



GYMNASTICS

**2018 Saskatchewan Winter Games
February 18-24, 2018
North Battleford, Saskatchewan**

1.0 SPORT: GYMNASTICS

Men's Artistic Gymnastics (MAG)
Women's Artistic Gymnastics (WAG)
Rhythmic Gymnastics (RG)
Trampoline Gymnastics (TG)

1.1 Competition Site: CU Plex Nations West Fieldhouse

1.2 Competition Dates: February 18-21, 2018

1.3 Sanction: Yes, Gymnastics Saskatchewan

2.0 PARTICIPANTS:

2.1 Number of Competitors

Total: 10

3 female Women's Artistic Gymnasts (WAG)
3 male Men's Artistic Gymnasts (MAG)
2 male or female Rhythmic Gymnasts (RG)
2 male or female Trampoline Gymnasts (TG)

2.2 Coaches and Managers:

Total: 3

1 head coach
1 assistant coach
1 manager

Note: Sports that have both male and female competitors must ensure that one coach/manager is male and the other coach/manager is female.

3.0 CLASSIFICATIONS:

3.1 Year of Birth: 2005, 2006, 2007, 2008

4.0 ELIGIBILITY:

4.1 Athletes:

Athletes must be registered members of a club in good standing with Gymnastics Saskatchewan as of the November 15, 2017 membership deadline.

WAG athletes who have competed in JO level 7 or higher are ineligible to compete in the Games.

Athletes must be registered in the Interclub or Provincial Stream category; National athletes are ineligible to participate in the Games. Athletes who have attended a Canadian Championship in the past four years are ineligible to participate in the games.

All athletes must abide by the residency criteria and regulations as established by the Saskatchewan Games Council.

4.2 Coaches:

Coaches must be registered members in good standing with Gymnastics Saskatchewan. The head coach of each District must be fully certified NCCP Level 2 in any discipline. The assistant coach must be fully certified NCCP Level 1/Foundations in any discipline.

Coaches and managers must have a Criminal and Vulnerable Sector record check. Coaches must complete the Respect in Sport on-line training program.

5.0 PROVINCIAL REGISTRATION:

Registration is with:

Name: Gymnastics Saskatchewan
Address: 1870 Lorne Street
City: Regina, SK
Postal Code: S4P 2L7
Phone: 306-780-9229
Email: cherylrussell@gymsask.com

6.0 PROVINCIAL TECHNICAL LIAISON:

Name: Kristi Mandzuk, Gymnastics Saskatchewan
Address: 1870 Lorne Street
City: Regina, SK
Postal Code: S4P 2L7
Phone : 306-780-9229
Email: kmandzuk@gymsask.com

7.0 COMPETITION:

7.1 GENERAL

Competition will be held for Team, All Around and Event Finals on each apparatus:

WAG (female athletes only) will compete on Vault, Balance Beam and Floor Exercise.

MAG (male athletes only) will compete on Floor Exercise, Vault and Horizontal Bar.

RG (female or male athletes) will compete Free and Hoop routines.

TG (female or male athletes) will compete on Tumbling and Trampoline.

Note that athletes may compete in more than one discipline to fill open spots on their District team. These athletes may not take the spot of any athlete who legitimately qualified for that discipline.

7.2 DAY 1 COMPETITION - TEAM

All athletes from each district will compete on Day 1 to select Team Champions. The team ranking will be decided by counting the top score on each event from each discipline (MAG, WAG, RG, TG) on each event. (10 scores to count)

The team with the highest total will be declared champion.

7.3 DAY 2 COMPETITION – ALL AROUND

Four all around champions will be declared, one for each discipline (MAG, WAG, RG, TG).

Individual all-around champions will be decided based on the scores on each event, in each discipline.

The individual with the highest score in each discipline will be declared champion.

