FISAF INTERNATIONAL
SPORT AEROBICS & FITNESS

APPENDIX

DESCRITION AND EXECUTION ERRORS OF SKILL ELEMENTS AND FAMILIES

1. 9. 2026

CONTENT

1 PUSH UP GROUP 2
2 STATIC STRENGTH GROUP 13
2. 1 HORIZONTAL PRESS FAMILY 16
2. 2 V PRESSES FAMILY 20
2. 3 SUPPORTED PLANCHES FAMILY 23
2. 4 UNSUPPORTED PLANCHES FAMILY 26
UNSUPPORTED PLANCHES FAMILY - GENERAL EXECUTION ERRORS 26
3 JUMP GROUP 28
3. 1 AIR JACK FAMILY 40
3. 2 TUCK JUMP FAMILY 40
3. 3 FRONT SPLIT JUMP FAMILY 41
3. 4 PIROUETTE JUMP FAMILY (VERTICAL TURN) 42
3. 5 BARREL ROLL FAMILY (HORIZONTAL TURN) 42
3. 6 BARREL ROLL (HORIZONTAL TURN) TAKING OFF 1 LEG 43
3. 7 BARREL ROLL (HORIZONTAL TURN) TAKING OFF 2 LEGS 44
3. 9 PIKE JUMP FAMILY 45
3.10 STRADDLE JUMP FAMILY 47
3.10 FRONT JETÉ FAMILY 48
3. 12 STRADDLE JETE FAMILY 50
3. 13 VARIATION LEAP FAMILY 51
4 FLEXIBILITY 54
4. 1 FRONT SPLIT FAMILY 54
4. 2 STRADDLE SPLIT FAMILY 58
4. 3 COMBINATION SPLIT FLEXIBILITY 62
4. 4 STRADDLE SIT FAMILY 63
5 COMPULSORY ELEMENTS 65

1 PUSH UP GROUP

Note: There is only one family for the Push-up group, it is triceps hinge push up and double triceps hinge push up – two arms, one arm, one arm and one leg push ups. Every push-up will have its own technical index value unless the exact same push-up is repeated. In this case the value of the second push-up is halved.

General execution criteria for Push-ups (pectoralis, triceps, hinge and one or two arms)
The start and finish position for all Push-ups is with the arms straight and elbows extended. Hyperextension in the elbow/s at the top of the movement is not allowed. To be considered as a push-up, the minimum level of execution is where the working arm/s is flexed at a minimum of 90° at the elbow. The hand/s and fingers must be in contact with the floor during the entire push-up and must be in a transverse axis (line) with the shoulder/s. The hands do not move from the original start position.

The "Down" position (contraction) of the push-up is with the chest lowered to the floor but without contact on the floor. The feet/foot must be no wider than the shoulder and must be balanced in the centre of the foot rather than on the inside of the foot.

During the contraction, correct execution requires the shoulders and hips to be parallel to the floor with the head and body in a straight line.

Grounded feet must be no more than 90° in straddle position in one arm push up.

One arm push up may not be supported as an element in duo/trio/mixed team members.

Additional push-up movements can be performed facing any direction except to the back of the stage area.

Pectoralis push-up, start and finish positions:

The hands are in-line with, and slightly wider than the shoulders, with the elbows extended laterally away from the body.

Triceps push-up, start and finish positions:

The hands are directly under the shoulder/s with the elbows extended medially and close to the body.

Base Movement

a.	Two arm push up	0.5
b.	One arm push up	2.0
c.	One arm and one leg push up	3.0

Addition to base movement

a.	Triceps position	0.5
b.	Triceps hinge	1.0
c.	Circular (linear)	0.5
d.	Lateral hinge	1.5

PUSH UP GROUP – GENERAL EXECUTION ERRORS	
MINOR ERRORS: (HALF VALUE)	**MAJOR ERRORS: (ZERO VALUE)**
head is not in the same alignment as the trunk	head, torso and legs are not in one straight line
bent knees	
fingers are not in contact with the floor during the movement	fingers and palms are not in contact with the floor during the movement
hyperextension in elbow joint	
	hyperlordosis of lower back
	grounded feet are more than 90° in the straddle position during one arm push up
feet are not held on the toes	feet are held on the inside of the foot
	the movement of the arms in unequal with one arm working more than the other
	start and finish positions are not executed with the elbows in the extended position
	the chest touches the floor in down position
	the angle in elbow joint is greater than 90° in down position
hands are not in horizontal axis (line) with the shoulders transverse axis	
shoulders are not exactly parallel to the floor	shoulders and hips are not exactly parallel to the floor
	the body is supported with the elbow/s in the down position
	push up is performed to the back of the stage (heels facing to the judges)

FREE FALL: INDEX 1.0 (MINI AND CADET ONLY)

From a standing position with the feet together, the body remains straight and falls down into a push up landing with the elbows flexed. The landing position can be either in a triceps or pectoralis position and is followed by the extension of the elbows with the arms straight.

FREE FALL – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	touching any other part of the body of the floor other than the feet and palms
shoulders are not horizontal to the floor	
	it is not a clear stop (hold) in down the position

TWO ARM PECTORALIS PUSH UP: INDEX 0.5

A push-up using both arms in the pectoralis position.

TWO ARM TRICEPS PUSH UP: INDEX 1.0

A push-up using both arms in the triceps position. Palms are shoulder width apart. During the whole movement the arms remain close to the body.

TWO ARM TRICEPS PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	elbow/s is angled away from the body more than 45°
Palms are not directly under the shoulders	

TWO ARM CIRCULAR PUSH UP: INDEX 1.0

A push-up using both arms in the triceps position. Both elbows flex to a minimum of 90° as the chest lowers to the floor in the "down" position. Both shoulders move forward then back or back then forward in a circular motion. The shoulders then return back to the centre "down" position and the elbows extend raising the body to starting position.

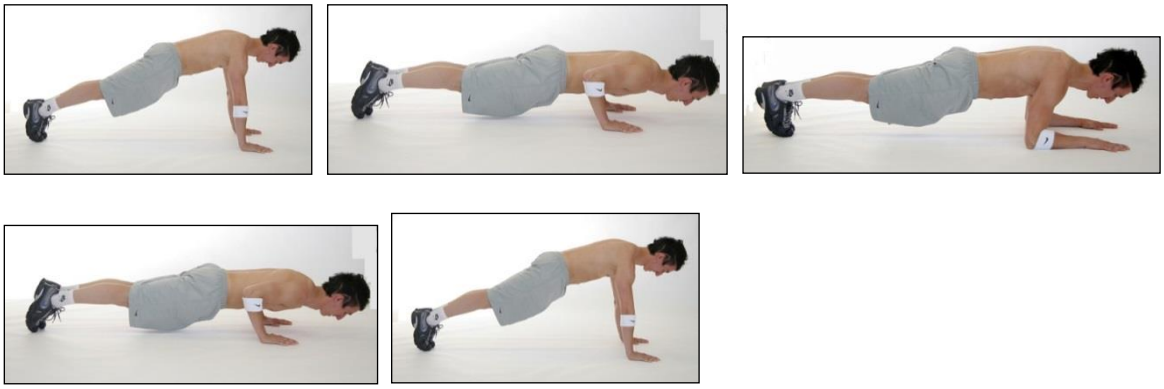
TWO ARM CIRCULAR PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in the forward, backward and down positions

TWO ARM CIRCULAR LATERAL HINGE PUSH UP: INDEX 2.0

A push-up using both arms in the pectoralis position. Both elbows flex to a minimum of 90° as the chest lowers to the floor in the "down" position. Both shoulders move laterally, left-centre-right or right-centre-left and the forearm and elbow lowers to contact the floor. The shoulders return back to the centre "down" position then the elbows extend raising the body to starting position. Legs must be together.

