

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



FONDÉE EN 1881



**AEROBIC GYMNASTICS**  
Code of Points 2009 – 2012

**DRAFT OCTOBER 2008**

**APPENDIX II**

**Guide to Judging Execution and Difficulty**

## • INTRODUCTION

This guide to judging is structured as follows:

- Execution judges
- Difficulty judges
- Definitions of terms
- Deductions for errors
- General mistakes standing, on the floor, in the air
- Description of The Basic Steps
- Description of Elements, Minimum Requirements and Specific Errors

## • EXECUTION JUDGES

The Execution Judges evaluate the technical EXECUTION of all movements including elements, transitions, links, basic aerobic steps, arm movements, aerobic movement patterns, partnerships, poses and lifts, etc.

For MP, TR and GR, judges will evaluate the matched performance of all movements, as well as the ability to execute the routine as a single unit (synchronization).

## • DIFFICULTY JUDGES

The Difficulty Judges evaluate and give a difficulty value (0.0 to 1.0) to the elements provided the minimum requirements for the difficulty elements are fulfilled.

Difficulty Judges count all the elements performed and give a value to the 12 first elements (MP, TR, GR) or 10 first elements performed (IM, IW, Age Group Competitions see Appendix V).

Elements with a fall will be counted as elements performed BUT will receive ZERO (0) value and **will not count** for the GROUP OF ELEMENTS.

**Elements evaluated on sight** and combined elements **will not count** for the GROUP OF ELEMENTS.

## COMBINATION OF 2 ELEMENTS

Two elements, from the twelve chosen elements and from all groups but from different families, can be combined DIRECTLY without **any stop, hesitation or transition**.

To combine 2 elements from Group C, the free leg of the first element after landing must join the landing leg and can then be used for the take off for the second element.

### Examples:

- **Group A:** Double leg 1/1 circle + Flair
- **Group A & B:** Straddle cut to L support + L support 2/1 turn
- **Group B:** L Support 2/1 turn + Straddle V Support
- **Group C:** 1/1 turns Tuck jump + Air turn to split  
Straddle jump + Pike jump to PU.
- **Group C & A:** Straddle jump to push up + Plio PU airborne
- **Group D:** Free support Illusion to split + split roll

## • DEFINITIONS OF TERMS

**TECHNICAL SKILL:** All movements, including elements, performed with correct posture and correct body alignment (neutral alignment without hyperextension of joints).

**TURN:** Any rotation performed either in contact with the floor or vertical line airborne.

**TWIST:** Any rotation performed out of the vertical line.

**JUMP:** Vertical jump with take off and landing in the same place.

**LEAP:** It is a jump with a forward trajectory from take off to landing.

**STRENGTH:** Muscle action (concentric, eccentric, isometric)

**FLEXIBILITY:** Active & Passive mobility in all joints

**ENDURANCE:** Sustained intensity throughout the routine

**POWER:** Explosive Strength for short period of time (for jumps, leaps and pliometric elements)

**FORM:** Body positions

**POSTURE:** When referring to specific body positions.

**ALIGNMENT:** Ability to maintain correct body posture

**SYNCHRONIZATION:** Ability to execute all movements as a unit, whether it is a pair, trio or group, with identical range of motion, start and finish at the same time and be of the same quality. This also includes arm movements; each movement pattern must be precise and identical.

**ARM MOVEMENTS:** All arm movements must be controlled, precise and smooth.

**JOINT ACTION:** Flexion extension, abduction, adduction, rotation, circumduction, supination, pronation, horizontal flexion, outward rotation, inward rotation, elevation and depression.

**PERFECT EXECUTION:** Ability to perform all the movements without errors.

**AMPLITUDE:** Ability to perform the explosive movements with height.

**ERROR:** Deviation from perfect execution.

- **Small:** Small deviation from perfect execution.
- **Medium:** Significant deviation from perfect execution.
- **Large:** Major deviation from perfect execution.

**UNACCEPTABLE EXECUTION:** When no requirements have been met for execution.

**FALL:** Where one or more parts of the body (aside from the perfect execution) touch the floor with a lack of control (e.g. in 1 arm push-up, chest and/or one knee touches the floor or in L-support, a heel and/or a buttock touches the floor).

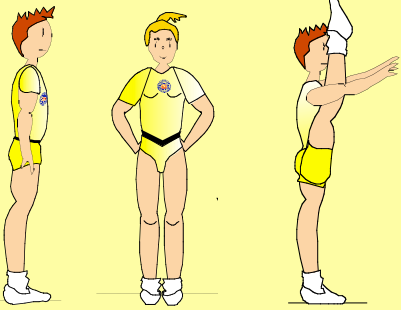





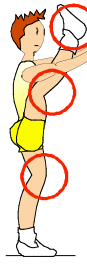

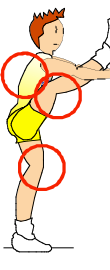
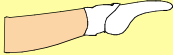
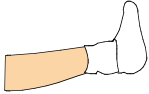
## • DEDUCTION FOR ERRORS

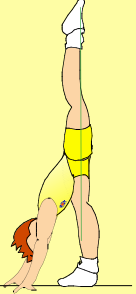
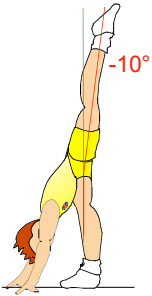
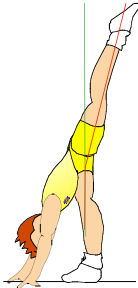
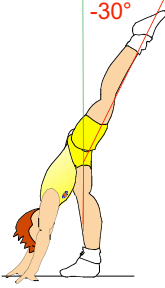
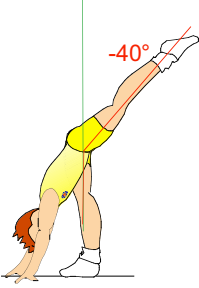

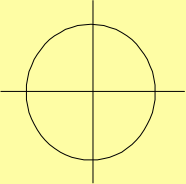

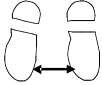
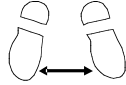

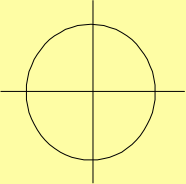
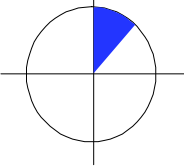
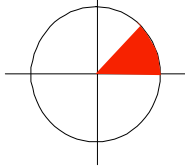
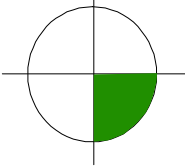
**Deductions are made each time for every error as follows:**

- |  |            |
|--|------------|
| • Small error  | 0.1        |
| • Medium error   | 0.2        |
| • Large error  | 0.3        |
| • Unacceptable execution or fall                                     | 0.5        |
| • <b>Maximum deduction for an element</b>                            | <b>0.5</b> |
| • <b>Maximum deduction for synchronization for the whole routine</b> | <b>1.0</b> |

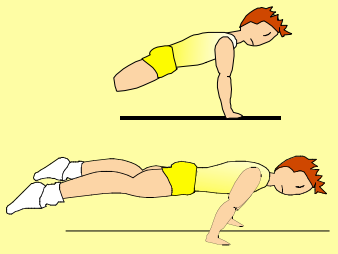
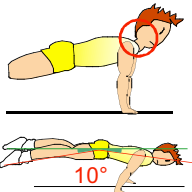
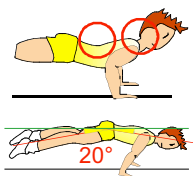
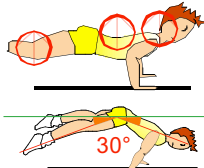
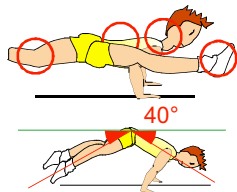
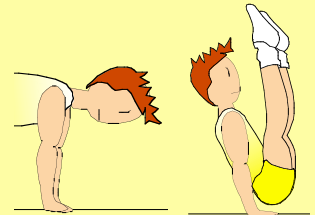
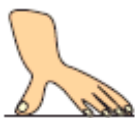
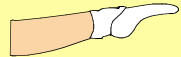
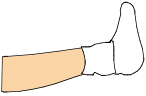
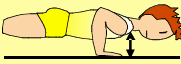
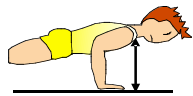
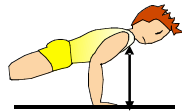
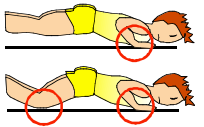
• GENERAL MISTAKES STANDING, ON THE FLOOR, IN THE AIR

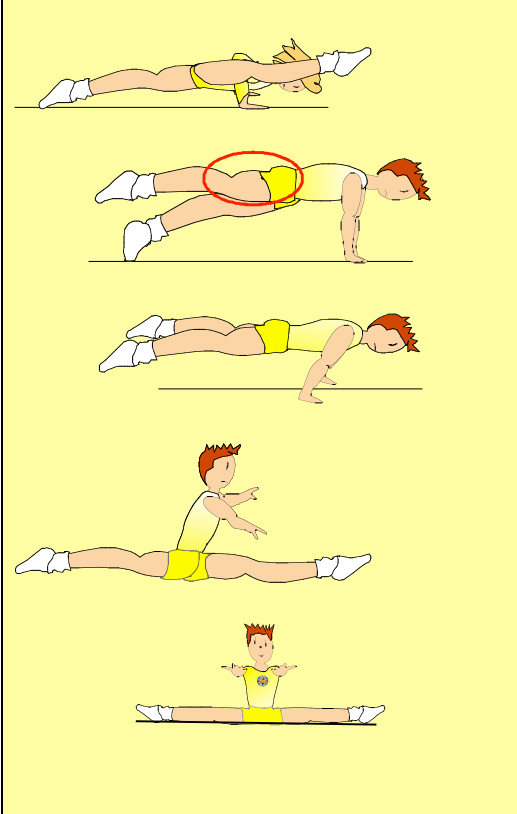
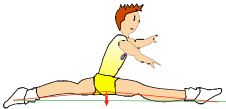

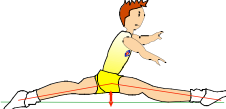

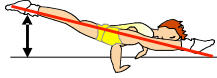
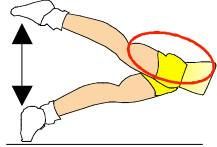
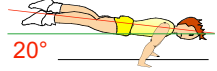
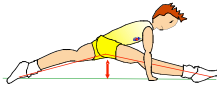

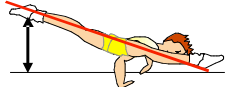
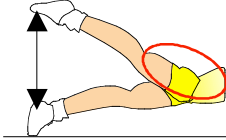
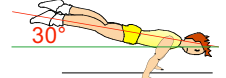
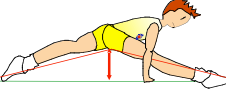


GENERAL MISTAKES STANDING

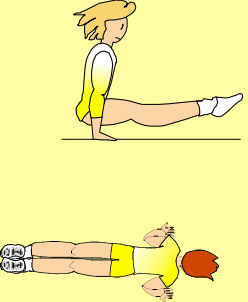
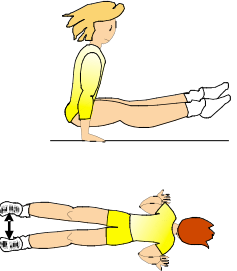
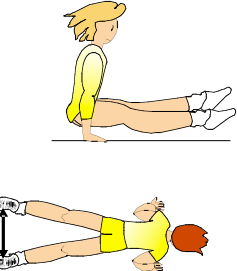
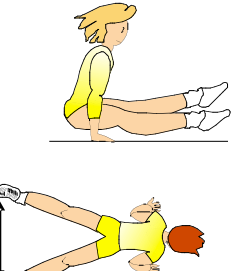
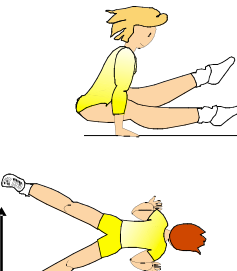
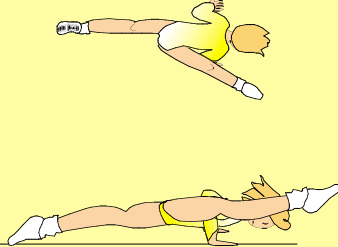
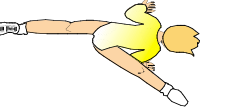

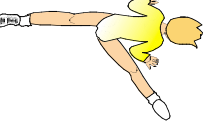
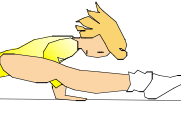
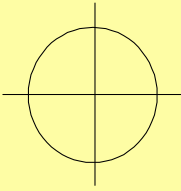
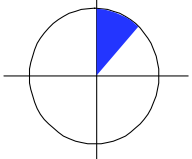
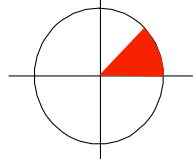
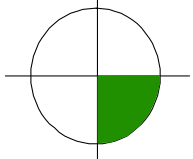
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
	<b>INCORRECT BODY ALIGNMENT</b>			
	<p style="text-align: center;">1 part</p>  	<p style="text-align: center;">2 parts</p>  	<p style="text-align: center;">3 parts</p>  	<p style="text-align: center;">4 parts or more</p>  
	<b>FOOT POSITION</b>			
				

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
	<p>170°</p> 	<p>160°</p> <p>-20°</p> 	<p>150°</p> <p>-30°</p> 	<p>&lt; 150°</p> <p>-40°</p> 
	<b>FEET SEPARATED WHEN THEY SHOULD BE TOGETHER</b>			
	<p>5 cm</p> 	<p>10 cm</p> 	<p>15 cm</p> 	<p>&gt; 15 cm</p> 
	<b>INCOMPLETE ROTATION</b>			
<p>X</p>	<p>45°</p> 	<p>45° - 90°</p> 	<p>&gt; 90°</p> 	
	<b>UNCONTROLLED ARMS</b>			

# GENERAL MISTAKES ON THE FLOOR

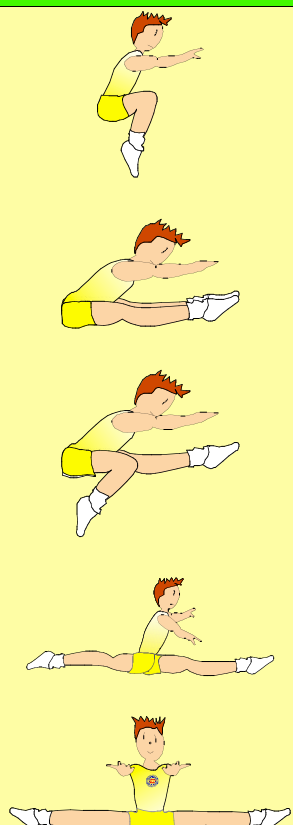
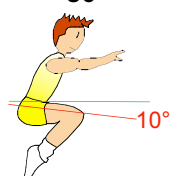
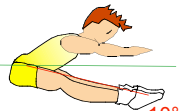
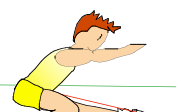
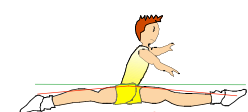

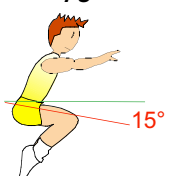
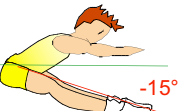



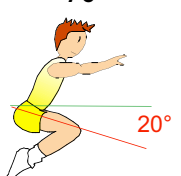
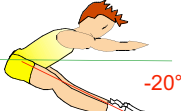
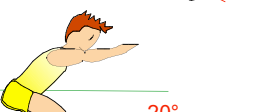
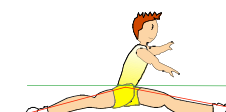
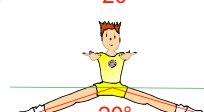
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
<b>INCORRECT BODY ALIGNMENT</b>				
	1 part 	2 parts 	3 parts 	4 parts or more 
	<b>HANDS NOT FLAT ON THE FLOOR</b>			
				
<b>FOOT POSITION</b>				
				
<b>DISTANCE CHEST TO FLOOR</b>				
	<p>&lt; 30 cm</p> 	<p>&gt; 30 cm</p> 		


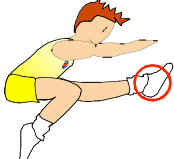
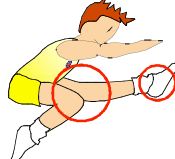
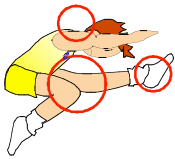
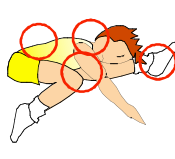
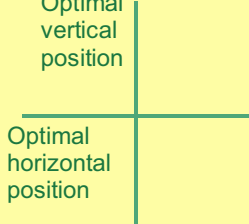

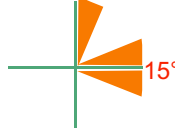



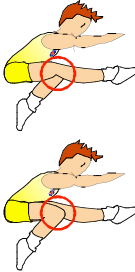
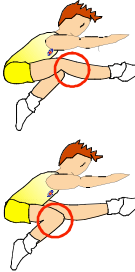
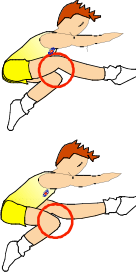
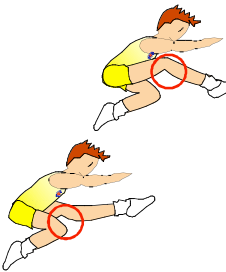
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
<b>LEG(S) ABOVE PARALLEL TO THE FLOOR</b>				
	<p data-bbox="835 778 898 807">5 cm</p>  	<p data-bbox="1167 778 1249 807">10 cm</p>  	<p data-bbox="1458 336 1621 368">Up to 20 cm</p>   <p data-bbox="1473 635 1599 667">Up to 20°</p>  <p data-bbox="1496 778 1576 807">15 cm</p>  	<p data-bbox="1823 336 1935 368">&gt; 20 cm</p>   <p data-bbox="1845 635 1912 667">&gt; 20°</p>  <p data-bbox="1823 778 1935 807">&gt; 15 cm</p>  
<b>“WENSON SHAPE” NOT BEEN SHOWN IMMEDIATELY AT THE LANDING</b>				
			<b>X</b>	

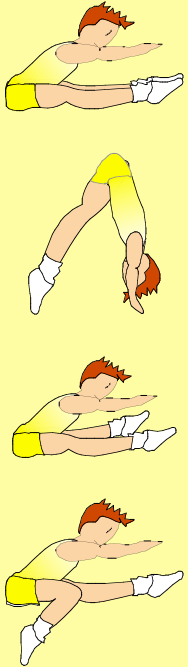
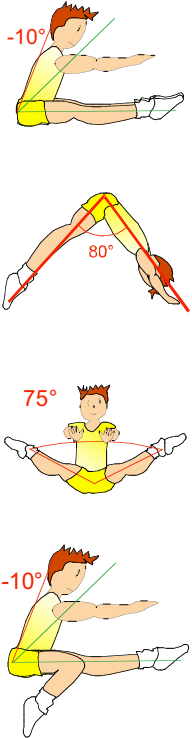
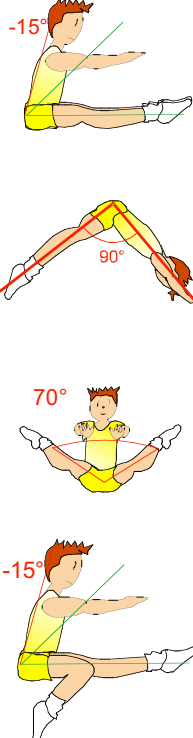
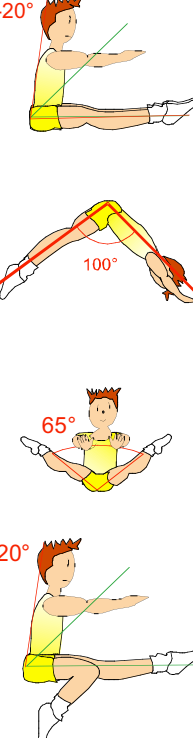
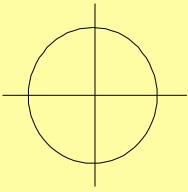
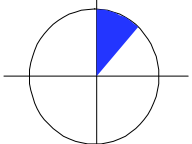
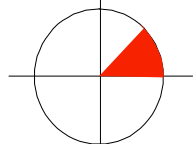
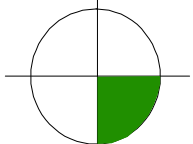
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
	<b>FEET SEPARATED WHEN THEY SHOULD BE TOGETHER</b>			
	<p style="text-align: center;">5 cm</p> 	<p style="text-align: center;">10 cm</p> 	<p style="text-align: center;">15 cm</p> 	<p style="text-align: center;">&gt; 15 cm</p> 
	<b>LEG LOWER THAN UPPER TRICEPS</b>			
	 		  <p style="text-align: center;">(Leg not supported)</p>	
	<b>INCOMPLETE ROTATION</b>			
	<p style="text-align: center;">45°</p> 	<p style="text-align: center;">45° - 90°</p> 	<p style="text-align: center;">&gt; 90°</p> 	



