INCLUSIVE ARTISTIC GYMNASTICS
TABLE OF ELEMENTS

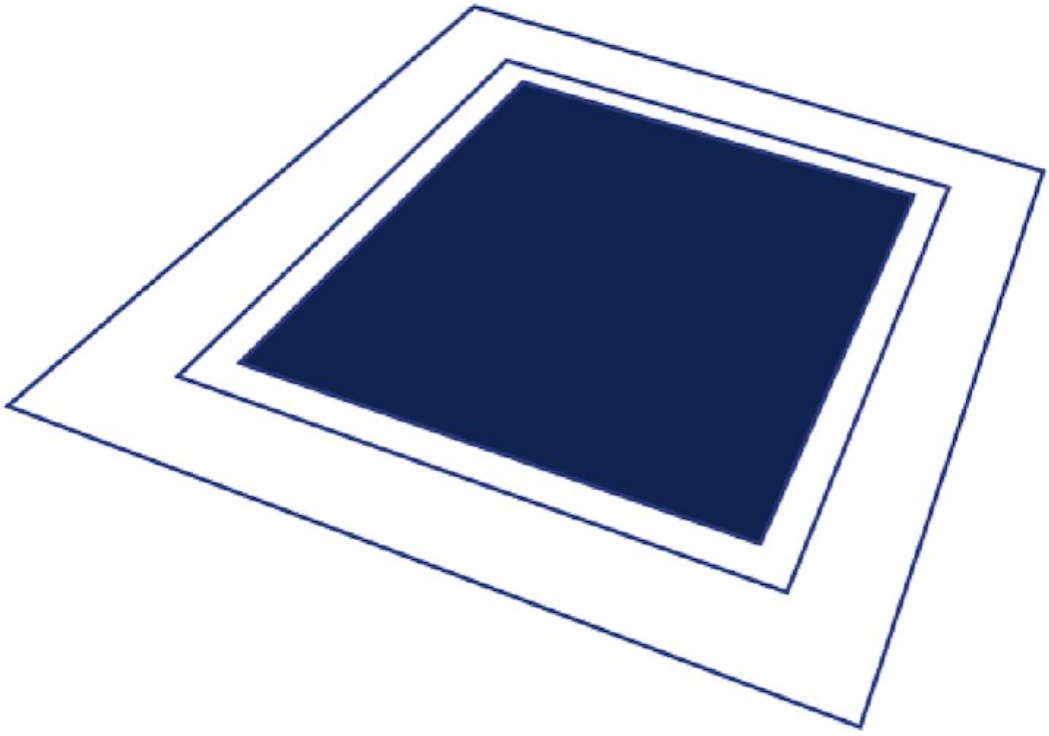


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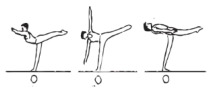
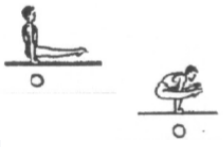
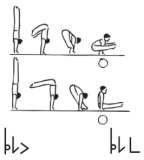
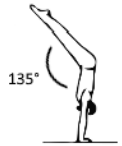
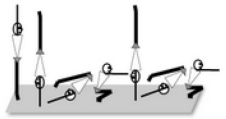
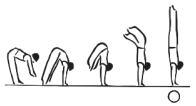
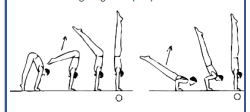
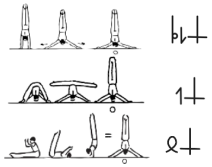
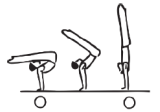
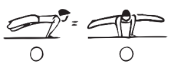
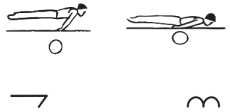
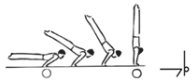
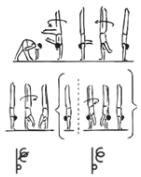
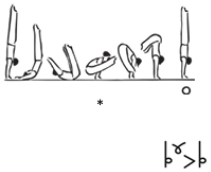
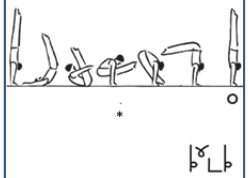
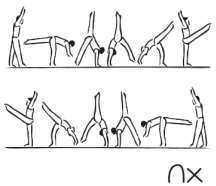
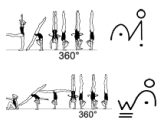
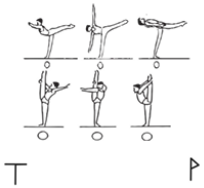
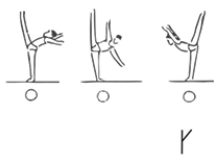
VERSION 0.1
07-06-2026

FLOOR EXERCISE

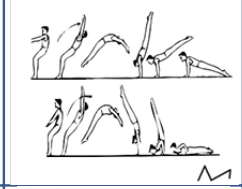
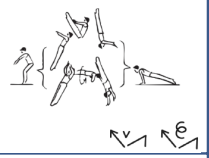
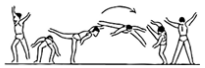
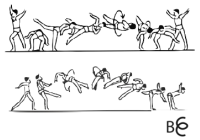
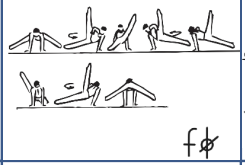
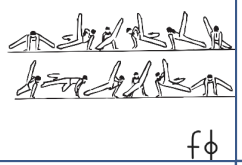
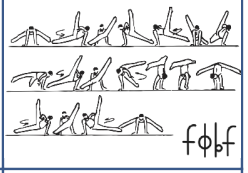
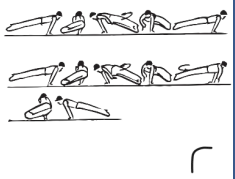
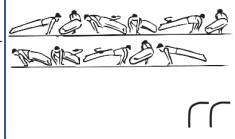
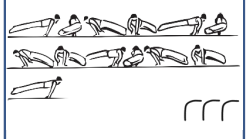
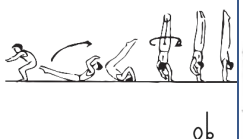
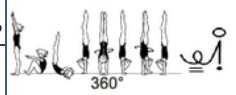
ELEMENT TABLE



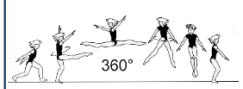
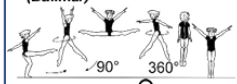
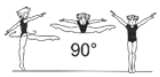
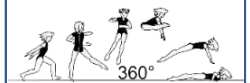
EG I: NON-ACROBATIC ELEMENTS (1/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
Scale below horizontal (2 s.) 	(Straddle) L-sit (2s) 	1. From hdst. lower to L-sit or strad. L-sit (2 s.). 		2. V-sit (2 s.). 		3.V-sit with legs horizontal. (2 s.). (Manna) 		
Handstand (<2 s.) with >135° hip angle 	Handstand (<2s) roll to press handstand with jump/swing 	7.From stand, Swiss press to hdst. (2 s.). 	8.Piked body, str. arm or str. body, bent arm press to hdst. with legs together (2 s.). 	14. Press from split, L-sit strad. or front sup. (2 s.). 		9. V-sit (2 s) and press to hdst. (2 s.). Also final phase with straddle. 	10. Manna (2 s.) and press to hdst. (2 s.). Also final phase with straddle. 	
	Healy to support 	19. Handstand (2 s.). 	13. Rock to hdst. from prone position (2 s.). 	20. Press or lower or swing to Japanese hdst. (2 s.). 	21. From split press to Japanese handstand (2 s.). 		16. From Manna (2 s.), turn over (dislocation) to handstand (2 s.). 	
		25. Planche, legs straddle (2 s.). 		32. From straddled planche (2 s.) press hdst. (2 s.). 		27. Planche (2 s.). / Swallow (2 s.). 		34. From Planche 2 s. press handstand (2 s.).  From Swallow 2s. press to Japanese hdst. (2 s.).  (Alvariño)
		37. From L-sit, etc., turn over bwd. to stand. 	31. ½ or 1/1 turn in handstand or to handstand. 	44. Endo roll to handstand (2 s.). 		45. Endo roll piked to handstand legs together (2 s.). 		
		49. Forward or backward walkover 		*Walkover bwd from stand or extended tuck-sit to hstd with 1/1 turn (360°) in hstd – return movement optional* 				
		61. Any standing scale (2 s.). 		62. Any standing scale with 180° straddle, no hand hold (2 s.). 				

