



**International Gymnastics
Federation**

Men's Technical Committee

Code of Points

For men's artistic gymnastics competitions at

World Championships
Olympic Games
Regional and Intercontinental Competitions
Events with international participants

1997 Edition

All of the members of the FIG Men's Technical Committee
contributed to this revision of the Code of Points

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Table of Contents

	page
Introduction to the 1997 Edition	4
The Development of the Code of Points	7
 Part I	
Regulations for Judges, Coaches, and Gymnasts	
Chapter	14
1. Purpose and Goal of the Code of Points	14
2. Function and Organization of the Judging Panels	19
3. Rules of Conduct for Gymnasts and Coaches	
 Part II	
The Code of Points	
Chapter	
4. Evaluation of the Competition Exercises	22
5. Floor	32
6. Pommel Horse	45
7. Rings	69
8. Vault	85
9. Parallel Bars	99
10. Horizontal Bar	123

Introduction to the 1997 Edition

The following presentation is intended to provide a brief overview of the development of this Code of Points and to provide some information about important items and content.

An important basis for the revision of the Code was the Symposium called by the MTC on September 16 - 18, 1993. Judges and coaches from 29 federations responded to the MTC's call to attend this event in Lugano (SUI). The president, Yuri Titov and several members of the Executive Committee were among the participants. The opinions regarding the simplification of the Code and reducing the complexity of the judges' tasks were often greatly at variance and far apart. However, there were also some proposals and ideas which were preferred by the majority of participants.

To the TC was left the difficult job and the responsibility to review all ideas and to prepare suitable guidelines for the Code. In addition to the information from the Symposium, it was necessary to take into account the rapid development of gymnastics in recent years and to incorporate any positive insights in the Code. The MTC began its work with these points of view in mind. The result of all discussions and, in part, some strong differences of opinion led, after numerous meetings, to the points of view of the MTC. Among the most important are:

- ◆ The introduction of an A- and B-jury with separated tasks on all apparatus.
 - A-jury: Evaluation of Difficulty, including the Special Requirements and Bonus Points.
 - B-jury: Evaluation of Exercise Presentation with respect to technical and positional execution.
- ◆ The direction of the judges' panels continues to remain in the hands of a head judge who is supported by a Technical Assistant. As of 1997, the head judges will, in agreement with the Women's TC, be known as Chairs of the Apparatus Jury.
- ◆ The retention of 10 as the maximum score. The execution errors will be determined by the B-jury and deducted from the Start Value which is calculated by the A-jury.
- ◆ The evaluation factors will remain as before. The factor "Bonus Points" was raised by 0.40 points and the factor "Exercise Presentation", reduced by 0.40 points.
- ◆ The classification of errors was shortened and better systematized. Thus, a simplification of the deductions and of the work of judges was achieved.
- ◆ The requirement of identical difficulty requirements on all apparatus has proven itself and was retained.
- ◆ The values of the categories of difficulty was not changed and a Super-E category was introduced.
- ◆ Clear and understandable criteria were developed for the recognition of difficulty and for the repetition of elements.

- ◆ The Difficulty Tables were reviewed and altered in a responsible fashion. For Vault, large changes were put in effect. Each vault was assigned an independent Start Value and distributed among five new vault groups. This should reduce and coordinate the previously occurring differences between the scores on Vault and the other apparatus.
- ◆ The information and rules regarding the awarding of Bonus Points, especially for highly difficult connections, were more clearly formulated.

Not all suggestions from the Symposium could be included. Some proposals which, in the opinion of the TC, do not contribute to the simplification of the Code, were not included. Examples include:

- ◆ The implementation of a system of A- and B-scores that leads to final scores of 100 points, or greater than 10 points, per exercise.
- ◆ The submission to judges, in advance of the competition, of a written declaration of the routines on all apparatus. The TC sees this as a large increase in the work load and, above all, additional problems in the understanding and correct interpretation of the exercise content.

A new situation arose out of the elimination of compulsories which was decided at the 69th FIG Congress in Geneva in May, 1994. Compulsory exercises were a component of gymnastics competitions for about 100 years and were a suitable way to compare performances among gymnasts. For the continued development of gymnastics in the absence of compulsories, the MTC decided in favor of retaining the following 4 principles.

1. The retention of the basic values of gymnastics such as beauty of movement and aesthetics as well as harmony and the correct rhythm of movement.
2. The requirement of overall body development and physical education of gymnasts, which supports gymnastics on all apparatus. Thereby, the TC opposes the development of one sided abilities and skills during the preparation process.
3. The inclusion of many and various movements; that is, from many structure groups in the exercises on all apparatus.
4. The assurance of the controllability of gymnastics and its developmental tendencies to avoid occurrences that contradict the essence and basic values of gymnastics.

The assistance of these criteria should better direct the development of gymnastics and thus, make it more comprehensible. Without them, one would have to fear that gymnastics will slide into sensationalism and result in the demonstration of more and more tricks.

This is also the reason why the MTC views Special Requirements in a different light in the absence of compulsories and will retain them on all apparatus. This will not only demand a variety in the content of exercises, but rather also enable a conformity to developmental trends.

The new organizational form of judges' panels and their separated tasks must, from a historical perspective, be seen as the biggest change in the Code of Points in the last fifty years. With the implementation of an A- and B-jury, we replace a format that consisted of 1 head judge and 4 judges (6 since 1993) and that has been in effect for half a century. That organization that was introduced in the first Code in 1949 has proven itself. The justification for this large change lies in the massively increased technical and exercise content demands of gymnastics as well as the expressed wishes of many judges to have their tasks simplified.

The MTC represents the opinion that the continued beauty of movement and the aesthetic presentation of an exercise continue to belong to the most important values of gymnastics. Therefore, the principle that the content of an exercise should be suited to the capabilities of the gymnast must be obeyed even more than in the past. The enforcement of this rule is and remains the duty of the gymnast and coach, not that of the judge. The perfect mastery of an exercise, that can only be attained gradually and cannot be forced, is not only the best safety measure for the gymnasts but also the most effective advertisement for our sport.

The MTC hopes, with this edition of the Code, to have achieved good prerequisites for a continued positive development of gymnastics and hopes simultaneously for its correct practical application. May this Code, the application of which is also recommended for national competitions, help to further improve gymnastics throughout the whole world.

The MTC hereby thanks all friends who made suggestions and proposals and thereby, helped support the revision of the Code.

As president of the Men's TC, I also thank all TC members for their contribution to the revision of this Code.

The Men's TC wishes all judges, gymnasts, and coaches much success in the application and implementation of this new Code of Points which goes into effect on January 1, 1997.

Karl-Heinz Zschocke
President of the MTC-FIG

The Development of the Code of Points

The first actual Code of Points of the International Gymnastics Federation (FIG) was formulated in the year 1949. Before World War II the standards for judging were limited to a few statements of general character concerning technical principles; certain rules for deducting points and regulations were also determined within a limited scope by the Technical Committee before each competition. This had the effect that each judge evaluated performances more or less in the same manner as he had learned and practised in his own country. This naturally led to marked differences in the scoring and to incorrect judgements.

The stormy development of artistic gymnastics during the post-war era and the better comprehension of technique through instruction urged for the creation of a uniform and all-comprising regulation. Decisive for this was above all the competitions at the first post-war Olympic Games held in London in 1948 where the differences between the scores awarded by the different judges were so great that inaccurate judging was unavoidable. This brought about in gymnastic circles and in the press severe criticism which forced the Technical Committee to create concrete guidelines for the evaluation of performances before the World Championships to be held in Basel in 1950.

For the realisation of this necessary measure the commission, at that time, was able to make use of regulations already in effect in some of the individual nations.

Under the name "Code of Points" the first judging regulations appeared in the year 1949. It was comprised of twelve printed pages and allowed for a separation of evaluation into three factors: difficulty, combination and execution. At the same time, however, the guidelines took no special notice of the content in the difficulty of optional exercises. At the urging of the French representative of the Technical Committee (TC), Claude Lapalu and of Pierre Hentges (Luxembourg), the organisation of judges was so formed that for each apparatus four judges were under the supervision of a superior judge, and the final score calculated from the average of the two middle scores. For a long time this method has proven itself, and should be retained. At the World Championships in 1950 in Basel, these first regulations stood up well; it was apparent, however, that progress had already surpassed these regulations in artistic gymnastics.

For the 1954 World Championships in Rome a new edition of the Code of Points was issued which for the first time was comprehensively concerned with the analysis of difficulty. It was also taken into consideration that the system of evaluation should always be formulated in view of new developments.

These regulations were constantly supplemented and improved before every important competition; and since the expansion of the material naturally resulted in new tasks for the judges, special instructions for the corps of judges were prepared before each official competition of the FIG and before the Olympic Games.

The introduction of the "finals" to declare a champion on each apparatus (1956 Olympic Games in Melbourne) brought about new aspects which had to be taken into consideration.

Later on the actual A, B and C parts were introduced as well as their evaluations and a better understanding of the sector "combination". The expansion of the scoring regulations brought about ever greater demands on the judges, trainers and gymnasts, and also necessitated further defining of these regulations as well as systematic education of the judges at the same time. This situation as well as experience gained over the years formed the basis of the 1964 Code of Points, and the four year development cycle for judges began at the first intercontinental course for judges in 1964 in Zurich. The Code of Points and the first education cycle have influenced the evaluation of exercises in a positive manner, kept pace with the development of gymnastics and contributed to bringing many diverging view points under one common denominator.

The 1968 edition of the Code of Points did not basically change, however it was structurally so formed that its practical application was made easier. The tables of A, B and C parts have undergone an extensive revision and for the first time the evaluation in final competitions had been included.

The II Intercontinental Judges Course was held on June 18-23, 1968 in Rome. In 1971 the "Code of Points" was supplemented with a new booklet as a temporary solution. Experience gathered by the participants of the 2nd cycle judges course and by the judges and technicians at the 1970 World Championship in Ljubljana were responsible for the 1971 supplement bringing the Code of Points up to date. The current rules have proved valuable and are the basis for all education, evaluation and development in artistic gymnastics. Changes in the 1976 edition were influenced by the experience gathered at the 3rd cycle judges course (1971-1975) and the analysis made by the technicians at the 1972 Olympic Games in Munich as well as by the experience gathered at the judges symposium held in Madrid in 1973. Worth mentioning is the new distribution of points into three categories: difficulty, combination and execution with 3.4, 1.6 and 4.4 points equalling a base score of 9.4 points thus leaving 0.2 points each for risk, originality and virtuosity. This system will be in all three competitions thus alleviating any form of mitigation. The presentation and definition of vaults has been considerably simplified and the base score of 9.8 points, which was introduced to the compulsory exercises is aimed to introduce the bonus point possibilities of 0.2 points for virtuosity even in the compulsory program. The new simplified Code of Points was used as a guideline for the IV Intercontinental Judges' Course held on September 3-7, 1975 in Thonon-les-Bains. This course also marked the beginning of the 4th judges cycle.

The new 1979 edition of the FIG Code of Point was used as the basis for the V Intercontinental judges course held on January 10-17, 1980 in Moscow. This marked the beginning of the 5th judges cycle which was planned to end on December 31, 1983, but was extended until December 31, 1984 because no plans were conceived for the modification of the Code of Points before the XXIII Olympic Games in Los Angeles in 1984.

These changes and additions in the new Code of Points were based on the following:

1. Proposals made by member federations to the 58th, 59th and 60th FIG Congress held respectively in Moscow in 1980 and 1981 and in Zurich in 1982.
2. Analysis by technical observers during the Olympic Games and World Championships
3. Judges and coaches' symposium of April 5-8, 1982 in Budapest
4. Judges symposium conducted on May 22-23, 1985 in Rome
5. Experiences gained by the FIG Men's Technical Committee.

Because of the development of artistic gymnastics and the level of achievement during the past four years, certain innovations and changes were necessary. It was proven that presently existing point values awarded for difficulty, combination and execution can no longer keep up with progress. Therefore point values given for difficulty was raised to 4.0 on the other hand value given for combination was lowered to 1.0 and execution stayed the same 4.4. Very similar to present practices the base score remained 9.4 to which a 0.6 bonus point can be added in all three competitions. Simultaneously for evaluating difficulty a D category was introduced.

Since 1983 before each FIG event and Olympic Games a judges refresher course combined with examination was instituted. The results show, that our judges possess high quality technical knowledge. This however does not always reflect positively during competitions. For this reason, the Men's Technical Committee, similar to other sports, plans to appoint its own judges.

Since 1964, major credit for the work on the Code of Points must be given to the three technical presidents, most of all to Mr. Arthur Gander of Switzerland. Mr. Ivan Ivancevic of Yugoslavia and Mr. Alexander Lylo of Czechoslovakia and last but not least to their co-workers, Mr. Rudolf Spieth of Federal Republic of Germany, Mr. Karl-Heinz Zschocke of the German Democratic Republic, Mr. Akitomo Kaneko of Japan and the members of the FIG Technical Committee for Men.

The 1985 edition was created by a special commission under the chairmanship of Alex Lylo, Chairman, Men's Technical Committee; Karl-Heinz Zschocke, vice-president, Men's Technical Committee; and Sandor Urvari, member Men's Technical committee as co-workers.

The 1989 edition is also based on a number of decisions and recommendations made at the 64th and 65th FIG Congresses in Rome and Herning, and valuable ideas were exchanged at the Judges' Symposiums held in Rome in 1985 (June 24/26) and in 1986 (May 23/25).

It was there, that the decision was made to introduce the position of Head Judge Assistant, whose duties are listed in this CP. At the 1987 World Championships in Rotterdam, these assistants were used for the first time and it proved to be a valuable experience.

The changes in this CP, which make it more comprehensible are as follows:

- Categorisation of the Specifics to the Apparatus on an event basis
- Introduction of the Classification of Errors,
- Introduction of numbered vaults and the introduction of new starting values for vaults,
- Introduction of the 0.05 pt. evaluation for Competition III.

The usual analysis and various activities preceded as well the 1993 edition of the Code. Counting as the most important activity was the carrying out of a symposium for judges and coaches, and this took place on March 19 and 20, 1991 in Paris. The centre of interest there was not only questions with regard to judging, but also questions concerning the substantial further development of men's artistic gymnastics were debated. Some of these could be included only in a small way or not at all in the Code. The reasons for this were diverse; much stimulation and thoughts, however in particular due to changes being too radical in such a short time period, without having considered practical experience.

Important decisions from the 66th and 67th FIG Congresses from Seoul (1988) and Frankfurt am Main (1990) led to changes of the Code. Belonging to these are the use of six judges at each apparatus at official FIG competitions, the use of the TC Members as Controllers as well as the draw of the head judge from the group of judges registered for that respective competition. In conjunction with this the overall competition jury and its tasks were made more concrete as far as the Technical Regulations.

Finally the decision concerning a new competition system which was accommodated in 1990 in Frankfurt and foresaw yearly World Championships, led to thoughts for better evaluation of the gymnastics performances. Particularly the introduction of Individual World Championships in All-Around and Apparatus required new considerations. These had to be addressed in the Code. Thus in agreement with the Congress decisions, the experience collected with the previous Codes and the anticipated development of men's international gymnastics, that which was proven valid was left, and a range of changes were established. Here only a few of them will be mentioned:

- Change of the deduction factors with new determination of contents and new value.
- Abolition of bonus points for originality and risk as well as for virtuosity in the optional exercises.
- Bonus points only for high and the highest difficulties performed with good technical execution.
- Introduction of identical difficulty requirements for all competitions.
- Establishing E-parts in the difficulty tables, however they are not required.
- New values for vaulting.

At the same time, already with these changes, a transition to the next Code, the 1997 edition, should be created, and in this Code further and in part substantial new aspects will be introduced. For the first time the Code will appear in larger format.

The preparation of the 1997 Edition of the Code required the resolution of two important tasks.

1. The introduction of sensible changes and the inclusion of new ideas which had been discussed already in advance of the completion of the previous edition in 1993 but which could, for reasons of lack of time or insufficient practical testing, not be incorporated.
2. Taking into account the rapid developments in gymnastics that were made evident, especially in the continued escalation of difficulty and in improved execution, both of which can be expected to occur again.

The special Symposium that the MTC called and conducted on September 16 - 18, 1993 in Lugano (Switzerland) resulted in heated and contradictory discussion. The opinions regarding the simplification of the evaluation criteria and reducing the complexity of the judges' tasks were often far apart. Yet, with respect to some questions and problems, they were often much in agreement. The TC whose difficult job it was to test all of the ideas and proposals, had long discussions during numerous meetings to develop points of view about the composition of this Code. Among them, the most important include:

- The introduction of an A- and a B-jury.
 - The retention of the maximum score of 10.
- Nevertheless, several ideas were rejected and could not be implemented since, in the opinion of the MTC, they do not contribute to the simplification of the Code; that is, do not make it more comprehensible. Examples include:
- The implementation of a system of A- and B-scores that leads to final scores of 100 points per exercise.
 - The submission to the judges, by a specified time in advance of the competition, of a written declaration of the intended routine on each apparatus.

The elimination of compulsories after the 1996 Olympic Games, as was decided at the 69th FIG Congress in Geneva in May 1994, made additional reflection on the Code urgent. The TC proceeded from 4 fundamental concepts which needed consideration for the future development of gymnastics in the absence of compulsory exercises. These were:

1. The retention of the basic values of gymnastics such as aesthetics and the beauty of movement.
2. The guarantee of a overall bodily development.
3. The inclusion of many and various movements from different structure groups.
4. The controllability of gymnastics and its developmental tendencies.

The assistance of these criteria should cause the development of gymnastics to be better directed and thus, be more comprehensible. Without them, one would have to fear that gymnastics will begin to lose its value as a sport and slip instead into sensationalism; that is, the display of ever more tricks in response to individual inclinations and abilities.

For these reasons, the TC also saw the value of special requirements in a different light. The evaluation of all discussions and the adherence to the presented criteria resulted in the retention of special requirements. They have assumed a greater significance with the elimination of compulsories because through them, variety in the content of exercises is required and conformity to developmental trends assured. Therefore, three requirements have been restated in the 1997 Code for each apparatus except vault although they have, in part, been changed.

From a historical perspective, this 1997 Code holds a special position because it no longer includes rules for compulsories which were, after all, a component of gymnastics competitions for about 100 years but also because a new organisation of judges into an A- and B-jury has been implemented. The number of judges of four per apparatus that has been required since the first Code in 1949 was increased to six already in 1993. The formation of an A- and a B-jury which is required as of 1997 therefore serves as the biggest change in the organisation of the judges in the past 50 years. The function of the head judge position as expert and responsible Chair of the judges' panels at the apparatus has shown its value over that half century and continues to this day. As of 1997 they will, in agreement with the Women's TC, be known as the Chair of the Apparatus Jury.

The introduction of A- and B-juries involves a significant division of judges' work and provides not only a great simplification of their functions but must also be seen as a method of assuring a more objective evaluation. Finally, the separated judgement of the various evaluation factors renders virtually impossible the collusion of several judges in determining the final score. Therefore, a high level of expertise is demanded of the Chairs of the Apparatus Juries who are nevertheless supported by, or collaborate with, a knowledgeable Technical Assistant.

The Difficulty Tables were reviewed and revised as deemed necessary and responsible. Large changes were made only on Vault where each vault was assigned an independent value and distributed among five new vault groups. The goal of this change was to reduce the relative differences between the scores on Vault and the other apparatus.

In addition to the aforementioned changes, other parts of the Code were reviewed and partially changed. In the process, the TC endeavoured to adapt acceptable proposals from the 1993 Symposium without rejecting anything of value. So, for example:

- The evaluation factors were slightly altered to the benefit of Bonus Points which was also better defined and which application and distribution, especially for difficult connections, was clarified.
- The classification of errors was shortened and better systematised.
- The difficulty requirements for all apparatus were maintained.
- The value of the difficulty categories remained unchanged.

With this edition of the Code of Points, the TC hopes to have provided a further improvement in the evaluation of gymnastics exercises combined with an essential simplification of the activity of judges.

For this revision, the TC once again pursued the goal of rendering the Code more simple and comprehensible and hopes to have succeeded in this task in the interests of improved judging and the continued positive development of gymnastics.

Karl-Heinz Zschocke
President of the FIG-MTC

PART I

Regulations for Judges, Coaches, and Gymnasts

Chapter 1: Purpose and Goal of the Code of Points

Article 1

1. The Code of Points has the purpose and goal of guaranteeing the most objective evaluation of exercises in men's gymnastics at the international level. A further purpose is to advance the knowledge and skill of the judges and to serve as a guideline to gymnasts and their coaches in the construction of their exercises and the preparation for competitions.

2. The regulations in the Code are based on the FIG Technical Regulations (TR), on fundamental decisions made by the Technical Committee (TC), as well as on material obtained at symposia, while considering practical experience and modern development of the sport of gymnastics.

3. The judges must adhere to this Code without the slightest deviation, otherwise they may be dismissed from their position by the Directors of the competition.

4. It is recommended that this Code be utilized at all national competitions.

Chapter 2: Function and Organization of the Apparatus Juries (Judging Panels)

Article 2

Rights and Duties of the Judges in general

1. The judges must have close involvement with the sport of gymnastics and must constantly expand their practical knowledge. The basic prerequisites for their activities are:
 - excellent knowledge of the Code of Points
 - excellent knowledge of the FIG Technical RegulationsPrerequisites for judging at official FIG competitions are:
 - to be in possession of a valid FIG Brevet
 - to have proven themselves successful in their judging activity at competitions between countries, at international invitationals, and at national competitions
 - the ability to demonstrate a good educational and fair sports demeanor during the competition.

2. All members of an Apparatus Jury (judging panel) are obligated to:
 - attend all judges' instruction and all scheduled meetings and podium training for the particular competition
 - be present in the competition arena one hour prior to the competition
 - be well prepared to fulfill their duties
 - appear in the proper attire, wearing preferably gray slacks, dark blue jacket, light colored shirt and tie

3. During the competition, each judge is requested:
 - not to leave his assigned seat
 - not to have contact with other persons
 - not to engage in discussions with coaches, gymnasts, and other judges

Article 3

The Rights and Duties of the Technical Committee Members

1. At FIG competitions, the TC members serve as the Chairs of the Apparatus Jury on all apparatus. Their task consists of observing and controlling the work and the behavior of all judges on the A- and B-juries, including the Technical Assistant. They are obligated to judge all parts of all exercises.

2. Only in exceptional cases or for extreme deviations as outlined in Art. 11.6 do they have the right to speak with the judges in order to jointly determine a correct score. If there are differences in the Start Values, they have the right to establish the final Start Value which may be awarded in tenths of points only.

3. Should there be repeated deviations, they will inform the Superior Jury (Competition Jury), of which the TC President is the Chair, who will, if necessary, prepare or pronounce sanctions against the judge(s), in accordance with the Technical Regulations.

4. The TC Members serve as the liaison to the Superior Jury (Competition Jury), whom, at their discretion, they may call in order to clarify problems and disturbances that have arisen. They are accountable to the Superior Jury (Competition Jury) for the work of their judges' panels and for any problems that may have arisen. Additionally, their responsibilities include:
 - instructing all judges about the technical organization and procedures for submitting or transmitting their scores

- verifying or calculating the correct Final Score
 - signaling the availability of the apparatus with the green light, or giving the red signal when it is not yet available
 - taking the deductions from the Final Score for time and line violations, as well as deductions for unsportsmanlike or undisciplined behavior.
5. In order to perform his duties, the Chair of the Apparatus Jury is to be seated so that he can immediately inspect the scores given by all judges as well as those entered on the master score sheet.

Article 4

The Rights and Duties of the formerly Technical Assistants

1. Technical Assistants will be utilized at all FIG competitions on all apparatus. The Technical Assistant assists the Chair of the Apparatus Jury and is both the coordinator and a member of the A-jury. The Technical Assistants (and A-judges) will be drawn from a list of those who have achieved both exceptional examination results and practical experience.
2. It is their duty to coordinate the work of the A-jury, to calculate the content value of the exercises, and to notify the Chair of the Apparatus Jury of any violations. They concentrate on the performed Difficulties, Special Requirements, and Bonus Points.
3. To fulfill their duties properly, they are obligated to faultlessly record the exercise content. Their written records will serve as the basis for their written reports and to clarify for the Chair of the Apparatus Jury problems arising in the A-jury.
4. After the conclusion of the competition, the Technical Assistant must submit a brief report to the Chair of the Apparatus Jury, citing problems, violations, or ambiguities with names of the respective gymnasts.
5. Based on the requirements issued by the TC President, the Technical Assistants are obligated to submit a written report of the content of all exercises to the TC President and the Chair of his Apparatus Jury in one of the official FIG languages and within 2 months of the competition.

Article 5

The Rights and Duties of the Judges

1. All judges will be drawn to their functions under the authority of the Men's Technical Committee, and in accordance with Chapters 8.8.2 and 8.9.1 of the Technical Regulations. The judges serve on either the A- or the B-jury and they are obligated to correctly and rapidly register and evaluate all exercises on their event according to this Code of Points. The A-jury will be drawn from a list of those who have achieved both exceptional examination results and practical experience.
2. The judges of the A-jury are responsible for the registration and evaluation of:
 - the difficulty
 - the special requirements
 - the awarding of bonus points
3. The judges of the B-jury are responsible for the evaluation of the exercise presentation with regard to technical, positional, and aesthetic execution.
4. Additionally, their duties include:
 - correctly completing the score sheets in the prescribed manner
 - adhering to the instructions given by the Chair of the Apparatus Jury
 - helping to avoid delays in the competition
 - making sure that the helpers submit the scores efficiently and to check the display of their own scores on the score board. If the displayed score is incorrect, the Chair of the Apparatus Jury is to be informed immediately.
 - being ready to judge the moment the Chair of the Apparatus Jury signals the availability of the apparatus.
5. A judge has the right to file a written protest with the directors of the competition in case of arbitrary action taken against him by the Chair of the Apparatus Jury.

Article 6

Guidelines for Judges' Control

1. On the basis of the "Guidelines for Judges' Control", violations of the Code or violations of the TC instructions may result in sanctions pronounced by the President of the Technical Committee or the President of the Jury of Appeal.
2. Violations of the Code or incorrect conduct by the judges include:
 - intentional violation of the Code of Points
 - intentionally giving an advantage or disadvantage to one or several teams, or one or several gymnasts
 - not adhering to the instructions given by the TC or by the Chair of the Apparatus Jury

- repeatedly giving scores which are too high or too low
 - not adhering to the instructions for an orderly and disciplined competition
 - not participating in the judges' instruction sessions or being absent from podium training without permission
 - improper attire
3. The following sanctions can be pronounced:
- exclusion from the competition by the TC President due to judging incorrectly or not attending a judges' instruction or podium training
 - verbal warning by the Chair of the Apparatus Jury
 - other sanctions as outlined in the Technical Regulations

Article 7

The Organization of the Apparatus Jury (Judging Panel)

1. At all official FIG competitions, the juries for each apparatus, will be composed of an A-jury and a B-jury as follows:

A-Jury

1 Technical Assistant + 1 judge

B-Jury

6 judges

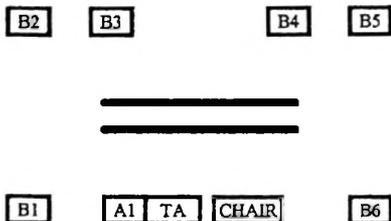
These two juries work under the direction of the Chair of the Apparatus Jury. See also Article 3.

2. At continental and other major competitions, the identical composition of the Apparatus Jury is recommended. The Chair of the Apparatus Jury should be the representative of the Continental Union or a judge appointed by him.
3. At all other international competitions such as dual meets, invitationals, etc., changes are possible and permitted with the agreement of the participating national federations. A minimum requirement for each apparatus is 2 judges each for the A- and B-jury and one Chair of the Apparatus Jury.
4. The organizers will provide each Chair of the Apparatus Jury one or two trained helpers and at major FIG events, each judge will be provided one trained helper, so that they may accomplish their duties quickly and without error. These helpers will serve in the function of secretaries or technicians, and will submit the scores to the Chair of the Apparatus Jury or the master scorer (secretariat). The use of a computer should be ensured at all competitions.

Article 8

Seating Arrangement and Working Procedure of the Juries

1. The Chair of the Apparatus Jury and the A-jury will sit with some separation in one line in front of the apparatus.



2. The placement of the B-jury will be clockwise around the apparatus beginning from the left, and for Vault, adjacent to the landing area.
3. The TA will submit the score slip with the agreed upon Start Value to the Chair of the Apparatus Jury whereas the B-jury will have its individual slips collected by a designated helper. At World Championships, Olympic Games, and where deemed appropriate, helpers can be assigned to collect the slip of the A-jury.
4. The judges must complete their score slips even if an electronic scoring system is in use. In case of discrepancies between the computer entry and the score slip, the computer score is considered the legal score.

Chapter 3: Rules of Conduct for Gymnasts and Coaches

Article 9

The Rights and Duties of the Gymnast

The gymnasts are requested to make themselves familiar with the contents of the Code and to know all rules that will help guarantee an orderly competition.

2. Proper competition attire must be worn during all competitions. A team must wear competition attire which is uniform. On Pommel Horse, Rings, Parallel Bars and Horizontal Bar, all competitors must perform their exercises in long competition pants and footwear (gymnastics slippers or socks). On Floor Exercise and Vault, the gymnasts may wear short pants and perform without footwear. The wearing of a competition shirt (jersey) is mandatory in all competitions. For violations against the individual dress code, a deduction for unsportsmanlike conduct will be applied to the Final Score on each affected apparatus, according to Article 9.11. For violations against the team dress code, a 0.20 deduction will be applied to the Team Result on each affected apparatus.
3. For the prevention of accidents and the psychological support of the competitor, an assistant (spotter) will be permitted to stand near the Horizontal Bar, Rings, Parallel Bars and Vault. Assisting the gymnast will lead to non-recognition of the element and will be penalized with 0.40 point. If a second coach stands near the apparatus, a deduction of 0.20 pt. will be applied.
4. On Horizontal Bar and Rings a gymnast may be assisted to a hanging position by a coach or by another gymnast. However, the evaluation of his exercise begins the moment his feet leave the floor.
5. The use of bandages and leather grips is permitted. They must however be in good condition and securely fastened.
6. Each gymnast is entitled to a 30 second warm-up period on each apparatus (150 seconds for a team). The members of a team or squad must assure that the last gymnast is also able to receive his 30 second warm-up.
7. Prior to the start of an exercise, i.e. immediately following the green light or signal from the Chair of the Apparatus Jury, the gymnast must present himself to the Chair of the Apparatus Jury in the proper basic stance, raising one arm and must also acknowledge him at the conclusion of the exercise
8. During the competition, the gymnast is not allowed to speak to the judges.
9. No gymnast has the right to leave the competition arena without permission, as it will result in disqualification.

10. Undisciplined or unsportsmanlike behavior will be interpreted as a violation of the rules and will result each time in a penalty of 0.20 pt. which will be applied by the Chair of the Apparatus Jury. Examples include:
- delaying the start of an exercise after the green light or the signal to commence is given (30 second maximum)
 - delaying or extending personal warm-up time
 - wearing the incorrect start number or not wearing it at all
 - remounting the podium after the completion of an exercise
 - presence of unpermitted spotter near apparatus
 - violation of the rules for proper attire
11. In principle, in all competitions, exercises may not be repeated. Repetitions are permitted only if the gymnast has to interrupt his exercise due to no fault of his own. The Chair of the Apparatus Jury will decide if an exercise may be repeated.
12. A gymnast may request of the MTC President that the Horizontal Bar and/or Rings be adjusted upward to accommodate his height and may expect that such a request will not be unreasonably denied. Such a request must be submitted to the MTC President at least 24 hours in advance of podium training. The gymnast is not permitted to adjust the height of the apparatus himself.

Article 10

The Rights and Duties of the Coach

1. Each coach must know the Code of Points and conduct himself according to the rules.
2. Each coach is required to proceed in a manner that will ensure a rapid and disciplined competition. Aside from his coaching responsibilities, he must direct his gymnasts to conduct themselves in a fair and sportsmanlike manner on the apparatus, during the procession to the next apparatus, during the march-out, and during the awards ceremony.
3. Coaches are not permitted to speak to the gymnast while he is performing his exercise (0.2 deduction). Further, coaches are not permitted to speak with judges during the competition.
4. Coaches who conduct themselves in an undisciplined manner or who violate the rules may be excluded from the competition by the Directors of the competition.

PART 2 The Code of Points

Chapter 4: Evaluation of the Competition Exercises

Article 11

General Rules

1. On all apparatus, the maximum score for an exercise is 10 points and this forms the basis for all deductions which are applied only in tenths of a point. The Final Score of an exercise will be established by an A-jury and a B-jury.

2. The A-jury establishes the Start Value of an exercise and the B-jury registers the execution errors related to technique and body position. The Final Score of an exercise is calculated by subtracting the deductions for these execution errors from the Start Value. The Chair of the Apparatus Jury is responsible for the correct determination and verification of the Final Score for an exercise. In order to assure the accuracy of the Start Value, new elements or vaults must be submitted in writing to the TC President before the first day of podium training.

3. The calculated Start Value is entered into the computer. In the case of differences, a short verbal consultation is allowed for the agreement on a single Start Value. If the difference persists, the decision on the correct Start Value is made by the Chair of the Apparatus Jury after consultation with the Technical Assistant.

4. On all apparatus, the 6 judges of the B-jury independently determine the sum of the technical and positional execution errors which is entered into the computer and forwarded to the Chair of the Apparatus Jury. The highest and the lowest sums of execution errors are eliminated. The average of the four remaining sums is deducted from the Start Value in order to determine the Final Score for an exercise.

5. The B-jury is obligated to deduct equally severely for any error of the same magnitude regardless of the difficulty of the element or the combination

6. At competitions with four or fewer B-judges, the difference between the two middle sums of deductions may not exceed:

0.20	for deductions of	0.00 - 0.50
0.30	for deductions of	0.55 - 1.00
0.40	for deductions of	1.05 - 2.00
0.50	for deductions of	> 2.00

At such competitions, the Chair of the Apparatus Jury will resolve excessive differences by making adjustments according to the allowable differences.

7. At FIG competitions, the single Start Value from the A-jury and the sum of execution deductions from each judge of the B-jury will appear on the main results form. The Start Value, the sum of execution deductions from each judge of the B-jury (or those deductions subtracted from the Start Value), and the Final Score for the exercise must be displayed to the public. At other competitions, the Start Value, the sum of execution deductions for each judge of the B-jury and the Final Score of the exercise will appear in the competition results. At such competitions, the Start Value for the exercise may be displayed and the Final Score must be displayed.

Article 12

Basis for the Construction of Exercises

1. The content of all exercises must conform to the capabilities of the gymnast. The degree of difficulty of an exercise must never be escalated at the expense of correct form and technically correct execution. The following principle is valid: A gymnast must be in full and complete control of his body. For the execution of exercises in competition, one of the most important concerns in gymnastics is the prerequisite of safety, elegance and flexibility for an aesthetic performance.
2. Along with this basic principle, at the same time an appeal is directed toward the gymnasts and the coaches that for the selection of the exercise parts, the risk of injury be as low as possible and the maintenance of the gymnast's health be placed in the foreground.

Article 13

Evaluation Factors

1. Exercises on Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar are evaluated on the basis of the following four factors, subdivided for the A- and B-juries:

A-jury

Difficulty	2.40 points
Special Requirements	1.20 points
Bonus Points	<u>1.40 points</u>
	5.00 points

B-jury

Exercise presentation (technique and position)	5.00 points
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Article 14**Difficulty Requirements**

1. Exercises on Floor Exercise, Pommel Horse, Rings, Parallel Bars, and Horizontal Bar, require the following difficulties in all competitions:

	A	B	C	D	E	Value
Number	4	3	2	1	0	
Value	0.1	0.2	0.4	0.6	0	2.40 pt.

2. In the evaluation of Difficulty, only its actual maximum value, of 2.40 points may be awarded. If an exercise does not contain the required number of value parts, a deduction equivalent to the value of the missing value parts is taken. The performance of additional value parts does not increase the total 2.40 value for Difficulty.
3. In order to assure an aesthetic performance and not to violate the principles of Article 12, E-parts are not required. Gymnasts with the necessary prerequisites and a high level of performance can show E-parts and Super-E-parts which will be rewarded with Bonus Points if shown with technically good execution. (see Art. 22)

Article 15**Substitution of Value Parts**

1. If a gymnast is capable of performing more difficulties than required or of replacing the easier ones with more difficult ones, he may do so but without increasing the total value of Difficulty. Therefore, a higher difficulty element always replaces a lower one completely.
2. A lower difficulty element can never replace a higher one, not even partially. If additional lower difficulty elements are shown, yet higher ones are missing, a deduction equivalent to the value of the missing higher difficulty elements is applied.
Example: For the performance of 4 B-parts and 1 C-part, the missing C-part is not partially recognized with 0.2 points, rather it receives the full 0.4 pt. deduction.
3. A judge is never permitted to break down elements in the case of missing difficulties.

Article 16

Recognition of Difficulty and Repetition

1. The difficulty of an element is recognized only when it exhibits the specific technical characteristics of the required starting position through to the correct end position. Body position errors will be deducted by the B-jury in every case.
2. For the recognition of Bonus Points, at most one element may be repeated one time within an exercise. Elements that violate this rule receive neither Bonus nor value. This applies also when one element is used in the performance of different Bonus combinations. An element is considered the same if it has the same Code Identification Number (see also Chapter 7: Rings, page 68, #9).
3. Elements or connections not eligible for Bonus Points may be repeated but will be recognized only twice by the A-jury.
4. For the purposes of awarding Bonus Points, repetition will be controlled in the order of appearance of the elements in an exercise; that is, chronologically. The Bonus Points for any additional repetition will not be recognized by the A-jury, but no further deductions apply if the element or connection is correctly performed.
5. In the special case where the same two element connection such as C + D or C + E is repeated later in the routine, and no other bonus eligible element has yet been repeated, the D or E receives bonus but the connection bonus is not awarded for the second one.
6. No element (Code Identification Number) may be performed three times in direct succession. The A-jury will deduct 0.20 points for each appearance of three same elements in direct succession.

Article 17

Construction of an Exercise

1. The construction of an exercise should support a harmonious and rhythmical presentation and guarantee the flow of all movements in a fluid form as well as take into consideration the structural variety of gymnastics. Furthermore, the principle of Article 12 is to be considered.
2. All mounts must commence from the basic stand position, from a short run (only Parallel Bars and Horizontal Bar), or from a still hang. Pre-elements or intermediate elements may not precede the actual mount. This rule does not apply to Vault where the specific rules stated for that apparatus apply.

3. Dismounts from all apparatus as well as the conclusion on Floor Exercise and Vault must end in a standing position with the legs together. With the exception of Floor Exercise, pushing from the apparatus with the feet in order to execute the dismount is not permitted.
4. In the evaluation of the exercise construction, each violation of the general requirements is considered an error and will be appropriately penalized by the B-jury.

Article 18

Technical Execution and Body Position Errors

1. An element will be considered to have been performed technically correctly when it has adhered to the general requirements for correct body position and achieved the correct end position in an effective manner and with minimum physical effort or disturbances in rhythm.
2. Faulty technical execution of a swing element occurs when, through deviations in the flow of the movement, the gymnast jeopardizes the successful performance of the element and/or it is not performed in its entirety or in its individual movement phases, with optimal amplitude to the correct end position.
3. Body position errors occur when an element or the movement is executed with bent body parts (arms, legs, torso) where this infringes upon the aesthetic effect and the refinement of the movement.
4. The stretched, piked and tucked body positions are defined as follows:
 - Stretched: By a stretched body position we mean a position during which a line from the shoulders through the hips to the ankles is straight for static elements and straight or slightly bent forwards or backwards during dynamic elements.
 - Piked: By piked we mean a body position during which the knees are straight and the hips are bent at least 90°. Errors include a pike of less than 90° from the extended position and/or an additional bending of the knees.
 - Tucked: By tucked we mean body position during which the hips are strongly bent and the bent knees are brought to the chest. Errors include a hip bend of less than 90° from the extended position and/or a knee bend of less than 90°.
 - Exceptions can be made if the correct technical execution of an element requires a modification of these positions.

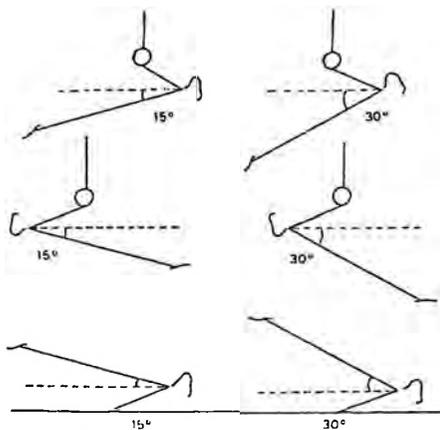
5. Technical errors and errors in form are divided into the following four categories:
- Small Error 0.10 points
 - Medium Error 0.20 points
 - Large Error 0.40 points
 - Fall 0.50 points
6. Under these errors we understand:
- Small Error
Near errorless execution, minor error, slight deviation from correct execution or the end position.
 - Medium Error
Distinct or significant deviation from errorless execution or the end position.
 - Large Error
Severe deviation from errorless execution or the end position.
 - Fall
Fall from or onto the apparatus.
7. An exercise interrupted by a fall, with or without release of grip, may be continued within 30 seconds. The element which caused the fall may be repeated.

Article 19

Determination of Technical Execution and Body Position Errors

1. All deviations from the correct position are considered errors in execution and must be evaluated accordingly by the judges. The amount of the deduction for small, medium, or large errors is determined by the degree of deviation from the correct position. The same deduction is applied each time for the same severity of bending, whether it be the arms, legs, or the body.
2. Execution errors such as bending the arms, legs or body are categorized as follows:
- Small Error: slight bending 0.10 points
 - Medium Error: strong bending 0.20 point
 - Large Error: extreme bending 0.40 points
3. During hold elements, deviations from the correct position are penalized as follows:
- Small error: up to 15° 0.10 points
 - Medium error: 16° to 30° 0.20 points
 - Large error: 31° to 45° 0.40 points
 - Over 45° 0.40 and non-recognition of the difficulty

Examples:



4. During swing elements which pass through or end in handstand or which end in a strength hold position, deviations from the correct position will be penalized as follows:

	up to 15°	no deduction.
Small error	16° to 30°	0.10 points
Medium error	31° to 45°	0.20 points
Large error	over 45°	0.40 and nonrecognition of the difficulty

5. If the gymnast violates Article 12 and performs non-mastered strength or static elements, that is, with execution contrary to correct technique, the Difficulty will not be recognized and additional deductions will be applied for technical errors. This occurs when, for example, a cross is performed with a deviation greater than 45°.
6. A press from a static strength element that is not recognized for any reason will also not be recognized as an element.
7. If a deduction for poor technique or position applies to a static strength element, then the same deduction up to a maximum of 0.40 points applies again to a press from that static element if it is determined that the press has been simplified thereby.

Article 20**Classification of Errors in Exercise Presentation**

These are to be applied on all apparatus and floor exercise by the B-jury.

Error	small 0-10	medium 0-20	big 0-5
Execution & technical errors	+	+	+
Walking in handstand or hopping (each step or hop)	+		
Interruption in upward movement	+	+	+
Two or more attempts at a hold or strength part		+	+
Strength with swing and vice versa	+	+	
Deviations in hold positions	up to 15°	16° - 30°	31° - 45° >45° and non recognition
Deviations in swings to or through handstand or to strength holds	16° - 30°	31° - 45°	>45° and non-recognition
Duration of hold parts (2 sec.)	1 - 2 sec	1 sec	< 1 sec and non-recognition
Incomplete twists	up to 30°	31° - 60°	61° - 90° >90° and non recognition
Loss of balance during any landing	slight unsteadiness, small steps or hops, 0.1 per step max 0.4	touching the mat with 1 or 2 hands, or large steps or hops	support with 1 or 2 hands
Lack of harmony, rhythm, flexibility	+	+	+
Incorrect technique	+	+	+
Interruption of exercise without fall	+	+	+
Fall from or on apparatus			0.5
Salto with legs apart	≤ shoulder width	> shoulder width	
Atypical straddle		+	
Legs apart on landing	≤ shoulder width	> shoulder width	
Unsteadiness in or fall from handstand		swing or big disturbance	fall over
Touching apparatus or floor	+	+	+
Assistance by spotter in the completion of an element			+
Intermediate swing		half	and non-recognition
One sided construction	+	+	whole

Article 21

Special Requirements

1. With this evaluation category, the judge evaluates those required movement patterns which, in addition to the gymnast's personal inclinations and technical abilities, are intended to enhance the variety of movement in the construction of an exercise.

2. The fulfillment of two requirements by one element is not allowed.

3. With the exception of Vault, each apparatus has 3 Special Requirements which are designated in the Difficulty Tables with I, II, or III.

4. Each missing special requirement is deducted by 0.40 points by the A-jury.

Article 22

A-jury Deductions

Error	small 0,10	medium 0,20	large 0,40
Missing special requirement Non-commensurate dismount	B-part	A-part	+ no dismount
Repetition (3 times in direct succession) Pushing with feet for dismount		+	+
Repeating 1 st vault group in competition III Repetition of the 1 st vault = 0 points			from 2 nd vault

Article 23

Bonus Points

1. This evaluation factor provides the A-jury the possibility of awarding up to 1.40 Bonus Points for performance of difficult elements and connections. Thereby, these Bonus Points serve to better differentiate among the strongest exercises which contain D-parts or also E-parts, Super-E-parts, and connections.

2. Under the requirements of Article 12, Bonus Points may be awarded only for elements and connections performed with good technical execution and position. Bonus Points are awarded only for individual elements or connections which are recognized as D-, E-, or Super-E-parts and are performed without a large error. Each D-part, including the required one, can be awarded 0.10 points; each E-part, 0.20 points; and each Super-E-part (designated with an "S" in the Difficulty Tables), 0.30 points.

3. Bonus Points of 0.10 or 0.20 can also be awarded for optional connections of difficult elements that are performed without a large error as follows:
 - 0.10 each time for C+D, D+D, D+C, C+E, E+C
 - 0.20 each time for D+E, E+D, E+E
 A Super-E-part is equivalent to an E-part for purposes of connection bonus.

4. Bonus points for connections may be awarded at both ends of a D-, E-, or Super-E-part. For example: C + D + C = 0.20 connection bonus plus 0.10 bonus for the D-part.

5. Bonus Points for connections are awarded only for the direct connections of swing or flight elements when no discernible pause exists between them. However, depending on the apparatus, the second element may end in a hold position.
 Example for 0.90 bonus point:

	C	+	D	+	C	+	E	+	D		
Bonus Points			1				2		1	=	0.4
Connection Bonus		1		1		1		2		=	0.5

6. On Rings, connection Bonus Points may be awarded if swing elements of sufficient difficulty follow static elements that have an independent value of at least C.

Examples:

 - Planche (2 sec.) on rings followed by triple salto = C + E = 0.10 connection bonus
 - Giant to handstand (2 sec.) on rings followed by triple salto = C + E = no connection bonus, because the independent value of the handstand = A

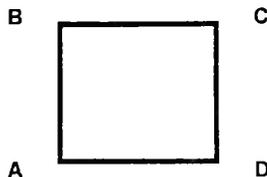
7. On Horizontal Bar, bonus points can be awarded for the direct connection of C-part flight elements (i.e. C+C = 0.10 points).

Chapter 5: Floor Exercise

Dimensions: 12 m x 12 m

Information about Exercise Presentation

1. Floor Exercise is composed predominantly of acrobatic elements (the principle part of the exercise) combined with other gymnastic elements such as: strength and balance parts, elements of flexibility, handstands, and choreographic combinations all forming a harmonious rhythmic routine which during its 50-70 second duration, is performed utilizing the entire floor exercise area (12m x 12m).
2. By utilizing the entire floor surface, it is understood that the exercise will be presented utilizing the two diagonals (A-C; B-D) and the sides of the square in such a manner that the gymnast must find himself at least one time at each of the A, B, C and D corners.



