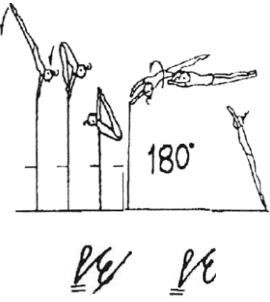
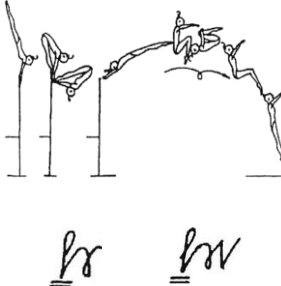
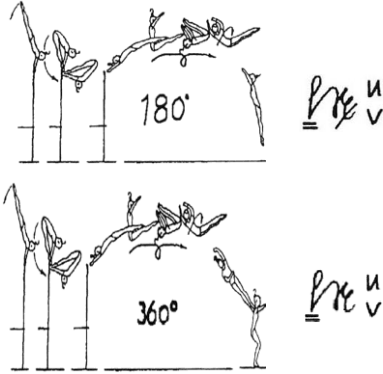
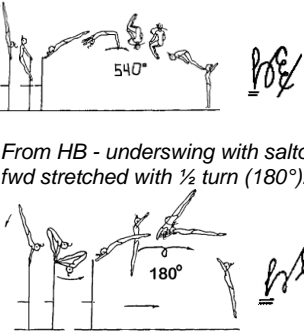
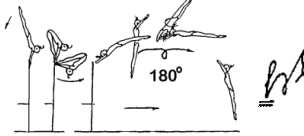
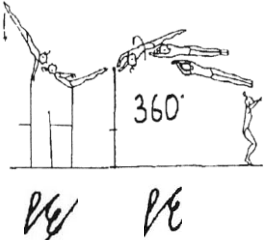
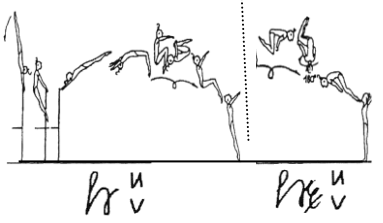
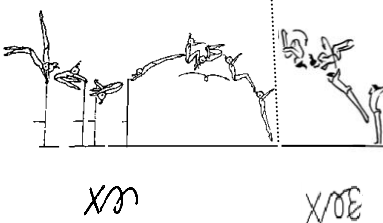

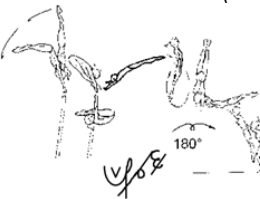

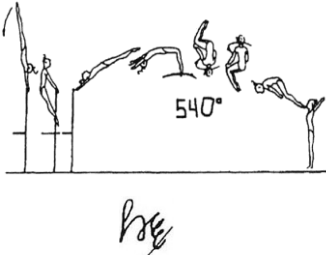


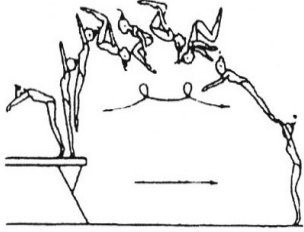
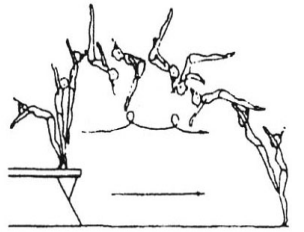
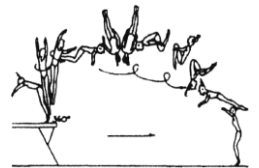
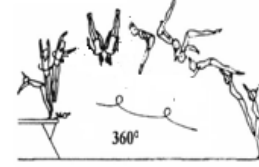
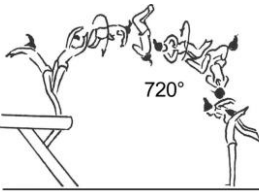
GROUP 2 — HANDSPRING FWD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

<p>2.30 Handspring fwd on – stretched salto fwd off</p> <p>4.60 P.</p>	<p>2.31 Handspring fwd on – stretched salto fwd with ½ turn (180°) off</p> <p>5.00 P.</p>	<p>2.32 Handspring fwd on – stretched salto fwd with 1/1 turn (360°) off</p> <p>5.40 P.</p>	<p>2.33 Handspring fwd on – stretched salto fwd with 1½ turn (540°) off</p> <p>5.80 P.</p>	<p>2.34 Handspring fwd on – stretched salto fwd with 2/1 turn (720°) off</p> <p>6.20 P.</p>	<p>2.35</p>
<p>2.40 Handspring fwd with 1/1 turn (360°) on – tucked salto fwd off</p> <p>5.20 P.</p>	<p>2.41 Handspring fwd with 1/1 turn (360°) on – piked salto fwd off</p> <p>5.60 P.</p>	<p>2.42</p>	<p>2.43</p>	<p>2.44</p>	<p>2.45</p>
<p>2.50 Handspring fwd on – tucked double salto fwd off</p> <p>6.40 P.</p>	<p>2.51</p>	<p>2.52</p>	<p>2.53</p>	<p>2.54</p>	<p>2.55</p>