TWO ARM CIRCULAR LATERAL HINGE PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in the side, back and down positions
	The shift of the body is done only with a bow/in upper body and not with the whole body
	the hinge position is performed only to one side
	legs are not together
forearm do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

TWO ARM TRICEPS HINGE PUSH UP: INDEX 1.5



A push-up using both arms in the triceps push-up position. Both elbows flex to a minimum of 90° as the chest lowers to the floor in the "down" position. The body then moves back (ankles act as a hinge) and the forearms and elbows lower to contact the floor. The body moves forward into the centre "down" position and then both elbows extend and raise the body to starting position.

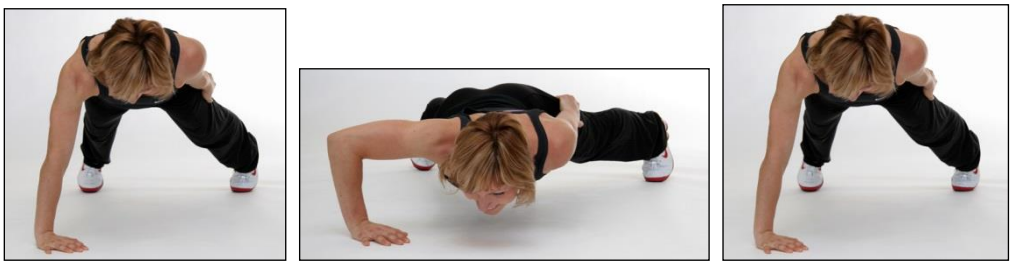
Please note a triceps hinge and a double triceps hinge push up are the same family as explained below;

- Two arm triceps hinge push up and double triceps hinge push up have the same base movement structure
- There is no actual ‘push-up’ movement (full contraction) between the hinges in a double hinge push-up

Similarly, it would be the same principle in the case of one arm or one arm / one leg push up.

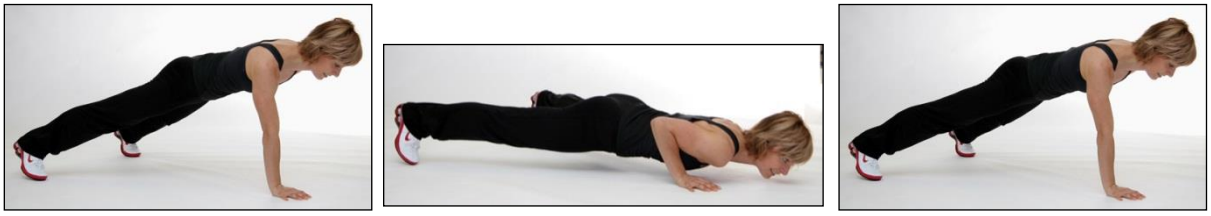
TWO ARM TRICEPS HINGE PUSH UP- EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in backward, the forward or down positions
forearms do not touch the floor	elbows, forearms and palms are not simultaneously in contact with the floor

ONE ARM PUSH UP: INDEX 2.5



A push-up using only one arm in the pectoralis position.

ONE ARM TRICEPS PUSH UP: INDEX 3.0



A push-up using only one arm in the triceps position. Palm must be directly under the shoulder. During the whole movement the working arm remains close to the body.

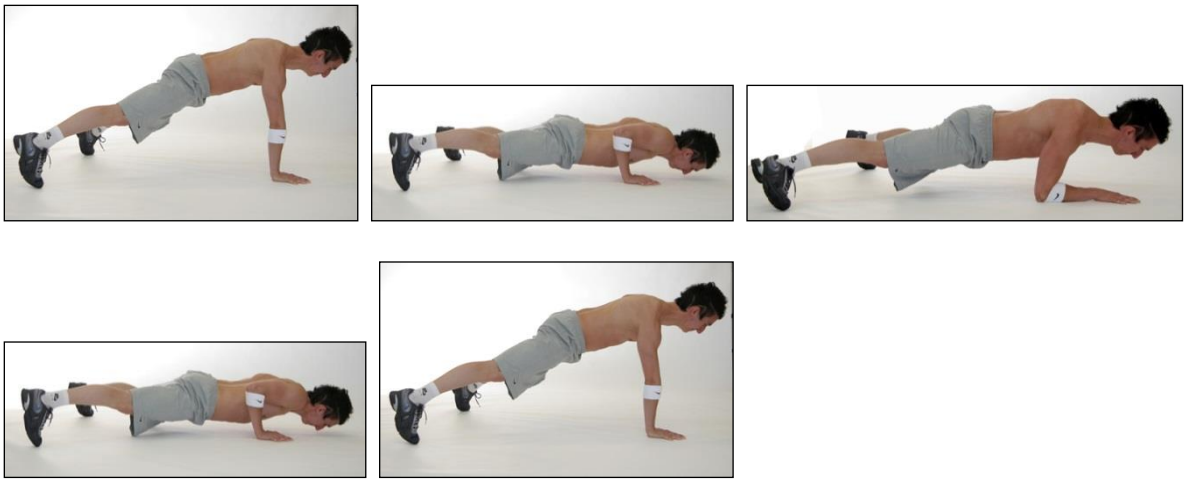
ONE ARM TRICEPS PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	elbow is angled away from the body more than 45°
palm is not directly under the shoulder	

ONE ARM HINGE (LATERAL) PUSH UP: INDEX 4.0

A push-up using one arm in the pectoralis position. One elbow flexes to a minimum of 90° as the chest lowers to the floor in the "down" position. Both shoulders move laterally, left or right and the forearm and elbow lowers to contact the floor. The shoulders return back to the centre "down" position then the elbow extends raising the body to starting position.

ONE ARM HINGE (LATERAL) PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in the side, back and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

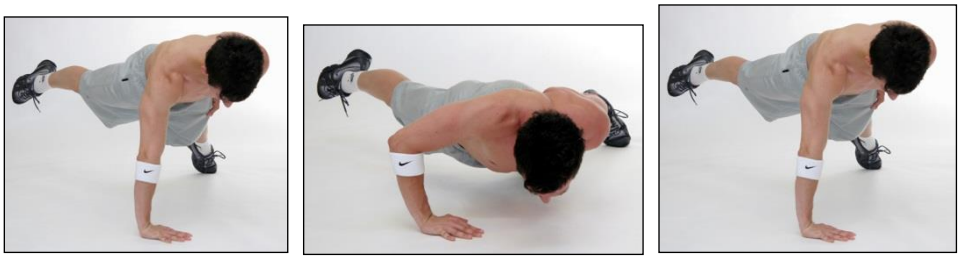
ONE ARM TRICEPS HINGE PUSH UP: INDEX 3.5



A push-up using one arm in the triceps push-up position. One elbow flexes to a minimum of 90° as the chest lowers to the floor in the "down" position. The body then moves back (ankles act as a hinge) and the forearm and elbow lowers to contact the floor. The body moves forward into the centre "down" position and then the elbow extends and raises the body to starting position.

ONE ARM TRICEPS HINGE PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in the forward, backward and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor

ONE ARM AND ONE LEG PUSH UP: INDEX 3.5



A push-up using one arm in the pectoralis position. The weight supported on one hand and the opposite leg. The start position must be with the 'un-grounded' foot off the floor and

horizontal to the hips. The ’un-grounded‘ leg remains off the floor throughout the entire push-up movement.

ONE ARM AND ONE LEG PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
small movement of the unsupported leg	

ONE ARM AND ONE LEG TRICEPS PUSH UP: INDEX 4.0

A push-up using one arm in the triceps position with the weight supported on one hand and the opposite leg. Palm must be directly under the shoulder. The start position must be with the ‘un-grounded’ foot off the floor and horizontal to the hips. The “un-grounded” leg remains off the floor throughout the entire push-up movement and the working arm remains close to the body.

