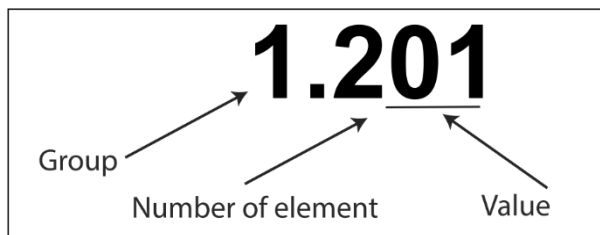


PART 3 – APPENDIX

DIFFICULTY - Description


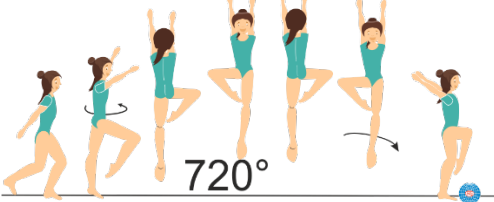


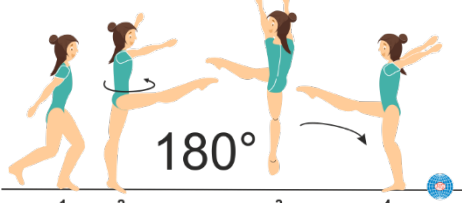


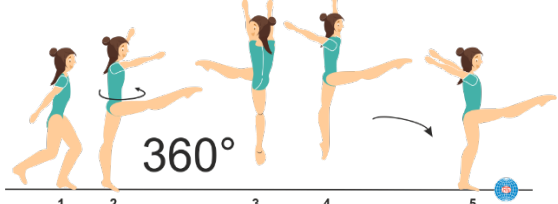


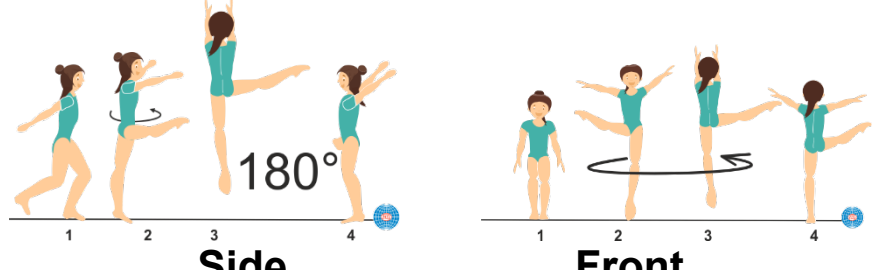


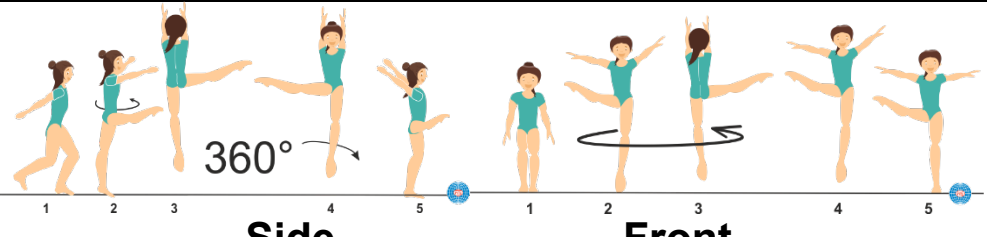


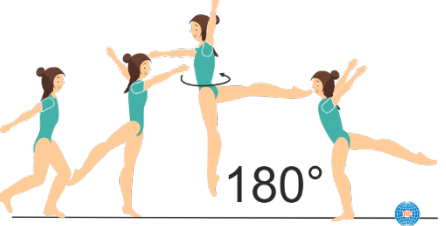


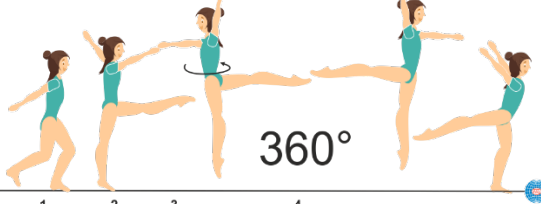

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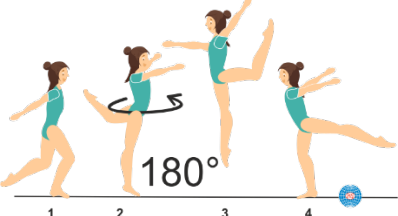