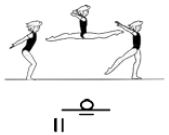
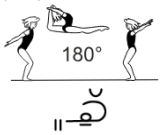
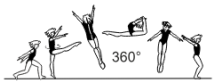
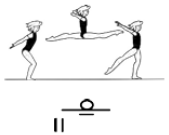
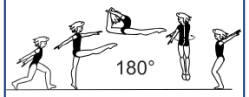
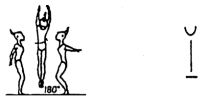
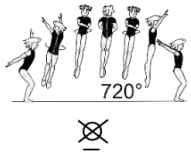
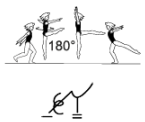
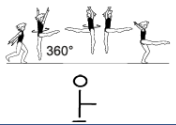
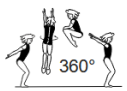
EG I: NON-ACROBATIC ELEMENTS (2/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
		67. Jump bwd. to front support. 			68. Jump bwd. with pike-stretch or with 1/1 turn to front support **(Endo)** 			
		73. Butterfly.  B		74. Butterfly with 1/1 twist fwd. or bwd. **(Tong Fei)**  B		75. Butterfly with 2/1 twist.  B		
		79. 1 circle or flair. 	80. Circles or flair to handstand. 	86. Lower from hdst. to flair or circle. 		81. Flair or circle to hdst. continue to flair or circle. **(Gogoladze)** 		82. Flair hopping with 360° t. bwd. thr. hdst and back to flair (2 hops). 
		91. Flair with ½ spindle. 	98. Flair with ½ spindle to handstand. 	92. Flair with 1/1 spindle (in 2 circles). 		93. Flair with >270 spindle (in 2 circles) directly to handstand. 		100. Flair with > 270º spindle (in 2 circles) directly to handstand and continue to circle or flair. 
			103. Russian wendeswing with 360° or 540°. 	104. Russian wendeswing with 720° or 900°. 		105. Russian wendeswing with 1080° or more. **(Fedorchenko)** 		
		Roll bwd. through hdst. 	109. Roll bwd. through hdst. with ½ t. 	Roll bwd through hdst. with 1/1 twist (360)  360°	10. Roll bwd. with hop 1/1 t. through hdst. 			
			Free (aerial) cartwheel or free (aerial) round-off 					

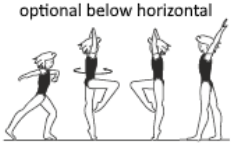
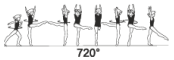
EG II: JUMPS, LEAPS, HOPS (1/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
		Split leap fwd (leg separation 180°) 	*Split leap with ½ turn (180°)* 		*Split leap with 1/1 turn (360°)* 			
			Fouetté hop with leg change to cross split (leg separation 180°), (tour jeté) 		*Tour jeté with additional ½ turn (180°), landing on one or both feet, or in split sit position* **(Produnova)** 		*Tour jeté with additional 1/1 turn (360°), landing on one or both feet* **(Gogean)** 	
					Switch leap with ½ turn (180°) in flight phase **(Frolova)** 		*Switch leap with 1/1 turn (360°) in flight phase* 	
		Straddle pike jump (both legs above horizontal), or side split jump (leg separation 180°) 	*Switch leap with ¼ turn (90°) to side split or to straddle pike position (both legs above horizontal)* **(Johnson)** 		*Johnson with additional ½ turn (180°)* 		*Johnson with additional 1/1 turn (360°)* **(Bulimar)** 	
	Stride leap fwd with change of legs to wolf position 	*Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet* 	*Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation after leg change) (Switch leap)* 			*Switch leap to ring position (180° separation of legs)* 		*Switch leap to ring position with ½ turn (180°)* **(Sankova)** 
	Pike jump (hip < 90°) 		*Hop with 1/1 turn (360°) to straddle and land in front lying support* 	*Jump with upper back arch and head release with feet almost touching head (sheep jump)* 	*Pike jump (hip < 90°) with 1/1 turn (360°), also landing in front lying support* **(Moerz)** 			
		Straddle pike (both legs above horizontal), or side split jump landing in front lying support, also with ½ turn (180°) 	*Straddle pike or side split jump with ½ turn (180°)* 	*Straddle pike (both legs above horizontal), or side split jump with 1/1 turn (360°) landing in front lying support* 	*Straddle pike or side split jump with 1/1 turn (360°)* **(Popa)** 		*Straddle pike or side split jump with 1½ turn (540°)* 	

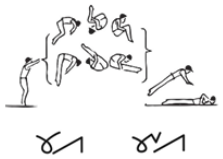
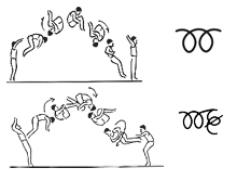
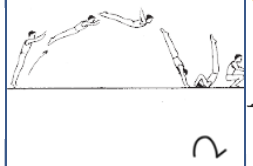
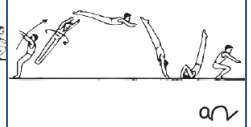
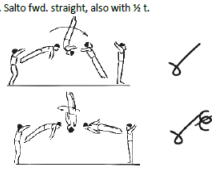
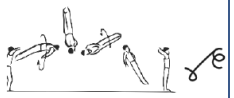
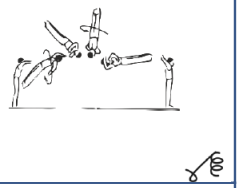
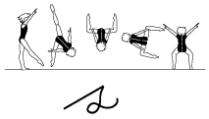
EG II: JUMPS, LEAPS, HOPS (2/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
	Stag jump 	Stag jump with ½ turn (180°) 		Stag ring jump (rear foot at head height, body arched and head dropped bwd) 				
		Split jump (leg separation 180°) 			Split jump to ring position (180° separation of legs) to land on both feet 		Split jump to ring position with ½ turn (180°) to land on both feet 	
		Sissone (leg separation 180°on the diagonal/45°to the floor) take off two feet, land on one foot 		Sissone to ring position (rear foot at head height, body arched and head dropped bwd, 180° separation of legs), to land on one foot 			Tour jeté, to ring position with additional ½ turn (180°) **(Ferrari)** 	
		Split jump (leg separation 180°) 				Split ring leap (180° separation of legs) 		Split leap to ring position with ½ turn (180°) **(Ting)** 
	Stretched hop or jump with 1/1 turn (360°) 			Stretched hop or jump with 2/1 turn (720°) 				
Leap with alternate leg change (knees above horizontal) (Cat leap) 	Hop with ½ turn (180˚) to land in arabesque with free leg above horizontal (Fouetté hop) 		Cat leap with 1/1 turn (360°) 	Hop with 1/1 turn (360°), free leg extended at horizontal throughout 	Cat leap with 3/2 turn (540°) 	Cat leap with 2/1 turn (720°) 		
	Hop or Jump with one leg bent and the other – extended straight, fwd above horizontal with knees together (Wolf hop or jump) 	Tuck hop or jump with 1/1 turn (360º) 		Wolf hop or jump with 1/1 turn (360°) 	Tuck hop or jump with 2/1 turn (720°) also landing in front lying support 	Wolf hop or jump with 2/1 turn (720°) 		

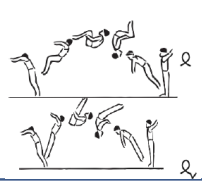
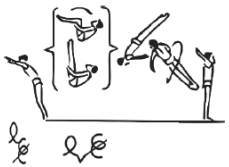
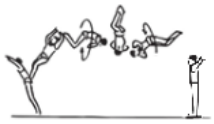
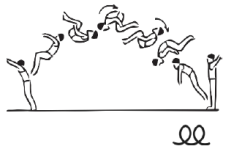
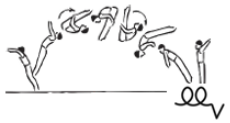
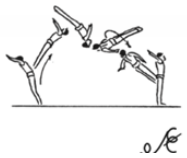
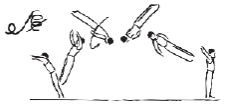
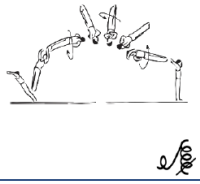
EG III: TURNS ON 1 LEG, PIROUETTES

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
1/2 turn on one leg - free leg optional below horizontal  180°	*1/1 turn (360°) on one leg – free leg optional below horizontal*  360° 			*2/1 turn (720°) on one leg – free leg optional below horizontal*  720° 		*3/1 turn (1080°) on one leg – free leg optional below horizontal*  1080° 		
				1/1 turn (360°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent)  360° 			*2/1 turn (720°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent)*  720° 	
				1/1 turn (360°) with free leg held upward in 180° split position throughout turn  360° 	*1/1 turn (360°) in back attitude (thigh of free leg at horizontal throughout turn)*  360° 		*2/1 turn (720°) with free leg held upward in 180° split position throughout turn* ***(Memmel)***  720° 	*2/1 turn (720°) with free leg held with both hands bwd/upward throughout turn* ***(Berar)***  720° 
				1/1 illusion turn (360°) through standing split without touching floor with hand  360° 	*1/1 turn (360°) in scale fwd with free leg above horizontal throughout turn*  360° 			
	1/2 turn in tuck stand on one leg free leg straight throughout turn  180°			*1/1 turn (360°) in tuck stand on one leg – free leg straight throughout turn*  360° 	*2/1 spin (720°) or more on back in kip position (hip-leg < closed)*  720°  	*2/1 (720°) pirouette starting with free leg at horizontal, lowering to complete the turn in wolf position* ***(Nguyen)***  360° 360°	*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)*  720° 	