7.4 DAY 3 COMPETITION – EVENT FINALS

Events finals will take place for the following events:

- MAG – Floor Exercise, Vault, Horizontal Bar
- WAG – Vault, Balance Beam, Floor Exercise
- RG – Free Exercise, Hoop
- TG- Trampoline, Tumbling

The top eight athletes on each event, based on a combined total score from Day 1 and Day 2, will compete in event finals.

Individual event finals results will be based on the highest score on each event from Day 3 competition. There are no carry over scores to event finals. Order of competition for finals will be based on a random draw.

8.0 RESULTS:

Points Ranking – rankings will be based on participant numbers (for individual competition) or number of teams (for team competition).

Teams will be ranked and awarded medals for 1st to 3rd place from the results from Day 1 competition.

Individual all-around winners will be ranked and awarded medals for 1st to 3rd place from the results of Day 2 competition.

Event winners will be ranked and awarded medals for 1st to 3rd place from the results of Day 3 competition.

9.0 TIE BREAKING PROCEDURE:

Ties will not be broken for awards.

10.0 SPORT PROTEST PROCEDURE:

Protests can be based on difficulty score/start value only. Protest fee is \$20.00 per protest.

11.0 EQUIPMENT:

All equipment must be approved by Gymnastics Saskatchewan.

MAG

- 40' x 40' Spring floor (shared with WAG), corner mats
- Vault table, runway, 2 coil beat boards, mini-tramp, crash mats, tape measures
- Horizontal bar, free standing kit, weights, regulation mats

WAG

- Vault table, runway, 2 coil beat boards, trampboard, crash mats, tape measure
- Balance Beam, regulation mats, 1 beat board
- 40' x 40' Spring floor (shared with MAG), corner mats

RG

- Rhythmic carpet
- Hoop may be of any size and weight (athletes to bring their own)

TG

- Rod tumbling floor 40 m long
- Competition trampoline, spotting mats, surround mats, end decks

Other

- Chalk bins and chalk
- Duct tape
- Sound systems (2) with microphones, CD players and speakers
- Computerized scoring system, computers, printer, copier
- Extension cords
- Vacuums, mops, pails, cleaning supplies
- Tables and chairs
- Decorations, flowers
- Medical supplies
- Ice, ice bags, water, cut up oranges for athletes
- Score stands (10)
- Minor official table supplies (10 boxes)
- Judges' gifts
- Meeting rooms for judges
- Hospitality room for coaches and judges

12.0 SPORT JURY:

Competition Chief Judge
Meet Director
Program Coordinator – WAG/Events - Gymnastics Saskatchewan

13.0 OFFICIALS REQUIRED:

13.1 MAJOR OFFICIALS

All major officials will be assigned by Gymnastics Saskatchewan.

Total:	25 major officials required.
MAG	1 Chief Judge + 1 official per event– total 6 officials
WAG	1 Chief Judge + 2 officials per event – total 9 officials
RG	1 Chief Judge + 3 officials – total 4 officials
TG	1 Chief Judge + 5 officials – total 6 officials

13.2 MINOR OFFICIALS

25 minor officials per session to be supplied by the host.
WAG- 9 minor officials per session
MAG – 8 minor officials per session
TG – 3 minor officials per session
RG – 5 minor officials per session

14.0 MEDICAL SERVICES:

The organizing committee shall ensure that a minimum of two emergency medical technicians (physiotherapist, EMT, athletic therapist, and/or doctor) are in attendance on site for all training, warm-up and competition sessions. A medical doctor and dentist should be available on call for the duration of the event. Ambulance services should be notified that the event is taking place. An emergency action plan for medical services must be in place.

15.0 MEDALS:

Team competition: 13 gold, 13 silver and 13 bronze (coaches and managers receive medals).

Individual all around: 4 gold, 4 silver, 4 bronze

Individual event:

Women – 3 gold, 3 silver, 3 bronze

Men - 3 gold, 3 silver, 3 bronze

RG – 2 gold, 2 silver, 2 bronze

TG – 2 gold, 2 silver, 2 bronze

No ties will be broken – please account for this in awards.

