

國際體操聯合會



2017 – 2020 評分規則



女子競技體操

由國際體聯執委會審核

適用於如下女子競技體操比賽

奧運會

青奧會

世錦賽

地區或洲際比賽

有國際人士參與的賽事

對於較低水平的國內比賽以及少年比賽可由
各洲或地區的技术管理機構根據年齡和水平設計
修正的比賽規則（參見國際體聯年齡組發展規劃）

評分規則的所有權歸國際體聯，事先未經國際體聯書面許可不得翻譯和複製。一旦規則的
陳述與技術規程相矛盾，則以技術規程為準。不同語言文本出現差異時以英文文本為準。

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國際體聯規則更新

在正式的國際體聯比賽後，國際體聯女子技術委員會將發佈“女子競技體操時事通訊”，它包括：

- 所有帶有編號和動作符號的新動作及動作的變化
 - 新連接
- “規則更新”及其在國際比賽中生效的日期將由國際體聯秘書長下發給各成員國

諮詢台

在國際體聯網站的女子競技體操諮詢台中可以找到新增的動作、動作描述、動作術語、動作更新及說明。

縮寫詞

組織委員會

| | |
|-----|---------|
| FIG | 國際體操聯合會 |
| WAG | 女子競技體操 |
| WTC | 女子技術委員會 |
| TC | 技術委員會 |
| EC | 執行委員會 |
| LOC | 地方組織委員會 |

文件

| | |
|-----|-----------|
| COP | 評分規則 (規則) |
| TR | 技術規程 |

項目

| | |
|-----|-----|
| VT | 跳馬 |
| UB | 高低槓 |
| BB | 平衡木 |
| FX | 地板 |
| LB | 低槓 |
| HB | 高槓 |
| Evt | 項目 |

裁判組

| | |
|---------|------------|
| D-Score | 難度分 |
| E-Score | 完成分 |
| R-Score | 參考裁判組的分數 |
| D-panel | 評價難度的裁判組 |
| E-panel | 評價完成情況的裁判組 |
| R-panel | 提交控制分的裁判組 |
| SJ | 高級裁判組 |
| SEC | 秘書 |

要求

| | |
|------|-------|
| DV | 難度價值 |
| CV | 連接價值 |
| CR | 編排要求 |
| SB | 連接串加分 |
| Min. | 最小 |
| Max. | 最大 |
| Gr. | 組別 |
| P. | 分數 |
| DMT | 下法 |
| MT | 上法 |

身體位置

| | |
|------------|------|
| HSTD | 手倒立 |
| LA turn | 縱軸轉體 |
| BA | 橫軸 |
| Fwd | 向前 |
| Bwd | 向後 |
| Swd | 向側 |
| Root skill | 基本技術 |

比賽

| | |
|-----|-------------------------------|
| QC | Qualification Competition 資格賽 |
| AA | All around Final 全能決賽 |
| AF | Apparatus Finals 單項決賽 |
| TF | Team Final 成隊決賽 |
| OG | 奧運會 |
| WC | 世界錦標賽 |
| YOG | 青年奧運會 |

支援系統

| | |
|-------|---------------------------|
| IRCOS | 即時複樣或重放系統 – 國際體聯使用的錄影分析系統 |
| JEP | 裁判評估程式 |
| CIS | 解說員資訊系統 |

術語表

表演品質

| | |
|--------|----------------------------|
| 表現力 | 用於表達情感的內涵 |
| 動力性 | 表演強度上積極的、強有力的、充滿活力的、爆發性的變化 |
| 成套動作結構 | 成套動作的要求 |
| 成套舞蹈編排 | 成套動作創造性的組合 |

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第一章

比賽管理條例

第 1-5 節

PART I REGULATIONS GOVERNING COMPETITION PARTICIPANTS

SECTION 1— PURPOSE

PURPOSE

The primary purpose of the Code of Points is to:

1. Provide an objective means of evaluating gymnastics exercises at all levels of regional, national, and international competitions.
2. Standardize the judging of the four phases of FIG official competitions:
Qualification
Team Finals
All Around and
Individual Event Finals
3. Assure the identification of the best gymnast in any competition.
4. Guide coaches and gymnasts in the composition of competition exercises.
5. Provide information about the source of other technical information and regulations frequently needed at competitions by judges, coaches, and gymnasts

第 1 章 比賽管理條例

第 1 節- 目的

目的

評分規則的主要目的是：

1. 為地區的、國家的和國際的比賽中各種水平的體操成套動作提供客觀的評價方法。
2. 使國際體聯官方比賽的四個階段的裁判工作標準化：
資格賽
成隊決賽
全能決賽和
單項決賽
3. 確保任何比賽中對最佳運動員的判定。
4. 指導教練員和運動員編排比賽的成套動作。
5. 為裁判員、教練員和運動員提供比賽中時常所需的其他技術資訊和規則條款。

SECTION 2 — Regulations for Gymnasts

2.1 Rihts of theGymnasts

2.1.1 General

The gymnast is guaranteed the right to:

- a) Havetheirperformancejudgedcorrectly,fairly,andinaccordancewith the stipulations of the Code ofPoints.
- b) Receive in writing the evaluation of the difficulty rating for a submitted new vault or element within a reasonable time prior to the start of the competition.
- c) Have their score publicly displayed immediately following their performance or in accordance with the specific regulations governingthat competition
- d) Repeat their entire exercise (without deduction) with the approval ofthe SuperiorJury:
 - if the exercise has been interrupted for reasons beyondtheir control orresponsibility,
 - if a handguard (grip) is significantly torn causing a fall, or interruption. The gymnast must immediately show the broken handguard(grip)totheD1judgebeforeleavingthepodiumin order to receive permission to repeat theexercise.

Note: A gymnast may repeat the entire exercise at the end of the rotation, or if she is the last gymnast in the rotation, at a time at the discretion of the SJ.

- e) Briefly leave the competition hall for personal reasons and that such a request not be unreasonably denied with permission from the Chair of the SuperiorJury.

Note: The Competition may not be delayed through her absence.

- f) Receive through their delegation leader the correct resultoutput, showing all their scores received in thecompetition

2.1.2. Apparatus

The gymnast is guaranteed the right to:

- a) Have identical apparatus and mats in the training halls, warm-up hall and on the competition podium that conforms to the specifications and norms for FIG officialcompetitions.
- b) Place the take-off board on the supplementary 10 cm landing mat (UB & BB).

第 2 節— 運動員條例

2.1 運動員的權利

2.1.1 總則

體操運動員享有如下權利：

- a) 她的完成情況得到正確的、公正的與《評分規則》條款相符的評判。
- b) 在比賽開始前一個合理的時間內，收到所提交的新跳馬動作及其它專案新動作的難度級別的書面評價。
- c) 成套動作一結束，她們的分數就馬上根據比賽的具體規定公佈於眾。
- d) 在得到高級裁判組的許可後，可以重新完成她的成套動作（不扣分）：
 - 如果成套動作的中斷是運動員無法控制的或非她的責任所造成的
 - 如果掉下或中斷是因護掌嚴重撕裂而導致的，運動員必須在離開賽台前向 D1 裁判出示撕裂的護掌以獲得重做的允許注：運動員可以在當輪比賽結束時重做成套動作；如果她是該輪比賽的最後一名運動員，這時則由高級裁判組決定。
- e) 允許因個人原因而暫時離開比賽館，高級裁判組組長不得拒絕此類申請。
注：比賽不可因運動員的缺席而延誤。
- f) 通過所在代表團的領隊，收到包括她們在比賽中所有正確得分的成績冊。

2.1.2. 器械

體操運動員享有如下權利：

- a) 在訓練館、熱身館及比賽館都能擁有相同的、與國際體聯正式比賽規格標準相一致的器械與墊子。
- b) 可在 10 釐米的附加落地墊上放置踏跳板(高低槓和平衡木)。

- c) Use magnesium on Uneven Bars and to make small markings on the Balance Beam.
- d) Have one spotter on Uneven Bars
- e) Rest or recuperate for up to 30 seconds following a fall from the UB and 10 seconds following a fall from BB
- f) Confer with their coach during the time available to her following a fall from the apparatus and between the first and second vaults.
- g) Request permission to raise both bars, if their feet touch them at

Warm-up

In Qualifying, All Around Final & Team Final

- Each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus in accordance with the Technical Regulations that govern that competition.
- Vault (Teams and individual groups)
Around Final & Team Final – two attempts only
Qualification to Apparatus final & Apparatus Final on VT – maximum of three attempts
- BB, FX
30 sec. each
- UB
50 sec. each, including the preparation of the bars

NOTE:

- In Qualifying and Team Final the entire warm-up time belongs to the team **except Vault**. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.
- In mixed-groups the warm-up time belongs personally to the gymnast. The order of warm up should be the same as the order of competition.

- The end of the warm-up period is signaled by a gong. If at this time, a gymnast is still on the apparatus, they may complete the element or sequence started. Following the warm-up period or during the “competition pause”, the apparatus may be prepared (max. 2 person on UB), but not used.
- There will be a conspicuous signal from the D¹ judge (at official FIG competitions, a green light) 30 seconds before their exercise is expected to begin.

- c) 可在高低槓上使用鎂粉，並可用鎂粉在平衡木上做小標記。
- d) 高低槓上可有一名保護者。
- e) 從高低槓上掉下有長達 30 秒的調整恢復時間，從平衡木上掉下後有 10 秒的調整恢復時間。
- f) 在掉下器械的許可時間內或在跳馬的兩跳之間，運動員可與她的教練員交流。
- g) 如果腳觸墊，可要求升高高低槓的兩根槓子。

準備活動

在資格賽、全能決賽和成隊決賽中

- 按照比賽的技術規程，在比賽即將開始前，每個參賽運動員（包括受傷運動員的替補）都有權在賽台的所有器械上做賽前熱身。
 - 跳馬（成隊和個人組）
全能決賽和成隊決賽——只有 2 次助跑
為進入單項決賽的資格賽和跳馬單項決賽——最多 3 次助跑
 - 平衡木、地板
每人 30 秒
 - 高低槓
每人 50 秒，包括準備槓子的時間

注:

- 在資格賽及成隊決賽中，整個準備活動時間屬於全隊（跳馬除外）。該隊必須注意掌握好時間，以便最後一名運動員能有準備活動時間。
- 在混合隊中，準備活動時間分屬每個運動員自己，但準備活動順序必須與比賽順序相同。

- 臨賽準備活動結束時用鑼聲提示。如果此時運動員仍在器械上，她可以完成該動作或已開始的動作串。在準備活動之後或“比賽間隙”期間，可準備器械（高低槓最多兩人）但不可使用。
- 在成套開始前 30 秒，D¹ 裁判將給出明確的信號（在國際體聯的正式比賽中是亮綠燈）。

2.2 Responsibilities of the Gymnasts

- a) To know the Code of Points and conduct themselves accordingly.
- b) To submit, or have their coach submit, a written request at least 24 hours before podium training, to the Chair of the Superior Jury to assess the difficulty of a new element.
- c) To submit, or have their coach submit, a written request at least 24 hours before podium training, to the Chair of the Superior Jury to raise the Uneven Bars; or to submit such requests in accordance with the Technical Regulations that govern that competition.

2.3 Duties of the Gymnasts

2.3.1 General

- a) To present themselves in the proper manner (arm/s up) and thereby acknowledge the D¹ judge at the commencement of her exercise and to acknowledge the same judge at the conclusion of her exercise.
- b) To begin the exercise within 30 seconds of the green light or signal from D¹ (*on all apparatus*).
- c) To remount within 30 sec. after a fall from UB or 10 sec. after a fall from BB (the timing starts when the gymnast is on her feet after the fall). In this time the gymnast can recuperate, re-chalk, confer with her coach and remount.
- d) To leave the podium immediately after the conclusion of their exercise.
- e) To refrain from changing the height of any apparatus, unless permission has been granted.
- f) To refrain from speaking with active judges during the competition.
- g) To refrain from delaying the competition: remaining on the podium for too long, remounting the podium on completion of her exercise, and from otherwise abusing her rights or infringing on those of any other participant.
- h) To refrain from any other undisciplined or abusive behavior or infringing on those of any other participant
(*i.e. marking the floor carpet with magnesium, - damaging any apparatus surface or parts during preparation for her exercise or removing springs from the spring board.*)
- i) To leave the supplementary mat in position (for landing) during the entire exercise (UB & BB).

2.2 運動員的職責

- a) 瞭解“評分規則”並按規則執行。
- b) 至少在賽台訓練前 24 小時，由運動員本人或通過教練向高級裁判組組長提交新動作難度評定的書面申請。
- c) 至少在賽台訓練前 24 小時，由運動員本人或通過教練向高級裁判組組長提交升高高低槓槓面的書面申請，或按照比賽的技術規程提交此類申請。

2.3 運動員的職責

2.3.1 總則

- a) 在動作開始和結束時，她必須以恰當的方式（如舉單手或雙手）向 D1 裁判示意。
- b) 綠燈亮或 D1 裁判給予開始信號後，她必須在 30 秒內開始做動作（所有專案）。
- c) 高低槓掉下器械後須在 30 秒內重上器械，平衡木掉下器械後須在 10 秒內重上器械（計時從運動員掉下腳觸地開始）。在這段時間內她可以休息恢復、重擦鎂粉、與教練員交流之後重上器械。
- d) 成套比賽完成後就立即離開賽台。
- e) 未經許可不得改變器械高度。
- f) 比賽期間避免與當值裁判交談。
- g) 避免拖延比賽：在賽臺上停留時間過長、完成比賽後重上賽台以及其它濫用權利或侵害其他參賽者權利的行為。
- h) 避免任何其他無紀律或辱罵行為或侵害其他參賽者的行為。
(如：在地板地毯上用鎂粉做標記，在準備活動中損壞器械表面或部件，或移去踏跳板的彈簧等。)
- i) 在成套動作過程中，為落地留置附加落地墊（高低槓和平衡木）。

- j) To use an additional 10 cm soft mat on top of the existing basic landing mats (20 cm) for dismounts on Vault, Bars and Beam.
- k) To participate in the respective Award Ceremony dressed in competition attire (leotards/unitards) according to FIG Protocol.

2.3.2 Competition Attire

- a) They must wear a correct sportive non transparent leotard or unitard (*one piece leotard with full length legs-hip to ankle*), which must be of elegant design. She may wear complete leg coverings of the same color as that of the leotard; under or on top of the leotard.
- b) The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be minimum 2cm.
- c) The leg cut of the leotard may not extend beyond the hip bone (*maximum*). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.
- d) They have the option of wearing gymnastic slippers and socks.
- e) They must wear the bib number supplied by the organizing committee. With approval of her written petition, the gymnast may remove the number in rare cases of back spins on the Balance Beam and Floor. The number must be displayed to the D Panel at the start of the exercise.
- f) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent FIG Publicity Rules.
- g) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG Publicity Rules.
- h) The leotard/unitard must be identical for members from the same federation in the Qualification and Team Final Competition. In the Qualification individual gymnasts from the same federation (*without a team*) may wear different leotards/unitards.
- i) Handguards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin-colored when available from the manufacturer.
- j) They must refrain from wearing jewelry (*bracelets or necklaces*) except small stud type pierced earring/s.
- k) They must refrain from wearing hip or other padding.

- j) 跳馬、高低槓和平衡木下法，在現有基本落地墊（20 釐米）上使用 10 厘米的附加軟墊。
- k) 按照國際體聯禮儀的規定穿著比賽服（體操服/全身緊身衣）參加各自的頒獎儀式。

2.3.2 比賽服裝

- a) 必須穿著設計優雅的適合運動的非透明的體操服或彈力全身緊身衣（一種帶長褲的體操服-臀到踝）。她可以在體操服內或外穿戴與體操服同色的完整的腿部覆蓋物。
- b) 體操服的前後領口必須適當，即前面不低於胸骨的一半處，後面不低於肩胛骨的底線；可以有或沒有袖子，肩帶寬度不小於 2 釐米。
- c) 體操服的腿部開口不可超過髌骨（最高），體操服腿部的長度不可超過臀部兩公分以下的環繞大腿的水平線。
- d) 可以選擇是否穿體操鞋或體操襪。
- e) 必須佩戴由組委會提供的運動員號碼布。在平衡木和地板罕見的背轉動作中，提交書面申請得到批准後，運動員可以拿掉號碼布。在成套前必須向 D 組裁判亮出自己的號碼。
- f) 必須按國際體聯最新規定在體操服上佩帶國家標記或國徽。
- g) 只可佩戴經國際體聯最新公佈許可的圖示、廣告、贊助商標誌。
- h) 在資格賽和成隊決賽中，同一協會的成員必須穿相同的體操服。在資格賽中，同一協會的單項運動員（無成隊）可穿不同的體操服。
- i) 允許使用米色或膚色的身體繃帶、護腕、高低槓護掌，但它們必須安全牢固，維護良好並且不影響美觀。
- j) 除小的穿孔耳釘外，不得佩戴其他珠寶（手鐲或項鍊）。
- k) 不得在髌部或其它部位放置保護墊。

2.4 Penalties

- The normal penalty for a violation of the rules and expectations presented in Sections 2 and 3 are considered medium or large errors; -0.30 for behavioral violations and -0.50 for apparatus related violations. The penalty is deducted by the Chair of the Superior Jury, from the Final Score when notified by the D panel.
- A Summary of the penalties is outlined in Section 8.3.
- In extreme cases, the gymnast or coach may be expelled from the competition hall in addition to suffering the specified penalty.

| Behavior Related Violations By Superior Jury when notified by the D panel | |
|---|---|
| Violation | Penalty |
| Violations of attire <ul style="list-style-type: none"> Incorrect or unaesthetic padding Missing national emblem and/or wrong placement Missing start number Incorrect attire – leotard, jewelry, bandage color | 0.30 from Gym/App from the Final Score (once for a competition session) – SJ |
| Violations of attire regulations that apply to Team Competition <ul style="list-style-type: none"> Non identical leotards (for gymnasts from the same team) | 1.00P. In Qualification, Teams Finals taken 1 x in competition phase from apparatus where first recognized. – SJ |
| Unauthorized remaining on the podium | 0.30 from the Final Score by Superior Jury |
| Remounting podium after the exercise | 0.30 from the Final Score by Superior Jury |
| Other undisciplined or abusive behavior | 0.30 from the Final Score by Superior Jury |
| Incorrect Advertising | 1.30 from the Final Score on the concerned apparatus by Superior Jury When requested by responsible body <ul style="list-style-type: none"> Team Gymnast (Individual competitions) |
| Absent from Victory Ceremony | Result and Final Score is annulled for team and individual (By Superior Jury) |

2.4 處罰

- 因違規而在第 2 條、第 3 條中出現的一般性扣分被認為是中等錯誤或大錯誤扣分。行為違規扣 0.3 分、器械相關違規扣 0.5 分。扣分將由高級裁判組組長在收到 D 組裁判通知後從最後得分中扣除。
- 扣分概要要在 8.3 條中論述。
- 在極端情形下，運動員和教練除受到規定的處罰外還可被逐出比賽館。

| 有關行為的違規 由高級裁判組在收到 D 組裁判通知後執行 | |
|---|--|
| 違規 | 處罰 |
| 違反服裝規定 <ul style="list-style-type: none"> 不正確或不美觀的防護墊 未佩戴國徽或位置不當 未佩戴號碼 不正確的裝束—體操服、珠寶、繃帶顏色 | 從運動員/項目的最後得分中扣除 - 0.30 (一場比賽扣一次)-高級裁判組 |
| 違反成隊比賽服裝規定 <ul style="list-style-type: none"> 體操服不統一(同一代表隊的運動員) | 在資格賽、成隊決賽中，從第一次發現的項目中扣除 -1.00P -高級裁判組 |
| 在賽臺上非法逗留 | 由高級裁判組從最後得分中扣除 -0.30 |
| 完成成套動作後重登賽台 | 由高級裁判組從最終得分中扣除 -0.30 |
| 其它無紀律或侵害的行為 | 由高級裁判組從最終得分中扣除 -0.30 |
| 不正確的廣告 | 由高級裁判組從相關項目的最後得分中扣除 -0.30 <ul style="list-style-type: none"> 成隊 運動員(個人比賽) |
| 缺席頒獎儀式 | 取消成隊和個人的成績與最後得分 (由高級裁判組) |

| Apparatus Related Violations By Superior Jury when notified by the D panel | |
|---|--|
| Violation | Penalty |
| Incorrect use of magnesium and/or damaging apparatus | 0.50 from the Final Score by Superior Jury |
| Re-arrangement or removal of springs | 0.50 from the Final Score by Superior Jury |
| Changing height of the apparatus without permission | 0.50 rom the Final Score by Superior Jury |

2.5 Gymnasts' Oath (FIG TR 7.12.2)

“In the name of all gymnasts I promise that we shall take part in their World Championships (or any other official FIG Event) respecting and abiding by the rules which govern them, committing ourselves to asport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of the gymnasts.”

| 有關器械的違規 由高級裁判組在收到 D 組裁判通知後執行 | |
|---------------------------------|--------------------|
| 違規 | 處罰 |
| 不正確使用鎂粉和/或損壞器械 | 由高級裁判組從最後得分中扣-0.5 |
| 重新佈置或移走彈簧 | 由高級裁判組從最後得分中扣-0.5 |
| 未經許可改變器械的高度 | 由高級裁判組從最後得分中扣 -0.5 |

2.5 運動員誓言(國際體聯技術規程 7.12.2)

“我代表所有運動員宣誓，為了體育的光榮，為了體操運動員的榮譽，我們將以真正的體育精神參加世錦賽（或其它國際體聯正式比賽），尊重和遵守各項規則，不使用毒品、興奮劑。”

SECTION 3 — Regulations for Coaches

3.1 Rights of the Coaches

The coach is guaranteed the right to:

- a) Assist the gymnast or team under his care in submitting written requests related to the raising of apparatus and the rating of new vault elements.
- b) Assist the gymnast or team under their care on the podium during the warm up period on all apparatus.
- c) Help the gymnast or team prepare the apparatus for competition.
 - vault to prepare the safety collar.
 - vault, uneven bars and balance beam to prepare springboard and position the supplementary landing mat.
 - uneven bars to adjust and prepare the uneven bar rails
- d) Be present on the podium after the green light is lit to remove the springboard on
 - Balance Beam (then leave podium immediately)
 - Uneven Bars - coach or gymnast (then leave podium immediately)
- e) Be present at Uneven Bars during the gymnast's exercise for reasons of safety – this can be same or different coach who removes the springboard.
- f) Assist or advise the gymnast during the intermediate fall time period on all apparatus and between the first and second vault.
- g) Have their gymnast's score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- h) Be present at all apparatus to help in case of injuries or defects of the apparatus.
- i) Inquire to Superior Jury concerning the evaluation of the content of the exercise of the gymnast (see TR 8.4).
- j) Request to Superior Jury a review of the Time and Line deductions.

第 3 節 — 教練員條例

3.1 教練員的權利

教練員享有如下權利：

- a) 幫助所帶運動員或代表隊提交有關升高器械高度和申報新跳馬或新動作的書面請求。
- b) 在賽臺上幫助所帶運動員或代表隊做賽前準備活動。
- c) 幫助運動員或代表隊準備比賽器械。
 - 在跳馬比賽中準備安全墊圈。
 - 在跳馬、高低槓和平衡木比賽中準備跳板和放置附加落地墊。
 - 在高低槓上調整和準備高低槓槓子。
- d) 綠燈亮後在賽臺上移開踏跳板，在
 - 平衡木上（然後立即離開賽台）。
 - 高低槓上-教練員或運動員（然後立即離開賽台）。
- e) 在高低槓比賽過程中，移動跳板的教練或另一個教練可以以安全為由留在賽臺上。
- f) 在兩次跳馬的間隙或其它項目運動員掉下器械的中斷時間內，幫助或指導運動員。
- g) 運動員比賽一結束或依據比賽的特定規則就可以得到公示的成績。
- h) 在所有專案的比賽中，如果運動員受傷或器械出現問題，可上場提供幫助。
- i) 就運動員套動作的起評分向高級裁判組提出詢問（見技術規程 8.4）。
- j) 要求高級裁判組檢查運動員計時和司線的扣分。

3.2 Responsibilities of the Coaches:

- a) Know the Code of Points and conduct themselves accordingly.
- b) Submit the competition order and other information required in accordance with the CODE OF POINTS and/or the FIG Technical Regulations that govern that competition.
- c) Refrain from changing the height of any apparatus or add, re-arrange or remove springs from the springboard. (Refer to Section 2.1.2 for raising the rails at uneven bars).
- d) Refrain from delaying the competition, obstructing the view of the judges and from otherwise abusing or interfering with the rights of any other participant.
- e) Refrain from speaking to the gymnast or from assisting her in any other way (give signals, shouts, cheers or similar) during her performance.
- f) Refrain from engaging in discussions with active judges and/or other persons outside of the inner arena circle during the competition (exception: team doctor, delegation leader).
- g) Refrain from any other undisciplined or abusive behaviour.
- h) Conduct themselves in a fair and sportsmanlike manner at all times during the competition.
- i) Participate in a sportsmanlike manner in any applicable Award Ceremony.

NOTE: See Deductions for Violations and Unsportsmanlike Behaviour

Number of Coaches Permitted in the Inner Circle:

- Qualifying Competition and Team Final Competition for:
 - Complete teams - 1 female and 1 male coach or 2 female coaches; if only 1 coach, then the coach may be a male.
 - Nations with individuals – 1 coach (F or M)
- All-Around Competition & Apparatus Finals Competitions for:
 - Each gymnast – 1 coach

3.2 教練員的職責:

- a) 瞭解《評分規則》並按規則執行。
- b) 根據比賽的《評分規則》和/或《國際體聯技術規程》提交比賽的出場順序和其它所需資訊。
- c) 未經許可不得改變器械高度或增加、重新放置或移去跳板的彈簧。(參考 2.1.2 關於升高高低槓槓子的要求)
- d) 避免延誤比賽、阻擋裁判員視線和其他辱罵、妨礙其它參賽人員的權利。
- e) 避免在運動員做動作時與運動員說話或使用其它方式說明運動員(給信號、叫喊、加油或類似的行為)。
- f) 避免在比賽期間與內場當執裁判員和/內場外的其它人(隨隊醫生、領隊除外)討論。
- g) 避免其它任何無紀律的或罵人的行為。
- h) 在整個比賽期間以公平的、符合體育道德的行為舉止來規範自己。
- i) 以符合體育道德的行為舉止參加所有的頒獎儀式。

注: 見“違紀和非體育道德行為的扣分”

允許進入內場的教練人數:

- 資格賽和成隊決賽:
 - 對於成隊——1 名女教練和 1 名男教練或兩名女教練; 如果只有一名教練, 則可以是男教練。
 - 只參加個人比賽的國家——1 名教練(女性或男性)。
- 全能決賽和單項決賽:
 - 每名運動員——1 名教練。

3.3 Penalties for Coach Behavior

| By Chair of Superior Jury (In Consultation with Superior Jury) | Card System For FIG Official and Registered Competitions |
|--|---|
| | |
| - Unsportsmanlike conduct (valid for all phases of the competition) | 1 st time – Yellow card for coach (warning) 2 nd time – Red card and removal of coach from the competition* |
| - Other flagrant, undisciplined and abusive behavior (valid for all phases of the competition) | Immediate Red card and removal of coach from the competition* |
| | |
| - Unsportsmanlike conduct (valid for all phases of the competition), i.e. unexcused delay or interruption of competition, speaking to active judges during the competition except to D ¹ Judge, inquiry only permitted, - speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise. etc. | 1 st time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning) 1 st time – 1.00 (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks aggressively to active judges 2 nd time – 1.00 (from gymnast/team at event), Red card & removal of coach from the competition floor* |
| - Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition), i.e. incorrect presence of the prescribed persons in inner circle during competition, etc. | 1.00 (from gymnast/team at event), immediate Red card & removal of coach from the competition floor* |

Note: If one of two coaches from a team are dismissed from the competition inner circle, it is possible to replace that coach with another coach **one time** in the entire competition (e.g. Qualification).

3.3 教練員的行為處罰

| 由高級裁判組主席執行 (在徵求高級裁判組意見情況下) | 紅黃牌系統 對於 FIG 正式和註冊 的比賽 |
|--|--|
| | |
| - 不符合體育道德的行為 (對各種比賽 均有效) | 第一次 – 對教練亮黃牌(警告) 第二次 – 對教練亮紅牌並逐出比賽* |
| - 其它不能容忍的、無紀律的和罵人的 行為 (對各種比賽均有效) | 立即亮紅牌並將教練逐出比賽* |
| | |
| - 不符合體育道德的行為 (對各種比賽 均有效) 如：無理由的拖延或者中斷比賽，比賽中 與當值裁判說話 (D ¹ 除外，只允許 詢問) - 成套比賽中直接與運動員說話、發信 號、 喊叫 (加油) 或其它類似行為等 | 第一次 – 0.50 分 (從運動員/成隊的該 項得分中扣除) 並且對教練亮黃牌 (警告) 第一次 – 1.00 分 (從運動員/成隊的 該項得分中扣除) 並且對教練亮黃牌 (警告) (如果教練員對當值裁判使用攻 擊性語言) 第二次 – 1.00 分 (從運動員/成隊的該 項得分中扣除) 亮紅牌並將教練逐出比賽 |
| - 其它不能容忍的、無紀律的和罵人 的行為 (對各種比賽均有效)。 如：比賽期間非規定人員進入內 場等。 | 扣 1.00 分 (從運動員/成隊的該項得分 中扣除)，立即亮紅牌並將教練逐出比 賽* |

注：在整場比賽中 (例如資格賽)，如果一支隊伍裡兩個教練中的一個
從內場被罰出場外，允許另一個教練進內場替換一次。

1st offense = yellow card

2nd offense = red card, at which time the coach is excluded from the rest of the competition phases.

*if there is only one coach, then the coach would remain in the competition but would not be eligible for accreditation at the next World Championships, Olympic Games.

3.4 Inquiries (TR8.4)

Detailed Procedure for the request of marks reviews (Inquiry) as per T.R., (Section 1, Art. 8.4)

3.5 Coaches Oath

“In the name of all Coaches and other members of the athlete’s entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is fully adhered to and upheld in accordance with the fundamental principles of Olympism. We shall commit ourselves to educating the gymnasts to adhere to fair play and drug free sport and to respect all FIG Rules governing the World Championships”

第 1 次違規=黃牌

第 2 次違規=紅牌，教練員將被逐出剩餘的比賽。

*如果只有一名教練員，那麼這名教練可以繼續留在賽場（工作），但沒有資格參加下次世錦賽、奧運會。

3.4 質詢（《技術規程》8.4）

對分數質疑的詳細程式（質詢）請按《技術規程》執行（第 1 節 8.4 條）。

3.5 教練員誓言

“以所有教練員及隨隊人員的名義，我保證我們在世錦賽（或其它國際體聯正式賽事）中，尊重、遵守比賽的各項規則，致力於保證運動員與奧林匹克基本原則一致，體現體育、文化與教育的結合。”

SECTION 4 — Regulations for Technical Committee

At official FIG Competitions and the Olympic Games, the members of the FIG Women's Technical Committee will constitute the Superior Jury and act as Apparatus Supervisors at the different apparatus.

4.1 The President of the WTC

The **President of the Women's Technical Committee** or her representative will serve as Chair of the Superior Jury. Their responsibilities and those of the Superior Jury include:

- a) The overall Technical Direction of the competition as outlined in the Technical Regulations.
- b) To call and chair all judges' meetings and instructions sessions.
- c) To apply the stipulations of the Judges' Regulations relevant to that competition.
- d) To deal with requests for evaluation of new elements, raising the Uneven Bars, and other issues that may arise. Such decisions are normally made by the Women's Technical Committee.
- e) To make sure that the time schedule published in the Workplan is respected.
- f) To control the work of the Apparatus Supervisors and intervene if deemed necessary. Except in case of an inquiry and time or line errors, generally no change of score is allowed after the score has been flashed on the scoreboard.
- g) To deal with inquiries as outlined in the FIG Technical Regulation (TR 8.4).
- h) In cooperation with the members of the Superior Jury, to issue warnings to or replace any person acting in any judging capacity who is considered to be unsatisfactory or to have broken their oath.

第 4 節 — 技術委員會條例

在國際體聯正式的比賽及奧運會中，國際體聯女子技術委員會成員將組成高級裁判組並擔任不同專案的監督員。

4.1 女子技術委員會主席

女子技術委員會主席或其代表將擔任高級裁判組組長。她和高級裁判組的責任包括：

- a) 按技術規程規定對比賽進行總體技術指導。
- b) 召集並主持所有裁判員會議及講習班。
- c) 將國際裁判員條例應用於比賽。
- d) 處理有關新動作評定、升高高低槓槓面和其它可能發生的問題。這些決定通常由女子技術委員會作出決定。
- e) 保證按工作計畫中的時間表執行。
- f) 監控專案監督員的工作並且在有必要時進行幹預，除了出現諮詢、計時或司線有錯誤的情況外，一般不改動示出的分數。
- g) 處理諮詢的主要問題。
- h) 與高級裁判組成員合作，對任何不能勝任執法的裁判員或違背裁判員誓言的裁判員進行警告或更換。

- i) To conduct a global video analysis (*post competition*) with the TC to determine errors in judgment.
 - j) To supervise the checking of the apparatus measurement specifications according to the FIG Apparatus Norms.
 - k) In unusual or special circumstances may nominate a judge to the competition
 - l) To submit a report to the FIG Executive Committee, which must be sent to the FIG Secretary General as soon as possible, but no later than 30 days after the event, which contains the following:
 - General remarks about the competition including special occurrences and conclusions for the future
 - Detailed analyses of the judges performance (*within 3 months*) including proposals for
 - rewarding the best judges
 - sanctions against the judges who fail to meet expectations
 - Detailed list of all interventions
 - score changes before and after publication
 - Technical analyses of the D-judges' scores
- i) 帶領技委會進行總體錄相分析（賽後），確定裁判員評判中的錯誤。
 - j) 根據國際體聯的《器材標準》監督器械的檢查和量度規範。
 - k) 在特殊的情況下可以指定比賽裁判。
 - l) 向國際體聯執行委員會提交比賽報告，報告須儘快送到國際體聯秘書處，最遲不得晚於賽後 30 天。它包含如下內容：
 - 有關比賽的總體評價，包括特別事例及為將來的決定
 - 關於裁判員評估的詳細分析（三個月之內），包括
 - 對最佳裁判的獎勵建議
 - 對未達到要求裁判的處罰建議
 - 所有幹預的詳細列表
 - 修改前的分數以及之後公佈的分數
 - D-組裁判分數的技術分析

4.2 The WTC Members

During each phase of the competition, the members of the Women's Technical Committee or their representatives will serve as members of the Superior Jury and Apparatus Supervisors for each apparatus.

Their responsibilities include:

- a) Participating in the direction of the judges' meetings and instruction sessions and guiding the judges to perform the correct work on their respective apparatus.
- b) Applying the "Judges' Regulations" control with fairness, consistency and completely in accordance with the currently valid regulations and criteria.
- c) Recording the entire exercise content in symbol notation.
- d) Calculating the D and E Score (*control scores*) for the purpose of evaluation of the D, R and E Panels.
- e) Controlling the total evaluation and the final score for each exercise.
- f) Assuring that the gymnast is given the correct score for their performance or intervene as ruled herein.
- g) Checking the apparatus used at training, warm-up and competition with the FIG Apparatus Norms.

4.2 女子技委會委員

在比賽的各個階段，女子技術委員會委員或者她們的代表將擔任高級裁判組成員和各項目的監督員。

她們的職責包括：

- a) 參加裁判員方向會和講習班，指導裁判員在各自專案上正確地工作。
- b) 運用“裁判員條例”保證比賽公正、連續並完全符合當前的有效規則和評分依據來完成。
- c) 用符號記錄全部比賽成套。
- d) 計算 D 分和 E 分(控制分)，用於評估 D 組、R 組和 E 組裁判員。
- e) 控制每個成套動作的整個評分和最後得分。
- f) 保證運動員成套動作得到正確的評分或按規定進行幹預。
- g) 按國際體聯“器材規範”，檢查各專案中用於訓練、賽前準備活動及比賽的器械。

SECTION 5 — Regulations & Structure of Apparatus Juries

5.1 Responsibilities of Judges

Every Judge is fully and independently responsible for their scores. All members of the Apparatus Juries have the responsibility to:

- a) Have thorough knowledge of:
 - the FIG **Technical Regulations**
 - the **Code of Points**,
 - the FIG **Judges' Rules**
 - any other technical information necessary to carry out their duties during a competition
- b) Be in possession of the international Judge's Brevet valid for the current Cycle and produce the Judge's LogBook
- c) Possess the Category necessary for the level of competition they are judging
- d) Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule
- e) Attend all scheduled instruction sessions and meetings of judges before the respective Competition (*extraordinary exceptions, which were unavoidable, will actually be decided by the FIG WTC*)
- f) Adhere to any special organizational or judging related instruction given by the governing authorities (*i.e. Scoring system instructions*)
- g) Attend podium training (*compulsory for all judges*)
- h) Be prepared thoroughly on all apparatus

第 5 節—專案裁判員的組成及其條例

5.1 裁判員的職責

所有裁判員應完全、獨立地對她們的分數負責。每個項目裁判組成員的職責是：

- a) 完整具備如下知識：
 - 國際體聯**技術規程**
 - **評分規則**
 - 國際體聯**裁判員條例**
 - 其它在比賽中履行裁判職責所需的其他技術資訊
- b) 擁有本週期有效的裁判員證書及裁判工作記錄冊。
- c) 擁有與比賽水平相適應的裁判等級。
- d) 擁有廣泛的關於現代體操的知識並理解各規則的意義、目的、解釋和應用。
- e) 參加相應的賽前裁判員講習班和裁判會議（在無法避免的情況下，將由國際體聯女子技術委員會作為例外處理）。
- f) 遵守專門組織和裁判方面的相關指令（例如評分系統的操作指導）。
- g) 參加賽台訓練（對所有裁判均為強制性要求）
- h) 全面做好所有專案的準備。

- i) Be capable in fulfilling the various necessary mechanical duties, which include:
 - correctly completing any required scoresheets
 - using any necessary computer or mechanical equipment
 - facilitating the efficient running of the competition and
 - communicating effectively with other judges
- j) Be well prepared, rested, vigilant, and punctually present at least one hour before the start of competition or according to the instructions from the Workplan.
- k) Wear the FIG prescribed competition uniform (*dark blue suit - skirt or trousers, as indicated - and white blouse*), except at the OG, where the uniform is supplied by the Organizing Committee.

During the competition judges must:

- a) Behave at all times in a professional manner and exemplify non-partisan ethical behavior.
- b) Fulfill the functions outlined as specified in Section 5.4
- c) Evaluate each exercise accurately, consistently, quickly, objectively and fairly and when in doubt, give the benefit of that doubt to the gymnast
- d) Use the symbol notation sheets and maintain a record of their personal scores
- e) Remain in assigned seat (*except with the consent of D¹ Judge*) and refrain from having contact or discussions with gymnasts, coaches, delegation leaders or other judges.

Penalties for inappropriate evaluation and behavior by judges will be in accordance with the current version of the FIG Judges' Rules and/or the TR that apply to that competition.

- i) 有能力完成各類必需的技術操作工作，包括：
 - 正確地完成所需的評分單
 - 使用必需的電腦和手工操作設備
 - 促進比賽的高效運行以及
 - 能有效地與其它裁判交流
- j) 精力充沛、嚴陣以待、精神飽滿，在比賽開始前至少提前 1 小時或按“工作計畫”的要求準時出現在賽場。
- k) 穿著國際體聯規定的比賽制服（按要求— 深藍色西服套裙或長褲、白襯衣），由奧運會組委會提供制服的奧運會除外。

在比賽期間裁判員必須：

- a) 自始至終表現出職業風範，沒有不道德的偏袒行為。
- b) 履行在 5.4 條中敘述的職責。
- c) 準確、連貫、快速、客觀、公正、合乎道德地評判每套動作。當有疑慮時，作出有利於運動員的決定。
- d) 使用符號記錄她們的評分過程。
- e) 除非 D¹ 裁判同意，否則不允許離開指定的裁判位置，避免與運動員、教練、領隊和其它裁判接觸或討論。

關於裁判員不當評分及不當行為的處罰，將根據目前比賽通用的“國際體聯裁判條例”和/或“技術規程”來決定。

5.2 Rights of Judges

In case of an intervention by the Superior Jury, the Judge has the right to explain their score and to agree (*or not*) to a change.

In case of disagreement the Judge may be overruled by the Superior Jury and shall be informed accordingly.

In case of arbitrary action taken against a judge, they have the right to file an appeal to the

- a) Superior Jury, if the action was initiated by the Apparatus Supervisor or
- b) Jury of Appeal, if the action was initiated by the Superior Jury.

5.3 Composition of the Apparatus Jury

The Apparatus Jury (Judges' Panels)

For the official FIG Competitions, World Championships and Olympic Games, the Apparatus Jury will consist of a D- Panel (*Difficulty*), an E- Panel (*Execution*) and an R- Panel (*Reference*).

- The D- Judges are drawn and appointed by the FIG Technical Committee in accordance with the most current FIG Technical Regulations
- E- Judging Panels and supplementary positions will be drawn under the authority of the TC in accordance with the current Technical Regulations or Judges' Rules that govern that competition.
- R- Judges are appointed by the FIG Presidential Commission

The structure of the Apparatus Jury for the various types of competitions

| WC & OG 9 Judge Panel | International Invitational Min. 4 Judge Panel |
|--|--|
| 2 D- Panel Judges | 2 D- Panel Judges |
| 5 E- Panel Judges 2 R- Panel Judges | 2 E- Panel Judges |

Line & Time judges:

- Two (2) line judges for Floor Exercise
- One (1) line judge for Vault
- One (1) time keeper for Floor Exercise
- One (1) time keeper for Uneven Bars (WAG)
- Two (2) Time keepers for Balance Beam

5.2 裁判的權利

如果高級裁判組幹預，裁判員有權解釋她們的分數，並且同意（或不同意）做出改動。

如果不同意，裁判員的反對可被高級裁判組駁回，並得到相應的通知。

如果裁判員受到武斷專橫的裁決，裁判員有權上訴。

- a) 如果裁定是由專案監督員做出的，則向高級裁判組上訴。
- b) 如果裁定是由高級裁判組做出的，則向仲裁組上訴。

5.3 項目裁判組的構成

項目裁判組（裁判組）

對於國際體聯的正式比賽，世錦賽和奧運會，裁判組由 D 組（難度）、E 組（完成）和 R 組（參考）裁判組成。

- D 組裁判由女子技術委員會根據最新“國際體聯技術規程”抽籤產生並任命。
- E 組裁判及輔助裁判將在女子技術委員會的管理下，根據目前的“國際體聯技術規程”和“國際體聯裁判員條例”的要求抽籤產生。
- R 組裁判將由國際體聯主席團任命。

不同類型比賽裁判組的結構

| 世錦賽&奧運會 9 人裁判組 | 國際邀請賽 最少 4 人裁判組 |
|------------------------|--------------------|
| 2 名 D 組裁判 | 2 名 D 組裁判 |
| 5 名 E 組裁判 2 名 R 組裁判 | 2 名 E 組裁判 |

司線裁判與計時裁判:

- 地板司線裁判 2 名
- 跳馬司線裁判 1 名
- 地板計時裁判 1 名
- 高低槓計時裁判 1 名
- 平衡木計時裁判 2 名

Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions.

5.4 Function of the Apparatus Jury

5.4.1 Functions of the D- Panel

- a) D- Panel Judges record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the D-score content.
Discussion is allowed.
- b) The D²- judge enters the D- score into the computer
- c) The D-score content includes the:
 - Difficulty Value,
 - Composition Requirements
 - Connection Value, based on special rules for each apparatusThe D-panel on Vault ensures the correct adherence to the warm-up time
- d) To ensure the following deductions are applied for:
 - short exercise

Functions of the D¹ judge:

- a) To serve as liaison between the Apparatus Jury and the Apparatus Supervisor.
The Apparatus Supervisor will then liaise when necessary with the Superior Jury.
- b) To coordinate the work of the Time and Line Judges and Secretaries
- c) To ensure the efficient running of the apparatus including the control of warm up time.
- d) To display the green light or other conspicuous signal to notify the gymnasts they must begin their exercise within thirty seconds
- e) To ensure that neutral deductions for time, line, behavior faults are taken from the Final Score before being flashed
- f) To ensure the following deductions are applied for:
 - failure to present before and after the exercise.
 - performance of an invalid "0" vault
 - assistance during the: Vault, Exercise and Dismounts
 - short exercise

其它國際比賽和國家級及地方的比賽裁判組的構成可以進行修改和調整。

5.4 項目裁判組的職責

5.4.1 D-裁判組的職責

- a) D-裁判組用符號記錄整套動作，獨立、無偏差地評分，然後共同決定 D 分。允許討論。
- b) D² 裁判員將 D 分輸入電腦中。
- c) D 分的內容包括：
 - 難度價值
 - 編排要求
 - 連接價值，根據各專案特定的規則確定
- d) 確保如下扣分：
 - 短成套

D¹ 裁判的職責:

- a) 負責專案監督員和專案裁判組的聯絡工作。專案監督員在必要的時候再與高級裁判組聯絡。
- b) 協調計時裁判、司線裁判及秘書的工作。
- c) 確保項目高效運行，包括對賽前準備活動時間的控制。
- d) 亮出綠燈或其它明顯的信號，以通知運動員必須在 30 秒鐘內開始成套動作。
- e) D¹ 裁判確保超時、出界、行為錯誤等的中性扣分，並在示分前從最後得分中扣除。
- f) 確保下列情形的扣分：
 - 比賽前後未示意
 - 完成了一個無效的 "0" 分跳馬動作
 - 跳馬、成套及下法中的幫助
 - 短成套

Function of the D- Panel after the Competition:

They will submit a written competition report as directed by the WTC President, with the following information:

- forms listing violations, ambiguities and questionable decisions with the number and name of the gymnast
- makes their symbol notation sheets available during consultations and submits their symbol notation sheets at the end of the competition to the Apparatus Supervisor

5.4.2 Functions of the E-Panel

They must:

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges
- b) Record the deductions for:
 - General Faults
 - Specific Apparatus Execution Faults
 - Artistry Faults
- c) Complete the score slip with a legible signature or enter their deductions into the computer
- d) Be able to provide a personal written record of their evaluation of all exercises (*Execution and Artistry deductions*)

5.4.3 Function of the Reference Judges

The Reference Judges for Olympic Games and World Championships were introduced to have an automatic and time saving correction system in case of problems with Execution scores.

There will be 2 (two) reference judges per jury.

Reference judges may be used at all FIG official competitions (*where IRCOS is available*).

Other competitions may use Reference judges but **not** obliged to do so.

D-裁判組的賽後職責：

在女子技術委員會主席的指導下，提交包括如下情況的比賽報告：

- 列有違規情況和有爭議的、不確定的評判表格（附有運動員號碼和姓名）。
- 協商時，她們必須提供她們有效的動作符號記錄並且在比賽結束時向項目監督員提交她們的符號記錄單。

5.4.2 E- 裁判組的職責

裁判員必須做到：

- a) 裁判員必須專心地觀看比賽，並獨立、正確、無偏見地評判錯誤並給予相應扣分，不允許徵求其它裁判的意見。
- b) 記錄以下扣分：
 - 一般錯誤
 - 專項完成錯誤
 - 藝術性錯誤
- c) 完成具有清楚簽名的評分記錄單，將扣分輸入電腦。
- d) 提供一份有關全部成套動作評分的個人書面記錄（完成和藝術扣分）。

5.4.3 參考組裁判的職責

世錦賽和奧運會上設立參考裁判，是為了在完成分有問題時，有一個自動省時的糾正系統。

每個裁判組設 2 名參考裁判。

參考裁判可用于所有國際體聯的正式比賽中(可使用仲裁錄影)。其它比賽也可以使用參考裁判，但不強制要求。

5.5 Functions of the Time , Line Judges & Secretaries

5.5.1 Functions of the Time & Line Judges

The Time & Line Judges are drawn from among the Brevet judges to serve as:

Line judges to:

- Determine on FX & VT stepping outside of the border marking and to acknowledge the fault by raising a flag.
- Inform the D¹ judge of any violation or deduction; sign and submit the appropriate written record.

Time judges are required to:

- Time the duration of the exercise (*FX & BB*)
- Time the duration of the fall period (*BB & UB*)
- Time the duration between the green light and the commencement of the exercise
- Ensure adherence to the warm-up time
(*For non adherence, written information to the D- panel*)
- Give on an audible signal to the gymnast and D- panel. (*BB*)
- Inform the D¹ judge of any violation or deduction; sign and submit the appropriate written record.
- Time violations where there is no computer input, the time judge must record the exact amount of time over the time limit

5.5.2 Functions of the Secretaries

The Secretaries need to have COP and computer knowledge; they are usually appointed by the Organizing Committee.

Under the supervision of the D¹ Judge they are responsible for correctness of all entries (*proceedings*) into the computers:

- adherence to the correct order of the teams and gymnasts
- operating the green and red lights
- correct flashing of the Final Score

5.5 計時裁判、司線裁判和秘書的職責

5.5.1 計時裁判、司線裁判的職責

計時裁判、司線裁判從持有證書的裁判員中抽籤產生。

司線裁判職責

- 在地板和跳馬中，決定是否越出邊界線，並舉旗示意這一錯誤。
- 把任何違規或扣分情況通知給 D¹ 裁判，並提交有簽字的書面報告。

計時裁判職責:

- 記錄成套動作持續時間（地板和平衡木）
- 記錄掉下階段的持續時間（平衡木和高低槓）
- 記錄綠燈亮後到成套開始的持續時間
- 確保遵守臨賽準備活動時間（對未遵守者，書面向 D-裁判組報告）
- 給運動員和 D-組裁判一個可聽見的信號（平衡木）。
- 向 D¹ 裁判通報任何違規或扣分，簽字並提交書面報告。
- 當沒有電腦輸入時，對於超時犯規，計時裁判必須準確地記錄超時的時間量。

5.5.2 秘書的職責

秘書須具備“評分規則”及電腦方面的知識，她們通常由組委會指派。

在 D¹ 裁判的監督下，她們負責正確地進行所有資料的電腦輸入工作：

- 依照代表隊和運動員正確的出場順序
- 操作紅、綠燈
- 正確地亮出最後得分

5.6 Seating Arrangements

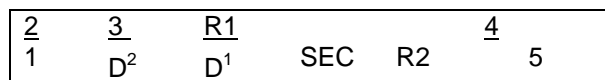
The judges will be seated at a location and distance from the apparatus which permits an unobstructed view of the total performance and which permits them to fulfill all of their evaluation duties.

- D- Panel Judges must be in line with the center of the apparatus.
- The timer(s) sit by the Apparatus Jury (*either side*)
- The line judges at FX must sit at opposite corners and observe the 2 lines closest to them.
- The line judge at Vault must sit at the far corner of the landing side
- The placement of the E- and R juries will be clockwise around the apparatus beginning from the left of the D- Panel. (*see Diagrams*)

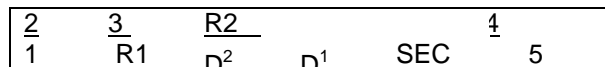
VT:



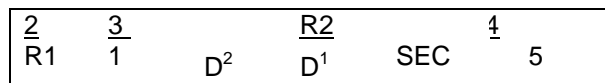
UB:



BB:



FX:



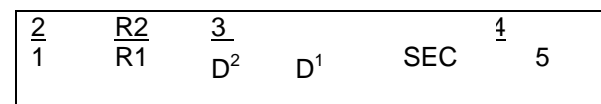
Variations in the seating arrangement are possible depending on the conditions available in the competition hall.

5.6 座席安排

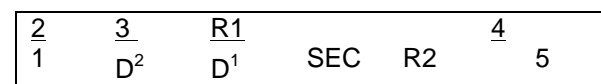
裁判員相對器械的位置和距離必須保證其完整觀看完成情況，視角不受妨礙，以保證可以完成她們的評分職責。

- D-組裁判必須坐在器械中線的延長線上。
- 計時員坐在項目裁判組旁(兩側均可)。
- 地板司線員必須坐在兩個對角上，並且觀察距離其最近的兩條邊線。
- 跳馬的司線員必須坐在落地區的遠角處。
- E-組裁判和 R-組裁判的位置，從 D-裁判組的左邊開始，圍繞器械順時針排列(如下圖所示)。

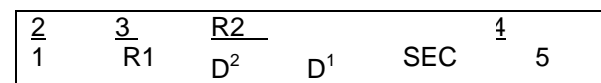
跳馬：



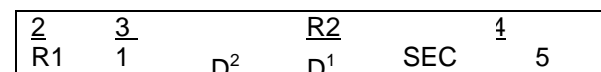
高低槓：



平衡木：



地板：



可根據比賽場地的情況改變座席的佈置。

5.7 Judge's Oath (TR 7.12)

At the World Championships, and other important international events, juries and judges pledge to respect the terms of the Judges' Oath.

“In the name of all the judges and officials, I promise that we shall officiate in these World Championships (or any other official FIG Event) with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship”.

5.7 裁判員誓言（技術規程 7.12）

在世界錦標賽和其它重要國際比賽上，裁判員將宣誓遵守裁判員誓言。

“以所有裁判員及官員的名義，我保證我們在世錦賽（或其它國際體聯正式賽事）中，以真正的體育精神，尊重、遵守各項規則，秉公執法。”



第二章

成套動作的評分

第 6-9 節

PART II Evaluation of the Exercise

SECTION 6 — Determination of Score

6.1 General

The rules governing the evaluation of the exercises and the determination of the Final Score are identical for all sessions of competition (*Qualification, Team Final, All Around Final, Apparatus Finals*) except for Vault, where special rules in Qualification and in Apparatus Finals apply (*Section 10*).

6.2 Determining Final Score

- a) The Final Score on each apparatus will be established utilizing two separate scores, D- Score and E-Score.
- b) The D- panel establishes the D- score, the content of an exercise, and the E- panel the E- Score, the execution and artistry.
- c) The Final Score of an exercise will be established by the addition of the D-Score and E-Score. If necessary, subtraction of the neutral deductions (*See 5.4.1*).
- d) The All-Around Score is the sum of the Final Scores obtained from the four apparatus.
- e) The Team Score is calculated in accordance with the current Technical Regulations that govern that competition.
- f) Qualification for, and participation in, the Team Final, the All Around Final, and the Apparatus Finals will occur in accordance with the current Technical Regulations that govern that competition.
- g) In principle, the repetition of an exercise is not permitted.

第二章 成套動作的評分

第 6 節 — 分數的確定

6.1 概述

除跳馬的資格賽和單項決賽有特殊規定外(見第 10 節)，其他所有比賽(資格賽、成隊 決賽、全能決賽和單項決賽)都要按照規則對成套動作進行評分並確定最後得分。

6.2 最後得分的確定

- a) 每項的最後得分將由 D 分和 E 分兩部分所組成。
- b) D-裁判組依據成套動作內容確定 D 分，而 E-裁判組依據完成情況和藝術性確定 E 分。
- c) 成套動作的最後得分由 D 分和 E 分相加而成。
如果需要，還要減去中性扣分(見 5.4.1)。
- d) 四項最後得分的總和為全能分數。
- e) 成隊分數的計算按比賽採用的現有技術規程執行。
- f) 成隊決賽、全能決賽和單項決賽資格的取得按參加按現行的技術規程執行。
- g) 原則上，不允許重複成套動作。

The Final Score Calculation

Example:

D- Score + E- Score = Final Score

D- Score

| | |
|------------------------------|-------------|
| Difficulty (3 C-, 3 D-, 2E-) | +3.10 |
| Composition Requirements | +2.00 |
| Connection Value | +0.60 |
| D-Score | 5.70 |

E-Score*

| | | |
|----------------|-------|--------------|
| Execution | -0.70 | 10.00 |
| Artistry | -0.30 | -1.00 |
| E-Score | | 9.00 |

Final Score 14.70

**E- Score Sum of the execution & artistry deductions are added together and then subtracted from 10.00
E- score is calculated by averaging the middle 3 of 5 scores (deductions)*

6.3 Short Exercise

For the execution and artistry of presentation, the gymnast may earn a maximum E- Score of 10.00P:

The D-Panel will take the appropriate neutral deduction (penalty) for a short exercise from the Final Score,

- 7 or more elements – no deductions
- 5-6 elements – 4.00P.
- 3-4 elements – 6.00P.
- 1-2 elements – 8.00P.
- No elements – 10.00P.

最後得分的計算

舉例：

D- 分+ E- 分= 最後得分

D- 分

| | |
|----------------------|-------------|
| 難度價值 (3 C-、3 D-、2 E) | +3.10 |
| 編排要求 | +2.00 |
| 連接價值 | +0.60 |
| D-分 | 5.70 |

E-分*

| | | |
|------------|--------|--------------|
| 完成情況 | - 0.70 | 10.00 |
| 藝術性 | - 0.30 | - 1.00 |
| E-分 | | 9.00 |

最後得分 14.70

**E-分 從 10.00 中減去完成情況及藝術性扣分之總和
E-分為 5 個分數中中間 3 個分數的平均分(扣分)*

6.3 短成套

根據完成情況和藝術性的表現，運動員可以獲得最高 10.00 分的 E 分。

對於短成套，D-裁判組將在最後得分中扣除相應的中性扣分（懲罰）。

- 7 個及 7 個以上動作 - 不扣分
- 5-6 個動作 - 4.00 分
- 3-4 個動作 - 6.00 分
- 1-2 個動作 - 8.00 分
- 沒有動作 - 10.0 分

Example: FX

The gymnast falls and injures herself after performing only 3 elements.

f^t Fall (without landing feet first) *ff*

Evaluation:

D- score

| | |
|------------------|----------------|
| DV (C + A + 0+E) | + 0.90P. |
| CR # 3, # 4 | + 1.00P. |
| D- score | +1.90P. |

Max. E- score for Execution & Artistry maybe

| | |
|--|-----------------|
| | 10.00P. |
| total deductions (2 Falls, Height, amp. etc.) | - 4.10P. |
| <u>E-Score</u> | = 5.90P. |

Final Score = 7.80P.

Final Score after neutral deduction for Short exercise applied
7.80 P. – 6.00 P. (short exercise) = 1.80 P.

例如: 地板

運動員僅做了 3 個動作後摔倒並受傷。

f^t Fall (腳未先落地) *ff*

評分:

D- 分

| | |
|------------------|-----------------|
| DV (C + A + 0+E) | + 0.90P. |
| CR # 3, # 4 | + 1.00P. |
| D-分 | + 1.90P. |

可能得到的最高 E- 分 (對於完成情況和藝術性) = 10.00 P.

| | |
|---------------------------|-----------------|
| 總扣分 (2 次摔倒、高度、幅度等) | - 4.10P. |
| <u>E-分</u> | = 5.90P. |

最後得分 = 7.80P.

最後得分 (執行短成套的中性扣分後) :

7.80 P. – 6.00 P. (短成套) = 1.80 P

SECTION 7 — Regulations Governing the D-Score

7.1 D-Score(Content)

- a) The D-Score on VT is the Difficulty Value in the Table of Vaults.
- b) The D-Score on Uneven Bars, Balance Beam and Floor Exercise includes the highest 8 difficulties, compositional requirements and connection value.

7.2 Difficulty Value(DV)

The DV are elements from The Table of Elements in the Code of Points which are open ended and may be expanded as needed.

- a) The Maximum 8 highest DV including the dismount are counted on UB, BB and FX.
- b) The D-Panel will always recognize the difficulty value of the element unless there is a failure to meet the technical requirement of the element.

Difficulty Value

- A =0.10
- B =0.20
- C =0.30
- D =0.40
- E =0.50
- F =0.60
- G =0.70
- H =0.80
- I =0.90

第 7 節— D- 分的支配原則

7.1 D 分(內容)

- a) 跳馬難度表中跳馬動作的難度價值就是跳馬的 D 分。
- b) 高低槓、平衡木和地板的 D 分包括最高的 8 個難度動作、編排要求和連接價值。

7.2 難度價值(DV)

評分規則中難度表內動作的難度價值是開放的，需要時可以再擴展。

- a) 在高低槓、平衡木和地板中最多計算包括下法在內的最高的 8 個難度動作。
- b) D-裁判組將承認動作的難度價值，除非未能達到動作的技術要求。

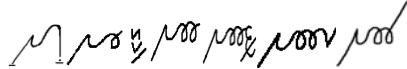
難度價值

- A =0.10
- B =0.20
- C =0.30
- D =0.40
- E =0.50
- F =0.60
- G =0.70
- H =0.80
- I =0.90




7.2.1 Recognition of DV of elements

- a) To reward DV an element must be performed according to the description of the body position in the Table of elements.
- b) The same element will receive Difficulty Value only one time in an exercise and in chronological order

c) Arabian elements are considered Forward Elements



d) Recognition of the Same and Different Elements

- Different dance elements from the same box in the Table of Elements (*same number*) will receive DV only one time in the exercise and in chronological order.
- The maximum number of turns recognized for:
 - passé pirouettes is 4/1 turn (1440°)
(Therefore 5/1 passé pirouette would be considered the same element as 4/1)
 - all other pirouettes with a different leg position is 3/1 turn (1080°)
 - Split/Straddle Leaps and Jumps (ie. , ) is 1½ turn (540°)
 - Complex jumps/ leaps (ie. ) is 1/1 turn (360°)

e) Elements are considered different, if they are listed under different numbers in the Table of elements

f) Elements are considered the same, if they are listed under the same number and have the following criteria:

UB elements:




- are performed with or without a hop grip change
- giants fwd & bwd performed with legs straddled or together, with hip bent or stretched
- pike sole circle fwd & bwd performed with legs straddled or together

7.2.1 動作難度價值的承認

- a) 動作的身體姿勢必須與難度表中的描述一致才能獲得難度價值
- b) 相同的動作在成套中只能承認一次難度，並且是按先後順序
- c) 阿拉伯動作被認為是向前動作



d) 相同和不同動作的判定

- 難度表中同一方格內的不同舞蹈動作（同一編號）在成套中只能承認一次難度，並且是按先後順序。
 - 最大轉體度數的確認：
 - 吸腿轉體是 4/1 圈（1440°）
（因此 5/1 圈的吸腿轉體被認為是與 4/1 圈相同的動作）
 - 腿姿勢不同的所有其他起踵轉體是 3/1 圈（1080°）
 - 單腳和雙腳起跳的劈腿/屈體分腿跳（例如 , ) 是 1½ 圈（540°）
 - 雙腳/單腳的複合跳（例如 ) 是 1/1 圈（360°）
- e) 列於難度表中不同號碼的動作被認為是不同動作。

f) 列於同一號碼中並具有如下情況的動作，被認為是相同動作：

高低槓：

- 帶或不帶跳換握的動作
- 分腿或並腿、經屈體或直體的向前和向後大回環
- 分腿或並腿的屈體蹬槓向前和向後回環

Dance elements:

- with take off from one or two feet with the same leg position
 - Example: wolf hop (take off from one leg) and wolf jump (take off from 2 legs)
- are performed in Side or Cross position (BB)
 - Jumps performed in side position will be awarded 1 DV higher than in cross position
 - If the same element is performed in cross and in side position, the DV will be awarded one time only and in chronological order
 - Jumps that start from side position and finish in cross position, or vice versa – consider as elements performed in cross position (additional 90° does not make element different)
- land on one or both feet (BB)
- land on one or both feet or in prone position (FX)

Acro elements:

- that land on one or both feet

- g) Elements are considered ***different***, if they are listed under the ***same number*** and have the following criteria:

Acro elements:

- there are different body positions (tuck, pike or stretched) in saltos
- there are different degrees of turns:
 - $\frac{1}{2}$, 1/1, 1 $\frac{1}{2}$ (180°, 360°, 540°) etc.
- the support is performed on one or both arms or free
- the take-off from one or both legs

Dance elements:

- turns on one leg (*pirouettes*) performed in “in” and “out” directions (*en dedan* and *en dehor*) will only be considered different if directly connected. Difficulty will be awarded to both elements in the connection (*excluding passé or leg below horizontal turns*)

7.2.2 Recognition of elements occurs in chronological order

- a) In case of technical failure elements will be recognized as:
- another element in the table of difficulties or
 - No DV or
 - One DV lower

舞蹈動作：

- 腿姿勢相同的單腳或雙腳起跳
 - 例如：狼跳（單腳起跳）和狼跳（雙腳起跳）
- 縱木或橫木方向做（平衡木）
 - 橫木雙足跳比縱木上做要高一級難度
 - 如果相同的動作在橫木和縱木上完成，則按動作順序只計一次難度。
 - 雙腳跳從橫木起跳並在縱木方向上完成或反之，均判為在縱木方向完成（增加 90° 並沒有使動作不同）
- 單腳或雙腳落（平衡木）
- 單腳或雙腳或俯撐姿勢落（地板）

技巧動作：

- 單腳或雙腳落地

- g) 列於同一號碼中並具有如下情況，則判為不同動作：

技巧動作：

- 空翻動作的身體姿勢不同（團身、屈體或直體）
- 轉體度數不同： $\frac{1}{2}$ 、1/1、1 $\frac{1}{2}$ (180°、360°、540°) 等
- 單臂或雙臂支撐或無支撐
- 單腿或雙腿起跳

舞蹈動作：

- 向“內”和向“外”的單腿起踵轉體（安德當和安德窩）如果是直接連接的話將被認為是不同動作。該連接被認為是兩個動作難度（巴塞或腿低於水平的轉體除外）

7.2.2 按出現的先後順序承認動作

- a) 動作一旦出現技術失誤將被認為：
- 難度表中的另一個動作或
 - 無難度價值或
 - 低一級難度

- b) If an element is recognized as another element (*from the Table of Elements*) due to failure to meet technical requirements and later the element is performed with correct technique they both receive DV.
- *Example:* Split leap to ring without required arch it becomes Split leap, if the Split leap to ring is performed later with correct technique it is recognized as a Split leap to ring because both elements appear in the Table of Elements.
 - *Example BB:* ✓ turn is credited as another element from the COP ○ - due to failure to hold the free leg at horizontal from the beginning to the end of the turn (360°). It is then performed a 2nd time in the exercise correctly – Credit DV ✓
- c) If an element is credited one DV lower due to technical requirement failure and is later performed again in the exercise it will then be considered as a repetition and no DV will be awarded.
- Example UB: Giant bwd with 1½ turn that is credited one DV lower (C-), due to failure to reach handstand prior to the turn (*Swing*). It is then performed a 2nd time in the exercise and completed 1½ turn in handstand then no DV, (D-) will be awarded.

7.2.3 New Vaults, Elements and Connections

Coaches are encouraged to submit new vaults, and elements that have not yet been performed and/or do not yet appear in the Table of Elements.

Additionally the WTC will consider new and original CVs which have not yet been performed.

Send to the WTC by electronic mail, facsimile or post at any time during the year.

- a) In principle, only those elements which have been performed will appear in the Code of Points.

- b) 如果一個動作因未達到技術要求而被認為是（難度表中的）另一個動作，隨後又以正確的技術完成，則兩者均可得到難度價值。
- 例如：劈腿接環跳因沒有背弓而被判為劈叉跳，如果隨後又按正確技術完成了劈腿接環跳，則承認該劈腿接環跳，因為這兩個動作難度表中都有。
 - 例如平衡木：✓ 如果自由腿從轉體（360°）開始至結束未能始終保持在水平位置，則被判為規則中的另一個動作 ○；然後在成套中第二次成功完成 —承認 ✓ 的難度價值。
- c) 如果一個動作因未達到技術要求而被降一級難度，而後在成套中再做，將被認為是重複動作而無難度價值。
- 例如高低槓：向後大回環轉體 540° 由於未到倒立位置就轉體（擺動）被降了一級難度 (C)。而後在成套動作中第二次做並且在倒立位置完成了 540° 的轉體，那麼不承認難度價值 (D)。

7.2.3 新跳馬、新動作和新連接

鼓勵教練員申報動作表中尚未完成和/或尚未出現的新跳馬動作和新動作。此外，女子技術委員會（WTC）將對尚未做過的首次出現的和獨創的連接價值進行研究。

在一年中的任何時候，以電子郵件、傳真或郵政的形式寄往女子技術委員會。

- a) 原則上，只有已經完成的動作才能在評分規則裡出現。

- b) In order to be recognized as a new element, the element must be successfully performed (*without a fall*) for the first time at an FIG Official Competition:
- World Championships
 - Olympic Games
 - Youth Olympic Games
- c) No element will be named if there is more than one gymnast who has performed it for the first time. The element must be minimum C- difficulty.
- d) The new elements must be presented no later than the day and hour, as stipulated in the Work Plan. The request for evaluation must be accompanied with technical drawings, as well as with a DVD.
- e) The FIG/WTC will evaluate concerning:
- Difficulty Value of new vaults (vault group & number)
 - Difficulty Value of new elements
 - Connection Value
- f) The evaluation may be different in comparison to the value received at competitions other than Official FIG Competitions.
- g) The decision will then be communicated as soon as possible in writing to the:
- Concerned Federation and
 - Judges at the Judges' Review Session (*Instruction*) or Judges' Briefing before the respective competition.

New vaults and elements may be submitted at all other International Competitions to the technical director and/or FIG Technical Representative. The evaluation and decision takes place in the technical discussions prior to the respective competition.

- a) The decisions have validity **only** at that respective competition;
- however these should be forwarded by the technical delegate to the President of the WTC for review by the WTC at the next subsequent meeting of the WTC.
 - Such new elements, etc. will appear for the first time in the Code Update, only when they have been submitted, confirmed and also performed at an Official FIG Competition.

- b) 對於新動作的承認，這些動作必須在國際體聯的正式比賽中首次成功地完成（沒有摔倒）：
- 世界錦標賽
 - 奧運會
 - 青奧會
- c) 多於一個運動員首次完成的新動作將不被命名。動作必須至少為 C 組難度。
- d) 新動作必須不晚於工作計畫中規定的日期和時間呈送，由於評定需要，必須附上技術圖表和 DVD。
- e) 國際體聯女子技術委員會將評定關於：
- 新跳馬動作的難度價值(跳馬動作組和號碼)
 - 新動作難度價值
 - 連接價值
- f) 此評定可能與國際體聯正式比賽之外的比賽中所得到的評定結果不同。
- g) 此判定將儘快書面通知到
- 相關協會和
 - 參加各賽前裁判講習課或裁判會議的裁判員

新跳馬動作和新動作可在所有國際比賽中提交給技術主任和/或國際體聯技術代表。評定和決定將在各比賽前的技術討論中作出。

- a) 這個決定**僅**對該比賽有效：
- 技術代表應上報給女子技術委員會主席以便在下次的女子技術委員會上複審。
 - 只有在國際體聯的正式比賽中被提交、確認並且完成，這些新動作才會首次出現在規則更新中。

7.3 Compositional Requirements (CR)2.00

Composition Requirements are described in the respective Apparatus Sections. A maximum of 2.00 is possible.

- a) Only elements from the Table of Elements may fulfill CR.
- b) One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR.

7.4 Connection Value (CV)

Connection Value is to be achieved through unique combinations of elements on Uneven Bars, Balance Beam and Floor Exercise.

- a) Elements used for CV do NOT necessarily have to be among the 8 counting DV. All elements must be from the Table of Elements.
- b) Connection Value on UB, BB and FX is evaluated at:
 - +0.10
 - +0.20
 - +0.30 (possible)
- c) Formulas for CV are described in the respective apparatus Part 3: Sections 11, 12 and 13.
- d) Devalued Elements may be used for CV.
- e) In order to be credited, the connection must be performed without a fall.

7.4.1 Direct and Indirect Connections

All connections must be **Direct**; *only on Floor* can acrobatic connections be **Indirect**.

Direct Connections are those in which elements are performed without:

- a) stop between elements
- b) extra step between elements
- c) foot touching beam between elements
- d) loss of balance between elements
- e) obvious leg/hip extension on 1st element before takeoff for 2nd element
- f) additional arm swing

7.3 編排要求 (CR)2.00

各單項的編排要求均在各項條文中敘述。最多可得到 2.00 分。

- a) 只有難度表上的動作才能滿足編排要求。
- b) 一個動作可以滿足一個以上的編排要求；但是，一個動作不能重做來滿足另一個編排要求。

7.4 連接價值 (CV)

在高低槓、平衡木和地板中，可以通過獨特的動作組合來獲得連接價值。

- a) 用於連接價值的動作不必在 8 個計入難度價值的動作中。所有的動作都必須是難度表中的動作。
- b) 高低槓、平衡木和地板的連接價值為：
 - +0.10
 - +0.20
 - +0.30 (可能)
- c) 連接價值的公式在各單項條文中表述第 3 章的第 11、12 和 13 節
- d) 降組的動作可以用於連接價值。
- e) 要使連接得到承認，它必須在完成中沒有摔倒。

7.4.1 直接和間接連接

所有的連接都必須是**直接的**；只有地板的技巧連接可以是**間接的**。

直接連接要求這些動作在完成中沒有：

- a) 動作間停頓
- b) 動作間增加的步子
- c) 動作間腳觸木
- d) 動作間失去平衡
- e) 在第二個動作起跳前的第一個動作有明顯的腿/髖的伸展
- f) 額外的手臂擺動

Indirect Connections (*only in acrobatic series on FX*), are those in which directly connected acrobatic elements with flight phase and hand support (*from Group 3, eg. round-off, flic-flac, etc. as preparatory elements*) are performed between saltos.

The recognition of direct or indirect (FX) connections should be to the benefit of the gymnast.

The order of succession of elements within a connection can be freely chosen on BB, FX and UB (*unless there is a special requirement for CV recognition*).

7.4.2 Repetition of elements for CV

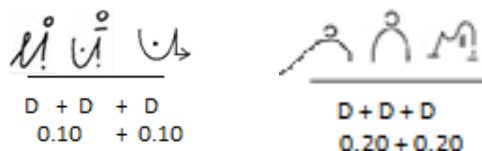
- a) Elements may not be repeated in another connection for CV.
 - Recognition occurs in chronological order.
- b) Same elements on UB, acrobatic elements on BB and FX may be performed 2 times within one connection.

Examples:

- UB – Tkatchev 2x or Stalder with 1/1 turn 2x
- BB – aerial walkover 2x or flic flac with 1/1 turn 2x
- FX – indirect or direct connection with whip salto backward 2x to double salto backward piked.

- c) With the direct connection of 3 or more elements, the 2nd element may be used:
 - the 1st time as the last element of a connection and
 - the 2nd time as the 1st element to begin a new connection

Examples:



間接連接 (僅僅在地板的技巧串中)，是指那些在空翻之間完成的、直接連接的、帶騰空的和用手支撐的技巧動作 (來自第 3 組如：毬子、後手翻等準備動作)。

地板中直接或間接連接的承認應有利於運動員。

在平衡木、地板和高低槓中連接動作的順序可以自由選擇 (除非對連接價值的確認有特殊的要求)

7.4.2 關於連接價值中的重複動作

- a) 在另一個連接中重複動作不可以獲得連接價值。
 - 按出現的先後順序承認。
- b) 高低槓的相同動作、平衡木和地板的技巧動作在一個連接中可以做兩次。

例如:

- 高低槓 – 特卡切夫 2 次
或分腿浮撐倒立轉體 360°
2 次
- 平衡木 – 挺身前空翻 2 次或
後手翻轉體 360° 2 次
- 地板 – 直接或間接連接的快速後空翻 2 次接屈體後空翻兩周。

- c) 3 個或更多動作的直接連接，第二個動作可用於：
 - 第一次作為連接的最後一個動作
 - 第二次作為新連接的第一個動作

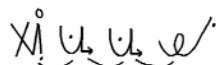
例如:



d) With the direct connection of 3 or more elements, the repeated flight element on UB, or salto on BB & FX must be directly connected. CV will be rewarded for all connections.

Examples:

UB



$$D + D + X + D$$

Total CV+0.40 0.10 + 0.20 + 0.10

The flight element U may be used:

- the 1st time as the 2nd element of a connection
- the 2nd time as the connection of 2 same flight elements
- the 3rd time as the 1st element to begin a new connection

BB



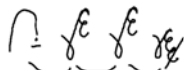
$$\begin{array}{c} D + X + D \\ X \quad X \\ \hline \end{array}$$

Total SB+0.10 SB + 0.10

Salto may be used:

- the 1st time as a connection of 2 same saltos
- the 2nd time as the 1st element to begin a new connection

FX



$$C + X + C$$

Total CV+0.20 0.10 + 0.10

Salto may be used:

- the 1st time as a connection of 2 same saltos
- the 2nd time as the 1st element to begin a new connection

d) 在 3 個或更多動作的直接連接中，高低槓上重複的飛行動作或平衡木和地板重複的空翻動作都必須是直接連接的，其連接價值才能得到承認。

例如：
高低槓



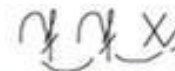
$$D + D + X + D$$

CV 總共+0.40 0.10 + 0.20 + 0.10

飛行動作 U 可用於:

- 第一次作為連接的第二個動作
- 第二次作為 2 個相同飛行動作的連接
- 第三次作為開始新連接的第一個動作

平衡木



$$\begin{array}{c} D + X + D \\ X \quad X \\ \hline \end{array}$$

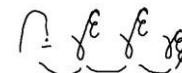
SB + 0.10

SB 總共+ 0.10

空翻 may be used:

- 第一次作為 2 個相同空翻的連接
- 第二次作為開始新連接的第一個動作

地板



$$C + X + C$$

CV 總共+0.20 0.10 + 0.10

空翻 may be used:

- 第一次作為 2 個相同空翻的連接
- 第二次作為開始新連接的第一個動作

SECTION 8 — Regulations Governing the E- Score

第 8 節— E-分的支配原則

8.1 Description of E- Score 10.00(*Performance*)

For perfection of execution, combination and artistry of presentation, the gymnast may earn a score of **10.00**.