EG IV: FORWARD OR SIDEWARD ACROBATIC ELEMENTS

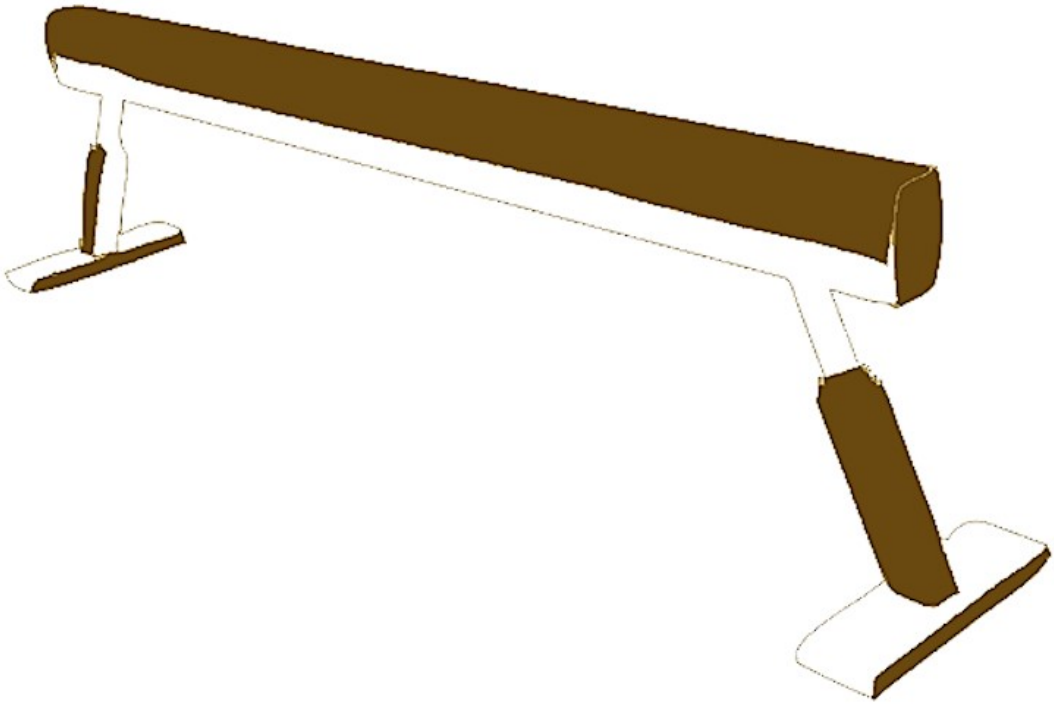
AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
		.. Forward handspring or flyspring. 		38. Salto fwd. t. or p. to front support. 				4. Handspring salto fwd. tuck. (Morandi) 
	Cartwheel (1/4t or 1/2t) 	Salto fwd. tucked or piked 	Salto fwd. tucked or piked with 1/2t 	Salto fwd. tucked with 1/1 t. 	Salto fwd. tucked with 3/2 t. 			16. Double salto fwd. tucked, also with ½ t. 
Forward roll 	Dive roll rotation below horizontal 	7. Dive roll. 	31. Jump bwd. with ½ t. to roll fwd. 	14. Salto fwd. straight, also with ½ t. 		Salto fwd. str. (lay-out) with 1/1 t. 	Salto fwd. str. (lay-out) with 3/2 t. 	4. Salto fwd. str. with 2/1 t. 
	Round-off 							
		From take-off fwd from one or both legs – salto swd tucked or piked 						

EG V: BACKWARD ACROBATIC ELEMENTS

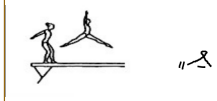
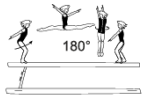
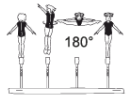
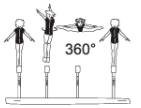
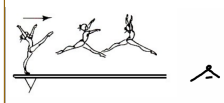
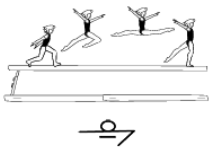
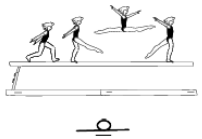
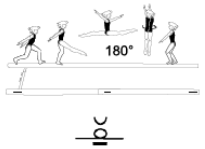
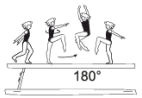
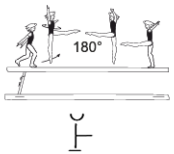
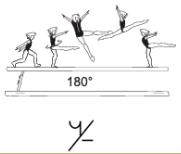
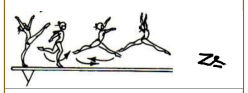
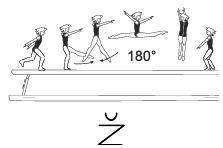
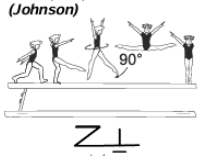
AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
Backward roll 		1. Salto backwards tucked or piked. 	7. Salto backwards tucked or piked w. ½ t. 	Salto bwd. tucked w. 1/1 t. 	4. Salto backwards tucked w. 3/2 t. 		3. Double salto bwd. tucked. 	4. Salto bwd. with 1/1 t. and salto bwd. (Tsukahara) 
								16. Double salto bwd. piked. 
		13. Back handspring. 	Salto backwards str. or Tempo salto bwd. 	8. Salto backwards str. w. ½ t. 	8.Salto backwards str. w. 1/1 t 	9. Salto bwd. str. with 3/2 t. 	Salto bwd. str. with 2/1 t. 	10. Salto bwd. str. with 5/2 t. 

BALANCE BEAM

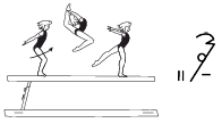
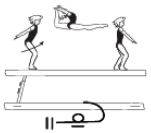
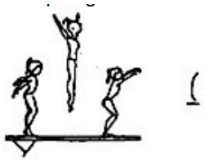
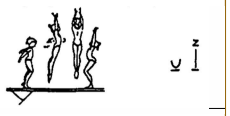
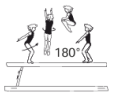
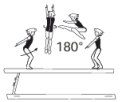
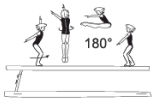
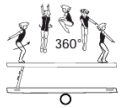
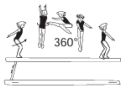
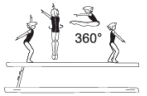
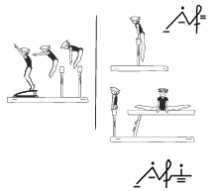
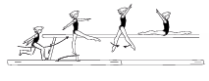
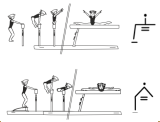
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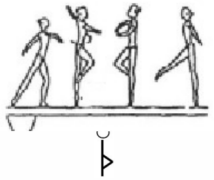
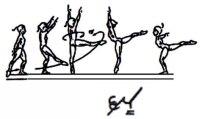
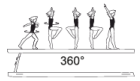
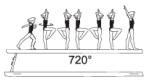
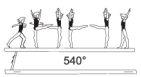
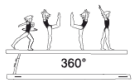
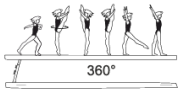
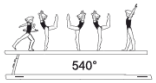
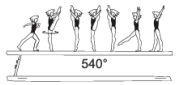
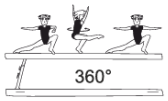
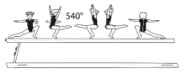
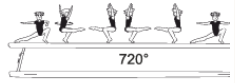
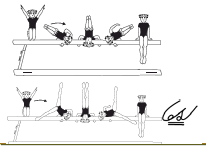
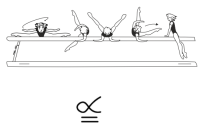
EG I: JUMPS, LEAPS, HOPS (1/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
			*Split jump (leg separation 180°) from cross position* 		*Split jump with ½ turn (180°) from cross position* 			*Split jump with 1/1 turn (360°) from cross position* 
			Straddle pike jump (both legs above horizontal), or side split jump from cross position 		*Straddle pike jump with ½ turn (180°) from cross position* 			*Straddle pike with 1/1 turn (360°) from cross position* 
			*Split leap fwd (leg separation 180°)* 			*Split leap fwd with ½ turn (180°)* 		
	Cat leap (knees above horizontal alternately) 	*Scissors leap forward* (legs above horizontal) 		*Cat leap with ½ turn (180°)* 	*Cat leap with 1/1 turn (360°)* 			
			*Fouetté hop with ½ turn (180°) to land in arabesque (free leg above horizontal)* 		*Hop with ½ turn (180°) free leg extended at horizontal throughout* 		*Fouetté hop with leg change to cross split (leg separation 180°) (tour jeté)* 	
		*Stride leap fwd with change of legs to wolf position (hip angle at 45°)* 			*Leap fwd with leg change (free leg swing to 45˚) to cross split (180° separation < after leg change) (Switch leap)* 			*Switch leap with ½ turn (180°)* 
			Leap with ¼ turn (90°) into straddle pike position (both legs above horizontal), to land on one or both feet 		*Leap fwd with leg change and ¼ turn (90°) to side split (180°) or straddle pike position* ***(Johnson)*** 			