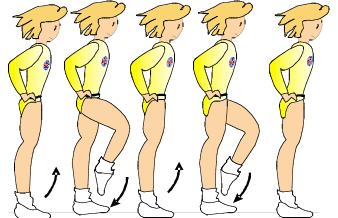
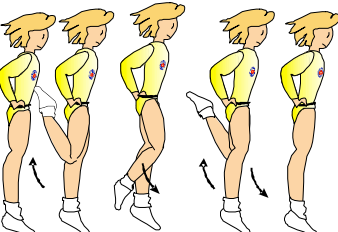
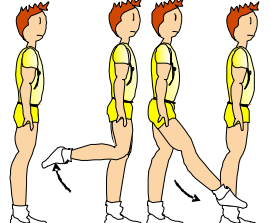
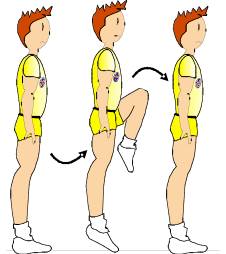
# GENERAL MISTAKES IN THE AIR

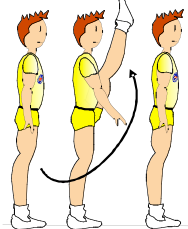
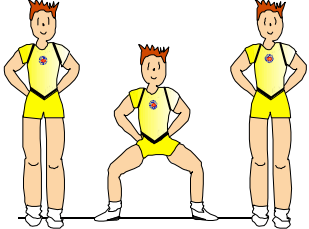
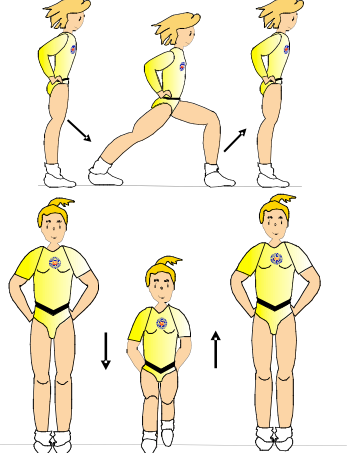
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
<b>LEGS UNDER HORIZONTAL (PARALLEL) TO THE FLOOR</b>				
		<div style="text-align: center; margin-bottom: 10px;"><b>80°</b></div>     	<div style="text-align: center; margin-bottom: 10px;"><b>75°</b></div>     	<div style="text-align: center; margin-bottom: 10px;"><b>70°</b></div>     

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
	<b>INCORRECT BODY ALIGNMENT</b>			
	<p style="text-align: center;">1 part</p> 	<p style="text-align: center;">2 parts</p> 	<p style="text-align: center;">3 parts</p> 	<p style="text-align: center;">4 parts</p> 
<p style="text-align: center;">Optimal vertical position</p>  <p style="text-align: center;">Optimal horizontal position</p>	<b>LACK OF AMPLITUDE</b>			
	<p style="text-align: center;">10°</p> 	<p style="text-align: center;">20°</p> 	<p style="text-align: center;">30°</p> 	<p style="text-align: center;">40°</p> 
	<b>LEGS BENT OR APART</b>			
				
	<b>UNCONTROLLED ARMS</b>			
	<b>X</b>			

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	FALL UNACCEPTABLE 0.5
<b>INCORRECT POSITION IN THE AIR</b>				
				
<b>INCOMPLETE ROTATION</b>				
	<p style="text-align: center;">45°</p> 	<p style="text-align: center;">45° - 90°</p> 	<p style="text-align: center;">&gt; 90°</p> 	

• **DESCRIPTION OF THE BASIC STEPS**

Name	Description	Optimal Step
<b>March</b>	<ul style="list-style-type: none"> <li>• Leg is bending in front of body: Hip and knee flexion.</li> <li>• Ankle shows clear movement, toe-ball-heel.</li> <li>• Total movement is upwards, not downwards.</li> <li>• Upper body is erect with neutral spine, natural alignment.</li> <li>• Upper body shows core strength, no co-movement upwards-downwards or forwards-backwards.</li> <li>• Amplitude: From neutral position to full plantar flexion of ankle, 30-40° flexion in hip and knee</li> </ul>	
<b>Jog</b>	<ul style="list-style-type: none"> <li>• Lower leg is lifted maximally backwards to the gluteus.</li> <li>• Neutral hip or slight hip flexion or extension (+/- 10°).</li> <li>• Knee flexion.</li> <li>• Ankle is showing plantar flexion at top position.</li> <li>• Feet show controlled movement, landing toe-ball-heel.</li> <li>• Upper body is erect with neutral spine, natural alignment.</li> <li>• Amplitude: Neutral position to 0-10° hip extension, 110-130° knee flexion, full plantar flexion</li> </ul>	
<b>Skip</b>	<ul style="list-style-type: none"> <li>• Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to set of a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip.</li> <li>• Movement is seen in both hip and knee.</li> <li>• Muscle control is shown through all of the movement. Lower leg is stopped by the quadriceps.</li> <li>• Upper body stays erect with neutral spine, natural alignment.</li> <li>• Amplitude: From neutral hip to 30-45° flexion, from full knee flexion to complete extension</li> </ul>	
<b>Knee lift</b>	<ul style="list-style-type: none"> <li>• Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints.</li> <li>• When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion.</li> <li>• Elevated Ankle can be dorsal or plantar flexed but muscle control must show.</li> <li>• Standing leg is straight, maximum knee/hip flexion is approx. 10°.</li> <li>• Upper body stays erect with neutral spine, natural alignment.</li> <li>• Amplitude: From neutral position to minimum 90° flexion in hip and knee of working leg.</li> </ul>	

Name	Description	Optimal Step
<b>Kick</b>	<ul style="list-style-type: none"> <li>• Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°.</li> <li>• Only movement is hip flexion. Leg is straight – knee joint is showing no movement.</li> <li>• Ankle is plantar flexed throughout movement.</li> <li>• Standing leg stays straight, maximum knee/hip flexion approx 10°.</li> <li>• Upper body stays erect with neutral spine, natural alignment.</li> <li>• Amplitude: From neutral position to 150-180o hip flexion in working leg. Knee shows full extension throughout movement.</li> </ul>	
<b>Jack</b>	<ul style="list-style-type: none"> <li>• A hop out and in with legs bending. Natural outwards rotation in hip joint.</li> <li>• Landing is with feet further than shoulder width apart, knees and feet point outwards.</li> <li>• Controlled but powerful take off and landing. Precise and controlled movement of ankle and foot – toe-ball-heel action.</li> <li>• Hopping in: Feet/heels together, toes point forward (preferred) or outward.</li> <li>• Upper body is erect with neutral spine, natural alignment.</li> <li>• Amplitude: From neutral position to approx shoulder width plus 2 foot lengths apart with 25-45° flexion in hip/knees (more if in super low or low with grand plié position)</li> </ul>	
<b>Lunge</b>	<ul style="list-style-type: none"> <li>• Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane.</li> <li>• Heels are lowered with control.</li> <li>• Feet stay in sagittal plane. Whole body moves (side to side) as a unit.</li> <li>• Low impact: Body slightly forward (front leg is weight bearing), straight line from neck to heel.</li> <li>• High impact: Legs are hopping, alternating, in the sagittal plane in a cross county skiing motion.</li> <li>• Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes).</li> </ul>	

- **DESCRIPTION OF ELEMENTS, SPECIFIC ERRORS AND MINIMUM REQUIREMENTS**

## **GROUP A: DYNAMIC STRENGTH**

### **PUSH UPS, WENSON PU, A-FRAME & CUTS FAMILIES**

#### **a) GENERAL DESCRIPTION:**

The families included in this group are:

- Push up
  - Wenson push up
  - Plio push up
  - A Frame
  - Cut
  - V & High V support
  - Leg circle
  - Flair
  - Helicopter
  - Capoeira with twist
- Starting and/or finishing: when one or both hands are in contact with the floor, elbows extended. Shoulders must be parallel to the floor; head in line with the spine and pelvis tucked with abdominal muscles contracted.
  - Flexion of elbows: All push-ups must have, at the end of the downwards phase, a maximum distance of 10cm from the chest to the floor.
  - The downward and/or the upward phase of a push up must be controlled with shoulders parallel to the floor.

- In Lateral and Hinge push up, 4 phases have to be shown
- In 1 arm, 1 arm/1 leg; the distance between the feet must not exceed shoulder width. Unless otherwise stated
- A push up take off or landing - to or from airborne - shows hands and feet leaving and touching the floor at the same time. Unless otherwise stated
- Landing in PU: Front Support with bent arms (flexed elbows) – *push up*.
- Every move of the “Wenson family” requires straight legs and excellent hip joint flexibility.
- The legs must rest on the upper part of the Triceps of the same side.

#### **b) SPECIFIC DESCRIPTIONS:**

### **PUSH UP FAMILY**

#### **A 101; PUSH UP**

**Value 0.1**

1. Front support
2. Perform a push up with the downward and the upward phase.
3. Front support



**A 102: 1 LEG PUSH UP**

**Value 0.2**

1. Front support on 1 leg.
2. Perform a push up, with the body alignment.
3. Front support



**A 103: 1 ARM PUSH UP**

**Value 0.3**

1. Front Support where the body is supported on both legs and 1 arm only.
2. Feet shoulder width apart.
3. Optional position of the free arm.
4. The direction of the elbow of the supporting arm during the downward phase is optional (lateral or pointed towards the feet) as well as the free arm.



**A 104: 1 ARM 1 LEG PUSH UP**

**Value 0.4**

1. Front Support where the body is supported by one arm and one leg.
2. Feet maximum shoulder width apart.
3. The direction of the elbow of the supporting arm during the downward phase is optional (lateral or pointed towards the feet) as well as the free arm.



**A 112: STRADDLE LATERAL PUSH UP**

**Value 0.2**

1. Front Support with straddle legs.
2. A four-phase push up where the body move down
3. Then, shoulders and Center of Gravity move laterally (downward phase) as the elbow lowers to the floor, pointing laterally.
4. Then the shoulders move back to the centre.
5. Then the elbows are extended and the body returns to the starting.
6. Feet maximum shoulder width apart.



**A 114: 1 ARM STRADDLE LATERAL PUSH UP**

**Value 0.4**

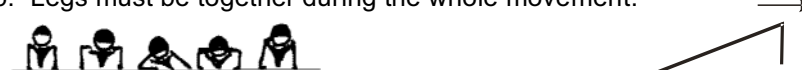
1. Straddle Front Support on 1 arm.
2. A four-phase push up where the body moves downwards and shifts laterally (left or right) supported on both feet and one arm, with the elbow of the supporting arm lowering onto the floor.
3. The body moves back to the starting position.
4. Feet maximum shoulder width apart during the whole movement.
5. Optional of the free arm.



**A 122: LATERAL PUSH UP**

**Value 0.2**

1. Front Support.
2. A four-phase push up where the body move down.
3. The body move laterally (downward phase) as the elbow lowers to the floor pointing laterally.
4. The body moves back to the centre.
5. Elbows are extended and the body returns to the starting.
6. Legs must be together during the whole movement.



**A 123: 1 LEG LATERAL PUSH UP**

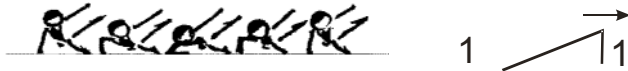
**Value 0.3**

1. Front Support on 1 foot.
2. A four-phase push up where the body is supported by two arms and one leg with the feet maximum shoulder width apart.
3. The body moves downwards and shifts laterally (left or right) towards the supporting arm.
4. The body moves back to the centre before returning to the starting
5. Ending: Front Support on 1 foot.



**A 125: 1 ARM 1 LEG LATERAL PUSH UP** Value 0.5

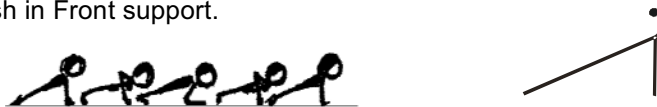
1. Front Support on one hand and one foot. Feet maximum shoulder width apart.
2. The body moves downwards and shifts laterally (left or right) towards the supporting arm.
3. The body moves back to the centre before returning to the starting.



**A 132: HINGE PUSH UP**

**Value 0.2**

1. Front Support. Legs must be together during the whole movement.
2. A four-phase push up where the CoM moves downward and shifts backward.
3. The elbows lower to the floor pointing towards the feet and the ankles become a hinge.
4. Then, the body (C.G.) moves forwards and returns to the starting.
5. Finish in Front support.



**A 133: 1 LEG HINGE PUSH UP**

**Value 0.3**

1. Front Support on one foot. Feet maximum shoulder width apart
2. The CoM moves downward and shifts backwards.
3. The elbow lowers to the floor pointing towards the feet and the ankles become a hinge.
4. Then, the body moves forwards and returns to the starting.
5. Finish in Front Support on one foot.



**A 134: 1 ARM HINGE PUSH UP**

**Value 0.4**

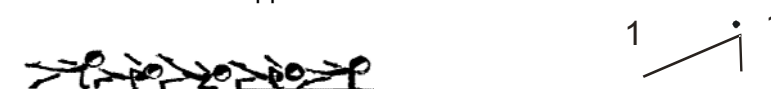
1. Front Support on one hand. Feet maximum shoulder width apart.
2. The CoM moves downward and shifts backward.
3. The elbow lowers to the floor pointing towards the feet, the ankles become a hinge.
4. Then, the body (C.G.) moves forwards and returns to the starting.
5. Finish in Front Support on one hand.



**A 135: 1 ARM 1 LEG HINGE PUSH UP**

**Value 0.5**

1. Front Support on 1 foot and 1 hand.
2. A four-phase push up where the body is supported by one arm and one leg with feet maximum shoulder width apart.
3. The CoM moves downward and shifts backwards.
4. The elbow lowers to the floor pointing to the feet, and the ankle becomes a hinge.
5. Before returning to the starting, the body and the C.G. moves forward.
6. Optional of the free arm.
7. Finish in Front Support on 1 foot and 1 hand.



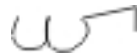


## WENSON PUSH UP

### A 143: WENSON PUSH UP

Value 0.3

1. Front Support with one extended leg supported on the upper part of the Triceps of the same side (Wenson).
2. Both legs must be straight.
3. From Wenson a push up is performed.
4. Finish in Front Support.



### A 144: LIFTED WENSON PUSH UP

Value 0.4

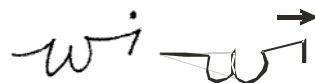
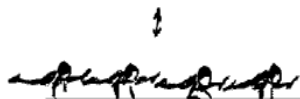
1. Front Support.
2. One leg is supported on the upper part of the Triceps of the same side.
3. The rear leg is lifted off the floor (Lifted Wenson). Both legs must be straight and parallel to the floor and the back flat.
4. From this position, a push up is performed.
5. Finish in Lifted Wenson.



### A 145: LIFTED WENSON HINGE PUSH UP OR LATERAL PUSH UP

Value 0.5

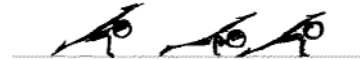
1. Front support.
2. One straight leg supported on the upper Triceps of the same side of the body.
3. The rear leg is lifted off the floor (Lifted Wenson).
4. Both legs must be straight and parallel to the floor and the back flat.
5. From that position a Hinge push-up or Lateral push up is performed.
6. Finish in Lifted Wenson.



### A 153: FREE SUPPORT WENSON PUSH UP

Value 0.3

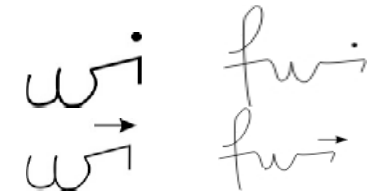
1. Front Support with one extended leg unsupported above the upper part of the Triceps of the same side of the body (Free Support Wenson).
2. Both legs must be straight.
3. From that position a push up is performed.
4. Finish in Front Support.



### A 154: WENSON OR FREE SUPPORT WENSON HINGE PUSH UP OR LATERAL PUSH UP

Value 0.4

1. Front Support with one extended leg supported or not by the upper Triceps of the same side of the body (Wenson or Free Wenson).
2. The Body moves downward and shifts backwards. The elbows of the arms lower to the floor towards the feet and the supporting leg ankle becomes a hinge while moving backwards. Return to the starting.
3. Finish in Front Support with one extender leg supported or not by the upper triceps of the same side of the body.



## PLIO PUSH FAMILY

### A 164: PLIO PUSH UP 1/1 TWIST TO PUSH UP Value 0.4

1. Front Support.
2. A push up where the Body is lifted upwards executing a 360° twist with legs together.
3. Feet remain in contact with the floor.
4. Push up.



### A 165: PLIO PUSH UP 1/1 TWIST TO WENSON Value 0.5

1. Front support.
2. A push up where the Body is lifted upwards executing simultaneously a 360° twist with legs together.
3. Feet remain in contact with the floor.
4. Show a Wenson push up when both hands make contact with the floor.



### A 166: PLIO PUSH UP 1/1 TWIST TO LIFTED WENSON Value 0.6

1. Front support.
2. Perform a Push up, at the end of the downwards phase the distance between the chest and the floor must not exceed 10 cm with a simultaneous twist of 360°, to a Lifted Wenson.
3. Lifted Wenson.



### A 173: PLIO PUSH UP AIRBORNE

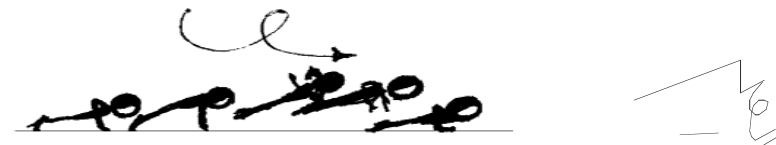
Value 0.3

1. Front Support.
2. A push up, where during the upward flight phase, the body becomes airborne.
3. Push up.



### A 177: PLIO PUSH UP 1/1 TWIST AIRBORNE TO PUSH UP Value 0.7

1. Front support.
2. A push up where the Body is lifted upwards and the body executes a 360° twist in the air.
3. Legs are together while airborne.
4. Push up.



### A178.1 PLIO PUSH UP 1/1 TWIST AIRBORNE TO 1 ARM PU Value 0.8

1. Front support.
2. A push up where the Body is lifted upwards and the body executes a 360° twist in the air.
3. Legs are together while airborne.
4. Push up on one arm.



**A178.2 PLIO PUSH UP ½ TWIST AIRBORNE COSSACK  
(OR PIKE) ½ TWIST TO PUSH UP** Value 0.8

1. Front support.
2. A push up where the Body is lifted upwards and the body executes a 180° twist in the air, Cossack (or Pike) position, 180° twist.
3. Push up.



**A-FRAME FAMILY**

**A 185: EXPLOSIVE A-FRAME** Value 0.5

1. Front Support.
2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne.
3. The pike requires vertical legs and knees close to the chest.
4. Push up



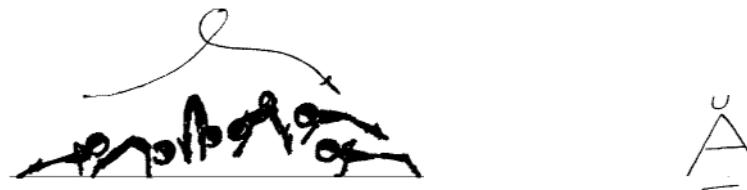
**A 186: EXPLOSIVE A-FRAME TO WENSON** Value 0.6

1. Front Support.
2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne.
3. The pike requires vertical legs and knees close to the chest.
4. Show a Wenson push up when both hands and foot make contact with the floor



**A 187: EXPLOSIVE A-FRAME ½ TURN** Value 0.7

1. Front support.
2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°.
3. The airborne pike requires vertical legs, knees close to the chest.
4. Push up.



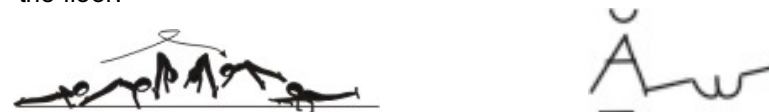
**A188. EXPLOSIVE A-FRAME ½ TURN TO WENSON** Value 0.8

1. Front support.
2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°.
3. The airborne pike requires vertical legs, knees close to the chest.
4. Show a Wenson push up when both hands and foot make contact with the floor.



