






FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



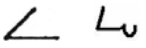
41st Artistic Gymnastics World Championships in London (GBR)

October 13 – 18, 2009

WAG: New elements

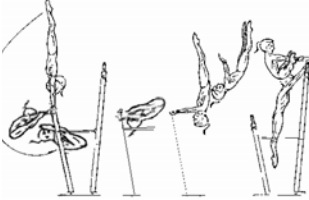



APPARATUS	ELEMENT DESCRIPTION	GYMNAST	NAT	DV	SYMBOL & NUMBER
Uneven Bars					
1	Clear Back Pike Circle with Counter Straddle (open hip before flight) – Reverse Hecht over HB	Paola Galante	ITA	E	 4.509
Balance Beam					
1	Stand on one leg with foot of free leg in fwd hold above head (2sec.)	Elisabetta Preziosa	ITA	A	 4.102
2	1/1/2(540) Pirouette with Free Leg held at 180 Split	Elisabetta Preziosa	ITA	D	 3.404

WAG: Different number

Uneven Bars					
1	<i>Glide Kip on LB, or kip with ½ turn (180°) to rear support</i>			A	 1.101


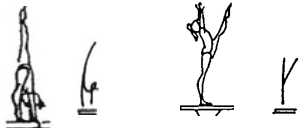

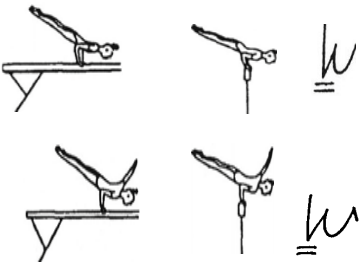
Uneven Bars

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.109</p>	<p>4.209</p>	<p>4.309 <i>Clear pike circle bwd on LB with counter flight to hang on HB</i></p>  	<p>4.409</p>	<p>4.509 <i>Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB</i></p>  	<p>4.609</p>

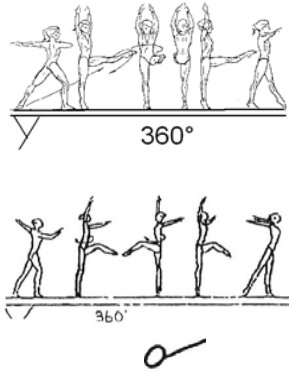
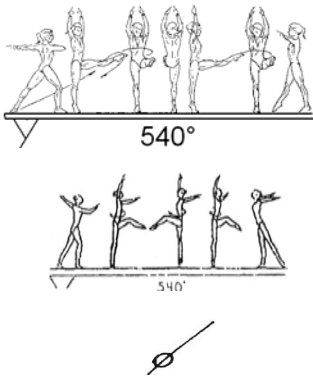
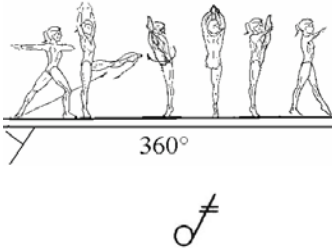
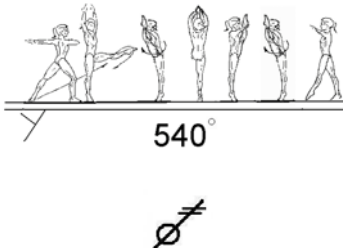
Balance Beam

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.101 (D) From kneeling sit position, rise upward with body wave through toe-balance stand</p>  <p>9/2</p>	<p>4.201</p>	<p>4.301</p>	<p>4.401</p>	<p>4.501</p>	<p>4.601</p>
<p><i>(D) To be counted as dance element</i></p>					
<p>4.102 (D) Standing split fwd with hand support in front of support leg (leg separation 180°) – Needle scale (2 sec.) or Stand on one leg with foot of free leg in fwd hold above head (2sec)</p>  <p>Scale fwd, support leg extended (leg separation 180°) - 2 sec.</p> 	<p>4.202</p>	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>	<p>4.602</p>
<p>4.103 Planche with support on one or both bent arms (2 sec.), also with leg in cross split position</p> 	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>

Balance Beam

3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203</p>	<p>3.303 <i>1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</i></p> 	<p>3.403 <i>1½ turn (540°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</i></p> 	<p>3.503</p>	<p>3.603</p>
<p>3.104</p>	<p>3.204</p>	<p>3.304 <i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i></p> 	<p>3.404 <i>1 1/2 turn (540°) with free leg held upward in 180° split position throughout turn</i></p> 	<p>3.504</p>	<p>3.604</p>