

# IRV

## STRAIGHT-LINE (STL) DIFFICULTY CATALOGUE 2023+

VALID FROM 1<sup>ST</sup> JANUARY 2023



## Foreword

This version of the IRV difficulty catalogue for straight-line is based on the previous version of the difficulty catalogue (2017-2020) but contains the new structure groups implemented with the Gym Wheel Code of Points 2023+.

This catalogue does not yet include E difficulties. The straight-line difficulty catalogue is currently under revision and will be published in the future including E elements.

### Notes regarding the use of the IRV Straight-Line Difficulty Catalogue:

- Documentation relating to references regarding move repetition and general rules for recognition of difficulty can be found in the IRV Code of Points 2023+
- The new structure groups are listed for each difficulty element in red colour (e.g. **I, VIII**). Structure groups with parentheses (e.g. **(VI)**) indicate that different versions of an element exist, and the structure groups depend on the version.
- An overview of the structure groups for each element can be found in the table at the last pages of this document.
- Please keep in mind, that only B, C, and D elements fulfil structure groups. No structure groups are assigned to A elements.

## Overview

A elements	page 3
B elements	page 10
C elements	page 56
D elements	page 95

# A ELEMENTS

## STRAIGHT-LINE

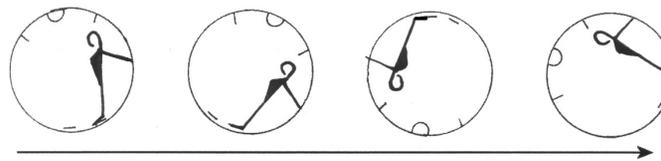
## A ELEMENTS IN STRAIGHT-LINE

### CENTRALISED MOVES

#### BASIC ELEMENTS

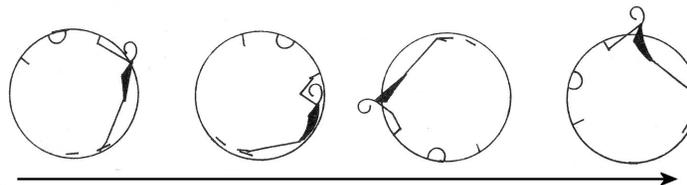
#### MOVES IN ONE BINDING

A1:	Execution Comments	Difficulty Judge / Recognition
Back support (forwards/backwards)	Arms are on rims behind the body.	



Both directions possible

A2:	Execution Comments	Difficulty Judge / Recognition
High front support (forwards/backwards)		



Both directions possible

## MOVES WITHOUT BINDINGS

<b>A3:</b>	<b>Execution Comments</b>	<b>Difficulty Judge / Recognition</b>
All basic elements without bindings		

## BRIDGES

<b>A4:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All bridges in one binding (that do not already have a higher difficulty)		

<b>A5:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All bridges without bindings (that do not already have a higher difficulty)		

## FREE-FLY MOVES

<b>A6:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All free-fly moves (that do not already have a higher difficulty)  <i>NB: A free-fly is complete wheel rotation with one or both feet in the bindings, arms free</i>		

**ELEMENT COMBINATIONS****ELEMENT COMBINATIONS IN BOTH BINDINGS**

<b>A7:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All element combinations with 2 bridge variations (that do not already have a higher difficulty)  i.e. change of bridge position during one wheel rotation (both feet in the bindings)		
<b>A8:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All element combinations with a free ½ turn  i.e. ½ turn performed in inverted position, hands free, both feet in bindings		
<b>A9:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All element combinations with a double turn		

## ELEMENT COMBINATIONS IN ONE BINDING

A10:	Execution Comments	Difficulty Judges / Recognition
From free knee-hang stand backwards into front support (all variations) backwards		

A11:	Execution Comments	Difficulty Judges / Recognition
All element combinations where each element is already an A		

A12:	Execution Comments	Difficulty Judges / Recognition
All element combinations with at least a ½ turn		

## ELEMENT COMBINATIONS WITHOUT BINDINGS

A13:	Execution Comments	Difficulty Judges / Recognition
All element combinations without bindings (that do not already have a higher difficulty)		

## DECENTRALISED MOVES

### MOVES THAT HAVE THEIR DIFFICULTY IN THE UPPER PHASE

A14:	Execution Comments	Difficulty Judges / Recognition
All elements (that do not already have a higher difficulty)		

### MOVES THAT HAVE THEIR DIFFICULTY IN THE LOWER PHASE

#### STANDING

A15:	Execution Comments	Difficulty Judges / Recognition
All variations in a side position (e.g. side pike straddle stand) (that do not already have a higher difficulty)		

A16:	Execution Comments	Difficulty Judges / Recognition
All variations standing with feet together (that do not already have a higher difficulty)		

#### SITTING

A17:	Execution Comments	Difficulty Judges / Recognition
All variations of sitting with feet on a rung or handle (that do not already have a higher difficulty)		

#### LYING

A18:	Execution Comments	Difficulty Judges / Recognition
All variations (that do not already have a higher difficulty)		

**SUPPORT**

<b>A19:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All variations (that do not already have a higher difficulty)		

**DISMOUNTS**

<b>A20:</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All variations (that do not already have a higher difficulty)		

# **B ELEMENTS**

## **STRAIGHT-LINE**

**B ELEMENTS IN STRAIGHT-LINE THAT ARE NOT YET CATEGORISED****COMBINATIONS IN THE UPPER PHASE**

<b>B IV</b> Submitted by Germany	Back hip circle, leg swing into straddle sitting <a href="http://youtu.be/Hs6TipKnMlk">http://youtu.be/Hs6TipKnMlk</a>
<b>B VI</b> Submitted by Germany	Free one-legged knee hang with change of legs and optional subsequent element <a href="http://youtu.be/9xJMORwN9yg">http://youtu.be/9xJMORwN9yg</a>

**CENTRALISED MOVES WITHOUT BINDINGS**

<b>B II</b> Submitted by Germany	From bridge backwards without bindings into high front support backwards without bindings (no change of standing or holding position) <a href="http://youtu.be/uBe2LYg5DkM">http://youtu.be/uBe2LYg5DkM</a>
<b>B II</b> Submitted by Japan	One-armed side rotation without bindings with one leg on rung handle <a href="http://youtu.be/I07YnDaaxL8">http://youtu.be/I07YnDaaxL8</a>

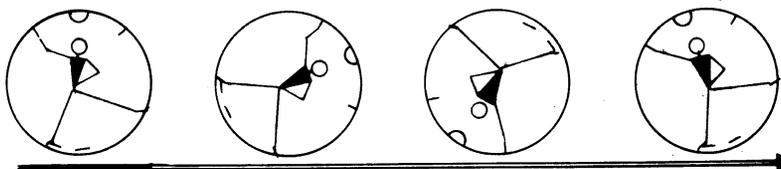
## B ELEMENTS IN STRAIGHT-LINE

### CENTRALISED MOVES

#### BASIC ELEMENTS

#### MOVES WITHOUT BINDINGS

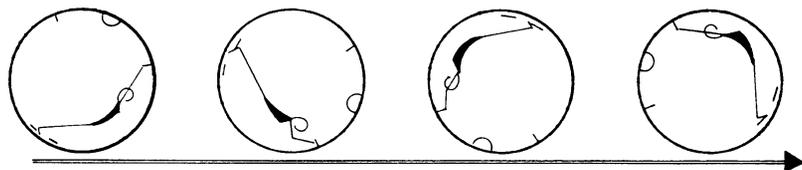
<b>B1: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
One-armed side rotation with one foot on stride rung	* A brief touching of the handle or rim (“wobble”) without holding on properly will be counted as a minor deduction for incorrect hand position	* No recognition as a B element if the gymnast holds on with the free hand during the rotation. (NB: A “wobble” is deducted by the execution judge only.) * A side rotation on the back rim is also recognised.



Example B1

**BRIDGES IN ONE BINDING**

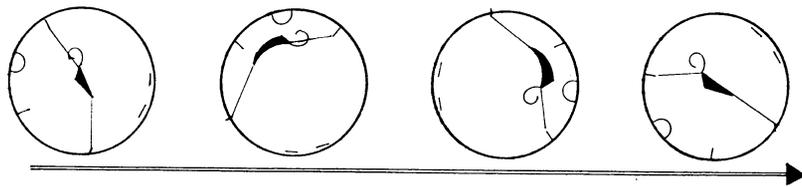
<b>B2: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Giant bridge (forwards/backwards) (that does not already have a higher difficulty)	* Arm pull compulsory	* No recognition if the giant bridge position is not held for the full wheel rotation, i.e. if the gymnast adopts a support position when upside down.



Example B2: Giant bridge forwards in one binding

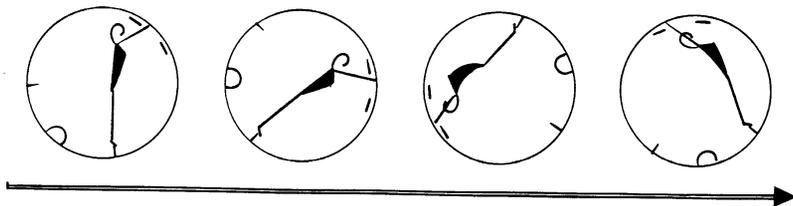
**BRIDGES WITHOUT BINDINGS**

<b>B3: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Giant bridge backwards	* No arm pull; gymnast goes from bridge into front support position * Grip zone for rim bridge: "next to" the relevant rung.	* Only the variations listed in the Appendix paragraph b) will be recognised as giant bridges. * Also: All variations of giant rim bridge backwards.



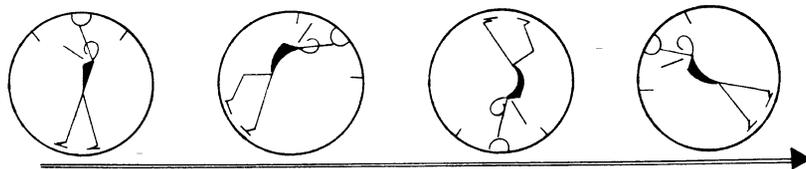
Example B3: Giant bridge backwards

<b>B4: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Giant (rim) bridge forwards	<ul style="list-style-type: none"> <li>* No arm pull</li> <li>* Grip zone “next to” the relevant rung</li> <li>* Straight body in support phase</li> </ul>	<ul style="list-style-type: none"> <li>* Only the variations listed in Appendix paragraph b) will be recognised as giant bridges.</li> <li>* No recognition when used as a change of direction.</li> <li>* For C difficulty version of a giant bridge forwards, see C3</li> <li>* All other grip variations (rims/board/stride rung) count as a B</li> </ul>



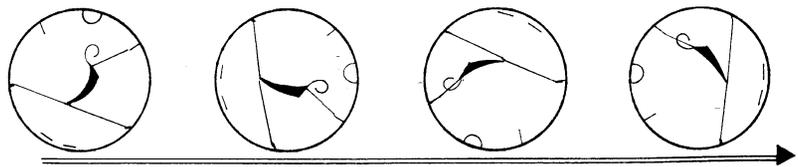
Example B4: Giant rim bridge backwards

<b>B5: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
One-armed bridges (that do not already have a higher difficulty)	<ul style="list-style-type: none"> <li>* Deduction for touching the wheel with the free hand: see <b>B1</b>.</li> <li>* For execution of the bridge see: <b>B3</b></li> </ul>	<ul style="list-style-type: none"> <li>* All bridge variations recognised (including splits)</li> <li>* No recognition as a B element if the gymnast holds on with the free hand during the rotation.</li> </ul>



Example B5: One-armed extended bridge backwards

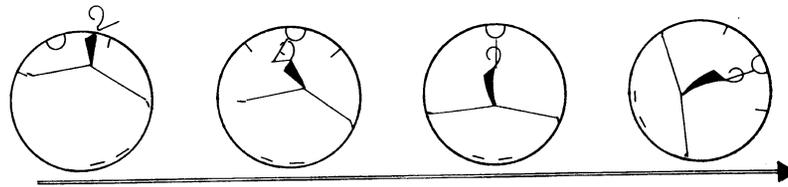
B6: II	Execution Comments	Difficulty Judges / Recognition
Splits bridge on front rung handle	<ul style="list-style-type: none"> <li>* No arm pull permitted. Transition from support position into bridge must be performed with straight arms.</li> <li>* Splits position should be held until the boards are almost back on the floor (= transition zone)</li> <li>* Deduction for one foot briefly slipping from standing position: 0.1</li> </ul>	<ul style="list-style-type: none"> <li>* There are only 2 variations of this move: forwards and backwards.</li> <li>* Recognition only when the splits position is held for at least <math>\frac{3}{4}</math> of a wheel rotation (i.e. just before the second stride rung reaches the floor)</li> </ul>



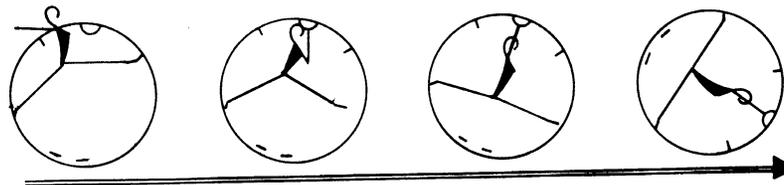
Example B6: Forwards splits bridge on front rung handle

**BRIDGES WITH UNUSUAL TRANSITIONS**

B7: II	Execution Comments	Difficulty Judges / Recognition
(High splits, <b>directly into</b> ) splits bridge (all variations)	<ul style="list-style-type: none"> <li>* Common fault: Brief loss of footing (deduction 0.1-0.3)</li> </ul>	<ul style="list-style-type: none"> <li>* "Directly" means no steps in between, the foot on the stride rung has to stay put.</li> <li>* A <math>\frac{1}{2}</math> turn without a change of foot positioning is possible.</li> <li>* Possible splits variations: splits forwards, splits backwards, side splits.</li> <li>* No recognition if the splits position is not held long enough (i.e. gymnast out of splits position while still upside down)</li> </ul>



