















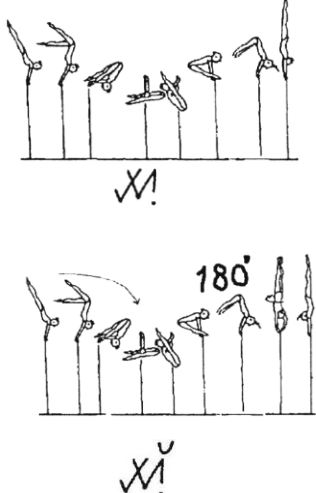
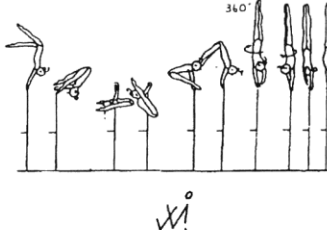
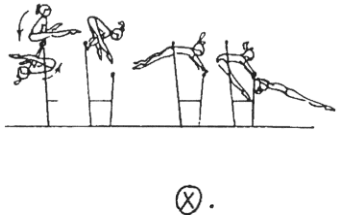


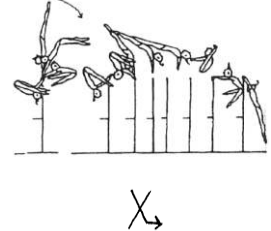

42nd FIG ARTISTIC GYMNASTICS WORLD CHAMPIONSHIPS ROTTERDAM (NED) FROM 16 TO 24 OCTOBER 2010



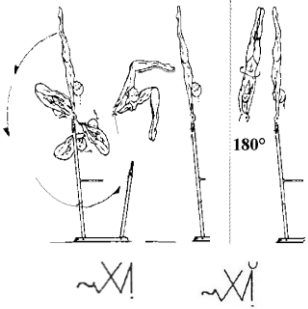
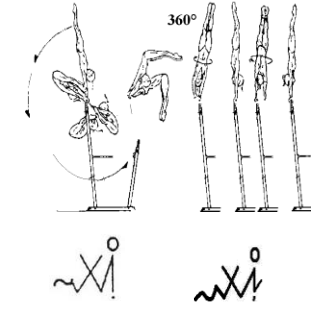
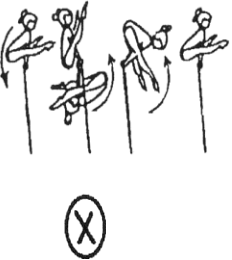

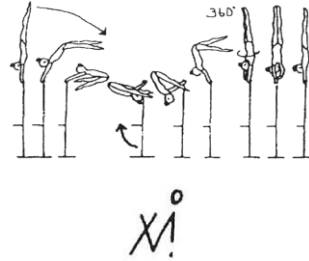
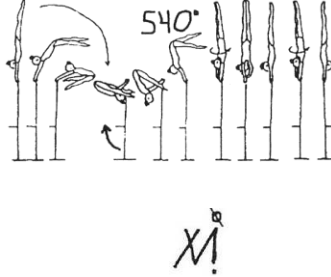
WAG NEW ELEMENTS					
APPARATUS	GYMNAST	COUNTRY	ELEMENT DEFINITION	ELEMENT VALUE	SYMBOL
	Downie, Rebecca	GBR	Stalder bwd on HB with counter pike - reverse hecht over HB to hang	F 4.602	
	Huang, Quishuang	CHN	Stalder forward in L grip with 360° turn to hstd (initiated on one arm before hstd)	E Same as 4.503	
	Nabieva, Tatiana	RUS	Pike sole circle bwd with counter stretched hecht (layout position over HB) to hang	G 5.709	
	Mustafina, Aliya	RUS	Swing fwd to double salto bwd tucked with 1½ twist (540°)	E 6.505	
	Morel, Pauline Malaussena Aurelie Frandoert Monica	FRA FRA POL	Mount – Leap fwd with leg change (free leg swing to 45°) to cross split	C 1.301	
	Wevers, Sanne	NED	2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)	E 3.503	
	Mitchell, Lauren	AUS	3/1 turn (1080°) in tuck stand on one leg - free leg optional	E 3.507	