3. The space available for Floor Exercise is delineated by boundary lines. These lines are a part of the floor area; the gymnast may step onto the line, but not over the line. Stepping outside the marked floor area will be controlled by 2 line judges who sit diagonally opposite each other near the FX area. Each line judge observes the 2 boundary lines nearest him. When line violations occur, the line judge must advise the Chair of the Apparatus Jury in writing. The Chair of the Apparatus Jury will take the appropriate deduction from the Final Score.
4. The duration of the Floor Exercise is 50 seconds minimum to 70 seconds maximum, which will be verified by a timer. An acoustic signal will be given after both 50 seconds and 70 seconds have elapsed. The time will be measured from the first movement of the feet through to the dismount which must end in a standing position with legs together. If the exercise does not comply with the prescribed time, the timer will signal the Chair of the Apparatus Jury who will take the corresponding deduction from the Final Score.

Special Requirements

- I. An acrobatic series forward (minimum B)
- II. An acrobatic series backward (minimum B)
- III. A static balance element on one leg or one arm, 2 seconds (minimum B) or a static strength hold element, 2 seconds (minimum B)

Note: The acrobatic series must contain at least 2 elements in the same direction in direct connection, the value of the series must be considered at least "B", and the value of each of these two elements must not be below "A".

Table of Errors and Deductions for Floor Exercise

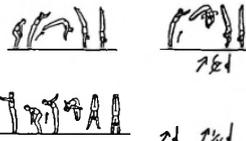
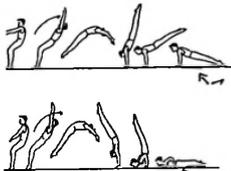
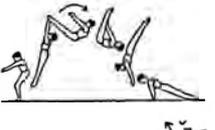
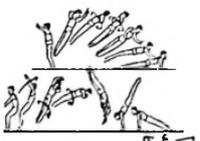
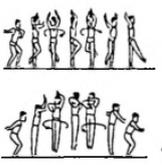
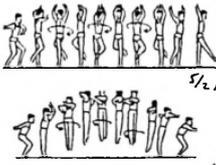
Error	Difficulty		
	B or C	D or E	F or G
Insufficient height in acrobatic elements	+	+	
Lack of flexibility during gymnastics and static elements	+	+	
Not using whole floor area		+	
Stepping outside floor area (each time)	+		
Exercise too short or long	≤ 2 sec.	≥ 2 - 5 sec	> 5 sec
Pause > 2 sec. before acrobatic elements	+		

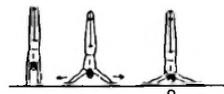
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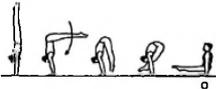
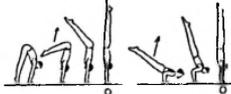
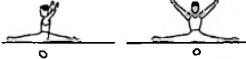
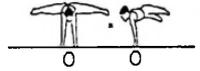
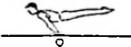
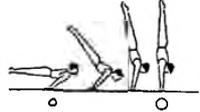
- Each element is listed under its own difficulty value.
- The connection of two acrobatic saltos creates one single value part, as follows:
 - $B + B = C$
 - $B + C$ or $C + B = D$
 - $C + C, D + B, B + D, C + D$ or $D + C = E$
 - $B + E$ or $E + B = \text{Super-E}$
- The connection of $C + E, E + C, D + D, E + D, D + E, E + E,$ or similar acrobatic saltos retain their independent values for the benefit of the gymnast.
- A single element may be used at most twice in connections of acrobatic saltos. A third appearance of that element will receive neither value nor bonus.
- The connection of more than 2 acrobatic saltos results in an increase in value of the 3rd salto and subsequent saltos if they have an independent value of at least C.

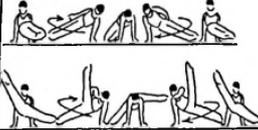
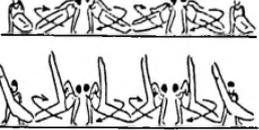
Structure Groups

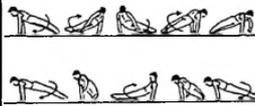
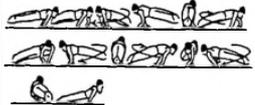
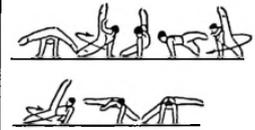
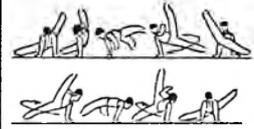
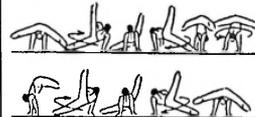
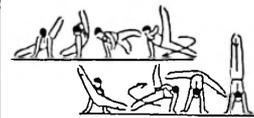
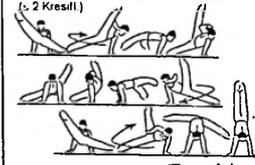
- I. Simple jumps and turns
- II. Strength and hold elements
- III. Simple elements
- IV. Leg circles and flairs
- V. Acrobatic elements forward
- VI. Acrobatic elements backward
- VII. Acrobatic elements sideways

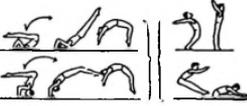
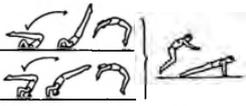
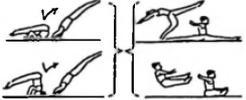
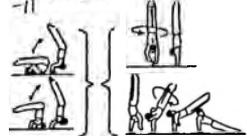
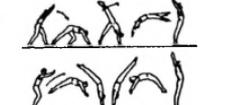
A	B	C	D	E
<p>I. Sauts et rotations simples – Simple jumps and turns – Einfache Sprünge und Drehungen</p>				
<p>1. Saut à l'appui renvers. passager (aussi ¼ & ½ t. Jump to momentary hdst. (also ¼ & ½ turn) Sprg. i. d. flüchtigen Hstand. (auch ¼ & ½ Dr.)</p> 	<p>2. Saut en av. avec 1/1 t. à l'appui couché fac. Jump fwd. with 1/1 twist to front support Sprg. vw. m. 1/1 Dr. i. d. Liegestütz vl.</p> 	<p>3.</p>	<p>4.</p>	<p>5.</p>
<p>6. Saut en arr. à l'appui couché facial Jump bwd. to front support Sprung rw. i. d. Liegestütz vl.</p> 	<p>7. Saut en arr. avec campé-tendu à l'appui couché facial Jump bwd. with pike-stretch to front support Sprung rw. m. Bucken-Stecken i. d. Liegest. vl. (Endo)</p> 	<p>8.</p>	<p>9.</p>	<p>10.</p>
<p>11. Saut en arr. à ¼ t. à l'appui couché facial Jump bwd. ¼ twist to front support Sprung rw. m. ¼ Dr. i. d. Liegestütz vl.</p> 	<p>12. Saut en arr. à 1/1 ou 3/2 t. à l'appui couché facial ou renvers. arr. avec 1/1 t. Jump bwd. w. 1/1 or 3/2 twist to front support or back hdstpr. with 1/1 turn Sprung rw. m. 1/1 od. 3/2 Dr. i. d. Liegest. vl. od. Überschlag rw. m. 1/1 Dr.</p> 	<p>13.</p>	<p>14.</p>	<p>15.</p>
<p>16. Saut ou tour sur 1 jambe (1/2 ou 1/1 t.) Jump or 1 leg turn (1/2 or 1/1 turn) Sprung o. Dr. auf 1 Bein (1/2 o. 1/1 Dr.)</p> 	<p>17. Saut ou tour sur 1 jambe (3/2 ou 2/1 t.) Jump or 1 leg turn (3/2 or 2/1 turn) Sprung o. Dr. auf 1 Bein (3/2 o. 2/1 Dr.)</p> 	<p>18. Saut ou tour sur 1 jambe (5/2 ou 3/1 t.) Jump or 1 leg turn (5/2 or 3/1 turn) Sprung o. Dr. auf 1 Bein (5/2 o. 3/1 Dr.)</p> 	<p>19.</p>	<p>20.</p>

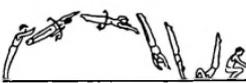
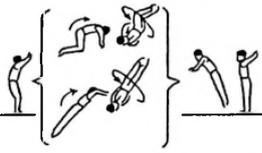
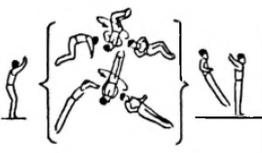
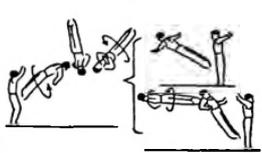
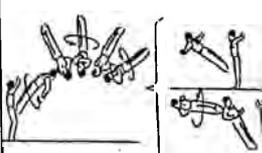
A	B	C	D	E
<p>22.</p>	<p>22. Papillon Butterfly Schmetterling</p>  <p style="text-align: right;">→ X</p>	<p>23. Papillon avec 1/1 tour Butterfly with 1/1 twist Schmetterling mit 1/1 Drehung (Tong Fei)</p>  <p style="text-align: right;">→ X E</p>	<p>24.</p>	<p>25.</p>
<p>II. Parties de force et de maintien - Strength and hold elements - Kraft- und Halteteile</p>				
<p>Équerre ou équerre écartée (2s.) L-sit or straddled L-sit (2s.) Winkel- o. Grätschwinkelsitz (2s.)</p>  <p style="text-align: center;">L / E</p>	<p>2. Équerre, jambes levées vert. (2s.) V-sit (2s.) Spitzwinkelsitz (2s.)</p>  <p style="text-align: center;">III</p>	<p>3. Équerre, jambes horiz. (2s.) V-sit with legs horiz. (2s.) Spitzwinkelsitz, Beine waagr. (2s.) (Manna)</p>  <p style="text-align: center;">III</p>	<p>4. Équerre avec corps tendu et vert. (2s.) Manna w. body strait and vert. (2s.) Spitzwinkelst. m. Körper gestr. u. senkr. (2s.)</p>  <p style="text-align: center;">III</p>	<p>5.</p>
<p>6. Appui renversé (2s.) Handstand (2s.) Handstand (2s.)</p>  <p style="text-align: center;">↓</p>	<p>7. Appui renversé sur 1 bras (2s.) Handstand on 1 arm (2s.) Einarmiger Handstand (2s.)</p>  <p style="text-align: center;">III</p>	<p>8.</p>	<p>9. S'élever lentement à l'appui renversé sur 1 bras (2s.) Any press to 1 arm handstand (2s.) Beliebiges Heben i. d. einarmigen Hstand. (2s.)</p>  <p style="text-align: center;">III</p>	<p>10.</p>
<p>11.</p>	<p>2. De l'appui renv., s'abaisser à la croix renv. (2s.) From hndst. slide to Japanese hndst (2s.) A. d. Hdst., Senken i. d. Kreuzhdst (2s.)</p>  <p style="text-align: center;">III</p>	<p>3. S'élever lent à la croix renversé (2s.) Press to Japanese handstand (2s.) Heben i. d. Kreuzhstand (2s.)</p>  <p style="text-align: center;">III</p>	<p>14. Hindorelle éc. (2s) et s'élever lent. à la croix renversé (2s.) Swallow stand (2s) and Press to Japanese handstand (2s.) Schwalbe gegr. (2s) u. Heben i. d. Kreuzhstand. (2s.)</p>  <p style="text-align: center;">III</p>	<p>15. Hindorelle (2s) et s'élever lent. à la croix renversé (2s.) Swallow (2s) and Press to Japanese handstand (2s.) Schwalbe (2s) u. Heben i. d. Kreuzhstand. (2s.)</p>  <p style="text-align: center;">III</p>

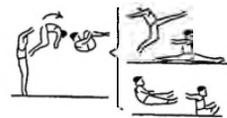
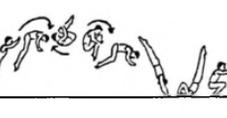
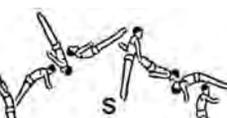
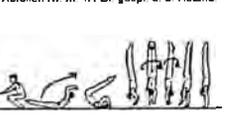
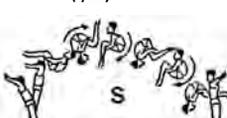
A	B	C	D	E
<p>16. De l'appui renv. s'abaisser à l'équerre ou à l'équerre écartée (2s.) <i>From hdst. lower to L-sit or strad. L-sit (2s.)</i> A. d. Hstand., Senken i. d. Winkel-o Grätschwinkelstutz (2s.)</p>  <p style="text-align: center;">↓ ↓ L_o</p>	<p>17. Appui renversé arche ou carpé (yogi) (2s.) <i>Handstand arched or piled (yogi hdst.) (2s.)</i> Hstand. Überstr. o gebückt (yogi Hstand.) (2s.)</p>  <p style="text-align: center;">III ↗_o ↘_o</p>	<p>18.</p>	<p>19.</p>	<p>20.</p>
<p>21. De la station, appui renv suisse (2s.) <i>From stand, Swiss press to hdst (2s.)</i> A. d. Stand, Schweizer Hstand. (2s.)</p>  <p style="text-align: center;">↑ ↑ L_o</p>	<p>22. S'élever corps fléchi, bras tendus ou corps tendu, bras fléchi à l'app renv (2s.) <i>Piked body, str. arm or str. body, bent arm press (2s.)</i> Heben m. geb. Hüften u. gestr. Armen o m. gestr. Hüften u. geb. Armen i. d. Hstand. (2s.)</p>  <p style="text-align: center;">↑ ↓ L_o ↗</p>	<p>23. Hindorelle éc. (2s.) <i>Swallow straddled (2s.)</i> Schwalbe gegr. (2s.)</p>  <p style="text-align: center;">→</p>	<p>24. Hindorelle éc. (2s.) <i>Swallow straddled (2s.)</i> Schwalbe gegr. (2s.)</p>  <p style="text-align: center;">→</p>	<p>25.</p>
<p>26. De la position couché faciale, avec élan s'élever à l'appui renversé (2s.) <i>Rock to hdst. from prone position (2s.)</i> A. d. Bauchlage, Schwingen i. d. Hstand. (2s.)</p>  <p style="text-align: center;">↘ ↗</p>	<p>27. Appui renv suisse du gr. écart. de l'éq. ou éq. écartée ou de couché fac. (2s.) <i>Swiss press from split, L-sit, strad. L-sit or front sup. (2s.)</i> Schweizer Hstand a d. Spagat, Winkel-o Grwinkelst O Liegest (2s.)</p>  <p style="text-align: center;">↑ ↑ L_o</p>	<p>28. Équerre jambes vert (2s.) et s'élever à l'appui renv (2s.) <i>V-sit (2s.) and press hdst (2s.)</i> Spitzwinkelst (2s.) u. Heben i. d. Hstand. (2s.)</p>  <p style="text-align: center;">III ↘ ↑ L_o</p>	<p>29. Équerre jambes horiz. (2s.) et s'élever à l'appui renv (2s.) <i>Manna (2s.) and press handstand (2s.)</i> Spitzwinkelst., Beine waagrecht (2s.) u. Heben i. d. Hstand. (2s.)</p>  <p style="text-align: center;">III ↗ ↑ L_o</p>	<p>30.</p>
<p>31. Grand écart transversal ou latéral (2s.) <i>Cross or side split (2s.)</i> Quer- oder Seitspagat (2s.)</p>  <p style="text-align: center;">↑ / ±</p>	<p>32. Appui facial horiz. ecarte (2s.) <i>Support lever, legs strad (2s.)</i> Stützwaage m. gegr. Beine (2s.)</p>  <p style="text-align: center;">III ↗</p>	<p>33. Appui facial horiz. (2s.) <i>Support lever (2s.)</i> Stützwaage (2s.)</p> <p style="text-align: center;">Beu Δ</p>  <p style="text-align: center;">III →</p>	<p>34. App. facial horiz. (2s.) et s'élever à l'app renv (2s.) <i>Support lever (2s.) and press handstand (2s.)</i> Stützwaage (2s.) u. Heben i. d. Hstand. (2s.)</p>  <p style="text-align: center;">III → ↑ L_o</p>	<p>35.</p>

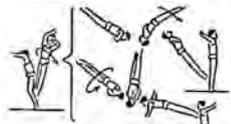
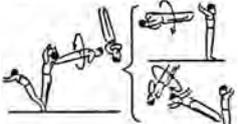
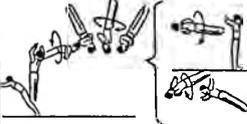
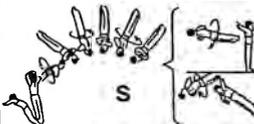
A	B	C	D	E
<p>36 Toutes les balances (2s.) Any standing scale (2s.) Alle Standwaagen (2s.)</p>  <p>III γ_0 / 4.</p>	<p>37 Toutes les balances éc. 180° pas mains (2s.) Any standing scale with 180° spread, no hand hold (2s.) Alle Standwaagen 180° gegr. ohne Handhalte (2s.)</p>  <p>III γ_0</p>	<p>38 App. facial horiz. éc. (2s.) et s'élever à l'app. renv. (2s.) Strad. support lever (2s.) and press hdst. (2s.) Stützwaage gegr. (2s.) u. Heben i. d. Hstand. (2s.)</p>  <p>III γ_0 / 4.</p>	<p>39</p>	<p>40.</p>
<p>III. Parties simples - Simple elements - Einfache Teile</p>				
<p>1 Healy à l'appui couché dorsal Healy turn to rear support Healy i. d. Liegestütz r.</p>  <p>1/4 \sim</p>	<p>2 De l'équerre, etc., tour arr. à la station From L-sit, etc., turn over bwd. to stand A. d. Winkelst., usw., Dr. rw. i. d. Stand</p>  <p>L/3 \sim</p>	<p>3.</p>	<p>4.</p>	<p>5.</p>
<p>6 De l'app. couché dorsal, 1 jambe flèche, renversement arr. à l'app. renv. From rear support, push off 1 foot through hdst. A. d. Liegestütz r., ein Bein geb., Überschtlag rw. d. d. Hstand. (Menichelli)</p>  <p>\sim / 1</p>	<p>7 Menichelli à l'appui renverse (2s.) Menichelli to handstand (2s.) Menichelli i. d. Handstand</p>  <p>\sim / 4.</p>	<p>8.</p>	<p>9.</p>	<p>10.</p>
<p>IV. Cercles des jambes et cercles écartés - Leg circles and flares - Kreisflanken und gespreizte Kreisflanken</p>				
<p>1 1 cercle des jambes ou des jambes éc. 1 circle or flare 1 Kreisflanke o. gespr. Kreisflanke</p>  <p>1/2</p>	<p>2 2 cercles des jambes ou des jambes éc. 2 circles or flares 2 Kreisflanken o. gespr. Kreisflanken</p>  <p>2 / 2 T</p>	<p>8.</p>	<p>9.</p>	<p>10.</p>

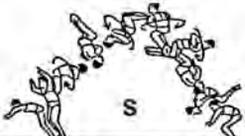
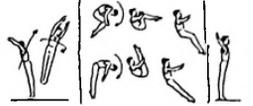
A	B	C	D	E
<p>6.</p>	<p>7. Facial russe avec 360° <i>Russian wendeswing with 360°</i> <i>Russenwendeschwing mit 360°</i></p>  <p style="text-align: right;">R₃₆</p>	<p>8. Facial russe avec 720° <i>Russian wendeswing with 720°</i> <i>Russenwendeschwing mit 720°</i></p>  <p style="text-align: right;">R₇₂</p>	<p>9. Facial russe avec 1080° <i>Russian wendeswing with 1080°</i> <i>Russenwendeschwing mit 1080°</i> (Fedotchenko)</p>  <p style="text-align: right;">R₁₀₈</p>	<p>10.</p>
<p>11. Variantes de breakdance <i>Breakdance variations</i> Varianten d. Breakdance</p>  <p style="text-align: right;">B_d</p>	<p>12. Cercles d. jambes éc. avec 1/2 pivot <i>Flare with 1/2 spindle</i> Gespr. Kreisfl. m. 1/2 Spindel</p>  <p style="text-align: right;">T_{6,8}</p>	<p>13. Cercles d. jambes éc. avec 1/1 pivot <i>Flare with 1/1 spindle</i> Gespr. Kreisfl. m. 1/1 Spindel</p>  <p style="text-align: right;">T_{8,24}</p>	<p>14. Dev D</p>  <p style="text-align: right;">T ↑ ↓₁₆</p>	<p>15.</p>
<p>16.</p>	<p>17.</p>	<p>18. Cercles d. jambes éc. à l'appui renv. ou s'abais. en cercles des jambes éc. <i>Flare to handstand or lower from hdst. to flare</i> Gespr. Kreisfl. i. d. Hstand. od. Senken i. d. gespr. Kreisfl.</p>  <p style="text-align: right;">T ↑ ↓ / ↓ ↓ T</p>	<p>19 #18, s'abaisser et cercle des jambes éc. <i>Flare to handstand continue to flare</i> Gespr. Kreisfl. i. d. Hstand. u. Senken z. gespr. Kreisfl. (Gogaladze)</p>  <p style="text-align: right;">T ↑ ↓ T</p>	<p>20.</p>
<p>21.</p>	<p>22.</p>	<p>23. Cercles d. jambes éc. à 1/2 pivot à l'appui renv. <i>Flare with 1/2 spindle to handstand</i> Gespr. Kreisfl. m. 1/2 Spindel i. d. Hstand</p>  <p style="text-align: right;">T_{6,8} ↑ ↓</p>	<p>24. Cercles d. jambes éc. à 1/1 pivot à l'appui renv. (s. 2 cerc.) <i>Flare with 1/1 spindle to handstand (<2 flares)</i> Gespr. Kreisfl. m. 1/1 Spindel i. d. Hstand. (< 2 Kreisfl.)</p>  <p style="text-align: right;">T_{6,24} ↑ ↓</p>	<p>25.</p>

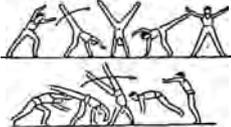
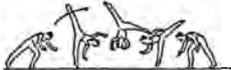
A	B	C	D	E
<p>V. Parties acrobatiques en avant –</p> <p>1. Bascule de nuque ou de tête à la station ou au siège <i>Neck or head spring to stand or sit</i> <i>Nacken- o. Kopfkippe i. d. Stand o. Sitz.</i></p> 	<p>Acrobatic elements forwards – Akrobalische Teile vorwärts</p> <p>2. Bascule de nuque ou de tête à l'app. couché fac. <i>Neck or head spring to front support</i> <i>Nacken- o. Kopfkippe i. d. Liegest. vl.</i></p> 	<p>3.</p>	<p>4.</p>	<p>5.</p>
<p>6. Saut en arr. et basc. à la station <i>Jump backward to neckspring</i> <i>Sprung nw. u. Kippe i. d. Stand</i></p> 	<p>7. Bascule de nuque ou de tête au grand écart <i>Neck or head spring to split</i> <i>Nacken- o. Kopfkippe i. d. Spagat</i></p> 	<p>8.</p>	<p>9.</p>	<p>10.</p>
<p>11. Bascule de nuque ou de tête avec 1/2 t. à l'app. <i>Renv. ou 1/1 t. à l'app. couché dorsal</i> <i>Neck or head spring w. 1/2 t. to hdst. or 1/1 t. to rear support</i> <i>Nacken- o. Kopfkippe m. 1/2 Dr. i. d. Hstand o. 1/1 Dr. i. d. Liegest. fl.</i></p> 	<p>12.</p>	<p>13.</p>	<p>14. Renvs. av. et 3/2 salto groupé <i>Hdsp. and 3/2 salto fwd t.</i> <i>Überschlag u. 3/2 Salto vw. geh.</i></p> 	<p>15.</p>
<p>16. Renversement avant <i>Forward handspring or flyspring</i> <i>Überschlag vw. o. Hechtüberschlag</i></p> 	<p>17. #16 à l'appui couché facial <i>#16 to front support</i> <i>#16 i. d. Liegestutz vl.</i></p> 	<p>18. Renvs. av. et salto groupé ou carpe pour rouler en avant <i>Hdsp Salto fwd t. or p. to roll out</i> <i>Überschlag Salto vw. geh. o. geb. zur Rolle vw.</i></p> <p>(Männich)</p> 	<p>19. Männich tendu <i>Männich stretched</i> <i>Männich gestreckt</i></p> 	<p>20.</p>

A	B	C	D	E
<p>21 Saut de poisson Dive roll Sprungrolle gehechtet</p>  <p style="text-align: right;">→ α</p>	<p>22 Saut de poisson avec 1/1 t Dive roll with 1/1 twist Sprungrolle gehechtet m. 1/1 Dr.</p>  <p style="text-align: right;">→ ε α</p>	<p>23 Saut avec 1/1 t. et renversement avant Jump with 1/1 twist to fwd. hdspr Spr. vw. m. 1/1 Dr. u. Überschlag vw.</p>  <p style="text-align: right;">→ ε π</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27 Salto avant sur 1 jambe écartée Aerial walkover fwd. Spreizsalto vw.</p>  <p style="text-align: right;">I</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>31</p>	<p>32 Salto avant groupé, carpé ou tendu Salto fwd. tucked, piked or stretched Salto vw. gehockt, gebückt o. gestreckt</p>  <p style="text-align: right;">I</p>	<p>33</p>	<p>34</p>	<p>35</p>
<p>36</p>	<p>37 Tout salto av. gr. ca. ou tendu avec 1/1 t Any salto fwd. t. p. or str. with 1/1 t Alle Saltos vw. geh., geb. o. gestr. m. 1/1 Dr.</p>  <p style="text-align: right;">I</p>	<p>38 Tout salto av. gr. ca. ou tendu avec 1 t Any salto fwd. t. p. or str. with 1/1 t Alle Saltos vw. geh., geb. o. gestr. m. 1/1 Dr.</p>  <p style="text-align: right;">I</p>	<p>39 Tout salto av. gr. ca. ou t. avec 3/2 ou 2/1 t Any salto fwd. t. p. or str. with 3/2 or 2/1 t Saltos vw. geh., geb. o. gestr. m. 3/2 o. 2/1 Dr.</p>  <p style="text-align: right;">I</p>	<p>40 Tout salto av. gr. ca. ou t. avec 5/2 ou 3/1 t Any salto fwd. t. p. or str. with 5/2 or 3/1 t Salto vw. geh., geb. o. gestr. m. 5/2 o. 3/1 Dr.</p>  <p style="text-align: right;">I</p>

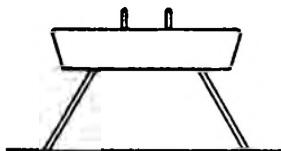
A	B	C	D	E
<p>41.</p>	<p>42 Salto avant au grand écart Salto fwd. to split Salto vw i. d. Spagat</p>  <p>I</p>	<p>43</p>	<p>44 Double salto avant groupé ou carpé Double salto fwd. tucked or piked Doppelsalto vw. geh. o. geb.</p>  <p>I</p>	<p>45 Double salto avant groupé ou carpé avec 1/4 t Double salto fwd. tucked or piked with 1/4 t Doppelsalto vw. geh. o. geb. mit 1/4 Dr</p>  <p>I</p>
<p>46.</p>	<p>47 Tout salto av. gr., ca. ou t. à l'app. couché fac. Any salto fwd. t., p. or str. to front support Saltos vw. geh. o. gestr. i. d. Liegest. vl.</p>  <p>I</p>	<p>48 3/2 salto av. gr. ou ca. et rouler en av. 3/2 salto fwd. t. or p. to roll fwd 3/2 Salto vw. geh. o. geb. u. Abrollen vw.</p>  <p>I</p>	<p>49 3/2 salto av. tendu et rouler en av. 3/2 salto fwd. str. to roll fwd 3/2 Salto vw. gestr. u. Abrollen vw.</p>  <p>I</p>	<p>50 Double salto avant tendu Double salto fwd. stretched Doppelsalto vw. gestreckt</p>  <p>I</p>
<p>VI. Parties acrobatiques en arrière -</p> <p>1 Rouler en arr. à l'app. renv. (aussi a 1/4 t) Roll bwd through hdst. (also with 1/4 t) Abrollen rw. d. d. Hstand. (auch m. 1/4 Dr)</p> 	<p>Acrobatic elements backwards - Akro</p> <p>2 Rouler en arr. avec 1/1 t. sauté à l'app. renv. Roll bwd with hop 1/1 t. through hdst. Abrollen rw. m. 1/1 Dr gespr. d. d. Hstand.</p> 	<p>batlsche Telle rückwärts</p> <p>3</p>	<p>4</p>	<p>5</p>
<p>6. Renversement arrière Back handspring Überschlag rw.</p>  <p>II</p>	<p>7. Tout salto arr Any salto backwards Alle Saltos rw</p>  <p>II</p>	<p>8. Double salto arr groupé ou carpé Double salto bwd. tucked or piked Doppelsalto rw. geh. o. geb.</p>  <p>II</p>	<p>9. Double salto arr tendu Double salto bwd. stretched Doppelsalto rw. gestreckt</p>  <p>II</p>	<p>10 Triple salto arrière groupé Triple salto bwd. tucked Dreifachsalto rw. gehockt (Ljukin)</p>  <p>II</p>

A	B	C	D	E
11	<p>12. Tout salto arr. au grand écart Any salto backwards to split Alle Saltoes rw. i. d. Spagat</p>  <p>II e t</p>	<p>13 Salto arr. avec 1/1 t. au grand écart Salto backwards with 1/1 t. to split Salto rw. m. 1/1 Dr. i. d. Spagat</p>  <p>II e t</p>	14	15
16	<p>17. Tout salto arr. avec 1/2 ou 1/1 t. Any salto backwards with 1/2 or 1/1 t. Alle Saltoes rw. mit 1/2 o. 1/1 Dr.</p>  <p>II e t / e t</p>	<p>18. Tout salto arr. avec 3/2 ou 2/1 t. Any salto backwards with 3/2 or 2/1 t. Alle Saltoes rw. mit 3/2 o. 2/1 Dr.</p>  <p>II e t / e t</p>	<p>19 Salto arr. avec 5/2 ou 3/1 t. Salto backwards with 5/2 or 3/1 t. Salto rw. mit 5/2 o. 3/1 Dr.</p>  <p>II e t / e t</p>	<p>20 Salto arr. avec 4/1 t. Salto backwards with 4/1 t. Salto rw. mit 4/1 Dr.</p>  <p>II e t</p>
21.	22	23	<p>24 Double salto arr. gr. ou ca. a. 1/1 ou 3/2 t. Double salto bwd. t. or p. with 1/1 or 3/2 t. Doppelsalto rw. geh. o. geb. m. 1/1 o. 3/2 Dr. (Tsukahara)</p>  <p>II e t / e t</p>	<p>25 Double salto arr. tendu avec 1/1 t. Double salto bwd. stretched with 1/1 t. Doppelsalto rw. gestreckt m. 1/1 Dr.</p>  <p>II e t</p>
26	27	28	29	<p>30 Double salto arr. gr. avec 2/1 t. Double salto bwd. tucked with 2/1 t. Doppelsalto rw. gehockt m. 2/1 Dr.</p>  <p>II e t</p>

A	B	C	D	E
31.	32.	33.	34.	<p>35 Double salto arr. ca. ou t. avec 2/1 t. Double salto bwd. p. or str. with 2/1 t. Doppelsalto rw. geb. o. gestr. m. 2/1 Dr.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>
36.	37.	38.	39.	<p>40 Double salto arr. gr. avec 3/1 t. Double salto bwd. tucked with 3/1 t. Doppelsalto rw. gehockt m. 3/1 Dr.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>
<p>41. Saut en arr. avec 1/4 t. et saut de poisson Dive bwd. with 1/4 t. to roll fwd. Sprg. rw. m. 1/4 Dr. gehechtet. Abr. vw.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	<p>42. Saut en arr. avec 3/2 t. et saut de poisson Jump bwd. with 3/2 t. to roll fwd. Sprg. rw. m. 3/2 Dr. gehechtet. Abr. vw.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	<p>43.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	<p>44. Saut en arr. avec 3/2 salto gr. ou ca. et 3/2 t. Jump bwd. with 3/2 salto t. or p. and 3/2 t. Sprg. rw. m. 3/2 Salto geh. o. geb. u. 3/2 Dr. (Thomas)</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	<p>45. Thomas tendu Thomas stretched Thomas gestreckt</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>
46.	<p>47. Saut en arr. avec 1/4 t. et salto av. gr. ca. ou t. Jump bwd. with 1/4 t. to salto fwd. t. p. or str. Sprg. rw. m. 1/4 Dr. u. Salto vw. geh. geb. o. gestr.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	<p>48. Saut en arr. avec 1/4 t. et 3/2 salto av. gr. ou ca. Jump bwd. with 1/4 t. to 3/2 salto fwd. t. or p. Sprg. rw. m. 1/4 Dr. u. 3/2 Salto vw. geh. o. geb.</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	<p>49. Saut en arr. avec 1/4 t. et 3/2 salto av. tendu. Jump bwd. with 1/4 t. to 3/2 salto fwd. stretched Sprg. rw. m. 1/4 Dr. u. 3/2 Salto vw. gestreckt</p>  <p>II $\rightarrow \text{E} \rightarrow$</p>	50.

A	B	C	D	E
<p>51.</p>	<p>52. #47 à l'appui couché facial #47 to front support #47 i. d. Liegestütz vt.</p>  <p>II</p>	<p>53.</p>	<p>54. Saut en arr. avec 1/4 t. et dbl. salto av. gr. ou ca. Jump bwd. with 1/4 t. to dbl salto fwd. l. or p. Sprg. rw. m. 1/4 Dr. u. Dpsalto. vw. geh. o. geb.</p>  <p>II</p>	<p>55. Saut en arr. avec 1/4 t. et double salto av. t. Jump bwd. with 1/4 t. to double salto fwd. str. Sprg. rw. m. 1/4 Dr. u. Dpsalto. vw. gestr.</p>  <p>II</p>
<p>VII. Parties acrobatiques latérales 1. Renversement latéral Cartwheel or roundoff Überschlag sw. o. Rondat</p>  <p>Δ</p>	<p>Acrobatic elements sideways – Akrobatische Teile seitwärts 2. Salto latéral écarté Aerial cartwheel Spreizsalto sw</p>  <p>λ</p>	<p>3</p>	<p>4. 3/2 salto lat. éc. et 1/4 t. pour rouler en av. Straddled 3/2 salto sdw. 1/4 t. to roll fwd. 3/2 Salto sw. gegr. u. 1/4 Dr. Abt. vw.</p> <p>(Li Yueju)</p>  <p>lls o</p>	<p>5. Double salto écarté avec 1/1 t. Double salto straddled with 1/1 t. Doppelsalto gegr. mit 1/1 Dr.</p> <p>(Lou Yun)</p>  <p>lls ε</p>
<p>6</p>	<p>7. Salto lat. gr. ca. ou tendu Salto sdw l. p. or stretched Salto sw. geh. geb. o. gesteckt</p>  <p>εs</p>	<p>8</p>	<p>9. Double salto lat. gr. ou éc. (aussi à 1/1 t.) Double salto sdw l. or strad. (also w. 1/1 t.) Doppelsalto sw. geh. o. gegr. (auch m. 1/1 Dr.)</p>  <p>lls</p>	<p>10.</p>
<p>11.</p>	<p>12. Tout salto lat. avec 1/4 ou 1/1 t. Any salto sdw with 1/4 or 1/1 t. Alle Saltos sw. m. 1/4 o. 1/1 Dr.</p>  <p>εs E/εi E</p>	<p>13.</p>	<p>14.</p>	<p>15.</p>

Chapter 6: Pommel Horse



Height: 105 cm from top of mat

Information about Exercise Presentation

1. An exercise on Pommel Horse is characterized by different types of circular and pendulum swing in a variety of support positions on all parts of the horse. Of the circular swings, leg circles executed with legs together should be predominant. Swings through the handstand position, with or without turns are permitted. Elements from the different structure groups must be executed with swing and without the slightest interruption of the exercise. Pure strength elements are not permitted.
2. Errors in exercise presentation include:
 - Not swinging all elements
 - Stopping in the handstand position

Special Requirements

- I. An element on 1 pommel (minimum B) with at least 3 hand placements on 1 pommel
- II. An element of value on both ends of the horse. These elements are not indicated in the Code, because any element of value (including A-parts), when performed from the positions depicted below, meet this requirement.



III. Any 2 scissors.

- Where the performance of two elements is required to meet one Special Requirement, the gymnast will be deducted the entire 0.40 even if he partially fulfills the requirement.

Table of Errors and Deductions for Pommel Horse

Top of hip below shoulder of support arm in scissors	+	+	
Handstand with visible strength	+	+	+
Stopping in handstand		+	

Any dismount performed through a handstand must pass over the body of the horse or include a turn of 270° if started in side support, or 360° if begun in cross support. If the gymnast fails to meet this criteria, he will be penalized according to Article 20. •

Information About Difficulty

1. Elements on the leather have the same value as those performed on the pommels. Exception: the Nikolay plus one Direct Stöckli has a value of "E", but four Direct Stöcklis on the leather have a value of D+B.
2. Elements with legs together have the same value as elements with the legs flaired. Exception: Spindle in side support.
3. Circles
 - a) One or two circles are A's, three is repetition.
 - Circles in side support on the end
 - Circles in side support on the pommels
 - Circles in cross support frontways on the end
 - Circles in side support on the leather with the pommel between the hands
 - b) B circles, two are a C, three is repetition.
 - Circles in side support with hands outside both pommels or between both pommels
 - Circles in cross support rearways on the end
 - Circles in cross support with hands between the pommels
 - Circles in side or cross support on one pommel
4. One half (½) Turns
 - a) All one half turns are B's (except dismounts)
 - Kehres on the pommel or leather
 - Czechkehres on the pommel or leather
 - Stöckli backward on the pommel or leather
 - Direct Stöckli A or B on the pommel or leather
 - Double Swiss on the pommel or leather
 - b) Exceptions
 - Any of the above skills when used as a dismount = A
 - The Schwabenflank on the end (loop around) = A.
 - Wendeswings forward on the pommel or leather = A
 - Spindles = C

5. Flop Rule

a) Flops are defined as:

- Direct Stöckli A on the leather or a pommel
- Direct Stöckli B on the leather or a pommel
- Circles in cross support on a pommel (maximum 2 in direct succession) but only in combination with DSA's or DSB's

b) Flops may be combined to produce the following values:

- 2 flops on the leather or a pommel = C
- 3 flops on the leather or a pommel = D
- 4 flops all on the leather = D + B; all on a pommel = E

c) Regardless of the composition of flops, the gymnast may perform only two sequences of bonus eligible C-flops, D-flops, or E-flops. The third set of such flops \geq C will be considered repetition.

d) Spindles, the family of Russian wendeswings, and travels in cross support never form part of a flop sequence.

e) Examples:

- 4 flops on 1 pommel, step across, 4 flops on other pommel = E + B + E.
- 4 flops on 1 pommel, travel down and travel up to other pommel and 4 flops = E + C + E (see 7.c and 7.d)

6. One Pommel Work

a) Circles

- One circle on a pommel in side or cross support = B
- Two circles on a pommel = C
- Three circles on a pommel is repetition.

b) Direct Stöckli A or B on one pommel

- One Direct Stöckli A or B = B
- Two Direct Stöckli B = C
- Three Direct Stöckli (Nikolay) = D
- A Nikolay plus one Direct Stöckli = E

c) Single pommel Russians

- 270° (or less) pommel Russian = B
- 360° pommel Russian (with or without travel) = C
- 540° pommel Russian = D

7. Travels

a) Side support travels: With the exception of the side travel frontways, all side travels = B

- Side travel frontways on pommels = A, 2x = B
- Side travel rearways on pommels = B, 2x = C
- Side travel frontways on leather = A, 2x = B
- Side travel rearways on leather = B, 2x = C
- Hop side travel frontways or rearways = B, 2x = C

- b) Cross support travels: All cross support travels from one end to the other = D (without intermediate parts).
- End, middle, end = D
 - Magyar = D
 - Sivado = D
 - partial Magyar, ½ turn, partial Sivado or the reverse = D
 - End, pommel, pommel, end = D
 - End, pommel, far end = D
- c) Each cross support step = B
- End to pommel = B
 - Pommel to pommel = B
 - Pommel to middle = B
 - Pommel to end = B
 - Middle to pommel
- d) Each cross support travel of ½ the length of the horse = C
- End to middle = C
 - Pommel, middle, pommel = C
 - Middle to end = C
 - Near pommel, step to far end = C
 - End, step to far pommel = C
- e) A travel will receive its full value only if it is not interrupted by additional elements. An example in cross support: travel to 1st pommel = B, 2 flops on the pommel = C, travel to the next pommel and onward to the end = C. This travel cannot be awarded a value of D.

8. Spindle

- a) ¼ Spindle = A
- b) ½ Spindle within one circle = C
- ½ Spindle side or cross support = C
 - ½ Spindle on pommel or leather = C
 - ½ Spindle with or without travel = C
- c) 1/1 Spindle in cross support in 2 circles = D
- d) 1/1 Spindle flaired in side support in 2 circles = C + C
- e) 1/1 Spindle in cross support in 1 circle = E
- f) 1/1 Spindle flaired in side support in 1 circle = D

9. Handstands

- a) Handstand, straddled or legs together, dismount or staying on the horse = B
- b) Lower to circle, flaired circle, or scissor upgrades one letter
- c) B-element direct to handstand upgrades one letter to C

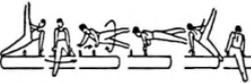
d) 1/1 (360 °) pirouette in the handstand upgrades one letter (not 270°)

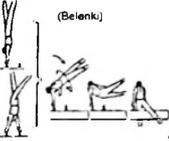
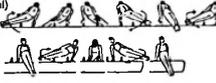
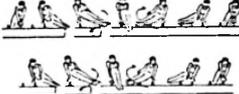
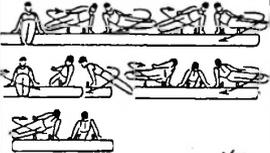
Examples

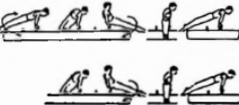
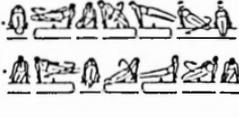
- Straddle to handstand dismount = B
- Straddle handstand 3/4 (270°) = B
- Straddle handstand 5/4 (450°) turn dismount = C
- Flair to handstand, lower to flair = C
- Flair to handstand, ½ turn, lower to flair = C
- Stöckli backward to straddle handstand = C
- Stöckli backward to handstand with 5/4 turn = D
- Stöckli backward to handstand with 1/1 turn + lower to flair = E

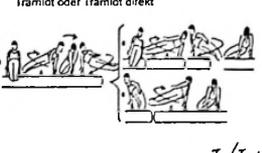
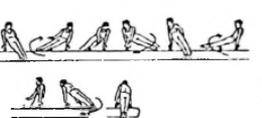
Structure Groups

- I. Scissors
 - forward
 - backward
- II. Leg circles
 - in side support
 - in cross support
 - spindles
- III. Travels
 - in side support
 - in cross support
- IV. Kehre/Direct Stockli
- V. Wendeswings/Swiss
 - forward
 - backward
- VI. Stockli reversed/Flank turns
- VII. Elements through handstand
- VIII. Dismounts
 - straddled or from Thomas flair
 - from leg circles
 - handsprings

A	B	C	D	E
<p>I. Ciseaux – Scissors – Scheren</p> <p>1 Ciseau avant Scissors forward Scheren vw.</p>  <p>III x</p>	<p>2 Ciseau avant avec ¼ t. Scissors forward with ¼ turn Scheren vw. mit ¼ Drehung</p>  <p>III x 1/4</p>	<p>3.</p>	<p>4.</p>	<p>5.</p>
<p>6.</p>	<p>7. Ciseau avant avec saut lat. (aussi avec ¼ t.) Scissors forward with hop swd. (also w. ¼ t.) Scheren vw. m. Springen sw. (auch m. ¼ Dr.)</p>  <p>III x 1/2</p>	<p>8. Double ciseau av ou arr. (¼ t. av et ¼ t. arr.) avec saut lat. Double scissor fwd or bwd. (¼ t. fwd. a. ¼ t. bwd.) with hop swd. Doppelschere vw o. rw. (¼ Dr. vw u. ¼ Dr.rw.) m. Spr. sw.</p>  <p>III x 1/2</p>	<p>9. Ciseau av. avec saut lat. d'une extrémité à l'autre (3/3) Scissors fwd. with hop swd. from one end to the other (3/3) Scheren vw. m. Springen sw. v. einem Ende z. and. (3/3)</p>  <p>III x 1/3</p>	<p>10.</p>
<p>11.</p>	<p>12.</p>	<p>13. Ciseau av. avec contre-rotation de ¼ t. Scissor fwd. with ¼ counter turn Schere vw m. ¼ Gegendrehung</p>  <p>III x 6, 1/3</p>	<p>14.</p>	<p>15.</p>
<p>16. Ciseau arrière Scissor backward Schere rw.</p>  <p>III x</p>	<p>17. Ciseau arr. avec ¼ t. Scissors backward with ¼ turn Scheren rw mit ¼ Drehung</p>  <p>III x 1/4</p>	<p>18.</p>	<p>19. Ciseau arr. avec saut lat. d'une extrémité à l'autre (3/3) Scissors bwd. with hop swd. from one end to the other (3/3) Scheren rw m. Springen sw. v. einem Ende z. and. (3/3)</p>  <p>III x 1/3</p>	<p>20.</p>

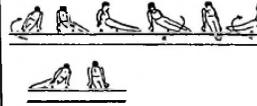
A	B	C	D	E
21.	<p>22. Ciseau arr. avec saut lat. (aussi avec 1/4 t.) <i>Scissors bwd with hop swd. (also w. 1/4 t.)</i> <i>Schere n.w. m. Springen sw. (auch m. 1/4 Dr.)</i></p>  <p>III x f →</p>	<p>23. Ciseau arr. avec contre-rotation de 1/4 t. <i>Scissor bwd with 1/4 counter turn</i> <i>Schere rw. m. 1/4 Gegendrehung</i></p> <p>(Dagget)</p>  <p>III x 6, 7, 8</p>	24.	25.
26.	<p>27. Double ciseau av. ou arr. (1/4 t. av. et 1/4 t. arr.) <i>Double scissor fwd or bwd. (1/4 fwd & 1/4 bwd.)</i> <i>Doppelschere v.w. o. rw. (1/4 Dr. v.w. u. 1/4 Dr. rw.)</i></p>  <p>III x</p>	<p>28. De l'app. renv. descendre au ciseau arr. avec 1/4 t. a l'app. lat. écaré transv. <i>From hdst. lower to scissor bwd with 1/4 t. in rear strad support.</i> <i>A. d. Hstand. Abschwngen i. d. Schere rw. m. 1/4 Dr. i. d. Ogr. Sturz</i></p> <p>(Belenki)</p>  <p>III i ↓ x</p>	<p>29. Ciseau avec 1/4 t. & l'app. renv. et 1/4 t. et descendre éc. <i>Scissor 1/4 t. to hdst., 1/4 pirouette and straddle down</i> <i>Schere m. 1/4 Dr. i. d. Hstand., 1/4 Dr. u. Abschwngen gegr.</i></p> <p>(Bryan)</p>  <p>III x ↑ ↓</p>	30.
<p>II. Cercles des jambes (aussi écartés) – Double leg circles or flares – Kreisflanken (auch gegrätscht)</p>				
<p>En appui latéral – In side support – Im Seitstütz</p>				
<p>1. Tout cercle des jambes ou cercle éc. en app. lat (1 ou 2 fois) <i>Any circle or flair in side support (1 or 2 times)</i> <i>Alle Kreisfl. o. Kreisfl. gegr. im Seitstütz (1 o. 2 mal)</i></p>  <p>I 1/2</p>	<p>2. Cercle d. jamb. en app. lat. sur 1 arçon (1 fois) <i>Circle in side support on 1 pommel (1 time)</i> <i>Kreisfl. i. Seitst. a. einer Pausche (1 mal)</i></p>  <p>I ①</p>	<p>3. Cercles d. jamb. en app. lat. sur 1 arçon (2 fois) <i>Circles in side support on 1 pommel (2 times)</i> <i>Kreisfl. i. Seitst. a. einer Pausche (2 mal)</i></p>  <p>I ②</p>	4.	5.
6.	<p>7. Cercle avec app. en chaque extrémité (1 fois) <i>Circle with support outside pommels (1 time)</i> <i>Kreisfl. m. Stütz auf den Pl.-Enden (1 mal)</i></p>  <p>1</p>	<p>8. Cercles d. jamb. avec app. en chaque extrémité (2 fois) <i>Circles with support outside pommels (2 times)</i> <i>Kreisfl. m. Stütz auf jed. Pl.-Ende (2 mal)</i></p>  <p>2</p>	<p>9. #6 et Tchèque dorsal, app. sur l'extrémité de #7 <i>#6 to Czochkehre outside p. to #7</i> <i>#6 u. Tschechenkehre u. #7</i></p> <p>(Pinheiro)</p>  <p>1/3</p>	10.