**A189. EXPLOSIVE A-FRAME ½ TURN  
TO LIFTED WENSON** Value 0.9

1. Front support.
2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°.
3. The airborne pike requires vertical legs, knees close to the chest.
4. Show a Lifted Wenson push up when both hands make contact with the floor.



**A 197: EXPLOSIVE A-FRAME FROM 1 ARM** Value 0.7

1. Front support on 1 arm
2. Pushing off the floor from 1 arm the body is lifted upwards in order to allow it to pike while airborne.
3. The airborne pike requires vertical legs, knees close to the chest.
4. Push up.



**A198. EXPLOSIVE A-FRAME TO WENSON FROM 1 ARM**  
Value 0.8

1. Front support on 1 arm;
2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne.
3. The airborne pike requires vertical legs, knees close to the chest.
4. Show a Wenson push up when both hands and foot make contact with the floor.



**CUT FAMILY**

**A 224: STRADDLE CUT** Value 0.4

1. Front Support.
2. After the arms bend, both arms and legs push the body upwards into a flight phase (airborne).
3. While airborne, the legs straddle sideways and forward to land extended in rear support, feet lifted off the floor during the skill.
4. Back support (or rear support).



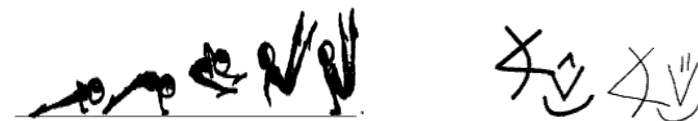
**A225: STRADDLE CUT TO L-SUPPORT** Value 0.5

1. Front Support.
2. Perform a straddle cut, legs without touching the floor.
3. Flight phase must be shown before the cut.
4. L-support.



**A 226: STRADDLE CUT TO STRADDLE V-SUPPORT OR TO V SUPPORT** Value 0.6

1. Front support.
2. Perform a Straddle Cut.
3. Airborne phase must be shown before the cut.
4. During the straddle-cut, the legs do not touch the floor.
5. Straddle V-support or V-support.



**A 229: STRADDLE CUT ½ TWIST TO PUSH UP Value 0.9**

1. Front Support.
2. Perform a Straddle-Cut.
3. Airborne phase must be shown before the cut.
4. During the Straddle Cut, in the flight phase, the body twists 180 degrees
5. Push up.



**A230: STRADDLE CUT ½ TWIST TO WENSON Value 1.0**

1. Front Support.
2. Perform a Straddle-Cut.
3. Airborne phase must be shown before the cut.
4. During the Straddle Cut, in the flight phase, the body twists 180 degrees.
5. Wenson.



**V & HIGH V SUPPORT FAMILY**

**A 232: HIGH V SUPPORT TO BACK SUPPORT Value 0.2**

1. High V support.
2. Extend the legs upwards and forward.
3. Back support.



**A 236: HIGH V SUPPORT TO FRONTAL SPLIT OR PRONE SPLIT Value 0.6**

1. High V support.
2. Extending the legs upward and forward, push the floor and straddle the legs to a split sit with a flight phase.
3. Simultaneously, open the legs in the frontal plane
4. Split.



**A 237: HIGH V-SUPPORT REVERSE CUT TO SPLIT Value 0.7**

1. High V support.
2. Extending the legs upward and forward, push the floor and straddle the legs to a split sit with a flight phase.
3. Simultaneously, open the legs in the sagittal plane
4. Split.



**A 238: HIGH V SUPPORT REVERSE CUT ½ TWIST TO FRONTAL SPLIT OR PRONE SPLIT Value 0.8**

1. High V support.
2. Extending the legs upward and forward, push the floor and perform a straddle-cut with flight phase to a front support while turning 180°.
3. Simultaneously, open the legs in the frontal plane
4. Frontal split or prone split.



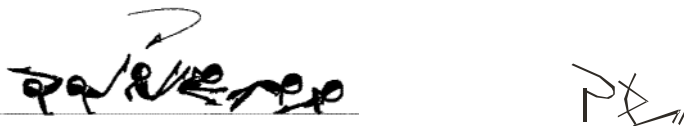
**A 239: HIGH V SUPPORT REVERSE CUT ½ TURN TO SPLIT** Value 0.9

1. High V support.
2. Extending the legs upward and forward, push the floor and perform a straddle-cut with flight phase to a front support while turning 180°.
3. Simultaneously, open the legs in the sagittal plane
4. Split



**A 240: HIGH V-SUPPORT REVERSE CUT TO PUSH UP (SALVAN)** Value 1.0

1. High V support.
2. Extending the legs upward and forward, push the floor and perform a straddle-cut with flight phase to a front support.
3. Push up



**A 246: V-SUPPORT ½ TWIST TO PUSH UP** Value 0.6

1. V-support.
2. Body is extended to execute a 180° twist.
3. An Airborne phase must be shown before the body twists.
4. While twisting, the body extends with the legs together.
5. Push up.



**A 247: HIGH V SUPPORT ½ TWIST TO PUSH UP** Value 0.7

1. High V support.
2. Extending the legs upwards and forward, execute a 180° twist
3. While twisting, the body extends with the legs together.
4. Push up.



**A 248: HIGH V SUPPORT ½ TWIST TO WENSON** Value 0.8

1. High V support.
2. Extending the legs upwards and forward, execute a 180° twist
3. While twisting, the body extends.
4. Wenson.



**c) SPECIFIC ERRORS FOR EXECUTION**

	<b>MEDIUM 0.2</b>
<b>FOR AIRBORNE MOVES WHICH DO NOT TAKE OFF AND/OR LAND SIMULTANEOUSLY</b>	<b>X</b>
<b>DIRECTION OF THE ELBOW IN LATERAL AND HINGE IS INCORRECT</b>	<b>X</b>
<b>UNCONTROLLED LANDING TECHNIQUE IN PU LANDINGS</b>	<b>X</b>

**d) MINIMUM REQUIREMENTS FOR DIFFICULTY****PUSH UP & WENSON PU FAMILIES**

- At the end of the downwards phase the distance between the chest and the floor must not exceed 10 cm from the floor

**PLIO PUSH UP FAMILY**

- At the end of the downwards phase the chest must not exceed 10 cm from the floor.
- Both hands must leave the floor together.
- For Plio push up elements with twist, both hands must leave the floor alternately, showing a phase without hand contact after the arm impulse
- For airborne Plio Push up elements must show an airborne phase before the element is completed

**A-FRAME FAMILY**

- At the end of the downwards phase the chest must not exceed 10 cm from the floor
- Piked position in the airborne phase (60° between trunk and legs)

**CUTS, V & HIGH V SUPPORT FAMILIES**

- Airborne phase must be shown before the element is completed

## LEG CIRCLE, FLAIR, HELICOPTER & CAPOEIRA WITH TWIST FAMILIES

### a) GENERAL DESCRIPTION

- Feet may not touch the floor before the completion of the ½ or 1/1 circle.
- During a LEG CIRCLE, the hips must be lifted and extended
- HELICOPTER: A full alternative leg circle, with the legs close to the chest. Body alignment diagonal on the upper back (feet off the floor). The legs are extended upward and forward and ½ twist initiated from the feet is made to land in push up.
- A PUSH UP must be performed with hands and feet touching the floor at the same time, controlled manner.
- CAPOEIRA : From optional or a seated, one leg bent, one leg straight, kick the straight leg to the shoulder and simultaneously push on the bent leg to arrive in one arm support, showing a split. Hips must be higher than shoulders in support position

### b) SPECIFIC DESCRIPTIONS

#### LEG CIRCLE FAMILY

##### A 261: FROM PUSH UP SINGLE LEG CIRCLE Value 0.1

1. Front Support.
2. Perform a push up. As elbows extend in the upward phase of a push up, one leg starts to complete a single leg circle. Both legs must remain straight during the whole skill.
3. Front Support.



##### A 263: DOUBLE LEG 1/2 CIRCLE

Value 0.3

1. Front Support.
2. Legs with feet together swing to the side where one of the supporting hands is lifted.
3. Hips are lifted and the body is extended. The feet do not touch the floor before the completion of the 180° circle.
4. Back Support.



##### A 265: DOUBLE LEG ½ CIRCLE ½ TWIST TO PUSH UP

Value 0.5

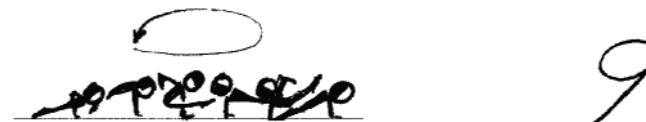
1. Front Support.
2. Perform a double leg 1/2 circle.
3. At the end of a Double leg 1/2 circle, the upper body is pushed upwards to perform a 180° twist.
4. Front Support.



##### A 275: DOUBLE LEG 1/1 CIRCLE

Value 0.5

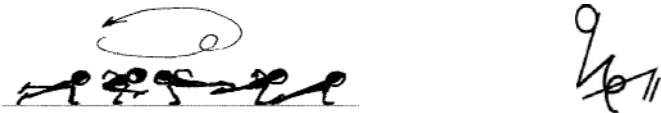
1. Front Support.
2. Legs apart initiate a swing.
3. From free support on both hands legs move with feet together and swing to the side of the supporting hand.
4. Hips are lifted and the body is extended.
5. Feet do not touch the floor before the completion of the 360° circle.
6. Front Support.





**A 277: DOUBLE LEG 1/1 CIRCLE 1/2 TWIST TO FRONT SUPPORT** Value 0.7

1. Front Support with legs apart.
2. Swing to double leg 1/1 circle
3. At the end of the first 1/2 circle a 1/2 twist is performed.
4. The body then continues to rotate for the last 180° in front support.
5. Front Support.



**A278. DOUBLE LEG 1/1 CIRCLE TO WENSON** Value 0.8

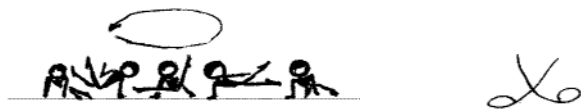
1. Front Support with legs apart.
2. Swing to double leg 1/1 circle
3. Wenson.



**FLAIR FAMILY**

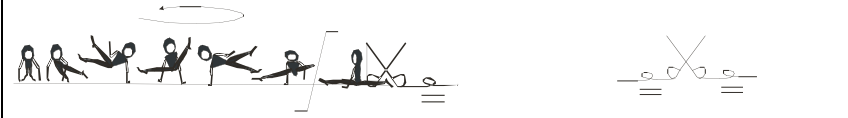
**A 286: FLAIR** Value 0.6

1. Straddle Front support.
2. Legs apart to initiate the swing.
3. From a free straddle support on both hands, legs circle straddle around the body.
4. Legs must not touch the floor during the skill.
5. Front Support.



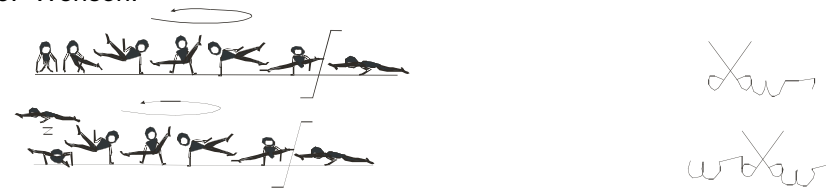
**A 287: FLAIR TO SPLIT OR SPLIT - FLAIR TO SPLIT** Value 0.7

1. Straddle Front support or Split.
2. Perform Flair.
3. Split.



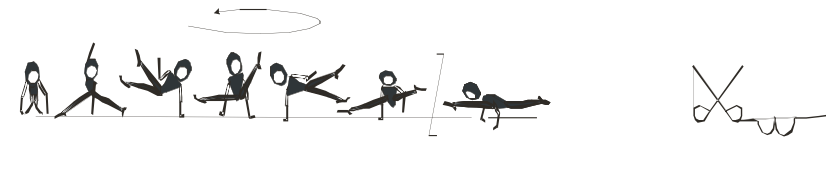
**A 288: FLAIR TO WENSON OR WENSON TO FLAIR TO WENSON** Value 0.8

1. Straddle front support or Wenson support.
2. Perform Flair.
3. Wenson.



**A 289: FLAIR TO LIFTED WENSON** Value 0.9

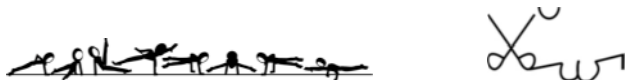
1. Straddle Front Support.
2. Perform Flair to Lifted Wenson.
3. Lifted Wenson.



**A 290: FLAIR ½ TURN TO LIFTED WENSON**

**Value 1.0**

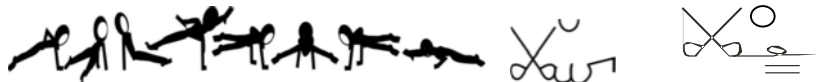
1. Straddle Front Support.
2. Perform Flair.
3. While performing Flair, turning 180°
4. Lifted Wenson.



**A 299: FLAIR ½ TURN TO WENSON  
OR FLAIR 1/1 TURN TO SPLIT**

**Value 0.9**

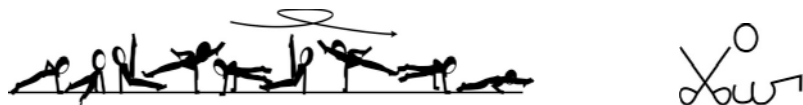
1. Straddle Front Support.
2. Perform Flair.
3. While performing Flair, turning 180°
4. Wenson.



**A 300: FLAIR 1/1 TURN TO WENSON**

**Value 1.0**

1. Straddle Front Support.
2. Perform Flair.
3. While performing Flair, turning 360°
4. Wenson.

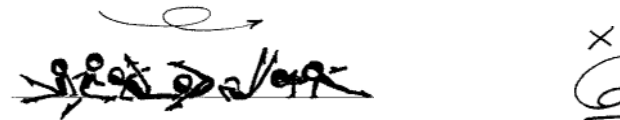


**HELICOPTER FAMILY**

**A 304: HELICOPTER**

**Value 0.4**

1. Straddle
2. The leading leg crosses over the other leg to initiate the rotation.
3. One arm is on the floor at the beginning of the movement.
4. As the leading leg circles over the body the hand is lifted and replaced by the upper back.
5. Perform a 180° twist as both legs circle over the body while rotating, to let the body finish the movement.
6. Push up facing the same direction as the starting seated.



**A 305: HELICOPTER TO SPLIT  
(OR TO FRONTAL SPLIT)**

**Value 0.5**

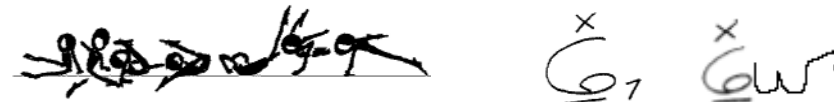
1. Straddle.
2. Perform Helicopter.
3. Split or Frontal Split.



**A 306: HELICOPTER TO 1 ARM PUSH UP  
(OR TO WENSON)**

**Value 0.6**

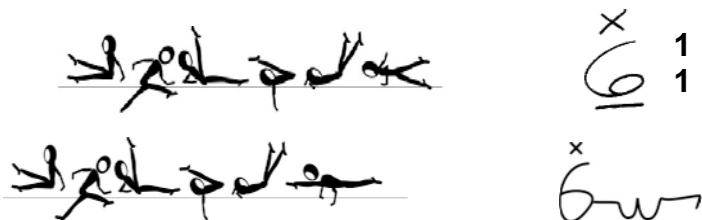
1. Straddle.
2. Perform a Helicopter.
3. 1 arm Push up or Wenson.



**A 307: HELICOPTER TO 1 ARM 1 LEG PUSH UP**  
**(OR TO LIFTED WENSON)**

Value 0.7

1. Straddle.
2. Perform a Helicopter.
3. 1 arm 1 leg Push up or Lifted Wenson.



**CAPOEIRA WITH TWIST FAMILY**

**A 327: CAPOEIRA REVERSE 1/2 TWIST AIRBORNE**  
**TO PU**

Value 0.7

1. Capoeira.
2. Legs come together in line with the body and head, while the supporting arm pushes the body upwards.
3. The body performs 1/2 twist before landing.
4. The free hand does not touch the floor until the end of the skill.
5. Push up.



**A 329: CAPOEIRA 1/1 TWIST AIRBORNE TO PUSH UP**  
**(FLORID)**

Value 0.9

1. Capoeira.
2. Legs come together in line with the body and head, while the supporting arm pushes the body upwards.
3. The body performs an airborne full twist before landing controlled push up.
4. The free hand does not touch the floor until the end of the skill.
5. Push up.



**c) SPECIFIC ERRORS FOR EXECUTION**

	<b>MEDIUM 0.2</b>
FOR AIRBORNE MOVES WHICH DO NOT TAKE OFF AND/OR LAND SIMULTANEOUSLY	X
THE HIPS ARE NOT LIFTED DURING THE EXTENSION PHASE FOR LEG CIRCLES AND FLAIRS	X
UNCONTROLLED LANDING TECHNIQUE IN PU LANDINGS	X
IN THE HELICOPTER, THE LONGITUDINAL ROTATION IS ON THE WHOLE BACK AND/OR DOES NOT FINISH FACING THE SAME DIRECTION AS THE STARTING POSITION	X

**d) MINIMUM REQUIREMENTS FOR DIFFICULTY**

**LEG CIRCLE**

- The starting position must be from front support on both hands.
- The feet must not touch the floor during the element.

**FLAIR**

- The starting position must be from front support on both hands.
- The feet must not touch the floor during the element.
- Both legs must show a full circle

**HELICOPTER**

- The longitudinal rotation must be on the upper back only.
- Must finish facing the same direction as the starting

**CAPOEIRA WITH TWIST**

- Must be performed with an airborne phase before the element is completed

**ALL ELEMENTS FINISHING IN WENSON**

- The “Wenson Shape” must be shown immediately at the moment of the landing
- The forward leg must be in support on the upper arm immediately at the moment of the landing

## GROUP B: STATIC STRENGTH

The families included in this group are:

- Straddle Support
- L Support
- V Support
- Wenson support
- Lever Support
- Planche

### a) GENERAL DESCRIPTION:

- These elements demonstrate isometric strength and must be held for 2 seconds.
- In the case of turns in support, the support must be held for 2 seconds either at the start, during or end of the turn.
- The body is fully supported by one or both arms and only the hands are in contact with the floor.
- Feet and/or hips must not touch the floor during the whole skill.
- While in support, the palms of the hands or the fists must be flat on the floor.

**Straddle:** Hips are flexed and legs straddled – minimum width 90° - parallel to the floor.

**L:** Legs must be straight together and parallel to the floor.

**Straddle V:** Hips are flexed and legs straddled 90° open and vertical, minimum width 90°.

**V:** Hips are flexed and legs are together vertical.

**High V :** The back is parallel to the floor

**Wenson:** The body is extended parallel to the floor, one leg supported on the upper part of the Triceps

**Lever:** The body is extended parallel to the floor.

**Planche :** The body is supported on both hands with straight arms, not more than 20° above parallel.

### b) SPECIFIC DESCRIPTIONS

#### STRADDLE SUPPORT FAMILY

##### B 102: STRADDLE SUPPORT

**Value 0.2**

1. Straddle.
2. The body is supported by both arms with only the hands in contact with the floor.
3. Both hands are placed in front of the body.
4. Hips are flexed and legs straddled (minimum width 90°) and parallel to the floor.
5. Hold for 2 seconds.



##### B 103: STRADDLE SUPPORT 1/2 TURN

**Value 0.3**

1. Straddle support.
2. The body turns 180°.
3. Hold for 2 seconds, at the start, during or end of the 1/2 turn.
4. Changing hands on the floor up to 2 times.



##### B 104: STRADDLE SUPPORT 1/1 TURN

**Value 0.4**

1. Straddle support.
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. Changing hands on the floor up to 4 times.



**B 105: STRADDLE SUPPORT 1 ½ TURN**

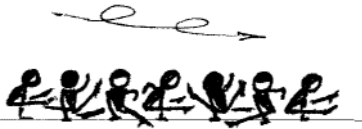
Value 0.5

1. Straddle support.
2. The body turns 540°.
3. Hold for 2 seconds, at the start, during or end of the turns.
4. Changing hands on the floor up to 6 times.

**B 106: STRADDLE SUPPORT 2/1 TURN OR MORE**

Value 0.6

1. Straddle support.
2. The body turns 720°.
3. Hold for 2 seconds, at the start, during or end of the turns.
4. Changing hands on the floor up to 8 times.