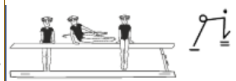
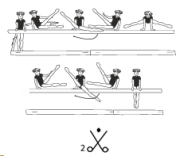
EG I: JUMPS, LEAPS, HOPS (2/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
	Stag jump (leg separation 180°) 	*Sissone (leg separation 180° on the diagonal / 45° to the floor) take off from both feet, land on one foot* 			*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* 	*Jump with upper back arch and head release with feet to head height/closed ring (Sheep jump)* 		*Split jump to ring position (leg separation 180°) to land on two feet* 
				*Stretched jump/hop with 1/1turn (360°) from cross position* 				*Stretched jump/hop with 1½ turn (540°) from cross position* 
	*Wolf hop or jump from cross position (hip angle at 45°, knees together)* 	*Pike jump from cross position (hip <90°)* 	*Tuck hop or jump with ½ turn (180°) from cross position (hip & knee angle at 45°)* 	*Wolf hop or jump with ½ turn (180°) from cross position* 	*Pike jump from cross position with ½ turn (180°)* 	*Tuck hop or jump with 1/1 turn (360°) from cross position* 	*Wolf hop or jump with 1/1 turn (360°) from cross position* 	*Pike jump from cross position with 1/1 turn (360°)* 
EG I: MOUNTS								
	Leap - on landing must show arabesque position (leg min. at horizontal) 		*Split leap (180°)* 		 *Free jump to cross split sit take-off from two feet – diagonal approach to beam* 	*Leap fwd with leg change (free leg swing to 45°) to cross split*  *Change leg leap to free cross split sit – diagonal approach to beam* **(Dick)** 	*Leap with leg change and ½ turn (180) away from beam to free cross split sit – diagonal approach to beam* **(Dick)** 	
		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) 						

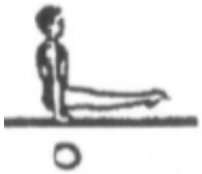
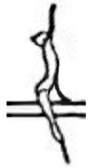
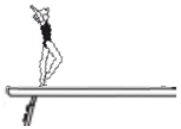
EG II: TURNS

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
		1/1 turn (360°) on one leg – free leg optional below horizontal 		1½ turn (540°) on one leg – free leg optional below horizontal 	1/1 turn (360°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent) 		2/1 turn (720°) on one leg – free leg optional below horizontal 	1½ turn (540°) with heel of extended free leg fwd at horizontal throughout turn (support leg may be straight or bent) 
					1/1 turn (360°) on one leg in back attitude, thigh of free leg at horizontal, throughout turn 	1/1 turn (360°) with free leg held upward in 180° split position throughout turn 	1½ turn (540°) on one leg in back attitude, thigh of free leg at horizontal, throughout turn 	1 ½ turn (540°) with free leg held upward in 180° split position throughout turn **(Galante)** 
			½ illusion turn (180°) through standing split (180° legs separation) with/without brief touching of beam with one hand 				1/1 illusion turn (360°) through standing split (180° legs separation) with/without brief touching of beam with one hand 	
			1/1 turn (360°) in tuck stand on one leg – free leg straight throughout turn 		1½ turn (540°) in tuck stand on one leg – free leg straight throughout turn 		2/1 turn (720°) or 2½ turn (900°) in tuck stand on one leg – free leg straight throughout turn **(Humphrey)** 	
					Roll swd, body tucked, straddle piked or stretched through neck stand, also with ½ turn (180°) over shoulder 	Roll swd, body stretched without hand support 		
					Free shoulder roll fwd with hip extension and without hand support to sit position or tuck stand 	Roll swd, piked straddle with hand support – end position optional 		

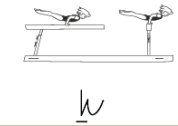
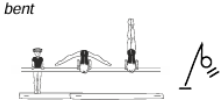
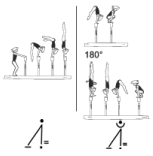
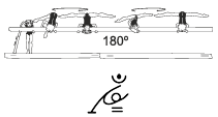
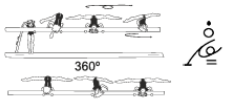
EG II: MOUNTS

	Jump with hand support, ¾ turn (270°) in support to cross sit on thigh 					Two flying flairs 		

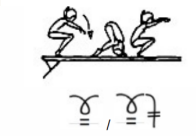
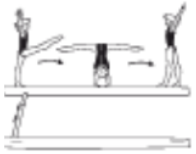
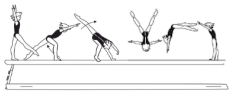
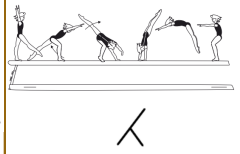
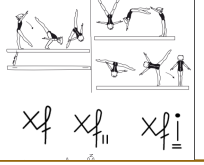
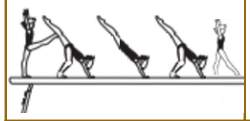
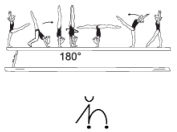
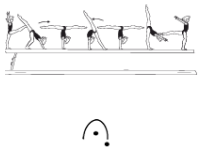
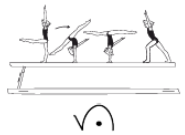
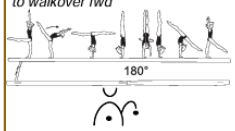
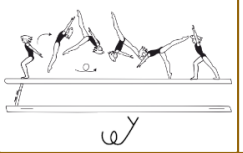
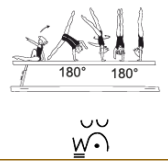
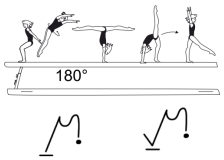
EG III: HOLDS (2s)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
Support Forwards (2s) 	Support Backwards (2s) 		Any handstand (2s) Forward, sideward or straddle 	2. V-sit (2 s.). 	3.V-sit with legs horizontal. (2 s.). **(Manna)** 			
Straddle sit on beam (2s) with support of 1 hand 		Straddle L-Sit (2s) 	Any split (2s), front or middle 					
Stand on one leg (in passé position) 		Forward scale (2s) with leg above horizontal 	Standing scale (2s) in split position and leg grab 	Scale (2s) in split position with support of hands on the beam 	Standing scale (2s) in split position without leg grab 			
Standing on toes 			*From kneeling sit position, rise upward with body wave through toe-balance stand* 					

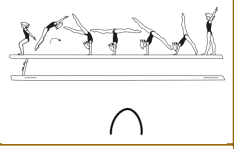
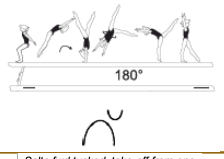
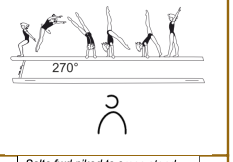
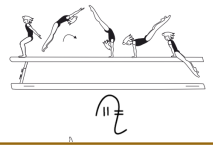
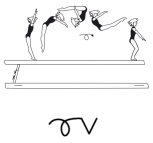
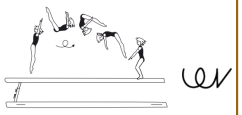
EG III: MOUNTS

		Planche with support on one or both bent arms (2 sec.), also legs in cross split position 		*Jump with bent hips to clear front support above horizontal minimum at 45° (planche) (2 sec.)* *- lower to optional end position* 				
		Stand at side of beam and jump to chest stand with both arms bent 		*Jump, press, or swing to hstd (2 sec.) – lower to end position touching beam, also with ½ turn (180°) in hstd* 	*Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand* 		*Jump with ½ turn (180°) over shoulder to neck stand, 1/1 or 1½ turn (360° - 540°) to neck stand* 	