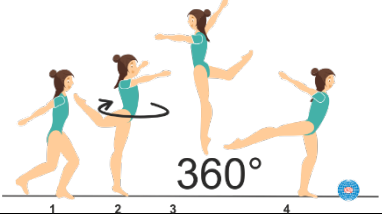


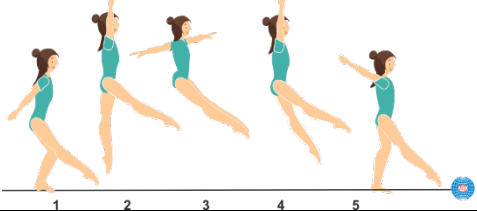


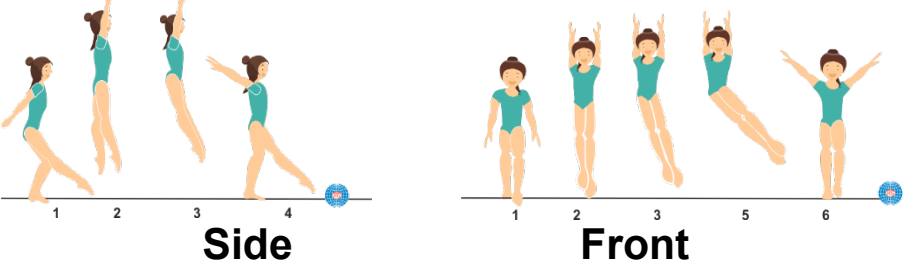


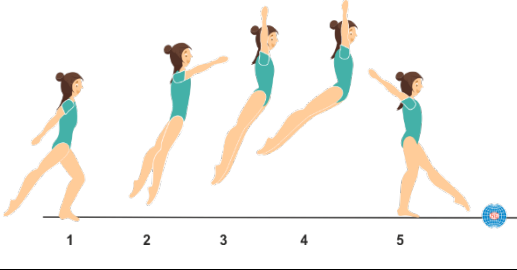


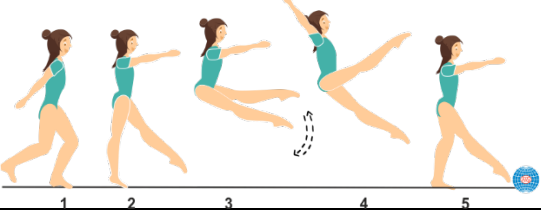


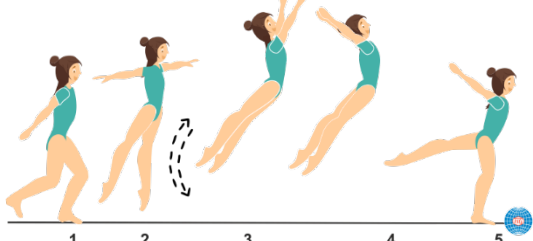




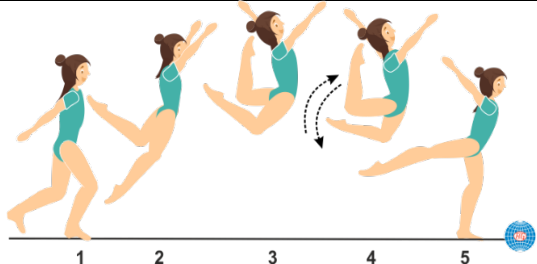

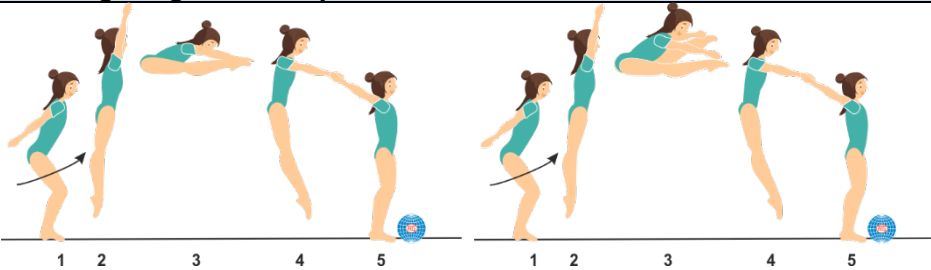

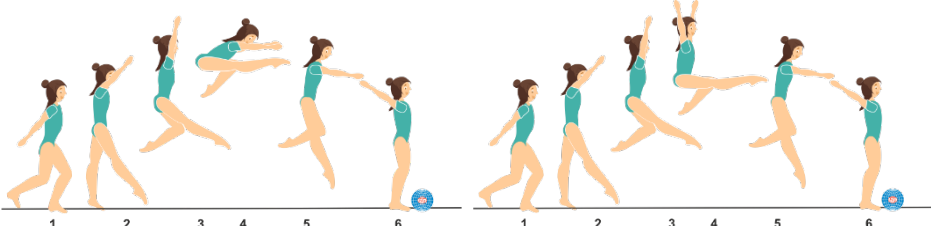

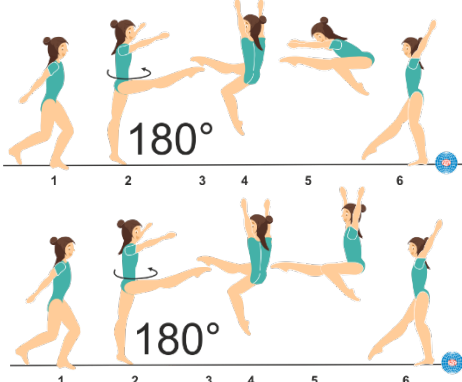

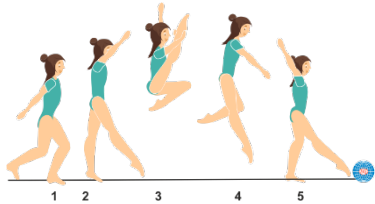
GROUP 1 - JUMPS/ LEAPS DIFFICULTY


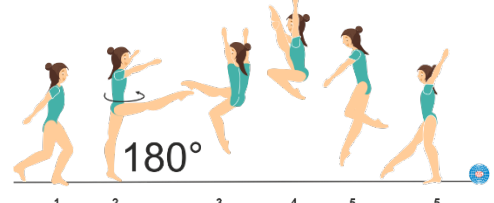


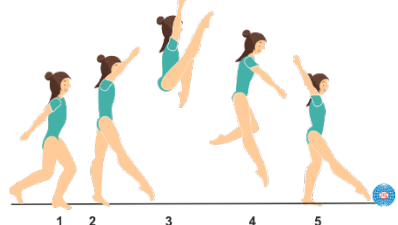


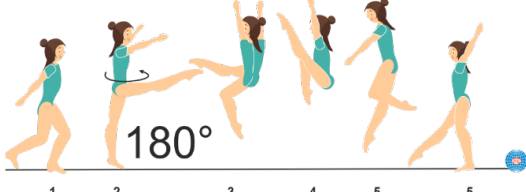


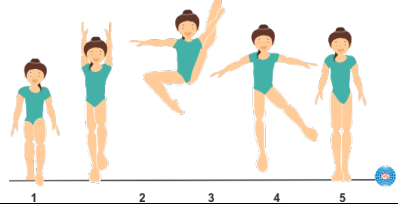


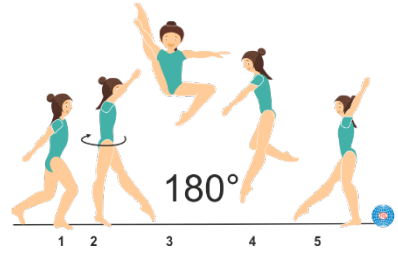


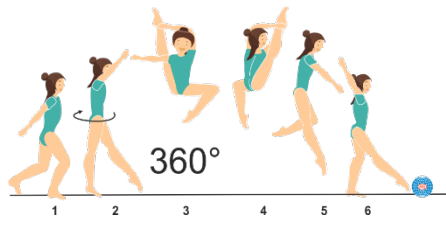

1.101	Tuck jump with one turn 360° during the flight, take-off from two feet		
 360°	0.1	 360°	
1.201	«Scissors» forward with bent legs and one turn 360° during the flight («cat leap»)		
 360°	0.1	 360°	
1.301	Vertical Jump with straight legs and with 1/1 turns (360°), take-off from two feet		
 360°	0.1	 360°	
1.303	Vertical Jump with straight legs and with 2/1 turns (720°), take-off from two feet		
 720°	0.3	 720°	
1.401	Vertical Jump with bent leg (Passé) with 1/1 turn (360°)		
 360°	0.1	 360°	


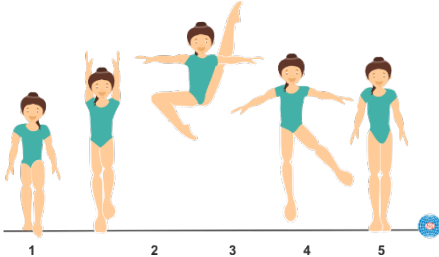


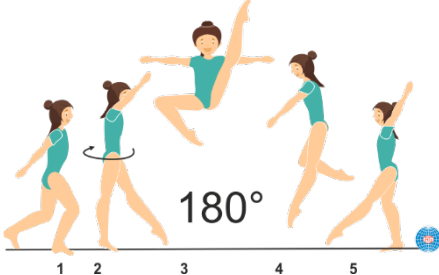


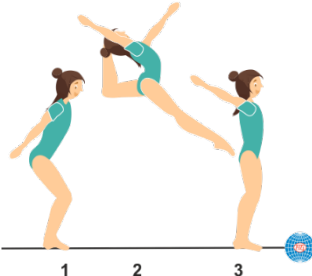


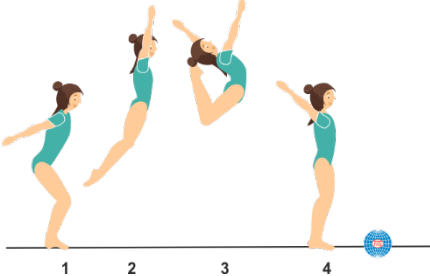


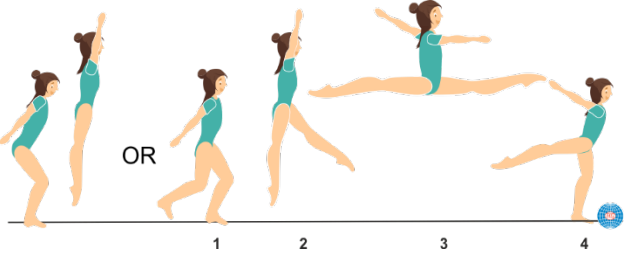



<p>1.403</p>  <p>720°</p>	<p>Vertical Jump with bent leg (Passé) with 2/1 turns (720°)</p> <p>0.3</p>	 <p>720°</p>	
 <p>180°</p>	<p>1.502</p> <p>Vertical Jump with free leg stretched forward in horizontal with 180° turn during the flight</p> <p>0.2</p>	 <p>180°</p>	
 <p>360°</p>	<p>1.503</p> <p>Vertical Jump with free leg stretched forward in horizontal with 360° turn during the flight</p> <p>0.3</p>	 <p>360°</p>	
 <p>180°</p>	<p>1.602</p> <p>Vertical Jump with free leg stretched sideways in horizontal with 180° turn during flight</p> <p>0.2</p>	 <p>180°</p> <p>Side Front</p>	
 <p>360°</p>	<p>1.603</p> <p>Vertical Jump with free leg stretched sideways in horizontal with 360° turn during flight</p> <p>0.3</p>	 <p>360°</p> <p>Side Front</p>	
 <p>180°</p>	<p>1.702</p> <p>Vertical Jump with free leg stretched back in horizontal with 180° turn during flight</p> <p>0.2</p>	 <p>180°</p>	
 <p>360°</p>	<p>1.704</p> <p>Vertical Jump with free leg stretched back in horizontal with 360° turn during flight</p> <p>0.4</p>	 <p>360°</p>	

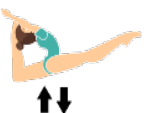
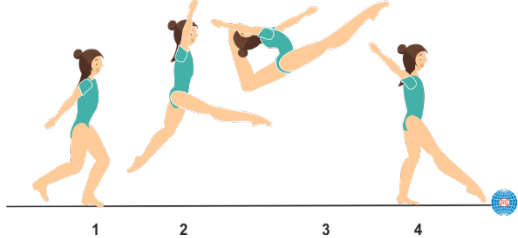

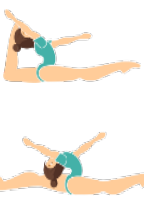
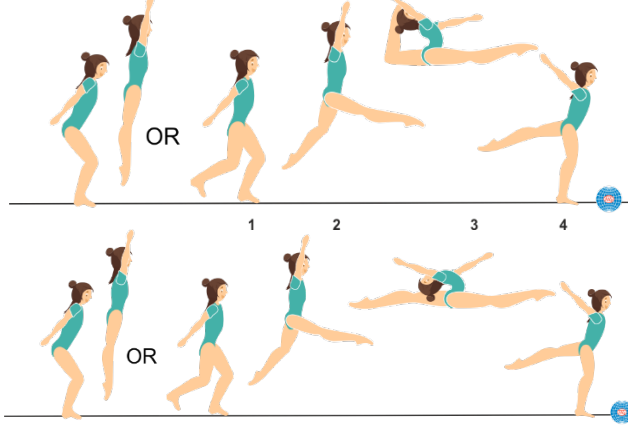