**B 115: 1 ARM STRADDLE SUPPORT**

Value 0.5

1. 1 Arm Straddle Support
2. The body is supported by one arm with only the hand in contact with the floor.
3. Hips are flexed and legs straddled (minimum width 90°) and parallel to the floor.
4. Hold for 2 seconds.
5. The placement of the free arm is optional.

**B 116: 1 ARM ½ TURN STRADDLE SUPPORT**

Value 0.6

1. 1 Arm Straddle support.
2. The body turns 180°.
3. Hold for 2 seconds, before or after ½ turn.
4. The turn is performed with only one arm support on the spot.

**B 117: 1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)**

Value 0.7

1. 1 Arm Straddle support.
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. The turn is performed with only one arm support on the spot.

**B 118: 1 ARM 1 1/2 TURN STRADDLE SUPPORT**

Value 0.8

1. 1 Arm Straddle support.
2. The body turns 540°.
3. Hold for 2 seconds, at the start, during or end of the turns.
4. The turn is performed with only one arm support on the spot.



**B 122: STRADDLE SUPPORT 1 LEG RAISED**

Value 0.2

1. Straddle support.
2. One leg is raised to vertical and close to the chest while the other leg maintains parallel to the floor.
3. The body is supported by both arms with only the hands in contact with the floor.
4. Hold for 2 seconds.
5. Both hands are placed at the side of the body close to the hips.



**B 125: 1 ARM STRADDLE SUPPORT 1 LEG VERTICAL**

Value 0.5

1. 1 Arm Straddle support
2. Hips are flexed and legs straddled (minimum width 90°) and parallel to the floor.
3. One leg is raised to vertical and held by the opposite hand.
4. Hold for 2 seconds.



**B 126: 1 ARM STRADDLE SUPPORT 1/2 TURN 1 LEG VERTICAL (SECATI)**

Value 0.6

1. 1 Arm Straddle support
2. Hips are flexed and legs straddled (minimum width 90°) and parallel to the floor.
3. One leg is raised to vertical and held by the opposite hand.
4. Body turns 180°.
5. Hold for 2 seconds, at the start, during or end of the 1/2 turn.



**B 127: 1 ARM STRADDLE SUPPORT 1/1 TURN 1 LEG VERTICAL (CAÑADA)**

Value 0.7

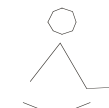
1. 1 Arm Straddle support.
2. One leg is raised to vertical and held by the hand of the opposite side.
3. Body turns 360°.
4. Hold for 2 seconds, at the start, during or end of the turn.



**B 136: STRADDLE / L SUPPORT 1/1 TURN**

Value 0.6

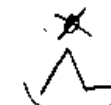
1. Straddle Support.
2. The body turns 360°, changing the hand and leg (Straddle – L – Straddle) after every 1/2 turn.



**B 138: STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)**

Value 0.8

1. Straddle Support.
2. The body turns 720°, changing the hand and leg (Straddle – L – Straddle....) after every 1/2 turn.



## L SUPPORT FAMILY

### B 142: L-SUPPORT

Value 0.2

1. Seated with legs together.
2. Both hands are placed at the side of the body close to the hips.
3. The body is supported by both arms with only the hands in contact with the floor.
4. Hips are flexed and legs parallel to the floor.
5. Hold for 2 seconds.



### B 143: L-SUPPORT 1/2 TURN

Value 0.3

1. Perform an L-support.
2. The body turns 180°.
3. Hold for 2 seconds, before or after 1/2 turn.
4. Changing hands on the floor up to 2 times.



### B 144: L-SUPPORT 1/1 TURN

Value 0.4

1. L-support.
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. Changing hands on the floor up to 4 times.



### B 145: L-SUPPORT 1 1/2 TURN

Value 0.5

1. L-support.
2. The body turns 540°.
3. Hold for 2 seconds, at the start, during or end of the turns.
4. Changing hands on the floor up to 6 times.



### B 146: L-SUPPORT 2/1 TURN OR MORE

Value 0.6

1. L-support.
2. The body turns 720°.
3. Changing hands on the floor up to 8 times.



### B 157: 1 ARM L-SUPPORT 1/1 TURN

Value 0.7

1. L-Support.
2. The body turns 360° on one hand to L-Support two hands.
3. Hold for 2 seconds, at the start or end of the turn.
4. The placement of the free arm is optional.





## V SUPPORT FAMILY

### **B 173: STRADDLE V-SUPPORT**

**Value 0.3**

1. Seated with legs together.
2. The placement of the hands: Both hands are placed at the side of the body close to the hips.
3. The body is supported by both arms with only the hands in contact with the floor.
4. Hips are flexed and legs become Straddle (90° or more) lifted vertical close to the chest (Straddle V-Support).
5. Hold for 2 seconds.



### **B 174: STRADDLE V-SUPPORT 1/2 TURN**

**Value 0.4**

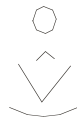
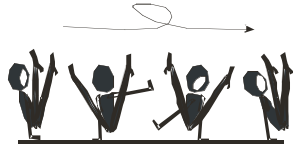
1. Straddle V-support.
2. The body turns 180°.
3. Hold for 2 seconds, at the start or end of the 1/2 turn.
4. Changing hands on the floor up to 2 times.



### **B 175: STRADDLE V-SUPPORT 1/1 TURN**

**Value 0.5**

1. Straddle V-support.
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. Changing hands on the floor up to 4 times.



### **B 176: STRADDLE V-SUPPORT 1 1/2 TURN**

**Value 0.6**

1. Straddle V-support.
2. The body turns 540°.
3. Hold for 2 seconds, at the start, during or end of the turns.
4. Changing hands on the floor up to 6 times.



### **B 177: STRADDLE V-SUPPORT 2/1 TURN**

**Value 0.7**

1. Straddle V-support.
2. The body turns 720°.
3. Changing hands on the floor up to 8 times.



### **B 184: V-SUPPORT LEGS ON ONE SIDE**

**Value 0.4**

1. The body is supported by both arms with only the hands in contact with the floor.
2. The placement of the hands: Both hands are placed at the side of the body close to the hips.
3. Hips are flexed and legs together are lifted on one side, close to the chest.
4. Hold for 2 seconds.



**B 194: V-SUPPORT**

**Value 0.4**

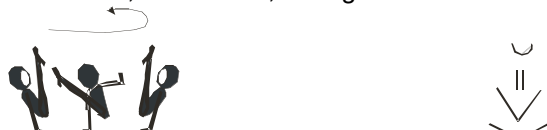
1. The body is supported by both arms with only the hands in contact with the floor.
2. The placement of the hands: Both hands are placed at the side of the body close to the hips.
3. Hips are flexed and legs together are lifted to the vertical, close to the chest (V-Support).
4. Hold for 2 seconds.



**B 195: V-SUPPORT 1/2 TURN**

**Value 0.5**

1. V-support.
2. The body turns 180°.
3. Changing hands on the floor up to 2 times.
4. Hold for 2 seconds, at the start, during or end of the turn.



**B 196: V-SUPPORT 1/1 TURN**

**Value 0.6**

1. V-support.
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. Changing hands on the floor up to 4 times.



**B 197: V-SUPPORT 1 1/2 TURN**

**Value 0.7**

1. V-support.
2. The body turns 540°.
3. Hold for 2 seconds, at the start, during or end of the turns.
4. Changing hands on the floor up to 4 times.



**B 198: V-SUPPORT 2/1 TURN**

**Value 0.8**

1. V-support.
2. The body turns 720°.
3. Changing hands on the floor up to 8 times.



**B 207: HIGH V-SUPPORT**

**Value 0.7**

1. The body is supported by both arms with only the hands in contact with the floor.
2. The placement of the hands: Both hands are placed at the side of the body close to the hips.
3. Hips are flexed and legs are lifted off the floor until the back is parallel to the floor with thighs close to the chest (Pike).
4. Hold for 2 seconds.



## WENSON FAMILY

### B 212: LIFTED STATIC WENSON SUPPORT

Value 0.2

1. Front Support. One leg is supported on the upper part of the Triceps of the same side.
2. The rear leg is lifted off the floor (Lifted Wenson). Both legs must be straight and parallel to the floor and the back flat.
3. Hold this position 2 seconds.



## FULL SUPPORT LEVER FAMILY

### B 222: FULL SUPPORT STRADDLE LEVER

Value 0.2

1. A support where the body is supported over the elbows and Triceps with only the hands in contact with the floor.
2. Legs are in straddle, parallel to the floor and in line with the Spine.
3. Hold for 2 seconds.
4. The body line must not exceed 20° above parallel.



### B 223: FULL SUPPORT STRADDLE LEVER

1/2 TURN

Value 0.3

1. Full Support Lever
2. The body turns 180°.
3. Hold for 2 seconds, before or after 1/2 turn.
4. The body line must not exceed 20° above parallel.



### B 234: 1 ARM FULL SUPPORT STRADDLE LEVER

Value 0.4

1. A support where the body is supported on one elbow and Triceps with only one hand in contact with the floor.
2. Legs are in straddle, parallel to the floor and in line with the spine.
3. Hold for 2 seconds.
4. The body line must not exceed 20° above parallel.
5. Optional of the free arm.



### B 235: 1 ARM FULL SUPPORT STRADDLE LEVER

1/2 TURN

Value 0.5

1. 1 arm Full Support Straddle Lever
2. The body turns 180°.
3. Hold for 2 seconds, at the start, during or end of the 1/2 turn.
4. The body line must not exceed 20° above parallel.
5. Optional of the free arm.



### B 236: 1 ARM FULL SUPPORT STRADDLE LEVER

1/1 TURN

Value 0.6

1. 1 arm Full Support Straddle Lever
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. The body line must not exceed 20° above parallel.
5. Optional of the free arm.



**B 243: FULL SUPPORT LEVER**

Value 0.3

1. A support where the body is supported over the elbows and Triceps with only the hands in contact with the floor.
2. Legs are together, parallel to the floor and in line with the spine,
3. Hold for 2 seconds.
4. The body line must not exceed 20° above parallel.

**B 244: FULL SUPPORT LEVER ½ TURN**

Value 0.4

1. Full Support Lever
2. The body turns 180° without changing hand grasps.
3. Hold for 2 seconds, at the start, during or end of the ½ turn.
4. The body line must not exceed 20° above parallel.

**B 255: 1 ARM FULL SUPPORT LEVER**

Value 0.5

1. A support where the body is supported on one elbow and Triceps with only one hand in contact with the floor.
2. Legs are together, parallel to the floor and in line with the spine.
3. Hold for 2 seconds.
4. The body line must not exceed 20° above parallel.
5. Optional placement of the free arm.

**B 256: 1 ARM FULL SUPPORT LEVER ½ TURN**

Value 0.6

1. 1 arm Full Support Lever
2. The body turns 180°.
3. Hold for 2 seconds, at the start, during or end of the 1/2 turn.
4. The body line must not exceed 20° above parallel.
5. Optional placement of the free arm.

**B 257: 1 ARM FULL SUPPORT LEVER 1/1 TURN**

Value 0.7

1. 1 arm Full Support Lever
2. The body turns 360°.
3. Hold for 2 seconds, at the start, during or end of the turn.
4. The body line must not exceed 20° above parallel.
5. Optional placement of the free arm.

**PLANCHE FAMILY****B 266: STRADDLE PLANCHE**

Value 0.6

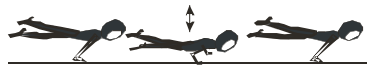
1. A support in which the body is supported on both hands, straight arms.
2. Hands may be turned out at the wrist or pointing towards the feet.
3. Legs are in straddle.
4. Hold for 2 seconds.
5. The body line must not exceed 20° above parallel.



**B 267: STRADDLE PLANCHE TO PUSH UP**

Value 0.7

1. Straddle Planche. Hold for 2 seconds.
2. Perform a push up, the body keeping the alignment.
3. Straddle Planche.



**B 268: STRADDLE PLANCHE TO LIFTED WENSON**

Value 0.8

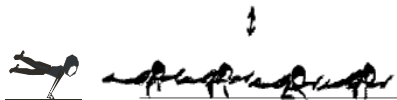
1. Straddle Planche. Hold for 2 seconds.
2. Bend the arms, kicking one leg laterally forwards to the lifted Wenson
3. Optional ending position



**B 269: STRADDLE PLANCHE TO LIFTED WENSON HINGE PUSH UP**

Value 0.9

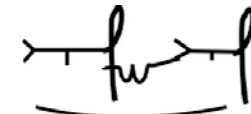
1. Straddle Planche.
2. Hold for 2 seconds.
3. Bend the arms, one leg swings round to the Wenson position.
4. Perform Hinge Push Up.
5. Optional ending position



**B 270: STRADDLE PLANCHE TO LIFTED WENSON (OR LIFTED WENSON HINGE PUSH-UP) BACK TO STRADDLE PLANCHE**

Value 1.0

1. Straddle Planche. Hold for 2 seconds.
2. Bend the arms, kicking one leg laterally forwards to the Lifted Wenson (or Lifted Wenson hinge push-up)
3. Return to Straddle Planche, Hold for 2 seconds.



**B 277: PLANCHE**

Value 0.7

1. A support in which the body is supported on both hands with straight arms. Legs must be together. Hold the position 2 seconds.
2. Hands may be turned out at the wrist or pointing towards the feet.
3. The body line must not exceed 20° above parallel.



**B 278: PLANCHE TO PUSH-UP**

Value 0.8

1. Planche. Hold for 2 seconds.
2. Perform a push up, the body maintaining alignment.



**B 279: PLANCHE TO LIFTED WENSON**

Value 0.9

1. Planche, Hold for 2 seconds.
2. Bend the arms, kicking one leg laterally forwards to a Lifted Wenson, the body maintaining alignment.



**c) SPECIFIC ERRORS FOR EXECUTION**

	MEDIUM 0.2	UNACCEP- -TABLE 0.5
MORE THAN 4 HAND EXCHANGES DURING “ L SUPPORT 1/1 TURN ”	X	
THE STRADDLE POSITION (EXCEPT LEVERS) IS NOT A MINIMUM OF 90° APART	X	
THE LEGS ARE NOT VERTICAL IN “ V SUPPORT ”	X	
THE SKILL IS NOT HELD FOR AT LEAST 2 SECONDS EITHER AT THE START, DURING OR END POSITION OF THE TURN		X

**d) MINIMUM REQUIREMENTS FOR DIFFICULTY**

**FOR ALL “B” ELEMENTS**

- Each element must be held for 2 seconds without the hips, legs or feet touching the floor.
- In case of turns, the support must be held for 2 seconds either at the start, during the turn or at the end of the turn.
- Incomplete turns (90° or more) will result in the difficulty value being reduced by **0,1 point**

**FULL SUPPORT LEVERS & PLANCHE FAMILIES**

- The straight body must not exceed 20° above the horizontal.

## GROUP C: JUMPS & LEAPS

The families included in this group are:

- Air turn
- Free fall
- Gainer
- Sagittal scale to push up
- Tuck jump
- Straddle jump / leap
- Cossack jump
- Pike jump
- Split jump / leap
- Frontal split jump
- Switch split leap
- Scissor Kick
- Scissors leap

### a) GENERAL DESCRIPTION:

- Every starting position is as described.
- All elements in this group must demonstrate explosive power and maximum amplitude.
- All jumps can be performed from 1 foot or two feet, they are considered as the same element and will receive the same value.
- There must be perfect alignment when landing.
- Body shape while airborne must be clearly recognizable.
- Body and legs must be tight and straight, with head in line with the spine.
- A push up landing, from airborne, shows hands and feet touching the floor at the same time in a controlled manner.
- When landing in split, the hands may touch the floor.

- Landing on one foot or two feet is considered as a variation of the same element. This applies also to the take off.
- Most of the time, free falls land Push up, however, other possibilities are allowed.
- Any landing must be controlled.

### b) DESCRIPTIONS OF THE BODY IN THE AIR

- **STRAIGHT:** The body is in extended alignment, the pelvis is fixed – 3 different kinds of jumps and leaps:
  - *Vertical:* All air turns,
  - *Vertical to Horizontal:* Freefall, Gainer
  - *Horizontal:* Tamaro
- **TUCK:** Both legs are pulled (tucked) close to the chest with knees bent.
- **STRADDLE:** Legs are lifted into an airborne straddle (minimum 90° angle) and parallel to the floor or higher, with arms and trunk extended over them. The angle between the trunk and legs may not be more than 60°.
- **PIKE:** After the jump, the body shows a pike shape with the legs together and straight, parallel to the floor or higher. The angle between the trunk and legs may not be more than 60°.
- **COSSACK:** After the jump, the body shows a pike shape with the legs together and straight, parallel to the floor or higher. One leg is straight and the other one is bent. The angle between the trunk and legs may not be more than 60°. The angle at the knee joint may not be more than 60°.
- **SPLIT:** Legs are fully stretched front and back sagittal split (180°) with upright upper body.

- **FRONTAL SPLIT:** Legs are fully abducted laterally (right and left) frontal (180°) with upright upper body.
- **SWITCH SPLIT:** After take off, lead leg switches with rear leg to show a split (180°) in the air.
- **SCISSORS:** The lead leg switches forward

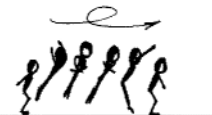
**c) SPECIFIC DESCRIPTIONS**

**STRAIGHT – VERTICAL: AIR TURN FAMILY**

**C 103: 1/1 AIR TURN**

**Value 0.3**

1. A two-foot take off with the body vertical, fully extended.
2. While airborne the body turns 360°.
3. Position of arms is optional.
4. Landing with feet together.



**C 104: 1 1/2 AIR TURN**

**Value 0.4**

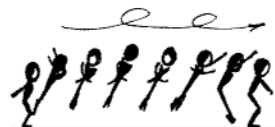
1. A two-foot take off jump with the body vertical, fully extended.
2. While airborne the body turns 540°.
3. Position of arms is optional.
4. Landing with feet together.



**C 105: 2/1 AIR TURN**

**Value 0.5**

1. A two-foot take off with the body vertical, fully extended.
2. While airborne the body turns 720°.
3. Position of arms is optional.
4. Landing with feet together.



**C 107: 2 1/2 AIR TURN**

**Value 0.7**

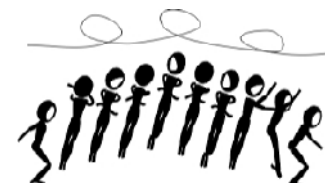
1. A two-foot take off jump with the body vertical, fully extended.
2. While airborne the body turns 900°.
3. Position of arms is optional.
4. Landing with feet together.



**C 109: 3/1 AIR TURN**

**Value 0.9**

1. A two-foot take off jump with the body vertical, fully extended.
2. While airborne the body turns 1080°.
3. Position of arms is optional.
4. Landing with feet together





**C 113: 1/2 AIR TURN TO SPLIT**

**Value 0.3**

1. A two-foot take off.
2. Perform a 180° air turn.
3. The body inclines and prepares for landing.
4. Split.



**C 114: 1/1 AIR TURN TO SPLIT**

**Value 0.4**

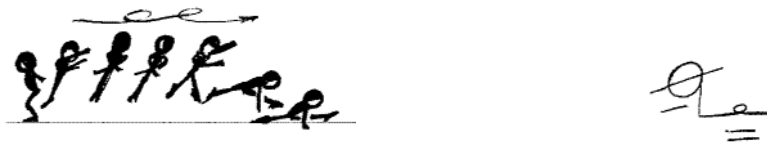
1. A two-foot take off.
2. Perform a 360° air turn.
3. The body inclines and prepares for landing.
4. Split.



**C 115: 1 1/2 AIR TURN TO SPLIT**

**Value 0.5**

1. A two-foot take off.
2. Perform a 540° air turn backwards.
3. The body inclines and prepares for landing.
4. Split.



**C 116: 2/1 AIR TURN TO SPLIT**

**Value 0.6**

1. A two-foot take off.
2. Perform a 720° air turn.
3. The body inclines and prepares for landing.
4. Split.



**C 118: 2 1/2 AIR TURN TO SPLIT**

**Value 0.8**

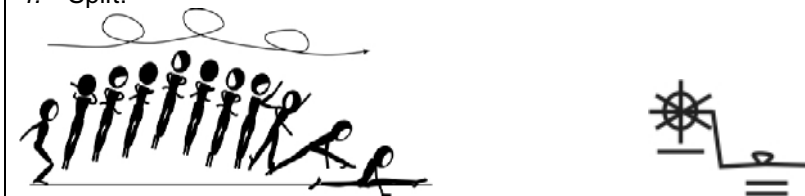
1. A two-foot take off.
2. Perform a 900° air turn.
3. The body inclines and prepares for landing.
4. Split.