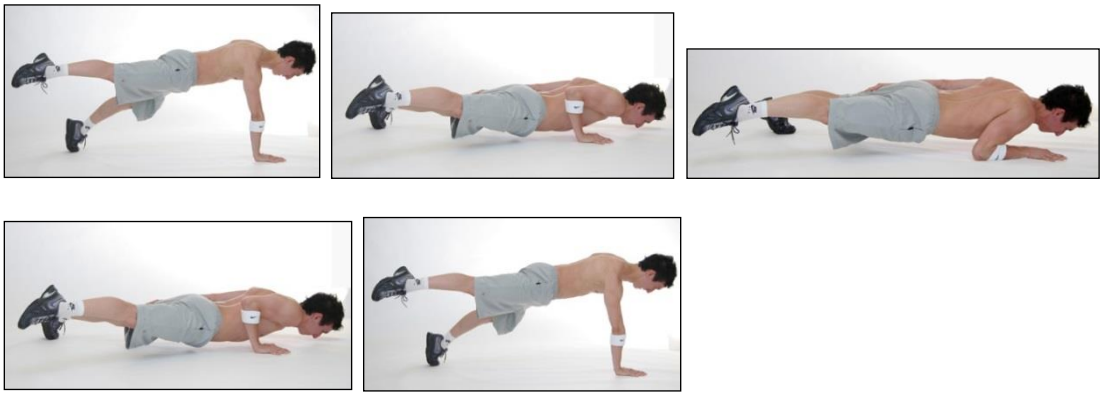
ONE ARM AND ONE LEG TRICEPS PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	elbow is angled away from the body more than 45°
small movement of the unsupported leg	

ONE ARM AND ONE LEG HINGE (LATERAL) PUSH UP: INDEX 5.0

A push-up using one arm in the pectoralis position with the weight supported on one hand and the opposite leg. The start position must be with the ‘un-grounded’ foot off the floor and horizontal to the hips. The “un-grounded” leg remains off the floor throughout the entire push-up movement. One elbow flexes to a minimum of 90° as the chest lowers to the floor in the "down" position. Both shoulders move laterally, left or right and forearm and elbow lower to contact the floor. The shoulders return back to the centre "down" position then the elbow extends raising the body to starting position.

ONE ARM AND ONE LEG HINGE (LATERAL) PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in the side, back and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor
small movement of the unsupported leg	

ONE ARM AND ONE LEG TRICEPS HINGE PUSH UP: INDEX 4.5



A push-up using one arm in the triceps position with the weight supported on one hand and the opposite leg. The start position must be with the ‘un-grounded’ foot off the floor and horizontal to the hips. The “un-grounded” leg remains off the floor throughout the entire push-up movement. One elbow flexes to a minimum of 90° as the chest lowers to the floor in the "down" position. The body then moves back (the ankle acts as a hinge) and the

forearm/elbow lowers to contact the floor. The body moves forward into the centre "down" position and then the elbow extends and raises the body to starting position.

ONE ARM AND ONE LEG TRICEPS HINGE PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	there is no noticeable shift of the centre point of the body in the forward, backward and down positions
forearms do not touch the floor	elbow, forearm and palm are not simultaneously in contact with the floor
small movement of the unsupported leg	

2 STATIC STRENGTH GROUP

Elements

a.	Straddle press	1.0
b.	Pike press	1.0
c.	Alternating straddle/pike press	2.0
d.	V press open	2.0
e.	V press closed	3.0
f.	V press reverse open	3.5
g.	V press reverse closed	4.5
h.	Planche open legs	1.0
i.	Planche closed legs	1.5
j.	Planche with no support open legs	4.0
k.	Planche with no support closed legs	6.0

Addition to base movement

a.	One arm	1.0
b.	Turning	0.5 per 180° (max. 720° turn)
c.	Hinge with supported planche	0.5

d. Push Up with planche no support 2.5
e. Combination 1.0
f. Push up with planche no support 2.5

Combinations: Index 1.0

A combination can only be made with two static strength movements, from different families, executed one after the other without a transition between, e.g. V press closed to Pike press or planche to straddle press. Moves within the same family will not be allocated the combination value. This combination adds 1.0 value to the technical index only when both elements are given full value. If one element is given half or zero value, the two elements are scored separately and the combination point is NOT given.

General criteria for combination

The full value for a combination will be only be given when both elements are executed according to their description. There must be no contact on the floor, with the body or legs, during the combining of the two elements.

General execution criteria for static strength elements

Any static strength element must be held to demonstrate control of the movement. Once the actual position has been achieved, it must be held for 4 counts of the music, meaning it must be identified as a held position and not as a transition. Any turning static strength element must also show control with the turn being at least 4 counts of the music.

Static strength elements must be shown sideways or front corners (starting and finishing position). You may not face the back or back corners for all Static strength elements with or without turning.

Static strength one arm movements may not be supported as an element in duo/trio/mixed team members.

STATIC STRENGTH GROUP - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
hyperextension of the neck	
shoulders lifted	
bent knees	
feet not pointed	
	transition to the element is performed with momentum that is not controlled
holding the position for three counts	holding the position for two counts or less
body is supported by the arms	sitting on the hands
	touching any body part to the floor except the palms and fingers
instability of final position of legs	instability at the final position of the element (legs, shoulders, trunk and arms should not show any movement)
instability of height of legs	
turn – legs are not in the same position during the turn	
	no full turn as stated by the description of the element, e.g. 540°, 720°etc. The element listed must match the element performed.
one arm static strength elements with the trunk not straight and sufficiently upright	
	Turning/without turning static strength element is started or finished in a direction other than sideways or front corners

2. 1 HORIZONTAL PRESS FAMILY

General execution criteria for Horizontal Presses family

A balance, where the weight is completely supported on one or two hands. From a chosen starting position, for the element to count it must start with the hips and legs on the floor. The elbows extend and support the body to lift off the floor. The legs and feet are lifted parallel to the floor with the knees fully extended. During the support the feet must not touch the floor and the hips must not be supported by the arms or hands. The entire movement must be done with the upper body erect and the shoulders remaining square in the horizontal plane.

HORIZONTAL PRESS FAMILY – GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
legs are not parallel to the floor	

PIKE PRESS: INDEX 1.0

A balance in which both hands are placed either side of the body and near the middle of thighs.

PIKE PRESS – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**BIG MISTAKE (ZERO VALUE)**
palms are below the hips (too far back)	

ONE ARM PIKE PRESS WITH HOLD LEG: INDEX 3.0

A balance in which the weight is completely supported on one hand placed between the legs. One leg is extended in a vertical position and held by the free hand while the other leg is held parallel to the floor.

ONE ARM PIKE PRESS WITH HOLD LEG – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
front position of the legs is not in an upright position	

HALF PIKE PRESS (ONE LEG STRAIGHT, ONE LEG BENT) INDEX 0.5, MINI AND CADET ONLY

A balance in which both hands are placed either side of the body and near the middle of thighs. One leg is in a tuck position (the foot near the knee of the straight leg) and one leg is extended and parallel to the floor.

HALF PIKE PRESS (ONE LEG STRAIGHT, ONE LEG BENT) – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
extended leg is not horizontal to the floor	

STRADDLE PRESS (BOTH HANDS FRONT): INDEX 1.0

A balance in which the weight is completely supported on the hands that are placed in front of the body. The legs are straddled and parallel to the floor with the knees straight. There should be an angle of at least 90° between the legs.

STRADDLE PRESS (BOTH HANDS FRONT) – EXECUTION ERRORS	
MAJOR ERRORS	**MAJOR ERRORS**
range of motion between legs is 46° – 90°	range of motion between legs is less than 45°

STRADDLE PRESS (ONE HAND FRONT, ONE BACK): INDEX 1.0

A balance in which the weight is completely supported on the hands, that are placed one in front of the body and the other behind the body. The legs are straddled and parallel to the floor with the knees straight. There should be an angle of at least 90° between the legs.

STRADDLE PRESS (ONE HAND FRONT, ONE BACK) – EXECUTION ERRORS	
MAJOR ERRORS	**MAJOR ERRORS**
range of motion between legs is 46° – 90°	range of motion between legs is less than 45°

STRADDLE PRESS (BOTH HANDS BACK): INDEX 1.0

A balance in which the weight is completely supported on the hands that are placed behind the body. The legs are straddled and parallel to the floor with the knees straight. There should be an angle of at least 90° between the legs.

