

PART IV

APPENDICES

Contents

(This is not the final version and all missing pictures will be added)

A1 - Table of Difficulty Floor

Pirouettes

Jumps

Balance/Power

Section Elements

Acrobatic Elements

A2 - Table of Difficulty Tumbling

A3 - Table of Difficulty Trampoline

A4 - Element Recognition Examples

A5 - Table of General Faults and Penalties

DRAFT

A1 - Tables of Difficulty for Floor

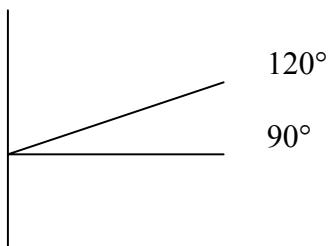
1.1 Pirouettes, 1.2 Jumps, 1.3 Balances/Power Elements, 1.4 Section Elements, 1.5 Acrobatic Elements


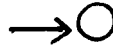
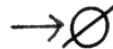
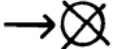
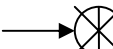
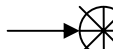

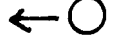
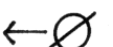
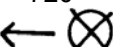
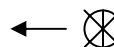
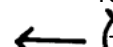

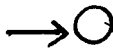
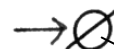

Counting difficulty value of elements: Different elements must have different code number


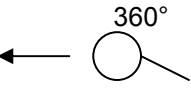
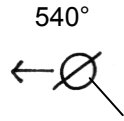
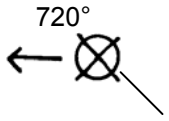

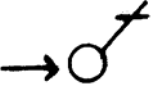
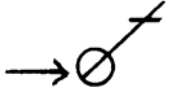
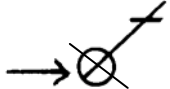

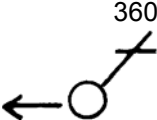
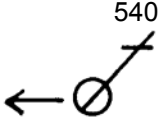
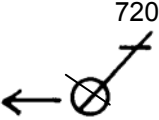
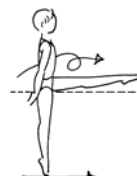
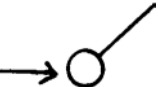
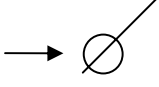
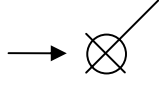
If the leg separation requirement is not fulfilled the value will be lowered.

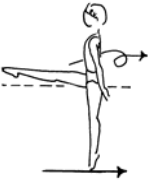
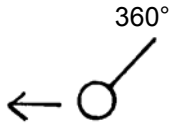
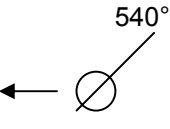
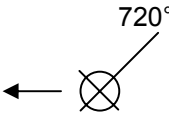
1.1 Pirouettes

The height of the free leg in pirouettes affects the value of the element. If the free leg is bent the heel is used to define the angle with the hip.

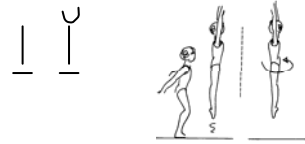
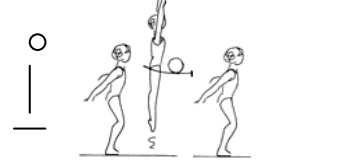

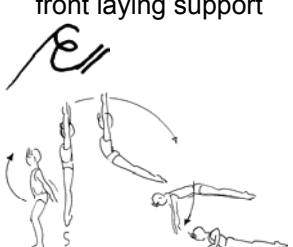
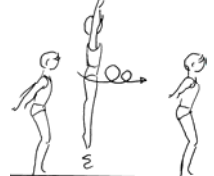
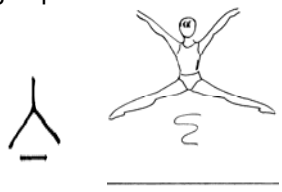
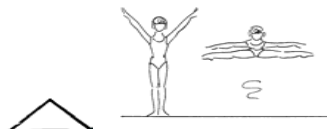



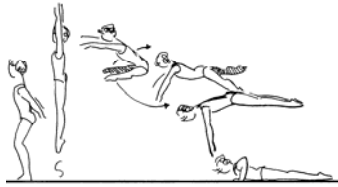
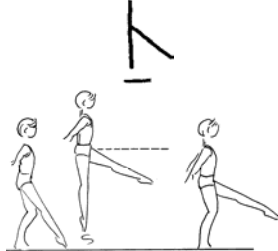
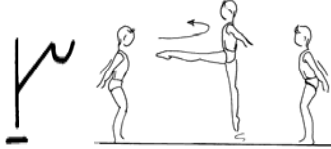


PIROUETTES	A 0,1	B 0,2	C 0,3	D 0,4	E 0,5
<p>Forward Free leg in passé</p> 	<p>P 101 360°</p> 	<p>P 201 540°</p> 	<p>P 301 720°</p> 	<p>P 401 900°</p> 	<p>P 501 1080°</p> 
<p>Backward Free leg in passé</p> 	<p>P 102 360°</p> 	<p>P 202 540°</p> 	<p>P 302 720°</p> 	<p>P 402 900°</p> 	<p>P 502 1080°</p> 
<p>Forward Free leg between 45° and ≤90° (front, side, back, attitude /straight) in attitude: knee joint between 90° and 135°</p> 	<p>P 103</p>	<p>P203 360°</p> 	<p>P303 540°</p> 	<p>P403 720°</p> 	<p>P 503</p>


