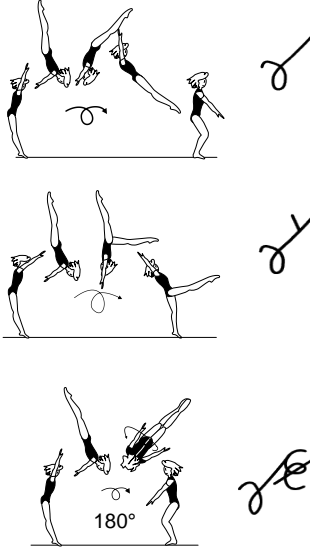
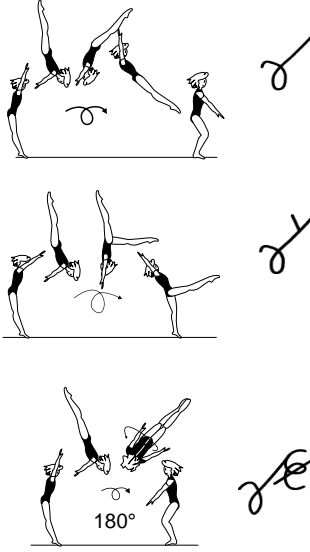
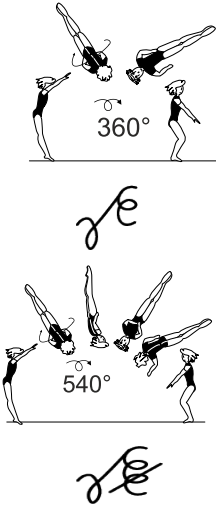
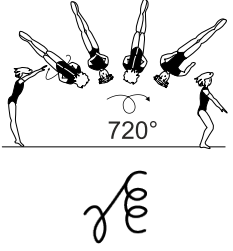
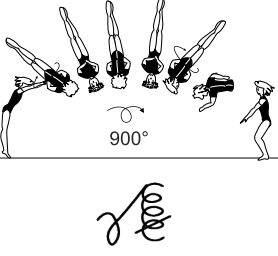
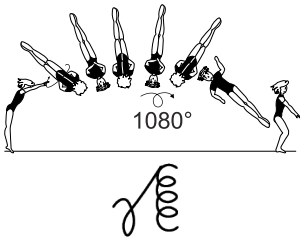


**3.000 — HAND SUPPORT ELEMENTS**

A	B	C	D	E	F/G
<p data-bbox="85 129 371 229"><b>3.107</b> All flic-flac and gainer flic-flac variations, also with support of one arm</p>       <p data-bbox="85 1011 371 1155">Arabian (bwd take-off) with ¼ twist (90°) – free (aerial) cartwheel – continuing with ¼ twist (90°) to front lying support (<b>Tsavidaridou</b>)</p>  	<p data-bbox="427 129 703 204"><b>3.207</b> Flic-flac with 1/1 twist (360°) before hand support</p>  	<p data-bbox="781 129 842 153"><b>3.307</b></p>	<p data-bbox="1140 129 1227 153"><b>3.407 (*)</b></p>	<p data-bbox="1498 129 1559 153"><b>3.507</b></p>	<p data-bbox="1839 129 1899 153"><b>3.607</b></p>

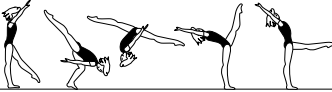






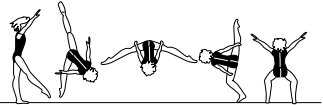

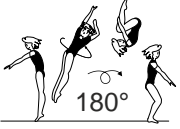

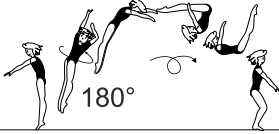

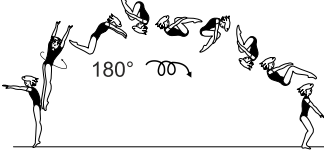
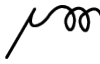
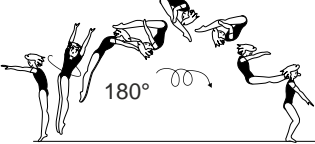