Example B7: (High splits, directly into) splits bridge backwards

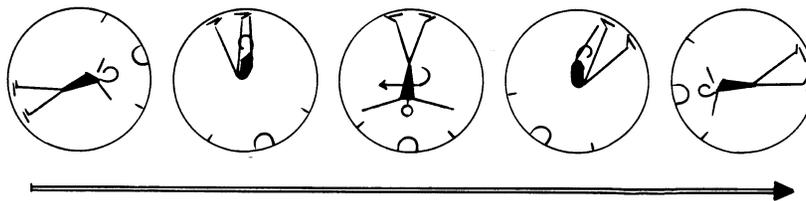


Example B7: (High splits, directly into) splits bridge forwards

## ELEMENT COMBINATIONS

### ELEMENT COMBINATIONS IN BOTH BINDINGS

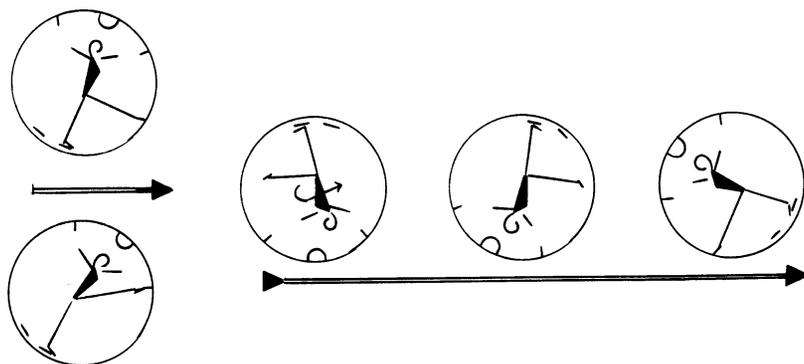
B8: I	Execution Comments	Difficulty Judges / Recognition
Element combinations with pike backwards and forwards	<ul style="list-style-type: none"> <li>* Pike = "forehead to knee", arms elevated and to the side, Hands free and level with the front foot.</li> <li>* Hip angle too open: deduction 0.3</li> <li>* Hands hold onto leg: 0.3 deduction</li> <li>* The pike position does not have to be performed in the free-fly part of the combination</li> <li>* Transition zone for start/end of the pike phase: stride rung</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition as a pike as long as the hip angle is smaller than approx. 80°</li> <li>* Special case: Pike forwards, to hold the rims. Do not judge too strictly. Recognition as a pike as long as the hands reach in the direction of the front foot first. No recognition if the hands reach for the wheel rim straight away.</li> <li>* Order of the pike positions (backwards/forwards) is unspecified</li> <li>* Additional turns around the longitudinal axis (double turn).</li> </ul>



Example B8: Piked free-fly backwards, ½ turn, piked free-fly forwards

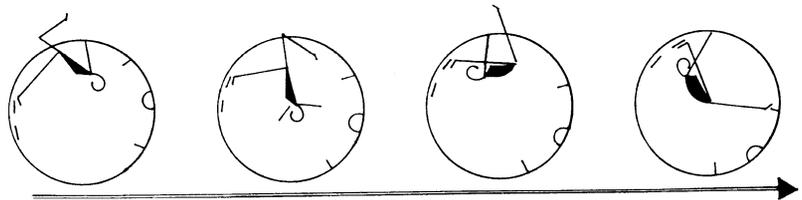
**ELEMENT COMBINATIONS IN ONE BINDING**

<b>B9: I</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>From free-fly forwards with one leg on the stride rung or outer handle in front (free 1/2 turn) into free-fly backwards with one leg on the stride rung in front)</p>	<ul style="list-style-type: none"> <li>* Execution according to the rules for free turns</li> <li>* Quick touch of handle or rim: see B1</li> <li>* Deductions for execution faults with regard to hand or arm positioning: 0.1-0.3</li> <li>* Foot must be turned at the same time as body. Deduction for moving the foot after the body: 0.1</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the hands hold on properly during the free turn.</li> <li>* Possible variations: Standing on the front or back board.</li> </ul>



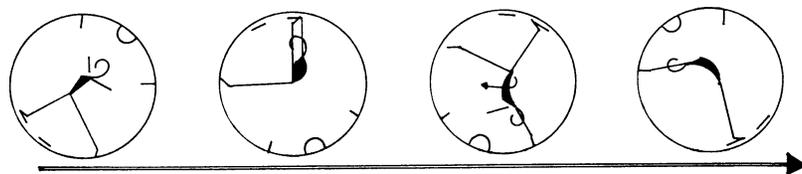
Example B9

<b>B10: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Back knee-hang stand with free hanging phase	<ul style="list-style-type: none"> <li>* No general regulations for the transition zone in the case of a knee-hang stand</li> <li>* Watch out for the free foot – should be pointed</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only if both hands are released during the back knee-hang (usually in order to change holding position)</li> </ul>



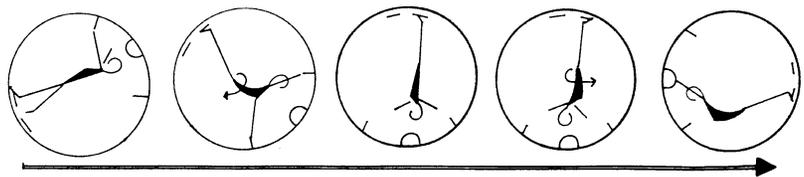
Example B10

<b>B11: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Element combination with pike and 1/2 turn	<ul style="list-style-type: none"> <li>* Execution of a pike position: see <b>B8</b></li> <li>* Transition zone: For the beginning/end of the pike phase: Stride rung. For the phase without a pike: Relevant outer handle.</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition as a pike: see <b>B8</b></li> <li>* Free choice of transition in inverted position.</li> <li>* The pike can be performed in the first or second half of the wheel rotation.</li> <li>* Two pikes are also possible.</li> </ul>



Example B11

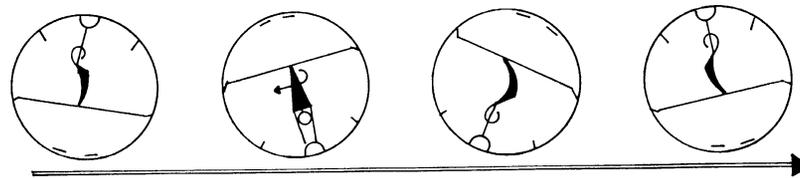
B12: II	Execution Comments	Difficulty Judges / Recognition
<p>Element combinations with a double turn, one of which is performed free.</p>	<ul style="list-style-type: none"> <li>* Transition zone: From stride rung to stride rung</li> <li style="padding-left: 20px;">* Deductions for rolling too far: 0.3</li> <li>* Watch out for foot turns! Both feet must be turned at the same time.</li> <li style="padding-left: 20px;">* Deduction if the foot is turned after the body: 0.1</li> <li>* The feet may remain in a flexed position.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition as a double turn: Turn must not start until half way between board and stride rung!</li> <li>* Free choice of transition in an inverted position, the other one must be performed free. (Free choice of order of transitions.)</li> <li>* Recognition as a free turn: The hands must both be released from the handle at the same time.</li> </ul>



Example B12

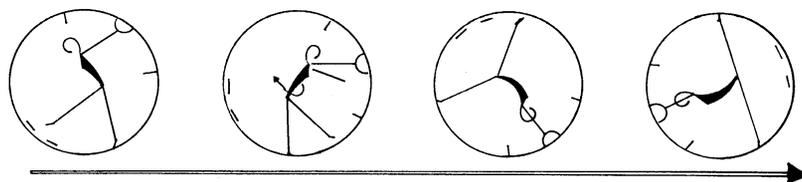
**ELEMENT COMBINATIONS WITHOUT BINDINGS**

<b>B13: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>From splits bridge forwards (alternative grip possible) into splits bridge backwards (alternative grip possible)</p>	<p>* Transition zone:                      - Start: When the body is horizontal                      - End: When the body reaches horizontal again                      * Watch out for incorrect hip position! But: Remember it is not possible to have the hips in a completely straight position for this move!</p>	<p>* Splits position = Standing position on the stride rungs!</p>



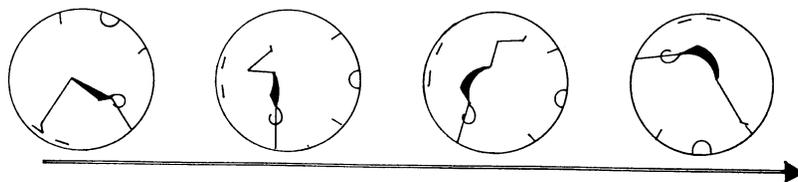
Example B13

<b>B14: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>(1/1 turn with optional stride position) into splits bridge</p>	<p>* Split position: Deduction for incorrect foot or leg positioning (Foot slips briefly off the stride rung): 0.1-0.3                      * Watch out for minor execution deduction for the free leg during the 1/1 turn.                      * Transition zone:                      - Into splits bridge: optional                      - From splits bridge into next move: Boards on the floor (Deduction: 0.3))</p>	<p>* Recognised only when the 1/1 turn is completed on one leg.                      * E.g. no recognition if a 1/4 turn is carried out in a stride stand.                      * Recognition of all stride variations, e.g. in front, to the side or a change of position during the turn.                      * Splits: Recognition of the move as a B only when after the turn the splits bridge is held for at least a 3/4 rotation (i.e. until just before the second stride rung reaches the floor). No recognition if the splits position is not held past the point where the gymnast is upside down.</p>



Example B14

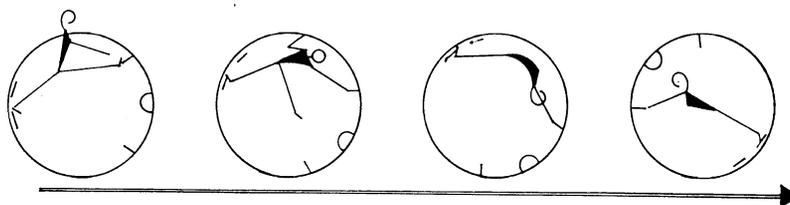
B15: II	Execution Comments	Difficulty Judges / Recognition
<p>Handstand [= from angled stand on...holding.. (via tuck, straddle or pike position with or without take-off) into a bridge on... holding...]</p>	<ul style="list-style-type: none"> <li>* An obvious take-off is permitted but is not compulsory</li> <li>* Most common mistake is incorrect positioning of feet and legs</li> </ul>	<ul style="list-style-type: none"> <li>* All variations recognised: e.g. one legged take-off or landing or take-off/landing on the rims. Deciding factor: both legs must be briefly without wheel contact.</li> <li>* If the gymnast misses the landing on a rung or wheel rims and ends up with a fall: no recognition as a B (= core phase of the move is missing!)</li> </ul>



Example B15

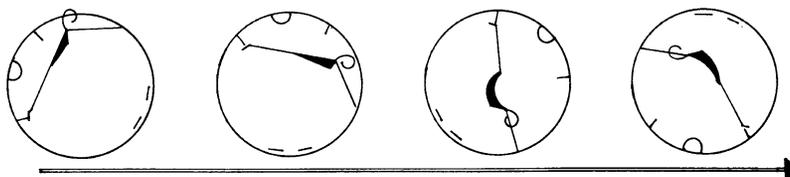
ELEMENT COMBINATIONS WITHOUT BINDINGS WITH A DECENTRALISED ELEMENT

<b>B16: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
From high splits forwards into giant (rim) bridge backwards	* Optional grip, holding zone and transition zone	* All variations of high splits and giant (rim) bridge are recognised. * Also possible with one arm (= B).



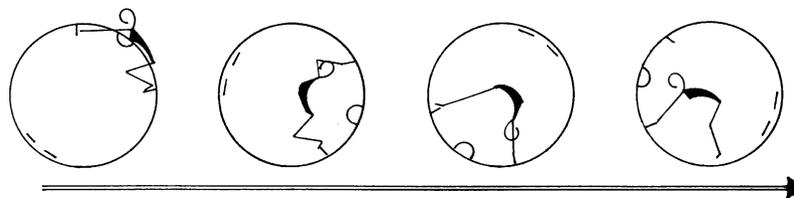
Example B16

<b>B17: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Element combinations with high front support into a bridge on .... holding .... (and other way round)	* Hip angle should be 180° in high front support. * Counts as a centralised move for composition	* All variations of high front support are recognised. See Appendix paragraph d) for definition of high front support.



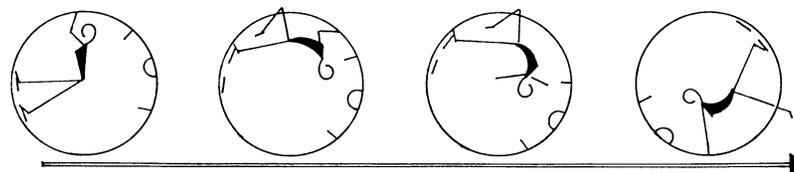
Example B17

<b>B18: IX</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
From high tuck stand into overswing backwards	<ul style="list-style-type: none"> <li>* In the transition from tuck stand into overswing backwards it is necessary to briefly bend both the arms and legs considerably.</li> <li>* During the overswing the legs may be in a tuck, angled or straddle position.</li> </ul>	* After the overswing the gymnast is also permitted to land on the floor and continue the routine from this position.



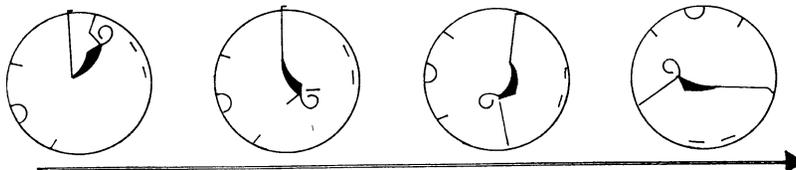
Example B18

<b>B19: II+VI</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
From free knee hang stand backwards into front support (all variations) backwards.	<ul style="list-style-type: none"> <li>* During the transition into front support: Danger of touching the floor: - Deduction for light "brushing": 0.1 - Deduction for obvious floor contact: 0.5</li> </ul>	* After the knee hang: recognition of all front support variations with and without stride position as well as all grips and holding zones.



Example B19

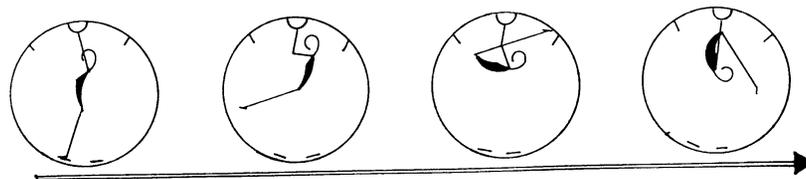
B20: II+VI	Execution Comments	Difficulty Judges / Recognition
<p>From free toe, foot or trapeze hang with legs together into front support or bridge (grip on rims permitted)</p>	<ul style="list-style-type: none"> <li>* Change of foot position after the toe, foot or trapeze hang has to happen one foot after the other (no deduction!)</li> <li>* Hip angle should be 180° in front support position.</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if a front support or bridge position is not achieved after the toe, foot or trapeze hang.</li> <li>* No recognition if the toe, foot or trapeze hang is performed in the inner handles.</li> </ul>



Example B20

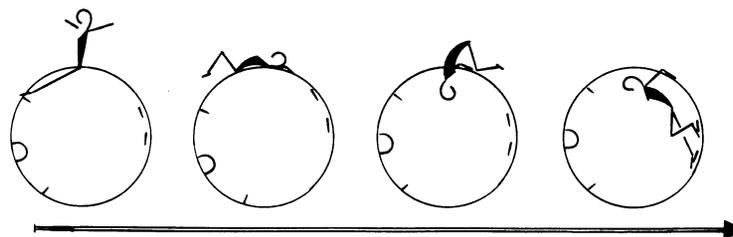
### ROLLS

B21: VIII	Execution Comments	Difficulty Judges / Recognition
Pike / angled roll from standing position with legs <u>together</u> with at least a ½ turn around the transverse axis.	* Main mistake: Bent knees (minor deduction). BUT: If the legs are too bent, the roll will be judged as a tuck roll with difficulty value A (no deduction)	* Only recognised as a B as long as the knee angle is obviously more than 90° and is at times fully stretched.

