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# Svenska utvecklingsprogram och tävlingsklasser

**Aerobic gymnastics 2022-2024**

Version 1 2021

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# 1. Mål och syfte

- Att göra Aerobic Gymnastics lätt tillgängligt för alla

Inom steg 1-2 och open klass B och C krävs det inga förkunskaper i det internationella (FIG) bedömningsreglementet (CoP), gäller både för domare och tränare. Open klass ger möjligheter för gymnaster att tävla inom aerobic gymnastics oavsett tidigare färdigheter. Genom att ta bort många 'krav' kan tränare och gymnaster skapa ett program som passar varje individ.

- Att kvalitetssäkra den gymnastik som utförs på internationell nivå

Obligatoriska steg kvalificering ser till att gymnaster är väl förberedda för att utföra svårare övningar i framtiden, genom att skynda långsamt mot de obligatoriska övningar som krävs till International Age Group 12-14 år.

- Att visa tillhörighet och gemenskap mellan de olika gymnastik discipliner

De nya tävlingsklasserna och utvecklingsprogram är baserat på utvecklingsmodellen av gymnastikförbundet. Det kan också bidra till ökad förståelse av disciplinen.

Aktiv liv Aerobic Mix	FIG	Open Internationella tävlingar, EM, VM, World Cup
Open A (Nivå 1-2)	Steg 3	USM, JSM, SM, riks, internationella klubb/förenings tävlingar
Open B (Nivå 3)	Steg 2	Tävling utan poäng redovisning
Open C (Nivå 4,5)	Steg 1	Tävling utan poäng redovisning
Startpaket	Steg 0	Klubb/förenings nivå

## UTVECKLINGSMODELLEN



- 1 Utgå från barnrättsperspektivet
- 2 Uppmuntra utövarnas inre drivkraft
- 3 Ta hänsyn till individuell utveckling
- 4 Träna smart och ha tålmod
- 5 Vårda och utveckla ett brett utbud
- 6 Säkerställa välutbildade och kompetenta ledare
- 7 Bedrivs i anpassade och utvecklande fysiska miljöer
- 8 Bestå av välmående föreningar
- 9 Arbeta med kvalitetssäkrade strukturer
- 10 Ständigt utvecklas

## Översikt tävlingsklasser och Utvecklingsprogram

	<b>Open</b> nybörjarklass/fortsättningsklass Få restriktioner och regler Tre olika klasser	<b>Utvecklingsprogram</b> Steg 1, 2, 3 kan utföras mellan 7-14 år. Alla börjar på steg 1 oavsett ålder men flyttas upp så snabbt man får 'godkänd'. <b>Godkänd på steg 3 innebär automatisk fortsättning till FIG i sin respektive åldersklass.</b>	<b>International Stream</b> Endast kval genom att få godkänd på steg 1, 2, och 3 eller en utvärdering för gymnaster över 15 år.
6-8 år	C / B	Steg 1, 2, 3	
9-11 år	C / B	Steg 1, 2, 3	
12-14 år	C / B / A	Steg 1, 2, 3	FIG Age Group
15-17 år	C / B / A	National Utvärdering	FIG Junior
18+	C / B / A	National Utvärdering	FIG Senior
6+	Aerobic Mix	N/A	FIG Aerobic Dance & Step

Sex olika tävlingsklasser genom två enskilda vägar. Gymnaster får tävla inom två olika klasser/steg i olika kategorier till ex. Steg 2 IW och Open B Trio.

### 1.1.1 Utvecklingsprogram - Steg 1-3

Vägen genom steg 1-3, är gymnaster tvungna att utveckla obligatoriska färdigheter/svårigheter som siktar mot det som krävs av world age group program enligt FIG reglementen. Gymnaster måste bli godkänd på samtliga färdigheter/svårigheter för att gå vidare i programmet, med slut målet att tävla på ungdom/ juniornivå enligt FIG reglementen genom att bli godkänd på steg 3 innan de fyller 14 år. Gymnaster på steg 3 som fyller 13 år har möjligheten att deltar på USM.

### 1.1.2 Open klass

Genom att välja vägen via Open Class C, B, A, har tränare och gymnaster möjligheten att skapa ett program som uppmuntrar gymnastens starka sidor genom att välja sina svårigheter fritt från bifogade svårighets tabeller. Open klass ska uppmuntra fler utövare att börja och fortsätta tävla genom att ha mindre restriktioner/regler på svårigheter och tillåta att alla kan tävla oavsett sina färdigheter. Genom open klass finns det möjlighet vid 15 år+ att genomföra en utvärdering för att visa färdigheter för att börja tävla enligt FIG reglementen junior eller senior. På högsta nivå i Open Klass ges möjligheten att tävla på nationella mästerskap samt internationella klubb tävlingar.

### 1.1.3 International stream

Tävlingsklass för gymnaster som tävlar 'för att vinna' på stora internationella tävlingar som EM, VM, World Cup Series. International stream gäller att kunna få motsvarande poäng med  $\frac{2}{3}$  av startfältet på mästerskapen. Poäng för kvalificering kan ändras med disciplinens utveckling. Poäng som finns i dokumentet används som riktlinje/mål. När gymnasten utföra kval för international stream jämförs senaste mästerskapets resultat.

## 2. Kläder

- Gymnastikdräkt med hudfärgade tights under dräkt
- Gymnastikdräkt med tights (två delad eller hel dräkt)
- Gymnastikdräkt med shorts (två delad eller hel dräkt)
- Linne/T-shirt med tights/shorts
- Vita/ljus skor
- Valfri vita strumpor/sockar

*Steg 1,2,3 och FIG kval/tävling gäller CoP*

## Övrigt

Smink ska användas sparsamt på gymnaster mellan 12-14 år, inget smink på yngre gymnaster.

Smycken Inga stora smycken tillåten (ringar, klockor, halsband, stora örhänge osv.). Små örhänge som sitter fast är tillåten.

Skydd/tejp tillåten i alla färger. *Steg 1,2,3 och FIG kval/tävling gäller CoP.*

### 3. Översikt – Utbildningskrav

#### Domare

	Steg 1	Steg 2	Steg 3	Open C	Open B	Open A	FIG
Regionsdomare	A E D	A E D		A E D	A E D		
National domare	A E D	A E D	A E	A E	A E	A E	
Förbundsdomare	A E D H	A E D H	A E D	A E D H	A E D H	A E D	A E D
FIG brevet	A E D H	A E D H	A E D H	A E D H	A E D H	A E D H	A E D H

## Tränare

Målsättningen är att nedanstående tabell ska gälla efter genomförd utbildning revision av utbildningar inom disciplinen.

Det krav som finns under 2022 är att steg 1 krävs för att träna och tävla med gymnaster på SM-nivå (inklusive USM, JSM och Svenska Cupen)

Rekommendation under en övergångsperiod är steg 1 för Röd nivå samt Baskurs träning och tävling för Blå och grön

FIG			
Steg 3	Open A	Undantag licens på nivån när motsvarande utbildning inte är tillgänglig	
Steg 2	Open B		
Steg 1	Open C		
	Tränarutbildning steg 1	Tränarutbildning steg 2	Internationella utbildningar



## 4. Tävlingsklass kategori

### Kategorier Enligt FIG

#### ⇒ AEROBIC GYMNASTICS

Individual women (IW)



Individual men (IM)



Mixed Pair (MP)



Trio (TR)



Group (GR)



#### ⇒ AEROBIC Dance & AEROBIC Step with specific FIG rules (see Part 5 and 6)

AEROBIC Dance (AD)



AEROBIC Step (AS)



### Kategorier Nationell Undantag

#### Open Klass A, B, C kategorier

Individuell: En tävlande gymnast

Trio/par: 2-3 tävlande gymnaster  
(vid fler än tre av varje, kan delas i enskilda kategorier, om fler än fem av varje **måste** delas i enskilda kategorier.)

Grupp: 4-6 tävlande gymnaster

#### Steg 1,2,3

Eftersom steg utvecklingsprogram baseras på FIG reglementen, för underlätta övergången från steg 3 rekommenderas att tävla enligt FIG om det är möjligt. Undantag ges för en trio att tävla som par eller en grupp med fyra om någon saknas, men att vara godkänd som trio till nästa steg måste det vara en hel trio, MP, GR.

**Aerobic Mix**: Valfri antal minst 4 personer

**Aerobic Dance FIG**: Enligt FIG

**Aerobic Step FIG**: Enligt FIG

## 5. Open tävlingsklass kriterium

Nybjörjare/fortsättningsprogram, väldigt lite restriktioner/ regler för tävling, alla nivåer kan delas upp i åldersgrupper, under eller över. Vid många starter kan alla nivåer delas upp i åldersgrupper under eller över.

	Ålder	Tid	Max svårigheter	Svårighetsregler	Max landningar	Kombinationer	Golv
<b>Open C</b> Nivå 5-4 <i>Bredd nybjörjarklass</i>	från 7 år  (10)	1.00-1.15	5 Max värde 0.5  Svårighetslista krävs på tävling	Inga restriktioner, Svårigheter får tillhör samma 'bas namn' eller familj Svårigheter från national CoP får används	Ingen landning i PU 1 landning i split	1 max	valfria yta
<b>Open B</b> Nivå 3 (2B) <i>Även yngre gymnaster på högre nivå som inte vill vara med i utvecklingsprogram och för ung att tävla på nationella tävlingar</i>	från 7 år  (12)	1.00-1.25	7 Max värde 0.8  Svårighetslista krävs på tävling	Inga restriktioner, Svårigheter får tillhör samma 'bas namn' eller familj Svårigheter från national CoP får används	1 PU landning 1 split landning	2 max	valfria yta
<b>Open A</b> Nationella tävlingar Nivå 2A <i>(2B gymnaster med FIG ambitioner tävla stegvis)</i>	13+  (18)	1.00-1.25	9 Ingen max värde	Inga restriktioner Svårigheter får tillhör samma 'bas namn' eller familj Svårigheter från national CoP får användas	Max 3 totalt	3 max	10x10

## 6. Aerobic mix & dance & step

### Open Aerobic Mix (Acro/Dance/Step/Gym)

En bra tävlingsklass för nybörjare eller mindre tävlingsinriktade grupper. Mer fokus på uppvisning men kan bedöms med skala 1-5 max 20pts. Det är tillåten att använda stepbräda för hela eller delar av rutin och 8 count räknas som AMP. En mix av acrobatic gymnastics, aerobic gymnastics, aerobic step och aerobic dance.

	Ålder	Tid	Svårigheter *Alla behöver inte utföra samma övning	Akrobatiska element *Alla behöver inte utföra samma övning	AMP/dance	Lift/collaboration
<p>Open Aerobic Dance, Step &amp; Acro (mix)</p> <p>Minst 4 gymnaster Ingen max</p> <p>Valfri tävlings yta 7x7 eller 10x10 Ingen avdrag för linje</p>	6+	1.00-1.30	<p>1) ingen svårigheter</p> <p>2) 1 svårighet valfri</p> <p>3) 2 svårigheter valfri</p> <p>4) 2 svårigheter från olika grupper minst en 0.3 värde</p> <p>5) 2 svårigheter från olika grupper minst 0.4 värde</p>	<p>1) inget akrobatiskt element</p> <p>2) ett akrobatiskt element A1-A5</p> <p>3) 3 olika akrobatiska element A1-A5</p> <p>4) 3 olika akrobatiska element, minst 2 av de i kombination. A1-A5</p> <p>5) 2 olika akrobatisk kombinationer, minst en element från A5(behöver inte vara alla gymnaster)</p>	<p>1) minst 1 AMP Ingen formation ändring</p> <p>2) minst 4 AMP Formation ändringar</p> <p>3) minst 4 AMP Formation ändringar Ändringar i dans takt/stil Tema framgår</p> <p>4) minst 6 AMP Formation ändringar Ändringar i dans takt/stil Tema framgår</p> <p>5) minst 6 AMP Formation ändringar Ändringar i takt/dans stil som underhåller och komplettera tema.</p>	<p>1) ingen lift eller collaboration</p> <p>2) en formation/lift collaboration alla gymnaster behåller kontakt med golvet.</p> <p>3) en formation/lift collaboration vart minst en gymnast är inte i kontakt med golv i minst 2s.</p> <p>4) en komplex formation/lift collaboration där minst en gymnast inte är i kontakt med golv i minst 2s. Som bygga på tema.</p> <p>5) en komplex formation/lift collaboration där minst en gymnast är över höfthöjd i minst 2s. Lyftet utnyttja akrobatiska moment, är dynamisk och bygga på tema.</p>