The E- Score includes deductions for faults in:

- Execution
- Artistry of presentation

8.2 Evaluation by E-Panel

The E- judges will judge an exercise and determine the deductions independently.

Each performance is evaluated with reference to expectations of perfect performance. All deviations from this expectation are deducted.

Deductions for errors in execution and artistry are added together and then deducted from 10.00 points to determine the E- score.

8.1 E- 分 10.00 的說明（完成）

對完成情況、編排組合和藝術性的完美表現，運動員可獲得 10.00 分。

E- 分的錯誤扣分包括：

- 完成情況
- 藝術表現

8.2 E- 裁判組的評分

E- 組裁判員要獨立地評判成套動作並決定其扣分。

對每一個動作都要根據預期的完美表現進行評判。對所有偏離預期的情況進行扣分。

從 10.00 分中減去完成以及藝術性扣分之和得出 E-分。

Section 8.3 – Table of General Faults and Penalties

| Faults | | Small | Med. | Large | Very Large |
|--|-------------------------------------|---|-----------------------------------|-------|--------------|
| | | 0.10 | 0.30 | 0.50 | 1.00 or more |
| Execution Faults | | | | | |
| – Bent arms or bent knees | each time | X | X | X | |
| – Leg or knee separations | each time | X | X shoulder width or more | | |
| – Legs crossed during elements with twist | each time | X | | | |
| – Insufficient height of elements (<i>external amplitude</i>) | each time | X | X | | |
| Insufficient – exactness of tuck or pike position in single salto | each time | X 90° Hip angle | X >90° Hip angle | | |
| – Failure to maintain stretched body posture (<i>pike too early</i>) | each time | X | X | | |
| – Hesitation during performance of elements & movements | each time | X | | | |
| – Attempt without performance of an element (<i>empty run</i>) | each time | | X | | |
| – Deviation from straight direction | each time | X | | | |
| Body and/or leg position in elements (<i>non-dance</i>) – Body alignment – Feet not pointed/relaxed – Insufficient split in acro elements (<i>non-flight</i>) | each time each time each time | X X X | X | | |
| – Failure to fulfill technical requirements in dance Elements (<i>as per Sec.9 for list of errors in dance elements</i>) | each time | X | X | X | |
| – Precision | each time | X | | | |
| – Performance of DMT too close to the apparatus (<i>UB & BB</i>) | | | X | | |
| Landing Faults (all elements including dismounts) | | If there is no fall the maximum landing deduction may not exceed 0.80 | | | |
| – Legs apart on landing | each time | X | | | |
| – Extra arm swings | | X | | | |
| – Lack of balance | each time | X | X | | |
| – Extra steps, slight hop | each time | X | | | |
| – Very large step or jump (<i>guideline – more than 1 meter</i>) | each time | | X | | |
| – Body posture fault | each time | X | X | | |
| – Deep squat | each time | | | X | |
| – Support on mat/apparatus with 1 or 2 hands | each time | | | | 1.00 |
| – Fall on mat to knees or hips | each time | | | | 1.00 |
| – Fall on or against apparatus | each time | | | | 1.00 |
| – Failure to land feet first on landing from element | each time | | | | 1.00 |

8.3 一般錯誤扣分表

| 錯誤 | | 小 | 中. | 大 | 非常大 |
|---|----------------|-----------------------|------------------|------|----------|
| | | 0.10 | 0.30 | 0.50 | 1.00 或更多 |
| 完成錯誤 | | | | | |
| - 屈臂或屈膝 | 每次 | X | X | X | |
| - 分腿或分膝 | 每次 | X | X 肩寬或 大於肩寬 | | |
| - 轉體動作中絞腿 | 每次 | X | | | |
| - 動作的高度不足（外觀幅度） | 每次 | X | X | | |
| 不充分 - 在單個空翻中團身或屈體姿勢不精確 | 每次 | X 90° 胯角 | X >90° 胯角 | | |
| - 沒有保持直體姿勢（屈體過早） | 每次 | X | X | | |
| 動作中遲疑 | 每次 | X | | | |
| - 未做準備試做的動作（空跑） | 每次 | | X | | |
| - 偏離直線方向 | 每次 | X | | | |
| 動作中身體和/或腿的姿勢（非舞蹈動作） - 身體不直 - 腳尖未繃/鬆懈 - 技巧動作中劈腿不充分（非飛行動作） | 每次 每次 每次 | X X X | X | | |
| - 未按技術要求完成舞蹈動作（依據第 9 節舞蹈動作錯誤表） | 每次 | X | X | X | |
| - 精確度 | 每次 | X | | | |
| - 下法離器械太近（高低槓和平衡木） | 每次 | | X | | |
| 落地錯誤 (包括下法在內的所有動作) | | 如果沒有摔倒，則落地扣分不能超過 0.80 | | | |
| - 落地分腿 | 每次 | X | | | |
| - 多餘的手臂擺動 | | X | | | |
| - 失去平衡 | 每次 | X | X | | |
| - 多餘的步子、小跳 | 每次 | X | | | |
| - 非常大的步子或跳步（參考 - 超過 1 米） | 每次 | | X | | |
| - 身體姿勢錯誤 | 每次 | X | X | | |
| - 深蹲 | 每次 | | | X | |
| - 單或雙手撐墊子/器械 | 每次 | | | | 1.00 |
| - 跪或坐在墊子上 | 每次 | | | | 1.00 |
| - 摔靠在器械上 | 每次 | | | | 1.00 |
| - 動作腳未先落地 | | | | | 1.00 |

Section 8.3 – Table of General Faults and Penalties

| Faults | | Small | Med. | Large | Very Large |
|---|----------------------|-------|------|-------|---|
| | | 0.10 | 0.30 | 0.50 | 1.00 or more |
| – Performance of connection with fall | UB, BB, FX | | | | No CV, No SB (BB) |
| – Failure to land feet first or in prescribed position from an element | each time | | | | No DV, CV, CR, No SB (BB) |
| – Take-off outside the border markings (entirely outside) | FX | | | | No DV, CV, CR |
| – Failure to acknowledge D- Panel Judges before and/or after exercise | Gym/Evt | | X | | From the Final Score |
| – Spotting assistance (<i>help</i>) | UB, BB, FX each time | | | | 1.00 from the Final Score No DV, CV, CR No SB (BB) |
| – Non-permitted presence of spotter | Gym/Evt | | | X | From Final Score |
| Apparatus irregularities through: | | | | | |
| – Failure to properly use safety collar for round-off entry vaults (<i>see 10.4.3</i>) | Gym/Evt | | | | Invalid VT “0” |
| – Failure to use supplementary mat | Gym/Evt | | | X | From the Final Score |
| – Placement of springboard on unpermitted surface | Gym/Evt | | | X | |
| – Use of unpermitted supplementary mats | Gym/Evt | | | X | |
| – Moving the supplementary mat during exercise or moving to unpermitted end of the balance beam | Gym/Evt | | | X | |
| – Changing measurement of apparatus without permission | Gym/Evt | | | X | From the Final Score |
| – Addition, re-arrangement or removal of springs from springboard | Gym/Evt | | | X | |
| – Incorrect use of magnesia and/or damage to the apparatus | Gym/Evt | | | X | |
| Behavior of Gymnast | | | | | |
| – Incorrect or unaesthetic padding | Gym/Evt | | X | | |
| – Missing national emblem and/or wrong placement | Gym/Evt | | X | | <i>In Qualification, AA and Team Finals taken 1 x in competition phase from apparatus where first recognized In Apparatus Finals taken from event score</i> |
| – Missing start number | Gym/Evt | | X | | |
| – Incorrect attire – leotard, jewelry, bandage color | Gym/Evt | | X | | |
| – Incorrect advertising | Team Gym/Evt | | X | | From the Final Score on the apparatus concerned Upon request of the responsible body |
| – Unsportsmanlike conduct | Gym/Evt | | X | | From the Final Score |
| – Unauthorized remaining on the podium | Gym/Evt | | X | | From the Final Score |
| – Remounting podium after the exercise is over | Gym/Evt | | X | | From the Final Score |
| – Speaking to active judges during the competition | Gym/Evt | | X | | From the Final Score |
| – Team gymnasts competing in the incorrect order | Team | | | | 1.00 P. <i>In Qualification & Team Finals from the team total on the apparatus concerned</i> |
| – Non identical leotards (<i>for gymnasts from the same team</i>) | Team | | | | 1.00P. <i>In Qualification & Team Finals taken 1 x in competition phase from apparatus where first recognized</i> |

8.3 – 一般錯誤扣分表

| 錯誤 | | 小 | 中 | 大 | 非常大 |
|------------------------------------|--------------|------|------|------|---|
| | | 0.10 | 0.30 | 0.50 | 1.00 或更多 |
| - 完成連接中摔倒 | 高、平、自 | | | | 無連接價值 無連接串（平衡木） |
| - 動作腳未先落地或未按規定的姿勢落地 | 每次 | | | | 無難度、連接、編排 無連接串（平衡木） |
| - 在界外起跳（完全從界外） | 地板 | | | | 無難度、連接、編排 |
| - 成套動作前/後未向 D - 組裁判示意 | 運動員/項目 | | X | | 從最後得分中扣除 |
| - 給予幫助（助力） | 高、平、自 每次 | | | | 從最後得分中扣 1.00 無難度、連接、編排 無連接串（平衡木） |
| - 未經許可的保護 | 運動員/項目 | | | X | 從最後得分中扣除 |
| 器械使用不規範： | | | | | |
| - 跳馬蹠子起跳動作未使用準備的安全墊圈 (見 10.4.3) | 運動員/項目 | | | | 跳馬動作“0”分 |
| - 未使用附加墊 | 運動員/項目 | | | X | 從最後得分中扣除 |
| - 踏板放在不允許的表面上 | 運動員/項目 | | | X | |
| - 使用未經允許的附加墊 | 運動員/項目 | | | X | |
| - 成套動作過程中移動附加落地墊或移動至不允許的 平衡木木端 | 運動員/項目 | | | X | |
| - 未經許可改變器械的規定尺寸 | 運動員/項目 | | | X | 從最後得分中扣除 |
| - 增加、重新佈置或取出踏板中的彈簧 | 運動員/項目 | | | X | |
| - 錯誤使用鎂粉或損壞器械 | 運動員/項目 | | | X | |
| 運動員的行為 | | | | | |
| - 不正確或不雅的墊物 | 運動員/項目 | | X | | 資格賽、全能決賽和成隊決賽 中從首先發現的項目中扣一 次；單項決賽從該項得分中扣 除 |
| - 未佩帶國徽和/或佩戴位置錯誤 | 運動員/項目 | | X | | |
| - 比賽出場順序錯誤 | 運動員/項目 | | X | | |
| - 不正確的穿著 - 體操服、飾物、綁帶顏色 | 運動員/項目 | | X | | |
| - 不正確的廣告 | 成隊 運動員/項目 | | X | | 根據相關責任機構的要求，從 相關項目的最後得分中扣除 |
| - 非體育道德的行為 | 運動員/項目 | | X | | 從最後得分中扣除 |
| - 未經批准留在賽臺上 | 運動員/項目 | | X | | 從最後得分中扣除 |
| - 比賽結束後回到賽台 | 運動員/項目 | | X | | 從最後得分中扣除 |
| - 比賽中與當值裁判講話 | 運動員/項目 | | X | | 從最後得分中扣除 |
| 成隊比賽中運動員出場順序錯誤 | 成隊 | | | | 1.00 分 資格賽、成隊決賽中從成隊總 分的相關項目中扣除 |
| 比賽服不統一（同一成隊的運動員） | 成隊 | | | | 1.00 分 資格賽、成隊決賽中從首先發現 的專案中扣一次 |

Section 8.3 – Table of General Faults and Penalties

| Faults | | | Small | Med. | Large | Very Large |
|---|-----------|--|---|------|-------------------------------|----------------------|
| | | | 0.10 | 0.30 | 0.50 | 1.00 or more |
| Failure to complete the competition due to absence from the Competition area | | | | | Expelled from the competition | |
| Unexcused delay or interruption of competition | | | | | Disqualified | |
| | | | | | | |
| – Flagrant exceeding of touch warm-up time <i>(after warning)</i> • by Individuals | Team/ Evt | | | X | | From the Final Score |
| | Gym/Evt | | | X | | |
| – Failure to start within 30 sec. after green light is lit. | Gym/Evt | | | X | | |
| – Failure to start within 60 seconds | Gym/Evt | The right to begin the exercise will be terminated | | | | |
| – Overtime (BB, FX) | Gym/Evt | X | | | | |
| – Starting exercise without signal or when red light is lit | Gym/Evt | | | | | “0” |
| <i>UB and BB</i> | | | | | | |
| – Exceeding allowable intermediate fall time | Gym/Evt | | | X | | Exercise ended |
| – Exceeding intermediate fall time (more than 60 seconds) | Gym/Evt | | | | | |
| | | | Card System For FIG Official and Registered Competitions | | | |
| Behavior of Coach with <u>NO</u> direct impact on the result/performance of the gymnast/team | | | | | | |
| – Unsportsmanlike conduct <i>(valid for all phases of the competition and trainings)</i> | | | 1 st time – Yellow card for coach <i>(warning)</i> 2 nd time – Red card & removal of coach from the competition and/or training hall | | | |
| – Other flagrant, undisciplined and abusive behavior <i>(valid for all phases of the competition and trainings)</i> | | | Immediate Red card & removal of coach from the competition and/or training hall | | | |
| Behavior of Coach with <u>DIRECT</u> impact on the result/performance of the gymnast/team | | | | | | |
| – Unsportsmanlike conduct <i>(valid for all phases of the competition),</i> i.e. unexcused delay or interruption of competition, speaking to active judges during the competition except to D ¹ Judge – inquiry only permitted, speak directly to the gymnast, give signals, shouts <i>(cheers)</i> or similar during the exercise. etc. | | | 1 st time – 0.50 <i>(from gymnast/team at event)</i> & Yellow card for coach <i>(warning)</i> 1 st time – 1.00 <i>(from gymnast/team at event)</i> & Yellow card for coach <i>(warning)</i> – if coach speaks aggressively to active judges 2 nd time – 1.00 <i>(from gymnast/team at event)</i> , Red card & removal of coach from the competition floor | | | |
| – Other flagrant, undisciplined and abusive behavior <i>(valid for all phases of the competition),</i> i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc. | | | 1.00 <i>(from gymnast/team at event)</i> , immediate Red card & removal of coach from the competition floor* | | | |

Note: If one of two coaches from a team are dismissed from the competition inner circle, it is possible to replace that coach with another coach **one time** in the entire competition (e.g. Qualification).

1st offense = yellow card

2nd offense = red card, at which time the coach is excluded from the rest of the competition phases.

*if there is only one coach, then the coach would remain in the competition but would not be eligible for accreditation at the next World Championships, Olympic Games.

8.3 – 一般錯誤扣分表

| 錯誤 | | 小 | 中 | 大 | 非常大 |
|---|--------|---|------|-------|----------|
| | | 0.10 | 0.30 | 0.50 | 1.00 或更多 |
| 因未到賽場而未能完成比賽 | | | | 驅逐出比賽 | |
| 無理由拖延或中斷比賽 | | | | 取消資格 | |
| | | | | | |
| – 肆意超出準備活動時間 (警告後) • 個人 | 成隊/項目 | | X | | 從最後得分中扣除 |
| | 運動員/項目 | | X | | |
| – 綠燈亮後未在 30 秒內開始動作 | 運動員/項目 | | X | | |
| – 未在 60 秒內開始動作 | 運動員/項目 | 即將開始的比賽將被中止 | | | |
| – 超時 (平衡木、體操) | 運動員/項目 | X | | | |
| – 未給信號或紅燈亮時開始成套動作 | 運動員/項目 | | | | “0” |
| 高低槓和平衡木 | | | | | |
| – 超過允許的中斷時間 | 運動員/項目 | | X | | 比賽結束 |
| – 超過中斷時間 (多於 60 秒) | 運動員/項目 | | | | |
| | | 示牌系統 | | | |
| | | 對國際體聯正式和已登記註冊的比賽 | | | |
| <u>不</u> 直接影響運動員/成隊的成績/比賽的行為 | | | | | |
| – 違反體育道德的行為 (對比賽和訓練的所有階段均有效) | | 第 1 次 – 示教練黃牌 (警告) 第 2 次 – 紅牌並將教練驅出比賽場地和訓練場 | | | |
| – 其他明目張膽的、無紀律性的和侵害的行為 (對比賽和訓練的所有階段均有效) | | 立即紅牌並將教練驅出比賽場地和訓練場 | | | |
| <u>直接</u> 影響運動員/成隊的成績/比賽的行為 | | | | | |
| – 違反體育道德的行為 (對比賽的所有階段有效)。 例如：無故拖延或中斷比賽；比賽中與當執裁判員說話，除允許向 D1 裁判提出詢問外；直接與比賽中的運動員說話、給信號，喊叫 (歡呼) 及類似行為等等。 | | 第 1 次 – 0.50 (從運動員/成隊的該項目中) 並對教練示黃牌(警告) 第 1 次 – 1.00(從運動員/成隊的該項目中)並對教練示黃牌(警告) – 當教練 很霸道地 與當執裁判員說話 第 2 次 – 1.00(從運動員/成隊的該項目中)，示紅牌並將教練驅出比賽場地 | | | |
| – 其他明目張膽的、無紀律的和侵害的行為 (比賽的所有階段有效) 如：比賽中非指定人員進入內場等等。 | | 1.00 (從運動員/成隊的該項目中)，立即紅牌並將教練驅出比賽場地* | | | |

注：如果一個隊兩名教練中的一名被從內場罰出場外，則允許另一名教練在整場比賽中進內場替換**一次**。
(例如資格賽)

第 1 次違規=黃牌

第 2 次違規=紅牌，教練員將逐出剩餘的比賽。

* 如果只有一名教練員，那麼這名教練此次仍可參賽，但將沒有資格參加下次世錦賽、奧運會。

SECTION 9 — Technical Directives

In order to recognize DV specific technical expectations are required.

All directives for angles of completion of elements and body positions are approximate and meant to serve as a guideline.

9.1 ALLAPPARATUS

Body Positions

Tuck

- Less than 90° hip and knee angle in salto & dancelements



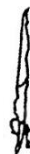
Pike

- Less than 90° hip angle in salto & dancelements



Stretch

- All body parts in alignment



9.1.1 Element Recognition

a) Stretch

- The majority of the salto must be maintained in the stretched position in:
 - Singlesaltos
 - Double saltos on FX and UBDMTS
 - Vaults(saltos)
- When there is NO stretched position shown it is considered pike position in:
 - Non-twisting elements
 - Vaults without LA turn

第 9 節 — 技術規定

若想承認難度價值，必須達到技術規格要求。

對動作完成的角度和身體姿勢所做的所有規定是大致的，但有著重要的指導意義。

9.1 所有項目

身體姿勢

團身

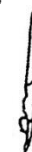
- 在空翻及舞蹈動作中髖和膝角 < 90°

屈體

- 在空翻及舞蹈動作中髖角 < 90°

直體

- 身體各部分呈一直線







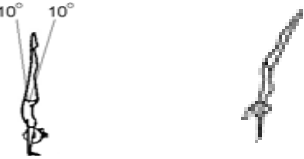

9.1.1 動作的認可

a) 直體

- 大多數空翻必須保持直體姿勢：
 - 單周空翻
 - 在地板和高低槓下法中的兩周空翻
 - 跳馬(空翻)
- 若未展現直體姿勢, 將判為屈體：
 - 不帶轉體的動作
 - 不帶縱軸轉體的跳馬動作

Recognition of body positions in single & double Saltos without LA turn

不帶轉體的單周和雙周空翻身體姿勢的認定

| | | | |
|---|--|---|--|
| <p>Pike salto becomes tuck</p>  | <p>D-Panel If in Pike salto knee angle is less than 135° Credit Tucksalto</p> | <p>屈體空翻判為團身空翻</p>  | <p>D-組 若屈體空翻膝角小於 135° 判為團身空翻</p> |
| <p>Tuck salto becomes stretch</p>  | <p>D-Panel Hipopen(180°) Credit Stretchsalto</p> | <p>團身空翻判為直體空翻</p>  | <p>D-組 髖角打開(180°) 判為直體空翻</p> |
| <p>Stretched position becomes pike</p>  | <p>D-Panel Piked in hips – Credit Pike salto A slight hollow in the chest or a slight arched body position is acceptable</p> | <p>直體姿勢判為屈體姿勢</p>  | <p>D-組 屈髖 –判為屈體空翻 輕微的含胸和身體背弓是允許的</p> |

9.1.2 Landings from Single Saltos with Twists

a) Elements with twists performed

- as mounts and dismounts from **UB** and **BB**
- during the exercise on **BB** and **FX**
- all landings on **VT**

must be completed exactly or **another** element from the COP will be recognized.

Note: The placement of the front foot is decisive when awarding the difficulty value

b) For underturning*

- 3/1 twist becomes 2½ twist
- 2½ twist becomes 2/1 twist
- 2/1 twist becomes 1½ twist
- 1½ twist becomes 1/1 twist

***FX**: When there is a salto with twist directly connected to another salto and in the first salto the turn is not completed exactly (*but the gymnast is able to continue into the next element*), the first element will NOT be devalued.

9.1.2 單周空翻轉體的落地

a) 所完成的轉體動作在

- 高低槓和平衡木的上、下法
- 平衡木和地板的成套中
- 所有跳馬動作的落地

必須準確完成，否則被認為是評分規則中的**另一個**動作

注：以前腳落地的位置決定難度價值

b) 對於轉體不足*

- 轉體 1080°變為轉體 900°
- 轉體 900°變為轉體 720°
- 轉體 720°變為轉體 540°
- 轉體 540°變為轉體 360°

***地板**：當帶轉體的空翻直接連接另一個空翻且第一個空翻的轉體不完整（但運動員有能力連接下一個動作）時，第一個動作將不予降組。

9.1.3 Falls on Landing

- a) with landingfeetfirst – the DV isawarded
- b) without landingfeetfirst – No DV isawarded

9.2 BALANCE BEAM AND FLOOREXERCISE

Turn recognition in dance elements

- The turn must be completed exactly or another elementfrom the COP will becredited.
- The position of the shoulders and hips are decisiveotherwise another element from the COP will becredited.

9.2.1 Turns on One Leg are in increments of:





- 180° forBB
- 360° forFX

Turn Considerations:

- Must be performed on thetoes.
- Have a fixed and well defined shape throughout theturn.
- The support leg whether stretched or bent (*choreography*) doesnot change the value of thedifficulty.
- For turns on 1 leg requiring the free leg to be at a specificposition, the position must be maintained throughout theturn.
- Ifthefreelegisnotintheprescribedposition-creditanother element from theCOP

a) Under turning on Supportleg:

Example:

- BB  becomes 
- FX  becomes 

9.2.2 Leaps, Jumps & Hops with turns are in increments of:

- 180° for BB & FX (split, straddle and ringelements)
- 360° forFX

Various techniques of jumps, leaps and hops with turns are permitted; piking, tucking, straddling the legs, or ring position may be in the beginning, middle or end of the turn (*unless there is a special requirement for the element*).

9.1.3 落地摔倒

- a) 腳先落地 – 承認其難度價值
- b) 腳未先落地 – 不承認其難度價值

9.2 平衡木和地板

舞蹈動作轉體的認定

- 轉體必須準確完成，否則將認定為規則中的另一個動作
- 肩和胯的位置具有決定性，否則將認定為規則中的另一個動作

9.2.1 單腿轉體的增量單位:





- 平衡木為 180°
- 地板為 360°

轉體要考慮的因素:

- 必須用腳尖轉體
- 整個轉體過程必須保持一個固定的、清晰的身體姿勢
- 無論支撐腿直立或彎曲其難度價值不變
- 對自由腿要求舉至特定位置的轉體動作，必須在整個轉體中保持 這一姿勢。
- 如果自由腿的位置沒有達到規定要求，則認定為規則中的另一個動作。

a) 支撐腿轉體不足:

例如:

- 平衡木  變成 
- 地板  變成 








9.2.2 帶轉體的單腳跳、雙腳跳、小跳的增量單位:

- 平衡木和地板為 180° (劈腿跳、屈體分腿跳和接環跳)
- 地板為 360°

帶轉體的雙腳跳、單腳跳和小跳允許採用多種技術完成；屈體、團身、屈體分腿或接環姿勢可以在轉體的開始、中間或結尾做（除非對動作有特殊要求）。

—ForUnderturningof30°ormoreanother elementfromtheCOPwillberecognized.

Example:

- BB/FX  becomes ZA
- FX  becomes 
- FX  becomes 
- BB  becomes 
- Additional 1/4 turn does not make an element different

Definition:

Leaps – take off from 1 foot to land on other or 2 feet

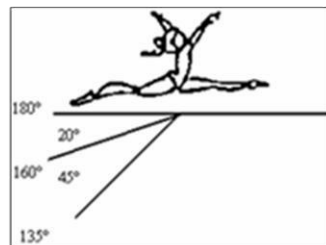
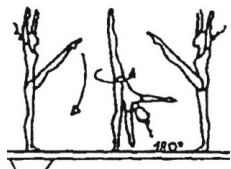
Hops – take off from 1 foot and land on the same foot or 2 feet (180° leg separation is not required)

Jumps – take off from 2 feet and land on 1 or 2 feet

Note: — In Jumps and Leaps with split 180° leg separation is required.

9.2.3 SPLIT REQUIREMENT

For missing degrees of leg separation in Leaps, Jumps, Hops, Turns



Insufficient Split:

- > 0° - 20° deduct 0.10
- > 20° - 45° deduct 0.30
- > 45° (dance) credit another element from the COP or no DV

— 對於轉體不足 30°或更多則被認為是規則中的另一個動作

例如：

- 平/地  判為 ZA
- 地  判為 ZO
- 地  判為 ZN
- 平  判為 ZO
- 多轉 90°不能形成另一個不同的動作

定義:

單腳跳 – 單腳起跳至另一腳或雙腳落

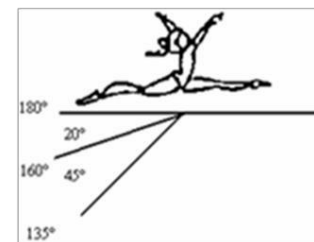
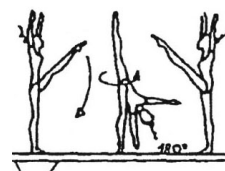
小跳 – 單腳起跳至同一腳或雙腳落 (無需分腿 180°)

雙腳跳 – 雙腳起跳至單或雙腳落

注意: — 單腳和雙腳起跳的劈叉跳要求分腿 180°

9.2.3 劈腿要求

單腳跳、雙腳跳、小跳、轉體的分腿角度不足：



劈腿不足：

- > 0° - 20° 扣 0.10
- > 20° - 45° 扣 0.30
- > 45° (舞蹈) 被認為規則中的另一個動作或無難度價值

9.3 REQUIREMENTS FOR SELECTED DANCEELEMENTS

Scales (4.102)



Requirement:

- 180° split

D-Panel

- <180° split

– NoDV

Example for the turns with specific leg positions:



Requirement:

- Free leg fwd or bwd athorizontal throughoutturn

D-Panel

- Free leg below horizontal –another element from theCOP

Tuck Jump with/without turn



D - Panel

- > 135° hip /kneeangle

–No, or otherDV

E - Panel

- Kneesathorizontal –0.10
- Kneesbelowhorizontal –0.30

Wolf Jump with/withoutturn



Requirement:

- Hip angle - less than90°
- Extended leg abovehorizontal

D-Panel

- > 135°hipangle – No, or otherDV

E-Panel

- Extended legathorizontal –0.10
- Extended leg below horizontal –0.30

9.3 被選舞蹈動作的要求

平衡 (4.102)



要求:

- 分腿 180°

D-裁判組

- 分腿<180°

–無難度價值

對腿的位置有特定要求的轉體動作:



要求:

- 前舉或後舉的自由腿在整個轉體過程中始終處於水平位置

D-裁判組

- 自由腿低於水平–評分規則中的另一個動作

帶/不帶轉體的團身跳



D – 裁判組

- 髖/膝角> 135°

–無難度或另一個難度

E – 裁判組

- 膝至水平 –0.10
- 膝低於水平 –0.30

帶/不帶轉體的狼跳



要求:

- 髖角- 小於 90°
- 前舉腿高於水平

D-組

- 髖角> 135°

– 無難度或另一個難度

E-裁判組

- 前舉腿至水平 –0.10
- 前舉腿低於水平 –0.30

Cat Leap with/without turn**Requirement:**

- Legsalternation
- Knees abovehorizontal
- Evaluate the lowest kneeposition

D - Panel

- > 135°hipangle – No, or otherDV
- Lack ofalternation – Tuck jump

E - Panel

- One/both legsathorizontal –0.10
- One/both legs below horizontal –0.30

帶/不帶轉體的貓跳**要求:**

- 交換腿
- 雙膝高於水平
- 以最低膝蓋的位置評判

D - 裁判組

- 髖角>1 35° –無難度或另一個難度
- 缺乏交換 –團身跳

E - 裁判組

- 單/雙腿至水平 –0.10
- 單/雙腿低於水平 –0.30

Straddle Pike Jump with/without turn**Requirement:**

- Both legs must be abovehorizontal

D-Panel

- > 135°hipangle – No, or otherDV

E-Panel

- Incorrect (uneven)legposition –0.10
- Legsathorizontal –0.10
- Legsbelowhorizontal –0.30

帶/不帶轉體的屈體分腿跳**要求:**

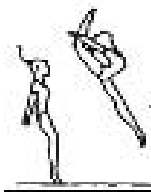
- 雙腿必須高於水平

D-裁判組

- 髖角>135° –無難度或另一個難度

E-裁判組

- 腿的位置不正確（不平衡） –0.10
- 雙腿至水平 –0.10
- 雙腿低於水平 –0.30

Ring jump**Requirements:**

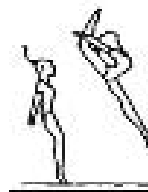
- Upper back arch and headrelease
- 180° split of legs on thediagonal
- Back foot to crown ofhead

D-Panel

- No arch & releaseofhead – Split jumpor Sissone
- NoSplit – NoDV

E-Panel

- Insufficientarchposition –0.10
- Rear foot atheadheight –0.10
- Rear foot atshouldersheight –0.30

原地接環跳**要求:**

- 上體後屈且頭後仰
- 斜線分腿 180°
- 後腳至頭頂

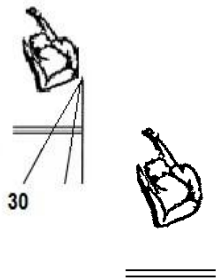
D-裁判組

- 無背弓或頭未後仰 –原地劈叉跳或西松跳
- 無劈腿 –無難度

E-裁判組

- 背弓不足 –0.10
- 後腳至頭高 –0.10
- 後腳至肩高 –0.30

Sheep Jump



Requirements:

- Upper back arch & head release with feet to crown of head
- Hip extension

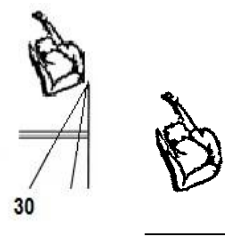
D-Panel

- No arch & release of head - NoDV
- Feet below shoulder height - NoDV

E-Panel

- Insufficient arch -0.10
- Feet at head height & below -0.10
- Insufficient hip extension -0.10
- Insufficient bent legs ($\leq 90^\circ$) -0.10

羊跳



要求:

- 上體後屈或頭後仰腳至頭頂
- 挺髖

D-裁判組

- 無背弓或頭未後仰 -無難度
- 雙腳低於肩 -無難度

E-裁判組

- 背弓不足 -0.10
- 雙腳至頭高或低於頭 -0.10
- 挺髖不夠 -0.10
- 屈腿不足 ($\leq 90^\circ$) -0.10

Yang Bo



Requirement: Over split with front leg min. Horizontal

D - Panel

- No over split but both legs at horizontal - 1 DV lower
- Over split but front leg below horizontal - 1 DV lower
- No over split but front leg below horizontal - Ring Jump
- No arch & release of head - Split Jump

E - Panel

- Insufficient arch position -0.10
- Over split but front leg below horizontal - 0.10

楊波跳



要求:分腿超過劈叉且前腿至少達水平

D - 裁判組

- 分腿未超過劈叉但雙腿在水平位置 - 降一級難度
- 分腿超過劈叉但前腿低於水平 - 降一級難度
- 分腿未超過劈叉且前腿低於水平 - 原地結環跳
- 無背弓或頭未後仰 - 原地劈叉跳

E - 裁判組

- 挺身姿勢不充分 - 0.10
- 分腿超過劈叉，但前腿低於水平 - 0.10

Split Leap with Leg Change



Requirement:

Free leg swing min. 45°, 180° split of legs

D-Panel

- Free leg swings less than 45° or is bent - credit Split Leap

交換腿劈叉跳



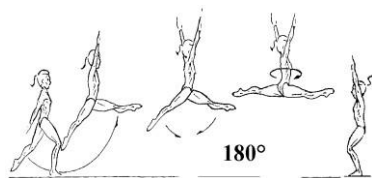
要求:

前擺腿至少擺至 45°，分腿 180°

D- 裁判組

- 前擺腿低於 45°或彎腿 - 判為劈叉跳

Switch Leap with turn (\underline{N} | \underline{N}°)



Requirement:

- Free leg swing min. 45°
- Swing with straight free leg
- Must show cross split

D-panel

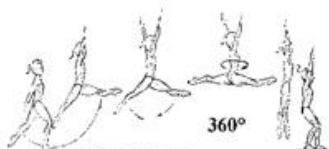
- Lack of free leg swing -- credit Split Leap With turn

• Incomplete turn in \underline{N} become ZA

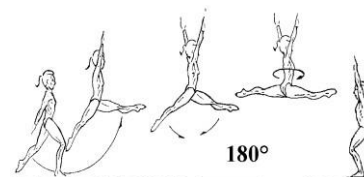
• Incomplete turn in \underline{N}° become ZA

E-Panel

- Less than 45° -0.10
- Free leg bent -0.10/0.30



交換腿劈叉跳轉體 (\underline{N} | \underline{N}°)



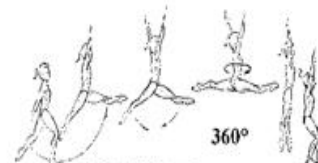
- 要求前擺腿至少擺至 45°
- 直腿擺動
- 必須展示縱劈叉姿勢

D- 裁判組

- 前擺腿不足 - 判為劈叉跳轉體

• 轉體不完整 \underline{N} 判為 ZA

• 轉體不完整 \underline{N}° 判為 ZA



E-裁判組

- 不足 45° -0.10
- 前腿彎屈 -0.10/0.30

Ring Leap/Change Leg Ring Leap (with/without turn)

Requirement:

- Upper back arch and head release.
- 180° split of legs
- Front leg at horizontal and back foot to crown of head
- The turn should be performed after ring positions shown

D-Panel

- No arch & release of head - Split/Switch leap
- Incorrect timing of the turn - Split/Switch leap with turn

E-Panel

- Insufficient arch position -0.10
- Front leg below horizontal -0.10
- Rear foot at head height -0.10
- Rear foot at shoulder height -0.30



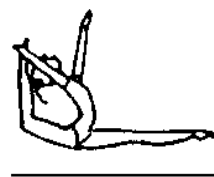
劈叉接環跳/交換腿劈叉接環跳 (帶或不帶轉體)

要求:

- 上體後屈且抬頭後仰
- 分腿 180°
- 前腿至水平且後腳至頭頂
- 轉體必須在完成接環姿勢後

D-裁判組

- 無背弓或頭未後仰 - 劈叉/交換腿劈叉跳
- 轉體時機不對 - 劈叉/交換腿劈叉跳轉體



E-裁判組

- 上體後屈不足 -0.10
- 前腿低於水平 -0.10
- 後腳至頭高 -0.10
- 後腳至肩高 -0.30

Maximum cumulative deductions for Deviation from required body shapes may not exceed 0.50.

Body Shape Deductions include:

- Lack of Split
- Bent Legs
- Toes not pointed
- Specific Element Body Shape Deductions (listed in 9.3)

對於未達到身體姿勢的扣分最多不要超過 0.5 分

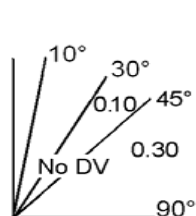
身體姿勢的扣分包括:

- 劈腿不足
- 屈腿
- 未繃腳尖
- 特定動作身體姿勢的扣分 (於表 9.3)

9.4 UNEVEN BARS

– Handstand position is considered reached when all body parts are aligned in vertical.

9.4.1 Cast to Handstand



D-Panel

If element completed:

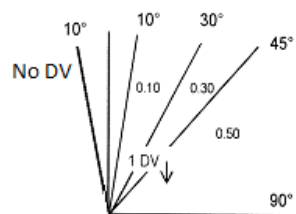
- within 10° of vertical – Credit DV
- >10° – No DV

E-Panel

- > 30°–45° –0.10
- >45° –0.30



9.4.2 Circle elements to handstand without turn & Flight elements from HB to handstand on LB



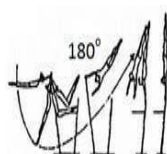
D-Panel

If element completed

- > 10° before vertical – No DV
- > 10° after vertical – 1 DV lower

E-Panel

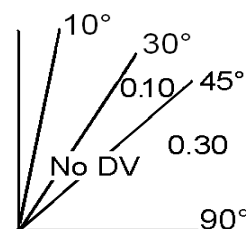
- > 10°–30° –0.10
- > 30°–45° –0.30
- >45° –0.50



9.4 高低槓

– 手倒立姿勢要求身體的所有部位均到達垂直線。

9.4.1 支撐後擺至手倒立



D- 裁判組 如

果完成在:

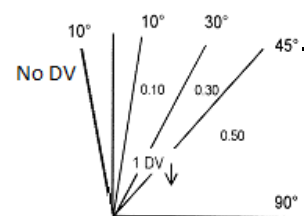
- 垂線 10°內 –承認難度價值
- >10° –無難度價值

E- 裁判組

- > 30°– 45° –0.10
- >45° –0.30



9.4.2 不帶轉體的回環至手倒立動作和由高槓至低槓手倒立的飛行動作



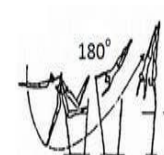
D- 裁判組

如果動作完成在

- >10° 在垂線前 –無難度
- >10° 在垂線後 –降一級難度

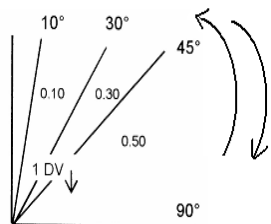
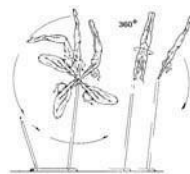
E- 裁判組

- > 10°–30° –0.10
- > 30°–45° –0.30
- >45° –0.50



9.4.3 Swings – elements with turnsthat:

- do not reachhandstand
- do not pass throughvertical
- continuemovementafterturninoppositedirection



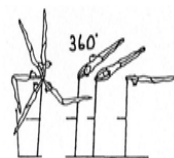
D-Panel

If hstd completed

- within 10° – CreditDV
- >10° – Credit 1DVlower

E- Panel

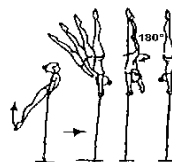
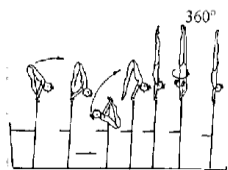
- 10° – 30° –0.10
- 30° – 45° –0.30
- >45° –0.50



Swing elements with ½ (180°) turn:

All body parts must reach horizontal to receive DV, otherwise No DV will be credited (*empty swing*).

9.4.4 Circle elements with turns to HSTD & Casts with turns to HSTD



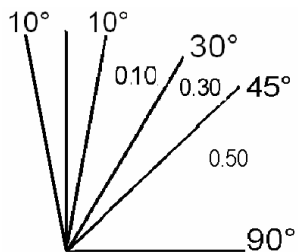
D- Panel

If hstd completed

- within 10° of vertical(*either side*) – Credit DV

E- Panel

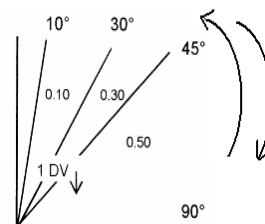
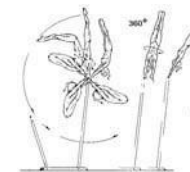
- > 10° – 30° –0.10
- > 30° – 45° –0.30
- >45° –0.50



If the same skill is performed as a Swing and as a circle element with turn it will be counted only once in chronological order.

9.4.3 擺動 – 轉體動作

- 未達到手倒立
- 未經過垂直線
- 轉體後向反方向繼續做動作



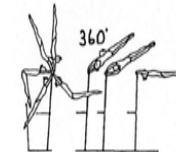
D- 裁判組 如果手

倒立完成在

- 10°以內 – 承認難度價值
- >10° – 降一級難度

E- 裁判組

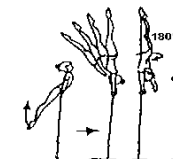
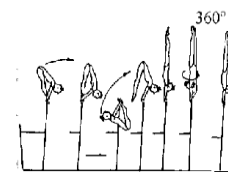
- > 10° – 30° –0.10
- > 30° – 45° –0.30
- >45° –0.50



擺動轉體 1/2 (180°) :

身體各部位都必須達到水平位置才能獲得難度價值，否則將不承認難度(無價值擺動)。

9.4.4 回環轉體至手倒立動作和後擺轉體至手倒立動作



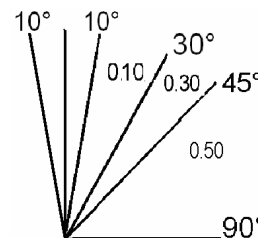
D-裁判組

如果手倒立完成在

- 垂線 10° 以內(兩側) –承認難度價值

E- 裁判組

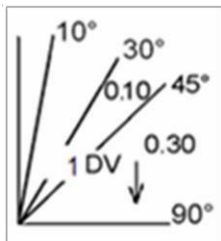
- > 10° – 30° –0.10
- > 30° – 45° –0.30
- >45° –0.50



如果相同的技術用於一個擺動轉體和一個回環轉體動作中，按照先後順序只承認一次。

9.4.5 REQUIREMENTS FOR SELECTED UB ELEMENTS

“Adler” ϕV (5.501)



D- Panel

- completed:**
- within 30° of vertical
 - >30°

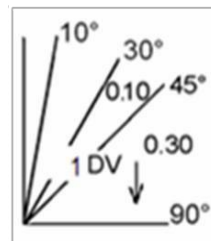
- Credit DV
- Credit 1 DV lower

E- Panel

- > 30° - 45° -0.10
- >45° -0.30

9.4.5 被選高低槓動作的要求

“Adler” ϕV (5.501)



D- 裁判組

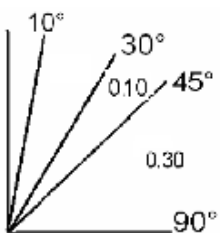
- 完成:**
- 垂直線 30°內
 - >30°

- 承認難度動作
- 降一級難度

E- Panel

- > 30° - 45° -0.10
- >45° -0.30

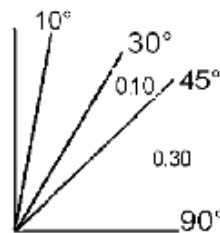
Pak salto ϕ (3.404)



E- Panel

- > 30° - 45° -0.10
- >45° -0.30

派克空翻 ϕ (3.404)



E- 裁判組

- > 30° - 45° -0.10
- >45° -0.30

Execution Deductions for body posture faults must be taken in addition to penalties assessed for amplitude in elements

對於身體姿勢的扣分還要加上動作幅度方面的扣分。

PART III APPARATUS

SECTION 10 —Vault

10.1 General

Depending on the requirements for that competition phase, the gymnast is required to perform one or two vaults from the Table of Vaults.

Run distance is a maximum of 25 meters, measured from the front edge of the table to the inner side of the block attached at the end of the vault run up mat.

- The vault begins with a run, an arrival and take-off from the board with two feet, from either a
 - forward position or
 - backward position
- No vault with sideward landing may be submitted.
- All vaults must be performed with repulsion from both hands off the vaulting table.
- The gymnast is required to properly use the "safety collar" supplied by the Organizing Committee for round-off entry vaults.
- A hand placement mat may be used for Yurchenkov vaults only.
- All vaults are illustrated with a number.
- The gymnast is responsible for flashing the intended vault number prior to the beginning of each vault (*manually or electronically*).
- After receiving the green light or signal from the D¹ - judge, the gymnast executes the 1st vault and then returns to the end of the runway to post the number for her 2nd vault.
- Beginning with the take-off, the vault phases are evaluated:
 - pre-flight (*1st flight*)
 - repulsion
 - flight (*2nd flight*) and landing.

第 10 節—跳馬

10.1 概述

運動員要根據比賽階段的要求跳一個或兩個跳馬難度表中的動作。

助跑距離最多 25 米。測量從跳桌前沿至助跑墊上的末端限制線內沿。

—跳馬動作從助跑開始，上板並雙腳起跳，任選其一：

- 向前起跳或
- 向後起跳

- 不允許做側向落地的跳馬動作。
- 所有跳馬動作都必須經雙手撐推跳桌來完成
- 運動員做蹻子入馬動作要正確使用由組委會提供的安全墊圈
- 撐手墊僅用於尤爾欽科跳馬動作
- 所有跳馬動作都有其號碼和圖解
- 運動員負責在做每個跳馬動作前顯示她想要做的跳馬動作的號碼（用手 工或電動）
- 在得到 D1 裁判給予的綠燈或信號後，運動員開始做第一個跳馬動作，然後回到助跑起點，出示她的第二個跳馬動作的號碼。
- 從起跳開始，跳馬動作的評分階段是
 - 前騰空（第一騰空）
 - 撐推
 - 騰空（第二騰空）和落地

10.2 RunApproaches

Additional run approaches are permitted as follows, with deduction of -1.00 for empty run (if gymnast has not touched the springboard or the apparatus).

- When 1 vault is required, a second run approach is permitted with deduction
- Third approach **not** permitted.
- When 2 vaults are required, a third run approach is permitted with deduction
- Fourth approach **not** permitted.

The D- Panel judges will take deduction from the Final Score of the vault performed.

10.3 VaultGroups

The vaults are classified into the following groups:

- Group1– Vault without salto (*Handspring, Yamashita, Round-off*) with or without LA turn in 1st and/or 2nd flight phase
- Group2– Handspring fwd with or without 1/1 turn (360°) in 1st flight phase– salto fwd or bwd with or without LA turn in 2nd flight phase
- Group3– Handspring with ¼ - ½ turn (90° - 180°) in 1st flight phase (*Tsukahara*) – salto bwd with or without LA turn in 2nd flight phase.
- Group4– Round-off (*Yurchenko*) with or without ¾ turn (270°) in 1st flight phase – salto bwd with or without LA turn in 2nd flight phase.
- Group5– Round-off with ½ turn (180°) in 1st flight phase – salto fwd or bwd with or without LA turn in 2nd flight phase

10.2 助跑

增加的助跑（如下）是允許的，但對空跑（如果運動員未觸踏板或器械），將扣 1.00 分

- 當要求跳一個跳馬動作時，允許第二次助跑，同時扣分
- 不允許第三次助跑
- 當要求跳二個跳馬動作時，允許第三次助跑，同時扣分
- 不允許第四次助跑。

D 組裁判將會從所跳動作的最終得分中扣除。

10.3 跳馬動作組

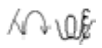





跳馬動作按其類別，分為下列各組：

- 第一組– 不帶空翻的跳馬動作（前手翻、山下跳和蹠子），在第一和/或第二騰空階段帶或不帶縱軸轉體
- 第二組– 第一騰空階段為帶或不帶縱軸轉體 360° 的前手翻-第二騰空階段為帶或不帶縱軸轉體的前空翻或後空翻
- 第三組– 第一騰空階段為前手翻轉體 90° -180° -（塚原）-第二騰空階段為帶或不帶縱軸轉體的後空翻
- 第四組– 第一騰空階段為帶或不帶縱軸轉體 270° 的蹠子（尤爾欽科）-第二騰空階段為帶或不帶縱軸轉體的後空翻
- 第五組– 第一騰空階段為蹠子縱軸轉體 180° -第二騰空階段為帶或不帶縱軸轉體的前空翻或後空翻

10.4 REQUIREMENTS

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed
- In the **Qualifying, Team Final and All-Around**:
One vault must be performed.
 - In **Qualifying**, the 1st vault score counts toward the **Team and/or All-Around Total**.
 - The gymnast who wishes to qualify for the **Apparatus Final** must perform **2** vaults as per the **Apparatus Finals** rules below.
- **Apparatus Finals**
 - The gymnast must perform 2 vaults, which will be averaged for the Final Score.
 - The two vaults must be from **different** Vault Groups
 - Must show a different 2nd flight phase

Example:

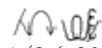
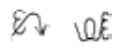
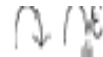


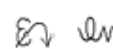
1. If the first vault is from Gr.4 
Round-off, flic-flac on – stretched salto backward with 2½ turn (900°) off,
then the choices for the 2nd vault would be:
 - *Tsukahara stretched with 2/1 turn (720°) off,* 
or
 - *Handspring fwd on – 1/1 turn off* 
2. If the first vault is from Gr.2 
Handspring fwd on - tucked salto fwd off,
then the choices for the 2nd vault would be:
 - *Round off, flic-flac on – Stretched salto bwd off,* 
or
 - *Tsukahara piked* 


Note: Handspring fwd on – tucked double salto fwd off: 


10.4 特定要求

- 跳馬動作前出示（手動或電動）即將要做的跳馬動作號碼
- 在**資格賽、成隊決賽和全能決賽**中：
必須跳一個跳馬動作
 - 在**資格賽**中，以第一次跳馬得分計入成隊和/或全能總分
 - 想取得單項決賽資格的運動員，必須按如下單項決賽的規則跳兩個跳馬動作
- **單項決賽**
 - 運動員必須跳 2 個跳馬動作，以平均分為最後得分
 - 兩個跳馬動作必須選自不同的跳馬組
 - 必須有不同的第二騰空階段

例如:

1. 如果第一個跳馬動作選自第 4 組 
躑子，後手翻-直體後空翻轉體 2 1/2 (900°)
第二個跳馬動作將可選：
 - 塚原 直接轉體 2/1 (720°)， 
或
 - 前手翻-轉體 (360°) 
2. 如果第一個跳馬動作選自第 2 組 
前手翻-團身前空翻
第二個跳馬動作可選：
 - 躑子，後手翻-直身後空翻， 
 - 塚原屈體 

注意：前手翻-團身前空翻兩周 

If the 2nd salto is not completed because the gymnast lands on the feet or and any other body part simultaneously, then the vault will be recognized as Handspring fwd on – Tucked fwd Salto off. 

10.4.1 Corridor Markings

As an orientation for directional deductions there will be a marked corridor on the landing mat. The gymnast must land and finish to a stable stand in this zone.

The D¹ Judge (*with written notification from the Line Judge*) will deduct from the Final Score for touching mat with any part of the body outside of the marked corridor as follows:

- Land or step outside with one foot/hand (*part of foot/hand*) - 0.10
- Land or step outside with two feet/hands (*part of feet/hands*) or body part - 0.30

10.4.2 Specific Apparatus Deductions (D-Panel)

Taken from the Final Score of the vault performed
 — More than 25 meters run distance - 0.50

- Run approach without performing vault - 1.00
- Support (*repulsion phase*) with only one hand - 2.00
- In the Qualification to and in Apparatus Finals:
 - When only one vault is performed
 - When one of two vaults receives “0” points (10.4.3)


Evaluation:

Score of the vault performed divided by 2 = Final Score (FS)

- When the two vaults are **not** from different groups or do **not** show a different second flight phase

Evaluation:

$[(FS \text{ of the } 1^{st} \text{ Vault}) + (FS \text{ of the } 2^{nd} \text{ Vault, minus } 2.00)]/2$
 = Final Score

如果前空翻第二周因為運動員腳著地或和身體其他任何部位同時著地而沒有完成，那麼這個跳馬動作就被視為團身前空翻一周。

10.4.1 落地區界限

落地區界限為便於方向扣分，將在落地墊上標明落地區。運動員必須在動作結束時穩定地落在此區域內。

D1 裁判（根據司線裁判的書面報告）將對身任何部位觸碰邊線以外墊子（的錯誤）從最後得分中進行如下扣分：

- 單腳/手（部分腳/手）落在或越出界外 - 0.10
- 雙腳/手（部分腳/手）或部分身體落在或越出界外 - 0.30

10.4.2 專項扣分 (D-裁判組)

從所跳動作最終得分中扣除

- 助跑距離超過 25 米 - 0.50
- 助跑未做跳馬動作 - 1.00
- 單手支撐（撐推階段） - 2.00
- 為進入單項決賽的資格賽和單項決賽
 - 只跳一個跳馬動作
 - 當兩跳中的一跳為 “0” 分 (10.4.3)

評分:

跳馬動作的分數/2=最後得分 (FS)

- 當兩個跳馬動作未選自不同動作組或第二騰空階段未顯示出不同

評分:

$[(\text{第一個跳馬動作最終得分}) + (\text{第二個跳馬動作最終得分} - 2.00)]/2$
 = 最後得分

10.4.3 Performance of Invalid Vaults (0.00points)*

- The vault is executed without a support phase, i.e., neither hand touches the table.
- Failure to use the safety collar for round-off entry vaults
- Spotting assistance during the vault
- Failure to land on feet first
- The vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the table with her feet
- The gymnast performs a prohibited vault (straddled legs, prohibited pre-element before the vaulting board, intentionally lands in side position)
- The first vault is repeated for the second vault in Qualification for Vault Final or in Vault Final

***Note:** "0" score recorded by D- Panel. No evaluation by E- Panel.

A video review by the D- Panel and Apparatus Supervisor will automatically occur for every vault that receives an Invalid - 0 Score

10.5 Method of Scoring

D- Panel:

Enters the Value of the performed vault and shows on the board to the E- judges the symbol of the vault recognized (*if different from flashed number*). The score of the first vault must be flashed before the gymnast executes the second vault.

Execution Deduction (Section 8) must be taken in addition to Specific Execution penalties mentioned below

10.4.3 無效的跳馬動作 (0分)

- 在推撐階段，雙手沒有觸馬
- 蹠子入馬動作未使用安全墊圈
- 跳馬動作中給予幫助
- 腳未先落地
- 跳馬動作完成很差而不能被認可，或運動員用腳推離跳桌
- 運動員做了被禁止的跳馬動作（分腿跳，在入板前做被禁止的預備動作，故意做側向落地的跳馬動作）
- 在為進入單項決賽的資格賽或單項決賽中，第二個跳馬動作重複做第一個跳馬動作

注：由 D-裁判組記錄 0 分，E-裁判不用評分

對所出現的每個無效 0 分跳馬動作將由 D-裁判組和專案監督員進行錄影重播

10.5 示分方法

D- 裁判:

輸入所跳動作的價值，並在顯示牌上向 E-組裁判員顯示被承認的跳馬動作的符號（如果所跳動作與所示動作號碼不同）。必須在運動員跳第二個動作前顯示第一個跳馬動作的得分。

除下面提到的專項扣分外還要考慮到完成錯誤扣分（第 8 節）

Specific Apparatus Deductions (E-Panel)

| Faults | 0.10 | 0.30 | 0.50 |
|--|-----------|------|------|
| First Flight Phase | | | |
| - For missing degrees of LA turn during flight phase: | | | |
| • Gr. 1 with ½ (180°) turns | ≤45° | ≤90° | |
| • Gr. 4 with ¾ (270°) turns | ≤45° | | |
| • Gr. 1 or 2 with 1/1 turn(360°) | ≤45° | ≤90° | >90° |
| - Poor technique | | | |
| • Hipangle | X | X | |
| • Arch | X | X | |
| • Bentknees | X | X | X |
| • Leg or kneeseparations | X | X | |
| Repulsion Phase | | | |
| - Poortechnique | | | |
| • Staggered hand placement Gr.1, 2 & 5 (not applicable for Salto fwd stretched w/LAturn) | X | X | |
| • Bentarms | X | X | X |
| • Shoulderangle | X | X | |
| • Failure to pass throughvertical | X | | |
| • Prescribed LA turn begun too early (on the table) | X | X | |
| Second Flight Phase | | | |
| - Excessivesnap | X | X | |
| - Height | X | X | |
| - Exactness of LA turn (includesCuervo) | X | | |
| - Bodyposition | | | |
| • Exactness of tuck/pike position insalto | X | X | |
| • Exactness of tuck/pike position in salto with LAturn | X | | |
| • Body alignment in stretchedsalto | X | | |
| • Failure to maintain stretched bodyposition (piking too early) | X | X | |
| • Insufficient and/or late extension (tuck/pikevaults) | X | X | |
| - Bentknees | X | X | X |
| - Leg or kneeseparations | X | X | |
| - Under-rotation of salto without a fall | X | | |
| • With a fall | | X | |
| - Distance (Insufficientlength) | X | X | |
| - Deviation from a straightdirection | X | | |
| - Dynamics | X | X | |
| Landing deductions | See Sec.8 | | |

專項扣分 (E-裁判)

| 錯誤 | 0.10 | 0.30 | 0.50 |
|--|------|------|------|
| 第一騰空階段 | | | |
| - 在第一騰空階段中縱軸轉體不足: | | | |
| • 第1組轉體 ½ (180°) 動作 | ≤45° | ≤90° | |
| • 第4組轉體 ¾ (270°) 動作 | ≤45° | | |
| • 第1組或第2組轉體 1/1 (360°) 動作 | ≤45° | ≤90° | >90° |
| - 技術差 | | | |
| • 跨角 | X | X | |
| • 背弓 | X | X | |
| • 屈膝 | X | X | X |
| • 分腿或分膝 | X | X | |
| 撐推階段 | | | |
| - 技術差 | | | |
| • 手依次撐馬第1、2和5組動作 (不適用於帶縱軸轉體的直體前空翻跳馬動作) | X | X | |
| • 屈臂 | X | X | X |
| • 肩角 | X | X | |
| • 未經垂直面 | X | | |
| • 規定的縱軸轉體開始過早 (在馬上) | X | X | |
| 第二騰空階段 | | | |
| - 過分兜腿 | X | X | |
| - 高度 | X | X | X |
| - 縱軸轉體的精確性 (包括奎爾沃) | X | | |
| - 身體姿勢 | | | |
| • 團身/屈體姿勢不精確 | X | X | |
| • 在縱軸轉體中團身/屈體姿勢不精確 | X | | |
| • 直體空翻中, 身體不直 | X | | |
| • 未保持直體姿勢 (屈體過早) | X | X | |
| • 展體不足和/或過晚 (團身和屈體跳馬動作) | X | X | |
| - 屈膝 | X | X | X |
| - 分腿分膝 | X | X | |
| - 翻轉不足 (沒有摔倒) | X | | |
| • 摔倒 | | X | |
| - 遠度 (遠度不足) | X | X | |
| - 偏離直線方向 | X | | |
| - 動力性 | X | X | |
| 落地扣分 | 見第8節 | | |

Section 11 —UnevenBars

11.1 General

The evaluation of the exercise begins with the take off from the board or the mat. Additional supports under the board (*i.e.: an extra board*) are **not** permitted.

a) Mounts

- If the gymnast on her first attempt touched the springboard, the apparatus, or ran underneath the apparatus:
 - Deduct -1.00
 - She must start her exercise
 - No Value will be awarded for the Mount
- A gymnast is permitted a 2nd attempt to mount (*with a penalty*) if she has **NOT** touched the springboard, the apparatus, or run underneath the apparatus
 - Deduct -1.00
- A 3rd attempt is not permitted.

D- panel judges will take the deduction from the Final score.

b) Fall Timing:

For interruption of the exercise due to a fall from the apparatus an intermediate time period of 30 seconds is allowed.

If the gymnast exceeds the allowable time to resume her exercise a - 0.30 P. neutral deduction for excessive time will be applied if the gymnast continues her exercise

- The timing starts when the gymnast is on her feet after the fall
- The elapsed time during the fall will be displayed in seconds on the scoreboard.
- A warning signal (*gong*) will be communicated at
 - o 10 seconds
 - o 20 seconds and again at the
 - o 30 second time limit
- The exercise officially resumes when the feet leave the floor.
- If the gymnast has not resumed the exercise within the 60 second time limit, the exercise will be terminated.

No salute is necessary to resume an exercise from a fall.

第 11 節 —高低槓

11.1 概述

成套動作的評分從踏板或墊子起跳開始，**不**允許在踏板下增加支撐物（例如：額外增加一個踏板）。

a) 上法

— 如果運動員第一次助跑已觸踏板、器械或跑到器械下麵：

- 扣-1.00
- 運動員必須開始成套動作
- 上法為無難度價值

— 如果運動員第一次助跑未觸踏板、器械或跑到器械下麵，允許第二次助跑做上法（給予處罰）

- 扣 -1.00

- 不允許第三次助跑

D- 裁判將在最後得分中扣除

b) 掉下計時：

因從器械上掉下而造成的成套動作中斷允許有 30 秒的中斷時間。

如果運動員超出了允許時間，若想繼續成套動作將被扣除 — 0.3


- 當運動員掉下雙腳落地後開始計時
- 掉下持續的秒數將在計分板上顯示
- 將會給予一個警告信號（鑼），在
 - o 10 秒
 - o 20 秒時再一次
 - o 30 秒時限時到
- 運動員腳離開地面繼續開始動作暫停中止
- 如果運動員未能在 60 秒之內重新開始動作，則成套動作結束。

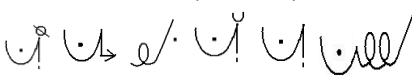
掉落後重新上槓時沒有必要示意。

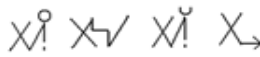
11.2 Content and Construction of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

- Only **3 different** elements in chronological order from the same*root skill (except for Kips, Giants fwd/bwd and casts to HSTD) will be counted for DV, CR and CV.
*The root skill is determined by the entry into the skill and the direction of the rotation (bwd or fwd)

Example 1: 
B D E X (no value)

Example 2: 
D D D B B D

Example 3: 
D B C X (no value)

The value parts should represent a variety of the following categories of movement:

a) Circle and Swings

- Giant Circles backward
- Giant Circles forward
- Swings & Clear Hip Circles
- Stalders Forward/Backward
- Pike Circles Forward/Backward

b) Flights

- flight from HB to grasp on LB (or reversed)
- counter flight (over the bar)
- vaults
- hechts
- saltos


11.3 Composition Requirements (CR) – D- Panel 2.00P

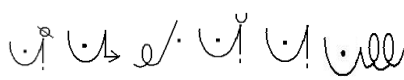
- | | |
|--|------------|
| 1. Flight element from HB to LB | award 0.50 |
| 2. Flight element on the same bar | award 0.50 |
| 3. Different grips (no cast, MT or DMT) | award 0.50 |
| 4. Non flight element with min. 360° turn, (no MT) | award 0.50 |

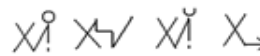
11.2 成套動作的內容及構成

成套難度價值最多計入最高的 8 個難度動作，包括下法

- 在同類動作中，按照時間順序只有 **3 個不同的** 難度動作（除了屈伸上、向前或向後大回環、支撐後擺成手倒立）將會被計入難度價值、編排要求和連接價值中。
- 同類動作由進入技術和轉體方向所決定（向前或向後）。

例 1: 
B D E X (無難度價值)

例 2: 
D D D B B D

例 3: 
D B C X (無難度價值)

難度價值部分應呈現出如下多樣化的動作類型：

a) 回環和擺動

- 向後大回環
- 向前大回環
- 擺動及浮撐回環
- 正/分腿向前回環
- 前/後屈體回環

b) 飛行

- 由高槓至低槓的飛行（或相反）
- 振浪飛行（越槓）
- 貓跳
- 繃槓
- 空翻

11.3 編排要求 (CR) – D- 裁判 2.00P

- | | |
|-----------------------------|---------|
| 1. 高槓至低槓的飛行動作 | 獲得 0.50 |
| 2. 同一槓上的飛行動作 | 獲得 0.50 |
| 3. 不同的握法（不包括支撐後擺上法或下法） | 獲得 0.50 |
| 4. 至少轉體 360° 的不是飛行的動作（不是下法） | 獲得 0.50 |

11.4 Connection Value (CV) – D-Panel

Connection Value can be awarded for direct connections.
The CV will be added to the D-Score.

Formulas for direct connections


| 0.10 | 0.20 |
|--------------------|---|
| D + D (or more) | D (flight - same bar or LB to HB) + C or more (on HB and must be performed in this order) D + E (both flight elements) |

Note: C/D element must have flight or min. ½ turn (180°)

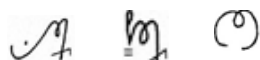
- An element can be performed 2 times within the same direct connection for CV, but may **NOT** receive DV a 2nd time.
- Flight elements include elements with visible flight:
 - From HB to grasp on LB (or reversed)
 - With counter flight (over the bar), vault, hecht or salto followed by regrasp on same bar or the other bar
 - Performed as dismounts

Note: Hop-grip changes with/without 180°-360° turns do **NOT** constitute flight.

- These direct connections can be performed as a:
 - Mount connection (Gr.1 elements are not considered flight elements)

Example:  D+D = 0.10

 - Connection within the exercise
 - Dismount connection
- If an **empty swing** or **intermediate swing** is performed between 2 elements, CV can **NOT** be awarded.
 - Empty swing** = swing fwd/bwd without the execution of an element in the Table, before the swing reverses to the opposite direction. Except "Shaposhnikova" type elements with/without 1/1 turn (360°) and following elements:



Note: If kip performed after Shaposhnikova type elements with/without 1/1 turn - apply deduction for empty swing

11.4 連接價值 (CV) - D- 裁判

直接連接可獲得連接價值
連接價值將計入 D 分

直接連接


| 0.10 | 0.20 |
|----------------|--|
| D + D (或更難) | D (同槓飛行或低槓至高槓的飛行) + C 或更難 (在高槓上並且必須按此順序完成) D + E (兩個飛行動作) |

Note: C/D 必須是飛行或轉體½ (180°) 的動作

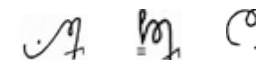
- 在同一個直接連接中，一個動作可以做兩次而獲得連接價值，但**不能**得到第二次難度價值。
- 飛行動作具有明顯的騰空：
 - 由高槓至低槓（或相反）
 - 振浪飛行（越槓）、貓跳、繃槓或空翻再握至同一槓或另一個槓
 - 完成的下法

注：跳換握帶貨不帶轉體 180° -360° 都不是飛行動作

- 可以完成如下這些直接連接：
 - 上法連接（第一組上法不能作為飛行動作）

例： D+D = 0.10

 - 成套中的連接
 - 下法連接
- 如果在兩個動作之間出現**無價值擺動**或**虛擺**，則**無**連接價值
 - 無價值擺動** = 向前或向後擺動，在向反方向回擺前沒有形成一個難度表中的動作。“莎波什尼科娃”帶或不帶轉體 1/1 (360°) 的動作和下列動作除外。



注：在“莎波什尼科娃”帶或不帶轉體 1/1 動作後做一個屈伸上，適用於無價值擺動的扣分。

— **Intermediate swing** = pump swing from a front support and/or a long swing not needed in order to perform the next element.

11.5 Composition deductions (E-Panel)

| Faults | 0.10 | 0.30 | 0.50 |
|---|------|------|------|
| – Jump from LB to HB | | | X |
| – Hang on HB, put feet on LB, grasp LB | | | X |
| – More than 2 of the same elements directly connected to the dismount | X | | |
| – No Dismount | | | X |

11.6 Specific Apparatus Deductions

| Faults | 0.10 | 0.30 | 0.50 or more |
|---|------|------|--------------|
| – Body alignment in hstd and cast to hstd | X | X | |
| – Adjusted grip position | X | | |
| – Brush on apparatus with feet | | X | |
| – Brush on mat | | | 0.50 |
| – Hit on apparatus with feet | | | 0.50 |
| – Hit on mat with feet (<i>fall</i>) | | | 1.00 |
| – Uncharacteristic element (<i>Elements with take off 2 feet or thighs</i>) | | | 0.50 |
| – Poor rhythm in elements | X | | |
| – Insufficient height of flight elements | X | X | |
| – Under rotation of flight elements | X | | |
| – Insufficient extension in kips | X | | |
| – Intermediate swing | | | 0.50 |
| – Empty swing | | | 0.50 |
| – Angle of Completion of elements | X | X | X |
| Amplitude of: | | | |
| – Swings fwd or bwd underhorizontal | X | | |
| – Casts | X | X | |
| – Excessive flexion of hip joint in the leg tap (<i>DMT</i>) | X | X | |

— **虛擺** = 抽動式的支撐擺動和/或一個對完成下一個動作所不需要的長懸垂擺動。

11.5 編排扣分 (E- 裁判)

| 錯誤 | 0.10 | 0.30 | 0.50 |
|-------------------|------|------|------|
| – 從低槓跳起至高槓 | | | X |
| – 高槓懸垂，腳踏低槓，雙手握低槓 | | | X |
| — 多於兩個相同動作直接連接下法 | X | | |
| – 沒有下法 | | | X |

11.6 專項扣分

| 錯誤 | 0.10 | 0.30 | 0.50 或更高 |
|--------------------------------|------|------|----------|
| – 在倒立或擺倒立過程中身體不直 | X | X | |
| – 調整握姿 | X | | |
| – 腳擦器械 | | X | |
| – 腳擦墊子 | | | 0.50 |
| – 腳碰器械 | | | 0.50 |
| – 腳碰墊子 (掉下) | | | 1.00 |
| – 不符合高低槓特點的動作 (如雙腳起跳或大腿彈起的動作等) | | | 0.50 |
| – 動作節奏差 | X | | |
| – 飛行動作的騰空高度不足 | X | X | |
| – 飛行動作的翻轉不足 | X | | |
| – 屈伸上放浪展體不充分 | X | | |
| – 虛擺 | | | 0.50 |
| – 無價值擺動 | | | 0.50 |
| – 完成動作的角度 | X | X | X |
| 幅度: | | | |
| – 懸垂前擺或後擺低於水平 | X | | |
| – 支撐後擺 | X | X | |
| – 兜腿時屈髖過多 (下法) | X | X | |

11.7 NOTES

Falls –

Flight Elements

- a) **with** grasp of both hands (*momentary hang or support*) on the bar, the DV is awarded
- b) **without** grasp of both hands on the bar – **No** DV is awarded


Dismounts

- a) No attempt for DMT at all

Evaluation:

- No DV - count 7 elements only (*D-panel*)
- NO DMT – 0.50 (*E-Panel*)
- Fall -1.00 or apply landing deductions, if no fall (*E-panel*)


- b) If the dismount has begun

Example 1:  with initiation of salto (failure to land feet first)

Evaluation:

- No DV - count 7 elements only (*D-panel*)
- Fall -1.00 (*E-panel*)

- c) If the dismount has begun

Example 2:  without initiation of salto (only underswing)

Evaluation:

- No DV - count 7 elements only (*D-panel*)
- Apply landing deductions (*E-panel*)

Mounts

- a) Can fulfill CR 1 for flight from HB to LB
- b) Elements performed as mounts can be performed in the exercise (or vice versa) but receive DV only once.

11.7 注

摔倒-

飛行動作

- a) 雙手抓槓（短暫懸垂或支撐）承認難度價值 DV
- b) 雙手未抓槓-不承認難度價值 DV


下法

- a) 沒有做下法

評分：

- 無難度價值 - 只計 7 個難度 (D-裁判)
- 沒有做下法 - 0.50 (E - 裁判)
- 摔倒-1.00 或沒有摔倒按落地錯誤扣分 (E-裁判)


- b) 如果開始做下法

例 1:  進入空翻(腳未先著地)

評分：

- 無難度價值 - 只計 7 個難度 (D-裁判)
- 摔倒 -1.00 (E-裁判)

- c) 如果開始做下法

例 2:  未進入空翻(只做一個弧形下)

評分：

- 無難度價值 - 只計 7 個難度 (D-裁判)
- 適用落地扣分 (E-裁判)

上法

- a) 可以滿足由高槓至低槓的飛行動作編排要求
- b) 上法可以在成套中再做（或相反的情況），但只能得到一次難度價值。

SECTION 12 —BalanceBeam

ARTISTRY

Artistic Performance

An artistic performance is one in which the gymnast demonstrates her ability to transform her balance beam exercise from a well-structured composition into a performance. In so doing the gymnast must demonstrate creativity, confidence of performance, personal style and perfect technique.

This is not “what” the gymnast performs, but “How” she performs.

Composition and Choreography

The composition of a balance beam exercise is based on the movement vocabulary, both gymnastic and artistic, of the gymnast, as well as the choreography of these elements in relationship to the Balance Beam, while establishing a strong sense of rhythm and modulation of pace. It is the balancing of elements of difficulty with artistic components in order to create a continuous flow, a cohesive whole.

The design, structure and composition of the exercise includes:

- A rich and varied selection of elements from different structure groups in the table of elements
- Changes of level (*up and down*)
- Changes of direction (*fwd, bwd, swd*)
- Changes of rhythm & tempo
- Creative or original movements and transitions.

This is “what” she performs.

Rhythm & Tempo

The Rhythm and tempo (*speed/pace*) must be varied, sometimes lively, sometimes slow, but predominately dynamic and above all uninterrupted.

The transition between the movements and elements should be smooth and fluent;

- without unnecessary stops or
- prolonged preparatory movements before elements

The exercise should not be a series of disconnected elements.

第 12 節—平衡木

藝術性

藝術表現

藝術表現是指運動員將平衡木成套動作演繹成具有良好結構的表演作品的的能力。那麼這位運動員必須顯示出創造力、自信、個人風格和完美技術。

這不是指運動員完成了“什麼”，而是要“如何”去完成。

舞蹈編排

平衡木成套動作編排不但以單動作、運動員的體操技巧和藝術性為基礎，而且為了流暢性和整體性的效果，達到難度構成要素和藝術構成要素的平衡，並營造出強烈的節奏感和韻律感，這些編排要素都與平衡木項目緊密相連。

成套的設計、組織和構成包括：

- 從難度表的不同結構組中選擇豐富的多樣化動作
- 起伏變化（向上和向下）
- 方向變化（前、側、後）
- 節奏和速度變化
- 創造性及新穎的動作與連接

這是指完成了“什麼”

節奏和速度

節奏和速度（速率/步頻）必須有變化，有時活潑生動、有時舒緩，而占主導的是動態的並與以上所有變化連接不間斷的進行。動作間的轉換應圓潤而流暢。

- 沒有不必要的停頓或
- 動作前過長的準備動作

成套動作不能是一系列不連貫的動作。

12.1 GENERAL

The evaluation of the exercise begins with the take-off from the board or the mat. Additional supports under the board (*ie: an extra board*) are **not** permitted.

a) Mounts

- If the gymnast on her first attempt touched the springboard, or the apparatus.
 - Deduction -1.00
 - She must start her exercise
 - No Value will be awarded for the Mount.
 - Deduction for “Mount not from the Table of elements” will be applied
- A gymnast is permitted a 2nd attempt to mount (*with a penalty*) if she has not touched the springboard or the apparatus.
 - Deduction -1.00
- A 3rd attempt is not permitted.

D- panel judges will take the deduction from the Final score.

b) Timing

The duration of the exercise on the balance beam may not exceed 1:30 minutes (*90 seconds*).

- The Time Judge 1 (*Assistant*) begins timing when the gymnast takes-off from the springboard or mat. She stops the clock, when the gymnast touches the mat upon completion of her beam exercise.
- A signal (*gong*) will be communicated ten (*10*) seconds prior to the maximum time limit and again at the maximum time limit (*1:30*) to indicate that the exercise is to be finished.
- If the dismount lands at the sound of the second signal, there is **no** deduction.
- If the dismount lands after the sound of the second signal, there is a deduction for exceeding the time limit.

12.1 概述

成套動作的評分從踏板或墊子起跳開始，不允許在踏板下附加支撐物（例如：額外增加踏板）

a) 上法

- 如果運動員第一次助跑觸及踏板和器械
 - 扣除 -1.00
 - 運動員必須開始成套動作
 - 上法無難度
 - 對於“上法不是難度表中的動作”進行扣分
- 如果運動員第一次助跑未觸及踏板或器械，允許第二次助跑做上法（給予處罰）
 - 扣除 -1.00
- 不允許第三次助跑

D-裁判將從最後得分中扣除

b) 計時

一套平衡木動作的時間不能超過 1 分 30 秒（90 秒）

- 1 號計時裁判員（輔助裁判）自運動員從踏板或墊子起跳開始計時，當運動員完成平衡木成套動作接觸墊子時停錶
- 在最大時限前 10 秒和最大時限（1 分 30 秒）到達時都給一個信號（鑼），表明成套動作結束
- 如果在第二次信號聲響時下法落地，將**不**予扣分
- 如果在第二次信號聲響後下法落地，將對成套動作超時予以扣分

The deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 seconds)

- -0.10
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E-Panel.
- Time violations are reported in writing by the respective Time Judge to the D- Panel judges, who then takes the deduction from the FinalScore.

c) FallTiming:

For interruption of the exercise due to a fall from the apparatus, an intermediate time period of 10 seconds is allowed.

- If the gymnast exceeds the allowable time to resume her exercise a - 0.30 P. neutral deduction for excessive time will be applied if the gymnast continues her exercise

- Time Judge 2 begins timing when the gymnast is on her feet after the fall.
- The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise.
- The fall period ends when the gymnast takes-off from the mat to remount the beam.
- No salute is necessary to resume an exercise from a fall.
- After remounting the beam the resumption of timing by Time Judge 1 begins with the first movement to continue the exercise.
- The elapsed time during the fall will be displayed in seconds on the scoreboard.
- A signal (gong) will be communicated at the
 - 10 second time limit.
- If the gymnast has not resumed within 60 seconds, the exercise will be terminated.