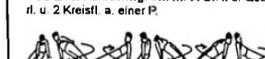
A	B	C	D	E
<p>En appui transversal – In cross support – Im Querstütz</p> <p>11. Cercles d. jamb. en app. facial transv. sur l'extrémité Circles in cross support frontways on end Kreisfl. i. Ost. v. a. d. Pf.-Ende</p>  <p style="text-align: right;">1 Q</p>	<p>12. Cercles d. jamb. en app. transv. sur 1 arçon (1 fois) Circles in cross support on 1 pommel (1 time) Kreisfl. i. Ost. a. einer P. (1 mal)</p>  <p style="text-align: right;">I Q</p>	<p>13. Cercles d. jamb. en app. transv. sur 1 arçon (2 fois) Circles in cross support on 1 p. (2 times) Kreisfl. i. Ost. a. einer P. (2 mal)</p> <p style="text-align: center;"><i>Deu D</i></p>  <p style="text-align: right;">I Q</p>	<p>14.</p>	<p>15.</p>
<p>16.</p>	<p>17. Cercles d. jamb. en app. dorsal transv. sur l'extrémité (1 fois) Circles in cross support rearways on end (1 time) Kreisfl. i. Ost. r. a. d. Pf.-Ende (1 mal)</p>  <p style="text-align: right;">II I Q</p>	<p>18. Cercles d. jamb. en app. dorsal transv. sur l'extrémité (2 fois) Circles in cross support rearways on end (2 times) Kreisfl. i. Ost. r. a. d. Pf.-Ende (2 mal)</p>  <p style="text-align: right;">2 Q</p>	<p>19.</p>	<p>20.</p>
<p>21.</p>	<p>22. Cercles d. jamb. en app. transv. entre les arçons (1 fois) Circles in cross support between the p. (1 time) Kreisfl. i. Ost. zwischen d. P. (1 mal)</p>  <p style="text-align: right;">II Q I</p>	<p>23. Cercles d. jamb. en app. transv. entre les arçons (2 fois) Circles in cross support between the p. (2 times) Kreisfl. i. Ost. zwischen d. P. (2 mal)</p>  <p style="text-align: right;">II Q I</p>	<p>24.</p>	<p>25.</p>
<p>Pivots – Spindles – Spindeln</p> <p>26. Cercles d. jamb. en app. lat., 1/2 pivot en app. transv. Circle in side sup., 1/2 spindle to cross sup. Kreisfl. i. Seitst., 1/2 Spindel i. d. Querstütz</p>  <p style="text-align: right;">6 9</p>	<p>27.</p>	<p>28. Tout 1/2 pivot en appui latéral Any 1/2 spindle in side support Alle 1/2 Spindel im Seitstütz</p>  <p style="text-align: right;">6 8</p>	<p>29. Tout 1/1 pivot en appui latéral dans 2 cercles d. jamb. Any 1/1 spindle in side support within 2 circles Alle 1/1 Spindel im Seitstütz innerhalb v. 2 Kreisfl.</p>  <p style="text-align: right;">6 36</p>	<p>30. Tout 1/1 pivot en appui latéral dans 1 cercle d. jamb. Any 1/1 spindle in side support within 1 circle w. legs together Alle 1/1 Spindel im Seitstütz innerhalb v. 1 Kreisfl. m. geschlos. B.</p>  <p style="text-align: right;">6 36</p>

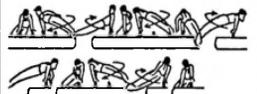
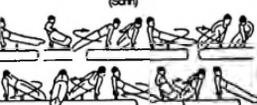
A	B	C	D	E
<p>31 App. fac. transv sur l'extrém., cercles d jamb avec 1/2 pivot en app lat <i>Cross support frontways on end, circle with 1/2 spindie to side support</i> Ost. vl. a. d. Pf.-Ende, Kreisfl. mit 1/2 Spindel i. d. Sst.</p>  <p style="text-align: right;">Q9</p>	<p>32.</p>	<p>33 App. fac. transv sur l'extrém., 1/1 pivot dans 3 ou 1/2 pivot dans 2 cercles d jamb. <i>Cross support frontways on end, 1/1 spindie inside 3 or 1/2 spindie inside 2 circles</i> Ost. vl. a. d. Pf.-Ende, 1/1 Spindel ih. 3 o 1/2 Spindel ih. 2 Kreisfl.</p>  <p style="text-align: right;">Q27(2) Q3(6)</p>	<p>34 App. fac. transv sur l'extrém., 1/1 pivot dans 2 cercles d jamb. <i>Cross support frontways on end, 1/1 spindie inside 2 circles</i> Ost. vl. a. d. Pf.-Ende, 1/1 Spindel ih. 2 Kreisfl.</p>  <p style="text-align: right;">Q3(2)</p>	<p>35 App. fac. transv sur l'extrém., 1/1 pivot dans 1 cercles d jamb. <i>Cross support frontways on end, 1/1 spindie inside 1 circle</i> Ost. vl. a. d. Pf.-Ende, 1/1 Spindel ih. 1 Kreisfl. (Magyar)</p>  <p style="text-align: right;">Q36.1</p>
<p>38</p>	<p>37.</p>	<p>38 App. fac. transv sur l'extrém., cercles d jamb avec 1/2 pivot en app. transv. <i>Cross support frontways on end, circle with 1/2 spindie to cross support</i> Ost. vl. a. d. Pf.-Ende, Kreisfl. mit 1/2 Spindel i. d. Ost.</p>  <p style="text-align: right;">Q12</p>	<p>39 Tout app. lat., 1/1 pivot dans 1 cercle d jamb. ec. (2x 1/2 pivot) <i>Any side support, 1/1 spindie w. legs strad inside 1 circle (2x 1/2 spindie)</i> A j. Sst., 1/1 Spindel m. gegr. B. innerhalb 1 Kreisfl. (2x 1/2 Spindel)</p>  <p style="text-align: right;">Q12 Q18</p>	<p>40.</p>
<p>III. Transports – Travels – Wandern</p>				
<p>En appui latéral – In side support –</p> <p>1 Cercles d. jamb. avec transport av. a l'app lat. <i>Circles with travel fwd. in side support</i> Wanderflanken vv. im Seitstütz</p>  <p style="text-align: right;">→</p>	<p>in Selbststütz</p> <p>2. Tramelote ou Tramelote directe <i>Tramlot or direct Tramlot</i> Tramlot oder Tramlot direkt</p>  <p style="text-align: right;">T-/T-d</p>	<p>3</p>	<p>4 De l'app. fac. lat. sur une extrém., transport lat saute par-dessus l. 2 arç. à l'app. dors. lat. sur l'autre extrém. <i>From sup. frontways on one end, travel hop over both p. to sup. rearways on other end</i> A. d. Wst. a. einem Pf.-Ende, Gespr. Wandern u. b. P. i. d. Wst. a. d. and Pf.-Ende</p>  <p style="text-align: right;">→ ↑ 3/3</p>	<p>5 De l'app. fac. lat. à côté d. arç., transport lat saute par-dessus l. 2 arç. à l'app. dors. lat. à côté d. arç. sur l'autre extrém. (3/3) <i>From sup. frontways beside the p., travel hop over both p. to sup. rearways on other end (3/3)</i> A. d. Sst. vl. neben d. P., Gespr. Wandern u. b. P. i. d. Sst. il. a. d. and Pf.-Ende (3/3)</p>  <p style="text-align: right;">↪</p>
<p>6.</p>	<p>7. Transport lat. et Stockli directe A <i>Side travel and direct Stockli A</i> Wandern sw. u. Direktes Stockli A</p>  <p style="text-align: right;">I → SA</p>	<p>8. De l'app. dorsal, transport lat. avec 1/2 pivot a l'app. fac. <i>From rear support, travel with 1/2 spindie to front support</i> A. d. Stutz fl., Wandelfl. m. 1/2 Spindel i. d. Stutz vl.</p>  <p style="text-align: right;">I → G18</p>	<p>9. De 1 extrém., transport lat. avec 2x 1/2 pivot sur l'autre extrém. <i>From 1 end, side travel with 2x 1/2 spindie to other end</i> Vom 1 Pf.-Ende, Wandelfl. m. 2x 1/2 Spindel a. d. and Pf.-Ende</p>  <p style="text-align: right;">I → G18 → G17</p>	<p>10.</p>

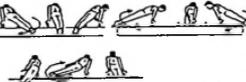
A	B	C	D	E
11.	<p>12. De l'app. faciat sur l'extrém., transport lat. avec app. entre l. arç. à l'app. lat. sur l'autre extrém. (3/3) <i>From side sup. fw. on one end, travel with sup. between the p. to sup. on other end (3/3)</i> A. d. Sst. a einem Pf.-Ende, Wandem m. St. zw d. P. a. d. and Pf.-Ende (3/3)</p> 	13.	<p>14. De l'app. fac lat. sur 1 extrém., transp. av. par-dessus l. 2 arç. à l'app. lat. sur l'autre extrém. entre 1 cercle d. jamb. (3/3) <i>From side sup. frontways on 1 end, travel over both p. to sup. on other end in 1 circle (3/3)</i> A. d. Sst.vl. a einem Pf.-Ende, Wandem ü. b. P. i.d. Sst. a. d. and. Pf.-Ende in. 1 Kreisfl. (3/3)</p> 	<p>15. De l'app. fac lat. à côté d. arç., transport lat. sauté par-dessus l. 2 arç. à l'app. lat. sur l'autre extrém. entre 1 cercle d. jamb. (3/3) <i>From side sup. fw. beside the p., hop over both p. to sup. on other end in 1 circle (3/3)</i> A. d. Sst.vl. neben d. P., Gespr. Wandem ü. b. P. i.d. Sst. a. d. and. Pf.-Ende in. 1 Kreisfl. (3/3)</p> 
16.	<p>17. Cercles d. jamb. avec transport arr. à l'appui lat. (aussi sauté) <i>Circles with travel bwd. in side support (also with hop)</i> Wanderflanken rw. im Seitstütz (auch gesprungen)</p> 	18. Cercles d. jamb. avec transport arr. sauté 2x <i>Circles with travel bwd. with hop 2x</i> Wanderflanken rw. gesprungen 2x	<p>19. De l'app. dorsal lat. sur une extrém., transport lat. sauté par-dessus l. 2 arç. à l'app. fac. lat. sur l'autre extrém. <i>From sup. rearways on one end, travel hop over both p. to sup. frontways on other end</i> A. d. Wst. fl. a. einem Pf.-Ende, Gespr. Wandem ü. b. P. i.d. Wst. vl. a. d. and. Pf.-Ende</p> 	<p>20. De l'app. dorsal lat. à côté d. arç., transport lat. sauté par-dessus l. 2 arç. à l'app. fac. lat. à côté d. arç. sur l'autre extrém. <i>From sup. rearways beside the p., travel hop over both p. to sup. frontways on other end (3/3)</i> A. d. Sst.fl. neben d. P., Gespr. Wandem ü. b. P. i.d. Sst. vl. a. d. and. Pf.-Ende (3/3)</p> <p>(Yamawaki)</p> 
21.	<p>22. De l'app. dorsal lat., transport lat. avec app. entre l. arç. <i>From side sup. rearways, travel with sup. between the p.</i> A. d. Sst. fl., Wandem m. St. zw. d. P.]</p> 	23. De l'app. dorsal lat. sur l'extrém., transport lat. avec app. entre l. arç. à l'app. lat. sur l'autre extrém. (3/3) <i>From side sup. rearways on one end, travel with sup. between the p. to sup. on other end (3/3)</i> A. d. Sst. fl. a. einem Pf.-Ende, Wandem m. St. zw. d. P. a. d. and Pf.-Ende (3/3)	24.	25.
26.	27.	<p>28. De l'app. fac, transport dorsal avec 1/4 pivot à l'app. dorsal <i>From front support, travel bwd. with 1/4 spindle to rear support</i> A. d. Stutz vl., Wanderfl. rw. m. 1/4 Spindel i. d. Stutz fl.</p> 	<p>29. De 1 extrém., transport dorsal avec 2x 1/4 pivot sur l'autre extrém. <i>From 1 end, side travel bwd. with 2x 1/4 spindle to other end</i> Vum 1 Pf.-Ende, Wanderfl. rw. m. 2x 1/4 Spindel a. d. and Pf.-Ende</p> 	30.

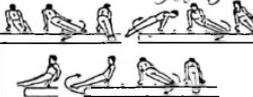
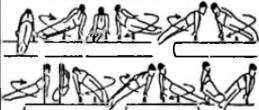
A	B	C	D	E
31.	32.	<p>33. Transp. lat. en app. dors. et passer costal fac. avec 1/4 t. ou dbl. dorsal sur même arç. <i>Travel in rear sup. and wende swing fwd with 1/4 t. or kehre on same p.</i> Wanderfl. i d. St. fl. u. Wendeschwg. vw. m. 1/4 Dr. o. Kreiskehre a. derselben P.</p>  <p>I ←w/←k</p>	34.	35.
En appui transversal – In cross support – Im Querstütz				
36.	<p>37. Cercles d. jamb. avec transp. en av. ou en arr. en app. transv. d'une partie du cheval ou arç. à l'autre (1/3) <i>Travel fwd. or bwd. in cross sup. from one horse part or pommel to another (1/3)</i> Wanderfl. rw. o. vw. i. Ost. v. einem Pf.-Teil o. a. d. and. (1/3)</p>  <p>→ Q</p>	<p>38. #37 2x (2/3) #37 2x (2/3) #37 2x (2/3)</p>  <p>→ Q 2/3</p>	<p>39. De l'app. fac. transv. sur 1 extrém. transp. av. a. l'app. sur le deux arç., a l'autre extrém. à l'app. dorsal (3/3) <i>Fr. cross sup. fw. on end, travel fwd. with sup. on both pom. to other end in rear sup. (3/3)</i> A. d. Ost. vl. a. d. Pf.-Ende, Wanderfl. vw. m. St. a. beide P., a. d. and. Pf.-End. i. Ost. fl. (3/3) (Magyar)</p>  <p>→ Q 3/3</p>	40.
41.	44.	<p>43. Transport av. ou arr. par-dessus un arçon en app. transv. <i>Travel fwd. or bwd. over one pommel in cross support</i> Wanderfl. vw. o. rw. über eine Pausche in Querstütz</p>  <p>→ Q 1/2</p>	<p>44. Transport av. avec app. sur le cheval. (ou aussi arç) sur l'autre extrém. (3/3) <i>Travel fwd. on the leather (or also 1 p.) in cross support to other end (3/3)</i> Wanderfl. vw. in Querst. a. d. Pf.-Körper (o. auch 1 P.) Ez. d. and. Pf.-Ende (3/3)</p>  <p>→ Q 3/3</p>	45.
46.	47.	48.	<p>49. De l'app. doi. transv sur 1 extrém., transp. arr. a l'app. sur le sur le deux arç., sur l'autre extrém. à l'app. fac (3/3) <i>Fr. or sup. rw. on end, travel bwd w. sup. om both pom. to other end in front sup. (3/3)</i> A. d. Ost. fl. a. d. Pf.-Ende, Wanderfl. rw. m. St. a. beiden P., a. d. and. Pf.-End. i. Ost. vl. (3/3) (Sivado)</p>  <p>→ Q 3/3</p>	50.

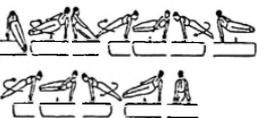
A	B	C	D	E
51.	52 Cercles d. jamb. avec transp. av ou arr avec $\frac{1}{4}$ pivot à l'app. lat. <i>Travel fwd. or bwd. with $\frac{1}{4}$ spindell to side support</i> Wandertl. vw o. rw m. $\frac{1}{4}$ Spindell d. Sst.  → G G ₁	53.	44 Transport arr. avec app. sur le cheval (ou aussi 1 arc) sur l'autre extrém (3/3) <i>Travel bwd. on the leather (or also 1 p.) in cross support to other end (3/3)</i> Wandertl. rw. in Querst. a. d. Pf. Kerper (o. auch 1 P.) Ez. d. and Pf.-Ende (3/3)  ← G $\frac{1}{2}$	55.
56.	57.	58 De l'app. transv sur 1 extrém., transp. av dans 2 cercles d. jamb. sur le prem. arc, sur le 2e arc, avec $\frac{1}{4}$ t. sur l'aut. extrém. à l'app. lat. (3/3) <i>Fr. cr. sup. on end, tr. fwd. in 2 circles to 1st p., t. 2nd p., with $\frac{1}{4}$ turn to side sup. on other end (3/3)</i> A. d. Ost. a. d. Pf.-Ende, Wandertl. vw. innerhalb 2 Kreslfl. m. St. a. d. P., zweifels P., m. $\frac{1}{4}$ Dr. i. d. Sst. a. d. and Pf.-Ende (3/3) (Bilazerchev)  → G $\frac{1}{4}$ $\frac{1}{3}$	56 De l'app. transv., $\frac{3}{3}$ transport av. ou arr. avec $\frac{1}{2}$ tour <i>3/3 cross sup. travel fwd or bwd. with $\frac{1}{2}$ turn</i> <i>3/3 Querverwandem vw o. rw. m. 1/2 Dr.</i>  → G E $\frac{1}{2}$	60.
IV. Double dorsaux, Stöckli directe, passés dorsaux – Kehres and direct Stöcklis – Kehren, Direkte Stöcklis, Ke				
1. 	2. Passé dorsal avant avec $\frac{1}{4}$ t. (double dorsal) <i>Double rear (kehr)</i> Kreiskehre  K ₁₂	3. Stöckli directe A sur 1 arc, et Stöckli inverse de 270° sur 1 arc <i>Direct Stöckli A followed by 270° reverse Stöckli on 1 p</i> Direktes Stöckli A u. Stöckli umgekehrt um 270° a. einer P  SA U ₂₇	4. De l'app. lat sur 1 extrém., double dorsal par-dessus le 1er arc, Stöckli arr par-dessus le 2e arc, à l'app. dors lat sur l'autre extrém. <i>Fr. s. sup. on end, kehr around 1st p., rev. Stöckli around 2nd p. to side sup. rw. on other end</i> A. d. Ost. a. d. Pf.-Ende, Kehrschw. Um d. P., Stöckli rw um d. and P. i. d. Sst. fl. a. d. and. Pf.-Ende (Mogulny)  K ₁₂ U ₁₈ K ₁₂ $\frac{1}{2}$	5. Passé dorsal avec 1/1 t. sur 1 arc. <i>Kehr wih 1/1 turn on 1 pommel</i> Kehrschw. m. 1/1 Dr. auf eine P.  K ₃₆
6.	7.	8. Passé dorsal arr. avec $\frac{1}{4}$ t. sauté sur les arc. <i>Kehrschw. bwd. hop with $\frac{1}{4}$ t. on the pommels</i> Kehrschwung rw m. $\frac{1}{4}$ Dr. gespr. a. d. P.  ↑ K ₁₂	9.	10. #8, 2 fois #8, 2 times #8, 2 mal  ↑ K ₁₂ K ₁₂

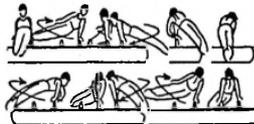
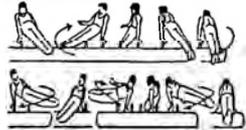
A	B	C	D	E
11	<p>12 Stöckli directe A (SDA) Direct Stöckli A (DSA) Direktes Stockli A (DSA)</p>  <p style="text-align: right;">S_A</p>	<p>13 SDA avec app. avec la 2e main à côté d'arc. passé fac. av avec 1/2 L à l'app. fac. lat. à côté d'arc. DSA 2nd hand sup. beside p and wendeswg. fw d. w. 1/2 L to side sup. fw next to the p. DSA m. St. d. 2. Hand neben d. P. Wendeschw. ww m. 1/2 Dr. i. d. St. v. neb. d. P. (Terao)</p>  <p style="text-align: right;">S_A ↑ →</p>	<p>14 SDA avec saut lat. à l'app. lat. sur l'autre extrém. DSA with hop travel sw fo other end DSA m. Sprinng sw. i. d. Wst. a. d. and. Pf.-Ende</p>  <p style="text-align: right;">S_A ↑ →</p>	<p>20. SDA sur 1 extr. et saut sur l'autre extr. DSA on 1 end and hop fo other end DSA a. 1 Pf.-Ende m. Spr. a. d. and. Pf.-Ende</p>  <p style="text-align: right;">S_A ↑ → 3/3</p>
16.	<p>17. SDA sans appui sur les arc. DSA with support on the body of the horse DSA mit Stütz a. d. Pf.-Körper</p>  <p style="text-align: right;">S_A</p>	<p>18. De l'app. sur 1 extrém., SDA 2x entre les arc. ou arc. entre les mains. From support on end, DSA 2x between the p. or pommel between the hands A. d. Stütz a. d. Pf.-Ende, DSA 2mal zw. d. P. o. P. zw. d. Händen</p>  <p style="text-align: right;">S_A S_A </p>	<p>19. De l'app. fac. lat. sur 1 extrém., SDA 3x entre les arc. ou arc. entre les mains. From side support fw on end, DSA 3x between the p. or p. between the hands. A. d. St. v. l. a. d. Pf.-Ende, DSA 3mal zw. d. P. o. P. zw. d. Händen (Borka)</p>  <p style="text-align: right;">S_A S_A S_A</p>	20
21.	<p>22 Stockli directe B sur 1 arc. (SDB) Direct Stockli B on 1 pommel (DSB) Direktes Stockli B a. einer P. (DSB)</p>  <p style="text-align: right;">I S_D</p>	<p>23 Stockli directe B 2 fois sur 1 arc. Direct Stockli B 2 times on 1 pommel Direktes Stockli B 2mal a. einer P.</p>  <p style="text-align: right;">I S_D S_D</p>	<p>24 Stockli directe B 3 fois sur 1 arc. Direct Stockli B 3 times on 1 pommel Direktes Stockli B 3mal a. einer P. (Nikolay)</p>  <p style="text-align: right;">I S_D S_D S_D</p>	<p>25. SDB 3 fois sur 1 arc., suivies d'une rot. suppl. de 180° ou plus. DSB 3 times on 1 pommel followed by any additional turn of 180° or more DSB 3mal a. einer P., gefolgt v. zusätzlicher Dr. v. 180° o. mehr</p>  <p style="text-align: right;">I S_D S_D S_D + 18</p>
28	27	28	<p>29 SDB et pas dorsal av avec 1/2 L à l'app. dorsal trans. et 2 cercles d. jamb. sur 1 arc. DSB and kehrtswing fwd. w. 1/2 L. fo cross sup. rw. and 2 circles on 1 p. DSB u. Kehrtswg. ww m. 1/2 Dr. i. d. Ost. r. u. 2 Kreisll. a. einer P.</p>  <p style="text-align: right;">I S_D K₁ ②</p>	<p>30 SDB 2x et pas dorsal av avec 1/2 L à l'app. dorsal trans. et 2 cercles d. jamb. sur 1 arc. DSB 2x and kehrtswing fwd. w. 1/2 L. fo cross sup. rw. and 2 circles on 1 p. DSB 2x u. Kehrtswg. ww m. 1/2 Dr. i. d. Ost. r. u. 2 Kreisll. a. einer P.</p>  <p style="text-align: right;">I S_D S_D K₁ ②</p>

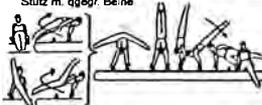
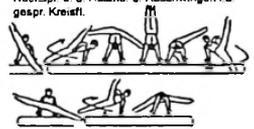
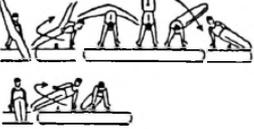
A	B	C	D	E
31.	<p>32. De l'app. lat. sur l'extrém. SDB avec transp. fac. à l'app. sur l'autre arc. passé costal av. avec transp. à l'app. dors. sur l'autre extrém. Fr. s. sup. on end, DSB to tr. fw. to sup. on other p. flank fwd. with tr. to sup. rw. on other end. A. d. Wst., DSB m Wandem v. i. d. Stütz a. d. and. P., Vorklanken m Wandem i d WSt. il.</p>  <p>I S_g →</p>	<p>33. SDB suivies d'une rot. suppl. de 180° DSB followed by any additional turn of 180° DSB gefolgt v. zusätzlicher Dr v. 180°</p>  <p>I S_g K₁₈</p>	<p>34. SDB et fac. russe 360° sur 1 arc. à l'app. dors. transv. DSB to 360° Russian wendenswng on 1 p. to side sup. rw. DSB u. 360° Ruswendeschwg. a. 1 P. i. d. Ost. il.</p>  <p>I S_g R₃₆</p>	<p>35. Sur 1 arc. SDA et passé fac. av. avec 270° et cercles d. jamb. On 1 p., DSA to wendenswng fwd. w. 270° to pommel circle A. 1 P., DSA u. Wendeschwg. vw. m. 270° u. Kresfil. a. d. P.</p> <p>(Schr)</p>  <p>I S_A R₂₇ ◻</p>
36.	37.	<p>36. SDB et changement immédiat de prise à la Stöckli inversé sur l'extrémité DSB to immediate grip change to reverse Stöckli to end DSB u. sofortigen Griffwechsel i. d. Stockli umgekehrt a. d. Pf.-Ende</p>  <p>I S_g U₁₈</p>	<p>39. SDB 2 fois et passe fac. av. a. 270° sur 1 arc. DSB 2x to 270° Russian wendenswng on 1 p. DSB 2 mal u. 270° Russenwendeschwg. a. 1 P.</p>  <p>I S_g S_g R₂₇</p>	40.
41.	42.	<p>43. SDB et passé fac. av. avec 1/4 t. et Stöckli inversé ou Tcheque dorsal ou transport DSB to wendenswng fwd. w. 1/4 t. and reverse Stöckli or Czechvahr or travel DSB u. Wendeschwg. vw. m. 1/4 Dr. u. Stöckli umgekehrt o. Tschekenkerie o. Wandem sw</p>  <p>I S_g R₁₈ U₁₈</p>	<p>44. SDB et passé fac. av. avec 1/4 t. à l'app. sur l'autre extrém. et passé fac. av. avec 1/4 t. DSB to wendenswng fwd. w. 1/4 t. to other end to wendenswng fwd. w. 1/4 t. DSB u. Wendeschwg. vw. m. 1/4 Dr. a. d. and. Pf.-Ende u. Wendeschwg. vw. mit 1/4 Dr. (Hayase)</p>  <p>I S_g R₁₈ R₂₇</p>	45.
46.	47.	<p>48. SDB et 1 cercle d. jamb. en app. lat. sur 1 arc. DSB and 1 circle in side support on 1 p. DSB u. 1 Kreisfil. i. Sat. a. 1 P.</p> <p>Devb</p>  <p>I S_g ◻</p>	<p>49. SDB et 2 cercles d. jamb. en app. lat. sur 1 arc. DSB and 2 circles in side support on 1 p. DSB u. 2 Kreisfil. i. Sst. a. 1 P.</p>  <p>I S_g ◻</p>	50.

A	B	C	D	E
<p>V. Doubles faciaux – Wendeswings En avant – Forwards – Vorwärts 1. De l'app. fac. lat. à l'extrém., passé fac. av. avec 1/2 t. et transp. lat. à l'app. dorsal sur l'autre extrém. <i>From side sup. on end, wendeswing fwd. w. 1/2 t. and side travel to support rw. on other end</i> A. d. Wst. vl., Wendeschwung vw. m. 1/2 Dr. u. Wandertf. vw. i. d. Wst. rl. a. d. and. Pl.-Ende</p>  <p style="text-align: right;">V12 →</p>	<p>-Wendeschwünge 2. De l'app. fac. lat. à l'extrém., passé fac. av. avec 1/2 t. et Stockli inv. à l'app. fac. sur l'autre extrém. <i>Fr. side sup. on end, wendeswing fwd. w. 1/2 t. and reverse Stockli to sup. fw. on other end</i> A. d. Wst. vl., Wendeschwung vw. m. 1/2 Dr. u. Stockli umgek. i. d. Wst. vl. a. d. and. Pl.-Ende</p>  <p style="text-align: right;">V12 U18</p>	<p>3. De l'app. fac. lat. à l'extrém., passé fac. av. a. 1/2 t. sur 1 arç. et tcheq. dors. à l'app. dors. lat. <i>From side sup. on end, wendeswing fwd. w. 1/2 t. on 1 p. and Czechkehr to side support rw.</i> A. d. Wst. vl., Wendeschwung vw. m. 1/2 Dr. a. 1 P. u. Tschechenkehr i. d. Sst. rl.</p>  <p style="text-align: right;">I V12 C</p>	<p>4. De l'app. fac. lat. à l'extrém., double facial russe d'une extrem. à l'autre sans appui sur et entre les arç. <i>Fr. s. sup. on end, Russian wendeswing fwd. to other end without sup. on or b/w. the p.</i> A. d. Wst. vl., Russenwendeschwung vw. ohne Stütz a. d. o. zw. d. P. a. d. and. Pl.-Ende (Tong Fei)</p>  <p style="text-align: right;">R22 3/3</p>	<p>5.</p>
<p>6.</p>	<p>7. De l'app. fac. lat. à l'extrém., passé fac. av. avec 1/2 t. sur 2 arç. et tcheque dorsal <i>From side sup. on end, wendeswing fwd. w. 1/2 t. on 2 p. and Czechkehr</i> A. d. Wst. vl., Wendeschwung vw. m. 1/2 Dr. a. 2 P. u. Tschechenkehr</p>  <p style="text-align: right;">V12 C</p>	<p>8. De l'app. fac. lat. à l'extrém., passé fac. av. avec 1/2 t. sur 2 arç. et double fac. russe (360°) <i>From side sup. on end, wendeswing fwd. w. 1/2 t. on 2 p. and Russian wendeswing (360°)</i> A. d. Wst. vl., Wendeschwung vw. m. 1/2 Dr. a. 2 P. u. Russenwendeschwung (360°)</p>  <p style="text-align: right;">V12 R22</p>	<p>9. De l'app. fac. lat. à l'extrém., passé fac. av. a. 1/2 t. sur 2 arç. et dbl. fac. russe sur 1 arç. (540°) <i>Fr. side sup. on end, wendeswing fwd. w. 1/2 t. on 2 p. and Russian wendeswing on 1 p. (540°)</i> A. d. Wst. vl., Wendeschwung vw. m. 1/2 Dr. a. 2 P. u. Russenwendeschwung a. 1 P. (540°)</p>  <p style="text-align: right;">V12 R22</p>	<p>10.</p>
<p>11.</p>	<p>12.</p>	<p>13. De l'app. fac. lat. sur 1 arç., passé fac. av. avec 1/2 t. sur 1 arç. et passé double dors. sur les arç. <i>From side sup. on the p., wendeswing fwd. w. 1/2 t. on 1 p. and kehr</i> A. d. Sst. vl. a. d. P. v. Wendeschwung vw. m. 1/2 Dr. a. 1 P. u. Krenkehr</p>  <p style="text-align: right;">R12 K12</p>	<p>14.</p>	<p>15. Facial russe avec 720° t. et transport 3/3 <i>Russian wendeswing with 720° t. and 3/3 travel</i> Russenwendeschwung m. 720. Dr. u. 3/3 Wandern</p>  <p style="text-align: right;">R22 3/3</p>
<p>16 Suisse simple Simple Swiss Schweiz einfach</p>  <p style="text-align: right;">Se</p>	<p>17 Suisse double Double Swiss Schweiz doppelt</p>  <p style="text-align: right;">Sd</p>	<p>18 Suisse double, 2 fois Double Swiss, 2 times Schweiz doppelt, 2mal</p>  <p style="text-align: right;">Sd Sd</p>	<p>19.</p>	<p>20.</p>

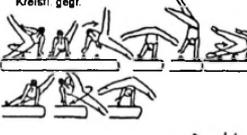
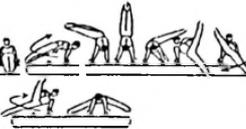
A	B	C	D	E
<p>En arrière – Backwards – Rückwärts</p> <p>21.</p>	<p>22. Tcheque dorsal sans les arçons ou sur les arc. Czechkehr on the leather or pommals Tschechenkehrte a. d. Pf.-Körper o. a. d. P.</p> 	<p>23. Tcheque dorsal entre les arçons, 2 fois Czechkehr between the pommals, 2 times Tschechenkehrte zw. d. P., 2mal</p> 	<p>24. Tcheque dorsal entre les arçons, 3 fois Czechkehr between the pommals, 3 times Tschechenkehrte zw. d. P., 3mal</p> 	<p>25.</p>
<p>26.</p>	<p>27.</p>	<p>28. Passe fac. arr. avec $\frac{1}{2}$ t. a l'app. fac. lat. sur 1 arç., SDA Wendeschw. bwd. with $\frac{1}{2}$ t. in side sup. fw. on 1 p. to DSA Wendeschw. rw. m. $\frac{1}{2}$ Dr. i. d. Sst. vl. a. einer P. u. DSA</p> 	<p>29.</p>	<p>30.</p>
<p>31.</p>	<p>32. Passé fac. arr. avec $\frac{1}{2}$ t. a l'app. fac. lat. sur 1 arç., passé fac. av. avec $\frac{1}{2}$ t. à l'app. fac. lat. sur l'extrém. Wdswg. bwd with $\frac{1}{2}$ t. in side sup. fw. on 1 p. to wdswg. fwd. w. $\frac{1}{2}$ t. to sup. fw. on the and Wendeschw. rw. m. $\frac{1}{2}$ Dr. i. d. Sst. vl. a. einer P. u. Wendeschw. vw. m. $\frac{1}{2}$ Dr. i. d. Wst. vl.</p> 	<p>33. Passe fac. arr. avec $\frac{1}{2}$ t. a l'app. fac. lat. sur 1 arç., SDB Wendeschw. bwd with $\frac{1}{2}$ t. in side sup. fw. on 1 p. to DSB Wendeschw. rw. m. $\frac{1}{2}$ Dr. i. d. Sst. vl. a. einer P. u. DSB</p> 	<p>34. Passé fac. arr. avec $\frac{1}{2}$ t. à l'app. fac. lat. sur 1 arç. et 2x SDB sur la même arç. Wendeschw. bwd with $\frac{1}{2}$ t. in side sup. fw. on 1 p. to 2x DSB on the same p. Wendeschw. rw. m. $\frac{1}{2}$ Dr. i. d. Sst. vl. a. einer P. u. 2x DSB a. denselben P.</p> 	<p>35. Passé fac. arr. avec $\frac{1}{2}$ t. à l'app. fac. lat. sur 1 arç. et 3x SDB sur la même arç. Wendeschw. bwd with $\frac{1}{2}$ t. in side sup. fw. on 1 p. to 3x DSB on the same p. Wendeschw. rw. m. $\frac{1}{2}$ Dr. i. d. Sst. vl. a. einer P. u. 3x DSB a. denselben P.</p> 
<p>36.</p>	<p>37.</p>	<p>38. De l'app. fac. lat. sur l'extrém., passé fac. arr. avec $\frac{1}{2}$ t. sur 1 arç., passé fac. av. avec $\frac{1}{2}$ t. et Stöckli inv. sur l'autre extrém. (3/3) Fr. a sup. rw. on end, wdswg. bwd. w. $\frac{1}{2}$ t. to 1 p., wdswg. fwd. w. $\frac{1}{2}$ t. and r. St. to end (3/3) A. d. Wst. vl., Wendeschw. rw. m. $\frac{1}{2}$ Dr. a. einer P., Wendeschw. vw. u. Stöckli umgekehrt i. d. Wst. a. d. and Pf.-Ende (3/3)</p> 	<p>39.</p>	<p>40.</p>

A	B	C	D	E
41.	42.	<p>43. Passé costal av (app. entre les arc.), passé fac. arr. avec 270° à l'app. fac. lat. à côté l'arc; sur l'extrém. <i>Flnk fwd. to sup between the p., wendswing bwd. with 270° to side sup fw. beside the p.</i> Vorti u. Stütz zw d. P., Wendeschwg rw. m. 270° i. d. Sst. v. a. d. P. -Ende neben d. P. (Kroll)</p>  <p style="text-align: center;">149 v27</p>	44.	45.
46.	<p>47. Facial russe avec 360° <i>Russian wendswing with 360°</i> Russenwendeschwing mit 360°</p>  <p style="text-align: right;">R 36</p>	<p>48. Facial russe avec 540° <i>Russian wendswing with 540°</i> Russenwendeschwing mit 540°</p>  <p style="text-align: right;">R 54</p>	<p>49. Facial russe avec 720° <i>Russian wendswing with 720°</i> Russenwendeschwing mit 720°</p>  <p style="text-align: right;">R 72</p>	<p>50. Facial russe avec 1080° <i>Russian wendswing with 1080°</i> Russenwendeschwing mit 1080°</p>  <p style="text-align: right;">R 108</p>
51.	<p>52. De l'app. transv. facial russe avec 270° sur 1 arc <i>From cross sup., Russian wendswing with 270° on 1 p.</i> A. d. Cst., Russenwendeschwing mit 270° a. einer P.</p>  <p style="text-align: right;">R 27</p>	<p>53. Facial russe avec 360° sur 1 arc <i>Russian wendswing with 360° on 1 p.</i> Russenwendeschwing mit 360° a. 1 P</p> <p style="text-align: center;">Dev D</p>  <p style="text-align: right;">I R 36 (D)</p>	<p>54. Facial russe avec 360° sur 1 arc; et SDA ou SDB <i>Russian wendswing with 360° on 1 p. and DSA or DSB</i> Russenwendeschwing mit 360° a. 1 P. u. DSA o. DSB</p>  <p style="text-align: right;">I R 36 S a</p>	55.
56.	<p>57. Facial russe avec 360° entre les arc <i>Russian wendswing with 360° b/w the p.</i> Russenwendeschwing mit 360° zw a P</p>  <p style="text-align: right;"> R 36 </p>	58.	<p>59. Facial russe av. suivi de facial russe de 360° sur 1 arc <i>Russian wendswing fwd. to Russian wendswing with 360° on 1 p.</i> Russenwendeschwg. vw i. d. Russenwendeschwg. um 360° a. einer P.</p>  <p style="text-align: right;">I V 8 R 36</p>	60.

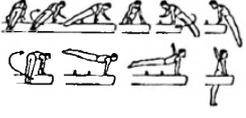
A	B	C	D	E
61.	62.	<p>63. Facial russe à l'app. fac. lat. sur les arc., Stöckli inv. à l'app. fac. lat. sur l'extrém. <i>Russian wendoswing to side sup. fw on the p. and reverse Stöckli to sup. fw on the end</i> <i>Russenwendeschw. i. d. Sst. vl. a. d. P., Stöckli umgekehrt i. d. Wst. vl.</i></p>  <p style="text-align: center;"><i>R2c U18</i></p>	<p>64. De l'app. fac. lat. sur les arc., fac. russe de 360° entre les arc., passé fac. av. et transp. imm. Au fac. allemand à l'app. dors. lat. <i>From side sup fw. on the p., Rus. Wendoswg. 360° between the p., wendoswg fwd., imm travel to schwabenwende in side sup rw.</i> <i>A. d. Sst. vl. a. d. P., Ruswendeschwg. M. 360° zw. d. P., Wendeschwg. vw. u. sofort Wandem sw. i. d. Schwabenwende i. d. Sst. rl.</i></p> 	65.
<p>66. Costal allemand Schwabenflank Schwabenflanke</p> 	67.	<p>68. Fac. russe à l'app. fac. lat. sur l'arc., passé double dorsal à l'app. dors. lat. sur l'extrém. <i>Russian wendoswing to kehr to sup. rw. on end</i> <i>Russenwendeschw. i. d. Sat. vl. a. d. P., Kreiskehr i. d. Wst. rl.</i></p>  <p style="text-align: center;"><i>R2ckia</i></p>	<p>69. Facial russe de 540° sur 1 arcen 540° Russian wendoswing on 1 pommel Russenwendeschwung um 540° a. einer P.</p>  <p style="text-align: center;"><i>I R54</i></p>	70.
<p>VI. Stöckli inversée, passé facial –</p> <p>1.</p>	<p>Reverse Stöckli, Drehflank – Stöckli umgekehrt, Drehflanken</p> <p>2. Stöckli inversée Reverse Stöckli Stöckli umgekehrt</p>  <p style="text-align: center;"><i>U18</i></p>	3.	4.	<p>5. Stöckli inversée avec 360° t. sur 1 arc. Reverse Stöckli with 360° t. on 1 p. Stöckli umgekehrt mit 360° Dr. a. einer P.</p>  <p style="text-align: right;"><i>U36</i></p>
6.	7.	<p>8. Stöckli inversée sur un facial russe avec 540° sur l'extrém. Reverse Stöckli to 540° Russian wendoswing on the end Stöckli umgekehrt u. Russenwendeschw. um 540° a. d. Pl.-Ende</p>  <p style="text-align: center;"><i>U18 R54</i></p>	<p>9. De l'extrém. Stöckli inv. sauté par-dessus les arc. à l'app. fac. lat. sur l'autre extrém. à côté de l'arc. Fr. end 1 hand on p. rev. Stöckli with hop across both p. to sup. fw beside p. on other end A. d. Sat. neb d. P. Stöckli umgekehrt gespr. i. d. Sst. vl. netz d. P. a. d. and. Pl.-Ende</p>  <p style="text-align: center;"><i>U18 R54</i></p>	10.