Aerobic Dance (8 per) utförs enligt FIG CoP

Aerobic Step (8 per) utförs enligt FIG CoP

## 7. Utvecklingsprogram kriterium

National utvecklingsprogram mot FIG Age Group för gymnaster 6 (det år man fyller 7)-14 år general deductions as FIG Age group ND, age group

	Tid	Max svårigheter	Svårighetsregler I valfri ordning	Max landings	Max acro	Combos	Golv
Steg 1	1.00-1.15	7 (max 4 golv)	<ol style="list-style-type: none"><li>1. <a href="#">Straight jump</a></li><li>2. <a href="#">Vertical split</a></li><li>3. <a href="#">Push up</a></li><li>4. Straddle / L support 2s</li><li>5. Bent leg V support 2s</li><li>6. Split leap / split jump (135°)</li><li>7. Valfri max 0.4</li></ol> Övningar ha inget värde i tävling	0	2 A1 -A3	0	7x7 individual  Valfria MP, TR, GR
Steg 2	1.15	7 (max 4 golv)	<ol style="list-style-type: none"><li>1. Wenson push up</li><li>2. Straddle / L support 2s</li><li>3. Air Turn</li><li>4. 1/1 turn</li><li>5. V / straddle V Support 2s</li><li>6. Tuck Jump</li><li>7. Valfri max 0.5.</li></ol> Övningar ha inget värde i tävling	1	2 A1- A4	1	7x7 individual  Valfria MP, TR, GR

	Tid	Max svårigheter	Svårighetsregler I valfri ordning	Max landings	Max acro	Combos	Golv
<b>Steg 3</b>	1.15	7 (max 4 golv)	<ol style="list-style-type: none"> <li>1. Helicopter</li> <li>2. Straddle / L support 1/1 turn</li> <li>3. Tuck 1/1 turn</li> <li>4. 2/1 turn</li> <li>5. Illusion / free illusion (valfri)</li> <li>6. Scissors leap/ switch leap (valfri)</li> <li>7. Valfri max 0.6</li> </ol>	1	2 A1- A-4	1	Utifrån FIG CoP

## 8. Flytt mellan klasser/kriterium

Att flytta mellan Open Klass A B C finns det inga krav, gymnaster kan tävla på vilken klass som helst om de faller inom resp. åldersgrupp. Gymnaster kan tävla inom olika klasser i samma tävling till ex i trio och grupp. Gymnaster kan flytta upp/ner en åldersgrupp för att tävla i trio, grupp, mp.

### Krav för att flytta från Open Klass A till FIG International Stream junior eller Senior

Det finns möjlighet från 15 år och uppåt att flytta till FIG junior eller senior genom att utföra en utvärdering på två olika rikstävlingar där en Brevet domare är på plats som huvud/domare och en förbundsdomare som svårighetsdomare.

- Svårighetskrav Junior    Max 7 svårigheter - minimum svårighetspoäng 1.8 (coefficient 2.0) (Individual)
- Svårighetskrav Senior    Max 9 svårigheter - minimum svårighetspoäng 2.3 (coefficient 2.0) (Individual)

Om man utför en utvärdering, kommer gymnasten bedömas utifrån det internationella bedömningsreglementet CoP, det är viktigt att rutinen uppfyller alla krav för sin respektive åldersklass.

### Krav för Mästerskapstävlingar USM, JSM, SM

#### USM

- 13-14 år (år man fyller)
- På Steg 3 eller International stream AG 1

#### JSM

- 15-17 år
- Open A eller international stream Junior

#### JSM som Open A

- Topp 3 placering under året på Svenska Cupen
- Ta hänsyn till att tävlingen JSM går ut på FIG reglementen, och att rutinen uppfyller krav.

## SM

- 18 år och äldre
- Open A eller International Stream Senior

## SM som Open A

- Top 3 placering under året på Svenska Cupen
- Ta hänsyn till att tävlingen SM går ut på FIG reglementen, och att rutinen uppfyller krav.

## Krav för internationella klubb/föreningstävlingar

- Gymnaster som minst fyller 13 år
- Gymnaster som tävla på nationella tävlingar (röda tävlingsklasser, steg 3/open A) eller internationellt
- Godkänd tillståndsansökan

## Flytt mellan open klass och utvecklingsprogram

Gymnaster får byta mellan att tävla på open klasser och utvecklingsprogram när som helst. Oavsett open klass/ ålder måste alla gymnaster börjar på steg 1 inom utvecklingsprogram (undantag första år systemet införs). Gymnaster får tävla inom både utvecklingsprogram och open klass i samma tävling men inom olika kategorier (gymnasten kan inte tävla IW i både utvecklingsprogram och open klass).

## Uppflytt inom utvecklingsprogram

- Alla gymnaster ta med sig sin utvecklingskort och lämna in vid tävlingen/bedömning, detta kort lämnas tillbaka efter tävlingen/bedömning ifyllt av svårighets domare/huvuddomare. Det är tränarens ansvar att ta med utvecklingskort till sina gymnaster i steg programmet.
- Det är möjligt att flytta från ett steg till nästa på en tävling/bedömning om alla svårigheter är godkända och gymnasten når benckmark i artistry och execution.
- Gymnasten försöker visa att de kan få allt godkänd för uppflytt inom tre tävlingar/bedömningar. Om inte alla delar är godkänd efter tre tävlingar/bedömningar, börjar gymnasten om med en ny stege 'utvecklingskort'.
- Gymnasten får alltid diplom vid godkänd för uppflytt inom steg 1-3.

## 9. Bedömning översikt

### Utvecklingsprogram Bedömning

Bedömning inom steg i utvecklingsprogram bör syfta på att uppmuntra utveckling av rätt teknik och färdigheter och handlar mindre om tävling. Eftersom svårigheter är obligatorisk för gymnaster ska tränare fokusera på utveckling kontra tävling. Gymnaster kan placeras 1, 2, 3 på tävlingar men fokus och mål är att får godkänd på stegen. Poäng och resultatlista ska inte publiceras. Gymnaster som får godkänd ska presenteras med diplom.

### Open Tävlingsklass Bedömning

Bedömningen inom open klass syftar mer mot tävling än utvecklingsprogram, eftersom gymnaster kan utföra svårigheter av olika värde.

### Bedömningstabell

	Artistry	Execution	Difficulty
Steg 1-2	Skala 1 2 3 4 5	Skala 1 2 3 4 5	Ingen bedömning (godkänd/ej) Skala 1 2 3 4 5 övningar har inget värde
Open B-C	Skala 1 2 3 4 5	Skala 1 2 3 4 5	Enligt FIG CoP - inclusive svensk svårigheter från 0.05
Steg 3	Enligt FIG CoP	Enligt FIG CoP	Enligt FIG CoP
Open A	Enligt FIG CoP	Enligt FIG CoP	Enligt FIG CoP - inclusive svensk svårigheter från 0.05
FIG	Enligt FIG CoP	Enligt FIG CoP	Enligt FIG CoP



# 10. Bedömning artisteri (artistry)

Den Artistiska bedömningen är baserad på:

Komposition: \*Musiken-Musikval \*Aerobicinnehåll, steg o stil \*övrigt innehåll som komplexitet o yta. Framträdandet av rutinen: \*Konstruktionen o Koreografi av rutinen \*Artistiska framförande

AMP (AEROBIC CONTENT) krav för Röda nivåer (Steg 3 samt Open Klass A, FIG)

<b>2. AEROBIC CONTENT (Max. 2.0 points)</b>	
<p>In the Aerobic Content, we evaluate the Aerobic Movement Patterns (AMP) throughout the routine, with adequate intensity. The series of AMP are the foundation (bases) of Aerobic Gymnastics routines.</p> <p>The quality (perfect technique) of the AMP is very important in order to be recognizable as a clear sequence.</p> <p>AMP must include variations of steps with arm movements, to produce combinations with body coordination and must be recognizable as continuous movement patterns.</p> <p>AMP Sequence means a complete 8-count of movements with aerobic movement patterns performed in a musical phrase (from the 1st beat to the 8th beat) in order to stay with the music. If the AMP is performed for less than 8 counts, it will not be recognized as an AMP sequence, and considered as linking movements.</p> <p>The <b>AMP sequences</b> should provide the <u>adequate intensity</u> for the aerobic gymnastics' routines.</p>	
<b>2.1 Quantity – Amount of AMP (1.0 pt)</b>	
<ul style="list-style-type: none"> <li>Throughout the routine, AMP Sequences must be performed. This means, other than Difficulty Elements, Transitions/Linking and Partnerships (physical interaction / collaborations), the routine-should provide a sufficient amount of complete set of AMP sequence.</li> <li>One set of AMP = 8-count (eg. 3-sets=3x8)</li> </ul>	<ul style="list-style-type: none"> <li>The <b>Block of AMP sets</b> means <u>consecutive and clear AMP</u>, which shows the identity of our sport using the <u>traditional aerobic steps</u> with constant rebound and performed without choreographic jumps (e.g.: air jack).</li> </ul>

2.2 Quality – Variety (1.0 pt)	
<ul style="list-style-type: none"> <li>AMP is the base of the Aerobic Gymnastics and main (principal) characteristic (Sports Specific).</li> <li>The specific technique of the <b>basic steps</b> is described in the Appendix 3.</li> <li>The <b>leg movements</b> must show the correct technique (rebound) of Aerobic Basic Steps with coordination and variety.</li> <li>The <b>arm movements</b> must be performed with quality showing precision and fluency. Trajectory from one position to another should be natural with various symmetrical/asymmetrical movements with possibility to change the rhythm.</li> </ul> <p><b>Variety AMP sequences can be achieved by:</b></p> <ul style="list-style-type: none"> <li>✓ Involving more body parts (head, shoulders, etc.)</li> <li>✓ Using different joint actions / planes / range of motion / lever length</li> <li>✓ Using symmetric / asymmetric moves</li> <li>✓ Using different rhythm</li> <li>✓ Using both arms simultaneously</li> <li>✓ Speed of motion</li> <li>✓ Orientation changing</li> <li>✓ Formation changing</li> <li>✓ Travelling with AMP sequences</li> </ul> <ul style="list-style-type: none"> <li>Throughout the routine, AMP Sequences must show variety without repetition avoiding same or similar type of Sequences during the routine. All basic steps must be used throughout the routine.</li> </ul>	<ul style="list-style-type: none"> <li>The AMP sequences must represent the style of the music. Combine: basic aerobic steps, dance steps, choreographic jumps (except for the AMP block), body expressions etc. without repetition.</li> <li>The AMP Block must be different from the rest of sequences, <b>without</b> choreographic jumps (eagle jump, deer jump, etc). The Block must have traditional aerobic movements without repetitive combination and to show body coordination that produces complex and variety of sequences in order to avoid monotonous and stationary (staying in same place).</li> <li>For MP/TR/GR; This Block must be <b>performed close to each other (short distance) as a unit</b> with perfect <u>synchronization</u>, possibly using orientation, positioning, formation changes and traveling.</li> </ul> <p><b>Examples of variations of 7 basic steps.</b></p> <ul style="list-style-type: none"> <li>✓ <b>March:</b> angle, height, speed, rhythm change, or directions. (i.e. V-step, turn-step, two-steps, box-step)</li> <li>✓ <b>Jog:</b> angle, speed, rhythm change, and directions</li> <li>✓ <b>Knee lift:</b> planes, angle, speed, rhythm change, in High or Low Impact</li> <li>✓ <b>Kick:</b> planes, height, speed, rhythm change, in High or Low Impact and directions. (i.e. middle kick, high kick, and vertical kick)</li> <li>✓ <b>Jumping Jack:</b> angle at hips and knees speed, rhythm change, in High or Low Impact (squat)</li> <li>✓ <b>Lunge:</b> planes, angle, speed, rhythm change, in High or Low Impact</li> <li>✓ <b>Skip:</b> planes, angle and directions, speed, rhythm change, in High or Low Impact.</li> </ul>

### Quantity requirements (sets of AMP sequence)

Category	Minimum AMP Sets	Including Consecutive AMP Block
IM / IW	8 sets	1 block (3 AMP sets)
MP / TR / GR	9 sets	1 block (4 AMP sets)