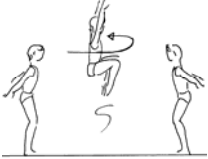
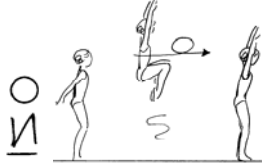

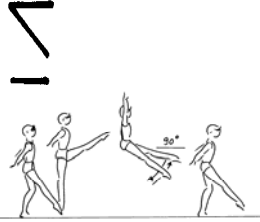


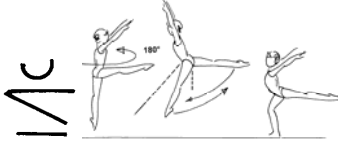
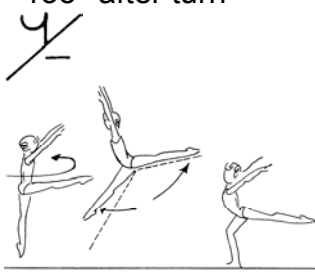
<p>Backward Free leg between 45° and ≤ 90° (front, side, back, attitude/straight) in attitude: knee joint between 90° and 135°</p> 	<p>P 104</p>	<p>P204</p>  <p>360°</p>	<p>P304</p>  <p>540°</p>	<p>P404</p>  <p>720°</p>	<p>P 504</p>
<p>Forward Free leg (support of hands) >90°</p> 	<p>P 105</p>	<p>P 205</p>  <p>360°</p>	<p>P 305</p>  <p>540°</p>	<p>P 405</p>  <p>720°</p>	<p>P 505</p>
<p>Backward Free leg (support of hands) > 90°</p> 	<p>P 106</p>	<p>P 206</p>  <p>360°</p>	<p>P 306</p>  <p>540°</p>	<p>P 406</p>  <p>720°</p>	<p>P 506</p>
<p>Forward Free leg (without support of hands) > 90°</p> 	<p>P 107</p>	<p>P 207</p>	<p>P 307</p>  <p>360°</p>	<p>P 407</p>  <p>540°</p>	<p>P 507</p>  <p>720°</p>



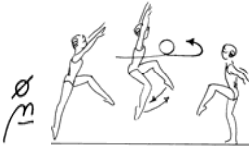

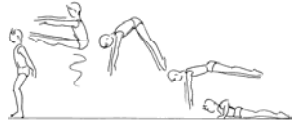

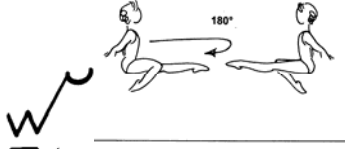

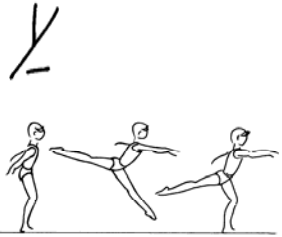


<p>Backward Free leg > 90° (without support of hands)</p> 	<p>P 108</p>	<p>P 208</p>	<p>P308</p> 	<p>P408</p> 	<p>P508</p> 
--	--------------	--------------	---	---	---

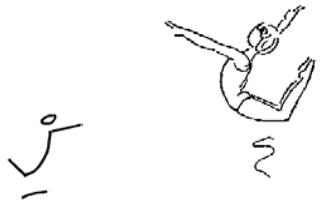

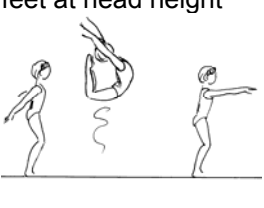
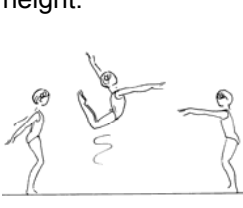






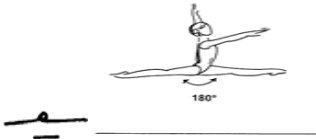
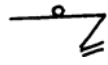

A1.2 Jumps/Leaps

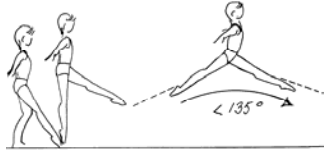

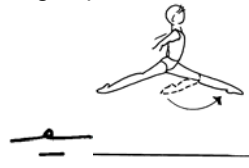
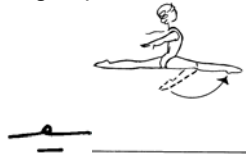

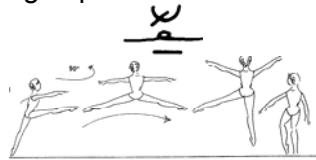
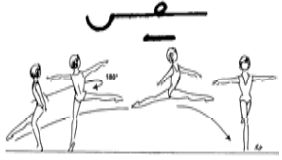
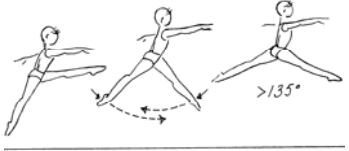
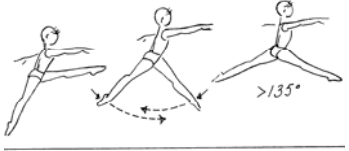