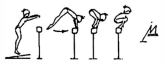
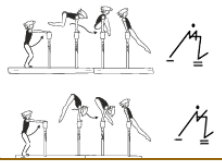
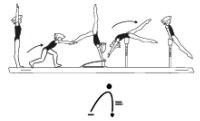
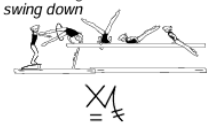
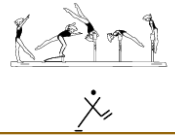
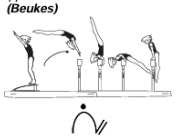
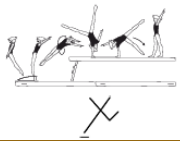
EG IV: ACROBATIC ELEMENTS (1/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
		*Roll bwd with hand support on top of the beam – landing on one or both feet* 	*Roll fwd without hand support to sit position or to tuck stand* 	*Kick to cross hstd – roll fwd with or without hand support to sit position or to tuck stand* 	*Roll bwd to hstd - lower to end position touching beam* 			
		Cartwheel 	Cartwheel with flight (before or after hand placement) 	*Round-off* 			*Free (aerial) cartwheel – landing on one or both feet, in cross or side position, also with leg change* 	
Brief handstand reaching 45° below vertical 	Momentary handstand in vertical position 	*Walkover fwd, with/without alternate hand support (Tinsica)* 	*Walkover fwd, with support of one arm* 		*Kick to cross hdst with ½ turn (180°) to walkover fwd* 			*Free (aerial) walkover fwd, landing on one or both feet* 
		Walkover fwd, bwd (Tic-Toc) 						*Salto swd tucked take off from one leg to side stand* 
		Walkover bwd, with/without alternate hand support, also with swing down to cross sit 	*Walkover bwd, with support of one arm* 		*Walkover bwd with ½ turn (180°) to walkover fwd* 		Salto bwd. straight (lay-out) landing on one foot (step-out) 	
				*From extended tuck sit – walkover bwd (Valdez)* 		*Valdez with 1/1 turn (360°) lower to end position touching beam* 		
					Front handspring (with flight) to land on one leg 	Front handspring (with flight) to land on both legs 		

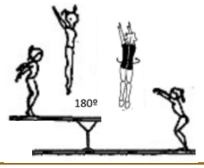
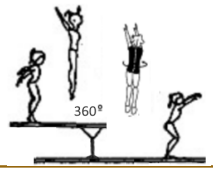
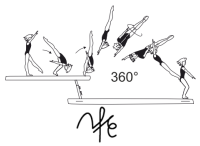
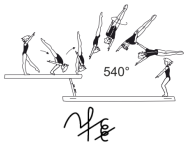
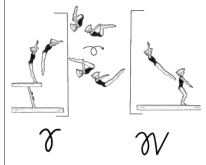
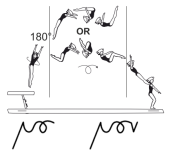
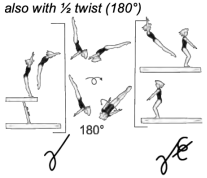
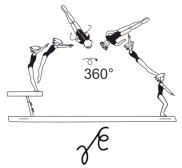
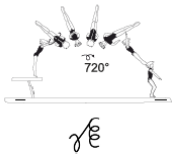
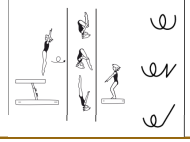
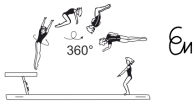
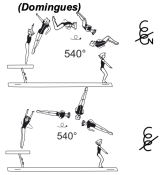
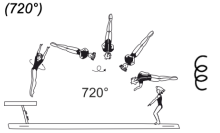
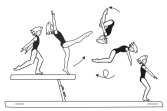
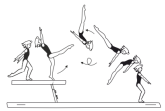
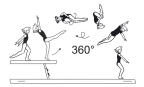
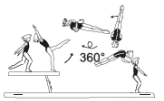
EG IV: ACROBATIC ELEMENTS (2/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
				Flic-flac with step-out, also with support on one arm 	*Flic-flac to land on both feet* 	*Flic-flac with ½ twist (180°) after hand support* 		*Flic-flac with min. ¾ twist (270°) before hand support* **(Kochetkova)** 
				Flic-flac or Gainer flic-flac – with high flight phase, and swing down to cross straddle sit 		*Salto fwd tucked, take-off from one leg to stand on one or two feet* **(Liukin)** 	*Salto fwd tucked to cross stand* 	*Salto fwd piked to cross stand* 
								

EG IV: MOUNTS

Vanuit parallelstand voorlings of aanloop 90° ten opzichte van de balk - sprong tot hurkstand (ophurken) 	*From side stand - squat or stoop through to rear support* 		*Handspring fwd with hand repulsion from springboard to rear support – or with ¼ turn (90°) to cross sit on thigh – 90° approach to beam* 		*Free (aerial) walkover fwd to rear support – or with ¼ turn (90°) to cross sit on thigh – 90° approach to beam* 			
		Cartwheel with bending of both arms through chest stand to swing down 	*Cartwheel, grasping the beam, to front support – 90° approach to beam* 		*From rear stand (back towards beam), flic flac over beam to candle position, ending in front support* **(Beukes)** 			
			Jump to roll fwd at end or middle of beam to sit position or tuck stand 					
			Jump to hstd with bent or straight legs – lower to optional end position 	*Cartwheel on one or both arms* 				

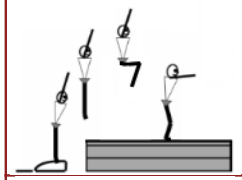
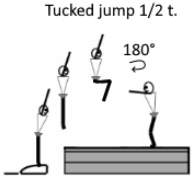
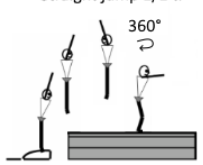
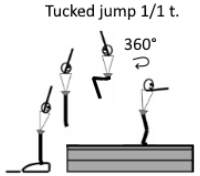
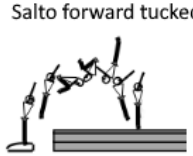
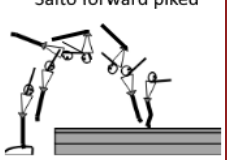
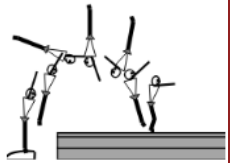
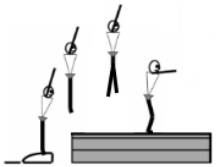
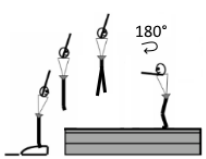
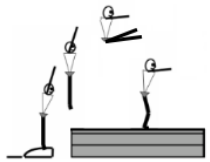
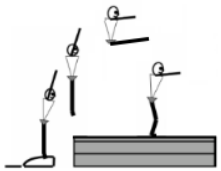
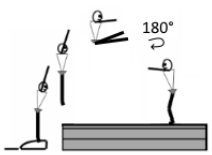
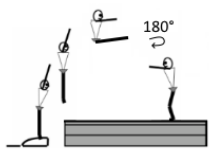
EG V: DISMOUNTS

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
Straight jump with 1/2 t. from the end of the beam 	Straight jump with 1/1 t. from the end of the beam 	Free (aerial) walkover fwd 	*Free (aerial) walkover fwd with ½ twist (180°)* 	*Free (aerial) walkover fwd with 1/1 twist (360°)* 		*Free (aerial) walkover fwd with 1½ twist (540°)* 		
	Round-off 	*Salto fwd tucked or piked, also with ½ twist (180°)* 	*Jump bwd, with ½ twist (180°), salto fwd tucked or piked (Arabian salto)* 	*Salto fwd stretched, also with ½ twist (180°)* 		*Salto fwd stretched with 1/1 twist (360°) or 1½ twist (540°)* 		*Salto fwd stretched with 2/1 twist (720°)* **(Araujo)** 
	Forward handspring 	*Salto bwd tucked, piked, or stretched, also with ½ twist (180°) (tucked or stretched)* 		*Salto bwd tucked or stretched with 1/1 twist (360°)* 		*Salto bwd tucked or stretched with 1½ twist (540°)* **(Domingues)** 		*Salto bwd stretched with 2/1 twist (720°)* 
							*Gainer salto tucked with 1/1 twist (360°) at end of beam* **(Kim)** 	*Gainer salto stretched with 1/1 twist (360°) at end of beam* **(Steingruber)** 