## 11. Bedömningskala artisteri (artistry)

1	2	3	4	5
<ul style="list-style-type: none"> <li><input type="checkbox"/> Gymnasten uttrycker sig inte till musiken (bakgrundsmusik)</li> <li><input type="checkbox"/> Gymnasten utför ingen AMP</li> <li><input type="checkbox"/> Gymnasten utför ingen General content</li> <li><input type="checkbox"/> Gymnasten använder sig inte av tävlingsyta</li> <li><input type="checkbox"/> Rutinen är inte underhållande för publiken.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gymnasten visar 'taktkänsla' till musiken.</li> <li><input type="checkbox"/> Gymnasten utför AMP med upprepningar.</li> <li><input type="checkbox"/> Gymnasten tar sig upp och ner från golvet/minimal general content.</li> <li><input type="checkbox"/> Gymnasten använder sig av delar av tävlingsgolvet</li> <li><input type="checkbox"/> Rutinen är en vis del underhållande för publiken</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> *Gymnasten följer sekvenser i musiken.</li> <li><input type="checkbox"/> *Gymnasten utför AMP i minst 5 8:or (ej i följd)</li> <li><input type="checkbox"/> *Gymnasten utnyttjar golv-stående-luft flera gånger</li> <li><input type="checkbox"/> *Gymnasten utnyttjar minst 3 hörn</li> <li><input type="checkbox"/> *Rutinen följer musikens stil.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> *Gymnasten följer musikens fraseringar.</li> <li><input type="checkbox"/> *Gymnasten utför AMP med flera komplexa 8:or utan upprepningar.</li> <li><input type="checkbox"/> *Gymnasten utnyttjar golv-stående-luft flytande</li> <li><input type="checkbox"/> *Gymnasten utnyttjar alla hörn o flertalet riktningar.</li> <li><input type="checkbox"/> *Rutinen växlar i uttryck o stil med musiken.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> *Gymnasten utnyttjar musikens fraseringar och variationer.</li> <li><input type="checkbox"/> *Gymnasten utför AMP med komplexitet, utan upprepningar</li> <li><input type="checkbox"/> *Gymnasten utnyttjar golv-stående-luft koordinerat o oförutsägbart.</li> <li><input type="checkbox"/> *Gymnasten utnyttjar alla hörn o riktningar.</li> <li><input type="checkbox"/> *Rutinen utnyttjar musikens delar till gymnastens fördel och positiv presentation.</li> </ul>
<p>MP / TR / GR: Visa begränsade gemenskap. Till ex, ser ut som fler personer tävla egen rutin bredvid varandra.</p>	<p>MP / TR / GR: Alla medlemmar är delaktiga och visa gemenskap.</p>	<p>MP / TR / GR: Minst 1 Collaboration/samarbetsövning ska genomföras. Svårighetsgraden är valfri. Viktigt att den visar dynamik och har ett syfte/funktion i rutinen</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> AMP block (4 sets)</li> </ul>	<p>MP / TR / GR: Minst 2 Collaboration/samarbetsövning ska genomföras. Svårighetsgraden är valfri. Viktigt att de visar dynamik och har ett syfte/funktion i rutinen</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> AMP block (4 sets)</li> </ul>	<p>MP / TR / GR: Minst 3 Collaboration/samarbetsövning ska genomföras. Svårighetsgraden är valfri. Viktigt att de visar dynamik och har ett syfte/funktion i rutinen</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> AMP block (4 sets)</li> </ul>

## 12. Bedömning utförande (execution)

Bedömer utförandet av: element (svårigheter och akrobatik), AMP (Aerobic Movement Patterns), övergångar & länkar, lyft, partnerskap & samarbete samt synkronisering. Det genom bedömning av utförandet av form (exakt rörelse), hållning och linje (kroppen har en korrekt position) samt precision (klar kontroll och balans). Bedömningen delas in i tre huvuddelar.






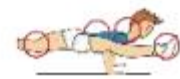





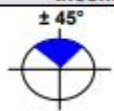
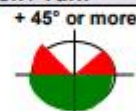



- Svårigheter/akrobatiska element:** ska stämma överens med hur elementen rent tekniskt ska utföras.
- Koreografi:** Förmågan att visa rörelser med maximal precision vid utförandet av AMP, övergångar & länkar, lyft (MP, TR, GR), partnerskap och samarbete (MP, TR, GR).
- Synkronisation:** (MP, TR, GR) är förmågan att framföra alla rörelser som en enhet (mellan medlemmarna). Det gäller par, trio och grupp. Allt ska utföras samtidigt med samma kvalitet och samma rörelsemönster.

## 13. Bedömningsskala utförande (execution)

1	2	3	4	5
<ul style="list-style-type: none"> <li>• Element: Felaktigt utförande, kombination av flera större fel och upprepning av samma fel.</li> <li>• Koreografi: utförs <u>utan</u> form, hållning och precision genom hela rutinen.               <ul style="list-style-type: none"> <li>• AMP</li> <li>• Övergångar &amp; länkar</li> <li>• Lyft (MP, TR, GR)</li> <li>• Partnerskap och samarbete (MP, TR, GR)</li> <li>• Synkronisation (MP, TR, GR): synkfel genom hela rutinen.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Element: Undermåligt utförande och kombination av flera större fel.</li> <li>• Koreografi: utförs <u>utan</u> form, hållning och precision genom största delen rutinen.               <ul style="list-style-type: none"> <li>• AMP</li> <li>• Övergångar &amp; länkar</li> <li>• Lyft (MP, TR, GR)</li> <li>• Partnerskap och samarbete (MP, TR, GR)</li> <li>• Synkronisation (MP, TR, GR): synkfel genom största delen av rutinen.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Element: Godkänt utförande med flera mindre fel.</li> <li>• Koreografi: Godkänt utförande av form, hållning och precision genom hela rutinen med flera mindre fel.               <ul style="list-style-type: none"> <li>• AMP</li> <li>• Övergångar &amp; länkar</li> <li>• Lyft (MP, TR, GR)</li> <li>• Partnerskap och samarbete (MP, TR, GR)</li> <li>• Synkronisation (MP, TR, GR): flera mindre synkfel i hela rutinen.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Element: Väl godkänt utförande med fåtal fel.</li> <li>• Koreografi: Väl godkänt utförande av form, hållning och precision genom hela rutinen med fåtal fel.               <ul style="list-style-type: none"> <li>• AMP</li> <li>• Övergångar &amp; länkar</li> <li>• Lyft (MP, TR, GR)</li> <li>• Partnerskap och samarbete (MP, TR, GR)</li> <li>• Synkronisation (MP, TR, GR): Fåtal synkfel i hela rutinen.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Element: Mer än väl godkänt utförande med enstaka fel.</li> <li>• Koreografi: Mer än väl godkänt utförande av form, hållning och precision med enstaka fel.               <ul style="list-style-type: none"> <li>• AMP</li> <li>• Övergångar &amp; länkar</li> <li>• Lyft (MP, TR, GR)</li> <li>• Partnerskap och samarbete (MP, TR, GR)</li> <li>• Synkronisation (MP, TR, GR): Enstaka synkfel i hela rutinen.</li> </ul> </li> </ul>

# 14. Svårighet (difficulty)

Examples
Incorrect body alignment
Incorrect body form
Adjust or correct hand position
Feet not together when landing
Incorrect feet position
Legs / feet bent or apart
Uncontrolled arm movements
Loss of balance
Interruption of the flow of the movements
Wrong technique
Touching the floor
Incorrect / uncontrolled PU landing position
Ending in PU position: hands and feet not landing at the same time
Incorrect / uncontrolled Spilt landing position
Incomplete rotation / turn
Acrobatic elements performed on elbow(s)
PU position: Shoulder is not in line with the upper arm
Wenson position: leg lower than upper triceps, not supported or not immediately
Ending in Split position: Incorrect arm position

GENERAL ERRORS		
EXAMPLES	SMALL	MEDIUM
	- 0.1	- 0.3
 <p>AMP Sequence (8-ct)</p>	<b>Incorrect Body Alignment</b>	
	<p>1 or 2 parts</p> 	<p>3 or more parts</p> 
		
	<b>Uncontrolled Feet Position</b>	
	<b>Feet Apart</b>	
	 <p>≤ shoulder width</p>	 <p>&gt; shoulder width</p>
	<b>Incomplete Rotation / Turn</b>	
	 <p>± 45°</p>	 <p>+ 45° or more</p>
	<b>Shoulders Not In Line With Upper Arm</b>	
		

## Specific errors in the execution on the elements

<b>"Family 1" Explosive Strength</b> (A-Frame, Straddle Cut, Reverse Cut)
Elements without airborne phase
A-Frame: pike position more than 60°
A-Frame: hands and feet do not leave and/or land the floor at the same time with airborne phase
Straddle Cut: straddle position is not shown
Straddle Cut: hips higher than shoulders before the cut
High-V Reverse Cut: back not parallel to the floor

<b>"Family 2" Static Strength</b> (Support, V-Support, Planche)
The skill is not held for at least 2-seconds
Unbalanced / unstable body during the skill
Straddle Support: legs less than 90°
V-support: legs not in vertical line
High V-support: back not parallel to the floor
High V-support: extra preparation
Horizontal Supports: body / legs are not parallel (above or below) to the floor
Horizontal Supports: arms not extended
Straddle Planche: legs wider than 120°

<b>"Family 3" Leg Circle</b> (Flair, Helicopter)
Flairs: Hips are not lifted during the extension phase
Flairs: legs pushed forward into straddle position
Helicopter: turning on the bottom before leg circles
Helicopter: performed with arms holding legs
Incomplete turn

<b>"Family 4" Dynamic Jump</b> (Air Turn, Free Fall, Gainer, Butterfly, Off Axis)
Feet and hand(s) not landing on the floor at the same time
Free Fall: position of the body above 30° horizontal
Gainer: position of the body above horizontal
Butterfly: without 1/2 turn on the floor before takeoff.
Butterfly: uncontrolled arms / legs
Butterfly: body not extended in airborne
Butterfly: position of the body (trunk/legs) above or under horizontal
Off Axis: position of the body is not out of axis

<b>"Family 5" Action Jump</b> (Tuck, Cossack, Pike, Straddle)
Tuck: Knees lower than waist level
Cossack, Pike, Straddle, Split: leg(s) lower than horizontal line
Straddle: legs not symmetrical

<b>"Family 6" Split Leap / Jump</b> (Scissors Kick, Scissors Leap, Switch Split, Sagittal Split)
Scissors Kick, Scissors Leap, Switch Split: leading leg not parallel to the floor
Split elements: legs angle less than 180°

<b>"Family 7" Turns</b> (Turn, Horizontal Turn)
Loss of balance
Lack of continuity (flow) of the skill
Turn with hopping
Turn not on the ball of the foot
Extra preparation
Turn with leg horizontal: leg position not horizontal

<b>"Family 8" Flexibility</b> (Split, Illusion, Balance)
Free support elements: hand in support on the leg during the skill
Split elements: legs angle less than 180°
Vertical Split: legs out of vertical line
Vertical Split: supporting foot off the floor
Illusion: inability to complete the full rotation
Illusion: extra turn after the skill
Illusion: lack of continuity (flow)
Illusion: full rotation of the free leg out of vertical line or out of circular trajectory
Illusion: foot slide during the skill
Illusion: touch or hopping.
Balance Turn with hopping
Balance Turn not on the ball of the foot

## Difficulty Elements

GROUP A (FLOOR ELEMENTS)		
FAMILY I Explosive Strength	FAMILY II Static Strength	FAMILY III Leg Circle
A-Frame	Support	Flair
Straddle Cut	V-Support	Helicopter
Reverse Cut	Planche / Straddle Planche	

GROUP B (AIRBORNE ELEMENTS)		
FAMILY IV Dynamic Jump (Compulsory for IM)	FAMILY V Action Jump	FAMILY VI Split Leap/Jump
Air Turn	Tuck	Scissors Kick
Free Fall	Cossack	Scissor Leap
Gainer	Pike	Switch Split
Butterfly	Straddle/Frontal Split	Sagital Split
Off Axis		

GROUP C (STANDING ELEMENTS)	
FAMILY VII Turns	FAMILY VIII Flexibility (Not allowed for IM)
Turn	Split
Horizontal Turn	Illusion
	Balance

### \*\*REMINDER:

- ⇒ If the element does **NOT** meet the "Minimum Requirements", then the element will not receive a value but is counted in the total number.
- ⇒ All elements in all Groups must be performed without a "FALL".
- <Air Turn, Turn, Horizontal Turn, Balance Turn and Vertical Split Turn>
- ⇒ To be recognized as **elements with turn(s)**, the element must complete **minimum of 3/4** of the **last turn**.

## Minimum Requirements

### GROUP A - FLOOR ELEMENTS

#### Family 1 Explosive Strength

- All elements in Family I must show the **airborne phase**.