	Mitchell, Lauren	AUS	3/1 turn (1080°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push with hands on floor).	E 2.507	
	Csillag, Tunde	HUN	Side split leap with 1/1 turn (360°)	C 1.301	


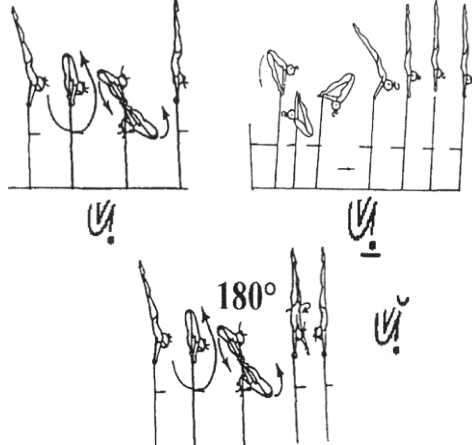
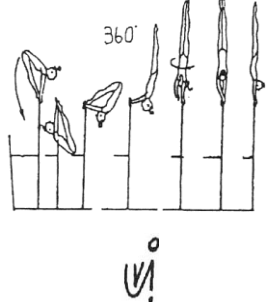
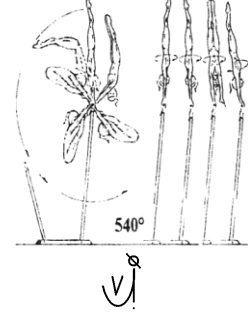

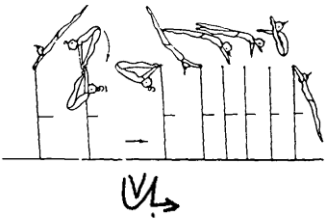
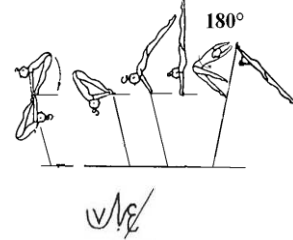
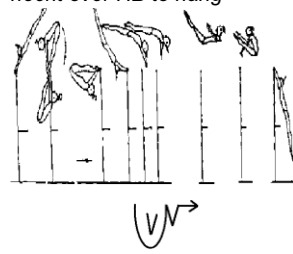
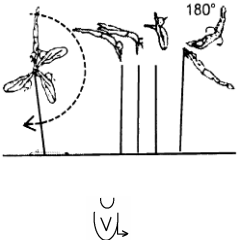

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.101 Clear straddle circle fwd to clear support</p> 	<p>4.201 Kip on HB, passing through clear straddle support – swing/press to hstd and ½ turn (180°) in hstd phase</p> 	<p>4.301 Stalder fwd to hstd, also with ½ turn (180°) to hstd</p> 	<p>4.401 Stalder fwd with 1/1 turn (360°) to hstd</p> 	<p>4.501</p>	<p>4.601</p>
<p>4.102</p>	<p>4.202 Clear straddle circle bwd on HB with grip change to hang on LB</p> 	<p>4.302 Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB</p> 	<p>4.402 Clear straddle circle bwd on HB with flight fwd to hstd on LB</p> 	<p>4.502 Stalder bwd on HB with counter straddle -reverse hecht over HB to hang</p> 	<p>4.602 Stalder bwd on HB with counter pike - reverse hecht over HB to hang</p> 