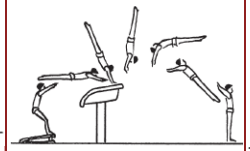
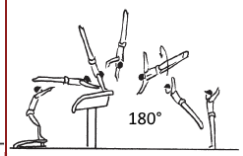
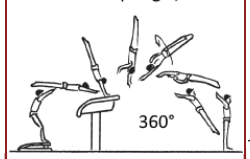
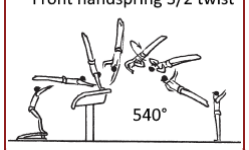
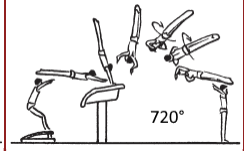
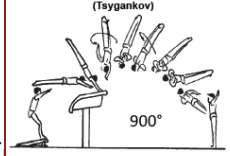
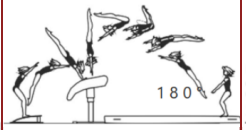
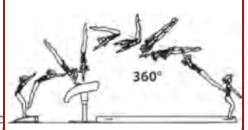
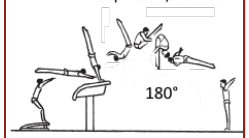
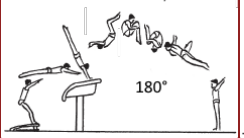
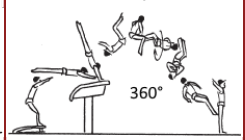
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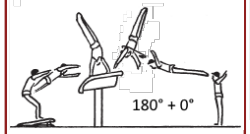
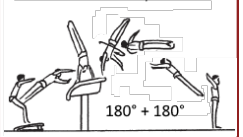
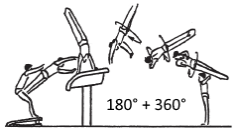
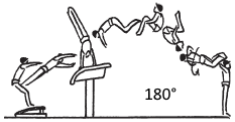
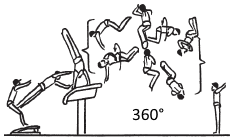
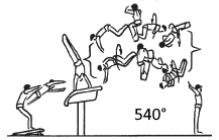
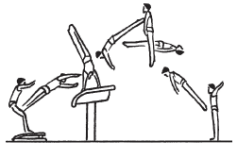
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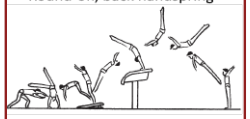
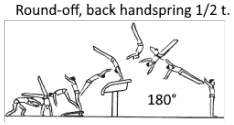
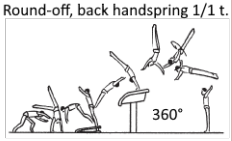
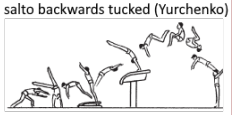
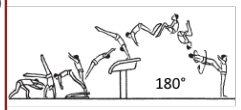
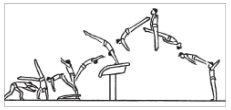
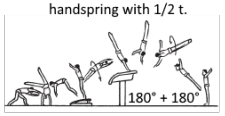
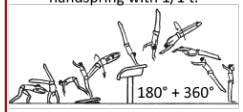
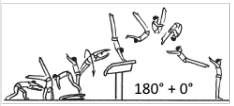
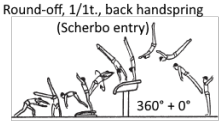
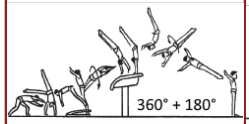
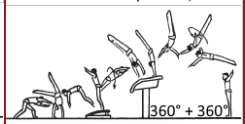
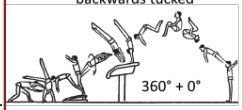
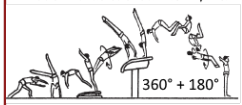
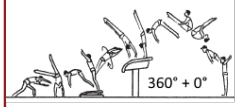
GROUP I: FREE VAULTS (NO VAULTING TABLE, LANDING ON STACKED MATS)								
0.4	0.5	0.6	0.7	0.8	0.9	1.0	>> 1.2 <<	>> 1.6 <<
Tucked jump 	Tucked jump 1/2 t. 		Straight jump 1/1 t. 		Tucked jump 1/1 t. 	Salto forward tucked 	Salto forward piked 	Salto forward stretched 
Straddle jump 	Straddle jump 1/2 t. 							
	Straddle piked jump 	Piked jump 	Straddle piked jump 1/2 t. 	Piked jump 1/2 t. 				

GROUP II: FORWARD ENTRY (FRONT HANDSPRING) VAULTS

>> Special Vaults <<	2.2	2.4	2.6	2.8	3	3.2	3.4	>> 3.8 <<
Squat onto the table with straight jump off **0.8** 	Front hanspring 	Front handspring 1/2 twist 	Front handspring 1/1 twist 	Front handspring 3/2 twist 	Front handspring 2/1 twist 	Front handspring 5/2 twist (Tsygankov) 		
Straddle over the table with support of hands **1.2** 		Front handspring with pike position in flight phase (Yamashita) 	Yamashita with 1/2 twist 	Yamashita with 1/1 twist 			Front handspring with salto forward piked 	Front handspring with salto forward piked 1/2 twist 
Squat through arms over the table with support of hands **1.6** 					Front handspring with salto forward tucked 		Front handspring with salto forward tucked 1/2 twist 	Front handspring with salto forward 1/1 twist 

GROUP III: SIDEWARD ENTRY (1/4 OR 1/2 TWIST IN FIRST FLIGHT PHASE) VAULTS								
2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8
Handspring with 1/2 or 1/4 twist onto the table (round-off) 	Round-off with 1/2 twist 	Round-off with 1/1 twist 	Round-off with salto backwards tucked (Tsukahara) 	Tsukahara tucked with 1/2 twist 		Tsukahara tucked with 1/1 twist or Kasamatsu 		Tsukahara tucked with 3/2 twist or Kasamatsu with 1/2 twist 
				Tsukhara piked 				Tsukhara stretched (lay-out) 

GROUP IV: BACKWARD ENTRY (WITH OR WITHTOUT TWIST) (YURCHENKO-STYLE) VAULTS

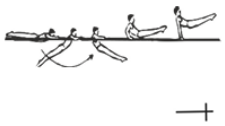
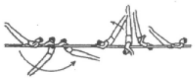
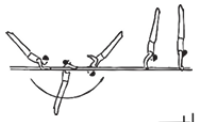
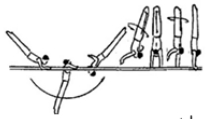
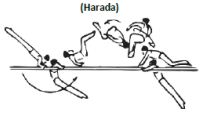
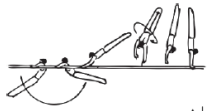
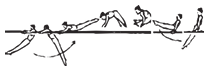
2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4
Round-off, back handspring 	Round-off, back handspring 1/2 t. 	Round-off, back handspring 1/1 t. 	Round-off, back handspring with salto backwards tucked (Yurchenko) 	Yurchenko with 1/2 t. 		Yurchenko with 1/1 t. 		Yurchenko with 3/2 t. 
				Yurchenko piked 				Yurchenko straight (lay-out) 
	Round-off, 1/2 t., front handspring 	Round-off, 1/2t., front handspring with 1/2 t. 	Round-off, 1/2t., front handspring with 1/1 t. 		Round-off, 1/2 t., front handspring with forward salto tucked (Ivantcheva) 		Ivantcheva with 1/2 t. (Servente) 	
							Ivantcheva piked (Omelianchik) 	
			Round-off, 1/1t., back handspring (Scherbo entry) 	Scherbo entry with 1/2t. 	Scherbo entry with 1/1 t. 	Scherbo entry with salto backwards tucked 	Scherbo entry with salto backwards tucked with 1/2 t. 	
							Scherbo entry with salto backwards piked 	