BASE NAME	MINIMUM REQUIREMENTS
A-Frame	• Pike position (90° minimum) in airborne phase.
Straddle Cut	• Shoulders higher than hips level before the cut in airborne phase.
High-V Reverse Cut	• High-V position must be shown before airborne phase.

#### Family 2 Static Strength

- All elements in Family II must be held for at least **2-seconds**.

BASE NAME	MINIMUM REQUIREMENTS
Support	• Without touch.
V-Support	• Without touch.
Planche / Straddle Planche	• Without touch. • The straight body must not exceed 30° above the horizontal. • Legs must not exceed 30° lower than horizontal.

#### Family 3 Leg Circle

- All elements in Family III must be performed with the **full rotation of the legs**.

BASE NAME	MINIMUM REQUIREMENTS
Flair	• From the starting position, swing to FREE front support on both hands. • Rotation of the body in support on the hands (one after the other).
Helicopter	• Starting from leading leg crossing the other leg. • Leg circles must be supported on back. • Must complete minimum of 3/4 rotation. • The ending position must be facing the same direction as the starting position. With 1/2 turn: • The ending position must be facing the opposite direction as the starting position.

## GROUP B - AIRBORNE ELEMENTS

### Family 4

#### Dynamic

- For IM: Compulsory to perform at least 1 element from Family IV.

BASE NAME	MINIMUM REQUIREMENTS
<i>Air Turn</i>	• Both feet lands together.
<i>Free Fall</i>	• Hands and feet must land together.
<i>Gainer</i>	• Hands and feet must land together.
<i>Butter Fly</i>	• Body must not exceed 45° above or under the horizontal.
<i>Off Axis</i>	• Body must not exceed 45° above the horizontal.

### Family 5

#### Action Jump

BASE NAME	MINIMUM REQUIREMENTS
<i>Tuck</i>	• Tuck form must be shown with knees at least hip level.
<i>Cossack</i>	• Cossack form must be shown with legs at least parallel to the floor.
<i>Pike</i>	• Pike form must be shown with legs at least parallel to the floor.
<i>Straddle</i>	• Straddle form must be shown with legs at least parallel to the floor.

### Family 6

#### Split Leap / Jump

- All elements in Family VI must be performed with Split position of **minimum 150°**.

BASE NAME	MINIMUM REQUIREMENTS TO BE VALID
<i>Scissors Kick</i>	• Leading leg at least parallel to the floor. • Switch action must be shown in the airborne phase.
<i>Scissor Leap</i>	• Leading leg at least 45° to the floor. • Switch action must be shown in the airborne phase
<i>Switch Split Leap</i>	• Leading leg at least 45° to the floor.
<i>Sagittal Split</i>	• Sagittal Split form (body orientation towards front leg) must be shown in the airborne phase

## GROUP C - STANDING ELEMENTS

### Family 7

#### Turns

- All elements in Family VII must be performed with rotation toward the same direction of the supporting leg (**en dedans**).
- All elements in Family VII must be performed without **hopping**.

BASE NAME	MINIMUM REQUIREMENTS
<i>Turn</i>	• Must be performed on the ball of the foot.
<i>Horizontal Turn</i>	• Must be performed on the ball of the foot. • Lifted leg must not exceed 15° below the horizontal level.

### Family 8

#### Flexibility

- All elements in Family VIII are not allowed to perform by IM.
- All elements in Family VIII must be performed with **minimum of 170°** angle between the legs.











BASE NAME	MINIMUM REQUIREMENTS
<i>Vertical Split</i>	• Supporting leg must be in vertical position. • Supporting leg must not leave the floor.
<i>Illusion</i>	• Complete (full) rotation of the free leg.
<i>Balance</i>	• Must be performed on the ball of the foot. • Complete (full) rotation with holding lifted leg.





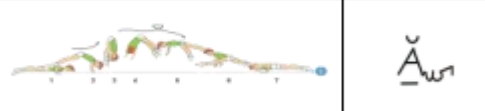
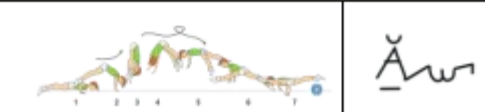
## GROUP A - FLOOR ELEMENTS

### Family 1 Explosive Strength

### A-FRAME

No.	Value	EXPLOSIVE A-FRAME			
A 184	0.4	1. Front Support. 2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne. 3. The pike requires vertical legs and knees close to the chest. 4. Land in Push up			
No.	Value	EXPLOSIVE A-FRAME TO SPLIT			
A194	0.4	1. Front Support. 2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne. 3. The pike requires vertical legs , knees close to the chest. 4. Show a Split when both hands and foot make contact with the floor			
No.	Value	EXPLOSIVE A-FRAME TO WENSON			
A 205	0.5	1. Front Support. 2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne. 3. The pike requires vertical legs, knees close to the chest. 4. Show a Wenson push up when both hands and foot make contact with the floor			
No.	Value	EXPLOSIVE A-FRAME ½ TURN			
A 186	0.6	1. Front support. 2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°. 3. The airborne pike requires vertical legs, knees close to the chest. 4. Push up.			
No.	Value	EXPLOSIVE A-FRAME ½ TURN TO SPLIT			
A 196	0.6	1. Front support. 2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°. 3. The airborne pike requires vertical legs, knees close to the chest. 4. Show a Split when both hands and foot make contact with the floor.			

0.05	Push up on knees	1
0.1	Push up	1
0.1	Lateral push up on knees	1
0.1	Hinge push up on knees	1
0.2	Lateral push up	1
0.2	Hinge push up	1
0.2	Push up 1 leg	1
0.2	Plio push up	1
0.2	Wenson push up	1

No.	Value	<b>EXPLOSIVE A-FRAME 1/2 TURN 1/2 TWIST TO BACK SUPPORT</b>	
A 198	0.8	<ol style="list-style-type: none"> <li>1. Front support.</li> <li>2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°.</li> <li>3. The airborne pike requires vertical legs, knees close to the chest.</li> <li>4. Show a 1/2 twist to back support when both hands make contact with the floor.</li> </ol>	
No.	Value	<b>EXPLOSIVE A-FRAME TO LIFTED WENSON</b>	
A 206	0.6	<ol style="list-style-type: none"> <li>1. Front Support.</li> <li>2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne.</li> <li>3. The pike requires vertical legs and knees close to the chest.</li> <li>4. Show a Lifted Wenson push up when both hands and foot make contact with the floor</li> </ol>	
No.	Value	<b>EXPLOSIVE A-FRAME 1/2 TURN TO WENSON</b>	
A 207	0.7	<ol style="list-style-type: none"> <li>1. Front support.</li> <li>2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°.</li> <li>3. The airborne pike requires vertical legs, knees close to the chest.</li> <li>4. Show a Wenson push up when both hands and foot make contact with the floor.</li> </ol>	
No.	Value	<b>EXPLOSIVE A-FRAME 1/2 TURN TO LIFTED WENSON</b>	
A 208	0.8	<ol style="list-style-type: none"> <li>1. Front support.</li> <li>2. Pushing off the floor, the body is lifted upwards in order to allow it to pike while airborne and then, the body turns 180°.</li> <li>3. The airborne pike requires vertical legs, knees close to the chest.</li> <li>4. Show a Lifted Wenson PU when both hands make contact with the floor.</li> </ol>	

Family 1

Explosive Strength

STRADDLE CUT

No.	Value	STRADDLE CUT		
A 215	0.5	<ol style="list-style-type: none"> <li>1. Front Support.</li> <li>2. After the arms bend, both arms and legs push the body upwards into airborne.</li> <li>3. While airborne, the legs straddle sideways and cut forward to land extended in rear support, feet lifted off the floor during the skill.</li> <li>4. Back support (or rear support).</li> </ol>		
A 219	0.9	<ol style="list-style-type: none"> <li>1. Front Support.</li> <li>2. Perform a Straddle-Cut.</li> <li>3. Airborne phase must be shown before the cut.</li> <li>4. During the Straddle Cut, in the flight phase, the body twists 180 degrees</li> <li>5. Push up.</li> </ol>		
A 220	1.0	<ol style="list-style-type: none"> <li>1. Front Support.</li> <li>2. Perform a Straddle-Cut.</li> <li>3. Airborne phase must be shown before the cut.</li> <li>4. During the Straddle Cut, in the flight phase, the body twists 180 degrees.</li> <li>5. Wenson.</li> </ol>		

Family 1

Explosive Strength



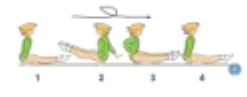



REVERSE CUT

No.	Value	HIGH V-SUPPORT REVERSE CUT 1/2TURN TO SPLIT		
A 228	0.8	<ol style="list-style-type: none"> <li>1. High V support.</li> <li>2. Extending the legs upward and forward, push the floor for raising the top of the body upward and forward while turning 180°.</li> <li>3. Simultaneously, open the legs in the sagittal plane.</li> <li>4. Sagittal Split.</li> </ol>		



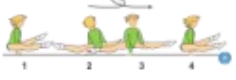







Family 2

Static Strength

L SUPPORT

No.	Value	L-SUPPORT		
B 132	0.2	<ol style="list-style-type: none"> <li>1. Seated legs together.</li> <li>2. Both hands are placed at the side of the body close to the hips.</li> <li>3. The body is supported by both arms with only the hands in contact with the floor.</li> <li>4. Hips are flexed and legs parallel to the floor. Hold for 2 seconds.</li> </ol>		
No.	Value	L-SUPPORT 1/1 TURN		
B 134	0.4	<ol style="list-style-type: none"> <li>1. L-support.</li> <li>2. The body turns 360°. Hold for 2 seconds, at the start, during or end of the turn. Changing hands on the floor up to 4 times.</li> <li>3. L-support.</li> </ol>		
No.	Value	L-SUPPORT 2/1 TURNS		
B 136	0.6	<ol style="list-style-type: none"> <li>1. L-support.</li> <li>2. The body turns 720°. Changing hands on the floor up to 8 times.</li> <li>3. L-support.</li> </ol>		

0.05	Seated L support one leg lifted	2
0.1	L support 1 heel on floor 1 leg and hips lifted	2
0.05	Seated straddle support one leg lifted	2
0.1	Straddle support 1 heel on floor hips lifted	2

No.	Value	STRADDLE SUPPORT		
B 102	0.2	<ol style="list-style-type: none"> <li>1. Straddle seat.</li> <li>2. The body is supported by both arms with only the hands in contact with the floor.</li> <li>3. Both hands are placed in front of the body.</li> <li>4. Hips are flexed and legs straddled (minimum width 90°) and parallel to the floor.</li> <li>5. Hold for 2 seconds.</li> </ol>		
B 104	0.4	<ol style="list-style-type: none"> <li>1. Straddle support.</li> <li>2. The body turns 360°.</li> <li>3. Hold for 2 seconds, at the start, during or end of the turn.</li> <li>4. Changing hands on the floor up to 4 times.</li> </ol>		
B 106	0.6	<ol style="list-style-type: none"> <li>1. Straddle support.</li> <li>2. The body turns 720°. Hold for 2 seconds, at the start, during or end of the turns.</li> <li>3. Changing hands on the floor up to 8 times.</li> </ol>		
B 114	0.4	<ol style="list-style-type: none"> <li>1. The body is supported by one arm with only the hand in contact with the floor.</li> <li>2. Hips are flexed and legs straddled (minimum width 90°) and parallel to the floor.</li> <li>3. Hold for 2 seconds.</li> <li>4. The placement of the free arm is optional.</li> </ol>		
B 116	0.6	<ol style="list-style-type: none"> <li>1. 1 arm Straddle support.</li> <li>2. The body turns 360°.</li> <li>3. Hold for 2 seconds, at the start, during or end of the turn.</li> <li>4. The turn is performed with only one arm support on the spot.</li> </ol>		

No.	Value	<b>STRADDLE / L SUPPORT 2/1 TURNS</b>		
B 126	0.7	<ol style="list-style-type: none"> <li>1. Straddle Support.</li> <li>2. The body turns 720°, changing the hand and leg (Straddle – L – Straddle) after every 1/2 turn.</li> <li>3. Straddle Support</li> </ol>		

Family 2

Static Strength

V SUPPORT

No.	Value	<b>V-SUPPORT</b>		
B 155	0.4	<ol style="list-style-type: none"> <li>1. The body is supported by both arms with only the hands in contact with the floor.</li> <li>2. Both hands are placed at the side of the body close to the hips.</li> <li>3. Hips are flexed and legs together are lifted to the vertical, close to the chest (V-Support). Hold for 2 seconds.</li> </ol>		