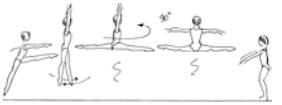

JUMPS LEAPS	A 0.1	B 0.2	C 0.3	D 0.4	E 0.5	F 0,6
Stretched jump	<p>J 101</p> <p>180°</p> 	<p>J 201</p> <p>360°</p> 	<p>J 301</p> <p>540°</p> 	<p>J 401 Stretched jump 360° turn landing in front laying support</p> 	<p>J 501</p> <p>720°</p> 	<p>J 601</p>
Straddle jump	<p>J102</p> <p>Leg separation 90° >135°</p> 	<p>J202</p> <p>Straddle pike jump, leg sep. >135°</p> 	<p>J302</p> <p>Straddle (pike) jump to laying support Shushunova. Leg sep.>135°</p> 	<p>J 402</p>	<p>J 502</p>	<p>J 602</p>

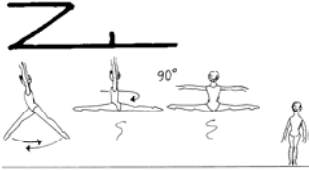

						
Vertical hop	<p>J 103 Free leg <math>< 90^\circ</math></p> 	<p>J 203 180° turn, leg in or over 90°</p> 	J 303	J 403	J 503	J 603
Vertical hop	<p>J 104 Fouetté- hop to landing in scale, free leg height optional</p> 	<p>J 204 Vertical hop with 180° turn bw., swinging free leg from front to side in 90° and bw. Take off from one leg, landing on the same</p> 	J 304	J 404	J 504	J 604
Axel jump	J 105	J 205	J 305	J 405	J 505	J 605

<p>Tuck jump/hop knees $\geq 90^\circ$ before 90° turn is done Take-off from one or both legs</p>	<p>J 106</p> 	<p>J 206 With 180° turn</p> 	<p>J 306 With 360° turn</p> 	<p>J 406 With 540° turn</p> 	<p>J 506</p>	<p>J 606</p>
<p>Scissors leap</p>	<p>J 107 Forward or backward. Legs $< 90^\circ$</p> 	<p>J 207 First leg $\geq 90^\circ$, second leg $\geq 120^\circ$</p> 	<p>J 307</p>	<p>J 407</p>	<p>J 507</p>	<p>J 607</p>
<p>Scissors leap with turn</p>	<p>J 108 With 180° turn. Leg separation $\leq 90^\circ$ after turn</p> 	<p>J 208 With 180° turn. Leg separation $90^\circ > 135^\circ$ after turn</p> 	<p>J308 With 180° turn, leg separation $> 135^\circ$ after turn</p> 	<p>J 408</p>	<p>J 508</p>	<p>J 608</p>

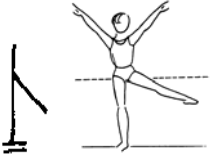





<p>Cat leap Knees at 90° alternatively</p>	<p>J 109 With 180° turn</p> 	<p>J 209 With 360° turn</p> 	<p>J 309</p>	<p>J 409 With 540° turn</p> 	<p>J 509</p>	<p>J 609</p>
<p>Pike jump/leap</p>	<p>J 110</p>	<p>J 210 Legs horizontal take off from one or both legs</p> 	<p>J 310</p>	<p>J 410 Pike jump landing to front laying support</p> 	<p>J 510</p>	<p>J 610</p>
<p>Wolf jump/hop (extended leg at horizontal)</p>	<p>J 111</p> 	<p>J 211 With 180° turn</p> 	<p>J 311 With 360° turn</p> 	<p>J 411</p>	<p>J 511</p>	<p>J 611</p>
<p>Sissonne</p>	<p>J 112 Leg separation < 135°</p> 	<p>J 212 Leg sep. 135° > 180°</p> 	<p>J 312 Ring leap at head height. Sissone ring</p> 	<p>J 412</p>	<p>J 512</p>	<p>J 612</p>

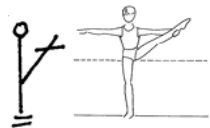








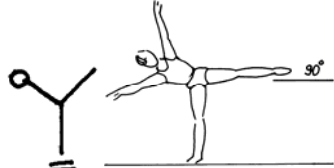


<p>Sheep Jump</p>	<p>J 113</p>	<p>J 213 Sheep jump, feet at hips height.</p> 	<p>J 313 Sheep jump, feet at shoulder height.</p> 	<p>J 413 Sheep jump, take off from both legs, feet at head height</p> 	<p>J 513 Sheep with 180°, feet at shoulder height.</p> 	<p>J 613 Sheep jump with 360° turn, feet at shoulder height</p> 
<p>Stag</p>	<p>J 114 Split leap fw, or split jump in place bending of the forward leg</p> 	<p>J 214</p>	<p>J 314</p>	<p>J 414</p>	<p>J 514</p>	<p>J 614</p>
<p>Double Stag</p>	<p>J 115 Jump/leap, both legs bent 90° Legs sep. > 135°</p> 	<p>J 215 With 180° turn, Leg separation > 135°</p> 	<p>J 315</p>	<p>J 415</p>	<p>J 515</p>	<p>J 615</p>
<p>Split leap</p>	<p>J 116 Leg separation. < 135°</p> 	<p>J 216 Leg separation 135° > 180°</p> 	<p>J 316 Leg separation = 180°</p> 	<p>J 416 Split jump to support Leg separation > 135°</p> 	<p>J 516 Split leap with ring, both legs horizontal</p> 	<p>J 616</p>