A	B	C	D	E
<p>11</p>	<p>12</p>	<p>13 Stöckli inversee et suisse double Reverse Stöckli followed by double Swiss Stöckli umgekehrt u. Schweiz doppelt</p>  <p style="text-align: right;">U₁₃ S₂</p>	<p>14 De la côté de l'arc. Stöckli inv par-dessus les 2 arc., passe fac av avec 1/2 t à l'app à côté de l'arc sur l'autre extrém. Fr. ans basiss p., rev Stöckli over 2 p. to wndswg fwd w. 1/2 t to s. sup rw. beside the p. on the other end A. d. Sst. rl. neben d. P. Stöckli umgekehrt ü beide P. Wendeschwg vw m 1/2 Dr i d. Sst. rl. neben d. P a d and Pt-Ende (Hayase)</p> 	<p>15</p>
<p>16 De la station, passer facial arr. avec 1/2 t à l'appui fac. lat Drehflank Drehflanke</p>  <p style="text-align: right;">U₁₆ U₁₇</p>	<p>17 Passer facial arr. avec 1/2 t sur 1 arc suivi de l'achève dors. ou passer double dorsal Drehflank to sup fw on 1 p. followed by Czochkehr orkehr Drehfl. l. d. Sst. vl. a einer P gefolgt von Tschechenkehr o. Kreiskehr.</p>  <p style="text-align: right;">U₁₇ C</p>	<p>18</p>	<p>18 De l'app dors transv. Stöckli inv. passé fac. av. et Stöckli inv. à l'app transv sur l'autre extrém. (sans toucher l'arc.) From cross sup rw., reverse Stöckli, wndswg fwd. to rev Stöckli to cross sup fw on other end (without touching pommel) A. d. Ost. rl. Stöckli umgekehrt, Wendeschwg vw u Stöckli umgekehrt i d. Ost vl. a. d. and Pt-Ende (ohne Stütz a. d. P.) (Right)</p>  <p style="text-align: right;">U₁₈ U₁₈ 1/2</p>	<p>20</p>
<p>VII. Eléments par l'appui renversé</p> <p>1.</p>	<p>Eléments through handstand – Elemente durch den Handstand</p> <p>2. Mouvement éc. d. jamb. en arr. à l'app. renv. et retour à l'app. jamb. éc. transv. Leg cut or undercut fwd through hdst and lower to support w. strad. legs Rückspr. d. d. Hst. and u. Abschwingen i d. Stütz m. geggr. Beine</p>  <p style="text-align: right;">T₂ d d</p>	<p>3. Mouvement éc. d. jamb. en arr. à l'app. renv. et retour au cercle écarté Leg cut or undercut fwd through hdst and lower to flare Rückspr. d. d. Hst. and u. Abschwingen i d. gespr. Kreisfl.</p>  <p style="text-align: right;">T₂ d d T</p>	<p>4.</p>	<p>5.</p>
<p>6.</p>	<p>7.</p>	<p>8. Mouvement éc. d. jamb. en arr. à l'app. renv. et retour au cercle des jamb. Leg cut or undercut fwd through hdst and lower to circles Rückspr. d. d. Hst. and u. Abschwingen i d. Kreisfl.</p>  <p style="text-align: right;">T₂ d d U</p>	<p>9. Ciseau av avec 1/2 t par l'app. renv. sur 1 arc., retour à l'app. jamb. éc. transv. Scissor fwd w. 1/2 t through hdst on 1 p., lower to sup. w. strad. legs Schere vw m 1/2 Dr d d. Hst. and a einer P. Abschwingen i d. Stütz m. geggr. Beine</p> <p style="text-align: center;">(Li Ning)</p>  <p style="text-align: right;">III x₂</p>	<p>10.</p>

A	B	C	D	E
11	12	13	<p>14 Ciseau au avec $\frac{1}{2}$ l par l'app renvs sur 1 arc, retour a l'app jamb ec transv Scissor bwd w $\frac{1}{2}$ l through hstd on 1 p, lower to sup w strad legs Schere rw m $\frac{1}{2}$ Dr d d Hstand a einer P, Abschwngen i d Stutz m gegr Beine</p>  <p>III x ↓↓</p>	15
16	17	<p>18 De l'app transv jamb éc, ciseau au avec $\frac{1}{2}$ l par l'app renvs, retour a l'app jamb ec transv Fr or sup w legs strad, scissor bwd w $\frac{1}{2}$ l thr hstd, lower to sup w strad legs A d Qst l m gegr B, Schere rw m $\frac{1}{2}$ Dr d d Hstand, Abschwngen i d Stutz m gegr B</p>  <p>III Q x ↓↓</p>	19	20
21	<p>22 Cercle éc a l'app renvs. et retour à l'app jamb éc transv Thomas flare through hstd and lower to sup. w strad legs Gespr Kreisfl d d Hstand u Abschwngen i d Stutz m gegr Beine</p>  <p>T ↓ ↓ ↓</p>	<p>23 Cercle éc à l'app renvs (avec ou sans $\frac{1}{2}$ l) et retour au cercle éc Thomas flare through hstd (with or without $\frac{1}{2}$ l) and lower to Thomas flare Gespr Kreisfl d d Hstand (mit o ohne $\frac{1}{2}$ Dr) u Abschwngen i d Thomasfl (Tippen)</p>  <p>T ↓ ↓ ↓ ↓</p>	<p>24 Cercle éc. à l'app renvs. avec 1/1 t (avec ou sans transport) et retour au cercle éc Thomas flare through hstd. with 1/1 t (with or without travelling) lower to Thomas flare Gespr Kreisfl d d Hstand mit 1/1 Dr (mit o ohne Wandern) u Abschwngen i d Thomasfl</p>  <p>T ↓ ↓ ↓ ↓</p>	25
26	<p>27 Cercle éc a l'app renvs entre les arc et retour a l'app jamb éc transv Thomas flare through hstd between the p and lower to sup w strad legs Gespr Kreisfl d d Hstand zw d P u Abschwngen i d Stutz m gegr Beine</p>  <p>I r ↓ ↓ ↓ ↓</p>	28	<p>29 Cercle éc. a l'app renvs, transp avec 1/1 t sur l'extrém et retour au cercle éc. avec l'arc entre les mains Thomas flare thr hstd, travel with 1/1 t to end and lower to Th flare, p b/w the hands Gespr Kreisfl d d Hstand, Wandern mit 1/1 Dr s d Pl-Ende u Abschwngen i d Thomasfl, P zw d Händen</p>  <p>T ↓ ↓ ↓ ↓ ↓</p>	30

A	B	C	D	E
31	32	<p>33 Cercle éc à l'app renvs avec 1/1 et retour au cercle éc à l'app renvs avec 1/1 et retour à l'app jamb éc transv. <i>Thomas flare through hdst. with 1/1 and lower to Thomas flare through hdst with 1/1 and lower to sup. w. strad. legs</i> Gespr. Kreisfl. d. d. Hstand mit 1/1 Dr u. Abschwngen i. d. Thomastfl. d. d. Hstand mit 1/1 Dr. u. Absch. i. d. Stütz m. gegr. Beine (Wang Chongsheng)</p> 	34	35
36	<p>37 Suisse simple à l'app renvs. et retour à l'app jamb. éc. transv. <i>Simple Swiss through hdst. and lower to sup. w. strad. legs.</i> Schweiz einfach d. d. Hstand u. Abschwngen i. d. Stütz m. gegr. Beine</p>  <p style="text-align: center;">s o t d ↓</p>	<p>38 Stöckli inv. ou SDA avec jamb. éc à l'app renvs. et retour à l'app jamb. éc. transv. <i>Reverse Stöckli or DSA strad. through hdst. and lower to sup. w. strad. legs</i> Stöckli umgekehrt o. DSA m. gegr. B. d. d. Hstand u. Abschwngen i. d. Stütz m. gegr. Beine</p>  <p style="text-align: center;">u / s a t d ↓</p>	<p>39 Stöckli inv. ou SDA avec jamb. éc. par l'app renvs. 1/1 t. et retour à l'app jamb. éc. transv. <i>Reverse Stöckli or DSA strad. through hdst. 1/1 t. and lower to sup. w. strad. legs</i> Stöckli umgekehrt o. DSA m. gegr. B. d. d. Hstand. 1/1 Dr. u. Abschwngen i. d. Stütz m. gegr. Beine</p>  <p style="text-align: center;">u / s a t e ↓</p>	<p>40 Stöckli inv. ou SDA avec jamb. éc. par l'app renvs. 1/1 t. et retour à cercle d. jamb. ou cercle éc. <i>Reverse Stöckli or DSA strad. through hdst. 1/1 t. and lower to circles or flares</i> Stöckli umgekehrt o. DSA m. gegr. B. d. d. Hstand. 1/1 Dr. u. Abschwngen i. d. Kreisfl. o. Kreisfl. gegr.</p>  <p style="text-align: center;">II u / s a t e ↓</p>
41	42	<p>43 Cercle éc avec transport sauté arr. à l'app renvs. et retour à l'app jamb. éc. transv. <i>Thomas flare with hop travel bwd. through hdst. and lower to sup. w. strad. legs</i> Gespr. Kreisfl. m. gesprungen Wandern rw. d. d. Hstand u. Abschwngen i. d. Stütz m. gegr. Beine</p>  <p style="text-align: center;">t f → d ↓</p>	<p>44 Cercle éc avec transport sauté arr. à l'app renvs. et retour à cercle d. jamb. ou cercle éc. <i>Thomas flare with hop travel bwd. through hdst. and lower to circles or flares</i> Gespr. Kreisfl. m. gesprungen Wandern rw. d. d. Hstand u. Abschwngen i. d. Kreisfl. o. Kreisfl. gegr.</p>  <p style="text-align: center;">t f ← d ↓</p>	45
46	<p>47 Cercle d. jamb. à l'app renvs. et retour à l'app jamb. éc. transv. <i>Circle thr. hdst. and lower to sup. w. strad. legs</i> Kreisfl. d. d. Hstand u. Abschwngen i. d. Stütz m. gegr. Beine</p>  <p style="text-align: center;">o t ↓</p>	<p>48 Cercle d. jamb. à l'app renvs. et retour à cercle d. jamb. ou cercle éc. <i>Circle thr. hdst. and lower to circles or flares</i> Kreisfl. d. d. Hstand u. Abschwngen i. d. Kreisfl. o. Kreisfl. gegr.</p>  <p style="text-align: center;">o t d ↓</p>	49	50

A	B	C	D	E
51.	52.	53. Stöckli inv à l'app renvs. et retour à l'app jamb ec transv <i>Reverse Stöckli through hdst and lower to sup w strad legs</i> Stöckli umgekehrt d d. Hstand u Abschwngen i d. Kreisfl o. Kreisfl. gegr.	54. Stöckli inv à l'app renvs. et retour à cercle d. jamb. ou cercle éc. <i>Reverse Stöckli through hdst and lower to circles or flares</i> Stöckli umgekehrt d d. Hstand. m. Abschwngen i d. Kreisfl o. Kreisfl. gegr.	55. Stöckli inv à l'app renvs. avec 1/1 t. et retour à cercle d jamb ou cercle éc <i>Reverse Stöckli through hdst with 1/1 t. and lower to circles or flares</i> Stöckli umgekehrt d d. Hstand m. 1/1 Dr. u. Abschwngen i d. Kreisfl o. Kreisfl. gegr.
58.	57. Cercle d. jamb. à l'app renvs. et retour à l'app. dors. lat. <i>Circle through hdst. and lower to side sup. rw. Kreisfl. d. d. Hstand. u. Abschwng. i. d. Sst. fl.</i>	58. Cercle d. jamb à l'app renvs. et retour à cercle éc. par l'app renvs. <i>Circle thr hdst and lower to flare thr hdst</i> Kreisfl d d. Hstand u. Abschwngen i d. Kreisfl gegr d d. Hstand.	59.	60.
VIII. Sorties – Dismounts – Abgänge 1.	2. Cercle éc. par l'app renvs. (aussi avec 1/1 t. avec ou sans transport) <i>Thomas flare through hdst. (also with 1/1 t. with or without travel)</i> Gespr. Kreisfl d d. Hstand. (auch m. 1/2 Dr. mit o. ohne Wandern)	3.	4. Stöckli inv. ou SDA avec jamb. serrées par l'app renvs., S/4 t. avec ou sans transport <i>Reverse Stöckli or DSA with legs together through hdst., S/4 t. with or without travel</i> Stöckli umgekehrt o. DSA m. geschl. B. d. d. Hstand., S/4 Dr. mit o. ohne Wandern	5.
6.	7. Cercle d jamb ou cercle éc par l'app renvs. (aussi avec 1/1 t. avec ou sans transport) <i>Circle or flare through hdst. (also with 1/1 t. with or without travel)</i> Kreisfl o. Kreisfl. gegr d d. Hstand (auch m. 1/2 Dr. mit o. ohne Wandern)	8. Stöckli inv ou SDA par l'app renvs. <i>Reverse Stöckli or DSA through hdst</i> Stöckli umgekehrt o. DSA d d. Hstand	9. SDA avec saut arr. par l'app renvs. sur l'autre extr. <i>DSA with hop bwd through hdst on other end</i> DSA m. Spr. rw. d. d. Hstand a. d. and. Pf. - Ende	10.

A	B	C	D	E
<p>11 Costal ou facial allemand Schwabentank z wende Schwabentanke z Wende</p>  <p style="text-align: right;">D/we</p>	<p>12 Chagunian suivi de facial allemand Chagunian to wende Chagunian z. Wende</p>  <p style="text-align: right;">D D D U L</p>	<p>13 Cercle d jamb ou cercle ec. et transp saute ar par l'app renvs Circle or flare with hop travel bwd thr hstd Kreisfl o ges: Kreisfl mit gesprungen Wandem rw d d Hstand</p>  <p style="text-align: right;">T T e d</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17. Sur l'extrémité, double facial russe (180° ou 360°) et facial allemand On the end, Russian wendeswing (180° or 360°) to wende A. d. Pf.-Ende, Russenwendeschwng (180° o 360°) z. Wende</p>  <p style="text-align: right;">R 2 e we</p>	<p>18 Sur l'extrémité double facial russe avec 540° et facial allemand On the end, Russian wendeswing with 540° to wende A. d. Pf.-Ende, Russenwendeschwng mit 540° z. Wende</p>  <p style="text-align: right;">R 5 y we</p>	<p>19 Sur l'extrémité, double facial russe avec 720° et facial allemand On the end, Russian wandaawing with 720° to wende A. d. Pf.-Ende, Russenwendeschwng mit 720° z. Wende</p>  <p style="text-align: right;">R 7 z we</p>	<p>20</p>
<p>21 De l'app dors lat sur les arc, passé fac. ar. avec 1/2 L sur 1 arc, et sortie facial From side sup. rw on the p., wendeswing bwd w. 1/2 l. and wende off on 1 p. A. d. Sst. r. a. d. P., Wendeschwng. rw. m. 1/2 Dr. a. einer P., Wende</p>  <p style="text-align: right;">C we</p>	<p>22 De l'app. fac. lat, passé fac. av avec 1/2 L à l'app. fac. lat et facial allemand Fr. s. sup. rw. wendeswg fwd w. 1/2 l. to sup. fw. followed by Schwabentank a. wende off A. d. Sst. vl. Wendeschwng vw. m. 1/2 Dr. i. d. Wst. vl. u. Schwabentanke z. Wende</p>  <p style="text-align: right;">V, 1, 2 D we</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27 SOA à l'app fac lat sur 1 arc, Stöckli inv et sortie facial ou costale DSA to one arm side sup. fw on 1 p., reverse Stöckli to wende or flank dismount DSA zum einarmigen Sst. vl. a. einer P, Stöckli umgekehrt z. Wende o. Flanke</p>  <p style="text-align: right;">S a U, 2 we</p>	<p>28</p>	<p>29</p>	<p>30</p>

A	B	C	D	E
31.	32.	<p>33. Sur l'extrémité, facial allemand avec salto arrière groupé <i>On the end, Schwabenflanke and salto bwd tucked</i> A. d. Pf.-Ende, Schwabenflanke m Salto rw geh.</p> 	34.	35.
36.	<p>37. Elan par l'app renvs jambes éc. et renversement av ou lat. <i>Swing through hdsl. with strad. legs and handspring fwd. or sdw.</i> Aufschwung d. d. Hstand m. gegr. B. u. Überschlag vw. o. sw.</p> 	<p>38. Sur l'extrémité, facial allemand avec salto avant carpé <i>On the end, Schwabenflanke and salto fwd piked</i> A. d. Pf.-Ende, Schwabenflanke m Salto vw geb.</p> 	39.	40.

Chapter 7: Rings



Height: 255 cm from top of mat

Information about Exercise Presentation

1. An exercise on the Rings is composed of swing, strength and hold parts in approximately equal portions. These parts and combinations are executed in a hang position, to or through a support position, or to or through the handstand position, and execution with straight arms should be predominant. Contemporary gymnastic exercises are characterized by transitions between elements of swing and strength or the reverse. The swinging of the cables, while executing a hold part, will be penalized as an error.

2. Errors in Exercise Presentation

- if the exercise consists mainly of strength and hold parts,
- if legs are straddled during the execution of swing elements
- if an atypical straddling of the legs occurs during the execution of strength elements (example: cross with straddled legs)

3. Layaways on the back swing: Any element that does not reach the value of an A-part is a part of no value. For example, back swings in support that do not lead to at least an A-part but simply reverse direction and swing back down in or to a lower hang position are deducted as parts of no value. Specific examples include:

- kip to support, swing back to layaway to front uprise

Special Requirements

- I. A handstand (2 sec.) executed with front swing (minimum C)
- II. A handstand (2 sec.) executed with back swing (minimum C)
- III. A static strength element (2 sec.) (minimum B)

Table of Errors and Deductions for Rings

Error	small 0.10	medium 0.20	large 0.40
Touching the cables with feet or parts of the body	+	+	+
Excessive swinging of cables	during 1 element	during part of exercise	during most of exercise
Layaway on the back swing		+	
Pre-swing before the mount		+	
False grip (over grip) during strength holds	+		

Information about Difficulty

1. The exercise begins with the first element, however the evaluation begins the moment the gymnast leaves the floor.
2. Elements are recognized as having single values according to the Table of Difficulties.
3. Static strength elements are recognized as such if they are held for at least 1 second. If they are executed without sufficient hold time or performed with a pronounced deviation from the prescribed position, they are not recognized as value parts.
4. Whenever press elements and vertical pull-ups follow a static strength (hold) element, they are recognized only if the preceding static element was recognized and if the final position is held at least one second.
5. The held positions must be arrived at directly and without correcting the angle of the arm or body position (See also Article 19.4).
6. The arms must be straight wherever the structure of the element requires such.
7. A false grip (overgrip) of the rings during static strength elements will be penalized.
8. Unless indicated otherwise, all elements executed with the cables crossed have the same value as these elements performed without crossing the cables.
9. For the purposes of the repetition rule (Art. 16.3 & 16.4), each identical final strength hold position is considered to be the same element. Thus, for example, an inverted cross may be used at most twice for bonus or value (if no previous repetition of elements has been credited) regardless of how the position was achieved and, therefore, any additional strength hold position eligible for Bonus Points may be used at most once.

10. On Rings, connection Bonus Points may be awarded if swing elements of sufficient difficulty follow static elements that have an independent value of at least C.

Examples:

- Planche (2 sec.) on rings followed by triple salto = C + E = 0.10 connection bonus
- Giant to handstand (2 sec.) on rings followed by triple salto = C + E = no connection bonus, because the independent value of the handstand = A

11. The end position of swing elements is what determines their value in the following categories:

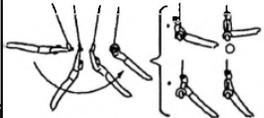
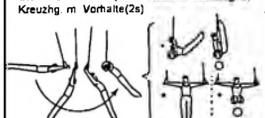
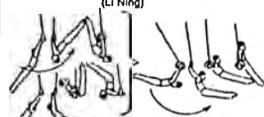
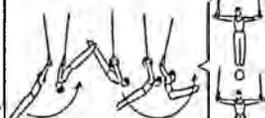
- through the handstand or near handstand position (mostly B)
- to the handstand (mostly C).

12. Dismounts in a backward direction with multiple turns have the same value if they are executed in a tucked or piked position. An increase in value of one category occurs only when the dismount is executed in a stretched position.

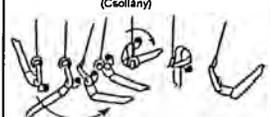
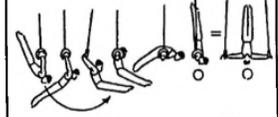
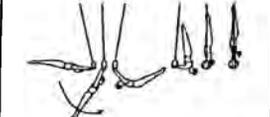
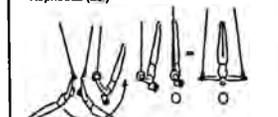
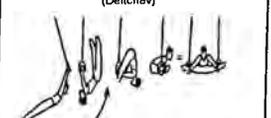
13. Dismounts executed in a forward direction with multiple turns are generally one value higher than similar saltos backward.

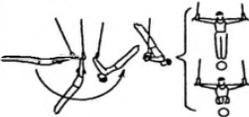
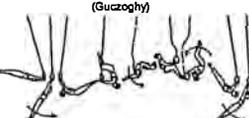
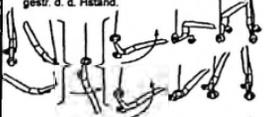
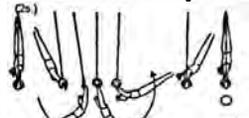
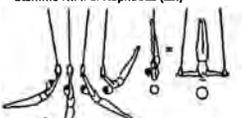
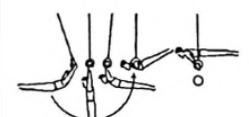
Structure Groups

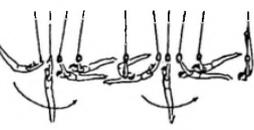
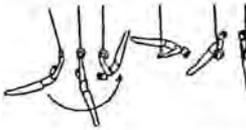
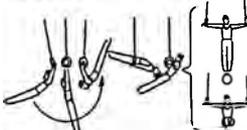
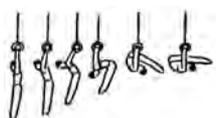
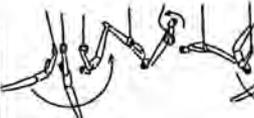
- I. Forward swings through hang
 - Stemme
 - Felge, Giant swings
- II. Backward swings through hang
 - Stemme, Giant swings
- III. Crossing of the cables
- IV. Kips
- V. Strength Felge and vertical pull-ups
- VI. Swings through support
- VII. Strength handstands and hold parts
- VIII. Dismounts
 - Forward
 - Backward

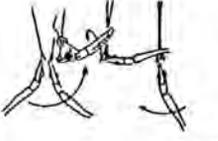
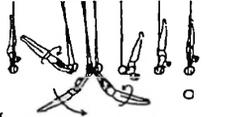
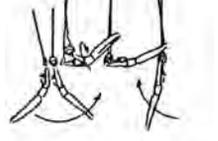
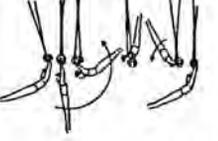
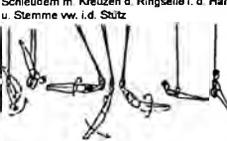
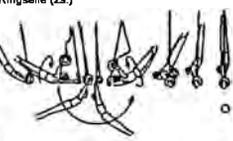
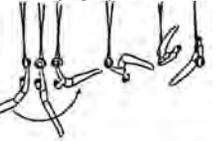
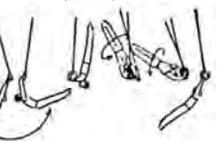
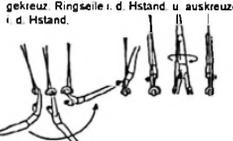
A	B	C	D	E
<p>1. Elan en avant par la suspension</p> <p>1</p>	<p>Forward swings through hang – Vorschwünge durch den Hang</p> <p>2 Etablissement av. à l'équerre 2s. ou à l'app Uprise fwd to L-sit 2s. or support Stemme vw i. d. Winkelst 2s. o. Stutz</p>  <p>III</p>	<p>3 Etablissement av à l'équerre jambes levées vert ou la croix ou croix à l'équerre (2s) Uprise fwd to V-sit or cross or L-cross (2s) Stemme vw i. d. Spitzwinkelst o Kreuzhg o Kreuzhg m Vorhalte (2s)</p>  <p>III</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7 #2 et contre-salto av à l'élan en arr par la susp #2 end counter salto fwd to bwd swing in hang #2 u. Kontersalto vw z Schwung rw. l. d. Hang (Chechi)</p>  <p>III</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>11.</p>	<p>12 De la susp., élan avec épaules par-dessus l'anneau From hang, underswing w. shoulders above rings A. d. Hang, Felgaufschwung m. Schulter ö. d. R (Nakayama)</p>  <p>U</p>	<p>13</p>	<p>14.</p>	<p>15.</p>
<p>16.</p>	<p>17 De la susp., renvers air à la susp dors., établissement av à l'appui From a hang, back loss to hang rw. to uprise fwd to support A. d. Hang, Überschlag rw. i. d. Hang rl., Stemme vw i. d. Stutz (Li Ning)</p>  <p>III</p>	<p>18 Li Ning à la croix ou croix angle (2s) Li Ning to cross or L-cross (2s) Li Ning i. d. Kreuzhang o Kreuzhang m Vorhalte (2s)</p>  <p>III</p>	<p>19</p>	<p>20</p>

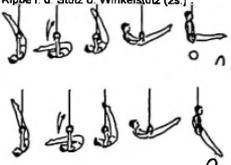
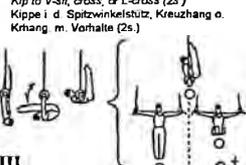
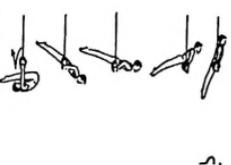
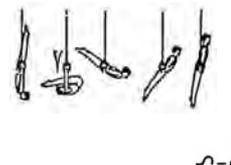
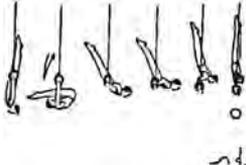
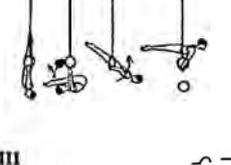
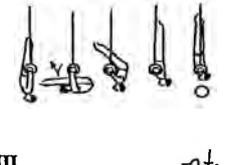
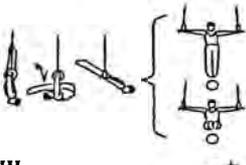
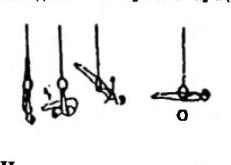
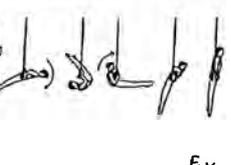
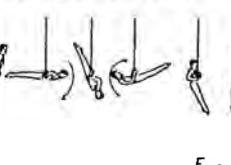
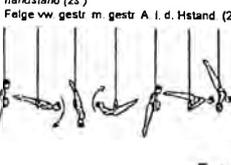
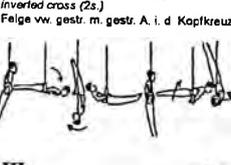


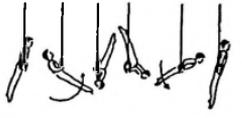
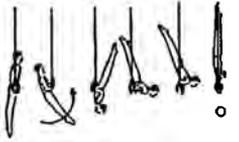
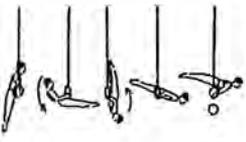
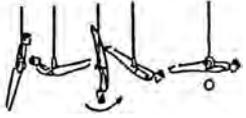
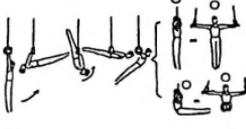
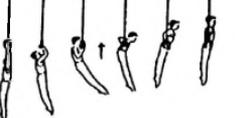
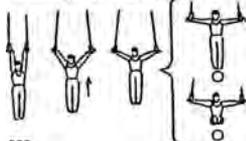
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<p>21.</p>	<p>22</p>	<p>23 De l'app., renvers arr à la susp dors. établissement av à l'appui <i>From support, back loss to hang rw to uprise fwd to support</i> A d. Stütz, Überschlag rw i d. Hang rt. Stemme vw i d. Stütz (Li Ning 2)</p> 	<p>24 Li Ning 2 à la croix ou croix angle (2s) Li Ning 2 to cross or L-cross (2s) Li Ning 2 i d. Kreuzhang o Kreuzhang m. Vorhalle (2s)</p> 	<p>25</p>
<p>26.</p>	<p>27 Li Ning et contre-salto av à l'élan en arr. par la susp Li Ning and counter salto fwd. to bwd swing in hang Li Ning u. Kotersalto vw z. Schwung rw i d. Hang (Csollány)</p> 	<p>28</p>	<p>29</p>	<p>30 Li Ning à l'app. et. Imm. élan à la cr renvs (2s) Li Ning to sup., immad. Swing to inv cross (2s) Li Ning i d. Stütz, solorbge Schwung i d. Kopfkreuz (2s) (Csollány 2)</p> 
<p>31 Etablissement en avant en tournant en arr. à l'app. <i>From hang, feige upward to support</i> Feigaufschwung i. d. Stütz</p> 	<p>32 Etablissement en avant en tournant en arr. bras tendu par l'app. renversé <i>Feige upward with straight arms through handstand</i> Feigaufschwung m. gestr. Armen d. d. Handst.</p> 	<p>33 Etablissement en avant en tournant en arr. bras tendu à l'app. renversé (2s) <i>Feige upward with straight arms to hdst (2s)</i> Feigaufschwung m. gestr. Armen i d. Handstand (2s)</p> 	<p>34</p>	<p>35 Etablissement en avant en tournant en arr. bras tendu à la croix renversée (2s) <i>Feige upward with straight arms to inverted cross (2s)</i> Feigaufschwung m. gestr. Armen i d. Kopfkreuz (2s)</p> 
<p>36 Etablissement en avant en tournant en arr. à l'app. jambes éc appuyées sur les poignets <i>Feige upward to support with straddled legs supported above the rings</i> Feigaufschwung i. d. Stütz m. gegr u. a d. Handgelenken aufgestützten B. (Deltchev)</p> 	<p>37</p>	<p>38 Etabliss. en av en tournant en arr à l'app facial horiz écarté (2s) <i>Feige upward to support scale straddled (2s)</i> Feigaufschwung i d. Stützwaage gegr (2s)</p> 	<p>39 Etabliss. en av en tournant en arr à l'app facial horiz (2s) <i>Feige upward to support scale (2s)</i> Feigaufschwung i d. Stützwaage (2s)</p> 	<p>40 Etabliss. en av en tournant en arr à l'app facial horiz entre les ann. (2s) <i>Feige upward to sup scale at ring height (2s)</i> Feigaufschwung i d. Stützwaage zw d R (2s)</p> 

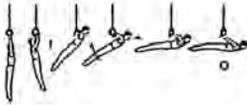
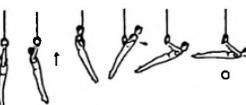
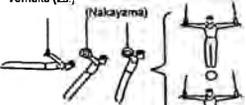
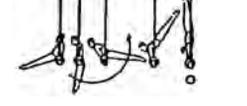
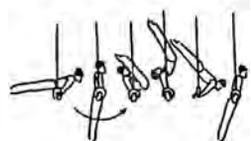
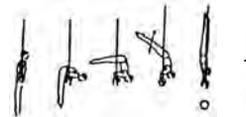
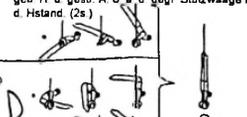
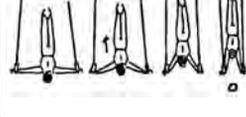
A	B	C	D	E
41.	42.	<p>43. Etablis. en av. en tournant en arr. à la croix ou croix angle (2s.) <i>Felge upward to cross or L-cross (2s.)</i> <i>Felgaufschwung i. d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.)</i></p>  <p>III F7.</p>	<p>44. Guzhogy de la susp. Li Ning ou à la susp. Li Ning <i>Guzhogy t. from or to Li Ning hang</i> <i>Guzhogy geh. a. d. oder i. d. Li Nong Hang</i></p>  <p>Guz Guz (P)</p>	<p>45. Guzhogy à l'appui <i>Guzhogy to support</i> <i>Guzhogy i. d. Stutz</i></p>  <p>Guz</p>
<p>46. Renversement arr. carpé ou tendu <i>Dislocata bwd. piked or stretched</i> <i>Überschlag rw. geb. o. gestreckt</i></p>  <p>e</p>	47.	48.	<p>49. Double tour d'appui arr. groupé à la susp. <i>Tucked double felge bwd. to hang</i> <i>Doppelte Stützfelge geh. rw. i. d. Hang</i></p> <p>(Guzgohy)</p>  <p>Guz</p>	<p>50. Double tour d'appui arr. carpé ou tendu à la susp. <i>Piked or stretched double felge bwd. to hang</i> <i>Doppelte Stützfelge geh. rw. geb. o. gestr. i. d. Hang</i></p> <p>(O'Neill)</p>  <p>Guzv</p>
II. Elans en arrière par la suspension - Rearward swings through hang - Rückschwünge durch den Hang				
<p>1. Etablissement arrière à l'appui <i>Uprise bwd. to support</i> <i>Stemme rw. i. d. Stutz</i></p>  <p>+1</p>	<p>2. Etablis. arr. ou grand tour ca. ou tendu par l'app. renvs. <i>Uprise bwd. or giant swing piked or str. through handstand</i> <i>Stemme rw. o. Riesenumschwung geb. o. gestr. d. d. Hstand.</i></p>  <p>+1</p>	<p>3. Etablis. arr. ou grand tour à l'app. renvs. (2s.) <i>Uprise bwd. or giant swing to handstand (2s.)</i> <i>Stemme rw. o. Riesenumschwung i. d. Hstand. (2s.)</i></p>  <p>II +1</p>	4.	<p>5. Etablis. arr. à la croix renvs. (2s.) <i>Uprise bwd. inverted cross (2s.)</i> <i>Stemme rw. i. d. Kopfkreuz (2s.)</i></p>  <p>III +1</p>
6.	<p>7. Etablis. arr. à fréquence écartée (2s.) <i>Uprise bwd. to straddled L-sit (2s.)</i> <i>Stemme rw. i. d. Giatschinkelstütz (2s.)</i></p>  <p>+1</p>	<p>8. Etablis. en arr. à l'app. facial horiz. éc. (2s.) <i>Uprise bwd. to support scale straddled (2s.)</i> <i>Stemme rw. i. d. Stützwaage gegr. (2s.)</i></p>  <p>III +1</p>	<p>9. Etablis. en arr. à l'app. facial horiz. (2s.) <i>Uprise bwd. to support scale (2s.)</i> <i>Stemme rw. i. d. Stützwaage (2s.)</i></p>  <p>III +1</p>	<p>10. Etablis. en arr. à l'app. facial horiz. entre les ann. (2s.) <i>Uprise bwd. to sup. scale at ring height (2s.)</i> <i>Stemme rw. i. d. Stützwaage zw. d. R. (2s.)</i></p>  <p>III +1</p>

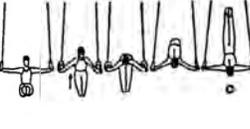
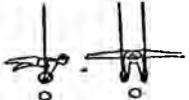
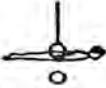
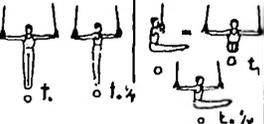
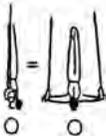
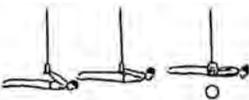
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11	12	<p>13 Etabliss en arr. a la croix ou croix angle (2s.) <i>Uprse bwd. to cross or L-cross (2s.)</i> Stemme rw i d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.)</p>  <p>III + t.</p>	14	15
<p>16 Renversement avant carpé ou tendu <i>Inlocale piked or stretched</i> Überschlag vw geb. o. gestr.</p>  <p>σ v / ~</p>	<p>17 Elancer en susp. en arr., renvs. av à l'appui ou l'équerre (2s.) <i>Backward swing to salto fwd. p. to support or L-sit (2s.)</i> Rschwg. U. Überschlag vw. l. d. Stütz o. Winkelstütz (2s.) (Honma)</p>  <p>σ</p>	<p>18. Honma tendu <i>Honma stretched</i> Honma gestreckt</p> <p>Doc D</p>  <p>III</p>	<p>19. Honma tendu à la croix ou cr. angle (2s.) <i>Honma stretched to cross or L-cross (2s.)</i> Honma gestr. l. d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.)</p>  <p>III</p>	20
21.	22.	<p>23. Honma à la croix ou cr. angle (2s.) <i>Honma to cross or L-cross (2s.)</i> Honma i d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.)</p>  <p>III</p>	24.	25.
<p>26 De la susp., renversement avant lentement <i>Slow inlocate from hang</i> A. d. Hang, langsames Einkugeln</p>  <p>σ</p>	<p>27 Double tour d'appui avant gr. à la susp. <i>Double salto fwd tucked to hang</i> Doppelte Hockfelge vw. geh. i. d. Hang (Yamawaki)</p>  <p>σ →</p>	<p>28 Double tour d'appui avant ca. à la susp. <i>Double salto fwd piked to hang</i> Doppelte Stützfelge vw. geb. i. d. Hang (Jonasson)</p>  <p>σ v</p>	29.	<p>30 Double tour d'appui avant tendu à la susp. <i>Double salto fwd stretched to hang</i> Doppelte Stützfelge vw. gestreckt l. d. Hang</p>  <p>σ</p>

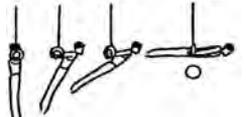
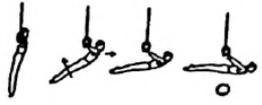
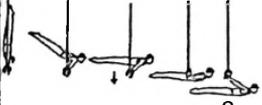
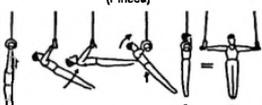
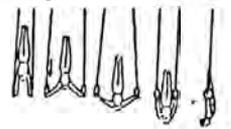
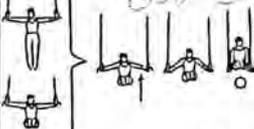
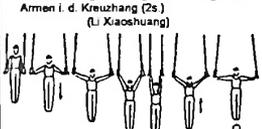
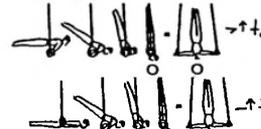
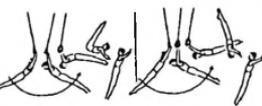
A	B	C	D	E
<p>III. Croisement des câbles – Crossing of the cables – Kreuzen der Ringseile</p> <p>1 Elan en av avec croisement des câbles Swing fwd with crossing of the cables Schwung vw m. Kreuzen d. Ringseile</p>  <p style="text-align: right;">-x</p>	<p>2 Renversement arr avec le crois d. câbles Dislocate with crossed cables Schleudern m. gekreuzt. Ringseilen</p>  <p style="text-align: right;">x -></p>	<p>3</p> 	<p>4. Grand tour arr. en crois les câbles (2s) Giant swing bwd. with crossing & uncrossing cables (2s.) Riesenumschwung rw m. Kreuzen d. Ringseile (2s.)</p>  <p style="text-align: right;">II o-x+</p>	<p>5.</p>
<p>6. Elan en arr avec croisement des câbles Swing bwd. with crossing of the cables Schwung vw m. Kreuzen d. Ringseile</p>  <p style="text-align: right;">--x</p>	<p>7. Renversement av. avec le crois d. câbles Inlocate with crossed cables Einkugeln m. gekreuzt. Ringseilen</p>  <p style="text-align: right;">x -></p>	<p>8. Renversement avec crois. les câbles et établis av à l'appui Dislocate with crossing of cables and uprise fwd to support Schleudern m. Kreuzen d. Ringseile i. d. Hang u. Stemme vw. i. d. Stütz</p>  <p style="text-align: right;">x -></p>	<p>9. Grand tour av. en crois les câbles (2s.) Giant swing fwd. with crossing & uncrossing cables (2s.) Riesenumschwung vw m. Kreuzen d. Ringseile (2s.)</p>  <p style="text-align: right;">I x + d</p>	<p>10.</p>
<p>11.</p>	<p>12 Honma à l'app. avec crois. les câbles Honma to support with crossed cables Honma i. d. Stütz mit gekreuzten Ringseilen</p> <p>(Ktagawa)</p>  <p style="text-align: right;">x -></p>	<p>13. Renversement arr. avec crois. 1/2 t. et établis à l'app. renvs. (2s.) Dislocate with crossed cables, 1/2 swing to handstand (2s.) Schleudern m. gekreuzten Ringseilen, Schwung rw m. 1/2 Dr i. d. Hstnd (2s.)</p>  <p style="text-align: right;">I B + C x -> x d</p>	<p>14.</p>	<p>15.</p>
<p>16. Renversement arr. et crois. les câbles (1/2 t.) Dislocate and cross cables (1/2 t.) Schleudern u. Kreuzen d. Ringseile (1/2 Dr.)</p>  <p style="text-align: right;">-x</p>	<p>17. Renversement arr. et crois. les câbles (1/1 t.) Dislocate and cross cables (1/1 t.) Schleudern u. Kreuzen d. Ringseile (1/1 Dr.)</p> <p>(Whitfield)</p>  <p style="text-align: right;">-x d</p>	<p>18. Elancer en susp. avec 1/2 t. et 1/2 t. et établis av à l'app. Swing down with 1/2 t. and 1/2 t. to uprise fwd Abschwngen m. 1/2 Dr u. 1/2 Dr z. Stemm vw</p>  <p style="text-align: right;">x -></p>	<p>19. Etablis arr. ou grand tour à l'app. renvs. avec câbles crois. et décroisé à l'app. renvs. Uprise bwd. or giant swing with crossed cables and uncross in handstand Stemme rw. od. Riesenumschwung vw m. gekreuzt. Ringseile i. d. Hstnd u. auskreuzen i. d. Hstnd.</p>  <p style="text-align: right;">II --x d d</p>	<p>20.</p>

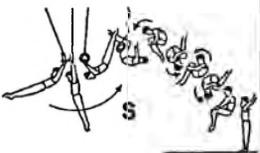
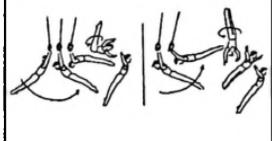
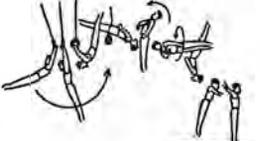
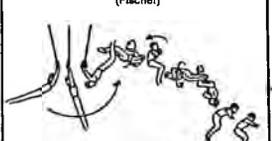
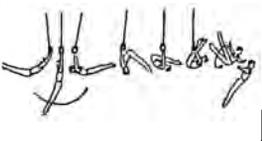
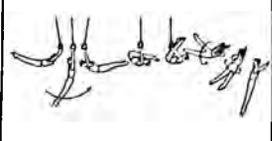
A	B	C	D	E
<p>IV. Bascules – Kips – Kippen</p> <p>1 Bascule à l'appui ou à l'équerre (2s.) Kip to support or L-sit (2s.) Kippe i. d. Stütz o. Winkelstütz (2s.)</p> 	<p>2</p> 	<p>3 Bascule à l'équerre jamb. lev. vert. ou à la croix ou cr. angle (2s.) Kip to V-sit, cross, or L-cross (2s.) Kippe i. d. Spitzwinkelstütz, Kreuzhang o. Krhang m. Vorhalte (2s.)</p>  <p>III</p>	<p>4</p> 	<p>5</p> 
<p>6. Bascule dorsale à l'appui Back kip to support Kreuzkippe i. d. Stütz</p> 	<p>7. Bascule dorsale bras tendus à l'appui Back kip with straight arms to support Kreuzkippe m. gestr. Armen i. d. Stütz</p> 	<p>8. Bascule dorsale à l'appui renvs. (2s.) Back kip to handstand (2s.) Kreuzkippe i. d. Hstand. (2s.)</p> 	<p>9. Bascule dorsale à l'appui facial horiz. (2s.) Back kip to support scate (2s.) Kreuzkippe i. d. Stützwage (2s.)</p>  <p>III</p>	<p>10. Bascule dorsale à la croix renvs. (2s.) Back kip to inverted cross (2s.) Kreuzkippe i. d. Kopfkreuz(2s.)</p>  <p>III</p>
<p>11.</p> 	<p>12.</p> 	<p>13. Bascule dorsale à la croix ou cr. angle (2s.) Back kip to cross or L-cross (2s.) Kreuzkippe i. d. Kreuzhang o. Krhang m. Vorhalte (2s.)</p>  <p>III</p>	<p>14.</p> 	<p>15. Bascule dorsale à l'appui facial horiz. entre les ann. (2s.) Back kip to support scate at ring height (2s.) Kreuzkippe i. d. Stützwage zw. d. Ringen (2s.)</p>  <p>III</p>
<p>V. Tours d'appui et établissements</p> <p>1. Tour d'appui av. carpé à l'appui Feige fwd. piked to support Feige vw. geb. i. d. Stütz</p>  <p>F₀ → v.</p>	<p>2. Tour d'appui av. lentement tendu à l'appui Slow feige fwd. stretched to support Langsame Feige vw. gestr. i. d. Stütz</p>  <p>F₀ → -</p>	<p>3. Tour d'appui av. tendu à l'appui renvs. (2s.) Feige fwd. stretched to handstand (2s.) Feige vw. gestr. i. d. Hstand. (2s.)</p>  <p>F₀ → d₀</p>	<p>4. Tour d'appui av. tendu, bras tendus à l'appui renvs. (2s.) Feige fwd. stretched with straight arms to handstand (2s.) Feige vw. gestr. m. gestr. A. i. d. Hstand. (2s.)</p>  <p>F₀ → d₀</p>	<p>5. Tour d'appui av. tendu, bras tendus à la croix renvs. (2s.) Feige fwd. stretched with straight arms to inverted cross (2s.) Feige vw. gestr. m. gestr. A. i. d. Kopfkreuz(2s.)</p>  <p>III</p> <p>F₀ → - d₀</p>

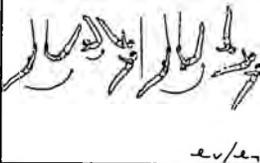
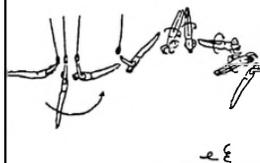
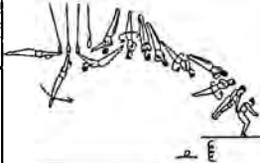
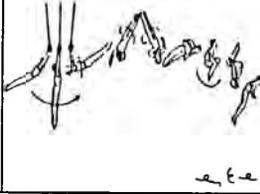
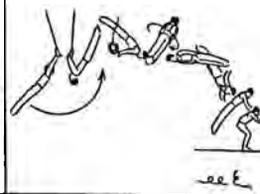
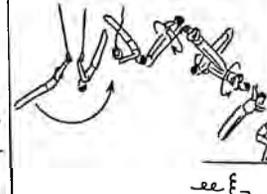
A	B	C	D	E
6.	7.	6. Tour d'appui av. tendu, bras tendus à la croix ou croix angle (2s.) <i>Felge fwd. stretched with straight arms to cross or L-cross (2s.)</i> Felge vw. gestr. m. gestr. Armen i. d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.)  III	9.	10.
11. Tour d'appui am. carpé à l'appui <i>Felge bwd. piked to support</i> Felge rw. geb. l. d. Stütz  F _v	12. Tour d'appui am. tendu à l'appui <i>Felge bwd. stretched to support</i> Felge rw. gestr. i. d. Stütz  F _v	13. Tour d'appui am. tendu à l'appui renvs (2s.) <i>Felge bwd. stretched to handstands (2s.)</i> Felge rw. gestr. l. d. Hstand (2s.)  F _v d _v	14. Tour d'app. arr. tendu à l'app. facial horiz. (2s.) <i>Felge bwd. stretched to free sup. scale (2s.)</i> Felge rw. gestr. l. d. Stützwaage (2s.)  III F _v	15. Tour d'appui arr. tendu à l'appui facial horiz. entre les ann. (2s.) <i>Felge bwd. stretched to free support scale at ring height (2s.)</i> Felge rw. gestr. l. d. Stützwaage zw. d. R. (2s.)  III F _v
16.	17.	18.	19. Tour d'app. an. t. à la croix ou cr. angle (2s.) <i>Felge bwd. stretched to cross or L-cross (2s.)</i> Felge rw. gestr. l. d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.) (Azarian)  III F _v	20. Etablis. lent. corps et bras tendus en tournant en arr. à l'app. fac. horiz. entre les ann. (2s.) <i>Felge bwd. slowly with str. arms and body to support scale at ring height (2s.)</i> Langsame Felge rw. m. gest. Armen u. Körper z. Stützwaage zw. d. Ringen (2s.)  III F _v
21. Etablis. de force, bras fléchis à l'appui <i>Vertical pull up with bent arms to support</i> Zugstamme m. geb. Armen i. d. Stütz  F _v	22.	23. Etablis. de force, bras tendus à l'appui <i>Vertical pull up with straight arms to support</i> Zugstamme m. gestr. Armen i. d. Stütz  F _v	24. Etablis. de force, bras tendus à la croix ou croix angle (2s.) <i>Vertical pull up with straight arms to cross or L-cross (2s.)</i> Zugstamme m. gestr. Armen i. d. Kreuzhang o. Kreuzhang m. Vorhalte (2s.)  III F _v	25.