16.0 DISTRICT TEAMS SELECTION CRITERIA:

Districts shall attend a sanctioned qualifying competition before the entry deadline.

District teams (athletes, coaches and managers) shall be named no later than January 28, 2018.

17.0 PROVINCIAL SPORT CONTACT:

Name: Kristi Mandzuk

Address: 1870 Lorne St.

City: Regina

Postal Code: S4P 2L7

Phone: 780-9229

Email: kmandzuk@gymsask.com

18.0 OTHER INFORMATION REQUIRED

Specific technical rules and regulations are attached for each competition category.

Equipment specifications and requirements are attached for each competition category.

For more information, please contact Gym Sask at info@gymsask.com



February 18 – 24, 2018

Technical Rules and Charts

Updated June, 2017

2018 SASKATCHEWAN GAMES SUMMARY

	WAG	MAG	TG	RG
ATHLETES	Athletes must be born in 2005, 2006, 2007 or 2008			
	Gym Sask Registered: Interclub or Provincial	Gym Sask Registered: Interclub or Prov 1-3	Gym Sask Registered: Interclub or Provincial	Gym Sask Registered: Interclub or Provincial
	Junior Olympic Level 4 Rules	Level 3 Rules	Provincial 1 Rules	Modified Provincial Rules
	3 Gymnasts (female)	3 Gymnasts (male)	2 Gymnasts (male or female)	2 Gymnasts (male or female)
EVENT	Vault, Beam, Floor	Floor, Vault, Horizontal Bar	Tumbling, Trampoline	Hoop, Free
REQUIREMENTS	Max score = 10.0 See below for more information	DV 6 elements CR Any 2 groups + Dismount MAX E-Score = 10.0	<u>Tumbling</u> 1 pass compulsory 1 pass voluntary Min DD 0.5 Max DD 1.3 <u>Trampoline</u> 1 routine compulsory 1 routine voluntary Min DD 1.3 Max DD 3.0	<u>Hoop</u> 4 Body Difficulties (Min 1 of each type) 1-2 Dance Series 1-2 Apparatus Mastery 1 Large Throw Max 1 Risk Min=1.1 Max=2.1 Free 4 Body Difficulties (Min 1 of each type) 1-2 Dance Series 1-2 Body wave 1 Pre-Acrobatic Element 1 Acrobatic Series Min=1.1 Max=2.1 Max E Score = 10.0 points Maximum Final Score = 12.1
DRESS CODE	Athletes from each district and each discipline must wear matching uniforms Male athletes: shorts and t-shirt, or singlet with shorts or longs Female athletes: leotard, long or short sleeves RG athletes: matching uniforms, can be creative No jewelry except stud earrings			
COACH	Each district will require a Head Coach (NCCP 2 in at least one discipline), an Assistant Coach (NCCP 1/Foundations in at least one discipline) and one manager. One must be the opposite gender.			
JUDGES	1Chief Judge 2 judges per event	1Chief Judge 1 judge per event	1Chief Judge 3 judges per event	1Chief Judge 5 judges per event
COMP	Day 1: Team Competition (<i>top score from each discipline on each event</i>) Day 2: All Around (<i>1 All Around Champion from each discipline</i>) Day 3: Event Finals (<i>Top 8 from combined total of Day 1 & Day 2 will compete on each event, scores will not be carried over to Day 3</i>)			