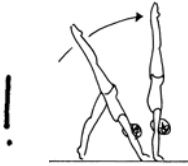









						
Split leap	J117 Leg sep. <math>< 180^\circ</math>, with kick 	J 217 Leg sep. = 180° , with kick 	J 317	J 417	J 517	J617
Split leap	J 118	J 218 180° turn, Leg sep. $135^\circ > 180^\circ$ 	J 318 Forwards or in place with 90° turn, take off with one or both legs, leg sep. $> 135^\circ$ 	J 418 180° turn, Leg sep. $\geq 180^\circ$ 	J 518	J 618
Split leap with leg change	J 119 	J 219 Legs $135^\circ > 180^\circ$ open after leg change Z 	J 319 Leg separation $\geq 180^\circ$ after leg change Z 	J 419 180° turn Leg separation $\geq 180^\circ$ after turn Z 	519 Split leap fwd. with leg change landing in front laying position Leg separation. 180° after leg change 	J 619

<p>Split leap with leg change</p>	<p>J 120</p>	<p>J 220</p>	<p>J 320 90° turn to side split or straddle pike, leg sep. >135° after leg change</p> 	<p>J 420</p>	<p>J 520</p>	<p>J 620</p>
<p>Butterfly</p>	<p>J 121</p>	<p>J 221</p>	<p>J 321</p>	<p>J 421 One butterfly fwd or bw</p> 	<p>J 521</p>	<p>J 621</p>






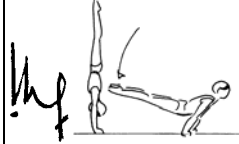
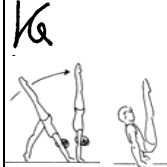
A1.3 Balance/Power Elements






BALANCE ELEMENTS	A 0.1	B 0.2	C 0.3	D 0.4	E 0.5	F 0.6
Standing	<p>B101 Leg sep. <90°</p> 	<p>B201 Free leg on the side or forward, leg sep. <90°</p> 	<p>B301 Free leg on the side, leg sep. ≥120°</p> 	<p>B 401 Standing, free leg forward leg sep. ≥ 120° without help of hands</p>	<p>B 501 Standing on tiptoes, free leg on side, leg sep. ≥ 120° without help of hands</p>	<p>B 601 Standing on tiptoes, free leg forward, leg sep. ≥ 120° without help of hands</p>
Standing	B102	<p>B202 On tiptoes <90°</p> 	B 302	B 402	B 502	B 602
Standing	<p>B103 Push up position, opposite foot a. hand support</p>	<p>B203 ≥90°</p> 	<p>B 303 On knee with straight hip>90°</p> 	B 404	B 504	B 604

Standing with help of hands	B104 Attitude-Balance	B204 Free leg on the side, leg sep. ≥ 120 	B 304 Standing, free leg forward ≥ 120 degrees 	B 404 Standing on tiptoes, free leg on the side, leg sep. ≥ 120	B 504 Standing on tiptoes, free leg forward, leg sep. ≥ 120 	B 605
Standing with free leg in attitude	B105 Turned out	B205 Turned out and upper body in horizontal	B305 Turned out and upper body in horizontal but twisted so its in line with the standing leg	B 405	B 505	B605
Scale	B106 Upper body at horizontal forward, free leg =90° 	B206	B 306 Upper body at horizontal forward Free leg ≥ 120 ° 	B 406	B 506	B 606
Scale	B107 Forward, free leg =90° 	B207 Forward, free leg ≥ 120 ° 	B307	B407 On tiptoes, forward, free leg ≥ 120 ° 	B 507 Backwards free leg >90 ° 	B 607
Scale	B108 Sideways, free leg =90° 	B208 Sideways with help of hands, free leg ≥ 120 	B308	B 408 Sideways without help of hands, free leg ≥ 120 	B 508	B 608

Stand	B109 	B209	B 309	B 409	B 509	B 609
Stand	B 110 	B 210 Forearms 	B 310 Handstand 	B 410	B 510	B 610
Support	B 111 Free pike 	B 211 "Pike sitting" 	B 311	B 411 Clear pike "V" support 	B 511	B 611
Support	B 112 "Spider"-handstand 	B 212 Hand and shoulder/ cheek support (2 hands and 1 shoulder) 	B 312 Planche on elbows 	B 412	B 512 Planche 	B 612
Bridge	B 113	B 213 	B 313 Free leg straight $\geq 45^\circ$	B 413 Free leg vertical 	B 513	B 613

Power elements






POWER ELEMENTS	A 0.1	B 0.2	C 0.3	D 0.4	E 0.5	F 0.6	F 0.7
Circles	Po 101	Po 201	Po 301	Po 401 Double leg circles, 1 round 	Po 501 Double leg circles, Min. 2 rounds 	Po 601 Flaired leg circles 2 rounds 	
From handstand to support	Po 102	Po 202 From handstand to spider handstand 	Po 302 From handstand lowering to clear straddle support "pike sitting" 	Po 402	Po 502 From handstand lowering to planche 	Po 602 From handstand lowering to clear pike "V" 	