如果成套動作完成時間多於 1 分 30 秒 (90 秒)，將對超時進行扣分

- -0.10
- 對最大時限 90 秒以後做的動作，將由 D-裁判組認可和由 E-裁判組評分。
- 超時違例，由計時員交書面報告給 D-裁判組，由她從最後得分中扣除。

c) 掉下計時：

從器械上掉下成套動作中斷，允許 10 秒的間斷時間。

—如果運動員超出了允許時間，若想繼續動作將被扣除-0.3 分

- 2 號計時裁判員自運動員掉下腳落地開始計時
- 掉下持續時間將被單獨計時；它不計算在成套動作的總時間內
- 當運動員從墊子跳起重新上木時，掉下時間結束
- 掉落後重新上木時沒有必要示意
- 1 號計時裁判在運動員重新上木繼續成套動作的第一個動作時，恢復成套計時
- 掉下的持續秒數將在計分板上顯示
- 給予一個信號（鑼）在
 - 10 秒時限到達時
- 如果運動員未能在 60 秒之內重新開始動作，則成套動作結束

12.2 Content of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

Within the 8 counting elements there must be a minimum of:

- 3 Dance
 - 3 Acro
- and 2 optional elements

12.3 Composition Requirements (CR) – D- Panel 2.00P.

1. One connection of at least 2 **different** dance elements, 1 being a leap, jump or hop with 180° split (*cross or side*), or straddle position award 0.50
2. Turn (Gr.3) award 0.50
3. One Acro series, min. of 2 flight* elements 1 being a salto (*elements may be the same*) award 0.50
4. Acro elements in different directions (*fwd/swd and bwd*) award 0.50

* Flight elements with or without hand support.

Note:

- CR 1 - 4 must be performed on the Beam.
- Rolls, handstands and holds may **not** be used to fulfill CR.

12.4 Connection Value (CV) and Series Bonus (SB)

– D – Panel

- a) Connection Value can be awarded for direct connections.
- b) The CV will be added into the D- Score.
- c) **Series Bonus** will be awarded for the connection of 3 or more acro elements.

12.2 成套動作的内容

成套的難度價值 (DV) 最多計入最高的 8 個難度動作，包括下法

8 個難度動作至少包括：

- 3 個舞蹈動作
 - 3 個技巧動作
- 和 2 個任意難度動作

12.3 編排要求 (CR) – D-裁判 2.00 分.

1. 一個至少含 2 個不同的舞蹈動作的連接，其中一個是劈腿（縱劈腿或橫劈腿）或屈體分腿 180° 的單腳起跳、雙腳起跳或小跳 獲得 0.50
 2. 轉體（第 3 組動作） 獲得 0.50
 3. 一個至少由 2 個騰空*動作組成的技巧連接，其中一個是空翻（可以是相同的動作） 獲得 0.50
 4. 具有不同方向（前/側和後）的技巧動作 獲得 0.50
- * 帶或不帶手支撐的騰空動作

注：：

- 編排要求 CR 1 - 4 必須在木上完成
- 翻滾、手倒立和靜止動作不能滿足編排要求 CR.

12.4 連接價值 (CV) 和連接串加分 (SB) – D – 裁判

- a) 直接連接可獲得連接價值
- b) 連接價值 CV 將計入 D 分
- c) 3 個或更多技巧動作的連接被承認為**連接串加分**

Formulas for direct connections

| ACROBATIC | |
|--|---|
| 0.10 | 0.20 |
| 2 acro flight elements, including mount & dismount (min. F) All connections must be rebounding* | |
| C + C B + E | C/D + D (or more) B + D (both elements fwd) B + F |
| Series Bonus (SB) of + 0.10 P. Will be awarded to dance/mixed and acro series (*rebounding and non-rebounding) of B + B + C in any order, including MT & DMT (min.C), or more in addition to CV | |
| Example 1: B + B + C = +0.10 series bonus D + B + C = +0.10 series bonus | |
| Example 2: $\overbrace{C+C+C}^{CV+0.1 \quad CV+0.1}$ +0.10 series bonus Total CV + SB = 0.30 | |
| To receive the SB: <ul style="list-style-type: none"> Non-flight acro elements Min. B (except "Holds") may be used The same (flight or non-flight) acro element may be repeated within connection | |

*Connections with rebounding effect utilize the elasticity of the apparatus and develop speed in one direction.

- Landing (on 2 feet) from the 1st flight element with hand support followed by an immediate take-off/rebound into the 2nd element, or
- Landing from the 1st flight element (with/without hand support) on one leg and placing the free leg with an immediate rebound from both legs into the 2nd element.

直接連接公式

| 技巧 | |
|--|---|
| 0.10 | 0.20 |
| 2 個帶騰空的技巧動作，包括上法和下法（最低難度 F） 所有的連接都必須反彈* | |
| C + C B + E | C/D + D (或更難) B + D (兩個動作都向前) B + F |
| 連接串加分 (SB) + 0.10 分 任意順序的 B + B + C 或更高難度所組成的舞蹈串/混合串和技巧串（反彈和不反彈），包括上法和下法（至少為 C 組），將獲得連接價值 CV 以外的額外加分。 | |
| 例 1: B + B + C = +0.10 連接串加分 D + B + C = +0.10 連接串加分 | |
| 例 2: $\overbrace{C+C+C}^{CV+0.1 \quad CV+0.1}$ +0.10 連接串加分 共 CV + SB = 0.30 | |
| 要獲得連接串加分： <ul style="list-style-type: none"> 至少為 B 組的無騰空的技巧動作（除“靜止動作”）可以使用 相同的技巧動作（騰空或不騰空）在連接中可以被重複使用 | |

*同一個方向上具有快速反應的連接：

- 由第一個帶手支撐的騰空動作（雙腳）落地，立即起跳/反彈進入第二個動作，或
- 由第一個騰空（有手或無手支撐）動作單腳落地，隨著自由腳落地，立即雙腳起跳反彈進入第二個動作。

| DANCE & MIXED (acro – flight elements only), excluding dismount | |
|--|---------------|
| 0.1 | |
| C + C or more (dance) A + C (turns only) B + D (mixed) D + A (Salto to 1 foot scale) (This order & no step is permitted) | D + D or more |

Note: Turns may be performed on the same support leg (brief demi-plié is permitted), or with step into turn on opposite leg (demi-plié on one or both feet is NOT permitted)

The following **B- acro elements** with hand support and flight

- flic-flac with legstogether
- flic-flac with step-out
- gainerflic-flac
- round-off
- handspringforward

may be performed a 2nd time in the exercise to receive CV and SB, but may not be performed a 2nd time to receive CR.

| 舞蹈 & 混合 (技巧—僅指騰空動作) 不包括下法 | |
|---|-----------|
| 0.1 | 0.2 |
| C + C 或更難 (舞蹈) A + C (僅指轉體) B + D (混合) D + A (空翻落至單腳平衡) (只能按此順序，並不允許上步) | D + D 或更難 |

注：轉體連接可以是相同支撐腿（允許有短暫半蹲），上步進入另一腿做第二個轉體（不允許有單或雙腿的短暫半蹲）

下麵 **B 組** 帶手支撐和騰空的技巧動作

- 並腿後手翻
- 分腿後手翻
- 前踢後手翻
- 躑子
- 前手翻

可在成套動作中做第二次而獲得連接價值和連接串加分，但做第二次不能獲得編排要求。

12.5 Artistry & Composition Deductions(E-Panel)

| Faults | 0.10 | 0.30 | 0.50 |
|--|------------------|------|------|
| Artistry of Performance – Insufficient artistry of performance throughout the exercise including: <ul style="list-style-type: none"> • Confidence • Personal style – Rhythm & Tempo <ul style="list-style-type: none"> • Insufficient variation in rhythm & tempo in movements (<i>noDV</i>) • Performance of the entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>) | X X X X | | |
| Composition – Mount without DV <i>(All mounts without DV will be commonly recognized as “A” except straddle over to sit or squat on)</i> – Insufficient use of entire apparatus: <ul style="list-style-type: none"> • Insufficient use of entire length of beam • Lack of side movements (<i>NODV</i>) • Missing combination of movements/ elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam (<i>element not necessary</i>) | X X X X | | |
| — Insufficient Complexity or creativity in the movements <i>(A complex and creative movement is one that requires training time, coordination and previous preparation)</i> | X | | |
| – One-sided use of elements: <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs throughout exercise | X | | |
| – No Dismount | | | X |

12.5 藝術性和舞蹈編排扣分 (E-裁判)

| 錯誤 | 0.10 | 0.30 | 0.50 |
|---|------------------|------|------|
| 藝術表現 – 成套動作缺乏藝術表現 <ul style="list-style-type: none"> • 自信心 • 個人特點 – 節奏和速度 <ul style="list-style-type: none"> • 動作（無難度價值）中缺少節奏和速度的變化 • 全套的表現如同分開的片段（缺乏流暢性） | X X X X | | |
| 成套編排 – 上法沒有難度價值 <i>(所有沒有難度價值的上法，通常被認為是“A”組難度，除了分腿騎坐和蹲)</i> — 未充分利用器械 <ul style="list-style-type: none"> • 未有效使用整個木的長度 • 缺少向側的動作（沒有難度價值） • 缺少軀幹部分（包括大腿、膝蓋或頭）觸木的近木組合動作（不必是個動作） | X X X X | | |
| — 動作的多樣性和創造力不足 <i>(一個複雜和有創意的動作是需要訓練時間、協調性和前期準備的)</i> | X | | |
| – 使用動作單一 <ul style="list-style-type: none"> • 全套中多於一次使用直腿雙腳轉體^{1/2} | X | | |
| – 沒有下法 | | | X |

12.6 Specific Apparatus Deductions (E-Panel)

| Faults | 0.10 | 0.30 | 0.50 |
|--|------|------|------|
| - Poor rhythm in connection (<i>with DV</i>) | ea X | | |
| Excessive preparation | | | |
| - Adjustment (<i>unnecessary steps & movements</i>) | ea X | | |
| - Excessive arm swing before dance elements | ea X | | |
| - Pause (apply at 2sec.) | ea X | | |
| Poor Body posture/Amplitude throughout (<i>maximum elongation of the body movements</i>) | | | |
| - Head, trunk, shoulder and arm positions | X | | |
| - Feet not pointed/ relaxed/ turned in | X | | |
| - Lack of work in relevé | X | | |
| - Insufficient amplitude of leg swings/kicks | X | | |
| - Additional support of leg against the side surface of the beam | | X | |
| - Failure to meet the technical requirement of the element | | | |
| • through use of additional support | | X | |
| - Grasp on beam in order to avoid a fall | | | X |
| - Additional movements to maintain balance | X | X | X |

*Dismount:

- a) If the salto for the dismount has **not** begun (*no initiation of rotation*) and a fall occur

Example 1:  jump off BB:

Evaluation:

- No DV – count 7 elements only (*D-panel*)
- No DMT -0.50 (*E-panel*)
- Fall -1.00 or apply landing deductions if no fall (*E-panel*)

- b) If the salto for the dismount has begun and then a fall occurs:

Example 2:  begin salto, but failure to land feet first

Evaluation:

- No DV – count 7 elements only (*D-panel*)
- Fall - 1.00 (*E-panel*)

12.6 專項扣分 (E-裁判)

| 錯誤 | 0.10 | 0.30 | 0.50 |
|----------------------------------|------|------|------|
| - 連接的節奏差 (連接價值 DV) | 每次 X | | |
| 過多的準備 | | | |
| - 調整 (不必要的步伐和動作) | 每次 X | | |
| - 舞蹈動作前手臂過多的擺動 | 每次 X | | |
| - 停頓 (2 秒以上) | 每次 X | | |
| 成套動作姿態/幅度差 (身體動作的最大伸展) | | | |
| - 頭、軀幹、肩膀和手臂的位置 | X | | |
| - 未繃腳尖/鬆懈/內巴 | X | | |
| - 提踵不足 | X | | |
| - 腿擺動/踢幅度不足 | X | | |
| - 腿撐靠在木側面的附加支撐 | | X | |
| - 違背動作技術要求 | | | |
| • 通過使用附加支撐 | | X | |
| - 為避免掉下抓木 | | | X |
| - 為維持平衡附加的動作 | X | X | X |

*下法:


- a) 如果下法空翻未開始 (尚未進入翻轉) 而摔下

例 1:  跳下平衡木:

評分:

- 沒有難度價值 - 只計入 7 個動作 (D- 裁判)
- 沒有下法 - 0.50 (E 組)
- 摔倒 扣 -1.00 或沒有摔倒按落地錯誤扣分 (E-裁判)

- b) 如果下法已進入空翻, 然後摔倒

例 2:  開始做空翻, 但腳未先落地

評分:

- 沒有難度價值 - 只計入 7 個動作 (D- 裁判)
- 摔倒 - 1.00 (E- 裁判)

12.7 NOTES

Falls – Acro and Dance Elements



Acro and Dance Elements must return to the beam with foot or torso in order to be awarded difficulty.

- a) **with** a landing on 1 or 2 feet or in prescribed position on the beam – the DV is awarded
- b) **without** a landing on 1 or 2 feet or in prescribed position on the beam – **No** DV is awarded (*element may be performed again to receive DV*)

Mounts

- a) Only one acro element may precede the mount
- b) Some elements listed as mounts (*rolls, handstands and holds*) can be performed in the exercise (*or vice-versa*) but receive DV only once.

Holds

- a) Handstands (*without turns*) & Holds must be held for 2 sec. when prescribed in the table of elements in order to receive DV. If the element is not held for 2 sec. and does not appear as another element in the Code, award 1 DV lower or no DV. (*HSTD or hold position should be completed*).
- b) For CR, CV and SB “Hold” acro elements (*with flight*) may be used as the last element in an Acro series or mixed connection.
- c)  and  will be credited 1 DV lower if the handstand is **NOT** held for 2 seconds
 - If the gymnast performs the same element again in the exercise and holds the HSTD position for 2 sec. – No DV awarded

Onodi TicToc

- Can only be used as the last element to fulfill CR of acro series and for CV
- Can be used anywhere for Series Bonus
- Will be considered the same element as Onodi

12.7 注

掉下 - 技巧和舞蹈動作



技巧和舞蹈動作一腳或軀幹必須回到落到木上，才能承認該難度動作

- a) 以單腳或雙腳或規定的姿勢落木
 - 承認其難度價值
- b) 未以單腳或雙腳或規定的姿勢落木
 - **不**承認其難度價值（可再次完成動作，以獲得難度價值）

上法

- a) 上法前只允許做一個技巧動作
- b) 上法動作（滾翻、手倒立和靜止動作）可以在成套中做（或相反），但作為相同動作，只能得到一次難度價值


靜止動作

- a) 手倒立（不帶轉體）和靜止動作必須停止 2 秒，就可按動作表上的規定承認其難度價值。如果動作未靜止 2 秒，並且不能成為規則中的另一個動作，則降一級難度或沒有難度（必須完成手倒立或靜止姿勢）
- b) 對於編排要求、連接價值和連接串加分“靜止”技巧動作（帶騰空的），可以用於一個技巧串或混合連接中的最後一個動作
- c)  和  如果手倒立未停止 2 秒，將降低一級難度
 - 如果運動員在成套動作中再做相同動作，並且手倒立姿勢靜止達 2 秒。 - 不承認難度價值

奧諾帝-前點後軟翻

- 只能用於技巧串的最後一個動作以滿足技巧串的編排要求並獲得連接價值
- 可用於任意位置以獲得連接加分
- 與奧諾帝是相同動作

Specific Elements

-  hands must land in crossposition.



Hands placed together in Cross position – Correct



If front hand completed turn – Apply deductions for Precision



Hands in Side Position – Apply deductions for Precision

特殊動作

-  雙手必須落為正撐



雙手正撐 - 正確



如果前面的手完成了轉體 - 對精確性進行扣分



雙手側撐 - 對精確性進行扣分

SECTION 13 —FloorExercise

ARTISTRY

Artistic Performance

An artistic performance is one in which the gymnast demonstrates her ability to transform her floor exercise routine from a well-structured composition into an artistic performance. In so doing the gymnast must demonstrate a strong choreographic flow, artistry, expressiveness, musicality and perfect technique.

The main objective is to create and present a unique and well-balanced artistic gymnastic composition by combining the body movements and expression of the gymnast harmoniously with the theme and character of the music

Composition and Choreography

The **composition** of a floor exercise is based on the movement vocabulary of the gymnast, as well as the **choreography** of those elements and movements, that is, the mapping out of the body's movements, both gymnastic and artistic, over space and time in relationship to the floor exercise area and in harmony with the selected music.

The choreography should be developed such that one movement flows smoothly into the next with contrasts in the speed and intensity.

Creative choreography that is the originality of the composition of elements and movements, means that the exercise has been constructed and is performed using new ideas, forms, interpretations and originality, thereby avoiding copying and monotony.

The design, structure and composition of the exercise includes:

- A rich and varied selection of elements from different structure groups in the table of elements
- Changes of level (up and down)
- Changes of direction (fwd, bwd, swd and curves)
- Creative or original movements, connections and transitions into acro lines.

This is “**what**” the gymnast performs.

第 13 節 — 地板

藝術性

藝術表現

藝術表現是指體操運動員由一個很好的成套編排結構提升其地板成套動作的觀賞性，運動員必須在動作中展示其強勁的流暢性、藝術性、表現力、樂感和完美的技術。

其主要目的是通過運動員的身體動作、表情與音樂主題及特色和諧地結合在一起，創造和呈現出一個獨特完美的富有藝術性的體操運動員氣質。

舞蹈編排

地板的**編排**是以體操動作用語、體操技術及各種**藝術要素**為基礎組成的，是結合地板場地空間時間的特點，與所選音樂協調一致，由身體的動作、體操動作和藝術性要素共同描繪的圖畫。

舞蹈編排熟練地將一個動作在速度和強度的變化對比中，圓滑地進入隨後的下一個動作。

創造性的舞蹈，也就是動作的原創性編輯，意味著成套用新的創意、形式和表達來編排和完成，這樣可避免抄襲和單調。

成套的構思、結構和編排**包括**：

- 從難度表的不同**結構**中選擇豐富的多樣化的動作
- 起伏的變化（向上或向下）
- 方向變化（前、側、後）
- 在技巧線路中創造性和新穎的動作、連接及其過渡

這是指運動員完成了“**什麼**”。

Expression

Expression can be defined generally as the attitude and range of emotion exhibited by the gymnast with both her face and through her body. This includes how a gymnast generally presents herself and connects with the jury and public, as well as her ability to control/manage her expression during the performance of the most difficult and complex movements. It is also her ability to play a role or a character throughout the performance. In addition to the technical execution, artistic harmony and feminine grace must also be considered.

It is not only “**what**” the gymnast performs, but also “**how**” she performs her routine.

Music

The music must be flawless, without any abrupt cuts, and must contribute a sense of unity to the overall composition and performance of the exercise.

It should flow and must have a clear start and clear finish. The chosen music must also help to highlight the unique characteristics and style of the gymnast. The character of the music should provide the guiding idea/theme of the composition.

- There must be a direct correlation between the movements and the music. The accompaniment should be personalized to the gymnast and must contribute to the overall artistry and perfection of her performance.

Musicality

Musicality is the ability of the gymnast to interpret the music and to demonstrate not only its rhythm and speed, but its flow, shape, intensity and passion.

The music must support the performance and through her movements, the gymnast, must convey the theme of the music to the audience and jury.

表現力

表現力可以總體定義為通過運動員的面部及全身展示出來的情感廣度與深度。這包括一個體操運動員怎樣展現自身及其與觀眾、裁判的交流，同樣包括她在完成最難最複雜動作時對情感表現的控制能力，這也包括她在整個完成中表達自己個性和特點的能力，另外技術的完成和諧的藝術感及女性的優雅也 必須考慮在其中。

它不僅僅是指運動員完成 “**什麼**” ，而且還指她 “**怎樣**” 完成它的成套。

音樂

音樂必須無瑕疵，無任何的突然切割，要是成套編排及表演從頭至尾呈現出統一和諧的感覺。

它應連貫並一定要有清晰的開頭和結尾，被選擇的音樂還必須有助於突出運動員獨有的特徵及風格，音樂的特徵應該成為成套編排主題構想的引導。

- 音樂與動作之間必須有一個直接的關聯，音樂伴奏應該使運動員更為個性化，有助於呈現出整體藝術性和嫺熟的表演。

樂感

樂感是指運動員對音樂的理解和表達能力，不僅僅是對它的節奏和速度，而且對他的流暢、形式、強度和情感的展示。

音樂應能激勵運動員的表演，並通過她的動作向觀眾和裁判傳遞音樂的主題。

13.1 GENERAL

a) CD Requirements

- The floor exercise music CD will be given to the competition administration. Each CD will be timed; said time will be approved by the administration and the delegation head coach.
- The following must be written on the CD:
 - The name of the gymnast and the 3 capitalized letters used by FIG for the country code
 - The name of the composer and of the title of the music.
- The musical accompaniment with orchestration, piano or other instruments must be recorded.
 - A signal or tone may be used at the beginning of the recording. However, the name of the gymnast may **not** be spoken.
 - The human voice may be used as a musical instrument without word/s
 - Examples of the 'human voice' as an acceptable instrument are: humming, vocalizing without words, whistling, chanting.
 - Absence of music or music with words -1.00

Note: Taken by the D- Panel from the Final Score.
In case of doubt Federation/gymnast may submit music to the WTC for evaluation

b) Timing

The evaluation of the exercise begins with the first movement of the gymnast. The duration of the floor exercise may not exceed 1:30 minutes (90 seconds).

- The assistant begins timing, when the gymnast begins with the first movement of her floor exercise.
- The assistant stops timing, when the gymnast ends her floor exercise with the last position. The exercise must end with the music.
- The deduction for overtime will be taken if the exercise is more than 1:30 minute (90 sec.). -0.10
- Elements performed after the 90 sec. time limit will be recognized by the D- Panel and evaluated by the E-Panel.

13.1 概述

a) CD 要求

- 體操音樂 CD 要交給比賽管理部門，每一個 CD 都時，計時時間由競賽管理和代表團總教練核准。
- 以下內容必須寫在 CD 上
 - 運動員的姓名和三個大寫字母的國家代碼（FIG 認可的）
 - 作曲者姓名和音樂的標題
- 交響樂、鋼琴及其它樂器必須用錄音形式進行記錄
 - 在音樂起始階段，可以使用一個信號聲，但不能報出運動員的名字。
 - 音樂中可用不帶語言的人聲
 - 例如“人聲”就像一個可以接受的樂器音：哼唱、無語言的歌唱、口哨、呼聲。
 - 無音樂或音樂中有歌詞 -1.00

注：D 裁判從最後得分中扣除
如果有疑問，協會/運動員可以提交女子技術委員會進行評估

b) 計時

地板成套動作的評分從運動員的第一個動作開始。地板成套動作的持續時間不能超過 1 分 30 秒（90 秒）

- 當運動員做地板成套的第一個動作時助理開始計時
- 在運動員成套動作結束的最後姿勢，助理停止計時，成套動作必須與音樂同時結束
- 如果成套動作的時間超過了 1 分 30 秒（90 秒） - 扣 0.10
- 對於最大時限 90 秒以後所做的動作，由 D 裁判組認可和由 E 裁判組評分

c) BorderMarkings

Exceeding the prescribed floor area (12 X 12 m), that is touching the floor with any part of the body outside of the border markings, will result in a deduction.

- One step or landing outside of the boundary with a foot or hand - 0.1
- Step(s) outside with both feet, both hands or a body part or landing with both feet outside - 0.3

Both time and line violations are reported in writing by the respective Time and Line Judge to the D- Panel, who then takes the deduction from the Final Score.

13.2 Content of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

Within the 8 counting elements there must be a minimum of:

- 3 Dance
 - 3 Acro
- and 2 optional elements

The dismount is the last counting acro Line (*credit highest DV*)

- No DMT will be credited if only one acro Line is performed

a) Acro Lines

- The maximum number of acro Lines is 4.
- Any difficulty in subsequent acro Lines will not be counted for DV.
- An acro line consists of a minimum of 2 directly connected flight elements one of which must be a salto.
 - Failure to land on the feet first from a salto will still be considered an acro Line

C) 場地標記線

身體任何部位越出地板場地（12 X 12 米）標記線外，將導致扣分

- 一腳/手越出或落在界外 - 0.10
- 雙腳/手或身體部分越出界外或雙腳落在界外 - 0.30

時間違例和出界分別由計時裁判員和司線員書面報告給 D 裁判，由 D 裁判從最後得分中扣除

13.2 成套動作的內容

成套的難度價值（DV）最多計入包括下法在內的最高的 8 個難度動作。

計入的 8 個難度動作必須至少包括：

- 3 個舞蹈動作
 - 3 個技巧動作
- 和 2 個任意難度動作

下法是指計入的最後一條技巧線路（承認最高的難度價值）

- 如果只有一條技巧線路，將被視為無下法

a) 技巧線路

- 最多只能有 4 個技巧線路
 - 任何隨後的技巧線路，均不算難度價值
 - 一條技巧線路至少由兩個直接連接的飛行動作組成，其中之一需為空翻
- 空翻失敗腳未先落地，仍然為一條技巧線路

13.3 Composition Requirements (CR) – D- Panel 2.00

1. A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly (*with running steps, small leaps, hops, chassé, chainé turns*), one of them with 180° cross/side split or straddle position
(*The objective is to create a large flowing and traveling movement pattern.*)
award 0.50
 - No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps.
 - Leaps and hops must land on one leg if performed as the 1st element in the dance passage.
2. Salto with LA turn (min. 360°) award 0.50
3. Salto with double BA award 0.50
4. Salto bwd and salto fwd (*no aeri*als) in the same or different acro line award 0.50

Note: CR 2, 3 and 4 must be performed within Acro line.

13.4 Connection Value (CV) – D-Panel

Connection Value can be awarded for indirect (acrobatic) and direct (acrobatic, mixed, turns) connections.

The CV will be added into the D- Score.

13.3 編排要求 (CR) - D- 裁判 2.00

1. 由 2 個不同的單腳跳或小跳舞蹈動作 (選自規則中) 直接或間接連接組成的舞蹈段落 (其間帶有跑步、小單腳跳、小跳、滑步、平轉), 其中一個是分腿 180° 的縱向/橫向或屈體分腿姿勢。 獲得 0.50
(其目的是為了形成一個流動的大範圍移動的動作圖案)
 - 不允許雙腳跳或轉體, 因為它們是固定靜止的。但允許雙腳平轉, 因為它們的步子是移動的。
 - 單腳跳或小跳如果是在舞蹈段落中做的第一個動作, 必須單腳落地
2. 縱軸轉體 (至少 360°) 的空翻 獲得 0.50
3. 橫軸兩周的空翻 獲得 0.50
4. 在同一或不同技巧線路中的後空翻和前空翻 (不是挺身) 獲得 0.50

注: 編排要求 2、3 和 4 必須在技巧線路中完成。

13.4 連接價值 (CV) - D- 裁判

間接連接 (技巧) 或直接連接 (技巧、混合、轉體) 可獲得連接價值。 連接價值將被計入 D 分

Formulas for indirect and direct connections

| INDIRECT ACROBATIC | |
|---|---|
| 0.10 | 0.20 |
| B/C + D | C + E D + D |
| A + A + D | A + A + E |
| DIRECT ACROBATIC | |
| A + D | A + E |
| C + C | C + D |
| MIXED | |
| D salto + B (dance) E salto + A (dance) (this order only) | |
| CONNECTION of TURNS on ONE LEG | |
| D + B B + B (no step) | Note: Turns may be performed on the same support leg (brief demi-plié on support leg is permitted), Or with step into turn on opposite leg (no demi-plié is permitted) |

Indirect connections are those in which directly connected acrobatic elements with flight phase and hand support (i.e. round-off, flic-flac, etc. as preparatory elements) are performed between saltos.

Note: Acro elements for CV are without hand support only.

間接和直接連接公式

| 技巧間接連結 | |
|--|---|
| 0.10 | 0.20 |
| B/C + D | C + E D + D |
| A + A + D | A + A + E |
| 技巧直接連結 | |
| A + D | A + E |
| C + C | C + D |
| 混合 | |
| D 空翻 + B(舞蹈) E 空翻 + A (舞蹈) (必選此順序) | |
| 單腿轉體連接 | |
| D + B B + B (不上步) | 注： 轉體可以是同一支撐腿 (支撐腿短暫半蹲是被允許的) ， 或上步用另一條支撐腿轉體 (不允許半蹲) |

間接連接是指那些在空翻之間完成的，直接連接的帶手支撐的騰空技巧動作（如：蹻子、後手翻等準備動作）

注：對於獲得連接價值的技巧動作只能是不帶手支撐的

13.5 Artistry & Composition Deductions(E-Panel)

| Faults | 0.10 | 0.30 | 0.50 |
|--|------|------|------|
| Artistry of Performance | | | |
| - Insufficient artistry of performance throughout the entire exercise | | | |
| • Lack of Expressiveness | X | | |
| • Inappropriate gesture or facial expression (mimic) not corresponding to the music or to the movements | X | | |
| • Failure to engage the audience | X | | |
| - Inability to reflect musical theme, to play a role or a character throughout the performance | X | | |
| - Performance of the entire exercise as a series of disconnected elements & movements | X | | |
| Composition | | | |
| — Incorrect selection of movements for particular music <i>Example: "Tango" music, but "Polka" movements</i> | X | X | |
| — Insufficient Complexity or creativity of movements <i>(A complex and creative movement is one that requires training time, coordination and previous preparation)</i> | X | | |
| — Lack of variety in choreography into corners | ea X | | |
| - Missing movement touching floor (including min. trunk, or thigh, or knee or head) | X | | |
| Music and Musicality | | | |
| - Editing of music (e.g. no opening, ending, or accents) | | | |
| • No structure to the music | X | | |
| - Musicality | | | |
| • Lack of synchronization between movement and musical beat during a part of the exercise | | X | |
| • Lack of synchronization between movement and musical beat at the end of exercise | X | | |
| • Background music <i>(the exercise is connected to the music only at the beginning and end of the exercise)</i> | | | X |
| - No Dismount | | | X |

13.5 藝術性&舞蹈編排扣分 (E-裁判)

| 錯誤 | 0.10 | 0.30 | 0.50 |
|--|------|------|------|
| 藝術表現 | | | |
| - 全套動作的藝術表現力不足 | | | |
| • 缺少感染力 | X | | |
| • 在對應的音樂或動作上肢體動作或面部表情不恰當 | X | | |
| • 未能吸引觀眾 | X | | |
| - 全套表演無法反映音樂主題、不能進入角色或無特色 | X | | |
| - 成套動作的表現如同無關聯的動作串 | X | | |
| 舞蹈編排 | | | |
| - 對於特定的音樂所選動作不正確 例：“探戈”音樂，卻是“波爾卡”動作 | X | X | |
| - 動作的多樣性和創造力不足 (一個複雜和有創意的動作是需要訓練時間、協調性和前期準備的) | X | | |
| - 缺乏各種編排到角落 | 每次 X | | |
| - 缺少觸地動作 (包括，軀幹、大腿、膝蓋或頭) | X | | |
| 音樂及樂感 | | | |
| - 音樂編輯 (如：無開始、結束或重音) | | | |
| • 音樂結構差 | X | | |
| - 樂感 | | | |
| • 成套之中的一部分動作與音樂的節拍不一致 | | X | |
| • 成套的結束動作與音樂的節拍不一致 | X | | |
| • 背景音樂 (指整套動作只有在開始和結束與音樂有關聯) | | | X |
| - 沒有下法 | | | X |

13.6 Specific Apparatus Deductions (E-Panel)

| Faults | 0.10 | 0.30 | 0.50 |
|---|------------------------|------|------|
| – Excessive preparation: <ul style="list-style-type: none"> • Pause (apply at 2sec.) • Adjustment (unnecessary steps) • Excessive arm swing before dance elements | ea X ea X ea X | | |
| – Poor Body posture/ Amplitude (<i>maximum elongation of the body movements</i>) throughout <ul style="list-style-type: none"> • Head, trunk, shoulder and arm positions • Feet not pointed/relaxed/ turned in/flat • Insufficient amplitude of leg swings/kicks | X X X | | |
| – Distribution of elements <ul style="list-style-type: none"> • Exercise starts immediately with an acro line • Subsequent acro line performed after previous line along the same diagonal without choreography in between (<i>long acro line allowed</i>) • More than 1 Subsequent acro line • Exercise ends with acro element (no choreography after last acro) | X ea X ea X X | | |

Acro Lines & Dismounts

Example 1

LNVE LNVE & LNVEENX

Only one acro Line

Evaluation:

- No DV – count max. 7 elements (D-Panel)
- No DMT – 0.50 (E-panel)
- Apply landing deductions (E-Panel)

13.6 專項扣分 (E-裁判)

| 錯誤 | 0.10 | 0.30 | 0.50 |
|--|------------------------|------|------|
| – 過度的準備 <ul style="list-style-type: none"> • 停頓 (2 秒以上) • 調整 (不必要的步伐) • 舞蹈動作前手臂過多的擺動 | 每次 X 每次 X 每次 X | | |
| 不好的身體姿勢/幅度 (身體沒有最大限度伸展) <ul style="list-style-type: none"> • 頭、軀幹、肩膀和手臂的位置 • 未繃腳尖/鬆懈、內八 • 腿擺動/踢的幅度不足 | X X X | | |
| – 動作的安排 <ul style="list-style-type: none"> • 成套動作開始時馬上做一個技術線路 • 後續一條技術線路和前一技術線路使用同一對角線，並且二者之間沒有編排 (長技術線路是被允許這樣做的) • 多於一個的後續技術線路 • 以技術線路作為結束 (沒有編排最後的技術線路之後的舞蹈動作) | X 每次 X 每次 X X | | |

技術路線和下法

LNVE LNVE & LNVEENX

例 1

只有一條技巧線路

評分：

- 無難度價值 – 最多算 7 個動作 (D-裁判)
- 沒有下法 - 0.5 分 (E-裁判)
- 落地扣分 (E-裁判)

Example2 a) or b)

Only one acro Line

Evaluation:

- No DV – count max.7 elements (*D-Panel*)
- No DMT – 0.50(*E-panel*)
- Landing deductions (*E-Panel*)

Example3

Two acro Lines

Evaluation:

- Credit DMT(*D-Panel*)

Example4

The gymnast fails to land feet first in the 2nd acro Line:

Evaluation:

- No DV – count max. 7 elements (*D-Panel*)
- Fall - 1.00(*E-Panel*)

Example5
 D +D + X (not completed)

With repetition of the same element

Evaluation:

- No DV – count max. 7 elements (*D-Panel*)
- Apply landing deductions if necessary (*E-Panel*)

例2 a) 或 b)

只有一條技巧線路

評分:

- 無難度價值最多算 7 個動作 (*D-裁判*)
- 沒有下法扣 0.5 分 (*E-裁判*)
- 扣落地得分 (*E-裁判*)

例3

兩條技巧線路

評分:

- 判為下法 (*D-裁判*)

例4

運動員做第二條技巧線路的空翻，腳未先落地

評分:

- 無難度價值 - 最多算 7 個動作 (*D-裁判*)
- 摔倒 - 1.00 分 (*E-裁判*)

例5

D + D + X (未完成)

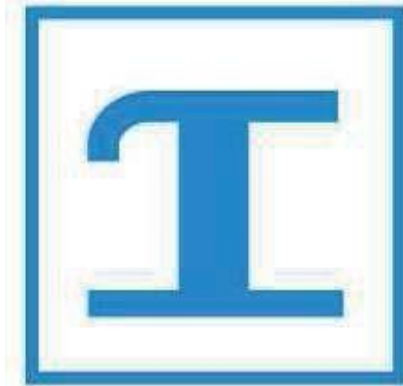
重複相同動作

評分:

- 無難度價值 - 最多算 7 個動作 (*D-裁判*)
- 如有必要，扣落地得分 (*E-裁判*)



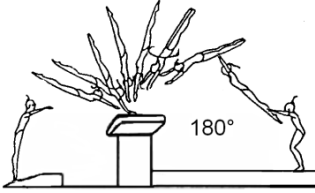
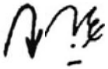
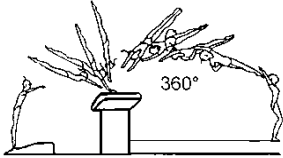
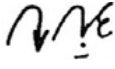
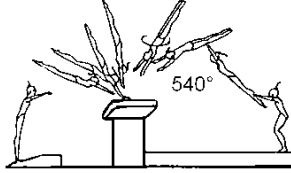

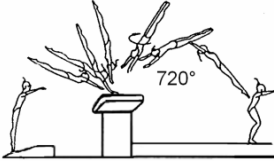
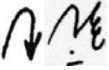
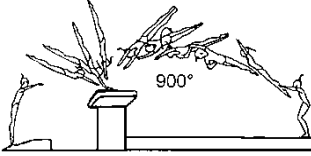
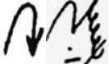
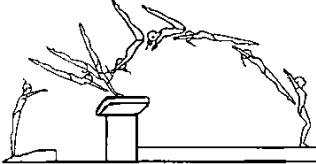

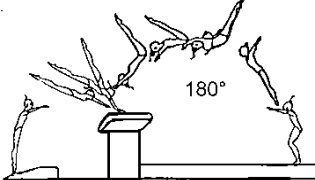

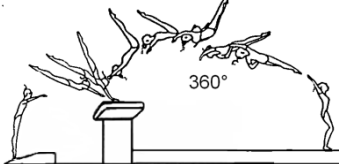



第五章 動作表

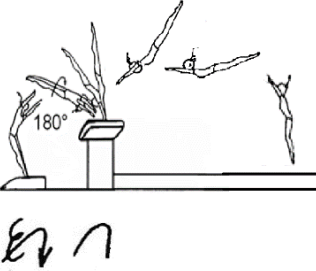
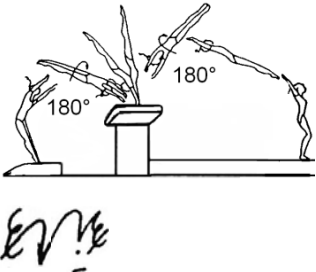
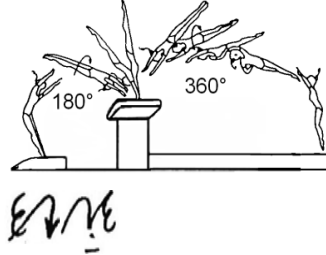
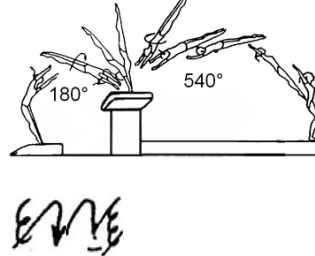
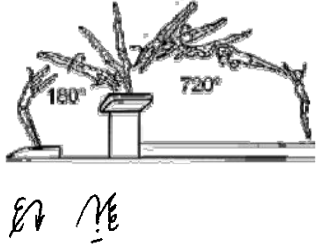
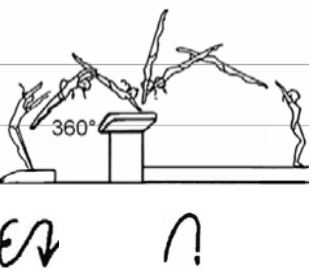
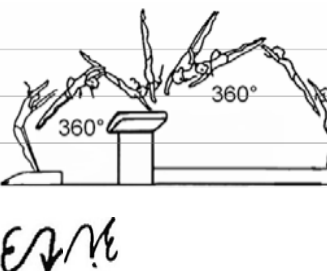


跳馬動作表

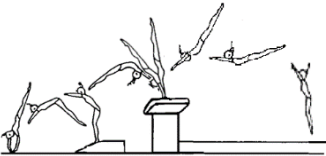

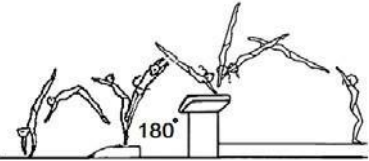
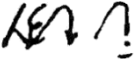
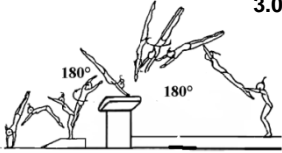
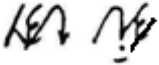
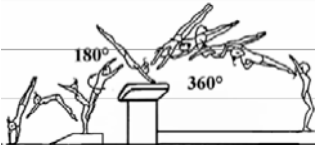
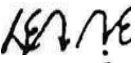
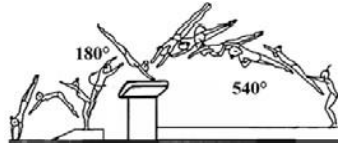
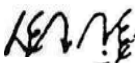
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

| | | | | | |
|---|---|--|--|---|--|
| <p>1.00 Handspring fwd 前手翻 2.00 P.</p>   | <p>1.01 Handspring fwd on – ½ turn (180°) off 前手翻轉體 180° 2.40 P.</p>   | <p>1.02 Handspring fwd on – 1/1 turn (360°) off 前手翻轉體 360° 3.00 P.</p>   | <p>1.03 Handspring fwd on – 1½ turn (540°) off 前手翻轉體 540° 3.60 P.</p>   | <p>1.04 Handspring fwd on – 2/1 turn (720°) off 前手翻轉體 720° 4.00 P.</p>   | <p>1.05 Handspring fwd on – 2½ turn (900°) off 前手翻轉體 900° 4.40 P.</p>   |
| <p>1.10 Yamashita 屈體前手翻 2.40 P.</p>   | <p>1.11 Yamashita with ½ turn (180°) off 屈體前手翻轉體 180° 2.80 P.</p>   | <p>1.12 Yamashita with 1/1 turn (360°) off 屈體前手翻轉體 360° 3.20 P.</p>   | <p>1.13</p> | <p>1.14</p> | <p>1.15</p> |

GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

| | | | | | |
|---|---|--|--|---|--------------------|
| <p>1.20 Handspring fwd with ½ turn (180°) on – repulsion off 向前跳起轉體 180°-前手翻 2.00 P.</p>  | <p>1.21 Handspring fwd with ½ turn (180°) on – ½ turn (180°) off (in either direction) 向前跳起轉體 180°-前手翻轉體 180° 2.80 P.</p>  | <p>1.22 Handspring fwd with ½ turn (180°) on – 1/1 turn (360°) off 向前跳起轉體 180°-前手翻轉體 360° 3.00 P.</p>  | <p>1.23 Handspring fwd with ½ turn (180°) on – 1½ turn (540°) off 向前跳起轉體 180°-前手翻轉體 540° 3.60 P.</p>  | <p>1.24 Handspring fwd with ½ turn (180°) on – 2/1 turn (720°) off 向前跳起轉體 180°-前手翻轉體 720° 4.00 P.</p>  | <p>1.25</p> |
| <p>1.30 Handspring fwd with 1/1 turn (360°) on – Handspring fwd off 向前跳起轉體 360°-前手翻 3.60 P.</p>  | <p>1.31 Handspring fwd with 1/1 turn (360°) on – 1/1 turn (360°) off 向前跳起轉體 360°-前手翻轉體 360° 4.00 P.</p>  | <p>1.32</p> | <p>1.33</p> | <p>1.34</p> | <p>1.35</p> |

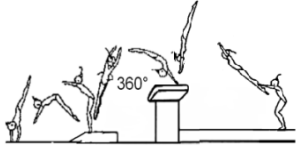
GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

| | | | | | |
|--|---|--|--|-------------|-------------|
| <p>1.40 Round-off, flic-flac on – repulsion off 躑子後手翻-後手翻 2.40 P.</p>   | <p>1.41</p> | <p>1.42</p> | <p>1.43</p> | <p>1.44</p> | <p>1.45</p> |
| <p>1.50 Round-off, flic-flac with ½ turn (180°) on – Handspring fwd off 躑子後手翻轉體 (180°)-前手翻 2.60 P.</p>   | <p>1.51 Round-off, flic-flac with ½ turn (180°) on – ½ turn (180°) off 躑子後手翻轉體 (180°)-前手翻轉體 180° 3.00 P.</p>   | <p>1.52 Round-off, flic-flac with ½ turn (180°) on – 1/1 turn (360°) off 躑子後手翻轉體 (180°)-前手翻轉體 360° 3.40 P.</p>   | <p>1.53 Round-off, flic-flac with ½ turn (180°) on – 1½ turn (540°) off 躑子後手翻轉體 (180°)-前手翻轉體 540° 3.80 P.</p>   | <p>1.54</p> | <p>1.55</p> |

GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT TURN IN 1ST AND/OR 2ND FLIGHT PHASE

1.60
 Round-off, flic-flac with 1/1 turn (360°)
 on – Repulsion off
 躑子後手翻轉體 (360°) - 後手翻

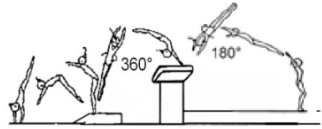
2.80 P.



VT

1.61
 Round-off, flic-flac with 1/1 turn
 (360°) on -1/2 turn (180°) off
 躑子後手翻轉體 (360°) - 後手翻轉
 體 (180°)

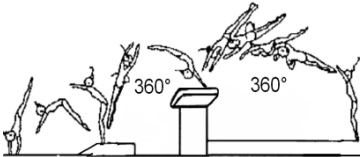
3.20 P.



VT

1.62
 Round-off, flic-flac with 1/1 turn (360°)
 on -1/1 turn (360°) off
 躑子後手翻轉體 (360°) - 後手翻轉體
 (360°)

3.80 P.



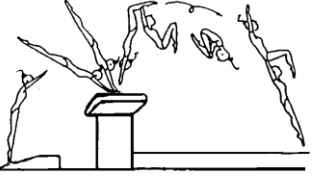
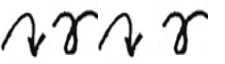
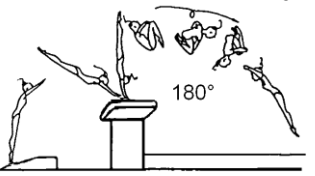
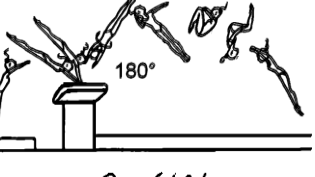
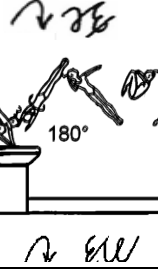
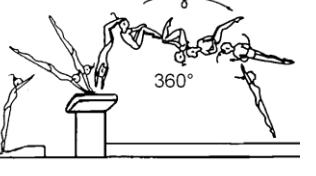
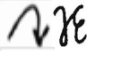
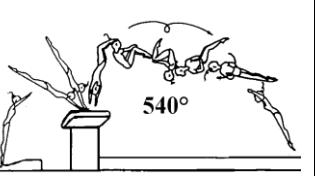
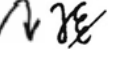

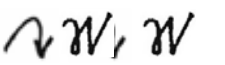
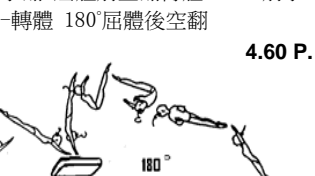
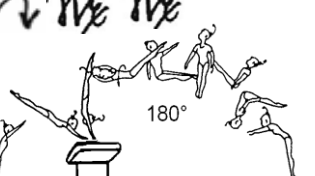
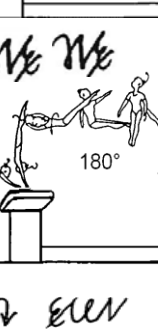
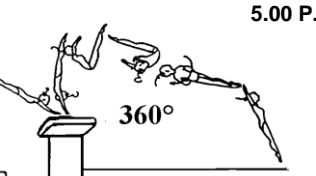

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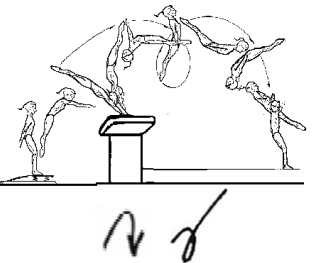
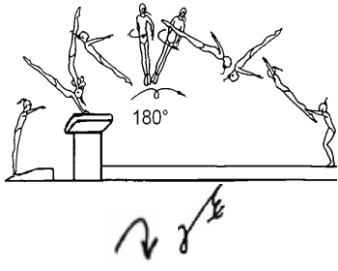
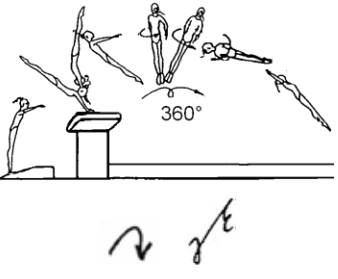
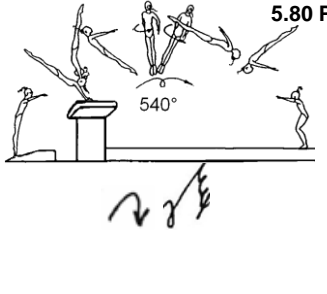

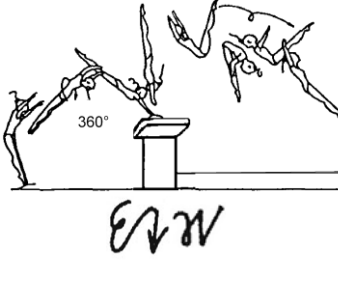

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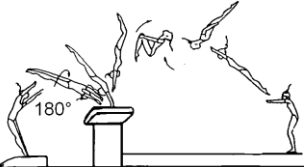

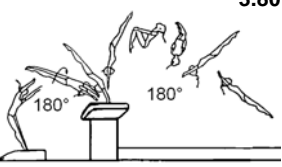

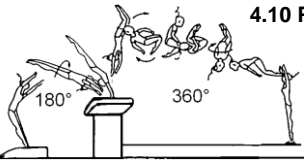
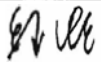
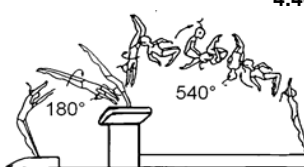
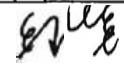
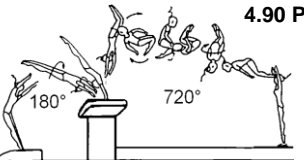
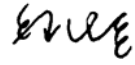
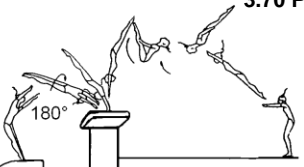

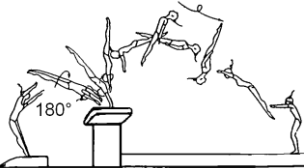

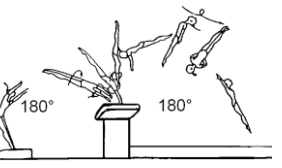
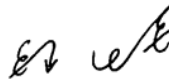
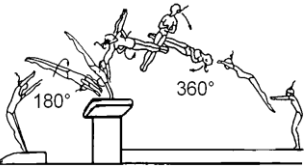

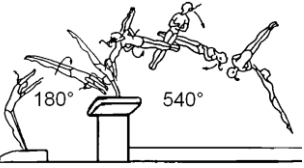

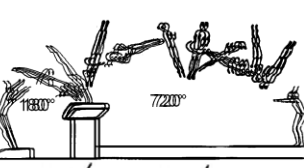
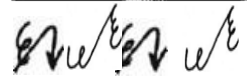
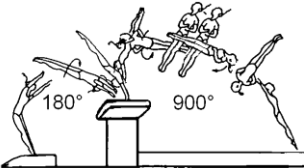
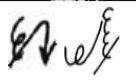
GROUP 2 — HANDSPRING FWD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

| | | | | | |
|--|---|--|--|--------------------|--------------------|
| <p>2.10 Handspring fwd on – tucked salto fwd off 前手翻-團身前空翻 4.00 P.</p>   | <p>2.11 Handspring fwd on – tucked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and tucked salto bwd off 前手翻-團身前空翻轉體 180° 前手翻-轉體 180°團身後空翻 4.40 P.</p>    | <p>2.12 Handspring fwd on – tucked salto fwd with 1/1 turn (360°) off 前手翻-團身前空翻轉體 360° 4.80 P.</p>   | <p>2.13 Handspring fwd on – tucked salto fwd with 1 ½ turn (540°) off 前手翻-團身前空翻轉體 540° 5.20 P.</p>   | <p>2.14</p> | <p>2.15</p> |
| <p>2.20 Handspring fwd on – piked salto fwd off 前手翻-屈體前空翻 4.20 P.</p>   | <p>2.21 Handspring fwd on – piked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and piked salto bwd off 前手翻-屈體前空翻轉體 180° 前手翻-轉體 180°屈體後空翻 4.60 P.</p>    | <p>2.22 Handspring fwd on – piked salto fwd with 1/1 turn (360°) off 前手翻-屈體前空翻轉體 360° 5.00 P.</p>   | <p>2.23</p> | <p>2.24</p> | <p>2.25</p> |

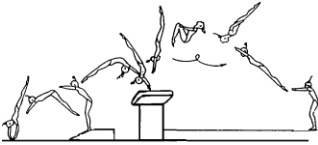
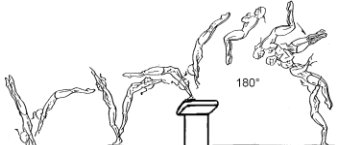
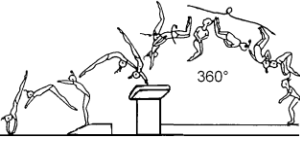
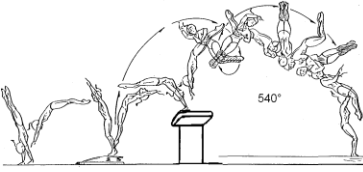
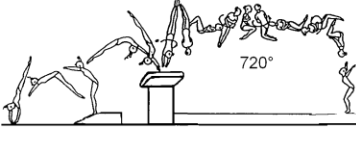

GROUP 2 — HANDSPRING FWD WITH/WITHOUT 1/1 (360°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT LA TURN IN 2ND FLIGHT PHASE

| | | | | | |
|--|--|---|---|--------------------|--------------------|
| <p>2.30 Handspring fwd on – stretched salto fwd off 前手翻-直體前空翻 4.60 P.</p>  | <p>2.31 Handspring fwd on – stretched salto fwd with ½ turn (180°) off 前手翻-直體前空翻轉體 180° 5.00 P.</p>  | <p>2.32 Handspring fwd on – stretched salto fwd with 1/1 turn (360°) off 前手翻-直體前空翻轉體 360° 5.40 P.</p>  | <p>2.33 Handspring fwd on – stretched salto fwd with 1½ turn (540°) off 前手翻-直體前空翻轉體 540° 5.80 P.</p>  | <p>2.34</p> | <p>2.35</p> |
| <p>2.40 Handspring fwd with 1/1 turn (360°) on – tucked salto fwd off 向前跳起轉體 360°-團身前空翻 5.20 P.</p>  | <p>2.41 Handspring fwd with 1/1 turn(360°) on – piked salto fwd off 向前跳起轉體 360°-屈體前空翻 5.60 P.</p>  | <p>2.42</p> | <p>2.43</p> | <p>2.44</p> | <p>2.45</p> |
| <p>2.50 Handspring fwd on – tucked double salto fwd off 前手翻-團身前空翻兩周 6.40 P.</p>  | <p>2.51</p> | <p>2.52</p> | <p>2.53</p> | <p>2.54</p> | <p>2.55</p> |


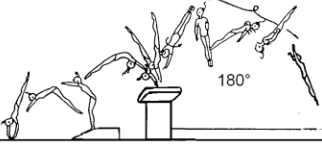
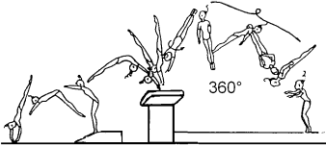
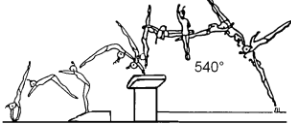
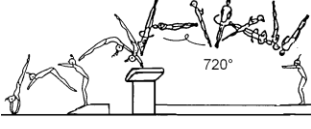
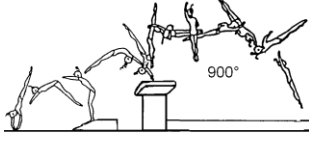

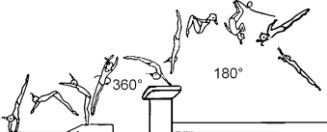
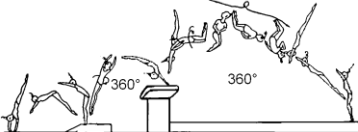
GROUP 3 — HANDSPRING WITH ¼ - ½ TURN (90°-180°) IN 1ST FLIGHT PHASE (TSUKAHARA) – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

| | | | | | |
|---|---|---|--|---|--|
| <p>3.10 Tsukahara tucked 塚原-團身後空翻 3.50 P.</p>  <p>180°</p>  | <p>3.11 Tsukahara tucked with 1/2 turn (180°) off 塚原-團身後空翻轉體 180° 3.80 P.</p>  <p>180° 180°</p>  | <p>3.12 Tsukahara tucked with 1/1 turn (360°) off 塚原-團身後空翻轉體 360° 4.10 P.</p>  <p>180° 360°</p>  | <p>3.13 Tsukahara tucked with 1½ turn (540°) off 塚原-團身後空翻轉體 540° 4.40 P.</p>  <p>180° 540°</p>  | <p>3.14 Tsukahara tucked with 2/1 turn (720°) off 塚原-團身後空翻轉體 720° 4.90 P.</p>  <p>180° 720°</p>  | <p>3.15</p> |
| <p>3.20 Tsukahara piked 塚原-屈體後空翻 3.70 P.</p>  <p>180°</p>  | <p>3.21</p> | <p>3.22</p> | <p>3.23</p> | <p>3.24</p> | <p>3.25</p> |
| <p>3.30 Tsukahara stretched 塚原-直體後空翻 4.20 P.</p>  <p>180°</p>  | <p>3.31 Tsukahara stretched with ½ turn (180°) off 塚原-直體後空翻轉體 180° 4.40 P.</p>  <p>180° 180°</p>  | <p>3.32 Tsukahara stretched with 1/1 turn (360°) off 塚原-直體後空翻轉體 360° 4.80 P.</p>  <p>180° 360°</p>  | <p>3.33 Tsukahara stretched with 1½ turn (540°) off 塚原-直體後空翻轉體 540° 5.20 P.</p>  <p>180° 540°</p>  | <p>3.34 Tsukahara stretched with 2/1 turn (720°) off 塚原-直體後空翻轉體 720° 5.60 P.</p>  <p>180° 720°</p>  | <p>3.35 Tsukahara stretched with 2½ turn (900°) off 塚原-直體後空翻轉體 900° 6.00 P.</p>  <p>180° 900°</p>  |

GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

| | | | | | |
|--|---|--|--|---|--------------------|
| <p>4.10 Round-off, flic-flac on – tucked salto bwd off 躑子後手翻-團身後空翻 3.30 P.</p>  <p style="text-align: center;"><i>ME</i></p> | <p>4.11 Round-off, flic-flac on – tucked salto bwd with ½ turn (180°) off 躑子後手翻-團身後空翻轉體 180° 3.60 P.</p>  <p style="text-align: center;"><i>to leg</i></p> | <p>4.12 Round-off, flic-flac on - tucked salto bwd with 1/1 turn (360°) off 躑子後手翻-團身後空翻轉體 360° 3.90 P.</p>  <p style="text-align: center;"><i>ME</i></p> | <p>4.13 Round-off, flic-flac on – tucked salto bwd with 1½ turn (540°) off 躑子後手翻-團身後空翻轉體 540° 4.20 P.</p>  <p style="text-align: center;"><i>ME</i></p> | <p>4.14 Round-off, flic-flac on – tucked salto bwd with 2/1 turn (720°) off 躑子後手翻-團身後空翻轉體 720° 4.70 P.</p>  <p style="text-align: center;"><i>ME</i></p> | <p>4.15</p> |
| <p>4.20 Round-off, flic-flac on – piked salto bwd off 躑子後手翻-屈體後空翻 3.50 P.</p>  <p style="text-align: center;"><i>ME</i></p> | <p>4.21</p> | <p>4.22</p> | <p>4.23</p> | <p>4.24</p> | <p>4.25</p> |

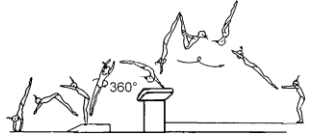
GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

| | | | | | |
|---|--|---|---|--|---|
| <p>4.30 Round-off, flic-flac on – stretched salto bwd off 躑子後手翻-直體後空翻</p> <p style="text-align: right;">4.00 P.</p>  <p style="text-align: center;"><i>NW</i></p> | <p>4.31 Round-off, flic-flac on – stretched salto bwd with ½ turn (180°) off 躑子後手翻-直體後空翻轉體 180°</p> <p style="text-align: right;">4.20 P.</p>  <p style="text-align: center;"><i>NW 1/2</i></p> | <p>4.32 Round-off, flic-flac on – stretched salto bwd with 1/1 turn (360°) off 躑子後手翻-直體後空翻轉體 360°</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>NW 1</i></p> | <p>4.33 Round-off, flic-flac on – stretched salto bwd with 1½ turn (540°) off 躑子後手翻-直體後空翻轉體 540°</p> <p style="text-align: right;">5.00 P.</p>  <p style="text-align: center;"><i>NW 1 1/2</i></p> | <p>4.34 Round-off, flic-flac on – stretched salto bwd with 2/1 turn (720°) off 躑子後手翻-直體後空翻轉體 720°</p> <p style="text-align: right;">5.40 P.</p>  <p style="text-align: center;"><i>NW 2</i></p> | <p>4.35 Round-off, flic-flac on – stretched salto bwd with 2½ turn (900°) off 躑子後手翻-直體後空翻轉體 900°</p> <p style="text-align: right;">5.80 P.</p>  <p style="text-align: center;"><i>NW 2 1/2</i></p> |
| <p>4.40 Round-off, flic-flac with 3/4 turn (270°) on – tucked salto bwd off 躑子後手翻轉體 (270°)-團身後空翻</p> <p style="text-align: right;">4.00 P.</p>  <p style="text-align: center;"><i>NW 3/4</i></p> | <p>4.41 Round-off, flic-flac with 3/4 turn (270°) on – tucked salto bwd with ½ turn (180°) off 躑子後手翻轉體 (270°)-團身後空翻轉體 180°</p> <p style="text-align: right;">4.40 P.</p>  <p style="text-align: center;"><i>NW 3/4 1/2</i></p> | <p>4.42 Round-off, flic-flac with 3/4 turn (270°) on – tucked salto bwd with 1/1 turn (360°) off 躑子後手翻轉體 (270°)-團身後空翻轉體 360°</p> <p style="text-align: right;">4.60 P.</p>  <p style="text-align: center;"><i>NW 3/4 1</i></p> | <p>4.43</p> | <p>4.44</p> | <p>4.45</p> |

GROUP 4 — ROUND-OFF (YURCHENKO) WITH/WO 3/4 TURN (270°) IN 1ST FLIGHT PHASE – SALTO BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

4.50
Round-off, flic-flac 3/4 turn (270°) on – piked salto bwd off
躑子後手翻轉體 (270°) – 屈體後空翻

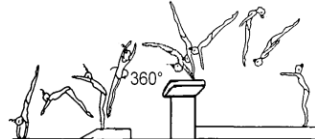
4.20 P.



NEBUN

4.51
Round-off, flic-flac with 3/4 turn (270°) on – stretched salto bwd off
躑子後手翻轉體 (270°) – 直體後空翻

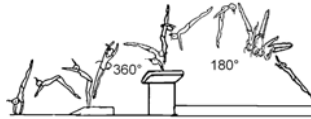
4.60 P.



NEB W

4.52
Round-off, flic-flac with 3/4 turn (270°) on – stretched salto bwd with 1/2 turn (180°) off
躑子後手翻轉體 (270°) – 直體後空翻轉體 180°

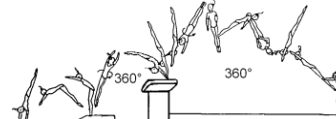
5.00 P.



NEB W/E

4.53
Round-off, flic-flac with 3/4 turn (270°) on – stretched salto bwd with 1/1 turn (360°) off
躑子後手翻轉體 (270°) – 直體後空翻轉體 360°

5.40 P.

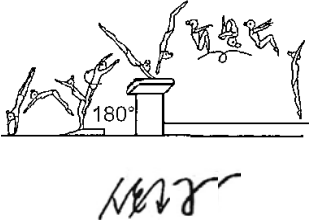
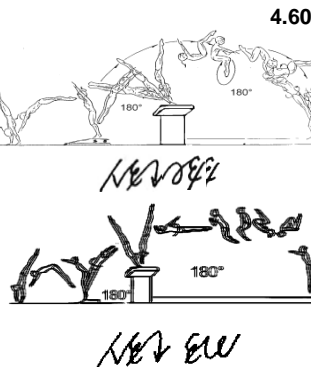
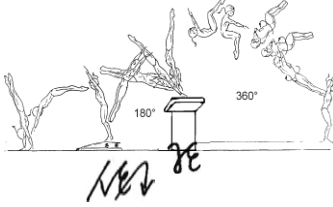
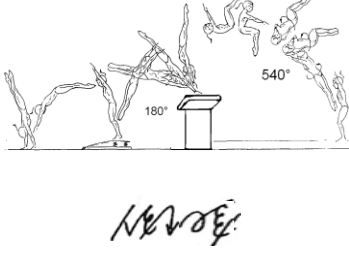
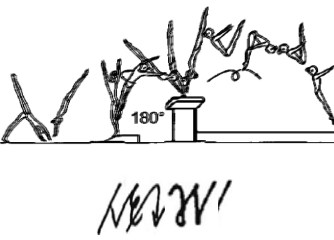
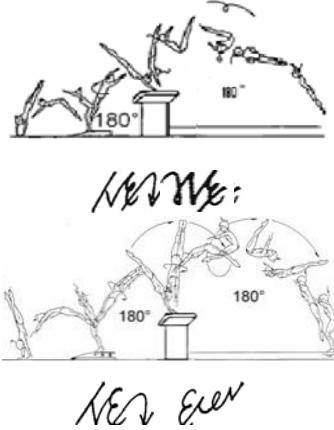
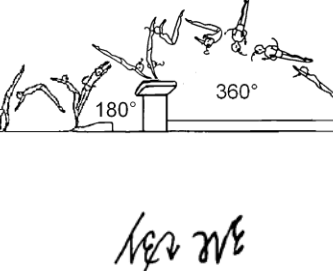


NEB W/E

4.54

4.55

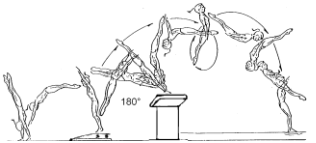
GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

| | | | | | |
|---|--|---|---|--------------------|--------------------|
| <p>5.10 Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd off 躑子後手翻轉體 (180°) – 團身前空翻</p> <p style="text-align: right;">4.20 P.</p>  | <p>5.11 Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and tucked salto bwd off 躑子後手翻轉體 (180°) – 團身前空翻轉體 180° 躑子後手翻轉體 (180°) – 轉體 180° 團身後空翻</p> <p style="text-align: right;">4.60 P.</p>  | <p>5.12 Round-off, flic-flac with ½ turn (180°) on – tucked salto fwd with 1/1 turn (360°) off 躑子後手翻轉體 (180°) – 團身前空翻轉體 360°</p> <p style="text-align: right;">5.00 P.</p>  | <p>5.13 Round-off flic-flac with ½ turn (180°) - tucked salto fwd with 1½ turn (540°) off 躑子後手翻轉體 (180°) – 團身前空翻轉體 540°</p> <p style="text-align: right;">5.40 P.</p>  | <p>5.14</p> | <p>5.15</p> |
| <p>5.20 Round-off, flic-flac with ½ turn (180°) on – piked salto fwd off 躑子後手翻轉體 (180°) – 屈體前空翻</p> <p style="text-align: right;">4.40 P.</p>  | <p>5.21 Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and piked salto bwd off 躑子後手翻轉體 (180°) – 屈體前空翻轉體 180° 躑子後手翻轉體 (180°) – 轉體 180° 屈體後空翻</p> <p style="text-align: right;">4.80 P.</p>  | <p>5.22 Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with 1/1 turn (360°) off 躑子後手翻轉體 (180°) – 屈體前空翻轉體 360°</p> <p style="text-align: right;">5.20 P.</p>  | <p>5.23</p> | <p>5.24</p> | <p>5.25</p> |

GROUP 5 – ROUND-OFF WITH ½ TURN (180°) IN 1ST FLIGHT PHASE – SALTO FWD/BWD WITH/WITHOUT TURN IN 2ND FLIGHT PHASE

5.30
 Round-off, flic-flac with ½ turn (180°) on – stretched salto fwd off
 躑子後手翻轉體 (180°) – 直體前空翻

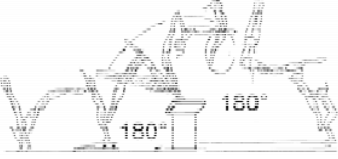
4.80 P.



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5.31
 Round-off, flic-flac with ½ turn (180°) on – salto fwd stretched with ½ turn (180°) off
 躑子後手翻轉體 (180°) – 直體前空翻 轉體 180°

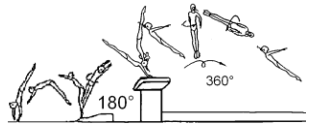
5.20 P.



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5.32
 Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1/1 turn (360°) off
 躑子後手翻轉體 (180°) – 直體前空翻轉體 360°

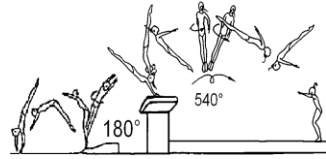
5.60 P.



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5.33
 Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1½ turn (540°) off
 躑子後手翻轉體 (180°) – 直體前空翻轉體 540°

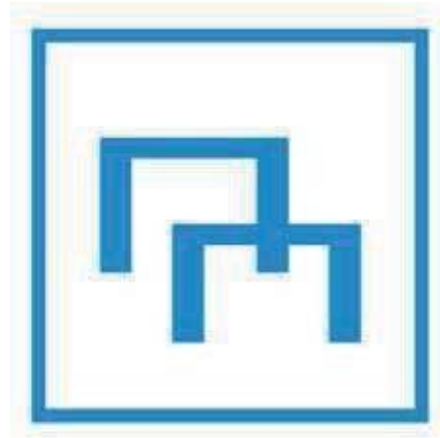
6.00 P.