STRADDLE PRESS (BOTH HANDS BACK) – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
range of motion between legs is 46° – 90°	range of motion between legs is less than 45°

ALTERNATING STRADDLE/PIKE PRESS: INDEX 2.0

Description without a turn:
An alternating straddle / pike press can be done starting from a straddle or pike position. When done without a turn the element starts in either a straddle (both hands front) or pike position. The arms and legs then change to pike or straddle press position and return to their start position. For example, when starting from a straddle position (hands in front of the body), the arms and legs change to a pike press (hands at the sides of the legs), then returning to the straddle position with hands in front.

Description with a turn:
When executing this press with a turn of 180 or more, the change from the original position to the chosen press happens during each 180 turn. For example, when starting from a straddle position (hands in front of the body), the arms and legs change to a pike press (hands at the sides of the legs), while the body turns 180. The arms and legs then return to the straddle position with hands in front. The finishing position is must be the same as the starting press position.
These elements can also be done with 360°, 540°or 720° turns, but must be performed from starting in either straddle press or pike press position and the arms and leg positions must change after every 180° turn to pike/straddle position.

ALTERNATING STRADDLE/PIKE PRESS – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**BIG MISTAKE (ZERO VALUE)**
palms are too far back behind hips during Pike press. Hips are not behind arms and no abdominal lift is shown	the body is sitting on the hand during the press (no hip elevation from the floor)
the distance between the legs during the straddle press is between 46° – 90°	the distance between the legs in the straddle press is less than 45°
the arms are squeezed into the sides of the body thereby holding the body up in the pike press	changing of position of palms is not finished within 180° turn
	The legs do not remain horizontal to the floor throughout the entire element

2. 2 V PRESSES FAMILY

General execution criteria for V Presses family

A balance in which the weight is completely supported on the hands which are placed either side and behind the body. The hips are flexed, so that the legs are held in a V position, with the legs either together or apart, knees extended (straight) and toes pointing upward. The

upper body should be erect, and piked with the legs close to the chest at 90° in the horizontal plane. The arms make a 90° angle with the horizontal plane. The hips are not supported by the hands or arms.

V PRESS OPEN: INDEX 2.0

A V Press with the legs apart, with an angle of no greater than 90° between the legs.

V PRESS OPEN – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
legs are not vertical but within 20° from the perpendicular	legs are more than 20° from the perpendicular
	the angle between the legs is greater than 90°
arms are not vertical but within 20° from the perpendicular	arms are more than 20° from the perpendicular

V PRESS CLOSED: INDEX 3.0

A V Press with the legs together.

V PRESS CLOSED – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
legs are not vertical but within 20° from the perpendicular	legs are more than 20° from the perpendicular
arms are not vertical but within 20° from the perpendicular	arms are more than 20° from the perpendicular

V PRESS REVERSE CLOSED: INDEX 4.5

A V Press Closed with the legs together and the hips pushed forward of the hands. The legs must be parallel to the floor at the top of the movement.

V PRESS REVERSE CLOSED – EXECUTION ERRORS	
MINOR ERRORS	**MAJOR ERRORS**
back and hips are not horizontal to the floor – no less than 160°	back and hips are not horizontal to the floor – greater than 160°

2. 3 SUPPORTED PLANCHES FAMILY

General execution criteria for Supported planches family

A balance in which the body is in an extended horizontal, prone position with the elbows supporting the body. Both or one hands are on the floor, below the torso, elbows are flexed with the body supported by the arms. The hips are extended and the feet are off the floor. The legs, body and head must be in the same line, parallel to the floor.

The hands can be placed either with both under the body or with just one under the body and the other in a pectoralis push-up position, with the elbow flexed 90°.

SUPPORTED PLANCHES FAMILY - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	shoulders are lower than hips
hyperlordosis of lower back	
legs are lower than hips	
the straddle split position of the legs is greater than 135° (planche open)	
legs are not parallel to the floor but within a 20° variation	legs are not parallel to the floor and over a 20° variation
shoulders are not exactly parallel to the floor	shoulders and hips are not exactly parallel to the floor
	hips are not horizontal to the floor
	Planche with hinge – elbow and forearm are not in contact with the floor
	Planche with hinge, no clear hold of the planche position for 4 counts
	Planche with hinge, no clear planche position prior to and after the hinge

TWO ARM SUPPORTED PLANCHE OPEN: INDEX 1.0

A planche with the legs open no more than 135°.

TWO ARM SUPPORTED PLANCHE CLOSED: INDEX 1.5

A planche with the legs closed (together).

TWO ARM SUPPORTED PLANCHE OPEN WITH HINGE: INDEX 1.5

A planche in which one elbow supports the torso and the other elbow is placed on the floor at a 90°degree angle to the torso. The body starts in the centre and moves laterally with the hinging arm and elbow lowering to the floor. The body then moves back to the centre.

TWO ARM SUPPORTED SPLIT PLANCHE: INDEX 1.0

A planche, in which one arm is under the trunk and the other arm is in a pectoralis push-up position. One leg is supported on the pectoralis arm and the other leg is lifted off the floor in a front split position. Both legs are straight and held off the floor.

TWO ARM SUPPORTED SPLIT PLANCHE – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	legs are not in the front split position

TWO ARM SUPPORTED SINGLE WENSON PLANCHE: INDEX 1.0

A planche, in which both arms are in the pectoralis push-up position. One leg is supported on one arm and the other leg is in a front split position. Both legs are straight and held off the floor.

TWO ARM SUPPORTED SINGLE WENSON PLANCHE – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	legs are not in the front split position

TWO ARM SUPPORTED DOUBLE WENSON PLANCHE: INDEX 1.0

A planche in which the hands are in a pectoralis push-up position. Both legs are extended and supported on the upper arms in V position.

ONE ARM PLANCHE OPEN: INDEX 2.0

A planche in which the weight is completely supported on one hand and the legs are open no more than 135 degrees. The free hand and the feet must not touch down during the exercise.

ONE ARM PLANCHE CLOSED: INDEX 2.5

A planche in which the weight is completely supported on one hand and the legs are together and closed. The free hand and the feet must not touch down during the exercise.

TWO ARM TURNING PLANCHE: INDEX TO ADD 0.5 PER HALF TURN TO THE BASE MOVEMENT

A planche with the legs open no more than 135°. The body completes a rotation of at least 90° and a maximum of 720°. The feet must not touch the floor during the exercise.

2. 4 UNSUPPORTED PLANCHES FAMILY

General execution criteria for Unsupported Planches family

A balance in which the body and legs are lifted off the floor in an extended horizontal prone position and supported by the arms. Both hands are on the floor with both elbows extended. The legs, body and head must be in the same line, parallel to the floor.

UNSUPPORTED PLANCHES FAMILY - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	elbows are not extended during the whole movement

hips are not horizontal with the shoulders, but are within 20° above or below the shoulders	hips are more than 21° above or below the shoulders
feet are lower than the hips but no lower than 20°	feet are 20° lower than hip

TWO ARM PLANCHE WITH NO SUPPORT OPEN: INDEX 4.0

An unsupported planche in which the legs are open with the feet wider than the shoulders.

TWO ARM PLANCHE WITH NO SUPPORT CLOSED: INDEX 6.0

An unsupported planche in which the legs and feet are together.

TWO ARM PLANCHE WITH NO SUPPORT OPEN PUSH UP: INDEX 6.5

An unsupported open planche in which a push-up is performed. The start and finish positions are with the elbows in the extended position. To be considered as a push up, a minimum of 90° degrees flexion is required in the elbow joints. The "down" position of the chest is to the floor without contact and the head and the body are in a straight line. The shoulders and hips must remain parallel to the floor.