**C 120: 3/1 AIR TURN TO SPLIT**

**Value 1.0**

1. A two-foot take off.
2. Perform a 1080° air turn.
3. The body inclines and prepares for landing.
4. Split.



**C 123: 1/2 AIR TURN TO FRONTAL SPLIT OR PRONE SPLIT**

Value 0.3

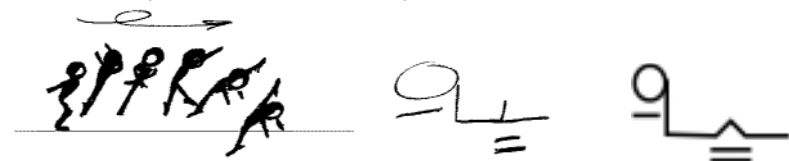
1. A two-foot take off.
2. Perform a 360° air turn.
3. The body inclines and prepares for landing.
4. Frontal Split or Frontal Prone split



**C 124: 1/1 AIR TURN TO FRONTAL SPLIT OR PRONE SPLIT**

Value 0.4

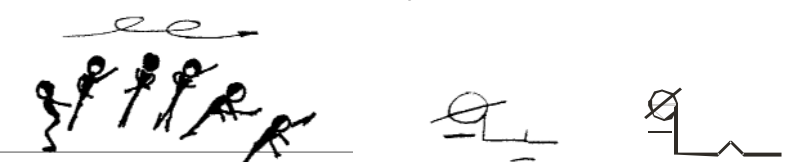
5. A two-foot take off.
6. Perform a 360° air turn.
7. The body inclines and prepares for landing.
8. Frontal Split or Frontal Prone split



**C 125: 1 1/2 AIR TURN TO FRONTAL SPLIT OR PRONE SPLIT**

Value 0.5

1. A two-foot take off.
2. Perform a 540° air turn backwards.
3. The body inclines and prepares for landing.
4. Frontal Split or Frontal Prone Split



**C 126: 2/1 AIR TURN TO FRONTAL SPLIT OR PRONE SPLIT**

Value 0.6

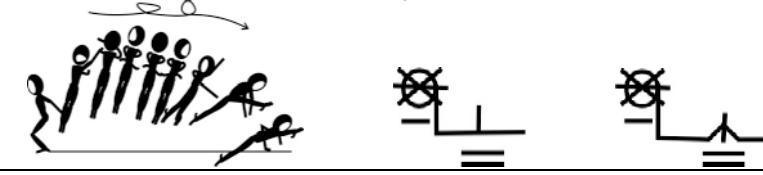
1. A two-foot take off.
2. Perform a 720° air turn.
3. Then the body inclines and prepares for landing.
4. Frontal Split or Frontal Prone Split.



**C 128: 2 1/2 AIR TURN TO FRONTAL SPLIT OR PRONE SPLIT**

Value 0.8

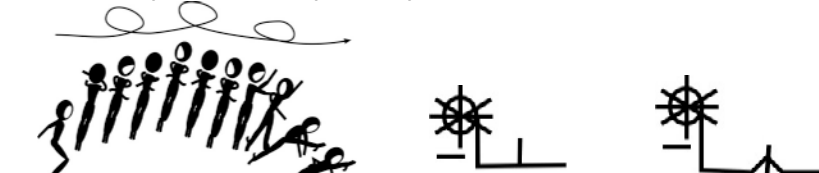
1. A two-foot take off.
2. Perform a 900° air turn backwards.
3. Then the body inclines and prepares for landing.
4. Frontal Split or Frontal Prone Split.



**C 130: 3/1 AIR TURN TO FRONTAL SPLIT OR PRONE SPLIT**

Value 1.0

1. A two-foot take off.
2. Perform a 1080° air turn.
3. The body inclines and prepares for landing.
4. Frontal Split or Frontal prone Split.



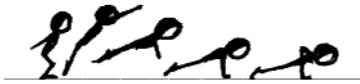
**STRAIGHT - VERTICAL TO HORIZONTAL: FREE FALL & GAINER FAMILIES**

**FREE FALL FAMILY**

**C 143: FREE FALL AIRBORNE**

**Value 0.3**

1. Landing with feet together.
2. The athlete jumps to initiate the fall forward.
3. Hands and feet land together Push up.



**C 144: FREE FALL 1/2 TWIST AIRBORNE**

**Value 0.4**

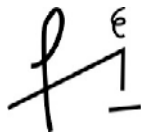
1. Landing with feet together.
2. The athlete jumps to initiate the fall and at the same time a 180° twist.
3. Hands and feet land together Push up.



**C 145: FREE FALL 1/1 TWIST AIRBORNE**

**Value 0.5**

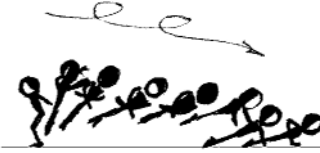
1. Landing with feet together.
2. The athlete jumps to initiate the fall and at the same time a 360° twist.
3. Hands and feet land together Push up.



**C 146: FREE FALL 1 1/2 TWIST AIRBORNE**

**Value 0.6**

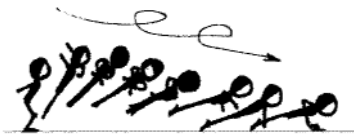
1. Landing with feet together.
2. The athlete jumps to initiate the fall and at the same time a 540° twist.
3. Hands and feet land together Push up.



**C 147: FREE FALL 2/1 TWIST AIRBORNE**

**Value 0.7**

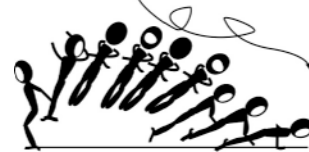
1. Landing with feet together.
2. The athlete jumps to initiate the fall and at the same time a 720° twist.
3. Hands and feet land together Push up.



**C 149: FREE FALL 2 1/2 TWIST AIRBORNE**

**Value 0.9**

1. Landing with feet together.
2. The athlete jumps to initiate the fall and at the same time a 900° twist.
3. Hands and feet land together Push up.



**C 150: FREE FALL 3/1 TWIST AIRBORNE**

Value 1.0

1. Landing with feet together.
2. Push off from the floor to initiate the fall forward and is immediately followed by a 1080° twist.
3. Hands and feet land together Push up.



**C 154: FREE FALL AIRBORNE TO 1 ARM PUSH UP**

Value 0.4

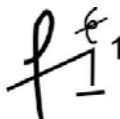
1. Landing with feet together.
2. The athlete jumps to initiate the fall forward.
3. One hand and feet land together into a 1 arm push up.



**C 155: FREE FALL 1/2 TWIST AIRBORNE TO 1 ARM PUSH UP**

Value 0.5

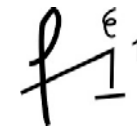
1. Landing with feet together.
2. The athlete jumps to initiate the fall and a 180° twist backwards.
3. One hand and feet land together into a 1 arm straddle push up.



**C 156: FREE FALL 1/1 TWIST AIRBORNE TO 1 ARM PUSH UP**

Value 0.6

1. Landing with feet together.
2. The athlete jumps to initiate the fall and a 360° twist forward.
3. One hand and feet land together into a 1 arm straddle push up.



**C 157: FREE FALL 1 1/2 TWIST AIRBORNE TO 1 ARM PUSH UP**

Value 0.7

1. Landing with feet together.
2. The athlete jumps to initiate the fall backwards and a 540° twists backwards.
3. One hand and feet land together into a 1 arm straddle push up.



**C 158: FREE FALL 2/1 TWIST AIRBORNE TO 1 ARM PUSH UP**

Value 0.8

1. Landing with feet together.
2. The athlete jumps to initiate the fall forward and immediately a 720° twist follows.
3. One hand and feet land together into a 1 arm straddle push up.

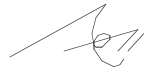


## GAINER FAMILY

### C 184: GAINER 1/2 TWIST

Value 0.4

1. From standing, one leg swings forward to lift the body upwards and parallel to the floor.
2. Both legs come together while airborne (Gainer).
3. While airborne, a 180° twist is performed with a straight body.
4. Hands and feet land together in Push up.



### C 186: GAINER 1 1/2 TWIST

Value 0.6

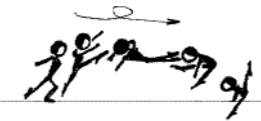
1. From standing, one leg swings forward to lift the body upwards and parallel to the floor.
2. Both legs come together while airborne (Gainer).
3. While airborne, a 540° twist is performed with a straight body.
4. Hands and feet land together in Push up.



### C 194: GAINER 1/2 TWIST TO FRONTAL SPLIT OR PRONE SPLIT

Value 0.4

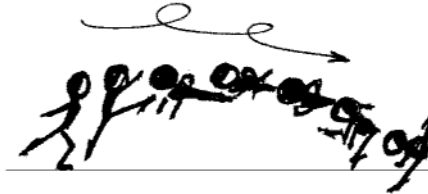
1. From standing
2. Perform a Gainer 1/2 twist.
3. Land in Frontal Split or Prone Split.



### C 196: GAINER 1 1/2 TWIST TO FRONTAL SPLIT OR PRONE SPLIT

Value 0.6

1. From standing
2. Perform a Gainer 1 1/2 twist.
3. Frontal Split (or Frontal Prone Split).



### C 205: GAINER 1/2 TWIST TO 1 ARM PUSH UP

Value 0.5

1. From standing.
2. Perform a Gainer 1/2 twist
3. One hand and feet land together into a 1 arm straddle push up.



### C 207: GAINER 1 1/2 TWIST TO 1 ARM PUSH UP

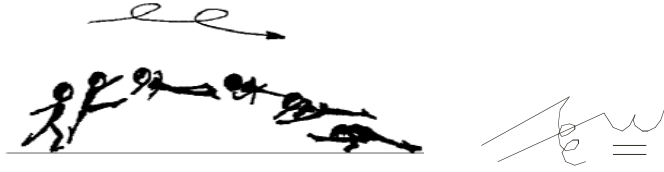
Value 0.7

1. From standing.
2. Perform a Gainer 1 1/2 twist
3. One hand and feet land together into a 1 arm straddle push up.



**C 217: GAINER 1 ½ TWIST TO WENSON** Value 0.7

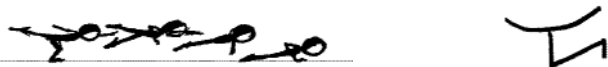
1. From standing
2. Perform a Gainer 1 1/2 twist.
3. Hands and foot land at the same time in Wenson shape



**HORIZONTAL: SAGITTAL SCALE TO PU FAMILY**

**C 222: SAGITTAL SCALE AIRBORNE TO PUSH UP** Value 0.2

1. From a Sagittal Scale with body and lifted leg parallel to the floor.
2. Push off from the floor with the supporting leg to push the body upwards, feet and legs come together with straight body.
3. Hands and feet land at the same time in push up shape.



**C 223: SAGITTAL SCALE AIRBORNE TO 1 ARM PUSH UP**  
Value 0.3

1. From a Sagittal Scale with body and lifted leg parallel to the floor.
2. Push off from the floor with the supporting leg to lift the body upwards, feet and legs come together with straight body.
3. One hand and feet land together land into a 1 arm straddle push up.



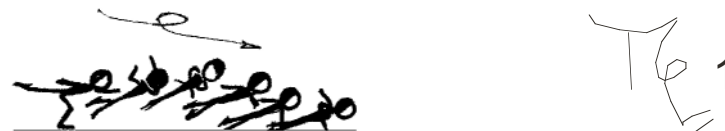
**C 224: SAGITTAL SCALE 1/1 TWIST AIRBORNE TO PUSH UP**  
**(TAMARO)** Value 0.4

1. From a Sagittal Scale with body and lifted leg parallel to the floor.
2. Push off from the floor with the supporting leg to lift the body upwards to initiate a 360° twist airborne with legs together.
3. Hands and feet land together in push up



**C 225: SAGITTAL SCALE 1/1 TWIST AIRBORNE TO 1 ARM PUSH UP (TAMARO TO 1 ARM PUSH UP)** Value 0.5

1. From a Sagittal Scale with body and lifted leg parallel to the floor.
2. Push off from the floor with the supporting leg to lift the body upwards to initiate a 360° twist airborne with legs together.
3. One hand and feet land together landing into a 1 arm straddle push up.



**C 234: SAGITTAL SCALE 1/1 TWIST AIRBORNE TO SPLIT OR PRONE SPLIT (TAMARO TO FRONTAL SPLIT OR PRONE SPLIT)** Value 0.4

1. From a Sagittal Scale with body and lifted leg parallel to the floor.
2. Push off from the floor with the supporting leg to lift the body upwards to initiate a 360° twist airborne with legs together.
3. To a Frontal Split (or Frontal Prone Split).



## TUCK FAMILY

### C 262: TUCK JUMP

Value 0.2

1. A Vertical Jump where the legs are lifted, with knees bent close to the chest, a Tuck
2. Landing with feet together.



### C 263: 1/2 TURN TUCK JUMP

Value 0.3

1. A Vertical Jump with a 180° turn.
2. While airborne, show a Tuck
3. Landing with feet together.



### C 264: 1/1 TURN TUCK JUMP

Value 0.4

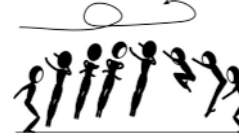
1. A Vertical Jump with a 360° turn.
2. While airborne, show a Tuck.
3. Landing with feet together, facing the same direction as the start.



### C 265: 1 1/2 TURN TUCK JUMP

Value 0.5

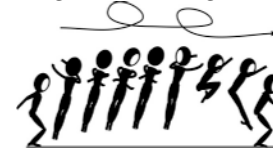
1. A Vertical Jump with a 540° turn
2. While airborne, show a Tuck.
3. Landing with feet together.



### C 266: 2/1 TURN TUCK JUMP

Value 0.6

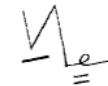
1. A Vertical Jump with a 720° turn.
2. While airborne, show a Tuck.
3. Landing with feet together, facing the same direction as the start.



### C 273: TUCK JUMP TO SPLIT

Value 0.3

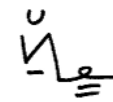
1. A vertical Tuck jump.
2. The body inclines and prepares for landing.
3. Landing in Split.



### C 274: 1/2 TURN TUCK JUMP TO SPLIT

Value 0.4

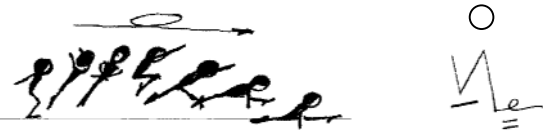
1. A Vertical Jump with a 180° turn into Tuck.
2. Then the body inclines and prepares for landing.
3. Landing in Split



**C 275: 1/1 TURN TUCK JUMP TO SPLIT**

**Value 0.5**

1. A Vertical Jump with a 360° turn into Tuck.
2. Then the body inclines and prepares for landing.
3. Landing in Split, facing the same direction as the start.



**C 304: TUCK JUMP TO PUSH UP**

**Value 0.4**

1. A vertical Tuck jump.
2. The body inclines and prepares for landing.
3. Landing in Push up.



**C 305: 1/2 TURN TUCK JUMP TO PUSH UP**

**Value 0.5**

1. A vertical jump with a 180° turns into Tuck.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



**C 306: 1/1 TURN TUCK JUMP TO PUSH UP**

**Value 0.6**

1. A Vertical Jump with a 360° turn into Tuck.
2. Then the body inclines and prepares for landing.
3. Landing in Push up, facing the same direction as the start.



**C 316: 1/2 TURN TUCK JUMP 1/2 TWIST TO PUSH UP**

**Value 0.6**

1. A Vertical Jump with a 180° turn into Tuck.
2. The body twists 180° while airborne, inclines and prepares for landing
3. Landing in Push up, facing the same direction from the start



**C 325: TUCK JUMP TO 1 ARM PUSH UP**

**Value 0.5**

1. A vertical Tuck jump.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm straddle push up.



**C 326: 1/2 TURN TUCK JUMP TO 1 ARM PUSH UP**

**Value 0.6**

1. A Vertical Jump with a 180° turn into Tuck.
2. The body inclines and prepares for landing.
3. Landing in 1 arm straddle push up, facing the opposite direction from the start.

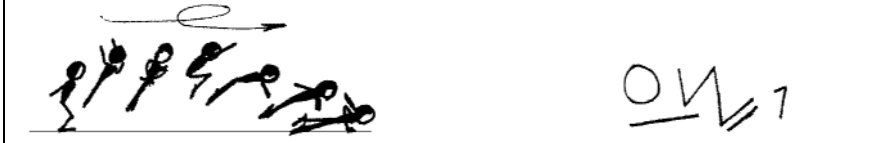




**C 327: 1/1 TURN TUCK JUMP TO 1 ARM PUSH UP**

Value: 0.7

1. A Vertical Jump with a 360° turn into Tuck.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm push up facing the same direction as the start.



**C 337: 1/2 TURN TUCK JUMP 1/2 TWIST TO 1 ARM PUSH UP**

Value 0.7

1. A Vertical Jump with a 180° turn into Tuck.
2. After the 180° turn and while still airborne, the body twists 180°, inclines and prepares for landing
3. Landing in 1 arm straddle push up, facing the same direction as the start.



**STRADDLE FAMILY**

**C 346: STRADDLE LEAP 1/2 TWIST TO PUSH UP**

Value 0.6

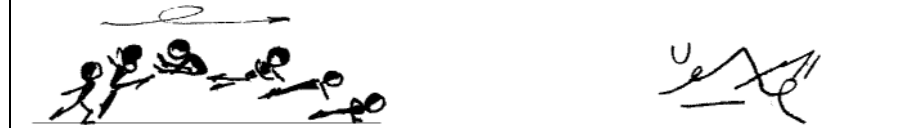
1. A one foot take off Straddle leap.
2. While airborne, the body twists 180°, inclines and prepares for landing.
3. Landing in Push up, facing the opposite direction from the start.



**C 347: 1/2 TURN STRADDLE LEAP 1/2 TWIST TO PUSH UP**

Value 0.7

1. A one foot take off 180° turn Straddle leap.
2. While airborne, the body twists 180°, inclines and prepares for landing
3. Landing in Push up.



**C 348: 1/1 TURN STRADDLE LEAP TO PUSH UP**

Value 0.8

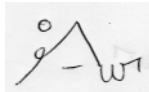
1. A Leap from one foot with a 360° turn into Straddle.
2. Keeping legs alignment with trunk and head, then show a straight body before landing.
3. Landing in Push up.



**C349. 1/1 TURN STRADDLE LEAP TO WENSON**

Value 0.9

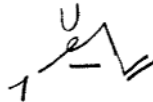
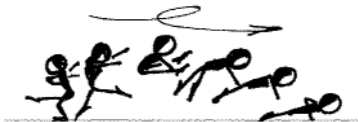
1. A Leap from one foot with a 360° turn into Straddle.
2. Keeping legs alignment with trunk and head, then show a straight body before landing.
3. Landing in Wenson



**C 356: ½ TURN STRADDLE LEAP TO PUSH UP**  
**(KALOYANOV)**

Value 0.6

1. A one foot Leap with reverse 180° turn into Straddle.
2. Keeping legs alignment with trunk and head, then show a straight body before landing.
3. Landing in Push up, facing the opposite direction from the start.



**C 359: 1/1 TURN STRADDLE LEAP ½ TWIST TO PUSH UP**

Value 0.8

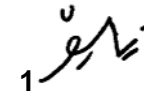
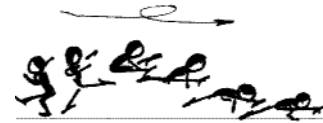
1. A Leap from one foot with a 360° turn into Straddle.
2. Keeping legs alignment with trunk and head, perform a 180° twist and then show a straight body before landing.
3. Landing in Push up.



**C 367: ½ TURN STRADDLE LEAP TO 1 ARM PUSH UP**  
**OR TO WENSON SUPPORT**  
**(KALOYANOV TO 1 ARM PU OR TO WENSON)**

Value 0.7

1. A one foot Leap with reverse 180° turn into Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in Wenson, or Landing in one arm push up.



**C 383: STRADDLE JUMP**

Value: 0.3

1. A Vertical Jump where the legs are lifted into an airborne Straddle (90° wide open) with arms and trunk extended over the legs as they are elevated.
2. The angle between trunk and legs must not be more than 60°.
3. The legs must be parallel to or higher than floor.
4. Landing with feet together.



**C 384: ½ TURN STRADDLE JUMP**

Value: 0.4

1. A Vertical Jump with a 180° turn.
2. While airborne, show a Straddle.
3. Landing with feet together.



**C 385: 1/2 TURN STRADDLE JUMP 1/2 TURN Value: 0.5**

1. A Vertical Jump with a 180° turn into Straddle.
2. While airborne, the body makes another 180° turn.
3. Landing with feet together, facing the same direction as the start.