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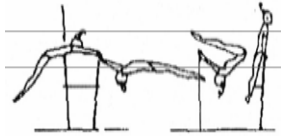
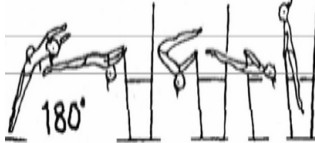
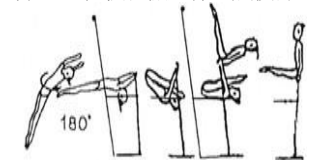
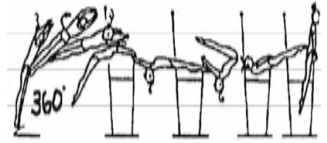
5.34

5.35

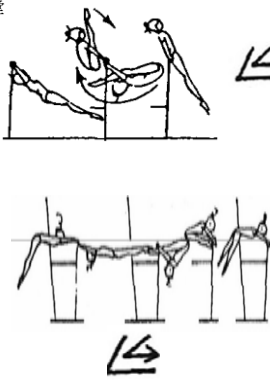
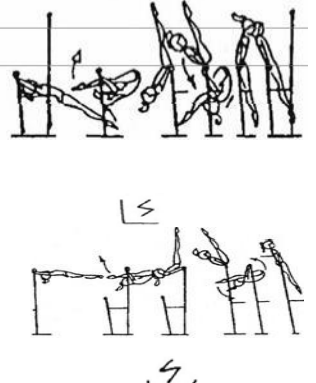
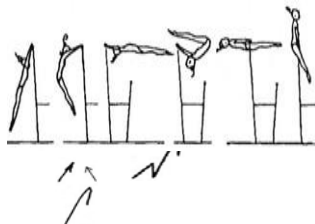
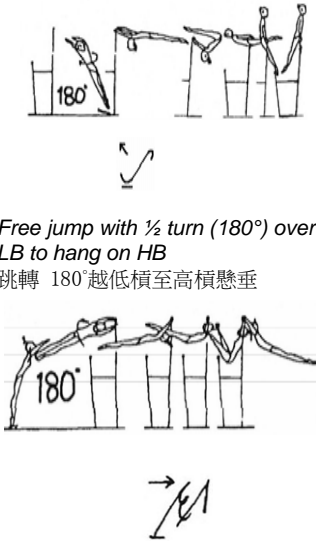
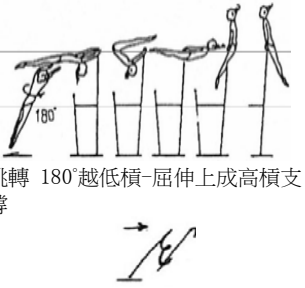


高低積動作表

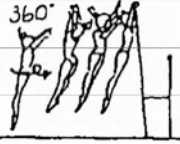



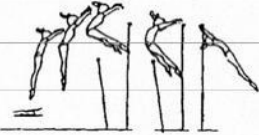



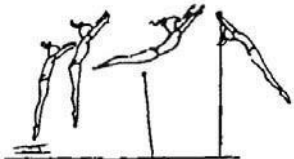

1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--|--|---------------------|---------------------|---------------------|---------------------|
| <p>1.101 <i>Glide kip to support on LB, or Glide with ½ turn (180°) kip to support on LB</i> 低槓長振屈伸上或屈伸上轉體 (180°) 成支撐</p>  <p style="text-align: center;">L L</p> | <p>1.201</p> | <p>1.301</p> | <p>1.401</p> | <p>1.501</p> | <p>1.601</p> |
| <p>1.102 <i>Jump with ½ turn (180°) kip to support on LB</i> 跳轉 180° 低槓長振屈伸上成 支撐</p>  <p style="text-align: center;">U</p> <p><i>Jump with ½ turn (180°) stoop through to rear support on LB (back kip)</i> 跳轉 180° 低槓長振屈伸上成後撐</p>  <p style="text-align: center;">U</p> | <p>1.202 <i>Jump with 1/1 turn (360°) and Glide kip to support on LB</i> 跳轉 360° 低槓長振屈伸上成正撐</p>  <p style="text-align: center;">→ U</p> | <p>1.302</p> | <p>1.402</p> | <p>1.502</p> | <p>1.602</p> |


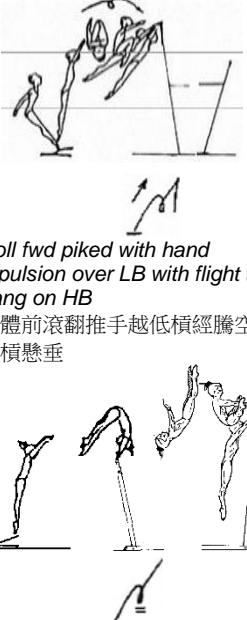
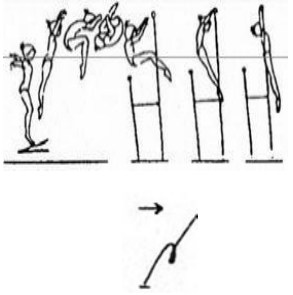
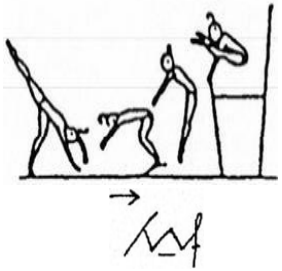
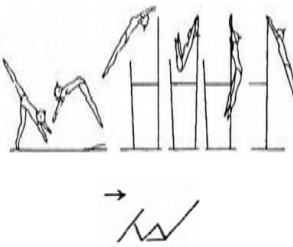
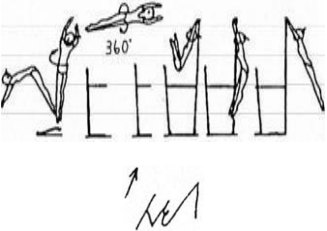
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--|--|---|---------------------|---------------------|---------------------|
| <p>1.103 Glide on LB (or swing fwd on HB) and stoop through to rear support (back kip); or straddle cut bwd to hang on same bar 低槓長振或高槓前擺前上也可 分腿後切成同槓支撐</p>  | <p>1.203 Reverse kip from: – glide fwd on LB – swing fwd on HB – stoop through to kip hang, back kip swing, seat (pike) circle bwd to rear support 低槓長振或高槓前擺後上成後撐</p>  | <p>1.303</p> | <p>1.403</p> | <p>1.503</p> | <p>1.603</p> |
| <p>1.104 Jump to hang on HB – also with reverse grip – kip to support 跳上至高槓懸垂-也可反握-屈伸 上成支撐</p>  | <p>1.204 Facing HB – Jump with ½ turn (180°) – kip to support on HB 面對高槓-跳轉 180°-屈伸上成高槓支撐</p>  <p>Free jump with ½ turn (180°) over LB to hang on HB 跳轉 180°越低槓至高槓懸垂</p> | <p>1.304 Jump with ½ turn (180°) over LB – kip to support on HB</p>  <p>跳轉 180°越低槓-屈伸上成高槓支撐</p> | <p>1.404</p> | <p>1.504</p> | <p>1.604</p> |

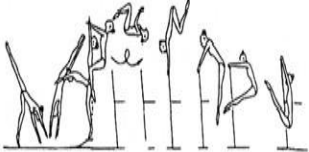
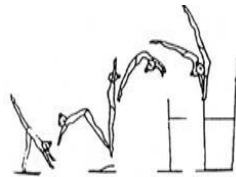
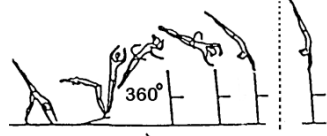
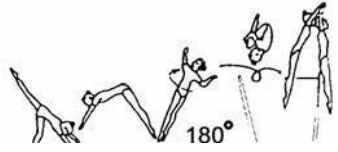
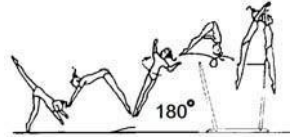
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|---|--|--|---------------------|---------------------|---------------------|
| <p>1.105 Facing HB – jump with 1/1 turn (360°) to hang on HB 面對高槓-跳轉 360°至高槓懸垂</p>   | <p>1.205</p> | <p>1.305</p> | <p>1.405</p> | <p>1.505</p> | <p>1.605</p> |
| <p>1.106 Straddle vault with hand repulsion over LB to catch HB 分腿騰越推手越低槓抓高槓</p>   | <p>1.206 Free straddle jump over LB to hang on HB 分腿跳起越低槓抓高槓</p>   <p>Hecht jump (legs together) with hand repulsion over LB to hang on HB 挺身跳起（並腿）推手越低槓至高槓懸垂</p>   | <p>1.306 Free stretch jump over LB with legs together to hang on HB 跳起直體並腿騰越低槓至高槓懸垂</p>   | <p>1.406</p> | <p>1.506</p> | <p>1.606</p> |

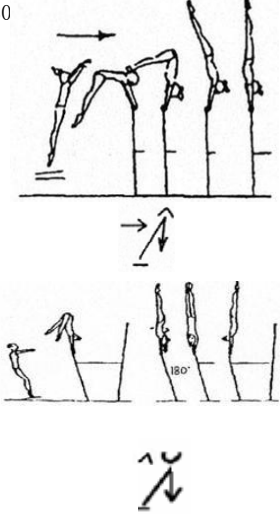
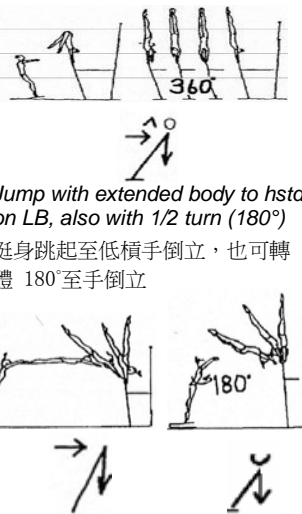
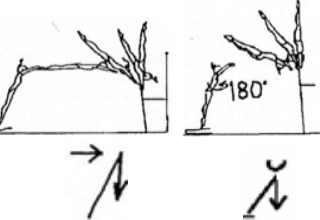
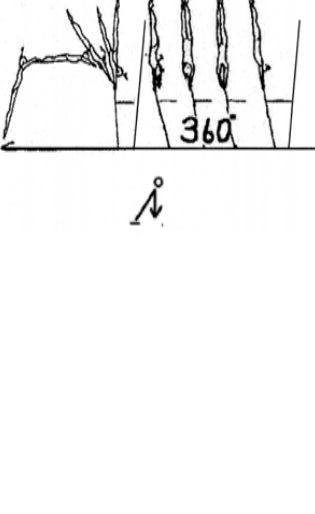
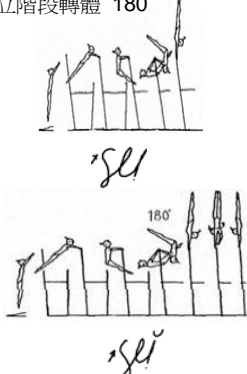
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|---------------------|--|--|---|---------------------|---------------------|
| <p>1.107</p> | <p>1.207 <i>Salto fwd tucked, piked or straddled over LB into L hang on LB</i> 團身，屈體或分腿前空翻越低槓至低槓扭臂握懸垂</p>  | <p>1.307 <i>Facing HB – salto fwd to hang on HB</i> 面對高槓-前空翻至高槓懸垂</p>  <p><i>Roll fwd piked with hand repulsion over LB with flight to hang on HB</i> 屈體前滾翻推手越低槓經騰空至高槓懸垂</p> | <p>1.407 <i>Salto fwd tucked over LB to hang on HB without touching LB</i> 團身前空翻越低槓（不觸低槓）至高槓懸垂</p>  | <p>1.507</p> | <p>1.607</p> |
| <p>1.108</p> | <p>1.208 <i>Round-off in front of LB – flight bwd (straddled) through clear straddle support on LB</i> 低槓前，蹠子-向後（分腿）騰越經低槓分腿浮撐支撐</p>  | <p>1.308 <i>Round-off in front of LB – flight bwd over LB with legs together or straddled to hang on HB</i> 低槓前，蹠子-向後並腿或分腿騰越低槓至高槓懸垂</p>  | <p>1.408 <i>Round-off in front of LB – flight bwd over LB with 1/1 turn (360°) to hang on HB</i> 低槓前，蹠子-轉體 360°向後騰越低槓至高槓懸垂</p>  | <p>1.508</p> | <p>1.608</p> |

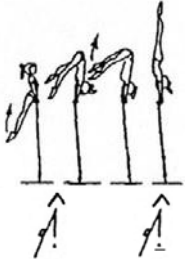
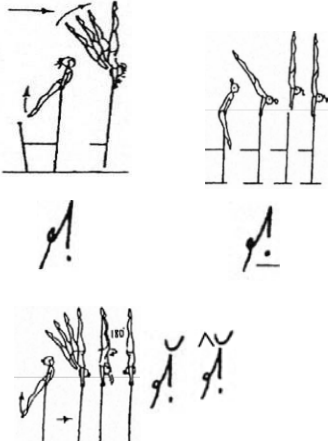
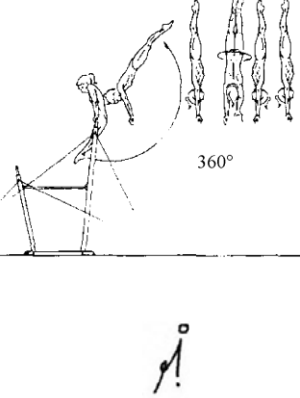
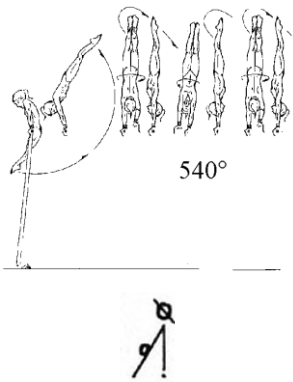

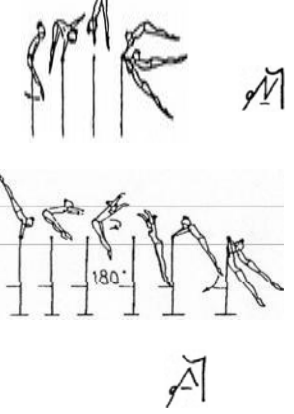
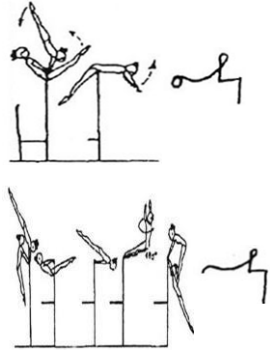
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|---------------------|---------------------|---------------------|---|---|--|
| <p>1.109</p> | <p>1.209</p> | <p>1.309</p> | <p>1.409 <i>Round-off in front of LB – tucked salto bwd over LB to hang on LB</i> 低槓前，蹠子-團身後空翻越低槓至高槓懸垂</p>  <p style="text-align: center;">→ me</p> <p><i>Round-off in front of LB, flic-flac through hstd phase on LB</i> 低槓前，蹠子後手翻經低槓手倒立階段</p>  <p style="text-align: center;">↕</p> | <p>1.509 <i>Round-off in front of LB, flic-flac with 1/1 twist (360°) to clear support or through hstd phase on LB</i> 低槓前，蹠子後手翻轉體 360°至低槓浮撐支撐或經低槓手倒立階段</p>  <p style="text-align: center;">→ m</p> | <p>1.609 <i>Round-off in front of LB – tucked arabian salto over LB to hang on HB without touching the LB</i> 低槓前，蹠子-團身阿拉伯空翻越低槓（不觸低槓）至高槓懸垂</p>  <p style="text-align: center;">→ no</p> <p>1.709 –G- <i>Round-off in front of LB – piked arabian salto over LB to hang on HB without touching the LB</i> 低槓前，蹠子-屈體阿拉伯空翻越低槓（不觸低槓）至高槓懸垂</p>  <p style="text-align: center;">→ n</p> |

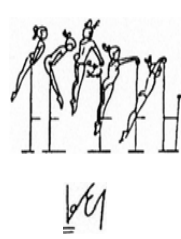
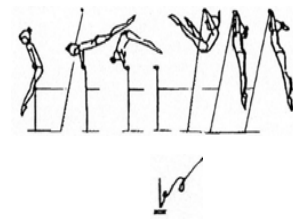

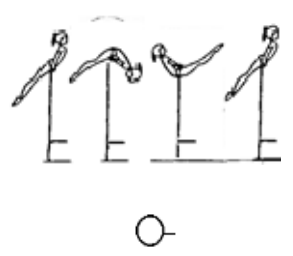
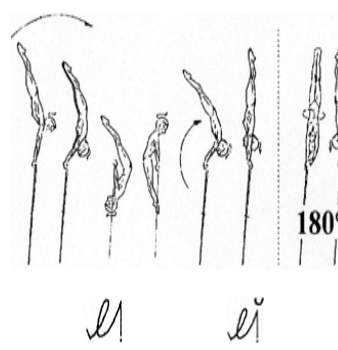
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--------------|---|--|---|--------------|--------------|
| <p>1.110</p> | <p>1.210</p> <p>Jump to hstd on LB with hips bent, then extended, also with ½ turn (180°) in hstd phase, legs together or straddle</p> <p>跳起至低槓手倒立屈髖然後展體，也可在倒立階段轉體轉體 180°</p>  | <p>1.310</p> <p>Jump to hstd on LB with hips bent, then extended and 1/1 turn (360°) in hstd phase, legs together or straddle</p> <p>跳起至低槓手倒立屈髖然後展體，也可在倒立階段轉體轉體 360°</p>  <p>Jump with extended body to hstd on LB, also with 1/2 turn (180°)</p> <p>挺身跳起至低槓手倒立，也可轉體 180°至手倒立</p>  | <p>1.410</p> <p>Jump with extended body to hstd on LB with 1/1 turn (360°) in hstd phase</p> <p>挺身跳起至低槓手倒立並在手倒立階段轉體 360°</p>  | <p>1.510</p> | <p>1.610</p> |
| <p>1.111</p> | <p>1.211</p> | <p>1.311</p> | <p>1.411</p> <p>Jump to clear support on HB – clear hip circle to hstd on HB, also with ½ turn (180°) in hstd phase on HB</p> <p>跳起至高槓浮撐支撐，浮撐回環-成高槓倒立，也可在高槓手倒立階段轉體 180°</p>  | <p>1.511</p> | <p>1.611</p> |

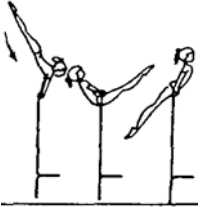

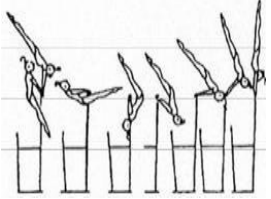
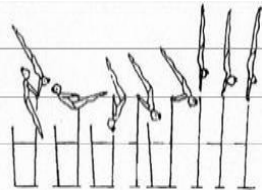
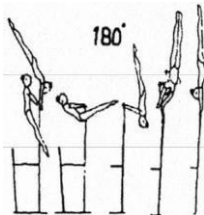
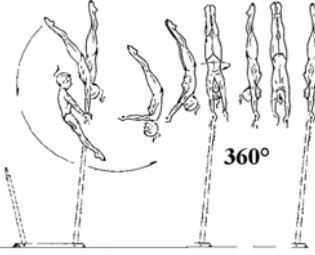
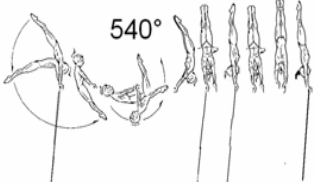
2.000 – CASTS AND CLEAR HIP CIRCLES

| A | B | C | D | E | F/G |
|---|--|--|--|---------------------|---------------------|
| <p>2.101 Cast to hstd with legs straddled or with hips bent; also with hop-grip change 支撐分腿或屈體後擺至手倒立，也可跳換握</p>  | <p>2.201 Cast to hstd with legs together and hips extended; also with hop-grip change also with ½ turn (180°) legs together or straddled 支撐直體並腿後擺至手倒立，也可跳換成扭臂握或反握，也可並腿或分腿 轉體 180°</p>  | <p>2.301 Cast with 1/1 turn (360°) to hstd 支撐後擺轉體 360°至手倒立</p>  | <p>2.401 Cast with 1½ turn (540°) to hstd 支撐後擺轉體 540°至手倒立</p>  | <p>2.501</p> | <p>2.601</p> |
| <p>2.102</p>  | <p>2.202 Front support on HB – stoop with flight or free straddle fwd over HB and ½ turn (180°) to hang on HB 高槓支撐-俯騰越或分腿向前騰越高槓轉體 180°至高槓懸垂</p>  | <p>2.302 Hip circle bwd hecht with flight and ½ turn (180°) passing over bar to hang on same bar – also from clear hip circle bwd 腹回環繃槓轉體 180°越槓至同一槓懸垂，也可浮撐繃槓做</p>  | <p>2.402</p> | <p>2.502</p> | <p>2.602</p> |


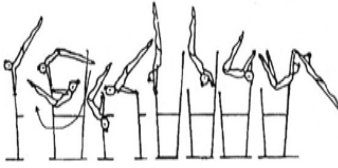
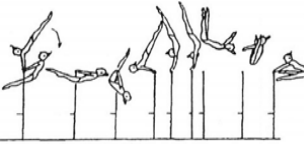
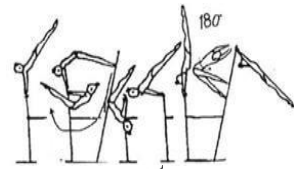
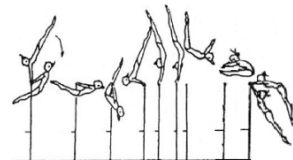
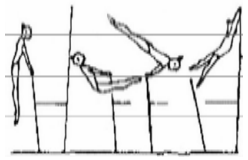
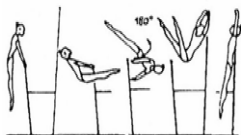
2.000 – CASTS AND CLEAR HIP CIRCLES

| A | B | C | D | E | F/G |
|---|---------------------|---|--|--|---------------------|
| <p>2.103</p> | <p>2.203</p> | <p>2.303 From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB 高槓正撐，後擺推槓轉體 360°至高槓 懸垂</p>  | <p>2.403 From inner front support on LB – cast with salto roll fwd to hang on HB (Radochla roll) 低槓內正撐，後擺前空翻至高槓懸垂</p>  | <p>2.503 Front support on HB – cast with salto fwd straddled to hang on HB (Comaneci Salto) 高槓正撐，後擺分腿前空翻至高槓 懸垂 (科馬內奇空翻)</p>  | <p>2.603</p> |
| <p>2.104 Hip circle fwd (hips touching bar) 支撐向前腹回環 (腹部觸槓)</p>  | <p>2.204</p> | <p>2.304</p> | <p>2.404 Clear hip circle fwd to hstd, also with ½ turn (180°) in hstd phase (Weiler-kip) 浮撐向前回環至手倒立，也可在倒立階段轉體 180°</p>  | <p>2.504</p> | <p>2.604</p> |

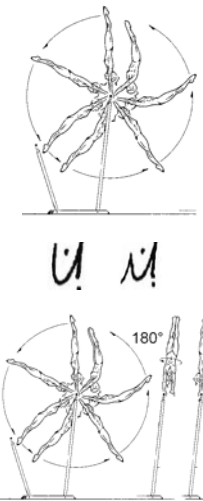
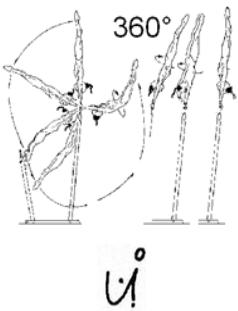
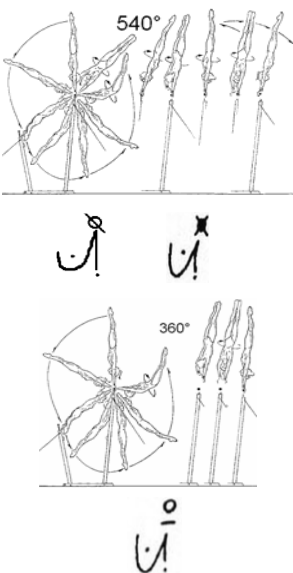
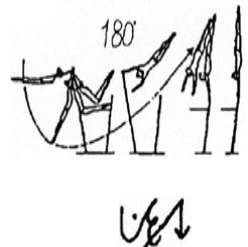
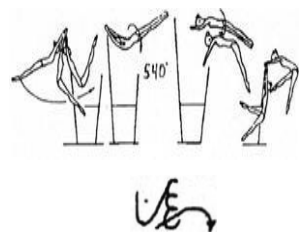
2.000 – CASTS AND CLEAR HIP CIRCLES

| A | B | C | D | E | F/G |
|---|---------------------|---|---|--|---------------------|
| <p>2.105 <i>Hip circle bwd (hips touching bar)</i> 支撐向後腹回環 (腹部觸槓)</p>  <p style="text-align: center;">○</p> <p><i>Clear hip circle bwd or hip circle bwd on LB – hip repulsion – flight with regrasp on LB ("false-pop")</i> 低槓向後浮撐回環或腹回環-腹部推槓 騰起再握低槓</p>  <p style="text-align: center;">~.</p> | <p>2.205</p> | <p>2.305 <i>Clear hip circle to hstd, also with hop-grip change in hstd phase, or with ½ turn (180°) to hstd</i> 浮撐回環至手倒立，也可在手倒立階段跳換握，或轉體 180°至手倒立</p>  <p style="text-align: center;">li.</p>  <p style="text-align: center;">li.</p>  <p style="text-align: center;">li.</p> | <p>2.405 <i>Clear hip circle with 1/1 turn (360°) to hstd</i> 浮撐回環轉體 360°至手倒立</p>  <p style="text-align: center;">li.</p> | <p>2.505 <i>Clear hip circle with 1½ turn (540°) to hstd</i> 浮撐回環轉體 540°至手倒立</p>  <p style="text-align: center;">li.</p> | <p>2.605</p> |

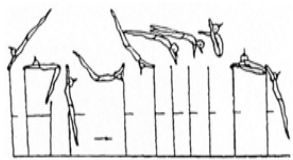
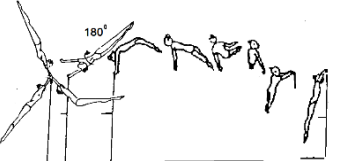
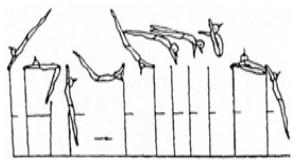
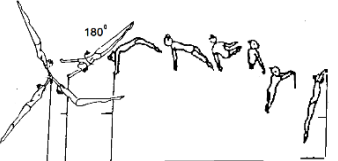
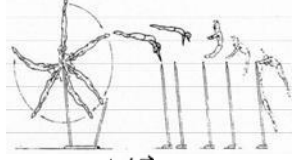


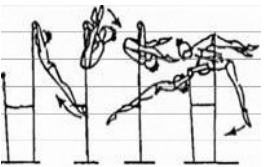



2.000 – CASTS AND CLEAR HIP CIRCLES

| A | B | C | D | E | F/G |
|--------------|---|---|--|---|---|
| <p>2.106</p> | <p>2.206 Clear underswing on LB, release and counter movement fwd in flight to ang on HB. 低槓浮撐弧形後倒向前浮撐振浪上至高槓懸垂</p>  <p style="text-align: center;">W</p> | <p>2.306</p> | <p>2.406 Inner front support on LB – clear hip circle through hstd with flight to hang on HB (Schaposchnikova) 低槓內正撐-浮撐經手倒立騰起至高槓懸垂 (沙伯斯尼科娃)</p>  <p style="text-align: center;">W</p> | <p>2.506 Clear hip circle on HB, counter straddle over HB to hang on HB 高槓浮撐回環-振浪分腿後切至高槓懸垂</p>  <p style="text-align: center;">W</p> <p>Clear hip circle through hstd with ½ turn (180°) in flight to hang on HB 浮撐回環經手倒立騰起轉體 180°至高槓懸垂</p>  <p style="text-align: center;">PNV</p> | <p>2.606 Clear hip circle on HB, counter pike over HB to hang on HB 高槓浮撐回環-振浪屈體後切至高槓懸垂</p>  <p style="text-align: center;">W</p> |
| <p>2.107</p> | <p>2.207</p> | <p>2.307 Outer front support – clear hip circle bwd on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled) 低槓外正撐-浮撐向後回環繃槓至高槓懸垂·也可轉體 180° (可並腿 或分腿)</p>   <p style="text-align: center;">W</p> | <p>2.407</p> | <p>2.507</p> | <p>2.607</p> |

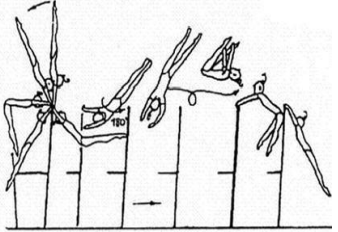

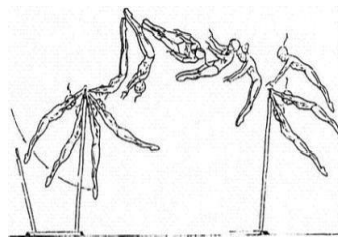


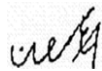
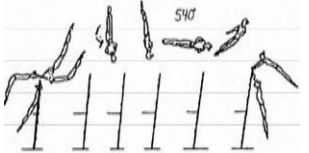

3.000 — GIANT CIRCLES

| A | B | C | D | E | F/G |
|--------------|--|---|--|--|--------------|
| 3.101 | 3.201 <i>Giant circle bwd in regular grip, or on one arm: also with ½ turn (180°) to hstd</i> 握向後大回環，或單臂，也可轉體 180° 至手倒立 | 3.301 <i>Giant circle bwd with 1/1 turn (360°) to hstd</i> 向後大回環轉體 360° 至手倒立 | 3.401 <i>Giant circle bwd with 1½ or 2/1 turn (540° or 720°) to hstd, also with hop 1/1 turn (360°) to hstd</i> 向後大回環轉體 540°-720° 至手倒立，也可跳轉 360° 至手倒立 | 3.501 | 3.601 |
| |  |  |  | | |
| 3.102 | 3.202 | 3.302 | 3.402 <i>Hang on HB – Swing fwd with ½ turn (180°) and flight to hstd also with ½ turn (180°) in hstd on LB</i> 高槓懸垂-前擺轉體 180° 騰越至低槓手倒立 | 3.502 <i>Hang on HB – Swing fwd with 1½ turn (540°) and flight over LB to hang on LB</i> 高槓懸垂-前擺轉體 540° 騰越至低槓懸垂 | 3.602 |
| | | |  |  | |

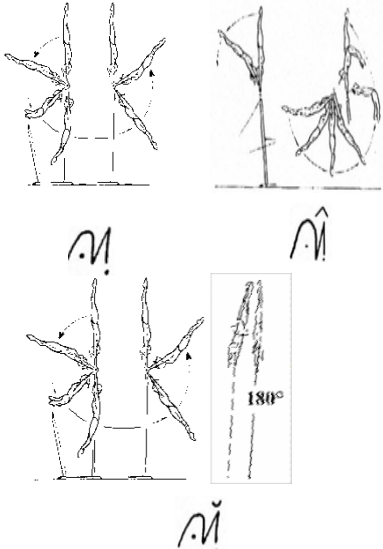
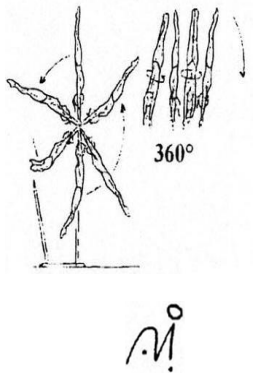
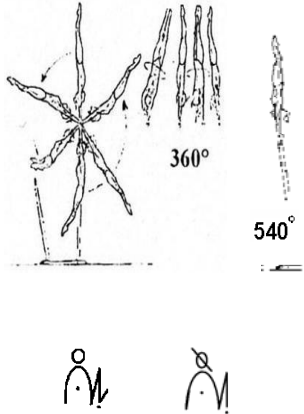

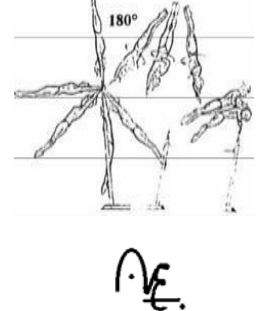
3.000 — GIANT CIRCLES

| A | B | C | D | E | F/G |
|--------------|--------------|---|---|---|--|
| 3.103 | 3.203 | 3.303 <p style="font-size: small;">Long swing fwd, counter straddle-reverse hecht over HB to hang (Tkatchev) 特卡切夫騰越</p>  <p style="text-align: center;">U</p> <p style="font-size: small;">Swing fwd with ½ turn (180°), pike vault over HB to hang 高槓懸垂前擺轉體 180° 屈體貓跳越 高槓至高槓懸垂</p>  <p style="text-align: center;">U</p> | 3.403 <p style="font-size: small;">Long swing fwd, counter straddle-reverse hecht over HB to hang (Tkatchev) 特卡切夫騰越</p>  <p style="text-align: center;">U</p> <p style="font-size: small;">Swing fwd with ½ turn (180°), pike vault over HB to hang 高槓懸垂前擺轉體 180° 屈體貓跳越 高槓至高槓懸垂</p>  <p style="text-align: center;">U</p> | 3.503 <p style="font-size: small;">Tkatchev piked 屈體特卡切夫騰越</p>  <p style="text-align: center;">U</p> <p style="font-size: small;">Tkatchev with ½ turn (180°) 特卡切夫騰越轉體 180°</p>  <p style="font-size: small;">Long swing fwd with ½ turn (180°) - ½ turn (180°) to counter straddle in flight over HB to hang (Schuschunova) 高槓懸垂前擺轉體 180° · 再轉體 180° 至振浪分腿騰越高槓成高槓懸垂</p>  <p style="text-align: center;">U</p> | 3.603 |
| 3.104 | 3.204 | 3.304 <p style="font-size: small;">Hang on HB, facing LB – swing fwd and roll bwd (legs straddled) to clear support on LB 面對低槓，高槓懸垂-前擺後轉 (屈腿 或分腿) 至低槓浮撐支撐</p>  <p style="text-align: center;">U</p> | 3.404 <p style="font-size: small;">Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB (Pak Salto) 面對低槓，高槓懸垂-前擺槓間直體後 空翻至低槓浮撐支撐</p>  <p style="text-align: center;">U</p> | 3.504 <p style="font-size: small;">Pak Salto with 1/1 turn (360°) 高槓懸垂-前擺槓間直體後空 翻轉體 360° 至低槓支撐</p>  <p style="text-align: center;">U</p> | 3.604 <p style="font-size: small;">Facing outward on HB - swing fwd and counter salto fwd with legs straddled to catch HB in reverse grip 面對高槓外-前擺振浪分腿前空翻至反握抓高槓</p>  <p style="text-align: center;">U</p> |

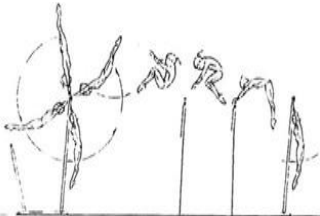



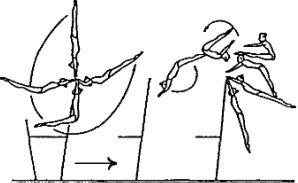

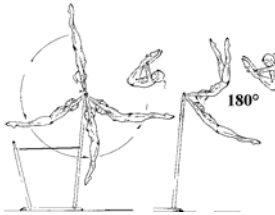



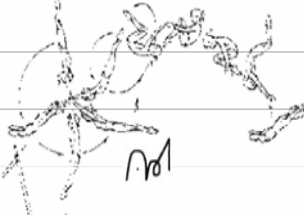

3.000 — GIANT CIRCLES

| A | B | C | D | E | F/G |
|--------------|--------------|--------------|--|--|--|
| <p>3.105</p> | <p>3.205</p> | <p>3.305</p> | <p>3.405</p> <p>Swing fwd with ½ turn (180°) and salto fwd straddled (Deltchev Salto), or swing fwd and salto bwd with ½ turn (180°) piked. (Gienger Salto) – to hang on HB</p> <p>懸垂前擺轉體 180°分腿前空翻 (德爾切夫空翻) 或懸垂前擺屈體後空翻轉體 180° (京格爾空翻) 至高槓懸垂</p>     | <p>3.505</p> <p>Swing fwd and salto bwd with ½ turn (180°) stretched to hang on HB</p> <p>懸垂前擺直體後空翻轉體 180° 至高槓懸垂</p>   | <p>3.605</p> <p>3.705</p> <p>Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB</p> <p>懸垂前擺直體後空翻轉體 540° 至高槓懸垂</p>   |

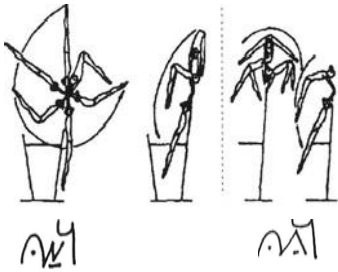
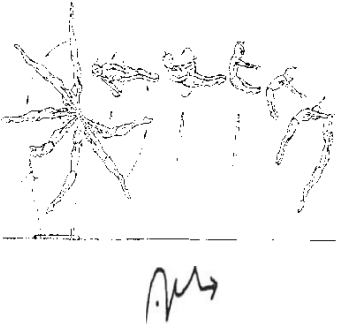
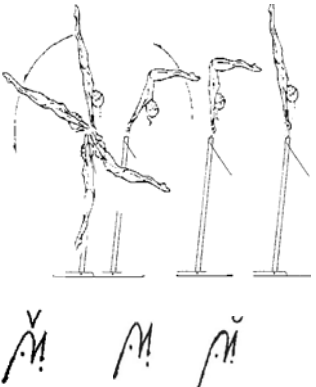
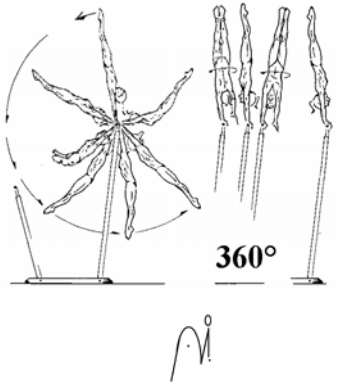
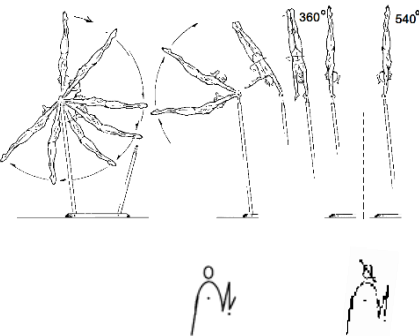
3.000 — GIANT CIRCLES

| A | B | C | D | E | F/G |
|--------------|--|---|---|---|--------------|
| <p>3.106</p> | <p>3.206 <i>Giant circle fwd in reverse, regular or mix grip, also with legs straddled or hips bent in upswing phase; also with ½ turn (180°) to hstd</i> 反握、正握、混合握向前大回環，也可在上擺階段屈體或分腿，也可轉體 180° 至手倒立</p>  | <p>3.306 <i>Giant circle fwd with 1/1 turn (360°) to hstd</i> 向前大回環轉體 360° 至手倒立</p>  | <p>3.406</p> | <p>3.506 <i>Giant circle fwd in reverse grip to hstd with initiation of 1/1 turn (360°) on one arm before hstd phase, or giant circle fwd in reverse grip with 1½ turn (540°) to hstd</i> 反握向前大回環在手倒立階段前經單臂轉體 360°，或反握向前大回環轉體 540° 至手倒立</p>  | <p>3.606</p> |
| <p>3.107</p> | <p>3.207</p> | <p>3.307 <i>Swing bwd – straddle flight bwd over LB to hstd on LB</i> 懸垂後擺-向後分腿騰越低槓至低槓手 倒立</p>  | <p>3.407 <i>Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang</i> 懸垂後擺槓間脫手騰空轉體 180° 抓低槓成懸垂</p>  | <p>3.507</p> | <p>3.607</p> |


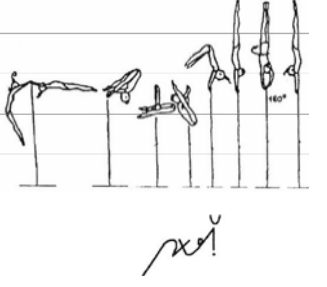
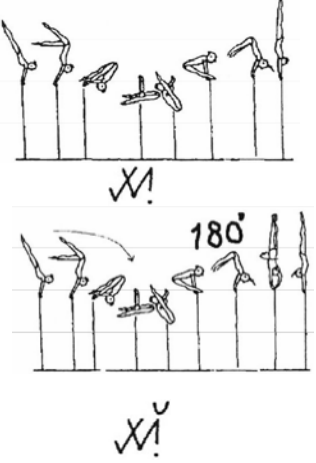
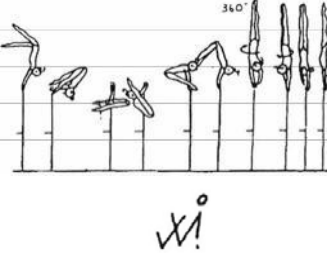
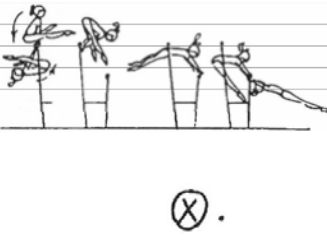
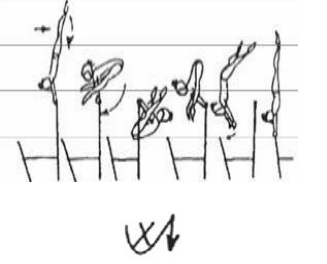

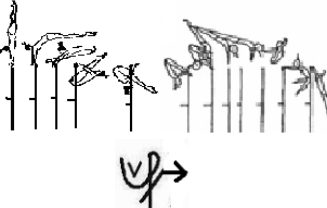


3.000 — GIANT CIRCLES

| A | B | C | D | E | F/G |
|--------------|--------------|--|--|--|--|
| <p>3.108</p> | <p>3.208</p> | <p>3.308</p> <p>Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto)</p> <p>懸垂後擺團身前空翻至高槓懸垂 (葉 格爾空翻)</p>   | <p>3.408</p> <p>Jaeger Salto straddled to hang on HB</p> <p>分腿葉格爾空翻至高槓懸垂</p>   | <p>3.508</p> <p>Jaeger Salto piked to hang on HB</p> <p>屈體葉格爾空翻至高槓懸垂</p>   <p>Jaeger Salto straddled with 1/2 turn (180°) to hang on HB</p> <p>分腿葉格爾空翻轉體 180°至高槓 懸垂</p>   | <p>3.608</p> <p>Jaeger Salto stretched to hang on HB</p> <p>直體葉格爾空翻至高槓懸垂</p>   <p>3.708</p> <p>Swing bwd with salto fwd tucked over HB to hang on HB</p> <p>懸垂後擺團身前空翻越高槓至高槓 懸垂 (莫空翻)</p>   |


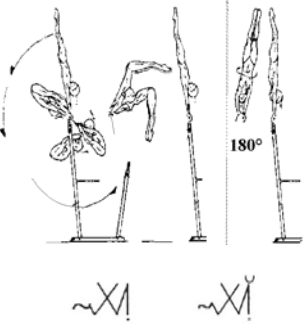
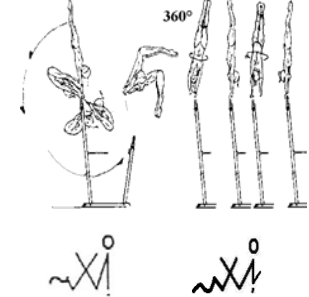
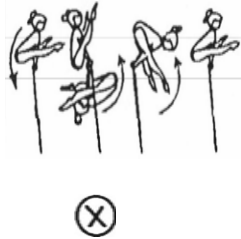

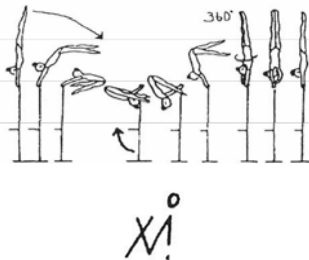
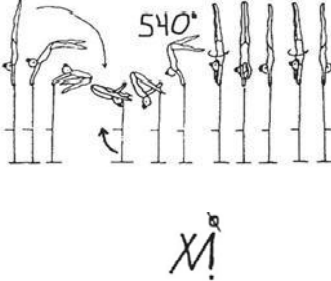
3.000 — GIANT CIRCLES

| A | B | C | D | E | F |
|--------------|--------------|---|--|---|--------------|
| 3.109 | 3.209 | <p>3.309 <i>Swing bwd with free stoop or straddle vault and ½ turn (180°) over HB to hang</i> 懸垂後擺俯騰越或分腿貓跳轉體 180°越高槓</p>  | <p>3.409 <i>Swing bwd with ½ turn (180°) and straddle flight bwd over HB to catch HB</i> 懸垂後擺轉體 180°分腿向後越高槓抓高槓 (馬凱洛夫騰越)</p>  | 3.509 | 3.609 |
| 3.110 | 3.210 | <p>3.310 <i>Giant circle fwd in L grip with piked or stretched body (L grip giant), also with ½ turn (180°) to hstd</i> 屈體或直體扭臂握向前大回環，也可轉體 180°至手倒立</p>  | <p>3.410 <i>Giant circle fwd in L grip with 1/1 turn (360°) to hstd</i> 扭臂握向前大回環轉體 360°至手倒立</p>  | <p>3.510 <i>Giant circle fwd in L grip with initiation of 1/1 turn (360°) on 1 arm before hstd phase, completed to hstd, or Giant circle fwd in L grip with 1½ turn (540°) to hstd (any technique accepted)</i> 扭臂握向前大回環在手倒立階段前經單臂轉體 360° (可用任何技術) 在手倒立階段完成，或扭臂握向前大回環轉體 540°至手倒立</p>  | 3.610 |


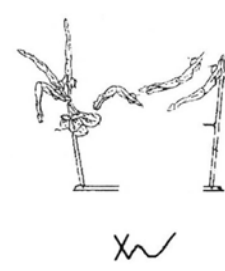
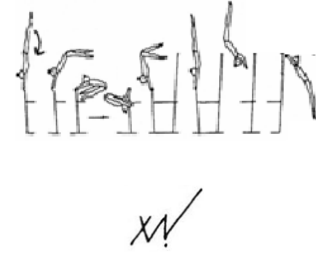
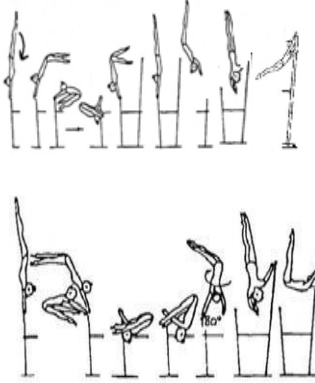
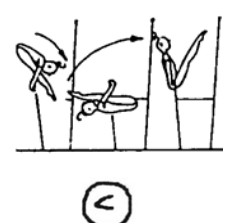
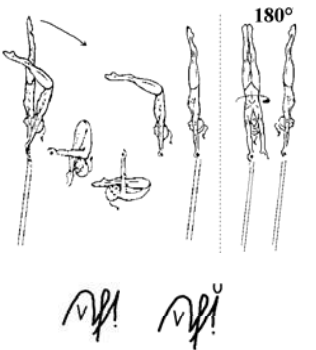
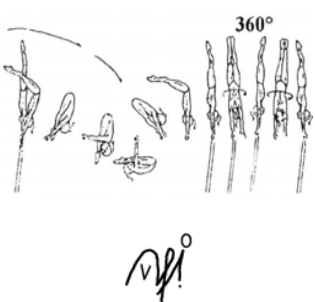
4.000 — STALDER CIRCLES

| A | B | C | D | E | F/G |
|--|---|--|---|--|--|
| <p>4.101 Clear straddle circle fwd to clear support 浮撐分腿向前回環至浮撐分腿支撐</p>  | <p>4.201 Kip on HB, passing through clear straddle support – swing/press to hstd and ½ turn (180°) in hstd phase 高槓屈伸上，經浮撐分腿支撐—擺起至 手倒立並在手倒立階段轉體 180°</p>  | <p>4.301 Stalder fwd to hstd, also with ½ turn (180°) to hstd 分腿向前回環至倒立，也可轉體 180° 至手倒立</p>  | <p>4.401 Stalder fwd with 1/1 turn (360°) to hstd 分腿向前回環轉體 360°至手倒立</p>  | | <p>4.601</p> |
| <p>4.102</p> | <p>4.202 Clear straddle circle bwd on HB with flight to hang on LB 高槓浮撐分腿向後回環換握至低槓懸垂</p>  | <p>4.302</p> | <p>4.402 Clear straddle circle bwd on HB with flight fwd to hstd on LB 高槓浮撐分腿向後回環騰空向前至低槓手倒立</p>  | <p>4.502 Stalder bwd on HB with counter straddle - reverse hecht over HB to hang 高槓分腿向後回環振浪分腿-向後繃槓越高槓 成懸垂</p>  <p>Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang 浮撐屈體向後回環振浪分腿後切浮撐越高槓成（飛行前展體）</p>  | <p>4.602 Stalder bwd on HB with counter pike - reverse hecht over HB to hang 高槓分腿向後回環振浪屈體-向後繃槓</p>  <p>Clear pike Circle bwd with counter pike – reverse Hecht over HB to hang 浮撐屈體向後回環振浪-向後繃槓越高槓成懸垂</p>  |

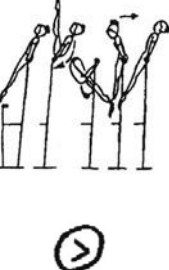
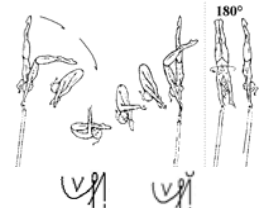

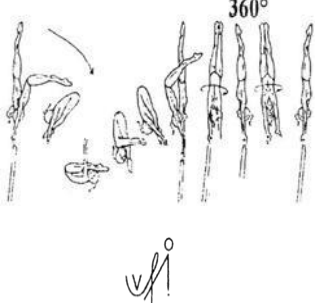
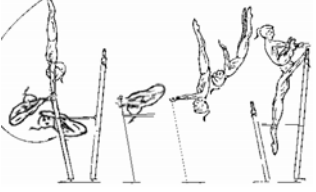

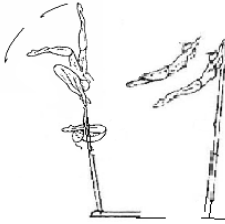





4.000 — STALDER CIRCLES

| A | B | C | D | E | F/G |
|--|---------------------|---|--|---|---------------------|
| <p>4.103 Clear straddle circle fwd in L grip to clear support 扭臂握浮撐分腿向前回環至浮撐分腿支撐</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 hstd 扭臂握分腿向前回環至手倒立，也可轉體 180°至手倒立</p>  | <p>4.503 Stalder fwd in L grip with 1/1 turn (360°) to hstd (any technique accepted) 扭臂握分腿向前回環轉體 180°至手倒立，(任何技術均可)</p>  | <p>4.603</p> |
| <p>4.104 Clear straddle circle bwd to clear support 浮撐分腿向後回環至浮撐分腿支撐</p>  | <p>4.204</p> | <p>4.304 Stalder bwd to hstd, also with hop-grip change in hstd phase or with ½ turn (180°) to hstd 分腿向後回環至手倒立，也可在手倒立階段跳換握或轉體 180°至手倒立</p>  | <p>4.404 Stalder bwd with 1/1 turn (360°) to hstd 分腿向後回環轉體 360°至手倒立</p>  | <p>4.504 Stalder bwd with 1½ turn (540°) to hstd 分腿向後回環轉體 540°至手倒立</p>  | <p>4.604</p> |

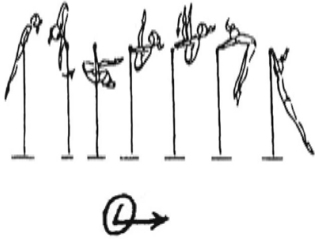
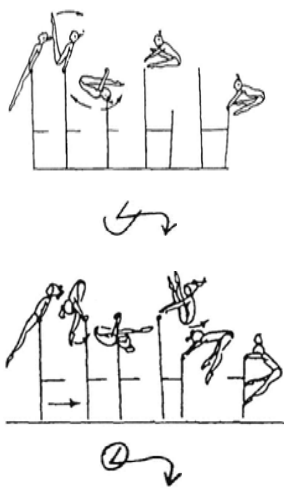
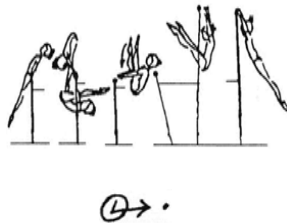

4.000 — STALDER CIRCLES

| A | B | C | D | E | F/G |
|--|--|--|--|--|---------------------|
| <p>4.105</p> | <p>4.205 <i>Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB</i> 面向內-低槓分腿向後回還脫手振浪騰空向前至高槓懸垂</p>  <p style="text-align: center;">XV</p> | <p>4.305 <i>Facing inward – Stalder bwd with hecht flight to hang on HB</i> 面向內-低槓分腿向後回還繃槓騰越向前至高槓懸垂</p>  <p style="text-align: center;">XVI</p> | <p>4.405 <i>Facing outward – Stalder bwd through hstd with flight to hang on HB</i> 面向外-低槓分腿向後回還經手倒立騰空至高槓懸垂</p>  <p style="text-align: center;">XVII</p> | <p>4.505 <i>Stalder bwd through hstd with flight and ½ turn (180°), to hang on HB</i> 面向外-低槓分腿向後回還經手倒立騰空轉體 180°至高槓懸垂</p>  <p style="text-align: center;">XVIII</p> | <p>4.605</p> |
| <p>4.106 <i>Rear support - seat (pike) circle fwd to rear support</i> 後撐-屈體向前回環至後撐</p>  <p style="text-align: center;">①</p> | <p>4.206</p> | <p>4.306</p> | <p>4.406 <i>Clear pike circle fwd to hstd, also with ½ turn (180°) to hstd</i> 浮撐屈體向前回環至手倒立，也可轉體 180°至手倒立</p>  <p style="text-align: center;">XIX</p> | <p>4.506 <i>Clear pike circle fwd with 1/1 turn (360°) to hstd</i> 浮撐屈體向前回環轉體 360°至手倒立</p>  <p style="text-align: center;">XX</p> | <p>4.606</p> |


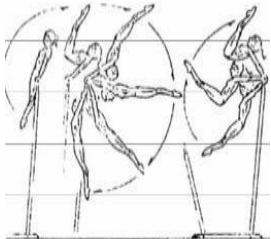
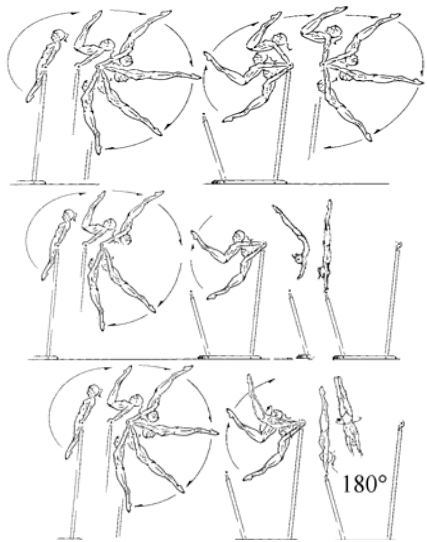
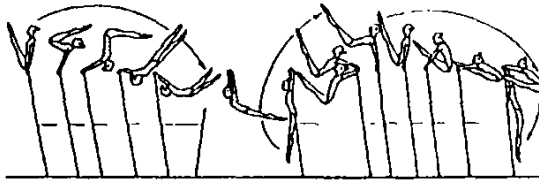

4.000 — STALDER CIRCLES

| A | B | C | D | E | F/G |
|---|--|---|--|---|---------------------|
| <p>4.107 Rear support – seat (pike) circle bwd to rear support 後撐-屈體後回環至後撐</p>  | <p>4.207</p> | <p>4.307</p> | <p>4.407 Clear pike circle bwd to hstd, also with ½ turn (180°) to hstd 浮撐屈體向後回環至手倒立，也可 轉體 180°至手倒立</p>  <p>From hstd clear pike circle bwd to rear inverted pike support 手倒立-浮撐屈體向後回環至屈體浮 撐後撐</p>  | <p>4.507 Clear pike circle bwd with 1/1 turn (360°) to hstd 浮撐屈體向後回環轉 體 360°至 手倒立</p>  | <p>4.607</p> |
| <p>4.108</p> | <p>4.208 Clear pike circle bwd on LB with counter flight to hang on HB 低槓浮撐屈體向後回環振浪飛行至高 槓 懸垂</p>   | <p>4.308 Clear pike circle bwd on LB with hecht flight to hang on HB 低槓浮撐屈體向後回環繃槓騰空至 高 槓懸垂</p>   | <p>4.408</p> | <p>4.508 Clear pike circle bwd through hstd with flight to hang on HB 低槓屈體浮撐向後回環經手倒立騰 起至高槓懸垂</p>   <p>Clear pike circle bwd through hstd with flight and ½ turn 180° to hang on HB 低槓屈體浮撐向後回環 經手倒 立浮撐轉體 180°至高槓懸垂</p>   | <p>4.608</p> |

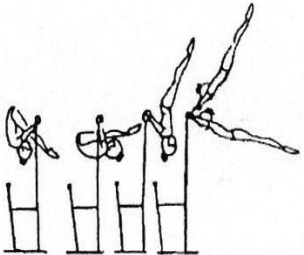
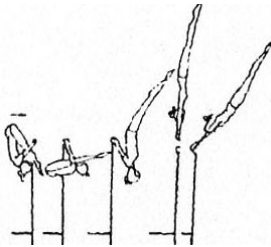
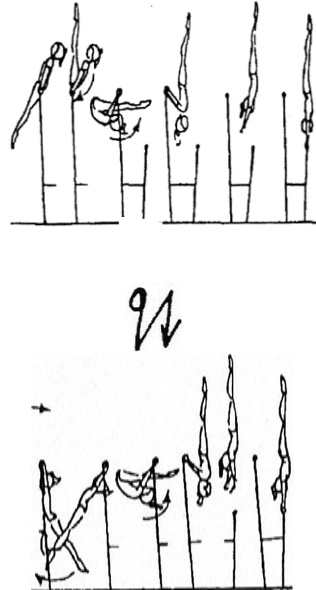
5.000 — PIKE CIRCLES

| A | B | C | D | E | F/G |
|---|---------------------|---|---------------------|--|---------------------|
| <p>5.101 <i>Rear support on LB or HB – seat (pike) circle fwd with straddle cut bwd to hang on same bar</i> 低槓後撐-屈體向後回環分腿後切同 一槓懸垂</p>  | <p>5.201</p> | <p>5.301 <i>Outer rear support on HB – fall bwd to inverted pike swing or seat (pike) circle fwd – straddle cut bwd with flight over LB to hang</i> 高槓外後撐-後倒至屈體懸垂擺動或屈體 向後回環-分腿後切騰越低槓至懸垂</p>  <p><i>Rear support on LB - seat (pike) circle fwd with straddle cut bwd and grip change to hang on HB.</i> 低槓後撐-屈體向後回環分腿後切換握至高槓懸垂</p>  | <p>5.401</p> | <p>5.501 <i>Stoop in to Adler-seat (pike) circle fwd through clear extended support to finish in L grip (deviation up to 30° allowed), also with ½ turn (180°)</i> 手倒立中穿腿-屈體向前回環經浮撐支撐展體至手倒立階段（成扭臂握）也可轉 體 180°</p>  | <p>5.601</p> |

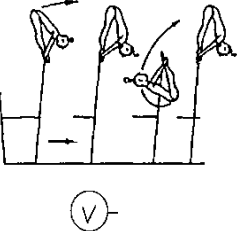
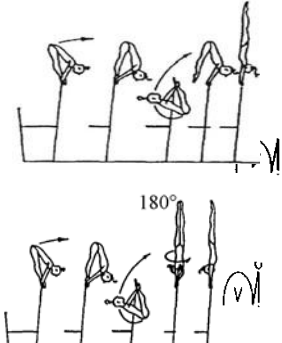
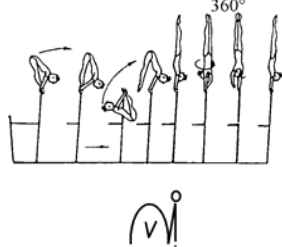
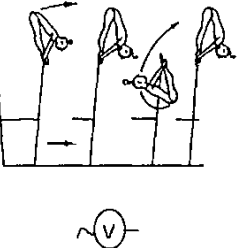
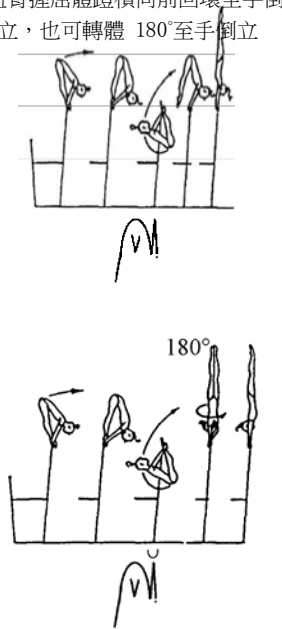
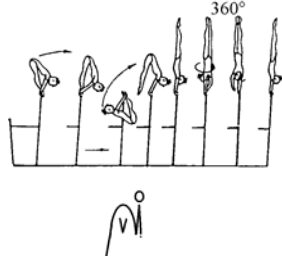
5.000 — PIKE CIRCLES

| A | B | C | D | E | F/G |
|--------------|---|--|--|--------------|--------------|
| <p>5.102</p> | <p>5.202 Rear support on HB – seat circle bwd with release to hang on LB 高槓後撐-向後回環脫手至低槓懸垂</p>  | <p>5.302 Clear rear pike support on HB (legs together) – full circle swing bwd to finish in clear rear support on HB (Steinemann circle) 高槓浮撐屈體後撐（並腿）-向後回環擺一周至高槓浮撐後撐結束</p>  | <p>5.402 Clear rear pike support on HB (legs together) – full circle swing bwd – continuing through clear rear pike support bwdovert HB intohang – circle swing bwd and continue to salto bwd stretched (or piked)between bars to clear support onLB – circle swing bwd and ½ turn (180°) with flight to hstd onLB – 高槓浮撐屈體後撐（並腿） – 向後回環擺一周繼續經高槓浮撐後撐向後越高槓至懸垂 – 向後回環擺接著槓間分腿後空翻（或屈體）至低槓浮撐支撐 – 向後回環擺轉體 180°騰空至低槓手倒立</p>  | <p>5.602</p> | <p>5.602</p> |
| <p>5.103</p> | <p>5.203</p> | <p>5.303 Clear rear pike support (legs together) on HB – full circle swing bwd with stoop out bwd to hang on HB 高槓浮撐屈體後撐（並腿）-向後回環擺一周腿穿出至高槓懸垂</p>  | <p>5.403 Clear rear pike support (legs together) on HB – full circle swing bwd with counter flight bwd straddled 高槓浮撐屈體後撐（並腿）-向後回環擺一周波浪分腿向後騰越至高槓懸垂</p>  | <p>5.603</p> | <p>5.603</p> |


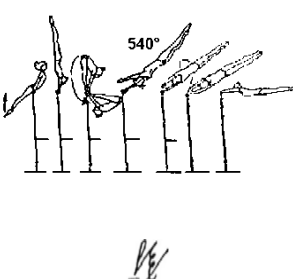
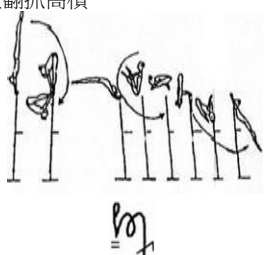

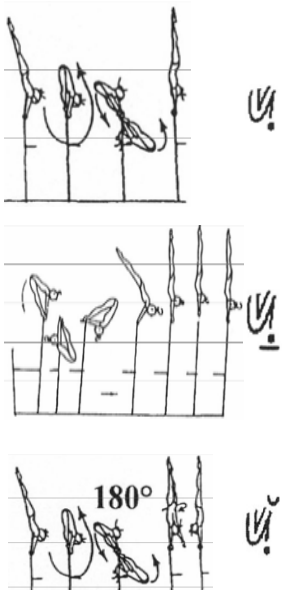
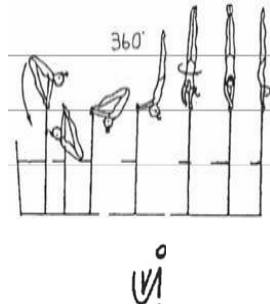
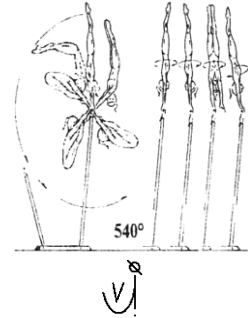
5.000 — PIKE CIRCLES

| A | B | C | D | E | F/G |
|--|---------------------|---|---|---------------------|---------------------|
| <p>5.104 <i>Underswing bwd (inverted pike swing), dislocate (Schleudern) to hang on HB</i> 高槓弧形後擺（屈體懸垂）後轉肩至 高槓懸垂</p>  <p style="text-align: center;">91</p> | <p>5.204</p> | <p>5.304 <i>Schleudern to near hstd with hop-change to regular grip on HB</i> 高槓後轉肩至接近手倒立-跳換成高槓正握懸垂</p>  <p style="text-align: center;">91</p> | <p>5.404 <i>Underswing bwd (inverted pike swing) on HB – dislocate with flight to hstd on LB (Zuchold-Schleudern), also from stoop through etc.</i> . 高槓弧形後擺（屈體懸垂）後轉肩騰空至低槓手倒立；也可由中穿開始做</p>  <p style="text-align: center;">92 A91</p> | <p>5.504</p> | <p>5.604</p> |

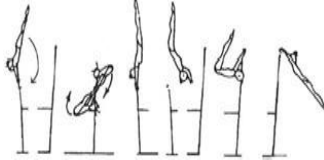

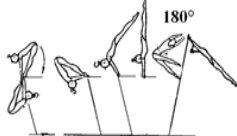


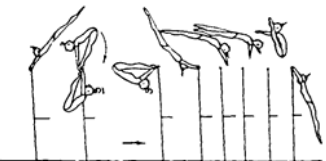



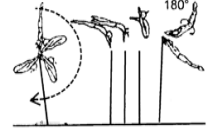



5.000 — PIKE CIRCLES

| A | B | C | D | E | F/G |
|---|---------------------|---|---|---------------------|---------------------|
| <p>5.105 Sole circle forward (piked or straddle) 蹬槓向前回環 (屈體或分腿)</p>  | <p>5.205</p> | <p>5.305 Pike sole circle fwd in reverse grip to hstd, also with ½ turn (180°) to hstd 反握屈體蹬槓向前回環至手倒立，也可轉體 180°至手倒立</p>  | <p>5.405 Pike sole circle fwd in reverse grip with 1/1 turn (360°) to hstd 反握屈體蹬槓向前回環轉體 360°至手倒立</p>  | <p>5.505</p> | <p>5.605</p> |
| <p>5.106 Sole circle forward in L- grip (piked or straddle) 扭臂握蹬槓向前回環 (屈體或分腿)</p>  | <p>5.206</p> | <p>5.306 Pike sole circle fwd in L grip to hstd, also with ½ turn (180°) 扭臂握屈體蹬槓向前回環至手倒立，也可轉體 180°至手倒立</p>  | <p>5.406 Pike sole circle fwd in L grip with 1/1 turn (360°) to hstd 扭臂握屈體蹬槓向前回環轉體 360°至手倒立</p>  | <p>5.506</p> | <p>5.606</p> |

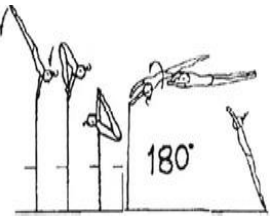
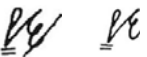
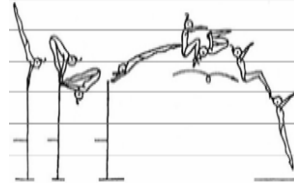

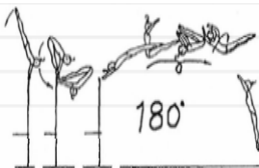

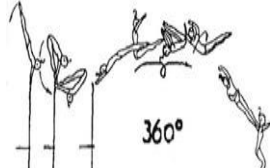

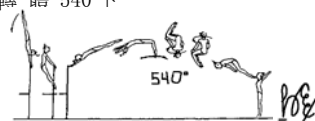

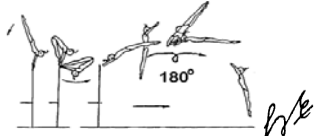







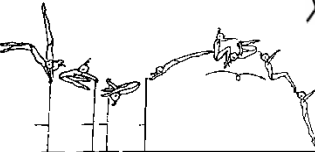

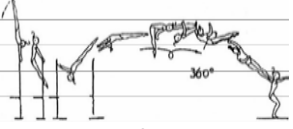

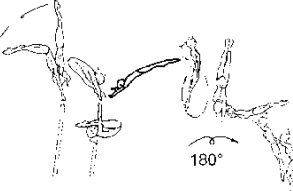

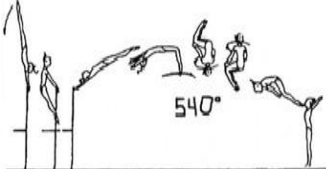

5.000 — PIKE CIRCLES

| A | B | C | D | E | F/G |
|--|---|---|---|--|---|
| <p>5.107</p> | <p>5.207 <i>Underswing on LB (support of feet) with counter movement fwd in flight to hang on HB</i> 低槓蹬槓向後弧形換握飛行至高槓懸垂</p>  | <p>5.307 <i>Underswing on HB or LB with hand release and 1½ turn (540°) to hang</i> 高槓或低槓蹬槓脫手轉體 540° 至懸垂</p>  | <p>5.407</p> | <p>5.507</p> | <p>5.607 <i>Facing outward on HB—underswing with support of feet—counter salto fwd straddled to catch on HB</i> 高槓向外—蹬槓弧形—振浪分腿前空翻抓高槓</p>  |
| <p>5.108 <i>Sole circle bwd (piked or straddle)</i> 向前或向後蹬槓回環 (屈體或分腿)</p>  | <p>5.208</p> | <p>5.308 <i>Pike sole circle bwd to hstd, also with hop-grip change to reverse grip in hstd phase, also with ½ turn (180°)</i> 屈體蹬槓向後回環至手倒立，也可在倒立位置跳換成反握，也可轉體 180°</p>  | <p>5.408 <i>Pike sole circle bwd with 1/1 turn (360°) to hstd</i> 屈體蹬槓向後回環 360°至手倒立</p>  | <p>5.508 <i>Pike sole circle bwd with 1½ turn (540°) to hstd</i> 屈體蹬槓向後回環 540°至手倒立</p>  | <p>5.608</p> |

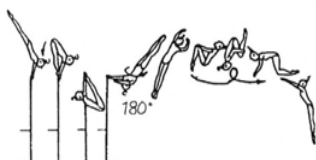
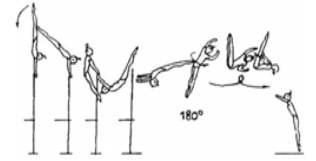

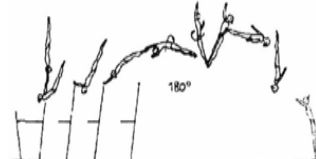
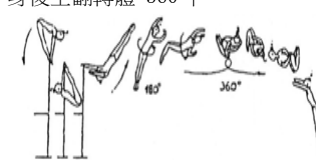
5.000 — PIKE CIRCLES

| A | B | C | D | E | F/G |
|--------------|--------------|--------------|--|---|--|
| <p>5.109</p> | <p>5.209</p> | <p>5.309</p> | <p>5.409 <i>Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB</i> 低槓內正撐-屈體蹬槓向後回環經手倒 立騰空至高槓懸垂</p>   | <p>5.509 <i>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°), or 1/1 turn (360°) to hang on HB.</i> 低槓面向外-屈體蹬槓向後回環經手倒立騰空轉體 180°或轉體 360°至 高槓懸垂</p>    | <p>5.609</p> |
| <p>5.110</p> | <p>5.210</p> | <p>5.310</p> | <p>5.410 <i>Pike sole circle bwd counter straddle-reverse hecht over HB to hang</i> 屈體蹬槓向後回環振浪經分腿繃槓越 高槓成懸垂</p>   | <p>5.510 <i>Pike sole circle bwd counter pike hecht over HB to hang</i> 高槓屈體蹬槓向後回環屈體後切越高 槓至高槓懸垂</p>   | <p>5.610 <i>Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip</i> 屈體蹬槓向後回環振浪分腿繃槓越高槓轉體 180°成混扭握懸垂</p>   <p>5.710 <i>Pike sole circle bwd with counter stretched – reverse hecht in layout position over HB to hang</i> 高槓屈體蹬槓向後回環直體後切越 高槓至高槓懸垂</p>   |

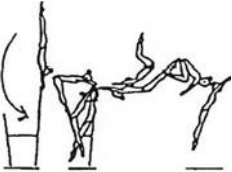
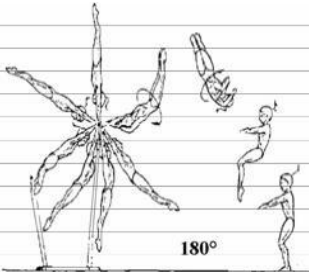
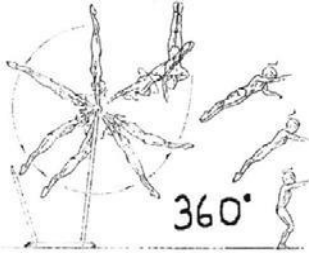
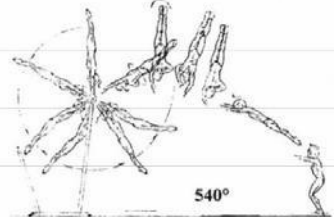
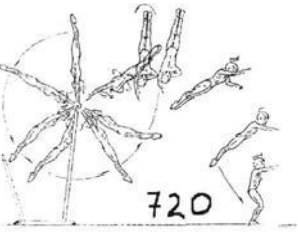
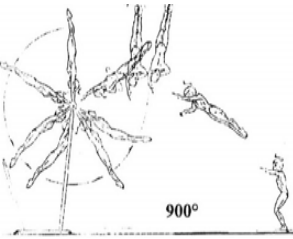
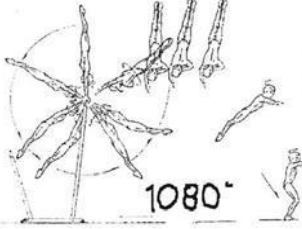
6.000 DISMOUNTS

| A | B | C | D | E | F/G |
|---|--|--|---|---|---------------------|
| <p>6.101 From HB – underswing with ½ turn (180°) or 1/1 turn (360°) to stand 高槓-蹬槓弧形擺轉體 180°或 360°下</p>  <p>180°</p>  | <p>6.201 From HB – underswing with salto fwd tucked or piked 高槓-蹬槓弧形團身或屈體前空翻下</p>   | <p>6.301 From HB – underswing with salto fwd tucked or piked with ½ turn (180°) or 1/1 turn (360°) 高槓-蹬槓弧形團身或屈體前空翻轉體 180°或 360°下</p>  <p>180°</p>   <p>360°</p>  | <p>6.401 From HB – underswing with salto fwd tucked with 1½ turn (540°) 高槓-蹬槓弧形團身或屈體前空翻轉體 540°下</p>  <p>540°</p>  <p>From HB - underswing with salto fwd stretched with ½ turn (180°). 高槓-弧形擺直體前空翻轉體 180°下</p>  <p>180°</p>  | <p>6.501</p> | <p>6.601</p> |
| <p>6.102 From HB – clear underswing with ½ turn (180°) or 1/1 turn (360°) to stand 高槓-浮撐弧形擺轉體 180°或 360°下</p>  <p>360°</p>  | <p>6.202</p> | <p>6.302 From HB – clear underswing with salto fwd tucked or piked also with ½ turn (180°) or Clear straddle circle with salto fwd tucked 高槓-浮撐弧形擺團身或屈體前空翻下，也可轉體 180°或浮撐分腿回環團身前空翻下</p>  <p>180°</p>   <p>180°</p>   <p>180°</p>  | <p>6.402 From HB – clear underswing with salto fwd tucked with 1/1 turn (360°) 高槓-浮撐弧形擺團身前空翻轉體 360°下</p>  <p>360°</p>  <p>Clear Pike underswing to salto forward stretched with ½ turn (180°) 浮撐屈體向後回環直體前空翻轉體 180°下</p>  <p>180°</p>  | <p>6.502 From HB – clear underswing with salto fwd tucked with 1½ turn (540°) 高槓-浮撐弧形擺團身前空翻轉體 540°下</p>  <p>540°</p>  | <p>6.602</p> |

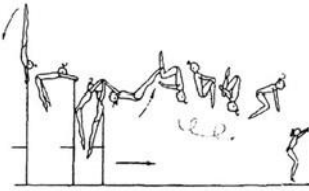
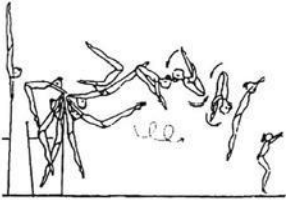
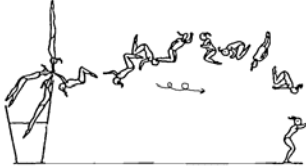

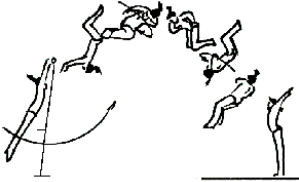
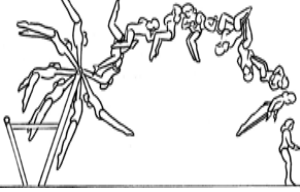
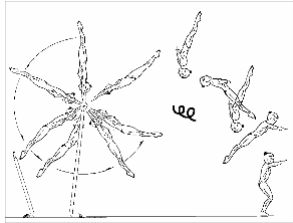
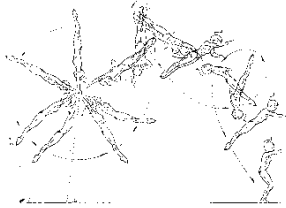
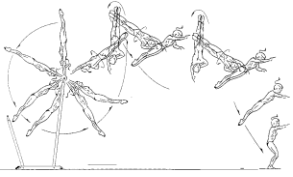
6.000 DISMOUNTS

| A | B | C | D | E | F/G |
|-------|-------|--|---|-------|-------|
| 6.103 | 6.203 | <p>6.303 <i>From HB – underswing with ½ or clear underswing with ½ turn (180°) to salto bwd tucked or piked</i> 高槓-蹬槓或浮撐弧形擺轉體 180°團身或屈體後空翻下</p>  <p style="text-align: center;"><u>hee</u>^u</p>  <p style="text-align: center;"><u>hee</u>^u</p> | <p>6.403 <i>From HB – underswing with ½ turn (180°) to salto bwd stretched</i> 高槓-蹬槓弧形擺轉體 180°直體後空翻下</p>  <p style="text-align: center;"><u>hee</u></p> <p><i>From HB – clear underswing with ½ turn (180°) to salto bwd stretched</i> 高槓-浮撐弧形擺轉體 180°直體後空翻下</p>  <p style="text-align: center;"><u>hee</u></p> <p><i>From HB – underswing with ½ turn (180°) to salto bwd tucked with 1/1 twist (360°)</i> 高槓-蹬槓弧形擺轉體 180°團身後空翻轉體 360°下</p>  <p style="text-align: center;"><u>hee</u></p> | 6.503 | 6.603 |






6.000 DISMOUNTS

| A | B | C | D | E | F/G |
|--|---|---|--|---|---------------------|
| <p>6.104 <i>Swing fwd to salto bwd tucked, piked or stretched (Flyaway)</i> 懸垂前擺團身、屈體或直體後空翻下</p>  <p style="text-align: center;"><i>Handwritten symbol</i></p> | <p>6.204 <i>Swing fwd to salto bwd tucked, or stretched with ½ turn (180°) or 1/1 turn (360°) (Flyaway)</i> 懸垂前擺團身或直體後空翻轉體 180°或360°下</p>  <p style="text-align: center;"><i>Handwritten symbol</i></p>  <p style="text-align: center;"><i>Handwritten symbol</i></p> | <p>6.304 <i>Swing fwd to salto bwd stretched with 1½ turn (540°) or 2/1 turn (720°)</i> 懸垂前擺直體後空翻轉體 540°或 720°下</p>  <p style="text-align: center;"><i>Handwritten symbol</i></p>  <p style="text-align: center;"><i>Handwritten symbol</i></p> | <p>6.404 <i>Swing fwd to salto bwd stretched with 2½ turn (900°)</i> 懸垂前擺直體後空翻轉體 900°下</p>  <p style="text-align: center;"><i>Handwritten symbol</i></p> | <p>6.504 <i>Swing fwd to salto bwd stretched with 3/1 turn (1080°)</i> 懸垂前擺直體後空翻轉體 1080°下</p>  <p style="text-align: center;"><i>Handwritten symbol</i></p> | <p>6.604</p> |


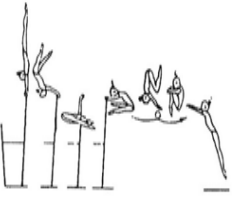
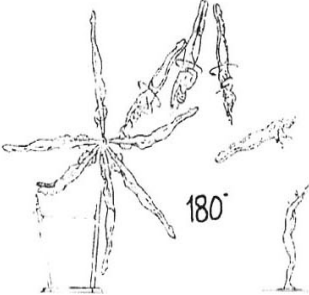
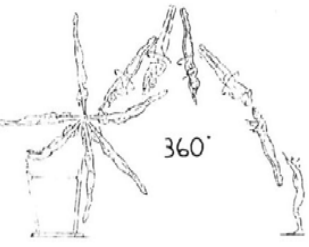
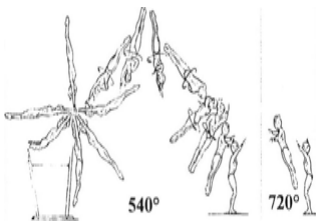
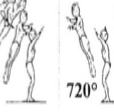

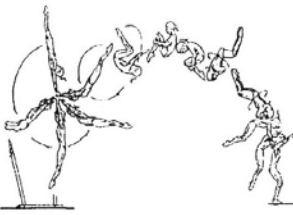
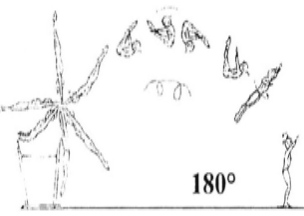
6.000 DISMOUNTS

| A | B | C | D | E | F/G |
|---------------------|--|---|---|--|---|
| <p>6.105</p> | <p>6.205 <i>Swing fwd to double salto bwd tucked</i> 懸垂前擺團身後空翻兩周下</p>  <p style="text-align: center;"><i>Ull</i></p> | <p>6.305 <i>Swing fwd to double salto bwd piked</i> 懸垂前擺屈體後空翻兩周下</p>  <p style="text-align: center;"><i>UllV</i></p> | <p>6.405 <i>Swing fwd to double salto bwd tucked or piked with 1/1 turn (360°) in first or second salto</i> 懸垂前擺團身或屈體後空翻兩周在第一周或第二周轉體 360°下</p>  <p style="text-align: center;"><i>Ull¹¹</i></p>  <p style="text-align: center;"><i>UllV</i></p> | <p>6.505 <i>Swing fwd to double salto bwd tucked with 1½ turn (540°)</i> 懸垂前擺團身後空翻兩周轉體 540° 下</p>  <p style="text-align: center;"><i>UllE</i></p> | <p>6.605 <i>Swing fwd to double salto bwd tucked with 2/1 turn (720°)</i> 懸垂前擺團身後空翻兩周轉體 720° 下</p>  <p style="text-align: center;"><i>UllE</i></p> |
| <p>6.106</p> | <p>6.206</p> | <p>6.306</p> | <p>6.406 <i>Swing fwd to double salto bwd stretched</i> 懸垂前擺直體後空翻兩周下</p>  <p style="text-align: center;"><i>Ull</i></p> | <p>6.506 <i>Swing fwd to double salto bwd stretched with 1/1 turn (360°) in first or second salto</i> 懸垂前擺直體後空翻兩周在第一周或第二周轉體 360°下</p>  <p style="text-align: center;"><i>Ull</i> <i>Ull¹¹</i></p> | <p>6.606 6.706 <i>Swing fwd to double salto bwd stretched with 2/1 turn (720°)</i> 懸垂前擺直體後空翻兩周轉體 720°下</p>  <p style="text-align: center;"><i>Ull</i></p> |