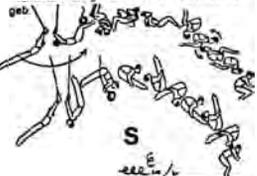
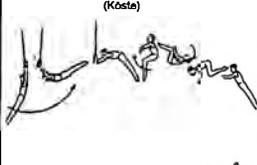
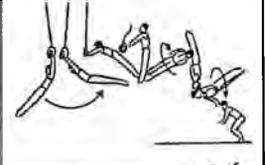
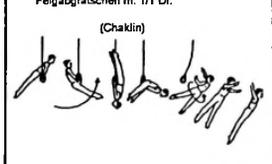
A	B	C	D	E
<p>26</p>	<p>27 Etablis de force, bras fléchis à la susp. dorsale horiz. (2s) <i>Vertical pull up with bent arms to hanging scale rearways (2s)</i> Zugstemme m geb. Armen i. d. Hangwaage rl (2s.)</p> 	<p>28 Etablis de force, bras tendus à la susp. dorsale horiz. (2s) <i>Vertical pull up with straight arms to hanging scale rearways (2s)</i> Zugstemme m gestr. Armen i. d. Hangwaage rl (2s.)</p> 	<p>29 De ou par la susp. dors. horiz., établis. de force bras tendus à la croix ou croix anglé (2s.) <i>From or through hanging scale rearways, with straight arms pull to cross or L-cross (2s.)</i> A. o. durch d. Hgwaage. rl., Zugstemme m. gestr. Armen i. d. Kreuzhang o. Kreuzhg. m. Vorhalte (2s.)</p> 	<p>30</p>
<p>VI. Elans par l'appui – Swings through support – Schwünge in Stütz</p>				
<p>1 Elan av. à l'élan ar. en suspension <i>Fwd. swing to swing bwd. in hang</i> Vorschwung i. St., Ablegen z. Rückschwung im Hang</p> 	<p>2 Elan à l'appui renversé (2s) <i>Swing bwd. to handstand (2s.)</i> Rückschwung i. d. Hstand (2s.)</p> 	<p>3 De l'appui, salto av. carpé à l'appui <i>Bwd. swing, salto fwd. piked to support</i> A. d. Rückschwung, Salto vw. geb. i. d. Stütz</p> 	<p>4 De l'appui, salto av. carpé à la croix ou croix anglé (2s.) <i>Bwd. swing, salto fwd. piked to cross or L-cross (2s.)</i> A. d. Rückschwung, Salto vw. geb. i. d. Kreuzhg. o. Kreuzhg. m. Vorhalte (2s.)</p> 	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10 De l'appui, salto av. carpé à l'appui <i>Fwd. swing, salto bwd. piked to support</i> A. d. Vorschwung, Salto rw. geb. i. d. Stütz</p> 
<p>VII. Appuis renversés et maintiens de force – Strength handstands and strength holds – Krafthandstände und Krafthalten</p>				
<p>1 S'élev. corps et bras fléchis à l'app. renv. (2s.) <i>Press to hdsl. with bent body and bent arms (2s.)</i> Heben m geb. Hüften u. geb. Armen i. d. Hstand. (2s.)</p> 	<p>2 S'élev. corps et bras fl. ou corps fl. et bras t. ou de l'app. fac. horiz. à l'app. renv. (2s.) <i>Press to hdsl. with str. body or bent arms or b. body a. str. arms, or fr. strad. sup. levor (2s.)</i> Heben m gestr. Hüften u. gestr. Armen o. m geb. H u. gestr. A. o. d. gegr. Stützwaage i. d. Hstand. (2s.)</p> 	<p>3 S'élev. corps tendu et bras tendus ou de l'app. fac. horiz. à l'app. renv. (2s.) <i>Press to hdsl. with str. body and str. arms or from sup. levor (2s.)</i> Heben m gestr. Hüften u. gestr. Armen o. a. d. Stützwaage i. d. Hstand. (2s.)</p> 	<p>4 De la croix renv., s'élev. à l'app. renv. (2s.) <i>Press from inverted cross to handstand (2s.)</i> A. d. Kopfkreuz, Heben i. d. Handstand (2s.)</p> 	<p>5</p>

A	B	C	D	E
6	7	8	<p>9. Équerre, s'élev. corps fléchi et bras tendus, à la croix renv. (2s.) From L-sit, press to inverted cross (2s.) A. d. Winkelstütz, Heben i. d. Kopfkreuz (2s.)</p>  <p>III \uparrow</p>	<p>10. De la croix angle, s'élev. à la croix renv. (2s.) From L-cross, press to inverted cross (2s.) A. d. Kreuzhang m. Vorhalte, Heben i. d. Kopfkreuz (2s.)</p>  <p>III \uparrow</p>
<p>11. Équerre ou équerre écartée (2s.) L-sit or straddled L-sit (2s.) Winkelstütz o. Grätschwinkelstütz (2s.)</p>  <p>\downarrow</p>	<p>12. Équerre, jambes levées vert. (2s.) V-sit (2s.) Spitzwinkelstütz (2s.)</p>  <p>\downarrow</p>	13	<p>14. Eq. jamb. horiz. au-dessus de la tête (2s.) High V-sit, legs horizontal (2s.) Hoher Spitzwinkelst., Beine waagrecht (2s.)</p>  <p>\downarrow</p>	16
16	<p>17. Appui facial horiz. éc. (2s.) Support scale straddled (2s.) Stützwaage gegr. (2s.)</p>  <p>III \rightarrow</p>	<p>18. Appui facial horiz. (2s.) Support scale (planche) (2s.) Stützwaage (2s.)</p> <p>Dev D</p>  <p>III \rightarrow</p>	<p>19. App. fac. horiz. entre les ann. (hirondelle) (2s.) Support scale at ring height (swallow or midline cross) (2s.) Stützwaage zw. d. Ringen (Schwalbe) (2s.)</p>  <p>III \rightarrow</p>	<p>20. De la hirondelle, s'élev. à l'app. fac. horiz. (2s.) From swallow, press to support scale (2s.) A. d. Schwalbe, Heben i. d. Stützwaage (2s.)</p>  <p>III \rightarrow</p>
21	<p>22. N'importe quel les croix (2s.) Any cross (2s.) Alle Kreuzhänge (2s.)</p>  <p>III</p>	23	<p>24. Croix renversé (2s.) Inverted cross (2s.) Kopfkreuz (2s.)</p> <p>Dev D</p> <p>$\downarrow < 30^\circ$ above Horiz</p>  <p>III \downarrow</p>	<p>25. De la susp. dors. horiz., s'élev. à la hirondelle (2s.) From hanging scale rw. press to swallow (2s.) A. d. Hangwaage rl., Heb. i. d. Schwalbe (2s.)</p>  <p>III $\leftarrow \uparrow$</p>

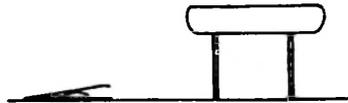
A	B	C	D	E
<p>26 Suspension dorsale horizontale (2s.) Hanging scale rearways (back lever) (2s.) Hangwaage ri. (2s.)</p> 	<p>27 Suspension faciale horizontale (2s.) Hanging scale frontways (front lever) (2s.) Hangwaage vi. (2s.)</p> 	<p>28</p>	<p>29 Hirondelle avec le corps t à 90° (2s.) Swallow with the body twisted 90° (2s.) Schwalbe mit 90° Dr d Körper (2s.)</p> 	<p>30 De la croix ou la croix angle, s'élev. à la hirondelle (2s.) From cross or L-cross, press to swallow (2s.) A. d. Kreuzhg. o. Kreuzhang m. Vorhalte, Heb. i. d. Schwalbe (2s.)</p> 
<p>31</p>	<p>32 De la croix ou croix angle, tourner en av. à la susp. dors. horiz. (2s.) Fr. cross or L-cr., turn fwd. to back lever (2s.) A. d. Kreuzhg. o. Kreuzhg. m. Vorhalte, Drehen vw. i. d. Hangwaage ri. (2s.)</p> 	<p>33 De l'app. renvs., s'abaisser horiz. à la susp. dors. horiz. (2s.) From hds1., lower horiz. to back lever (2s.) A. d. Hstand., senken waagrecht i. d. Hangwaage ri. (2s.)</p> 	<p>34 Etablis. de force bras tendus en passant par le susp. fac. horiz. à la croix ou croix angle (2s.) Pull with straight arms through momentary front lever to cross or L-cross (2s.) Zugstemme m. gestr. Armen d. Hgwage vi. i. d. Kreuzhg. o. Kreuzhg. m. Vorhalte (2s.) (Pineda)</p> 	<p>35 Hirondelle inversé (2s.) Inverted swallow (2s.) Schwalbe umgekehrt (2s.)</p> <p style="text-align: center;">S</p> 
<p>36</p>	<p>37 De l'app. renvs., s'abaisser en passant par la croix renvs. à la susp. renversée. From handstand, lower slowly with straight arms through inverted cross to inverted hang. A. d. Stütz., Senken d. d. Kopfkreuz i. d. Sturzhang</p> 	<p>38 De la croix ou croix angle, établis. de force à la queue (2s.) From cross or L-cross, press to L-off (2s.) A. d. Kreuzhg. o. Kreuzhg. m. Vorhalte, Zugstemme i. d. Winkelstütz (2s.)</p> 	<p>39 De l'app., s'abais. lent. bras tendus à la susp. et établis. de force, bras t à la croix (2s.) From sup., lower slowly with str. arms to hang, end pull with str. arms to cross (2s.) A. d. Stütz., langsames Senken mit gestr. Armen i. d. Hg. Und Zugstemme m. gestr. Armen i. d. Kreuzhang (2s.) (J. Xiaoshuang)</p> 	<p>40 De la hirondelle ou l'app. fac. horiz., s'élev. à la croix renvs. (2s.) From swallow or support lever, press to inverted cross (2s.) A. d. Schwalbe o. Stützwaage, Heben i. d. Kopfkreuz (2s.)</p> 
<p>VIII. Sorties - Dismounts - Abgänge En avant - Forwards - Vorwärts</p> <p>1 Salto avant ca. ou gr. Salto fwd. piked or stretched Salto vw. geb. o. gestr.</p> 	<p>2</p>	<p>3 Double salto av. gr. ou ca. Double salto fwd. locked or piked Doppelsalto vw. geb. o. geb.</p> 	<p>4</p>	<p>5 Double salto av. tendu Double salto fwd. stretched Doppelsalto vw. gestreckt</p> 

A	B	C	D	E
6.	7.	8.		<p>10 Triple salto av groupé Triple salto fwd tucked Dreifacher Salto vw geh</p> 
11.	<p>12. Salto avant carpé ou tendu avec 1/4 t. Salto fwd, piked or stretched with 1/4 t. Salto vw, geb. o. gestr. m. 1/4 Dr.</p> 	<p>13. Salto avant carpé ou tendu avec 1/1 ou 3/2 t. Salto fwd, piked or stretched with 1/1 or 3/2 t. Salto vw, geb. o. gestr. m. 1/1 o. 3/2 Dr.</p> 	<p>14. Double salto av. ca. ou ca. avec 1/4 t. Double salto fwd, piked or piked with 1/4 t. Doppelsalto vw, geb. o. geb. mit 1/4 Dr. (Balabanov)</p> 	<p>15. Double salto av. tendu avec 1/4 t. Double salto fwd, stretched with 1/4 t. Doppelsalto vw, gestreckt mit 1/4 Dr.</p> 
16.	17.	<p>18. Double salto av. gr. ou gr. avec 1/4 t. Double salto fwd, tucked or tucked with 1/4 t. Doppelsalto vw, geh. o. geh. mit 1/4 Dr.</p> 	<p>19. Double salto av. gr. avec 3/2 t. Double salto fwd, tucked with 3/2 t. Doppelsalto vw, geh. mit 3/2 Dr. (Fische)</p> 	<p>20. Double salto av. ca. avec 3/2 t. Double salto fwd, piked with 3/2 t. Doppelsalto vw, geb. mit 3/2 Dr.</p> 
<p>21. Renversement avant et sortie écartée avec 1/4 t. Inocata and straddle cut with 1/4 t. Überschlag vw u Ausgrätschen m. 1/4 Dr.</p> 	<p>22. Renvs. avant et sortie écartée avec 1/1 t. Inocata and straddle cut with 1/1 t. Überschlag vw u Ausgrätschen m. 1/1 Dr.</p> 	23.	24.	25.

A	B	C	D	E
<p>En arrière - Backwards - Rückwärts</p> <p>26 Salto arr. carpé ou tendu Salto bwd. piked or stretched Salto rw. geb. o. gestr.</p>  <p style="text-align: right;">ee/v</p>	<p>27 Salto arr. tendu avec 1/2 ou 1/1 t. Salto bwd. stretched with 1/2 or 1/1 t. Salto rw. gestr. mit 1/2 o. 1/1 Dr.</p>  <p style="text-align: right;">ee/eE</p>	<p>28 Salto arr. tendu avec 2/1 t. Salto bwd. stretched with 2/1 t. Salto rw. gestr. mit 2/1 Dr.</p>  <p style="text-align: right;">eeE</p>	<p>29 Salto arr. tendu avec 3/1 t. Salto bwd. stretched with 3/1 t. Salto rw. gestr. mit 3/1 Dr.</p>  <p style="text-align: right;">eeE</p>	<p>30</p>
<p>31.</p>	<p>32 Double salto arr. gr. ou ca Double salto bwd. tucked or piked Doppelsalto rw. geh. o. geb.</p>  <p style="text-align: right;">eeo/v</p>	<p>33 Double salto arr. tendu Double salto bwd. stretched Doppelsalto rw. gestreckt.</p>  <p style="text-align: right;">ee</p>	<p>34.</p>	<p>35 Triple salto arr. gr. Triple salto bwd. tucked Dreifacher Salto rw. gehocct</p>  <p style="text-align: right;">eee</p>
<p>36.</p>	<p>37.</p>	<p>38 Double salto arr. gr. ou ca. ou tendu -carpé ou carpé-tendu avec 1/1 t. Double salto bwd. t. or p. or str-p. or p-str with 1/1 Doppelsalto rw. geh. o. geb. o. gestr.-geb. o. geb. gestr. mit 1/1 Dr.</p>  <p style="text-align: right;">eeE</p>	<p>39 Double salto arr. gr. avec 2/1 t. Double salto bwd. with 2/1 t. Doppelsalto rw. geh. m. 2/1 Dr.</p>  <p style="text-align: right;">eeE</p>	<p>40 Double salto arr. gr. avec 3/1 t. Double salto bwd. with 3/1 t. Doppelsalto rw. geh. m. 3/1 Dr.</p>  <p style="text-align: right;">eeE</p>
<p>41.</p>	<p>42.</p>	<p>43 Salto arr. tendu avec 1/1 t. et salto gr. Salto bwd. str. with 1/1 t. and salto t. Salto rw. gestr. mit 1/1 Dr. und Salto geh.</p>  <p style="text-align: right;">eeE</p>	<p>44 Double salto arr. tendu avec 1/1 t. Double salto bwd. stretched with 1/1 t. Doppelsalto rw. gestreckt mit 1/1 Dr.</p>  <p style="text-align: right;">eeE</p>	<p>45 Double salto arr. tendu avec 2/1 t. Double salto bwd. stretched with 2/1 t. Doppelsalto rw. gestreckt mit 2/1 Dr.</p>  <p style="text-align: right;">eeE</p>

A	B	C	D	E
46.	47.	48.	49.	50 Triple salto gr. avec 1/1 t. ou triple salto ca. Triple salto l. with 1/1 t. or triple salto p. Dreifach. Salto geh. m. 1/1 Dr. o. Dreifach S. geb.  S E
51 Etablis. arr. et salto arr. gr. Uprise bwd. and salto bwd l. Stemme rw. u. Salto rw. geh. (Köste)  + e a	52 Etablis. arr. et salto arr. ca. ou tendu Uprise bwd. and salto bwd p. or str. Stemme rw. u. Salto rw. geb. o. gestr.  + e v /	53 Etablis. arr. et salto arr. tendu avec 1/1 t. Uprise bwd. and salto bwd str. with 1/1 t. Stemme rw. u. Salto rw. gestr. m. 1/1 Dr.  + e E	54.	55.
56 Tour d'app. arr. en écartant les jamb. pour sauter avec 1/2 t. Folga bwd. to straddle cut or with 1/2 turn Folgabgrätschen o. mit 1/2 Dr.  F A	57 Tour d'app. arr. en écartant les jamb. pour sauter avec 1/1 t. Folga bwd. to straddle cut with 1/1 t. Folgabgrätschen m. 1/1 Dr. (Chaklin)  F A E	58.	59.	60.

Chapter 8: Vault



Height: 135 cm measured from the floor

Information about Exercise Presentation

1. The Vault begins with a run and a take off from both feet, legs together and is executed with a brief support phase on the horse with both hands or with one hand. The vault may contain simple or multiple turns around the two axes of the body. Vaults with legs apart are not permitted.
2. Vaulting begins with the run (approach) which is not considered in the evaluation, and ends with the landing in a standing position rearways or frontways, legs together, behind the apparatus. In all competitions only one attempt is permitted. The length of the approach is optional, however it may not exceed 25 meters, measured from the vertical line of the near end of the horse and must be marked on or alongside the approach lane. A block must be attached across the end of the approach lane. The approach may be interrupted and then continued, but may not be repeated.
3. Basis for the Evaluation by the B-jury:
 - a) Preflight, up to the support with the hands or with one hand (1st flight phase)
 - b) 2nd flight phase, including the pushing off from the horse up to the landing in a standing position. The gymnast must demonstrate a distinct rise in the height of his body after push off from the horse.
 - c) Body position throughout the Vault
 - d) Deductions with regard to the landing distance
 - e) Deductions with regard to the deviation from the extended axis of the horse
 - f) The landing
4. Landing Rules
 - a) In order to judge the landing distance from the horse more accurately, the following distances must be clearly marked on and alongside the landing mat.

1.5 meters

2 meters

2.5 meters

The landing distance is determined by the foot nearest the horse at the moment of contact. The marking line is considered as part of the more distant area.

- b) The gymnast must land with both feet within an area 40 cm left or right of the extended center line of the horse. These lines must be clearly marked on the landing mat. Stepping on the line, but not over the line, is permitted. Compliance with this alignment requirement is determined by the foot farthest from the center line at the moment of contact.
- c) Twisting during vaults must be completed before landing. Incomplete twists result in the appropriate deduction, and if incomplete by 90° or more, may result in non-recognition or in recognition as a vault with a lower start value.

Special Requirements

- I. One vault in Competitions I, II and IV
- II. Two vaults from different vault groups in Competition III, executed consecutively
 - Prior to the execution of each vault, the appropriate vault number, as assigned in the Code of Points, must be displayed for the A-jury. This function is performed by the gymnast or by an assistant, with the aid of a flash board and is not penalized in case of error.
Example: #1309: The 1 designates the vault group; the 3 the Start Value group; and the 09 designates the vault number within the vault group.
 - If new vaults are performed, they must be submitted in advance according to Article 11.2 and the vault number assigned by the Technical Committee must be displayed.

Table of Errors and Deductions for Vault

Execution errors in pre-flight	+	+	+
Execution errors in 2 nd flight	+	+	+
Insufficient height	+	+	+
Deviation of axis on landing	1 foot over line	2 feet over line	
Insufficient distance	2 - 2.5 m	1.5 - 2 m	< 1.5 m
Approach exceeds 25 meters		+	
Repeating 1 st vault group in competition III			from 2 nd vault
Repetition of the 1 st vault = 0			

Information About Difficulty

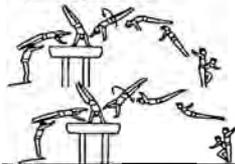
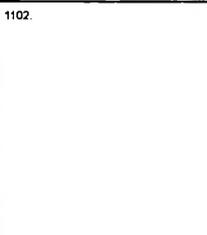
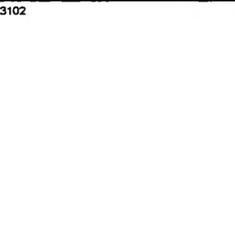
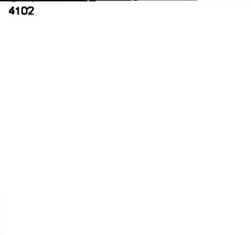
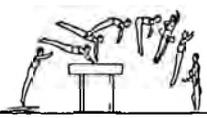
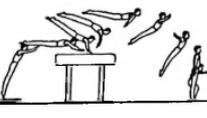
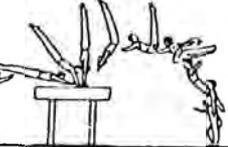
1. Each vault has been assigned its own Start Value, based on the vault's complexity. The Start Values lie between 7.50 and 10.00. Each Vault is presented vertically under its vault group in the Difficulty Tables and is designated with a number. The Vault Value Categories are:

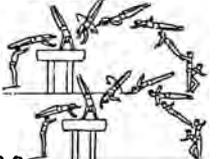
- I 7.5 - 8.0
- II 8.1 - 8.5
- III 8.6 - 9.0
- IV 9.1 - 9.5
- V 9.6 - 10.0

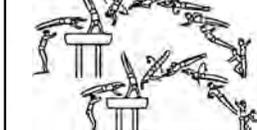
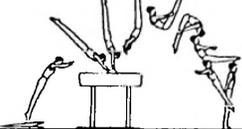
2. The Start Value is verified and/or determined by the A-jury with reference to the Difficulty Tables and under the control of the Chair of the Apparatus Jury. If the first Vault or Vault Group is repeated in Competition III, the appropriate deduction is made by the A-jury.
3. Bonus Points do not apply to Vault.
4. The following general principles apply:
 - Cuervo vaults have the same value as equivalent Handspring Salto vaults with twists.
 - Kasamatsu vaults have the same value as the equivalent Tsukahara vaults.
 - Yurchenko vaults have the same value as the analogous Tsukahara or Kasamatsu vaults.
 - The only element which may be performed before the vaulting board is a round-off.
 - Saltos during the pre-flight are neither listed nor permitted.
 - Vaults performed with one arm have the same value and Identification Number as the equivalent two arm vault.
5. The vault is invalid (0.00 points) when:
 - the approach is executed and the gymnast steps on to the springboard and/or runs past the vaulting horse
 - the approach is interrupted and the gymnast returns for a second attempt
 - the vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the horse with his feet
 - the gymnast does not first land on his feet
 - the gymnast double touches the horse, that is to say the support of one or both hands occurs twice
 - the vault is executed without a support phase, i.e., the hands do not touch the horse
 - the gymnast lands intentionally in a side stand
 - the first vault is repeated in Competition III

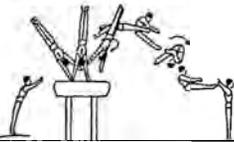
Vault Groups

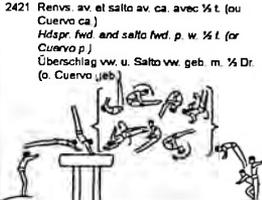
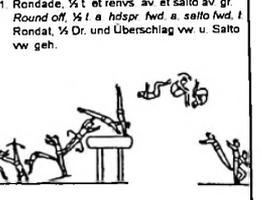
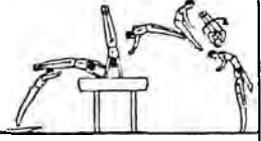
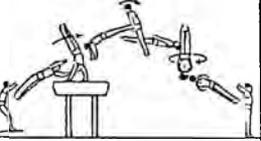
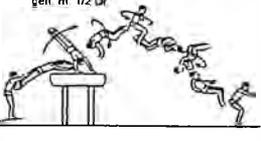
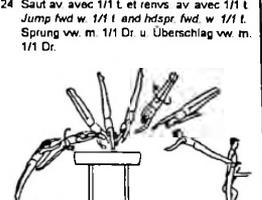
- I. Direct vaults (Stoops, Hechts, etc.)
- II. Handsprings and Yamashita style vaults
- III. Vaults with $\frac{1}{4}$ or $\frac{1}{2}$ turn in the first flight phase
- IV. Vaults with $1/1$ turn in the first flight phase
- V. Round off entry vaults

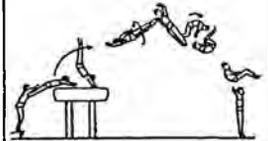
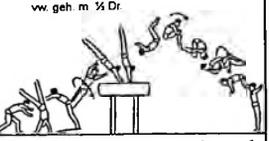
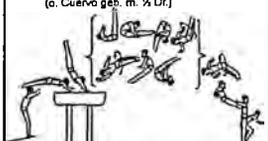
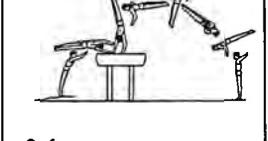
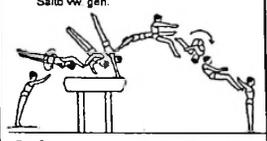
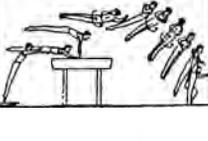
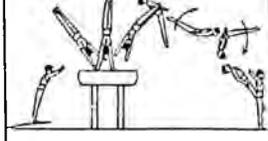
Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
7.5 - 8.0	1101 Carpe Sloop Bücke  7.5 →	2101 Renversement avant Forward handspring Überschlag vv  7.5 →	3101 Renversement lat. avec ¼ t Handsprung sw. mit ¼ Dr Überschlag sw. mit ¼ Dr  7.5 →	4101 	5101 Rondade, renversement arr Round off, handsprung fwd Rondat und Überschlag rw  7.5 →
	1102 	2102 Renversement avant carpé Forward handspring piked Überschlag ww geb. (Yamashita)  7.5 →	3102 	4102 	5102 
	1103 Carapé avec ¼ t Sloop with ¼ t. Bücke mit ¼ Dr.  8.0 →	2103. Renversement avant avec ¼ t. Forward handspring with ¼ t. Überschlag ww. mit ¼ Dr.  8.0 →	3103 	4103 	5103 Rondade, ¼ t. et renversement av. Round off, ¼ t. and handsprung fwd. Rondat, ¼ Dr. und Überschlag ww.  8.0 →
	1104 Poisson Hecht Hecht  8.0 →	2104 Yamashita avec ¼ t Yamashita with ¼ t Yamashita mit ¼ Dr  8.0 →	3104 	4104 	5104 

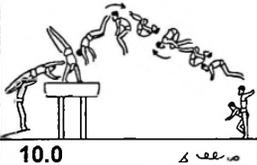
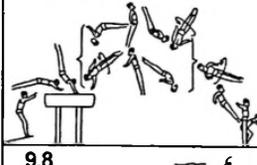
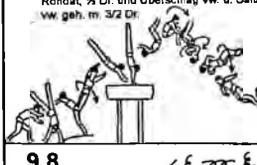
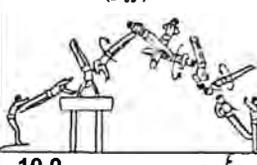
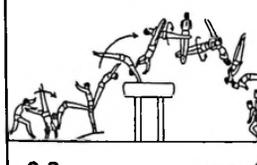
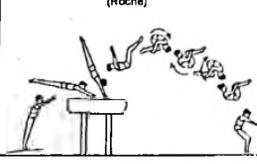
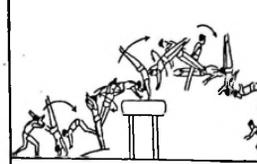
Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
8.1 - 8.5	1205 Carpié avec 1/1 t. Sloop with 1/1 t. Bücke mit 1/1 Dr. 8.3 → v e	2205	3205 Renversément lat. avec 3/4 t. Handsprung sw. with 3/4 t. Überschlag sw. mit 3/4 Dr.  8.3 d 3/4	4205	5205 Rondade, 1/2 t. et renversement av. avec 1/2 t. Round off, 1/2 t. and hdspr fwd. with 1/2 t. Rondat, 1/2 Dr und Überschlagn vw. mit 1/2 Dr.  8.3 1 e 2 e
	1206 Poisson avec 1/2 t. Hecht with 1/2 t. Hecht mit 1/2 Dr.  8.3 → e	2206.	3206.	4206.	5206.
	1207.	2207.	3207.	4207.	5207.
	1208	2208	3208	4208	5208

Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
8.6 - 9.0	1309. Poisson avec 1/1 t Hecht with 1/1 t Hecht mit 1/1 Dr.  8.6 → E	2309. Renversement av et salto av gr Handspring fwd and salto fwd t Überschlag vw u. Salto vw geh.  8.6	3308. Renversement lat avec 5/4 t Handspring sw with 5/4 t Überschlag sw mit 5/4 Dr.  8.6 Δ 5/4	4308. Saut av avec 1/1 t et renversement av Jump fwd w 1/1 t and handspring fwd Sprung vw m 1/1 Dr u. Überschlag vw.  8.6 7 E II	5309. Rondade, renversement arr et salto arr gr Round off, hdspr. bwd. and salto bwd t Rondat und Überschlag rw u. Salto rw. geh. (Yurchenko)  8.6 Y u 1 u 1 u 1 u
	1310.  8.6 → E	2310. Renversement avant avec 1/1 t Forward handspring with 1/1 t Überschlag vw mit 1/1 Dr.  8.6 → E	3310. Renversement lat. avec 1/2 t. et salto av. gr Hdspr sw with 1/2 t a salto fwd t Überschlag sw mit 1/2 Dr. u. Salto vw geh.  8.6 Δ 1/2	4310.  8.6 7 E II	5310. Rondade, 1/2 t et renvs. av avec 1/1 t. Round off, 1/2 t. and hdspr. fwd. with 1/1 t. Rondat, 1/2 Dr. und Überschlag vw mit 1/1 Dr.  8.6 1 u 1 u 1 u 1 u
	1311.  8.6 → E	2311. Yamashita avec 1/1 t Yamashita with 1/1 t Yamashita mit 1/1 Dr.  8.6 → E	3311. Renversement lat. avec 1/2 t. et salto arr. gr Handspring sw w 1/2 t a salto bwd. t Überschlag sw m 1/2 Dr. u. Salto rw geh. (Tsukahara)  8.6 Δ 1/2	4311.  8.6 7 E II	5311. Rondade, saut arr avec 1/1 t et renvs. arr. Round off, jump bwd w 1/1 t. to back hdspr. Rondat, Spr. rw. m. 1/1 Dr. u. Überschlag rw  8.6 1 E →
	1312.  8.8 → V	2312. Renversement av et salto av ca Handspring fwd and salto fwd p Überschlag vw u. Salto vw geh.  8.8 → V	3312. Tsukahara gr avec 1/2 t Tsukahara t with 1/2 t Tsukahara geh m 1/2 Dr.  8.8 Δ 1 u 1 u 1 u	4312. Saut av avec 1/1 t et renversement av. avec 1/2 t Jump fwd w 1/1 t a hdspr fwd with 1/2 t Sprung vw m 1/1 Dr. u. Überschlag vw m 1/2 Dr.  8.8 7 E III E	5312. Yurchenko gr avec 1/2 t Yurchenko t. with 1/2 t. Yurchenko geh. mit 1/2 Dr.  8.8 Y u E 1 u 1 u 1 u

Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
III 8.6 - 9.0	1317.	2317.	3317. Renversement lat avec $\frac{1}{4}$ t et salto av ca Händsprng sw w $\frac{1}{4}$ t e salto fwd p Überschlag sw m $\frac{1}{4}$ Dr. u Salto vw geb  9.0	4317.	5317 Yurchenko tendu Yurchenko stretched Yurchenko gestreckt  9.0
	1318.	2318	3318. Tsukahara tendu Tsukahara stretched Tsukahara gestreckt  9.0	4318.	5318.
	1319.	2319.	3319.	4319.	5319.
	1320.	2320	3320	4320	5320.

Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
9.1 - 9.5	1421  9.2	2421 Renvs av. et salto av. ca. avec 1/4 t. (ou Cuervo ca.) Hdspr fwd. and salto fwd. p. w. 1/4 t. (or Cuervo p.) Überschiag vw. u. Salto vw. geh. m. 1/4 Dr. (o. Cuervo geh.)  9.2	3421 Tsukahara ca. avec 1/1 t. Tsukahara p. with 1/1 t. Tsukahara geh. m. 1/1 Dr.  9.2	4421 	5421 Rondade, 1/4 t. et renvs av. et salto av. gr. Round off, 1/4 t. and hdspr fwd. a. salto fwd. l. Rondat, 1/4 Dr. und Überschiag vw. u. Salto vw. geh.  9.1
	1422  9.3	2422 Renvsement avant avec 2/1 t. Forward handsping with 2/1 t. Überschiag vw. mit 2/1 Dr.  9.3	3422 Kasamatsu carpe Kasamatsu piked Kasamatsu gebückt  9.2	4422 	5422 Yurchenko tendu avec 1/4 t. Yurchenko stralchod with 1/4 t. Yurchenko gestreckt mit 1/4 Dr.  9.2
	1423  9.3	2423 Yamashita avec 2/1 t. Yamashita with 2/1 t. Yamashita mit 2/1 Dr.  9.3	3423 Tsukahara tendu avec 1/4 t. Tsukahara str. with 1/4 t. Tsukahara gestr. m. 1/4 Dr.  9.2	4423 	5423 Rondade, saut arr. avec 1/1 t. et renvs. arr. et salto arr. ca. Round off, jump bwd w. 1/1 t. to back hdspr. a. salto bwd p. Rondat, Sprung rw. m. 1/1 Dr. u. Überschiag rw. u. Salto rw. geb.  9.2
	1424  9.3	2424 Renvs av. et salto av. gr. avec 1/1 t. (ou Cuervo gr. a. 1/4 t.) Hdspr fwd. and salto fwd. l. w. 1/1 t. (or Cuervo l. w. 1/4 t.) Überschiag vw. u. Salto vw. geh. m. 1/1 Dr. (o. Cuervo geh. m. 1/4 Dr.)  9.3	3424 Tsukahara gr. avec 3/2 t. ou Kasamatsu gr. avec 1/2 t. Tsukahara l. w. 3/2 t. or Kasamatsu l. 1/2 t. Tsukahara geh. m. 3/2 Dr. o. Kasamatsu geh. m. 1/2 Dr.  9.3	4424 Saut av. avec 1/1 t. et renvs av. avec 1/1 t. Jump fwd w. 1/1 t. and hdspr fwd. w. 1/1 t. Sprung vw. m. 1/1 Dr. u. Überschiag vw. m. 1/1 Dr.  9.3	5424 Yurchenko gr. avec 3/2 t. Yurchenko l. with 3/2 t. Yurchenko geh. mit 3/2 Dr.  9.3

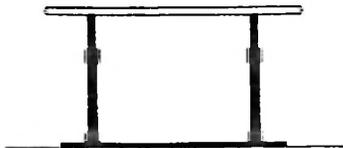
Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
9.1 - 9.5	1425. 	2425 Renvs av 1/1 t. et salto av gr. Hdspr fwd w 1/1 t. e salto fwd l überschlag vw m 1/1 Dr u Salto vw geh (Behrend)  9.4	3425 Tsukahara ca 3/2 l ou Kasamatsu ca 1/2 t Tsukahara l 3/2 t or Kasamatsu p 1/2 t Tsukahara geh m 1/2 Dr. o Kasamatsu geb. m 1/2 Dr.  9.4	4425 	5425 Rondade, 1/2 t et renvs. av. et salto av. gr. a 1/2 t Round off, 1/2 t and hdspr fwd. a. salto fwd l w 1/2 t Rondat, 1/2 Dr. und Überschlag vw. u. Salto vw. geh. m 1/2 Dr.  9.4
	1426 	2426 Renvs. av et salto av ca avec 1/1 t. (ou Cuervo ca. a 1/2 t) Hdspr fwd. and salto fwd p. w 1/1 t. (or Cuervo p. w 1/2 t) Überschlag vw. u. Salto vw. geb. m 1/1 Dr. (o. Cuervo geb. m 1/2 Dr.)  9.4	3426. Tsukahara tendu a 1/1 t Tsukahara str w 1/1 t Tsukahara gestr m 1/1 Dr.  9.4	4426 Saut av avec 1/1 t et renvs av avec 3/2 t Jump fwd w 1/1 t a hdspr fwd with 3/2 t Sprung vw m 1/1 Dr u Überschlag vw. m. 3/2 Dr.  9.4	5426 Rondade, 1/2 t et renvs. av et salto av. ca. Round off, 1/2 t a hdspr fwd. a salto fwd. p. Rondat, 1/2 Dr. und Überschlag vw. u. Salto vw. geb.  9.4
1427 	2427. Renvs. av et salto av. gr. avec 3/2 t. (ou Cuervo gr. a 1/1 t) Hdspr. fwd. and salto fwd. l. w 3/2 t. (or Cuervo l. w 1/1 t) Überschlag vw. u. Salto vw. geh. m 3/2 Dr. (o. Cuervo geh. m 1/1 Dr.)  9.4	3427. Kasamatsu tendu Kasamatsu str Kasamatsu gestr.  9.4	4427. Saut av a 1/1 t et renvs. av et salto av. gr Jump fwd w 1/1 t a hdspr. fwd. a. salto fwd. l Sprung vw m 1/1 Dr. u Überschlag vw. u Salto vw. geh.  9.4	5427. Yurchenko tendu avec 1/1 t Yurchenko stretched with 1/1 t. Yurchenko gestreckt mit 1/1 Dr.  9.4	
1428 Poisson avec 2/1 t. Hecht with 2/1 t. Hecht mit 2/1 Dr.  9.5	2428 	3428 Renversement lat. avec 1/2 t et salto av. tendu Handspring aw w 1/2 t a salto fwd str Überschlag aw m 1/2 Dr u Salto vw. gestr.  9.5	4428 	5428 Rondade, saut arr. avec 1/1 t et renvs. arr. et salto arr. tendu Round off, jump bwd w 1/1 t. lo back hdspr. a. salto bwd str Rondat, Sprung rw m 1/1 Dr. u Überschlag rw u Salto rw. gestr. (Scherbo)  9.4	

Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe	
V 9.5 - 10.0	1533	2533 Renvs. av. et salto av. gr. avec 2/1 t. (ou Cuervo gr. a 3/2 l.) Hdspr. fwd. and salto fwd. t. w. 2/1 t. (or Cuervo l. w. 3/2 l.) Überschlag vw. u. Salto vw. geh. m. 2/1 Dr. (o. Cuervo geh. m. 3/2 Dr.) (Canbas)	3533 Tsukahara avec salto arr. gr. Tsukahara with salto bwd. l. Tsukahara m. Salto rw. geh. (Yeo)	4533	5533 Rondade, 1/4 t. et renvs. av. et salto av. tendu Round off, 1/4 t. and hdspr. fwd. a salto fwd. str. Rondat, 1/4 Dr. und Überschlag vw. u. Salto vw. gestr.	
		9.8		10.0		9.7
	1534.	2534 Renvs. av. et salto av. tendu av. 1/1 t. Handspring fwd. and salto fwd. str. w. 1/1 t. Überschlag vw. u. Salto vw. gestr. m. 1/1 Dr.	3534 Tsukahara tendu avec 5/2 t. Tsukahara str. with 5/2 t. Tsukahara gestr. m. 5/2 Dr.	4534.	5534 Rondade, 1/4 t. et renvs. av. et salto av. gr. a 3/2 t. Round off, 1/4 t. and hdspr. fwd. a salto fwd. t. w. 3/2 t. Rondat, 1/4 Dr. und Überschlag vw. u. Salto vw. geh. m. 3/2 Dr.	
		9.8		10.0		9.8
1535.	2535 Renvs. av. et salto av. tendu avec 3/2 t. (ou Cuervo tendu 1/1 t.) Hdspr. fwd. and salto fwd. str. w. 3/2 t. (or Cuervo str. w. 1/1 t.) Überschlag vw. u. Salto vw. gestr. m. 3/2 Dr. (o. Cuervo gestr. m. 1/1 Dr.) (Lou Yun)	3535 Kasamatsu tendu avec 3/2 t. Kasamatsu str. with 3/2 t. Kasamatsu gestr. m. 3/2 Dr. (Dnggs)	4535.	5535 Yurchenko tendu avec 2/1 t. Yurchenko strched with 2/1 t. Yurchenko gestreckt mit 2/1 Dr.		
	9.8		10.0		9.8	
1538	2536 Renversement av. et dbl salto av. gr. Handspring fwd. and dbl salto fwd. l. Überschlag vw. u. Doppelsalto vw. geh. (Roche)	3536 Tsukahara tendu avec 3/1 t. Tsukahara str. with 3/1 t. Tsukahara gestr. m. 3/1 Dr.	4536	5536 Scherba avec 1/1 t. Sberba with 1/1 t. Sberba mit 1/1 Dr.		
	10.0		10.0		9.8	

Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
V 9.5 - 10.0	1537	2537 Renvs. av. et salto av tendu av 2/1 t. Handspring fwd and salto fwd str. w. 2/1 t. Überschlag vw. u. Salto vw. gestr. m. 2/1 Dr.	3537 Kasamatsu tendu avec 2/1 t. Kasamatsu str. with 2/1 t. Kasamatsu gestr. m. 2/1 Dr. (Lopez)	4537.	5537 Rondade, 1/2 L et renvs. av et salto av. ca. a 1/1 t. Round off, 1/2 L and hdspr fwd a salto fwd p. w. 1/1 t. Rondat, 1/2 Dr und Überschlag vw u. Salto vw geb. m. 1/1 Dr.
		 10.0 	 10.0 		 9.9 
	1538	2538 Renvs. av. et salto av tendu av 5/2 t. Handspring fwd and salto fwd str. w. 5/2 t. Überschlag vw. u. Salto vw. gestr. m. 5/2 Dr. (Yeo 2)	3538	4538.	5538 Rondade, 1/2 L et renvs. av et salto av tendu. 1/2 t. Round off, 1/2 L and hdspr fwd a salto fwd str. w. 1/2 t. Rondat, 1/2 Dr und Überschlag vw. u. Salto vw. gestr. m. 1/2 Dr. (Hutcheon)
		 10.0 			 9.9 
1539	2539.	3539	4539	5539 Scherbo avec 3/2 t. Scherbo with 3/2 t. Scherbo mit 3/2 Dr.	
				 9.9 	
1540	2540	3540	4540	5540 Yurchenko tendu avec 3/1 t. Yurchenko stretched with 3/1 t. Yurchenko gestreckt mit 3/1 Dr.	
				 10.0 	

Valeur Value Wert	I Groupe - Group - Gruppe	II Groupe - Group - Gruppe	III Groupe - Group - Gruppe	IV Groupe - Group - Gruppe	V Groupe - Group - Gruppe
V 9.5 - 10.0	1541	2541	3541	4541	5541 Sherbo avec 2/1 t. Sherbo with 2/1 t Sherbo mit 2/1 Dr.  10.0
	1542	2542	3542	4542	5542 Rondade, 1/4 t. et renvs. av. et salto av ca a. 3/2 t. Round off, 1/4 t. and hd spr. fwd. a. salto fwd. p. w. 3/2 t. Rondat, 1/4 Dr. und Überschlag vw u Salto vw. geb. m. 3/2 Dr.  10.0
	1543	2543	3543	4543	5543 Rondade, 1/4 t. et renvs. av. et salto av tendu a. 3/2 t. Round off, 1/4 t. and hd spr. fwd. a. salto fwd. str. w. 3/2 t. Rondat, 1/4 Dr. und Überschlag vw u Salto vw gestr m. 3/2 Dr.  10.0
	1544	2544	3544	4544	5544 Yurchenko et salto arr. gr. Yurchenko and salto bwd. t. Yurchenko und salto rw geh.  10.0

Chapter 9: Parallel Bars



Height: 175 cm from top of mat

Information About Exercise Presentation

1. A contemporary parallel bar exercise consists predominantly of swing and flight elements selected from a wide variety of structural groups and performed with continuous transitions among various hang and support positions in such a way as to reflect the full potential of the apparatus.
2. The gymnast must initiate his Parallel Bar mount or his run-up from a still stand with legs together. The routine begins the moment one or both hands contact the apparatus but the evaluation begins the moment his feet leave the ground. Swinging with one leg or stepping into the mount is not permitted. (The feet must leave the ground simultaneously.)
3. A vaulting board placed at the height of the regulation landing mats is permitted for the mount.
4. Pre-elements are not permitted.
5. The exercise may contain at most three stop or hold parts. Additional pauses of ≥ 1 second are not permitted.
6. Layaways on the back swing: Any element that does not reach the value of an A-part is a part of no value. For example, back swings in support or upper arm hang that do not lead to at least an A-part but simply reverse direction and swing back down in or to a lower hang or support position are deducted as parts of no value. Specific examples include:
 - back swing in upper arm hang, layaway to glide kip
 - back swing in support, layaway to front uprise
 - back swing in support, layaway to giant swing

Special Requirements

- I. A swinging element on two rails through support (minimum B)
- II. A swinging element on two rails through hang (minimum B)
- III. An element from and to two rails with simultaneous release and re-grasp of both hands (minimum B)

Table of Errors and Deductions for Parallel Bars

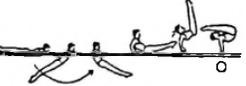
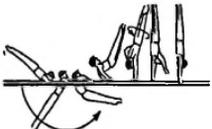
Error	small 0-10	medium 0-20	large 0-40
Pre-element			+
One leg step or swing on mount		+	
Layaway on the back swing		+	
More than 3 pauses of ≥ 1 sec.		each time	

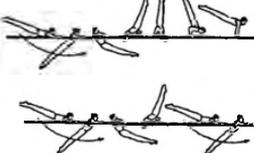
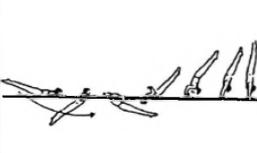
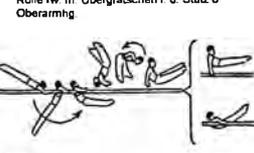
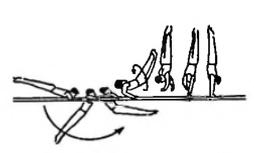
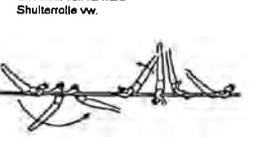
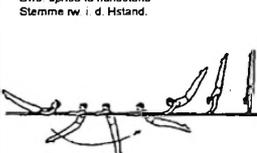
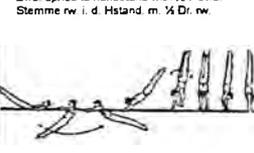
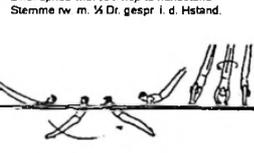
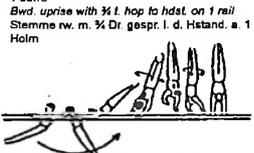
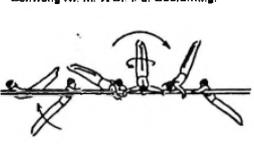
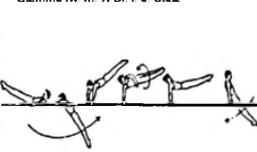
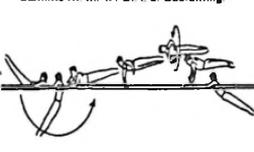
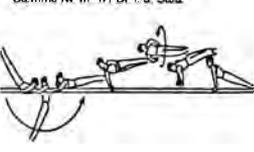
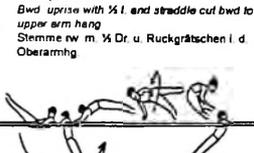
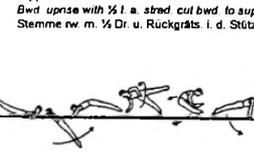
Information About Difficulty

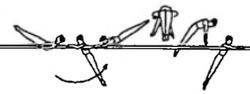
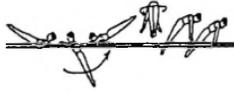
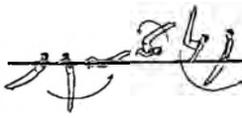
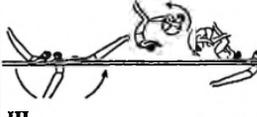
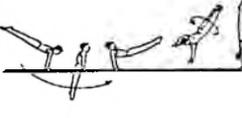
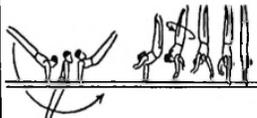
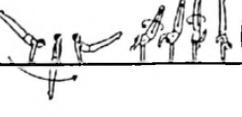
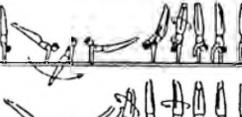
- Many swinging elements lead to or are defined to a handstand. The handstands from swing need not be held but the element must be performed in a manner that meets the requirements for recognition as defined in Article 19.4. If such a handstand is held, the value of the held handstand shall be considered as an additional element.
- The Difficulty Tables illustrate that strength handstands from one rail need not be held and can continue on to two rails without penalty. If such a handstand is held, the value of the held handstand can be considered as an additional element.
- Bonus Points are not available for connections of elements where the first element regrasps with both hands on one rail and is followed by another element that first requires one of the hands to be moved to the other rail. For example, the connection of salto backwards to one rail followed by double salto backward cannot receive connection bonus because one hand must be moved to the other rail before the double salto.
- In general, Bonus Points for connections are not awarded if the second element proceeds in the opposite direction. Specific examples include:
 - Connections such as kip to reverse straddle cut followed by giant swing with 1/1 turn. However, connections which do continue in the same direction such as a Tippelt followed immediately by Healy can receive connection bonus.
 - The connection of D- or E-elements following a stütz kehre cannot receive connection bonus unless they continue in the same direction.
 - Exceptions are elements such as straddle or stoop kips on a single rail following elements of sufficient difficulty. These connections can receive bonus points.