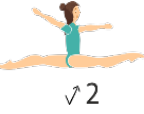
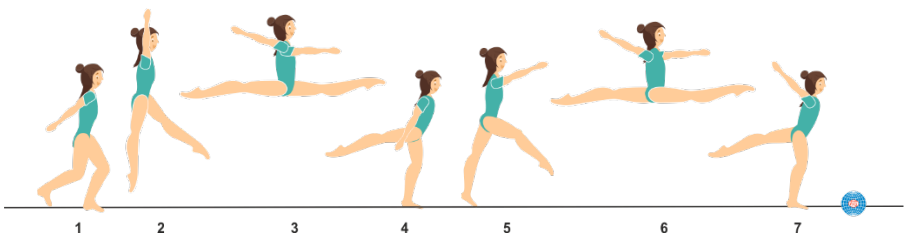

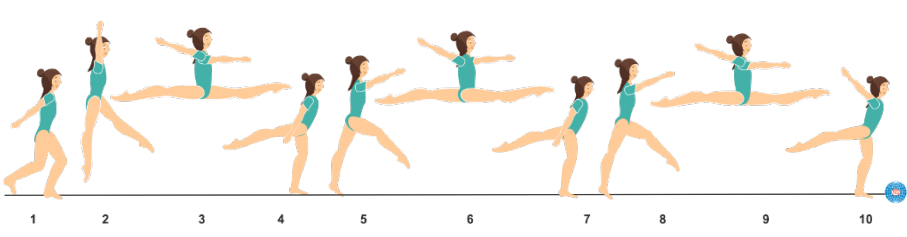
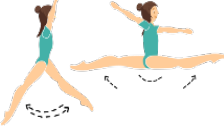
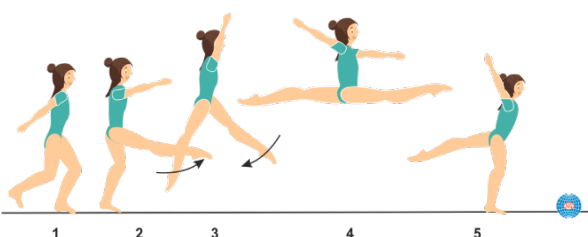

<p>1.802</p>  <p>180°</p>	<p>Vertical Jump with free leg bent back in horizontal (attitude) with 180° turn during flight</p> <p>0.2</p>		
<p>1.804</p>  <p>360°</p>	<p>Vertical Jump with free leg bent back in horizontal (attitude) with 360° turn during flight</p> <p>0.4</p>		
<p>1.901 “Cabriole» forward</p>			
 <p>0.1</p>			
<p>1.1001 “Cabriole» sideways</p>			
 <p>0.1</p>			
<p>1.1101 “Cabriole» backwards”</p>			
 <p>0.1</p>			
<p>1.1201 “Scissors” Leaps with switch of legs forward : legs consecutively at horizontal</p>			
 <p>0.1</p>			
<p>1.1301 “Scissors” leap with switch of legs backward at 45°</p>			
 <p>0.1</p>			

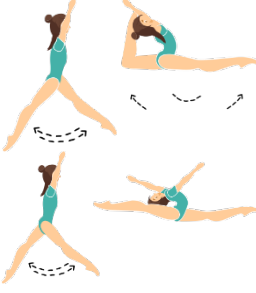
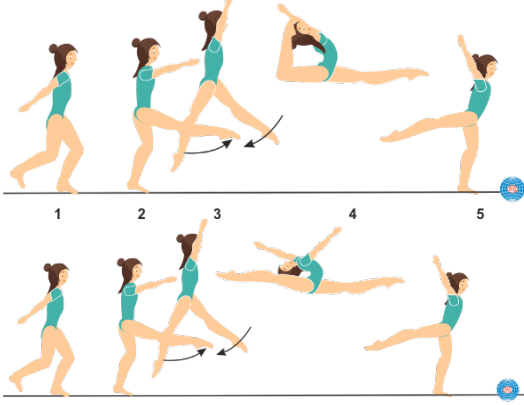
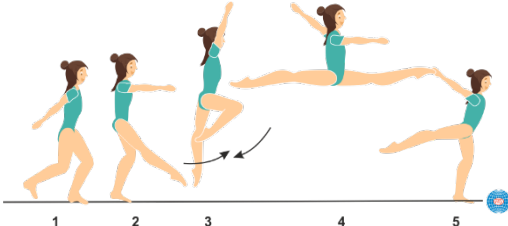
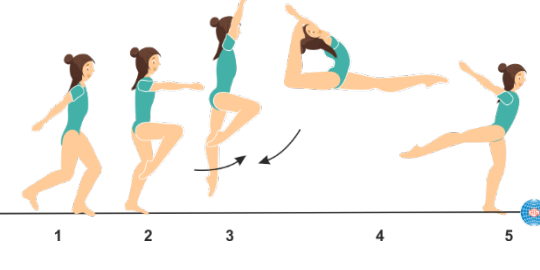
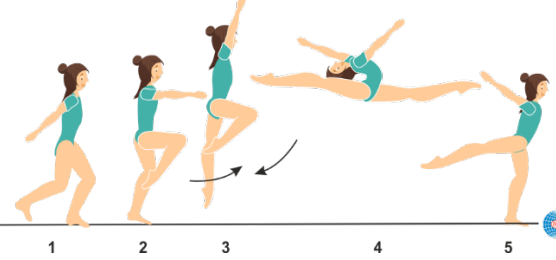
1.1302		“Scissors” leap with switch of legs backward with ring	
	0.2		∇
1.1403		Pike jump with legs together or apart, take-off from one foot or from both feet	
	0.3		\triangle
		Pike	Straddle
1.1501		“Cossack” Jump straight leg forward at horizontal with or without trunk bent forward	
	0.1		4
		Trunk bent forward	Without
1.1503		“Cossack” Jump straight leg forward at horizontal with or without trunk bent forward with ½ (180°) turn during the flight	
	0.3		$\overset{\cup}{4}$
		Trunk bent forward	Without
1.1602		“Cossack” Jump straight leg forward, high up, whole foot higher than head, with help,	
	0.2		$\frac{4}{\times}$

1.1604	“Cossack” Jump straight leg forward, high up, whole foot higher than head, with help, with ½ (180°) turn		
	0.4		
1.1703	“Cossack” Jump straight leg forward, high up, whole foot higher than head without help		
	0.3		
1.1705	“Cossack” Jump straight leg forward, high up, whole foot higher than head, without help and with ½ (180°) turn		
	0.5		
1.1802	“Cossack” Jump straight leg to the side high up, whole foot higher than head, with help of the hand of the same side		
	0.2		
1.1804	“Cossack” Jump straight leg to the side high up, whole foot higher than head, with help of the hand of the same side, the leg is straight with ½ (180°) turn		
	0.4		
1.1805	“Cossack” Jump straight leg to the side high up, whole foot higher than head, with help of the opposite hand, the leg is straight with 1/1 (360°) turn		
	0.5		

1.1903	“Cossack” Jump straight leg to the side high up, whole foot higher than head, without help,		
	0.3		
1.1905	“Cossack” Jump straight leg to the side high up, whole foot higher than head, without help, with 1/2 (180°) turn		
	0.5		
1.2002	Ring with one leg, take-off with one foot, take-off from one or two feet		
	0.2		
1.2003	Ring with two legs, take-off with both legs, take-off from one or two feet		
	0.3		
1.2103	Split Leap , take-off from one or two feet		
	0.3		



1.2104	Split leap with ring, take-off and landing on the same leg		
 <p>↑↓</p>	0.4		
1.2105	Split Leap with back bent of the trunk, take-off from one or two feet		
	0.5		
1.2205	Two consecutive split leaps with change of take-off foot.		
 <p>√2</p>	0.5		2 —
1.2207	Three consecutive split leaps with change of take-off foot.		
 <p>√3</p>	0.7		3 —
1.2305	Switch Split Leap, passing with stretched legs		
	0.5		