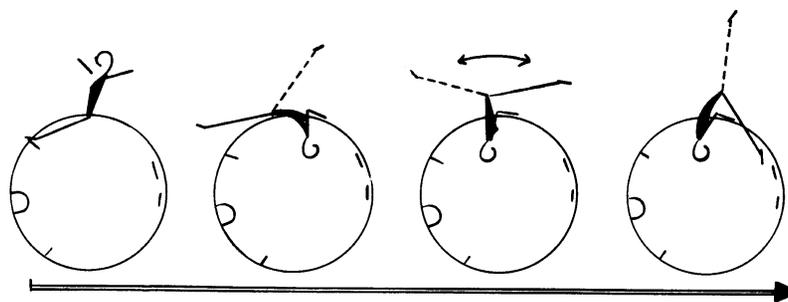


Example B21

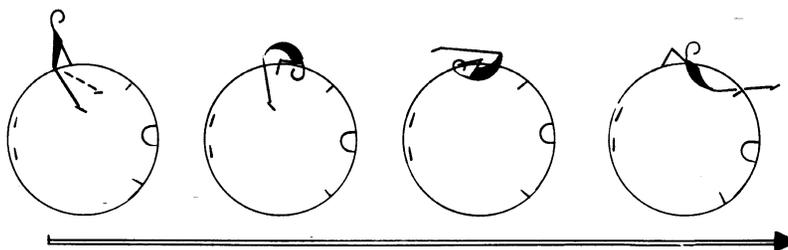
B22: III	Execution Comments	Difficulty Judges / Recognition
High Roll	* Optional grip and holding zone. No deductions! * Watch out for minor deduction for leg positioning! (0.1-0.3)	* Important for recognition: the elbows must remain above the level of the wheel rim during the roll [see Appendix paragraph e] * Recognition of all variations, including change of direction. * Leg positioning may be varied during the high roll backwards e.g. high roll backwards via a brief inverted arm support (with leg circle or change of legs)



Example B22: High roll backwards (also as change of direction)



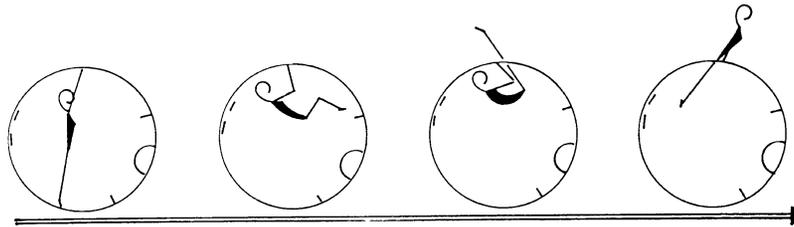
Example B22: High roll backwards with variation in leg positioning



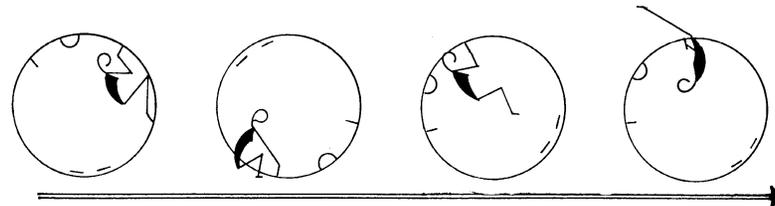
Example B22: High roll forwards

**UPWARD HIP CIRCLES, DOWNWARD HIP CIRCLES, FORWARD/BACKWARD HIP CIRCLES**

<b>B23: IV</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Upward hip circle against the rolling direction (not as change of direction)	* Execution: - Take-off from one or two feet permitted - After reaching rim level: Legs together and straight – see Appendix paragraph f) * Tuck variation also possible	* No recognition if the upward hip circle is performed as a change of direction. * Also permitted after take-off from the floor.

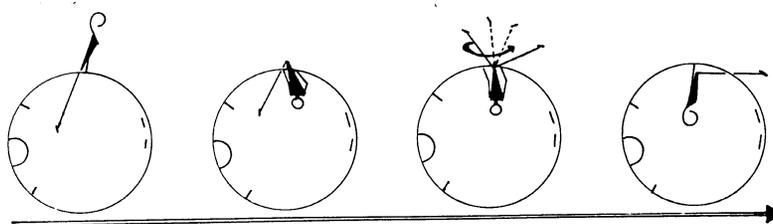


Example B23

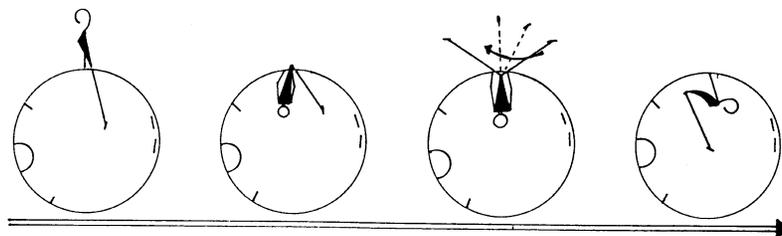


Example B23: with take-off from floor

B24: IV	Execution Comments	Difficulty Judges / Recognition
Downward hip circle with ½ turn (not into sitting forwards)	<ul style="list-style-type: none"> <li>* Most common mistake: Leg positioning.</li> <li>* Optional grip and holding zone</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of almost all variations: also as change of direction, both in and against the rolling direction.</li> <li>* No recognition if the gymnast goes straight from a downward hip circle into a variation of sitting forwards.</li> </ul>

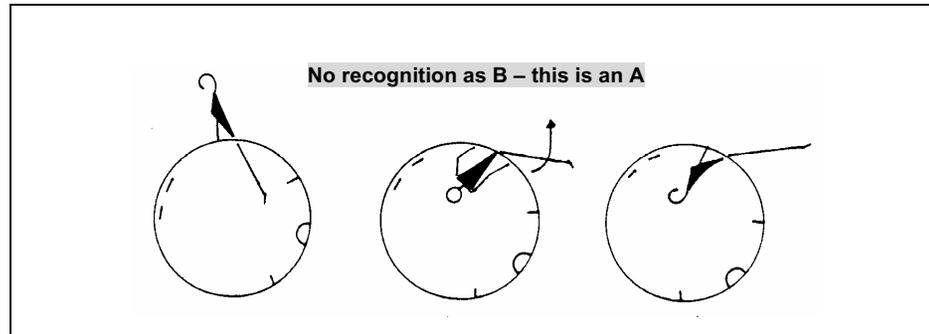


Example B24: in rolling direction or as change of direction

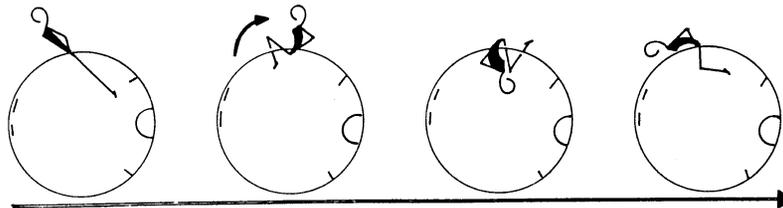


Example B24: against rolling direction

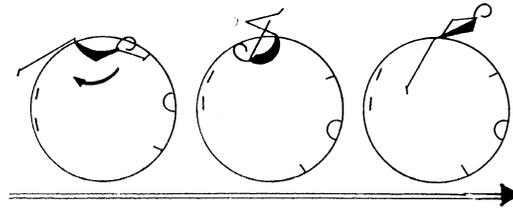
**!!! IMPORTANT !!!**



<b>B25: IV</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Hip circle  <u>Exception:</u> Backward hip circle directly after front lying backwards	* Optional grip and holding zone before and after the hip circle.	* Recognition of almost all variations forwards/backwards, in/against rolling direction, after take-off from the floor. * No recognition of a backward hip circle performed directly from front lying backwards (= A)

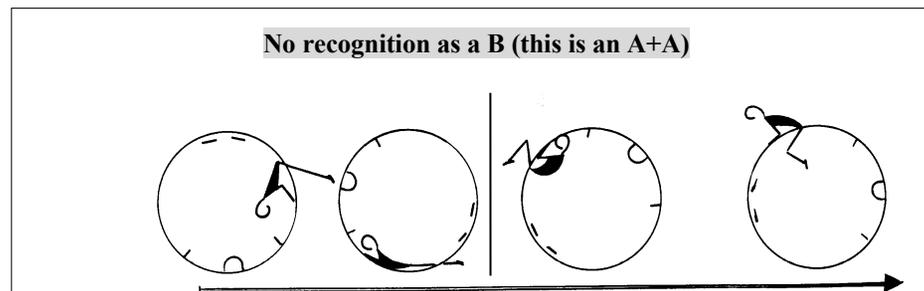


Example B25: backward hip circle

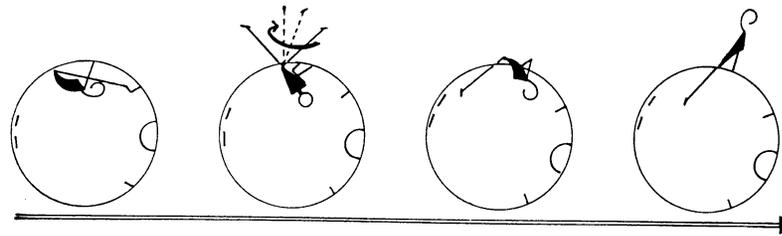


Example B25: forward hip circle

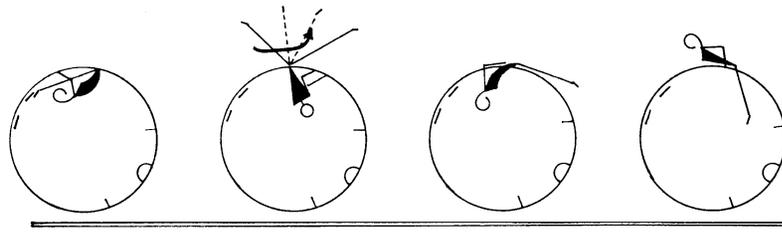
**!!! IMPORTANT !!!**



B26: V	Execution Comments	Difficulty Judges / Recognition
Upward seat circle with ½ turn	* Optional grip and holding zone	<ul style="list-style-type: none"> <li>* Recognition of all variations: in/against rolling direction, as change of direction.</li> <li>* An upward seat circle with ½ turn must always be preceded by an inverted angled or pike hang (usually with, occasionally without the feet on a board or rung).</li> </ul>

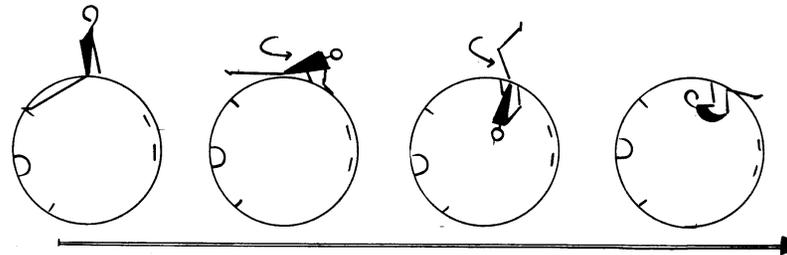


Example B26: against rolling direction



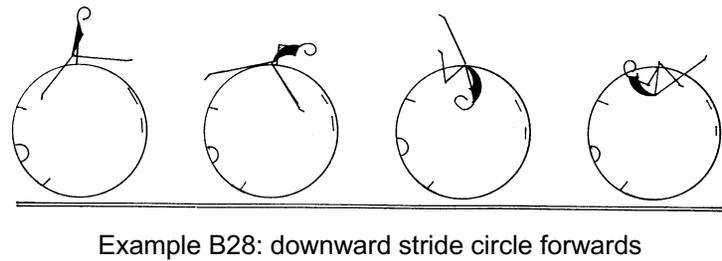
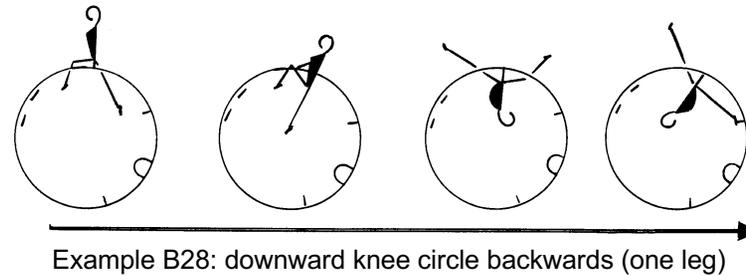
Example B26: in rolling direction

<b>B27: V</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Downward seat circle with ½ turn	<ul style="list-style-type: none"> <li>* Knees remain straight</li> <li>* Optional grip and holding zone.</li> <li>* In a downward seat circle with ½ turn the legs may be bent into a tuck position as soon as they have passed the level of the wheel rim.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including change of direction).</li> <li>* After the downward seat circle the gymnast can roll backwards or forwards through the arms.</li> </ul>

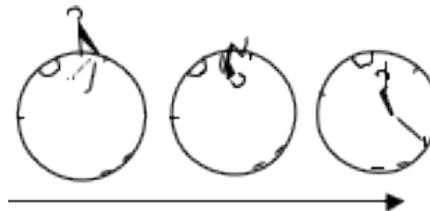


Example B27: downward seat circle with ½ turn

<b>B28: V</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Downward stride or knee circle	<ul style="list-style-type: none"> <li>* Both legs straight or the front leg bent in order to achieve the knee hang position</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including change of direction)                         <ul style="list-style-type: none"> <li>* There are two basic variations:                                 <ol style="list-style-type: none"> <li>1. In the downward stride circle forwards the gymnast does not achieve the knee hang until the second phase of the movement.</li> <li>2. In the downward stride circle backwards the knee hang from the front leg is achieved immediately.</li> </ol> </li> </ul> </li> <li>* Both variations require a preceding high stride sitting or support position</li> </ul>