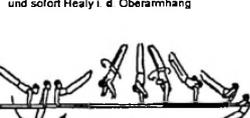
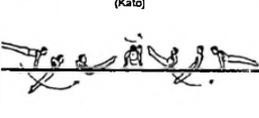
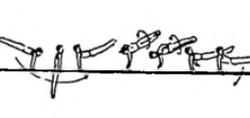
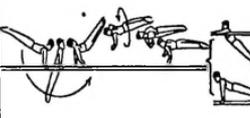
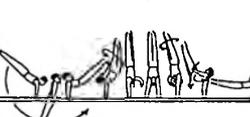
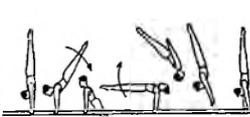
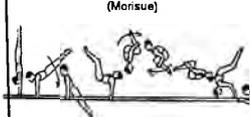
Structure Groups

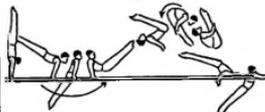
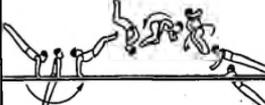
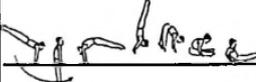
- I. Forward swings through upper arm hang
- II. Backward swings through upper arm hang
- III. Forward swings through support
- IV. Backward swings through support
- V. Long hang swings forward
- VI. Long hang swings backward
- VII. Bent body inverted swings through hang
- VIII. Elements sideways on one rail
- IX. Leg swings
- X. Strength and hold parts
- XI. Dismounts

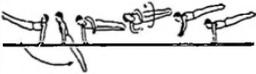
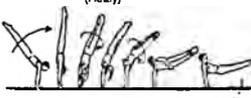
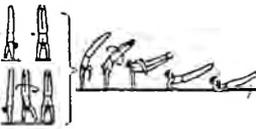
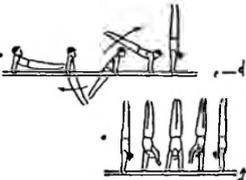
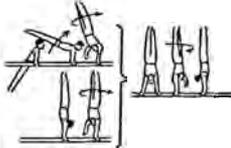
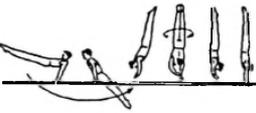
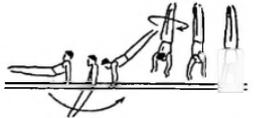
A	B	C	D	E
<p>I. Elans en avant par la suspension</p> <p>1. Etablissement en avant à l'appui <i>Fwd uprise to support</i> Stemme vw i. d. Stütz</p>  <p style="text-align: right;">→ I</p>	<p>2. <i>brachiale—Forward swings through upper arm hang—Vorschwünge durch den Oberarmhang</i></p>	<p>3. Etablis. en av. et pass. L. jamb. en arr. à l'app. ou l'app. renvs. <i>Fwd uprise and straddle cut bwd to support or handstand</i> Stemme vw u. Rückgrätschen i. d. Stütz o. Handstand</p>  <p style="text-align: center;">III</p> <p style="text-align: right;">→ II</p>	<p>4.</p>	<p>5.</p>
<p>6. Etablis. en av avec 1/2 t. à la susp. brachiale <i>Fwd uprise with 1/2 t. to upper arm hang</i> Stemme vw. m. 1/2 Dr. i. d. Oberarmhang</p>  <p style="text-align: right;">→ E</p>	<p>7.</p>	<p>8. Etablissement en avant à l'équerre jamb. lev. horiz. (2s) <i>Forward uprise to Manne (2s)</i> Stemme vw. i. d. Spitzwinkelst. m. B. waagrecht (2s.)</p>  <p style="text-align: right;">→ 7/8</p>	<p>9. Etablis. en av avec 1/2 t. à l'app. renvs. <i>Fwd uprise with 1/2 t. to handstand</i> Stemme vw. m. 1/2 Dr. i. d. Handstand</p>  <p style="text-align: right;">→ E d</p>	<p>10. Etablis. en av avec 1/1 t. à l'app. renvs. <i>Fwd uprise with 1/1 t. to handstand</i> Stemme vw. m. 1/1 Dr. i. d. Handstand (Richards)</p>  <p style="text-align: right;">→ E d</p>
<p>11. Etablis. en av avec 1/2 t. à la susp. lat. à l'extérieur <i>Fwd uprise with 1/2 t. to hang on 1 rail</i> Stemme vw. m. 1/2 Dr. i. d. Hang a. 1 Holm</p>  <p style="text-align: right;">→ 1/2</p>	<p>12.</p>	<p>13. Etablis. en av avec 1/1 t. à la susp. brachiale <i>Fwd uprise with 1/1 t. to upper arm hang</i> Stemme vw. m. 1/1 Dr. i. d. Oberarmhang</p>  <p style="text-align: right;">→ E</p>	<p>14. Etablis. en av avec 1/1 t. à l'appui <i>Fwd uprise with 1/1 t. to support</i> Stemme vw. m. 1/1 Dr. i. d. Stütz</p>  <p style="text-align: right;">→ E</p>	<p>15.</p>
<p>16. Elan av avec 1/2 t. à la susp. brachiale <i>Swing fwd., shoulder pivot, to swing bwd</i> Schwg vw. m. 1/2 Dr. i. d. Schwg rw.</p>  <p style="text-align: right;">→ E</p>	<p>17. <i>Fasziif</i> <i>Q = Gant</i> <i>@ = Roll</i></p>	<p>18. Rouler arr. avec 1/2 t. à la susp. brach. ou établis. en av. et Kato sauté à l'app. <i>Roll bwd with 1/2 t. to up arm hang or fwd uprise to Kato hop to sup</i> Rolle rw. m. 1/2 Dr. i. d. Oberarmhang o. Stemme vw. u. Kato Sprung i. d. Stütz (Watanabe)</p>  <p style="text-align: right;">→ E + Ka</p>	<p>19. Watanabe à l'appui <i>Watanabe to support</i> Watanabe i. d. Stütz</p>  <p style="text-align: right;">→ E</p>	<p>20. Rouler arr. 1/2 t. et salto av. à la susp. brach. <i>Roll bwd. 1/2 t. salto fwd. to up arm hang</i> Rolle rw. m. 1/2 Dr. u. Salto vw. i. d. Oberarmhang.</p>  <p style="text-align: right;">→ E 1/2</p>

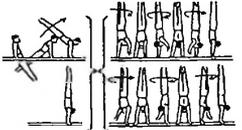
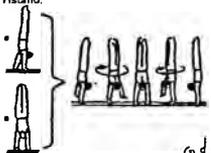
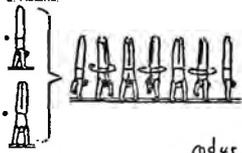
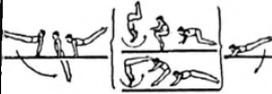
A	B	C	D	E
<p>21 Rouler arr. à l'app. ou la susp. brach. Roll bwd to support or up armhang Rolle rw. i. d. Stütz o. Oberarmhg.</p>  <p style="text-align: right;">-0/0</p>	<p>22 Rouler arr. à l'appu renv Roll bwd to handstand Rolle rw. i. d. Hstand.</p>  <p style="text-align: right;">III</p>	<p>23 Rouler arr. et pass. L. jamb. av. à l'app. ou à la susp. brach. Roll bwd with strad. cut to sup or up arm hg. Rolle rw. m. Übergrätschen i. d. Stütz o. Oberarmhg.</p>  <p style="text-align: right;">III</p>	<p>24 Rouler arr. et 1/1 t. sauté à l'app. ou la susp. brach. Roll bwd w. hop 1/1 t. to sup or up armhang Rolle rw. m. 1/1 Dr. gespr. i. d. Stütz o. Oberarmhg.</p>  <p style="text-align: right;">-0E./E</p>	<p>25 Rouler arr. et 1/1 t. sauté à l'app. renvs. Roll bwd. w. hop 1/1 t. to handstand Rolle rw. m. 1/1 Dr. gespr. i. d. Hstand.</p>  <p style="text-align: right;">-0E↑</p>
<p>II. Elans en arrière par la suspension; 1. Rouler av. sur l'épaules Shoulder roll forward Shulterrolle vw.</p>  <p style="text-align: right;">0</p>	<p>brachiale – Backward swings through 2. Etablis arr. à l'app. renvs. Bwd. uprise to handstand Stemme rw. i. d. Hstand.</p>  <p style="text-align: right;">+↑</p>	<p>upper arm hang – Rückschwünge d 3. Etablis arr. avec 1/1 t. arr. à l'app. renvs. Bwd. uprise to handstand with 1/1 bwd Stemme rw. i. d. Hstand. m. 1/4 Dr. rw.</p>  <p style="text-align: right;">+↑E</p>	<p>rch den Oberarmhang 4. Etablis arr. avec 1/1 t. sauté à l'app. renvs. Bwd. uprise with 1/1 t. hop to handstand. Stemme rw. m. 1/4 Dr. gespr. i. d. Hstand.</p>  <p style="text-align: right;">+↑E↑</p>	<p>5. Etablis arr. avec 1/1 t. sauté à l'app. renvs. sur 1 barre Bwd. uprise with 1/1 t. hop to hdst. on 1 rail Stemme rw. m. 1/4 Dr. gespr. i. d. Hstand. a. 1 Holm</p>  <p style="text-align: right;">+↑E↑</p>
<p>6. Elan arr. avec 1/1 t. à la susp. brach. Swing bwd. with chest pivot to up. arm hang Schwung rw. m. 1/4 Dr. i. d. Oberarmhg.</p>  <p style="text-align: right;">+E</p>	<p>7. Etablis arr. avec 1/1 t. à l'app. Bwd. uprise with 1/1 t. to support Stemme rw. m. 1/4 Dr. i. d. Stütz</p>  <p style="text-align: right;">+E</p>	<p>8. Etablis arr. avec 1/1 t. à la susp. brach. Bwd. uprise with 1/1 t. to upper arm hang Stemme rw. m. 1/1 Dr. i. d. Oberarmhg.</p>  <p style="text-align: right;">+E</p>	<p>9. Etablis arr. avec 1/1 t. à l'app. Bwd. uprise with 1/1 t. to support Stemme rw. m. 1/1 Dr. i. d. Stütz</p>  <p style="text-align: right;">+E</p>	<p>10.</p> 
<p>11.</p>  <p style="text-align: right;">III</p>	<p>12. Etablis arr. et pass. l. jamb. éc. en av. à l'app. Bwd. uprise and strad. cut or flank over to sup Stemme rw. u. Voigrätschen o. Vorfl. i. d. Stütz</p>  <p style="text-align: right;">+↑</p>	<p>13. Etablis arr. avec 1/1 t. et pass. l. jamb. en arr. à la susp. brach. Bwd. uprise with 1/1 t. and straddle cut bwd to upper arm hang Stemme rw. m. 1/4 Dr. u. Rückgrätschen i. d. Oberarmhg.</p>  <p style="text-align: right;">+E↑</p>	<p>14. Etablis arr. avec 1/1 t. et pass. l. jamb. en arr. à l'app. Bwd. uprise with 1/1 t. a. strad. cut bwd to sup Stemme rw. m. 1/4 Dr. u. Rückgräts. i. d. Stütz</p>  <p style="text-align: right;">+E↑</p>	<p>15.</p> 

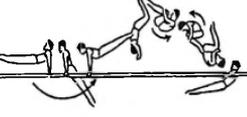
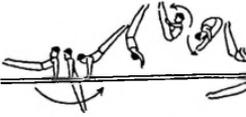
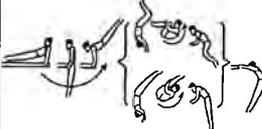
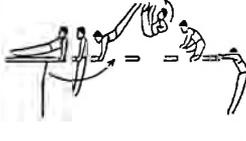
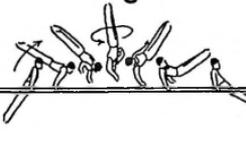
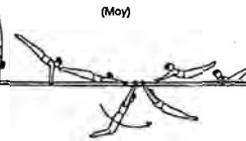
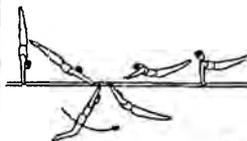
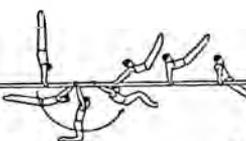
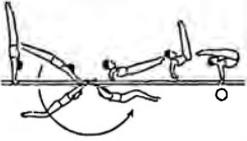
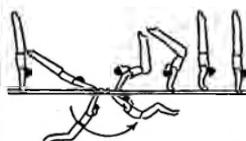
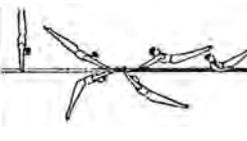
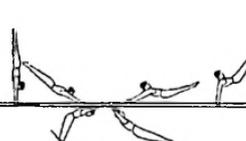
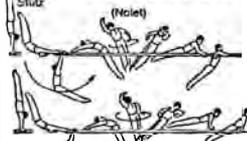
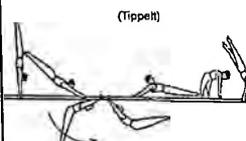
A	B	C	D	E
16.	17. Etablis. arr. et Voronin à la susp. brach. <i>Bwd. uprise and Voronin to up. arm hang</i> <i>Stemme rw. u. Voronin i. d. Oberarmhg.</i>  <p style="text-align: center;">+ É v.</p>	18. Etablis. arr. et Voronin à l'app. <i>Bwd. uprise and Voronin to support</i> <i>Stemme rw. u. Voronin i. d. Stütz</i>  <p style="text-align: center;">+ v. i.</p>	19.	20.
21.	22.	23. Etablis. arr. et salto av. carpé à l'app <i>Bwd. uprise and salto fwd. p. to sup</i> <i>Stemme rw. u. Salto vw. geb. i. d. Stütz</i>  <p style="text-align: center;">III + v. i.</p>	24. Etablis. arr. et 5/4 salto av. gr. ca. ou éc. à la susp. brach. <i>Bwd. uprise and 5/4 salto fwd. t. p. or strad. to up. arm hang</i> <i>Stemme rw. u. 5/4 Salto vw. geh. geb. o. gegr. i. d. Oberarmhg. (Yamawaki)</i>  <p style="text-align: center;">III + v. i.</p>	25. Etablis. arr. et dbl. salto av. gr. à la susp. brach. ou Yamawaki tendu <i>Bwd. uprise and dbl. salto fwd. t. to up. arm hang or Yamawaki str.</i> <i>Stemme rw. u. Doppelsalto vw. geh. i. d. Oberarmhg. o. Yamawaki gestr.</i>  <p style="text-align: center;">III + v. i.</p>
III. Elans en avant par l'appui – Forward swings through support – Vorschwünge durch den Stütz				
1.	2.	3. Demi-tour en avant à l'app. renvs. <i>Stützkehr fwd. to hdst.</i> <i>Stützkehre vw. i. d. Hstanz.</i>  <p style="text-align: center;">I k d</p>	4. Demi-tour en av. à l'app. renvs. sur 1 b. lat. ou transv. <i>Stützkehr fwd. to hdst. sideways or crossways on 1 rail</i> <i>Stützkehre vw. i. d. Hstanz. sw. o. quer a. 1 H. (Bilozherchev)</i>  <p style="text-align: center;">I k d ⊕</p>	5. Demi-tour en av. avec 1/2 t. à l'app. renvs. <i>Stützkehr fwd. w. 1/2 t. to hdst.</i> <i>Stützkehre vw. m. 1/2 Dr. i. d. Hstanz.</i>  <p style="text-align: center;">I k E d</p>
3.	4.	6. Elan en av. 1/1 t. avec app. sur 1 bras à l'app. renvs. <i>Swing fwd. w. 1/1 t. on 1 arm to handstand</i> <i>Vorschwg. M. 1/1 Dr. a. 1 Arm. i. d. Hstanz. (Diamidov) Dou D</i>  <p style="text-align: center;">I — E ⊕</p>	9. Diamidov avec 1/2 ou 1/4 t. à l'app. renvs. <i>Diamidov with 1/2 or 1/4 t. to hdst.</i> <i>Diamidov m. 1/2 ou 1/4 Dr. i. d. Hstanz.</i>  <p style="text-align: center;">I 0 1/2 ⊕</p>	10. Diamidov avec 5/4 ou 3/2 t. à l'app. renvs. <i>Diamidov with 5/4 or 3/2 t. to hdst.</i> <i>Diamidov m. 5/4 o. 3/2 Dr. i. d. Hstanz. (Pegan)</i>  <p style="text-align: center;">I 0 5/4 ⊕</p>

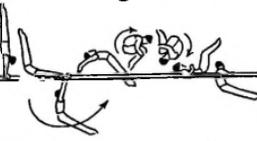
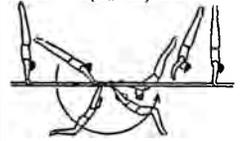
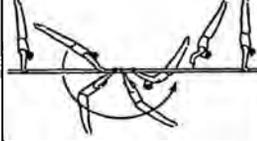
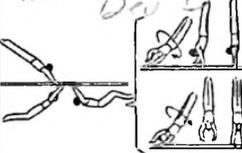
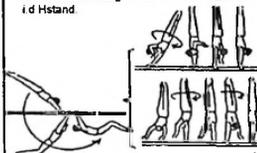
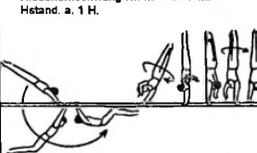
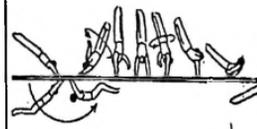
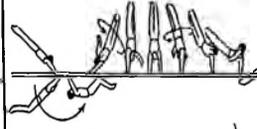
A	B	C	D	E
11	12	<p>13 Elan av a 1/2 t s'abais, éc avec 1/2 t <i>Swing fwd w 1/2 t flare back down w 1/2 t</i> Vorschwg M 1/2 Dr u Ruckspriz M 1/2 Dr</p>  <p>I —. £ T_i</p>	<p>14 Demi-tour en av. à l'app. renvs. sur 1 b avec 1 bras et Healy a la susp brach. <i>Stützkehr fwd to momentary hdst on 1 rail with 1 arm and Healy to upper arm hang</i> Stützkehr vw. l. d. Hstand. a. 1 H. a. 1 Arm und sofort Healy l. d. Oberarmhang</p>  <p>I K O H</p>	<p>16 Demi-tour en av. à l'app. renvs. sur 1 b. avec 1 bras et Healy à l'appui <i>Stützkehr fwd. to momentary hdst. on 1 rail with 1 arm and Healy to support</i> Stützkehr vw. l. d. Hstand. a. 1 H. a. 1 Arm und sofort Healy l. d. Stütz</p>  <p>I K O H,</p>
16	<p>17 De l'app. fléchi, établis. av. et sauté avec 1/2 t à l'app. <i>Bent arm swing fwd to hop 1/2 t to sup.</i> A. d. Beugest, Stemme vw. u. 1/2 Dr gespr. l. d. Stütz (Kato)</p>  <p>→ k £_i</p>	<p>18 Elan en av avec 1/1 t à la susp brach. <i>Swing fwd w 1/1 t to up arm hang</i> Vorschwg M 1/1 Dr i d. Oberarmhang (Carminucci)</p>  <p>I —. £</p>	<p>19 Carminucci à l'appui <i>Carminucci to support</i> Carminucci i d. Stütz</p>  <p>I —. £_i</p>	<p>20 Carminucci avec 1/2 t à l'app. ou à la susp. brch. <i>Carminucci with 1/2 t to sup. or up. arm hang</i> Carminucci m. 1/2 Dr. l. d. Stütz o. Oberarmhang</p>  <p>I —. £</p>
21.	22	<p>23 1/2 Diamidov & 1/2 Healy à la susp. brach. 1/2 Diamidov & 1/2 Healy to upper arm hang 1/2 Diamidov u. 1/2 Healy i d. Oberarmhang.</p>  <p>I 3/4 0 3/4 H</p>	<p>24 1/2 Diamidov & 1/2 Healy à l'appui 1/2 Diamidov & 1/2 Healy to support 1/2 Diamidov u. 1/2 Healy l. d. Stütz (Makuts)</p>  <p>I 3/4 0 3/4 H,</p>	25
26	27.	<p>28 Salto arr. à l'app. revs. <i>Salto bwd to handstand</i> Salto rw. i d. Hstand</p>  <p>I, III 1/2 d</p>	<p>29 Salto arr. à l'app. revs. sur 1 barré lat. ou transv. <i>Salto bwd to hdst. on 1 rail crossways or sdw.</i> Salto rw. i d. Hstand. sw. o. quer. a. 1 Holm</p>  <p>I 1/2 d O</p>	<p>30 Double salto arr. gr. à la susp. brach. <i>Double salto l. to up. arm hang</i> Doppelsalto rw. geh. l. d. Oberarmhang. (Morisue)</p>  <p>I, III ee</p>

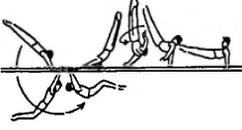
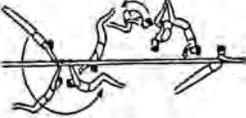
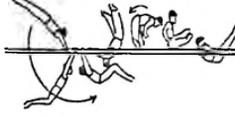
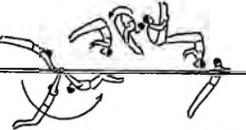
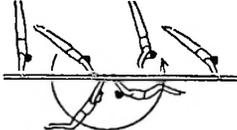
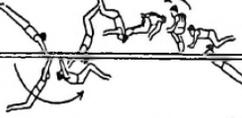
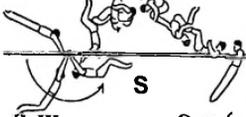
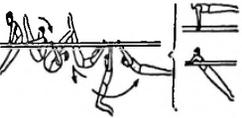
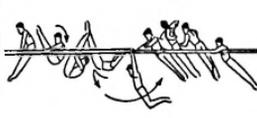
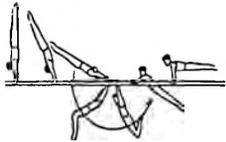
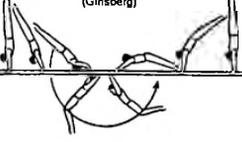
A	B	C	D	E
31.	32.	33.	34 Salto arr. à l'app. revs. lat sur 1 barré Salto bwd to handstand sw. on 1 rail Salto rw i. d. Hstand sw. a. 1 Holm (Peters)  I $\frac{1}{2} \frac{1}{4} 0$	35 Morisue carpé Morisue piked Morisue gebückt S  I, III $\frac{1}{2} \frac{1}{4} 0$
36.	37.	36. Elan en av. à l'app. revs. et sauté à l'app. Swing fwd. to hdst. hop to support Vorschwg. i. d. Hstand, Umspmg. i. d. Stütz (Carballo)  I, III $\frac{1}{2} \frac{1}{4} 0$	38 Salto arr. avec $\frac{1}{4}$ t à la susp. brach. Salto bwd with $\frac{1}{4}$ t. to up. arm hang Salto rw m. $\frac{1}{4}$ Dr. l. d. Oberarmhg (Toumilovitch)  I, III $\frac{1}{2} \frac{1}{4} 0$	40 3/2 salto arr. avec $\frac{1}{4}$ t à la susp. brach. 3/2 salto bwd. with $\frac{1}{4}$ t. to up. arm hang 3/2 Salto rw. m. $\frac{1}{4}$ Dr. l. d. Oberarmhg. (Suarez)  I, III $\frac{1}{2} \frac{1}{4} 0$
41.	42.	43 Salto arr. à l'app. en pass. les jamb. éc. à l'app. Salto bwd to sup. and straddle cut to support Salto rw i. d. Stütz u. Vorgrätschen i. d. Stütz  I, III $\frac{1}{2} \frac{1}{4} 0$	44 #43 sans appui intermédiaire #43 without intermediate support #43 ohne Zwischenstütz  I, III $\frac{1}{2} \frac{1}{4} 0$	45.
IV. Elans en arrière par l'appui – Backward swings through support – Rückschwünge durch den Stütz				
1 Demi-tour en arr. à la susp. brach Stützkehr bwd to up. arm hang Stützkehre rw i. d. Oberarmhg.  I $\frac{1}{2} \frac{1}{4} 0$	2 Demi-tour en arr. à l'appui Stützkehr bwd to support Stützkehre rw i. d. Stütz  I $\frac{1}{2} \frac{1}{4} 0$	3 Demi-tour en arr. par l'app. revs. à l'appui Stützkehr bwd through hdst to support Stützkehre rw durch d. Hstand i. d. Stütz (Novikov)  I $\frac{1}{2} \frac{1}{4} 0$	4 Demi-tour en arr. en pass. i. jamb. éc. en arr. à l'appui Stützkehr bwd. with straddle cut bwd to sup. Stützkehre rw. m. Rückgrätschen i. d. Stütz  I $\frac{1}{2} \frac{1}{4} 0$	5.

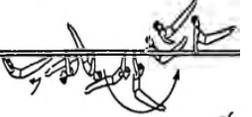
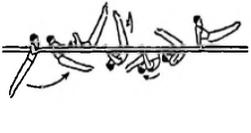
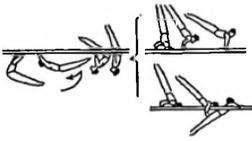
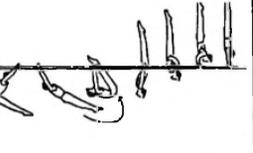
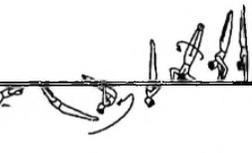
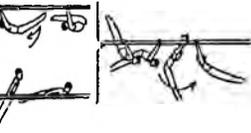
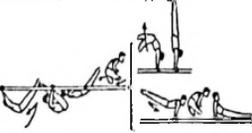
A	B	C	D	E
6.	<p>7. L'app renvs $\frac{1}{2}$ t. et $\frac{1}{2}$ t à l'app Hdst with $\frac{1}{2}$ t and fall back to sup with $\frac{1}{2}$ t Hstand m $\frac{1}{2}$ Dr u Abschwg M $\frac{1}{2}$ Dr i d. Stütz</p>  <p>I d/4k.</p>	<p>8. Elan en arr avec $\frac{1}{2}$ t à la susp brach. Bwd swing with $\frac{1}{2}$ t to up arm hang Rückschwng. M $\frac{1}{2}$ Dr i d. Oberarmhg.</p>  <p>I --ε</p>	<p>9. Elan en arr. avec $\frac{1}{2}$ t. à l'appui Bwd swing with $\frac{1}{2}$ t. to support Rückschwng M $\frac{1}{2}$ Dr i d. Stütz</p>  <p>I --ε,</p>	10.
11.	<p>12. Healy à la susp brach Healy to upper arm hang Healy i d. Oberarmhang</p>  <p>I H</p>	<p>13. Healy à l'appui Healy to support Healy i d. Stütz</p> <p>(Healy)</p>  <p>I H,</p>	<p>14. <i>Dev D</i></p> <p><i>H₁-d</i></p>	15.
16.	17.	<p>18. De l'app renvs sur 1 b. Healy à la susp brach From hdst on 1 rail, Healy to upper arm hang A. D. Hstand. a. 1 H. Healy i d. Oberarmhang</p>  <p>I d-H</p>	<p>19. De l'app renvs sur 1 b. Healy à la susp brach From hdst. on 1 rail, Healy to upper arm hang A. D. Hstand. a. 1 H. Healy i d. Oberarmhang</p>  <p>I dH,</p>	20.
<p>21. Elan arr à l'app renvs. (2s) ou avec $\frac{1}{2}$ t av Swing bwd to hdst. (2s) or with $\frac{1}{2}$ turn fwd Rückschwng. l. d. Hstand (2s.) o. mit $\frac{1}{2}$ Dr.</p>  <p>I 4</p>	<p>22. $\frac{1}{2}$ t. arr. en appui renvs $\frac{1}{2}$ turn bwd in handstand $\frac{1}{2}$ Dr. rw. i d. Hstand</p>  <p>I 4</p>	<p>23. Elancer en arr avec $\frac{1}{2}$ t sauté à l'app renvs. Swing bwd with $\frac{1}{2}$ t hop to hdst Rückschwng m $\frac{1}{2}$ Dr gespr i d. Hstand.</p>  <p>I -- 1/2 d</p>	<p>24. Elancer en arr avec $\frac{1}{2}$ t. sauté à l'app renvs. sur 1 b. Swing bwd with $\frac{1}{2}$ t hop to hdst on 1 rail Rückschwng m $\frac{1}{2}$ Dr gespr i d. Hstand. a. 1 Holm</p>  <p>I -- 1/2 d</p>	25.

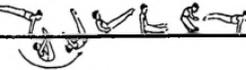
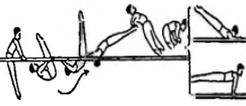
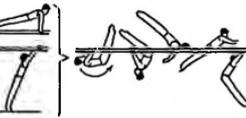
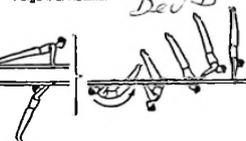
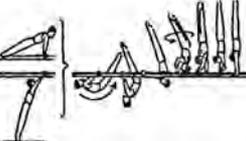
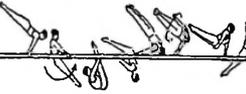
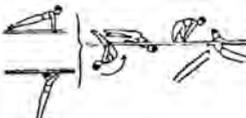
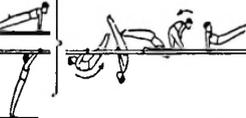
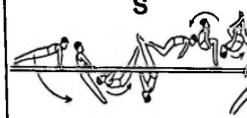
A	B	C	D	E
26.	27.	28 1/1 t. av. ou arr. en app. renvs. 1/4 pir. Fwd. or bwd. in hdst 1/1 Dr. vw. o. rw. i. Hstand.  I 7	29.	30.
30.	32 De l'app. renvs sur 1. b., 1/2 ou 3/4 t. av. ou arr. en app. renvs. From hdst. on 1 rail, 1/2 or 3/4 pir. Fwd. or bwd. in hdst. A. D. Hstand. auf 1 H., 1/2 o. 3/4 Dr. vw. o. rw. i. d. Hstand.  0 d 18	33. De l'app renvs sur 1. b., 1/1 ou 5/4 t. av ou arr. en app. renvs. From hdst. on 1 rail, 1/1 or 5/4 pir. Fwd. or bwd. in hdst. A. D. Hstand. auf 1 H., 1/1 o. 5/4 Dr. vw. o. rw. i. d. Hstand.  0 d 45	34 De l'app renvs. prises tourn. s'abbaiss. à l'appui From hdst. with rotated grp, inlocate to support A. d. Hstand mit gedr. Griff, Einkugeln i. d. Stütz (Carballo 2)  I Ca 2	35.
36. Salto av à la susp. brach. Salto fwd to up. arm hg. Salto vw. i. d. Oberarmhg.  0	37. De l'app renvs., salto av à la susp. brach. From hdst., salto fwd to up. arm hang A. d. Hstand, Salto vw. i. d. Oberarmhang  I, III 1 2	38 Salto av à l'appui. Salto fwd to support Salto vw. i. d. Stütz  I, III 1 2	39 De l'app renvs., salto av à l'appui From hdst., salto fwd to support A. d. Hstand, Salto vw. i. d. Stütz  I, III 1 2	40.
41.	42 5/4 salto av gr. ou ca. à la susp brach. 5/4 salto fwd. l. or p. to upper arm hang 5/4 Salto vw. geh. o. geb. i. d. Oberarmhg.  I, III 1 2	43 5/4 salto av. gr. ou ca. à l'app. fléchi ou appui 5/4 salto fwd. l. or p. to bent arm sup. or sup. 5/4 Salto vw. geh. o. geb. i. d. Beugestütz o. Stütz  I, III 1 2	44 5/4 salto av. écarté à la susp brach. 5/4 salto fwd. straddled to up. arm hang 5/4 Salto vw. gegr. i. d. Oberarmhg.  I, III 1 2	45 5/4 salto av. écarté à l'app. fléchi ou appui 5/4 salto fwd. strad. to bent arm sup. or sup. 5/4 Salto vw. gegr. i. d. Beugestütz o. Stütz  I, III 1 2

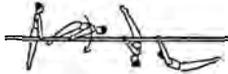
A	B	C	D	E
<p>46.</p>	<p>47.</p>	<p>48. Salto av. gr. ou ca avec $\frac{1}{4}$ t à la susp lat sur 1 barre <i>Salto fwd. l. or p. with $\frac{1}{4}$ t to hang on 1 rail</i> <i>Salto vw. geh. o. geb. m. $\frac{1}{4}$ Dr. i. d. Seithang</i></p>  <p>I - $\frac{1}{4}$ t</p>	<p>49. Double salto gr. av. à la susp brach <i>Double salto fwd. l. to up. arm hang</i> <i>Doppelsalto vw. geh. i. d. Oberarmhang.</i></p>  <p>I, III - - -</p>	<p>50. Double salto ca. av. à la susp brach <i>Double salto fwd. p. to up. arm hang</i> <i>Doppelsalto vw. geh. i. d. Oberarmhang</i></p>  <p>I, III - - -</p>
<p>51.</p>	<p>52. Salto av. gr. ou ca. à la susp. sur l'extrém. d. bar. <i>Salto fwd. l. or p. to hang at the end of the bars</i> <i>Salto vw. geh. o. geb. i. d. Hang am Himende.</i></p>  <p>I, III - -</p>	<p>53. Salto av. écarté à la susp. sur l'extrém. d. bar. <i>Salto fwd. strad. to hg. at the end of the bars</i> <i>Salto vw. gebr. i. d. Hang am Holmenende</i></p>  <p>I, III - -</p>	<p>54. Salto av. avec $\frac{1}{11}$ t à la susp brach <i>Salto fwd. with $\frac{1}{11}$ t. to up. arm hang</i> <i>Salto vw. m. $\frac{1}{11}$ Dr. i. d. Oberarmhang</i> <i>(Uzza)</i></p>  <p>I, III - -</p>	<p>55. Urzica à l'appui <i>Urzica to support</i> <i>Urzica i. d. Stütz</i></p>  <p>I, III - -</p>
<p>V. Elans en avant par la suspensor <i>Elanes en susp. en avant à la susp. brach.</i> <i>Swing down and fwd. to up. arm hang</i> <i>Abschwingen vw. d. d. Hg. i. d. Oberarmh.</i></p>  <p>(Moy) M_y</p>	<p>1. Long hang swings forward - Vorschwingung durch den Hang 2. Moy à l'appui <i>Moy to support</i> Moy i. d. Stütz</p>  <p>II, III M_y</p>	<p>3. Moy gr. à l'appui (sans lâcher prises) Moy l. la support (without grip release) Moy geh. i. d. Stütz (ohne Griff lösen)</p>  <p>II - -</p>	<p>4. Moy à l'équie jamb. lev. horiz. (2s.) Moy to Menne (2s.) Moy i. d. Spitzwinkelst. m. B. waagrecht (2s.)</p>  <p>II, III M_y 2</p>	<p>5. Grand tour arr. avec dislocation av. <i>Giant swing fwd. with inlocation fwd.</i> <i>Riesenumschwung rw. m. Einschultem</i></p>  <p>II, III - -</p>
<p>6.</p>	<p>7. Moy carapé à la susp brach Moy piked to upper arm hang Moy geb. i. d. Oberarmhang</p>  <p>II, III M_y v</p>	<p>8. Moy carapé à l'appui Moy piked to support Moy geb. i. d. Stütz</p>  <p>II, III M_y v</p>	<p>9. Moy carapé avec $\frac{1}{11}$ t à la susp brach ou l'app. Moy piked with $\frac{1}{11}$ t. to up. arm hang or sup. Moy geb. m. $\frac{1}{11}$ Dr. i. d. Oberarmh. o. i. d. Stütz <i>(Nolet)</i></p>  <p>II, III M_y é</p>	<p>10. Moy carapé avec passe l. jamb. éc. en arr. à l'app. renvs. Moy piked with straddle fwd to hdst. Moy geb. M. Ruckgr. i. d. Hstend. <i>(Tippel)</i></p>  <p>II, III M_y s d</p>

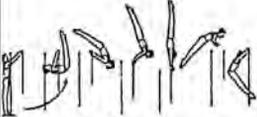
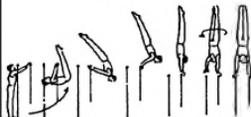
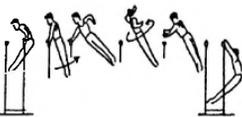
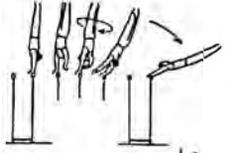
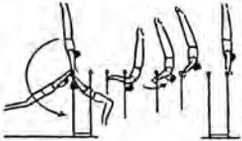
A	B	C	D	E
11.	12.	13.	14.	<p>15 Tippelt et salto av a la suspension brach. Tippelt and salto fwd to upper arm hang Tippelt u. Salto vw. i. d. Oberarmhang</p> <p style="text-align: center;">S</p>  <p style="text-align: right;">II, III</p>
16.	<p>17.</p> <p><i>quvier i f</i> <i>o = Giant</i> <i>@ = Roll</i></p>	<p>18. Grand tour arr. à l'app. renvs. Giant swing bwd to hdst. Riesenumschwung rw. i. d. Hstnd. (Kenmotsu)</p> <p style="text-align: right;"><i>DevD</i></p>  <p style="text-align: center;">II, III</p>	<p>19. Grand tour arr. carpé à l'app. renvs. Giant swing bwd. piked to hdst. Riesenumschwung rw geb. i. d. Hstnd.</p>  <p style="text-align: center;">II, III</p>	20.
21.	22.	<p>23. Grand tour arr. avec 1/4 ou 1/2 l. à l'app. renvs. Giant swing bwd. with 1/4 or 1/2 l. to hdst. Riesenumschwung rw. m. 1/4 o. 1/2 Dr. i. d. Hstnd.</p> <p style="text-align: right;"><i>DevD</i></p>  <p style="text-align: center;">II</p>	<p>24. Grand tour arr. avec 1/1 l. ou Diamidov à l'app. renvs. Giant swg. bwd. with 1/1 l. or Diamidov to hdst. Riesenumschwung rw. m. 1/1 Dr. o. Diamidov i. d. Hstnd.</p>  <p style="text-align: center;">II</p>	<p>25. Grand tour arr. avec 5/4 Diamidov à l'app. renvs. sur 1 b. G. swg. bwd. with 5/4 Diamidov to hdst. on 1 r. Riesenumschwung rw. m. 5/4 Diamidov i. d. Hstnd. a. 1 H.</p>  <p style="text-align: center;">II</p>
28.	27.	28.	<p>29. Grand tour arr. avec Makuts à la susp. brach. Giant swg. bwd. with Makuts to upper arm hang Riesenumschwung rw. m. Makuts i. d. Oberarmhang</p>  <p style="text-align: center;">II</p>	<p>30. Grand tour arr. avec Makuts à l'app. Giant swg. bwd. with Makuts to support Riesenumschwung rw. m. Makuts i. d. Stütz</p>  <p style="text-align: center;">II</p>

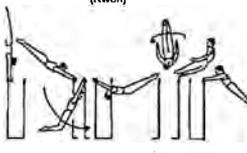
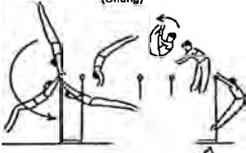
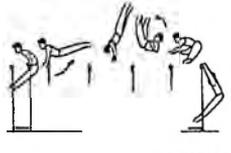
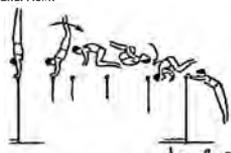
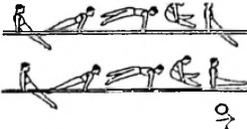
A	B	C	D	E
<p>31.</p>	<p>32.</p>	<p>33 Grand tour arr. avec 1/2 t à la susp. brach. Giant swing bwd with 1/2 t to up arm hang Riesenumschwung rw m. 1/2 Dr. i. d. Oberarmhg. (Gushiken)</p>  <p>II </p>	<p>34 Grand tour arr. avec 1/2 t à l'appui Giant swing bwd. with 1/2 t to support Riesenumschwung rw m. 1/2 Dr. i. d. Stütz</p>  <p>II </p>	<p>35 De la gr. t. arr., double salto gr à la susp. brach. Fr. giant sw bwd, dbl salto f to up arm hang A. d. Riesenschw., Doppelsalto geh i. d. Oberarmhg. (Belle)</p>  <p>II, III </p>
<p>36.</p>	<p>37.</p>	<p>38 Grand tour arr. avec pass. i. jamb. éc à la susp. brach. Giant swing bwd. w. strad cut to up arm hang Riesenumschwung rw m. Vorgratschen i. d. Oberarmhg.</p>  <p>II, III </p>	<p>39 Grand tour arr. avec pass. i. jamb. éc à l'app. Giant swing bwd. with straddle cut to support Riesenumschwung rw m. Vorgratschen i. d. Stütz (Korolev)</p>  <p>II, III </p>	<p>40 Belle carpé Belle piked Belle gebückt</p>  <p>II, III </p>
<p>41.</p>	<p>42 S'abais. avec salto tendu à la susp sur l'extrém. Swing down with salto str. to hang Abschwingen m. Salto gestr. i. d. Hang</p>  <p>II, III </p>	<p>43 Grand tour arr. et salto ca. avec 1/2 t à la susp sur l'extrém. Giant swing bwd. and salto with 1/2 t to hang on the end Riesenumschwung rw u Salto m. 1/2 Dr. i. d. Hang a. Holmsende (Chartrand)</p>  <p>II </p>	<p>44 Grand tour arr. et salto gr. ou ca. avec 1/2 t à la susp. brach. ou susp. Giant swing bwd. et salto with 1/2 t or p. to up arm hang or hang Riesenumschwung rw u. Salto geh. o. geh. m. 1/2 Dr. i. d. Oberarmhg. o. Hang</p>  <p>II, III </p>	<p>45 Grand tour arr. avec 1/2 t et 3/2 salto av. à la susp. brach. Giant swing bwd. with 1/2 t. and 3/2 salto fwd to up arm hang Riesenumschwung rw m. 1/2 Dr. u. 3/2 Salto vw i. d. Oberarmhg. (Tanaka)</p>  <p>II, III </p>
<p>VI. Elans en arrière par la suspension - Long hang swings backward - Rückenschwünge durch den Hang</p>				
<p>1. Elancer en susp. et établis. arr. Underswing to upriso bwd. Unterschwung u. Stermme rw</p>  <p>u+</p>	<p>2. #1 avec 1/1 t à la susp. brach #1 with 1/1 t. to up arm hang #1 m. 1/1 Dr. i. d. Oberarmhang</p>  <p>II </p>	<p>3. Grand tour avant à l'appui Giant swing forward to support Riesenumschwung vw i. d. St</p>  <p>II, III </p>	<p>4. Grand tour avant à l'appui renversé Giant swing forward to handstand Riesenumschwung vw i. d. Hstand. (Ginsberg)</p>  <p>II, III </p>	<p>5.</p> 

A	B	C	D	E
<p>VII. Elans avec corps fléchi par la suspension – Bent body inverted swings through hang – Schwünge mit gebogenem Körper durch den Hang</p> <p>1. Bascule d'élan ou dorsale Glide kip or upper arm kip Schwebekippe o. Oberarmkippe</p>  <p style="text-align: right;">n</p>	<p>2. Avec la pris ext., établis. Steinemann à la susp. brach. With outside grip, glide to Steinemann upside to up arm hang Mit Aussergriff, Schweben i. d. Steinemann Stemme i. d. Oberarmhg.</p>  <p style="text-align: right;">II, III</p>	<p>3. #2 à l'appui #2 to support #2 i. d. Stütz</p>  <p style="text-align: right;">II, III</p>	<p>4.</p> 	<p>5.</p> 
<p>6. De la susp. brach., chute à bascule Up arm swing fwd. to drop kip Oberarmschwng Vw. u. Sturzkippe</p>  <p style="text-align: right;">u←</p>	<p>7. Bascule d'élan arr. à l'app. ou la susp. brach. Glide kip fwd. to sup. or upper arm hang Schwebekippe rw. i. d. Stütz o. Oberarmhg.</p>  <p style="text-align: right;">II, III</p>	<p>8.</p> 	<p>9. Bascule d'élan arr. à l'app. renvs. Glide kip fwd. to hdst. Schwebekippe rw. i. d. Hstand.</p>  <p style="text-align: right;">II, III</p>	<p>10. Bascule d'élan arr avec 1/2 t. à l'app. renvs. Glide kip fwd with 1/2 t. to hdst. Schwebekippe rw. m. 1/2 Dr. i. d. Hstand.</p>  <p style="text-align: right;">II</p>
<p>11. Renversement arr. à la suspension Dislocate fwd. to glide Auskegeln rw. i. d. Hang</p>  <p style="text-align: right;">- ↓ n</p>	<p>12. Bascule ou bascule allem. avec 1/2 t. à la susp. brach. Glide kip or cast with 1/2 t. to up arm hang Schwebe- o. Schwabenkippe m. 1/2 Dr. i. d. Oberarmhg.</p>  <p style="text-align: right;">II uÉ/nÉ</p>	<p>13. Bascule ou bascule allem. avec 1/2 t. à l'app. brach. Glide kip or cast with 1/2 t. to support Schwebe- o. Schwabenkippe m. 1/2 Dr. i. d. Stütz</p>  <p style="text-align: right;">II uÉ./nÉ.</p>	<p>14.</p> 	<p>15.</p> 
<p>16. Bascule en pass. l. jamb. éc. en arr. à la susp. sur l'extrém. d. b. On end, glide kip to strad. cut fwd. to hang Schwebekip. a. Holmende z. Rückgrätschen i. d. Hang.</p>  <p style="text-align: right;">n s</p>	<p>17. Bascule en pass. l. jamb. éc. en arr. à l'appui ou l'app. renvs. sur l'extrém. d. b. On end, glide kip to strad. cut fwd. to support or handstand Schwebekip. a. Holmende z. Rückgrätschen i. d. Stütz o. i. d. Hstand o. Doppelgrätschen</p>  <p style="text-align: right;">II, III n s,</p>	<p>18. Bascule en pass. l. jamb. éc. en arr. à l'appui ou l'app. renvs. ou dbl. pass. l. jamb. éc. Glide kip to strad. cut fwd. to support or hdst. or double straddle cut Schwebekip. z. Rückgrätschen i. d. Stütz o. i. d. Hstand o. Doppelgrätschen</p>  <p style="text-align: right;">II, III n s / n s</p>	<p>19.</p> 	<p>20.</p> 

A	B	C	D	E
<p>21 Bascule allemand à la susp. brach. Cast to upper arm hang Schwabenkippe i. d. Oberarmhang</p>  <p style="text-align: right;">u</p>	<p>22 Bascule allemand à l'appui Cast to support Schwabenkippe i. d. Stütz</p>  <p style="text-align: right;">II, III u,</p>	<p>23 Bascule allemand à l'appui, après en pass. I jamb. éc. en arr. Cast to support and then straddle cut bow Schwabenkippe i. d. Stütz u. d. Rückgrätschen</p>  <p style="text-align: right;">II, III u, u,</p>	<p>24 #23 sans appui intermédiaire #23 without intermediate support #23 ohne Zwischenstütz</p>  <p style="text-align: right;">II, III u,</p>	<p>25 Bascule allemand et salto av. gr. ou ca à la susp. brach. Cast to salto fwd. t. or p. to up. arm hang Schwabenkippe u. Salto vvr. geh. o. geh. i. d. Oberarmh.</p>  <p style="text-align: right;">II, III uo/uov</p>
<p>26 Etablis av. en tourn. avec transport à la susp. Basket with travel to hang Felge mit Wandern i. d. Hang</p>  <p style="text-align: right;">F</p>	<p>27</p>	<p>28 Etablis av. en tourn. en arr. à l'app. renvs. Basket to handstand Felge i. d. Hstand. Dev D</p>  <p style="text-align: right;">II, III F d</p>	<p>29 Etablis av. en tourn. en arr. avec 1/2 t. à l'app. renvs. Basket with 1/2 t. to handstand Felge m. 1/2 Dr. i. d. Hstand.</p>  <p style="text-align: right;">II F E d</p>	<p>30 Etablis av. en tourn. en arr. avec 1/1 t. à l'app. renvs. Basket with 1/1 t. to handstand Felge m. 1/1 Dr. i. d. Hstand. (Tichonkich)</p>  <p style="text-align: right;">II F E d</p>
<p>31</p>	<p>32 De la station à l'extrém., établis av. en tourn. en arr. à l'app. renvs. From stand at end, basket to handstand A. d. Stand a. Homenende, Felge i. d. Hstand. Dev D?</p>  <p style="text-align: right;">II, III F d e</p>	<p>33 De la station à l'extrém., établis av. en tourn. en arr. avec 1/2 t. à l'app. renvs. From stand at end, basket with 1/2 t. to hdst. A. d. Stand a. Homenende, Felge m. 1/2 Dr. i. d. Hstand.</p>  <p style="text-align: right;">II F E e</p>	<p>34 Etablis av. en tourn. en arr. avec 1/2 t. à l'app. renvs. Basket with 1/2 t. to support Felge m. 1/2 Dr. i. d. Stütz</p>  <p style="text-align: right;">II F E i</p>	<p>35</p>
<p>36</p>	<p>37 Tour d'app en pass. I. jamb. éc. av. à la susp. brach. Basket with immed. strad. cut to up. arm hang Felge m. Voigrätschen i. d. Oberarmhang</p>  <p style="text-align: right;">II, III F A</p>	<p>38 Tour d'app en pass. I. jamb. éc. av. à l'appui Basket with immed. straddle cut to support Felge m. Voigrätschen i. d. Stütz</p>  <p style="text-align: right;">II, III F A, F A,</p>	<p>39</p>	<p>40 Etablis av. en tourn. en arr. avec salto arr. gr. à la susp. brach. Basket with salto bwd t. to up. arm hang Felge m. Salto rw. geh. i. d. Oberarmh. (Tajeda) S</p>  <p style="text-align: right;">II, III F A</p>