PARALLEL BARS

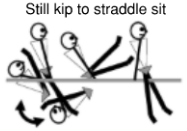
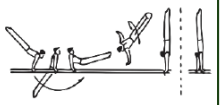
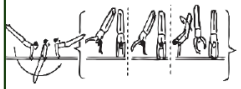
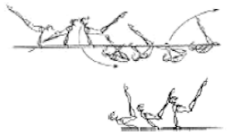
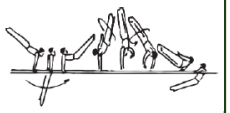
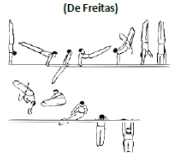
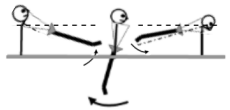
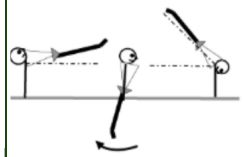
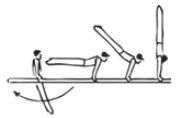
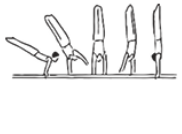
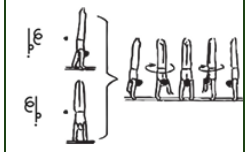
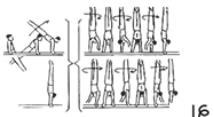
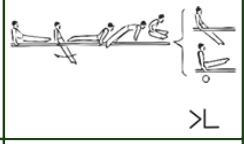
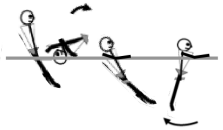
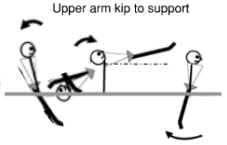
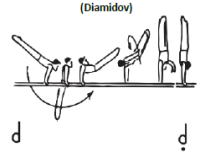
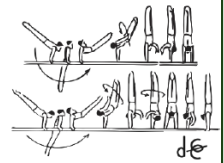
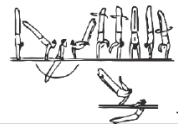
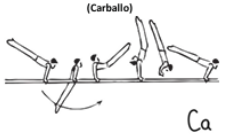
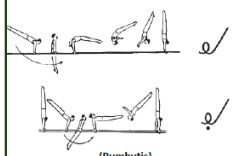
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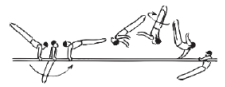
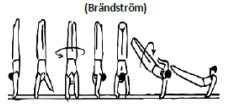
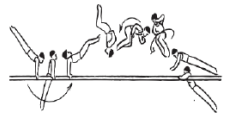
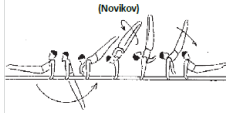
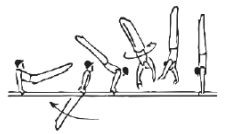
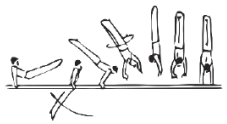
EG I: ELEMENTS STARTING IN UPPER-ARM POSITION

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
straddle front uprise 		1. Forward uprise to support. 	7. Fwd. uprise with ¼ t. to hang on 1 rail. 	2. Fwd. uprise and straddle cut bwd to handstand. 		. Fwd. uprise and straddle cut bwd to hang. (Muntean) 		
upper arm swings 		From upper arm swing, roll forwards through shoulder stand 	From upper arm swing, roll backwards through shoulder stand 	14. Roll bwd. to handstand with straight arms. 		15. Back toss from upper arm with 1/4 turn to one rail (Kovtun) 		
				20. Salto bwd. with straddled. cut to upper arm hang. 		21. Roll bwd. with straddled cut to support. 		34. Roll bwd. with ½ t. tuck to upper arm hang. (Harada) 
	Back uprise 			38. Bwd. uprise to handstand (or with ½ t). 				40. Bwd. uprise with ½ t. hop to handstand. 
				44. Bwd. uprise with ½ t. and straddle cut bwd. to upper arm hang. 		45. Bwd. uprise with ½ t. a. straddled cut bwd. to support. 		
				50. Bwd. uprise with ½ t. to support. 		51. Bwd. uprise and 5/4 salto fwd. t. to upper arm hang (Yamawaki) 		52. Bwd. uprise and salto fwd. pike or straight to support. 
		61. Bwd. uprise and straddled cut or flank over to support. bent arm. 		62. Bwd. uprise and straddled cut or flank over to support straight. arm. 				

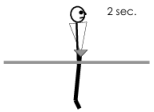
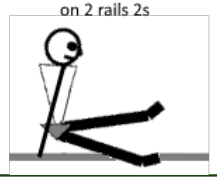
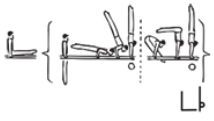
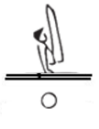
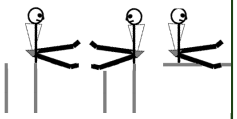
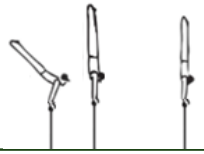
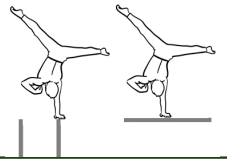
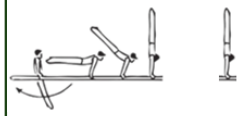
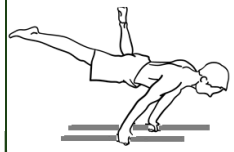
EG II: SWING OR COMBINATION ELEMENTS IN SUPPORT ON ONE OR TWO BARS (1/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
Pendel swings (2x) to stand 	Still kip to straddle sit 	In front swing, 1/2 turn to support or hang 		2. Bent arm swing fwd. to hop ½ t. to support. (Kato) 		3. Stützkehr fwd. to handstand (to 1 or 2 bars). 		4. Stützkehr fwd. to handstand (1 rail (also with additional ¼ or ¾ turn to handstand) (Bilozerchev - Peters) (Dimic) 
		Still Kip 				9. ¾ Diamidov and ½ turn to upper arms. (Salazar) 		10.¾ Diamidov and rear vault to side hang on 1 bar. (De Freitas)  Df
Swings above the bars (3x front and back) 	Attempt to handstand (>45°) 	1. Any swing to handstand 	91. Any handstand . with ½ turn. (also with 2 s.) 	86. From handstand on 1 rail, ½ or ¾ t. fwd. or bwd. in handstand. 	92. Any 1/1 pirouette in handstand on 2 rails. 			
		19. Straddle cut fwd. to support or L-sit (2 s.). 	13. Straddle cut bwd. to support. 	14. Straddle cut bwd. to handstand. 		15. Straddle cut bwd. directly to hang (Babos) 		
Upper arm kip till upper arm swing 	Upper arm kip to straddle on bar 	Upper arm kip to support 				27. Swing fwd. with 1/1 t. on 1 arm to handstand. (Diamidov) 		28. Diamidov with ¼ or ½ t. to handstand. 
					32. Swing fwd. with 1/1 t. to upper arm hang. (Carminucci) 			34. Swing forward with 5/4 t. on one arm through handstand. and Healy to upper arm.  Z
				38 Swing fwd. to handstand, hop to support. (Carballo)  Ca		39. Salto bwd to handstand. Also to one rail.  (Rumbutis)		40. Salto backward with straddle cut to support. 

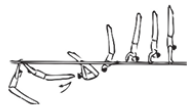
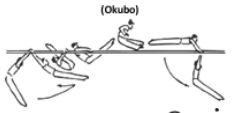
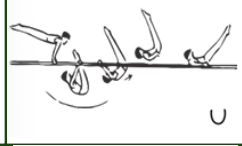
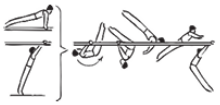
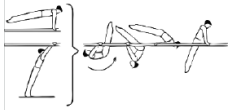
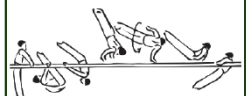
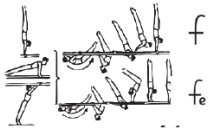
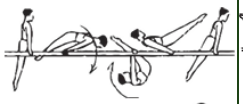
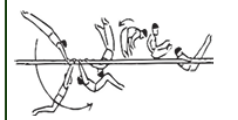
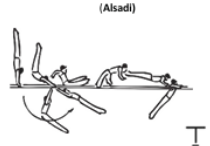
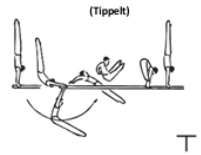
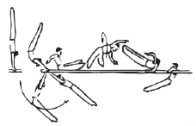
EG II: SWING OR COMBINATION ELEMENTS IN SUPPORT ON ONE OR TWO BARS (2/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
						45. Salto bwd. with ½ t. to upper arm hang. (Toumilovich) 		46. Salto bwd to handstand 1 rail (connected to Healy type element). 
				56. Handstand. with ¼ t. and fall back to suppor with ¼ t. 		57. Handstand . with ¾ t. and fall back to support with ¼ t. (Brändström) 		52. 3/2 salto bwd. with ½ t. to upper arm hang. (Suarez) 
				62. Stützkehr bwd. to support. 		69. Stützkehr bwd. with straddle cut bwd. to support 	63. Stützkehr bwd. through handstand. to support. (Novikov) 	
			73. Healy to upper arm hang (also from handstand on 1 rail). 			75. Healy to support (also from handstand on 1 rail). (Healy) 		
						81. Swing bwd. with ½ t. hop to handstand. 		82. Swing bwd. with ¾ t. hop to handstand. 
				104. 5/4 salto fwd. tuck or pike to upper arm hang. 		105. Salto fwd to support. 	117. 5/4 salto fwd. straight to upper arm hang 	106. 5/4 salto fwd. straddled to upper arm hang 
						111. Salto fwd. piked to hang. (Juarez 2) 		