June 13, 2017

2018 SASKATCHEWAN GAMES WOMEN'S ARTISTIC GYMNASTICS

JO 4	VAULT	BALANCE BEAM	FLOOR EXERCISE
	Max score: 10.0	Max Score 10.0	Max Score 10.0
Restrictions	Use of mini-tramp is allowed with a deduction of 1.0 applied to final score of that vault.		
	<p style="text-align: center;">Compulsory Vault</p> <ul style="list-style-type: none"> • Handspring • 1 or 2 vaults, best to count • 3 running approaches are permitted if the gymnast has not touched the springboard and/or the mats stacked. A 4th attempt is not permitted 	<p style="text-align: center;">Compulsory Beam Routine:</p> <ul style="list-style-type: none"> • Leg swing mount with ½ (180 degree) turn – 0.2 • Cartwheel ¼ (90 degree) turn inward – 0.6 • Scale (horizontal)/Rond de Jambe to Arabesque/scale – 0.4 • Straight leg leap (120 degrees) – 0.6 • Cross handstand - 0.6 • Split jump (120 degrees)/straight jump (Connected) – 0.4 • ½ (180 degree) turn in forward passe (heel-snap turn) – 0.4 • Cartwheel to side handstand, ¼ (90 degree) turn to dismount – 0.6 	<p style="text-align: center;">Compulsory Floor Routine:</p> <p>Starting Position: Stand on the diagonal of the mat approx. 1/3 away from the Corner 8 facing Corner 4.</p> <ul style="list-style-type: none"> • Straddle jump (120 degrees)/Stretch jump with ½ turn .04 each • Front hand spring to two feet – 0.6 • Straight arm backwards roll to handstand – 0.4 • Forward split – 0.2 • Straight leg leap (120 degrees) – 0.6 • 1/1 (360 degree) turn in forward passe – 0.4 • Back walkover (150 degrees) – 0.4 • Round-off – 0.4 • Back handspring – 0.6 • Back handspring – 0.6
EQUIP	105, 115 or 125 cm (FIG) Corridor markings are not in effect	110 or 125 cm	Up to 10 cm of additional mats for tumbling lines with salto (not mandatory). Stay in place or be removed.
MATS	Mandatory 10cm for landing. Max of 20cm	Mandatory 10 cm for landing. Max of 20 cm. Mats may not be placed under the beam	5 or 10 cm may be used for acro lines with salto. After the acro line, the mat may be removed, moved or can stay in place.
	Mandatory minimum FIG matting for landing of vault or beam dismount (min 10 cm, up to 20 cm safety mat)		
COACH	Coach is allowed on the landing mat		
TIME		Max 1:05 Warning bell at 55 seconds	
WARM UP	15 Minute general warm-up Event warm up 1 minute per athlete; group warm up for Vault & Floor Individual warm up for Beam 7 or less athletes warm up in one group, 8 or more athletes warm up in two groups.		
MORE INFO	Compulsory videos of each routine can be downloaded from the Apple Store or Google Play Store		