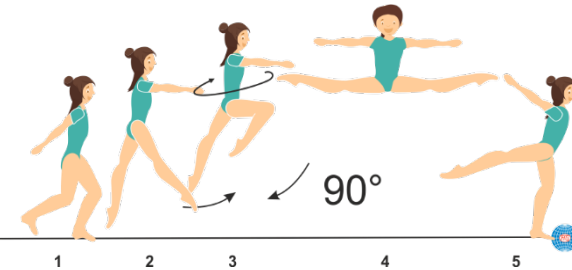


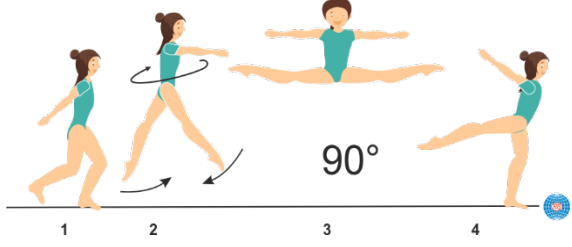


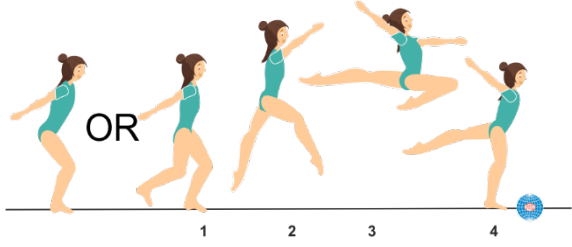


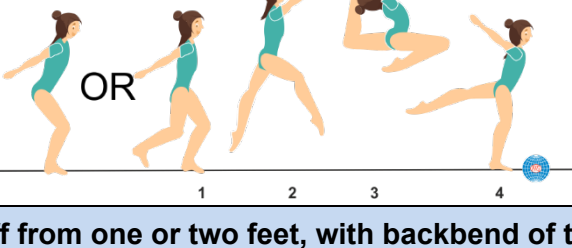


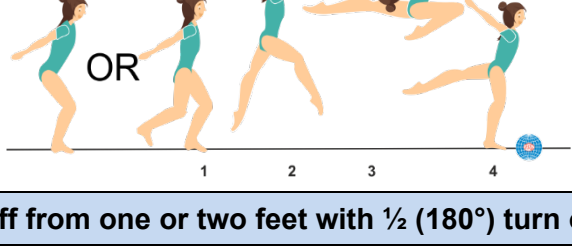

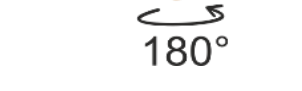
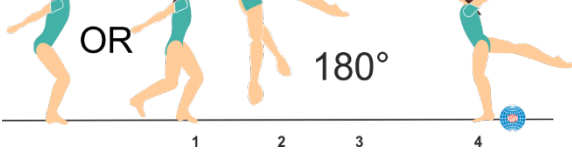

1.2307	Switch Split Leap, passing with stretched legs with ring/backbend		
	0.7		
1.2404			
Switch split leap, passing with bent leg			
	0.4		M
1.2406.1			
Switch split leap, passing with bent leg, also with ring/backbend			
	0.6		
1.2406.2			
Switch split leap, passing with bent leg, also with ring/backbend			
	0.6		


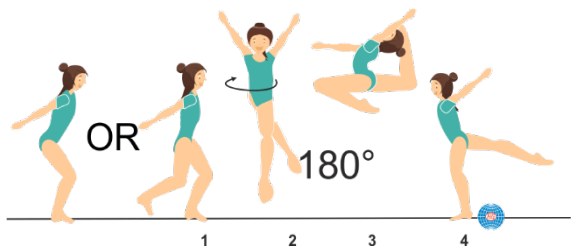


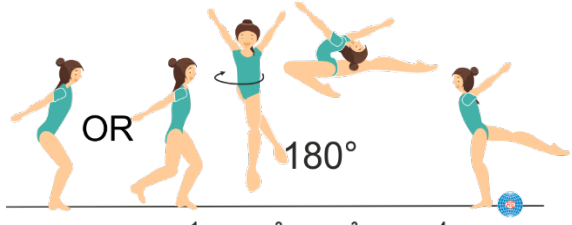

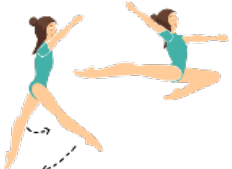
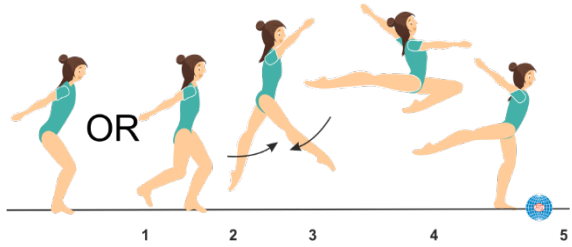

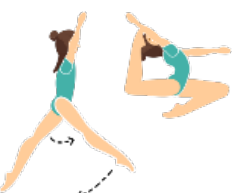
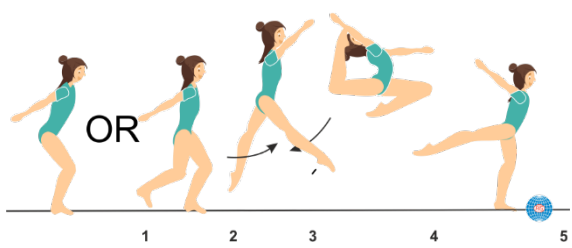


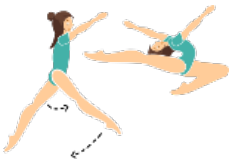
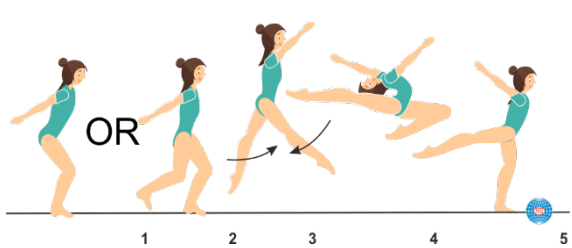


1.2503 Side Split Leap, take-off from one or both feet


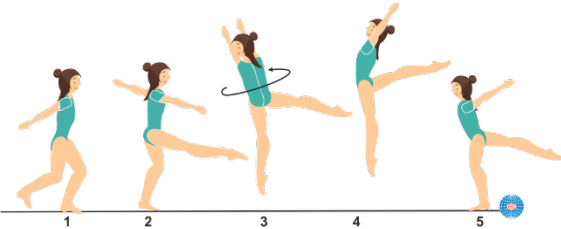

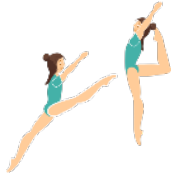
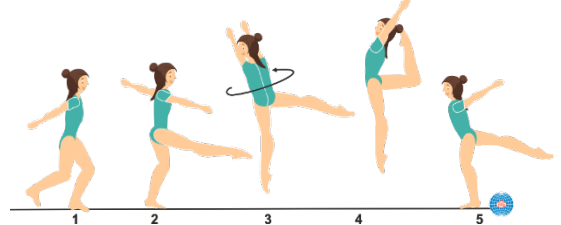


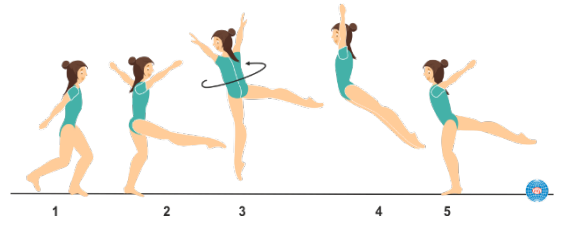


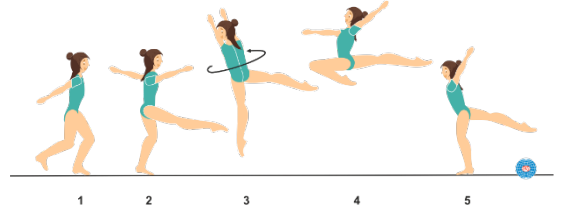


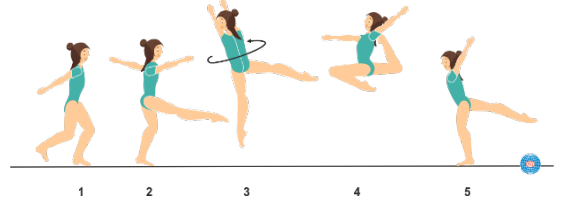


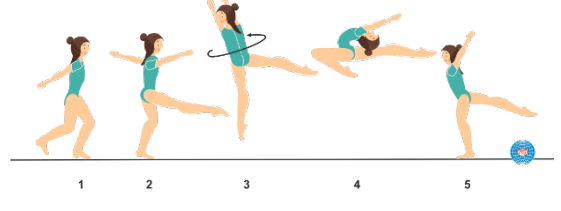

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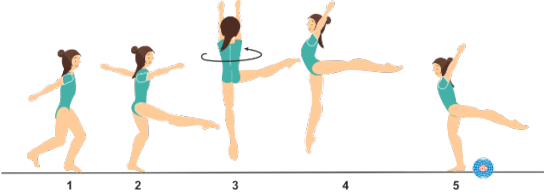

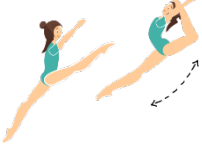
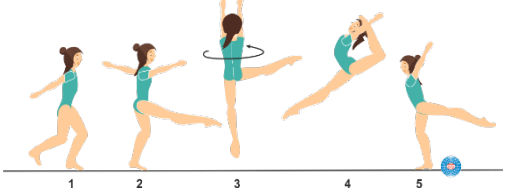

