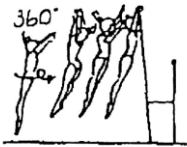

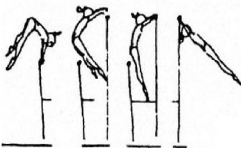



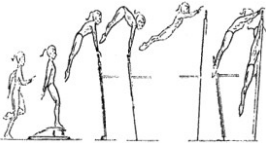

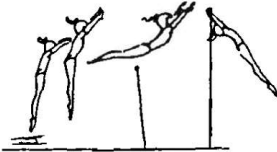

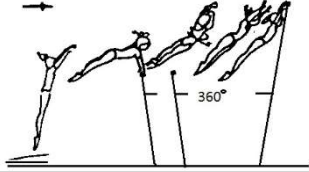

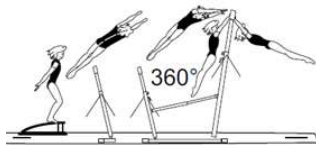

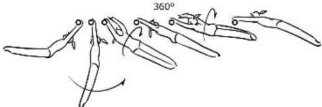



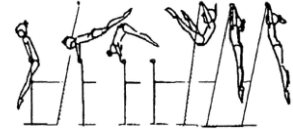

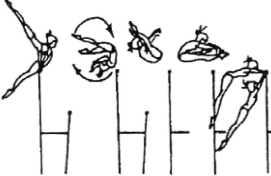

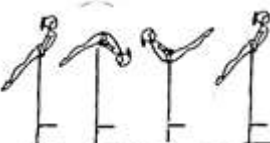

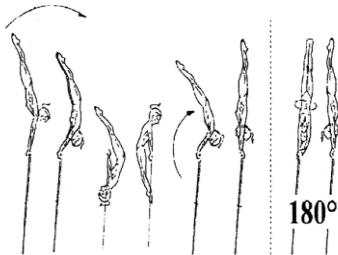

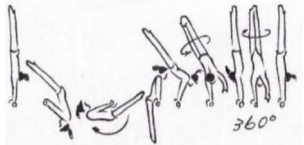





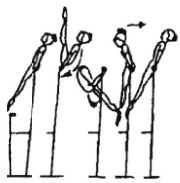


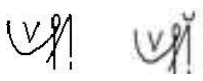
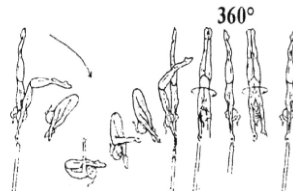

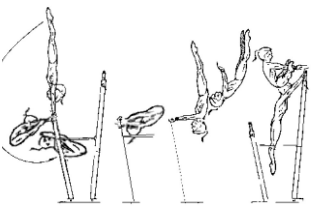

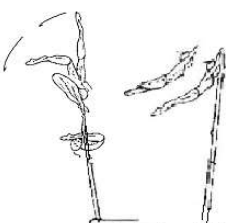



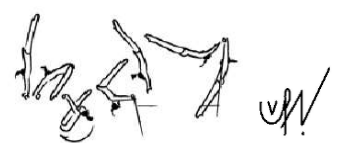

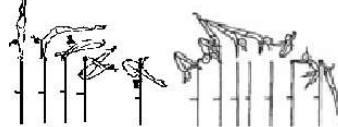





# 1.000 — MOUNTS

A	B	C	D	E	F/G
<p><b>1.105</b> Facing HB – jump with 1/1 turn (360°) to hang on HB</p>  	<p><b>1.205</b></p>	<p><b>1.305</b></p>	<p><b>1.405</b></p>	<p><b>1.505</b></p>	<p><b>1.605</b></p>
<p><b>1.106</b> Straddle vault with hand repulsion over LB to catch HB</p>  	<p><b>1.206</b> Free straddle jump over LB to hang on HB</p>   <p><i>Hecht jump (legs together) with hand repulsion over LB to hang on HB</i></p>  	<p><b>1.306</b> Free stretch jump over LB with legs together to hang on HB (Makhautsova)</p>  	<p><b>1.406</b> Hecht jump (legs together) with hand repulsion and 1/1 turn (360°) over LB to hang on HB (Gebeshian)</p>   <p><i>Free stretch jump (legs together) with 1/1 turn (360°) over LB to hang on HB (Petrova)</i></p>  	<p><b>1.506</b></p>	<p><b>1.606</b></p>