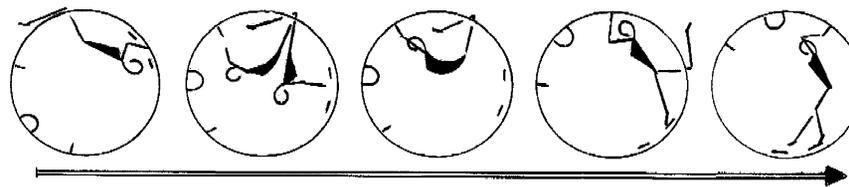


B29: V	Execution Comments	Difficulty Judges / Recognition
Downward straddle circle against the rolling direction of the wheel	<ul style="list-style-type: none"> <li>* Optional grip and holding zone. No deductions!</li> <li>* Watch out for incorrect leg positioning (Deduction: 0.1-0.3)</li> <li>* Hands hold in radial grip (from below) behind the sitting position. The roll does not take place round a rung.</li> </ul>	<ul style="list-style-type: none"> <li>* Important for recognition: Elbows must be <u>below</u> the level of the wheel rims during the roll movement.</li> <li>* No recognition if the downward straddle circle is performed as a change of direction (= A).</li> </ul>



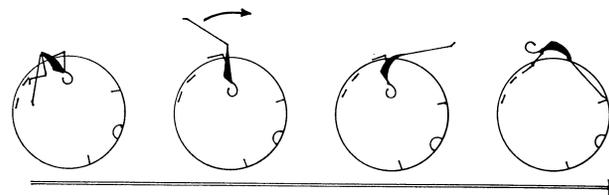
Example B29

B30: VI	Execution Comments	Difficulty Judges / Recognition
Free knee swing (with subsequent element)	<ul style="list-style-type: none"> <li>* Incorrect hand and arm position: Adjustment of holding position after knee swing</li> <li>* Incorrect leg position: Legs not together in knee swing</li> <li>* Common fault: Wheel stops for a moment</li> <li>* Incorrect head position: Head not between the arms</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations.</li> <li>* The knee hang position can be followed by any element (including stepping down into the wheel).</li> <li>* For progression to a C, see C catalogue</li> </ul>



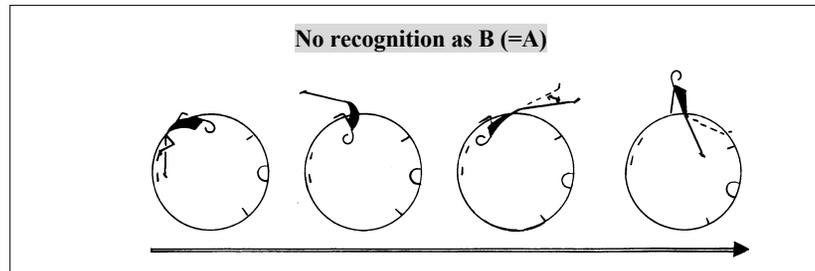
Example B30: free knee swing

B31: V	Execution Comments	Difficulty Judges / Recognition
Upward back circle forwards (from inverted arm support into brief standing position on the lower rung, handle or board)	<ul style="list-style-type: none"> <li>* Elbows must remain above the level of the wheel rim during the upswing, grip and holding zone optional.</li> <li>* The back leg is bent before pushing through into the upswing.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations, including different stride positions.</li> <li>* Different from an upward seat circle in that the hip angle must be fully opened (overextended) and the end position is a (brief) standing position on a rung/handle.</li> <li>* Elbows are above the level of the wheel rims from the beginning.</li> <li>* <b>No recognition:</b> <i>Upward back circle forwards into high straddle sitting on the rims (=A)</i></li> </ul>

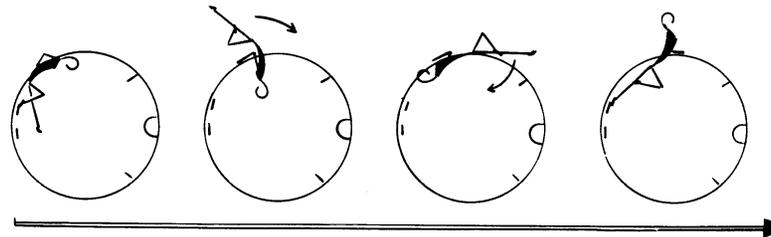


Example B31: upward back circle forwards

**!!! IMPORTANT !!!**



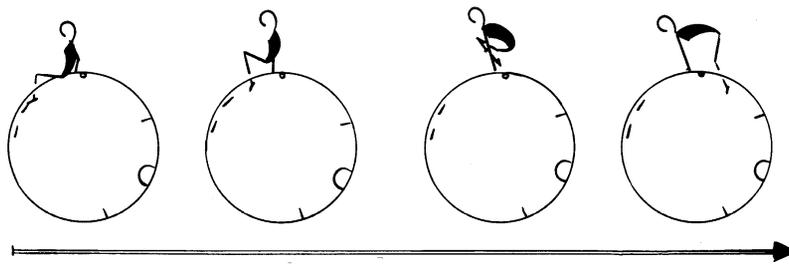
<b>B32: V</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Back circle (from standing position)	<ul style="list-style-type: none"> <li>* Various variations in leg positioning possible (leg in front, tuck, straddle)</li> <li>* Feet may briefly depart from pointed position when passing the upper rung/handle.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations: has so far only been used as a change of direction.</li> </ul>



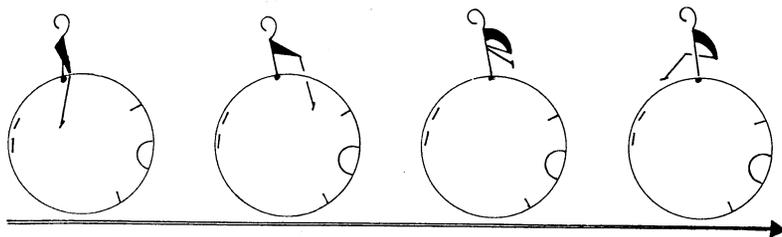
Example B32: back circle (from standing position)

**LEG AND HIP SWING MOVES**

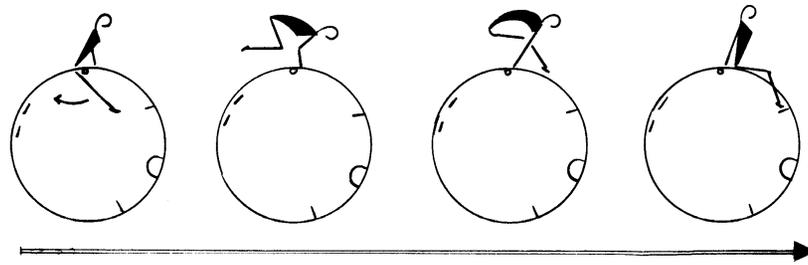
B33: VII	Execution Comments	Difficulty Judges / Recognition
High tuck over forwards and backwards (both legs together)	<ul style="list-style-type: none"> <li>* Optional grip and holding zone (usually on rims)</li> <li>* "Catching a foot" on a rung: 0.1</li> <li>* Arms straight during tuck over; a slight bend in the arms is tolerated at the beginning as a necessary part of the move</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including change of direction)</li> <li>* No recognition if it can be described as a "stepped" tuck over, i.e. if one foot is already on the rung over which the tuck over is to take place (e.g. after a high stand on top of the wheel) or if the legs are brought over the rung one at a time.</li> <li>* Recognition only when the tuck over takes place from a support position (feet not on wheel)</li> <li>* A one-legged tuck over is <u>not</u> a B</li> </ul>



Example B33: high tuck over backwards



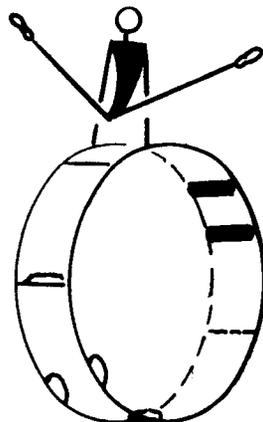
Example B33: high tuck over forwards (against rolling direction)



Example B33: high tuck over forwards (in rolling direction)

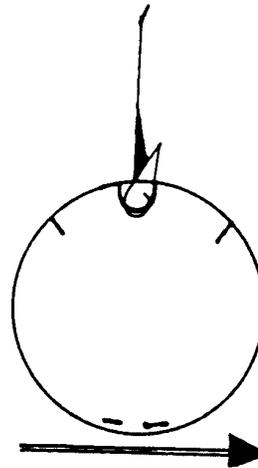
**STATIC ELEMENTS**

<b>B34: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
High pike straddle support	<ul style="list-style-type: none"> <li>* Optional grip and holding zone</li> <li>* Deductions for incorrect execution of the pike straddle only if there is a clear effort being made to perform this B element</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition:</li> <li>- There must be a clear support position, i.e. no resting on rung/handle/rims with hips or elbows</li> <li>- Pike: hip angle must be obviously less than 50°, head in direction of straddle legs</li> </ul>



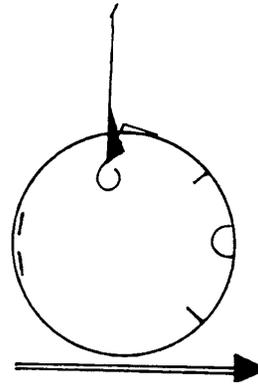
Example B34: high straddle pike support

<b>B35: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
High shoulder support	<ul style="list-style-type: none"> <li>* Hips and legs must show full extension (at least briefly)</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations, including alternative leg positioning, e.g. one leg bent, circling legs, change of legs etc. (also as change of direction)</li> </ul>



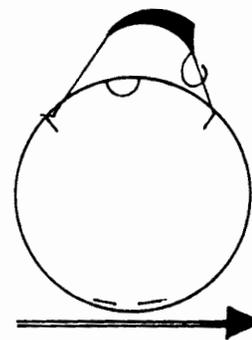
Example B35: high shoulder support

<b>B36:VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
High inverted arm support	* Hips and legs must show full extension (at least briefly)	* Recognition of all variations, including alternative leg positioning, e.g. one leg bent, circling legs, change of legs etc. (also as change of direction)



Example B36: high inverted arm support

<b>B37: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
High bridge	<ul style="list-style-type: none"> <li>* Arms and legs must be (at least briefly) stretched (0.3)</li> <li>* In the transition from inside the wheel into a high bridge and the transition from high bridge back into the wheel again, the arms and legs have to be very bent.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (also as change of direction at end of length)</li> </ul>



Example B37: high bridge

**MOVES THAT HAVE THEIR DIFFICULTY IN THE LOWER PHASE**

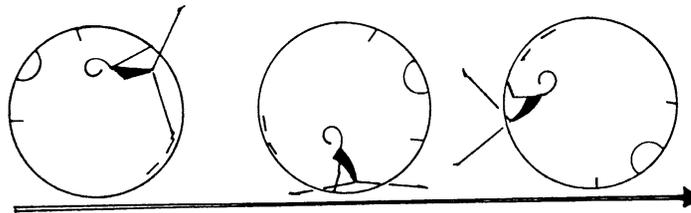
If one of the following lower phases is performed directly after an upper phase with A difficulty, the entire move (upper phase + lower phase) will be counted as one B.

If one of the following lower phases is performed directly after an upper phase with B difficulty, the entire move (upper phase + lower phase) will be counted as one B.

If one of the following lower phases is performed directly after an upper phase with C or D difficulty, the difficulty of the upper phase will be counted and not the difficulty of the lower phase.

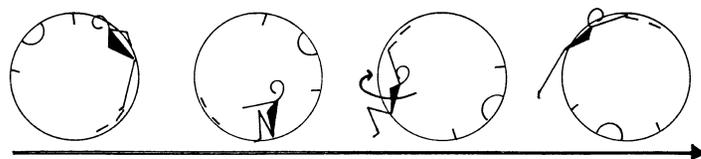
**SITTING**

B38: IX	Execution Comments	Difficulty Judges / Recognition
Splits sitting	<ul style="list-style-type: none"> <li>* Legs must be straight</li> <li>* Be generous with regard to deductions for the amount of noise made by the feet hitting the floor</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations</li> </ul>



Example B38: split sitting

B39: IX	Execution Comments	Difficulty Judges / Recognition
<p>Angled sitting with ½ turn and push off the floor (<b>both</b> hands holding upper rung, handle or board)</p> <p><b>And:</b></p> <p>Angled sitting with ½ turn and push of the floor (<b>one</b> hand holding upper rung, handle or board) (not before a direct dismount and not as a change of direction)</p>	<ul style="list-style-type: none"> <li>* Obvious two-footed push off the floor (does not need to be silent!)</li> <li>* Grip: alternate grip (each hand has a different grip), arms usually crossed</li> <li>* In the case of the one-armed version, the free arm remains close to the body (no deduction)</li> <li>* Possible judges' discussion if difficult to determine whether the move is performed with one arm (B) or whether it is performed holding in two different places (A)</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of almost all variations: Angled sitting can be with or without feet on wheel.</li> <li>* No recognition if hands hold in two different places on the wheel, e.g. rung and rim (= A).</li> <li>* No recognition if performed directly before a dismount against the rolling direction, i.e. if the gymnast does not reach another upper phase. However, the move will be recognised as a B if the upper phase is reached and the dismount takes place in the same rolling direction.</li> <li>* No recognition if performed as a change of direction, i.e. if there is no additional element in the upper phase or subsequent centralised change of direction.</li> </ul>

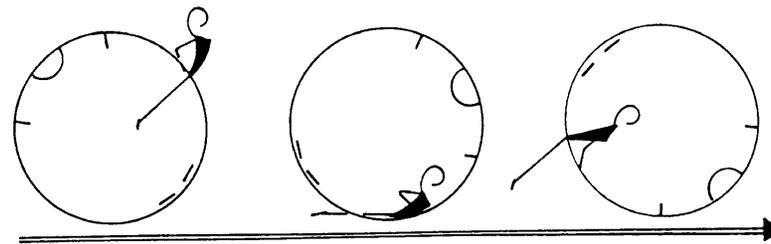


Example B39

**FREE FRONT LYING**

B40: IX	Execution Comments	Difficulty Judges / Recognition
<p>Free front lying forwards (not directly before a dismount performed against the rolling direction and not as a change of direction)</p>	<ul style="list-style-type: none"> <li>* Option grip and holding zone in front lying</li> <li>* Hips straight or over-extended before reaching the lowest point, closed hip angle possible after lowest point</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only when the feet are kept completely free after the preceding upper phase.</li> <li>* No recognition if the feet are on the wheel until just before reaching the lowest point.</li> <li>* No recognition if the free front lying is performed directly before the dismount, i.e. if the gymnast does not reach another upper phase (e.g. <i>Lower phase</i>: free front lying, <i>Dismount</i>: swing down against the rolling direction). However, the move will be recognised as a B if the upper phase</li> </ul>

		<p>is reached and the dismount takes place in the same rolling direction (e.g.: <i>Lower phase: free front lying, Upper phase: high tuck on, Dismount: front somersault</i>)</p> <p>* No recognition if performed as a change of direction, i.e. if there is no additional element in the upper phase or subsequent centralised change of direction.</p>
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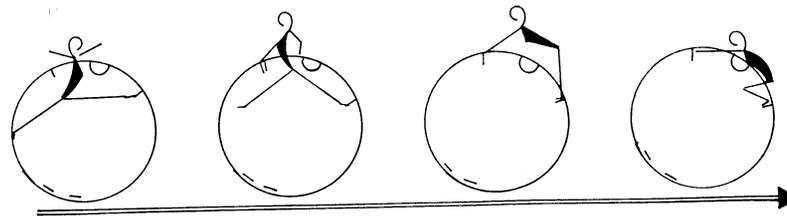
Example B40: free front lying forwards

**MOVES THAT HAVE THEIR DIFFICULTY IN A COMBINATION OF SEVERAL DECENTRALISED ELEMENTS**

**COMBINATIONS IN THE UPPER PHASE**

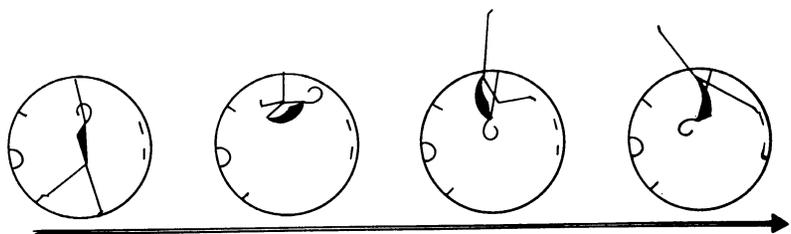
In this chapter we look at difficulty performed in the upper phase. Whatever A or B value lower phase follows the described upper phase, the move as a whole (upper + lower phase) will be counted as a B. If the upper phase is performed directly before a centralised element, centralised change of direction or dismount, the upper phase alone will be counted as a B.