**C 394: STRADDLE JUMP TO SPLIT Value 0.4**

1. A Straddle Jump.
2. Then the body inclines and prepares for landing.
3. Landing in Split.



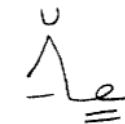
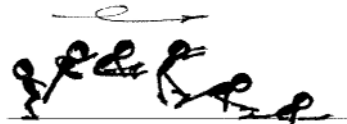
**C 386: 1/1 TURN STRADDLE JUMP Value 0.6**

1. A Vertical Jump with a 360° turn.
2. While airborne, after completing the turn show a Straddle.
3. Landing with feet together, facing the same direction as the start.



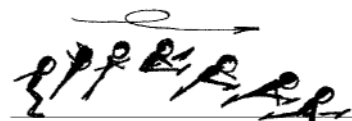
**C 395: 1/2 TURN STRADDLE JUMP TO SPLIT Value 0.5**

1. A Vertical Jump with a 180° turn into Straddle.
2. The body inclines and prepares for landing.
3. Landing in Split.



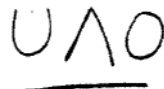
**C 397: 1/1 TURN STRADDLE JUMP TO SPLIT OR FRONTAL SPLIT Value 0.7**

1. A Vertical Jump with a 360° turn into Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in Split or frontal split.



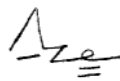
**C 387: 1/2 TURN STRADDLE JUMP 1/1 TURN Value 0.7**

1. A Vertical Jump with a 180° turn into Straddle.
2. While airborne, the body makes another 360° turn.
3. Landing with feet together.



**C 405: STRADDLE JUMP SWITCH TO SPLIT OR FRONTAL SPLIT** Value 0.5

1. A Straddle jump.
2. The body turns 90° while legs switch s and prepare for landing.
3. Landing in Split.



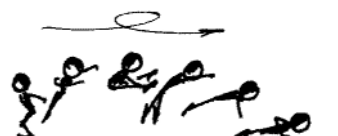
**C 425: STRADDLE JUMP TO PUSH UP** Value 0.5

1. A Straddle jump.
2. The body inclines and prepares for landing.
3. Landing in Push up.



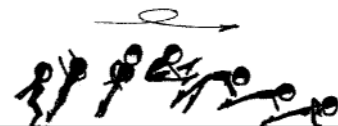
**C 426: 1/2 TURN STRADDLE JUMP TO PUSH UP** Value 0.6

1. A Vertical Jump with a 180° turn into Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



**C 428: 1/1 TURN STRADDLE JUMP TO PUSH UP** Value 0.8

1. A Vertical Jump with a 360° turn into Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



**C 436: STRADDLE JUMP 1/2 TWIST TO PUSH UP** Value 0.6

1. A vertical Straddle jump.
2. While airborne the body twists 180°.
3. Then the body inclines and prepares for landing.
4. Landing in Push up, facing the opposite direction from the start.



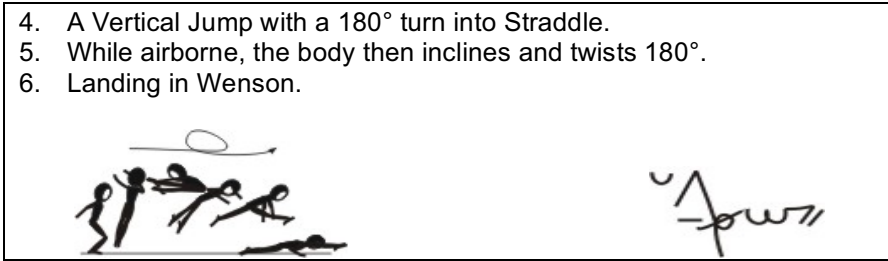
**C 437: 1/2 TURN STRADDLE JUMP 1/2 TWIST TO PUSH UP** Value 0.7

1. A Vertical Jump with a 180° turn into Straddle.
2. While airborne, the body then inclines and twists 180°.
3. Landing in Push up.



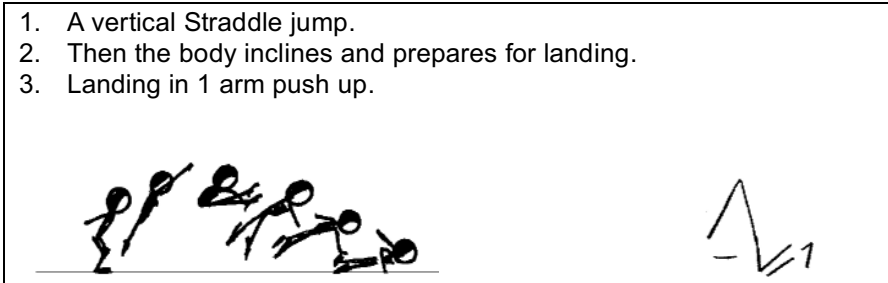
**C 438: 1/2 TURN STRADDLE JUMP 1/2 TWIST TO WENSON**  
**Value 0.8**

4. A Vertical Jump with a 180° turn into Straddle.
5. While airborne, the body then inclines and twists 180°.
6. Landing in Wenson.



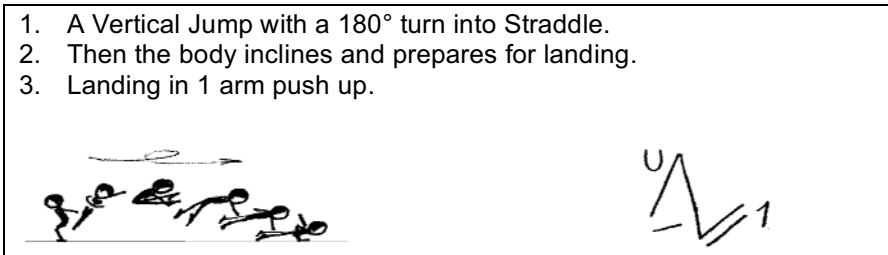
**C 446: STRADDLE JUMP TO 1 ARM PUSH UP** **Value 0.6**

1. A vertical Straddle jump.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm push up.



**C 447: 1/2 TURN STRADDLE JUMP TO 1 ARM PUSH UP**  
**Value 0.7**

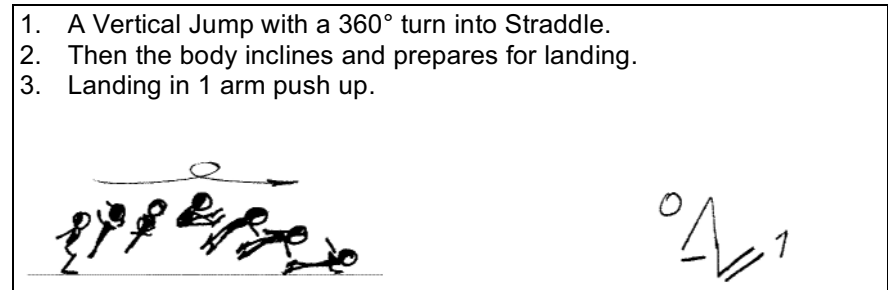
1. A Vertical Jump with a 180° turn into Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm push up.



**C 449: 1/1 TURN STRADDLE JUMP TO 1 ARM PUSH UP**  
**(MARCHENKOV)**

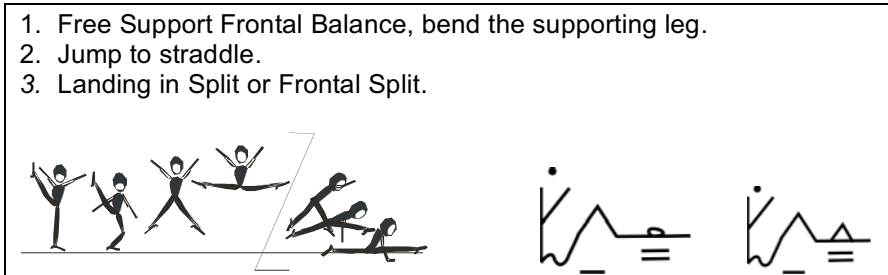
**Value 0.9**

1. A Vertical Jump with a 360° turn into Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm push up.



**C 455: FREE SUPPORT FRONTAL BALANCE TO STRADDLE JUMP TO SPLIT OR FRONTAL SPLIT**  
**Value 0.5**

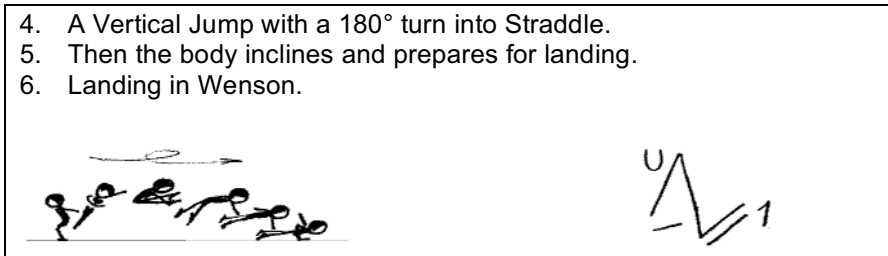
1. Free Support Frontal Balance, bend the supporting leg.
2. Jump to straddle.
3. Landing in Split or Frontal Split.



**C 457: 1/2 TURN STRADDLE JUMP TO WENSON**

**Value 0.7**

4. A Vertical Jump with a 180° turn into Straddle.
5. Then the body inclines and prepares for landing.
6. Landing in Wenson.



**C 459: 1/1 TURN STRADDLE JUMP TO WENSON PUSH UP**

**Value 0.9**

1. A Vertical Jump from 2 feet with a 360 degrees turn to Straddle.
2. Then the body inclines and prepares for landing.
3. Landing in Wenson push up.



**COSSACK FAMILY**

**C 463: COSSACK JUMP**

**Value 0.3**

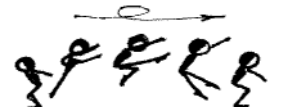
1. A Vertical Jump where the both legs lift parallel to the floor or higher with one leg bent at knee (Cossack).
2. The thighs of both legs are together and parallel to the floor.
3. Landing with feet together.



**C 464: 1/2 TURN COSSACK JUMP**

**Value 0.4**

1. A Vertical Jump with 180° turn.
2. While airborne show a Cossack.
3. Landing with feet together.



**C 465: 1/2 TURN COSSACK JUMP 1/2 TURN**

**Value 0.5**

1. A Vertical Jump with a 180° turn into Cossack.
2. While airborne, the body makes another 180° turn.
3. Landing with feet together.



**C 466: 1/1 TURN COSSACK JUMP**

**Value 0.6**

1. A Vertical Jump with a 360° turn.
2. While airborne show a Cossack.
3. Landing with feet together.



**C 467: 1 1/2 TURN COSSACK JUMP**

**Value 0.7**

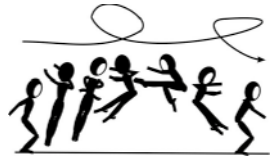
1. A Vertical Jump with a 540° turn.
2. While airborne show a Cossack.
3. Landing with feet together.



**C 468: 2/1 TURN COSSACK JUMP**

**Value 0.8**

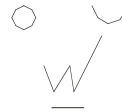
1. A Vertical Jump with a 720° turn.
2. While airborne show a Cossack.
3. Landing with feet together.



**C 477: 1/1 TURN COSSACK JUMP 1/2 TURN**

**Value 0.7**

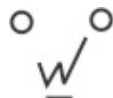
1. A Vertical Jump with a 360° turn.
2. While airborne show a Cossack.
3. While airborne and immediately after showing the Cossack, 180° turn.
4. Landing with feet together.



**C 478: 1/1 TURN COSSACK JUMP 1/1 TURN**

**Value 0.8**

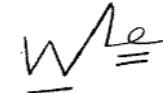
1. A Vertical Jump with a 360° turn.
2. While airborne show a Cossack.
3. While airborne and immediately after showing the Cossack, 360° turn.
4. Landing with feet together.



**C 484: COSSACK JUMP TO SPLIT**

**Value 0.4**

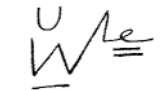
1. A Cossack Jump.
2. The body inclines and prepares for landing.
3. Landing in Split.



**C 485: 1/2 TURN COSSACK JUMP TO SPLIT**

**Value 0.5**

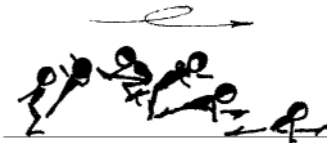
1. A Vertical Jump with a 180° turn into Cossack.
2. Then the body inclines and prepares for landing.
3. Landing in Split.



**C 486: 1/2 TURN COSSACK JUMP 1/2 TURN TO SPLIT OR FRONTAL SPLIT**

**Value 0.6**

1. A Vertical Jump with a 180° turn into Cossack.
2. While airborne, the body makes another 180° turn.
3. Then the body inclines and prepares for landing.
4. Landing in Split or Frontal Split.



**C 487: 1/1 TURN COSSACK JUMP TO SPLIT** Value 0.7

1. A Vertical Jump with a 360° turn into Cossack.
2. Then the body inclines and prepares for landing.
3. Landing in Split.



**C 488: 1/1 TURN COSSACK JUMP 1/2 TURN TO SPLIT**  
Value 0.8

1. A Vertical Jump with a 360° turn into Cossack
2. Then the body makes another 180° turn, inclines and prepares for landing.
3. Landing in Split, facing the opposite direction from the start.



**C 489: 1 1/2 TURN COSSACK JUMP 1/2 TURN TO FRONTAL PRONE SPLIT**  
Value 0.9

1. A Vertical Jump with a 540° turn into Cossack
2. Then the body makes another 180° turn, inclines and prepares for landing.
3. Landing in frontal prone Split.



**C 505: COSSACK JUMP TO PUSH UP** Value 0.5

1. A Cossack Jump.
2. The body inclines and prepares for landing.
3. Landing in Push up.



**C 506: 1/2 TURN COSSACK JUMP TO PUSH UP** Value 0.6

1. A Vertical Jump with a 180° turn into Cossack.
2. Then the body inclines and prepares for landing.
3. Landing in Push up, facing the opposite direction from the start.



**C 507: 1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP**  
Value 0.7

1. Landing in A Vertical Jump with a 180° turn into Cossack.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.





**C 509: 1/1 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP**  
**(JULIEN)** Value 0.9

1. A Vertical Jump with a 360° turn into Cossack.
2. While airborne, the body twists another 180°, inclines and prepares for landing
3. Landing in Push up, facing the opposite direction from the start.



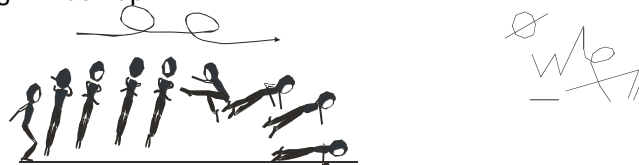
**C 517: 1/2 TURN COSSACK JUMP TO 1 ARM PUSH UP**  
**Value 0.7**

1. A Vertical Jump with a 180° turn into Cossack.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm push up, facing the opposite direction from the start.



**C 510: 1 1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP**  
**(ALCAN)** Value 1.0

1. A Vertical Jump with a 540° turn into Cossack.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 518: 1/2 TURN COSSACK JUMP 1/2 TWIST TO 1 ARM PU**  
**Value 0.8**

1. A Vertical Jump with a 180° turn into Cossack.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in 1 arm push up.



**C 516: COSSACK JUMP TO 1 ARM PUSH UP** Value 0.6

1. A Cossack Jump.
2. The body inclines and prepares for landing.
3. Landing in 1 arm push up.



**C 520: 1/1 TURN COSSACK JUMP 1/2 TWIST TO 1 ARM PU**  
**OR WENSON** Value 1.0

1. A Vertical Jump with a 360° turn into Cossack.
2. While airborne, the body twists another 180°, inclines and prepares for landing
3. Landing in 1 arm push up or in Wenson

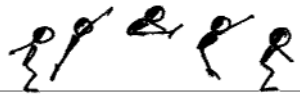


## PIKE FAMILY

### C 544: PIKE JUMP

Value 0.4

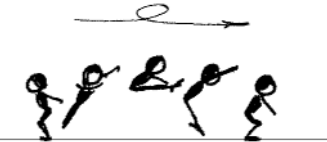
1. A Vertical Jump with the body folding into a Pike, both legs lifted off the floor to a horizontal.
2. The legs are parallel to or higher than the floor, showing an angle of no more than 60° between the trunk and the legs.
3. The arms and hands are extended towards the toes.
4. Landing with feet together.



### C 545: 1/2 TURN PIKE JUMP

Value 0.5

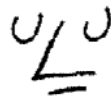
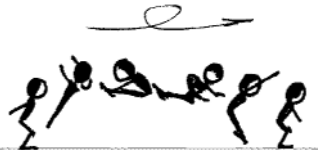
1. A jump with a 180° turn.
2. While airborne show a Pike.
3. Landing with feet together.



### C 546: 1/2 TURN PIKE JUMP 1/2 TURN

Value 0.6

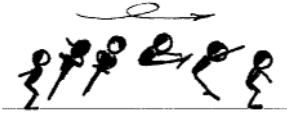
1. A jump with a 180° turn into Pike.
2. While airborne, the body makes another 180° turn.
3. Landing with feet together



### C 547: 1/1 TURN PIKE JUMP

Value 0.7

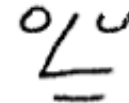
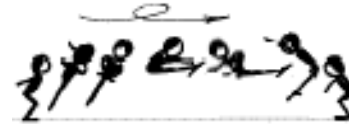
1. A jump with a 360° turn.
2. While airborne show a Pike.
3. Landing with feet together.



### C 548: 1/1 TURN PIKE JUMP 1/2 TURN

Value 0.8

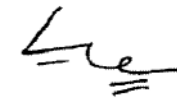
1. A jump with a 360° turn.
2. While airborne show a Pike, then extend with 180° turn.
3. Landing with feet together.



### C 555: PIKE JUMP TO SPLIT

Value 0.5

1. A Pike Jump.
2. Then the body inclines and prepares for landing.
3. Landing in Split



**C 556: 1/2 TURN PIKE JUMP TO SPLIT**

**Value 0.6**

1. A jump with a 180° turn into Pike.
2. Then the body inclines and prepares for landing.
3. Landing in Split.



**C 557: 1/2 TURN PIKE JUMP 1/2 TURN TO SPLIT OR FRONTAL SPLIT**

**Value 0.7**

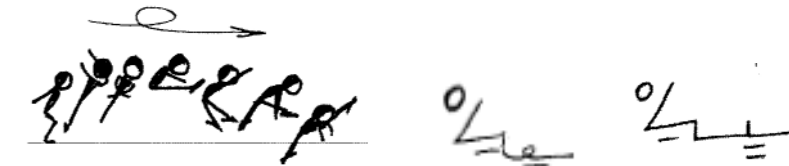
1. A jump with a 180° turn into a Pike.
2. While airborne, the body makes another 180° turn.
3. Landing in Split or frontal split.



**C 558: 1/1 TURN PIKE JUMP TO SPLIT OR FRONTAL SPLIT (OR PRONE SPLIT)**

**Value 0.8**

1. A jump with a 360° turn into Piked.
2. Then the body inclines and prepares for landing.
3. Landing in Split (sagittal, frontal or prone split )



**C 566 PIKE JUMP 1/2 TWIST TO FRONTAL SPLIT OR PRONE SPLIT**

**Value 0.6**

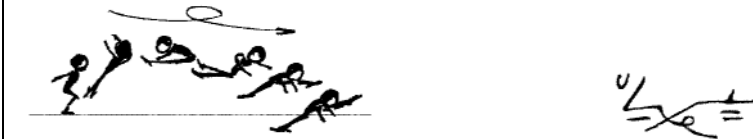
1. A Pike Jump.
2. While airborne, the body twists 180°, inclines and prepares for landing.
3. Landing in Frontal Split or Frontal Prone Split, facing the opposite direction from the start.



**C 567 1/2 TURN PIKE JUMP 1/2 TWIST TO FRONTAL SPLIT (OR PRONE SPLIT)**

**Value 0.7**

1. A jump with a 180° turn into Pike.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Frontal Split or Frontal Prone Split.



**C 586: PIKE JUMP TO PUSH UP**

**Value 0.6**

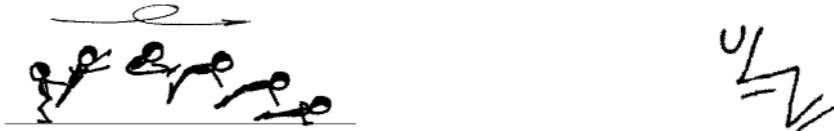
1. A Pike Jump.
2. The body inclines and prepares for landing.
3. Landing in Push up.