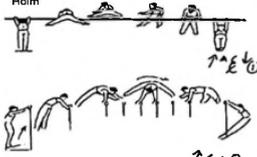
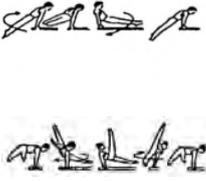
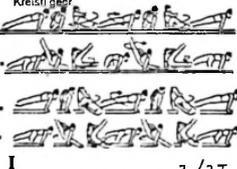
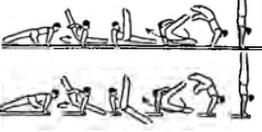
A	B	C	D	E
<p>41. Tour d'appui avant à la suspension Basket forward to hang Feige vw. i. d. Hang</p>  <p style="text-align: center;">F_o.</p>	<p>42. Tour d'appui avant à l'appui Basket forward to support Feige vw. i. d. Stütz</p>  <p style="text-align: center;">II F_o.</p>	<p>43</p>	<p>44. Tour d'appui avant avec 1/2 t. à l'appui Basket forward with 1/2 t. to support Feige vw. m. 1/2 Dr. i. d. Stütz</p>  <p style="text-align: center;">II F_o.</p>	<p>45.</p>
VIII. Parties latérales sur une barre - Elements sideways on one rail - Teil selbwärts an einem Holm				
<p>1. Bascule d'élan à l'appui Glide kip to support Schwebekippe i. d. Stütz</p>  <p style="text-align: center;">~0</p>	<p>2. Bascule d'élan à l'app. renvs. avec 1/2 t. sauté Glide kip swg. thr. hdst. with 1/2 hop turn to hdst. Schwebekippe, Rückschw. m. 1/2 Dr. gespr. i. d. Hstand.</p>  <p style="text-align: center;">~0-13</p>	<p>3. #2 avec 1/2 t. sauté à l'app. renvs. sur l'autre b. #2 with 1/2 hop turn to hdst. on other rail #2 m. 1/2 Dr. gespr. i. d. Seithstand a. and. H.</p>  <p style="text-align: center;">~0-16</p>	<p>4. #2 avec 1/2 t. sauté à l'app. renvs. #2 with 1/2 hop turn to hdst. #2 m. 1/2 Dr. gespr. i. d. Hstand.</p>  <p style="text-align: center;">~0-14</p>	<p>5.</p>
<p>6.</p>	<p>7. Bascule d'élan à l'équerre ou l'éq. éc. (2s.) Glide kip to L-sit or straddle L-sit (2s.) Schwebekippe i. d. Winkel-o. Grätschinkelstütz (2s.)</p>  <p style="text-align: center;">~0-10</p>	<p>8. Bascule d'élan par l'éq. éc. à l'app. renvs. Glide kip through straddle L-sit to hdst. Schwebekippe durch d. Grätschinkelstütz i. d. Hstand.</p>  <p style="text-align: center;">~0-11</p>	<p>9. Bascule en pass. l. jamb. éc. en air. à l'app. renvs. Glide kip to straddle cut fwd. to hdst. Schwebekippe u. Rückgrätschen l. d. Hstand. (Damigade)</p>  <p style="text-align: center;">~0-14</p>	<p>10.</p>
<p>11. Bascule en pass. l. jamb. éc. en arr. à la sus. Glide kip to straddle cut fwd. to hang Schwebekippe u. Rückgrätschen i. d. Hang</p>  <p style="text-align: center;">~0-10</p>	<p>12.</p>	<p>13. Basc. ou basc. an à l'éq. jamb. lev. vert. (2s.) Kip or reverse kip to V-sit (2s.) Kippe o. Kippe nw. i. d. Spitzwinkelstütz (2s.)</p>  <p style="text-align: center;">~0-10</p>	<p>14. Bascule d'élan par l'éq. ou l'éq. jamb. lev. vert. à l'app. renvs. Glide kip through L-sit or V-sit to hdst. Schwebekippe d. d. Winkel-o. Spitzwinkelstütz i. d. Hstand.</p>  <p style="text-align: center;">~0-11</p>	<p>15.</p>

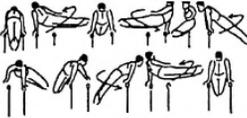
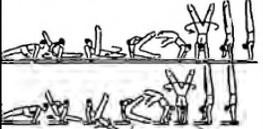
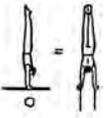
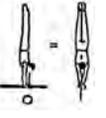
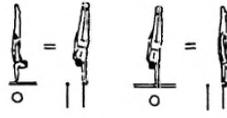
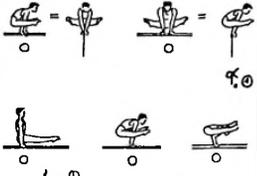
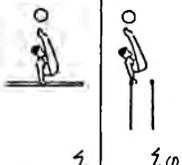
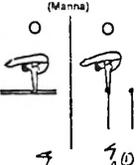
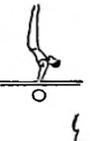
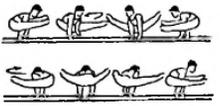
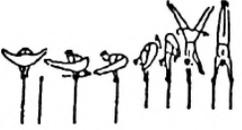
A	B	C	D	E
16	<p>17. Etablis av en tourn. en arr. a l'app renvs. et saut sur l'autre barre <i>Shoot up to hdst. and hop to other rail</i> Feige i. d. Hstand. u. Sprung a. d. and. Holm</p>  <p style="text-align: center;">F d ~ d U</p>	<p>18 Etablis av en tourn. en arr. avec 1/4 t à l'app renvs. <i>Shoot up with 1/4 t to hdst.</i> Feige m. 1/4 Dr. i. d. Hstand. (Menichelli)</p>  <p style="text-align: center;">F d U 1/4</p>	<p>18 Etablis av en tourn. en arr. avec 1/4 t saute a l'app renvs. sur 1 b. <i>Shoot up with 1/4 hop t. to hdst. on 1 rail</i> Feige m. 1/4 Dr. gespr. i. d. Hstand a. 1 Holm</p>  <p style="text-align: center;">F d U 1/4 E</p>	20
21	22	<p>23 Tour d'app. éc. a l'app renvs sur 1 barre <i>Stridled shoot to hdst on 1 rail</i> Feige gegr. i. d. Hstand a. 1 Holm</p>  <p style="text-align: center;">+ U ~ d U</p>	<p>24 #23 avec 1/4 tour #23 with 1/4 turn #23 mit 1/4 Drehung</p>  <p style="text-align: center;">+ U E U d</p>	25
26	27.	<p>28 Bascule d'élan par feq jamb lev. vert. et saut avec 1/4 t à la susp sur l'autre barre <i>Glide up through V-art and hop 1/4 turn to hang on other rail</i> Schwelbekippe d. d. Spitzwinkelstütz u. 1/4 Dr. gespr. i. d. Hang a. d. and. Holm (Li Donghua)</p>  <p style="text-align: center;">- U E U</p>	29	30.
31.	<p>32 De l'app. élan. arr. avec 1/1 t à la susp <i>From support, swing bwd with 1/1 t to hang</i> A. d. Sst. Ruckschwng m. 1/1 Dr. i. d. Hang</p>  <p style="text-align: center;">- U C</p>	<p>33 De l'app renvs. pr plm. 1/1 t à pr cub ou pr mx <i>Fr under grp hdst. 1/1 t to el-grp or mixed el-grp</i> A. d. Kgr. Hstand. 1/1 Dr. i. d. Elgr o Zwgr</p>  <p style="text-align: center;">d E E</p>	<p>34 Grand tour arr. lat. avec saut à l'autre barre <i>Cross bar giant swing bwd w hop to other bar</i> Quer. Riesenumschwng Rv. gespr. a. d. and. Holm</p>  <p style="text-align: center;">- U</p>	35.

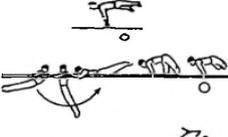
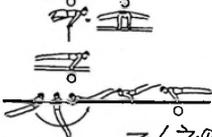
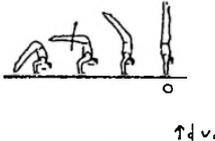
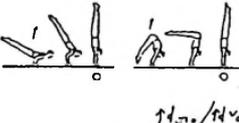
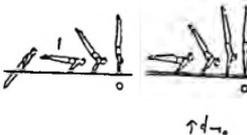
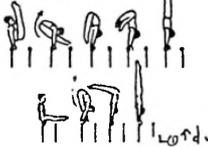
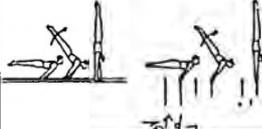
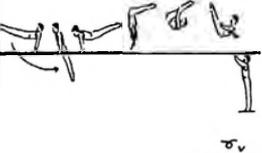
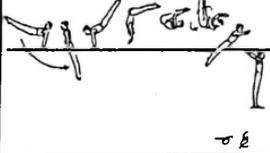
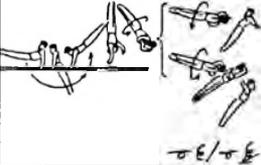
A	B	C	D	E
36	37.	38 Gienger a la susp lat à l'autre barre Cross bar Gienger salto Gienger salto l. d. Ausenseithg a. d. and Holm (Kwon) 	39 Jäger salto a la susp lat à l'autre barre Cross bar Jäger salto Jägersalto l. d. Ausenseithg a. d. and Holm (Chung) 	40
41.	42.	43 De l'app., salto av éc. à la suspension Fr. sup., swing bwd. to strad. salto fwd. to hang A. d. Stütz, Rückschw. m. Grätschsalto vw. i. d. Hang 	44 De l'app. renvs., 3/2 salto arr. à la susp. sur l'autre barre From hdst., 3/2 salto bwd to hang on other bar A. d. Seitstand, 3/2 Salto rw l. d. Hang a. d. and. Holm 	45.
IX. Elans des jambes – Leg swings 1. Passer les jambes éc. en av. à l'app. ou l'équerre (2s.) Straddle cut fwd. to support or L-sh (2s.) Vorngrätschen l. d. Stütz o. Winkelstütz (2s.) 	Belnschwünge 2. Passer les jambes éc. en arr. à l'app ou l'app renvs. Straddle cut bwd. to support or hdst Rückgrätschen l. d. Stütz o. l. d. Hstand 	3. Passer les jambes éc. en arr. et salto av. à la susp. brach. Strad cut bwd. and salto fwd. to up. arm hang Rückgrätschen u. Salto vw. l. d. Oberarmhg 	4.	5.
6. De la station, dbl. dorsal ou passer dorsal à l'app. From stand, kehr or rear vault to support A. d. Seitstand, Kreiskehr o. Kehre l. d. Stütz 	7. Tch. Fac. ou dors. à l'app. (ou pass. dorsal à la susp.) Czechkehr or wende to sup. (or rear vault to hang) Tsch -kehr o. Wende l. d. St. o. Kehre l. d. Hang 	8.	8.	10.

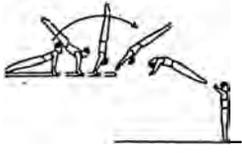
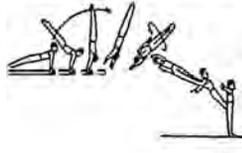
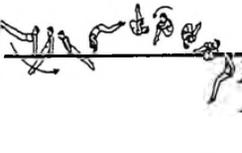
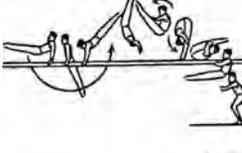
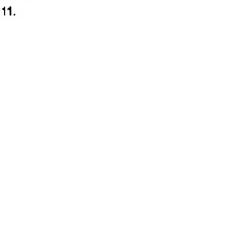
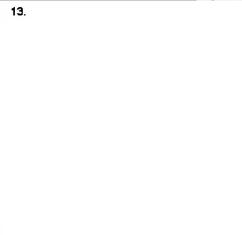
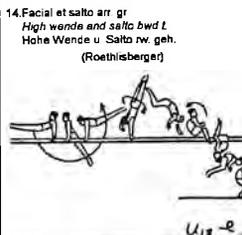
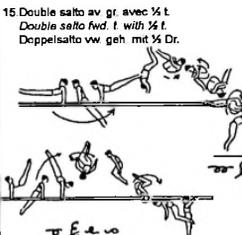
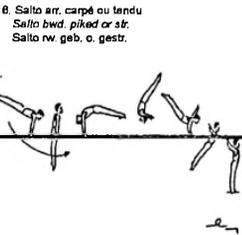
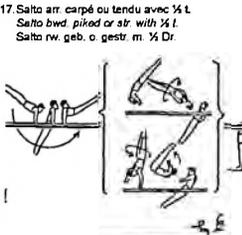
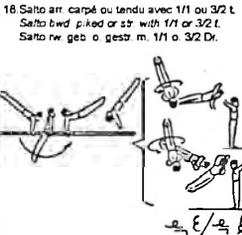
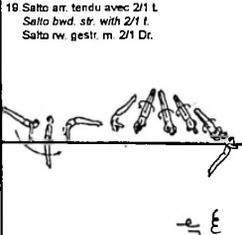
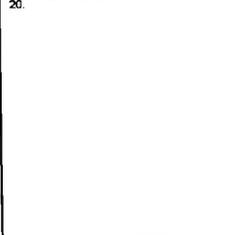
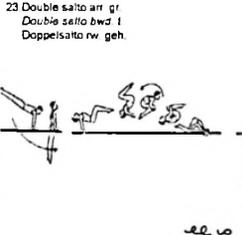
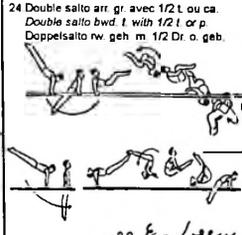
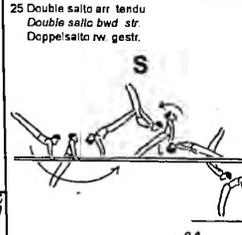
K. / K₁

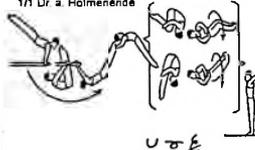
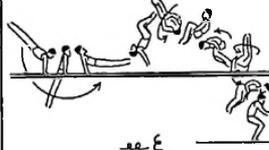
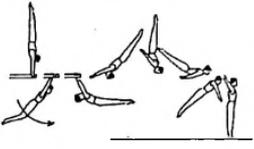
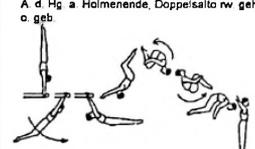
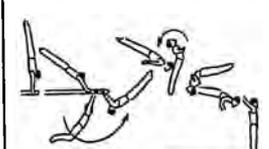
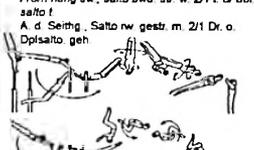
c / K₁ O

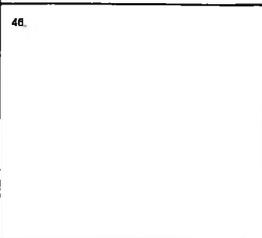
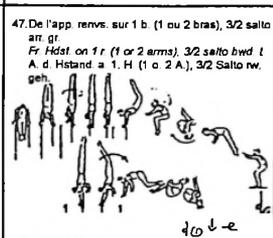
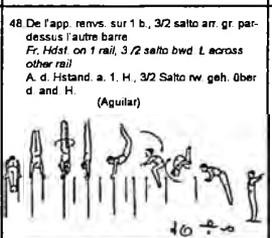
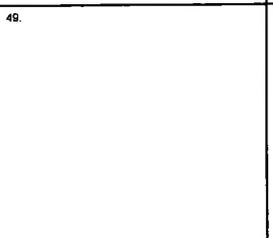
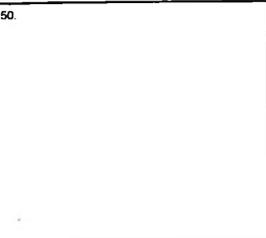
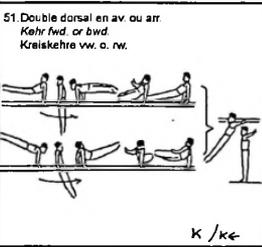
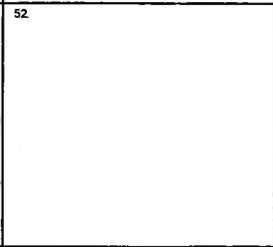
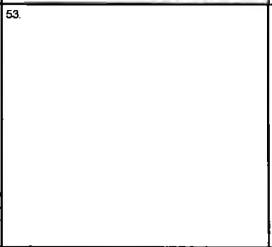
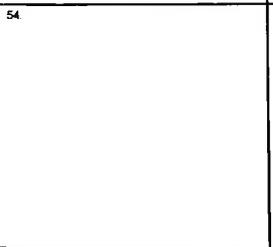
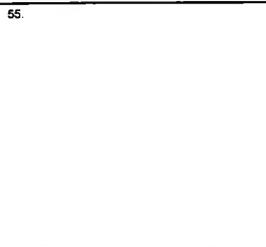
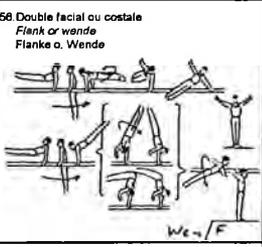
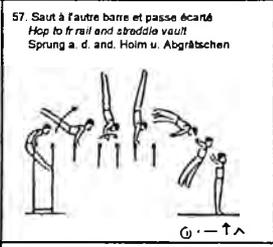
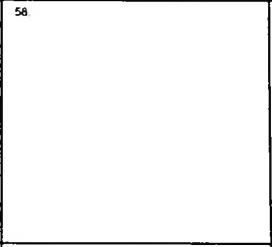
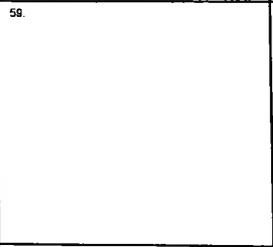
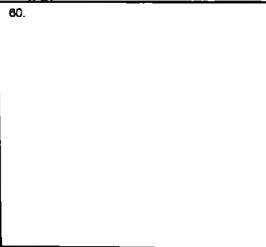
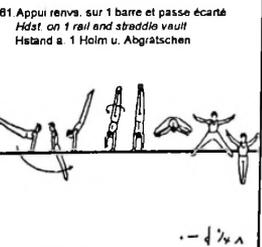
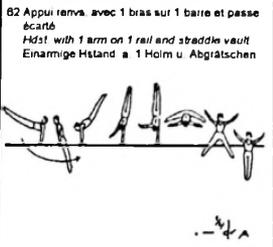
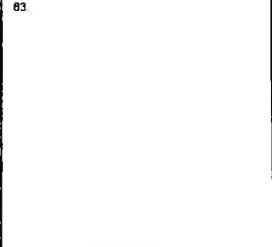
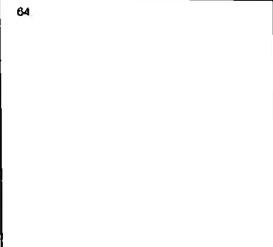
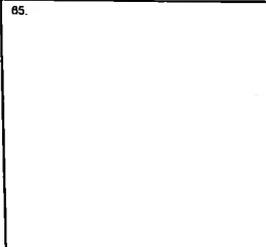
A	B	C	D	E
11.	<p>12 Elan ou sut ec. avec 1/4 t. a la susp. a l'autre barre <i>Swing or jump strad. w. 1/4 t. to hg. on other rail</i> Schweg. o Sprung m. 1/4 Dr. i. d. Hang a. d. and Holm</p>  <p style="text-align: right;">↑ CA 0</p>	13.	14.	15.
<p>16 Extrém. d. b., 1 cercle de jamb ou cercle ec. <i>On end, 1 circle or flare</i> A. Holmenende, 1 Kreisfl. o. Kreisfl. gegr.</p>  <p style="text-align: right;">I E T E</p>	<p>17 Extrém. d. b., 2 cercle de jamb ou cercle ec. (ou 1 fois en centre ou vers l'ext.) <i>On end, 2 circle or flare (or 1 time in center or facing out)</i> A. Holmenende, 2 Kreisfl. o. Kreisfl. gegr. (o. 1 mal i. Holmenmitte or nach ausen)</p>  <p style="text-align: right;">I 2 E</p>	<p>18 En centre ou vers l'ext., 2 cercles d. jamb ou cercles ec. <i>In center or facing out, 2 circles or flares</i> Holmenmitte o. nach ausen, 2 Kreisfl. o. Kreisfl. gegr.</p>  <p style="text-align: right;">I 2 / 2 T</p>	19.	20.
21.	22.	<p>23 Sur 1 barre, 2 cercles d. jamb ou cercles ec. <i>On 1 rail, 2 circles or flares</i> An 1 Holm, 2 Kreisfl. o. Kreisfl. gegr.</p>  <p style="text-align: right;">20 / 2 T0</p>	24.	25.
26.	27.	<p>28 Extrém. d. b. cercle ec. à l'app renvs. <i>On end flare to hdst</i> A. Holmenende, Kreisfl. gegr. i. d. Hstand.</p>  <p style="text-align: right;">I T ↑ E</p>	<p>29 En centre ou vers l'ext., cercle ec. à l'app renvs. <i>In center or facing out, flare to hdst</i> Holmenmitte o. nach ausen, Kreisfl. gegr. i. d. Hstand.</p>  <p style="text-align: right;">I T ↑ d</p>	30.

A	B	C	D	E
31.	32.	33. Extrém. d. b. double facial russe (360°) <i>On end, Russian wende swing (360°)</i> <i>Holmenende, Russenwendeschwung (360°)</i> (Delesalle)  R36	34. En centre ou vers l'ext., cercle éc. avec ½ t. à l'app. renvs. <i>In center or facing out, flare with ½ t to hdst.</i> <i>Holmenmitte o. nach ausen, Kreisfl gegr. m. ½ Dr. i. d. Hstand.</i>  I (TAE)TD	35.
X. Parties de force et de maintien 1. Appui renversé (2s.) <i>Handstand (2s.)</i> <i>Handstand (2s.)</i>  ↓	Strength and hold parts — Kraft-un 2. Appui renversé sur 1 barre(2s.) <i>Handstand on 1 rail (2s.)</i> <i>Handstand a. 1 Holm (2s.)</i>  ↓ ⊙	halteteile 3. Appui renversé sur 1 bras (2s.) <i>Handstand on 1 arm (2s.)</i> <i>Handstand auf 1 Arm (2s.)</i>  ↓ ↓	4.	5.
6. N'imp. quel équerre ou équerre. éc. (2s.) <i>Any L-sit or strad. L-sit (2s.)</i> <i>Alle Winkel- o. Grätschwinkelstütze (2s.)</i>  ↓ ⊙	7. N'imp. quel équerre jamb. lev. vert. (2s.) <i>Any V-sit (2s.)</i> <i>Alle Spitzwinkelstütze (2s.)</i>  ↓ ⊙ ↓ ⊙	8. N'imp. quel équerre jamb. lev. horiz. (2s.) <i>Any V-sit with legs horizontal (2s.)</i> <i>Alle Spitzwinkelstütze. Beine waagrecht (2s.)</i> (Manna)  ↓ ⊙ ↓ ⊙	9. Equerre avec corps tendu et vert. (2s.) <i>Manne with body stretched and vertical (2s.)</i> <i>Alle Spitzwinkelstütze, Körper gestr. u. senkrecht (2s.)</i>  ↓	10.
11. Ecuere éc. sur 1 barre avec 180° or 360° t. <i>Straddle L-sit on 1 rail with 180° or 360° t.</i> <i>Grätschwinkelstütze a. 1 H. m. 180° o. 360° Dr.</i> (Conner)  TE/TE	12. Sur 1 b. s'élever éc. avec ½ t. à l'app. renvs. <i>On 1 rail, straddle press with ½ t. to hdst</i> <i>A. 1 Holm, Heben gegr. m. ½ Dr. i. d. Hstand</i>  ↓ ⊙ TE	13.	14. De l'éq. éc., s'élever à l'app. renvs sur 1 bras (2s.) <i>Fr. 1 arm strad. L-sit, press to 1 arm hdst (2s.)</i> <i>A. d. einarmigen Grätschwinkelstütze, Heben i. d. einarmigen Hstand (2s.)</i>  ↓ ⊙ TE	15.

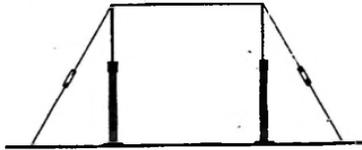
A	B	C	D	E
<p>16 Appui facial horizontal éc. (2s.) (aussi d'établis. art.) Support lever strad. (2s.) (also from up/rise bwd.) Stützwaage gegr. (2s.) (auch a. d. Stämme rw.)</p> 	<p>17 Appui facial horiz. éc. sur 1 b. ou app. fac. horiz. (2s.) (aussi d'établis. art.) Support lever strad. on 1 rail or support lever (2s.) (also from up/rise bwd.) Stützwaage gegr. a 1 Holm o. Stützwaage (2s.) (auch a. d. Stämme rw.)</p> 	<p>18 Appui facial horiz. sur 1 b. ou hirondelle (2s.) (aussi d'établis. art.) Support lever on 1 rail or swallow (2s.) (also from up/rise bwd.) Stützwaage a 1 Holm o. Schwalbe (2s.) (auch a. d. Stämme rw.)</p> 	<p>19</p>	<p>20</p>
<p>21 S'élev. corps et bras fl. à l'app. renvs. (2s.) Bent arm, bent body press to hdst. (2s.) Heben m. geb. Armen u. geb. Hüften i. d. Hstand. (2s.)</p> 	<p>22 S'élev. corps t, bras fl. ou corps fl., bras t. ou de l'app. fac. horiz. éc à l'app. renvs. (2s.) Press w. bent arm str. body, or str. arm bent body, or from sup't lever strad. to hdst. (2s.) Heb. m. geb. A. u. gestr. H., od. Gestr. s. u. geb. H., od. A. d. Stwpg. gegr. i. d. Hstand. (2s.)</p> 	<p>23 S'élev. corps et bras tendu ou de l'app. fac. horiz. à l'app. renvs. (2s.) Press with str. arms and body or from support lever to hdst. (2s.) Heben m. gestr. A. u. gestr. H. oder a. d. Stützwaage i. d. Hstand. (2s.)</p> 	<p>24</p>	<p>25</p>
<p>26.</p> 	<p>27 De l'éq. éc. sur 1 b., s'élev. avec bras tendu à l'app. renvs. From strad. L-aid on 1 b., press to hdst. with str. arms A. d. Grätschwinkelst. a 1 H., Heben i. d. Hstand. m. gestr. A.</p> 	<p>28 De fac. ou l'éq. jamb. lev. vert. sur 1 b., s'élev. avec bras tendu à l'app. renvs. From L-aid or V-aid on 1 b., press to hdst. with str. arms A. d. Winkel- o. Spitzwinkelst. a 1 H., Heben i. d. Hstand. m. gestr. A.</p> 	<p>29 De l'app. fac. horiz. sur 1 b., corps et bras tendu, s'élev. à l'app. renvs. From support lever on 1 b., press to hdst. with str. body & arms A. d. Stützwaage a. 1 H., Heben i. d. Hstand. m. gestr. H. u. A.</p> 	<p>30.</p>
<p>XI. Sorties - Dismounts - Abgänge</p>				
<p>1. Salto av. carpé ou tendu Salto fwd. piked or stretched Salto vw. geb. o. gestr.</p> 	<p>2. Salto av. carpé ou tendu avec 1/4 t. Salto fwd. piked or str. with 1/4 t. Salto vw. geb. o. gestr. m. 1/4 t.</p> 	<p>3. Salto av. carpé ou tendu avec 1/1 ou 3/2 t. Salto fwd. piked or str. with 1/1 or 3/2 t. Salto vw. geb. o. gestr. m. 1/1 o. 3/2 t.</p> 	<p>4.</p>	<p>5.</p>

A	B	C	D	E
<p>6. Renversment avant de l'extrém. d. b. Handspring fwd from end Überschlag vw v Holmenende</p> 	<p>7. Renvers. avant avec 1/1 t. de l'extrém. d. b. Handspring fwd with 1/1 t from end Überschlag vw m. 1/1 Dr. v Holmenende</p> 	<p>8. Dbl salto av gr. de l'extrém. d. b. Dbl salto fwd. t. from end Doppelsalto vw geh. v Holmenende</p> 	<p>9. Double salto av gr. Double salto fwd. t. Doppelsalto vw geh</p> 	<p>10. Double salto av ca. Double salto fwd. p. Doppelsalto vw geb.</p> 
<p>11.</p> 	<p>12.</p> 	<p>13.</p> 	<p>14. Facial et salto arr gr High wende and salto bwd t. Hohe Wende u. Salto rw geh. (Roethlisberger)</p> 	<p>15. Double salto av gr. avec 1/2 t Double salto fwd. t. with 1/2 t. Doppelsalto vw geh mit 1/2 Dr.</p> 
<p>16. Salto arr. carpé ou tendu Salto bwd. piked or str. Salto rw geb. o. gestr.</p> 	<p>17. Salto arr. carpé ou tendu avec 1/4 t. Salto bwd. piked or str. with 1/4 t. Salto rw geb. o. gestr. m. 1/4 Dr.</p> 	<p>18. Salto arr. carpé ou tendu avec 1/1 ou 3/2 t. Salto bwd. piked or str. with 1/1 or 3/2 t. Salto rw geb. o. gestr. m. 1/1 o. 3/2 Dr.</p> 	<p>19. Salto arr. tendu avec 2/1 t. Salto bwd. str. with 2/1 t. Salto rw gestr. m. 2/1 Dr.</p> 	<p>20.</p> 
<p>21.</p> 	<p>22. Dbl salto arr gr. de l'extrém. d. b. Double salto fwd. t. from end Doppelsalto rw geh v Holmenende</p> 	<p>23. Double salto arr gr. Double salto fwd. t. Doppelsalto rw geh.</p> 	<p>24. Double salto arr. gr avec 1/2 t. ou ca. Double salto fwd. t. with 1/2 t. or p. Doppelsalto rw. geh m. 1/2 Dr. o. geb.</p> 	<p>25. Double salto arr. tendu Double salto fwd. str. Doppelsalto rw. gestr.</p> 

A	B	C	D	E
<p>26.</p>	<p>27.</p>	<p>28 Basc allem. et Salto av gr. ou ca de l'extrém d b. Underswing to salto fwd l or p on end Unterschwg. u. Salto vw geh. o geb a Holmenende</p>  <p style="text-align: center;">U T</p>	<p>29 Basc allem. et Salto av gr. ou ca avec ¼ ou 1/1 t de l'extrém. d b. Underswing to salto fwd l. or p. with ¼ or 1/1 t on end Unterschwg. u. Salto vw geh. o geb. m. ¼ o. 1/1 Dr. a Holmenende</p>  <p style="text-align: center;">U T E</p>	<p>30 Double salto arr gr. avec 1/1 t. Double salto bwd. t. with 1/1 t. Doppelsalto rw. geh. mit 1/1 Dr</p> <p style="text-align: center;">S</p>  <p style="text-align: center;">E E</p>
<p>31 De la susp. sur l'extrém., salto arr tendu From hang on end, salto bwd stretched A. d. Hg. a. Holmenende, Salto rw gestr.</p>  <p style="text-align: center;">↓ E E</p>	<p>32 De la susp. sur l'extrém., dbl salto arr. gr. ou ca From hang on end, dbl salto bwd. l or p. A. d. Hg. a. Holmenende, Doppelsalto rw geh. o geb</p>  <p style="text-align: center;">↓ E E E</p>	<p>33</p>	<p>34 De la susp. sur l'extrém., dbl. salto arr. gr. avec 1/1 t. From hang on end, dbl salto bwd. t. with 1/1 t. A. d. Hg. a. Holmenende, Doppelsalto rw geh. m. 1/1 Dr.</p>  <p style="text-align: center;">↓ E E E E</p>	<p>35 De la susp. sur l'extrém., dbl. salto arr tendu From hang on end, dbl salto bwd. str. A. d. Hg. a. Holmenende, Dpsalro rw gestr.</p>  <p style="text-align: center;">↓ E E E</p>
<p>36 De al susp. lat, salto arr. gr. ca ou t. From hang sw, salto bwd. l. p. or str. A. d. Seithg., Salto rw geh. geb. o gestr.</p>  <p style="text-align: center;">↓ E E</p>	<p>37 De al susp lat, salto arr. t avec ¼ ou 1/1 t. From hang sw, salto bwd. str. with ¼ or 1/1 t. A. d. Seithg., Salto rw gestr. m. ¼ o. 1/1 Dr.</p>  <p style="text-align: center;">↓ E E E / E E</p>	<p>38 De al susp lat, salto arr. t a 2/1 t. ou dbl salto gr. From hang sw, salto bwd. str. w. 2/1 t. or dbl salto t. A. d. Seithg., Salto rw gestr. m. 2/1 Dr. o. Dpsalto geh</p>  <p style="text-align: center;">↓ E E E / E E</p>	<p>39.</p>	<p>40.</p>
<p>41.</p>	<p>42 De al susp lat, salto av gr. ca ou t. From hang sw, salto fwd. l. p. or str. A. d. Seithg., Salto vw geh. geb. o gestr</p>  <p style="text-align: center;">↓ U T</p>	<p>43 De al susp lat, salto av ca ou t avec ¼ ou 1/1 t. From hang sw, salto fwd. p. or str. with ¼ or 1/1 t. A. d. Seithg., Salto vw geh. o gestr. m. ¼ o. 1/1 Dr.</p>  <p style="text-align: center;">↓ U T E / E</p>	<p>44 De al susp lat, dbl. salto av gr. From hang sw, dbl salto fwd. l. A. d. Seithg., Dpsalro vw geh</p>  <p style="text-align: center;">↓ U T</p>	<p>45</p>

A	B	C	D	E
<p>46.</p> 	<p>47. De l'app. renvs. sur 1 b (1 ou 2 bras), 3/2 salto arr. gr. Fr. Hdst. on 1 r (1 or 2 arms), 3/2 salto bwd l A. d. Hstand a. 1. H (1 o 2 A.), 3/2 Salto rw. geh.</p>  <p>↓ ← e</p>	<p>48. De l'app. renvs. sur 1 b., 3/2 salto arr. gr. par-dessus l'autre barre Fr. Hdst. on 1 rail, 3/2 salto bwd l. across other rail A. d. Hstand. a. 1. H., 3/2 Salto rw. geh. Ober d. and H. (Aguilar)</p>  <p>↓ ← e</p>	<p>49.</p> 	<p>50.</p> 
<p>51. Double dorsal en av ou arr Kehr fwd. or bwd Kreiskehre vv. o. rw.</p>  <p>K / K ←</p>	<p>52.</p> 	<p>53.</p> 	<p>54.</p> 	<p>55.</p> 
<p>56. Double facial ou costale Flenk or wende Flanke o. Wende</p>  <p>W ← / F</p>	<p>57. Saut à l'autre barre et passe écarté Hop to fr rail and straddle vault Sprung a. d. and. Holm u. Abgrätschen</p>  <p>U · - ↑ A</p>	<p>58.</p> 	<p>59.</p> 	<p>60.</p> 
<p>81. Appui renvs. sur 1 barre et passe écarté Hdst. on 1 rail and straddle vault Hstand a 1 Holm u. Abgrätschen</p>  <p>· - ↓ / A</p>	<p>82. Appui renvs. avec 1 bras sur 1 barre et passe écarté Hdst. with 1 arm on 1 rail and straddle vault Einarmige Hstand a 1 Holm u. Abgrätschen</p>  <p>· - ↓ / A</p>	<p>83.</p> 	<p>64.</p> 	<p>65.</p> 

Chapter 10: Horizontal Bar



Height: 255 cm from top of mat

Information about Exercise Presentation

1. The exercise consists without exception of elements of swing, which must be executed without interruption and with various grip positions. Giant swings, "In-bar" moves, elements with turns around the longitudinal axis and flight elements are to be included. Two swings with one arm through the lower vertical are permitted.
2. Errors in Exercise Presentation:
 - pauses within the exercise
 - one-sided selection of structure groups
 - atypical straddling of the legs
3. Layaways on the back swing: Any element that does not reach the value of an A-part is a part of no value. For example, back swings in support (casts) that do not lead to at least an A-part but simply reverse direction and swing back down in or to a lower hang position are deducted as parts of no value. Specific examples include:
 - following a kip - cast and layaway to giant swing
 - following a kip - cast in overgrip - straddle in to Stalder
 - following a kip - cast in overgrip to free hip circle
 - following a Xiao Ruizhi - hop to overgrip - swing forward

Special Requirements

- I. An element with both hands in el-grip or in hang rearways through the lower vertical (minimum B)
- II. An element with grip release and a definite visible flight phase before re-grasping the bar (flight element) (minimum B)
- III. An "in-bar" element (minimum B)

Table of Errors and Deductions for Horizontal Bar

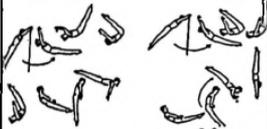
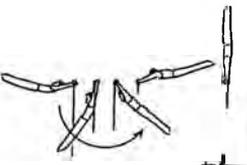
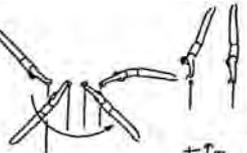
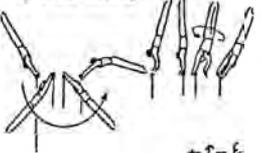
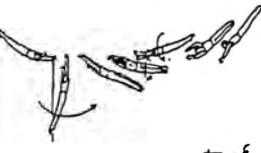
Error	Small 0.10	medium 0.20	large 0.40
Stop in handstand or elsewhere		+	
Deviation from plane of movement	≤ 15°	>15°	
Layaway on the back swing		+	
Passing lower vertical more than 2 times with one arm (each time)		+	

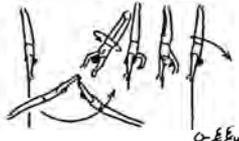
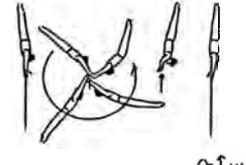
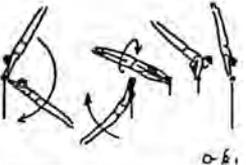
Information about Difficulty

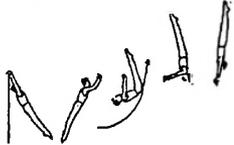
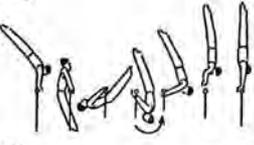
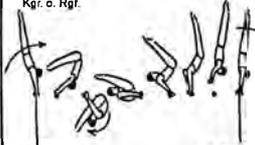
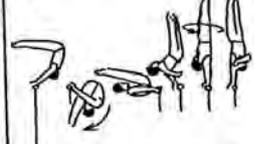
1. Each element has an independent value corresponding with its basic structure.
2. Elements performed with one arm have the same value as those performed with both arms, except for the simple giant swing forward and backward.
3. Elements with "wrong grip" or atypical grip positions have the same value and Code identification number as those performed with normal grip.
4. Backward dismounts with multiple turns have the same value when executed tucked or piked. An increase in value of one level results when the dismount is performed stretched.
5. Forward dismounts with multiple turns are valued one category higher than similar saltos backward.
6. Double saltos executed over the bar (Straumann forward or backward) are valued the same as those executed in front of the bar. (for example: Tsukahara tucked; Straumann with 1/1 turn)
7. Bonus Points of 0.10 can be awarded for each direct connection of C-part flight elements.