No.	Value	<b>V-SUPPORT 1/1 TURN</b>		
B 157	0.6	<ol style="list-style-type: none"> <li>1. V-support.</li> <li>2. The body turns 360°. Hold for 2 seconds, at the start, during or end of the turn.</li> <li>3. V-support.</li> </ol> <p>Changing hands on the floor up to 4 times.</p>		

No.	Value	<b>V-SUPPORT 2/1 TURNS</b>		
B 159	0.8	<ol style="list-style-type: none"> <li>1. V-support.</li> <li>2. The body turns 720°. Changing hands on the floor up to 8 times.</li> <li>3. V-support.</li> </ol>		

No.	Value	<b>HIGH V-SUPPORT</b>		
B 168	0.8	<ol style="list-style-type: none"> <li>1. The body is supported by both arms with only the hands in contact with the floor.</li> <li>2. The placement of the hands: Both hands are placed at the side of the body close to the hips.</li> <li>3. Hips are flexed and legs are lifted off the floor until the back is parallel to the floor with thighs close to the chest (Pike).</li> <li>4. Hold for 2 seconds.</li> </ol>		

0.2	Bent legs V support hips raised	2
0.3	Straddle V support	2
0.5	V support 1/2 turn	2

No.	Value	<b>HIGH V-SUPPORT 1/1 TURN</b>		
B 170	1.0	<ol style="list-style-type: none"> <li>High V-support.</li> <li>The body turns 360°. Changing hands on the floor up to 4 times. Hold for 2 seconds, at the start, during or end of the turn.</li> <li>High V-support.</li> </ol>		

Family **2**

Static Strength

**PLANCHE**

No.	Value	<b>STRADDLE PLANCHE</b>		
B 186	0.6	<ol style="list-style-type: none"> <li>A support in which the body is supported on both hands with straight arms.</li> <li>Hands may be turned out at the wrist or pointing towards the feet.</li> <li>Legs are in straddle.</li> <li>Hold for 2 seconds.</li> <li>The body line must not exceed 20° above parallel.</li> </ol>		

No.	Value	<b>STRADDLE PLANCHE TO LIFTED WENSON</b>		
B 198	0.8	<ol style="list-style-type: none"> <li>Straddle Planche. Hold for 2 seconds.</li> <li>Bend the arms, kicking one leg laterally forwards</li> <li>Lifted Wenson.</li> </ol>		







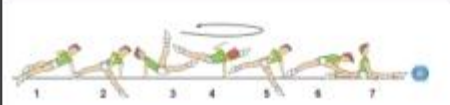

No.	Value	<b>STRADDLE PLANCHE TO LIFTED WENSON AND BACK</b>		
B 200	1.0	<ol style="list-style-type: none"> <li>Straddle Planche. Hold for 2 seconds.</li> <li>Bend the arms, kicking one leg laterally forwards to the Lifted Wenson.</li> <li>Return to Straddle Planche, Hold for 2 seconds.</li> </ol>		

No.	Value	<b>PLANCHE</b>		
B 218	0.8	<ol style="list-style-type: none"> <li>Planche, legs together.</li> <li>Hands may be turned out at the wrist or pointing towards the feet, the body line must not exceed 20° above parallel.</li> <li>Hold for 2 seconds.</li> </ol>		

0.3	Tuck planche	2
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Family 3 Leg Circle

FLAIR

No.	Value	FLAIR		
A 305	0.5	1. Straddle Front support. Legs apart to initiate the swing. 2. From a free front support on both hands, legs circle straddle around the body. 3. Front Support.		
A 309	0.9	1. Straddle Front Support. 2. Perform Flair. Before the end of the flair, 1/2 turn and 1/1 twist in airborne position 3. Front support.		
A 310	1.0	1. Straddle Front Support. 2. Perform Flair. Before the end of the flair, 1/2 turn and 1/1 twist in airborne position 3. Front support or to Wenson.		
A 315	0.5	1. Straddle Front support. Legs apart to initiate the swing 2. From a free front support on both hands, legs circle straddle around the body. 3. Sagittal Split.		

0.05	Front support position	3
0.05	Rear support position	3
0.1	1/4 leg circle to side support (krets)	3
0.2	1 1/2 leg circle to rear support (krets)	3
0.3	3/4 leg circle to side support (krets)	3








No.	Value	FLAIR 1/1 TURN TO SPLIT	
A 317	0.7	<ol style="list-style-type: none"> <li>1. Straddle Front Support.</li> <li>2. Perform Flair.</li> <li>3. While performing Flair, turning 360°</li> <li>4. Land in Split</li> </ol>	
No.	Value	FLAIR + AIR FLAIR	
A 319	0.9	<ol style="list-style-type: none"> <li>1. From straddle front support.</li> <li>2. Perform a Flair.</li> <li>3. Perform air flair in vertical position.</li> <li>4. Optional ending position.</li> </ol>	
No.	Value	FLAIR TO WENSON	
A 326	0.6	<ol style="list-style-type: none"> <li>1. Straddle front support.</li> <li>2. Perform Flair.</li> <li>3. Wenson.</li> </ol>	
No.	Value	FLAIR 1/2 TURN TO WENSON	
A 327	0.7	<ol style="list-style-type: none"> <li>1. Straddle Front Support.</li> <li>2. Perform Flair.</li> <li>3. While performing Flair, turning 180°.</li> <li>4. Wenson.</li> </ol>	
No.	Value	FLAIR 1/1 TURN TO WENSON	
A 328	0.8	<ol style="list-style-type: none"> <li>1. Straddle Front Support.</li> <li>2. Perform Flair.</li> <li>3. While performing Flair, turning 360°.</li> <li>4. Wenson.</li> </ol>	
No.	Value	FLAIR 1/1 SPINDLE TO WENSON	
A 329	0.9	<ol style="list-style-type: none"> <li>1. From straddle Front Support, on one arm to initiate the rotation</li> <li>2. Swing straddle legs up to back support on hands, 1/2 turn on one arm to arrive in back support, straddle legs, then 1/2 twist.</li> <li>3. Wenson.</li> </ol>	

## Family 3

## Leg Circle


## HELICOPTER






No.	Value	HELICOPTER		
A 364	0.4	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. The leading leg crosses over the other leg to initiate the rotation, one arm on the floor at the beginning of the movement. As the leading leg circles over the body the hand is lifted and replaced by the upper back. Perform a 180° twist, both legs circle over the body while rotating.</li> <li>3. Push up, facing the same direction as the starting seated.</li> </ol>		$\underline{6}^x$
A 365	0.5	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. Perform a Helicopter.</li> <li>3. Wenson.</li> </ol>		$\underline{6}^x$
A 366	0.6	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. Perform a Helicopter.</li> <li>3. Lifted Wenson.</li> </ol>		$\underline{6}^x$
A 368	0.8	<ol style="list-style-type: none"> <li>1. Straddle Sit</li> <li>2. The leading leg crosses over the other leg to initiate the rotation. One arm is on the floor at the beginning of the movement. As the leading leg circles over the body the hand is lifted and push the whole body into the airborne phase. Perform a 360° twist airborne.</li> <li>3. Push up facing the same direction as the starting seated.</li> </ol>		$\underline{6}^x$
A 374	0.4	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. Perform Helicopter.</li> <li>3. Show a Split when both hands and foot make contact with the floor.</li> </ol>		$\underline{6}^x$

0.2

Helicopter 1/2 - "sittande till sittande"

3

No.	Value	HELIPTER 1/4 TURN TO SPLIT		
A 375	0.5	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. Perform Helicopter. Turn 180° while performing a Helicopter</li> <li>3. Land in a Split when both hands and foot make contact with the floor, facing opposite direction from the starting.</li> </ol>		$\overset{x}{\underset{=}{\text{E}}}$







No.	Value	HELIPTER 1/1 TURN TO SPLIT		
A 346	0.6	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. While performing a Helicopter, body turns 360° on back.</li> <li>3. Push up into airborne phase, land in split facing the same direction as the starting seated.</li> </ol>		$\overset{x}{\underset{=}{\text{E}}}$
No.	Value	HELIPTER TO WENSON		
A 355	0.5	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. Perform a Helicopter.</li> <li>3. Wenson.</li> </ol>		$\overset{x}{\underset{=}{\text{E}}}$
No.	Value	HELIPTER TO LIFTED WENSON		
A 356	0.6	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. Perform a Helicopter.</li> <li>3. Lifted Wenson.</li> </ol>		$\overset{x}{\text{E}} \text{w}$
No.	Value	HELIPTER 1/1 TURN TO WENSON		
A 357	0.7	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. While performing a Helicopter, body turns 360° on back.</li> <li>3. Push up into airborne phase, land in Wenson facing the same direction as the starting seated.</li> </ol>		$\overset{x}{\text{E}} \text{w}$
No.	Value	HELIPTER 1/1 TURN TO LIFTED WENSON		
A 358	0.8	<ol style="list-style-type: none"> <li>1. Straddle Sit.</li> <li>2. While performing a Helicopter, body turns 360° on back.</li> <li>3. Push up into airborne phase, land in lifted Wenson facing the same direction as the starting seated.</li> </ol>		$\overset{x}{\text{E}} \text{w}$

## GROUP B - AIRBORNE ELEMENTS

Family **4**

Dynamic Jump



**AIR TURN**

No.	Value	<b>1/1 AIR TURN</b>		
B 403	0.3	<ol style="list-style-type: none"> <li>1. A two-foot take off with the body vertical, fully extended.</li> <li>2. While airborne the body turns 360°. Position of arms is optional.</li> <li>3. Landing with feet together.</li> </ol>		
No.	Value	<b>2/1 AIR TURNS</b>		
B 405	0.5	<ol style="list-style-type: none"> <li>1. A two-foot take off with the body vertical, fully extended.</li> <li>2. While airborne the body turns 720°. Position of arms is optional.</li> <li>3. Landing with feet together.</li> </ol>		
No.	Value	<b>3/1 AIR TURNS</b>		
B 408	0.8	<ol style="list-style-type: none"> <li>1. A two-foot take off jump with the body vertical, fully extended.</li> <li>2. While airborne the body turns 1080°. Position of arms is optional.</li> <li>3. Landing with feet together.</li> </ol>		



Family **4**



Dynamic Jump

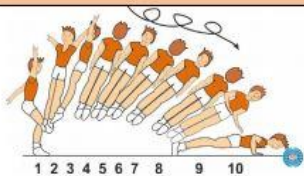

**FREE FALL**

No.	Value	<b>FREE FALL AIRBORNE</b>		
B 414	0.4	<ol style="list-style-type: none"> <li>1. A two-foot take off.</li> <li>2. The athlete jumps upwards and forward, straight body,</li> <li>3. Landing in Push Up, hands and feet together.</li> </ol>		

0.05	Ljus hopp	4
0.1	½ air turn	4
0.2	Free Fall stående	4



No.	Value	<b>FREE FALL 1/1 TWIST AIRBORNE</b>		
B 416	0.6	<ol style="list-style-type: none"> <li>1. A two-foot take off.</li> <li>2. The athlete jumps to initiate the fall and at the same time a 360° twist.</li> <li>3. Hands and feet land together in Push up.</li> </ol>		

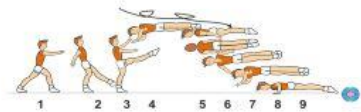

No.	Value	<b>FREE FALL 2/1 TWIST AIRBORNE</b>		
B 418	0.8	<ol style="list-style-type: none"> <li>1. A two-foot take off.</li> <li>2. The athlete jumps to initiate the fall and at the same time a 720° twist.</li> <li>3. Hands and feet land together in Push up</li> </ol>		

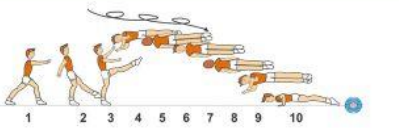

No.	Value	<b>FREE FALL 3/1 TWIST AIRBORNE</b>		
B 420	1.0	<ol style="list-style-type: none"> <li>1. A two-foot take off.</li> <li>2. Push off from the floor to initiate the fall forward and is immediately followed by a 1080° twist.</li> <li>3. Hands and feet land together in Push up.</li> </ol>		

**Family 4** Dynamic Jump

**GAINER**

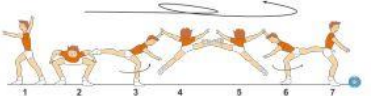

No.	Value	<b>GAINER 1/2 TWIST</b>		
B 425	0.5	<ol style="list-style-type: none"> <li>1. From standing, one leg swings forward to lift the body upwards, parallel to the floor.</li> <li>2. Both legs come together while airborne (Gainer), a 180° twist is performed with a straight body.</li> <li>3. Hands and feet land together in Push up.</li> </ol>		