From support press up to handstand	Po 103	Po 203 Press to handstand, hips > shoulder height 	Po 303 Press to handstand starting hips < shoulder height 	Po 403 From clear straddle or pike support, press up to handstand 	Po 503	Po 603 From clear pike "V" press up to handstand 	Po 703 From Planche press up to handstand 
------------------------------------	--------	---	---	---	--------	--	---

A1.4 Section Elements

SECTION ELEMENTS	symbol	0.2	0.3
Body Waves forward/backward	sec	S 201	S 301
Body Waves sideways	sec	S 202	S 302
Swing movements	sec	S 203	S 303
Movements in pairs	sec	S 204	S 304

A1.5 Acrobatic Elements

ACROBATIC ELEMENTS	symbol	0.2	0.3
cartwheel		A 201	A 301
round off			
walkover fwd/ bw handspring			
flick flack			
all kinds of saltos			

A2 Table Of Difficulty - Tumbling

Ref No	Base Elements	Values
1	Cartwheel	0.0
2	Handspring	0.6
3	Flyspring	0.8
4	Forward Salto	0.9
16	Double Fwd Salto	2.4
32	Roundoff	0.6
33	Flic Flack	0.7
34	Whipback	0.9
35	Backward Salto	1.0
48	Double back	2.2

Additional Values	single	double
-------------------	--------	--------


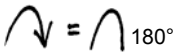
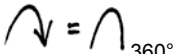
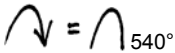


Shape and Twist	Values	Values	
Piked	0.1	0.3	
Straight	0.3	0.6	
180°			
twist	1/2 to 1 1/2	0.1	0.3
180°			
twist	2 to 2 1/2	0.2	0.5
180°			
twist	3 plus	0.3	0.7

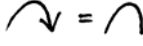
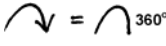
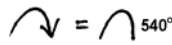
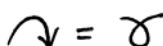
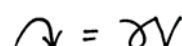
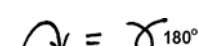
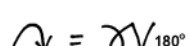





Combination	
Salto-salto(once per series)	0
Hand/Flyspring before salto	0





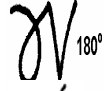








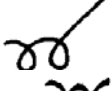
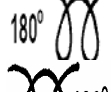
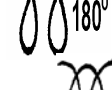
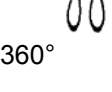

Ref No	Basic element	Element Value
Forwards		
1	Cartwheel	0.0
2	Handspring	0.6
3	Flyspring	0.8
4	Front Tuck	0.9
5	Front Tuck Half	1.0
6	Front Tuck Full	1.1
7	Front Pike	1.0
8	Front Pike Half	1.1
9	Front Pike Full	1.2
10	Front Straight (FS)	1.2
11	FS Half (barani)	1.3
12	FS Full	1.4
13	FS 1.5 Twist	1.5
14	FS 2 Twist	1.7
15	FS 2.5 Twist	1.9
16	Double Front (DF)	2.4
17	DF Tuck Half	2.7
18	DF Tuck Full	3.0
19	DF Tuck 1.5	3.3
20	DF Pike	2.7
21	DF Pike Half	3.0
22	DF Pike Full	3.3
23	DF Pike 1.5	3.6
24	DF Straight	3.0
25	DF Straight Half	3.3
26	DF Straight Full	3.6
27	DF Straight 1.5	3.9

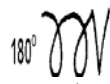

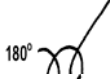


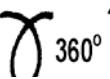



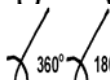

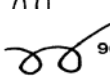


Ref No	Basic element	Element Value
Backwards		
31	Cartwheel	0.0
32	Roundoff	0.6
33	Flic Flack	0.7
34	Whipback	0.9
35	Back Tuck (BT)	1.0
36	BT half	1.1
37	BT Full	1.2
38	Back Pike (BP)	1.1
39	BP Half	1.2
40	BP Full	1.3
41	Back Straight (BS)	1.3
42	BS Half	1.4
42A	Whipback Full	1.0
43	BS Full	1.5
44	BS 1.5 Twist	1.6
45	BS 2 Twist	1.8
46	BS 2.5 Twist	2.0
47	BS 3 Twist	2.3
48	Double Back (DB)	2.2
49	DB Tuck 1/2 twist	2.5
50	DB Tuck 1 twist	2.8
51	DB Tuck 1 1/2 twist	3.1
51A	DB Tuck 2 twists	3.6
52	DB Pike	2.5
53	DB Pike Half	2.8
54	DB Pike Full	3.1
55	DB Pike 1.5 Twist	3.4
56	DB Straight	2.8
57	DB Straight Half	3.1
58	DB Straight Full	3.4
59	DB Straight 1.5 Twist	3.7
60	DB Straight 2 Twist	4.2
61	DB Straight 2.5 Twist	4.7
62	DB Straight 3 Twist	5.4