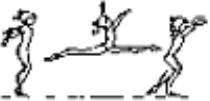



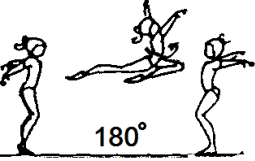







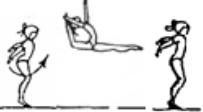

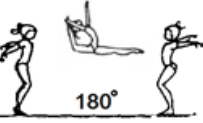





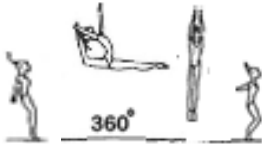



6.000 — DISMOUNTS

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

6.000 — DISMOUNTS











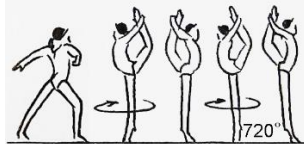



A	B	C	D	E	F / G / H
6.105	6.205	6.305	<p data-bbox="1122 161 1357 209">6.405 Double salto bwd tucked</p>  <p data-bbox="1245 568 1323 624">ll</p>	<p data-bbox="1485 161 1720 209">6.505 Double salto bwd piked</p>  <p data-bbox="1574 568 1675 624">llv</p>	<p data-bbox="1839 328 2163 400">6.605 6.705 Double salto bwd tucked or piked with 1/1 twist (360°)</p>   <p data-bbox="1962 807 2063 863">E ll^{1/1} v</p> <p data-bbox="1839 967 2163 1038">6.805 Double salto bwd tucked with 2/1 twist (720°)</p>  <p data-bbox="1951 1294 2051 1358">E ll</p>

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS


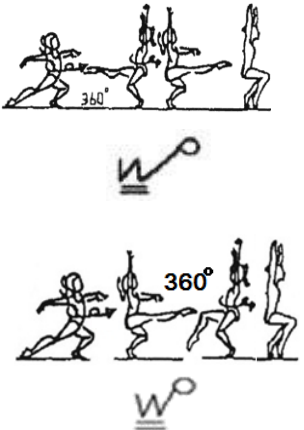
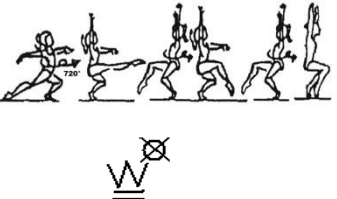
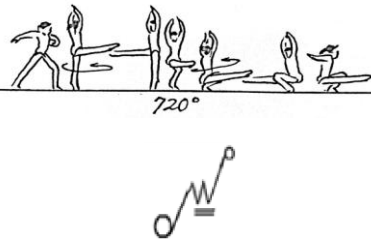
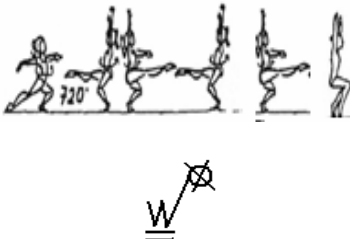
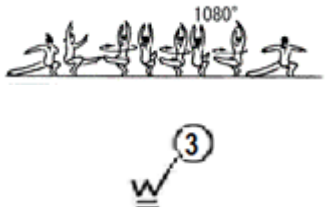
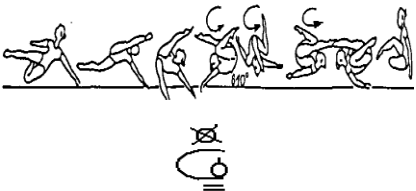
A	B	C	D	E	F/G
<p>1.109 (*) Split jump (leg separation 180°)</p>  <p> </p> <p>Stag jump</p>  <p> </p> <p>Stag jump with ½ turn (180°)</p>  <p>180°</p> <p> </p> <p>Sissone (leg separation 180° on the diagonal/45° to the floor) take off two feet, land on one foot</p>  <p> </p>	<p>1.209 (*) Ring jump (rear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