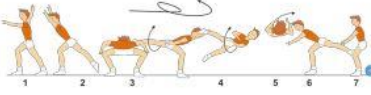

No.	Value	<b>GAINER 1 1/2 TWIST</b>		
B 427	0.7	<ol style="list-style-type: none"> <li>1. From standing, one leg swings forward to lift the body upwards, parallel to the floor.</li> <li>2. Both legs come together while airborne (Gainer), a 540° twist is performed with a straight body.</li> <li>3. Hands and feet land together in Push up.</li> </ol>		

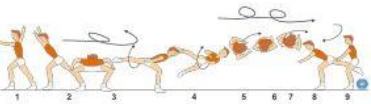

No.	Value	<b>GAINER 2 ½ TWIST</b>		
B 430	1.0	<ol style="list-style-type: none"> <li>From standing, one leg swings forward to lift the body upwards, parallel to the floor.</li> <li>Both legs come together while airborne (Gainer), a 900° twist is performed with a straight body.</li> <li>Hands and feet land together in Push up.</li> </ol>		

Family **4** Dynamic Jump

**BUTTERFLY**

No.	Value	<b>BUTTERFLY</b>		
B 435	0.5	<ol style="list-style-type: none"> <li>With a 1/2 turn on the floor before one-foot take off.</li> <li>Kick the free leg straight and backward to lift the body upward with slight arch on the back.</li> <li>While airborne, legs flies open in straddle with body in horizontal position.</li> <li>Landing in one foot.</li> </ol>		

No.	Value	<b>BUTTERFLY 1/1 TWIST</b>		
B 437	0.7	<ol style="list-style-type: none"> <li>With a 1/2 turn on the floor before one-foot take off</li> <li>Kick the free leg straight and to swing diagonally backward to lift the body upward with slight arch on the back.</li> <li>While airborne, legs flies open in straddle and body rotates to perform a full twist (360°) in horizontal position.</li> <li>Landing in one foot.</li> </ol>		

No.	Value	<b>BUTTERFLY 2/1 TWIST</b>		
B 439	0.9	<ol style="list-style-type: none"> <li>With a 1/2 turn on the floor before one-foot take off</li> <li>Kick the free leg straight and to swing diagonally backward to lift the body upward with slight arch on the back.</li> <li>While airborne, legs flies open in straddle and body rotates to perform a full twist (720°) in horizontal position.</li> <li>Landing in one foot.</li> </ol>		

Family 4

Dynamic Jump

OFF AXIS

No.	Value	1 ½ TWISTOFF AXIS JUMP		
B 447	0.7	<ol style="list-style-type: none"> <li>1. A one-foot take off, kicking the free leg upward and diagonally</li> <li>2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°), arms close to the chest.</li> <li>3. Landing in standing position.</li> </ol>		
No.	Value	1 ½ TWISTOFF AXIS JUMP TO PU		
B 449	0.9	<ol style="list-style-type: none"> <li>1. A one-foot take off, kicking the free leg upward and diagonally</li> <li>2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°), arms close to the chest.</li> <li>3. Landing in Push up position.</li> </ol>		

Family 5

Form Jump

TUCK

No.	Value	TUCK JUMP		
B 502	0.2	<ol style="list-style-type: none"> <li>1. A Vertical Jump.</li> <li>2. Legs are lifted, with knees bent close to the chest to show a Tuck.</li> <li>3. Landing feet together.</li> </ol>		
No.	Value	1/1 TURN TUCK JUMP		
B 504	0.4	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn.</li> <li>2. While airborne, show a Tuck.</li> <li>3. Landing feet together, facing the same direction as the start.</li> </ol>		

No.	Value	<b>2/1 TURNS TUCK JUMP</b>		
B 506	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn.</li> <li>2. While airborne, show a Tuck.</li> <li>3. Landing with feet together, facing the same direction as the start.</li> </ol>		
No.	Value	<b>TUCK JUMP TO SPLIT</b>		
B 513	0.3	<ol style="list-style-type: none"> <li>1. A Vertical Jump.</li> <li>2. While airborne, show a Tuck.</li> <li>3. Landing in Split.</li> </ol>		
No.	Value	<b>½ TURN TUCK JUMP TO SPLIT</b>		
B 514	0.4	<ol style="list-style-type: none"> <li>1. A Vertical Jump.</li> <li>2. While airborne, show a Tuck.</li> <li>3. Landing in Split.</li> </ol>		
No.	Value	<b>1/1 TURN TUCK JUMP TO SPLIT</b>		
B 515	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Tuck.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split, facing the same direction as the start.</li> </ol>		
No.	Value	<b>1 ½ TURN TUCK JUMP TO SPLIT</b>		
B 516	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Tuck.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		



No.	Value	<b>2/1 TURNS TUCK JUMP TO SPLIT</b>		
B 517	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn into Tuck.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split, facing the same direction as the start.</li> </ol>		
No.	Value	<b>TUCK JUMP TO PUSH UP</b>		
B 524	0.4	<ol style="list-style-type: none"> <li>1. A vertical Tuck jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		
No.	Value	<b>1/2 TURN TUCK JUMP TO PUSH UP</b>		
B 525	0.5	<ol style="list-style-type: none"> <li>1. A vertical jump with 180° turns into Tuck.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		
No.	Value	<b>1/2 TURN TUCK JUMP 1/2 TWIST TO PUSH UP</b>		
B 526	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 180° turn into Tuck.</li> <li>2. The body twists 180° while airborne, inclines and prepares for landing</li> <li>3. Landing in Push up, facing the same direction from the start</li> </ol>		

No.	Value	<b>1/1 TURN TUCK JUMP ½ TWIST TO PUSH UP</b>		
B 527	0.7	<ol style="list-style-type: none"> <li>1. A vertical jump with a 360° turn into Tuck.</li> <li>2. The body twists 180° while airborne, inclines and prepares for landing.</li> <li>3. Landing in Push up facing the opposite direction from the start.</li> </ol>		

No.	Value	<b>1 ½ TURN TUCK JUMP ½ TWIST TO PUSH UP</b>		
B 528	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Tuck.</li> <li>2. The body twists 180° while airborne, inclines and prepares for landing</li> <li>3. Landing in Push up, facing the same direction from the start.</li> </ol>		

Family **5** Form Jump

**COSSACK**

No.	Value	<b>COSSACK JUMP</b>		
B 533	0.3	<ol style="list-style-type: none"> <li>1. A Vertical Jump where the both legs lift parallel to the floor or higher with one leg bent at knee (Cossack).</li> <li>2. The thighs of both legs are together and parallel to the floor.</li> <li>3. Landing with feet together.</li> </ol>		

No.	Value	<b>1/1 TURN COSSACK JUMP</b>		
B 535	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn.</li> <li>2. While airborne show a Cossack.</li> <li>3. Landing with feet together facing the same direction from the start.</li> </ol>		

No.	Value	<b>2/1 TURNS COSSACK JUMP</b>		
B 537	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn.</li> <li>2. While airborne show a Cossack.</li> <li>3. Landing with feet together facing the same direction from the start</li> </ol>		
No.	Value	<b>COSSACK JUMP TO SPLIT</b>		
B 544	0.4	<ol style="list-style-type: none"> <li>1. A vertical Cossack Jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start</li> </ol>		
No.	Value	<b>1/2 TURN COSSACK JUMP TO SPLIT</b>		
B 545	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 180° turn into Cossack.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		
No.	Value	<b>1/1 TURN COSSACK JUMP TO SPLIT</b>		
B 546	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Cossack</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		
No.	Value	<b>1 1/2 TURN COSSACK JUMP TO SPLIT</b>		
B 547	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Cossack.</li> <li>2. Then the body makes another 180° turn, inclines and prepares for landing.</li> <li>3. Landing in Split, facing the opposite direction from the start.</li> </ol>		

No.	Value	<b>2/1 TURNS COSSACK JUMP SPLIT</b>		
B 548	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn into Cossack.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>COSSACK JUMP TO PUSH UP</b>		
B 555	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Cossack Jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		
No.	Value	<b>COSSACK JUMP 1/2 TWIST TO PUSH UP</b>		
B 556	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump to Cossack position.</li> <li>2. Then the body inclines and twists 180° prepares for landing.</li> <li>3. Landing in Push up, facing the opposite direction from the start</li> </ol>		
No.	Value	<b>1/2 TURN COSSACK JUMP 1/2 TWIST TO PUSH UP</b>		
B 557	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 180° turn into Cossack.</li> <li>2. While airborne, the body twists another 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		

No.	Value	<b>1/1 TURN COSSACK JUMP ½ TWIST TO PUSH UP</b>		
B 558	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Cossack.</li> <li>2. While airborne, the body twists another 180°, inclines and prepares for landing</li> <li>3. Landing in Push up, facing the opposite direction from the start.</li> </ol>		

No.	Value	<b>1½ TURN COSSACK JUMP ½ TWIST TO PUSH UP</b>		
B 559	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Cossack.</li> <li>2. While airborne, the body twists another 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		

Family **5** Form Jump

**PIKE**

No.	Value	<b>PIKE JUMP</b>		
B 564	0.4	<ol style="list-style-type: none"> <li>1. A Vertical Jump with the body folding into a Pike, both legs lifted off the floor to a horizontal.</li> <li>2. The legs are parallel to or higher than the floor, showing an angle of no more than 60° between the trunk and the legs, arms and hands extended towards the toes.</li> <li>3. Landing with feet together.</li> </ol>		

No.	Value	<b>1/1 TURN PIKE JUMP</b>		
B 566	0.6	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 360° turn.</li> <li>2. While airborne show a Pike.</li> <li>3. Landing with feet together facing the same direction from the start</li> </ol>		

No.	Value	<b>2/1 TURNS PIKE JUMP</b>		
B 568	0.8	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 720° turn.</li> <li>2. While airborne show a Pike.</li> <li>3. Landing with feet together facing the same direction from the start.</li> </ol>		
No.	Value	<b>PIKE JUMP TO SPLIT</b>		
B 575	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Pike Jump.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split</li> </ol>		
No.	Value	<b>½ TURN PIKE JUMP TO SPLIT</b>		
B 576	0.6	<ol style="list-style-type: none"> <li>1. Jump with a 180° turn into Pike.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		
No.	Value	<b>1/1 TURN PIKE JUMP TO SPLIT</b>		
B 577	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Pike.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start</li> </ol>		

No.	Value	<b>1 ½ TURN PIKE JUMP TO SPLIT</b>		
B 578	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Pike.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the opposite direction from the start.</li> </ol>		
No.	Value	<b>2/1 TURN PIKE JUMP TO SPLIT</b>		
B 579	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn into Pike.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>PIKE JUMP TO PUSH UP</b>		
B 586	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Pike Jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		
No.	Value	<b>PIKE JUMP ½ TWIST TO PUSH UP</b>		
B 587	0.7	<ol style="list-style-type: none"> <li>1. A Pike Jump.</li> <li>2. While airborne, the body twists 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		

No.	Value	<b>1 ½ TURN PIKE JUMP TO SPLIT</b>		
B 578	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Pike.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the opposite direction from the start.</li> </ol>		
No.	Value	<b>2/1 TURN PIKE JUMP TO SPLIT</b>		
B 579	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn into Pike.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>PIKE JUMP TO PUSH UP</b>		
B 586	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Pike Jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		
No.	Value	<b>PIKE JUMP ½ TWIST TO PUSH UP</b>		
B 587	0.7	<ol style="list-style-type: none"> <li>1. A Pike Jump.</li> <li>2. While airborne, the body twists 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		



No.	Value	<b>1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP</b>		
B 588	0.8	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 180° turn into a Pike.</li> <li>2. While airborne, the body twists another 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		

No.	Value	<b>1/1 TURN PIKE JUMP 1/2 TWIST TO PUSH UP</b>		
B 589	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Pike.</li> <li>2. While airborne, the body twists another 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up facing the opposite direction from the start.</li> </ol>		

No.	Value	<b>1 1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP</b>		
B 590	1.0	<ol style="list-style-type: none"> <li>1. A jump with a 540° turn into Pike.</li> <li>2. While airborne, the body twists another 180°, inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		

Family **5** Form Jump

**STRADDLE / FRONTAL SPLIT**

No.	Value	<b>1/1 TURN STRADDLE LEAP TO PUSH UP</b>		
B 598	0.8	<ol style="list-style-type: none"> <li>1. A Leap from one foot with a 360° turn into Straddle.</li> <li>2. Keeping legs alignment with trunk and head, then show a straight body before landing.</li> <li>3. Landing in Push up.</li> </ol>		