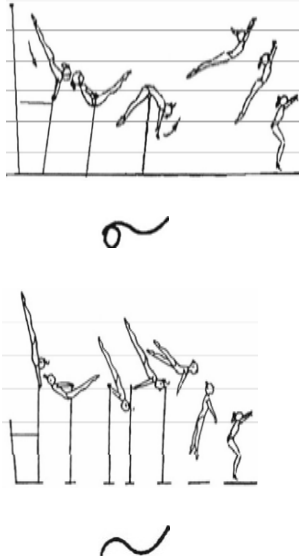
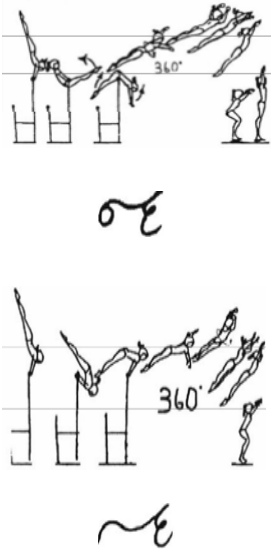
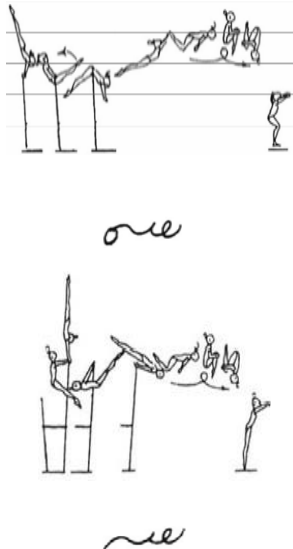
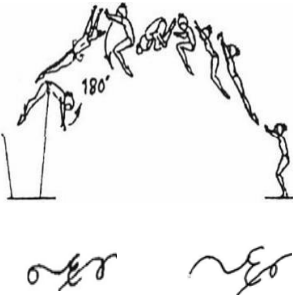
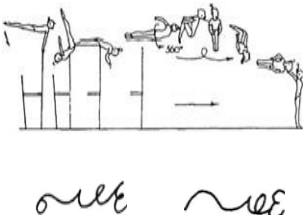

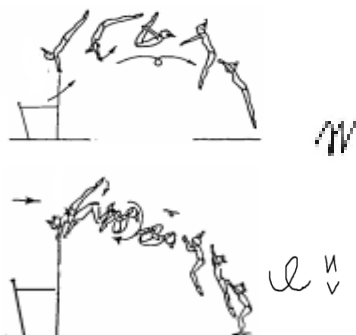
6.000 DISMOUNTS

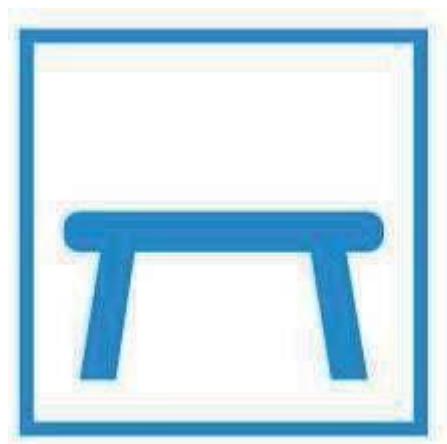
| A | B | C | D | E | F/G |
|--------------|--------------|--------------|--|---|--|
| <p>6.107</p> | <p>6.207</p> | <p>6.307</p> | <p>6.407</p> <p>Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked 懸垂前擺團身後空翻轉體 180° 接團身前空翻下</p>  <p style="text-align: center;">Ueff</p> <p>Swing fwd with ½ turn (180°) to double salto fwd tucked 懸垂前擺轉體 180° 團身前空翻兩周 下</p>  <p style="text-align: center;">Ueff</p> | <p>6.507</p> <p>Swing fwd to salto bwd stretched with ½ turn (180°) – into salto fwd stretched 懸垂前擺直體後空翻轉體 180° 接直體前空翻下</p>  <p style="text-align: center;">Ueff</p> <p>Swing fwd with ½ turn (180°) to double salto fwd piked 懸垂前擺轉體 180° 屈體前空翻兩周 下</p>  <p style="text-align: center;">Ueff</p> | <p>6.606</p> <p>6.707</p> <p>Swing fwd to triple salto bwd tucked 懸垂前擺團身後空翻三周下</p>  <p style="text-align: center;">Ullll</p> |

6.000 DISMOUNTS

| A | B | C | D | E | F/G |
|--|--|---|--|--|---|
| <p>6.108 <i>Swing bwd to salto fwd tucked, piked or stretched or clear straddle circle fwd on HB to salto fwd tucked</i> 懸垂後擺團身，屈體或直體前空翻下，或高槓浮撐分腿向前回環團身前 空翻下</p>  <p>AE 1/2</p>  <p>AE</p> | <p>6.208 <i>Swing bwd to salto fwd tucked or stretched with 1/2 turn (180°) or 1/1 turn (360°)</i> 懸垂後擺團身，或直體前空翻轉體 180°或 360°下</p>  <p>180°</p> <p>AE 1/2</p>  <p>360°</p> <p>AE 1/2</p> | <p>6.308 <i>Swing bwd to salto fwd stretched with 1 1/2 turn (540°) or 2/1 turn (720°)</i> 懸垂後擺直體前空翻轉體 540°或 720°下</p>  <p>540°</p> <p>AE 1/2</p>  <p>720°</p> <p>AE 1/2</p> | <p>6.408 <i>Swing bwd to double salto fwd tucked</i> 懸垂後擺團身前空翻兩周下</p>  <p>AE</p> | <p>6.508 <i>Swing bwd to double salto fwd tucked with 1/2 turn (180°) – also salto fwd with 1/2 turn (180°) into salto bwd tucked</i> 懸垂後擺團身前空翻兩周轉體 180° 下，也可團身前空翻轉體 180°接團 身後空翻下</p>  <p>AE 1/2</p> <p>AE 1/2</p> | <p>6.608 <i>Swing bwd to double salto fwd piked with 1/2 turn (180°)</i> 懸垂後擺屈體前空翻兩周轉體 180°下</p>  <p>180°</p> <p>AE 1/2</p> |


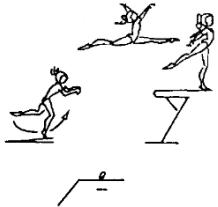
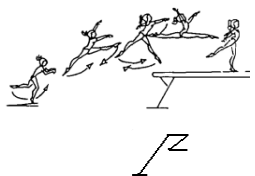
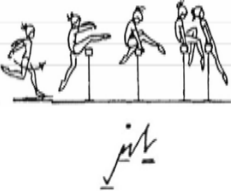
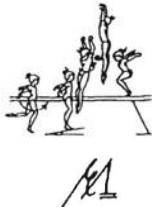
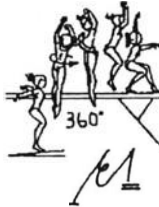
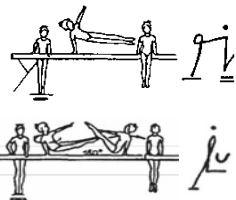
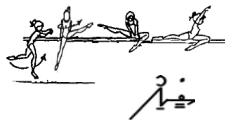
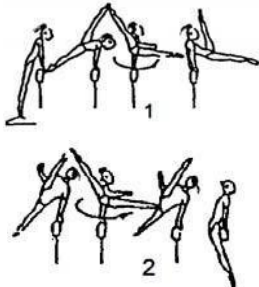
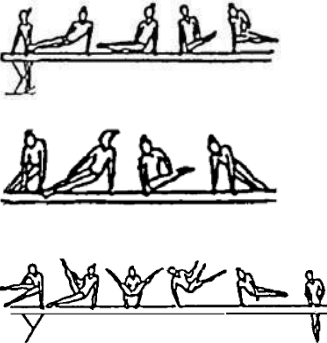

6.000 DISMOUNTS

| A | B | C | D | E | F/G |
|---------------------|---|--|--|---|---|
| <p>6.109</p> | <p>6.209 <i>Hip circle bwd (also clear) on LB or HB – hecht</i> 高槓或低槓腹回環- (也可浮撐) 繃槓下</p>  | <p>6.309 <i>Hip circle bwd (also clear) on LB or HB – hecht with 1/1 turn (360°)</i> 高槓或低槓腹回環- (也可浮撐) 繃槓轉體 360°下</p>  | <p>6.409 <i>Hip circle bwd (also clear) on LB or HB – hecht with salto bwd tucked</i> 高槓或低槓腹回環- (也可浮撐) 繃槓團身後空翻下</p>  | <p>6.509 <i>Hip circle bwd (also clear) on LB or HB – hecht with 1/2 turn (180°) to salto fwd tucked</i> 高槓或低槓腹回環- (也可浮撐) 繃槓轉體 180°團身前空翻下 (馬豔紅下)</p>  | <p>6.609 <i>Hip circle bwd (also clear) on LB or HB – hecht with 1/1 turn (360°) to salto bwd</i> 高槓或低槓腹回環- (也可騰身) 繃槓轉體 360°團身後空翻下</p>  |
| <p>6.110</p> | <p>6.210 <i>On HB - salto fwd tucked</i> 高槓-團身前空翻下</p>  | <p>6.310 <i>On HB – salto fwd piked or salto bwd tucked or piked</i> 高槓-屈體前空翻下或團身或屈體後空翻下</p>  | <p>6.410</p> | <p>6.510</p> | <p>6.610</p> |


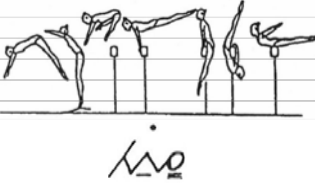
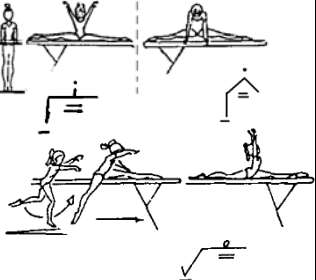
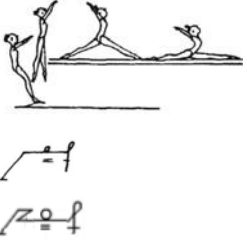
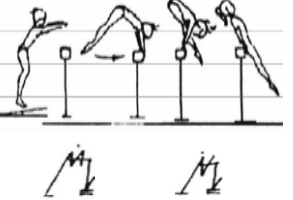


平衡木動作表

1.000 — MOUNTS


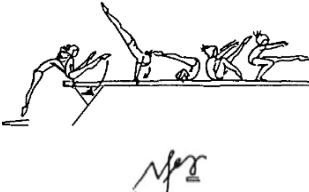

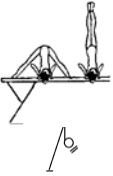
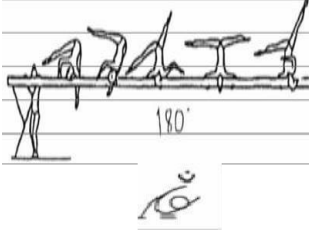
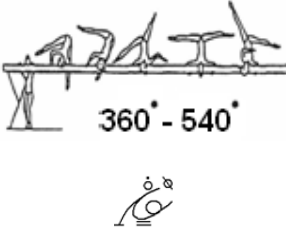
| A | B | C | D | E | F/G |
|---|---|--|--|--|---------------------|
| <p>1.101 (D) Leap - on landing must show arabesque position (leg min. at horizontal) 單腳跳上必須成阿拉貝斯單腳站立 (腿至少至水平)</p>  | <p>1.201 (D) Split leap (180°) 大跨跳上</p>  | <p>1.301</p> | <p>1.401 (D) Leap fwd with leg change (free leg swing to 45°) to cross split 交換腿劈叉跳上 (前腿擺腿要在 45°)</p>  | <p>1.501</p> <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>(D) = 這些動作計入舞蹈動作數量</p> </div> | <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 or Scissor Leap over beam to cross sit on thigh – diagonal approach to beam 小偷跳-正對橫木 90°助跑兩腿依次越木成後撐或斜進助跑依次擺腿越木成外側坐</p>  | <p>1.302 (D) Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet 雙腳跳上在空中轉體 180°至木上站立</p>  | <p>1.402 (D) Jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam 木端或斜進助跑在空中轉體 360°至木上站立</p>  | <p>1.502</p> | <p>1.602</p> | |
| <p>1.103 Flank to rear support also with ½ turn (180°) 單臂撐木並腿側越木成後撐也可轉體 180°</p>  <p>Jump with hand support, ¾ turn (270°) in support to cross sit on thigh 跳起手撐木轉體 270°成半劈叉坐大腿觸木</p>  | <p>1.203 Two flying flairs 兩次湯瑪斯上</p>  <p>2e6</p> | <p>1.303 Two flank circles followed by leg "Flair" 兩次全旋上</p>  <p>99x6</p> | <p>1.403 3 flying flairs 三次全旋上</p>  <p>3x6</p> | <p>1.503</p> | <p>1.603</p> |

1.000 — MOUNTS

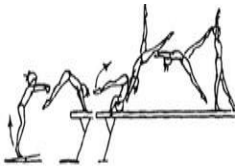
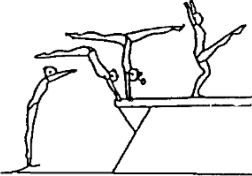
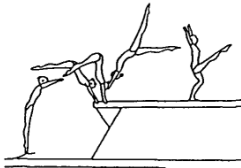
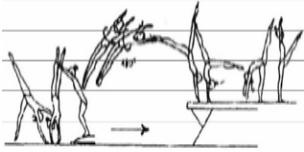
| A | B | C | D | E | F/G |
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| <p>1.104</p> | <p>1.204 (D) <i>Jump with ½ turn (180°) to clear straddle support, or jump bwd through straddle position over the beam to front support, or to side split- 90° approach to beam</i> 對橫木 90°助跑-跳轉 180°至浮撐分腿支撐</p>  | <p>1.304 (D) <i>Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam</i> 橫木 90° 站立分腿屈體跳起或助跑 跳起向後越木接向後腹回環</p>  | <p>1.404</p> | <p>1.504</p> | <p>1.604</p> |
| <p>1.105 (D) <i>Jump (with hand support) to side split sit or straddle position - take-off two feet or Leap to cross split sit from one foot take-off – diagonal approach to beam (with hand support)</i> 跳起成橫劈叉或或斜進單腳起跳成縱叉</p>  | <p>1.205</p> | <p>1.305 (D) <i>Free jump to cross split sit, also free jump with leg change – take-off from both legs – diagonal approach to beam</i> 斜進助跑-雙腳起跳成縱叉斜進助跑-向前交換腿跳上成坐</p>  | <p>1.405</p> | <p>1.505</p> | <p>1.605</p> |
| <p>1.106 <i>From side stand - squat or stoop through to rear support</i> 橫木前站立-屈腿或屈體中穿成後撐</p>  | <p>1.206</p> | <p>1.306</p> | <p>1.406</p> | <p>1.506</p> | <p>1.606</p> |

(D) = 這些動作計入舞蹈動作數量

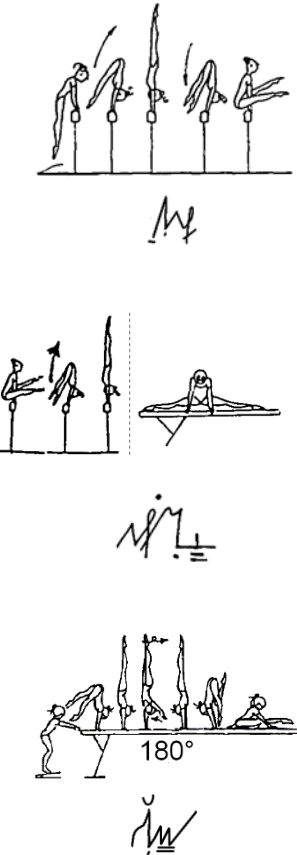
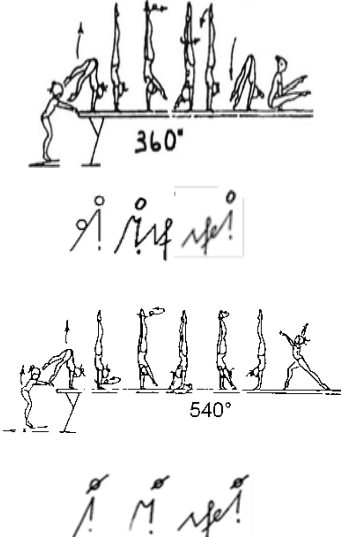
1.000 — MOUNTS

| A | B | C | D | E | F/G |
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| <p>1.107</p> | <p>1.207 <i>Jump to roll fwd at end or middle of beam,</i> 木端跳起前滾翻上</p>  <p><i>Jump to clear straddle support on end of beam – swing bwd to roll fwd</i> 也可由木端分腿支撐開始做前滾翻</p>  | | <p>1.407</p> | <p>1.507</p> | <p>1.607</p> |
| <p>1.108 <i>Cartwheel with bending of both arms through chest stand to swing down</i> 屈臂側手翻經胸倒立夏洛</p>  <p><i>Stand at side of Beam and jump to Chest stand with both arms bent</i> 橫木前站立，分腿提倒立成雙臂屈</p>  | <p>1.208 <i>Jump with ½ turn (180°) over shoulder to neck stand, ½ turn (180°) to chest stand (Silivas)</i> 跳起轉體 180°經肩至頸轉體 180°成胸倒立（西裡瓦斯上）</p>  | <p>1.308 <i>Jump with ½ turn (180°) over shoulder to neck stand, 1/1or 1½ turn (360°- 540°) to neck stand</i> 跳起轉體 180°經肩至頸轉體 360°-540°成頸倒立</p>  | <p>1.408</p> | <p>1.508</p> | <p>1.608</p> |

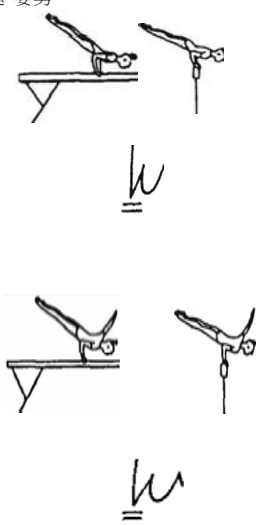
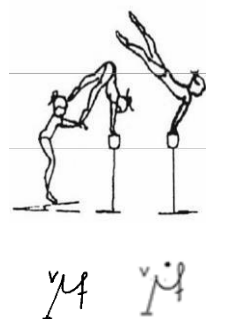
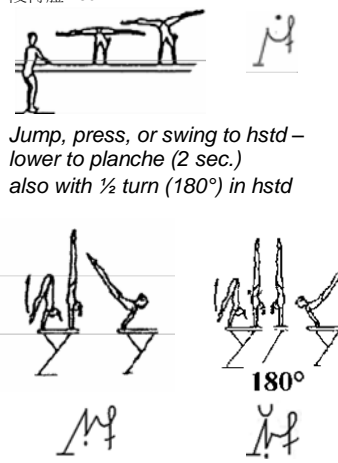
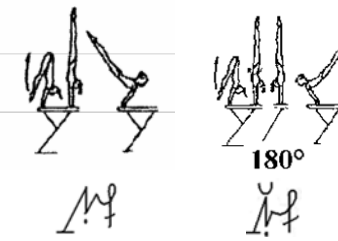


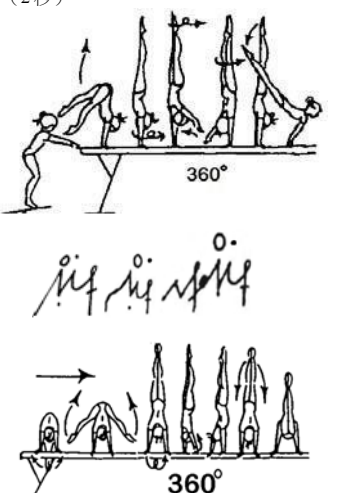
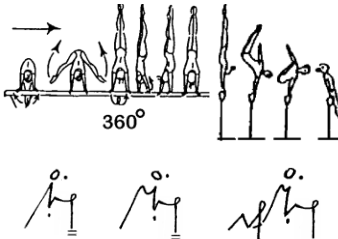
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--------------|--------------|--|--------------|--------------|--|
| <p>1.109</p> | <p>1.209</p> | <p>1.309</p> <p><i>From cross stand facing end of beam – head kip</i> 木端站立-頭手翻上</p>  <p>L</p> <p><i>From cross stand facing end of beam – jump to hstd with hip angle (pike) to front walkover</i> 木端站立-跳起經屈體手倒立前軟翻上</p>  <p>M</p> <p><i>From cross stand facing end of beam – jump to hstd with hip angle (pike) to handspring fwd with step-out or land on 2 feet</i> 跳起經屈體手倒立前手翻單腳或雙腳落木</p>  <p>M</p> | <p>1.409</p> | <p>1.509</p> | <p>1.609</p> <p><i>Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd</i> 木端-跳子後手翻轉體 180°前軟翻上</p>  <p>M</p> |

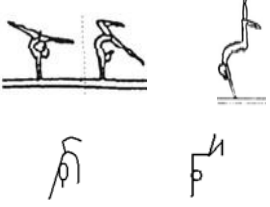
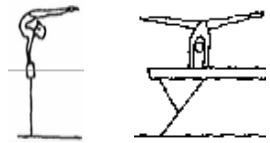
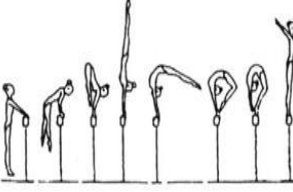
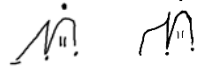
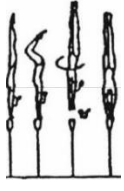

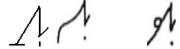


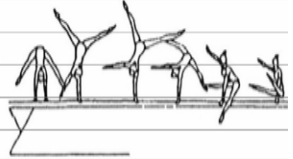

1.000 — MOUNTS

| A | B | C | D | E | F/G |
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| <p>1.110</p> | <p>1.210 <i>Jump, press, or swing to side or cross hstd (2 sec) – lower to end position touching beam or to clear straddle support; also with ½ turn (180°) in hstd.</i> 跳起，慢起或擺起至橫木或縱木手倒立（2秒）-下落成觸木姿勢結束，也可手倒立轉體 180°</p>  | <p>1.310 <i>Jump, press or swing to cross or side hstd with 1/1 - 1½ turn (360°-540°) – lower to end position touching beam or to clear straddle support</i> 跳起，慢起或擺起至橫木或縱木手倒立轉體 360°-540°下落成觸木姿勢或分腿支撐結束</p>  | <p>1.410</p> | <p>1.510</p> | <p>1.610</p> |

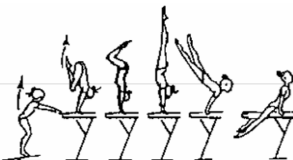
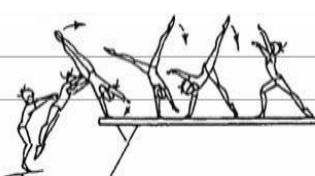
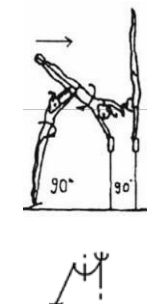
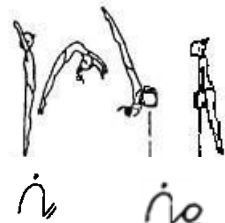
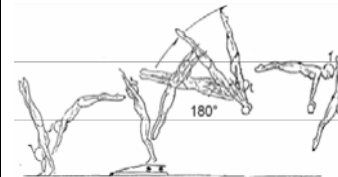
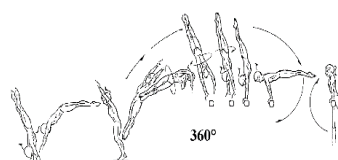
1.000 — MOUNTS

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| <p>1.111 <i>Planche with support on one or both bent arms (2 sec.), also legs in cross split position</i> 單臂或雙臂屈臂水平支撐 (2 秒) , 分腿 姿勢</p>  | <p>1.211 <i>From cross or side stand jump with bent hips to clear front support above horizontal minimum at 45° (Planche) (2 sec.)</i> - lower to optional end position 跳起經屈髖成橫木水平支撐 45° (浮撐 支撐高於水平) (2 秒) - 下落成任何姿 勢結束</p>  | <p>1.311 <i>Jump with stretched hips to planche (2 sec.)</i> 直髖跳起成水平支撐 45° (2 秒) , 也可跳起慢起或擺起至橫木或縱木手倒立-下落至水平支撐至少 45° (2 秒) , 也可手倒立階段轉體 180°</p>  <p><i>Jump, press, or swing to hstd – lower to planche (2 sec.) also with ½ turn (180°) in hstd</i></p>  <p><i>Jump, press, or swing to hstd – lower to clear pike support (2 sec.) also with ½ turn (180°) in hstd</i></p> <p>跳起、慢起或擺起至橫木手倒立/或加轉(180°)-下落成屈體浮撐支撐 (2 秒)</p>  <p><i>Jump, press, or swing to cross or side hstd (2 sec.) release one hand to land on one foot, or with swing down swd; also with ½ turn (180°) in hstd</i></p> <p>跳起, 慢起或擺起至橫木或縱木手倒立-放開 單手側擺下落也可在手倒立轉體 180°</p>  | <p>1.411 <i>Jump, press or swing to cross or side hstd – 1/1 turn (360°) in hstd – lower to planche (2 sec.), or to clear pike support (2 sec.)</i> 跳起, 慢起或擺起至橫木手倒立-轉體 360°-成橫木水平支撐 (2 秒) , 或屈體浮撐支撐 (2 秒)</p>  <p><i>Jump, press, or swing to cross or side hstd – 1/1 turn (360°) in hstd – release one hand with swing down swd</i> 跳起, 慢起或擺起至縱木或橫木手倒立轉體 360°-放開單手下擺落成後撐</p>  | <p>1.511</p> | <p>1.611</p> |

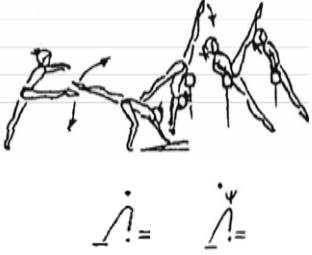
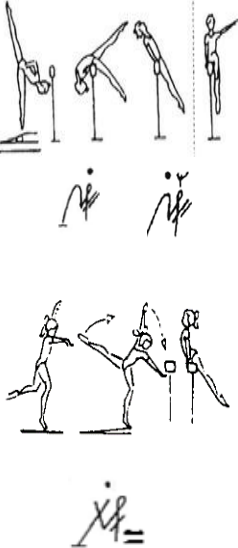
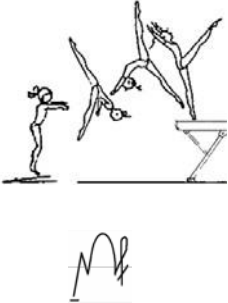
1.000 — MOUNTS

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| <p>1.112</p> | <p>1.212</p> | <p>1.312</p> <p><i>Hstd in cross position with large arch span, also piked with one leg vertical, other leg bent (2 sec.)</i> <i>- lower to optional end position</i> 縱木大背弓手倒立，也可屈體一腿垂直另一腿彎曲（2秒）-落下成任意姿勢</p>  <p><i>Cross or side Hstd with horizontal leg hold (2 sec.) – reverse planche in different variations - lower to optional end position</i> 縱木或橫木手倒立腿舉水平位-各種不同的背弓（2秒）-下落至任意姿勢</p>  <p style="text-align: center;">p</p> | <p>1.412</p> <p><i>Jump or press to side Hstd – walkover fwd to side stand on both legs</i> 跳起或慢起成橫木手倒立，-前軟翻成雙腿橫木站立</p>   | <p>1.512</p> | <p>1.612</p> |
| <p>1.113</p> | <p>1.213</p> <p><i>Press to side hstd, with bending - stretching of legs – hop with ¼ turn (90°) to cross hstd - lower to optional end position</i> 慢起成橫木手倒立-經屈-直腿手跳轉 90° 至縱木手倒立-落下成任意姿勢結束</p>  <p style="text-align: center;">M</p> | <p>1.313</p> <p><i>Jump press or swing to hstd shift weight to one arm hstd (2 sec.) – lower to optional end position</i> 跳起，慢起或擺起手倒立移重心至單臂手倒立（2秒）-落下成任意姿勢結束</p>   | <p>1.413</p> <p><i>Jump or press on one arm to hstd lower to optional end position, also jump, press or swing to cross or side hstd – shift weight to side hstd on one arm (2 sec.), lowering to clear straddle support on one arm, also with ¼ turn (90°)</i> 跳起，慢起單臂手倒立下落至任意姿勢結束，也可跳起，慢起或擺起成縱木或橫木手倒立-移重心至橫木單臂手倒立（2秒）-下落成單臂浮撐分腿支撐，也可轉體 90°</p>     | <p>1.613</p> | <p>1.613</p> |

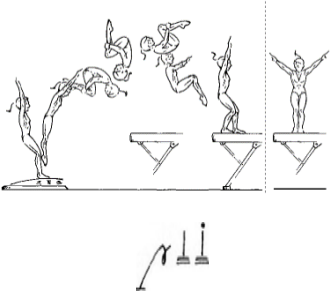
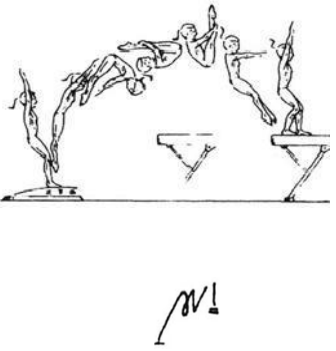
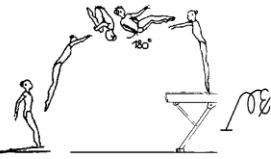



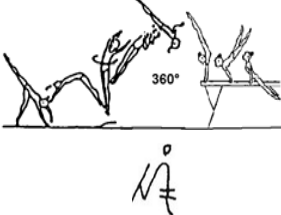
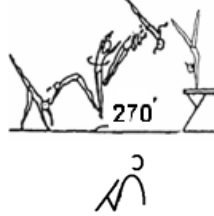
1.000 — MOUNTS

| A | B | C | D | E | F/G |
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| <p>1.114 <i>Jump to hstd with bent or straight legs – lower to optional end position</i> 跳起成屈腿或直腿手倒立，下落成任意姿 勢結束</p>  <p style="text-align: center;"><i>M</i></p> | <p>1.214 <i>Cartwheel on one or both arms</i> 單臂或雙臂側手翻上</p>  <p style="text-align: center;"><i>X</i></p> | <p>1.314 <i>90° approach to beam – jump with ¼ turn (90°) and extended hips through a momentary hstd on one arm with immediate ¼ turn (90°) and support on second arm to side hstd - lower to optional end position</i> 面向橫木 90°助跑-直體跳起轉體 90°經短暫單臂倒立立即轉體 90°並第二隻手支撐至橫木手倒立-下落側過任意姿勢結束</p>  <p style="text-align: center;"><i>M</i></p> | <p>1.414 <i>From rear stand (back towards beam), flic flac over beam to candle position, ending in front support with or without bwd hip circle</i> 背向橫木站立，後手翻越木成正撐接或不接 做腹回環</p>  <p style="text-align: center;"><i>no</i></p> <p><i>Round-off in front of beam – jump with ½ twist (180°) to near side hstd – lower to optional position</i> 橫木蹠子-跳起轉體 180°成橫木接近手倒立-下落側過任意姿勢結束</p>  <p style="text-align: center;"><i>no</i></p> | <p>1.514 <i>Round-off in front of beam – flic-flac with 1/1 twist (360°) to hip circle bwd</i> 橫木蹠子-跳起轉體 360°接橫木腹回環</p>  <p style="text-align: center;"><i>no</i></p> | <p>1.614</p> |



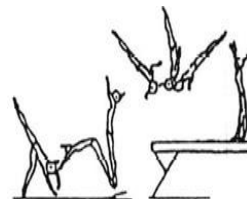
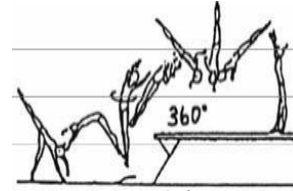
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--------------|---|--|--------------|--------------|---|
| <p>1.115</p> | <p>1.215 <i>Handspring fwd with hand repulsion from springboard to rear support – or with ¼ turn (90°) to cross sit on thigh – 90° approach to beam</i> 面對橫木 90°助跑-從踏板上推手前手翻 成後撐-或轉體 90°縱木外側坐</p>  | <p>1.315 <i>Free (aerial) walkover fwd to rear support – or with ¼ turn (90°) to cross sit on thigh, or Free (aerial) cartwheel to front support – 90° approach to beam</i> 面對橫木 90°助跑-挺身前空翻成後撐-或轉體 90°成縱木外側坐面對橫木 90°助跑-側空翻成前(側)撐</p>  | <p>1.415</p> | <p>1.515</p> | <p>1.615 <i>Aerial walkover fwd to cross stand – approach at end of beam, take off from both feet</i> 木端助跑-雙腳起跳挺身前空翻成縱木站立</p>  |


1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--------------|--------------|---|--|--|--|
| <p>1.116</p> | <p>1.216</p> | <p>1.316</p> | <p>1.416 Salto fwd tucked to cross or side stand – approach at end of beam 木端助跑-團身前空翻成縱木或橫木站立</p>  | <p>1.516 Salto fwd piked to stand – approach at end of beam 木端助跑-屈體前空翻成站立</p>  | <p>1.616 Salto fwd tucked with ½ twist (180°) 團身前空翻轉體 180°上</p>  <p>1.716 - Round-off at end of beam – take off bwd. with ½ turn (180°) – tucked salto fwd. to stand 木端跳子向後跳起轉體 180°團身前空翻上成站立</p>  |
| <p>1.117</p> | <p>1.217</p> | <p>1.317 Round-off at end of beam – flic-flac through hstd with swing down to cross straddle sit 木端跳子-單臂或雙臂後手翻成分腿騎坐</p>  | <p>1.417 Round-off at end of beam – flic-flac through hstd – support on one or both arms – to cross stand on beam 木端跳子-單臂或雙臂後手翻成縱木站立或轉體 360°成分腿騎坐</p>  <p>Round-off at end of beam – flic-flac with 1/1 twist (360°) into swing down to cross straddle sit</p>  | <p>1.517 Round-off at end of beam – flic-flac with ¾ twist (270°) to cross stand on beam 木端跳子-後手翻轉體 270°成縱木站立</p>  | <p>1.617</p> |





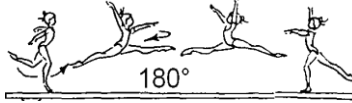

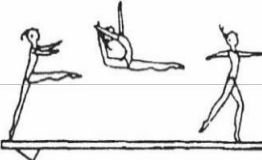

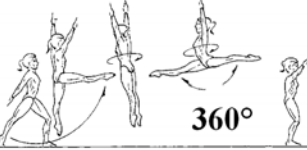



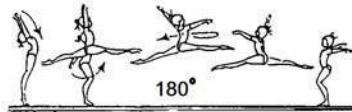

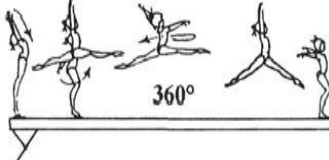

1.000 — MOUNTS

| A | B | C | D | E | F/G |
|--------------|--------------|--------------|--------------|--|---|
| <p>1.118</p> | <p>1.218</p> | <p>1.318</p> | <p>1.418</p> | <p>1.518 <i>Round-off at end of beam – salto bwd tucked, piked or stretched with step-out to cross or side stand on beam</i> 木端躑子-團身、屈體、拉拉提後空翻轉體成縱木站立</p>  | <p>1.618 <i>Round-off at end of beam – salto bwd tucked with 1/1 twist (360°) to cross stand</i> 木端躑子團身後空翻轉體 360°成縱木站立</p>  <p>NE¹¹</p> <p><i>Round-off at end of beam – salto bwd stretched to cross stand on beam</i> 木端躑子-直體後空翻成縱木站立</p>  <p>NE¹¹</p> <p>1.718 <i>Round-off at end of beam – salto bwd stretched with 1/1 twist (360°) to cross stand on beam</i> 木端躑子-直體後空翻轉體 360°成縱木 站立</p>  |

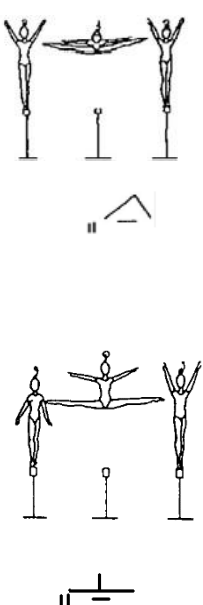
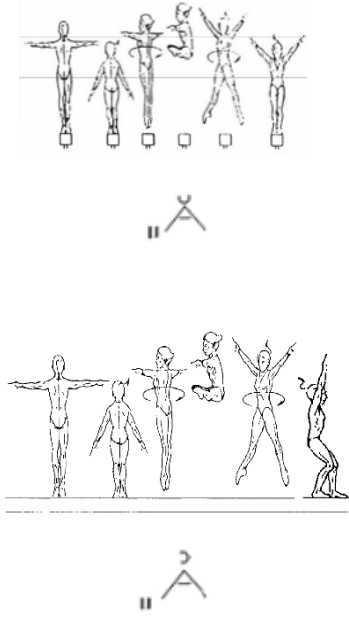
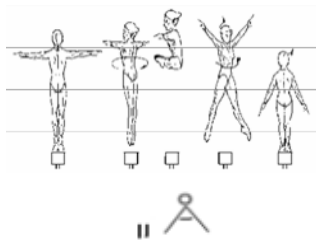
1.000 — MOUNTS

| A | B | C | D | E | F/G |
|-------|-------|-------|-------|-------|---|
| 1.119 | 1.219 | 1.319 | 1.419 | 1.519 | <p data-bbox="1854 151 2161 247"> 1.619 <i>Jump fwd with ½ twist (180°) – salto bwd piked</i> 向前跳轉 180°-屈體後空翻 </p>  <p data-bbox="1948 462 2038 518"><i>rev</i></p> |

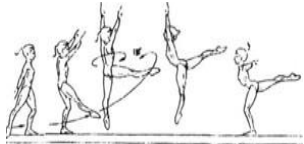
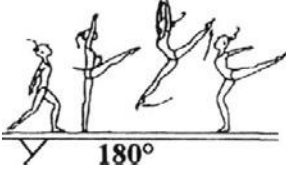


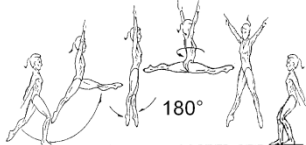

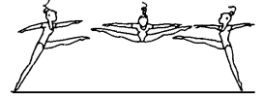
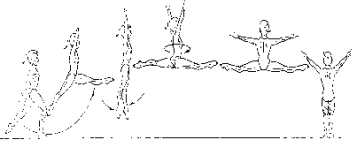
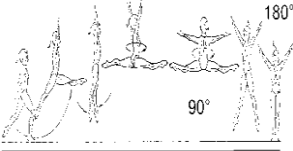
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|--|---|---|--|--|---------------------|
| <p>2.101 Stag Split leap fwd (leg separation 180°) 向前鹿跳 (分腿 180°)</p>   | <p>2.201 Split leap fwd (leg separation 180°) 向前劈叉跳 (分腿 180°)</p>   | <p>2.301 Split leap fwd with ½ turn (180°). 向前劈叉跳轉體 180°</p>   | <p>2.401 Split ring leap (180° separation of legs) 向前劈叉結環跳 (分腿 180°)</p>   | <p>2.501 Split leap with 1/1 turn (360°) 向前劈叉跳轉體 360°</p>   | <p>2.601</p> |
| <p>2.102</p> | <p>2.202 Split jump (leg separation 180°) from cross position 縱木原地劈叉跳</p>   | <p>2.302 Split jump with ½ turn (180°) from cross position 縱木原地劈叉跳轉體 180°</p>   | <p>2.402 Split jump with 1/1 turn (360°) from cross position 縱木原地劈叉跳轉體 360°</p>   | <p>2.502</p> | <p>2.602</p> |
| <p>雙腳跳從橫木方向起在縱木方向完成，或反之，均判為在縱木方向完成（增加 90°不能成為另一個動作）。</p> | | | | | |

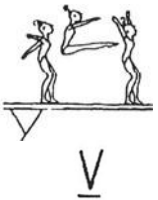
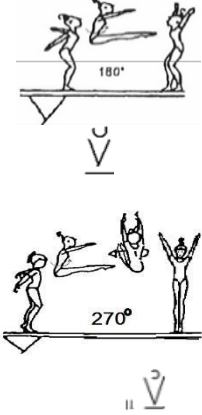
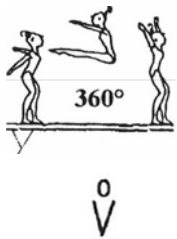
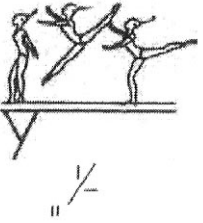
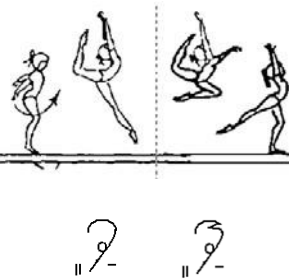
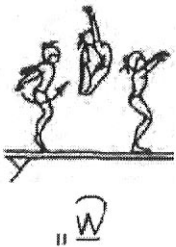

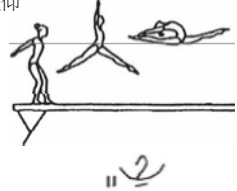
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|---------------------|---|--|--|--|---------------------|
| <p>2.103</p> | <p>2.203 <i>Straddle pike jump (both legs above horizontal), or side split jump from cross position</i> 縱木分腿屈體跳 (雙腿高於水平) 或橫劈叉跳</p>  | <p>2.303 <i>Straddle pike jump with ½ turn (180°) from cross position</i> 縱木分腿屈體跳轉體 180°</p>  | <p>2.403 <i>Straddle pike with 1/1 turn (360°) from cross position</i> 縱木分腿屈體跳轉體 360°</p>  | <p>2.503</p> | <p>2.603</p> |
| | | | | <p>雙腳跳從橫木方向起在縱木方向完成，或反之，均判為在縱木方向完成（增加 90°不能成為另一個動作）。</p> | |


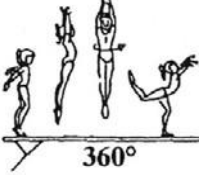
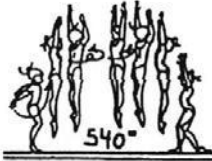

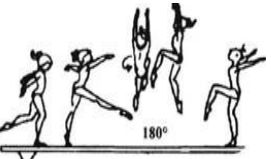
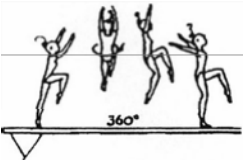
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|---|---|--|--|---|---------------------|
| <p>2.104</p> | <p>2.204 <i>Fouetté hop with ½ turn (180°) to land in arabesque (free leg above horizontal)</i>)剪式跳轉 180°至自由腿高於水 平的單腿半蹲立</p>  <p style="text-align: center;">64</p> | | <p>2.404 <i>Fouette hop with leg change to cross split (leg separation 180°) (tour jeté)</i> 剪式交換腿劈叉跳 (分腿 180°) 至單腳</p>  <p style="text-align: center;">180° 4/-</p> | <p>2.504</p> | <p>2.604</p> |
| <p>2.105 <i>Stride leap fwd with change of legs to wolf position (hip angle at 45°)</i> 向前交換腿成狼跳 (髖角在 45°)</p>  <p style="text-align: center;">W</p> | <p>2.205</p> | <p>2.305 <i>Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation <after leg change) (Switch Leap)</i> 向前交換腿 (自由腿前擺至少 45°) 成縱劈叉跳 (前後腿 180°)</p>  <p style="text-align: center;">Z</p> | <p>2.405 <i>Switch Leap with ½ turn (180°)</i> 向前交換腿 轉體 180°</p>  <p style="text-align: center;">180° NC</p> | <p>2.505 <i>Switch leap to ring position (180° separation of legs)</i> 交換腿結環跳 (分腿 180°)</p>  <p style="text-align: center;">Z</p> | <p>2.605</p> |
| <p>2.106</p> | <p>2.206 <i>Leap with ¼ turn (90°) into straddle pike position (both legs above horizontal), to land on one or both feet</i> 向前跳起轉體 90°成分腿屈體跳 (兩腿高於水平), 單腳或雙腳落木</p>  <p style="text-align: center;">0-^</p> | <p>2.306 <i>Leap fwd with leg change and ¼ turn (90°) to side split (180°) or straddle pike position (Johnson)</i> 向前交換腿劈叉跳轉體 90°成橫劈叉跳或分腿屈體姿勢</p>  <p style="text-align: center;">Z^</p> | <p>2.406</p> | <p>2.506 <i>Johnson with additional ½ turn (180°)</i> 向前交換腿劈叉跳轉體 90°成橫劈叉跳 或分腿屈體姿勢再增轉 180°</p>  <p style="text-align: center;">180° 90° Z^</p> | <p>2.606</p> |

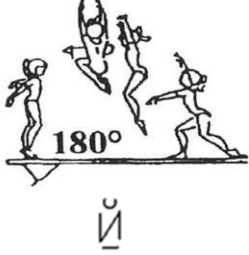
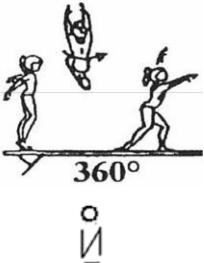
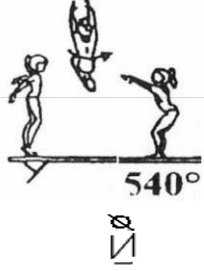
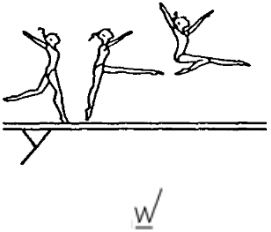
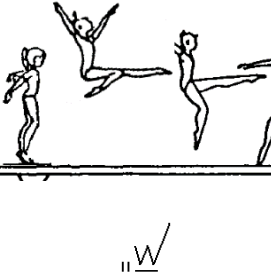
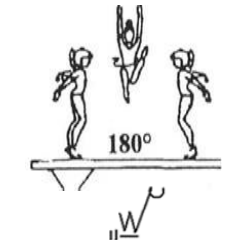
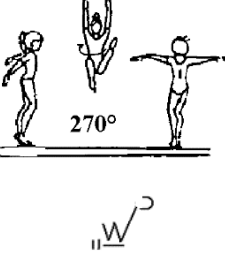
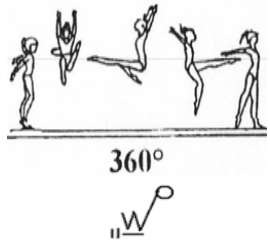
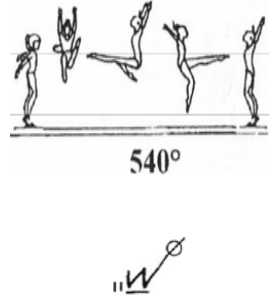
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|--|--|---|---|---------------------|---------------------|
| <p>2.107 Pike jump from cross position (hip <math><90^\circ</math>) 縱木屈體跳 (髖角小於 90°)</p>  | <p>2.207 Pike jump from cross position with $\frac{1}{2}$ turn (180°) 縱木屈體跳轉 180°或 270°</p>  | <p>2.307</p> | <p>2.407 Pike jump from cross position with 1/1 turn (360°) 縱木屈體跳轉 360°</p>  | <p>2.507</p> | <p>2.607</p> |
| <p>雙腳跳從橫木方向起在縱木方向完成，或反之，均判為在縱木方向完成（增加 90°不能成為另一個動作）。</p> | | | | | |
| <p>2.108 Sissone, (leg separation 180° on the diagonal /45° to the floor) take off from both feet, land on one foot 西松跳 (分腿 180°與地面角度為斜向 45°雙腳起跳，單腳落)</p>  | <p>2.208 Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs), or stag-ring jump 雙腳起跳的 (後腳至頭高，挺身頭後仰) 結環跳 (分腿 180°) 或鹿接環</p>  | <p>2.308 Jump with upper back arch and head release with feet to head height/closed Ring (Sheep jump) 雙腳起跳，挺身後仰抬頭，雙腳至頭高，呈閉環狀 (羊結環跳)</p>  | <p>2.408 Split ring jump (180° separation of legs) 向前劈叉結環跳 (分腿 180°)</p>  <p>Jump to cross over split with body arched and head dropped bwd (Yang-Bo) 縱木楊波跳-分腿大於劈叉上體後屈與地面平行並頭後仰</p>  | <p>2.508</p> | <p>2.608</p> |

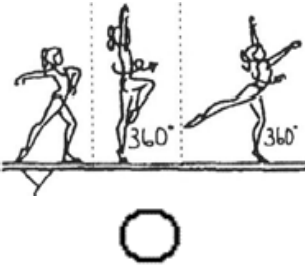
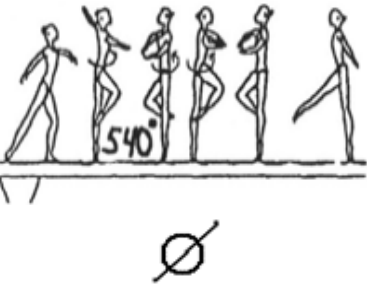
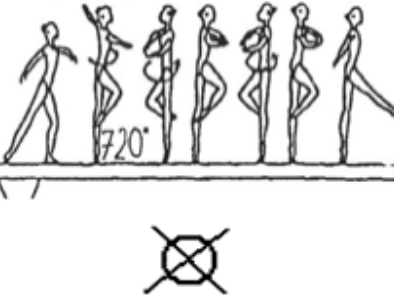
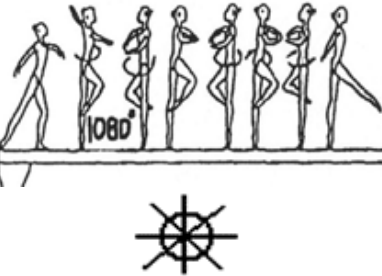
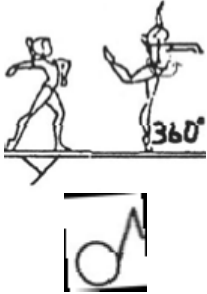
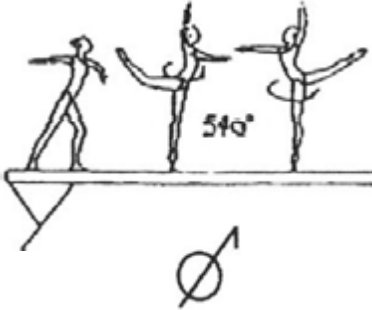
2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|---|--|---|---|---------------------|---------------------|
| <p>2.109</p> | <p>2.209 Hop with ½ turn (180°) free leg extended above horizontal throughout 小跳轉 180°，自由腿自始至終伸直腿並高於水平位。</p>  <p style="text-align: center;">Y</p> | <p>2.309 Stretched jump/hop with 1/1 turn (360°) from cross position 縱木-單腳或雙腳起跳直體跳轉 360°</p>  <p style="text-align: center;">O</p> | <p>2.409 Stretched jump/hop with 1½ turn (540°) from cross position 縱木-單腳或雙腳起跳直體跳轉 540°</p>  <p style="text-align: center;">Ø</p> | <p>2.509</p> | <p>2.609</p> |
| <p>2.110 Cat leap (knees above horizontal alternately) 貓跳(膝高於水平交換)</p>  <p style="text-align: center;">M</p> | <p>2.210 Cat leap with ½ turn (180°) 貓跳轉體 180°</p>  <p style="text-align: center;">M̂</p> | <p>2.310 Cat leap with 1/1 turn (360°) 貓跳轉體 360°</p>  <p style="text-align: center;">M̂</p> | <p>2.410</p> | <p>2.510</p> | <p>2.610</p> |

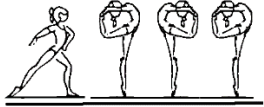


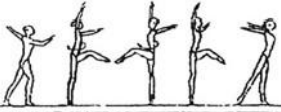






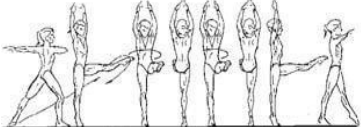

2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|---|--|--|--|--|----------------------|
| <p>2.111</p> | <p>2.211 Tuck hop or jump with ½ turn (180°) from cross position (hip & knee angle at 45°) 縱木或橫木單腳或雙腳起跳團身跳轉 180° (髖角和膝 45°)</p>  | <p>2.311 Tuck hop or jump with 1/1 turn (360°) from cross position 縱木或橫木單腳或雙腳起跳團身跳轉 360°</p>  | <p>2.411 Tuck hop or jump with 1½ turn (540°) from cross position 縱木或橫木單腳或雙腳起跳團身跳轉 540°</p>  | <p>2.511</p> | <p>2.6111</p> |
| <p>雙腳跳從橫木方向起在縱木方向完成，或反之，均判為在縱木方向完成（增加 90°不能成為另一個動作）。</p> | | | | | |
| <p>2.112 Wolf hop or jump from cross position. (hip angle at 45°, knees together) 縱木單腳或雙腳起跳狼跳 (髖角 45°，雙膝併攏)</p>   | <p>2.212 Wolf hop or jump with ½ turn (180°) from cross position. 縱木單腳或雙腳起跳狼跳轉體 180°</p>   | <p>2.312</p> | <p>2.412 Wolf hop or jump with 1/1 turn (360°) from cross position 縱木單腳或雙腳起跳狼跳轉體 360°</p>  | <p>2.512 Wolf hop or jump with 1½ turn (540°) from cross position 縱木單腳或雙腳起跳狼跳轉體 540°</p>  | <p>2.612</p> |





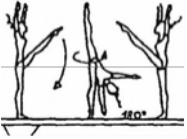

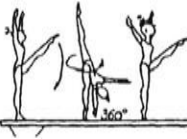

3.000 — GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|--|--|---|---|---|---------------------|
| <p>3.101</p> <p><i>1/1 turn (360°) on one leg – free leg optional below horizontal</i> 單腳轉體 360°-自由腿低於水平</p>  | <p>3.201</p> <p><i>1½ turn (540°) on one leg – free leg optional below horizontal</i> 單腳轉體 540°-自由腿低於水平</p>  | <p>3.301</p> | <p>3.401</p> <p><i>2/1 turn (720°) on one leg – free leg optional below horizontal</i> 單腳轉體 720°-自由腿低於水平</p>  | <p>3.501</p> <p><i>3/1 turn (1080°) on one leg – free leg optional below horizontal</i> 單腳轉體 1080°-自由腿低於水平</p>  | <p>3.601</p> |
| <p>3.102</p> | <p>3.202</p> | <p>3.302</p> <p><i>1/1 turn (360°) on one leg, thigh of free leg at horizontal, bwd upward throughout turn</i> 單腳轉體 360°-自由腿在整個轉體中後舉大腿置於水平</p>  | <p>3.402</p> <p><i>1½ turn (540°) on one leg, thigh of free leg at horizontal, bwd upward throughout turn</i> 單腳轉體 540°-自由腿在整個轉體中後舉大腿置於水平</p>  | <p>3.502</p> | <p>3.602</p> |

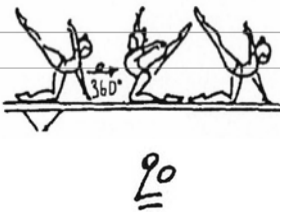
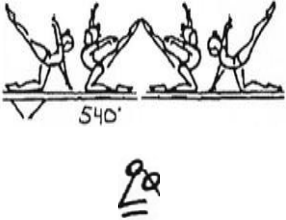
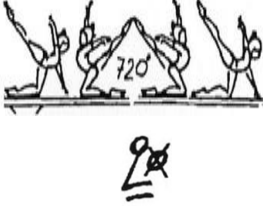
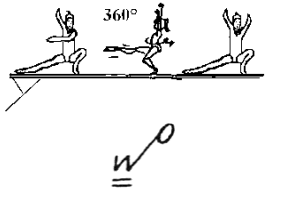
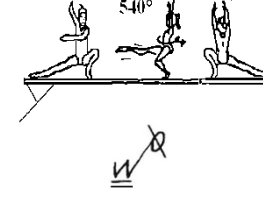
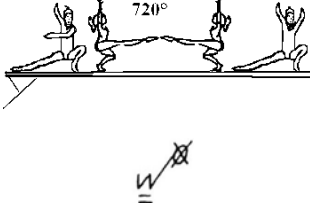
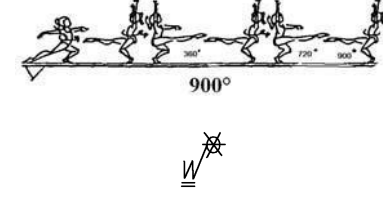
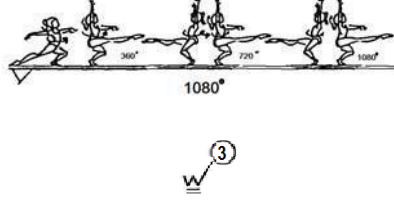
3.000 — GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|---------------------|---------------------|--|---|--|---------------------|
| <p>3.103</p> | <p>3.203</p> | <p>3.303</p> | <p>3.403 <i>1/1 turn (360°) pirouette with free leg held bwd with both hands</i> 單腿轉體 360° 雙手握後腿後上舉自由腿</p>  <p align="center">360°</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 heel of free leg fwd at horizontal throughout turn, with/without holding free leg with hand (support and free leg may be straight or bent)</i> 單腳轉體 360°-自由腿前舉腿跟在整個轉體中置於水平位 (支撐腿和自由腿可直可屈)</p>  <p align="center">360°</p>  <p align="center">360°</p>   | <p>3.404 <i>1½ turn (540°) with heel of free leg fwd at horizontal throughout turn, with/without holding free leg with hand (support and free leg may be straight or bent)</i> 單腳轉體 540°-自由腿前舉腿跟在整個轉體中置於水平位 (支撐腿和自由腿可直可屈)</p>  <p align="center">540°</p>  <p align="center">540°</p>   | <p>3.504 <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> 單腳轉體 720°-自由腿前舉腿跟在整個轉體中置於水平位 (支撐腿和自由腿可直可屈)</p>  <p align="center">720°</p>  | <p>3.604</p> |

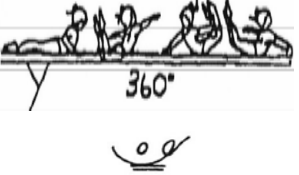
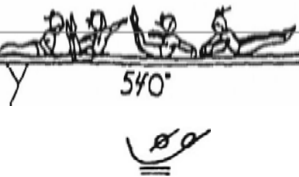
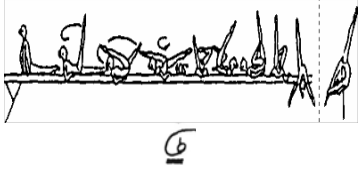
3.000 — GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|---------------------|--|--|---|---------------------|---------------------|
| <p>3.105</p> | <p>3.205</p> | <p>3.305 <i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i> 單腳轉體 360°-自由腿在整個轉體中上舉成劈腿 180°的姿勢</p>  <p align="center">360°</p>  | <p>3.405 <i>1 ½ turn (540°) with free leg held upward in 180° split position throughout turn</i> 單腳轉體 540°-自由腿在整個轉體中上舉成劈腿 180°的姿勢</p>  <p align="center">540°</p>  | <p>3.505</p> | <p>3.605</p> |
| <p>3.106</p> | <p>3.206 <i>½ illusion turn (180°) through standing split (180° legs separation) with/without brief touching of beam with one hand</i> 瑤子翻身轉體 180°帶經劈腿過程，帶或不帶單手短暫觸木（分腿 180°）</p>   | <p>3.306</p> | <p>3.406 <i>1/1 illusion turn (360°) through standing split (180° legs separation) with/without brief touching of beam with one hand</i> 瑤子翻身轉體 360°帶經劈腿過程，可帶或不帶單手短暫觸木（分腿 180°）</p>   | <p>3.506</p> | <p>3.606</p> |

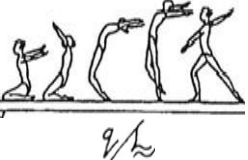

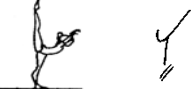

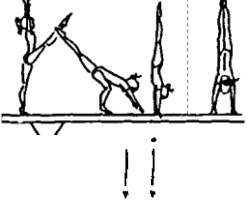
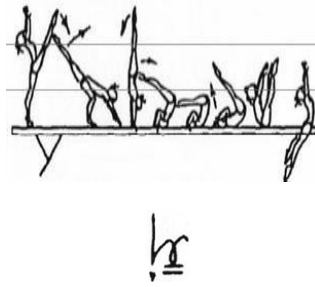
3.000 — GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|--|---|--|--|---|---------------------|
| <p>3.107 1/1 turn (360°) in knee arabesque – hand support alternate 跪轉 360°自由腿後舉-手交替支撐</p>  | <p>3.207 1½ turn (540°) in knee arabesque – hand support alternate 跪轉 540°自由腿後舉-手交替支撐</p>  | <p>3.307 2/1 turn (720°) in knee arabesque – hand support alternate 跪轉 720°自由腿後舉-手交替支撐</p>  | <p>3.407</p> | <p>3.507</p> | <p>3.607</p> |
| <p>3.108</p> | <p>3.208 1/1 turn (360°) in tuck stand on one leg - free leg optional 單腿蹲轉 360°自由腿任意姿勢</p>  | <p>3.308 1½ turn (540°) in tuck stand on one leg - free leg optional 單腿蹲轉 540°自由腿任意姿勢</p>  | <p>3.408 2/1 turn (720°) or 2½ turn (900°) in tuck stand on one leg - free leg optional 單腿蹲轉 720°自由腿任意姿勢</p>   | <p>3.508 3/1 turn (1080°) or more in tuck stand on one leg - free leg optional 單腿蹲轉 1080°自由腿任意姿勢</p>  | <p>3.608</p> |

3.000 — GYMNASTIC TURNS


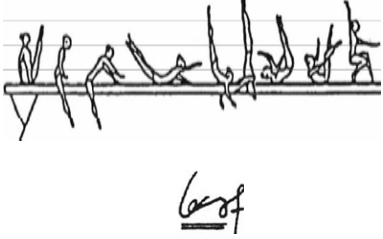


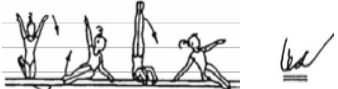
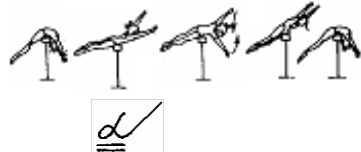
| A | B | C | D | E | F/G |
|---------------------|---|---------------------|--|---------------------|---------------------|
| <p>3.109</p> | <p>3.209 <i>1/1 turn to 1½ turn (360°- 540°) in prone position – alternate support of hands permitted</i> 俯臥轉體 360°-540°-允許手交替支撐</p>   | <p>3.309</p> | <p>3.409 <i>1¼ (450°) turn on back in kip position (hip-leg angle closed)</i> 背轉 450° 腿與髖貼近</p>  | <p>3.509</p> | <p>3.609</p> |

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

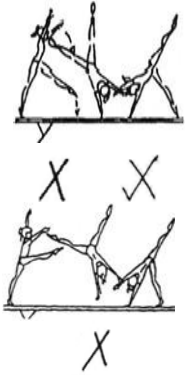
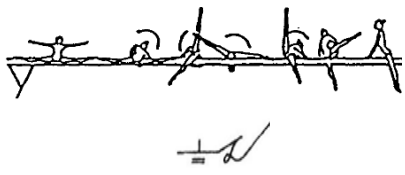
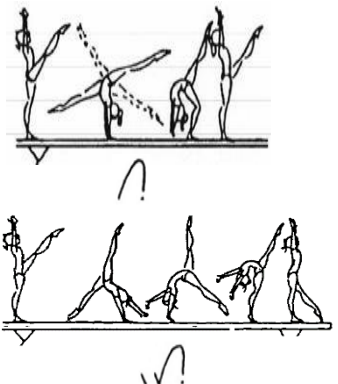
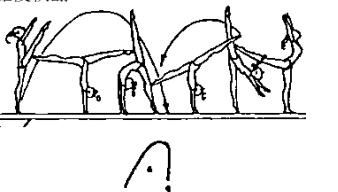
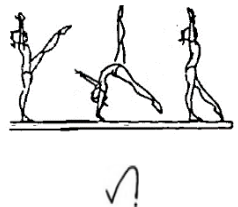
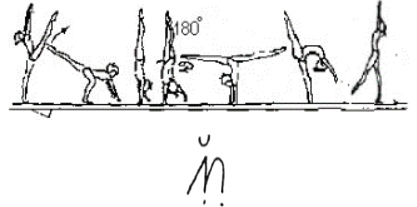
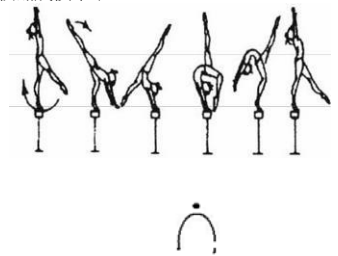
| A | B | C | D | E | F/G |
|---|--|---------------------|---------------------|---------------------|---------------------|
| <p>4.101 (D) <i>From kneeling sit position, rise upward with body wave through toe-balance stand</i> 跪坐開始，身體波浪向前挺起經腳尖平衡至站立</p>  | <p>4.201</p> | <p>4.301</p> | <p>4.401</p> | <p>4.501</p> | <p>4.601</p> |
| <p>4.102 (D) <i>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 (2 sec.)</i> 向前劈腿站立手撐木（分腿 180°）需（2 秒）或自由腿前舉劈腿（180°）腳高於頭（2 秒）</p>  <p><i>Scale fwd, support leg extended (leg separation 180°) - 2 sec.</i></p>  | <p>4.202 <i>Clear pike support (2 sec.)</i> 高直角（2 秒）</p>  | <p>4.302</p> | <p>4.402</p> | <p>4.502</p> | <p>4.602</p> |
| <p>4.103 <i>Kick to side or cross hstd (2sec), lower to end position touching beam</i> 橫木或縱木擺起手倒立(2 秒)落下任意觸木姿勢</p>  | <p>4.203 <i>Kick to cross hstd – roll fwd with or without hand support to sit position or to tuck stand</i> 縱木擺起手倒立-撐手或不撐手前滾翻成坐或蹲</p>  | <p>4.303</p> | <p>4.403</p> | <p>4.503</p> | <p>4.603</p> |

(D)算做舞蹈元素

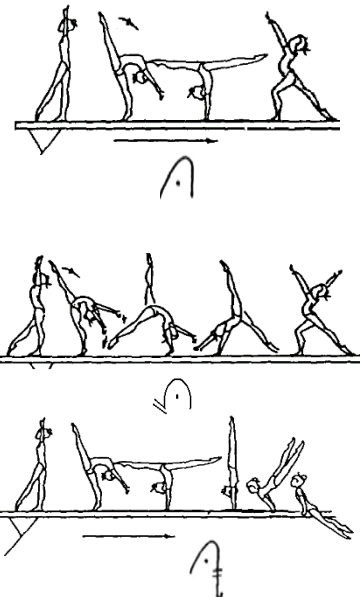
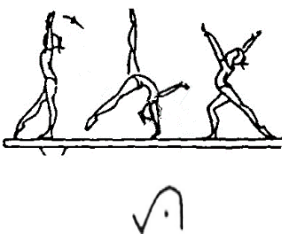
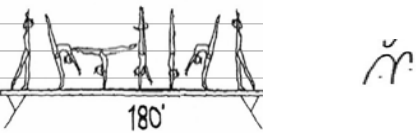
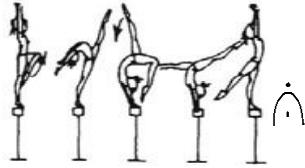
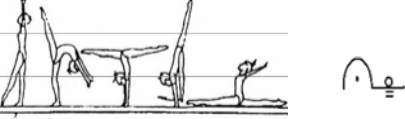
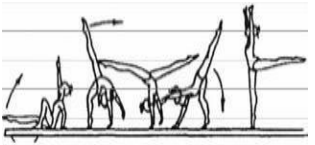




4.000 – HOLDS AND ACROBATIC NON-FLIGHT

| A | B | C | D | E | F/G |
|--------------|---|--|--------------|--------------|--------------|
| <p>4.104</p> | <p>4.204 Roll fwd without hand support to sit position or to tuck stand 不撐手前滾翻成坐或蹲</p>  | <p>4.304 Free shoulder roll fwd with hip extension and without hand support to sit position or tuck stand 不撐手直體肩滾翻成蹲或站立</p>  | <p>4.404</p> | <p>4.504</p> | <p>4.604</p> |
| <p>4.105</p> | <p>4.205 Roll bwd to hstd - lower to end position touching beam 後滾翻成手倒立，下落成任意觸木姿勢結束</p>  | <p>4.305</p> | <p>4.405</p> | <p>4.505</p> | <p>4.605</p> |
| <p>4.106</p> | <p>4.206 Roll swd, body tucked – or roll swd stretched through neck stand, also with ½ turn (180°) over shoulder 團身側滾翻或直體經肩側滾翻，也可經肩轉體180°</p>   | <p>4.306 Roll swd, body stretched 直體側滾翻</p>  | <p>4.406</p> | <p>4.506</p> | <p>4.606</p> |

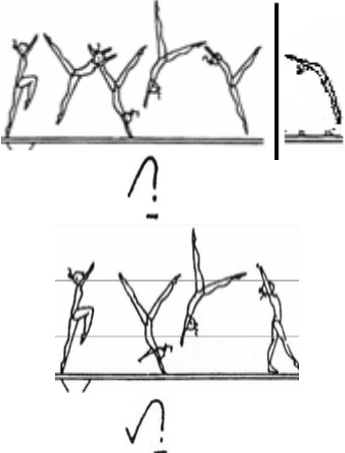
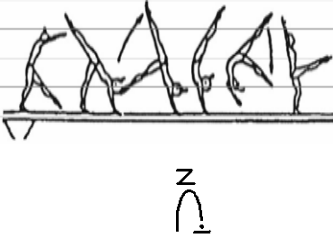
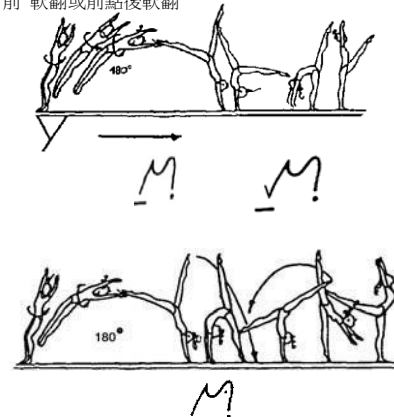
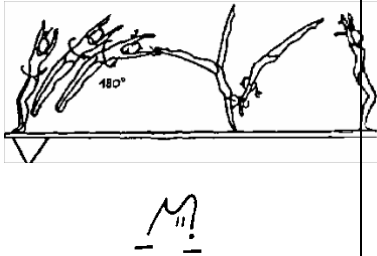
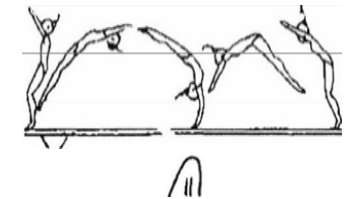
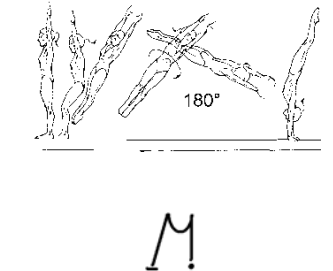
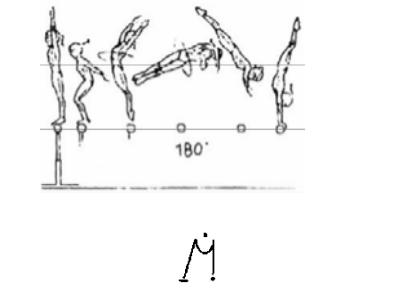
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

| A | B | C | D | E | F/G |
|---|---|--|---------------------|---------------------|---------------------|
| <p>4.107 Cartwheel, also with support on one arm, or Cartwheel with flight phase before or after hand support 側手翻, 也可單臂支撐或在支撐前或後有騰空階段</p>  | <p>4.207</p> | <p>4.307 Side split – roll swd stretched, legs separated – end position optional 橫劈腿-直體分腿側滾翻-任意姿勢結束</p>  | <p>4.407</p> | <p>4.507</p> | <p>4.607</p> |
| <p>4.108 Walkover fwd, with/without alternate hand support (Tinsica)</p>  <p>Walkover fwd, bwd (Tic-Toc) 前點後軟翻</p>  | <p>4.208 Walkover fwd, with support of one arm 單臂前軟翻</p>  | <p>4.308 Kick to cross hdst with 1/2 turn (180°) to walkover fwd 擺起縱木手倒立轉體 180°至前軟翻</p>  <p>Walkover fwd in side position to Side stand 橫木前軟翻成橫木站立</p>  | <p>4.408</p> | <p>4.508</p> | <p>4.608</p> |

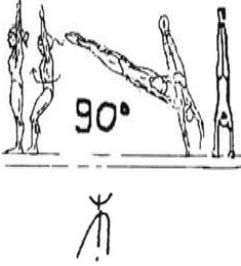
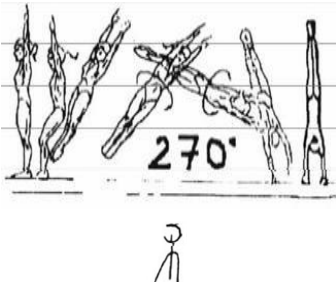
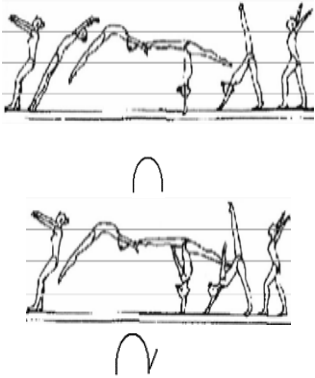
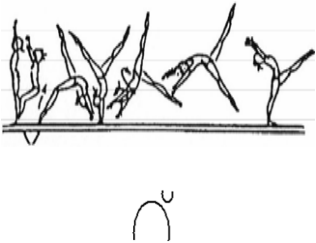
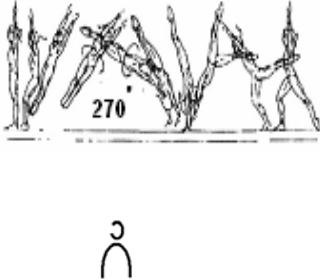
4.000 – HOLDS AND ACROBATIC NON-FLIGHT

| A | B | C | D | E | F/G |
|---|--|---|---------------------|---------------------|---------------------|
| <p>4.109 Walkover bwd, with/without alternate hand support, also with swing down to cross sit 後軟翻，有或沒有依次撐手，或下落至分腿騎坐</p>  | <p>4.209 Walkover bwd, with support of one arm 單臂後軟翻</p>  | <p>4.309 Walkover bwd with ½ turn (180°) to walkover fwd 後軟翻轉體 180°前軟翻</p>  <p>Walkover bwd in side position to side stand 橫木後軟翻成橫木站立</p>  <p>Walkover bwd with stoop through of one leg to cross split sit 後軟翻單腿中穿成落木縱劈叉</p>  | <p>4.409</p> | <p>4.509</p> | <p>4.609</p> |
| <p>4.110</p> | <p>4.210 From extended tuck sit – walkover bwd (Valdez) 從一腿前伸腿團身坐開始-後軟翻</p>   | <p>4.310 Valdez with 1/1 turn (360°) lower to end position touching beam 從一腿前伸腿團身坐開始-後軟翻轉體 360°至任意觸木姿勢結束</p>  <p>Kick over bwd through horizontal plane with support on one arm 從一腿前伸腿團身坐開始-後軟翻經單臂支撐向後水平繞腿</p>   | <p>4.410</p> | <p>4.510</p> | <p>4.610</p> |

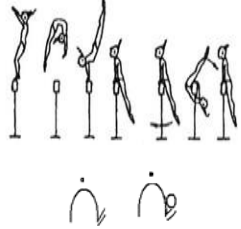
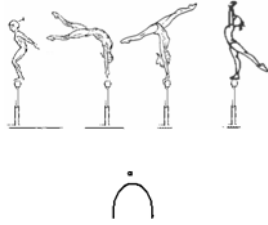
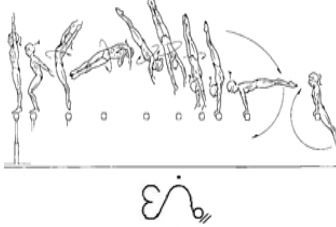
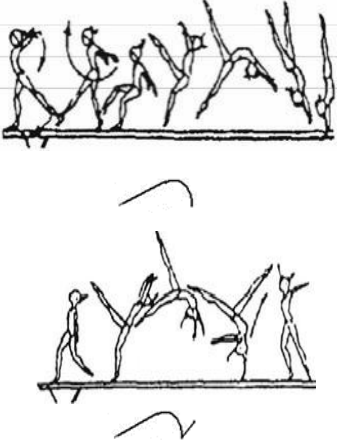
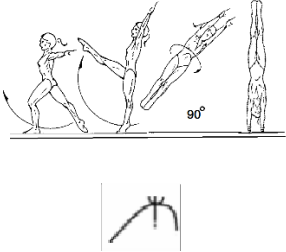
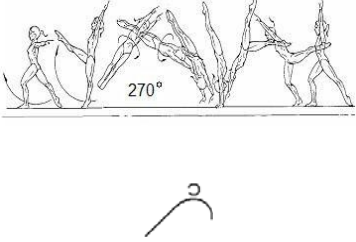
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|--------------|--|--|--|--|--------------|
| <p>5.101</p> | <p>5.201 <i>Handspring fwd with flight to land on one or both legs (same element), also with support on one arm</i> 前手翻單或雙腳落（相同動作）也可單臂支撐</p>  | <p>5.301 <i>Handspring fwd with leg change in flight phase</i> 前手翻在騰空階段交換腿</p>  | <p>5.401 <i>Jump bwd (flic-flac take-off) with 1/2 twist (180°) through hstd to walkover fwd, also with support on one arm, or to tic-toc</i> 向後跳起（後手翻跳起）轉體 180°經手倒立前 軟翻或前點後軟翻</p>  | <p>5.501 <i>Jump bwd (flic-flac take-off) with 1/2 twist (180°) to handspring fwd land on 2 feet.</i> 向後跳起（後手翻跳起）轉體 180°前手翻雙腳落</p>  | <p>5.601</p> |
| <p>5.102</p> | <p>5.202 <i>Flic-flac to land on both feet</i> 後手翻雙腳落</p>  | <p>5.302 <i>Flic-flac with 1/2 twist (180°) to hstd (2 sec.) - lower to optional end position</i> 後手翻轉體 180°成手倒立（2 秒）下落成任意姿勢結束</p>  | <p>5.402 <i>Flic-flac from side position with 1/2 twist (180°) to side hstd lower to optional end position</i> 橫木後手翻轉體 180°成橫木手倒立，下落成任意姿勢結束</p>  | <p>5.502</p> | <p>5.602</p> |