A3 Table Of Difficulty – Trampette

Trampette - Group 3			
With apparatus backward rotation			
Code	Element	Symbol	points
Tr 1	Handspring 90in - 90out		1.5
Tr 2	Half in (180)-half out (180)	180° 	1.8
Tr 3	Handspring 180 in -360° out	180° 	2.1
Tr 4	Handspring 180 in - 540° out	180° 	2.4
Tr 5	Tsukahara	TSU 	2.8
Tr 6	Tsukahara Piked	TSU /	3.0
Tr 7	Tsukahara Straight	TSU /	3.4
Tr 8	Tsukahara Straight 360° og Kasamatsu	TSU / 360°	4.0
Tr 9	Tsukahara Straight 720° og Kasamatsu 360°	TSU / 720°	4.6
Tr 10	Double Tsukahara	TSU / 	5.0
Tr 11	TSU-straight 1080°	TSU / 1080°	5.4
Tr 12		---	

Trampette - Group 4			
With apparatus forward rotation			
Code	Element	Symbol	points
Tr 22	Handspring		1.4
Tr 23	Handspring 360°		2.0
Tr 24	Handspring 540°		2.3
Tr 25	Handspring salto forward		2.9
Tr 26	Handspring salto forwards piked		3.1
Tr 27	Handspring salto forwards straight		3.5
Tr 28	Handspring salto forwards tucked 180°		3.2
Tr 29	Handspring salto forwards piked 180°		3.4
Tr 30	Handspring salto forwards straight 180°		3.8
Tr 31	Handspring salto forwards straight 360°		4.1
Tr 32	Handspring salto forwards straight 540°		4.4
Tr 33	Handspring salto forwards straight 720°		4.7
Tr 34	Handspring salto forwards straight 900°		5.0
Tr 35	Handspring double front tucked 180°		5.4
Tr 36	Handspring double front piked 180°		5.8
Tr 37	Handspring double front straight 180°		6.3
Tr 38			

Trampoline - Group 5 Without vaulting apparatus			
Code	Element	Symbol	points
Tr 41	Front salto– Tucked		1.0
Tr 42	Front – Piked		1.1
Tr 43	Front – Straight		1.3
Tr 44	Front - Tucked 180°		1.3
Tr 45	Front - Piked 180°		1.4
Tr 46	Front - Straight 180°		1.6
Tr 47	Front - Straight 360°		1.9
Tr 48	Front - Straight 540°		2.2
Tr 49	Front - Straight 720°		2.5
Tr 50	Front - Straight 900°		2.8
Tr 51	Front - Straight 1080°		3.1
Tr 52	Front – Straight 1440°		3.9
Tr 53	Double Front – Tucked		2.3
Tr 54	Double Front – Piked		2.5
Tr 55	Double Front – Straight		2.9
Tr 56	Double Front - Tucked 180° in		2.6
Tr 57	Double Front - Tucked 180° out		2.6
Tr 58	Double Front - Tucked 360° in		2.9

Trampette - Group 5 Continued Without vaulting apparatus			
Code	Element	Symbol	points
Tr 59	Double Front - Piked 180° in		2.8
Tr 60	Double Front - Piked 180° out		2.8
Tr 61	Double Front - Straight 180° in		3.2
Tr 62	Double Front - Straight 180° out		3.2
Tr 63	Double Front - Tucked 180° in 360° out		3.2
Tr 64	Double Front - Tucked 360° in 180° out		3.2
Tr 65	Double Front - Tucked 540° out		3.2
Tr 66	Double Front - Piked 540° out		3.4
Tr 67	Double Front - Straight 180° in 360° out		3.8
Tr 68	Double Front - Straight 360° in 180° out		3.8
Tr 69	Double Front - Straight 540° out		3.8
Tr 70	Double Front Straight 900°		4.4
Tr 71	Double Front Straight 1260°		5.4
Tr 72	Double Front Tucked 900°		3.8
Tr 73	Front straight 1260°		3.5
Tr 74	Front straight 1440°		3.7
Tr 75	Double front straight 1260°		5.4

A4 Element Recognition Examples

In order to achieve full difficulty, specific technical expectations are required.

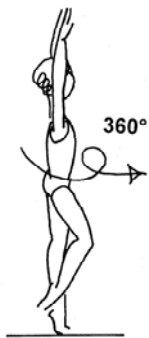
FLOOR PROGRAMME

Counting difficulty value of elements: Different elements must have different code number

A4.1 PIROUETTES

The height of the free leg in pirouettes affects the value of the element. If the free leg is bent the heel is used to define the angle with the hip.

Pirouette fwd/ bw



Considerations

No value for the pirouette:

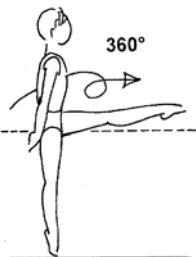
- 360° requirement is not fulfilled
- gymnast is jumping/ hopping during the pirouette

Lowered value for the pirouette:

- e.g. 540° requirement is not fulfilled, but 360° requirement is -> pirouette is counted 360°

- If the leg separation requirement is not fulfilled the value will be lowered. If there is no lower value for the element, it has no value.

Pirouette fwd/ bw, free leg >90°



Considerations

Free leg must be hold >90° at least $\frac{3}{4}$ time of the rotation, otherwise the value of the pirouette will be lowered.