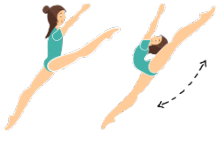
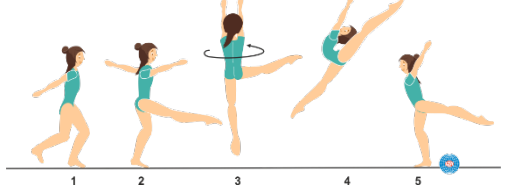

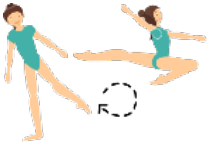
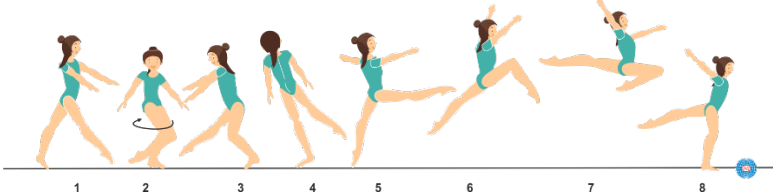

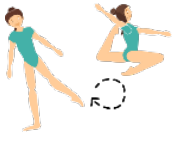
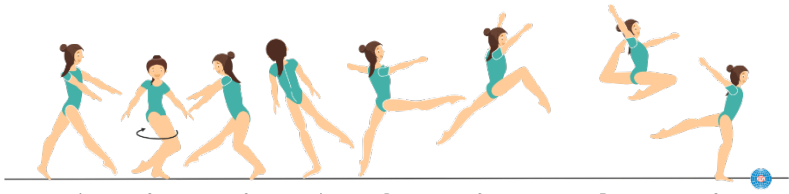

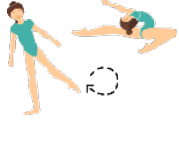
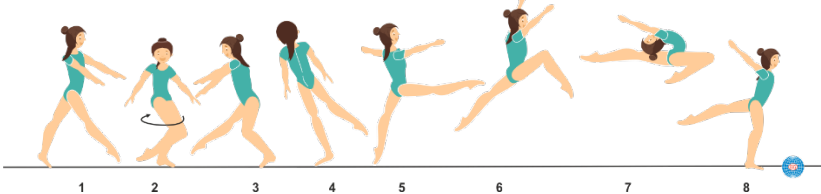

1.2505 Side Split Leap, take-off from one or both feet with 1/2 turn (180°)

	<p>0.5</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>180°</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> <p>180°</p> </div> </div>	
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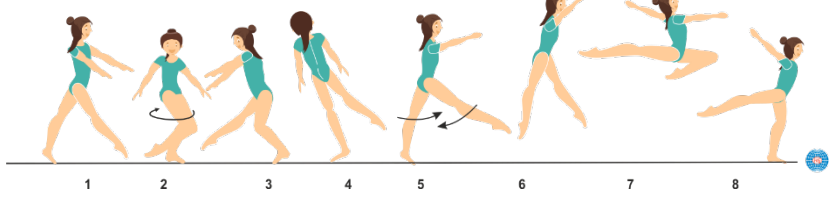


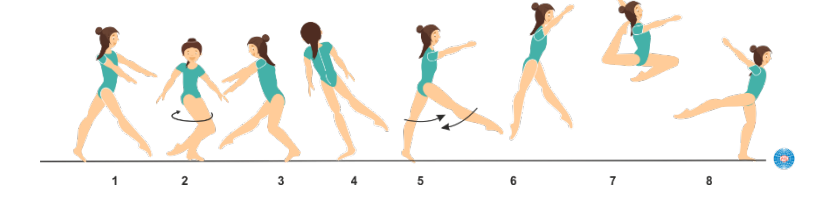


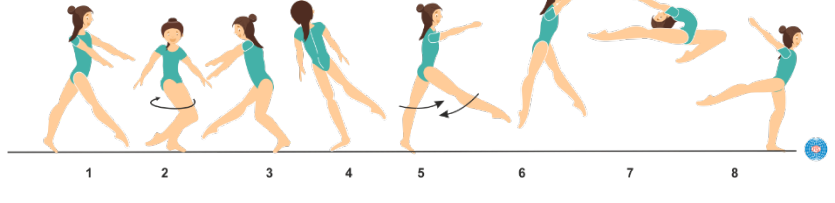

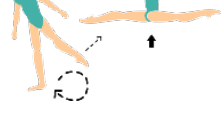
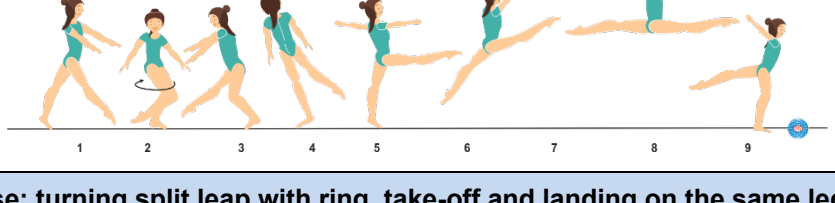


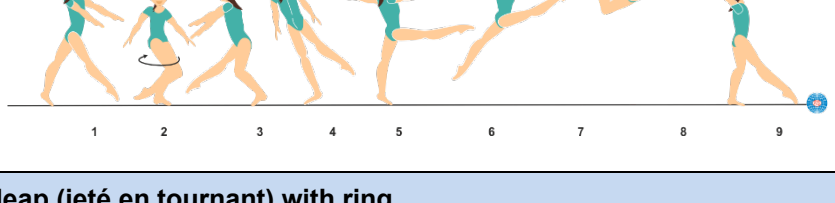




1.2604	Switch side Split Leap, passing with bent leg (with turn 90°)		
	0.4		
1.2605	Switch side Split Leap, passing with straight leg (with turn 90°)		
	0.5		
1.2702	Stag Leap, take off from one or two feet		
	0.2		
1.2704.1	Stag leap, take-off from one or two feet, with ring		
	0.4		
1.2704.2	Stag leap, take-off from one or two feet, with backbend of the trunk		
	0.4		
1.2804	Stag Leap, take off from one or two feet with 1/2 (180°) turn of the body		
	0.4		

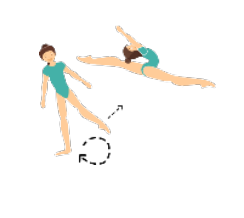
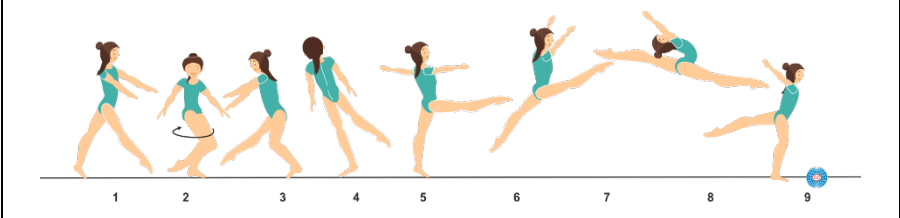

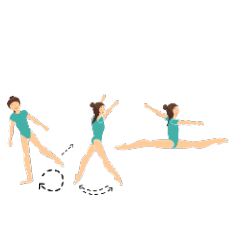
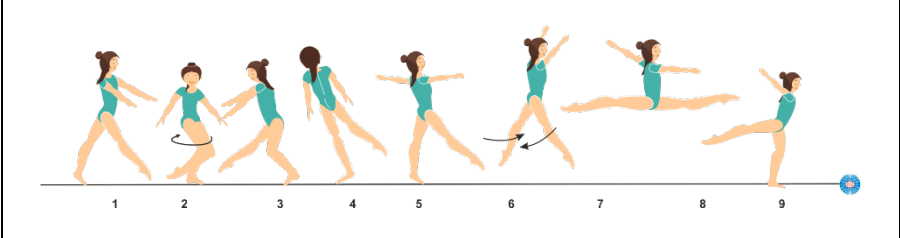

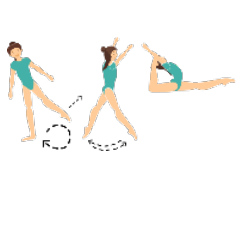
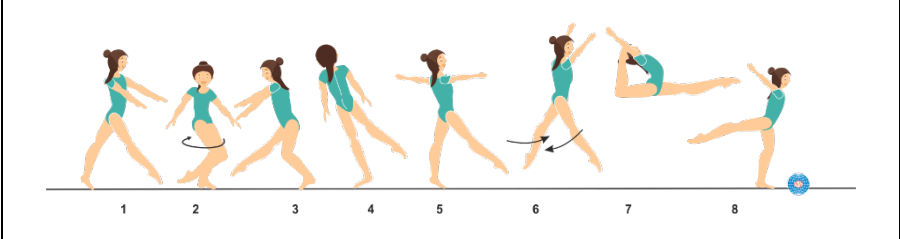