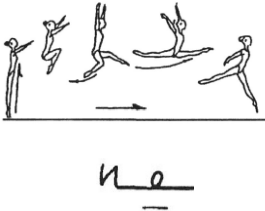
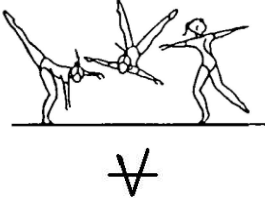
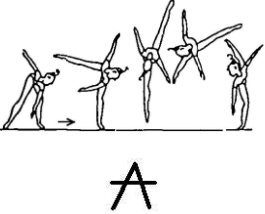
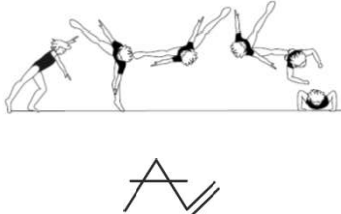
## 2.000 – CASTS AND CLEAR HIP CIRCLES

A	B	C	D	E	F/G
<p><b>2.103</b></p>	<p><b>2.203</b> From hang on HB - swing backward with 1/1 turn (360°) to hang on HB</p>  	<p><b>2.303</b> From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB (Caslavka)</p>  	<p><b>2.403</b> From inner front support on LB – cast with salto roll fwd to hang on HB (Radochla roll) (Radochla)</p>  	<p><b>2.503</b> Front support on HB – cast with salto fwd straddled to hang on HB (Comaneci salto) (Comaneci)</p>  	<p><b>2.603</b></p>
<p><b>2.104</b> Hip circle fwd (hips touching bar)</p>  	<p><b>2.204</b></p>	<p><b>2.304</b></p>	<p><b>2.404</b> Clear hip circle fwd to hstd, also with ½ turn (180°) in hstd phase (Weiler-kip) (Weiler-kip)</p>  	<p><b>2.504</b> Clear hip circle fwd to hstd with 1/1 turn (360°) in hstd phase (Weiler kip) (Godwin)</p>   <p>Clear hip circle forward (Weiler) into salto fwd straddled to hang on HB (Comaneci salto) (Adalsteinsdottir)</p>  	<p><b>2.604</b></p>

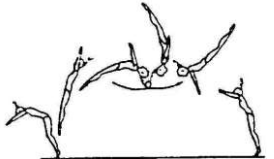

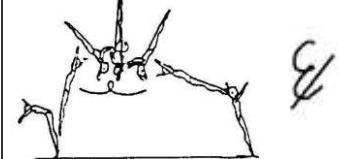

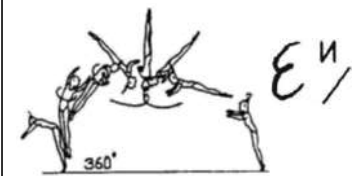

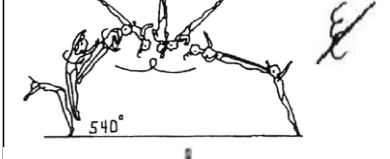

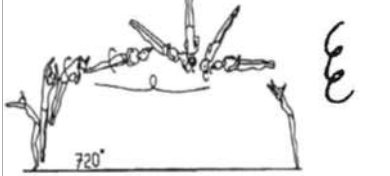
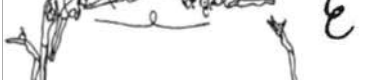
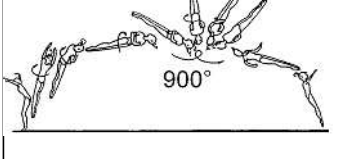



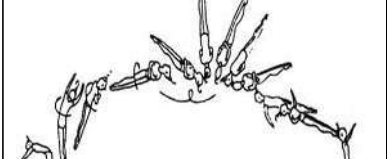




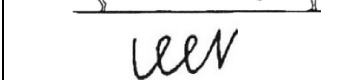
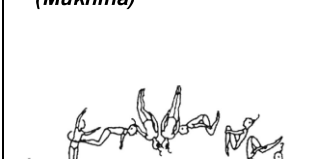