TWO ARM PLANCHE WITH NO SUPPORT OPEN PUSH UP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	no hold position of 4 counts from the beginning to the end of the planche position
	angle of the trunk during push up is greater than 20°
	the angle in the elbow joint is greater than 90°

TWO ARM PLANCHE WITH NO SUPPORT CLOSED PUSH UP: INDEX 8.5

An unsupported closed planche in which a push-up is performed. The start and finish positions are with the elbows in the extended position. To be considered as a push up, a minimum of 90° degrees flexion is required in the elbow joints. The "down" position of the chest is to the floor without contact and the head and the body are in a straight line. The shoulders and hips must remain parallel to the floor.

3 JUMP GROUP

Please note that the value of the jump does not include the landing position, the value of the base element is listed below.

Elements

a. Air jack 0 (Mini and Cadet only)

b. Tuck jump 0.5 (Mini and Cadet only)

c.	Front split jump	3.0
d.	Straddle leap	2.0
e.	Straddle jump	3.0
f.	Pike jump	3.0
g.	Pike leap	1.5
h.	Cossack	2.0
i.	Cossack leap	0.5
j.	Cossack switch leap	1.0
k.	Jeté (front or straddle)	1.0
l.	Straddle switch jete	3.0
m.	360° pirouette jump	1.0
n.	Horizontal turn (Barrel roll) 360°	2.0
o.	Horizontal turn (Barrel roll) 540°	4.5
p.	Horizontal turn (Barrel roll) 720°	6.0
q.	Combination	1.0

Addition to base movement

a.	Landing to One or Two Feet	0.5
b.	Prone Straddle Sit Landing	0
c.	Front Split or Prone Straddle Split Landing	0.5
d.	Two Arm Push Up Landing	1.0
e.	One Arm Push Up Landing	1.5
f.	Switch	0.5
g.	Vertical Turn (no limit for number of turns)	

i. 0.5 per 180° (180°- 360°)

- 180° = 0.5
- 360°= 1.0

ii. 1.0 per 180° (540°- 720°)

- 540°= 3.0
- 720°= 4.0

iii. 1.5 per 180° (900°- 1080°)

- 900°= 7.5
- 1080°= 9.0

h. Horizontal turn (no limit for number of turns)

i. 1.0 per 180° (180°- 360°)
- 180° = 1.0
- 360° = 2.0

ii. 1.5 per 180° (540°- 720°)
- 540° = 4.5
- 720° = 6.0

iii. 2.0 per 180° (900°- 1080°)
- 900° = 10.0
- 1080° = 12.0

General execution criteria for Jumps/Aerials

All Aerial elements must demonstrate strength and power in the legs. Each element must clearly show the take-off, the position and movement in the air and the landing. The main criteria for aerial evaluation are the elevation of the hips while in the air and control of the entire movement.

JUMP GROUP – JUMP/JETE TAKING OFF 1 LEG - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
take off does not use plantar flexion of the foot (the foot is flat)	
during the taking off the knees are forward in front of the toes and the shoulders are behind the heels (hips are forward)	
taking off is not started with bent knees	
only a little elevation (lack of power) of the hips during air position	no noticeable elevation of the hips
hyperlordosis of lower back	hyperlordosis of lower back during landing
shoulders lifted	
bent knees	
feet not pointed	
no precise front position of the leg (the ankle is not level with the hip joint)	
no precise back position of the leg (the ankle is not level with hip joint)	
back leg is turned out, back knee is not faced down	back leg and hip joint are turned out
off balance landing	
	range of motion in front split position is less than horizontal to the floor
	legs are not at least parallel to the floor in Straddle split position
legs are not in the same height	
	legs are turned in (Straddle split position)
no full range of motion in the leg positions when at the height of the jump/leap	
	if the forward bending of the trunk and the position of the legs horizontally with the ground are required in the jump, they must happen simultaneously

JUMP GROUP – JUMPS TAKING OFF 2 LEGS – GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
take off does not use plantar flexion of the feet (the foot is flat)	
the hips are not pushed back in a squat position during take off	
take off not from a squat position	
only small elevation (lack of power) of the hips during the air position	no noticeable elevation of the hips
hyperlordosis of lower back	hyperlordosis of lower back during landing
shoulders lifted	
bent knees	
feet not pointed	
no full range of motion in the leg positions when at the height of the jump/leap	
no precise front position of the leg (the ankle is not level with the hip joint)	
back leg is turned out instead of facing down	back leg and hip joint are turned out, back knee is not facing down
off balance in landing	
	range of motion in front split position is less than horizontal to the floor
	legs are not at least parallel to the floor in Straddle split position
legs are not the same height	
	legs are turned in (Straddle split position)
landing away from the place of take off	
	flexion of the torso and the legs parallel to the floor is not shown simultaneously

General criteria for Combination of Jumps

A combination can only be done with two jumps from different families. Both jumps must be executed one after the other without a transition between, e.g. Straddle jump followed directly by a Pike jump or a Straddle jump followed directly by a Straddle jump to Push up landing. Full value for the combination will only be awarded, if both elements are given full value. If one element is given half or zero value, the two elements are scored separately, and the combination point is NOT given.

General criteria for turning Jumps

The degree of the turn is determined by the starting position of the take-off and where the competitor lands. For example, a full turn (360°) requires the feet to finish exactly where they started the jump and the entire rotation must be done in mid-air.

TURNING JUMPS - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
rotation of the body is not finished	
	no full turns (as stated by the element, e.g. 540°, 720°etc.)

General execution criteria for Jumps landing

AERIAL TO FRONT SPLIT LANDING: INDEX 0.5

An aerial, which lands in a front split position with simultaneous contact of the legs/feet on the floor. The gluteus, quadriceps/ hamstrings, and abductors/adductors engage to cushion the impact of a front drop split. The abdominals contract to maintain an erect upper body in the front split landing.

AERIAL TO FRONT SPLIT LANDING - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
no precise front position of the leg (the ankle is not level with the hip joint)	
no precise back position of the leg (the ankle is not level with hip joint)	
back leg is turned out, back knee is not faced down	back leg and hip joint are turned out
the back foot not pointed in the split landing	
off balance in landing	
the body is not in an upright position	
	the feet not contacting the floor before the split position

AERIAL TO PRONE STRADDLE SPLIT LANDING: INDEX 0.5

An aerial which lands in a straddle split position with the hips flexed. The torso leans forward no more than 45° towards the floor and the upper body is supported by the hands. The legs/feet make contact with the floor and are followed quickly by contact with the hands. The legs are straight and knees face the ceiling while in the split position.

AERIAL TO PRONE STRADDLE SPLIT LANDING - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
knees are bent in the straddle split landing position	
feet not pointed	
the torso leaning forward more than 45° towards the floor	
	the feet not contacting the floor before the split position
	landing is not to Straddle split (range of motion 180° between legs)

AERIAL TO PRONE STRADDLE SIT LANDING: INDEX 0

An aerial which lands in a straddle sit position with the hips flexed and a distance of min. 135° between the legs. The torso leans forward no more than 45° towards the floor, from the upright position, and the upper body is supported by the hands. The legs/feet make contact with the floor and are followed quickly by contact with the hands. The legs are straight and knees face the ceiling while in the sit position.

So to be clear, the difference between prone straddle split and prone straddle sit landings is the position of the legs/feet.

AERIAL TO PRONE STRADDLE SIT LANDING - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
knees are bent in the straddle sit landing position	
the torso leaning forward more than 45° towards the floor	
not pointed feet	
the legs/feet do not make contact with the floor and are followed quickly by contact with the hands.	
	the feet not contacting the floor before the sit position

AERIAL LANDING TO ONE OR TWO FEET: INDEX 0.5

An aerial that lands on one or two feet. A two foot landing must be with the feet together. The finish position of a jump with a take-off from two feet, must be in the same place as the take off. Good balance must be shown in all landings.