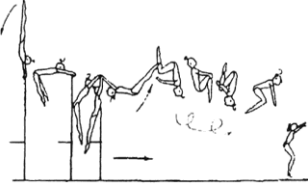

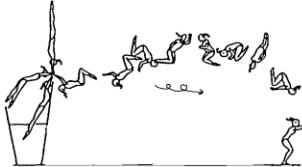



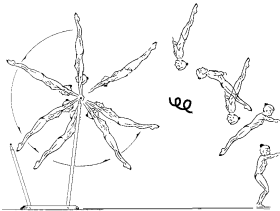
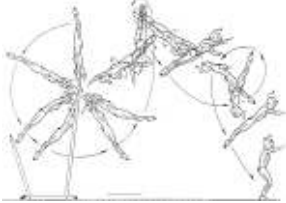
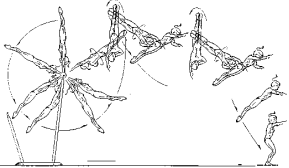
4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.103</p>	<p>4.203</p>	<p>4.303</p>	<p>4.403 Stalder fwd in L grip to hstd, also with ½ turn (180°) to in hstd</p> 	<p>4.503 Stalder fwd in L grip with 1/1 turn (360°) to hstd (any technique accepted)</p> 	<p>4.603</p>
<p>4.104 Clear straddle circle bwd to clear support</p> 	<p>4.204</p>	<p>4.304 Stalder bwd to hstd, also with hop-change grip in hstd phase or with ½ turn (180°) to hstd</p> 	<p>4.404 Stalder bwd with 1/1 turn (360°) to hstd</p> 	<p>4.504 Stalder bwd with 1½ turn (540°) to hstd</p> 	<p>4.604</p>

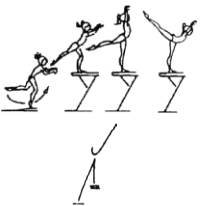

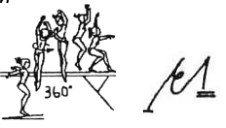

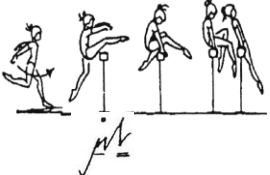
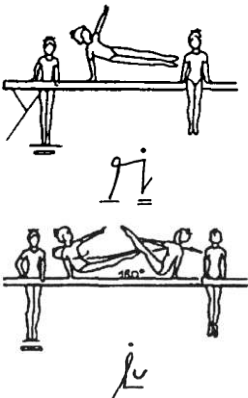


5.000 — PIKE CIRCLES

A	B	C	D	E	F/G
<p>5.108 Sole circle bwd (piked or straddle)</p> 	<p>5.208</p>	<p>5.308 Pike sole circle bwd to hstd, also with hop-change to reverse grip in hstd phase, also with 1/2 turn (180°)</p> 	<p>5.408 Pike sole circle bwd with 1/1 turn (360°) to hstd</p> 	<p>5.508 Pike sole circle bwd with 1 1/2 turn (540°) to hstd</p> 	<p>5.608</p>
<p>5.109</p>	<p>5.209</p>	<p>5.309</p>	<p>5.409 Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</p>  <p>Pike sole circle bwd counter straddle-revers hecht over HB to hang</p> 	<p>5.509 Facing outward on LB – pike sole circle bwd through hstd with flight and 1/2 turn (180°) to hang on HB</p>  <p>Pike sole circle bwd counter pike hecht over HB to hang</p> 	<p>5.609 Pike sole circle bwd with counter straddle hecht over HB with 1/2 turn (180°) to hang in mixed I -arin</p>  <p>5.709 Pike sole circle bwd with counter stretched hecht (layout position over HB) to hang</p> 

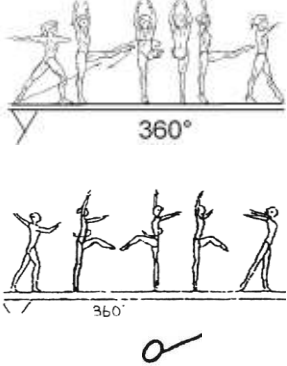
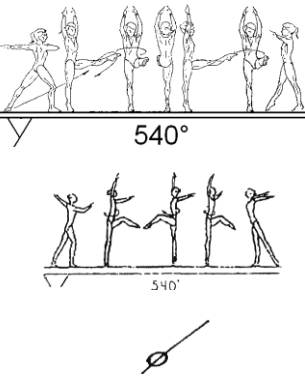
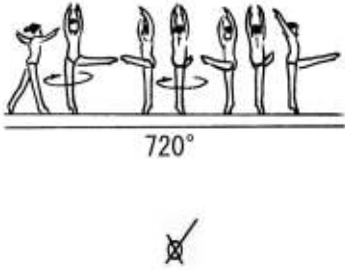
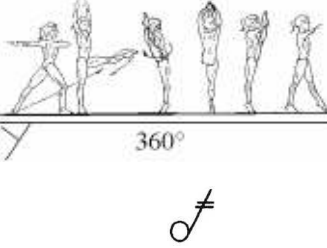
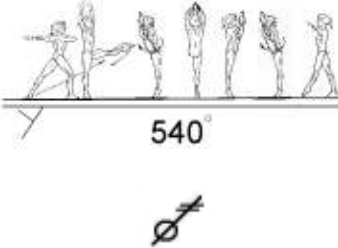
6.000 DISMOUNTS