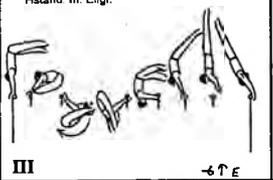
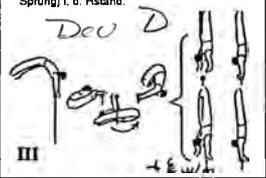
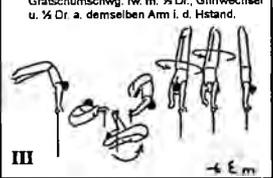
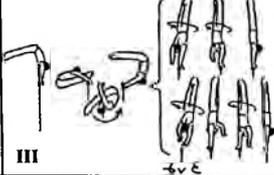
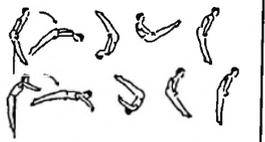
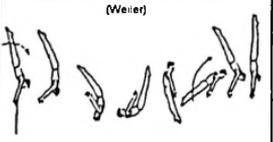
Structure Groups

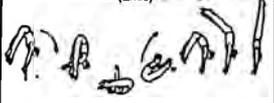
- I. Kips
- II. Uprises and turns in hang
- III. "In-bar" elements
- IV. Giant swings
- V. Giant swings with EI-grip or in hang rearways
- VI. Flight elements
- VII. Dismounts

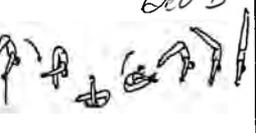
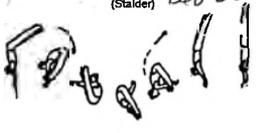
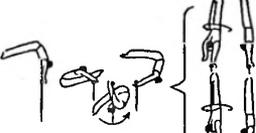
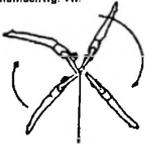
A	B	C	D	E
<p>I. Bascules – Klips – Kippen</p> <p>1. Bascule d'élan, petite basc. basc dorsale en arr. ou en av <i>Kip, drop kip, or back kip rw or fw.</i> Hg. o Stürzkippe vl. o Kippe il vw o rw.</p> 	<p>2</p>	<p>3.</p>	<p>4.</p>	<p>5.</p>
<p>6. Élan en susp. av pr dors, chang. sauté en pris palm. et basc. ou basc en pr dors. et sauté à l'app. renvs. en pr palm. <i>Swing fwd, in ovgr. hop to ungr. kip or ovgr. kip hop to hdst. in ungr.</i> Vrschw. m. Rgr. Umspr. l. d. Kgr. Kippe o. Kippe in Rgr. m. Umspr. l. d. Hstand m. Kgr.</p> 	<p>7. Basc. d'élan en arr. et 1/2 t. sauté par l'app. renvs. <i>Kip to hop with 1/2 t. through hdst.</i> Kippe u. Umspr. m. 1/2 Dr. d. d. Hstand.</p> 	<p>8. Basc. en pr dors. et chang. sauté par l'app. renvs. en pr cubitales <i>Kip and hop through hdst. to et-grip.</i> Kippe u. Umspr. d. d. Hstand. l. d. Elgr.</p> 	<p>9.</p>	<p>10.</p>
<p>II. Etablissement et rotations en suspension – Uprises and turns in hang – Schwungstemmen und Hangzähren</p>				
<p>1. Etablissement arr. à l'appui renvs. <i>Back uprise to handstand</i> Stemme rw. l. d. Hstand</p> 	<p>2. Etablis. arr. en pr dors. par l'app. et 1/2 t. renvs. en pr palm. <i>Back uprise through hdst. in overgrip w. 1/2 t. to undergrip.</i> Stemme rw. m. Rgr. d. d. Hstand. u. 1/2 Dr. l. d. Kgr.</p> 	<p>3. Etablis. arr. av pr dors avec 1/2 t. av et 1/2 t. arr. sur l'autre bras à l'app. renvs. <i>Back uprise in ovgr w. 1/2 fwd. and 1/2 bwd on other arm to hdst.</i> Stemme rw. m. Rgr. 1/2 Dr. vw u. 1/2 Dr. rw a. d. hnd. Arm. l. d. Hstand.</p> 	<p>4.</p>	<p>5.</p>
<p>6. Etablis. arr. en pr palm., sauté à l'app. renvs. en pr dors. <i>Back uprise in ungr. and hop to hdst. in ovgr.</i> Stemme rw. m. Kgr. Umspr. l. d. Hstand m. Rgr.</p> 	<p>7. Etablis. arr. en pr palm., sauté à l'app. renvs. en pr dors. et 1/2 t. pour élan arr. <i>Back uprise in ungr. and hop to hdst. in ovgr. and 1/2 t. to downswing.</i> Stemme rw. m. Kgr. Umspr. l. d. Hstand m. Rgr. u. 1/2 Dr. Abschw.</p> 	<p>8. Etablis. arr. en pr mix et 1/1 t. à l'app. renvs. <i>Back uprise in mixed grip w. 1/1 t. to hdst.</i> Stemme rw. m. Zwgr. u. 1/1 Dr. l. d. Hstand.</p> 	<p>9. Etablis. arr. en pr dors. et 1/1 t. à l'app. renvs. <i>Back uprise in overgrip w. 1/1 t. to hdst.</i> Stemme rw. m. Rgr. u. 1/1 Dr. l. d. Hstand.</p> 	<p>10.</p>

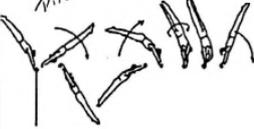
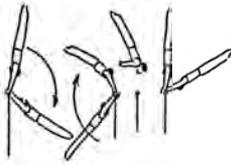
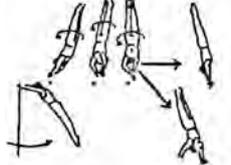
A	B	C	D	E
11.	<p>12 Elan. av. pr. roc. ½ t. arr. et établis. à l'app. renvs. (établis allemand) <i>Swing fwd. w. mng. and ½ t. fwd. to hdst.</i> <i>(Münchener stemme)</i> Vorschwg. m. Zwgr., ½ Dr. rw. i. d. Hstnd. (Münchenerstemme)</p> 	<p>13 Elan. av. ½ t. av. et change. pr. avec ½ t. à l'app. renvs. en pr. palm. (Diamidov t.) <i>Swing fwd. w. ½ t. fwd., change grip and ½ t. to hdst. in ungr. (Diamidov turn)</i> Vorschwg. ½ Dr. vw. m. Griffwechsel u. ½ Dr. i. d. Kgrhstand. (Diamidov Dr.)</p> 	14	15
16.	<p>17 Elan. av. et chang. sauté à l'app. renvs. en pr. palm. <i>Swing fwd. and hop to hdst. in ungr.</i> Vorschwg. u. Umsprig. i. d. Kgrhstand.</p> 	18.	19.	20.
21.	<p>22 Elan av. pr. coisées avec ½ t. à l'app. renvs <i>Cross arm turn to handstand</i> Drehschwungstemme i. d. Hstnd.</p> 	23	24.	25.
28.	<p>27 Etablis. arr. et double dorsal ou dbl. dorsal éc. à l'app. dors. <i>Back uprise to kehr or straddle turn to sup. rearways</i> Stemme rw. u. Kreiskehr e Kreisgrätsche i. d. Stutz fl.</p> 	28	29.	30

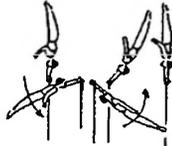
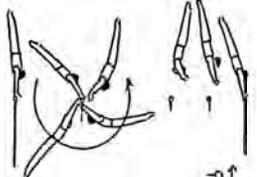
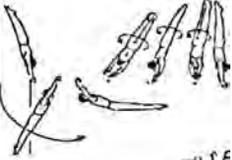
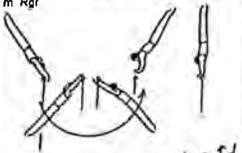
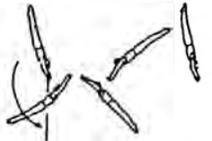
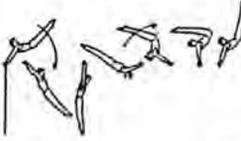
A	B	C	D	E
<p>III. Elements près de la barre – Elements near the bar ("In bar elements")</p> <p>1. De la susp., d'élan par-dessus à l'app. renvs. From hang, underswing through hdst. A. d. Hang, Felgaufschwung d. d. Hstand.</p> 	<p>2. De la susp., d'élan avec 1/1 t. en pr. mx ou 1/2 t. à l'app. renvs. From hang, underswing through hdst. with 1/1 t. to mxgr. or 1/2 t. A. d. Hang, Felgaufschwung d. d. Hstand. m. 1/1 Dr. i. d. Zwgr. o. m. 1/2 Dr.</p> 	<p>3. De la susp., d'élan avec 1/1 t. en pr. cub. à l'app. renvs. From hang, underswing through hdst. with 1/1 t. to al-grp A. d. Hang, Felgaufschwung d. d. Hstand. m. 1/1 Dr. i. d. Elgr.</p> 	<p>4.</p>	<p>5.</p>
<p>2.</p>	<p>7. Tour d'app. arr. avec sauté à l'app. renvs. pr. palm. Free hip circle bwd. hop to hstd. in ungr. Fulguntenschwung. m. Umsprg. d. d. Hstand. m. Kgr.</p> 	<p>8. Elan circulaire Adler par l'app. renvs. Stoop circle rearward fwd. to hstd. Adlerschwung d. d. Hstand.</p> 	<p>9. Elan circulaire Adler avec sauté par l'app. renvs. pr. palm ou pr. dors. Stoop circle rearward fwd. hop to hstd. in ungr or ovgr. Adlerschwung m. Umsprg. d. d. Hstand. m. Kgr. o. Rgr.</p> 	<p>10.</p>
<p>11.</p>	<p>12. Elan circulaire Adler, au moins 45° Stoop circle rearward fwd., at least 45° Adlerschwung, mind. 45°</p> <p>(Exception) (exception) (Ausnahme)</p> 	<p>13.</p>	<p>14. Elan circ. Adler avec 1/2 t. sauté à l'app. renvs. pr. palm. Stoop in shoot and hop 1/2 t. to hstd. in ungr. Unterschwg. r. rw. u. Umsprg. m. 1/2 Dr. l. d. Hstand. m. Kgr.</p> 	<p>15. Elan circ. Adler avec 1/1 t. sauté à l'app. renvs., pr. dors. Stoop in shoot 1/1 t. with hop to hstd. in ovgr. Unterschwg. r. rw. u. 1/1 Dr. gespr. l. d. Rgr. Hstand.</p> 
<p>16.</p>	<p>17.</p>	<p>18.</p>	<p>19. Elan circ. Adler avec 1/2 t. à l'app. renvs. pr. dors. Stoop in shoot and 1/2 t. to hstd. in ungr. Unterschwg. r. rw. m. 1/2 Dr. l. d. Hstand. m. Rgr.</p> 	<p>20. Elan circ. Adler avec 1/1 t. à l'app. renvs. avec pr. palm. Stoop in shoot and 1/1 t. to hstd. in ungr. Unterschwg. r. rw. m. 1/1 Dr. l. d. Hstand. m. Kgr.</p> 

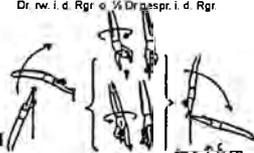
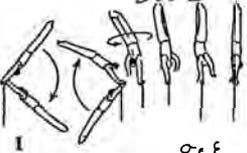
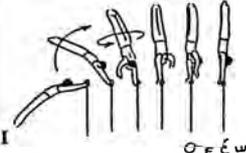
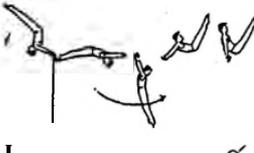
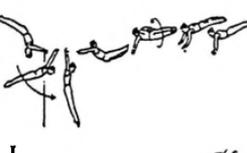
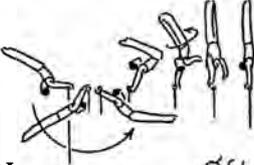
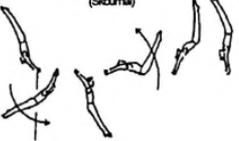
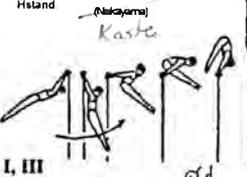
A	B	C	D	E
21.	22.	23. Stalder avec sauté à l'app. renvs. pr. palm. <i>Stalder with hop to hdst. in ungr.</i> Grätschumschw. rw. m. Umspringen i. d. Hstamd. Kgr. 	24. Stalder avec sauté à l'app. renvs. pr. cub. <i>Stalder with hop to hdst. in el-grip</i> Grätschumschw. rw. m. Umspringen i. d. Hstamd. Ellgr. 	25. Stalder avec sauté avec 1/1 t. à l'app. renvs. pr. cub. <i>Stalder with hop 1/1 t. to hdst. in el-grip</i> Grätschumschw. rw. m. Umspringen m. 1/1 Dr. i. d. Hstamd. Ellgr. 
26.	27.	26. Stalder avec 1/2 t. (avec ou sans sauté) à l'app. renvs. <i>Stalder with 1/2 t. (with or without hop) to hdst.</i> Grätschumschw. rw. m. 1/2 Dr. (mit o. ohne Sprung) i. d. Hstamd. 	29. Stalder avec 1/2 t., chang. pr. et 1/2 t. à la même bras à l'app. renvs. <i>Stalder with 1/2 t. change grip and 1/2 t. on same arm to hdst.</i> Grätschumschw. rw. m. 1/2 Dr., Griffwechsel u. 1/2 Dr. a. demselben Arm i. d. Hstamd. 	30.
31.	32.	33.	34. Elan circulaire carpé libre en arr. avec sauté ou 1/2 t. ou sauté avec 1/2 t. à l'app. renvs. <i>Free stoop circle bwd. and hop or 1/2 t. or hop with 1/2 t. to hdst.</i> Bückumschwung rw. m. Umspringen o. 1/2 Dr. o. Umspr. m. 1/2 Dr. i. d. Hstamd. 	35. Elan circulaire carpé libre en arr. avec 1/1 t. par l'app. renvs. <i>Free stoop circle bwd. w. 1/1 t. thr. hdst.</i> Bückumschwung rw. m. 1/1 Dr. d. d. Hstamd. 
36. Tour d'appui av. avec ou sans prises <i>Hip circle forward with or without hands</i> Felge vw mit o. ohne Griff 	37. De l'app. renvs., tour d'appui av. par l'app. renvs. <i>From hdst., free hip circle fwd. thr. hdst.</i> A. d. Hstamd., Felge vw d. d. Hstamd. (Weier) 	38.	39.	40.

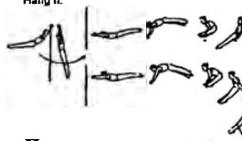
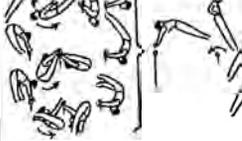
A	B	C	D	E
<p>41. Tour d'appui arr. par l'app. renvs. Free hip circle bwd thr hdst. Felge rw. d. d. Hstand.</p>  <p style="text-align: right;">F d</p>	<p>42. Tour d'appui arr. avec 1/2 L. par l'app. renvs. Free hip circle bwd with 1/2 L. thr hdst. Felge rw m. 1/2 Dr. d. d. Hstand.</p>  <p style="text-align: right;">III F E</p>	<p>43. Tour d'appui arr. avec 1/2 L. sauté par l'app. renvs. Free hip circle bwd with hop 1/2 L. thr hdst. Felge rw m. 1/2 Dr gespr d. d. Hstand.</p>  <p style="text-align: right;">III F E m</p>	<p>44. Tour d'appui arr. avec 1/1 L. sauté par l'app. renvs. Free hip circle bwd with hop 1/1 L. thr hdst. Felge rw. m. 1/1 Dr gespr d. d. Hstand.</p>  <p style="text-align: right;">III F E m</p>	<p>45.</p>
<p>46. Grand dorsal arrière Sloop circle rearways bwd. Umschwung rt. rw.</p>  <p style="text-align: right;">8</p>	<p>47. Elan en arr. à la susp. dorsal Back toss to dorsal hang Überschlg. Rl. rw. i. d. Hang rt.</p>  <p style="text-align: right;">8 E</p>	<p>48.</p>	<p>49.</p>	<p>50.</p>
<p>51. Elan circulaire carpé éc. en av. par l'app. renvs. Straddle circle fwd thr hdst Aufgrätschumschwung d. d. Hstand.</p>  <p style="text-align: right;">d E</p>	<p>52. Elan circulaire carpé éc. libre en av. par l'app. renvs. Free straddle circle fwd thr hdst Grätschumschwung d. d. Hstand (Endo) Dev D</p>  <p style="text-align: right;">d E</p>	<p>53. Endo avec 1/2 t. ou 1/1 t. par l'app. renvs. Endo with 1/2 t. or 1/1 t. thr hdst Endo m. 1/2 Dr. o. 1/1 Dr. d. d. Hstand.</p>  <p style="text-align: right;">d E m</p>	<p>54. Endo avec 1/1 t. par l'app. renvs. avec pr. cub. Endo with 1/1 t. thr hdst. w. el-grip Endo m. 1/1 Dr. d. d. Hstand. m. Ellgr.</p>  <p style="text-align: right;">d E F</p>	<p>55.</p>
<p>56.</p>	<p>57.</p>	<p>58.</p>	<p>59. Endo pr. cub. par l'app. renvs. Endo in el-grip thr hdst Endo m. Ellgr d. d. Hstand.</p>  <p style="text-align: right;">I, III d E</p>	<p>60.</p>

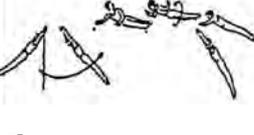
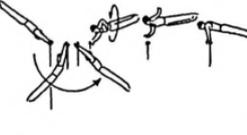
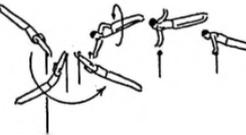
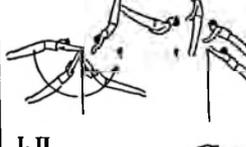
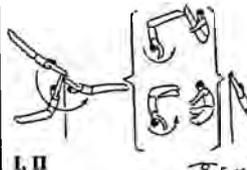
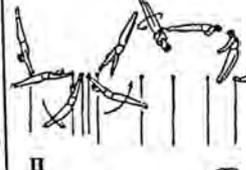
A	B	C	D	E
<p>61.</p>	<p>62. Elan circulaire carcé av. par l'app. renvs. Sloop circle fwd. through hdst. Aufbückumschw. vw. d. d. Hstand.</p>  <p>III v d w</p>	<p>63. Endo carcé par l'app. renvs. Slooped Endo through handstand Endo geb. d. d. Hstand.</p> <p>Dev D</p>  <p>III d v d</p>	<p>64. Endo carcé avec 1/2 l. ou 1/1 l. par l'app. renvs. Slooped Endo with 1/2 or 1/1 l. through hdst. Endo geb. m. 1/2 Dr. o. 1/1 Dr. d. d. Hstand.</p>  <p>III d v E m</p>	<p>65. Endo carcé avec 1/1 l. par l'app. renvs. avec pr. cub. Slooped Endo with 1/1 l. thr. hdst. w. el-grip Endo geb. m. 1/1 Dr. d. d. Hstand. m. Eligr</p>  <p>III d v E E</p>
<p>66. Elan circulaire carcé éc. arr. par l'app. renvs. Straddle circle bwd. through hdst. Aufgrätschumschw. rw. d. d. Hstand.</p>  <p>III d v d</p>	<p>67. Elan circulaire carcé ecarte libre arr. par l'app. renvs. Free straddle circle bwd. through hdst. Grätschumschw. rw. d. d. Hstand.</p> <p>(Stalder) Dev D?</p>  <p>III - d</p>	<p>68.</p>	<p>69.</p>	<p>70.</p>
<p>71.</p>	<p>72. Elan circulaire carcé arr. par l'app. renvs. Sloop circle bwd. through hdst. Aufbückumschw. rw. d. d. Hstand.</p>  <p>III v d</p>	<p>73. Stalder carcé par l'app. renvs. Slooped Stalder thr. hdst. Stalder gebückt d. d. Hstand.</p> <p>Dev D</p>  <p>III d v d</p>	<p>74. Stalder carcé avec 1/2 l. par l'app. renvs. Slooped Stalder with 1/2 l. thr. hdst. Stalder gebückt m. 1/2 Dr. d. d. Hstand.</p>  <p>III - d v E w</p>	<p>75. Stalder carcé avec 1/1 l. par l'app. renvs. Slooped Stalder with 1/1 l. thr. hdst. Stalder gebückt m. 1/1 Dr. d. d. Hstand.</p>  <p>III - d v E m</p>
<p>IV. Grand tours - Giant swings - Riesenumschwünge</p> <p>1. Grand tour avant Giant swing fwd Riesenumschw. vw.</p>  <p>0</p>	<p>2.</p>	<p>3. De app. renvs. sauté en pr. cub From Handstand, hop to el-grip A. d. Hstand. Umsprig. i. d. Eligr</p>  <p>d v E</p>	<p>4.</p>	<p>5.</p>

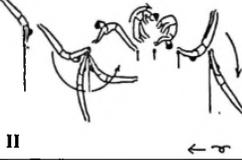
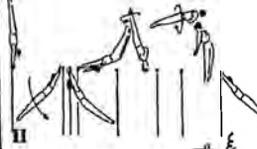
A	B	C	D	E
6	<p>7. Grand tour avant d'un bras prises palm. (360°) <i>Giant swing fwd. with one arm in ungr. (360°)</i> Einarmiger Riesenumschw. vw. 1 Kgr (360°)</p>  <p style="text-align: right;">O-W</p>	8	9	10
<p>11. Grand tour avant avec 1/2 t. par l'app. renvs. <i>Giant swing fwd. with 1/2 t. thr. hdst.</i> Riesenumschw. vw. m. 1/2 Dr. d. d. Hstand.</p> <p><i>Produit</i></p>  <p style="text-align: right;">O-E</p>	<p>12. Grand tour avant avec 1/1 t. par l'app. renvs. pris mx. <i>Giant swing fwd. with 1/1 t. thr. hdst. in mx. el-grip</i> Riesenumschw. vw. m. 1/1 Dr. d. d. Hstand i. d. Zwgr.</p>  <p style="text-align: right;">O-E</p>	<p>13. Grand tour avant avec 1/1 t. par l'app. renvs. pr. cub. <i>Giant swing fwd. with 1/1 t. thr. hdst. in el-grip</i> Riesenumschw. vw. m. 1/1 Dr. d. d. Hstand i. d. Ellgr.</p>  <p style="text-align: right;">O-E-E</p>	14	15
16	<p>17. Grand tour avant avec sauté <i>Flying giant swing fwd.</i> Riesenumschw. vw. gespr.</p>  <p style="text-align: right;">O-↑</p>	<p>18. Grand tour avant avec 1/1 t. sauté <i>Giant swing fwd. with hop 1/1 t.</i> Riesenumschw. vw. gespr. m. 1/1 Dr.</p>  <p style="text-align: right;">O-E-W</p>	19	20
<p>21. Grand tour arrière <i>Giant swing bwd.</i> Riesenumschw. rw.</p>  <p style="text-align: right;">O</p>	<p>22. Grand tour arr. (aussi pr. crois.) avec 1/2 t. ou une autre 1/2 t. sur l'autre bras <i>Giant swing bwd. (also in cross grip) with 1/2 t. or another 1/2 t. on the other arm.</i> Riesenumschw. rw. (auch m. Kreuzgr.) m. 1/2 Dr. o. weitere 1/2 Dr. a. d. and Arm.</p> <p><i>Fwd change</i></p>  <p style="text-align: right;">O-E/E</p>	23	24	25

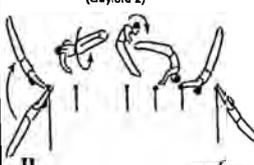
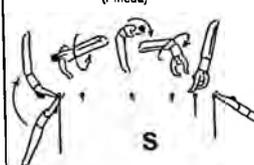
A	B	C	D	E
26.	27. Grand tour arr. d'un bras (360°) <i>One arm giant swing bwd. (360°)</i> <i>Einarmiger Riesenumschw. rw (360°)</i>  -O, m	28.	29.	30.
31.	32. Grand tour arr. avec 1/4 t. en pr. cub. ou mx. (palm. et cub) <i>Giant swing bwd. with 1/4 t. to el-grip or mxgr. (el and un.)</i> <i>Riesenumschw. u. 1/4 Dr. i. d. Ellgr. o. Zwgr.</i>  -O E E	33.	34.	35.
36.	37. Grand tour arr. sauté <i>Flying giant swing bwd</i> <i>Riesenumschwung rw. gespr.</i>  -O E	38. Grand tour arr. sauté avec 1/1 t. sauté <i>Giant swing bwd with hop 1/1 t.</i> <i>Riesenumschwung rw m. 1/1 Dr. gespr.</i> (Quast)  -O E E	39. Grand tour arr. sauté avec 3/2 t. sauté avec pr. mix. <i>Giant swing bwd. with hop 3/2 t. with mix. grip</i> <i>Riesenumschwung rw m. 3/2 Dr. gespr. m. Zwgr.</i>  -O E E	40. Grand tour arr. sauté avec 3/2 t. sauté avec pr. cub. <i>Giant swing bwd. with hop 3/2 t. with el-grip</i> <i>Riesenumschwung rw. m. 3/2 Dr. gespr. m. Ellgr.</i> (Rybalko)  -O E E
V. Grand tours prises cubital ou supination 1. Etalbis arr. cub. et sauté à l'app. renvs. pr. dors. <i>El-grip back uprise end hop to hdst. in ovgr</i> <i>Stemme rw m. Ellgr. u. Umsprig i. d. Hstnd m. Rgr.</i>  -E T d	pension dorsal – Giant swings in el-grip 2. Grant tour en pr. cub. <i>El-grip giant swing</i> <i>Riesenumschwung m. Ellgr.</i>  O-E	el-grip or hang rearways – Riesenumschwünge mit Ellgriff oder Im Hang rücklings 3. Grand tour dorsal av. (grand tour russe) <i>Giant swing rearways fwd. (Russian giant)</i> <i>Riesenumschwung r. vw. (Russenreisen)</i>  E	4.	5.

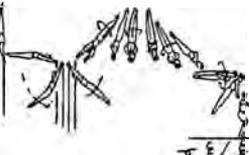
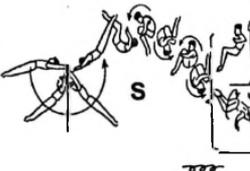
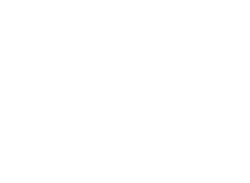
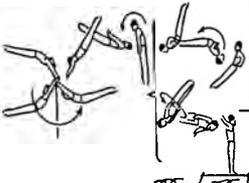
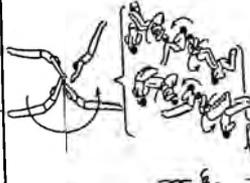
A	B	C	D	E
<p>8.</p>	<p>7. Etablis. arr. cub. et sauté de pr. palm. ou ½ t. sauté ou autour de la pr. fixe <i>Elgrip back uprise and hop to ungr. or ½ t. bwd t. ovgr. or hop ½ t. to ovgr.</i> Stemme rw. m. Ellgr. u. Umspr. i. d. Kgr. o. ½ Dr. rw. i. d. Rgr. o. ½ Dr. aspr. i. d. Rgr.</p> 	<p>8. Grand tour cub. avec 1/1 t. à l'app. renvs. pr. mx. <i>Elgrip giant swg. with 1/1 t. thr. hdst. in mxr.</i> Riesenumschw. m. Ellgr. u. 1/1 Dr. i. d. Hstand. m. Zwgr.</p> <p><i>Dev 2</i></p> 	<p>9. Grand tour cub. avec 1/1 t. à l'app. renvs. pr. palm. <i>Elgrip giant swing with 1/1 t. thr. hdst. in ogr.</i> Riesenumschw. m. Ellgr. u. 1/1 Dr. i. d. Hstand. m. Kgr.</p> 	<p>10.</p>
<p>11.</p>	<p>12. De la susp. dorsal, etablis. av. à l'app. dorsal <i>From dorsal hang, uprise fwd to support rw.</i> A. d. Hang fl., Stemme vw. i. d. Stutz fl. (Steineman)</p> 	<p>13. Etablis. Steineman avec ¼ t. à l'app. Steineman uprise w. ¼ t. to support Steineman Stemme m. ¼ Dr. i. d. Stutz (Ono)</p> 	<p>14.</p>	<p>15. Etablis. Steineman avec ¼ t. par l'app. renvs. Steineman uprise w. ¼ t. thr. hdst. Steineman Stemme m. ¼ Dr. d. d. Hstand.</p> 
<p>16.</p>	<p>17. Etablis. Steineman avec passé costal. arr. à la susp. ou app. <i>Steineman uprise w. flank bwd to hg. or sup.</i> Steineman Stemme m. Rückfl. i. d. Hang. o. Stutz</p> 	<p>18. Etablis. Steineman avec passé éc. arr. à la susp. <i>Steineman uprise w. stred bwd to hang.</i> Steineman Stemme m. Rückgr. i. d. Hang</p> 	<p>19. Grand tour dors. arr. (grand tour tohèque) <i>Giant swing rw. bwd. (Czech Giant swing)</i> Riesenumschw. fl. rw. (Tschennissen)</p> 	<p>20.</p>
<p>21. Grand tour arr. avec dislocation av. en montant et arr. par l'app. renvs. <i>Giant swing bwd. with inlocation during swing and dislocale to hdst.</i> Riesenumschw. rw. m. Einschultern b. Aufschw. u. Ausschultern d. d. Hstand. (Skuma)</p> 	<p>22.</p>	<p>23. Etablis. Steineman avec passé carpé entre les pr. à l'app. renvs. <i>Steineman uprise w. stoop ou to hdst.</i> Steineman Stemme m. Rückbucken i. d. Hstand. (Nakayama)</p> <p><i>Kaste</i></p> 	<p>24.</p>	<p>25. Nakayama et sauté à l'app. renvs. pr. palm. <i>Nakayama withhop to hdst. in ungr.</i> Nakayama m. Umspr. i. d. Hstand. m. Kgr.</p> 

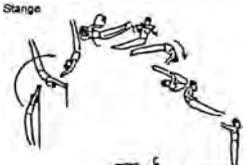
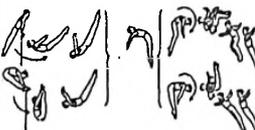
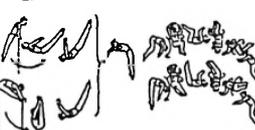
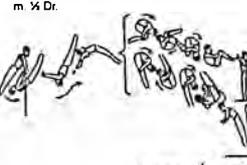
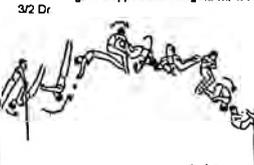
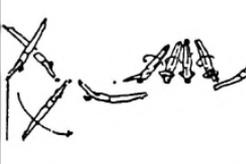
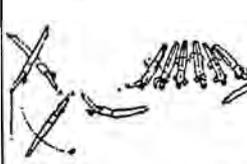
A	B	C	D	E
<p>VI. Eléments volanté – Flight elements – Flugelemente</p> <p>1. Elan. av. et pass. éc. en arr. à la susp. <i>Swing fwd. to straddle cut to hang</i> A. d. Vorschwng., Rückgrätschen l. d. Hang</p>  <p>II, III</p>	<p>2. Elan. circ. carpé en av et pass. éc. en arr. à la susp. <i>Swoop circle fwd. to straddle cut to hang</i> Bückumschwng. vw. m. Rückgrätschen l. d. Hang</p>  <p>II, III</p>	<p>3. Elan. circ. carpé en av et pass. éc. en arr. à l'app. <i>Swoop circle fwd. to straddle cut to support</i> Bückumschwng. vw. m. Rückgrätschen l. d. Stutz</p>  <p>II, III</p>	<p>4. Elan. circ. carpé en av et pass. éc. par l'app. renvers. <i>Swoop circle fwd. to straddle cut through hdst.</i> Bückumschwng. vw. m. Rückgrätschen d. d. Hstand.</p>  <p>II, III</p>	<p>5. Elan. circ. carpé en av et pass. éc. de pr. cub. ou avec 1/4 t. par l'app. renvers. <i>Swoop circle fwd. to straddle cut to ei-grip or with 1/4 t. through hdst.</i> Bückumschwng. vw. m. Rückgrätschen l. d. Ellgr. o. m. 1/4 Dr. d. d. Hstand (Carballe)</p>  <p>II, III</p>
<p>6.</p> <p>7. Etablis. arr. en pass. l. jamb. éc. en av à l'app. dors. ou la susp. dors. <i>Back uprise and straddle over to sup. rw. or hang rw.</i> Stemme rw. u. Vorgrätschen l. d. Stutz rl. o. Hang rl.</p>  <p>II</p>	<p>8. Etablis. arr. et poisson éc. avec 1/4 t. à la susp. <i>Back uprise and strad. hecht with 1/4 t. to hg.</i> Stemme rw. u. Hecht gegrr. m. 1/4 Dr. l. d. Hg. (Markelov)</p>  <p>II</p>	<p>9. Markelov avec jambes ensem. <i>Markelov with legs together</i> Markelov mit geschloss. Beina (Yamawaki)</p>  <p>II</p>	<p>10. Etablis. arr. et poisson avec 3/2 t. à la susp. <i>Back uprise and hecht with 3/2 t. to hang</i> Stemme rw. u. Hecht m. 3/2 Dr. l. d. Hang (Valstrom)</p>  <p>II</p>	
<p>11.</p>	<p>12.</p>	<p>13. Elan. en av. et sauté dorsal jamb. éc. ou corps carpé à la susp. <i>Swing fwd. and vault bwd. strad. rw. p. to hang</i> Vorschwung u. Korteberggrätsche o. Kortebergbücke l. d. Hang (Tkatchev)</p>  <p>II</p>	<p>14. Tkatchev tendu <i>Tkatchev stretched</i> Tkatchev gestreckt</p>  <p>II</p>	<p>15. Tkatchev tendu avec 1/1 t. <i>Tkatchev stretched with 1/1 t.</i> Tkatchev gestreckt mit 1/1 Dr. (Ljukin)</p>  <p>II</p>
<p>16.</p> <p>17. Etablis. arr. et sauté carpé avec 1/4 t. à la susp. <i>Back uprise and piked vault with 1/4 t. to hang</i> Stemme rw. u. Bucke gespr. m. 1/4 Dr. l. d. Hg. (Voronin)</p>  <p>II</p>	<p>18.</p>	<p>19. Elan. circ. libre en arr. ca. ou éc. ou tour d'app. avec Tkatchev éc. ou ca. <i>Swoop, stoop circle or free hip circle bwd to Tkatchev strad. or p.</i> Grätsch. o. Bückumschwng. o. Feige rw. m. Tkatchev gespr. o. set. (Vialle)</p>  <p>II, III</p>	<p>20. #10 tendu <i>#10 stretched</i> #10 gestreckt</p>  <p>II, III</p>	

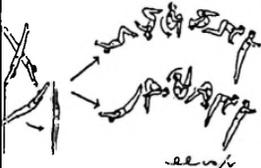
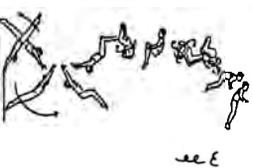
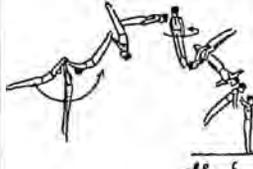
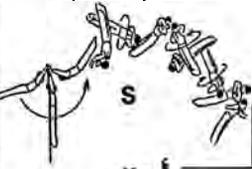
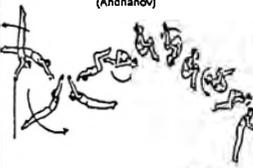
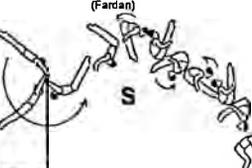
A	B	C	D	E
21	<p>22 Etablis. arr. et saute dorsal avec 1/4 t. à la susp. ou app. <i>Back uprise and rear vault with 1/4 t. to hang or sup.</i> Stemme rw. u. Kehre gespr. m. 1/4 Dr. i. d. Hang o. St.</p>  <p>II + K</p>	<p>23 Etablis. arr. et poisson avec 1/4 t. à l'app. <i>Back uprise and hecht with 1/4 t. to sup.</i> Stemme rw. u. Hecht m. 1/4 Dr. i. d. Stütz</p>  <p>II + 1/4</p>	24	<p>25 Piatté avec 1/1 tour <i>Piatté with 1/1 turn</i> Piatté mit 1/1 Dr. (Suarez) S</p>  <p>II ← T K E</p>
28	<p>27 Elancé en arr. et pirouette à la susp. <i>Swing bwd. and pirouette to hang</i> Rschwg u. Pirouette i. d. Hang.</p>  <p>II E</p>	<p>28 Grand tour av. et pirouette à la susp. <i>Giant swing fwd. and pirouette to hang</i> Riesenumschlag u. Pirouette i. d. Hang</p>  <p>II O E I</p>	<p>29 Pirouette à l'appui <i>Pirouette to support</i> Pirouette i. d. Stütz</p>  <p>II E I</p>	<p>30 De la pr. cub. pirouette à l'appui <i>From al-grip, pirouette to support</i> A. d. Ellgr. Pirouette i. d. Stütz</p>  <p>I, II O E E I</p>
31	32	<p>33 Elancé en arr. et salto av. gr. ca., ou éc. à la susp. <i>Swing bwd. and salto fwd. l. p. or strad. to hg</i> Rschwg u. Salto vw. geh., geb. o. gegr. i. d. Hang (Jäger)</p>  <p>II O E I</p>	<p>34 Jäger tendu <i>Jäger stretched</i> Jäger gestreckt (Balabanov)</p>  <p>II O E I</p>	<p>35 De la pr. cub. Jäger tendu <i>From al-grip, Jäger stretched</i> A. d. Ellgr. Jäger gestreckt</p>  <p>I, II O E I</p>
36	37	38	<p>39 De la pr. cub., Jäger gr., ca., ou éc. <i>From al-grip, Jäger locked, piked, or straddled</i> A. d. Ellgr. Jäger geh., geb., o. gegr.</p>  <p>I, II O E V A</p>	<p>40 Jäger tendu avec 1/1 t. <i>Jäger stretched with 1/1 t.</i> Jäger gestreckt mit 1/1 Dr. (Winkler)</p>  <p>II O E</p>

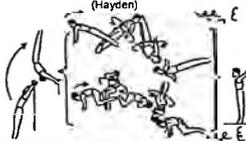
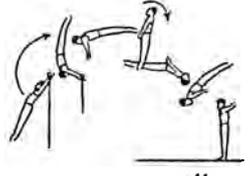
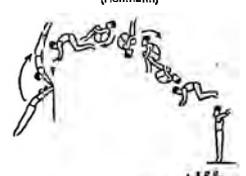
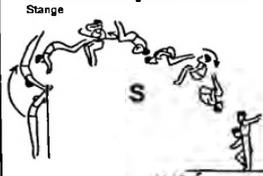
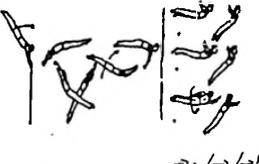
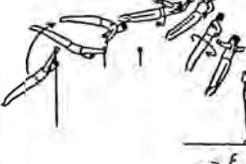
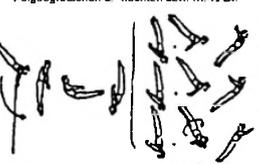
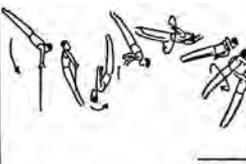
A	B	C	D	E
41.	42.	43.	<p>44 Elance en arr et 3/2 salto av gr par-dessus la barre à la susp. <i>Swing bwd. and 3/2 salto fwd l over the bar to hang</i> Rschwg. u. 3/2 Salto vw geh. uber d. Stange i. d. Hang (Gaylord)</p> 	<p>45. Gaylord with 1/2 t. <i>Gaylord with 1/2 t.</i> Gaylord mit 1/2 Dr. (Pegan)</p> 
46.	47.	48.	<p>49. Gaylord carpé ou écarté <i>Gaylord piked or straddled</i> Gaylord geb. o. gegr.</p> 	<p>50. De la pr. cub., Gaylord gr., carpé ou écarté <i>From sit-grp., Gaylord locked, piked or strad.</i> A. d. Ellgr., Gaylord geh., gebückt o. gegr.</p> 
51.	52.	53.	<p>54. Elancé en av et contre-salto av éc. à la susp. <i>Swing fwd. and counter salto fwd. strad. to hg</i> Rschwg. u. Kontersalto vw. gegr. i. d. Hang. (Xiao Ruizh)</p> 	<p>55. De l'élan circ. ca. ou éc. ou du tour d'app. arr., contre-salto av. éc. à la susp. <i>From Stalder, stoop circle, or free hip circle bwd., counter salto fwd. strad. to hang</i> A. d. Staldergr., Felge o. Aufböckumschwgg., Kontersalto vw. gegr. i. d. Hang (Beckman)</p> 
56.	57.	<p>56. Elance en av et salto arr. éc. avec 1/2 t à la susp. <i>Swing fwd. and salto bwd. strad. w 1/2 t to hg</i> Rschwg. u. Salto rw. gegr. m 1/2 Dr. i. d. Hang (Delichev)</p> 	59.	<p>60. Elancé en av et salto arr. avec 3/2 t à la susp. <i>Swing fwd. and salto bwd w 3/2 t. to hang</i> Rschwg. u. Salto rw. m 3/2 Dr. i. d. Hang (Deff)</p> 

A	B	C	D	E
61.	62.	<p>63 Elancé en av. et salto arr. ca. avec 1/4 t. a la susp. <i>Swing fwd. and salto bwd. piked w. 1/4 t. to hang</i> Rschwng. u. Salto rw geb. m. 1/4 Dr. t. d. Hang (Gienger)</p>  <p>II E</p>	64.	<p>65 Dbl. salto arr. gr. par-dessus la barre <i>Dbl. salto bwd t over the bar</i> Doppelsalto rw geh. über d. Stange (Kovacs)</p>  <p>II E</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> carpe ou tendu = piked or stretched = S </div>
66.	67.	68.	69.	<p>70 Kovacs avec 1/1 t <i>Kovacs with 1/1 t</i> Kovacs m. 1/1 Dr. (Kolman)</p>  <p>II E</p>
71.	72.	73.	74.	<p>75 Gienger par-dessus la barre <i>Gienger over the bar</i> Gienger über d. Stange (Gaylord 2)</p>  <p>II E</p>
76.	77.	78.	79.	<p>80 Gienger avec 1/4 t. par-dessus la barre <i>Gienger with 1/4 t. over the bar</i> Gienger m. 1/4 Dr. über d. Stange (Pineda)</p>  <p>II E</p>

A	B	C	D	E
<p>VII. Sorties – Dismounts – Abgänge</p> <p>1. Salto av. carpé ou tendu Salto fwd. piked or str. Salto vw. geb. o. gestr.</p> 	<p>2. Salto av. carpé ou tendu avec $\frac{1}{4}$ t. Salto fwd. piked or str. with $\frac{1}{4}$ t. Salto vw. geb. o. gestr. mit $\frac{1}{4}$ Dr.</p> 	<p>3. Salto av. tendu avec $\frac{1}{11}$ ou $\frac{3}{2}$ t. Salto fwd. str. with $\frac{1}{11}$ or $\frac{3}{2}$ t. Salto vw. gestr. mit $\frac{1}{11}$ o. $\frac{3}{2}$ Dr.</p> 	<p>4. Salto av. tendu avec $\frac{2}{11}$ ou $\frac{5}{2}$ t. Salto fwd. str. with $\frac{2}{11}$ or $\frac{5}{2}$ t. Salto vw. gestr. mit $\frac{2}{11}$ o. $\frac{5}{2}$ Dr.</p> 	<p>5.</p> 
<p>6.</p> 	<p>7.</p> 	<p>8. Double salto av. gr. ou ca. Double salto fwd. t. or p. Doppelsalto vw. geh. o. geb.</p> 	<p>9.</p> 	<p>10. Triple salto av. gr. (aussi avec $\frac{1}{4}$ t.) Triple salto fwd. t. (also w. $\frac{1}{4}$ t.) Dreifacher Salto vw. geh. (auch m. $\frac{1}{4}$ Dr.) (Rumbutis)</p> 
<p>11.</p> 	<p>12.</p> 	<p>13. Double salto av. gr. ou ca. avec $\frac{1}{4}$ t. Double salto fwd. t. or p. with $\frac{1}{4}$ t. Doppelsalto vw. geh. o. geb. mit $\frac{1}{4}$ Dr.</p> 	<p>14. Double salto av. gr. ou ca. avec $\frac{3}{2}$ t. Double salto fwd. t. or p. with $\frac{3}{2}$ t. Doppelsalto vw. geh. o. geb. mit $\frac{3}{2}$ Dr.</p> 	<p>15. Double salto av. tendu avec $\frac{3}{2}$ t. Double salto fwd. str. with $\frac{3}{2}$ t. Doppelsalto vw. gestr. mit $\frac{3}{2}$ Dr.</p> 
<p>16.</p> 	<p>17.</p> 	<p>18. Double salto av. tendu avec $\frac{1}{2}$ t. Double salto fwd. str. or with $\frac{1}{2}$ t. Doppelsalto vw. gestr. o. mit $\frac{1}{2}$ Dr.</p> 	<p>19. Double salto av. tendu avec $\frac{1}{2}$ t. Double salto fwd. str. or with $\frac{1}{2}$ t. Doppelsalto vw. gestr. o. mit $\frac{1}{2}$ Dr.</p> 	<p>20. Double salto av. gr. ou ca. avec $\frac{5}{2}$ t. Double salto fwd. t. or p. with $\frac{5}{2}$ t. Doppelsalto vw. geh. o. geb. mit $\frac{5}{2}$ Dr.</p> 

A	B	C	D	E
<p>21.</p>	<p>22.</p>	<p>23. Double salto av gr par-dessus la barre <i>Double salto fwd t. over the bar</i> <i>Doppelsalto vw geh über d. Stange</i></p> 	<p>24. Double salto av gr ou ca. avec 1/1 ou 3/2 t. <i>par-dessus la barre</i> <i>Dbl salto fwd t. or p w. 1/1 or 3/2 t over the bar</i> <i>Doppelsalto vw geh o. geb. m 1/1 o. 3/2 Dr.</i> <i>über d. Stange</i></p> 	<p>25. Double salto av ca. ou tendu avec 1/1 t. <i>par-dessus la barre</i> <i>Dbl salto fwd p or str with 1/1 t over the bar</i> <i>Doppelsalto vw geh o gestr m 1/1 Dr über d. Stange</i></p> 
<p>26.</p>	<p>27. Elancé en av par-dessous la barre et salto av. <i>gr. ou ca. avec 1/4 t.</i> <i>Underswing and salto fwd t or p with 1/4 t.</i> <i>Unterschwg. u. Salto vw geh. o. geb. m. 1/4 Dr.</i></p>  <p style="text-align: center;">U → E</p>	<p>28. Elancé en av par-dessous la barre et salto av. <i>gr. ou ca. avec 1/1 t.</i> <i>Underswing and salto fwd t or p with 1/1 t.</i> <i>Unterschwg u Salto vw geh o geb m. 1/1 Dr.</i></p>  <p style="text-align: center;">U → E</p>	<p>28. Elancé en av par-dessous la barre et salto av. <i>gr. ou ca. avec 3/2 t.</i> <i>Underswing and salto fwd t or p with 3/2 t.</i> <i>Unterschwg u. Salto vw geh. o. geb. m. 3/2 Dr.</i></p>  <p style="text-align: center;">U → E</p>	<p>30.</p>
<p>31.</p>	<p>32.</p>	<p>33.</p>	<p>34. Elancé en av par-dessous la barre et dbl. salto av. <i>gr. ou ca. avec 1/4 t.</i> <i>Underswing a dbl salto fwd t or p with 1/4 t.</i> <i>Unterschwg u. Doppelsalto vw geh. o. geb. m. 1/4 Dr.</i></p>  <p style="text-align: center;">U → E</p>	<p>35. Elancé en av par-dessous la barre et dbl. salto av. <i>gr. avec 1/1 ou 3/2 t.</i> <i>Underswing and dbl salto fwd. t. with 1/1 or 3/2 t.</i> <i>Unterschwg u. Doppelsalto vw geh. m. 1/1 o. 3/2 Dr.</i></p>  <p style="text-align: center;">U → E</p>
<p>36. Salto arr carpé ou tendu <i>Salto bwd pikéd or str.</i> <i>Salto rw geh. o gestr</i></p>  <p style="text-align: center;">E → E</p>	<p>37. Salto arr carpé ou tendu avec 1/4 ou 1/1 t. <i>Salto bwd pikéd or str with 1/4 or 1/1 t.</i> <i>Salto rw geh. o gestr. m. 1/4 o. 1/1 Dr.</i></p>  <p style="text-align: center;">E → E</p>	<p>38. Salto arr tendu avec 3/2 ou 2/1 t. <i>Salto bwd str. with 3/2 or 2/1 t.</i> <i>Salto rw gestr. m. 3/2 o 2/1 Dr.</i></p>  <p style="text-align: center;">E → E</p>	<p>39. Salto arr tendu avec 5/2 ou 3/1 t. <i>Salto bwd str. with 5/2 or 3/1 t.</i> <i>Salto rw gestr. m. 5/2 o 3/1 Dr.</i></p>  <p style="text-align: center;">E → E</p>	<p>40.</p>

A	B	C	D	E
41.	42. Double salto arr. gr. ou ca. Double salto bwd l or p Doppelsalto rw geh. o. geb. 	43. Double salto arr. gr. ou ca. avec 1/1 t. Double salto bwd l or p with 1/1 t. Doppelsalto rw geh. o. geb. mit 1/1 Dr. (Tsukahara) 	44. Double salto arr. gr. ou ca. avec 2/1 t. Double salto bwd l or p with 2/1 t. Doppelsalto rw geh. o. geb. mit 2/1 Dr. 	45. Double salto arr. tendu avec 2/1 t. Double salto bwd str with 2/1 t. Doppelsalto rw. gestr. mit 2/1 Dr. (Watanabe) 
46.	47.	48. Double salto arr. tendu. Double salto bwd str. Doppelsalto rw. gestr. 	49. Double salto arr. tendu avec 1/1 t. Double salto bwd str with 1/1 t. Doppelsalto rw. gestr. mit 1/1 Dr. 	50. Double salto arr. tendu avec 3/1 t. Double salto bwd str with 3/1 t. Doppelsalto rw. gestr. mit 3/1 Dr. (Fedorchenko) 
51.	52.	53.	54. Triple salto arr. gr. Triple salto bwd. t. Dreifacher Salto rw. geh. (Andranov) 	55. Triple salto arr. ca.. Triple salto bwd. p. Dreifacher Salto rw. geb. (Farjan) 
56.	57.	58.	59.	60. Triple salto arr. gr avec 1/1 t. Triple salto bwd. t. with 1/1 t. Dreifacher Salto rw. geh. mit 1/1 Dr. (Beile) 

A	B	C	D	E
61	<p>62. Double salto arr. gr. ou ca. par-dessus la barre <i>Double salto bwd l. or p. over the bar</i> Doppelsalto rw geh. o. geb. über d. Stange (Sturmann) <i>Really single salto</i></p> 	<p>63. Double salto arr. gr. ou ca. avec 1/1 t. par-dessus la barre <i>Dbt. salto bwd. l. or p. with 1/1 t. over the bar</i> Doppelsalto rw geh. o. geb. mit 1/1 Dr. über d. Stange</p> 	<p>64. Double salto arr. gr. ou ca. avec 2/1 t. ou tendu avec 1/1 t. par-dessus la barre <i>Double salto bwd. l. or p. with 2/1 t. or str. w. 1/1 t. over the bar</i> Doppelsalto rw geh. o. geb. mit 2/1 Dr. o. gestr. m. 1/1 Dr. über d. Stange (Hayden)</p> 	<p>65. Double salto arr. tendu avec 2/1 t. par-dessus la barre <i>Double salto bwd. str. with 2/1 t. over the bar</i> Doppelsalto rw gestr. mit 2/1 Dr. über d. Stange</p> 
66.	67.	<p>68. Double salto arr. tendu par-dessus la barre <i>Double salto bwd. str. over the bar</i> Doppelsalto rw gestr. über d. Stange</p> 	<p>69. Triple salto arr. gr. par-dessus la barre <i>Trplo salto bwd. l. over the bar</i> Dreifacher Salto rw geh. über d. Stange (Hoffmann)</p> 	<p>70. Triple salto arr. gr. avec 1/1 t. par-dessus la barre <i>Triple salto bwd. l. with 1/1 t. over the bar</i> Dreifacher Salto rw geh. m. 1/1 Dr. über d. Stange</p> 
<p>71. Etablis. arr. et sortie écartés ou carpé <i>Beck uprise to straddle or sloop dismount</i> Stammw. u. Grätsche o. Bücke</p> 	<p>72. Poisson éc. ou poisson ou poisson avec 1/4 t. <i>Hecht strad. of hecht or hecht w. 1/4 t.</i> Hecht gegr. o. Hecht o. Hecht m. 1/4 Dr.</p> 	<p>73. Poisson avec 1/1 t. <i>Hecht w. 1/1 t.</i> Hecht m. 1/1 Dr.</p> 	<p>74. Poisson avec 3/2 t. <i>Hecht w. 3/2 t.</i> Hecht m. 3/2 Dr.</p> 	<p>75. Poisson avec 2/1 t. <i>Hecht w. 2/1 t.</i> Hecht m. 2/1 Dr.</p> 
76.	<p>77. Tour d'app. arr. et sortie éc. ou poisson ou poisson avec 1/4 t. <i>Free hip circle bwd. to straddle or Hecht or Hecht 1/4 t.</i> Felgabgrätschen o. -hechten bzw. m. 1/4 Dr.</p> 	<p>78. Tour d'app. arr. et sortie poisson avec 1/1 t. <i>Free hip circle bwd. to Hecht 1/1 t.</i> Felgabhechten m. 1/1 Dr.</p> 	<p>79. Tour d'app. arr. et sortie poisson avec 3/2 t. <i>Free hip circle bwd. to Hecht 3/2 t.</i> Felgabhechten m. 3/2 Dr.</p> 	<p>80. Tour d'app. arr. et sortie poisson avec 2/1 t. <i>Free hip circle bwd. to Hecht 2/1 t.</i> Felgabhechten m. 2/1 Dr.</p> 