B41:	Execution Comments	Difficulty Judges / Recognition
High splits, ½ turn, high tuck standing backwards	<ul style="list-style-type: none"> <li>* Hands do not have to be free in high splits, but legs must be straight</li> <li>* Optional grip and holding zone during the ½ turn</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations of high splits (including change of direction)</li> <li>* No recognition if the ½ turn is not followed by a tuck standing position</li> </ul>



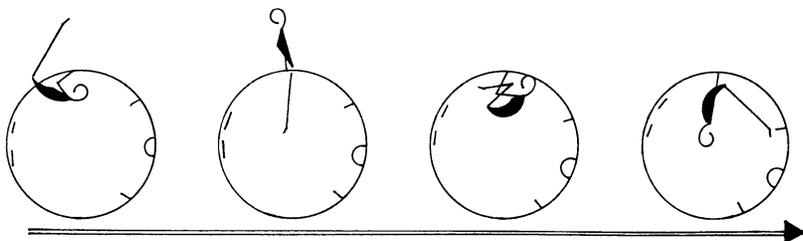
Example B41

B42:	Execution Comments	Difficulty Judges / Recognition
Roll backwards, splits stand backwards over a rung or handle (not as change of direction)	<ul style="list-style-type: none"> <li>* Back leg must be straightened immediately, leg angle must be at least 140°-150° (otherwise 0.1-0.2 deduction)</li> <li>* Back leg must not lean on rung (otherwise 0.1-0.2 deduction)</li> </ul>	<ul style="list-style-type: none"> <li>* Splits stand must be performed over a rung or handle, i.e. there must be a rung or handle between the standing leg and the free leg                         <ul style="list-style-type: none"> <li>* Roll may be tucked</li> </ul> </li> <li>* No recognition if the splits stand is performed as a change of direction</li> <li>* No recognition if the splits stand is not preceded by a roll</li> </ul>



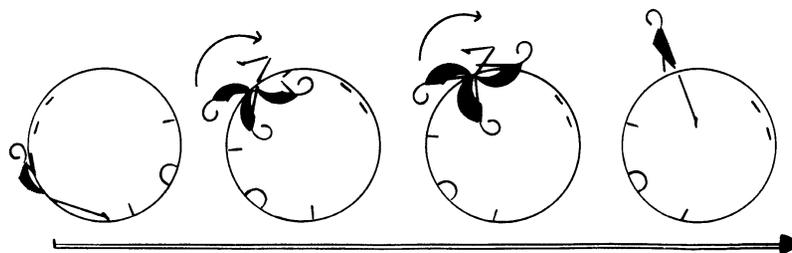
Example B42

B43: IV	Execution Comments	Difficulty Judges / Recognition
Upward hip circle, roll backwards	<ul style="list-style-type: none"> <li>* Common fault: brief stationary wheel</li> <li>* Legs do not have to be straight in upward hip circle</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (also at end of length as change of direction or with tuck roll)</li> </ul>



Example B43: upward hip circle, roll backwards

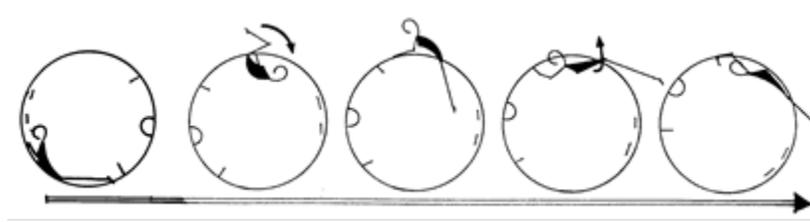
B44: IV	Execution Comments	Difficulty Judges / Recognition
(Front lying backwards) double back hip circle	<ul style="list-style-type: none"> <li>* Optional grip and holding zone</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations of the back hip circle (tuck, angled)</li> <li>* Also as change of direction</li> </ul>



Example B44: (front lying backwards) double hip circle backwards

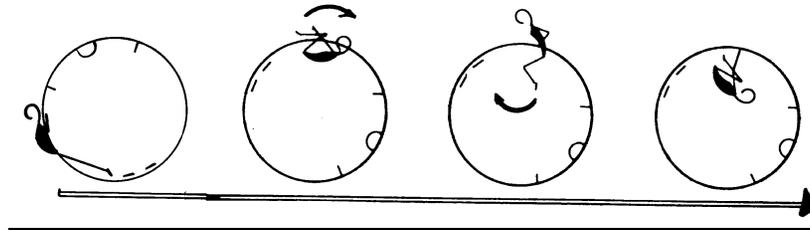
<b>B45: IV</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(Front lying backwards) hip circle backwards with subsequent A element in the upper phase	* For execution of hip circle, see B44	* For recognition of move, see B44

<b>B45a):</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(Front lying backwards) hip circle backwards, high lying with 1/2 turn	* In high lying: clear backswing of legs, straight and together * Optional grip and holding zone	* For recognition of move, see B44



Example B45a

<b>B45b):</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(Front lying backwards) hip circle backwards, roll backwards	<ul style="list-style-type: none"> <li>* Optional grip and holding zone</li> <li>* Common fault: briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition: see B44</li> </ul>

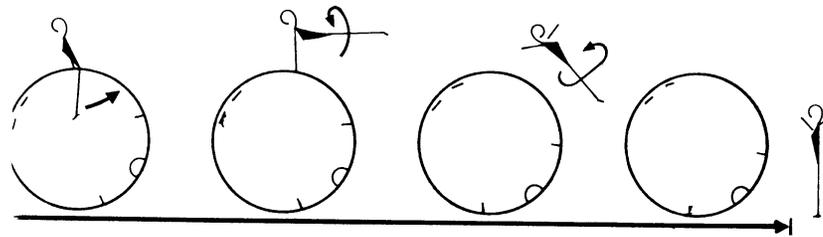


Example B45b

## DISMOUNTS

### LEG SWING MOVEMENTS

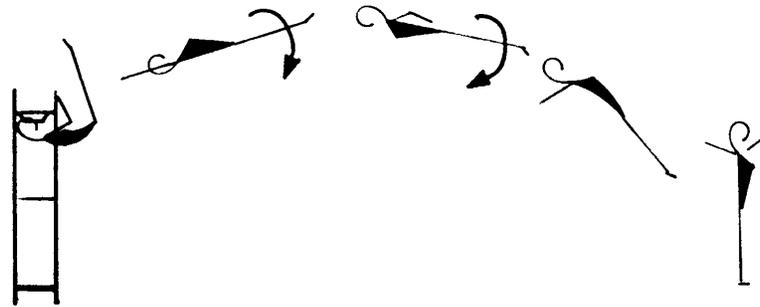
<b>B46: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Layout swing down with 1/1 twist	<ul style="list-style-type: none"> <li>* Flight phase: hips must rise above shoulder level</li> <li style="padding-left: 20px;">* Hip angle straight or overextended</li> <li>* Landing: Deduction for completing the twist after landing (regardless of whether the twist was completed)</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of the dismount: From support position or from straddle sitting</li> <li style="padding-left: 20px;">* Recognition of the twist:                             <ul style="list-style-type: none"> <li>- More than <math>\frac{3}{4}</math> twist: Recognition as B (with or without twist being completed after landing)</li> <li>- Less than <math>\frac{3}{4}</math> twist: No recognition as B (with or without twist being completed after landing)</li> </ul> </li> </ul>



Example B46: layout swing down with full twist

### UNDERSWINGS

<b>B47: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Underswing with 1/1 twist	<ul style="list-style-type: none"> <li>* Watch for hip extension in flight phase</li> <li>* Height in flight phase: at least shoulder level</li> <li>* Landing: Deduction for completing twist after landing</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations of underswing from different standing positions</li> <li>* Recognition of the twist: as for B46</li> </ul>

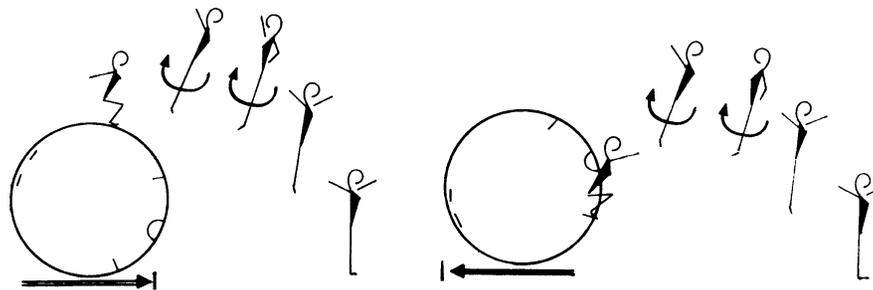


Example B47: underswing with full twist

**VAULT DISMOUNTS**

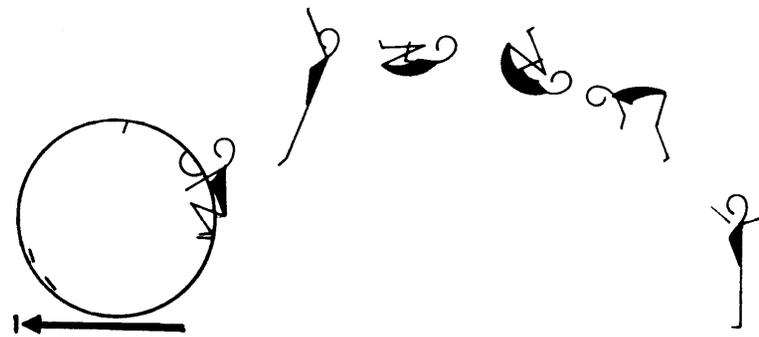
(From standing on top of the wheel or out of the rolling wheel)

<b>B48: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Straight jump with 1/1 twist	<ul style="list-style-type: none"> <li>* Flight phase: Clear rising phase must be recognisable (above shoulder level)</li> <li>* Twist must begin after the jump from the wheel                             <ul style="list-style-type: none"> <li>* Hip extension in the flight phase</li> <li>* Landing: Deduction for completing the twist after landing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of the dismount:                             <ul style="list-style-type: none"> <li>- From standing on the wheel</li> <li>- From the rolling wheel standing on the rung (or board)</li> </ul> </li> <li>* Recognition of the twist: see <b>B46!</b></li> </ul>

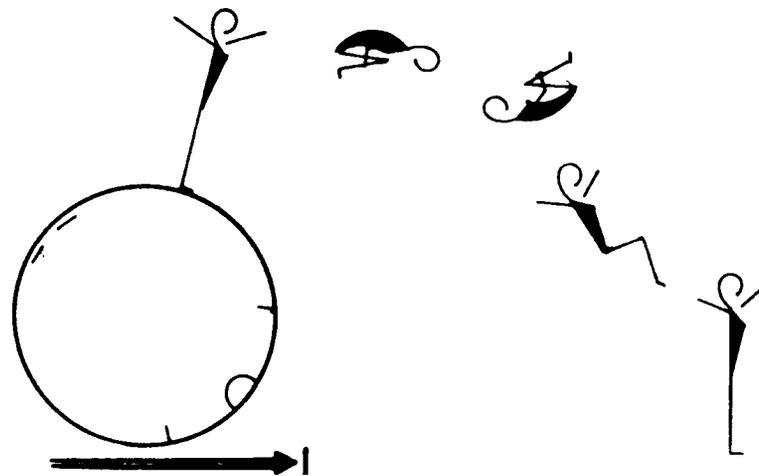


Example B48: straight jump with full twist

<b>B49: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Somersault	<ul style="list-style-type: none"> <li>* Flight phase: Clear rising phase must be recognisable</li> <li>* Deductions for execution faults on landing: see minor deductions or half-point deduction</li> <li>* Body position in the flight phase: Deductions for an uneven somersault, hip angle too open, arched back in backwards somersault.</li> <li>* Before landing: Upper body upright, hip angle almost straight (in particular for backward somersault!)</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all somersault variations (tuck, pike, forwards, backwards, to the side)                             <ul style="list-style-type: none"> <li>* Recognition of the dismount:                                     <ul style="list-style-type: none"> <li>- From standing on top of the wheel</li> <li>- Out of the rolling wheel</li> </ul> </li> </ul> </li> <li>- Diagonally to the side out of the rolling wheel with take-off from board or rim at floor level. So far, only a forward somersault has been performed from this position.</li> </ul>