AERIAL LANDING TO ONE OR TWO FEET - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	no diagonal motion of the centre point of the body in landing in jumps taking off one leg
	landing to two feet is not performed with legs and feet together

AERIAL TO TWO ARM PUSH UP LANDING: INDEX 1.0

An aerial which lands in a pectoralis or triceps push up position with the hands and feet contacting the floor simultaneously. The elbows flex, pectorals contract and the biceps/triceps engage to absorb the impact. When the elbows flex, athletes should control the landing to avoid the chest, hips or knees having any contact with the floor. Abdominals contract to avoid "sagging" in the lower back. To gain full value for the two arm push up landing, the legs and feet must be together in the final position.

AERIAL TO TWO ARM PUSH UP LANDING - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
landing with the shoulders not square/in alignment	landing with the shoulders and trunk not square in alignment
	head is not in the same alignment as the body
legs are not together	
	landing on one arm slightly earlier than on the other
	landing on the legs first then on the arms or landing on the arms first and then on the legs
	hyperlordosis of lower back
	touching any other part of the body other than the feet, palms and fingers on the floor
	landing down is not in a clear stop position
	hips are higher than the shoulders in the landing

AERIAL TO ONE ARM PUSH UP LANDING: INDEX 1.5

An aerial which lands in a one arm pectoral push up position. The description is the same as for the two arm push up landing with exception to the final position of the feet which must be open to a maximum of 90°.

AERIAL TO ONE ARM PUSH UP LANDING - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
landing with the shoulders not square/in alignment	landing with the shoulders and trunk not square in alignment
	head is not in the same alignment as the body
	landing is not on one arm
	landing on the legs first then on the arm or landing on the arm first and then on the legs
	hyperlordosis of lower back
	hips are not parallel to the floor
	feet are more than 90° apart in the landing
	touching any other part of the body other than the feet, palms and fingers on the floor
	landing down is not in a clear stop position
	hips are higher than the shoulders in the landing

3. 1 AIR JACK FAMILY

AIR JACK: INDEX; 0 (MINI AND CADET ONLY)

A vertical jump from two feet in which the legs quickly open to a narrow straddle position to form a star or X shape in the air. The upper body is erect throughout the entire movement. (The landing is to two feet, when landing in the standing position.)

AIR JACK – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	range of motion between legs is less than 90°

3. 2 TUCK JUMP FAMILY

TUCK JUMP: INDEX; 0.5

A vertical jump from two feet with the hips flexed and knees are bent and tucked up to the chest with both the legs and feet together. Perfect execution requires at least 90° degrees of

hip flexion with quadriceps parallel to the floor and at least 45° torso flexion. (The landing is to two feet, when landing in the standing position.)

TUCK JUMP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
knees are not together in air position	
	knees are lower than horizontal to the floor
	no simultaneous movement of the tuck position of legs and elevation of hips
	landing with more than 45° knee flexion
	torso flexion is not at least 45° in the air

3. 3 FRONT SPLIT JUMP FAMILY

FRONT SPLIT JUMP: INDEX 3.0

A jump from two feet in which the legs quickly lift to a front split position. Perfect execution requires the hips to be in the sagittal position (not turning in a straddle position). The body is erect and the front knee faces up, with the back knee facing down. The upper body is erect throughout the entire movement. Demonstration, of at least full range of motion, is required in the split position. (The landing is to two feet, when landing in the standing position).

FRONT SPLIT JUMP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	hyperlordosis of lower back during jump in landing

3. 4 PIROUETTE JUMP FAMILY (VERTICAL TURN)

PIROUETTE JUMP 360°: INDEX 1.0

A jump from two feet in which the body completes a 360° degrees turn in the air. Maintenance of anatomical alignment through the circular motion is required. Legs and feet should be together after take-off and remain together until landing. Perfect execution requires no hip or foot rotation prior to take-off and knees must be fully extended for intended straight leg positions. (The landing is to two feet, when landing in the standing position.)

PIROUETTE JUMP 360° - EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
legs are not together during the whole movement	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning

3. 5 BARREL ROLL FAMILY (HORIZONTAL TURN)

The Barrel Roll Family elements can land in a prone straddle sit, prone straddle split or push up.

TOMARO (SPIN BARREL ROLL) 360° TURN: INDEX 2.0

A jump that starts balanced on one leg with the body parallel to the horizontal plane in the scale position. A 360° horizontal spin is performed in the air. The entire body and legs must show the horizontal position. Legs and feet should be together after take-off and remain together until just prior to landing.

TOMARO (SPIN BARREL ROLL) 360° TURN – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
neck/head not in alignment with the body	
	taking off is not from scale position
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	the centre point of the body does not land to the same place of take off
	landing is not in the same axis of take off

3. 6 BARREL ROLL (HORIZONTAL TURN) TAKING OFF 1 LEG

BARREL ROLL 540° TURN, ONE LEG TAKE OFF: INDEX 4.5

A jump with take-off from one foot in which the body completes a one and half (540°) horizontal turn in the air. The actual rotation is done with the entire body horizontal and parallel to the floor (different than a pirouette). The body maintains anatomical alignment through the circular motion. Legs and feet should be together after take-off and remain together until just prior to landing. Perfect execution requires no hip or foot rotation prior to take-off.

BARREL ROLL 540° TURN, ONE LEG TAKE OFF – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
neck/head not in alignment with the body	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	the centre point of the body does not land at the same place of take off

3. 7 BARREL ROLL (HORIZONTAL TURN) TAKING OFF 2 LEGS

BARREL ROLL 360° TURN, TWO LEGS TAKE OFF: INDEX 2.0

A jump with take-off from two feet, where the body completes one (360°) turn in the air. The actual rotation is done with the entire body horizontal and parallel to the floor (different than a pirouette). The body maintains anatomical alignment through the circular motion. Legs and feet should be together after take-off and remain together until just prior to landing. Perfect execution requires no hip or foot rotation prior to take-off.

BARREL ROLL 360° TURN, TWO LEGS TAKE OFF – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
neck/head not in alignment with the body	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	the centre point of the body does not land at the same place of take off

3. 8. JUMP WITH BARREL ROLL

Example;

PIKE JUMP 180° TURN AND 180° BARREL ROLL TO PUSH UP LANDING: INDEX 6,0

Jump with take-off two feet, where the body completes 180° turn in the air, followed by a backward tilt of the torso, when the position of the torso in the pike position must be at least perpendicular to the ground and the legs at least 45° from this vertical (or at least 135° to the ground), followed rapidly extend the body to become parallel with the ground and complete a further 180° turn in a horizontal position, finishing in a push up position.

PIKE JUMP 180° TURN AND 180° BARREL ROLL TO PUSH UP LANDING – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
head is tilt	
	the taking off is not finished; there is no taking off first with the raising of the centre point of the body and then turning
	falling down of the center point of the body is not into the taking off place
the legs are not at least 45° from the vertical of the torso	the torso is not at least perpendicular to the ground

3. 9 PIKE JUMP FAMILY

COSSACK JUMP: INDEX 2.0

A pike jump with one leg extended that is at least horizontal to the floor, the other leg flexed at the hip (90°) with the knee bent and thighs together. Torso flexion is at least 45°. Take-off is from two feet simultaneously. Arms and torso flex forward toward legs. (The landing is to two feet, when landing in the standing position.)

COSSACK JUMP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	extended leg is lower than horizontal to the floor
knees are not together in air position	
	knee of bent leg is lower than horizontal position
	no simultaneous movement of the Cossack position of legs and elevation of hips
	landing with more than 45° knee flexion
	torso flexion is not at least 45° in the air

PIKE JUMP: INDEX 3.0

A jump from two feet, in which the legs quickly lift to a horizontal pike position. From a standing position, jump vertically from two feet, flex hips, and kick both legs up to at least a horizontal to the floor with the knees extended and feet together. Arms and torso flex forward toward the legs in mid-air. Perfect execution requires at least 45° of torso flexion and 90° of hip flexion, legs in a horizontal position, with legs/feet together. (The landing is to two feet, when landing in the standing position.)