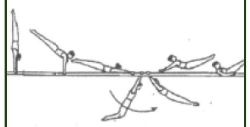
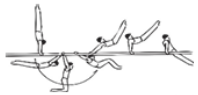
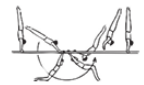
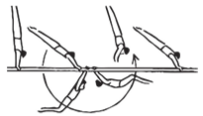
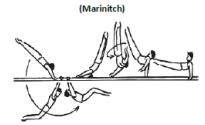
EG III: (STRENGTH) HOLDS IN SUPPORT ON ONE OR TWO BARS

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
	7. Any L-sit on 1 or 2 rails (2 s.)	Front Straddle L-Sit on 2 rails 2s	Straddle L-Sit on 2 rails 2s	8. Any press with bent arm straight. body, or str. arm bent body to handstand., on 1 or 2 rails (2 s.) also straddled		V-Sit		Manna
		Straddle L-Sit on 1 rail 2s		Handstand on 1 rail 2s			Straddle handstand on 1 arm 2s	
		Handstand on 2 rails 2s	Straddle Planche		Planche			
		Shoulder stand (2 s.) and roll to upper arm swing						

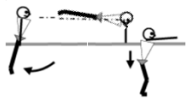
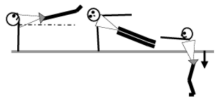
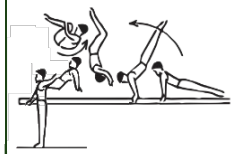
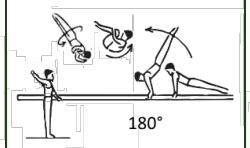
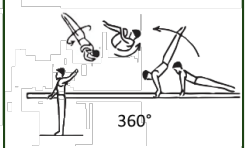
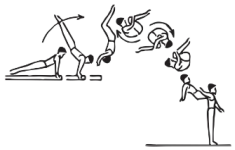
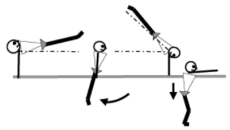
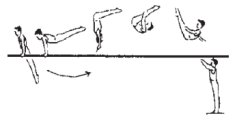
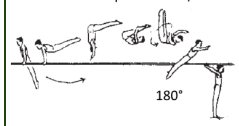
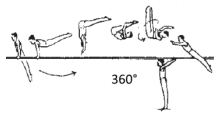
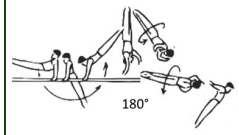
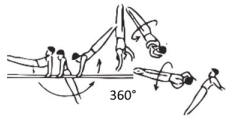
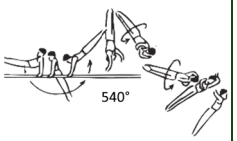
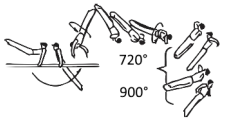
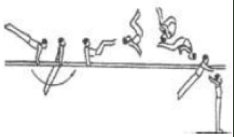
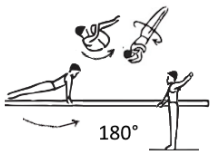
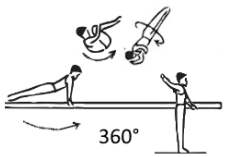
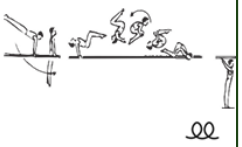
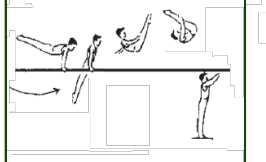
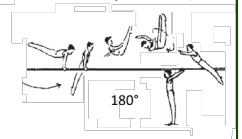
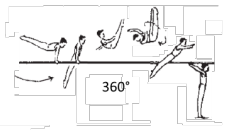
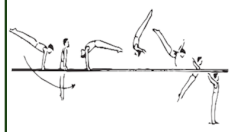
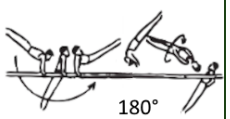
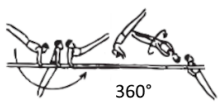
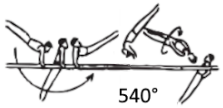
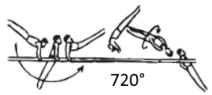
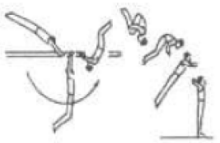
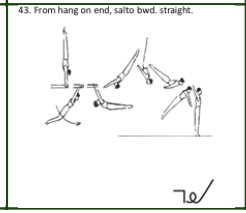
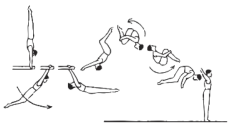
EG IV: ELEMENTS THROUGH (HANGING) SWING BELOW ONE OR TWO BARS (1/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
(Straddle) glide kip with support of legs 		3. Glide kip. 		74. Glide kip with ½ t. to support. 		75. Glide kip bwd. to handstand. 		
				80. Glide kip to straddled cut bwd. handstand on 1 or 2 rail. 	86. Glide kip one rail through L-sit straddled to handstand. 	81. Glide kip to straddled cut bwd. to hand. (Okubo) 	87. Glide kip through L-sit piked to handstand. 	
		97. Cast to upper arm hang. 	104. Cast with ½ t. to up. arm hang. 	98. Cast to support. 	105. Cast with ½ t. to support. 	111. Cast to straddle cut backward to handstand. (Arican) 		
	Cast backwards to upper arm hang 	115. Felge with travel to hang 		116. Felge to support 	99. Felge with ½ t. to upper arm hang. 	117. Felge with immediate straddle cut to support 	100. Felge with ½ t. to rear support. 	106. Felge to handstand. Also to one rail or ¼ t. (Cucherat - Celen) 
			127. Felge forward to support. 	122. Felge roll backward with tuck salto ½ to upper arm hang. (Gagnon) 	28. Felge forward with ½ t. to support. 	123. Felge roll backward with straight salto ½ to upper arm hang. (Gagnon 2) 		130. Shoot up with ¼ t. to handstand. 
				50. Giant swing bwd. with straddled cut to upperaddledarm hang 		3. Swing forward, straddle cut backward, and regrasp with straight body at horizontal to bent and upper arm. (Alsadi) 		. Moy piked with straddle bwd to handstand (Tippelt) 
				8. Moy piked with straddled. cut bwd. and ½ t. to upper arm hang (also legs together). 		9. Moy piked with 1/1 t. to upper arm hang. (Nolet) 		10. Moy and salto fwd. tuck, pike. or straddled. to upper arm hang. (Giraldo) 

EG IV: ELEMENTS THROUGH (HANGING) SWING BELOW ONE OR TWO BARS (2/2)

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
				14. Moy to support bent legs (also without grip release). 		15. Moy to support straight legs (also without grip release). (Moy) 		
						21. Giant swing bwd. to handstand or with inlocation fwd. (also with ¼ or ½ turn and to one rail). (Kenmotsu)  (Wells) 		22. Giant swing bwd. to handstand on one rail (connected to Healy type element). (Piasecky) 
				38. Swing down with salto bwd. straight to hang 		39. Giant swing bwd. with ½ t. to upper arm hang (Gushiken) 		40. Giant swing bwd. with ½ t. to support. (Marinitch) 

EG V: DISMOUNTS

AA (Additional A) - 0.1	A - 0.1	B - 0.2	C - 0.3	D - 0.4	E - 0.5	F - 0.6	G - 0.7	H - 0.8
In back swing, push off with legs up to horizontal 	In front swing, push off with legs up to 45 degrees below horizontal 	Salto forward tucked 	Salto fwd. tucked with 1/2 t. 	Salto fwd. tucked with 1/1 t. 				Double salto forward at end 
	In back swing, push off with legs above horizontal 		Salto forward piked 	Salto forward piked with 1/2 t. 	Salto forward piked with 1/1 t. 			
				Salto forward straight (lay-out) 	Salto fwd. str. with 1/2 t. 	Salto fwd. str. with 1/1 t. 	Salto fwd. str. with 3/2 t. 	Salto fwd. str. with 2/1 or 5/2 t. 
		Salto backwards tucked 	Salto bwd. tucked 1/2 t. 	Salto bwd. tucked 1/1 t. 	32. Double salto bwd. tuck from end. 		33. Double salto bwd. tuck. 	
		Salto backward piked 	Salto backward piked with 1/2 t. 		Salto backward piked with 1/1 t. 			
			Salto backward straight (lay-out) 	Salto bwd. str. 1/2 t. 	Salto bwd. str. 1/1 t. 	Salto bwd. str. 3/2 t. 	Salto bwd. str. 2/1 t. 	
	From the end of the bars, salto backwards tucked 	From hang on end, salto bwd. pike. 	43. From hang on end, salto bwd. straight. 			45. From hang on end, double salto bwd. Tuck. 		46. From hang on end, double salto bwd. pike. 