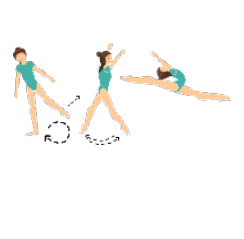
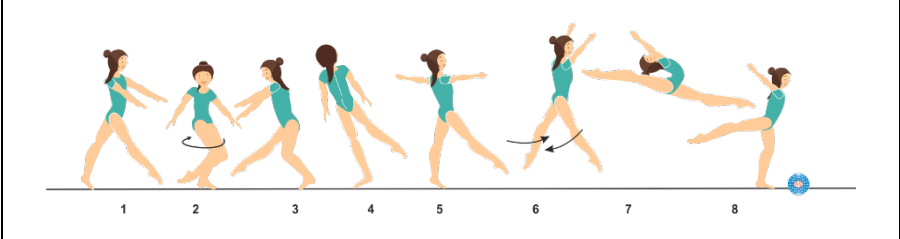

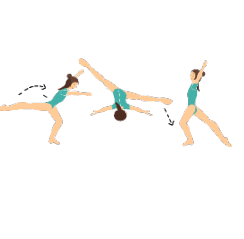
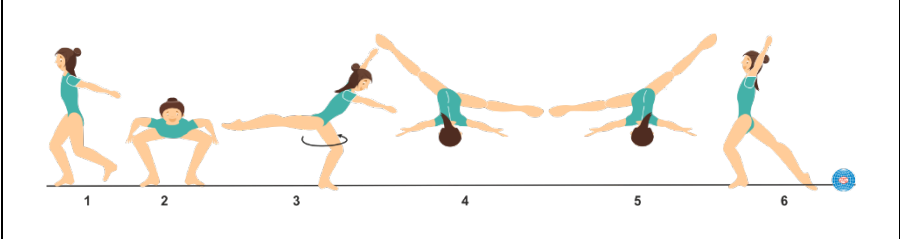

1.2806.1	Stag Leap, take off from one or two feet with ½ (180°) turn of the body, with ring		
 <p>180°</p>	0.6	 <p>OR 180°</p> <p>1 2 3 4</p>	
1.2806.2	Stag Leap, take off from one or two feet with ½ (180°) turn of the body, with backbend of the trunk		
 <p>180°</p>	0.6	 <p>OR 180°</p> <p>1 2 3 4</p>	
1.2904	Switch Stag Leap, passing with straight leg		
	0.4	 <p>OR</p> <p>1 2 3 4 5</p>	
1.2906.1	Switch Stag Leap, passing with straight leg with ring		
	0.6	 <p>OR</p> <p>1 2 3 4 5</p>	 
1.2906.2	Switch Stag Leap, passing with straight and with backbend of the trunk		
	0.6	 <p>OR</p> <p>1 2 3 4 5</p>	 

1.3002	Fouetté” : Leg at the horizontal, or with greater amplitude		
	0.2		
1.3003	Fouetté” : Leg at the horizontal, or with greater amplitude with ring/backbend of the trunk		
	0.3		
1.3102	Fouetté” with cabriole		
	0.2		
1.3103	Fouetté” with stag		
	0.3		
1.3105.1	Fouetté” with ring		
	0.5		
1.3105.2	Fouetté” with backbend of the trunk		
	0.5		

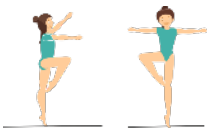





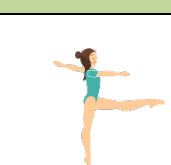



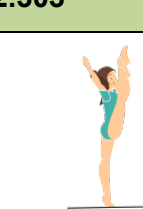



1.3203	“Entrelacé”: Legs at the horizontal, or with greater amplitude		
	0.3		
1.3205.1	“Entrelacé”: with ring		
	0.5		
1.3205.2	“Entrelacé” with backbend of the trunk		
	0.5		
1.3303	Turning stag leap		
	0.3		
1.3305.1	Turning stag leap with ring		
	0.5		
1.3305.2	Turning stag leap with backbend of the trunk		
	0.5		





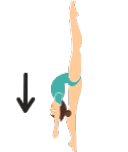
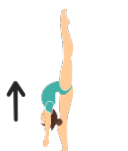




1.3405	Turning stag leap with switch of straight leg		
	0.5		
1.3407.1	Turning stag leap with switch of straight leg with ring		
	0.7		
1.3407.2	Turning stag leap with switch of straight leg with backbend of the trunk		
	0.7		
1.3504	Turning split leap (jeté en tournant)		
	0.4		
1.3505	Agiurgiuculese: turning split leap with ring, take-off and landing on the same leg		
	0.5		
1.3506.1	Turning split leap (jeté en tournant) with ring		
	0.6		

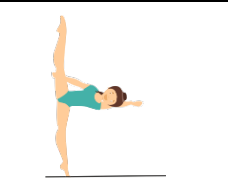

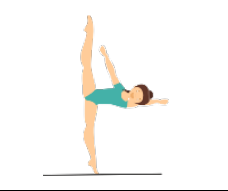



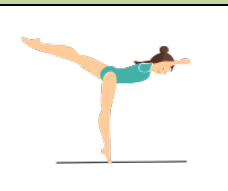

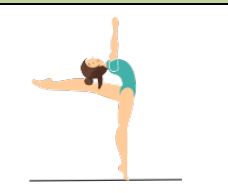

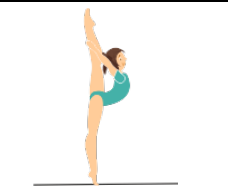

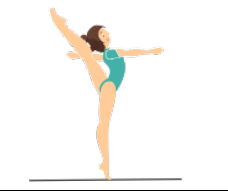

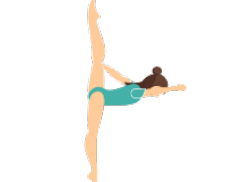

1.3506.2	Turning split leap (jeté en tournant) with backbend of the trunk		
	0.6		
1.3606	Turning split leap with switch of legs		
	0.6		
1.3608.1	Turning split leap with switch of legs with ring		
	0.8		
1.3608.2	Turning split leap with switch of legs with backbend of the trunk		
	0.8		
1.3705	"Butterfly" jump: With a minimum 180° turn from take-off to landing		
	0.5		


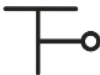






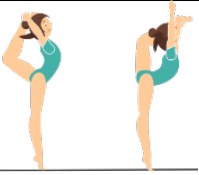

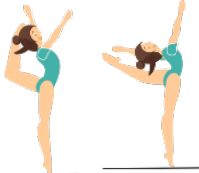





GROUP 2 - Balance Difficulties (I)















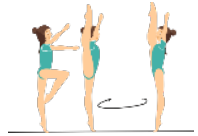

2.101.1	Passé front or side (horizontal position), or with bend of the upper back and shoulders		
	0.1		
2.101.2	Passé front or side (horizontal position), or with bend of the upper back and shoulders		
	0.1		
2.201	Free leg horizontal forward bent 30°		
	0.1	<i>Horizontal position of the free leg (hip) and the maximum vertical position of the body</i>	
2.202	Free leg horizontal forward straight		
	0.2	<i>Horizontal position of the free leg (hip) and the maximum vertical position of the body</i>	
2.203	Free leg horizontal forward straight and with trunk back at the horizontal position		
	0.3	<i>Free leg horizontal forward with trunk back in a horizontal position Trunk and free leg should be on the same horizontal line or free leg slightly above the horizontal, holding the trunk straight without bending back</i>	
2.303	Front Split with help		
	0.3	<i>Split is required</i>	
2.305	Front Split without help		
	0.5	<i>Split is required</i>	



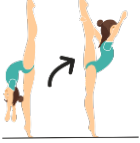

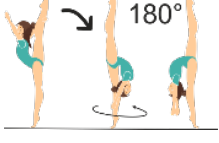



2.404		Front split with help, trunk backward at horizontal	
	0.4	<i>Split is required The trunk should be held straight without bending back</i>	०४
2.406		Front split without help, trunk backward at horizontal	
	0.6	<i>Split is required The trunk should be held straight without bending back</i>	०६
2.506.1		From standing - Front split without help, trunk backward below horizontal from the standing position	
	0.6	<i>Split is required The trunk should be held straight without bending back The balance can be performed with or without touching the support leg</i>	०६
2.506.2		From seated position - Front split without help, trunk backward below horizontal from the standing position	
	0.6	<i>Split is required The trunk should be held straight without bending back The balance can be performed with or without touching the support leg</i>	०६
2.602		Free leg horizontal sideward	
	0.2	<i>The horizontal position of the hands, head, trunk, pelvis must be fixed, holding the trunk straight without bending back</i>	०२
2.603		Free leg horizontal sideward with trunk side at the horizontal	
	0.3	<i>The horizontal position of the hands, head, trunk, pelvis must be fixed, holding the trunk straight without bending back</i>	०३
2.703		Side Split with help	
	0.3	<i>Split is required</i>	०३
2.705		Side Split without help	
	0.5	<i>Split is required</i>	०५