A4.2 JUMPS AND LEAPS

Split Leap with Leg Change (J219)



Horizontal Ring Leap (J516)



Considerations

First leg must be a min. of 45°

Evaluation:

If less than 45° credit as Split Leap

Considerations

Legs parallel to the Floor

- If front leg is below horizontal credit as Ring Leap

- If no release of shoulder level credit Split Leap

Sheep Jump (J313)



Considerations

If no release of the level, credit will be lowered

Tuck Jump (J106)



Considerations

Knees at horizontal

90° or less angle at knees

Knees together. When twisting, the knees must reach the horizontal somewhere during the jump.

Wolf Jump (J111)



Considerations

Extended leg at horizontal

90° or less angle at knees

Knees together.

When twisting, the straight leg must reach the horizontal somewhere during the jump.

Cat Leap 180 turn (J109)



Considerations

Knees lift alternatively to horizontal

When twisting, the knees must reach the horizontal somewhere during the jump.

Straddle Pike (J202)



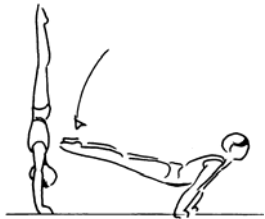


Considerations

Legs at horizontal

A4.3 BALANCE AND POWER ELEMENTS

Any additional movement during (2 sec.) the balance element -> no value for the element

<p>Scale on tiptoes (B407)</p> 	<p>Considerations</p> <p>If the leg separation requirement is not fulfilled, the value of the element will be lowered. If there is no lower value for the element, it has no value.</p> <p>If even one of the gymnasts fails to stay on tiptoes, the value of the element will be lowered</p>
<p>Bridge (B413)</p> 	<p>Considerations</p> <p>The element recognitions are not fulfilled if:</p> <ul style="list-style-type: none"> - arms are bent - support knee is bent - there is shoulder angle, in that case there is no value for the element. <p>If the free leg is bent or too low, the value will be lowered.</p> <p>In b free leg is lower than 45°, the value is counted to be B213.</p>
<p>From handstand lowering to planche (Po502)</p> 	<p>Considerations</p> <p>The element recognitions are not fulfilled if the movement is not performed with control. In that case there is no value for the element.</p> <p>If the positions before and after are not clear and identical, there will be an execution deduction.</p>

A4.4. SECTION ELEMENTS

<p>Body waves</p>	<p>If the hips and the whole body are not included, there is no value for the element.</p>
<p>Swing movements</p>	<p>If the element is performed by muscle power instead of using the gravity, there will be no value for the element.</p>
<p>Movement in pairs</p>	<p>Only ELEMENTS are counted, touching is not enough.</p>

A4.5 TUMBLING AND TRAMPETTE

In order to recognize DV specific technical expectations are required.

Body positions, arms and legs:

TABLE OF DEFINITIONS AND DEDUCTIONS IN BODY SHAPE, ARMS AND LEGS.

Landings from saltos with twists:

For landings in Tumbling and Trampette, twists must be virtually fully completed to get full difficulty. Under or over rotation of up to 45 degrees will be penalised in execution.

Falls on landing

With landing feet first – the DV is awarded

Without landing feet first – no DV is awarded in here

Some ideas. This is just an example. Sorry, it's in Swedish

IDEALUTFÖRANDE

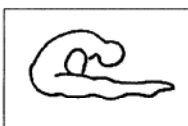
Definiering av krav på stil för avdragsfria / virtuosa volter.

GRUPPERING:



Definition:
Knäivinkel: - 90°
Höftvinkel: - 90°
Huvud infällt
Rundad rygg
Knän och fötter ihop

PIKERING:



Definition:
Knäivinkel: Rak
Höftvinkel: - 90°
Huvud infällt
Rundad rygg
Knän och fötter ihop

Valfri placering av armar i volter utan skruv. Dock krav på lika placering inom truppen.

Vid Skruv: Skall man sträva efter att hålla armarna innanför axelbredd.

Skruv / volt: Volter och skruvars färdighet skall vara klara innan vägplan (90° kvar) i sista volten. Detta kan ske genom armutsträckning, benutträtning el. dyl.

Avvikelser ifrån detta resulterar i avdrag enligt BR.

IDEALUTFÖRANDE

Definiering av krav på stil för avdragsfria / virtuosa volter.

STRÄCKT:

Definition:

Huvud infällt
Lätt krum
Knän: Raka
Höft: Rak
Knän och fötter ihop

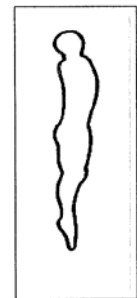
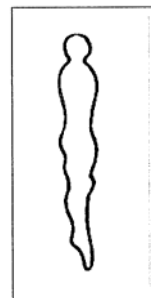
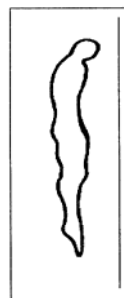
Huvud neutralt
Rak rygg
Knän: Raka
Höft: Rak
Knän och fötter ihop

Huvud lätt lyft
Lätt utsträckt bröstrygg
Knän: Raka
Höft: Rak
Knän och fötter ihop

Ex. Dubbel sträckt 2 ½ trampett

Ex. Sträckt volt trampett

Ex. Dubbel str. matta



Valfri placering av armar i volter utan skruv. Dock krav på lika placering inom truppen.