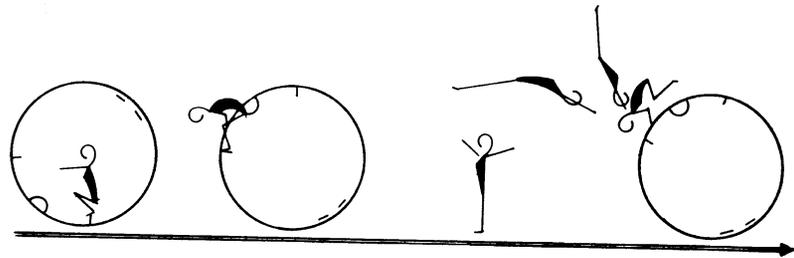
Example B49: backward somersault



Example B49: forward somersault from standing on top of the wheel

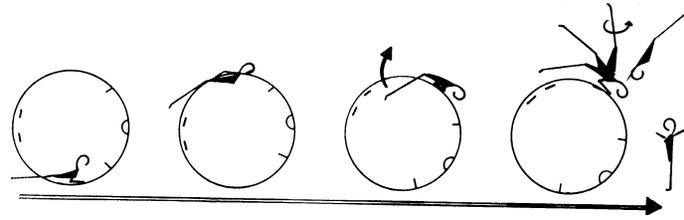
**OVERSWINGS**

<b>B50: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Overswing from push through	<ul style="list-style-type: none"> <li>* Optional grip and holding zone before the overswing</li> <li>* Shoulder / upper arms may be lowered to rim level and touch the rims.</li> <li>* Before thrust from wheel: The body is usually in a small tuck position.</li> <li>* Flight phase: Thrust with body extension must be recognisable.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition: The transition must come from a push through, i.e. hips may not lie on a rung!</li> </ul>

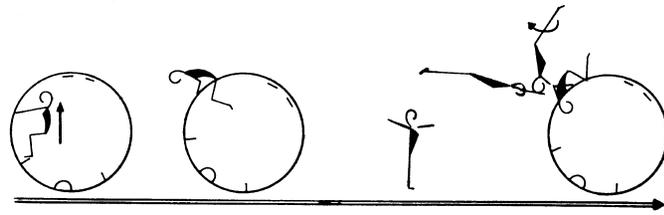


Example B50

<b>B51: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Overswing from high standing, high sitting or (brief) hip hang with ½ turn	<ul style="list-style-type: none"> <li>* Shoulders may sink down to the level of the rims and the upper arms may touch the rims.</li> <li>* Supporting the elbows against the wheel is not permitted (0.1-0.2)</li> <li>* There must be an obvious push away from the wheel with an extended body</li> <li>* The turn may be initiated while still in contact with the wheel, but only up to ¼.                             <ul style="list-style-type: none"> <li>* Landing: For deductions relating to completing the turn after landing, see B46.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of the dismount:                             <ul style="list-style-type: none"> <li>* From sitting (on the rims) or                                     <ul style="list-style-type: none"> <li>- From standing on the rims or rungs</li> <li>- From a brief hip hang e.g. after front lying.</li> </ul> </li> <li>* Recognition of the turn:                                     <ul style="list-style-type: none"> <li>- More than ¼ turn: Recognition as a B (regardless of whether the gymnast completes the turn after landing)</li> <li>- Less than ¼ turn: No recognition as a B (regardless of whether the gymnast completes the turn after landing)</li> </ul> </li> </ul> </li> </ul>



Example B51

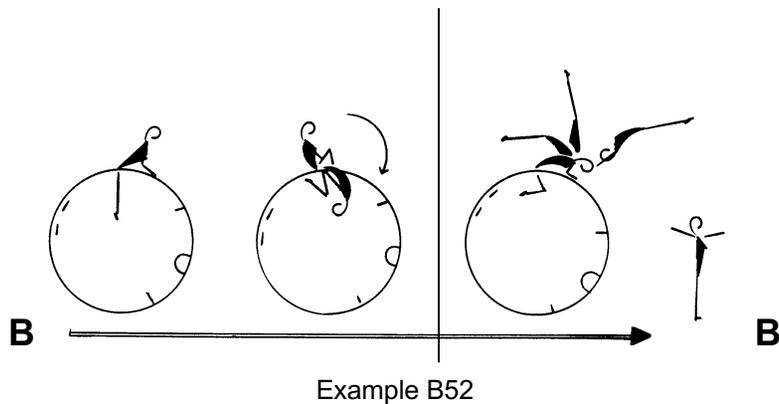


Example B51

**OVERSWINGS WITH SPECIAL TRANSITIONS**

The following overswings will receive B difficulty if they directly follow the described upper phase. The difficulty of the preceding upper phase will be counted separately.

<b>B52: IV+X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p><b>Upper phase:</b> B, C or D (<u>not</u> including variations of inverted arm support, shoulder support und high handstand)</p> <p><b>Dismount:</b> Overswing from high standing, high sitting or (brief) hip hang</p>	<ul style="list-style-type: none"> <li>* For description of execution, see B51 (without the comments regarding the turn round the longitudinal axis)</li> <li>* For comments regarding the execution of the preceding B, C or D element: see the description of these elements in the relevant difficulty catalogue</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only if the overswing is performed directly following and in the same upper phase as the B, C or D element (i.e. no subsequent lower phase or other element)</li> <li>* No recognition if gymnast “falls” out of an inverted arm support or shoulder support.</li> <li>* For judging an overswing from handstand, see C catalogue</li> </ul>



# C ELEMENTS

## STRAIGHT-LINE

**C ELEMENTS IN STRAIGHT-LINE THAT ARE NOT YET CATEGORISED****Combinations in the upper phase**

<p>C</p> <p>Submitted by Norway</p>	<p>Above: Free knee swing backwards into sitting backwards without feet on wheel</p> <p>Below: Back lying</p> <p><a href="http://youtu.be/IUoAHEQPtLI">http://youtu.be/IUoAHEQPtLI</a></p>
<p>C</p> <p>(previously D)</p>	<p>Knee circle forwards</p>
<p>C12a III</p>	<p>High roll forwards with ½ turn against the rolling direction into hip hang</p> <p>No video – can be deduced from D16f</p>
<p>C12b III</p>	<p>C12b (= high roll forwards with ½ turn against the rolling direction, via an inverted back hang holding the rims) into high hip hang forwards</p> <p>No video – deduced from D19</p>

**Moves with difficulty in the upper phase**

<p>C13 <b>III</b></p> <p>Submitted by Japan</p>	<p>Push through with ½ turn, high roll backwards over the back rung handle with standing position on the front rung handle</p> <p><u>Reason:</u> An additional ½ turn before the high roll backwards over the back rung handle with standing position on the front rung handle does <u>not</u> increase the difficulty of the move.</p> <p><a href="https://youtu.be/waUzFmT6a-Y">https://youtu.be/waUzFmT6a-Y</a></p>
<p>C24 <b>IV</b></p> <p>Submitted by Japan</p>	<p>Triple back hip circle (not after a preceding front lying backwards)</p> <p><u>Reason:</u> An additional back hip circle does <u>not</u> increase the value of C24 to D difficulty. The gymnast must perform four consecutive back hip circles (not after a preceding front lying backwards) in order for the move to be categorised as D29 (combination of two C elements in the upper phase).</p> <p><a href="https://youtu.be/vjj1zF3OVKA">https://youtu.be/vjj1zF3OVKA</a></p>

**Element combinations with a decentralised element**

<p><b>C VI</b> Submitted by Israel</p>	<p>Knee hang holding the wheel rims or one of the rungs, jump off the floor into a brief ankle hang on the rung/board above the next highest rung/board, (stepped change of foot position, change of direction), bridge forwards</p> <p style="text-align: center;">NB:</p> <p style="text-align: center;">This element combination has previously only been performed as a change of direction.</p> <p>* Difficulty: The knee hang in the first upper phase is counted as an A. The bridge performed after the jump from the floor and change of direction is counted as a C.</p> <p style="text-align: center;"><a href="https://youtu.be/nui2T9SvN9c">https://youtu.be/nui2T9SvN9c</a></p>
<p><b>C VI</b> Submitted by Israel</p>	<p>From free knee swing forwards (also with one leg), ½ turn into front support backwards</p> <p style="text-align: center;">NB:</p> <ul style="list-style-type: none"> <li>- All variations of front support backwards (holding the rims) are recognised</li> <li>- The gymnast performs a stepped transition from knee hang into front support</li> <li>- The move will also be recognised if the free knee swing is performed as a change of direction at the end of a length <ul style="list-style-type: none"> <li>- No recognition if the gymnast misses the standing position and falls (= core phase of the move missing)</li> </ul> </li> <li>- A free knee swing with one leg is judged to be the same upper phase as a free knee swing with two legs. If both variations are performed in the same routine, the move will only be counted once as a C.</li> </ul> <p>From free knee hang forwards into bridge forwards and from free knee hang forwards with ½ turn into front support forwards are two different moves in terms of difficulty, but they belong to the same structure group.</p> <p style="text-align: center;"><a href="https://youtu.be/Fla2LIN12II">https://youtu.be/Fla2LIN12II</a></p>

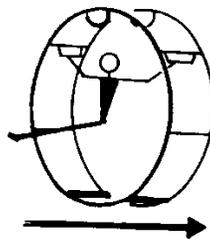
## C ELEMENTS IN STRAIGHT-LINE

### CENTRALISED MOVES

#### BASIC ELEMENTS

#### MOVES WITHOUT BINDINGS

C1: II	Execution Comments	Difficulty Judges / Recognition
Side rotation without feet or legs on wheel	<ul style="list-style-type: none"> <li>* Brief touching of the rims or board/rung with the feet (without weight on the feet) counts as a minor or medium deduction.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations where both feet are released from the wheel (e.g. forward pike, bent knees, etc.)</li> <li>* No recognition if there is weight on the feet during the rotation. (But: Short touch, "wobble", is only deducted by the execution judge!)</li> </ul>

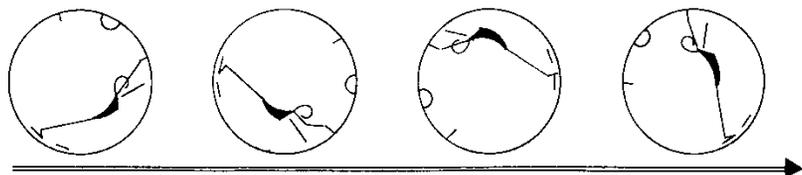


Example C1

## BRIDGES

### BRIDGES IN ONE BINDING

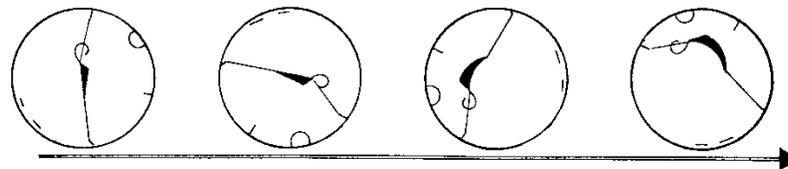
C2: I	Execution Comments	Difficulty Judges / Recognition
One-armed giant bridge (forwards/backwards)	<ul style="list-style-type: none"> <li>* Arm pull necessary</li> <li>* A brief touching of the handle or rim (“wobble”) without holding on properly will be counted as a minor deduction (0.1) for incorrect hand position</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the giant bridge backwards is not completed, e.g. if the gymnast adopts a front support position when upside down (see giant bridge without bindings).</li> <li>* No recognition as a C element if the gymnast holds on with the free hand during the rotation. (NB: A “wobble” is deducted by the execution judge only.)</li> <li>* No recognition if there is a deliberate holding with the free hand in order to execute a change of support hand, i.e. no recognition if the giant bridge is performed as an element combination.</li> </ul>



Example C2: One-armed giant bridge forwards

**BRIDGES WITHOUT BINDINGS**

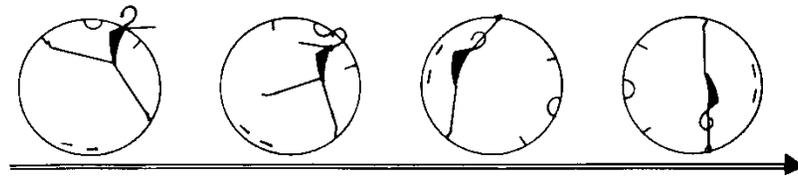
<b>C3: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Giant bridge forwards with grip on inner handle	<ul style="list-style-type: none"> <li>* No arm pull</li> <li>* Counts as a "completed bridge" for composition</li> <li>* Hips must be straight in the support phase</li> </ul>	<ul style="list-style-type: none"> <li>* 3 main variations of the giant bridge forwards                             <ol style="list-style-type: none"> <li>1. Standing on the back board with grip on the front inner handle</li> <li>2. Standing on the front board with grip on the front inner handle</li> <li>3. Standing on the lower stride rung with grip on the upper inner handle. For all other possible variations of the giant (rim) bridge forwards, see B4.</li> </ol> </li> <li>* No recognition if a change of direction is performed in the giant bridge position.</li> </ul>



Example C3

**BRIDGES WITH SPECIAL TRANSITIONS**

<b>C4: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(free high splits backwards), directly into giant bridge backwards with grip on inner handle, stride rung or board.	<ul style="list-style-type: none"> <li>* High splits: The hands must not necessarily be held free the whole time. However, immediately before bringing back the split leg, both arms must be released briefly. Deduction for releasing the hands too late: 0.1</li> <li>* If the split leg is brought back first and then the arms released: no recognition as a C! In this case there is no deduction for releasing the hands too late!</li> <li>* For the execution of giant bridge: see B3</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only if the transition from high splits to giant bridge is performed free, i.e. the hands are released at the latest at the same time as the front split leg is moved back.</li> <li>* No recognition if the gymnast keeps holding the wheel while the front split leg is moved next to the back leg in an angled standing position.</li> <li>* No recognition if the giant bridge is performed holding the rims.</li> </ul>



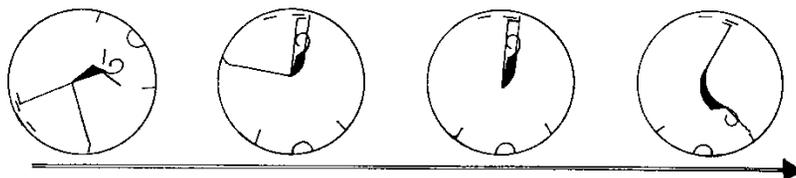
Example C4

### ELEMENT COMBINATIONS

NB: If there is no description for the transition in an inverted position, it can be assumed that any transition is possible