**C 587: 1/2 TURN PIKE JUMP TO PUSH UP**

**Value 0.7**

1. A jump with a 180° turn into Pike.
2. The body inclines and prepares for landing.
3. Landing in Push up.



**C 597: PIKE JUMP 1/2 TWIST TO PUSH UP**

**Value 0.7**

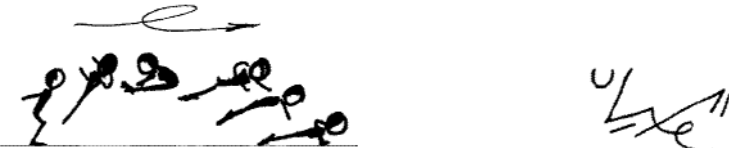
1. A Pike Jump.
2. While airborne, the body twists 180°, inclines and prepares for landing.
3. Landing in Push up, facing.



**C 598: 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP**

**Value 0.8**

1. A jump with a 180° turn into a Pike.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 600.1: 1/1 TURN PIKE JUMP 1/2 TWIST TO PUSH UP**

**Value 1.0**

1. A Vertical Jump with a 360° turn into Pike.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 600.2: 1 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP**

**Value 1.0.**

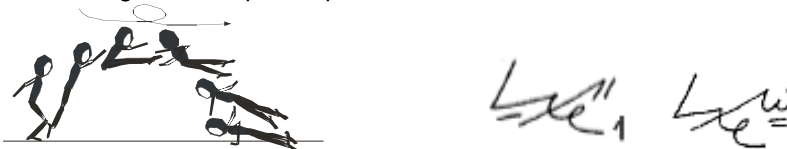
1. A jump with a 540° turn into Pike.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C608.PIKE JUMP 1/2 TWIST TO 1 ARM PUSH UP OR TO WENSON**

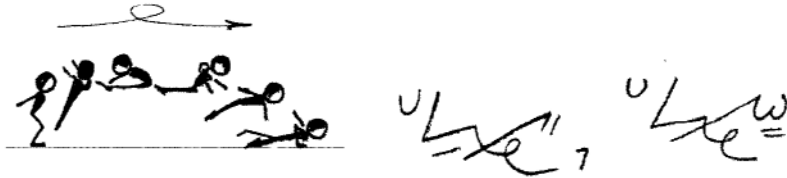
**Value 0.8**

1. A Pike Jump.
2. While airborne, the body twists 180°, inclines and prepares for landing.
3. Landing in 1 arm push up or Wenson.



**C 609: ½ TURN PIKE JUMP ½ TWIST TO 1 ARM PUSH UP OR TO WENSON** Value 0.9

1. A jump with a 180° turn into Pike.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in 1 arm push up or Wenson.



**SPLIT FAMILY**

**C 623: SPLIT LEAP**

Value 0.3

1. One foot take off Leap.
2. While airborne, show a Split with straight legs, trunk remains upright.



**C 624: SPLIT LEAP ½ TURN**

Value 0.4

1. A Split Leap from one foot, with legs straight and a 180° turn.
2. Trunk remains upright while legs show a Split.
3. Land with feet together.



**C 625: SPLIT LEAP ½ TURN TO SPLIT**

Value 0.5

1. A one foot take off Split Leap with a 180° turn.
2. Landing in Split.



**C 635: SPLIT LEAP TO PUSH UP**

Value 0.5

1. A one foot take off Split Leap.
2. While airborne, show a Split with straight legs.
3. Then the body inclines and prepares for landing.
4. Landing in Push up.



**C 636: SPLIT LEAP ½ TURN TO PUSH UP**

Value 0.6

1. A one foot take off Split Leap with a 180° turn.
2. While airborne, show a Split with straight legs.
3. Then the body inclines and prepares for landing.
4. Landing in Push up.



**C 638: 1/1 TURN SPLIT LEAP TO PUSH UP** Value 0.8

5. A one foot take off Split Leap with a 360° turn.
6. While airborne, show a Split with straight legs.
7. Then the body inclines and prepares for landing.
8. Landing in Push up.



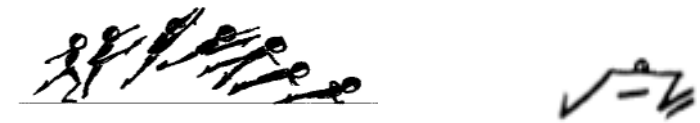
**C 646: 1/2 TURN SPLIT LEAP SWITCH TO SPLIT** Value 0.6

1. A one foot take off Leap with a 180° turn into Split.
2. While airborne, the legs switch.
3. Split, facing the opposite direction from the start.



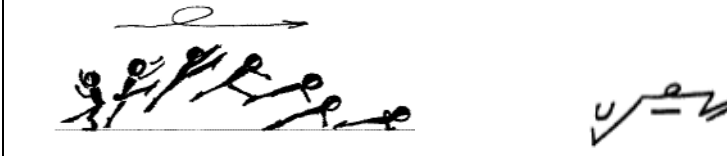
**C 655: KICK SPLIT LEAP TO PUSH UP** Value 0.5

1. A one foot take off with a high leg Kick.
2. While airborne, show a split, straight legs.
3. Landing in Push up.



**C 656: 1/2 TURN KICK SPLIT LEAP TO PUSH UP** Value 0.6

1. A one foot take off with a high leg Kick with a 180° turn.
2. While airborne, show a split, straight legs.
3. Landing in Push up.



**C 657: 1/2 TURN KICK SPLIT LEAP 1/2 TWIST TO PUSH UP**

Value 0.7

1. A one foot take off with a high leg Kick with a 180° turn
2. While airborne, show a split, straight legs, and the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 663: SPLIT JUMP**

Value 0.3

1. A jump.
2. While airborne, the legs are fully stretched and show a Split.
3. Landing in Landing with feet together.



**C 664: SPLIT JUMP ½ TURN OR ½ TURN SPLIT JUMP**  
Value 0.4

1. A Split Jump.
2. While airborne the body makes a 180° turn.
3. Landing with feet together, facing the opposite direction from the start.



**C 665: ½ TURN SPLIT JUMP ½ TURN**  
Value 0.5

1. A jump with a 180° turn into a Split
2. While airborne the body makes another 180° turn.
3. Landing with feet together.



**C 666: 1/1 TURN SPLIT JUMP**  
Value 0.6

1. A Vertical Jump with 360° turn.
2. While airborne, the legs are fully stretched and show a Split.
3. Then the body inclines and prepares for landing.
4. Landing with feet together.



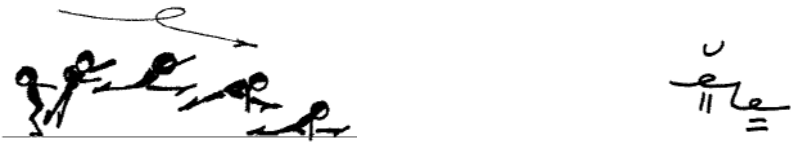
**C 674: SPLIT JUMP TO SPLIT**  
Value 0.4

1. A Split Jump.
2. The body inclines and prepares for landing.
3. Landing in Split.



**C 675: ½ TURN SPLIT JUMP TO SPLIT**  
Value 0.5

1. A jump with a 180° turn into a Split.
2. The body inclines and prepares for landing.
3. Landing in Split, facing the opposite direction from the start.



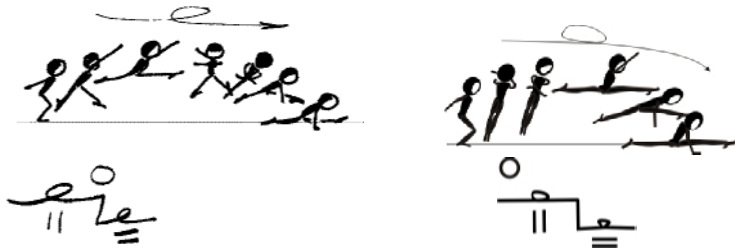
**C 676: ½ TURN SPLIT JUMP ½ TURN TO SPLIT**  
Value 0.6

1. A jump with a 180° turn into a Split
2. While airborne the body makes another 180° turn, inclines and prepares for landing.
3. Landing in Split.



**C 677: SPLIT JUMP 1/1 TURN TO SPLIT OR 1/1 TURN SPLIT JUMP TO SPLIT** Value 0.7

1. A Split Jump.
2. While airborne the body makes a 360° turn.
3. Then the body inclines and prepares for landing
4. Landing in Split.



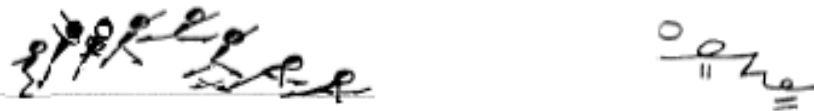
**C 685: SPLIT JUMP SWITCH TO SPLIT** Value 0.5

1. A Split Jump.
2. While airborne the legs switch.
3. Then the body inclines and prepares for landing
4. Landing in Split.



**C 688: 1/1 TURN SPLIT JUMP SWITCH TO SPLIT** Value 0.8

1. A jump with a 360° turn into a Split.
2. While airborne the legs switch s.
3. Then the body inclines and prepares for landing
4. Landing in Split.



**C 695: SPLIT JUMP TO PUSH UP** Value 0.5

1. A Split Jump.
2. The body inclines and prepares for landing.
3. Landing in Push up.



**C 696: SPLIT JUMP 1/2 TURN TO PUSH UP** Value 0.6

1. A Split Jump with a 180° turn.
2. Then the body inclines and prepares for landing.
3. Landing in Push up, facing the opposite direction from the start.



**C 698: 1/1 TURN SPLIT JUMP TO PUSH UP** Value 0.8

1. A jump with a 360° turn into Split.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



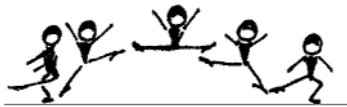


## FRONTAL SPLIT FAMILY

### C 703: FRONTAL SPLIT LEAP

Value 0.3

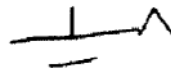
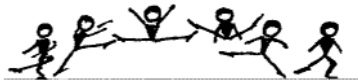
1. A one foot take off leap moving laterally.
2. While airborne show a Frontal Split with legs straight.
3. Land on the leading leg.



### C 704: FRONTAL SPLIT LEAP TO STRADDLE

Value 0.4

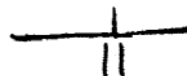
1. A one foot take off to a Frontal Split Leap.
2. While airborne the body changes to show a Straddle.
3. Land on the leading leg.



### C 713: FRONTAL SPLIT JUMP

Value 0.3

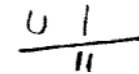
1. A Vertical Jump where legs are lifted into an airborne Frontal Split.
2. Upper body must remain upright during the Frontal split.
3. Landing with feet together.



### C 714: 1/2 TURN FRONTAL SPLIT JUMP

Value 0.4

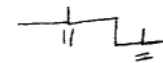
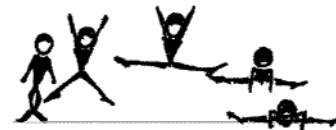
1. A two-foot take off jump with a 180° turn.
2. While airborne show a Frontal Split.
3. Landing with feet together.



### C 724: FRONTAL SPLIT JUMP TO FRONTAL SPLIT (OR PRONE SPLIT)

Value 0.4

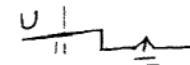
1. A Jump.
2. While airborne show a Frontal Split.
3. Landing in Frontal Split or Frontal Prone Split.



### C 725: 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT OR PRONE SPLIT

Value 0.5

1. A jump.
2. A 180° turn into a Frontal Split.
3. Landing in Frontal Prone Split.



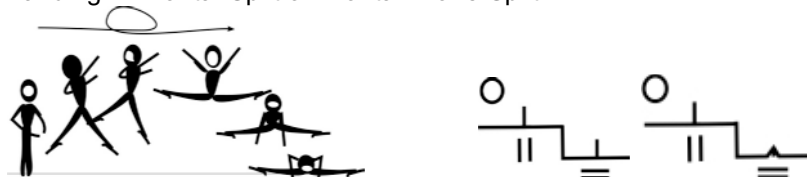
**C 726: 1/2 TURN FRONTAL SPLIT JUMP 1/2 TURN TO FRONTAL SPLIT OR PRONE SPLIT** Value 0.6

1. A jump with a 180° turn into a Frontal Split.
2. While airborne, the body makes another 180° turn.
3. Landing in Frontal Prone Split.



**C 727: 1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT OR PRONE SPLIT** Value 0.7

1. A jump with a 360° turn.
2. After the full turn, while airborne show a Frontal Split
3. Landing in Frontal Split or Frontal Prone Split.



**C 735: FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)** Value 0.5

1. A Frontal Split Jump.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



**C 736: FRONTAL SPLIT JUMP 1/2 TWIST TO PUSH UP (SHUSHUNOVA 1/2 TWIST)** Value 0.6

1. A Frontal Split Jump.
2. While airborne, the body twists 180°, inclines and prepares for landing.
3. Landing in Push up, facing the opposite direction from the start.



**C 737: 1/2 TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PU** Value 0.7

1. A 180° turn Frontal Split Jump.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 746: FREE SUPPORT FRONTAL BALANCE TO FRONTAL SPLIT JUMPTO PUSH UP (PARK)** Value 0.6

1. A Free Support Frontal Balance.
2. Jump from the supporting leg and, while airborne, show a Frontal Split.
3. Then the body inclines and prepares for landing.
4. Landing in Push up.



## SWITCH SPLIT FAMILY

### C 754: SWITCH SPLIT LEAP

Value 0.4

1. A one-foot take off Leap.
2. While airborne, the legs switch to show a Split.
3. Land on the foot of the leading leg.



### C 755: SWITCH SPLIT LEAP ½ TURN

Value 0.5

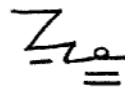
1. A one-foot take off Leap.
2. While airborne, the legs switch to show a Split.
3. 180° Turn.
4. Land on the foot of the leading leg.



### C 765: SWITCH SPLIT LEAP TO SPLIT

Value: 0.5

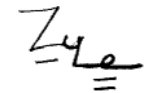
1. A one-foot take off Switch Split Leap.
2. Then the body inclines and prepares for landing.
3. Landing in Split.



### C 766: SWITCH SPLIT LEAP ½ TURN TO SPLIT

Value: 0.6

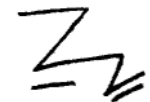
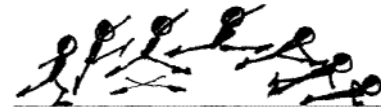
1. A one-foot take off Switch Split Leap.
2. While airborne, the body turns 180°.
3. Then the body inclines and prepares for landing
4. Landing in Split, facing the opposite direction from the start.



### C 776: SWITCH SPLIT LEAP TO PUSH UP

Value: 0.6

1. A one-foot take off Switch Split Leap.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



## SCISSORS KICK FAMILY

### C 782: SCISSORS KICK

Value 0.2

1. A one-foot take off Kick with the lead leg lifting above parallel.
2. Rear leg scissors or alternates to perform a High Leg Kick while airborne.
3. Land on the lead leg.



**C 795: SCISSORS KICK ½ TWIST TO PUSH UP**

Value 0.5

1. A one-foot take off Scissors Kick.
2. While airborne, the body twists 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 796: ½ TURN SCISSORS KICK ½ TWIST TO PUSH UP**

Value 0.6

1. A one-foot take off Scissors Kick with 180° turn.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 813: DOUBLE FAN KICK**

Value 0.3

1. From standing, one leg crosses in front of the support leg, rotates full circle with a straight leg in front of the body.
2. Then the supporting leg rotates full circle simultaneously turning 90° before returning to the starting.
3. Both legs must rotate above shoulder height while maintaining a body vertical to the floor.
4. The path of both feet must show complete full circles.
5. Landing in Land on one leg.



**SCISSORS LEAP FAMILY**

**C 825: SCISSORS LEAP ½ TURN**

Value: 0.5

1. A one foot take off Leap where the body simultaneously turns 180°.
2. While airborne the legs switch s in order to show a Split.
3. Land on one Leg.



**C 826: SCISSORS LEAP 1/1 TURN**

Value: 0.6

1. A one foot take off Leap where the body simultaneously turns 360°.
2. While airborne legs switch s in order to show a Split.
3. Land on two feet in the same direction from the start.



**C 828: SCISSORS LEAP ½ TURN 1/1 TURN**

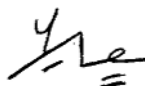
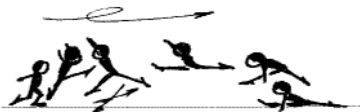
Value 0.8

1. A one foot take off Leap where the body simultaneously turns 180°.
2. While airborne legs switch s in order to show a Split.
3. The body then turns 360°.
4. Land on Two feet.



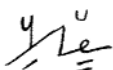
**C 836: SCISSORS LEAP ½ TURN TO SPLIT OR FRONTAL SPLIT** Value 0.6

1. A one foot take off Scissors Leap 180° turn.
2. Then the body inclines and prepares for landing.
3. Landing in Split or frontal split.



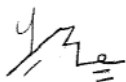
**C 837: SCISSORS LEAP ½ TURN ½ TURN TO SPLIT OR FRONTAL SPLIT** Value 0.7

1. A one-foot take off Scissors Leap 360° turn.
2. Then the body inclines and prepares for landing.
3. Landing in Split or Frontal Split.



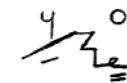
**C 847: SCISSORS LEAP ½ TURN SWITCH SPLIT LEAP TO SPLIT (MARCHENKOV)** Value 0.7

1. A one-foot take off Scissors Leap 180° turn.
2. While airborne, the legs switch to show a Split.
3. Then the body inclines and prepares for landing.
4. Landing in Split.



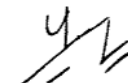
**C 850: SCISSORS LEAP ½ TURN SWITCH SPLIT LEAP 1/1 TURN TO SPLIT (MARCHENKOV FULL)** Value 1.0

1. A one foot take off Scissors Leap 180° turn.
2. While airborne the legs switch to show a Split.
3. Then the body makes another 360° turn (while legs switch again).
4. Then the body inclines and prepares for landing.
5. Landing in Split.



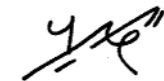
**C 857: SCISSORS LEAP ½ TURN TO PUSH UP** Value 0.7

1. A one foot take off Scissors Leap 180° turn.
2. Then the body inclines and prepares for landing.
3. Landing in Push up.



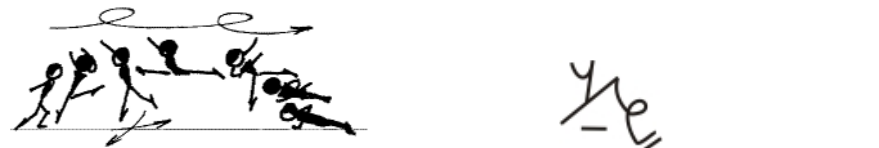
**C 858: SCISSORS LEAP ½ TURN ½ TWIST TO PUSH UP** Value 0.8

1. A one-foot take off Scissors Leap 180° turn.
2. While airborne, the body twists another 180°, inclines and prepares for landing.
3. Landing in Push up.



**C 860: SCISSORS LEAP ½ TURN 1/1 TWIST TO PUSH UP**  
**(NEZEZON)** Value 1.0

1. A one-foot take off Scissors Leap 180° turn.
2. While airborne, the body twists another 360°, inclines and prepares for landing.
3. Landing in Push up, facing the opposite direction from the start.



**C 868: SCISSORS LEAP ½ TURN TO 1 ARM PUSH UP**  
Value 0.8

1. A one-foot take off Scissors Leap 180° turn.
2. Then the body inclines and prepares for landing.
3. Landing in 1 arm push up.



**d) SPECIFIC ERRORS FOR EXECUTION**

	SMALL 0.1	MEDIUM 0.2	LARGE 0.3
UNCONTROLLED LANDING	X	X	X

**e) MINIMUM REQUIREMENTS FOR DIFFICULTY**

**ALL JUMPS AND LEAPS FAMILIES (except Tuck Jumps, Free Fall & Gainer)**

- Legs must be in horizontal position (parallel to the floor).

**ALL JUMPS AND LEAPS FAMILIES**

- Missed turns 90° or more (till 180°) will reduce the difficulty value by 0.1 point.

**AIR TURN**

- Missed turns 90° or more (till 180°) will reduce the difficulty value by 0.1 point

**TUCK JUMPS**

- Airborne legs: knees at waist level at least.

**GAINER, FREE FALL & TAMARO**

- Hands and feet must touch the floor at the same time.