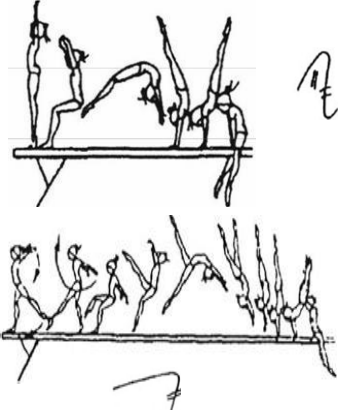
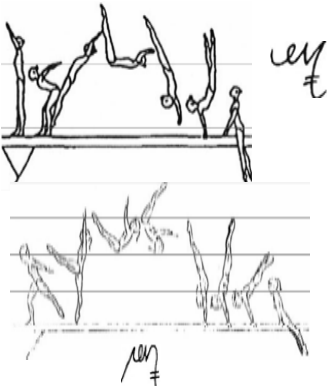
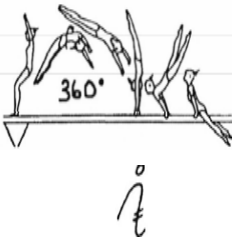
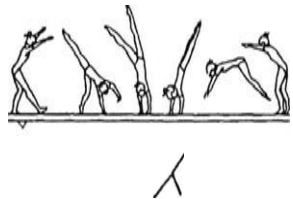
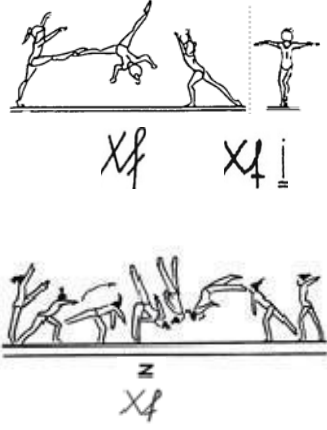
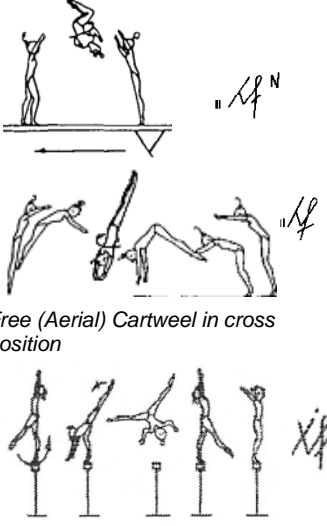
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|--------------|---|--|--|--------------|--------------|
| <p>5.103</p> | <p>5.203</p> | <p>5.303 <i>Flic-flac with ¼ twist (90°) to hstd (2 sec.) - lower to optional end position</i> 後手翻轉體 90°成手倒立(2秒)下落成任意姿勢結束</p>  | <p>5.403 <i>Flic-flac with ¼ twist (270°) to side hstd (2 sec.) - lower to optional end position</i> 後手翻轉體 270°成橫木手倒立(2秒)下落成任意姿勢結束</p>  | <p>5.503</p> | <p>5.603</p> |
| <p>5.104</p> | <p>5.204 <i>Flic-flac with step-out, also with support on one arm</i> 後手翻依次落，也可單臂支撐做</p>  | <p>5.304 <i>Flic-flac with ½ twist (180°) after hand support</i> 後手翻在撐手後轉體 180°</p>  | <p>5.404 <i>Flic-flac with min. ¼ twist (270°) before hand support</i> 後手翻在撐手前至少轉體 270°</p>  | <p>5.504</p> | <p>5.604</p> |

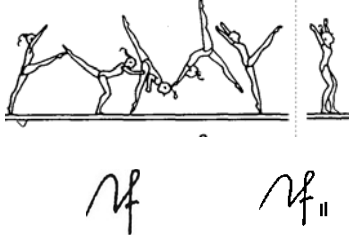

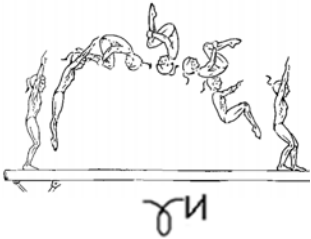
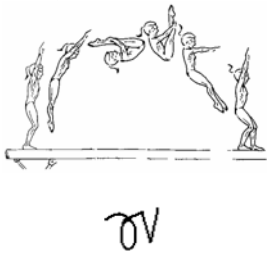
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|--------------|--|---|--|---|--------------|
| <p>5.105</p> | <p>5.205</p> | <p>5.305 <i>Flic-flac from side position to front support or with hip circle bwd</i> 橫木後手翻成正撐或接向後腹回環</p>  | <p>5.405 <i>Flic-flac with step-out from side position</i> 橫木後手翻依次落</p>  | <p>5.505 <i>Flic-flac from side position with 1/1 twist (360°) to hip circle bwd</i> 橫木後手翻轉體 360°接腹回環</p>  | <p>5.605</p> |
| <p>5.106</p> | <p>5.206 <i>Gainer flic-flac also with support on one arm</i> 前踢後手翻，也可單臂支撐做</p>  | <p>5.306 <i>Gainer flic-flac with ¼ twist (90°) to hstd (2 sec.) - lower to optional end position</i> 前踢後手翻轉體 90°成手倒立 (2 秒) 下落成任意姿勢結束</p>  | <p>5.406 <i>Gainer flic-flac with min. ¼ twist (270°) before hand support</i> 前踢後手翻在手支撐前至少轉體 270°</p>  | <p>5.506</p> | <p>5.606</p> |

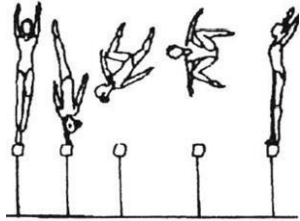
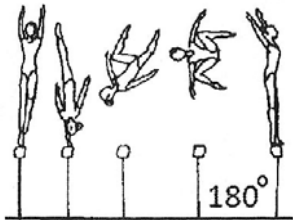
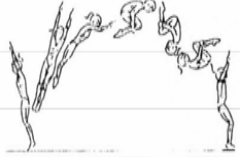

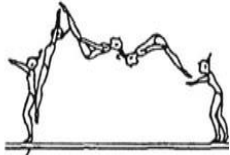
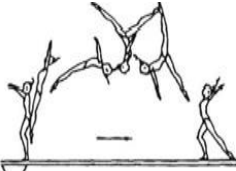
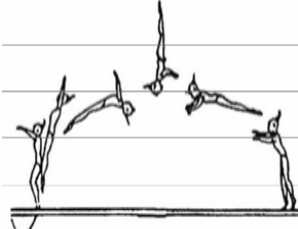
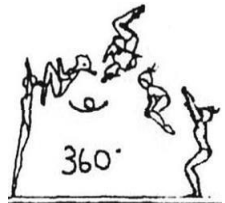
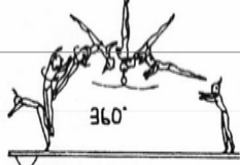
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|--------------|---|--|---|--|--------------|
| <p>5.107</p> | <p>5.207 <i>Flic-flac or Gainer flic-flac – with high flight phase, and swing down to cross straddle sit</i> 後手翻或前踢後手翻-有高騰空階段-下落至縱木分腿騎坐</p>  | <p>5.307 <i>Flic-flac or Gainer flic-flac – with piking and stretching of hips in flight phase and swing down to cross straddle sit</i> 後手翻或前踢後手翻-在騰空中有屈-展體階段-下落至縱木分腿騎坐</p>  | <p>5.407 <i>Flic-flac with 1/1 twist (360°) – swing down to cross straddle sit</i> 後手翻轉體 360°-下落至縱木分腿騎坐</p>  | <p>5.507</p> | <p>5.607</p> |
| <p>5.108</p> | <p>5.208 <i>Round-off</i> 蹻子</p>  | <p>5.308</p> | <p>5.408 <i>Free (aerial) cartwheel – landing in cross or side position, also with leg change</i> 挺身側空翻-單腳或雙腳縱向或側向落木，也可交換腿</p>  | <p>5.508 <i>Free aerial round-off tucked or piked – take off from 2 feet</i> 雙腳起跳團身或屈體挺身蹻子，或橫木挺身側空翻橫木落</p>  <p>Free (Aerial) Cartwheel in cross position</p> | <p>5.608</p> |

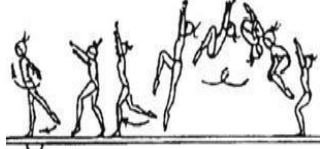

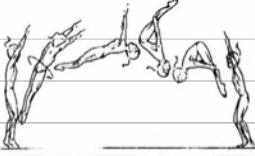
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|-------|-------|---|--|---|-------|
| 5.109 | 5.209 | 5.309 | <p>5.409 Free (aerial) walkover fwd, landing on one or both feet 挺身前空翻單腳或雙腳落</p>  | 5.509 | 5.609 |
| 5.110 | 5.210 | <p>5.310 Salto fwd tucked, take-off from one leg to stand on one or two feet 單腳起跳團身前空翻成單腳或雙腳落</p>  | <p>5.410 Salto fwd tucked to cross stand 團身前空翻成縱木站立</p>  | <p>5.510 Salto fwd piked to cross stand 屈體前空翻成縱木站立</p>  | 5.610 |

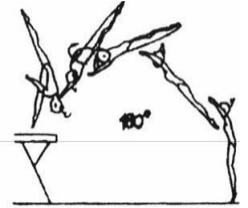
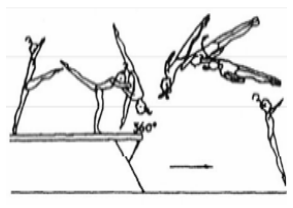
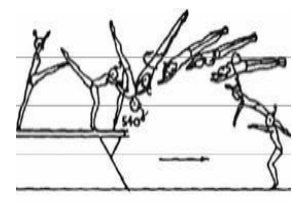
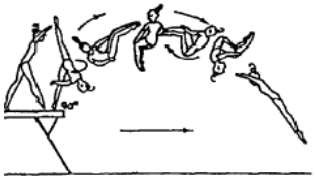
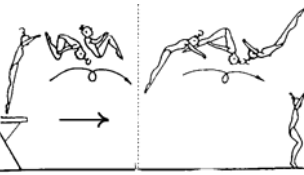
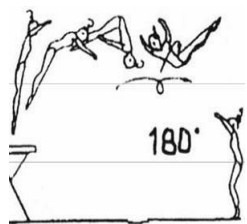
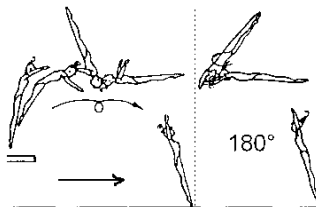

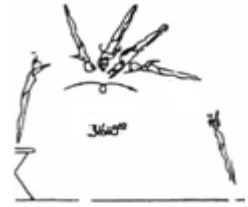
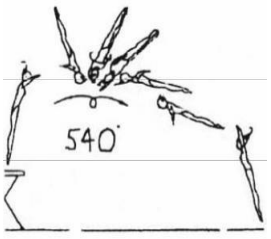
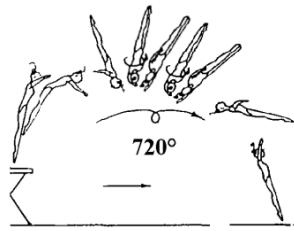
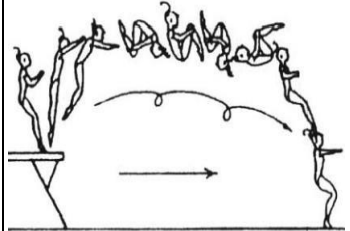
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|-------|-------|--|--|--|---|
| 5.111 | 5.211 | 5.311 | <p>5.411 Salto swd tucked take off from one leg to side stand 單腳向側起跳團身側空翻成橫木站立</p>  <p style="text-align: center;">du</p> | <p>5.511 Salto swd tucked with ½ turn (180°) take off from one leg to side stand 單腳向側起跳團身側空翻轉體 180°成橫木站立</p>  <p style="text-align: center;">du</p> | <p>5.611 Arabian salto tucked (take-off bwd with ½ twist [180°], salto fwd) 阿拉伯團身前空翻 (向後起跳轉體 180°前空翻)</p>  <p style="text-align: center;">"m</p> |
| 5.112 | 5.212 | <p>5.312 Salto bwd tucked, piked or stretched (step out) 團身、屈體或直體後空翻 (依次落)</p>    | 5.412 | <p>5.512 Salto bwd stretched with legs together 並腿直體後空翻</p>  <p style="text-align: center;">u"</p> | <p>5.612 Salto bwd tucked with 1/1 twist (360°) 團身後空翻轉體 360°</p>  <p style="text-align: center;">En</p> <p>5.712 Salto bwd stretched with 1/1 twist (360°) 直體後空翻轉體 360°</p>  <p style="text-align: center;">E</p> |

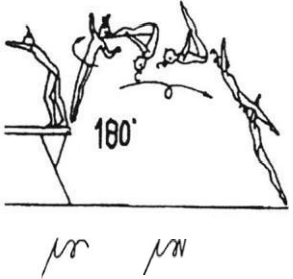
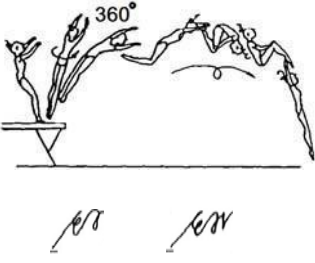
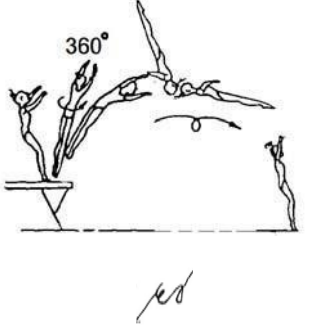
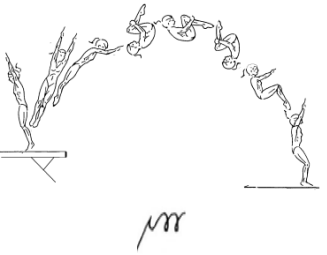
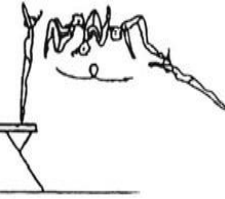
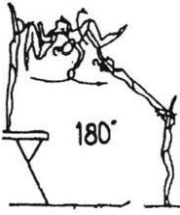
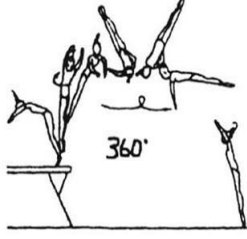
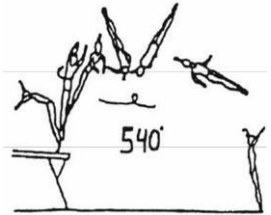
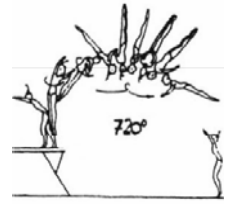
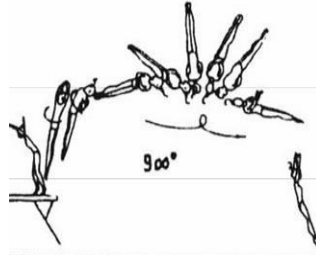
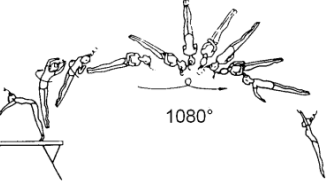
5.000 — ACROBATIC FLIGHT

| A | B | C | D | E | F/G |
|--------------|--------------|---|--------------|--------------|--|
| <p>5.113</p> | <p>5.213</p> | <p>5.313 <i>Gainer salto bwd tucked, piked or stretched-step out</i> 前踢團身、屈體、直體後空翻依次落</p>  <p style="text-align: center;"><i>re</i></p>  <p style="text-align: center;"><i>rev re</i></p> | <p>5.413</p> | <p>5.513</p> | <p>5.613 <i>Jump fwd with ½ twist (180°) – salto bwd tucked or piked</i> 向前跳起轉體 180° 團身、屈體後空翻</p>  <p style="text-align: center;"><i>re rev</i></p> |
| <p>5.114</p> | <p>5.214</p> | | | | |

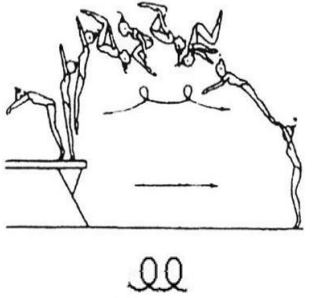
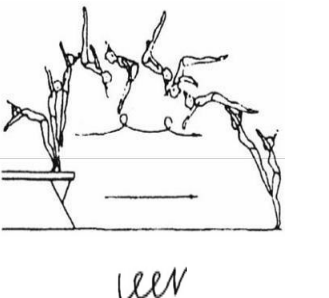
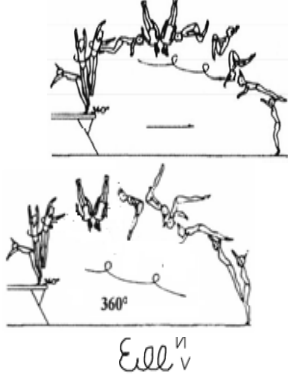
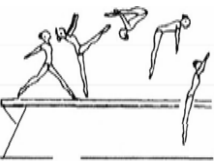
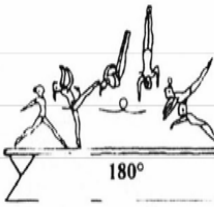
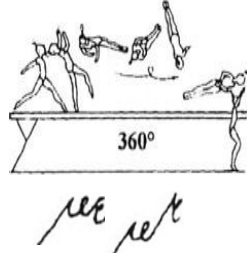
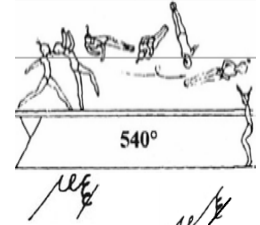
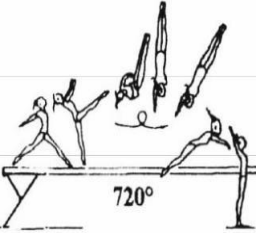
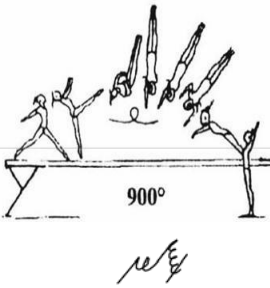
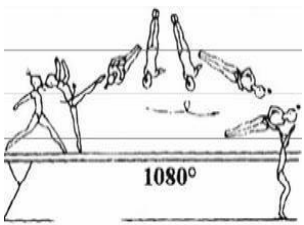
6.000 — DISMOUNTS

| A | B | C | D | E | F/G |
|--|---|--|---|---|--|
| <p>6.101 Free (aerial) walkover fwd with ½ twist (180°) 挺身前空翻轉體 180°下</p>  <p style="text-align: center;">NE</p> | <p>6.201 Free (aerial) walkover fwd with 1/1 twist (360°) 挺身前空翻轉體 360°下</p>  <p style="text-align: center;">NE</p> | <p>6.301 Free (aerial) walkover fwd with 1½ twist (540°) 挺身前空翻轉體 540°下</p>  <p style="text-align: center;">NE</p> | <p>6.401</p> | <p>6.501 Free (aerial) cartwheel into salto bwd tucked 挺身側空翻-團身後空翻下</p>  <p style="text-align: center;">XFE</p> | <p>6.601</p> |
| <p>6.102 Salto fwd tucked or piked, also with ½ twist (180°) 團身、屈體前空翻下，也可轉體 180°</p>  <p style="text-align: center;">NE</p>  <p style="text-align: center;">NE</p> | <p>6.202 Salto fwd stretched, also with ½ twist (180°) 直體前空翻下，也可轉體 180°</p>  <p style="text-align: center;">NE</p> <p>Salto fwd tucked with 1/1 twist (360°) 團身前空翻下轉體 360°</p>  <p style="text-align: center;">NE</p> | <p>6.302 Salto fwd stretched with 1/1 twist (360°) or 1½ twist (540°) 直體前空翻下轉體 360°或 540°</p>  <p style="text-align: center;">NE</p>  <p style="text-align: center;">NE</p> | <p>6.402 Salto fwd stretched with 2/1 twist (720°) 直體前空翻下轉體 720°</p>  <p style="text-align: center;">NE</p> | <p>6.502</p> | <p>6.602 Double salto fwd tucked 團身前空翻兩周下</p>  <p style="text-align: center;">NE</p> |

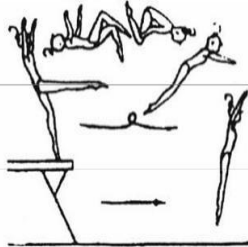

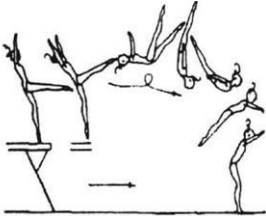

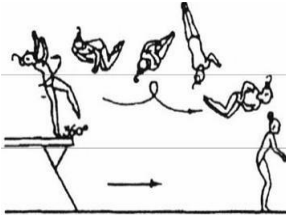

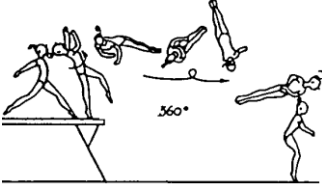

6.000 — DISMOUNTS

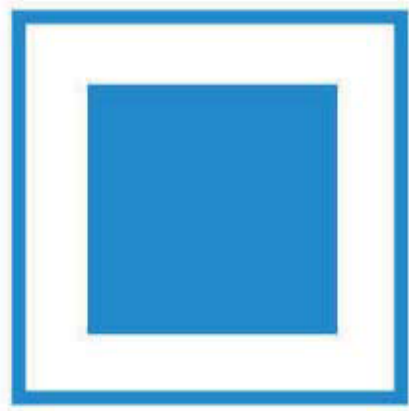
| A | B | C | D | E | F/G |
|---|---|--|--|---------------------|---|
| <p>6.103</p> | <p>6.203 <i>Jump bwd, with ½ twist (180°), salto fwd tucked or piked (Arabian salto)</i> 向後起跳轉體 180° 團身、屈體前空翻下 (阿拉伯空翻)</p>  | <p>6.303 <i>Stretched jump fwd with 1/1 twist (360°) and salto fwd tucked or piked,</i> 直體向前跳起轉體 360° 團身、屈體前空翻下</p>  | <p>6.403 <i>Stretched jump fwd with 1/1 twist (360°) and salto fwd stretched</i> 直體向前跳起轉體 360° 直體前空翻下</p>  | <p>6.503</p> | <p>6.603 <i>Arabian double salto fwd. tucked</i> 阿拉伯團身前空翻下</p>  |
| <p>6.104 <i>Salto bwd tucked, piked, or stretched, also with ½ twist (180°)</i> 團身、屈體或直體後空翻下，也可轉體 180°</p>   | <p>6.204 <i>Salto bwd tucked or stretched with 1/1 (360°)</i> 團身或直體後空翻轉體 360° 下</p>  | <p>6.304 <i>Salto bwd tucked or stretched with 1½ twist (540°)</i> 團身或直體後空翻轉體 540° 下</p>  <p><i>Salto bwd stretched with 2/1 twist</i> 直體後空翻轉體 720° 下</p>  | <p>6.404 <i>Salto bwd stretched with 2½ twist (900°)</i> 直體後空翻轉體 900° 下</p>  | <p>6.504</p> | <p>6.604 <i>Salto bwd stretched with 3/1 twist (1080°)</i> 直體後空翻轉體 1080° 下</p>  |

6.000 — DISMOUNTS

| A | B | C | D | E | F/G |
|--|---|---|--|--|--|
| <p>6.105</p> | <p>6.205</p> | <p>6.305</p> | <p>6.405 <i>Double salto bwd tucked</i> 團身後空翻兩周下</p>  | <p>6.505 <i>Double salto bwd piked</i> 屈體後空翻兩周下</p>  | <p>6.605 6.705 <i>Double salto bwd tucked or piked with 1/1 twist (360°)</i> 團身或屈體後空翻兩周轉體 360° (旋)下</p>  |
| <p>6.106 <i>Gainer salto tucked, piked, or stretched to side of beam, also with 1/2 twist (180°) (tucked, or stretched)</i> 前踢團身、屈體或直體後空翻木側下，也可(團身、直體轉體 180°木側下)</p>   | <p>6.206 <i>Gainer salto tucked or stretched with 1/1 (360°) to side of beam</i> 前踢團身或直體後空翻轉體 360°木側下</p>  | <p>6.306 <i>Gainer salto bwd tucked or stretched with 1 1/2 (540°) or 2/1 twist (720°) to side of beam</i> 前踢團身或直體後空翻轉體 540°或 720°木側下</p>   | <p>6.406 <i>Gainer salto bwd stretched with 2 1/2 twist (900°) to side of beam</i> 前踢直體後空翻轉體 900°木側下</p>  | <p>6.506</p> | <p>6.606 <i>Gainer salto bwd stretched with 3/1 twist (1080°) to side of beam</i> 前踢直體後空翻轉體 1080°木側下</p>  |

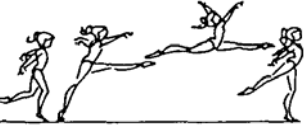


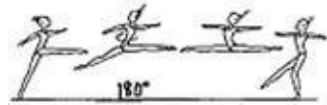
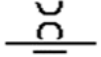


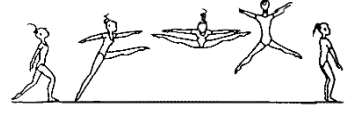

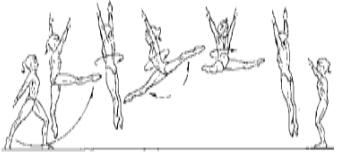

6.000 — DISMOUNTS

| A | B | C | D | E | F/G |
|---------------------|--|--|--|---------------------|---------------------|
| <p>6.107</p> | <p>6.207 <i>Gainer salto tucked or piked at end of beam</i> 木端前踢團身、屈體後空翻下</p>   | <p>6.307 <i>Gainer salto stretched with legs together at end of the beam</i> 木端前踢直體、團身後空翻轉體 360°下</p>   <p><i>Gainer salto tucked with 1/1 twist (360°) at end of beam</i></p>   | <p>6.407 <i>Gainer salto stretched with 1/1 twist (360°) at end of beam</i> 木端前踢直體後空翻轉體 360°下</p>   | <p>6.507</p> | <p>6.607</p> |



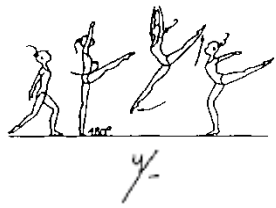
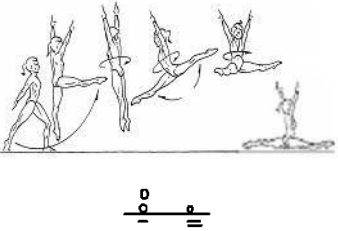
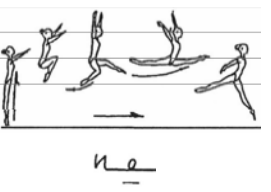
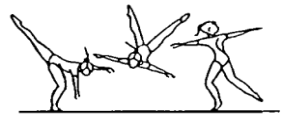

地板動作表

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|--|---|--|---|---------------------|---------------------|
| <p>1.101 Split leap fwd (leg separation 180°) 向前劈叉跳 (分腿 180°)</p>    | <p>1.201 Split leap with ½ turn(180°) 向前劈叉跳轉體 180° (分腿 180°)</p>   | <p>1.301 (*) Split leap with 1/1 turn (360°) 向前劈叉跳轉體 360°</p>   <p>Leap fwd with ¼ turn (90°) into straddle pike position with 1/1 turn (360°) 向前劈叉跳先轉體 90° 屈體姿勢，再轉體 360°</p>   | <p>1.401 Split leap with 1½ turn (540°) or more 向前劈叉跳轉體 540°</p>   | <p>1.501</p> | <p>1.601</p> |

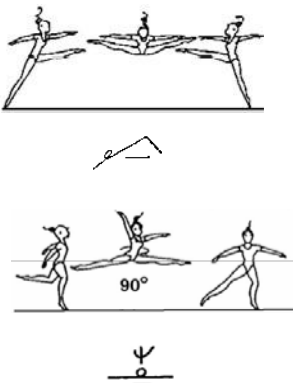


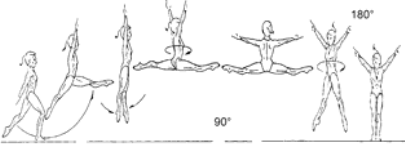

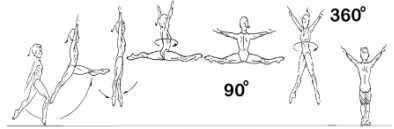


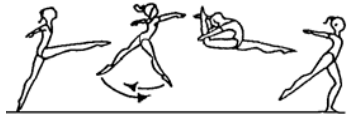
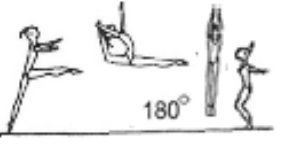
(*)在同一格子裡帶(*)星號的動作，按動作出現的先後順序只計一次難度。

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS


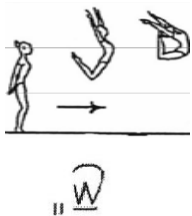
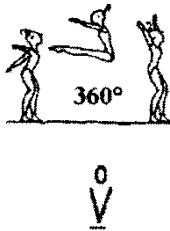
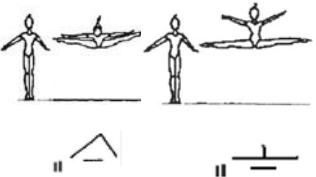
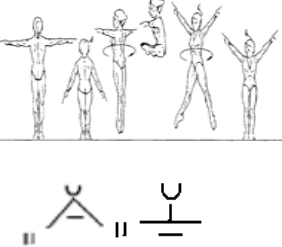
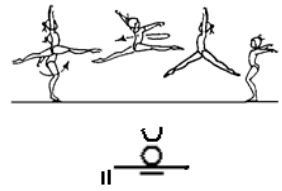
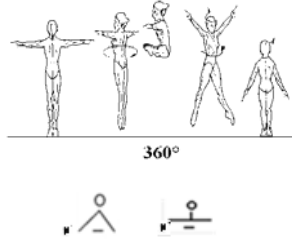
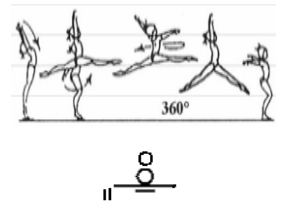
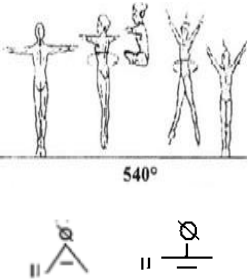
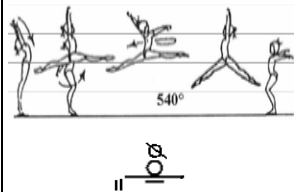
| A | B | C | D | E | F/G |
|--|---|---|---------------------|---------------------|---------------------|
| <p>1.102</p> | <p>1.202 <i>Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)</i> 簡式變身跳成縱劈叉(分腿 180°)至單腳落</p>  | <p>1.302 <i>Split leap with 1/1 turn (360°) to land in split sit position</i> 向前劈叉跳轉體 360°至落地劈叉姿勢</p>  | <p>1.402</p> | <p>1.502</p> | <p>1.602</p> |
| <p>1.103 <i>Tuck jump with separation of legs to cross split (180°) during flight phase</i> 原地團身跳經空中展腿縱劈叉(分腿 180°)</p>  | <p>1.203 (*) <i>Butterfly fwd torso parallel to floor, slightly arched, legs straddled and feet above hip height during flight.</i> 向前的鏟子，在飛行期間腳要高於身體重心</p>  <p>1.203 (*) <i>Butterfly bwd torso parallel to floor, slightly arched, legs straddled and feet at or slightly below hip height during flight.</i> 向後的鏟子，在飛行期間腳略低於身體重心</p>  | <p>1.303</p> | <p>1.403</p> | <p>1.503</p> | <p>1.603</p> |

(*)在同一格子裡帶(*)星號的動作，按動作出現的先後順序只計一次難度。

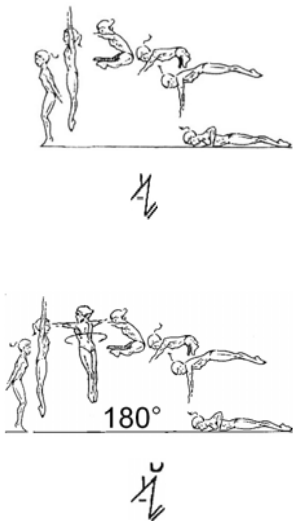
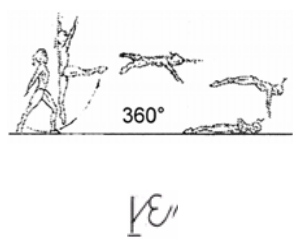
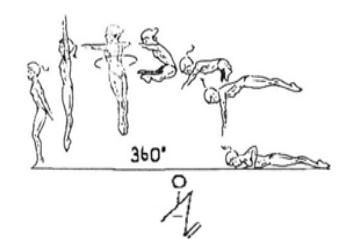
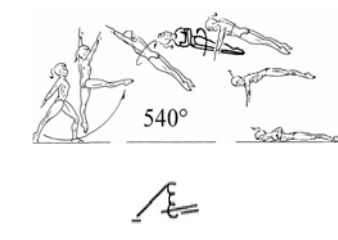
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|---|---|---|---|---------------------|---------------------|
| <p>1.104 (*) Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet. 向前劈叉跳轉體 90° 屈體姿勢 (兩腿要高於水平), 可單腳或雙腳落地</p>  | <p>1.204 Switch leap with ¼ turn (90°) to side split or to straddle pike position (both legs above horizontal) (Johnson) 交換腿劈叉跳轉體 90° 成橫劈叉或分腿屈體姿勢 (雙腿高於水平) (詹森跳)</p>  | <p>1.304 (*) Switch leap with ½ turn (180°) in flight phase 向前交換腿在騰空階段轉體 180°</p>  <p>Johnson with additional ½ turn (180°) 詹森跳再轉 180°</p>  | <p>1.404 (*) Switch leap with 1/1 turn (360°) in flight phase 向前交換腿在騰空階段轉體 180°</p>  <p>Johnson with additional 1/1 Turn (360°) 詹森跳再轉 360°</p>  | <p>1.504</p> | <p>1.604</p> |
| <p>(*)在同一格子裡帶(*)星號的動作, 按動作出現的先後順序只計一次難度。</p> | | | | | |
| <p>1.105 Stride leap fwd with change of legs to wolf position 向前交換腿狼跳</p>  | <p>1.205 Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation <after leg change>) (Switch leap) 向前交換腿 (自由腿前擺至少 45°) 成縱劈叉 (交換腿後分腿 180°)</p>  | <p>1.305 Switch leap to ring position (180° separation of legs) 交換腿劈叉跳成接環 (分腿要在 180°)</p>  | <p>1.405 Switch leap to Ring position with ½ turn (180°) 交換腿劈叉跳成接環轉體 180°</p>  | <p>1.505</p> | <p>1.605</p> |

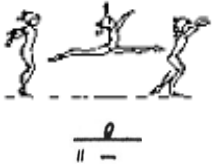
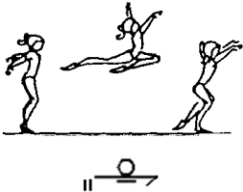
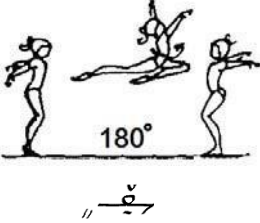
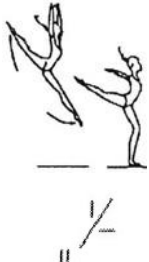


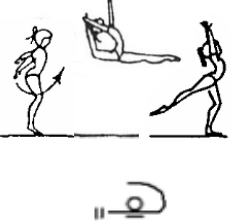
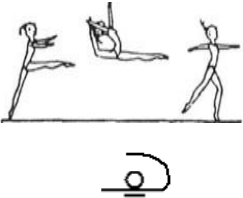
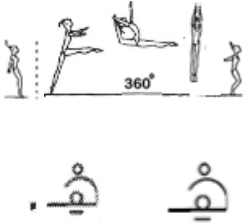
1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|--|---|--|--|---------------------|--|
| <p>1.106 Pike jump (hip < 90°) 屈體腿 (髖角小於 90°)</p>  | <p>1.206 Jump with upper back arch and head release with feet almost touching head (Sheep jump) 雙腳起跳挺身後屈且頭後仰，腳幾乎觸到頭 (羊跳)</p>  | <p>1.306 Pike jump (hip < 90°) with 1/1 turn (360°) 屈體腿 (髖角小於 90°) 轉體 360°</p>  | <p>1.406</p> | <p>1.506</p> | <p>1.606</p> |
| <p>1.107 (*) Straddle pike jump (both legs above horizontal), or side split jump (leg separation 180°) 分腿屈體腿 (兩腿高於水平) 或橫劈叉跳 (分腿在 180°)</p>  | <p>1.207 (*) Straddle pike or side split jump with ½ turn (180°) 分腿屈體跳或橫劈叉跳轉體 180°</p>  <p>Split Jump with ½ turn (180°) 雙腳起跳前後分腿跳轉體 180°</p>  | <p>1.307 (*) Straddle pike or side split jump with 1/1 turn (360°) 分腿屈體跳或橫劈叉轉體 360°</p>  <p>Split Jump with 1/1 turn (360°) 雙腳起跳前後分腿跳轉體 360°</p>  | <p>1.407 (*) Straddle pike or side split jump with 1½ turn (540°) or more 分腿屈體跳或橫劈叉轉體 540° 或更多</p>  <p>Split Jump with 1½ turn (540°) or more 雙腳起跳前後分腿跳轉體 540° 或更多</p>  | <p>1.507</p> | <p>1.607</p> <div data-bbox="1653 710 2078 858" style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>(*)在同一格子裡帶(*)星號的動作，按動作出現的先後順序只計一次難度。</p> </div> |

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

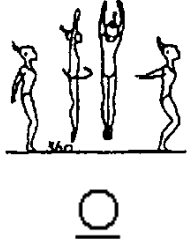
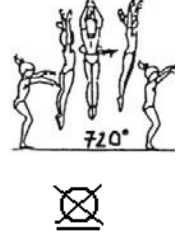
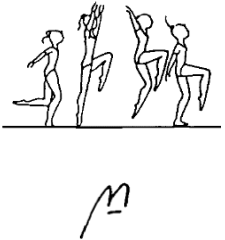
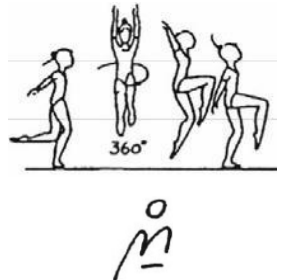
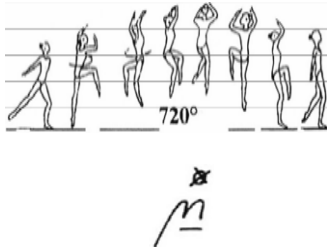
| A | B | C | D | E | F/G |
|--|--|---------------------|---------------------|---------------------|---------------------|
| <p>1.108 (*) <i>Straddle pike (both legs above horizontal), or side split jump landing in front lying support (also with 1/2 turn (180°)</i> 分腿屈體跳 (雙腿高於水平) 落成支撐, 也可轉體 180°</p>  <p><i>Hop with 1/1 turn (360°) to straddle and land in front lying support</i> 單腳起跳小跳轉體 360° 空中經分腿落成俯臥</p>  | <p>1.208 (*) <i>Straddle pike (both legs above horizontal), or side split jump with 1/1 turn (360°) landing in front lying support</i> 分腿屈體跳 (雙腿高於水平) 轉體 360° 落成支撐</p>  <p><i>Hop with 1½ turn (540°) in horizontal plane to land in front lying support</i> 單腳起跳小跳空中經水平轉體 540° 落成俯臥</p>  | <p>1.308</p> | <p>1.408</p> | <p>1.508</p> | <p>1.608</p> |

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

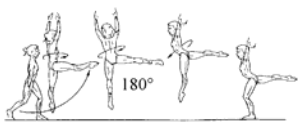





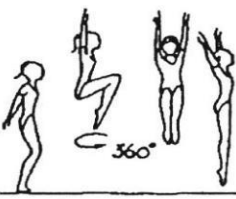

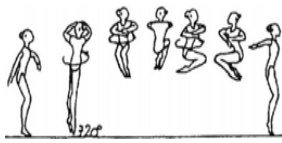

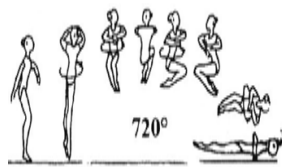

| A | B | C | D | E | F/G |
|--|---|---|---|---------------------|---------------------|
| <p>1.109 (*) Split jump (leg separation 180°) 原地劈叉跳 (分腿 180°)</p>  <p>Stag jump 鹿跳</p>  <p>Stag jump with 1/2 turn (180°) 鹿跳轉體 180°</p>  <p>Sissone (leg separation 180° on the diagonal/45° to the floor) take off two feet, land on one foot 西松跳 (分腿 180°與地面成 45°角) 雙腳起 跳至單腳落地</p>  | <p>1.209 (*) Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs) 雙腳起跳的結環跳 (後腳至頭高, 身體後屈, 頭後仰, 分腿至 180°)</p>  <p>Stag ring jump (rear foot at head height, body arched and head dropped bwd) 鹿結環 (後腳至頭高, 身體後屈, 頭後仰)</p>  <p>Split ring jump (180° separation of legs) 雙腳起跳向前劈叉結環跳 (分腿 180°, 前腿與地面平行)</p>  | <p>1.309 Split ring leap (180° separation of legs) 單腳起跳向前劈叉結環跳 (分腿 180°, 前腿與地面平行)</p>  | <p>1.409 Split leap, or split jump with 1/1 (360) turn or more to ring position 單或雙腳起跳向前劈叉結環跳, 轉體 180°</p>  | <p>1.509</p> | <p>1.609</p> |



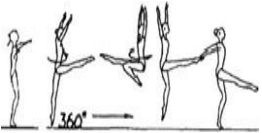

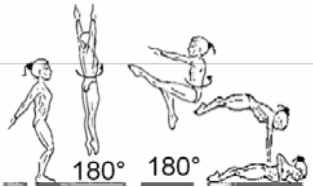

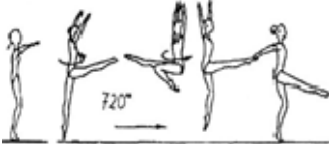

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1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

| A | B | C | D | E | F/G |
|--|---|---|--------------|--------------|--------------|
| <p>1.110</p> | <p>1.210 Stretched hop or jump with 1/1 turn (360°) 單腳或雙腳直體跳轉 360°</p>  | <p>1.310 Stretched hop or jump with 2/1 turn (720°) 單腳或雙腳直體跳轉 720°</p>  | <p>1.410</p> | <p>1.510</p> | <p>1.610</p> |
| <p>1.111 Leap with alternate leg change (knees above horizontal) 貓跳 (交換腿時，膝要超過水平)</p>  | <p>1.211 Leap with alternate leg change (knees above horizontal) with 1/1 turn (360°) (Cat leap) 貓跳轉體 360° (交換腿時，膝要超過水平)</p>  | <p>1.311 Cat leap with 2/1 turn (720°) 貓跳轉體 720°</p>  | <p>1.411</p> | <p>1.511</p> | <p>1.611</p> |

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

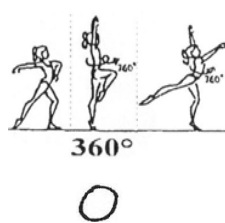
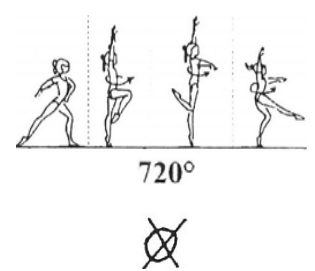
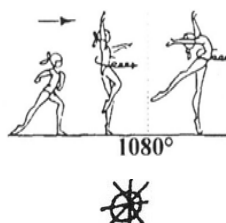
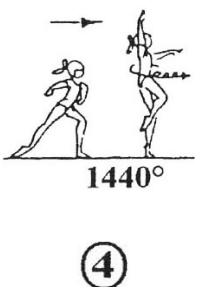
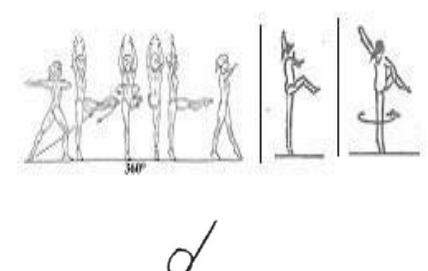
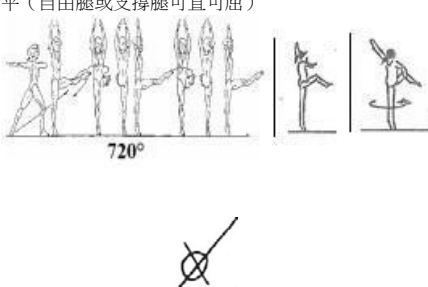
| A | B | C | D | E | F/G |
|---|---|--|---------------------|---------------------|---------------------|
| <p>1.112 <i>Fouetté-hop to land in arabesque (free leg above horizontal)</i> 單腳前擺小跳轉體 180°至平衡 (自由腿高於水平)</p>  <p>180°</p>  | <p>1.212 <i>Hop with ½ turn (180°) free leg extended above horizontal throughout</i> 單腳小跳轉體 180°，自由腿伸直高於水平</p>  <p>180°</p>  | <p>1.312 <i>Hop with 1/1 turn (360°), free leg extended above horizontal throughout</i> 單腳小跳轉體 360°，自由腿前伸自始至終高於水平</p>  <p>360°</p>  | <p>1.412</p> | <p>1.512</p> | <p>1.612</p> |
| <p>1.113</p> | <p>1.213 <i>Tuck hop or jump with 1/1 turn (360°)</i> 單腳或雙腳起跳，團身跳轉 360°</p>  <p>360°</p>  | <p>1.313 (*) <i>Tuck hop or jump with 2/1 turn (720°) also landing in front lying support</i> 腳或雙腳起跳，團身跳轉 720°，也可落成俯撐</p>  <p>720°</p>   <p>720°</p>  | <p>1.413</p> | <p>1.513</p> | <p>1.613</p> |

| A | B | C | D | E | F/G |
|---|--|---------------------|---|---------------------|---------------------|
| <p>1.114 Hop or Jump with one leg bent and the other – extended straight, fwd above horizontal with knees together (Wolf hop or jump) 單腳或雙腳起跳的狼跳</p>   | <p>1.214 (*) Wolf hop or jump with 1/1 turn (360°) 單腳或雙腳起跳的狼跳，轉體 360°</p>   <p>Wolf hop or jump with 1/1 turn (360°) landing in front lying support 單腳或雙腳起跳的狼跳，轉體 360°，落成俯撐</p>   | <p>1.314</p> | <p>1.414 Wolf hop or jump with 2/1 turn (720°) 單腳或雙腳起跳的狼跳，轉體 20°</p>   | <p>1.514</p> | <p>1.614</p> |

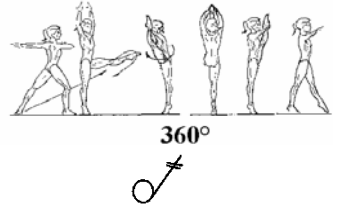
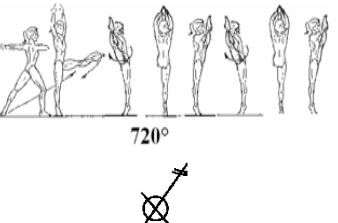
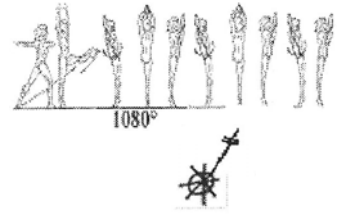

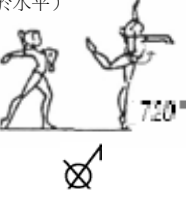

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

FX – Group 1 - 9

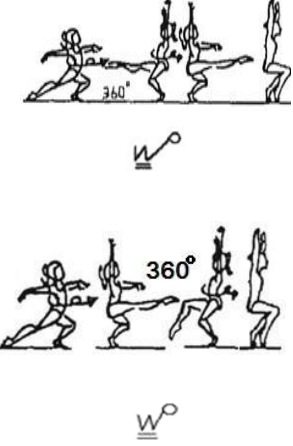
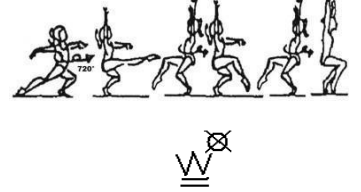
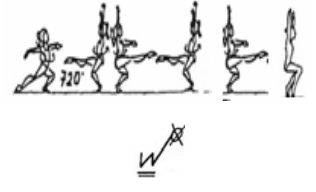
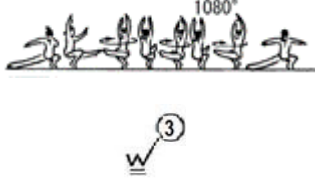

2.000 – GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|---|--|--|--|---|---------------------|
| <p>2.101 1/1 turn (360°) on one leg – free leg optional below horizontal 單腿轉體 360°，自由腿水平以下任意姿勢</p>  | <p>2.201 2/1 turn (720°) on one leg – free leg optional below horizontal 單腿轉體 720°，自由腿水平以下任意姿勢</p>  | <p>2.301 3/1 turn (1080°) on one leg – free leg optional below horizontal 單腿轉體 1080°，自由腿水平以下任意姿勢</p>  | <p>2.401</p> | <p>2.501 4/1 turn (1440°) or more on one leg – free leg optional below horizontal 單腿轉體 1440°，自由腿水平以下任意姿勢</p>  | <p>2.601</p> |
| <p>2.102</p> | <p>2.202 1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn, also with free leg held (support and free leg may be straight or bent) 單腿轉體 360°，自由腿前舉，腳跟自始至終位於水平（自由腿或支撐腿可直可屈）</p>  | <p>2.302</p> | <p>2.402 2/1 turn (720°) with heel of free leg fwd at horizontal throughout turn, also with free leg held (support and free leg may be straight or bent) 單腿轉體 720°，自由腿前舉，腳跟自始至終位於水平（自由腿或支撐腿可直可屈）</p>  | <p>2.502</p> | <p>2.602</p> |

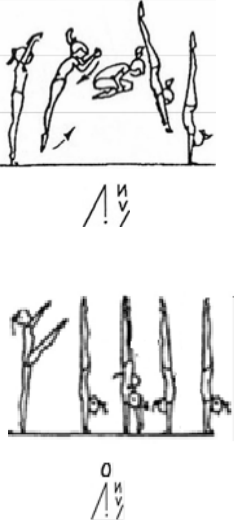
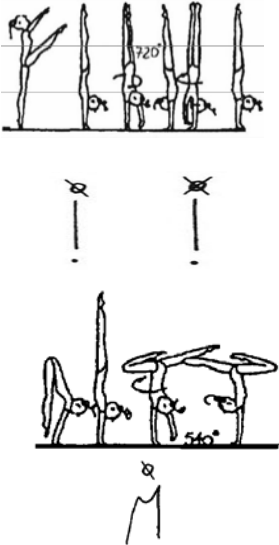
2.000 – GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|---------------------|--|---------------------|--|--|---------------------|
| <p>2.103</p> | <p>2.203 <i>1/1 turn (360°) with free leg held upward in 180° split position throughout turn</i> 單腿轉體 360°，自由腿上舉，自始至終保持 180°劈腿姿勢</p>  | <p>2.303</p> | <p>2.403 <i>2/1 turn (720°) with free leg held upward in 180° split position throughout turn</i> 單腿轉體 720°，自由腿上舉，自始至終保持 180°劈腿姿勢</p>  | <p>2.503 <i>3/1 turn (1080) or more with free leg held upward in 180° split position throughout turn</i> 單腿轉體 1080°，自由腿上舉，自始至終保持 180°劈腿姿勢</p>  | <p>2.603</p> |
| <p>2.104</p> | <p>2.204 <i>1/1 turn (360°) in back attitude (knee of free leg at horizontal throughout turn)</i> 單腿轉體 360°，自由腿後舉（膝在轉體中，自始至終位於水平）</p>  | <p>2.304</p> | <p>2.404 <i>2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn)</i> 單腿轉體 720°，自由腿後舉（膝在轉體中，自始至終位於水平）</p>  | <p>2.504</p> | <p>2.604</p> |
| <p>2.105</p> | <p>2.205 <i>1/1 illusion turn (360°) through standing split without touching floor with hand</i> 鴿子翻身轉體 360°，經手不觸地站立劈叉姿勢</p>  | <p>2.305</p> | <p>2.405</p> | <p>2.505</p> | <p>2.605</p> |

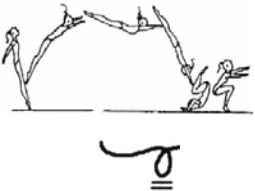
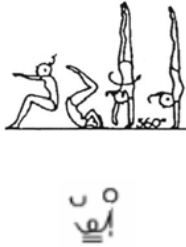
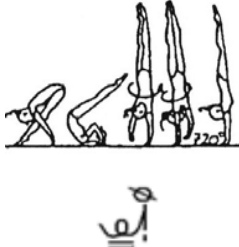
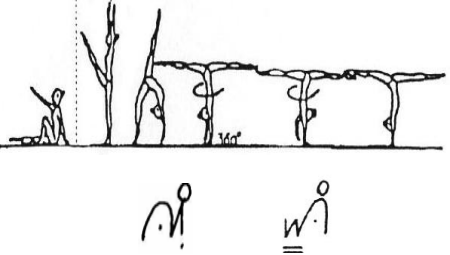
2.000 – GYMNASTIC TURNS

| A | B | C | D | E | F/G |
|--|--|---------------------|---|---|---------------------|
| <p>2.106 (*) <i>1/1 turn (360°) in tuck stand on one leg - free leg optional</i> 單腿蹲轉 360°-自由腿任意姿勢</p>  | <p>2.206 <i>2/1 turn (720°) in tuck stand on one leg - free leg bent</i> 單腿蹲轉 720°-自由腿任意姿勢</p>  | <p>2.306</p> | <p>2.406 <i>2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor)</i> 單腿蹲轉 720°，在整個轉體中，自由腿直腿姿勢（不能以手推地進入轉體）</p>  | <p>2.506 <i>3/1 turn (1080°) or more in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor)</i> 單腿蹲轉 1080°，在整個轉體中，自由腿直腿姿勢（不能以手推地進入轉體）</p>  | <p>2.606</p> |
| <p>2.107</p> | <p>2.207 <i>2/1 spin (720°) or more on back in kip position (hip-leg <closed)</i> 背轉 720°或更多（髖-腿緊疊）</p>  | <p>2.307</p> | <p>2.407</p> | <p>2.507</p> | <p>2.607</p> |

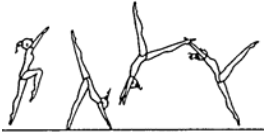

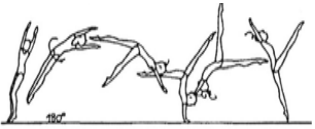




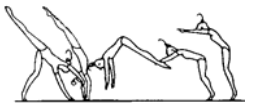

3.000 — HAND SUPPORT ELEMENTS

| A | B | C | D | E | F/G |
|---|---|---------------------|---------------------|---------------------|---------------------|
| <p>3.101 <i>Jump kick or press to hstd – return movement optional, also with ½ and 1/1 turn (180°- 360°) in hstd</i> 跳起或慢起至手倒立，回落成任意動作，也可手倒立轉體 180°-360°</p>  | <p>3.201 <i>Jump kick or press to hstd with 1 ½ - 2/1 turn (540°- 720°) in hstd – return movement optional</i> 跳起或慢起至手倒立，回落成任意動作，可手倒立轉體 540°- 720°</p>  | <p>3.301</p> | <p>3.401</p> | <p>3.501</p> | <p>3.601</p> |

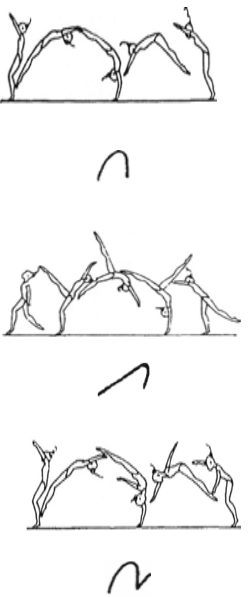

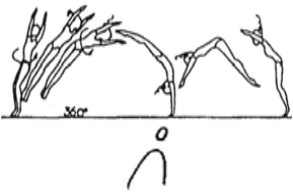
3.000 — HAND SUPPORT ELEMENTS

| A | B | C | D | E | F/G |
|--|--|---------------------|---------------------|---------------------|---------------------|
| <p>3.102 Hecht roll 挺身魚躍前滾翻</p>  | <p>3.202</p> | <p>3.302</p> | <p>3.402</p> | <p>3.502</p> | <p>3.602</p> |
| <p>3.103 Roll bwd to hstd with ½ or 1/1turn (180°, 360°) in hstd 後滾翻至手倒立轉體 180°或 360°</p>  | <p>3.203 Roll bwd to hstd with 1 1/2-2/1(540° 720°) turn in hstd 後滾翻至手倒立轉體 540°或 720°</p>  | <p>3.303</p> | <p>3.403</p> | <p>3.503</p> | <p>3.603</p> |
| <p>3.104 Walkover bwd from stand or extended tuck-sit to hstd with 1/1 turn (360°) in hstd – return movement optional 站立或一腿前伸的團身坐-後軟翻至手倒立轉體 360°</p>  | <p>3.204</p> | <p>3.304</p> | <p>3.404</p> | <p>3.504</p> | <p>3.604</p> |

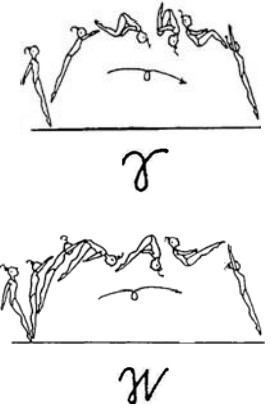
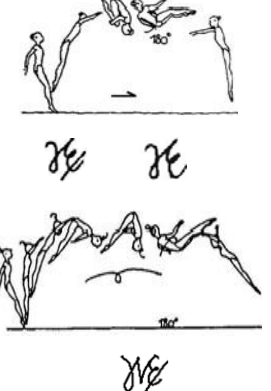
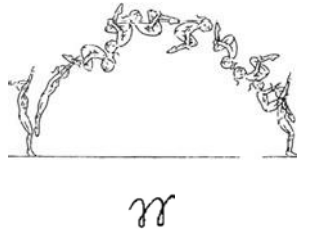
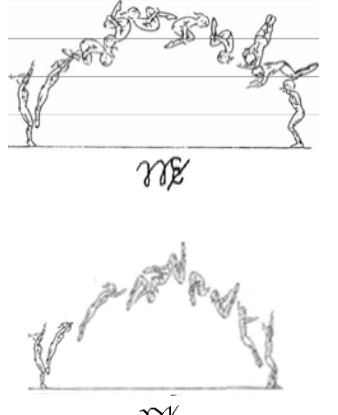
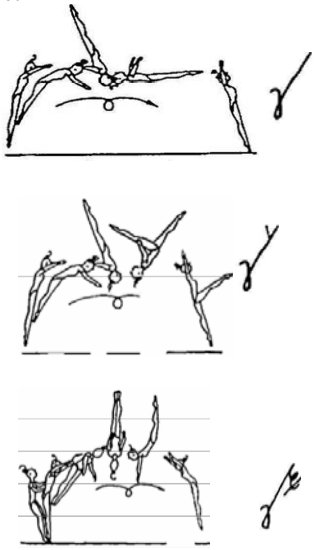
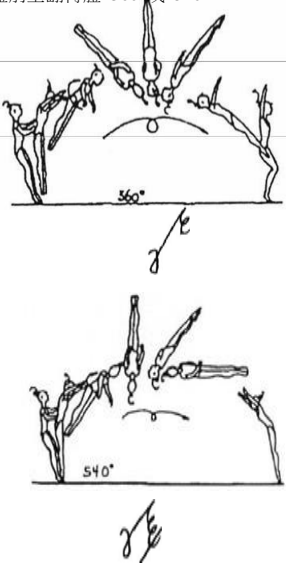
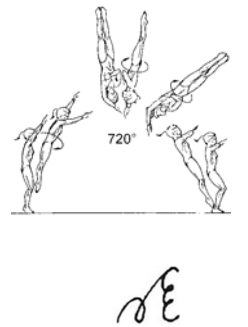
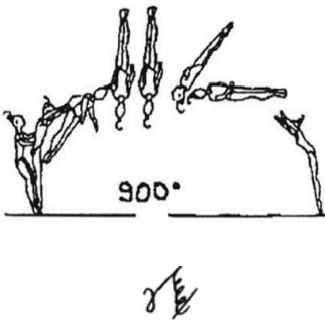
3.000 — HAND SUPPORT ELEMENTS

| A | B | C | D | E | F/G |
|---|---------------------|--|---------------------|---------------------|---------------------|
| <p>3.105 <i>Handspring fwd, take-off from one leg or Flyspring fwd, take-off from both legs – with or without hecht phase before hand support – landing optional</i> 單腿前手翻或雙腳起跳魚躍前手翻-在手支撐前有或沒有展體階段-落地任意</p>   <p><i>Jump bwd with ½ twist (180°) to handspring fwd – landing optional</i> 向後跳起轉體 180°前手翻-落地任意</p>  | | <p>3.305 <i>Handspring fwd with 1/1 twist (360°) after hand support or before</i> 前手翻在手支撐前或後轉體 360°</p>     | <p>3.405</p> | <p>3.505</p> | <p>3.605</p> |
| <p>3.106 Round-off 躑子</p>   | <p>3.206</p> | <p>3.306</p> | <p>3.406</p> | <p>3.506</p> | <p>3.606</p> |

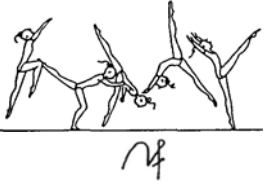


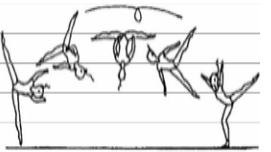
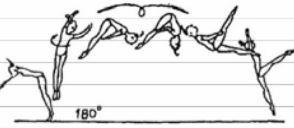

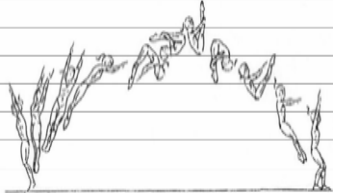
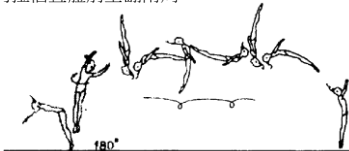
3.000 — HAND SUPPORT ELEMENTS

| A | B | C | D | E | F/G |
|---|---|---------------------|---------------------|---------------------|---------------------|
| <p>3.107 <i>All flic-flac and gainer flic-flac variations, also with support of one arm</i> 所有的後手翻和前踢後手翻的變化，也可單手支撐</p>  <p><i>Arabian (bwd take-off) with 1/4 twist (90°) – free (aerial) cartwheel – continuing with 1/4 twist (90°) to front lying support</i> 阿拉伯（向後跳起）轉體 90°-挺身側空翻接轉體 90°至俯撐</p>  | <p>3.207 <i>Flic-flac with 1/1 twist (360°) before hand support</i> 後手翻在撐手前轉體 360°</p>  | <p>3.307</p> | <p>3.407</p> | <p>3.507</p> | <p>3.607</p> |

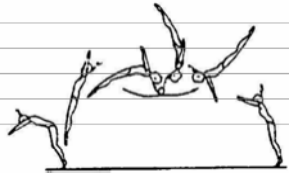
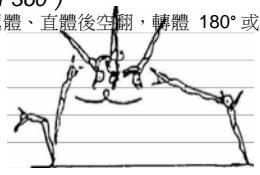
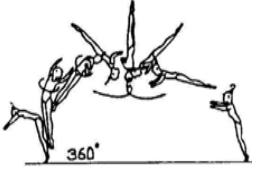
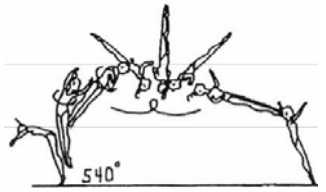
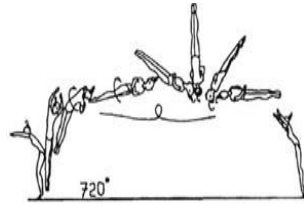
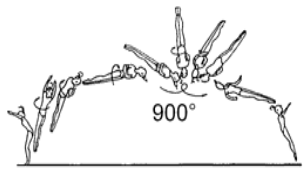
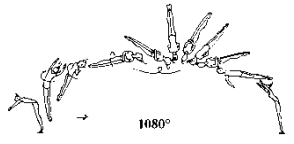
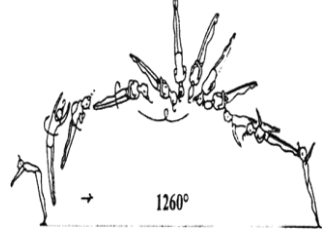
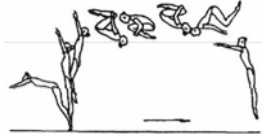
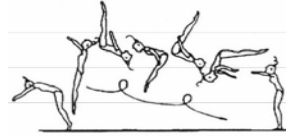
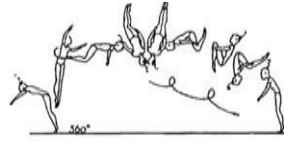
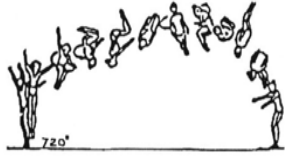
4.000 – SALTOS FORWARD & SIDEWARD

| A | B | C | D | E | F/G/H |
|--|---|---|---|---|---|
| <p>4.101 Salto fwd tucked or piked 團身或屈體前空翻</p>  | <p>4.201 Salto fwd tucked with 1/2 or 1/1 twist (180° or 360°), also Salto fwd piked with 1/2 twist (180°) 團身前空翻轉體 180°或 360° 屈體前空翻轉體 180°</p>  | <p>4.301</p> | <p>4.401</p> | <p>4.501 Double salto fwd tucked 團身前空翻兩周</p>  | <p>4.601 Double salto fwd tucked, with 1/2 twist (180°) or Double salto fwd piked 團身前空翻兩周轉體 180°或屈體前空翻兩周</p>  |
| <p>4.102</p> | <p>4.202 Salto fwd stretched, also with 1/2 twist (180°) 直體前空翻，也可轉體 180°</p>  | <p>4.302 Salto fwd stretched with 1/1 or 1 1/2 twist (360° or 540°) 直體前空翻轉體 360°或 540°</p>  | <p>4.402 Salto fwd stretched with 2/1 twist (720°) 直體前空翻轉體 720°</p>  | <p>4.502 Salto fwd stretched with 2 1/2 twist (900°) 直體前空翻轉體 900°</p>  | <p>4.602</p> |


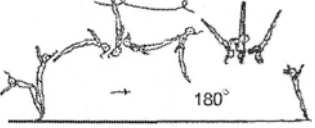
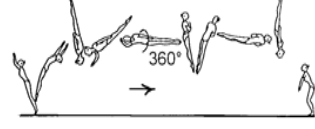
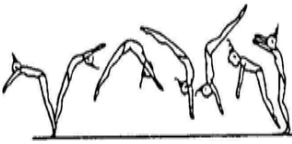
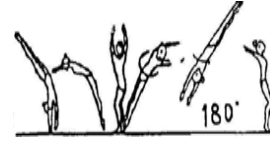
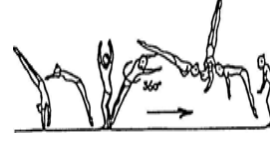
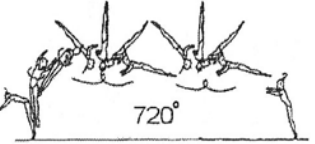
4.000 – SALTOS FORWARD & SIDEWARD

| A | B | C | D | E | F/G/H |
|--|--|---------------------|---------------------|--|---|
| <p>4.103 <i>Free (aerial) walkover fwd</i> 挺身前空翻</p>  | <p>4.203</p> | <p>4.303</p> | <p>4.403</p> | <p>4.503</p> | <p>4.603</p> |
| <p>4.104 <i>Free (aerial) cartwheel or free (aerial) round-off</i> 挺身側空翻或不撐手躡子</p>   | <p>4.204</p> | <p>4.304</p> | <p>4.404</p> | <p>4.504</p> | <p>4.604</p> |
| <p>4.105 <i>From take-off fwd from one or both legs – salto swd tucked or piked</i> 單腳或雙腳向前起跳-團身或屈體側空翻</p>  | <p>4.205 <i>Arabian salto tucked or piked, (take-off bwd with ½ twist [180°], salto fwd) – landing optional</i> 阿拉伯 (向後跳起轉體 180°) 團身、屈體 前空翻，落地任意</p>  | <p>4.305</p> | <p>4.405</p> | <p>4.505 <i>Arabian double salto tucked, also with ½ twist (180°)</i> 阿拉伯團身前空翻兩周，也可轉體 180°</p>  | <p>4.605 <i>Arabian double salto piked</i> 阿拉伯屈體前空翻兩周</p>  |
| <p>4.705 - G -</p> | <p>4.805 <i>Arabian double salto stretched</i> 阿拉伯直體前空翻兩周</p>  | <p>4.905</p> | <p>4.000</p> | <p>4.100</p> | <p>4.200</p> |

5.000 - SALTOS BACKWARD

| A | B | C | D | E | F/G/H/I |
|---|---|---|---|---|---|
| <p>5.101 Salto bwd tucked, piked, or stretched 團身、屈體、直體後空翻</p>  <p>u e r e u e</p> | <p>5.201 Salto bwd stretched with 1/2, or salto bwd tucked or stretched with 1/1 twist (180° or 360°) 團身、屈體、直體後空翻，轉體 180° 或 360°</p>  <p>E</p>  <p>360°</p> <p>E^u</p> | <p>5.301 Salto bwd stretched with 1 1/2 or 2/1 twist (540° or 720°) 直體後空翻，轉體 540° 或 720°</p>  <p>540°</p> <p>E</p>  <p>720°</p> <p>E</p> | <p>5.401 Salto bwd stretched with 2 1/2 twist (900°) 直體後空翻，轉體 900°</p>  <p>900°</p> <p>E</p> | <p>5.501 Salto bwd stretched with 3/1 twist (1080°) 直體後空翻，轉體 1080°</p>  <p>1080°</p> <p>E</p> | <p>5.601 Salto bwd stretched with 3 1/2 twist (1260°) 直體後空翻，轉體 1260°</p>  <p>1260°</p> <p>E</p> |
| <p>5.102</p> | <p>5.202</p> | <p>5.302</p> | <p>5.402 Double salto bwd tucked 團身後空翻兩周</p>  <p>u e l l</p> <p>Double salto bwd piked 屈體後空翻兩周</p>  <p>u e l l</p> <p>1 e r r N</p> | <p>5.502 Double salto bwd tucked or piked with 1/1 twist (360°) 團身或屈體後空翻兩周，轉體 360° (旋)</p>  <p>360°</p> <p>E u l l E u l l</p> | <p>5.602/ 5.702</p> <p>5.802 Double salto bwd tucked with 2/1 twist (720°) 團身或屈體後空翻兩周，轉體 720° (720° 旋)</p>  <p>720°</p> <p>E u l l</p> |




















































































5.000 - SALTOS BACKWARD

| A | B | C | D | E | F/G/H/I |
|--|--|---|--------------|--------------------|--|
| <p>5.103</p> | <p>5.203</p> | <p>5.303</p> | <p>5.403</p> | <p>5.503</p> | <p>5.603 <i>Double salto bwd stretched</i> 直體後空翻兩周</p>  <p>5.703 <i>Double Salto bwd stretched with 1/2 twist (180°)</i> 直體後空翻兩周，轉體 180°</p>  <p>5.803 <i>Double salto bwd stretched with 1/1 twist (360°)</i> 直體後空翻兩周，轉體 360°</p>  |
| <p>5.104 <i>Whip salto bwd</i> 快速後空翻</p>  | <p>5.204 <i>Whip salto bwd with 1/2 twist (180°)</i> 快速後空翻轉體 180°</p>  | <p>5.304 <i>Whip salto bwd with 1/1 twist (360°)</i> 快速後空翻轉體 360°</p>  | <p>5.404</p> | <p>5.504/5.604</p> | <p>5.903 <i>Double Salto bwd stretched with 2/1 twist (720°)</i> 直體後空翻兩周，轉體 720°</p>  |