PIKE JUMP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
legs are not closed during the whole movement	
	legs are not at least parallel to the floor
	no simultaneous movement of the pike position of legs and elevation of hips
	torso flexion is not at least 45° in the air

3.10 STRADDLE JUMP FAMILY

STRADDLE JUMP: INDEX 3.0

A jump from two feet in which the legs quickly lift to a wide straddle sit position. Jump vertically from two feet, flex hips, and kick both legs up to at least a horizontal position to the floor with the knees extended, legs and feet apart (straddle leg position). The torso flexes forward toward the legs with perfect execution showing at least 45° of torso flexion, 90° of hip flexion with legs at least horizontal to the floor and at least 135° of hip abduction. (The landing is to two feet, when landing in the standing position.)

STRADDLE JUMP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
uneven position of legs	
legs not taking the straight line to and from the straddle position	
	legs are not at least parallel to the floor
	range of motion between legs in less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not at least 45° in the air

3.10 FRONT JETÉ FAMILY

FRONT JETÉ: INDEX 1.0

A leap from one leg in which the legs extend into a mid-air front split position, in the sagittal plane. The upper body is erect and the front knee faces up, with the back knee facing down. Demonstration is at least a full range of motion (180°) in the split position. (The landing is on the opposite foot to take off, when landing in the standing position.)

FRONT SWITCH JETE: INDEX 3.0

A leap from one leg in which the other leg extends into a mid-air front split position and quickly switches to the opposite leg front split position. Perfect execution requires hips to be in the sagittal position (not turning in straddle position) and the switching leg to be fully extended. The body is erect and the front knee faces up, with the back knee facing down in both split positions. Demonstration is at least a full range of motion (180°) in the split position. (The landing is on the same foot to take off, when landing in the standing position.) Front switch jete with turn can be performed on two legs.

FRONT SWITCH JETE – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	switch is performed with bent knee
	landing with both legs together (Front switch jete without turn)

3. 12 STRADDLE JETE FAMILY

STRADDLE JETÉ: INDEX 1.0

A leap from one leg in which the legs extend one after the other into a mid-air, wide straddle sit position. The upper body is in at least 45° torso flexion and both knees face upwards. Demonstration of full range of motion is required in the straddle sit position (minimum 135° degrees between legs). The legs are at least parallel to the floor and there is at least 45° degrees in torso flexion. (The landing is on the opposite foot to take off, when landing in the standing position.) The body travels laterally during this leap.

STRADDLE JETÉ – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
uneven position of legs	
	range of motion between legs is less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not at least 45° in the air

STRADDLE SWITCH JETE (SWITCH INCLUDED): INDEX 3.0

A leap from one leg in which the other leg extends across the body, with the hip at 45° flexion and quickly switches to the opposite side as the body turns 45° to a straddle jump position, with legs parallel to the floor. The switching leg switch to a min. 45° forward a follow to start either across the front of the body or down towards the floor. Perfect execution requires at least a full range of motion in the wide straddle sit position (minimum

135° degrees between legs) with the legs at least parallel to the floor and at least 45° degrees in torso flexion. (The landing is to two feet, when landing in the standing position.)

STRADDLE SWITCH JETE (SWITCH INCLUDED) – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
uneven position of legs	
	range of motion between legs is less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not at least 45° in the air
	no angle change of the body 45°
the rebound is not accompanied by a movement of the switch leg at least 45° from the ground	no switch
	landing with hyperlordosis of lower back

3. 13 VARIATION LEAP FAMILY

BUTTERFLY LEAP: INDEX 0.5

A horizontal leap from one leg. During the leap the body is in a horizontal position to the floor and the legs are straight and kick back consecutively in mid-air. (The landing is on the opposite foot to take off, when landing in the standing position.)

COSSACK LEAP: INDEX 0.5

A vertical jump, which takes off from one foot. During the jump, one leg is extended horizontally to the ground while the other leg quickly extends to at least the horizontal position to the floor, bending at the knee into a tuck position, with the legs together. The hips are flexed at 90° degrees and torso at least 45° degrees forward toward legs. (The landing is to two feet, when landing in the standing position.)

COSSACK SWITCH LEAP: INDEX 1.0

A vertical jump, which takes off from one foot - example from left leg. During the jump, right leg is extended horizontally to the ground and left leg quickly extends to at least the horizontal position to the floor, while the right leg is bending at the knee into a tuck position, with the legs together. The hips are flexed at 90° degrees and torso at least 45° degrees forward toward legs. (The landing is to two feet, when landing in the standing position.)

COSSACK LEAP/COSSACK SWITCH LEAP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
knees are not together in air position	
	extended leg is not at least parallel to the floor
	no simultaneous movement of the Cossack position of legs and elevation of hips
	landing with more than 45° knee flexion
	torso flexion is not at least 45° in the air

PIKE LEAP: INDEX 1.5

A vertical jump from one foot, in which the legs quickly lift to a horizontal pike position. The torso flexes toward the legs in mid-air showing at least 45°of torso flexion and 90° of hip

flexion. The legs are at least in a horizontal position to the floor with the knees straight and feet together. (The landing is to two feet, when landing in the standing position.)

STRADDLE LEAP: INDEX 2.0

A leap from one leg, in which both legs are straight and extend simultaneously into a wide straddle position in mid-air and lands on both feet at the same time (simultaneously), when finishing in the standing position. During the mid-air position, the hips are flexed with the upper body in 45° torso flexion (at least), a full range of motion is demonstrated in the straddle position (minimum 135° between the legs) and both knees face upwards. The legs are at least in a horizontal position to the floor. The body travels vertically (upwards), rather than laterally, during this leap.

STRADDLE LEAP – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
uneven position of legs	legs are not at least parallel to the floor
bend in either leg when extending to straddle position	
landing one foot before the other	
	no completion of stated turn
	range of motion between legs is less than 135°
	no simultaneous movement of the straddle position of legs and elevation of hips
	torso flexion is not at least 45° in the air
	landing with hyperlordosis of lower back

4 FLEXIBILITY

Note: Left and right front flexibility are not considered to be the same family. Therefore, if a front right split and an illusion on the left are performed, they will both get the full index value. However, if a right front split and an illusion on the right are performed, then the second movement will get half the index value.

4. 1 FRONT SPLIT FAMILY

There are two front flexibility families – right and left.

FRONT SPLIT FAMILY - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
feet not pointed	
no precise front leg position (the ankle is not in lines with the hip joint)	
no precise back leg position (the ankle is not in lines with hip joint)	
back leg is turned out, back knee is not faced down	back leg and hip joint are turned out
hyperlordosis of lower back	
tilting the body sideways in the front split	
	legs turned in
	no 180° range of motion of front or straddle split
	no short hold position in static flexibility elements (2 counts)

FRONT SPLIT INDEX: 1.0

A seated sagittal split where the front leg is extended forwards in front of the body and the back leg is extended backwards behind the body. The front knee faces upward and back knee faces downward towards the floor. Knees are fully extended on both legs. Split angle is 180° and flat to the floor. Hips are square. Legs are held static for two counts minimum.

NEEDLEPOINT, WITH OR WITHOUT HANDS: INDEX 1.0

A standing front split where the supporting leg is the front of the split. The supporting foot is in contact with the floor whilst the other leg reaches vertically to perform a frontal split position with a minimum angle of 180°. This skill may be performed with or without the assistance of the hands and can be executed on either right or left leg. Knees are fully extended on both legs, especially at the peak of the split. Supporting foot is stable and in contact with the floor throughout the entire element. Hips are square.