2018 SASKATCHEWAN GAMES MEN'S ARTISTIC GYMNASTICS

Level 3	FLOOR	VAULT	HORIZONTAL BAR
DV	<p style="text-align: center;">6 elements</p> <p style="text-align: center;">Dev A = 0.1, A = 0.2, B = 0.3</p>	<p style="text-align: center;"><u>Vault Options</u></p> <ul style="list-style-type: none"> • Handspring with beat board = 2.5 • Handspring with mini tramp = 2.0 • Round-off with beat board = 2.5 • Round-off with mini tramp = 2.0 	<p style="text-align: center;">6 elements</p> <p style="text-align: center;">Dev A = 0.1, A = 0.2, B = 0.3</p>
RESTRICTIONS	No element higher than a B allowed		No element higher than a B allowed
EGR	<p style="text-align: center;"><u>Element Group Requirement (EGR) = 0.5 each</u></p> <p style="text-align: center;">Any 2 groups plus dismount (Max = 1.5)</p> <p style="text-align: center;">Dismount <u>FIG A (must be a salto) = 0.5</u> (ex. Fwd salto tuck, bwd salto tucked etc.)</p> <p style="text-align: center;"><u>Developmental A or non-salto acro element = 0.3</u> (ex. back handspring, round-off, front handspring etc)</p>		<p style="text-align: center;"><u>Element Group Requirement (EGR) = 0.5 each</u></p> <p style="text-align: center;">Any 2 groups plus dismount (Max = 1.5)</p> <p style="text-align: center;">Dismount <u>FIG A = 0.5</u> <u>Developmental A = 0.3</u></p> <p style="text-align: center;">2 extra swings allowed Any counting giant element = +0.1 bonus (Elements with bonus are listed in skill table)</p>
STICK BONUS	+ 0.1 for stuck landing, added to the final score (Dev A or A value) +0.2 for stuck landing, added to the final score (B value)		
EQUIP	12m x 12m from outside border line	Beat Board, or Mini-tramp 110 cm to 135 cm	FIG horizontal bar or adjustable bar
	No mats allowed	Mandatory minimum FIG matting for landing of dismount (min 10 cm, up to 20 cm safety mat) Additional 20cm mat on high bar is allowed with no deduction. Any extra matting is 0.5 deduction from final score	
COACH		Coach must be present to act as a spotter on high bar or gymnast may not begin routine	
SHORT ROUTINE	Maximum E Score: 6 skills = 10.0 5 skills = 9.0 4 skills = 8.0 3 skills or less = 7.0		Maximum E Score: 6 skills = 10.0 5 skills = 9.0 4 skills = 8.0 3 skills or less = 7.0
WARM UP	45 minute combined general and apparatus warm-up prior to the start of the competition		

2018 SASKATCHEWAN GAMES

MAG - LIST OF DEVELOPMENTAL SKILLS

	Floor Exercise *(EGR)	Horizontal Bar *(EGR)
Dev A	<ul style="list-style-type: none"> • Headstand (non acro) • Jump 1/1 turn (non acro) • Back roll to HS (non acro) • Roundoff (bwd) • Aerial cartwheel (fwd) • Cartwheel (fwd) 	<ul style="list-style-type: none"> • Any one kip (in bar) • Pull Over or swing pullover (in bar) • Piked Front Hip Circle (in bar) • Back hip circle (in bar) • Sole circle (in bar) • Swing ½ turn (swing) • Back Uprise (swing) • Cast to horizontal (swing) • Baby giant (swing) • From long swing, stoop in straddle cut to long swing (flight) • Straddle off dismount (toe on dismount) (dismount) • Front or back tuck flyaway (dismount)
A Value Elements	<ul style="list-style-type: none"> • From stand press to handstand (non acro) • Rock to handstand from prone position (non acro) • Handstand (2s) (non acro) • Straddled planche (2s) (non acro) • ½ or 1/1 turn in handstand or to handstand (non acro) • Back walkover (non acro) • Forward walkover (non acro) • Any splits (2s) (non acro) • Any standing scale (2s.) (non acro) • Butterfly (non acro) • Breakdance variations (non acro) • 1 or 2 circles or flairs (non acro) • Russian wendeswing with 360° or 540° (non acro) • Roll bwd. through hdst. with ½ t. (non acro) • Any neck or head spring (fwd) • Neck or head spring w. ½ t. to hdst. or 1/1 t. to rear support (fwd) • Forward handspring or flyspring (fwd) • Dive roll (fwd) • Salto fwd. tucked or piked (fwd) • Aerial walkover fwd. (fwd) • Salto fwd tucked or piked ½ turn (fwd) • Salto backwards tucked or piked (bwd) • Back handspring (bwd) • Arabian dive roll (bwd) • Arabian handspring forward (bwd) 	<ul style="list-style-type: none"> • Back uprise to handstand (swing) • Back uprise to handstand with 1/2 turn (swing) • Giant swing fwd. (swing) (+0.1) • Giant swing fwd. with ½ t. thr. Hdst (swing) (+0.1) • Giant Swing Bwd (swing) (+0.1) • Giant swing bwd. with 1/2 turn (swing) (+0.1) • Giant swing bwd. with hop to undergrip (swing) (+0.1) • Stoop circle fwd. to straddle cut to hang or sup. (flight) • Kip or drop kip to hdst. or hdst w. 1/2t. (in bar) • From hang or from support, free hip circle through handstand (in bar) • From hang or from support, free hip circle through handstand with 1/2 turn (in bar) • Salto fwd. piked or str. or with ½ turn (dismount) • Salto bwd. piked or str. or with ½ or 1/1 turn (dismount)