第五章 附件

2017 FIG Vault Table

| GROUP I | GROUP II | GROUP III | GROUP IV | GROUP V |
|---|---|---|---|--|
| 1.00  2.00 | Qualification: One vault must be performed. This vault score counts for Team & AA Total. If gymnast has been registered in Start list to qualify for Apparatus Finals, a 2nd vault must be performed. Score of both vaults averaged = Final score. Team & AA Finals: One vault must be performed. Apparatus Final: The 2 vaults must be from different groups and may not have identical 2nd flight phases. | | | |
| 1.01  2.40 | | | | |
| 1.02  3.00 | | | | |
| 1.03  3.60 | | | | |
| 1.04  4.00 | | | | |
| 1.05  4.40 | 2.10  4.00 | 3.10  3.50 | 4.10  3.30 | 5.10  4.20 |
| 1.11  2.80 | 2.11  4.40 | 3.11  3.80 | 4.11  3.60 | 5.11  4.60 |
| 1.12  3.20 |  | 3.12  4.10 | 4.12  3.90 |  |
| | 2.12  4.80 | 3.13  4.40 | 4.13  4.20 | 5.12  5.00 |
| | 2.13  5.20 | 3.14  4.90 | 4.14  4.70 | 5.13  5.40 |
| 1.20  2.00 | 2.20  4.20 | 3.20  3.70 | 4.20  3.50 | 5.20  4.40 |
| 1.21  2.80 | 2.21  4.60 | | | 5.21  4.80 |
| 1.22  3.00 |  | | |  |
| 1.23  3.60 | 2.22  5.00 | | | 5.22  5.20 |
| 1.24  4.00 | | | | |
| 1.30  3.60 | 2.30  4.60 | 3.30  4.20 | 4.30  4.00 | 5.30  4.80 |
| 1.31  4.00 | 2.31  5.00 | 3.31  4.40 | 4.31  4.20 | 5.31  5.20 |
| | 2.32  5.40 | 3.32  4.80 | 4.32  4.60 | 5.32  5.60 |
| 1.40  2.40 | 2.33  5.80 | 3.33  5.20 | 4.33  5.00 | 5.33  6.00 |
| | | 3.34  5.60 | 4.34  5.40 | |
| | | 3.35  6.00 | 4.35  5.80 | |
| 1.50  2.60 | 2.40  5.20 | | 4.40  4.00 | |
| 1.51  3.00 | 2.41  5.60 | | 4.41  4.40 | |
| 1.52  3.40 | | | 4.42  4.60 | |
| 1.53  3.80 | 2.50  6.40 | | 4.50  4.20 | |
| 1.60  2.80 | | | 4.51  4.60 | |
| 1.61  3.20 | | | 4.52  5.00 | |
| 1.62  3.80 | | | 4.53  5.40 | |

| | 1 | A - .100 | B - .200 | C - .300 | D - .400 | E - .500 | F - .600 | G - .700 |
|---------------|----|----------|---|---|---|-------------------------------|-------------------------------|-------------------------------|
| 1. ↑ | 01 | L L | | | | | | |
| | 02 | U U L | TEL | | | | | |
| | 03 | K K | LE E | | | | | |
| | 04 | T T | T TEL | TE | | | | |
| | 05 | TEL | | | | | | |
| | 06 | N | TAV T | T | | | | |
| | 07 | | ZOH | T ⁰ T ¹ | T ⁰ | | | |
| | 08 | | T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ | | | |
| | 09 | | | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ |
| | 10 | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | | |
| | 11 | | | | T ⁰ T ¹ T ⁰ T ¹ | | | |
| 2. A el | 01 | T | T T ⁰ T ¹ | T ⁰ | T ⁰ | | | |
| | 02 | | T ⁰ T ¹ | TE TE | | | | |
| | 03 | | | TEL | T ⁰ | T ⁰ | | |
| | 04 | O | | | TE TE | | | |
| | 05 | O O | | T ⁰ T ¹ | T ⁰ | T ⁰ | | |
| | 06 | | T ⁰ T ¹ | | T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ | |
| | 07 | | | T ⁰ T ¹ | | | | |
| 3. U O | 01 | | U U U | U | U U U | | | |
| | 02 | | | U | U | | | |
| | 03 | | | U U | U U U | | | |
| | 04 | | | U | U | T ⁰ | | |
| | 05 | | | | U U U | U U | U U U | |
| | 06 | | U U | U | U U | U U | | |
| | 07 | | | U | U | | | |
| | 08 | | | U U | U U | U U | U U | |
| | 09 | | | U U | U U | U U | U U | |
| | 10 | | | U U | U U | U U | U U | |

| | 1 | A - .100 | B - .200 | C - .300 | D - .400 | E - .500 | F - .600 | G - .700 |
|---------|---------|---|---|---|---|---|---|---|
| 4. X | 01 | ⊗ | T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | | |
| | 02 | | ⊗ | | ⊗ | X ⁰ X ¹ | X ⁰ X ¹ | |
| | 03 | ⊗ | | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | | |
| | 04 | ⊗ | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ | | |
| | 05 | | X ⁰ X ¹ | X ⁰ X ¹ | X ⁰ X ¹ | X ⁰ X ¹ | | |
| | 06 | ⊗ | | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | |
| | 07 | ⊗ | | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | |
| | 08 | | T ⁰ T ¹ | T ⁰ T ¹ | | T ⁰ T ¹ | | |
| | 09 | ⊗ | | | | T ⁰ T ¹ | T ⁰ T ¹ | |
| | 10 | | | | | | | |
| | 5. U | 01 | ⊗ | | ⊗ ⊗ ⊗ | | T ⁰ T ¹ T ⁰ T ¹ | |
| 02 | | | ⊗ | ⊗ | ⊗ | ⊗ | | |
| 03 | | | | ⊗ | ⊗ | | | |
| 04 | | U | | U | U | U | | |
| 05 | | ⊗ | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | | |
| 06 | | ⊗ | | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | | |
| 07 | | | T ⁰ T ¹ | T ⁰ T ¹ | | | T ⁰ T ¹ | |
| 08 | | ⊗ | | U U | U | U | | |
| 09 | | | | | U | T ⁰ T ¹ T ⁰ T ¹ | | |
| 10 | | | | | U | U | U | U |
| 6. ↓ | 01 | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | | | |
| | 02 | T ⁰ T ¹ T ⁰ T ¹ | | T ⁰ T ¹ T ⁰ T ¹ X ⁰ X ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | | |
| | 03 | | | T ⁰ T ¹ T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ T ⁰ T ¹ | | | |
| | 04 | T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ | T ⁰ T ¹ | | |
| | 05 | | U U | U U | U U U | U U U | U U | |
| | 06 | | | | U U | U U | U U | U U |
| | 07 | | | | U U U | U U U | U U U | U U |
| | 08 | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ | T ⁰ T ¹ T ⁰ T ¹ |
| | 09 | | U U | U U | U U | U U | U U | U U |
| | 10 | | U | U U | U U | | | |

| | A-100 | B-200 | C-300 | D-400 | E-500 | F.600 | G.700 |
|------|-------|-------|-------|-------|-------|-------|-------|
| 1.01 | ∠ | ∠ | | ∠ | | | |
| 02 | ∠ | | ∠ | ∠ | | | |
| 03 | ∠ | ∠ | ∠ | ∠ | | | |
| 04 | | ∠ | ∠ | | | | |
| 05 | ∠ | | ∠ | | | | |
| 06 | ∠ | | | | | | |
| 07 | | ∠ | | | | | |
| 08 | ∠ | ∠ | ∠ | | | | |
| 09 | | | ∠ | | | ∠ | |
| 10 | | ∠ | ∠ | | | | |
| 11 | ∠ | ∠ | ∠ | ∠ | | | |
| 12 | | | ∠ | ∠ | | | |
| 13 | | ∠ | ∠ | ∠ | | | |
| 14 | ∠ | ∠ | ∠ | ∠ | ∠ | | |
| 15 | | ∠ | ∠ | | | ∠ | |
| 16 | | | | ∠ | ∠ | ∠ | ∠ |
| 17 | | | ∠ | ∠ | ∠ | | |
| 18 | | | | | ∠ | ∠ | ∠ |
| 19 | | | | | ∠ | ∠ | ∠ |

| | A-100 | B-200 | C-300 | D-400 | E-500 | F.600 | G.700 |
|------|-------|-------|-------|-------|-------|-------|-------|
| 2.01 | ∠ | ∠ | ∠ | ∠ | ∠ | | |
| 02 | | ∠ | ∠ | ∠ | | | |
| 03 | | ∠ | ∠ | ∠ | | | |
| 04 | | ∠ | | ∠ | | | |
| 05 | ∠ | | ∠ | ∠ | ∠ | | |
| 06 | | ∠ | ∠ | | ∠ | | |
| 07 | ∠ | ∠ | | ∠ | | | |
| 08 | ∠ | ∠ | ∠ | ∠ | | | |
| 09 | | ∠ | ∠ | ∠ | | | |
| 10 | ∠ | ∠ | ∠ | | | | |
| 11 | | ∠ | ∠ | ∠ | | | |
| 12 | ∠ | ∠ | | ∠ | ∠ | | |
| 3.01 | ∠ | ∠ | | ∠ | ∠ | | |
| 02 | | | ∠ | ∠ | | | |
| 03 | | | ∠ | ∠ | | | |
| 04 | | | ∠ | ∠ | ∠ | | |
| 05 | | | ∠ | ∠ | | | |
| 06 | | ∠ | | ∠ | | | |
| 07 | ∠ | ∠ | ∠ | | | | |
| 08 | | ∠ | ∠ | ∠ | ∠ | | |
| 09 | | ∠ | | ∠ | | | |
| 4.01 | ∠ | | | | | | |
| 02 | ∠ | ∠ | | | | | |
| 03 | ∠ | ∠ | | | | | |
| 04 | | ∠ | ∠ | | | | |
| 05 | | ∠ | | | | | |
| 06 | | ∠ | ∠ | | | | |
| 07 | ∠ | | ∠ | | | | |
| 08 | ∠ | ∠ | ∠ | ∠ | ∠ | | |
| 09 | | ∠ | | ∠ | | | |
| 10 | | ∠ | ∠ | | | | |

| | A-100 | B-200 | C-300 | D-400 | E-500 | F.600 | G.700 |
|------|-------|-------|-------|-------|-------|-------|-------|
| 5.01 | | ∠ | ∠ | ∠ | ∠ | | |
| 02 | | ∠ | ∠ | ∠ | | | |
| 03 | | | ∠ | ∠ | | | |
| 04 | | ∠ | ∠ | ∠ | | | |
| 05 | | | ∠ | ∠ | ∠ | | |
| 06 | | ∠ | ∠ | ∠ | | | |
| 07 | | ∠ | ∠ | ∠ | | | |
| 08 | | ∠ | | ∠ | ∠ | | |
| 09 | | | | ∠ | | | |
| 10 | | | ∠ | ∠ | ∠ | | |
| 11 | | | | ∠ | ∠ | ∠ | |
| 12 | | | ∠ | | ∠ | ∠ | ∠ |
| 13 | | | ∠ | | | ∠ | |
| 6.01 | ∠ | ∠ | ∠ | | ∠ | | |
| 02 | ∠ | ∠ | ∠ | ∠ | | ∠ | |
| 03 | | ∠ | ∠ | ∠ | | | ∠ |
| 04 | ∠ | ∠ | ∠ | ∠ | | ∠ | |
| 05 | | | | ∠ | ∠ | | ∠ |
| 06 | ∠ | ∠ | ∠ | ∠ | ∠ | | ∠ |
| 07 | | ∠ | ∠ | ∠ | ∠ | | |

FIG WTC March 2016

| | | A - .100 | B - .200 | C - .300 | D - .400 | E - .500 | F - .600 |
|----|----|----------|----------|----------|----------|----------|----------|
| 1. | 01 | | | | | | |
| | 02 | | | | | | |
| | 03 | | | | | | |
| | 04 | | | | | | |
| | 05 | | | | | | |
| | 06 | | | | | | |
| | 07 | | | | | | |
| | 08 | | | | | | |
| | 09 | | | | | | |
| | 10 | | | | | | |
| | 11 | | | | | | |
| | 12 | | | | | | |
| | 13 | | | | | | |
| | 14 | | | | | | |
| 2. | 01 | | | | | | |
| | 02 | | | | | | |
| | 03 | | | | | | |
| | 04 | | | | | | |
| | 05 | | | | | | |
| | 06 | | | | | | |
| | 07 | | | | | | |

| | | A - .100 | B - .200 | C - .300 | D - .400 | E - .500 | F - .600 | G - .700 | H - .800 | I - .900 |
|----|----|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 3. | 01 | | | | | | | | | |
| | 02 | | | | | | | | | |
| | 03 | | | | | | | | | |
| | 04 | | | | | | | | | |
| | 05 | | | | | | | | | |
| | 06 | | | | | | | | | |
| | 07 | | | | | | | | | |
| 4. | 01 | | | | | | | | | |
| | 02 | | | | | | | | | |
| | 03 | | | | | | | | | |
| | 04 | | | | | | | | | |
| | 05 | | | | | | | | | |
| 5. | 01 | | | | | | | | | |
| | 02 | | | | | | | | | |
| | 03 | | | | | | | | | |
| | 04 | | | | | | | | | |

FIG WTC March 2016

Qualification AA ApparatusFinals TeamFinals






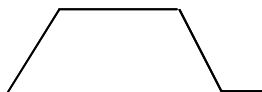




| | | | | |
|-----|-------------|-------------|-----|-------------|
| # | # Performed | | # | # Performed |
| Nat | | D-score | Nat | D-score |
| | | Deductions | | Deductions |
| | | Final Score | | Final Score |
| # | # Performed | | # | # Performed |
| Nat | | D-score | Nat | D-score |
| | | Deductions | | Deductions |
| | | Final Score | | Final Score |
| # | # Performed | | # | # Performed |
| Nat | | D-score | Nat | D-score |
| | | Deductions | | Deductions |
| | | Final Score | | Final Score |
| # | # Performed | | # | # Performed |
| Nat | | D-score | Nat | D-score |
| | | Deductions | | Deductions |
| | | Final Score | | Final Score |
| # | # Performed | | # | # Performed |
| Nat | | D-score | Nat | D-score |
| | | Deductions | | Deductions |
| | | Final Score | | Final Score |

資格賽

全能決賽

單項決賽

成隊決賽

| | | | | | |
|---|------|------|--|------|------|
| 運動員號 | 完成動作 | | 運動員號 | 完成動作 | |
| 單位 | | D-分 | 單位 | | D-分 |
| | | 扣分 | | | 扣分 |
|  | | 最後得分 |  | | 最後得分 |
| 運動員號 | 完成動作 | | 運動員號 | 完成動作 | |
| 單位 | | D-分 | 單位 | | D-分 |
| | | 扣分 | | | 扣分 |
|  | | 最後得分 |  | | 最後得分 |
| 運動員號 | 完成動作 | | 運動員號 | 完成動作 | |
| 單位 | | D-分 | 單位 | | D-分 |
| | | 扣分 | | | 扣分 |
|  | | 最後得分 |  | | 最後得分 |
| 運動員號 | 完成動作 | | 運動員號 | 完成動作 | |
| 單位 | | D-分 | 單位 | | D-分 |
| | | 扣分 | | | 扣分 |
|  | | 最後得分 |  | | 最後得分 |
| 運動員號 | 完成動作 | | 運動員號 | 完成動作 | |
| 單位 | | D-分 | 單位 | | D-分 |
| | | 扣分 | | | 扣分 |
|  | | 最後得分 |  | | 最後得分 |

| CV | 0.1 | 0.2 | CR | CV | 0.1 | 0.2 | CR | CV | 0.1 | 0.2 | CR |
|----------------------------------|---|--|---|--|--------------------------------------|---|--|--|---|--|-----|
| D + D or more | D(flight → or ↗) + C or more on HB (Must be performed in this order) | HB ↘ LB Flight → | Acro Flight (Must be rebounding) DMT min. F | C + C B + E | C / D + D B + D (fwddir) B + F | 2 different Dance - 1 with 180° split / straddle | Acro Indirect Acro Direct Mixed Turns | B / C + D A + A + D A + D C + C D (salto) + B (dance) E (salto) + A (dance) D + B B + B (no step) | C + E D + D A + A + E A + E C + D | 2 different Dance - 1 with 180° split / straddle Salto with LA turn (min. 360°) Salto with Double BA Acro bwd & fwd within same or differentacro line | |
| | D + E (both flight ele.) | 2 different Grips (No cast, MT, DMT) | Dance & Mixed | B + B + C (DMT min. C) | | Turn (Gr. 3) | | | | | |
| | | Non-flight with 360° turn (No MT) | Salto + 1 foot Scale (this order) | C + C (Dance) A + C (Turns) B + D (Mixed) D + A | D + D | Acro Series (2 ele. 1 salto) | | | | | |
| Jump from LB to HB | 0.5 | | Confidence | | 0.1 | Acro Direction (fwd/swd & bwd) | Expressiveness | | 0.1 | | |
| Hang on HB, feet on LB, grasp LB | 0.5 | | Personal style | | 0.1 | | Inappropriate gesture or facial expression (mimic) | | 0.1 | Missing movement touching floor | 0.1 |
| +2 of same element into DMT | 0.1 | | Rhythm & tempo in move. (no DV) | | 0.1 | | Failure to engage the audience | | 0.1 | No structure to the music | 0.1 |
| No DMT | 0.5 | | Ex. as a series of disconnected ele./move. | | 0.1 | | Inability to play a role or a character throughout | | 0.1 | Lack of syn. during part of exercise | 0.3 |
| | | | Insufficient Complexity or creativity in the move. Insufficient use of entire length of BB | | 0.1 | | Exercise as a series of disconnected ele./movements | | 0.1 | Lack of syn. at end of exercise | 0.1 |
| | | | Missing combination of move./ele. close to BB | | 0.1 | | Incorrect selection of move. for music | | 0.1 / 0.3 | Background music | 0.5 |
| | | | Lack of side movements (no DV) | | 0.1 | | Insufficient complexity or creativity of movements | | 0.1 | No DMT | 0.5 |
| | | | +1 1/4 turn on 2 feet with straight legs | | 0.1 | | Lack of variety of choreography in corners | | 0.1 | | |

| | | | | | | | | | | | | UB | | | DV | |
|--|--|--|--|--|--|--|--|--|--|--|--|------|-------|-------|----|-----------|
| | | | | | | | | | | | | Acro | Dance | Total | | |
| | | | | | | | | | | | | .9 I | | | | CR |
| | | | | | | | | | | | | .8 H | | | | |
| | | | | | | | | | | | | .7 G | | | | CV |
| | | | | | | | | | | | | .6 F | | | | D - Score |
| | | | | | | | | | | | | .5 E | | | | |
| | | | | | | | | | | | | .4 D | | | | E - Score |
| | | | | | | | | | | | | .3 C | | | | |
| | | | | | | | | | | | | .2 B | EXE | ART | | FINAL |
| | | | | | | | | | | | | .1 A | | | | |

| | | | | | | | | | | | | UB | | | DV | |
|--|--|--|--|--|--|--|--|--|--|--|--|------|-------|-------|----|-----------|
| | | | | | | | | | | | | Acro | Dance | Total | | |
| | | | | | | | | | | | | .9 I | | | | CR |
| | | | | | | | | | | | | .8 H | | | | |
| | | | | | | | | | | | | .7 G | | | | CV |
| | | | | | | | | | | | | .6 F | | | | D - Score |
| | | | | | | | | | | | | .5 E | | | | |
| | | | | | | | | | | | | .4 D | | | | E - Score |
| | | | | | | | | | | | | .3 C | | | | |
| | | | | | | | | | | | | .2 B | EXE | ART | | FINAL |
| | | | | | | | | | | | | .1 A | | | | |

| | | | | | | | | | | | | UB | | | DV | |
|--|--|--|--|--|--|--|--|--|--|--|--|------|-------|-------|----|-----------|
| | | | | | | | | | | | | Acro | Dance | Total | | |
| | | | | | | | | | | | | .9 I | | | | CR |
| | | | | | | | | | | | | .8 H | | | | |
| | | | | | | | | | | | | .7 G | | | | CV |
| | | | | | | | | | | | | .6 F | | | | D - Score |
| | | | | | | | | | | | | .5 E | | | | |
| | | | | | | | | | | | | .4 D | | | | E - Score |
| | | | | | | | | | | | | .3 C | | | | |
| | | | | | | | | | | | | .2 B | EXE | ART | | FINAL |
| | | | | | | | | | | | | .1 A | | | | |

| CV | 0.1 | 0.2 | CR | CV | 0.1 | 0.2 | CR | CV | 0.1 | 0.2 | CR |
|--|--------------------------|--|---------------------------|---|--|--|--|---|--|--|----------------------------------|
| D + D 或更難 | | D(飛行→ 或↗) + C 或高槓上的更難 動作(必須按此順序) | 高槓↘低槓 飛行 → | 技巧空翻動作 下法至少.F | C + C B + E | C / D + D B + D (向前) B + F | 2個不同的舞蹈 - 1個為 分腿 180° / 屈體分腿 | 技巧間連 技巧直連 | B / C + D A + A + D | C + E D + D A + A + E | 2個不同的舞蹈 - 1個為 分腿 180° / 屈體分腿 |
| | | D + E (兩個飛行動作) | 2種不同握法 (非後擺、上法、下 法) | 舞蹈和混合 空翻 + 單腳平衡 (按此順序 r) | B + B + C (下法至少 C) | D + D | 轉體 (第 3 組) 技巧串 (2 個動作 · 1 個空翻) | 混合 轉體 | A + D C + C | A + E C + D | 縱軸轉體的空翻 (至少 360°) 橫軸兩周的空翻 |
| 從低槓跳至高槓 高槓懸垂，腳踩低槓，抓低槓 2個以上相同動作連接下法 沒有下法 | 0.5 0.5 0.1 0.5 | | 不是飛行的 360°轉體 (非下法) | 自信心 個人風格 節奏和速度的變化(非難度) 成套如同分開的片段。 多樣性和創造性不足 未充分利用平衡木長度 缺乏近木組合。 缺乏側向動作 (非難度) 多於 1 次雙腳站立轉體 180° | 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 | 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 | 技巧方向 (前/側和後) | 表現力 不恰當的動作或面部表情(模仿) 缺乏感染力 表演從未進入角色 成套如同分開的片段 動作的選擇與音樂不符 動作缺乏多樣性和創造性 角落的舞蹈編排缺乏多樣性 | 0.1 0.1 0.1 0.1 0.1 / 0.3 0.1 0.1 0.1 | 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 | 相同或不同技巧線路中向前和向後巧 的技巧 |

| | | UB | | | 難度 | |
|--|--|------|----|-----|-------|--|
| | | 技巧 | 舞蹈 | 共計 | | |
| | | .9 I | | | 編排 | |
| | | .8 H | | | | |
| | | .7 G | | | | |
| | | .6 F | | | | |
| | | .5 E | | | E - 分 | |
| | | .4 D | | | | |
| | | .3 C | | | | |
| | | .2 B | 完成 | 藝術性 | 最後得分 | |
| | | .1 A | | | | |

| | | UB | | | 難度 | |
|--|--|------|----|-----|-------|--|
| | | 技巧 | 舞蹈 | 共計 | | |
| | | .9 I | | | 編排 | |
| | | .8 H | | | | |
| | | .7 G | | | | |
| | | .6 F | | | | |
| | | .5 E | | | E - 分 | |
| | | .4 D | | | | |
| | | .3 C | | | | |
| | | .2 B | 完成 | 藝術性 | 最後得分 | |
| | | .1 A | | | | |

| | | UB | | | 難度 | |
|--|--|------|----|-----|-------|--|
| | | 技巧 | 舞蹈 | 共計 | | |
| | | .9 I | | | 編排 | |
| | | .8 H | | | | |
| | | .7 G | | | | |
| | | .6 F | | | | |
| | | .5 E | | | E - 分 | |
| | | .4 D | | | | |
| | | .3 C | | | | |
| | | .2 B | 完成 | 藝術性 | 最後得分 | |
| | | .1 A | | | | |



To be filled out by the D Panel / À remplir conjointement par les Juges du Jury D

WOMEN'S ARTISTIC GYMNASTICS - D Panel Judge's Slip
Gymnastique Artistique Féminine - D Jury Feuillet de Juge

Date: _____

Competition/Concours:
Qualification AA Apparatus Final Teams final

Gymnast's Name/Nom de la gymnaste

Gymnast No./Gymnaste No.

Country/Pays



1 _____
2 _____

D.V.

C.R.

C.V.

TOTAL

| Neutral Deductions | |
|--------------------|--|
| Time | |
| Line | |

Signature of D1/Signature de l'D1

Signature of D2/Signature de l'D2



To be filled out by each judge on the E Panel / À remplir par chaque Juge du Jury E

WOMEN'S ARTISTIC GYMNASTICS - E Panel Judge's Slip
Gymnastique Artistique Féminine - E Jury Feuillet de Juge

Date: _____

Competition/Concours:
Qualification AA Apparatus Finals Teams final

Gymnast's Name/Nom de la gymnaste

Gymnast No./Gymnaste No.

Country/Pays



1 _____
2 _____

Execution
Exécution

Artistry
BB & FX

TOTAL

Judge's Position & Signature
Position et Signature du Juge



D 組裁判填寫/A remplir conjointement par les Juges du Jury D

女子體操 - D 組裁判單
Gymnastique Artistique Féminine - D Jury Feuille de Juge

Date: _____

比賽類型:
資格賽 全能決賽 單項決賽 成隊決賽

運動員號碼

國籍



1

2

D1 裁判簽名

D2 裁判簽名

運動員姓名

D.V.

C.R.

C.V.

總分

中性扣分

時間

視線



E 組裁判填寫/A remplir par chaque Juges du Jury E

女子體操 - E 組裁判單
Gymnastique Artistique Féminine - E Jury Feuille de Juge

Date: _____

比賽類型:
資格賽 全能決賽 單項決賽 成隊決賽

運動員號碼

國籍



1 _____

2 _____

裁判號及簽名

運動員姓名

完成分

藝術分

總分

FEDERATION INTERNATIONALE DE GYMNASTIQUE



WAGLINE

| Gymnast # | Name of Gymnast | NAT | 0.10 | 0.30 | Total Deductions | Comments |
|----------------------|-----------------|--------------------------|--------------------------|------|--------------------------------|----------|
| | | | | | | |
| Qualification | Sub #: | Apparatus | | | Line Judge's signature: | |
| AA Final | | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Apparatus Finals | | | | | | |
| Team Final | | | | | | |

FEDERATION INTERNATIONALE DE GYMNASTIQUE



視線裁判

| 運動員號碼 # | 運動員姓名 | 單位 | 0.10 | 0.30 | 總扣分 | 備註 |
|---------|-------|---|------|------|---------|----|
| 資格賽 | 場次 #: | 項目 | | | 視線裁判簽名： | |
| 全能決賽 | | <input type="checkbox"/> <input type="checkbox"/> | | | | |
| 單項決賽 | | | | | | |
| 成隊決賽 | | | | | | |



WAG TIME

| Gymnast # | Name ofGymnast | NAT | Fall time | Exercice time | Other T-deductions | Total Time Ded. | Comments |
|------------------------|----------------|--------------------------|--------------------------|--------------------------|--------------------------------|-----------------|----------|
| | | | | | | | |
| Qualification | Sub #: | Apparatus | | | Time Judge's signature: | | |
| AA Final | | | | | | | |
| ApparatusFinals | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Team Final | | | | | | | |



計時裁判

| 運動員號碼 # | 運動員姓名 | 單位 | 掉下時間 | 成套時間 | 其他時間扣分 | 總時間扣分 | 備註 |
|---------|-------|--------------------------|--------------------------|--------------------------|---------|-------|----|
| | | | | | | | |
| 資格賽 | 場次 #: | 項目 | | | 計時裁判簽名： | | |
| 全能決賽 | | | | | | | |
| 單項決賽 | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 成隊決賽 | | | | | | | |

WAG COP modifications for Junior Competitions

The **2017 CODE** is designed to:

- be utilized at all international competitions under the official jurisdiction of FIG, its Member Federations and Continental Unions, namely Youth Olympic Games and other Multisport Games, International Competitions and Tournaments as well as special events created by FIG,
- standardize the judging of the four phases of FIG official competitions: Qualification, Team Finals, All Around and Individual Event Finals.

For Junior Competitions, the 2017 CODE with some modifications should be used.

2.1 Rights of the Gymnast

2.1.2 Warm up

– In **Qualifying** competition, **Team Final, All Around Final & Apparatus Finals** each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm up period immediately prior to the competition on the podium.

The maximum warm up time as per FIG TR 4.11.8

– In **Apparatus Finals: Warm up in 2 groups**

NOTE:

- *In Qualifying competition and Team Final the entire warm-up time (30 seconds per gymnast on beam and 50 seconds on bars) belongs to the team. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up. In mixed-groups the warm-up time belongs personally to the gymnast*

7.2 Difficulty Value(DV)

DV Restriction: If performed “F”, “G”, “H” or “I” elements the maximum value of 0.50 for each element may be rewarded.

7.3 Composition Requirements (CR) 2.00P.

Composition requirements are described in the respective Apparatus Sections. A maximum of 2.00 P. is possible.

- One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR.

7.4 Connection Value

Formulas for CV are described in the respective apparatus Part 3: Sections 11, 12 and 13. (DV Restriction will be taken into consideration).

10.4 Requirements

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed
- In the **Qualifying** competition, **Team Final and All-Around:** One vault must be performed.
 - In **Qualifying** competition, the 1st vault score counts toward the **Team and/or All-Around** total.

- The gymnast who wishes to qualify for the **Apparatus Final** must perform two vaults as per the **Apparatus Finals** rules below.

Apparatus Finals

Gymnast must perform two different vaults (maybe from the same group, but with different numbers), which will be averaged for the final score.

10.4.2 Specific Apparatus Deductions (D- Panel)

All vaults are illustrated with a number.

There is no penalty, if a different vault than the flashed vault is performed

– Support with one hand (taken from Final Score) 2.00P.

– In the **Qualification** for the **Apparatus Finals & Apparatus Finals**

- when only one vault is performed
- when one of two vaults receives “0” points (10.4.3)

Evaluation: Score of the performed vault divided by 2 = Final Score

SECTION 14 – TABLE OF ELEMENTS

Following elements are prohibited for performance:

- VT – vaults with sideward take-off or landing
- UB – salto & DMT with take off two feet.
- BB – dance elements with cross sit landing on BB.
- FX – acro elements with sideward take off and/or landing into roll

女子體操青少年比賽修訂規則

2017 年規則規定：

- 適用於國際體聯管理下的協會成員國和洲體操聯合會的所有正式國際比賽，即青年奧林匹克運動會和其他 綜合運動會，國際比賽和由國際體聯組織的專門比賽。
- 使國際體聯的正式比賽四個階段的評分更統一：資格賽，成隊決賽，全能決賽和個人單項決賽。對青少年比賽，將使用有一些修改的 2017 年規則。

2.1 運動員的權利

2.1.2 準備活動

- 在資格賽、成隊決賽、個人全能和單項決賽中給予每位比賽運動員（受傷隊員的替補）在所有比賽階段（C-I，C-II，C-III，C-IV）的所有項目賽前的賽台準備活動。

最長時間見 FIG 技術規程 4.11.8

- 在單項決賽中：準備活動分為 **2 組**

注：

- 在資格賽和成隊決賽中整個準備活動時間（平衡木每位運動員 30 秒和高低槓每位運動員 50 秒）屬於成隊。各隊必須注意所用的時間，使最後的運動員能做上準備活動。混合組的準備活動時間屬於每位運動員。

7.2 難度價值 (DV)

難度價值的限定：如果完成“F”，“G”，“H” or “I” 組的難度動作，最多承認給每個動作 0.5 分

7.3 編排要求(CR) 2.00 分

編排要求按照各專案條文中所述最對可以獲得 2.00 分。

- 一個動作可以滿足多個編排要求：然而一個重複動作不能滿足其他編排要求。

7.4 連接價值

按本規則第三部分各項目的第 11,12 和 13 節的連接價值公式 CV（連接價值的限制將要考慮到）。

10.4 要求

- 做跳馬動作前要示跳馬動作號碼（手工或電動）
- 在資格賽，成隊決賽和全能決賽中：必須跳一個跳馬動作。
 - 資格賽中，第一跳得分計入成隊和/ 或全能總分中。
 - 在資格賽中想要獲得單項決賽的運動員必須跳第二個動作 按如下單項決賽規則。

單項決賽：

運動員必須跳兩個不同的跳馬（可以為相同組的動作，但是不同號碼），兩個得分的平均分為最後得分。

10.4.2 專項扣分（D-裁判組）

所有的跳馬動作都有動作符號。

如果所跳動作與所顯示的動作不同，不予扣分

- 單手撐馬（從最後得分中） -2.00 分
- 在資格賽中想獲得單項決賽資格和單項決賽中
 - 只跳了一個動作
 - 當兩個跳馬動作中的一個得“0分”（10.4.3）

評分：所跳動作的得分÷2=最後得分

第 14 節：-動作表

禁止做如下動作：

- VT – 向側起跳或落地的動作
- UB – 雙腳起跳的空翻或下法
- BB – 舞蹈動作落至縱木騎坐
- FX – 向側起跳和/或至滾翻落地的技巧動作或空翻

DE GYMNASTIQUE



**Women's Artistic Gymnastics
Brochure**

**Kunstturnen Frauen Symbol
Schrift**

Gymnastique artistique féminine

Ecritures symbolique

**Gimnasia artística femenina
Escrituras simbólica**

**Женская спортивная гимнастика
Буклет с символами**

2017 Edition

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| 7. – 13. | BALANCE BEAM AND FLOOR | – Apparatus Specific Symbols |
| 14. –15. | VAULT | – ApparatusSpecificSymbols Examples for Vaults inGroup |

NOTE: For logical reasons, the sequence is not in Olympic order.

The presentation begins with the basic symbols for all apparatus – hangs, supports, handstands, leaps-jumps-hops, leg and body positions and turns around the breadth, long and median axes.

Apparatus specific symbols and element groups for uneven bars are treated separately; however, beam and floor specific symbols, common dance and acrobatic elements are handled in the same section. Vault specific symbols and examples for vaults in each of the groups are featured in the lastsection.

Through a combination of the basic symbols and specific symbols, practically all elements can be recorded, even those that are submitted and performed for the first time.

ACKNOWLEDGMENTS

The WTC* wishes to profoundly thank those persons who assisted with the production and translation of the *Symbol Brochure*:

| | | | | |
|-------------|--|---------------|-----------------------|-----|
| 1986 | Advisor for the original Text & Symbols in | Organization, | Margot Dietz | GER |
| | History of the Symbols | | Jackie Fie | USA |
| 1999 - 2017 | Layout, Production, Computer Symbols and updates | | Linda Chencinski | USA |
| 1999 | Editorial Work and English Translation | | Jackie Fie | USA |
| 1999 - 2017 | | | Linda Chencinski | USA |
| 1999 - 2017 | French & German Translation | | Agneta Göthberg | SWE |
| | | | Esbela Fonseca Miyake | POR |
| | | | Yvette Brasier | FRA |
| | | | Sabrina Klaesberh | GER |
| 1999 - 2017 | Spanish Translation | | Helena Lario | ARG |
| 2012 - 2017 | Russian Translation | | Elena Lowery | USA |

PREFACE

The History of the Development of Symbol Notation

In 1979, for the first time, the FIG Women's Technical Committee published symbols for Women's Artistic Gymnastics for the principle elements.

During the time period from 1980 through 1986, the symbol notation underwent extensive practical testing, with a goal toward perfection in keeping with the evolution of gymnastics. All exercises executed in official FIG Competitions (Olympic Games, World Championships, World Cups and the Senior and Junior European Championships under the jurisdiction of FIG) were recorded in symbol notation by the Scientific Technical Collaborators (STCs), then checked by means of video analysis. Thus, a systematic analysis was developed. Through use of the recorded exercise content, the WTC was able to monitor the developmental tendencies and their resulting indications for continual improvements in the WAG Code of Points.











In 1985 a supplement was published and in July 1986 the first symbol publication entitled "Proposal for the Introduction of an International *Symbols Language* for Women's Artistic Gymnastics" was published. Then, in 1990/91 the FIG issued a *Video Film and Brochure* for learning and practicing the Symbol Notation in WAG. The *Video*, as well as the accompanying *Brochure*, was prepared by Ms. Margot Dietz – GER, who was entrusted with this task by the governing President of the FIG/WTC, Mrs. Ellen Berger. Based on the realization of this sophisticated development of the symbol system, the appropriate symbol for each element and its variation appeared in the 1993 edition of the Code of Points for the first time.


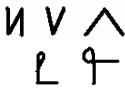


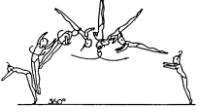
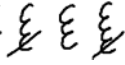

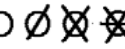
Since 1999 the *Symbol Notation Brochure* has been updated and formatted with computer symbols by Mrs. Linda Chencinski to reflect the development of new skills under the direction of the Former President of the FIG/WTC, Mrs. Jackie Fie and the present President, Ms. Nellie Kim.

With the constant progressive and exciting development of new elements in WAG, the WTC is pleased to publish the 2017 update to the *Symbol Notation Brochure*, with the objective to provide a uniform official revision for judges throughout the world of gymnastics. The WTC hopes that this updated brochure will assist judges in:

- accurately recording all elements performed
- quickly establishing the content of the exercise
- communicating with fellow judges from the various language groups and
- most importantly, to recall dynamic and modern exercises in their entirety during competitions.

The pictures are meant to serve as a guide and are not all inclusive.

| ENGLISH | FRANÇ AIS | DEUTSCH | ESPAÑ OL |
|---|---|---|--|
| Basic Symbols for All Apparatus | Symboles de base pour tous les agrès | Grundsymbole für alle Geräte | Símbolos básicos para todos los aparatos |
| <ul style="list-style-type: none"> • Hang  | <ul style="list-style-type: none"> • Suspension | | <ul style="list-style-type: none"> • Suspensión |
| <ul style="list-style-type: none"> • Stable Support surface  | <ul style="list-style-type: none"> • Surface d'appuistable | = | <ul style="list-style-type: none"> • Superficie de apoyo estable |
| <ul style="list-style-type: none"> • Stand front ways, rear ways  | <ul style="list-style-type: none"> • Station faciale, dorsale (<i>fac., dors.</i>) |  | <ul style="list-style-type: none"> • Posición de pie de frente, de espaldas |
| <ul style="list-style-type: none"> • Support, ie with support of hips  | <ul style="list-style-type: none"> • Appui, par ex. avec appui facial |  | <ul style="list-style-type: none"> • Apoyo, ej. con apoyo de caderas. |
| <ul style="list-style-type: none"> • Without support of the hips (<i>clear</i>)  | <ul style="list-style-type: none"> • appui dors libre |  | <ul style="list-style-type: none"> • Sin apoyo de cadera (<i>libre</i>) |
| <ul style="list-style-type: none"> • Clear pike support  | <ul style="list-style-type: none"> • Appui dors, libre jambes levées à la tête |  | <ul style="list-style-type: none"> • Al apoyo libre carpado |
| <ul style="list-style-type: none"> • Handstand | <ul style="list-style-type: none"> • Appui tendu en versé (<i>atr</i>) | ! | <ul style="list-style-type: none"> • Apoyo invertido |
| <ul style="list-style-type: none"> • Jump, Leap, Hop, flight phase | <ul style="list-style-type: none"> • Saut, phases d'envol | — | <ul style="list-style-type: none"> • Salto, fase de vuelo |

| Leg and body positions | Position des jambes et du corps | | Bein- und Körperstellungen | Posición de piernas y cuerpo |
|--|---|--|--|--|
| <ul style="list-style-type: none"> Tuck, pike, straddle Kehr-rear, flank  | <ul style="list-style-type: none"> groupé, carpé, écarté dorsal, costal |  | <ul style="list-style-type: none"> Hocken, Bücken, Grätschen Kehre, Flanke | <ul style="list-style-type: none"> Agrupado, carpado, piernas separadas Dorsal, lateral |
| <ul style="list-style-type: none"> Body position stretched, with step-out | <ul style="list-style-type: none"> position du corps tendu, écarté |  | <ul style="list-style-type: none"> Körperhaltung gestreckt, gespreizt | <ul style="list-style-type: none"> Posición de cuerpo extendida, con separación de piernas (a una pierna) |
| Turns | Rotations | | Drehungen | Rotaciones |
| <ul style="list-style-type: none"> around the breadth axis Forward, backward  | <ul style="list-style-type: none"> autour de l'axe transversalen avant, en arrière |  | <ul style="list-style-type: none"> um die Breitenachse vorwärts, rückwärts | <ul style="list-style-type: none"> en el eje transversal adelante, atrás |
| <ul style="list-style-type: none"> around the long axis  | <ul style="list-style-type: none"> autour de l'axe longitudinal |  | <ul style="list-style-type: none"> um die Längsachse | <ul style="list-style-type: none"> en el eje longitudinal |
| Or | ou | 360° 540° 720° 900° 1080° | oder | o |
|  | <ul style="list-style-type: none"> autour de l'axe antéro-postérieur (latéral) |  | <ul style="list-style-type: none"> um die Tiefenachse | <ul style="list-style-type: none"> en el eje antero-posterior (<i>lateral</i>) |

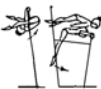


UNEVENBARS

BARRES
ASYMÉTRIQUES

STUFENBARREN

PARALELASASIMÉTRICAS

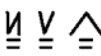
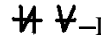
Apparatus Specific Symbols

- Gripchange
—with small flight phase

- with large flight phase (*LB to HB*)
—with hop (*mostly to reverse grip*)
—reverse grip (*use only when necessary*)
—to L grip, to mixed L grip
- Flight bwd. over the
—same bar
—From the HB over the LB

- To handstand on the LB

- Leg Swing Movements
—Squat on, stoop on, straddle on
—Squat through, stoop through

Symboles spécifiques à l'agrès


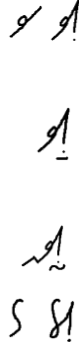
- Changement de prises
—avec petit envol
—avec grande phase d'envol (bi-bs)
—en sautant (*principalement en prises palm.*)
—prises palm. (utiliser seulement si nécessaire)
—en prises cub. ou prises mixtes palm. cub.
- Envol en arr. par-dessus
—la même barre
—de la bs par-dessus bi
—à l'appui renversé sur bi
- Mouvements d'élan des jambes
—Pour poser jambes fl. tendues, écartées
—Passer jambes fl. tendues





Gerätspezifische Symbole

- Griffwechsel
● —mit kleiner Flugphase
/ —mit grosser Flugphase (*uH-oH*)
—mit Umspringen (*meistens i.d. Kammgriff*)
—Kammgriff (*nur wenn nötig benutzen*)
~ ~ i.d. Ellgriff oder Mix-Ellgriff
→ —gleichen Holm
↘ —vom oH über den uH
↓ —in den Handstand auf den uH
- Beinschwungbewegungen
 —Aufhocken, aufbücken, aufgrätschen
 —Durchhocken, durchbücken


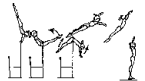

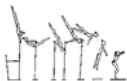

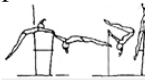








Símbolos específicos del aparato





- Cambio de tomas
—con pequeña fase de vuelo
— con gran fase de vuelo (*BI a BS*)
—con salto (*principalmente a toma palmar*)
—toma palmar (*usar sólo si es necesario*)
—a toma cubital, a toma cubital mixta
- Vuelo atrás sobre
—la misma banda
—desde BS por sobre BI
—al apoyo invertido en BI
- Movimientos con impulso de piernas
—al apoyo de piernas flexionadas (*cuclillas*), extendidas, separadas
—a pasar las piernas flexionadas, extendidas

| Casts | Elansenarrière | | Rückschwünge | Impulsos haciaatrás |
|---|--|---|--|--|
| <ul style="list-style-type: none"> • Cast backward without/with reaching the handstand • Cast to handstand —release-hop change to reverse grip in handstand phase —in reverse grip release- hop to L grip in handstand phase • Uprise to support/ handstand  | <ul style="list-style-type: none"> • Elan arr. sans/avec atteindre l'atr • Elan en arr. à l'atr —en sautant en prise palm. dans la phase d'atr —en sautant pour terminer en prises cub. dans la phase d'atr • Etablissement à l'appui /à l'atr |  | <ul style="list-style-type: none"> • Rückschwünge ohne/mit Erreichen d. Handstandes • Rückschwünge i.d. Handstand —mit Umspringen i.d. Kammgriff i.d. Handstand-phase —mit Umspringen i.d. Ell-Griff i.d. Handstandphase • Schwungstemme i.d. Stütz/Handstand | <ul style="list-style-type: none"> • Impulso atrás con o sin llegar al apoyo invertido • Impulso atrás al apoyo invertido —con cambio-saltado a toma palmar en la vertical —en toma palmar, cambio-saltado a toma cubital en la vertical • Elevación atrás al apoyo / al apoyo invertido |

| Circle Movements | Mouvements circulaires | | Felgbewegungen | Movimientos circulares |
|---|--|---|---|---|
| <ul style="list-style-type: none"> • Underswings —Underswing without/with support of the feet  <p>—Underswing bwd.</p> | <ul style="list-style-type: none"> • Elans pardessous barres Elan par-dessous la barre sans/avec appui des pieds <p>—Elan par-dessous en arr.</p> |  | <ul style="list-style-type: none"> • Unterschwünge —Unterschwung ohne/mit Stütz der Füße <p>9—Unterschwung rw.</p> | <ul style="list-style-type: none"> • Impulsos por debajo de la banda —Impulso por debajo de la banda con o sin apoyo de pies <p>—Impulso por debajo de la banda</p> |
| <ul style="list-style-type: none"> • Circles —Clear hip circle without/with reaching the handstand  <p>—Giant circle bwd. without/with reaching handstand</p> | <ul style="list-style-type: none"> • Tours d'appui —Tour d'appui libre sans/avec l'atr —Grand tour en arr. sans/avec l'atr |  | <ul style="list-style-type: none"> • Felgen —Freie Felge i.d. freien Stütz/i.d. Handstand —Riesenfelge rw. i.d. Handstand | <ul style="list-style-type: none"> • Giros de apoyolibre —Giro de apoyo libre con o sin llegar al apoyo invertido —Gran vuelta atr. con o sin llegar al apoyo invertido |

| | | | | |
|--|--|--|--|---|
| —Giant circle fwd. without/with reaching handstand (<i>also in regular grip</i>) | — S'abaisser en av. grandélan circ.en av.sans/avec l'atr (<i>aussi en prise dorsale</i>) | | —Abschwingen vw./Riesenfelge vw. ohne/mit Erreichen d. Handstand (<i>auch mit Ristgriff</i>) | —Gran vuelta ad. con o sin llegar al apoyo invertido (<i>también con toma dorsal</i>) |
| —Giant circle fwd. in L grip without/with reaching handstand | — Grand élan circ. en av. en prises cub.sans/avecl'atr | | —Abschwingen Ellgriffs - (Ellgriffriesenfelge) i.d. Handstand mit Ellgriff | —Gran vuelta ad. en toma cubital con o sin llegar al apoyo invertido |
| —Stalder circle bwd. without/ with reaching the handstand | Stalder en arr.sans/avecl'atr | | —Stalder rw. i.d. freienStütz/i.d. Handstand | —Stalder atr. con o sin llegar al apoyo invertido |
| | — Stalder en av.sans/avec l'atr, aussie enprises cub. | | —Stalder vw. i.d. freien Stütz/i.d. Handstand, auchmit Ellgriff | —Stalder ad. con o sin llegar al apoyo invertido, también en toma cubital |
| —Stalder circle fwd. without/with reaching the handstand, also in L grip | — Stalder en av.sans/avec l'atr, aussie enprises cub. | | —Stalder vw. i.d. freien Stütz/i.d. Handstand, auchmit Ellgriff | —Stalder ad. con o sin llegar al apoyo invertido, también en toma cubital |
| | — Elan circ. carpé oulibre Elan circ en av.àl'atr | | —Bückumschwung.oder Bückumschwung frei vw i. d. Handstande | —Con o sin apoyo de pies ad. con llegar alapoyo invertido |
| —Pike circle or clear pike circle fwd. to handstand | — Elan circ. carpé oulibre Elan circ en av.àl'atr | | —Bückumschwung.oder Bückumschwung frei vw i. d. Handstande | —Con o sin apoyo de pies ad. con llegar alapoyo invertido |
| | — Elan circ. carpé en arr. sans/avec l'atr | | —Bückumschwung rw. ohne/mit Erreichen d.Handstande | —Con o sin apoyo de pies atr. con llegar alapoyo invertido |
| —Pike circle or clear pikecircle bwd. tohandstand | — Elan circ. carpé en arr. sans/avec l'atr | | —Bückumschwung rw. ohne/mit Erreichen d.Handstande | —Con o sin apoyo de pies atr. con llegar alapoyo invertido |
| —seat (<i>pike</i>) circle forward through clear extended support to finish near handstand | — Tour d'appui dors, en av.à l'appui libre danslaphase d'atr | | —freier Bückumschwung rl. vw. i.d. freien Stütz i.d. Handstandnähe | —Giro dorsal adelante sentado-carpado pasando por el apoyo libre extendido a finalizar cerca de la vertical |
| | — Tour d'appui dors, en av.à l'appui libre danslaphase d'atr | | —freier Bückumschwung rl. vw. i.d. freien Stütz i.d. Handstandnähe | —Giro dorsal adelante sentado-carpado pasando por el apoyo libre extendido a finalizar cerca de la vertical |

| Hip Circles and Hechts | Tours d'appui et poisons | | Felgumschwünge und Hechtbewegungen | Vueltas y Angeles |
|---|---|---|---|--|
| <ul style="list-style-type: none"> with support of the hips fwd., bwd. | <ul style="list-style-type: none"> avec appui des hanches av., arr. |  | <ul style="list-style-type: none"> mit Stütz der Hüfte vw., rw. | <ul style="list-style-type: none"> con apoyo de caderas ad., atr. |
| <ul style="list-style-type: none"> Hip circle bwd. with hecht  | <ul style="list-style-type: none"> tour d'appui facial en arr. et poisson |  | <ul style="list-style-type: none"> Umschwung rw. mit Abhechten | <ul style="list-style-type: none"> vuelta atr. y ángel |
| <ul style="list-style-type: none"> Clear hecht  | <ul style="list-style-type: none"> tour d'appui fac. libre et poisson |  | <ul style="list-style-type: none"> Freies Abhechten | <ul style="list-style-type: none"> vuelta libre atr. y ángel |
| Kips | Bascules | | Kippebewegungen | Kips |
| <ul style="list-style-type: none"> Glide kip-up on the LB  | <ul style="list-style-type: none"> Bascule fac. bi |  | <ul style="list-style-type: none"> Schwebekippe amuH | <ul style="list-style-type: none"> Kip en BI |
| <ul style="list-style-type: none"> Glide, back kip to rear support  | <ul style="list-style-type: none"> Elan en av. passer les jambes entre les prises, bascule dorsale |  | <ul style="list-style-type: none"> Durchbücken-Kippaufschwung rl. vw. | <ul style="list-style-type: none"> Deslizamiento, pasaje de piernas entre brazos al apoyo dorsal (<i>kip dorsal</i>) |
| <ul style="list-style-type: none"> Longhang Kip-up | <ul style="list-style-type: none"> Bascule faciale à la suspension bs |  | <ul style="list-style-type: none"> Langhangkippe | <ul style="list-style-type: none"> Desde la suspensión, kip en BS |
| <ul style="list-style-type: none"> Inverted pike swing fwd to rear support (<i>fwd. seatcircle</i>) | <ul style="list-style-type: none"> Bascule dors. en av. |  | <ul style="list-style-type: none"> Kippaufschwung rl. vw. | <ul style="list-style-type: none"> Impulso invertido carpado ad. al apoyo dorsal (<i>vuelta ad. sentada - carpada-</i>) |
| <ul style="list-style-type: none"> Inverted pike swing bwd to rear support (<i>bwd. seatcircle</i>) | <ul style="list-style-type: none"> Bascule dors. en arr. |  | <ul style="list-style-type: none"> Kippaufschwung rl. rw. apoyo dorsal (<i>vuelta atr. sentada</i>) | <ul style="list-style-type: none"> Impulso invertido carpado atr. al - <i>carpada-</i>) |
| <ul style="list-style-type: none"> Reverse kip-up on the LB  | <ul style="list-style-type: none"> Bascule dors. de l'élan en av. passé carpé en arr. mi-renv., et bascule en arr. |  | <ul style="list-style-type: none"> Rückenkippe aus dem Vorschweben, Durchbücken i.d. Kipphang mit Kippaufschwung | <ul style="list-style-type: none"> Kip dorsal (<i>invertido</i>) en BI |

| Elements with Long Axis Turns | Éléments avec rotation de l'axe longitudinal | Elemente mit Längsachsendrehung | Elementos con giro en el eje longitudinal |
|--|--|--|--|
| <ul style="list-style-type: none"> Underswing with ½ turn (180°) to a clear support on the same bar without/with support of the feet Giant swing with 1/2 turn (180°) and flight to handstand on LB Giant circle bwd. to handstand with 1/1 turn (360°) Giant circle bwd. to handstand with 1½ turn (540°) | <ul style="list-style-type: none"> Elan par-dessous avec ½ tour (180°) à l'appui libre à la même b. avec ou sans appui des pieds Elan par-dessous bs avec ½ tour (180°) et envol à l'appui à bi grand tour en arr. à l'atr avec 1/1 tour (360°) grand tour en arr. à l'atr avec 1½ tour (540°) | <ul style="list-style-type: none"> Unterschwing mit ½ Dre. (180°) i.d. freien Stütz angleichen Holm mit oder ohne Stütz d. Füße Unterschwing mit ½ Dre. (180°) und Flug i.d. Handstand auf d.uH Riesenfelge rw. i.d. Handstand mit 1/1 Dre. (360°) Riesenfelge rw. i.d. Handstand mit 1½ Dre. (540°) | <ul style="list-style-type: none"> Impulso por debajo de labanda con ½ giro (180°) al apoyo libre en la misma banda con o sin apoyo de pies Gran vuelta atr. con 1/2 giro (180*) y vuelo al apoyo invertido en BI Gran vuelta atr. al apoyo invertido con 1/1 giro (360°) Gran vuelta atr. al apoyo invertido con 1½ giro (540°) |
| Flight Elements with | Éléments d'envol avec | Flugelemente mit | Elementos de vuelo con |
| <ul style="list-style-type: none"> Breadth Axis Turn —Comaneci-Salto  —Jägersalto  Counter Straddle Technique —Tkatchev  —Ricna-Straddle  Combination Turns in Flight —Deltchev-Salto | <ul style="list-style-type: none"> rotation autour l'axe transversal —salto Comaneci —salto Jäger Technique de contre-mouvement —Tkatchev —passéécarté Ricna Rotations combinées pendant l'envol —salto Deltchev | <ul style="list-style-type: none"> Breitachsendrehung —Comaneci-Salto —Jägersalto —Tkatchev —Ricna-Grätsche Kombinierte Drehungen im Flug —Deltchev-Salto | <ul style="list-style-type: none"> Giro en el eje transversal —Mortal Comaneci —Mortal Jäger Técnica de contramovimiento con piernasseparadas —Ricna Giros combinados durante el vuelo —Mortal Deltchev |

—MixedGripSalto

—salto enprisesmixtes



—Zwiegriff-Salto

—Mortal con tomamixta

—Chorkina

—Chorkina



—Chorkina

—Chorkina



Flight from LB to a Hangon HB

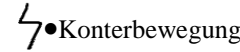
Envol de bi à lasuspensionbs

Flug vom uH i.d. Hangam oH

Vuelo desde BI a la suspensión en BS

- Counter movementfwd

- Contremouvement



- Contramovimient

- Schaposchnikova

- Schaposchnikova



- Schaposchnikova

- Schaposchnikova



- Stalder bwd. through a handstandwith 1/2 turn (180°) and flight to hang onthe HB

- Stalder en arr. à l'atr avec 1/2 (180°) et envol à la suspension bs



- Stalder rw.über den Handstand mit 1/2 Dre. (180°) und Flugi.d. Hang am oH

- Stalder atr. pasando por el apoyo invertido con 1/2 giro (180°) y vuelo a la suspensión enBS

- Clear underswing on LB releaseand counter movement fwd. in flight to hang onHB

- Élan par dessous bi, contremouvement avec envolà la suspensionbs

- Freier Unterschwingmit 1/4/Konterbewegung und Flugi.d. Hang am oH

- Impulso por debajo de la band (sin apoyo de pies) bi, y contramovimiento y vuelo atr a la suspensión enBS

Mounts-Examples

Entrées- Exemples

Angänge-Beispiele

Entradas -Ejemplos

- Indication of directionbyarrows

- Signe distinctif de ladirection par des flèches



- Kennzeichnung derRichtung durchPfeile

- Indicación de la dirección por medio deflechas

- Indication oftake-off(flight)

- Signe distinctif del'appel(vol)



- Kennzeichnung vonAbsprungs (Flug)

- Indicación de despegue(vuelo)

- Indication of flight up to the bar bya longline

- Signe distinctif de l'envol versla barre par un traitlong

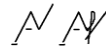


- Kennzeichnung des Anfliegens zum Holm durch langenStrich

- Indicación de vuelo hasta la banda con una línealarga

- Straddle over or free Straddle overthe LB to a hang on theHB

- Saut écarté ou sautécartélibre par-dessus bi à la susp.bs



- Ü bergrätschen oder freies Ü bergrätschen über den uH i.d. Hang amoH

- Salto con piernas o libre con piernas separadas sobre BI a la suspensión enBS



- Glide on LB - stoop through, straddle cut backward to hang on the samebar


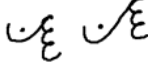



- Elan en av. bi - passer entreles prises en écartant lesjambesà la susp. à la mêmebarre



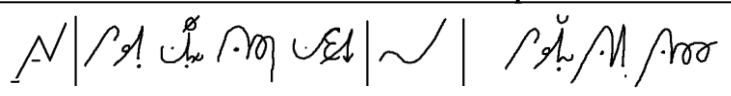
- Durchschub - Ausgrätschen in den Hang am gleichenHolm

- Deslizamiento en BI - pasaje de piernas entre brazos, corte atrás con separación de piernas a la suspensión en la mismabanda

| | | | |
|---|---|---|--|
| <ul style="list-style-type: none"> • Jump to handstand on the LB • Hecht jump with hand repulsion over LB to hang on HB | <ul style="list-style-type: none"> • Saut à l'attribution • Saut poisson par-dessus bi avec répulsion des mains à la suspension |  • Sprung in den Handstand auf dem uH  Abdruck von den Händen und Flug i.d. Hang am oH | <ul style="list-style-type: none"> • Salto al apoyo invertido en BI • Salto ángel con repulsión encima BI a suspensión en BS |
|---|---|---|--|

| Dismounts | Sorties | Abgänge | Salidas |
|--|---|---|--|
| <ul style="list-style-type: none"> • Clear underswing to salto fwd. tucked with 1/2 twist (180°) • Swing fwd. to salto bwd. tucked or stretched with 2/1 twist (720°) • Swing fwd. to double salto bwd. piked • Swing down fwd. between bars in reverse grip, swing bwd. to double salto fwd. tucked • Outer front support on HB – cast near handstand to salto fwd. tucked | <ul style="list-style-type: none"> • Elan libre par-dessous et salto av. groupé avec 1/2 tour (180°) • Elan en av. entre les barres et salto arr. groupé ou tendu avec 2/1 tour (720°) • Elan en av. et double salto arr. carpé • S'abaisser en av. entre les b – élan en arr. et double salto av. groupé • Appui fac. bs. face à bi – élan en arr. près de l'ar et salto av. groupé |    gebückt  zwischen beiden Holmen – Rückschwung mit Doppelsalto vw. gehockt  • Aussenseitstütz vl. am oH – Rückschwung i. Handstandnähe – Salto vw. gehockt | <ul style="list-style-type: none"> • Impulso libre por debajo de la banda al mortal ad. agrupado con 1/2 giro (180°) • Impulso ad. al mortal atr. agrupado o extendido con 2/1 giros (720°) • Impulso ad. al doble mortal atr. carpado • Descenso ad. entre bandas en toma palmar, impulso atr. al doble mortal ad. agrupado • Apoyo facial en BS mirando BI - impulso atr. cerca de la vertical al mortal ad. Agrupado |

| | | | |
|---|---|---|--|
| Exercise Symbol Notation Example — Uneven Bars | Descriptions d'exercices Exemple — Barres Asymétriques | Übungsmitschriften Beispiel — Stufenbarren | Anotación de ejercicios en símbolos Ejemplo — Paralelas Asimétricas |
|---|---|---|--|



**BALANCE BEAM AND
FLOOR**
**POUTREET
SOL**
**SCHWEBEBALKENUND
BODEN**
**VIGA DE EQUILIBRIO Y
SUELO**
Apparatus Specific Symbols
Symboles spécifiques à l'agrès
Gerätspezifische Symbole
Símbolos específicos del aparato

- Dot (.) over the symbol indicates execution in the side position (SP)

—Handstand in Side Position



—Sit in Side Position



—Press to Handstand in SP



- Mounts without/with support of the hands
—free jump up to a straddle stand (*long line indicating no hands support*)

—jump up to straddle stand with support of hands (*no line mark*)

- Balance Stand

—headstand, kneestand

- Point (.) sur le symbole signe distinctif pour la position latérale

—Atren position latérale

—siège en position latérale

—Elévation à l'atrlat

- entrées sans / avec l'appui des mains

Psaut libre à la stat. écartée.

Psaut à la stat. jambes écartées, avec appui des mains

- Stations

—appui renversé sur la tête, planche à genou



—Kopfstand, Kniestand

- Punkt (.) über den Symbol Kennzeichnung der Ausführung im Seitverhalten (SV)

—Handstand im SV

—Sitz im SV

—Heben i. d. Seit-Handstand

- Angänge ohne/mit Stütz der Hände

freies Aufspringen i. d. Grätschwinkelstand

—Aufspringen i. d. Grätschwinkelstand mit Stütz der Hände

- Stände

- Punto (.) sobre el símbolo indica ejecución en posición transversal

—Apoyo invertido transversal

—Sentado transversal

—Pulse para Apoyo invertido transversal

- Entradas con o sin apoyo de manos

—salto libre a la posición de pie con piernas separadas

—salto a la posición con piernas separadas con apoyo de manos

- Posiciones de equilibrio

—apoyo invertido de cabeza, equilibrio sobre rodilla

—planche support, clear (*front support*)
planche



• Stands on the ball of the foot (*always in connection with the symbol*)

• Waves

—Scale fwd., bwd on the ball of the foot

—Body wave fwd. to a scale bwd. on the ball of the foot

—Body wave swd. to a scale swd on the ball of the foot

• Steps fwd, bwd

• Split position —cross, side



• take-off from both feet or land on both feet (*use only if necessary*)

—Flic-flac land on both feet

• Elements with flight phase and no additional support (*free*)

appui facial horiz., appui fac. horiz. libre

• Station sur la pointe des pieds (*toujours en relation avec le symbole*)

• Ondes

— planche faciale, dors sur la pointe du pied

— Onde du corps av. à la planche dor. sur la pointe du pied
Onde du corps lat. à la

planche lat. sur la pointe du pied

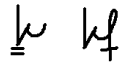
• Des pas en av. en arr.

• Position de grand écart transv., lat.

• Appel des deux pieds ou réception sur les deux pieds (*utilisation seulement si nécessaire*)

—Flic flac à la réception sur 2 pieds

• Eléments avec phase d'envol, et sans appui supplémentaire (*éléments libres*)



—Stützwaage, freie Stützwaage



• Ballenstände (*immer in Verbindung mit dem Symbol*)

• Wellen



—Standwaage vl., rl. im Ballenstand



—Körperwelle vw.i.d. Standwaage rl. im Ballenstand



— Körperwelle sw. i.d. Standwaage seitlings (sl) im Ballenstand



• Schritte vw., rw



• Spagathaltung quer, seit

• Absprung von beiden Beinen ||
bzw. Landung auf beiden Beinen
(Anwendung nur wenn notwendig)



—Flick-Flack, Landung auf beiden Beinen



• Elemente mit Flugphase und ohne zusätzlichen Stütz (*freie Elemente*)

—plancha horizontal con apoyo, plancha horizontal libre

• Equilibrio en punta de pie (*siempre en relación al símbolo*)

• Ondas

—Balanza ad., atr. en punta de pie

—Onda de cuerpo ad. a la balanza atr. en punta de pie

—Onda de cuerpo lat. a la balanza lat. en punta de pie





• Pasos ad., atr.

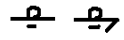






• Posición de spagata longitudinal, transversal

• despegue con ambos pies o recepción sobre dos pies
(*usar sólo si es necesario*)

— Flic-flac recepción a dos pies

• Elementos con fase de vuelo y sin apoyo adicional (*libre*)

| | | | |
|--|---|--|--|
| —Free (aerial)walkoverfwd. | —renv.av.libre |  —freierÜ berschlagvw. | —Inversión ad.libre |
| • Elements with support of one arm —Walkover fwd. on one arm | •Éléments avec appui d'un bras —renversement av. sans phased'envol |  | •Elementos con apoyo de un brazo — Inversión ad. sin vuelo |
| • Long line for Elements with gainer preparation —Gainersalt tucked —Gainer flic- flac | • Trait long comme signe distinctif des éléments avec Auerbach —salto Auerbach groupé —flic-flac Auerbach |  —Auerbachsalt gehockt  —Auerbach Flick-Flack | • Línea larga para elementos con técnica gainer (Auerbach) —Mortal gainer (Auerbach) agrupado —Flic-flac gainer (Auerbach) |

| Leaps, jumps, hops | Sauts | | Sprünge | Saltos |
|--|--|---|---|---|
| • Split leap fwd., stag leap | • saut enjambé en av. saut de chamois |  | • Spagat sprung vw. Rehsprung | • Zancada ad., gacela |
| • Scissors leap fwd., bwd, Cat leap | • saut ciseaux av., arr. saut de chat |  | • Schersprung vw. rw., Scherhocksprung | • Tijera ad., atr., salto de gato |
| • Tuck jump with 1/2 turn (180°) - take off from both legs | • saut groupé avec 1/2 tour (180°) appel des deux pieds |  | • Hocksprung mit 1/2 Dre (180°) Absprung von beiden Beinen | • Salto agrupado con 1/2 giro (180°) - despegue con ambas piernas |
| • Wolf hop (one leg tucked, one leg extended horizontally fwd.) - take-off from one leg  | • Saut groupé, (une jambe tendue horiz. en av.) - appel d'un pied |  | • Hocksprung mit Spielbein (horizontal vw.) - Absprung von einem Bein | • Salto agrupado con una pierna extendida horizontal ad. - despegue con una pierna |
| • Wolf jump - take-off from both legs  | • Saut groupé, (une jambe tendue horiz. en av.) - appel des deux pieds |  | • Hocksprung mit Spielbein - Absprung von beiden Beinen | • Salto agrupado con una pierna extendida horizontal ad. - despegue con ambas piernas |

• Scissors leap fwd. with 1/2 turn(180°)
(Tour Jeté)

• saut ciseaux en av. avec jambes tendues et 1/2 tour(180°)
(Tour jeté)



• Kadettsprung. Schersprungvw. mit gestreckten Beinen und 1/2 Dreh.(180°)

• Tijera ad. con 1/2 giro(180°)
(Tour Jeté)

• Hop with 1/1 (360°) with oneleg extended(90°)

• saut avec 1/1 tour (360°)en écartant la jambe libre audessus de l'horiz.(90°)



• Sprung mit 1/1 Dre. (360°)und Spreizen eines Beines über die Horiz.(90°)

• Salto con 1/1 giro (360°) con una pierna extendida sobre la horizontal(90°)

• Split leap fwd. with legchange (Switch leap)

• saut enjambé avec changement de jambes



• Spagatsprung vvmitt Beinwechsel

• Zancada ad. con cambio de piernas

• Stretched jump with 1 1/2 turn(540°)

• saut en extension avec 1 1/2 tour (540°)



• Strecksprung mit 1 1/2 Dre.(540°)

• Salto extendido con 1 1/2 giro (540°)

• Pikejump

• sautcarpé



• Bücksprung

• Saltocarpado

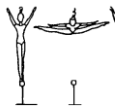
• Straddlejump

• sautcarpéécarté



• Grätschistsprung

• Salto carpadoconpiernas



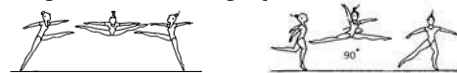
• Leap with 1/4 turn to straddlepike position or side splitposition

• appel des deux pieds/appeld'un pied



• Schrittgrätschistsprung

• despegue con dos pies, con unpie



• Schuschunova

• Schuschunova



• Schuschunova

• Schuschunova



• Ring leap, Ringjump

• saut cambré, unejambetendue, l'autre fl. enarr.



• Ringsprung

• Salto anillo despegue con dospies, con unpie

Turns

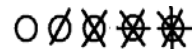
Pirouettes

Drehungen

Giros

• Turns on onefoot






• Tours sur unejambe





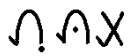
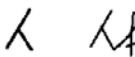


360° 540° 720° 900° 1080°

• Dre. auf einem Bein

• Giros sobre unapierna

| | | | | |
|---|--|---|---|---|
| <ul style="list-style-type: none"> • 1/1 illusionturn(360°) • 1½ turn (540°) in ascalefwd. | <ul style="list-style-type: none"> • Pirouette plongée1/1(360°) •1½ tour (540°) enplanchefac. |  | <ul style="list-style-type: none"> •1/1Taucherdrehung(360°) | <ul style="list-style-type: none"> •1/1 giro ilusión(360°) |
| <ul style="list-style-type: none"> • 2/1 turn (720°) in tuckstand ononeleg | <ul style="list-style-type: none"> •Pirouette 2/1 (720°) à lastat. groupée sur une jambe |  | <ul style="list-style-type: none"> •1½ Dre. (540°)inderStandw aagevl. • 2/1 Dre. (720°) im Hockstandauf einemBein | <ul style="list-style-type: none"> • 1½ giro (540°) en balanzaad. • 2/1 giros (720°) en posición agrupada sobre unapierna |
| <ul style="list-style-type: none"> •1/1,1½ turn (360°, 540°) with free leg above horiz., also 1/1 turn (360°) with handholding freeleg | <ul style="list-style-type: none"> • Pirouette 1/1, 1½ tour (360° - 540°) avec la jambe libre au-dessus de l'horiz., aussie avec 1/1 tour (360°) la jambe d'avoir de main |  | <ul style="list-style-type: none"> •1/1,1½ Dre. (360°,540)mit Spielbeinhalte über d.Horiz., oder 1/1 Dre (360°) mit Handbesitzbein | <ul style="list-style-type: none"> •1/1, 1½ giro (360°,540°) con pierna libre sobre la horizontal, o con 1/1 giro (360°) mano que tiene pierna |
| <ul style="list-style-type: none"> • 1/1 turn (360°) thigh of free legabove horizontalrearward. | <ul style="list-style-type: none"> • Pirouette 1/1 tour (360°) sur une jambe la cuisse de la jambe libre au-dessus de l'horizontal enarr. |  | <ul style="list-style-type: none"> • 1/1 Dre. (360°) auf einem Bein– Oberschenkel d. Spiebeinesüber d. Horiz. rückhoch | <ul style="list-style-type: none"> • 1/1 giro (360°)con muslo de pierna libre encima de horizontal haciaatrás |
| <ul style="list-style-type: none"> • 2/1 spin (720°)onback | <ul style="list-style-type: none"> •Pirouette 2/1 tours(720°)enpos. couchéedors. |  | <ul style="list-style-type: none"> • 2/1 Dre. (720°)i.d.Kipplage | <ul style="list-style-type: none"> •2/1 giros (720°) sobre laespalda |

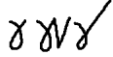
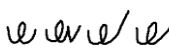


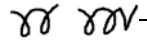
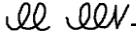
| Walkovers | Renversements | Ü berschläge | Inversiones |
|-----------|---------------|--------------|-------------|
|-----------|---------------|--------------|-------------|

| | | | | |
|--|---|---|--|---|
| <ul style="list-style-type: none"> • without flightphase fwd., bwd.,swd. (<i>cartwheel</i>) | <ul style="list-style-type: none"> • sans phase d'envol av.,arr.,lat. |  | <ul style="list-style-type: none"> •ohne Flugphase vw.,rw.,sw. | <ul style="list-style-type: none"> •sin vuelo ad., atr.,lat. |
| <ul style="list-style-type: none"> • with flight phase swd. (<i>Dive Cartwheel</i>) | <ul style="list-style-type: none"> •avec phased'envollat. |  | <ul style="list-style-type: none"> •mitFlugphasesw. | <ul style="list-style-type: none"> •con vuelo antes del apoyode manos lat. |
| <ul style="list-style-type: none"> • with support of one arm fwd.,bwd., swd. | <ul style="list-style-type: none"> • avec appui d' un brasav.,arr., lat. |  | <ul style="list-style-type: none"> • mit Stütz eines Armes vw.,rw., sw. | <ul style="list-style-type: none"> • con apoyo de un brazo ad., atr., lat. |
| <ul style="list-style-type: none"> • Free (<i>aerial</i>) walkoverfwd.,swd. | <ul style="list-style-type: none"> •renv. av. libre,lat.libre | | <ul style="list-style-type: none"> •freier Ü berschlagvw.,sw. | <ul style="list-style-type: none"> •inversión ad., lat. Libre |
| <ul style="list-style-type: none"> • Round off, free (<i>aerial</i>)roundoff | <ul style="list-style-type: none"> •Rondade ourondadelibre |  | <ul style="list-style-type: none"> •Rondat, freiesRondat | <ul style="list-style-type: none"> •Round-off, round-offlibre (<i>sin manos</i>) |
| <ul style="list-style-type: none"> • Butterflyfwd., bwd | <ul style="list-style-type: none"> •Papillon en avant,enarr. |  | <ul style="list-style-type: none"> •Schmetterlingevw.,rw. | <ul style="list-style-type: none"> •Mariposas ad.,atr. |
| <ul style="list-style-type: none"> • Arabian walkover | <ul style="list-style-type: none"> •Renv.twist |  | <ul style="list-style-type: none"> •Twistüberschlag | <ul style="list-style-type: none"> •Inversión por twist |

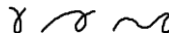


| Handsprings | Renversements | Ü berschläge | Flic-flacad. |
|-------------|---------------|--------------|--------------|
|-------------|---------------|--------------|--------------|

| | | | | |
|--------------------------------------|--|---|---|---|
| • Handspringfwd.,Flyspring | •Renv. av. avec envol, appeld'un ou desdeuxpieds |  | • Ü berschlag vw. mit Flugphase. Absprung von einem oderbeiden Beinen | • Inversión ad. con vuelo despegue con una pierna o inv. ad. con vuelo despegue con dos piernas (flic-flac ad.) |
| • Flic-flac, with support of one arm | •Flic-flac avec appuid'unbras |  | •Flick-flack mit Stütz eines Armes | •Flic-flac con apoyo de un brazo |
| • Gainer Flic-flac | •flic-flac Auerbach | | •Auerbach Flick-Flak | •Flic-flac gainer(Auerbach) |

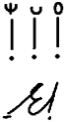
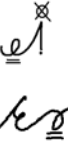
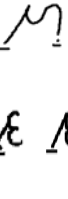
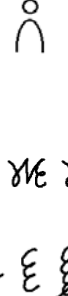
| | | | |
|--------------|--------------|--------------|-----------------|
| Salto | Salti | Salti | Mortales |
|--------------|--------------|--------------|-----------------|

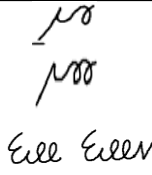


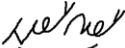

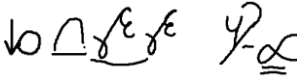

| | | | | |
|---|--|--|--|--|
| • Forward – tucked,piked,stretched | •av. – groupé,carpé,tendu |  | •vw. gehockt – gehocht,gebückt,gestretckt | • Adelante - agrupado, carpado, extendido |
| • Backward – tucked, piked,stretched, step-out | • arr. – groupé, carpé,tendu, écarté |  | •rw. – gehockt, gebückt, gestretckt, gespreizt | • Atrás - agrupado, carpado, extendido, a una pierna |
| • Sideward salto tucked, piked or stretched. Take off bw. | • Saut en arr. salto lat. –groupé, carpé,tendu |  | • Salto sw.gehockt,gebückt, gestreckt (ausdem Rückwärtsabsprung) | • Lateral - agrupado, carpado, extendido. Despegue haciaatr. |
| • Whip-salto bw. | •Saltotempo |  | •Temposalto | •Mortaltempo |
| • DoubleSalto | •Doublesalto | | •Doppelsalto | •Doblemortal |
| —Fwd.tucked,piked | —en av.,groupé,carpé |  | —vw.,gehockt,gebückt | —Ad. agrupado,carpado |
| —Bwd.tucked, piked | —en arr.,groupé,carpé |  | —rw.,gehockt,gebückt | —Atr. agrupado,carpado |


| | | | |
|--------------|---------------|---------------|--------------|
| Rolls | Roulés | Rollen | Roles |
|--------------|---------------|---------------|--------------|

| | | | | |
|--------------------------------|--|---|---|----------------------------------|
| —Roll fwd, Dive roll,hechtroll | —roulé en av, saut, roulé enav. ou saut de poisson |  | —Rolle vw., Sprungrolle - oder Hechtrolle | —Rol ad., salto y rol ad., angel |
| —roll bwd. | —Roulé en arr. | |  —Rollerw. | —Rol atr. |
| —roll swd. | —Roulélat. | |  —Rollesw. | —Rol lat. |

Examples for the Combination of Basic - Exemples pour la combinaison de and Specific Symbols
Beispiele für die Kombination von Grund - und gerätspezifischen Symbolen
Ejemplos de combinación de símbolos básicos y específicos

| Acrobatic Elements with Long Axis Turns | Eléments acrobatiques avec rotation longitudinale | | Akrobatische Elemente mit Längsachsendrehung | Elementos acrobáticos con giro en el eje longitudinal |
|---|---|---|---|--|
| <ul style="list-style-type: none"> • Handstands <ul style="list-style-type: none"> —¼ (90°), ½ (180°), 1/1 (360°) turn in handstand —Jump with 1/1 (360°) to a handstand | <ul style="list-style-type: none"> • Appuisrenversés <ul style="list-style-type: none"> —¼ (90°), ½ (180°), 1/1 (360°)tour à l'atr —Saut avec 1/1 (360°) tour à l'atr |  | <ul style="list-style-type: none"> • Handstände <ul style="list-style-type: none"> —¼ (90°), ½ (180°), 1/1 (360°)Dre. im Handstand —Sprung mit 1/1 Dre. (360°) i.d. Handstand | <ul style="list-style-type: none"> • Apoyosinvertidos <ul style="list-style-type: none"> —1/4 (90°), ½ (180°), 1/1 (360°) giro en apoyo invertido —Salto con 1/1 giro (360°) al apoyo invertido |
| <ul style="list-style-type: none"> • Rolls <ul style="list-style-type: none"> —Roll bwd. to a handstand with 2/1 turn (720°) —Stretched jump fwd. with 1/1 turn (360°) hecht roll | <ul style="list-style-type: none"> • Roulés <ul style="list-style-type: none"> —Roulé arr. à l'appui renversé avec 2/1 (720°) tour —Saut en extension av. avec 1/1 (360°) tour – saut de poisson, roulé enav. |  | <ul style="list-style-type: none"> • Rollen <ul style="list-style-type: none"> —Rolle rw. i.d. Handstandmit 2/1 (720°) Dre. —Strecksprung vw. mit 1/1 Dre. (360°) – Hechtrolle | <ul style="list-style-type: none"> • Roles <ul style="list-style-type: none"> —Rol atr. al apoyo invertido con 2/1 giros (720°) —Salto extendido ad. con 1/1 giro (360°) al ángel y rol |
| <ul style="list-style-type: none"> • Handsprings <ul style="list-style-type: none"> —Arabian handspring —Handspring fwd. with flight phase and 1/1 turn (360°) <ul style="list-style-type: none"> - after the handsupport - before the handsupport | <ul style="list-style-type: none"> • Renversements <ul style="list-style-type: none"> —Saut en arr avec ½ tour et renv. avec phase d'envol - Renv. av. avec envol et 1/1 tour(360°) - après l'appui desmains - avant l'appui desmains |  | <ul style="list-style-type: none"> • Ü berschläge <ul style="list-style-type: none"> —Twistüberschlag mit Flugphase —Ü berschlag vw.mitFlugphase - nach dem Stütz d. Hände - vor dem Stütz d. Hände | <ul style="list-style-type: none"> • Inversiones convuelo <ul style="list-style-type: none"> —Salto atr. con ½ giro (twist) e inversión ad. con vuelo —Inversión ad. con vuelo y 1/1 giro (360°) - después del apoyo demanos - antes del apoyo demanos |
| <ul style="list-style-type: none"> • Saltos <ul style="list-style-type: none"> —Fwd. tucked with ½ turn (180°), piked 1/1 turn (360°), stretched with 1½ turn (540°) —Bwd. stretched withturn | <ul style="list-style-type: none"> • Salti <ul style="list-style-type: none"> —En av. groupé avec ½ tour (180°), carpé avec 1/1 tour (360°), tendu avec 1½ tour (540°) —En arr. tendu avec tour |  | <ul style="list-style-type: none"> • Salti <ul style="list-style-type: none"> —vw. gehockt mit ½ Dre. (180°) gebückt mit 1/1 Dre., (360°) gestreckt mit 1½ Dre. (540°) —rw. gestreckt mit Dre. | <ul style="list-style-type: none"> • Mortales <ul style="list-style-type: none"> —Ad. agrupado con ½ giro (180°), carpado con 1/1 giro (360°), extendido con 1½ giro (540°) —Atr. extendido con giro |

| Saltos with combined turns | Salti avecrotations combinées | Salti mit kombinierten Drehungen | Mortales con giros combinados |
|---|--|---|---|
| <ul style="list-style-type: none"> Arabian tucked Double arabian tucked Double salto bwd tucked, piked | <ul style="list-style-type: none"> Twist groupé Double Twist groupé Tsukahara groupé, carpé |  <ul style="list-style-type: none"> Twistgehockt Doppeltwistgehockt Tsukaharagehockt, gebückt | <ul style="list-style-type: none"> Twist agrupado Doble twist agrupado Tsukahara agrupado, carpado |
| Exercise Symbol Notation Examples — Balance Beam | Descriptions d'exercices Exemples — Poutre | Übungsmitschriften Beispiele — Schwebebalken | Anotación de ejercicios en símbolos Ejemplos - Viga de Equilibrio |
| Mount Series | Séries d'entrées | Angangsserien | Series de entrada |
| Dismount Series | Séries des sorties | Abgangsserien | Series desalida |
| Exercise Symbol Notation Example — Beam | Descriptions d'exercice Exemple — Poutre | Übungsmitschriften Beispiel — Schwebebalken | Anotación de ejercicios en símbolos Ejemplo - Viga de Equilibrio |
| →  |  |  | |
| Start of exercice début de l'exercice Übungsbeginn Comienzo del ejercicio | | | |
| 1) End of a beam pass | 1) fin d'une longueur de poutre | 1) Ende einer Balkenreihe | 1) Fin de una pasada |
| Exercise Symbol Notation Example — Floor | Descriptions d'exercices Exemple — au sol | Übungsmitschriften Beispiel — Boden | Anotación de ejercicios en símbolos Ejemplo - Suelo |
| |  |  |  |
| VAULT | SAUT | SPRUNG | SALTO |