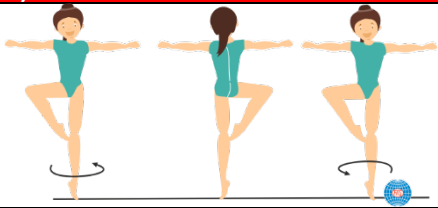


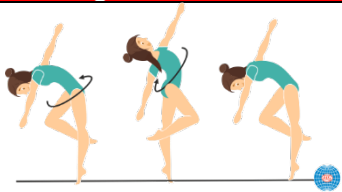


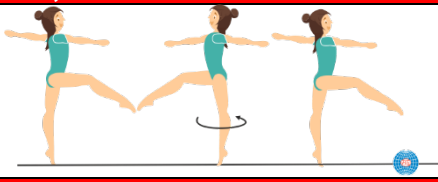


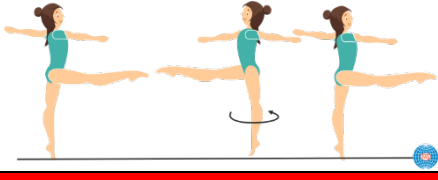


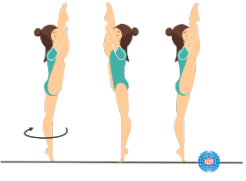


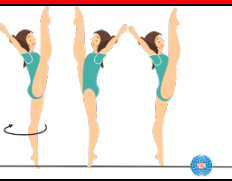


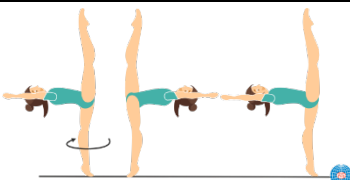

2.804		Side Split with help with trunk side at the horizontal	
	0.4	<i>Split is required</i>	
2.806		Side Split without help with trunk side at the horizontal	
	0.6	<i>Split is required</i>	
2.902		Arabesque: free leg horizontal backward	
	0.2	<i>Horizontal position of the free leg (hip) and the maximum vertical position of the body</i>	
2.903		Arabesque: free leg horizontal backward with trunk forward at the horizontal or bent backward at horizontal	
	0.3		
2.904		Arabesque: free leg horizontal backward with bent backward at horizontal	
	0.4	<i>Touching is required</i>	
2.1003		Back split with help; foot above head	
	0.3	<i>Touching is required</i>	
2.1005		Back split without help; foot above head	
	0.5		
2.1104		Back split with help, trunk forward at horizontal	
	0.4		

2.1106.1		Back split without help, trunk forward at horizontal	
	0.6		
2.1106.2		Back split without help, trunk forward at below horizontal	
	0.6		
2.1106.3		Ring with without help, with split and trunk horizontal	
	0.6		
2.1202		Attitude	
	0.2		
2.1203		Ring with help, with the leg on the shoulder	
	0.3		
2.1204		Ring without help, with back bend of the trunk	
	0.4		
2.1301		“Cossack”, free leg at horizontal at forward	
	0.1		
2.1402		“Cossack”, free leg front, foot higher than head with help	
	0.2		


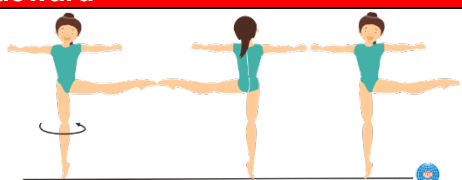


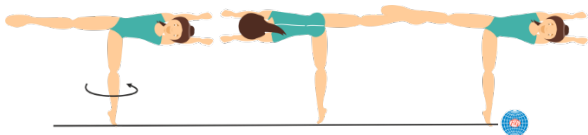


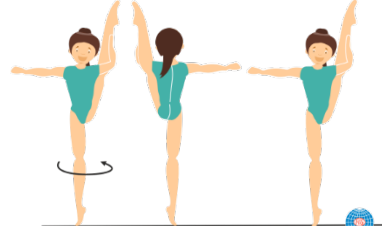


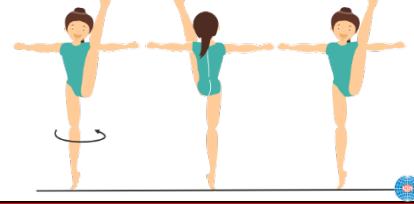

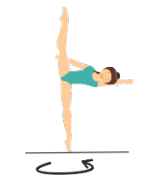
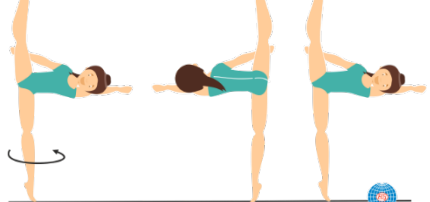

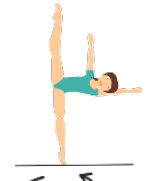
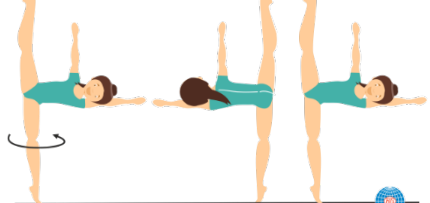

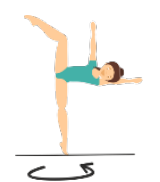

2.1403		“Cossack”, free leg front, foot higher than head without help;	
	0.3		
2.1501		Lying on the floor with trunk lifted (legs may be separated to shoulder width)	
	0.1		
2.1503		Kabaeva (KB) : On the chest with help	
	0.3	<i>The shoulders do not touch the floor Legs are straight – they may be together or separated to shoulder width</i>	
2.1504		Kabaeva (KB) : on the chest without help	
	0.4	<i>The shoulders do not touch the floor Legs are straight – they may be together or separated to shoulder width</i>	
2.1604		Passing from lying with the trunk lifted to the chest	
	0.4		
2.1703		Passing from kneeling to standing, over the toes, with or without backbend	
	0.3	<i>Dynamic balance from kneeling to standing Passing from kneeling to standing, over the toes, with or without back bend of the trunk (both techniques are correct). Feet together or slightly apart.</i>	
2.1803		Fouetté consisting of min. 3 same or different shapes	
	0.3	<i>Leg at the horizontal for min. 2 shapes + min. 1 turn</i>	
2.1805		Fouetté consisting of min. 3 same or different shapes	
	0.5	<i>Leg above the horizontal for min. 2 shapes + min. 1 turn</i>	


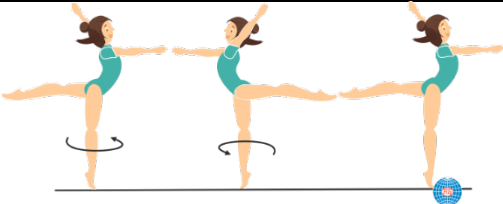








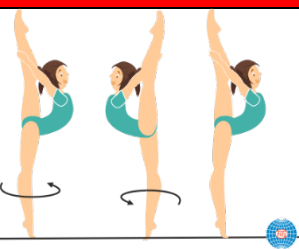


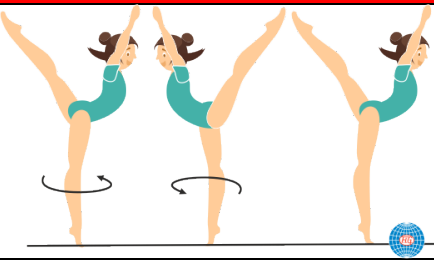


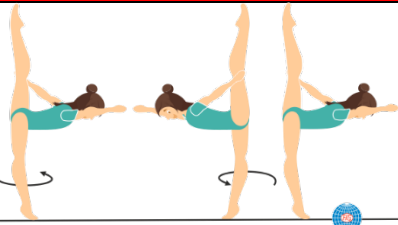

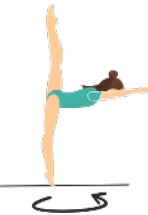
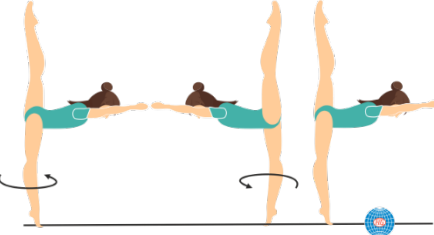

2.1904.1	Two or three shapes: From back split with help to front split with back bend of the trunk on the other foot, eventually also back to the initial shape		
	0.4	<p>Utyascheva <i>Two or three positions, in optional order.</i> <i>The support leg is straight.</i> <i>Without rotation of 180° or more, in any shape(s).</i> <i>Split position in each phase of the element is required.</i> <i>Executed with smooth and continuous movements; a stop position is not required.</i></p>	
2.1904.2	Two or three shapes: From back split with help to front split with back bend of the trunk on the other foot, eventually also back to the initial shape		
	0.4	<p>Utyascheva <i>Two or three positions, in optional order.</i> <i>The support leg is straight.</i> <i>Without rotation of 180° or more, in any shape(s).</i> <i>Split position in each phase of the element is required.</i> <i>Executed with smooth and continuous movements; a stop position is not required.</i></p>	
2.1904.3	Two or three shapes: From back split with help to front split with back bend of the trunk on the other foot, eventually also back to the initial shape		
	0.4	<p>Utyascheva <i>Two or three positions, in optional order.</i> <i>The support leg is straight.</i> <i>With rotation of 180° or more, in any shape(s).</i> <i>Split position in each phase of the element is required.</i> <i>Executed with smooth and continuous movements; a stop position is not required.</i></p>	