2018 SASKATCHEWAN GAMES MAG - LIST OF DEVELOPMENTAL SKILLS

	Floor Exercise *(EGR)	Horizontal Bar *(EGR)
B Value Elements	<ul style="list-style-type: none"> • Straight Planche (2s) (non acro) • Endo roll to HS (2s) (non acro) • 180 degree straddle scale (2s) (non acro) • Jump bwd pike –str or with 1/1 turn to front support (non acro) • Butterfly 1/1 (non acro) • Flair to HS (non acro) • Russian 720 or 900 (non acro) • Roll bwd hop 1/1 through hdst (non acro) • Press to HS from front support or splits (2s) (non acro) • 1/1twist to fwd handspring (fwd) • Salto fwd stretched (fwd) • Salto tucked with 1/1 twist (fwd) • Fwd salto stretched with ½ twist (fwd) • Fwd salto tucked with 3/2 twist (fwd) • Fwd salto tucked or piked to front support (fwd) • Salto bwd stretched (bwd) • Salto bwd stretched with ½ twist (bwd) • Salto bwd stretched with 1/1 twist (bwd) • Whip back (bwd) • Salto bwd tucked 3/2 twist (bwd) 	<ul style="list-style-type: none"> • Weiler and Weiler ½ turn (in bar) (+0.1) • Endo and Endo ½ turn (in bar) (+0.1) • Stalder and Stalder ½ turn (in bar) (+0.1) • Swing bwd hop 1/1 turn to hang (swing) • Fwd giant and 1/1 turn to mixed el grip (swing) (+0.1) • Voronin (flight) • Rear Vault (flight) • Salto fwd stretched with 1/1 or 3/2 twist (dismount) • Salto bwd stretched with 3/2 or 2/1 twist (dismount) • Double salto bwd tucked (dismount)

2018 SASKATCHEWAN GAMES TRAMPOLINE & TUMBLING

Prov 2	TUMBLING	TRAMPOLINE
DD	Minimum DD: <u>1.0</u> Maximum DD: <u>1.3</u> <i>No penalty if minimum DD is not performed</i>	Minimum DD: <u>1.3</u> Maximum DD: <u>3.0</u> <i>No penalty if minimum DD is not performed</i>
ROUTINE	<p>1st Pass Compulsory</p> <ul style="list-style-type: none"> • Round off • Back handspring • Back handspring • Back handspring • Back handspring • Straight jump <p>2nd Pass Voluntary (optional)</p> <ul style="list-style-type: none"> • 1 pass of 5 skills <ul style="list-style-type: none"> Skill requirements: <ul style="list-style-type: none"> ○ Maximum of <u>1</u> salto • Bonus of 0.4 for performing a whip (not as last element) <p><i>The deduction for not completing a skill requirement is <u>1.0</u> per requirement per Execution judge. If neither the skill requirement nor the min difficulty are met, then both appropriate deductions will be applied</i></p>	<p>1st Routine Compulsory</p> <ul style="list-style-type: none"> • Pike Jump • Seat Drop • ½ twist to Seat • ½ twist to Feet • Tuck Jump • Front Drop • To Feet • Pike Jump • To Back Drop • To Feet <p>2nd Routine Voluntary (Optional)</p> <ul style="list-style-type: none"> • 1 Voluntary routine of 10 skills <p><i>Repetition of a non-DD skill within a routine will result in a deduction of <u>0.2</u> from each execution judge.</i></p>
RESTRICTIONS -1.00 for each restricted el. from final score	Cannot perform any skills with a DD higher than <u>0.9</u>	All 10 skills must be different, if a skill is repeated routine will be terminated. "To Feet" is a skill
SPOTTERS		<ul style="list-style-type: none"> • At least one spotter on each side of the trampoline during warm-up and two on each side during competition <ul style="list-style-type: none"> • Track suit and gym shoes. No jewelry or baseball caps.
WARM-UP	20 Minute general warm-up. Athletes will march in by their flight and the judges will allot 1 minute per athlete of timed warm-up.	