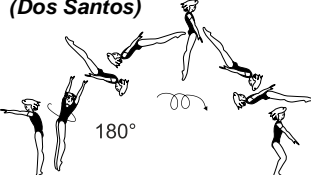



**4.000 — SALTOS FORWARD & SIDWARD**

A	B	C	D	E	F/G
<p><b>4.101</b> Salto fwd tucked or piked</p> 	<p><b>4.201</b> Salto fwd tucked with ½ or 1/1 twist (180° or 360°), also Salto fwd piked with ½ twist (180°)</p> 	<p><b>4.301</b></p>	<p><b>4.401</b></p>	<p><b>4.501</b> Double salto fwd tucked (Podkopayeva)</p> 	<p><b>4.601</b> Double salto fwd tucked with ½ twist (180°) (Podkopayeva)</p> 
<p><b>4.102</b></p> 	<p><b>4.202</b> Salto fwd stretched, also with ½ twist (180°)</p> 	<p><b>4.302</b> Salto fwd stretched with 1/1 or 1½ twist (360° or 540°)</p> 	<p><b>4.402</b> Salto fwd stretched with 2/1 twist (720°) (Tarasevich)</p> 	<p><b>4.502</b> Salto fwd stretched with 2½ twist (900°) (Cojocar)</p> 	<p><b>4.602</b> Salto fwd stretched with 3/1 twist (1080°) (Maldonado)</p> 

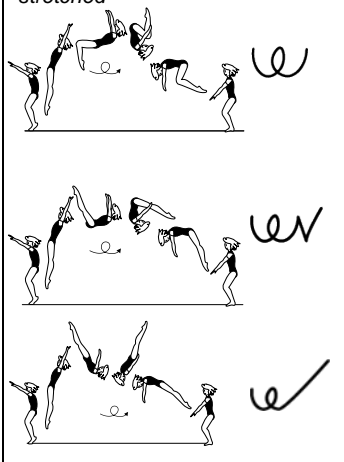
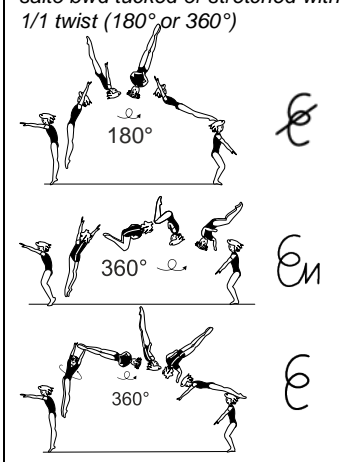
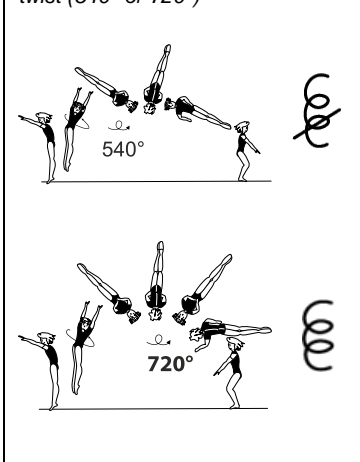
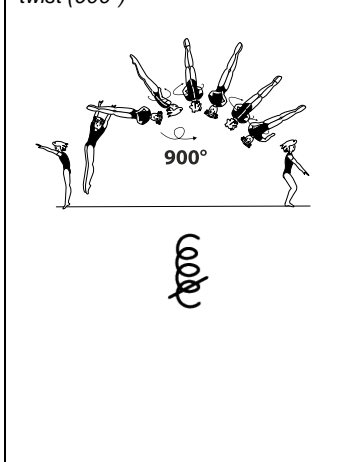
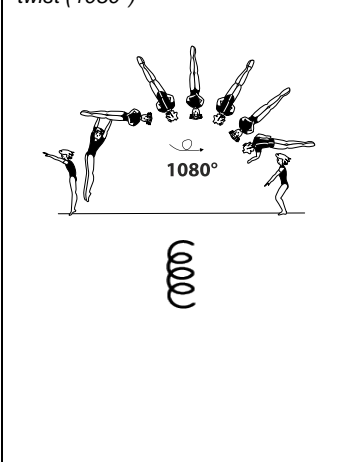
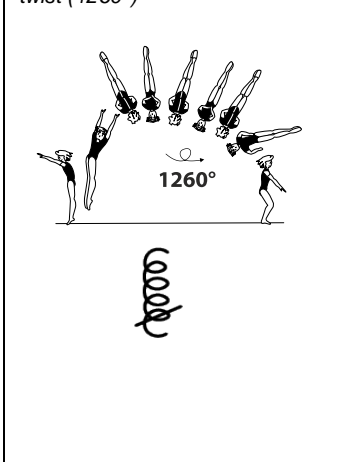
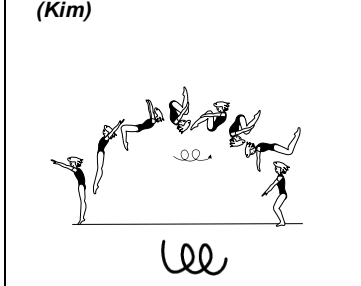
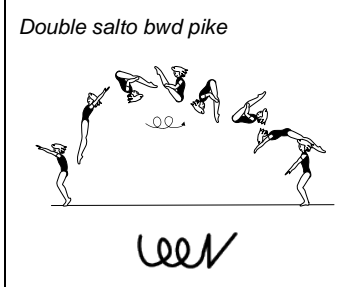
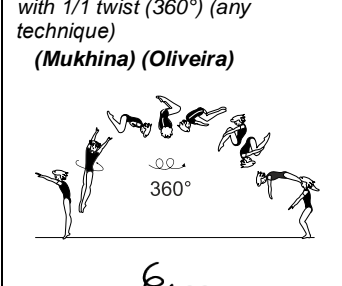
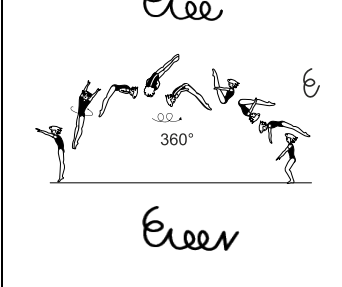
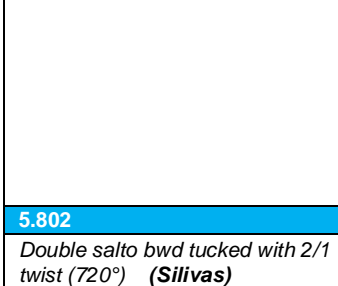
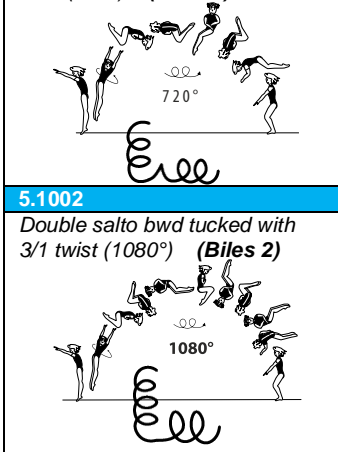