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

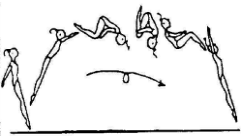

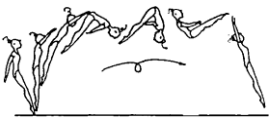











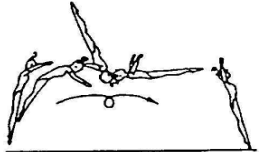

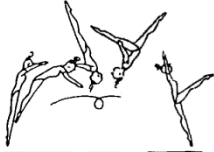

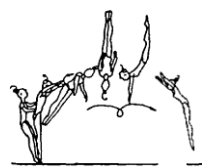

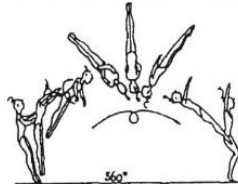

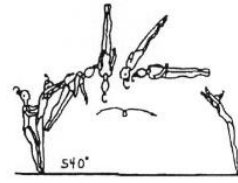

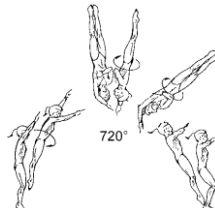

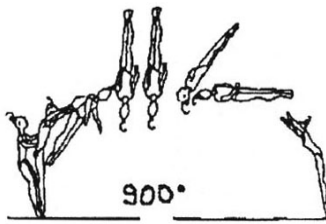

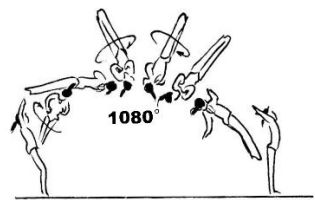

2.000 – GYMNASTIC TURNS

A	B	C	D	E
2.103	2.203 <i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i>  360° 	2.303	2.403 <i>2/1 turn (720°) with free leg held upward in 180° split position throughout turn</i>  720° 	2.503 <i>3/1 turn (1080°) with free leg held upward in 180° split position throughout turn</i>  1080° 
2.104	2.204 <i>1/1 turn (360°) in back attitude (knee of free leg at horizontal throughout turn)</i>  360° 	2.304	2.404 (*) <i>2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn)</i>  720°  <i>2/1 turn (720°) with free leg held with both hands bwd/upward throughout turn</i>  720° 	2.504
2.105	2.205 <i>1/1 turn (360°) in scale FWD with free leg above horizontal throughout turn</i>  360° 	2.305	2.405	2.505

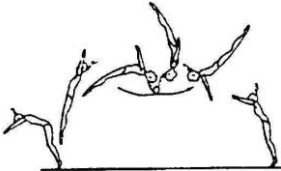

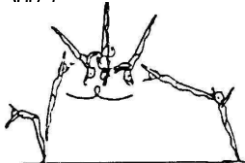

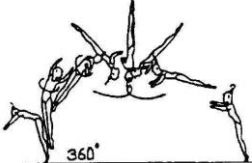

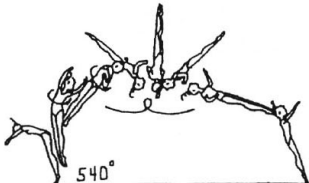

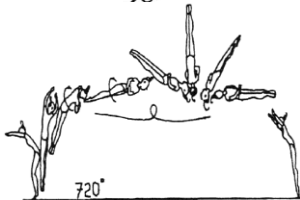

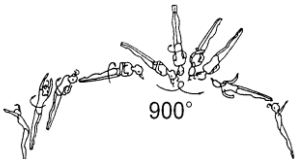

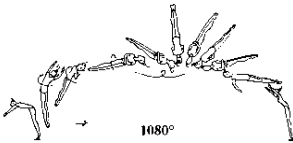

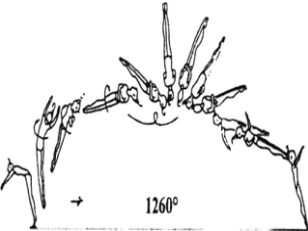






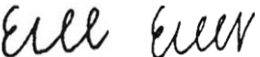


2.000 – GYMNASTIC TURNS

A	B	C	D	E
2.106	2.206 <i>1/1 illusion turn (360°) through standing split without touching floor with hand</i> 	2.306	2.406	2.506
2.107 (*) <i>1/1 turn (360°) in tuck stand on one leg - free leg optional</i> 	2.207 <i>2/1 turn (720°) in tuck stand on one leg – free leg bent</i> 	2.307 <i>2/1 (720°) turn starting with free leg at horizontal, lowering to complete the turn in wolf position</i> 	2.407 <i>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)</i> 	2.507 <i>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)</i> 
2.108	2.208 <i>2/1 spin (720°) or more on back in kip position (hip-leg < closed)</i> 	2.308	2.408	2.508

4.000 – SALTOS FORWARD & SIDEWARD

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

5.000 – SALTOS BACKWARD

A	B	C	D	E	F/G/H/I/J
<p>5.101 Salto bwd tucked, piked, or stretched</p>  	<p>5.201 Salto bwd stretched with 1/2, or salto bwd tucked or stretched with 1/1 twist (180° or 360°)</p>    	<p>5.301 Salto bwd stretched with 1 1/2 or 2/1 twist (540° or 720°)</p>    	<p>5.401 Salto bwd stretched with 2 1/2 twist (900°)</p>  	<p>5.501 Salto bwd stretched with 3/1 twist (1080°)</p>  	<p>5.601 Salto bwd stretched with 3 1/2 twist (1260°)</p>  
<p>5.102</p>	<p>5.202</p>	<p>5.302</p>	<p>5.402 Double salto bwd tucked</p>   <p>Double salto bwd piked</p>  	<p>5.502 Double salto bwd tucked or piked with 1/1 twist (360°)</p>  	<p>5.602 / 5.702</p> <p>5.802 Double salto bwd tucked with 2/1 twist (720°)</p>   <p>5.1002 Double salto bwd tucked with 3/1 twist (1080°)</p> 