<p>6.105</p>	<p>6.205 Swing fwd to double salto bwd tucked</p>  <p>Ull</p>	<p>6.305 Swing fwd to double salto bwd piked</p>  <p>Ull</p>	<p>6.405 Swing fwd to double salto bwd tucked or piked with 1/1 twist (360°) in first or second salto</p>  <p>Ull¹¹</p>  <p>Ull</p>	<p>6.505 Swing fwd to double salto bwd tucked with 1½ twist (540°)</p>  <p>UllE</p>	<p>6.605 - F - Swing fwd to double salto bwd tucked with 2/1 twist (720°)</p>  <p>UllE</p>
<p>6.106</p>	<p>6.206</p>	<p>6.306</p>	<p>6.406 Swing fwd to double salto bwd stretched</p>  <p>Ull</p>	<p>6.506 Swing fwd to double salto bwd stretched with 1/1 twist (360°) in first or second salto</p>  <p>Ull Ull¹¹</p>	<p>6.606 6.706 - G - Swing fwd to double salto bwd stretched with 2/1 twist (720°)</p>  <p>Ull</p>

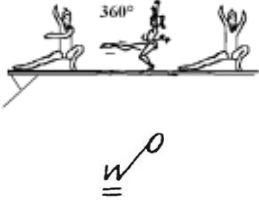
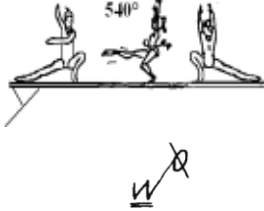
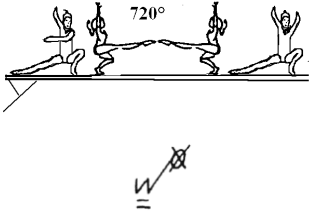
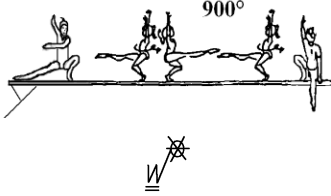
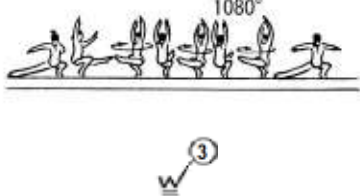
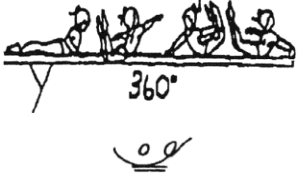
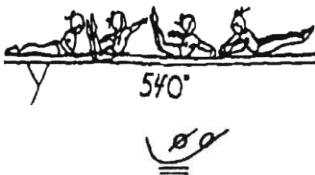
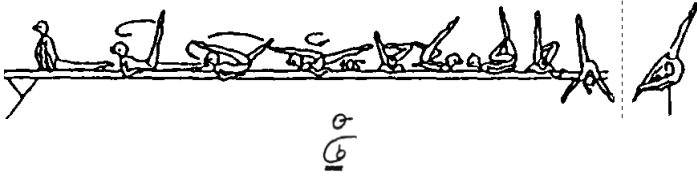
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 (D) Leap - on landing should show arabesque position (leg min. at horizontal)</p> 	<p>1.201 (D) Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet</p> 	<p>1.301 (D) Jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam</p>  <p>Leap fwd with leg change (free leg swing to 45°) to cross split</p> 	<p>1.401</p> <div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 20px auto;"> <p>(D) = To be counted as Dance element</p> </div>	<p>1.501</p>	<p>1.601</p>
<p>1.102 (D) Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam</p> 	<p>1.202</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>
<p>1.103 Flank to rear support also with ½ turn (180°)</p> 	<p>1.203</p>	<p>1.303 Two flank circles followed by leg "Flair"</p>  <p>3 flying flairs</p> 	<p>1.503</p>	<p>1.603</p>	<p>1.603</p>