2018 SASKATCHEWAN GAMES RHYTHMIC GYMNASTICS

	HOOP	FREE
	4 Body Difficulties (Min 1 of each type, worth .1 or .2, see table) 1-2 Dance Series (each worth .3) 1-2 Apparatus Mastery (.2) 1 Large Throw (.1) Max 1 Risk (.1) Min=1.1 Max=2.1	4 Body Difficulties (Min 1 of each type, worth .1 or .2, see table) 1-2 Dance Series (each worth .3) 1-2 Body wave (.1) 1 Pre-Acrobatic Element (.1) 1 Acrobatic Series (.2-.4) Min=1.1 Max=2.1
	Max D Score = 2.1 Max. Total Score = 12.1 Max D Score (2.1 points) + Max E Score (10.0 points)	
APPARATUS	<ul style="list-style-type: none"> • Wood or plastic hoop • Weight: no minimum • Diameter – inner diameter minimum of 60 cm • Shape: not prescribed <ul style="list-style-type: none"> ○ The shape and weight of the hoop may be adjusted by wrapping with tape 	1:15-1:30
TIME	1:15-1:30	
MUSIC	Voice and words are permitted in both routine with respect to ethics.	
WARM-UP	20 Minute general warm-up Each District will receive 2.5 minutes of mat time for warm-up prior to competition.	

2018 SASKATCHEWAN GAMES RG - LIST OF DEVELOPMENTAL SKILLS

Body Difficulties valid for both Hoop and Free Routine

More information on body difficulties can be found in the RG Guide for the Saskatchewan Winter Games.

	Jumps/Leaps	Balances	Pivots
.1	<ul style="list-style-type: none"> • Cat leap • Straight jump (180° rotation) • Passé Jump (180° rotation) • Arabesque Jump • Stag leap • Cabriole – front, side, back • Scissor-legs at horizontal • Cossack 	<ul style="list-style-type: none"> • Passé (on toe) • Bent passé (on toe) • Side or Front Assisted splits (flat foot) • Cossack • Body waves (forward, backward, side) • Arabesque @ 90° (front, side, or back) (flat foot) • Attitude (front or back) (flat foot) 	<ul style="list-style-type: none"> • Passé • Arabesque with leg @ 45° (front, side, or back) • 2-foot tonneau
.2	<ul style="list-style-type: none"> • Cat leap (360° rotation) • Straight jump (360° rotation) • Passé Jump (360° rotation) • Arabesque Jump (180° rotation) • Ring jump/leap • Split leap variations • Double stag leap • Scissor above head • Fouette 	<ul style="list-style-type: none"> • Side of Front Assisted splits (front, side, or back) (on toe) • Arabesque @ 90° (back, side or front) (on toe) • Attitude (front or back) (on toe) • Chest lift • Superman (flat foot) • Down over toes (down to floor) 	<ul style="list-style-type: none"> • Arabesque with leg at @ 90° (front, side, or back) • Bent passé • Cossack turn • Forwards split roll • 1-foot tonneau • Forwards Illusion
Pre-Acrobatic Elements (Free)			
.1	<ul style="list-style-type: none"> • Shoulder Roll Forward • Shoulder Roll Backward • Cartwheel (all variations) • Walkover (all variations) • Chest Stand • Bridge • Fan Roll 		