Skruv: Skall man sträva efter att hålla armarna innanför axelbredd.

Skruv / volt: Volter och skruvars färdighet skall vara klara innan vägplan (90° kvar) i sista volten. Detta kan ske genom armutsträckning, benutträtning el. dyl.

Avvikelser ifrån detta resulterar i avdrag enligt BR.

We have a new table to put in here showing performance deductions

A5 Table of General Faults and Penalties

Execution Faults		Small	Med	Large	Very large
		0.10	0.30	0.50	
Body posture					
Bent arms or knees	each time	x	x		
Leg or knee separations	each time	<shoulder width	shoulder width		
Legs crossed during the twists	each time	x			
Insufficient height of elements	each time	x	x		
Insufficient exactness of tuck, pike, stretch position	each time	x	x		
Insufficient split	each time	x	x		
Incorrect position of legs in dance elements	each time	x			
Body posture in dance elements	each time	x	x		
<i>Throughout the entire Programme</i>	(floor)				
Relaxed or incorrect foot/body/trunk posture		x	x		
Insufficient flexibility		x			
Insufficient dynamics		x	x		
Insufficient amplitude of elements		x	x		
Landing faults					
Failure to control landing after jumps/ hops leaps	(floor)	x			
Failure to land on the landing area				x	
Deviation from straight direction	each time	x			
Legs apart on landing	each time	x			
Deep squat	each time			x	
Brushing the mat with hands/arms, but not falling against the mats/equipment	each time		x		
Support on mat or equipment with 1 or 2 hands	each time		x		
Fall on mat to knee or hips	each time			x	
Fall	each time			x	
Not landing feet first					1.0
Movements to maintain balance					
Extra arm swings		x			
Additional trunk movements to maintain balance	each time	x	x		
Extra steps, slight hop	each time	x			
Very large step or jump (guideline – 1 meter)	each time		x		
Body posture fault	each time	x	x		
Missing elements					
Wrongly performed programme	each time				1.0
Short exercise					5.0
Floor programme < 2.15 sec. Tumbling/Trampette < 2 rounds					
Running past the apparatus	per				1.5

	gymnast				
Spotting					
Spotting assistance (help)	Tu, Tr			x	
Spotting assistance (coach brushes the gymnast)	Tu, Tr		x		
Coaching					
Coach not taking action to dangerous situation	each time			x	
Coach giving instructions*	each time		x		
Other					
Taking the starting position when the red light is on			x		
Interrupting the Programme	Floor			x	
Wrong number of gymnasts	Floor				1.0
Uneven streaming	Tu, Tr	x		x	
Additional movements btw rounds	Tu, Tr		x		

- = In case of injury, coach is allowed to speak and support the gymnast without any deductions. If coach is forced to leave his position on the landing area because of the injury, there must be someone ready to replace the coach.

Difficulty Faults						Very large
		0.10	0.20	0.30	0.50	
Execution of element does not comply norms (every gymnast)	Floor					No DV
Performance of connection with fall or pause	Floor					No DV
Not landing feet first	Tu, Tr					No DV
Composition Faults						
<i>Composition</i>	Floor					
Timing			x			
Music			x			
Choice of elements		x	x	x		
Acrobatic elements		x	x			
Formations		x				
Transitions			x			
Use of floor area			x			
Repetition		x				
Teamwork		x	x			
<i>Artistry</i>	Floor					
Movements to music		x	x	x		
Artistry presentation			x			
Team error (all gymnasts)	Tu, Tr					zero for the round
Head Judge Deductions						
Incorrect dress or wearing jewellery (Taken once from the Team Score Total)	Team			x		

Not jogging into the competition arena	All			x		
Use of un permitted supplementary mats	Tu, Tr				x	
Failure to start within 30 sec. after green light is lit				x		

Starting programme when red light is on is a technical fault, caused by music player. In that case team is allowed to start the programme again, even they have already completed the programme.

Specific Tumbling and Trampette Penalties

Special deductions for Tumbling (8.4.2)

Error	Deduction
Support	0.3 each time per gymnast
Uneven streaming	0.2 - 0,5 per round
Intermediate steps	0.5 per gymnast
Fall (hand support)	0.3 – 0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Fall (not landing on feet first)	1.0 each time per gymnast
Running past the apparatus	1.5 per gymnast *
Wrong number of gymnasts	1.5 per gymnast / round *
Wrongly performed tumbling programme	1.0 per gymnast / round *
Team error (all gymnasts in the team)	Zero for the round

* No change of difficulty value.

Special deductions for Trampette (9.4.2)

Error	Deduction
Support	0.3 each time per gymnast
Uneven streaming	0.2 - 0,5 per round
Fall (hand support)	0.3 – 0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Fall (not landing on feet first)	1.0 each time per gymnast
Running past the apparatus	1.5 per gymnast *
Wrong number of gymnasts	1.5 per gymnast / round *
Wrongly performed programme	1.0 per gymnast / round *
Team error (all gymnasts in the team)	Zero for the round
Coach not taking action to dangerous situation	0.5 each time

* No change of difficulty value.

** If team is missing a round with touch of the vaulting apparatus, or a round without apparatus the third round will receive zero