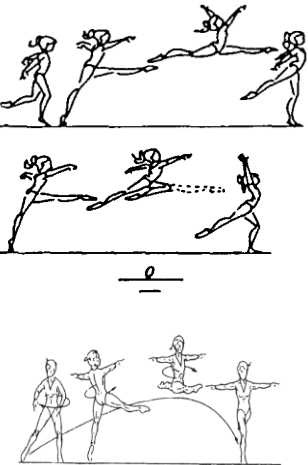
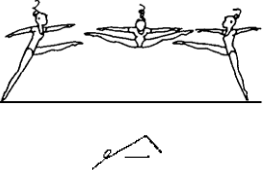
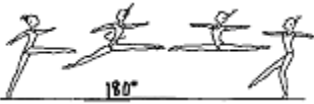



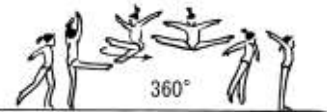

3.000 — GYMNASTIC TURNS

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 <i>2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</i></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>


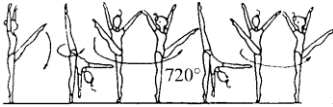





3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.107</p>	<p>3.207 1/1 turn (360°) in tuck stand on one leg - free leg optional</p> 	<p>3.307 1½ turn (540°) in tuck stand on one leg - free leg optional</p> 	<p>3.407 2/1 turn (720°) in tuck stand on one leg - free leg optional</p> 	<p>3.507 2½ turn (900°) in tuck stand on one leg - free leg optional</p>  <p>3/1 turn (1080°) in tuck stand on one leg - free leg optional</p> 	<p>3.607</p>
<p>3.108 1/1 turn to 1½ turn (360°- 540°) in prone position – alternate support of hands permitted</p>  	<p>3.208</p>	<p>3.308 1¼ (450°) turn on back in kip position (hip-leg angle closed)</p> 	<p>3.508</p>	<p>3.608</p>	

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>1.101 Split leap fwd (leg separation 180°) or with bending of the fwd leg, also jeté en tournant (½ turn) with take off from one leg into split leap</p>  <p><i>Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet.</i></p> 	<p>1.201 Split leap with ½ turn (180°)</p>  <p><i>Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)</i></p> 	<p>1.301 Split leap with 1/1 turn (360°)</p>  <p><i>Split leap with 1/1 turn (360°) to land in split sit position</i></p>  <p><i>Side split leap with 1/1 turn (360°)</i></p> 	<p>1.401 Split leap with 1½ turn (540°)</p> 	<p>1.501</p>	<p>1.601</p>

2.000 – GYMNASTIC TURNS

<p>2.106</p>	<p>2.206 1/1 illusion turn (360°) through standing split without touching floor with hand</p>  <p align="center">↓</p>	<p>2.306 2/1 Illusion turn (720°) through standing split without touching floor with hand</p>  <p align="center">↓</p>	<p>2.406</p>	<p>2.506</p>	<p>2.606</p>
<p>2.107 1/1 turn (360°) in tuck stand on one leg - free leg optional</p>  <p align="center">↓</p>	<p>2.207 2/1 turn (720°) in tuck stand on one leg - free leg optional</p>  <p align="center">↓</p>	<p>2.307</p>	<p>2.407 2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push with hands on floor).</p>  <p align="center">↓</p>	<p>2.507 3/1 turn (1080°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push with hands on floor).</p>  <p align="center">↓</p>	<p>2.607</p>
<p>2.108</p>	<p>2.208 2/1 spin (720°) or more on back in kip position (hip-leg < closed)</p>  <p align="center">↓</p>	<p>2.308</p>	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>