#### ELEMENT COMBINATIONS IN ONE BINDING

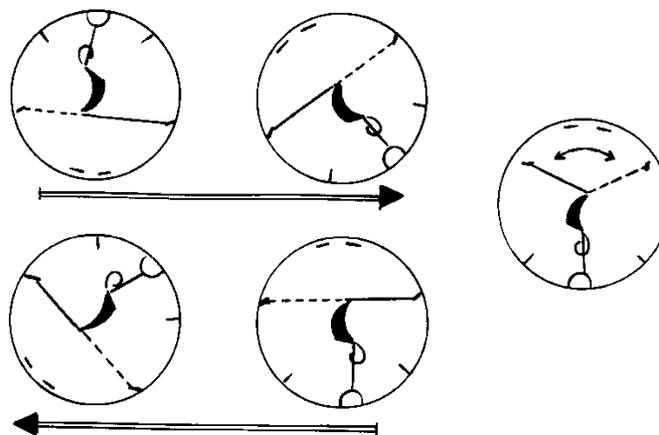
C5: I	Execution Comments	Difficulty Judges / Recognition
Element combinations with a pike with legs together and a ½ turn	<ul style="list-style-type: none"> <li>* See B8 for execution of pike position</li> <li>* Deductions for legs not together (incorrect foot or leg positioning: 0.1-0.3)</li> <li>* Deductions for too early opening of the hip angle in pike position on one board!</li> <li>* Judges' meeting if necessary with regard to recognition of C difficulty</li> </ul>	<ul style="list-style-type: none"> <li>* See B8 for recognition of pike</li> <li>* Recognition as a C only if the free leg is clearly released from the relevant rung/handle while in pike position and the closed leg position is executed with only minor deductions for incorrect foot/leg positioning.</li> <li>* The ½ turn may be performed before or after the pike.                             <ul style="list-style-type: none"> <li>* If the pike with legs together is not recognised, it is usually possible to recognise the move as B11.</li> </ul> </li> </ul>



Example C5

#### ELEMENT COMBINATIONS WITHOUT BINDINGS

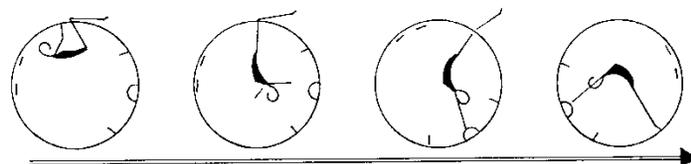
C6: II	Execution Comments	Difficulty Judges / Recognition
Splits bridge with change of legs and change of direction	<ul style="list-style-type: none"> <li>* Must <u>not</u> be strict with regard to "stationary wheel", in particular in the case of a change of direction</li> <li>* If the placement of the feet back on the wheel after change of legs does not happen at exactly the same time, minor deduction (0.1)</li> </ul>	<ul style="list-style-type: none"> <li>* As change of direction at the end of a length: subsequent move will be a C.</li> <li>* Recognition only when change of legs takes place simultaneously (i.e. not as a stepped transition).</li> <li>* Stationary wheel is only deducted by the execution judges (recognition as C by difficulty judge)</li> </ul>



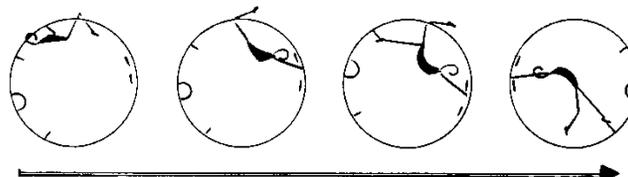
Example C6

**ELEMENT COMBINATIONS WITHOUT BINDINGS, WITH A DECENTRALISED ELEMENT**

<b>C7: VI</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>From free knee swing (with one or two legs over the rung) forwards into bridge forwards (legs together or stepped)</p>	<ul style="list-style-type: none"> <li>* Adjustment of holding position (grip) after knee hang, incorrect foot positioning in transition from knee hang to bridge</li> <li>* Incorrect head position: Head not between the arms</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations of (rim) bridge</li> <li>* Transition from knee hang to bridge may be performed as a stepped transition</li> <li>* Recognised with the knee swing as a change of direction or in the same direction (NB: Watch out for repetition!)</li> <li>* No recognition if the gymnast misses the standing position in bridge (i.e. fall in core phase of move)</li> <li>* A free knee swing with one leg over the rung and a free knee swing with two legs over the rung will be treated as identical upper phases. If both variations are performed in the same routine, the move will only be counted once as a C.</li> </ul>

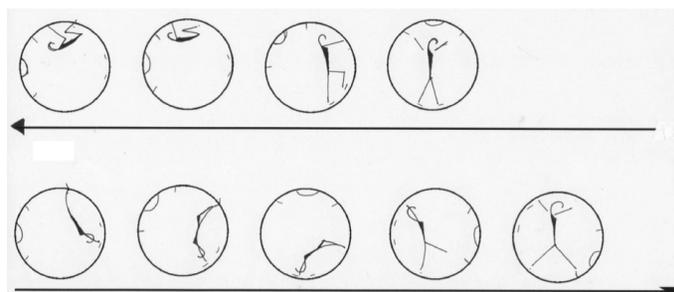


Example C7



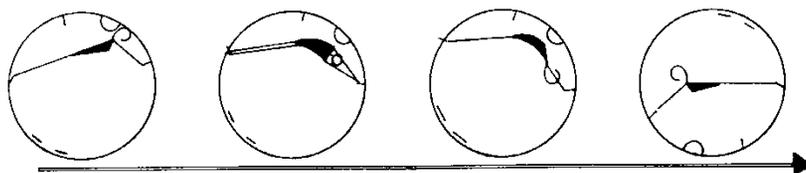
Example C7 (stepped)

C8: VI	Execution Comments	Difficulty Judges / Recognition
From free heel hang forwards into bridge forwards	<ul style="list-style-type: none"> <li>* Change of foot position after the heel hang can be performed stepped or with both feet together. The knees may be slightly bent and the hip angle slightly closed throughout the heel hang.</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the heel hang is performed on the wheel rims. Minor deductions apply if the feet are slightly apart.</li> <li>* No recognition if the bridge position after the heel hang is not achieved.</li> <li>* Recognition of all (rim) bridge variations. The transition from heel hang to bridge may be performed stepped or with both feet together. The heel hang is usually performed as a change of direction.</li> <li>* No recognition if the gymnast misses the standing zone in the bridge and falls out of the wheel (= core phase of the move)</li> </ul>



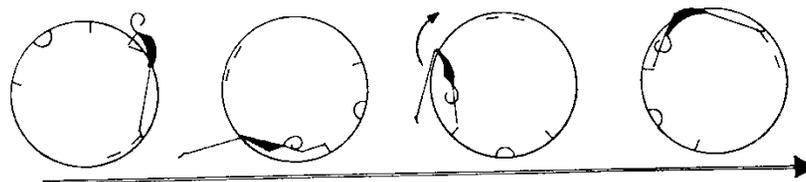
Example C8

C9: II	Execution Comments	Difficulty Judges / Recognition
High turning bridge (without change of grip)	<ul style="list-style-type: none"> <li>* Watch out for hip extension in (high) front support</li> <li>* Watch out for incorrect foot positioning during turn.</li> <li>* Transition in inverted position: free transition zone</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only as long as the hands are not released from the wheel during the turn</li> </ul>



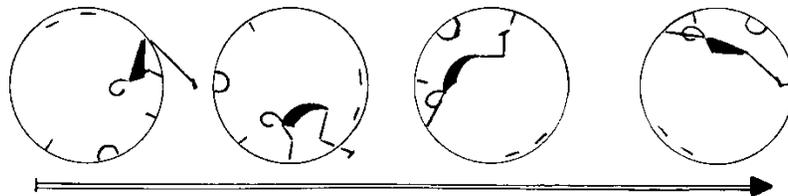
Example C9: high turning bridge

C10: IX	Execution Comments	Difficulty Judges / Recognition
From front lying forwards into giant bridge forwards	<ul style="list-style-type: none"> <li>* Watch out for Incorrect foot positioning in giant bridge. Do <u>not</u> be strict with regard to noise level when feet hit boards</li> <li>* Free transition zone for transition from front lying into giant bridge</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the giant bridge position is not achieved (e.g. if the gymnast misses the boards with feet)</li> </ul>



Example C10

C11: IX	Execution Comments	Difficulty Judges / Recognition
<p>From hip hang backwards via jump from floor backwards into high front support backwards with feet on inner handle or stride rung (Hands on the rims between the rung where the hip hang is being performed and the next rung)</p>	<ul style="list-style-type: none"> <li>* Obvious and visible jump/take-off from the floor (not soundless)</li> <li>* Watch out for incorrect foot positioning when in high front support</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the gymnast misses the inner handle or rung after take-off from the floor or if there is a change of direction in high front support (rolling back). (= Core phase of move missing.)</li> <li>* Recognised as an A if the gymnast hooks his/her feet into the handle, thus not holding a front support positions.</li> <li>* There are two variations of this move, with different starting and finishing positions:                         <ol style="list-style-type: none"> <li>1. Feet land on inner handle after jump from floor.</li> <li>2. Feet land on stride rung after jump from floor.</li> </ol> </li> </ul>



Example C11

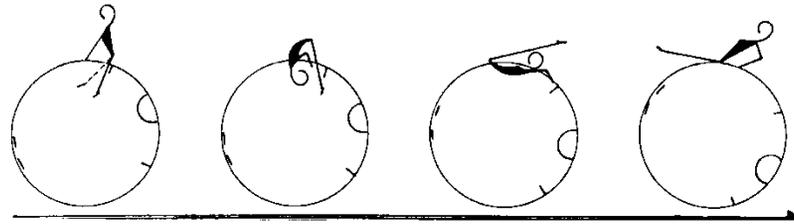
## DECENTRALISED MOVES

### MOVES WITH DIFFICULTY IN THE UPPER PHASE

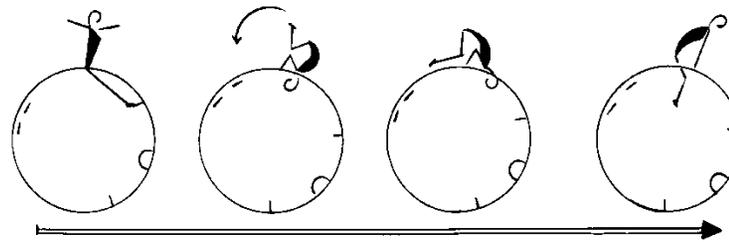
In this chapter only the difficulty in the upper phase is counted. Regardless of lower phase, the move will be counted as a C. If performed before a centralised move, before a centralised change of direction or before a dismount, the upper phase on its own will be counted as a C.

#### ROLL MOVEMENTS

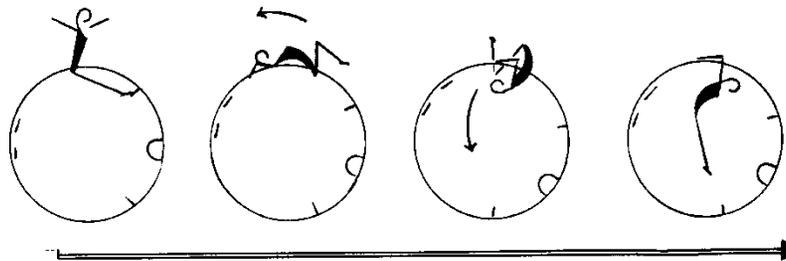
<b>C12: III</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>High roll forwards/backwards against rolling direction (into high support, high sitting, high tuck stand or elbow hang) (Neither element as a change of direction!)</p>	<ul style="list-style-type: none"> <li>* Optional grip type and holding zone</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of forwards and backwards variations (including tuck position!)</li> <li>* In the case of a high roll backwards against the rolling direction: Recognition only if the elbows remain above the level of the wheel rims during the roll. [Otherwise: not enough difference from downward seat circle – see Appendix]</li> <li>* The high roll forwards against rolling direction finishes in a high (straddle) sitting position.</li> <li>* The high roll backwards against rolling direction can be performed into a high support position, a high (straddle) sitting position, a high tuck stand or an elbow hang.</li> <li>* No recognition as a C if the high roll is performed as a change of direction.</li> <li>* But: Recognition if the change of direction occurs clearly <u>before</u> the high roll.</li> <li>* The <u>entire element</u> must be performed <u>against</u> the rolling direction.</li> </ul>



Example C12 (forwards)

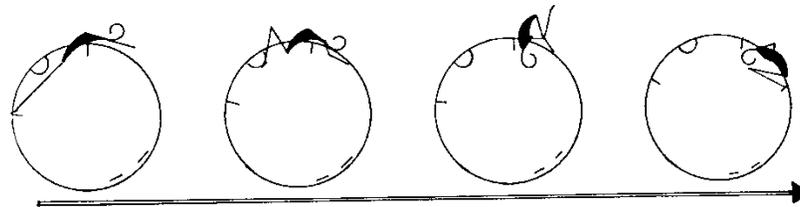


Example C12 (backwards into high support)



Example C12 (backwards into elbow hang)

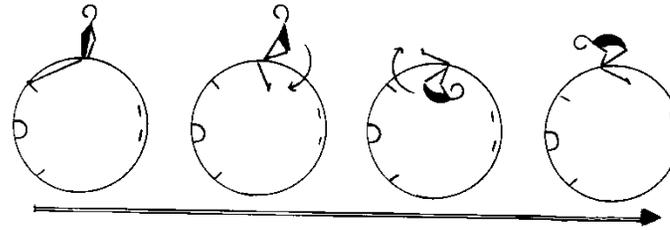
C13: III	Execution Comments	Difficulty Judges / Recognition
High roll backwards over the back handle rung from standing on the front inner handle	<ul style="list-style-type: none"> <li>* Optional grip type and holding zone</li> <li>* Watch out for incorrect foot positioning!</li> <li>* Common mistake - briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including change of direction)</li> <li>* The high roll must take place from a standing position on the front inner handle, e.g. high splits (= front foot on inner handle) or from standing with feet together on inner handle.</li> <li>* No recognition as a C if the high roll is performed from a brief support position on the elbows (i.e. not from standing on the front inner handle).</li> </ul>



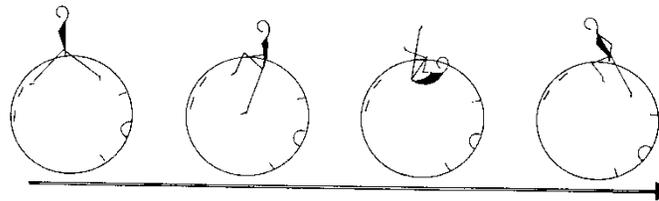
Example C13

**UPWARD HIP CIRCLES, DOWNWARD HIP CIRCLES, FORWARD/BACKWARD HIP CIRCLES**

C14: V	Execution Comments	Difficulty Judges / Recognition
Knee circle backwards (two legs) or Knee circle forwards/backwards (one leg)	<ul style="list-style-type: none"> <li>* In the case of a knee circle with one leg: watch out for incorrect leg positioning when entering into and leaving the stride position</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including change of direction)</li> </ul>



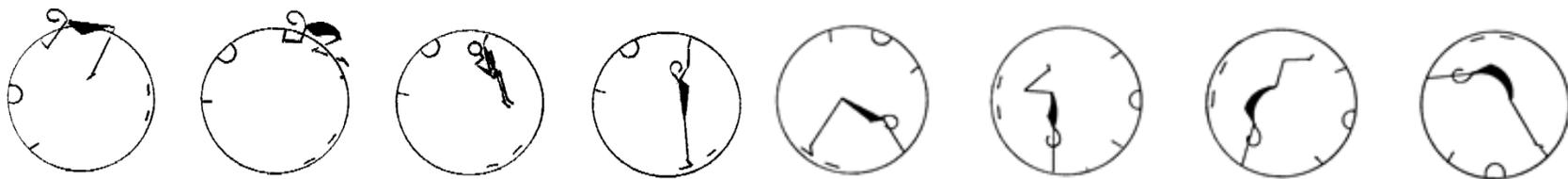
Example C14 (two legs)