No.	Value	<b>1/1 TURN STRADDLE LEAP ½ TWIST TO PUSH UP</b>		
B 599	0.9	<ol style="list-style-type: none"> <li>1. A Leap from one foot with a 360° turn into Straddle.</li> <li>2. Perform a 180° twist and then show a straight body before landing.</li> <li>3. Landing in Push up, facing the opposite direction from the start.</li> </ol>		
No.	Value	<b>STRADDLE JUMP</b>		
B 5104	0.4	<ol style="list-style-type: none"> <li>1. A Vertical Jump where the legs are lifted into an airborne Straddle (90° wide open) with arms.</li> <li>2. The angle between trunk and legs must not be more than 60°.</li> <li>3. The legs must be parallel to or higher than floor.</li> <li>4. Landing feet together.</li> </ol>		
No.	Value	<b>1/1 TURN STRADDLE JUMP</b>		
B 5106	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn.</li> <li>2. While airborne show a Straddle.</li> <li>3. Landing feet together, facing the same direction as the start.</li> </ol>		
No.	Value	<b>2/1 TURNS STRADDLE JUMP</b>		
B 5108	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn.</li> <li>2. While airborne, show a Straddle.</li> <li>3. Landing feet together, facing the same direction as the start.</li> </ol>		
No.	Value	<b>STRADDLE JUMP TO SPLIT</b>		
B 5115	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Straddle Jump.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		

No.	Value	$\frac{1}{2}$ TURN STRADDLE JUMP TO SPLIT	
B 5116	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 180° turn into Straddle.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>	
No.	Value	$\frac{1}{1}$ TURN STRADDLE JUMP TO SPLIT	
B 5117	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>	
No.	Value	$1 \frac{1}{2}$ TURN STRADDLE JUMP TO SPLIT	
B 5118	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the opposite direction from the start.</li> </ol>	
No.	Value	$2 \frac{1}{1}$ TURN STRADDLE JUMP TO SPLIT	
B 5119	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>	
No.	Value	STRADDLE JUMP TO PUSH UP	
B 5126	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Straddle jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>	

No.	Value	<b><math>\frac{1}{2}</math> TURN STRADDLE JUMP TO PUSH UP</b>		
B 5127	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 180° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>		
No.	Value	<b><math>\frac{1}{1}</math> TURN STRADDLE JUMP TO PUSH UP</b>		
B 5128	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 360° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		
No.	Value	<b><math>1 \frac{1}{2}</math> TURN STRADDLE JUMP TO PUSH UP</b>		
B 5129	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 540° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up facing the opposite direction from the start.</li> </ol>		
No.	Value	<b><math>\frac{2}{1}</math> TURN STRADDLE JUMP TO PUSH UP</b>		
B 5130	1.0	<ol style="list-style-type: none"> <li>1. A Vertical Jump with a 720° turn into Straddle.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		

No.	Value	SPLIT JUMP		
B 5134	0.4	<ol style="list-style-type: none"> <li>1. A Vertical jump.</li> <li>2. While airborne, the legs are fully stretched and show a Split.</li> <li>3. Landing with feet together.</li> </ol>		
B 5136	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Jump with 360° turn.</li> <li>2. While airborne, the legs are fully stretched and show a Split.</li> <li>3. Landing with feet together facing the same direction from the start.</li> </ol>		
B 5138	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Jump with 720° turn.</li> <li>2. While airborne, the legs are fully stretched and show a Split.</li> <li>3. Landing with feet together facing the same direction from the start.</li> </ol>		
B 5145	0.5	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		
B 5146	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump with 180° turn.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>		

0.05	90° grader split jump	6
0.2	135° grader split jump	6

No.	Value	<b>1/1 TURN SPLIT JUMP TO SPLIT</b>		
B 5147	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump.</li> <li>2. While airborne the body makes a 360° turn, the body inclines and prepares for landing</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>1 ½ TURN SPLIT JUMP TO SPLIT</b>		
B 5148	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump.</li> <li>2. While airborne, the body makes a 540° turn, the body inclines and prepares for landing</li> <li>3. Landing in Split facing the opposite direction from the start.</li> </ol>		
No.	Value	<b>2/1 TURN SPLIT JUMP TO SPLIT</b>		
B 5149	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump.</li> <li>2. While airborne, the body makes a 720° turn, the body inclines and prepares for landing</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>SPLIT JUMP SWITCH TO SPLIT</b>		
B 5156	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump.</li> <li>2. While airborne the legs switch, the body inclines and prepares for landing</li> <li>3. Landing in Split.</li> </ol>		
No.	Value	<b>½ TURN SPLIT JUMP TO SPLIT</b>		
B 5157	0.7	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 180° turn into a Split.</li> <li>2. While airborne the legs switch, the body inclines and prepares for landing</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		

No.	Value	<b>1/1 TURN SPLIT JUMP SWITCH TO SPLIT</b>		
B 5158	0.8	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 360° turn into a Split.</li> <li>2. While airborne the legs switch, the body inclines and prepares for landing</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>1 ½ TURN SPLIT JUMP SWITCH TO SPLIT</b>		
B 5159	0.9	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 360° turn into a Split.</li> <li>2. While airborne, the legs switch with a rotation of the body of 180°, then the body inclines and prepares for landing</li> <li>3. Landing in Split facing the opposite direction from the start.</li> </ol>		
No.	Value	<b>2/1 TURN SPLIT JUMP SWITCH TO SPLIT</b>		
B 5160	1.0	<ol style="list-style-type: none"> <li>1. A Vertical jump with a 720° turn into a Split.</li> <li>2. While airborne the legs switch, the body inclines and prepares for landing</li> <li>3. Landing in Split facing the same direction from the start.</li> </ol>		
No.	Value	<b>SPLIT JUMP TO PUSH UP</b>		
B 5166	0.6	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push</li> </ol>		
No.	Value	<b>½ TURN SPLIT JUMP TO PUSH UP</b>		
B 5167	0.7	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump with 180° turn.</li> <li>2. The body inclines and prepares for landing.</li> <li>3. Landing in Push</li> </ol>		

No.	Value	<b>1/1 TURN SPLIT JUMP TO PUSH UP</b>		
B 5168	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump with a 360° turn.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up facing the same direction from the start.</li> </ol>		
No.	Value	<b>1 1/2 TURN SPLIT JUMP TO PUSH UP</b>		
B 5169	0.9	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump with a 540° turn.</li> <li>2. Then the body inclines and prepares for landing.</li> <li>3. Landing in Push up facing the opposite direction from the start.</li> </ol>		



Family **6**

Split Leap / Jump

**SWITCH SPLIT**

No.	Value	SWITCH SPLIT LEAP		
B 604	0.4	<ol style="list-style-type: none"> <li>1. A one-foot take off Leap.</li> <li>2. While airborne, the legs switch to show a Split.</li> <li>3. Land on the foot of the leading leg.</li> </ol>		
No.	Value	SWITCH SPLIT LEAP TO SPLIT		
B 605	0.5	<ol style="list-style-type: none"> <li>1. A one-foot take off Switch Split Leap.</li> <li>2. While airborne, the legs switch to show a Split.</li> <li>3. Then the body inclines and prepares for landing.</li> <li>4. Landing in Split.</li> </ol>		

0.05	90° grader split leap	6
0.2	135° grader split leap	6
0.3	180 split leap	6
0.3	Switch split leap ½ turn 135° grader	6
0.4	Switch split leap ½ turn 135° grader to split	6

No.	Value	<b>SWITCH SPLIT LEAP ½ TURN TO SPLIT</b>		
B 606	0.6	<ol style="list-style-type: none"> <li>1. A one-foot take off Switch Split Leap.</li> <li>2. While airborne, the legs switch to show a Split.</li> <li>3. While airborne, the body turns 180°.</li> <li>4. Then the body inclines and prepares for landing</li> <li>5. Landing in Split, facing the opposite direction from the start.</li> </ol>		

No.	Value	<b>SWITCH SPLIT LEAP TO PUSH UP</b>		
B 616	0.6	<ol style="list-style-type: none"> <li>1. A one-foot take off Switch Split Leap.</li> <li>2. While airborne, the legs switch to show a Split.</li> <li>3. Then the body inclines and prepares for landing.</li> <li>4. Landing in Push up.</li> </ol>		

No.	Value	<b>SWITCH SPLIT LEAP ½ TURN TO PUSH UP</b>		
B 617	0.7	<ol style="list-style-type: none"> <li>1. A one-foot take off Switch Split Leap.</li> <li>2. While airborne, the legs switch to show a Split.</li> <li>3. Then the body inclines and prepares for landing.</li> <li>4. Landing in Push up.</li> </ol>		

**Family 6** Split Leap / Jump

**SCISSORS LEAP**

No.	Value	<b>SCISSORS LEAP ½ TURN</b>		
B 625	0.5	<ol style="list-style-type: none"> <li>1. A one-foot take off with one straight leg forward, turning 180°.</li> <li>2. While airborne the legs switch in order to show a Split.</li> <li>3. Land on one Leg.</li> </ol>		

0.05	1/2 turning straight jump from 1 foot to land on two feet	6
0.1	Värmlandskast (tour jete)	6
0.3	Scissors leap ½ turn 135° grader	6
0.4	Scissors leap ½ turn 135° grader to split	6
0.4	Scissors leap 1/1 turn 135° grader	6

No.	Value	SCISSORS LEAP 1/1 TURN
B 626	0.6	<ol style="list-style-type: none"> <li>1. A one-foot take off with one straight leg forward, turning 180°.</li> <li>2. While airborne legs switch in order to show a Split with ½ turn (180°).</li> <li>3. Land on two feet in the same direction from the starting position.</li> </ol>
No.	Value	SCISSORS LEAP 1 ½ TURN
B 627	0.7	<ol style="list-style-type: none"> <li>1. A one-foot take off Leap where the body simultaneously turns 180°.</li> <li>2. While airborne legs switch in order to show a Split.</li> <li>3. The body then turns 360°.</li> <li>4. Land on two feet.</li> </ol>
No.	Value	SCISSORS LEAP ½ TURN TO SPLIT
B 636	0.6	<ol style="list-style-type: none"> <li>1. A one-foot take off Scissors Leap ½ turn.</li> <li>2. Then the body maintains the vertical position in order to prepare the landing.</li> <li>3. Landing in Split.</li> </ol>
No.	Value	SCISSORS LEAP 1/1 TURN TO SPLIT
B 637	0.7	<ol style="list-style-type: none"> <li>1. A one-foot take off Scissors Leap ½ turn.</li> <li>2. Then the body performs ½ turn in the vertical position.</li> <li>3. Landing in Split</li> </ol>
No.	Value	SCISSORS LEAP 1 ½ TURN TO SPLIT
B 638	0.8	<ol style="list-style-type: none"> <li>1. A one-foot take off Scissors Leap ½ turn.</li> <li>2. Then the body performs 1/1 turn in the vertical position.</li> <li>3. Landing in Split.</li> </ol>

No.	Value	<b>SCISSORS LEAP ½ TURN SWITCH TO SPLIT</b>	
B 647	0.7	<ol style="list-style-type: none"> <li>1. A one- foot take off Scissors Leap ½ turn.</li> <li>2. While airborne, the legs switch s to show a Split, the body inclines and prepares for landing.</li> <li>3. Landing in Split.</li> </ol>	
No.	Value	<b>SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT</b>	
B 648	0.8	<ol style="list-style-type: none"> <li>1. A one- foot take off Scissors Leap 1/1 turn.</li> <li>2. While airborne, the legs switch s to show a Split.</li> <li>3. Then the body inclines and prepares for landing.</li> <li>4. Landing in Split.</li> </ol>	
No.	Value	<b>SCISSORS LEAP ½ TURN TO PUSH UP</b>	
B 657	0.7	<ol style="list-style-type: none"> <li>1. A one foot take off Scissors Leap ½ turn.</li> <li>2. Then the body prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>	
No.	Value	<b>SCISSORS LEAP ½ TURN ½ TWIST TO PUSH UP</b>	
B 658	0.8	<ol style="list-style-type: none"> <li>1. A one-foot take off Scissors Leap 180° turn.</li> <li>2. While airborne, the body twists another 180°, and prepares for landing.</li> <li>3. Landing in Push up.</li> </ol>	
No.	Value	<b>SCISSORS LEAP ½ TURN 1/1 TWIST TO PUSH UP</b>	
B 660	1.0	<ol style="list-style-type: none"> <li>1. A one -foot take off Scissors Leap 180° turn.</li> <li>2. While airborne, the body twists another 360°, and prepares for landing.</li> <li>3. Landing in Push up, facing the opposite direction from the start.</li> </ol>	