NEEDLEPOINT, WITH OR WITHOUT HANDS – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
off balance during the movement	
not finishing with the feet together	
	supporting foot is not placed flat on the floor

ILLUSION (WITH OR WITHOUT HANDS) RIGHT OF LEFT LEG: INDEX 2.0

A standing rotational split where the supporting leg is the front of the split. The supporting foot is in contact with the floor whilst the other leg completes a vertical circle seamlessly passing through the Frontal Needlepoint position without pause, a change of speed or issue with balance. The circling leg performs the circle in a vertical plane while the supporting leg pivots 360°. Illusion may be performed in a forward or backward motion and can be executed on either right or left leg. Both knees are fully extended before hitting the vertical split position and stay extended until the element is complete. Split angle is 180°. Complete control and technical command of rotational momentum is shown. Skill finishes in a standing position with both feet together.

ILLUSION (WITH OR WITHOUT HANDS) RIGHT OF LEFT LEG – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	no full turn 360°
flexion of the trunk occurs before the lifting of the unsupported (back) leg	
the trunk and circling leg are not int the same plane	
off balance during the movement	
Not finishing with the feet together	

STANDING FRONT SPLIT: INDEX 1.5

A standing split balancing on one leg while the other leg is held in a front split position by the hands. The heel of the support leg should remain on the floor while the unsupported leg is raised into a vertical front split of 180°. The head and neck must be in line with the spine and the shoulders square and in line with each other. The support leg fully extended at the hips with knees fully extended. Knees are fully extended on both legs at the peak of the split. Legs are held static for two counts minimum.

STANDING FRONT SPLIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
supporting heel is up	
	hips are not in alignment (square)
off balance during the movement	
	no precise front position

SUPINE FRONT SPLIT: INDEX 1.0

A split lying on the back where the legs are held in a sagittal (front) 180° split position with hips and back square and flat to the floor. The front split leg is held in place, by the hands, next to the head with knee facing the floor. The opposite leg and foot remain on the floor in line with the pelvis with the knee facing the roof. This skill may be performed with or without the assistance of the hands. Knees are fully extended on both legs. Both feet are in contact with the floor. Hips and torso are square without twisting. Legs are held static for two counts minimum.

SUPINE FRONT SPLIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	both buttocks are not on the floor

4. 2 STRADDLE SPLIT FAMILY

STRADDLE SPLIT FAMILY- GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
feet not pointed	
hyperlordosis of lower back	
	legs turned in
	no 180° range of motion between legs
	no short hold position in static flexibility elements (2 counts)

STRADDLE SPLIT: INDEX 1.0

A seated split where the legs are fully extended and abducted to the sides of the body to form a 180° split. The buttocks and entire back of legs are in contact with the floor. Both knees face upward. Hips are square. Legs are held static for two counts minimum.

PRONE STRADDLE SPLIT: INDEX 1.0

A seated split where the legs are abducted and straddled to the sides of the body to form a split. The buttocks, chest and abdominals are in contact with the floor. The legs are fully extended and the hips are square. The split angle is 180° with legs flat to the floor. Torso and legs are held static for two counts minimum.

PRONE STRADDLE SPLIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	the chest and abdomen do not touch the floor

SUPINE STRADDLE SPLIT: INDEX 1.0

A split performed lying on the back where the legs are held in a straddle split position next to the body with knees facing toward the floor. The hips remain in contact with the floor and the back is square and flat to the floor. This skill may be performed with or without the assistance of the hands. Knees are fully extended on both legs and the split angle is 180°. Both feet are in contact with the floor.

SUPINE STRADDLE SPLIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	buttocks are not on the floor
	the pelvis is tilted under
	no contact to the floor with the toes

STANDING STRADDLE SPLIT: INDEX 1.5 (RIGHT OR LEFT LEG)

A standing split balancing on one leg while the other leg is held in a 180 straddle split position by the hand/s. The supporting leg should be fully extended at the hip and knee with the heel remaining on the floor. The head and neck must be in line with the spine and the shoulders square with each other. This skill can be performed either with or without the assistance of the hands to hold the raised leg in the split. Knees are fully extended on both legs at the peak of the split. Hips and torso are square without twisting. Legs are held static for two counts minimum.

STANDING STRADDLE SPLIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
supporting leg is with the heel up	
	hips are not in alignment (square)
off balance during the movement	
	no precise straddle position

SIT THROUGH: INDEX 2.0

A dynamic split from a seated straddle split position. The chest and the abdominals are lowered to the floor and the legs are then drawn together behind the body to come together in a closed position to finish lying prone. Perfect execution requires the hips to remain in contact with the floor at all times.

N.B. A sit through may be done in forward or backward motion. They both have the same value as an additional element. Knees are fully extended on both legs. Split angle is 180° with legs flat to the floor. Hips are square and flat to the floor throughout the entire skill. Movement though skill is smooth and seamless.

SIT THROUGH – EXECUTION ERROS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
forward motion – the movement is not finished with legs together backward motion – the movement is not begun with legs together	
	chest, abdomen and hips are not on the floor
	both legs do not perform the motion simultaneously

4. 3 COMBINATION SPLIT FLEXIBILITY

SPLIT ROTATION: INDEX 3.0

A dynamic seated split which rotates from a right or left front split to a straddle split and then rotates to the other side in a front split. Can be done with or without hands on the floor. Correct execution requires three discernible split positions (front, straddle and front) with full range of motion of the hips between front and straddle split, knees fully extended for the entire element. Legs stay at split angle of 180° throughout the entire element. Hips are square throughout the entire skill.

SPLIT ROTATION – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
feet not pointed	
hyperlordosis of lower back	
no precise front position of leg (the ankle is not in alignment with the hip joint)	
no precise back position of leg (the ankle is not in alignment with the hip joint	
back knee does not face down, but sideways	back leg, knee and the hip are faced sideways
the body is leaning sideways	
	the angle between the legs is less than 180°
	no precise position of hip joints
	no finish position of both front splits and the straddle split

4. 4 STRADDLE SIT FAMILY

STRADDLE SIT FAMILY - GENERAL EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
feet not pointed	
hyperlordosis of lower back	
	legs turned in
	range of motion is less than 135°
	no short hold position in static flexibility elements (2 counts)

PRONE STRADDLE SIT: INDEX 0.5

A seated wide straddle sit in which the legs are extended sideways with both knees facing up. The minimum angle of the straddle sit is 135°. The body should have perfect alignment between the legs, knees and hips with the knees fully extended. The chest and the abdominals are on the floor during the split. Legs are held static for two counts minimum.

PRONE STRADDLE SIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	the chest and abdomen do not touch the floor

SUPINE STRADDLE SIT: INDEX 0.5

A split lying on the back (supine) in which the legs are extended sideways in a wide straddle sit position without lifting the hips from the floor. The knees are fully extended and face the floor with the toes touching the floor. The minimum angle of the straddle sit is 135°. Legs are held static for two counts minimum.

SUPINE STRADDLE SIT – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	buttocks are not on the floor
	the pelvis is tilted under
	no contact to the floor with the toes

5 COMPULSORY ELEMENTS

JUMPING JACKS – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	no four repetitions
	no the same rhythm
	no facing front
	travelling
	turning
	movement of the feet/calves/thighs are not identical
	feet are not together during starting and finishing position
	the wide is inside the shoulders in outside landing position
hyperlordosis of lower back	
	knees are turned in
pounding	

ALTERNATING HIGH LEG KICKS – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
bent knees	
	no four repetitions
	no the same rhythm
	no facing side (and same direction in duos or trios)
	travelling
	turning
	movement of the feet/calves/thighs is not identical
	feet are not together during starting and finishing position
	kick/s side
hyper kyphosis of higher back	
hyperlordosis of lower back	
head is not with line of the body	
	the kicks are lower than waist
	discernible different high of kicks

PUSH UPS – EXECUTION ERRORS	
MINOR ERRORS (HALF VALUE)	**MAJOR ERRORS (ZERO VALUE)**
	no four repetitions
	no the same rhythm
	no facing side (and same direction in duos or trios)
	no identical
	hyperextension in elbows
	both hands are not in contact with the floor during starting and finishing position
	feet are not in contact with the floor

For execution of compulsory push ups applies the same criteria as an additional push ups.