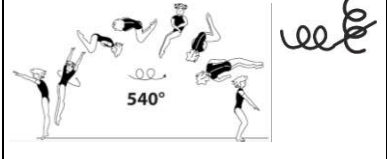

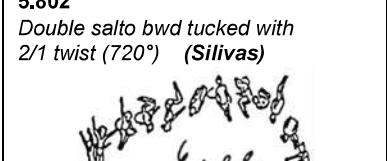
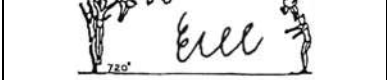
# 4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p><b>4.107</b> Rear support – seat (pike) circle bwd to rear support</p>  	<p><b>4.207</b></p>	<p><b>4.307</b></p>	<p><b>4.407</b> Clear pike circle bwd to hstd, also with ½ turn (180°) to hstd</p>  	<p><b>4.507</b> Clear pike circle bwd with 1/1 turn (360°) to hstd</p>  	<p><b>4.607</b></p>
<p><b>4.108</b></p>	<p><b>4.208</b> Clear pike circle bwd on LB with counter flight to hang on HB</p>  	<p><b>4.308</b> Clear pike circle bwd on LB with hecht flight to hang on HB (Zgoba)</p>   <p>Clear pike circle bwd on HB with flight to clear support on LB (Sayer)</p>  	<p><b>4.408</b></p>	<p><b>4.508</b> Clear pike circle bwd through hstd with flight to hang on HB, also with ½ turn (180°) (Komova)</p>   <p>Clear pike circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang (Galante)</p>  	<p><b>4.608</b> Clear pike circle bwd with counter pike – reverse Hecht over HB to hang</p>   <p><b>4.708</b> Clear pike circle bwd with counter stretched - reverse hecht in layout position over HB to hang (Nemour)</p>  

# 1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p><b>1.103</b> Tuck jump with separation of legs to cross split (180°) during flight phase</p> 	<p><b>1.203 (*)</b> Butterfly fwd torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight</p>  <p>Butterfly bwd torso parallel to floor, slightly arched, legs straddled and feet at or slightly below hip height during flight.</p>  <p>Butterfly bwd torso parallel to floor, slightly arched, legs straddled and feet at or slightly below hip height during flight to land in front lying support</p> 	<p><b>1.303</b></p> <div data-bbox="848 277 1301 427" style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>(*) Elements in the same box with an asterisk (*) receive credit only once in chronological order</p> </div>	<p><b>1.403</b></p>	<p><b>1.503</b></p>	<p><b>1.603</b></p>

# 5.000 - SALTOS BACKWARD

A	B	C	D	E	F/G/H/I/J
<p><b>5.101</b> Salto bwd tucked, piked, or stretched</p>  	<p><b>5.201</b> Salto bwd stretched with ½, or salto bwd tucked or stretched with 1/1 twist (180° or 360°)</p>    	<p><b>5.301</b> Salto bwd stretched with 1½ or 2/1 twist (540° or 720°)</p>    	<p><b>5.401</b> Salto bwd stretched with 2½ twist (900°)</p>  	<p><b>5.501</b> Salto bwd stretched with 3/1 twist (1080°)</p>  	<p><b>5.601</b> Salto bwd stretched with 3½ twist (1260°)</p>  
<p><b>5.102</b></p>	<p><b>5.202</b></p>	<p><b>5.302</b></p>	<p><b>5.402</b> Double salto bwd tucked (Kim)</p>   <p>Double salto bwd pike</p>  	<p><b>5.502</b> Double salto bwd tucked or piked with 1/1 twist (360°) (Mukhina)</p>  	<p><b>5.602</b> Double salto bwd tucked with 1½ twist (540°) (Heron)</p>   <p><b>5.702</b></p> <p><b>5.802</b> Double salto bwd tucked with 2/1 twist (720°) (Silivas)</p>   <p><b>5.1002</b> Double salto bwd tucked with 3/1 twist (1080°) (Biles)</p> 