# GROUP C - STANDING ELEMENTS

## Family 7 Turn

## TURN



No.	Value	1/1 TURN		
C 702	0.2	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. A full turn (360°) is performed.</li> <li>3. Optional placement of the free leg and arms.</li> <li>4. Standing on one or both legs.</li> </ol>		
No.	Value	2/1 TURNS		
C 704	0.4	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. A full turn (720°) is performed.</li> <li>3. Optional placement of the free leg and arms.</li> <li>4. Standing on one or both legs.</li> </ol>		
No.	Value	3/1 TURNS		
C 706	0.6	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. A full turn (1080°) is performed.</li> <li>3. Optional placement of the free leg and arms.</li> <li>4. Standing on one or both legs.</li> </ol>		

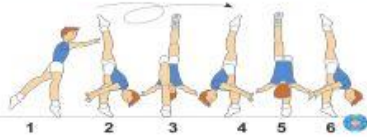

0.05	Preparation för turn on releve, balans 2s	7
0.1	Halv turn	7

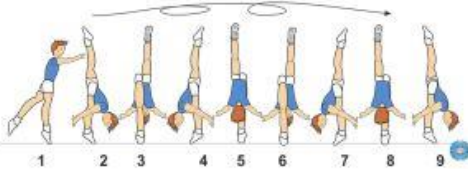

No.	Value	1/1 TURN WITH LEG AT HORIZONTAL		
C 715	0.5	<ol style="list-style-type: none"> <li>1. Standing on one leg, free leg must be straight.</li> <li>2. A full turn (360°) with a heel of the free leg forward at horizontal throughout the turn. Optional placement of the arms.</li> <li>3. Standing on one or both legs.</li> </ol>		
No.	Value	2/1 TURNS WITH LEG AT HORIZONTAL		
C 717	0.7	<ol style="list-style-type: none"> <li>1. Standing on one leg, free leg must be straight.</li> <li>2. 2/1 turns (720°) with a heel of the free leg forward at horizontal throughout the turn. Optional placement of the arms.</li> <li>3. Standing on one or both legs.</li> </ol>		
No.	Value	3/1 TURNS WITH LEG AT HORIZONTAL		
C 719	0.9	<ol style="list-style-type: none"> <li>1. Standing on one leg, free leg must be straight.</li> <li>2. 3/1 turns (1080°) with a heel of the free leg forward at horizontal throughout the turn. Optional placement of the arms.</li> <li>3. Standing on one or both legs.</li> </ol>		

No.	Value	VERTICAL SPLIT		
C 801	0.1	<ol style="list-style-type: none"> <li>1. While one leg supports the body, the other leg is lifted 180° to a Vertical Split.</li> <li>2. The hands touch the floor besides the supporting foot.</li> <li>3. Head, trunk and leg are all alignment.</li> <li>4. Ending in standing with feet together.</li> </ol>		

0.05	Incomplete vertical split	8
0.1	Spagat/splitt	8

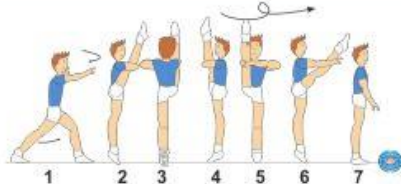

No.	Value	FREE VERTICAL SPLIT		
C 803	0.3	<ol style="list-style-type: none"> <li>1. While one leg supports the body, the other leg is lifted 180° to a Vertical Split.</li> <li>2. Hands do not touch the floor with the placement of the hands being optional.</li> <li>3. Head, trunk and leg are all alignment.</li> <li>4. Ending in standing with feet together.</li> </ol>		

No.	Value	FREE VERTICAL SPLIT WITH 1/1 TURN		
C 805	0.5	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. A Free Vertical Split is performed</li> <li>3. Full turn (360°) is performed.</li> <li>4. Ending in standing with feet together.</li> </ol>		

No.	Value	FREE VERTICAL SPLIT WITH 2/1 TURN		
C 807	0.7	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. A Free Vertical Split is performed</li> <li>3. Full turn (720°) is performed.</li> <li>4. Ending in standing with feet together.</li> </ol>		

Family **8** Flexibility

**BALANCE**

No.	Value	BALANCE 1/1 TURN		
C 815	0.5	<ol style="list-style-type: none"> <li>1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by one hand.</li> <li>2. A complete turn (360°) must be performed. Optional placement of the free arm.</li> <li>3. Standing with feet together.</li> </ol>		

0.1	Balance på tå	8
0.3	Balance 1/2 -3/4 turn	8

No.	Value	<b>BALANCE 2/1 TURNS</b>		
C 817	0.7	<ol style="list-style-type: none"> <li>1. A Balance turn where one leg is lifted in either in sagittal or frontal balance and is supported by one hand.</li> <li>2. 2/1full turns(720°) must be performed. Optional placement of the free arm.</li> <li>3. Standing with feet together.</li> </ol>		

No.	Value	<b>BALANCE 3/1 TURNS</b>		
C 819	0.9	<ol style="list-style-type: none"> <li>1. A Balance turn where one leg is lifted in either in sagittal or frontal balance and is supported by one hand.</li> <li>2. 3/1 full turns(1080°) must be performed. Optional placement of the free arm.</li> <li>3. Standing with feet together.</li> </ol>		

Family **8** Flexibility

**ILLUSION**

No.	Value	<b>ILLUSION</b>		
C 824	0.4	<ol style="list-style-type: none"> <li>1. From standing position on one leg, one leg is lifted upward to initiate a 360° vertical circle.</li> <li>2. Simultaneously the body rotates and turns 360° on the supporting leg. One hand touches the floor, beside the supporting foot. The lifted leg comes down to the starting.</li> <li>3. Standing with feet together.</li> </ol>		

No.	Value	<b>DOUBLE ILLUSION</b>		
C 826	0.6	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. Perform an Illusion (360°) linked with a first Illusion.</li> <li>3. Standing with feet together.</li> </ol>		



No.	Value	<b>TRIPLE ILLUSION</b>		
C 828	0.8	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. Perform an Illusion (1080°) linked with a second Illusion.</li> <li>3. Standing with feet together.</li> </ol>		
No.	Value	<b>FREE ILLUSION</b>		
C 835	0.5	<ol style="list-style-type: none"> <li>1. Standing on one leg, one leg is lifted upward to initiate a 360° vertical circle.</li> <li>2. Simultaneously the body rotates and turns 360° on the supporting leg.</li> <li>3. Hands do not touch the floor and the lifted leg comes down to the starting.</li> <li>4. Standing with feet together.</li> </ol>		
No.	Value	<b>FREE DOUBLE ILLUSION</b>		
C 837	0.7	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. Perform a Free Illusion (360°) linked with a second Free Illusion.</li> <li>3. Standing with feet together.</li> </ol>		
No.	Value	<b>FREE TRIPLE ILLUSION</b>		
C 839	0.9	<ol style="list-style-type: none"> <li>1. Standing on one leg.</li> <li>2. Perform a Free Illusion (1080°) linked with a second Free Illusion.</li> <li>3. Standing with feet together.</li> </ol>		

# 15. Appendix

## Anvisningar gällande resultatredovisning

Open C 7-9 år	Ingen resultatredovisning sker vid prisutdelning eller på internet. - Ingen rangordning av aktiva/lag görs på tävlingen. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Open C 10-12 år	Aktiva och ledare delges de egna aktivas/lagens poäng under tävlingens gång. Ingen resultatredovisning sker på internet. Efter avslutad tävling tilldelas de tre första aktiva/lagen medaljer och övriga placerar sig på en fjärde plats. Beroende på antal deltagare kan fördelningen av medaljer se olika ut. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Open C 13+ år	Aktiva och ledare delges de egna aktivas/lagens poäng under tävlingens gång. Ingen resultatredovisning sker på internet. Efter avslutad tävling tilldelas de tre första aktiva/lagen medaljer och övriga placerar sig på en fjärde plats. Vid färre än 4 deltagare kan fördelningen av medaljer se olika ut. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Open B 7-9 år	Ingen resultatredovisning sker vid prisutdelning eller på internet. - Ingen rangordning av aktiva/lag görs på tävlingen. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Open B 10-12 år	Aktiva och ledare delges de egna aktivas/lagens poäng under tävlingens gång. Ingen resultatredovisning sker på internet. Efter avslutad tävling tilldelas de tre första aktiva/lagen medaljer och övriga placerar sig på en fjärde plats. Vid färre än 4 deltagare kan fördelningen av medaljer se olika ut. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Open B 13+ år	
Open A	
Steg 1 7-9 år	Ingen resultatredovisning sker vid prisutdelning eller på internet. - Ingen rangordning av aktiva/lag görs på tävlingen. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.

Steg 1 10-12 år	Aktiva och ledare delges de egna aktivas/lagens poäng under tävlingens gång. Ingen resultatredovisning sker på internet. Efter avslutad tävling tilldelas de tre första aktiva/lagen medaljer och övriga placerar sig på en fjärde plats. Vid färre än 4 deltagare kan fördelningen av medaljer se olika ut. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Steg 1 13+ år	
Steg 2 7-9 år	Ingen resultatredovisning sker vid prisutdelning eller på internet. - Ingen rangordning av aktiva/lag görs på tävlingen. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Steg 2 10-12 år	Aktiva och ledare delges de egna aktivas/lagens poäng under tävlingens gång. Ingen resultatredovisning sker på internet. Efter avslutad tävling tilldelas de tre första aktiva/lagen medaljer och övriga placerar sig på en fjärde plats. Vid färre än 4 deltagare kan fördelningen av medaljer se olika ut. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Steg 2 13+ år	
Steg 3 7-9 år	Ingen resultatredovisning sker vid prisutdelning eller på internet. - Ingen rangordning av aktiva/lag görs på tävlingen. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Steg 3 10-12 år	Aktiva och ledare delges de egna aktivas/lagens poäng under tävlingens gång. Ingen resultatredovisning sker på internet. Efter avslutad tävling tilldelas de tre första aktiva medaljer och övriga placerar sig på en fjärde plats. Vid färre än 4 deltagare kan fördelningen av medaljer se olika ut. Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.
Steg 3 13+ år	

**Vid tävlingar vid bara en åldersklass inom nivån (för få) tävlande att dela upp utgår ifrån yngsta tävlande gymnast inom klass/steg.**

### Gymnastikförbundet – Anvisningar för barn- och ungdomsgymnastiken

Resultat ska ges liten uppmärksamhet inom barngymnastiken. Med "liten uppmärksamhet" menar vi att vi inte i onödan behöver skapa ett intresse för exempelvis resultatåtergivning.

## För tävlingar för barn gäller:

### a. För tävlingar med lägsta ålder 7-9 år:

- Ingen poäng delges under tävlingens gång.
- Ledarna kan ges en fullständig resultatlista efter tävlingens slut.
- Ingen resultatredovisning sker vid prisutdelning eller på internet.
- Ingen rangordning av aktiva/lag görs på tävlingen.
- Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.

### b. För tävlingar med lägsta ålder 10-12 år:

- Aktivas/ lagens poäng får delges under tävlingens gång.
- Ledarna får en fullständig resultatlista efter tävlingens slut.
- Ingen resultatredovisning sker på internet.
- Efter avslutad tävling tilldelas de tre första aktiva/lagen medaljer och övriga placerar sig på en fjärde plats och presenteras i bokstavsordning. Om klassen endast har fyra startande tilldelas endast ettan och tvåan medaljer och övriga delar på tredjeplatsen.
- Eventuella diplom och/eller deltagarmedalj ges till samtliga aktiva.

Rankinglistor ska inte förekomma inom barn gymnastiken.

[Klicka här för att läsa Anvisningar för barn- och ungdomsgymnastik](#)

## Domarmall artisteri (artistry)

A Start no.

Open B    Open C    Steg 1    Steg 2

Musik            1    2    3    4    5

AMP             1    2    3    4    5

GC               1    2    3    4    5

Yta               1    2    3    4    5

Intryck          1    2    3    4    5

Gymnast \_\_\_\_\_

Resultat

Domare \_\_\_\_\_

## Domarmall utförande (execution)

E Start no.

Open B    Open C    Steg 1    Steg 2

Element        1    2    3    4    5

AMP            1    2    3    4    5

GC              1    2    3    4    5

Sync            1    2    3    4    5    (ej IW/IM)

Gymnast \_\_\_\_\_

Resultat

Domare \_\_\_\_\_