**DOUBLE FAN KICK**

- The legs have to show full circles close to the chest

**SCISSORS KICK**

- The leading leg must be in horizontal position, at least in the air, parallel to the floor

**ALL JUMPS FINISHING IN WENSON**

- The "Wenson Shape" must be shown immediately at the moment of the landing.
- The forward leg must be in support on the upper arm immediately at the moment of the landing.

## GROUP D: BALANCE AND FLEXIBILITY

The families included in this group are:

- a) Turn
- b) Balance
- c) High Leg Kicks
- d) Sagital Split
- e) Frontal Split
- f) Illusion
- g) Capoeira

### a) GENERAL DESCRIPTION:

- A correct alignment must be used all skills.
- Body s must be clearly recognizable.
- Legs must be straight.
- All exercises requiring TURNS or TWISTS must demonstrate complete rotations.
- All elements, a full split (180°) must be shown during the movement.
- TURNS on the ball of the foot are completed when the heel of the turning foot touches the floor.
- CAPOEIRA : From optional or a seated , one leg bent, one leg straight, kick the straight leg to the shoulder and simultaneously push on the bent leg to arrive in one arm support, showing a split . The torso alignment must go below the vertical. The position of the free arm is optional.

### b) SPECIFIC DESCRIPTION

#### TURN FAMILY

##### D 102: 1/1 TURN

Value 0.2

1. Balancing on one leg.
2. A full turn (360°) is performed.
3. Optional placement of the free leg and arms.
4. Standing on one or both legs.



##### D 103: 1 ½ TURN

Value 0.3

1. Balancing on one leg.
2. A 540° turn is performed.
3. Optional placement of the free leg and arms.
4. Standing on one or both legs.



##### D 104: 2/1 TURN (OR MORE)

Value 0.4

1. Balancing on one leg.
2. Two complete turns (720°) are performed.
3. Optional placement of the free leg and arms.
4. Standing on one or both legs.



**D 114: 1/1 TURN TO VERTICAL SPLIT**

**Value 0.4**

1. Standing on one leg.
2. A full turn (360°) is performed.
3. to a Vertical Split



**D 115: 1 1/2 TURN TO VERTICAL SPLIT**

**Value 0.5**

1. Standing on one leg.
2. 1 1/2 turn (540°) is performed.
3. Vertical Split.



**D 116: 2/1 TURN TO VERTICAL SPLIT**

**Value 0.6**

1. Standing on one leg.
2. 2/1 full turns (720°) are performed.
3. Vertical Split



**D 125: 1/1 TURN TO FREE VERTICAL SPLIT**

**Value 0.5**

1. Standing on one leg.
2. A full turn (360°) is performed.
3. Free Vertical Split



**D 126: 1 1/2 TURN TO FREE VERTICAL SPLIT**

**Value 0.6**

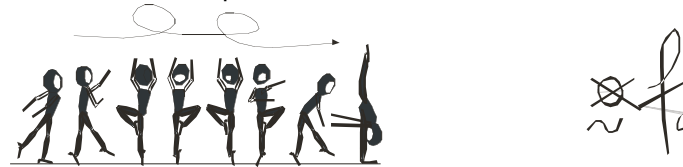
1. Standing on one leg.
2. 1 1/2 turns (540°) is performed.
3. Free Vertical Split.



**D 127: 2/1 TURN TO FREE VERTICAL SPLIT**

**Value 0.7**

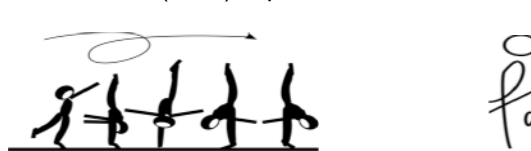
1. Standing on one leg.
2. 2/1 turns (720°) are performed.
3. Free Vertical Split



**D 135: 1/1 TURN ON FREE VERTICAL SPLIT**

**Value 0.5**

1. Standing on one leg.
2. A Free Vertical Split is performed
3. Full turn (360°) is performed.





## BALANCE FAMILY

### D 141: SAGITTAL BALANCE

Value 0.1

1. A Balance Hold for 2 seconds where one leg is lifted towards the shoulder and is supported by the hands.
2. The support leg and lifted leg must be straight.
3. The heel of the lifted foot must be above shoulder height.
4. Standing on one or both legs.



### D 142: FREE SUPPORT SAGITTAL BALANCE

Value 0.2

1. A Balance Hold for 2 seconds where one leg is lifted towards the shoulder without the hand touching the lifted leg.
2. The support leg and lifted leg must be straight.
3. The heel of the lifted foot must be above shoulder height.
4. Standing on one or both legs.



### D 143: BALANCE 1/1 TURN

Value 0.3

1. A Balance turn where one leg is lifted to either a sagittal or frontal balance and is supported by one hand.
2. A complete 360° turn must be performed.
3. Optional placement of the free arm.
4. Standing on one or both legs.



### D 144: BALANCE 1 1/2 TURN

Value 0.4

1. A Balance turn where one leg is lifted in either a sagittal or frontal balance and is supported by one hand.
2. A complete 540° turn must be performed.
3. Optional placement of the free arm.
4. Standing on one or both legs.



### D 145: BALANCE 2/1 TURN

Value 0.5

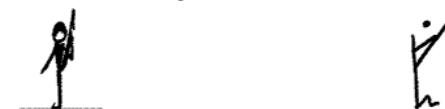
1. A Balance turn where one leg is lifted in either a sagittal or frontal balance and is supported by one hand.
2. A complete 720° turn must be performed.
3. Optional placement of the free arm.
4. Standing on one or both legs.



### D 151: FRONTAL BALANCE

Value 0.1

1. A Balance where one leg is lifted laterally towards the head and is supported by the hands.
2. The support leg and lifted leg must be straight.
3. The heel of the lifted foot must be above shoulder height.
4. This skill must be held for 2 seconds.
5. Standing on one or both legs.



**D 152: FREE SUPPORT FRONTAL BALANCE** Value 0.2

1. A Balance where one leg is lifted laterally towards the head without the hands touching the lifted leg.
2. The support leg and lifted leg must be straight.
3. The heel of the lifted foot must be above shoulder height.
4. This skill must be held for 2 seconds.
5. Standing on one or both legs.



**D 154: FREE SUPPORT BALANCE 1/1 TURN SAGITTAL**  
**(Or FRONTAL)** Value 0.4

1. Standing from one leg.
2. A full turn (360°) in Free Support Balance must be performed.
3. Standing on one leg.



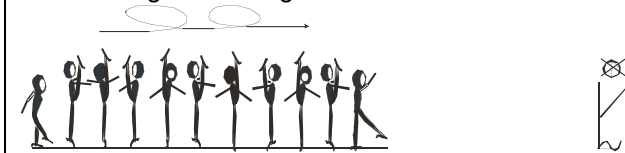
**D 155: FREE SUPPORT BALANCE 1 1/2 TURN SAGITTAL**  
**(OR FRONTAL)** Value 0.5

1. Standing from one leg.
2. 1 1/2 turn (540°) in Free Support Balance must be performed.
3. Standing on one leg.



**D 156: FREE SUPPORT BALANCE 2/1 TURN SAGITTAL**  
**(OR FRONTAL)** Value 0.6

5. Standing from one leg.
6. 2/1 turn (720°) in Free Support Balance must be performed.
7. Standing on one leg.



**HIGH LEG KICKS FAMILY**

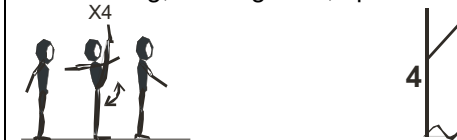
**D 171 FOUR (4) CONSECUTIVE SAGITTAL HIGH LEG KICKS**  
**(TOE AT SHOULDER HEIGHT)** Value 0.1

1. Standing, feet together.
2. Four alternative Sagittal High leg Kicks, toe at shoulder height
3. Standing, feet together, optional arms.



**D 172 FOUR (4) CONSECUTIVE SAGITAL HIGH LEG KICKS**  
**VERTICAL** Value 0.2

1. Standing, feet together.
2. Four alternatives Sagittal High leg Kicks Vertical, toe above head height.
3. Standing, feet together, optional arms.



**D 173 FOUR (4) CONSECUTIVE SAGITTAL HIGH LEG KICKS  
VERTICAL 1/1 TURN** Value 0.3

1. Standing, feet together.
2. Four alternatives Sagittal High leg Kicks Vertical, toe above head height with a full turn (360°).
3. Standing, feet together, optional arms.



**D 174 FOUR (4) CONSECUTIVE SAGITTAL HIGH LEG KICKS  
VERTICAL 1 1/2 TURN** Value 0.4

1. Standing, feet together.
2. Four alternative Sagittal High leg Kicks Vertical, toe above head height with 1 1/2 turn (540°).
3. Standing, feet together, optional arms.



**SPLIT FAMILY**

**D 181: SPLIT** Value 0.1

1. The legs are fully extended into a Sagittal Split.
2. The hips are square.



**D 182: VERTICAL SPLIT** Value 0.2

1. While one leg supports the body, the other leg is lifted 180° to a Vertical Split.
2. The hands touch the floor besides the supporting foot.
3. Head, trunk and leg are all alignment.



**D 183: FREE SUPPORT VERTICAL SPLIT** Value 0.3

1. While one leg supports the body, the other leg is lifted 180° to a Vertical Split.
2. Hands do not touch the floor with the placement of the hands being optional.
3. Head, trunk and leg are all alignment.



**D 192: SUPINE SPLIT** Value 0.2

1. The body is in an extended supine position.
2. One leg lifts towards the head and over the torso close to the chest.
3. The arms are extended over the head holding the lifted leg.
4. Both legs are straight, showing a full Split supine.



**D 193: SPLIT ROLL** Value 0.3

1. From a Split, the torso is folded forward and the arms are extended holding the front leg.
2. The body then rolls laterally 360° on the floor.

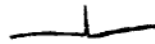


## FRONTAL SPLIT FAMILY

### D 201: FRONTAL SPLIT

Value 0.1

1. The legs are fully spread abducted into a Frontal Split.
2. The upper body is upright.



### D 202: FRONTAL VERTICAL SPLIT

Value 0.2

1. While one leg supported the body, the other leg is lifted 180 degrees laterally to show a frontal vertical split.
2. One hand touches the floor beside the supporting foot.
3. The body is facing forward in the frontal plane with the hand on one side of the leg and the trunk and leg alignment.



### D 203: FREE SUPPORT FRONTAL VERTICAL SPLIT

Value 0.3

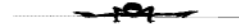
1. While one leg supports the body, the other leg is lifted 180° laterally to show a frontal vertical split.
2. Hands do not touch the floor with the placement of the hands being optional.
3. The body is facing forward in the frontal plane with the head on one side of the leg, with the trunk and leg in alignment.



### D 211: FRONTAL PRONE SPLIT

Value 0.1

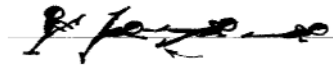
1. Frontal split.
2. The torso folds forward until the chest rests on the floor.



### D 213: SPLIT THROUGH (PANCAKE)

Value 0.3

1. Frontal split
2. The torso fold forward until the chests is on the floor.
3. The legs continue the rotation at the hip joint until the body is n extended prone.



## ILLUSION FAMILY

### D 184: ILLUSION

Value 0.4

1. From a Landing with feet together, one leg is lifted upward to initiate a 360° vertical circle.
2. Simultaneously the body rotates and turns 360° on the supporting leg. One hand touches the floor, beside the supporting foot.
3. The lifted leg comes down to the starting.
4. Standing on one leg or feet together.



**D 185: ILLUSION TO SPLIT**

**Value 0.5**

1. From a Landing with feet together, one leg is lifted upward to initiate a 360° vertical circle.
2. Simultaneously the body rotates and turns 360° on the supporting leg. One hand touches the floor, beside the supporting foot.
3. The lifted leg comes down into a split without the foot touching the floor.
4. Split.



**D 186: ILLUSION TO VERTICAL SPLIT**

**Value 0.6**

1. From a Landing with feet together, one leg is lifted upward to initiate a 360° vertical circle.
2. Simultaneously the body rotates and turns 360° on the supporting leg. One hand touches the floor, beside the supporting foot.
3. Vertical Split.



**D 187: ILLUSION TO FREE VERTICAL SPLIT**

**Value 0.7**

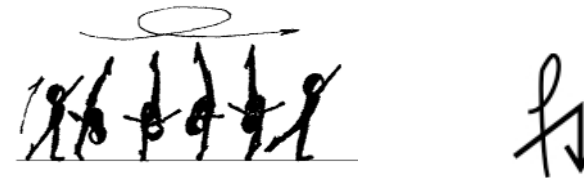
1. From a Standing with feet together, one leg is lifted upward to initiate a 360° vertical circle.
2. Simultaneously the body rotates and turns 360° on the supporting leg. One hand touches the floor, beside the supporting foot.
3. Free Vertical Split.



**D 195: FREE ILLUSION**

**Value 0.5**

1. From a Landing with feet together, one leg is lifted upward to initiate a 360° vertical circle.
2. Simultaneously the body rotates and turns 360° on the supporting leg. Hands do not touch the floor with the placement of the hands being optional.
3. The lifted leg comes down to the starting.
4. Standing on one leg or feet together.



**D 196: FREE ILLUSION TO SPLIT (OR PRONE SPLIT)**

**Value 0.6**

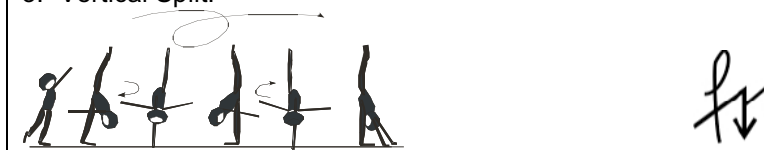
1. From a Free Support Illusion (360°).
2. The lifted leg comes directly down into a Split or Prone Split without the foot touching the floor.
3. Split.



**D 197 FREE ILLUSION TO VERTICAL SPLIT**

**Value 0.7**

1. Standing on one leg.
2. Perform a Free Support Illusion (360°).
3. Vertical Split.



**D 198: FREE ILLUSION TO FREE VERTICAL SPLIT**

Value 0.8

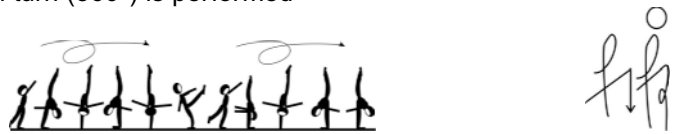
1. Standing on one leg.
2. Perform a Free Support Illusion (360°).
3. Free Vertical Split



**D 200: FREE ILLUSION TO 1/1 TURN IN FREE SUPPORT VERTICAL SPLIT**

Value 1.0

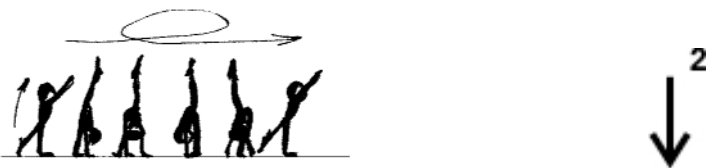
1. Standing on one leg.
2. Perform a Free Support Illusion (360°).
3. Free Vertical Split
4. A full turn (360°) is performed



**D 205: DOUBLE ILLUSION**

Value 0.5

1. Standing on one leg.
2. Perform an illusion (360°) linked with a second Illusion.
3. Standing on one leg or feet together.



**D 206: DOUBLE ILLUSION TO SPLIT**

Value 0.6

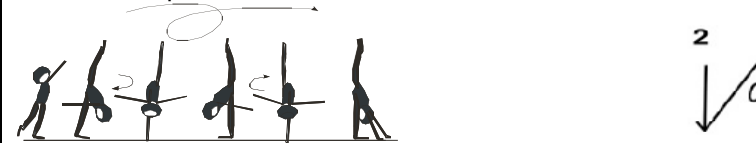
1. Standing on one leg.
2. Perform an illusion (360°) linked with a second Illusion.
3. The lifted leg comes directly down into a split without the foot touching the floor.
4. Split.



**D 207: DOUBLE ILLUSION TO VERTICAL SPLIT**

Value 0.7

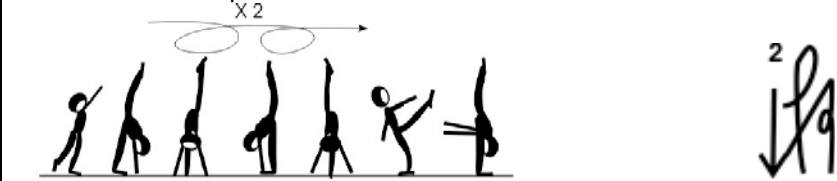
1. Standing on one leg.
2. Perform an illusion (360°) linked with a second Illusion
3. Vertical Split



**D 208: DOUBLE ILLUSION TO FREE VERTICAL SPLIT**

Value 0.7

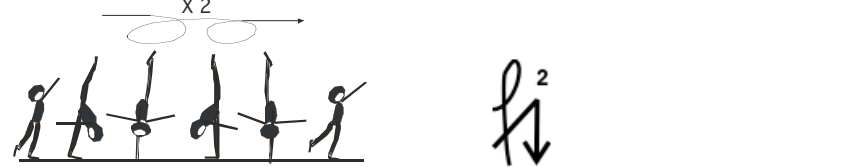
1. Standing on one leg.
2. Perform an illusion (360°) linked with a second Illusion
3. Free Vertical Split



**D 216: FREE DOUBLE ILLUSION**

Value 0.6

1. Standing on one leg.
2. Perform a Free Support Illusion (360°) linked with a second Free Support Illusion.
3. Land on one leg or feet together.



**D 217: FREE DOUBLE ILLUSION TO SPLIT**

Value 0.7

1. Standing on one leg.
2. Perform a Free Support Illusion (360°) linked with a second Free Support Illusion
3. The lifted leg comes directly down into a split without the foot touching the floor
4. Spilt.



**D 218: FREE DOUBLE ILLUSION TO VERTICAL SPLIT**

Value 0.8

1. Standing on one leg.
2. Perform a Free Support Illusion (360°) linked with a second Free Support Illusion.
3. Vertical Split.



**D 219 FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT**

Value 0.9

1. Standing on one leg.
2. Perform a Free Support Illusion (360°) linked with a second Free Support Illusion.
3. Free Vertical Split



**CAPOEIRA FAMILY**

**D 222: CAPOEIRA**

Value 0.2

1. Perform a Capoeira, showing a split in one arm support.
2. Optional ending position



**D 223: CAPOEIRA TO SPLIT**

Value 0.3

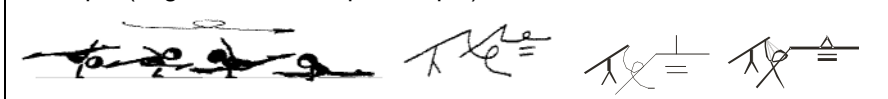
1. Perform a Capoeira, showing a split on one straight arm support.
2. Split without changing the orientation.



**D 224: CAPOEIRA 1/2 TWIST TO SPLIT**

Value 0.4

1. Capoeira.
2. Legs switch s and go into a split while the body is turning 180°, changing the direction.
3. Split (sagittal, frontal or prone split).



**D 225: CAPOEIRA 1/1 TWIST TO SPLIT**

Value 0.5

1. Capoeira.
2. Legs switch and go into a split while the body is twisting 360°, changing the direction.
3. Split (sagittal, frontal or prone split).

**D 234: CAPOEIRA SWITCH TO SPLIT**

Value 0.4

1. Capoeira.
2. Legs swing to switch s and go into a split on the floor, without changing the direction.
3. Split.

**e) SPECIFIC ERRORS FOR EXECUTION**

	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	UNACCEPTABLE 0.5
Inability to hold the balance for 2 seconds for non international events (D 141, 142, 151, 152)				X
If Hips (Pelvis) are lifted in the Pancake	X	X	X	
Inability to complete the rotation in the vertical plane with the lifted leg (Illusion)	X	X	X	
Hopping during turns		X		

**c) MINIMUM REQUIREMENTS FOR DIFFICULTY****FOR ALL ELEMENTS IN GROUP D**

- The angle between legs must be minimum 170°
- ALL ELEMENTS must fulfill the respective minimum requirements for the involved movements

**TURN & BALANCE**

- All turns must be on the ball of the foot without losing contact with the floor
- Missed turns **90° or more (till 180°)** will reduce the difficulty value by **0.1 point**.

**ILLUSION**

- The rotation of the free leg must be completed vertical plane

**BALANCE ELEMENTS No. D141, D142, D151 & D152**

- Competitions for Age Group: These elements must be held for 2 seconds.