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|---|---|---|---|--|
| <ul style="list-style-type: none"> • FirstFlightphase <ul style="list-style-type: none"> —Forward take-off — Handspring on to the horse —Handspring with ½ (180°) turn in entry phase (<i>Tsukahara</i>) —Round-off on to the springboard — Flic-flac on to the horse • SecondFlightphase <ul style="list-style-type: none"> —Handspringfwd. —Saltofwd.,bwd. | <ul style="list-style-type: none"> •1erenvol <ul style="list-style-type: none"> – Renversementav. – Renversement avec ½ tour (180°) pendant le1erenvol (<i>Tsukahara</i>) Rondade —flic-flac •2eenvol <ul style="list-style-type: none"> —Renversementav. —Saltoav.,arr. |  | <ul style="list-style-type: none"> •1.Flugphase <ul style="list-style-type: none"> —Vorwärtsabsprung— Ü berschlag vw. auf dasPferd —Ü berschlag vw. mit ½ Dre. (180°) i .d. 1. Flugphase (<i>Tsukahara</i>) —Rondat auf dasSprungbrett— Flick-Flack auf dasPferd •2.Flugphase <ul style="list-style-type: none"> —Ü berschlagvw. —Saltovw.,rw. | <ul style="list-style-type: none"> •Primera fase devuelo <ul style="list-style-type: none"> —Despegue hacia adelante — inversión ad. —Inversión ad. con ½ giro (180°) en el 1er. vuelo(<i>Tsukahara</i>) —Round-off al trampolín — flic-flac al caballo •Segunda fase devuelo <ul style="list-style-type: none"> —Inversiónad. —Mortal ad.,atr. |
|---|---|---|---|--|

Basic Symbols and Specific Acrobatic Symbols on Vault
(See Balance Beam and Floor)

des Symboles de base et symboles spécifiques de l'acrobatie au saut
(voir poutre et sol)

Grundsymbole und spezifische Symbolen der Akrobatik am Sprung
(siehe Schwebebalken und Boden)

Símbolos básicos y específicos de la acrobacia en Salto
(ver Viga de Equilibrio y Suelo)

| Handsprings —Group 1 | Renversements —groupe1 | Ü berschläge —Gruppe1 | Inversiones — Grupo1 |
|---|--|--|--|
| <ul style="list-style-type: none"> • Handspringfwd. with <ul style="list-style-type: none"> —1/1 turn (360°) on —Handspring off — 1/1 turn(360°)off —1/2 turn (180°) on – 1/1 turn(360°) off —½ turn (180°) on – 1½ turn (540°) off | <ul style="list-style-type: none"> •Renversementav.avec <ul style="list-style-type: none"> —1/1 t. (360°) pendant le1er envol - renversement av. dans le 2e envol —1/1 t. (360°) pendantle2e envol ±/2 t. (180°) pendant le 1er – 1/1 t. (360°) pendant le 2e envol – ½ t. (180°) pendant le 1er– 1½ t. (540°) pendant le 2e envol |  | <ul style="list-style-type: none"> •Inversión ad.con <ul style="list-style-type: none"> —1/1 giro (360°) en el 1er. vuelo– inversión ad. en el segundo vuelo —1/1 giro (360°) en el 2do. Vuelo —1/2 giro (180°) en el 1er. vuelo– 1/1 giro (360°) en el 2do. vuelo —½ giro (180°) en el 1er.vuelo – 1½ giro (540°) en el 2do.vuelo |
| <ul style="list-style-type: none"> • Yamashita with ½ turn(180°) | <ul style="list-style-type: none"> •Yamashita avec ½ (180°) pendant le 2e envol | <ul style="list-style-type: none"> •Yamashita mit ½ Dre.(180°)i.d. 2. Flugphase | <ul style="list-style-type: none"> • Yamashita con ½ giro(180°) |

| Salto Fwd —Group2 | Salti av. —groupe 2 | | Salti vw. —Gruppe2 | Mortales ad. — Grupo 2 |
|--|---|--|--|---|
| <ul style="list-style-type: none"> • Handspring fwd. on – tuckedsalto forward off with ½ turn(180°) | <ul style="list-style-type: none"> • Renversement av. – saltoav. groupé avec ½ tour (180°) pendant le 2eenvol | | <ul style="list-style-type: none"> • Ü berschlag vw. – Salto vw. gehockt mit ½ Dre. (180°) i.d.2. Flugphase | <ul style="list-style-type: none"> • Inversión ad. en el 1er. vuelo – mortal ad. agrupado con ½ giro (180°) en el 2do.vuelo |
| <ul style="list-style-type: none"> • 1/1 turn (360°) on – piked salto forward off | <ul style="list-style-type: none"> •Renversement av.avec1/1t. (360°) pendant le 1er – salto av. carpé pendant le 2e envol | | <ul style="list-style-type: none"> •Ü berschlag vw mit1/1Dre. (360°) i. d. 1.Flugphase und Salto vw.gebückt i. d. 2. Flugphase | <ul style="list-style-type: none"> •Inversión ad. con 1/1 giro(360°) en el 1er. vuelo – mortal ad. carpado en el 2do. vuelo |
| <ul style="list-style-type: none"> • Handspring fwd. on – ½ turn(180°) piked salto backwardoff | <ul style="list-style-type: none"> • Renversement av. – ½ tour (180°) et salto carpépendantle 2eenvol | | <ul style="list-style-type: none"> • Ü berschlage vw. – ½ Dre.(180°) Salto rw. gebückt i.d. 2. Flugphase | <ul style="list-style-type: none"> • Inversión ad. en el 1er. vuelo – ½ giro (180°) y mortal ad. carpado en el 2do.vuelo |
| Handspring with ½ (180°) turn in entry phase (Tsukahara) — Group 3 | Renversement avec ½ tour (180°) pendant le 1er envol (Tsukahara) — groupe 3 | | Ü berschlag vorwärts mit ½ (180°) i. d. 1. Flugphase (Tsukahara) — Gruppe 3 | Inversiones con ½ giro (180°) en el 1er. vuelo (Tsukahara) — Grupo 3 |
| <ul style="list-style-type: none"> • Tsukahara stretched with 1/1turn (360°) | <ul style="list-style-type: none"> • Tsukahara tendu avec 1/1tour (360°) | | <ul style="list-style-type: none"> • Tsukahara gestreckt mit1/1Dr. con1/1giro(360°) | <ul style="list-style-type: none"> •Tsukahara extendido (360°) |
| <ul style="list-style-type: none"> • Tsukahara with tucked saltobackward off | <ul style="list-style-type: none"> • Tsukahara avec saltoarr.groupé | | <ul style="list-style-type: none"> •Tsukahara mit salto rw. Gehockt | <ul style="list-style-type: none"> •Tsukahara conmortalatr.agrupado |
| Round-Off —Group 4 | Sauts avec rondade —groupe4 | | Rondatsprünge —Gruppe4 | Round-off — Grupo4 |
| <ul style="list-style-type: none"> • Round-off, flic-flac on –tuckedsalto backward off | <ul style="list-style-type: none"> •Rondade- flic-flac – saltoarr. groupé pendant le 2e envol | | <ul style="list-style-type: none"> • Rondat - Flick-Flack – Salto rw. gehockt i.d. 2. Flugphase | <ul style="list-style-type: none"> •Round-off, flic-flac – mortalatr. agrupado en el 2do. vuelo |
| <ul style="list-style-type: none"> • Round-off, flic-flac with 1/1 turn (360°) on – piked salto backwardoff | <ul style="list-style-type: none"> • Rondade - flic-flac avec 1/1 tour (360°) pendant le 1er – salto arr. carpé pendant le 2eenvol | | <ul style="list-style-type: none"> • Rondat - Flick-Flack mit 1/1Dr. (360°) i.d. 1. Flugphase – Salto rw. gebückt i.d. 2.Flugphase | <ul style="list-style-type: none"> • Round-off, flic-flac con 1/1 giro (360°) en el 1er. vuelo – mortal atr. carpado en el 2do.vuelo |
| Round-Off ½ turn —Group5 | Sauts avec rondade ½ tour— groupe 5 | | Rondatsprünge ½ Dr. —Gruppe 5 | Round-off ½ giro — Grupo5 |
| <ul style="list-style-type: none"> • Round-off, flic-flac with ½ turn(180°) on – piked salto forward off | <ul style="list-style-type: none"> • Rondade - flic-flac avec ½ tour (180°) pendant le 1er – salto av. carpé pendant le 2eenvol | | <ul style="list-style-type: none"> • Rondat - Flick-Flack mit ½ Dr. (180°) i.d. 1.Flugphase – Salto vw.gebückt i.d. 2. Flugphase | <ul style="list-style-type: none"> • Round-off, flic-flac con ½ giro (180°) en el 1er.vuelo – mortal ad.carpado en el 2do. vuelo |
| <ul style="list-style-type: none"> • Round-off, flic-flac with ½ turn(180°) on – Stretched salto forwardoff | <ul style="list-style-type: none"> • Rondade - flic-flac avec ½ tour (180°) pendant le 1er – salto av. tendu pendant le 2eenvol | | <ul style="list-style-type: none"> • Rondat - Flick-Flack mit ½ Dr. (180°) i.d. 1. Flugphase – Salto vw. gestreckt i.d. 2.Flugphase | <ul style="list-style-type: none"> • Round-off, flic-flac con ½ giro (180°) en el 1er. vuelo – mortal ad. extendido en el 2do.vuelo |

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | ELEMENT No | ELEMENT VALUE | EVENT / YEAR | VIDEO |
|--------------|-------|----------------------|------|--|------------|---------------|---------------------------|-------|
| Vault | | | | | | | | |
| Vault | 1 | Kim Nellie | USSR | Handspring forward on - 1 ½ (540°) off | 1.03 | | WCh Varna (BUL) 1974 | |
| Vault | 1 | Korbut Olga | USSR | Handspring fwd with 1/1 turn (360°) on - 1/1 turn (360°) off | 1.31 | | | |
| Vault | 2 | Chusovitina Oksana | UZB | Handspring forward on - piked salto forward with 1/1 turn (360°) off | 2.22 | | | |
| Vault | 2 | Chusovitina Oksana | UZB | Handspring forward on - stretched salto forward with 1 1/2 t. (540°) off | 2.33 | | | |
| Vault | 2 | Davidova Elena | USSR | Handspring forward with 1/1 turn (360°) on - tucked salto forward off | 2.40 | | | |
| Vault | 2 | Ewdokimova Irina | KAZ | Handspring forward on - stretched salto fwd off | 2.30 | | | |
| Vault | 2 | Prodnova Elena | RUS | Handspring forward on - tucked double salto forward off | 2.50 | | | |
| Vault | 2 | Wang Hui Ying | CHN | Handspring forward on - stretched salto forward with 1/2 t. (180°) off | 2.31 | | | |
| Vault | 3 | Kim Nellie | USSR | Tsukahara tucked with 1/1 turn (360°) off | 3.12 | | OG Montreal (CAN) 1976 | |
| Vault | 3 | Kim Nellie | USSR | Tsukahara stretched with 1/1 turn (360°) off | 3.32 | | WCh Strasbourg (FRA) 1978 | |
| Vault | 3 | Tourischeva Liudmila | USSR | Tsukahara tucked | 3.10 | | | |
| Vault | 3 | Zamolodchikova Elena | RUS | Tsukahara stretched with 2/1 turn (720°) off | 3.34 | | | |
| Vault | 4 | AmanarSimona | ROU | Round-off flic-flac on - stretched salto backward with 2 1/2 turn (900°) off | 4.35 | | | |
| Vault | 4 | Dungelova Erika | BUL | Round-off flic-flac on - tucked salto backward with 2/1 turn (720°) off | 4.14 | | | |
| Vault | 4 | Luconi Patrizia | ITA | Round-off, flic-flac with 3/4 turn(270°) on – tucked salto bwd off | 4.40 | | | |
| Vault | 4 | Baitova Svetlana | USSR | Round-off flic-flac on - stretched salto backward with 2 turn (720°) off | 4.34 | | | |
| Vault | 4 | Yurchenko Natalija | USSR | Round-off flic-flac on - tucked salto backward off | 4.10 | | | |
| Vault | 5 | Cheng Fei | CHN | Round-off flic-flac with 1/2 turn (180°) on - stretched salto forward with 1 1/2 turn (540°) off | 5.33 | | | |
| Vault | 5 | Ivantcheva Natalia | BUL | Round-off flic-flac with 1/2 turn (180°) on - tucked salto forward off | 5.10 | | | |
| Vault | 5 | Khorkina Svetlana | RUS | Round-off flic-flac with 1/2 turn (180°) on - tucked salto forward with 1 1/2 turn (540°) off | 5.13 | | | |
| Vault | 5 | Omelianchik Oksana | USSR | Round-off flic-flac with 1/2 turn (180°) on - piked salto forward off | 5.20 | | | |
| Vault | 5 | Podkopaieva Liliya | UKR | Round-off flic-flac with 1/2 turn (180°) on - piked salto forward with 1/2 turn (180°) off | 5.21 | | | |
| Vault | 5 | Servente Veronica | ITA | Round-off, flic-flac with ½ turn(180°) on – tucked salto fwd with ½ turn (180°) off | 5.11 | | | |

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|-------------|-------|------------------------|------|--|--------------|---------------|------------------------|-------|
| Uneven Bars | | | | | | | | |
| Uneven Bars | 1 | Gonzales Leyanet | MEX | Round-off in front of LB flic-flac through hstd phase on LB | 1.409 | D | | |
| Uneven Bars | 1 | Gurova Elena | USSR | Round-off in front of LB flic-flac with 1/1 twist (360°) to clear support or through hstd phase on LB | 1.509 | E | | |
| Uneven Bars | 1 | Jentsch Martina | DDR | Round-off in front of LB - tucked salto bwd over LB to hang on LB | 1.409 | D | | |
| Uneven Bars | 1 | Maarranen Anna-Mari | FIN | Jump with extended body to hstd on LB also with 1/1 turn (360°) in hstd phase | 1.410, 1310 | D, C | | |
| Uneven Bars | 1 | Makhautsova Volha | BLR | Free stretch jump over LB with legs together to hang on HB | 1.306 | C | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 1 | McNamara Julianne | USA | Jump to clear support on HB - clear hip circle to hstd on HB also with 1/1 turn (180°) in hstd phase on HB | 1.411 | D | | |
| Uneven Bars | 2 | Caslavska Vera | CZE | From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB | 2.303 | C | | |
| Uneven Bars | 2 | Comaneci Nadja | ROU | Front support on HB - cast with salto fwd straddled to hang on HB | 2.503 | E | | |
| Uneven Bars | 5 | Yarotska Irina | UKR | clear hip circle bwd on LB with hecht to hang on HB | 2.307 | C | | |
| Uneven Bars | 2 | Delladio Tanja | CRO | From handstd on LB hecht vault to hang on HB | 2.307 | C | | |
| Uneven Bars | 2 | Hindorff Silvia | DDR | Clear hip circle on HB counter straddle to hang on HB | 2.506 | E | | |
| Uneven Bars | 2 | Khorkina Svetlana | RUS | Clear hip circle through hstd with 1/2 turn (180°) in flight to hang on HB | 2.506 | E | | |
| Uneven Bars | 2 | Radocla Birgit | DDR | From inner front support on LB - cast with salto roll fwd to hang on HB | 2.403 | D | | |
| Uneven Bars | 2 | Reeder Anika | GBR | Cast with 1½ turn (540°) to hstd | 2.401 | D | | |
| Uneven Bars | 2 | Shang Chunsang | CHN | Clear hip circle on HB, counter pike to hang on HB | 2.606 | F | WCh Antwerp (BEL) 2013 | |
| Uneven Bars | 2 | Shaposchnikova Natalia | USSR | Inner front support on LB - clear hip circle through hstd with flight to hang on HB | 2.406 | D | | |
| Uneven Bars | 3 | Bhardwaj Mohini | USA | Pak Salto with 1/1 turn (360°) | 3.504 | E | OG 2004 ATHENS | |
| Uneven Bars | 3 | Cappuccitti Stehanie | CAN | Swing bwd and salto fwd stretched to hang on HB | 3.508 | E | | |
| Uneven Bars | 3 | Chusovitina Oksana | UZB | Giant circle bwd to hstd with hop 1/1 turn (360°) in hstd phase | 3.401 | D | | |
| Uneven Bars | 3 | Davydova Yelena | USSR | Long swing fwd counter straddle-reverse hecht over HB to hang | 3.403 | D | | |
| Uneven Bars | 3 | Ejova Liudmila | RUS | Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang | 3.407 | D | | |
| Uneven Bars | 3 | Hristakieva Snejana | BUL | Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB | 3.705 | G | | |
| Uneven Bars | 3 | Kononenko Nataliya | UKR | Tkatchev with ½ turn (180°) | 3.503 | E | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 3 | Li Ya | CHN | Jaeger Salto straddled with ½ turn (180°) to hang on HB | 3.508 | E | | |
| Uneven Bars | 3 | Liu Xuan | CHN | Giant circle bwd to hstd on one arme | нет элемента | | | |
| Uneven Bars | 3 | Mo Huilan | CHN | Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto) | 3.308 | C | | |
| Uneven Bars | 3 | Monckton Mary-Anne | AUS | Long Swing forward with ½ turn (180°), pike vault over HB to hang | 3.403 | D | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 3 | Nyeste Adrienn | HUN | Swing fwd and salto bwd with 1/2 turn (180°) straddle-piked | 3.405 | D | | |
| Uneven Bars | 3 | Pak Gyong Sil | PRK | Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB | 3.404 | D | | |
| Uneven Bars | 3 | Schuschunova Elena | USSR | Long swing fwd with 1/2 turn (180°) further 1/2 turn (180°) to counter straddle in flight over HB to hang | 3.503 | E | | |

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|-------------|-------|------------------------------|------|--|-------------|---------------|--------------------------|-------|
| Uneven Bars | 3 | Strong Lori | CAN | Hang on HB – Swing fwd with 1½ turn (540°) and flight over LB to hang on LB | 3.502 | E | | |
| Uneven Bars | 3 | Volpi Giulia | ITA | Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HB hang | 3.309 | C | | |
| Uneven Bars | 3 | Wenning Zhang | CHN | Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HB hang | 3.309 | C | | |
| Uneven Bars | 3 | Retiz Hernandez, Karla Yanin | MEX | Hang on HB – Swing forward with ½ turn (180°) and flight to handstand with ½ turn (180°) on LB | 3402 | D | Wch Nanning (CHN), 2014 | |
| Uneven Bars | 3 | Zaytseva Anna | KAZ | Giant circle fwd in L grip to hstd with piked or stre. Body through hstd phase. Also with 1/2 turn (180°) in hstd pha. | 3.310 | C | | |
| Uneven Bars | 4 | Downie Rebecca | GBR | Stalder bwd on HB with counter pike – reverse hecht over HB to hang | 4.602 | F | WCh Rotterdam (NED) 2010 | |
| Uneven Bars | 4 | Frederick Marcia | USA | Stalder bwd with 1/1 turn (360°) in hstd phase | 4.404 | D | | |
| Uneven Bars | 4 | Galante Paola | ITA | Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang | 4.509 | E | WCh London 2009 | |
| Uneven Bars | 4 | Komova Viktoria | RUS | Clear pike circle bwd through hstd with flight and 1/2 turn(180°) to hang on HB | 4.508 | E | YOG Singapore (SIN) 2010 | |
| Uneven Bars | 4 | Komova Viktoria | RUS | Clear pike circle bwd through hstd with flight to hang on HB. | 4.508 | E | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 4 | Krasnyanska Irina | UKR | From hstd clear pike circle bwd to rear inverted pike support | 4.408 | D | | |
| Uneven Bars | 4 | Ray Elise | USA | Facing inward - Stalder bwd with release and counter movement fwd in flight to hang on HB | 4.302 | C | | |
| Uneven Bars | 4 | Ricna Hanna | CZE | Stalder bwd on HB with counter straddle-reverse hecht over HB to hang | 4.502 | E | | |
| Uneven Bars | 4 | White Morgan | USA | Stalder fwd in L grip to hstd also with 1/2 turn (180°) in hstd phase | 4.403 | D | | |
| Uneven Bars | 4 | Zgoba Dariya | UKR | Clear pike circle bwd on LB with hecht flight to hang on HB | 4.308 | C | | |
| Uneven Bars | 5 | Church Savannah | USA | Pike sole circle bwd counter straddle-reverse hecht over HB to hang | 5.409 | D | | |
| Uneven Bars | 5 | Hoefnagel Hanneke | NED | Pike sole circle fwd in reverse or L grip with 1/1 turn (360°) in hstd phase | 5.406,5.405 | D | | |
| Uneven Bars | 5 | Kim (NameTBC) | TBC | Facing outward on HB– underswing with support of feet-counter salto fwd straddled to catch on HB | 5.607 | F | | |
| Uneven Bars | 5 | Li Li | CHN | Clear rear pike support (legs together) on HB - full circle swing bwd with stoop out bwd to hang on HB | 5.303 | C | | |
| Uneven Bars | 5 | Li Li | CHN | Clear rear pike support (legs together) on HB - full circle swing bwd with counter flight bwd straddled | 5.403 | D | | |
| | 5 | Liubov Burda | USSR | Underswing on HB or LB with 1 1/2 turn (540°) to hang | 5.307 | C | | |
| Uneven Bars | 5 | Lucke Anneke | NED | Pike sole circle bwd with 1½ turn (540°) to hstd | 5.508 | E | | |
| Uneven Bars | 5 | Luo Li | CHN | Stoop in to Adler-seat (pike) circle fwd through clear extended support to finish in L grip (deviation up to 30° allowed), | 5.501 | E | | |
| Uneven Bars | 5 | Maloney Kristen | USA | Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB | 5.409 | D | | |
| Uneven Bars | 5 | Mirgoradskaja Anna | UKR | Clearrearpiquesupp.onHB(legstogether)-fullcircleswingbwd-continuingthroughclearrearpiquesupportbwdoverHBinto hang. | 5.402 | D | | |
| Uneven Bars | 5 | Nabieva Tatjana | RUS | Pike sole circle bwd with counter stretched hecht (layout position over HB) to hang | 5.709 | G | WCh Rotterdam (NED) 2010 | |
| Uneven Bars | 5 | Ray Elise | USA | Hstd on HB - Pike sole circle bwd counter straddle-reverse hecht over HB to hang | 5.409 | D | | |
| Uneven Bars | 5 | Seitz Elisabeth | GER | pike sole circle bwd through hstd with flight 1/1 turn(360°) to hang on HB | 5.509 | E | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 5 | Teza Elvire | FRA | Circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB | 5.402 | D | | |

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| Uneven Bars | 5 | Tweddle Elizabeth | GBR | PikesolecirclebwdwithcounterstraddlehechtoverHBwith½turn(180°)tohangin mixedL-grip | 5.609 | F | | |
| Uneven Bars | 5 | Van Leeuwen Laura | NED | pike sole circle bwd through hstd with flight and ½ turn (180°) | 5.509 | E | | |
| Uneven Bars | 6 | Arai (NameTBC) | JPN | Swing down fwd between bars in L Grip. Swing bwd to salto fwd with 1/2 twist (180°) into salto bwd tucked | | | | |
| Uneven Bars | 6 | Bar (NameTBC) | TBC | Swing down between bars - swing fwd to salto bwd stretched with 3/1 twist (1080°) | 6.504 | E | | |
| Uneven Bars | 6 | Blanco Bibiana | COL | Swing down between bars - swing fwd to salto bwd stretched with 1/2 twist (180°) - into salto fwd stretched | 6.507 | E | | |
| | 6 | Brunner Jenny | GER | Clear pike circle backward to salto forward stretched with 180 turn | 6.402 | D | | |
| Uneven Bars | 6 | Chusovitina Oksana | UZB | Swing fwd to double salto bwd tucked with 1/1 twist (360°) in second | 6.405 | D | | |
| | 6 | Comaneci Nadja | ROU | Underswing with 1/2 twist (180°) to salto bwd tucked or piked | 6.303 | C | | |
| Uneven Bars | 6 | Delladio Tanja | CRO | Salto backwards tucked | 6310 | C | | |
| Uneven Bars | 6 | Fabrichnova Oksana | USSR | Swing fwd to double salto bwd tucked with 2/1 twist (720°) | 6.605 | F | | |
| Uneven Bars | 6 | Fontaine Larisa | USA | Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked | 6.407 | D | | |
| Uneven Bars | 6 | Giovannini Carlotta | ITA | Swing fwd with ½ turn (180°) to double salto fwd piked | 6.507 | E | | |
| Uneven Bars | 6 | Gonzales Gabriela | MEX | Salto bwd tucked or piked over HB | 6.310 | C | | |
| Uneven Bars | 6 | Gratt Tanja | AUT | Salto bwd tucked or piked over HB | 6.310 | C | | |
| Uneven Bars | 6 | Ji (Name TBC) | CHN | Swing fwd to salto bwd stretched with 2½ turn (900°) | 6.404 | D | | |
| Uneven Bars | 6 | KraekerSteffi | DDR | From HB – underswing with ½ turn (180°) to salto bwd tucked with 1/1 twist (360°) | 6.403 | D | | |
| Uneven Bars | 6 | Li Ya | CHN | Swing down between bars - swing fwd with 1/2 twist (180°) to double salto fwd piked | 6.507 | E | | |
| Uneven Bars | 6 | Ma Yen Hong | CHN | Hip circle bwd (also clear) on LB or HB - hecht with 1/1 twist (360°) to salto bwd | 6.609 | F | | |
| Uneven Bars | 6 | Magaca Brenda | MEX | Swing fwd to triple salto bwd tucked | 6.707 | G | | |
| Uneven Bars | 6 | Moors Victoria | CAN | From HB - underswing with salto fwd stretched with ½ turn (180°) | 6.401 | D | OG London (GBR) 2012 | |
| Uneven Bars | 6 | Morio Maiko | JPN | Swing down between bars - swing fwd to double salto bwd tucked with 1/1 twist (360°) in first | 6.405 | D | | |
| Uneven Bars | 6 | Mukhina Elena | USSR | Hip circle bwd (also clear) on LB or HB - hecht with salto bwd tucked | 6.409 | D | | |
| Uneven Bars | 6 | Mustafina Aliya | RUS | Swing fwd to double salto bwd tucked with 1 1/2 twist (540) | 6.505 | E | WCh Rotterdam (NED) 2010 | |
| Uneven Bars | 6 | Okino Betty | USA | Front support on HB - clear underswing with 1/2 twist (180°) to salto bwd stretched | 6.403 | D | | |
| Uneven Bars | 6 | Parolari Lia | ITA | Salto backwards tucked | 6310 | C | | |
| | 6 | Pechstein Tanja | SUI | Swing bwd to salto fwd stretched with 1½ turn (540°) | 6.308 | C | | |
| Uneven Bars | 6 | Pentek Tunde | HUN | Swing bwd to double salto fwd piked with ½ turn (180°) | 6.508 | E | | |
| Uneven Bars | 6 | Plichta Paula | POL | Clear straddle circle with salto fwd tucked | 6.302 | C | | |
| Uneven Bars | 6 | Ray Elise | USA | Swing fwd to double salto bwd stretched with 2/1 turn (720°) | 6.706 | G | | |
| Uneven Bars | 6 | Varga Adrienne | HUN | Swing fwd to salto bwd stretched with 1/2 twist (180°) into salto fwd piked with 1/2 twist (180°) | 6.407 | D | | |

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| Balance Beam | | | | | | | | |
| Balance Beam | 1 | Baitova Svetlana | USSR | Two flank circles followed by leg "Flair" | 1.303 | C | | |
| Balance Beam | 1 | Marisa Dick | TTO | Mount: Change leg leap to free cross split sit - diagonal approach to beam. | 1.305 | C | WCh Glasgow (GBR) 2015 | |
| Balance Beam | 1 | Beukes Ramona | NAM | Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam | 1.314 | C | | |
| Balance Beam | 1 | Dunn Jacqui | AUS | Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd | 1.509 | E | | |
| Balance Beam | 1 | Erceg Tina | CRO | Round-off at end of beam - take off bwd. With 1/2 turn (180°) - tucked salto fwd to stand | 1.716 | G | | |
| Balance Beam | 1 | Garrison Kelly | USA | Round-off at end of beam - salto bwd stretched with 1/1 twist (360°) to cross stand on beam | 1.718 | G | | |
| Balance Beam | 1 | Gurova Elena | USSR | Round-off in front of beam - jump with 1/2 twist (180°) to near side hstd | 1.314 | C | | |
| Balance Beam | 1 | Hand-Li Yifang | CHN | Jump press or swing to cross or side hstd-1/1 turn (360°) in hstd-lower top or clear pike support (2 sec.) or release one hand with swingdown | 1.411 | D | | |
| Balance Beam | 1 | Homma Leah | CAN | 3 flyingflairs | 1.303 | C | | |
| Balance Beam | 1 | Phillips Kristie | USA | Press to side hstd - walkover fwd to side stand on both legs | 1.412 | D | | |
| Balance Beam | 1 | Rankinjanine | CAN | Jump or press on one arm to hstd | 1.413 | D | | |
| Balance Beam | 1 | Shushunova Elena | USSR | Jump with stretched hips to planche min at 45° | 1.311 | C | | |
| Balance Beam | 1 | Tsavidaridou Vasiliki | GRE | Round-off at end of beam - flic-flac with 1/1 twist (360°) into swing down to cross straddle sit | 1.417 | D | | |
| Balance Beam | 1 | Wong Hiu YingAngel | HKG | Salto fwd tuck with ½ (180°) turn | 1.616 | F | OG London (GBR) 2012 | |
| Balance Beam | 1 | Zamolodchikova Elena | RUS | Round-off in front of beam - flic-flac with 1/1 twist (360°) to hip circle bwd | 1.514 | E | | |
| Balance Beam | 2 | Johnson Kathy | USA | Leap fwd with leg change and 1/4 turn (90°) to side split leap (180°) or straddle pike position | 2.306 | C | | |
| Balance Beam | 2 | Teza Elvire | FRA | From side stand – Jump to cross over split with body arched and head dropped bwd | 2.502 | E | | |
| Balance Beam | 2 | Yang Bo | CHN | From Cross stand – Jump to cross over split with body arched and head dropped bwd | 2.402 | D | | |
| Balance Beam | 3 | Galante Paola | ITA | 1 ½ turn (540°) with free leg held upward in 180° split position throughout turn | 3.404 | D | WCh London (GBR) 2009 | |
| Balance Beam | 3 | Humphrey Terin | USA | 2½ turn (900°) in tuck stand on one leg - free leg optional | 3.507 | E | | |
| Balance Beam | 3 | Li Li | CHN | 1 1/4 (450°) turn on back in kip position (hip-leg angle closed) | 3.308 | C | | |
| Balance Beam | 3 | Mitchell Lauren | AUS | 3/1 turn (1080) in tuck stand on one leg – free leg optional | 3.507 | E | WCh Rotterdam (NED) 2010 | |
| Balance Beam | 3 | Okino Betty | USA | 3/1 turn (1080°) on one leg - free leg optional below horizontal | 3.501 | E | | |
| Balance Beam | 3 | Preziosa Elisabetta | ITA | 1/1 turn (360°) pirouette with free leg held backwards with both hands | 3.402 | D | WCh Tokyo (JPN) 2011 | |
| Balance Beam | 3 | 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) | | 3.503 - E | WCh Rotterdam (NED) 2010 | |
| Balance Beam | 5 | Anastasia Kolesnikova | RUS | Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position | 5.406 | D | | |
| Balance Beam | 5 | Colussi Pelaez Silvia | ESP | Free (Aerial) Cartwheel in cross position | 5.509 | E | WCh Antwerp (BEL) 2013 | |
| Balance Beam | 5 | Schaefer Pauline | GER | Salto sideward tucked with ½ turn - take off from one leg to side stand | 5.512 | E | Wch Nanning (CHN), 2014 | |
| Balance Beam | 5 | Garrison Kelly | USA | "Valdez" swing over bwd through horizontal plane with support on one arm | 4.311 | C | | |
| Balance Beam | 5 | Grigoras Cristina Elena | ROU | Salto fwd tucked with 1/2 twist (180°) take-off from both legs | 5.611 | F | | |
| Balance Beam | 5 | Khorkina Svetlana | RUS | Gainer flic-flac with min. ¼ twist (270°) before hand support | 5.407 | D | | |
| Balance Beam | 5 | Kochetkova Dina | RUS | Flic-flac with min. ¼ twist (270°) before hand support | 5.405 | D | | |
| Balance Beam | 5 | Kochetkova Dina | RUS | Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position | 5.406 | D | | |
| Balance Beam | 5 | Liukin Nastia | USA | Salto fwd tucked, take-off from one leg to stand on one or two feet | 5.311 | C | | |
| Balance Beam | 5 | Omelianchik Oksana | USSR | Flic-flac with ¾ twist (270°) to side hstd (2 sec.) - lower to optional end position | 5.404 | D | | |
| Balance Beam | 5 | Onodi Henrietta | HUN | Jump bwd (flic-flac take-off) with 1/2 twist (180°) to walkover fwd | 5.401 | D | | |
| Balance Beam | 5 | Produnova Elena | RUS | Jump fwd with 1/2 twist (180°) - salto bwd piked | 5.514 | E | | |
| Balance Beam | 5 | Kitti Honti | HUN | Gainer Flic - Flac with ¼ twist (90°) to Handstand (2 sec.) | 5.307 | C | WCh Glasgow (GBR) 2015 | |
| Balance Beam | 5 | Rueda Eva | ESP | All flic-flac variations with piking and stretching of hips in flight phase with swing down to cross straddle sit | 5.308 | C | | |
| Balance Beam | 5 | Ruffova Jana | CZE | Flic-flac with 1/1 twist (360°) - swing down to cross straddle sit | 5.408 | D | | |
| Balance Beam | 5 | Schischova Albina | USSR | Salto bwd tucked with 1/1 twist (360°) | 5.613 | F | | |
| Balance Beam | 5 | Teza Elvire | FRA | Flic-flac from side position with 1/1 twist (360°) to hip circle bwd | 5.506 | E | | |
| Balance Beam | 5 | Tousek Yvonne | CAN | Flic-flac with step-out from side position | 5.406 | D | | |
| Balance Beam | 5 | Worley Sheyla | USA | Jump bwd with 180 turn handspring to land on two feet | 5.403 | D | | |
| Balance Beam | 6 | Araujo Heine | BRA | Salto fwd stretched with 2/1 twist (720°) | 6.402 | D | | |
| Balance Beam | 6 | Bohmerova Lubica | SVK | Gainer salto stretched with 1 1/2 twist (540) to side of beam | 6.306 | C | | |
| Balance Beam | 6 | Domingues Gabriela | ESA | Salto bwd tucked with 11/2 (540°) | 6.304 | C | YOG Singapore (SIN) 2010 | |
| Balance Beam | 6 | Khorkina Svetlana | RUS | Gainer salto bwd stretched with 2½ twist (900°) to side of beam | 6.406 | D | | |
| Balance Beam | 6 | Kim Nellie | USSR | Gainer salto tucked 1/1 twist (360°) at end of beam | 6.307 | C | OG Montreal (CAN) 1976 | |
| Balance Beam | 6 | Kim Nellie | USSR | Free (aerial) cartwhell into salto bwd tucked | 6.401 | D | OG Moscow (RUS) 1980 | |
| Balance Beam | 6 | Patterson Karly | USA | Arabian double salto fwd tucked | 6.703 | G | | |
| Balance Beam | 6 | Portocarrero Luisa | GUA | Free (aerial) walkover fwd, landing on one foot in extended tuck sit, without hand support | ??? | | | |
| Balance Beam | 6 | Steingruber Giulia | SUI | Gainer Salto Backward Stretched with 1/1 twist (360°) at the end of beam | 6.507 | E | WCh Tokyo (JPN) 2011 | |

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | ELEMENT No | ELEMENT VALUE | EVENT / YEAR | VIDEO |
|----------------|-------|---------------------------------|------|--|--------------|---------------|---------------------------|-------|
| Floor Exercise | 1 | Krystyna SANKOVA | UKR | Change Leg Ring Leap with 180° turn | 1.409 | D | WCh Antwerp (BEL) 2013 | |
| Floor Exercise | 1 | Bulimar Diana | ROU | Johnson Leap with additional 1/1 Turn (360°) | 1.405 | D | WCh Tokyo (JPN) 2011 | |
| Floor Exercise | 1 | Csillag Tunde | HUN | Side split leap with 1/1 turn (360) | 1.301 | C | WCh Rotterdam (NED) 2010 | |
| Floor Exercise | 1 | Ferrari Vanessa | ITA | Split leap with 1/1 turn (360°) to ring position | 1.409 | D | OG London (GBR) 2012 | |
| Floor Exercise | 1 | Frolova Tatiana | USSR | Switch leap with ½ turn (180°) or wit 1/1 turn (360) in flight phase | 1.304, 1.404 | C, D | | |
| Floor Exercise | 1 | Popa Celestina | ROU | Straddle pike jump with 1/1 turn (360°) | 1.307 | C | | |
| Floor Exercise | 1 | Jurkowska - Kowalska, Katarzyna | POL | Split jump with 1/1 turn (360°) to the ring | 1409 | D | Wch Nanning (CHN), 2014 | |
| Floor Exercise | 2 | Gomez Elena | ESP | 4/1 turn (1440°) on one leg - free leg optional below horizontal | 2.501 | E | | |
| Floor Exercise | 2 | Hopfner-Hibbs Elyse | CAN | 2/1(720°) illusion turn without hand or foot support | 2.306 | C | | |
| Floor Exercise | 2 | Mommel Chelsia | USA | 2/1 turn (720°) with free leg held upward in 180° split position | 2.403 | D | | |
| Floor Exercise | 2 | Mitchell Lauren | AUS | 3/1 turn (1080) in tuck stand on one leg – free leg straight throughout | 2.507 | E | WCh Rotterdam (NED) 2010 | |
| Floor Exercise | 2 | Semenova Ksenija | RUS | 2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn) | 2.404 | D | | |
| Floor Exercise | 2 | Mustafina, Aliya | RUS | 3/1 (1080°) with leg held up in 180° split position | 2503 | E | Wch Nanning (CHN), 2014 | |
| Floor Exercise | 3 | Mostepanova Olga | USSR | Handspring fwd with 1/1 twist (360°) after hand support or before | 3.305 | C | | |
| Floor Exercise | 3 | Tsavidaridou Vasiliki | GRE | Arabian (bwd take-off) with j twist (90°) - free (aerial) cartwhell - continuing with twist (90°) to front lying support | ???? | | | |
| Floor Exercise | 4 | Andreasen (Name TBC) | SWE | Arabian double salto tucked, | 4.505 | E | | |
| Floor Exercise | 4 | Cojocar Sabina | ROU | Salto fwd stretched with 2 1/2 twist (900°) | 4.502 | E | WCh Ghent (BEL) 2001 | |
| Floor Exercise | 4 | Dos Santos Daiane | BRA | Arabian double salto piked | 4.605 | F | | |
| Floor Exercise | 4 | Dos Santos Daiane | BRA | Arabian double salto stretched | 4.705 | G | | |
| Floor Exercise | 4 | Podkopaeva Lilja | UKR | Double salto fwd tucked. Also with 1/2 twist (180°) | 4.501, 4.601 | E,F | | |
| Floor Exercise | 4 | Brenna Dowell | USA | Double Salto Forward Piked | 4.601 | F | WCh Glasgow (GBR) 2015 | |
| Floor Exercise | 4 | Tarasevich Svetlana | BLR | Salto bwd stretched with 2½ twist (900°) | 5.401 | D | | |
| Floor Exercise | 5 | Kim Nellie | USSR | Double salto bwd tucked | 5.402 | D | OG Montreal (CAN) 1976 | |
| Floor Exercise | 5 | Kim Nellie | USSR | Double salto bwdstretched-piked | 5.402 | D | WCh Strasbourg (FRA) 1978 | |
| Floor Exercise | 5 | Mukhina Elena | USSR | Double salto bwd tucked with 1/1 twist (360°) | 5.502 | E | | |
| Floor Exercise | 5 | Silivas Daniella | ROU | Double salto bwd tucked with 2/1 twist (720°) | 5.802 | H | | |
| Floor Exercise | 5 | Chusovitina Oksana | USSR | Double salto bwd stretched with 1/1 twist (360°) | 5.803 | H | | |
| Floor Exercise | 5 | Biles Simone | USA | Double Salto bwd stretched with ½ turn (180°) | 5.703 | G | WCh Antwerp (BEL) 2013 | |
| Floor Exercise | 5 | Moors Victoria | CAN | Double Salto bwd Stretched with 2/1 twist (720°) | 5.903 | I | WCh Antwerp (BEL) 2013 | |



勘誤表

2017 2020 WAG COP – ERRATA

Note: New wording is highlighted in red font. And all deleted text highlighted in yellow font.

I. ACKNOWLEDGEMENTS

| | | |
|-------------|--------------------------|------------|
| Russiantext | NellieKim ElenaLowery | BLR USA |
|-------------|--------------------------|------------|

ABBREVIATIONS

| | |
|-----|---|
| QC | Competition I — Qualification competitions |
| AA | Competition II — All around (AA) Final |
| AF | Competition III — Apparatus Finals |
| TF | Competition IV — Team Final |
| OG | Olympic Games |
| WC | World Championships |
| YOG | Youth Olympic Games |

II. SECTIONS

Section 2 – page 3 - Chart Behavior Related Violations

| | |
|--|---|
| Violations of attire regulation that apply to Team Competition <ul style="list-style-type: none"> • Nonidentical leotards (for gymnasts from the same team) | 1.00P. <i>In Qualification, Teams Finals taken 1 x in competition phase from apparatus where first recognized.– (SJ)</i> |
|--|---|

Section 7 – page 1

“Complex jumps/leaps (ie. is 1/1 turn (360°)”

Section 8

| | | | | | |
|---|---------|--|------|--|----------------|
| <i>UB and BB</i> | | | | | |
| – Exceeding allowable intermediate fall time | Gym/Evt | | 0.30 | | |
| – Exceeding intermediate fall time (more than 60 seconds) | Gym/Evt | | | | Exercise ended |

Section 9 – page 6 – Adler element

9.4.5 REQUIREMENTS FOR SELECTED UB ELEMENTS


“Adler” element (5.501)

D-Panel completed:

- Within 30° of vertical – Credit DV
- >30° – Credit 1 DV lower

Section 10 – page 2

Note: Handspring fwd on – tucked double salto fwd off: 

If the 2nd salto is not completed because the gymnast lands on the feet ~~or~~ and any other body part simultaneously, then the vault will be recognized as Handspring fwd on – Tucked fwd Salto off.  Page 3

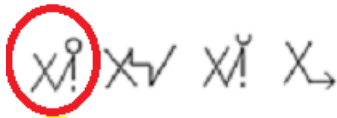
10.6 Specific Apparatus Deductions (E- Panel)

Section 11 – page 1

b) Fall Timing:

For interruption of the exercise due to a fall from the apparatus ~~During a fall from the apparatus, an interruption-intermediate time period of 30 seconds is allowed. before the gymnast must remount the uneven bars to continue the exercise.~~

Change symbol in ENG & RUS versions



Section 12 – page 3

12.4 Connection Value (CV) and Series Bonus (SB) – D – Panel

c) Series Bonus will be awarded for the connection of 3 or more acro elements.

Page 4

Example 1:  jump off BB:

Evaluation:

– No DV – count 7 elements only (D - panel)

No DMT (No attempt to perform DMT) – 0.50 (E-panel)

Section 13 - page 3

13.3 Composition Requirements (CR) – D- Panel 2.00

Add: Note: CR 2, 3 and 4 must be performed within Acro line.

Modifications for Junior Competitions

2.1.2 Warm up

– In Apparatus Finals: Warm up in 2 groups

III. Table of elements

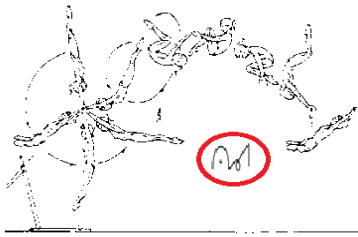
UB

3.405 Swing fwd with ½ turn (180°) and salto fwd straddled (Deltchev Salto), or swing fwd and salto bwd with ½ turn (180°) piked **or stretch**. (Gienger Salto) – to hang on HB

1.609 **-F-**, 1.709 **-G-**

3.604 **-F** 3.705 **-G-**, 3.608 **-F-**, 3.708 **-G-**, 4.602 **-F-**, 5.607 **-F-**, 5.609 **-F-**, 5.610 **-F-**, 5.710 **-G-**, 6.605 **-F-**, 6.706 **-G-**, 6.707 **-G-**, 6.609 **-F-**,

3.708 Remove symbol in red circle



☺

5.509 Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°), or 1/1 turn (360°) to hang on HB, also

BB

1.103 – changed font

1.207 Jump to roll fwd at end or middle of beam, also from clear straddle support on end of beam – swing bwd to roll fwd

2.203 changesymbol from "A to "A

2.207 Pike jump from side cross position with ½ turn (180°)

5.712 Salto bwd stretched with 1/1 twist (360°)

1. 609 -F-, 1.709 -G-, 1.615 -F-, 1.616 -F-, 1.716 -G-, 1.618 -F-, 1.718 -G-, 1.619 -F-, 2.6111, 5.611-F-, 5.612 -F-, 5.712 -G-, 5.613 -G-, 6.602 -F-, 6.703 -G-, 6.604 -F-, 6.705 -G-, 6.606 -F-,

FX

3.203 Roll bwd to hstd with 1 1/2- 2/1 (540° 720°) turninhstd

Gr. 4 Footer; FX – Group 4 -3

4.601 -F-, 4.605 -F-, 4.805 -H-, 5.601-F-, 5.802 -H-, 5.603 -F-, 5.703 -G-, 5.803 -H-, 5.903 -F-

IV. Exercise recording sheet:

Add on BB; MT without DV 0.10

FX; change "eye focus" to "Failure to engage the audience"

Add:

Acro bwd & fwd within 4-
same or different acro line

V. Judges slip

Qualification AA ApparatusFinals TeamsFinal

Updated Name list (attached)

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | EVENT / YEAR | VIDEO |
|--------------|-------|----------------------|------|---|---------------------------|-------|
| Vault | | | | | | |
| Vault | 1 | Kim Nellie | USSR | Handspring forward on - 1 ½ (540°) off | WCh Varna (BUL) 1974 | |
| Vault | 1 | Korbut Olga | USSR | Handspring fwd with 1/1 turn (360°)◌on - 1/1 turn (360°)◌off | | |
| Vault | 2 | Chusovitina Oksana | UZB | Handspring forward on - piked salto forward with 1/1 turn (360°)◌off | | |
| Vault | 2 | Chusovitina Oksana | UZB | Handspring forward on - stretched salto forward with 11/2 t. (540°)◌off | | |
| Vault | 2 | Davidova Elena | USSR | Handspring forward with 1/1 turn (360°)◌on - tucked salto forward off | | |
| Vault | 2 | Ewdokimova Irina | KAZ | Handspring forward on - stretched salto fwd off | | |
| Vault | 2 | Produnova Elena | RUS | Handspring forward on - tucked double salto forward off | | |
| Vault | 2 | Wang Hui Ying | CHN | Handspring forward on - stretched salto forward with 1/2 t. (180°)◌off | | |
| Vault | 3 | Kim Nellie | USSR | Tsukahara tucked with 1/1 turn (360°)◌off | OG Montreal (CAN) 1976 | |
| Vault | 3 | Kim Nellie | USSR | Tsukahara stretched with 1/1 turn (360°)◌off | WCh Strasbourg (FRA) 1978 | |
| Vault | 3 | Tourischeva Liudmila | USSR | Tsukahara tucked | | |
| Vault | 3 | Zamolodchikova Elena | RUS | Tsukahara stretched with 2/1 turn (720°)◌off | | |
| Vault | 4 | Amanar Simona | ROU | Round-off flic-flac on - stretched salto backward with 2 1/2 turn (900°)◌off | | |
| Vault | 4 | Dungelova Erika | BUL | Round-off flic-flac on - tucked salto backward with 2/1 turn (720°)◌off | | |
| Vault | 4 | Luconi Patrizia | ITA | Round-off, flic-flac with 3/4 turn(270°) on – tucked salto bwd off | | |
| Vault | 4 | Baitova Svetlana | USSR | Round-off flic-flac on - stretched salto backward with 2 turn (720°)◌off | | |
| Vault | 4 | Yurchenko Natalija | USSR | Round-off flic-flac on - tucked salto backward off | | |
| Vault | 5 | Cheng Fei | CHN | Round-off flic-flac with 1/2 turn (180°)◌on - stretched salto forward with 11/2 turn (540°)◌off | | |
| Vault | 5 | Ivantcheva Natalia | BUL | Round-off flic-flac with 1/2 turn (180°)◌on - tucked salto forward off | | |
| Vault | 5 | Khorkina Svetlana | RUS | Round-off flic-flac with 1/2 turn (180°)◌on - tucked salto forward with 11/2 turn (540°)◌off | | |
| Vault | 5 | Omelianchik Oksana | USSR | Round-off flic-flac with 1/2 turn (180°)◌on - piked salto forward off | | |
| Vault | 5 | Podkopaieva Liliya | UKR | Roud-off flic-flac with 1/2 turn (180°)◌on - piked salto forward with 1/2 turn (180°)◌off | | |
| Vault | 5 | Servente Veronica | ITA | Round-off, flic-flac with ½ turn(180°) on – tucked salto fwd with ½ turn (180°) off | | |

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | EVENT / YEAR | VIDEO |
|-------------|-------|------------------------------|------|--|--------------------------|-------|
| Uneven Bars | | | | | | |
| Uneven Bars | 1 | Gonzales Leyanet | MEX | Round-off in front of LB flic-flac through hstd phase on LB | | |
| Uneven Bars | 1 | Gurova Elena | USSR | Round-off in front of LB flic-flac with 1/1 twist (360°) to clear support or through hstd phase on LB | | |
| Uneven Bars | 1 | Jentsch Martina | DDR | Round-off in front of LB - tucked salto bwd over LB to hang on LB | | |
| Uneven Bars | 1 | Maarranen Anna-Mari | FIN | Jump with extended body to hstd on LB also with 1/1 turn (360°) in hstd phase | | |
| Uneven Bars | 1 | Makhautsova Volha | BLR | Free stretch jump over LB with legs together to hang on HB | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 1 | McNamara Julianne | USA | Jump to clear support on HB - clear hip circle to hstd on HB also with 1/2 turn (180°) in hstd phase on HB | | |
| Uneven Bars | 2 | Caslavska Vera | CZE | From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB | | |
| Uneven Bars | 2 | Comaneci Nadja | ROU | Front support on HB - cast with salto fwd straddled to hang on HB | | |
| Uneven Bars | 2 | Yarotska Irina | UKR | clear hip circle bwd on LB with hecht to hang on HB | | |
| Uneven Bars | 2 | Delladio Tanja | CRO | From handstd on LB hecht vault to hang on HB | | |
| Uneven Bars | 2 | Hindorff Silvia | DDR | Clear hip circle on HB counter straddle to hang on HB | | |
| Uneven Bars | 2 | Khorkina Svetlana | RUS | Clear hip circle through hstd with 1/2 turn (180°) in flight to hang on HB | | |
| Uneven Bars | 2 | Radocla Birgit | DDR | From inner front support on LB - cast with salto roll fwd to hang on HB | | |
| Uneven Bars | 2 | Reeder Anika | GBR | Cast with 1½ turn (540°) to hstd | | |
| Uneven Bars | 2 | Shang Chunsang | CHN | Clear hip circle on HB, counter pike to hang on HB | WCh Antwerp (BEL) 2013 | |
| Uneven Bars | 2 | Shaposchnikova Natalia | USSR | Inner front support on LB - clear hip circle through hstd with flight to hang on HB | | |
| Uneven Bars | 3 | Bhardwaj Mohini | USA | Pak Salto with 1/1 turn (360°) | OG 2004 ATHENS | |
| Uneven Bars | 3 | Cappuccitti Stehanie | CAN | Swing bwd and salto fwd stretched to hang on HB | | |
| Uneven Bars | 3 | Chusovitina Oksana | UZB | Giant circle bwd to hstd with hop 1/1 turn (360°) in hstd phase | | |
| Uneven Bars | 3 | Davydova Yelena | USSR | Long swing fwd counter straddle-reverse hecht over HB to hang | | |
| Uneven Bars | 3 | Ejova Liudmila | RUS | Swing bwd release and ½ turn (180°) in flight between the bars to catch LB in hang | | |
| Uneven Bars | 3 | Hristakieva Snejana | BUL | Swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB | | |
| Uneven Bars | 3 | Kononenko Nataliya | UKR | Tkatchev with ½ turn (180°) | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 3 | Li Ya | CHN | Jaeger Salto straddled with ½ turn (180°) to hang on HB | | |
| Uneven Bars | 3 | Liu Xuan | CHN | Giant circle bwd to hstd on one arme | | |
| Uneven Bars | 3 | Mo Huilan | CHN | Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto) | | |
| Uneven Bars | 3 | Monckton Mary-Anne | AUS | Long Swing forward with ½ turn (180°), pike vault over HB to hang | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 3 | Nyeste Adrienn | HUN | Swing fwd and salto bwd with 1/2 turn (180°) straddle-piked | | |
| Uneven Bars | 3 | Pak Gyong Sil | PRK | Hang on HB, facing LB – swing fwd, salto bwd stretched between bars to clear support on LB | | |
| Uneven Bars | 3 | Schuschunova Elena | USSR | Long swing fwd with 1/2 turn (180°) further 1/2 turn (180°) to counter straddle in flight over HB to hang | | |
| Uneven Bars | 3 | Strong Lori | CAN | Hang on HB – Swing fwd with 1½ turn (540°) and flight over LB to hang on LB | | |
| Uneven Bars | 3 | Volpi Giulia | ITA | Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HBhang | | |
| Uneven Bars | 3 | Wenning Zhang | CHN | Swing bwd with free stoop or straddle vault and 1/2 turn (180°) over HBhang | | |
| Uneven Bars | 3 | Retiz Hernandez, Karla Yanin | MEX | Hang on HB – Swing forward with ½ turn (180°) and flight to handstand with ½ turn (180°) on LB | Wch Nanning (CHN), 2014 | |
| Uneven Bars | 3 | Zaytseva Anna | KAZ | Giant circle fwd in L grip to hstd with piked or stre. Body through hstd phase. Also with 1/2 turn (180°) in hstd pha. | | |
| Uneven Bars | 4 | Downie Rebecca | GBR | Stalder bwd on HB with counter pike – reverse hecht over HB to hang | WCh Rotterdam (NED) 2010 | |

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | EVENT / YEAR | VIDEO |
|-------------|-------|--------------------|------|---|--------------------------|-------|
| Uneven Bars | 4 | Frederick Marcia | USA | Stalder bwd with 1/1 turn (360°) in hstd phase | | |
| Uneven Bars | 4 | Galante Paola | ITA | Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang | WCh London 2009 | |
| Uneven Bars | 4 | Komova Viktoria | RUS | Clear pike circle bwd through hstd with flight and 1/2 turn(180°) to hang on HB | YOG Singapore (SIN) 2010 | |
| Uneven Bars | 4 | Komova Viktoria | RUS | Clear pike circle bwd through hstd with flight to hang on HB. | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 4 | Krasnyanska Irina | UKR | From hstd clear pike circle bwd to rear inverted pike support | | |
| Uneven Bars | 4 | Ray Elise | USA | Facing inward - Stalder bwd with release and counter movement fwd in flight to hang on HB | | |
| Uneven Bars | 4 | Ricna Hanna | CZE | Stalder bwd on HB with counter straddle-reverse hecht over HB to hang | | |
| Uneven Bars | 4 | White Morgan | USA | Stalder fwd in L grip to hstd also with 1/2 turn (180°) in hstdphase | | |
| Uneven Bars | 4 | Zgoba Dariya | UKR | Clear pike circle bwd on LB with hecht flight to hang on HB | | |
| Uneven Bars | 5 | Church Savannah | USA | Pike sole circle bwd counter straddle-reverse hecht over HB to hang | | |
| Uneven Bars | 5 | Hoefnagel Hanneke | NED | Pike sole circle fwd in reverse or L grip with 1/1 turn (360°) in hstdphase | | |
| Uneven Bars | 5 | Kim (Name TBC) | TBC | Facing outward on HB– underswing with support of feet-counter salto fwd straddled to catch on HB | | |
| Uneven Bars | 5 | Li Li | CHN | Clear rear pike support (legs together) on HB - full circle swing bwd with stoop out bwd to hang on HB | | |
| Uneven Bars | 5 | Li Li | CHN | Clear rear pike support (legs together) on HB - full circle swing bwd with counter flight bwd straddled | | |
| | 5 | Liubov Burda | USSR | Underswing on HB or LB with 1 1/2 turn (540°) to hang | | |
| Uneven Bars | 5 | Lucke Anneke | NED | Pike sole circle bwd with 1½ turn (540°) to hstd | | |
| Uneven Bars | 5 | Luo Li | CHN | Stoop in to Adler-seat (pike) circle fwd through clear extended support to finish in L grip (deviation up to 30° allowed), | | |
| Uneven Bars | 5 | Maloney Kristen | USA | Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB | | |
| Uneven Bars | 5 | Mirgoradskaja Anna | UKR | Clear rear pike supp. on HB (legs together)-full circle swing bwd-continuing through clear rear pike support bwd over HB into hang. | | |
| Uneven Bars | 5 | Nabieva Tatjana | RUS | Pike sole circle bwd with counter stretched hecht (layout position over HB) to hang | WCh Rotterdam (NED) 2010 | |
| Uneven Bars | 5 | Ray Elise | USA | Hstd on HB - Pike sole circle bwd counter straddle-reverse hecht over HB to hang | | |
| Uneven Bars | 5 | Seitz Elisabeth | GER | pike sole circle bwd through hstd with flight 1/1 turn(360°) to hang on HB | WCh Tokyo (JPN) 2011 | |
| Uneven Bars | 5 | Teza Elvire | FRA | Circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB | | |
| Uneven Bars | 5 | Tweddle Elizabeth | GBR | Pike sole circle bwd with counter straddle hecht over HB with ½ turn (180°) to hang in mixed L-grip | | |
| Uneven Bars | 5 | Van Leeuwen Laura | NED | pike sole circle bwd through hstd with flight and ½ turn (180°) | | |
| Uneven Bars | 6 | Arai (Name TBC) | JPN | Swing down fwd between bars in L Grip. Swing bwd to salto fwd with 1/2 twist (180°) into salto bwd tucked | | |
| Uneven Bars | 6 | Bar (Name TBC) | TBC | Swing down between bars - swing fwd to salto bwd stretched with 3/1 twist (1080°) | | |

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | EVENT / YEAR | VIDEO |
|-------------|-------|---------------------|------|--|--------------------------|-------|
| Uneven Bars | 6 | Blanco Bibiana | COL | Swing down between bars - swing fwd to salto bwd stretched with 1/2 twist (180°)◌ into salto fwd stretched | | |
| | 6 | Brunner Jenny | GER | Clear pike circle backward to salto forward stretched with 180 turn | | |
| Uneven Bars | 6 | Chusovitina Oksana | UZB | Swing fwd to double salto bwd tucked with 1/1 twist (360°)◌ in second | | |
| | 6 | Comaneci Nadja | ROU | Underswing with 1/2 twist (180°)◌ to salto bwd tucked or piked | | |
| Uneven Bars | 6 | Delladio Tanja | CRO | Salto backwards tucked | | |
| Uneven Bars | 6 | Fabrighnova Oksana | USSR | Swing fwd to double salto bwd tucked with 2/1 twist (720°)◌ | | |
| Uneven Bars | 6 | Fontaine Larisa | USA | Swing fwd to salto bwd tucked with ½ turn (180°) – into salto fwd tucked | | |
| Uneven Bars | 6 | Giovannini Carlotta | ITA | Swing fwd with ½ turn (180°) to double salto fwd piked | | |
| Uneven Bars | 6 | Gonzales Gabriela | MEX | Salto bwd tucked or piked over HB | | |
| Uneven Bars | 6 | Gratt Tanja | AUT | Salto bwd tucked or piked over HB | | |
| Uneven Bars | 6 | Ji (Name TBC) | CHN | Swing fwd to salto bwd stretched with 2½ turn (900°) | | |
| Uneven Bars | 6 | Kraeker Steffi | DDR | From HB – underswing with ½ turn (180°) to salto bwd tucked with 1/1 twist (360°) | | |
| Uneven Bars | 6 | Li Ya | CHN | Swing down between bars - swing fwd with 1/2 twist (180°)◌ to double salto fwd piked | | |
| Uneven Bars | 6 | Ma Yen Hong | CHN | Hip circle bwd (also clear) on LB or HB - hecht with 1/1 twist (360°)◌ to salto bwd | | |
| Uneven Bars | 6 | Magaca Brenda | MEX | Swing fwd to triple salto bwd tucked | | |
| Uneven Bars | 6 | Moors Victoria | CAN | From HB - underswing with salto fwd stretched with ½ turn (180°) | OG London (GBR) 2012 | |
| Uneven Bars | 6 | Morio Maiko | JPN | Swing down between bars - swing fwd to double salto bwd tucked with 1/1 twist (360°)◌ in first | | |
| Uneven Bars | 6 | Mukhina Elena | USSR | Hip circle bwd (also clear) on LB or HB - hecht with salto bwd tucked | | |
| Uneven Bars | 6 | Mustafina Aliya | RUS | Swing fwd to double salto bwd tucked with 1 1/2 twist (540) | WCh Rotterdam (NED) 2010 | |
| Uneven Bars | 6 | Okino Betty | USA | Front support on HB - clear underswing with 1/2 twist (180°)◌ to salto bwd stretched | | |
| Uneven Bars | 6 | Parolari Lia | ITA | Salto backwards tucked | | |
| | 6 | Pechstein Tanja | SUI | Swing bwd to salto fwd stretched with 1½ turn (540°) | | |
| Uneven Bars | 6 | Pentek Tunde | HUN | Swing bwd to double salto fwd piked with ½ turn (180°) | | |
| Uneven Bars | 6 | Plichta Paula | POL | Clear straddle circle with salto fwd tucked | | |
| Uneven Bars | 6 | Ray Elise | USA | Swing fwd to double salto bwd stretched with 2/1 turn (720°) | | |
| Uneven Bars | 6 | Varga Adrienne | HUN | Swing fwd to salto bwd stretched with 1/2 twist (180°)◌ into salto fwd piked with 1/2 twist (180°)◌ | | |

**WOMEN'S ARTISTIC GYMNASTICS
ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | EVENT / YEAR | VIDEO |
|---------------------|-------|-----------------------|------|--|--------------------------|-------|
| Balance Beam | | | | | | |
| Balance Beam | 1 | Baitova Svetlana | USSR | Two flank circles followed by leg "Flair" | | |
| Balance Beam | 1 | Marisa Dick | TTO | Mount: Change leg leap to free cross split sit - diagonal approach to beam. | WCh Glasgow (GBR) 2015 | |
| Balance Beam | 1 | Beukes Ramona | NAM | Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam | | |
| Balance Beam | 1 | Dunn Jacqui | AUS | Round-off at end of beam – flic-flac with ½ turn (180°) and walkover fwd | | |
| Balance Beam | 1 | Erceg Tina | CRO | Round-off at end of beam - take off bwd. With 1/2 turn (180°) - tucked salto fwd to stand | | |
| Balance Beam | 1 | Garrison Kelly | USA | Round-off at end of beam - salto bwd stretched with 1/1 twist (360°) to cross stand on beam | | |
| Balance Beam | 1 | Gurova Elena | USSR | Round-off in front of beam - jump with 1/2 twist (180°) to near side hstd | | |
| Balance Beam | 1 | Hand-Li Yifang | CHN | Jump press or swing to cross or side hstd-1/1 turn (360°) in hstd-lower top or clear pike support (2 sec.) or release one hand with swing down | | |
| Balance Beam | 1 | Homma Leah | CAN | 3 flying flairs | | |
| Balance Beam | 1 | Philips Kristie | USA | Press to side hstd - walkover fwd to side stand on both legs | | |
| Balance Beam | 1 | Rankin Janine | CAN | Jump or press on one arm to hstd | | |
| Balance Beam | 1 | Shushunova Elena | USSR | Jump with stretched hips to planche min at 45° | | |
| Balance Beam | 1 | Tsavdaridou Vasiliki | GRE | Round-off at end of beam - flic-flac with 1/1 twist (360°) into swing down to cross straddle sit | | |
| Balance Beam | 1 | Wong Hiu Ying Angel | HKG | Salto fwd tuck with ½ (180°) turn | OG London (GBR) 2012 | |
| Balance Beam | 1 | Zamolodchikova Elena | RUS | Round-off in front of beam - flic-flac with 1/1 twist (360°) to hip circle bwd | | |
| Balance Beam | 2 | Johnson Kathy | USA | Leap fwd with leg change and 1/4 turn (90°) to side split leap (180°) or straddle pike position | | |
| Balance Beam | 2 | Teza Elvire | FRA | From side stand – Jump to cross over split with body arched and head dropped bwd | | |
| Balance Beam | 2 | Yang Bo | CHN | From Cross stand – Jump to cross over split with body arched and head dropped bwd | | |
| Balance Beam | 3 | Galante Paola | ITA | 1 ½ turn (540°) with free leg held upward in 180° split position throughout turn | WCh London (GBR) 2009 | |
| Balance Beam | 3 | Humphrey Terin | USA | 2½ turn (900°) in tuck stand on one leg - free leg optional | | |
| Balance Beam | 3 | Li Li | CHN | 1 1/4 (450°) turn on back in kip position (hip-leg angle closed) | | |
| Balance Beam | 3 | Mitchell Lauren | AUS | 3/1 turn (1080) in tuck stand on one leg – free leg optional | WCh Rotterdam (NED) 2010 | |
| Balance Beam | 3 | Okino Betty | USA | 3/1 turn (1080°) on one leg - free leg optional below horizontal | | |
| Balance Beam | 3 | Preziosa Elisabetta | ITA | 1/1 turn (360°) pirouette with free leg held backwards with both hands | WCh Tokyo (JPN) 2011 | |
| Balance Beam | 3 | Wevers Sanne | NED | 2/1 turn (720) with heel of free leg fwd at horizontal throughout turn (support and free leg may b | WCh Rotterdam (NED) 2010 | |
| Balance Beam | 5 | Anastasia Kolesnikova | RUS | Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position | | |
| Balance Beam | 5 | Colussi Pelaez Silvia | ESP | Free (Aerial) Cartwheel in cross position | WCh Antwerp (BEL) 2013 | |

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ELEMENTS**

| APPARATUS | GROUP | NAMED AFTER | FED | DESCRIPTION | EVENT / YEAR | VIDEO |
|--------------|-------|-------------------------|------|--|--------------------------|-------|
| Balance Beam | 5 | Schaefer Pauline | GER | Salto sideward tucked with ½ turn - take off from one leg to side stand | Wch Nanning (CHN), 2014 | |
| Balance Beam | 5 | Garrison Kelly | USA | "Valdez" swing over bwd through horizontal plane with support on one arm | | |
| Balance Beam | 5 | Grigoras Cristina Elena | ROU | Salto fwd tucked with 1/2 twist (180°) take-off from both legs | | |
| Balance Beam | 5 | Khorkina Svetlana | RUS | Gainer flic-flac with min. ¼ twist (270°) before hand support | | |
| Balance Beam | 5 | Kochetkova Dina | RUS | Flic-flac with min. ¼ twist (270°) before hand support | | |
| Balance Beam | 5 | Kochetkova Dina | RUS | Flic-flac from side position with ½ twist (180°) to side hstd lower to optional end position | | |
| Balance Beam | 5 | Liukin Nastia | USA | Salto fwd tucked, take-off from one leg to stand on one or two feet | | |
| Balance Beam | 5 | Omelianchik Oksana | USSR | Flic-flac with ¼ twist (270°) to side hstd (2 sec.) - lower to optional end position | | |
| Balance Beam | 5 | Onodi Henrietta | HUN | Jump bwd (flic-flac take-off) with 1/2 twist (180°) to walkover fwd | | |
| Balance Beam | 5 | Prodnova Elena | RUS | Jump fwd with 1/2 twist (180°) saltobwd piked | | |
| Balance Beam | 5 | Kitti Honti | HUN | Gainer Flic - Flac with ¼ twist (90°) to Handstand (2 sec.) | WCh Glasgow (GBR) 2015 | |
| Balance Beam | 5 | Rueda Eva | ESP | All flic-flac variations with piking and stretching of hips in flight phase with swing down to cross straddlesit | | |
| Balance Beam | 5 | Rulfova Jana | CZE | Flic-flac with 1/1 twist (360°) swing down to cross straddlesit | | |
| Balance Beam | 5 | | | Salto bwd stretched with 1/1 twist (360°) | | |
| Balance Beam | 5 | Schischova Albina | USSR | Salto bwd tucked with 1/1 twist (360°) | | |
| Balance Beam | 5 | Teza Elvire | FRA | Flic-flac from side position with 1/1 twist (360°) to hip circle bwd | | |
| Balance Beam | 5 | Tousek Yvonne | CAN | Flic-flac with step-out from side position | | |
| Balance Beam | 5 | Portocarrero Luisa | GUA | Free (aerial) walkover fwd, landing on one foot in extended tuck sit, without hand support | | |
| Balance Beam | 5 | Worley Sheyla | USA | Jump bwd with 180 turn handspring to land on two feet | | |
| Balance Beam | 6 | Araujo Heine | BRA | Salto fwd stretched with 2/1 twist (720°) | | |
| Balance Beam | 6 | Bohmerova Lubica | SVK | Gainer salto stretched with 1 1/2 twist (540) to side of beam | | |
| Balance Beam | 6 | Domingues Gabriela | ESA | Salto bwd tucked with 1 1/2 (540°) | YOG Singapore (SIN) 2010 | |
| Balance Beam | 6 | Khorkina Svetlana | RUS | Gainer salto bwd stretched with 2½ twist (900°) to side of beam | | |
| Balance Beam | 6 | Kim Nellie | USSR | Gainer salto tucked 1/1 twist (360°) at end of beam | OG Montreal (CAN) 1976 | |
| Balance Beam | 6 | Kim Nellie | USSR | Free (aerial) cartwheel into salto bwd tucked | OG Moscow (RUS) 1980 | |
| Balance Beam | 6 | Patterson Karly | USA | Arabian double salto fwd tucked | | |
| Balance Beam | 6 | Portocarrero Luisa | GUA | Free (aerial) walkover fwd, landing on one foot in extended tuck sit, without hand support | | |
| Balance Beam | 6 | Steingruber Giulia | SUI | Gainer Salto Backward Stretched with 1/1 twist (360°) at the end of beam | WCh Tokyo (JPN) 2011 | |

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ELEMENTS**

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|----------------|-------|---------------------------------|------|---|---------------------------|-------|
| Floor Exercise | 1 | Krystyna SANKOVA | UKR | Change Leg Ring Leap with 180° turn | WCh Antwerp (BEL) 2013 | |
| Floor Exercise | 1 | Bulimar Diana | ROU | Johnson Leap with additional 1/1 Turn(360°) | WCh Tokyo (JPN) 2011 | |
| Floor Exercise | 1 | Csillag Tunde | HUN | Side split leap with 1/1 turn (360) | WCh Rotterdam (NED) 2010 | |
| Floor Exercise | 1 | Ferrari Vanessa | ITA | Split leap with 1/1 turn (360°) to ring position | OG London (GBR) 2012 | |
| Floor Exercise | 1 | Frolova Tatiana | USSR | Switch leap with ½ turn (180°) or wit 1/1 turn (360) in flight phase | | |
| Floor Exercise | 1 | Popa Celestina | ROU | Straddle pike jump with 1/1 turn (360°)◌ | | |
| Floor Exercise | 1 | Jurkowska - Kowalska, Katarzyna | POL | Split jump with 1/1 turn (360°) to the ring | Wch Nanning (CHN), 2014 | |
| Floor Exercise | 2 | Gomez Elena | ESP | 4/1 turn (1440°)◌ on one leg - free leg optional below horizontal | | |
| Floor Exercise | 2 | Hopfner-Hibbs Elyse | CAN | 2/1(720°)◌illusion turn without hand or foot support | | |
| Floor Exercise | 2 | Memmel Chelsia | USA | 2/1 turn (720°)◌with free leg held upward in 180°split position | | |
| Floor Exercise | 2 | Mitchell Lauren | AUS | 3/1 turn (1080) in tuck stand on one leg – free leg straight throughout | WCh Rotterdam (NED) 2010 | |
| Floor Exercise | 2 | Semenova Ksenija | RUS | 2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn) | | |
| Floor Exercise | 2 | Mustafina, Aliya | RUS | 3/1 (1080°) with leg held up in 180° split position | Wch Nanning (CHN), 2014 | |
| Floor Exercise | 3 | Mostepanova Olga | USSR | Handspring fwd with 1/1 twist (360°)◌after hand support or before | | |
| Floor Exercise | 3 | Tsavdaridou Vasiliki | GRE | Hop with 1/1 turn (360°) to straddle and land in front lying support | | |
| Floor Exercise | 4 | Andreasen (Name TBC) | SWE | Arabian double salto tucked, | | |
| | 4 | Tarasevich Svetlana | BLR | Salto fwd stretched with 2½ twist (900°) | | |
| Floor Exercise | 4 | Cojocar Sabina | ROU | Salto fwd stretched with 2 1/2 twist (900°) | WCh Ghent (BEL) 2001 | |
| Floor Exercise | 4 | Dos Santos Daiane | BRA | Arabian double salto piked | | |
| Floor Exercise | 4 | Dos Santos Daiane | BRA | Arabian double salto stretched | | |
| Floor Exercise | 4 | Podkopaeva Lilja | UKR | Double salto fwd tucked. Also with 1/2 twist (180°)◌ | | |
| Floor Exercise | 4 | Brenna Dowell | USA | Double Salto Forward Piked | WCh Glasgow (GBR) 2015 | |
| Floor Exercise | 4 | Tarasevich Svetlana | BLR | Salto bwd stretched with 2½ twist (900°) | | |
| Floor Exercise | 5 | Kim Nellie | USSR | Double salto bwd tucked | OG Montreal (CAN) 1976 | |
| Floor Exercise | 5 | Kim Nellie | USSR | Double salto bwd stretched-piked | WCh Strasbourg (FRA) 1978 | |
| Floor Exercise | 5 | Mukhina Elena | USSR | Double salto bwd tucked with 1/1 twist (360°)◌ | | |
| Floor Exercise | 5 | Silivas Daniella | ROU | Double salto bwd tucked with 2/1 twist (720°)◌ | | |
| Floor Exercise | 5 | Chusovitina Oksana | USSR | Double salto bwd stretched with 1/1 twist (360°)◌ | | |
| Floor Exercise | 5 | Biles Simone | USA | Double Salto bwd stretched with ½ turn (180°) | WCh Antwerp (BEL) 2013 | |
| Floor Exercise | 5 | Moors Victoria | CAN | Double Salto bwd Stretched with 2/1 twist (720°) | WCh Antwerp (BEL) 2013 | |