**4.000 — SALTOS FORWARD & SIDEWARD**

4.103	4.203	4.303	4.403	4.503	4.603
<p>Free (aerial) walkover fwd</p>  					
<p>4.104</p> <p>Free (aerial) cartwheel or free (aerial) round-off</p>   					
<p>4.105</p> <p>From take-off fwd from one or both legs – salto swd tucked or piked</p>    	<p>4.205</p> <p>Arabian salto tucked or piked, (take-off bwd with 1/2 twist [180°], salto fwd) – landing optional</p>    			<p>4.505</p> <p>Arabian double salto tucked (Andreasen) / (Jentsch)</p>  	<p>4.605</p> <p>Arabian double salto piked (Dos Santos)</p>  
				<p>4.805</p> <p>Arabian double salto stretched (Dos Santos)</p>  	



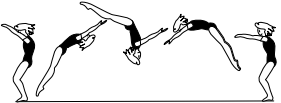

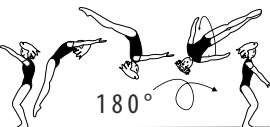

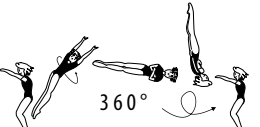

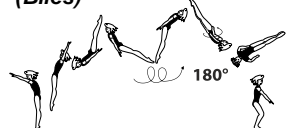
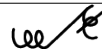

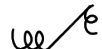


5.000 — SALTOS BACKWARD

A	B	C	D	E	F/G/H/I/J
<p>5.101</p> <p>Salto bwd tucked, piked, or stretched</p> 	<p>5.201</p> <p>Salto bwd stretched with 1/2, or salto bwd tucked or stretched with 1/1 twist (180° or 360°)</p> 	<p>5.301</p> <p>Salto bwd stretched with 1 1/2 or 2/1 twist (540° or 720°)</p> 	<p>5.401</p> <p>Salto bwd stretched with 2 1/2 twist (900°)</p> 	<p>5.501</p> <p>Salto bwd stretched with 3/1 twist (1080°)</p> 	<p>5.601</p> <p>Salto bwd stretched with 3 1/2 twist (1260°)</p> 
<p>5.102</p>	<p>5.202</p>	<p>5.302</p>	<p>5.402</p> <p>Double salto bwd tucked (Kim)</p>  <p>Double salto bwd pike</p> 	<p>5.502</p> <p>Double salto bwd tucked or piked with 1/1 twist (360°) (any technique) (Mukhina) (Oliveira)</p>  	<p>5.602</p> <p>5.802</p> <p>Double salto bwd tucked with 2/1 twist (720°) (Silivas)</p>  <p>5.1002</p> <p>Double salto bwd tucked with 3/1 twist (1080°) (Biles 2)</p> 



5.000 — SALTOS BACKWARD

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