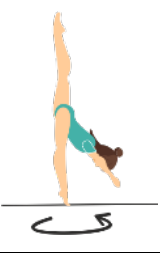
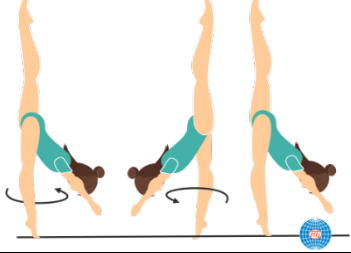








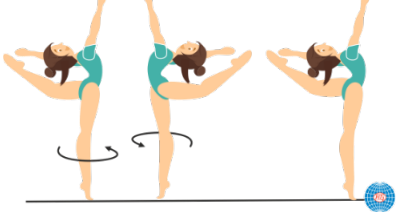


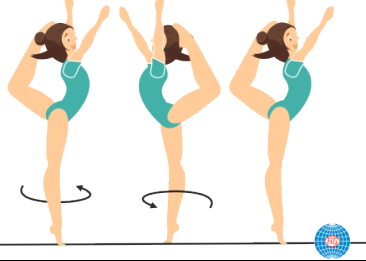





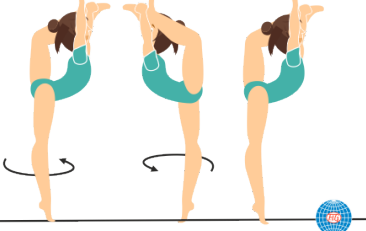

GROUP 3 - ROTATION (🌀)

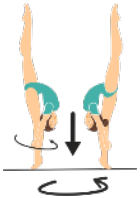
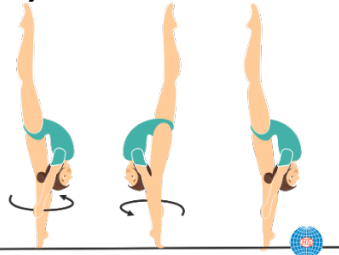

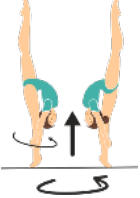
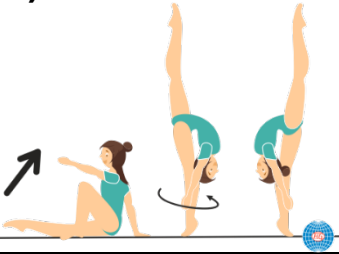

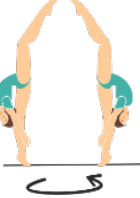
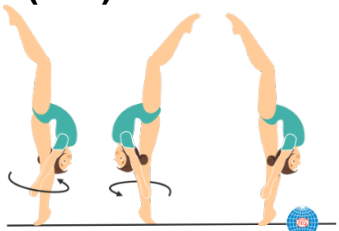








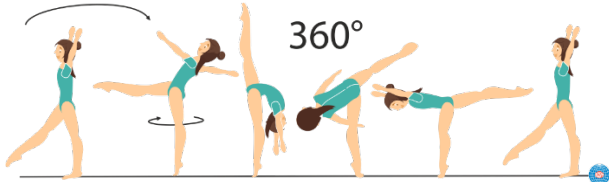

Rotations on the toes (relevé) of the support leg			
3.101	“Passé “(forward or side)		
	0.1		
3.203	Spiral turn (“Tonneau”) on one leg		
	0.3	 <p>During base pivot 360° gymnast must perform consecutively 2 body positions:</p> <ul style="list-style-type: none"> • back bend of the trunk with the head moving backward, • trunk and head bend forward <p>During the rotation, the illusion of a spiral must be achieved. Every possible additional rotation must be performed in the same, specified manner. The leg position is free: The foot may be near the knee or lower. Free leg fixed for 360° is not a requirement.</p>	
3.301	Free leg horizontal forward, bent 30°		
	0.1		
3.303	Free leg horizontal forward, straight		
	0.3		
3.403	Front split with help		
	0.3		
3.405	Front split without help		
	0.5		
3.505	Elkatib: Front split with trunk backward at the horizontal (180°)		
	0.5		


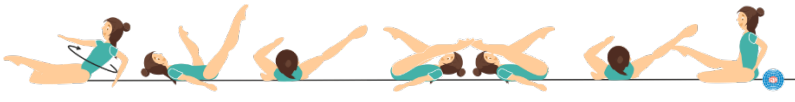


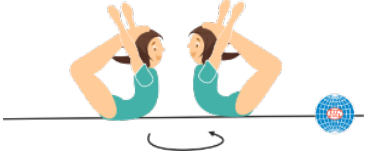


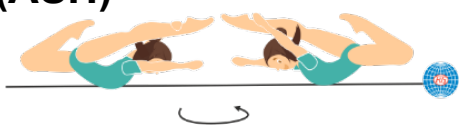


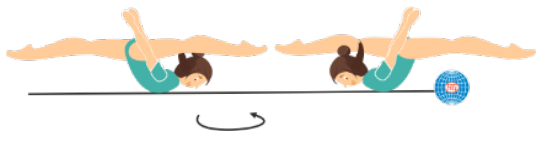

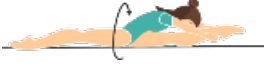
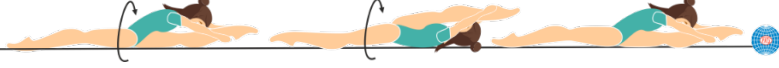




3.603	Free leg horizontal sideward		
	0.3		
3.604	Free leg horizontal sideward with trunk side at the horizontal		
	0.4		
3.703	Side split with help		
	0.3		
3.705	Side split without help		
	0.5		
3.804	Side split with help, trunk horizontal		
	0.4		 180°
3.805.1	Side split without help, trunk horizontal		
	0.5		 180°
3.805.2	Side split without help, trunk horizontal, Raffaelli with free bent leg (RF)		
	0.5		RF

<p>3.903</p> 	<p>0.3</p>		
<p>3.904</p> 	<p>0.4</p>		
<p>3.905</p> 	<p>0.5</p>		
<p>3.1003</p> 	<p>0.3</p>		
<p>3.1005</p> 	<p>0.5</p>		
<p>3.1104</p> 	<p>0.4</p>		
<p>3.1105.1</p> 	<p>0.5</p>		

3.1105.2	Split back without help, trunk below horizontal		
	0.5		
3.1105.3	Split back without help with ring (Sakura)		
	0.5		
3.1203	Attitude		
	0.3		
3.1205.1	Attitude, with trunk backward at horizontal		
	0.5		
3.1205.2	Ring without help		
	0.5		
3.1303.1	Ring with help		
	0.3		
3.1303.2	Ring with help and with the leg on the shoulder		
	0.3		

<p>3.1405.1</p> 	<p>Front split; trunk bent back below horizontal from standing position</p> <p>Kabaeva (KB)</p> <p>0.5</p>  <p> 180°</p>
<p>3.1405.2</p> 	<p>Front split; trunk bent back below horizontal from a seated position</p> <p>Kabaeva (KB)</p> <p>0.5</p>  <p> 180°</p>
<p>3.1405.3</p> 	<p>Kramarenko</p> <p>Kramarenko (KR)</p> <p>0.5</p> 
<p>3.1501</p> 	<p>"Cossack" free leg forward without help</p> <p>0.1</p>  <p></p>
<p>3.1601</p> 	<p>Fouetté: Passé</p> <p>0.1</p> <p></p>
<p>3.1602</p> 	<p>Fouetté: with leg stretched at the horizontal: in front, side</p> <p>0.2</p> <p></p>
<p>3.1704</p> 	<p>Illusion backwards: Trunk bent backward at horizontal or below</p> <p>0.4</p> <p>360°</p>  <p></p>

Rotations on other parts of the body			
3.1801		Ralenkova: Rotation on the back	
	0.1	Ralenkova 	
3.1902		Rotation on the stomach, legs close to ring	
	0.2		
3.2003.1		Rotation on the stomach, legs in stag position with help	
	0.3	Ashram (ASH) 	
3.2003.2		Rotation in split position without help (Kanaeva) (180°)	
	0.3	Kanaeva (KN) 	
3.2101		Rotation in a split with help without interruption, bent forward	
	0.1		
3.2202		Rotation in a split with help without interruption, bent backward	
	0.2	