Example C14 (one leg)

**LEG SWING MOVEMENTS**

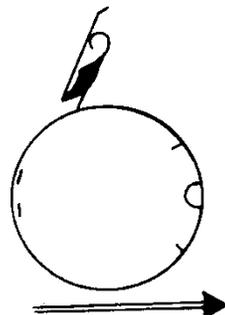
<b>C15: II+VII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>Tuck over with ½ turn from hip hang with hands holding next to each other on the upper rung, handle or board into standing with legs together (not on the same rung as the gymnast’s hip hang) directly followed by a centralised move.</p>	<ul style="list-style-type: none"> <li>* Visible backswing of the legs; Watch out for incorrect leg and foot positioning.</li> <li>* When lowering the legs into standing position: Important to maintain a controlled leg movement (no falling/dropping of the legs into standing)</li> </ul>	<ul style="list-style-type: none"> <li>* The ½ turn follows directly after the tuck movement of the legs over the rung.</li> <li>* Alternate (mixed) grip is permitted.</li> <li>* End position in the wheel: Legs together on a board or rung, but not on the same rung as the gymnast started off in hip hang position. This type of tuck over will upgrade the subsequent centralised move (e.g. jumped handstand or stepped handstand) to a C. Difficulty: B (tuck over) + C (centralised move)</li> <li>* No recognition if the gymnast performs a change of direction, step in the wheel or stride position before the centralised move. (In this case: B33)</li> </ul>



Example C15 (with jumped handstand)

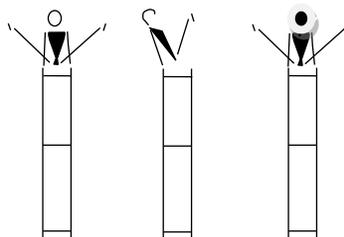
**STATIC ELEMENTS**

<b>C16: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>High pike support</p>	<ul style="list-style-type: none"> <li>* Optional grip and holding zone</li> <li>* Execution deductions for pike position only possible as long as there is a clear attempt to perform it as a C.</li> <li>* Pike position in this case means "legs almost touching nose". A small distance will be accepted without deduction.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition criteria:</li> <li>* Clear support position, i.e. no leaning on rung/handle/rim with hips or elbows.</li> <li>* Pike position: Hip angle must be clearly less than 50°, head must move in direction of knees. (Judges' meeting if necessary.)</li> <li>* The final pike position must be clearly held for approx. ½ second.</li> <li>* Legs must be together. (Otherwise: B34)</li> </ul>



Example C16: high pike support

C17: VIII	Execution Comments	Difficulty Judges / Recognition
High angled straddle support (straddle half lever) with ½ turn	* Optional grip and holding zone	* Recognition: Clear support position must be shown, i.e. no resting of hips, thighs or elbows on rung, handles or rims at any point during the move (otherwise A).



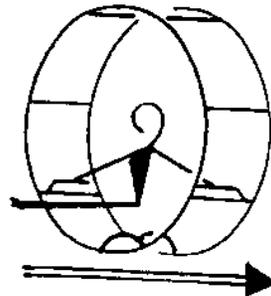
Example C17: high angled straddle support

**MOVES WITH DIFFICULTY IN THE LOWER PHASE**

If one of the following lower phases is performed directly after an upper phase with A difficulty, the entire move (upper + lower phase) will be counted as one C.  
 If one of the following lower phases is performed directly after an upper phase with B difficulty, the entire move (upper + lower phase) will be counted as one C.  
 If one of the following lower phases is performed directly after an upper phase with C difficulty, the entire move (upper + lower phase) will be counted as one C.  
 If one of the following lower phases is performed directly after an upper phase with D difficulty, the difficulty of the upper phase will be counted and not the difficulty of the lower phase.

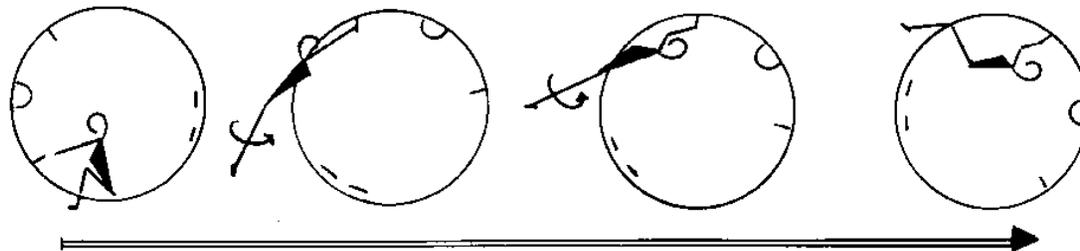
**SUPPORT**

<b>C18: IX</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Side angled support	* Incorrect foot, leg positioning: Brief touching ("brushing") of floor: Deduction 0.1-0.3 * Obvious contact with floor to avoid a fall: Deduction 0.5	* No recognition if the hips are leaned obviously against the wheel rim or handle. * Brief touching of floor/wheel: Deduction by execution judges!



Example C18: side angled support

C19: IX	Execution Comments	Difficulty Judges / Recognition
<p>Angled sitting with 1/1 turn and take-off from floor (Hands hold next to each other on the upper rung, handle or board.) (Not preceding a dismount against the rolling direction and not as a change of direction.)</p>	<ul style="list-style-type: none"> <li>* Clear take-off from floor with both feet together (noise is not a problem!)</li> <li>* Grip: Hands next to each other (same way round or alternate grip); arms are usually crossed. In order to complete the full turn, the gymnast will need to re-grasp the rung/handle/board.</li> <li>* The hips do not touch the wheel until the full turn has been completed and the gymnast ends up in a knee hang position.</li> </ul>	<ul style="list-style-type: none"> <li>* Angled sitting may be performed with or without feet touching the wheel.</li> <li>* No recognition if C19 is performed immediately before a dismount, i.e. if the gymnast does not reach a subsequent upper phase. The C will be recognised, however, if another element is performed in the upper phase, or if a dismount is performed in the same direction.</li> <li>* No recognition if C19 is performed as a change of direction, i.e. no subsequent element in the upper phase and no centralised change of direction.</li> </ul>



Example C19

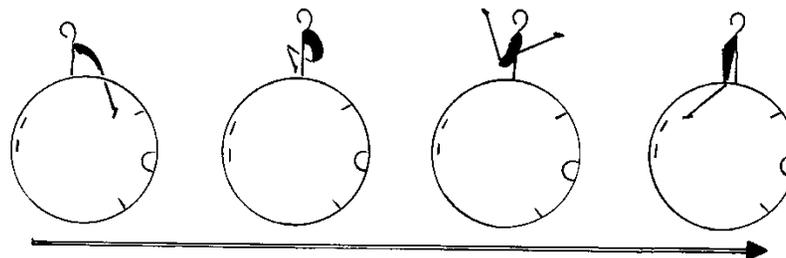
## MOVES THAT HAVE THEIR DIFFICULTY IN A COMBINATION OF SEVERAL DECENTRALISED ELEMENTS

### COMBINATIONS IN THE UPPER PHASE

In this chapter we look at difficulty performed in the upper phase. Whatever A, B or C value lower phase follows the described upper phase, the move as a whole (upper + lower phase) will be counted as a C. If the upper phase is performed directly before a centralised element, centralised change of direction or dismount, the upper phase alone will be counted as a C.

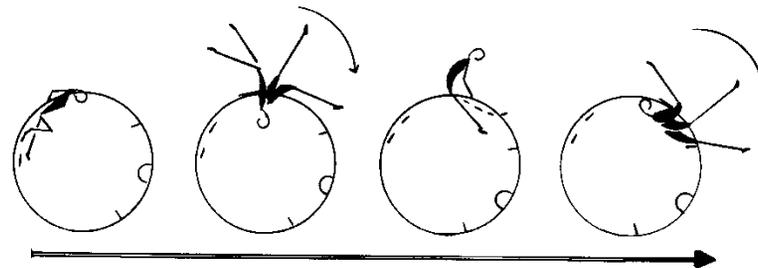
In the case of combinations of elements that have already been described (e.g. in the B difficulty catalogue), an exact description of the combination will be given and the comments regarding recognition and/or technical execution will also be valid as part of the C combination. Any deviations will be clearly specified.

C20: VII+VIII	Execution Comments	Difficulty Judges / Recognition
<p><b>B33</b> (=High tuck over, directly followed by ...)  <b>B34</b> (=High pike straddle support)</p> <p style="text-align: center;">Or</p> <p><b>B33</b> (=High tuck over, directly followed by)  <b>C16</b> (=High pike support)</p>	<ul style="list-style-type: none"> <li>* For execution of the high tuck over: see B33</li> <li>* For execution of the high pike straddle support: see B34</li> </ul>	<ul style="list-style-type: none"> <li>* Recognised only if the high pike straddle support is performed directly after the high tuck over, i.e. without the gymnast sitting on the wheel first.</li> <li>* For recognition of the pike straddle support position (hip angle), see: B34</li> <li>* For recognition of the high pike support position (hip angle), see C16</li> <li>* Recognition of all variations, including change of direction.</li> </ul>



Example C20

C21: III+V	Execution Comments	Difficulty Judges / Recognition
Upward back circle into high straddle sitting (A), followed by <b>B22</b> (= high roll forwards)	<ul style="list-style-type: none"> <li>* For execution of the upward back circle, see B31.</li> <li>* For execution of the high roll, see B22.</li> <li>* Common fault: Briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition of the high roll (elbows!), see B22.</li> </ul>

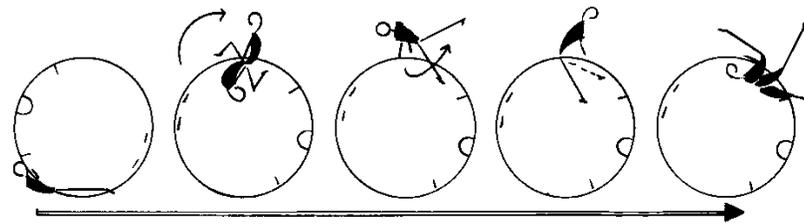


Example C21

C22: III+IV	Execution Comments	Difficulty Judges / Recognition
Back hip circle after front lying backwards, followed by a second element in the upper phase and <b>B22</b> (= high roll)	<ul style="list-style-type: none"> <li>* For execution of the hip circle, see B25</li> <li>* For execution of the high roll, see B22</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition of the high roll (elbows!), see B22.</li> <li>* The required second element in the upper phase may be an A.</li> <li>* Recognition also as a change of direction</li> </ul>

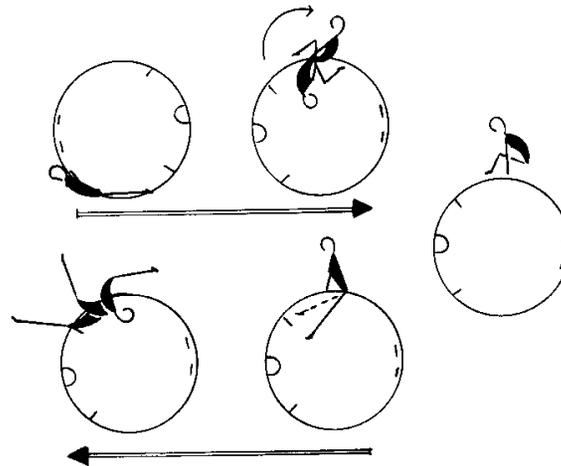
Examples C22:

C22 a):	Execution Comments	Difficulty Judges / Recognition
Back hip circle after front lying backwards, ½ turn into straddle sitting, <b>B22</b> (= high roll forwards)	<ul style="list-style-type: none"> <li>* For execution of the ½ turn:                             <ul style="list-style-type: none"> <li>- Optional grip and holding zone (usually on the rims)</li> <li>- Visible backswing of legs, legs straight (0.3); the legs begin to straddle as the legs are swung backwards</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>* Recognition also as change of direction</li> <li>* For recognition of the high roll (elbows!), see B22.</li> </ul>



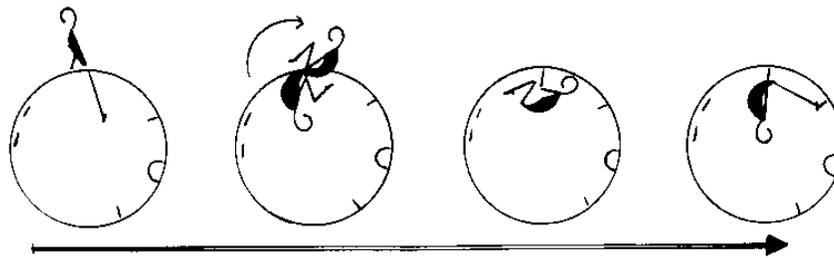
Example C22 a)

C22 b): III+IV	Execution Comments	Difficulty Judges / Recognition
Back hip circle after front lying backwards, followed by <b>B33</b> (= high tuck over) into straddle sitting, followed by <b>B22</b> (= high roll forwards)		* Recognition also as change of direction

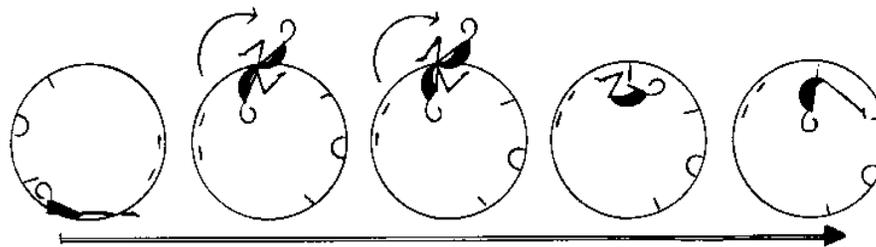


Example C22 b)

C23: IV	Execution Comments	Difficulty Judges / Recognition
<p><b>B25</b> backwards (= back hip circle; not after front lying backwards), roll backwards  <b>or</b>  <b>B44</b> (= double back hip circle after front lying backwards), roll backwards</p>	<ul style="list-style-type: none"> <li>* Optional grip and holding zone for hip circle</li> <li>* Common fault: Briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including at end of length, as change of direction, and with tuck or angled/pike roll.</li> <li>* Recognition only if the requirements are fulfilled for the back hip circle (single circle not from front lying backwards, but e.g. from jump or upswing into front support!</li> </ul>



Example C23 (not after front lying backwards)

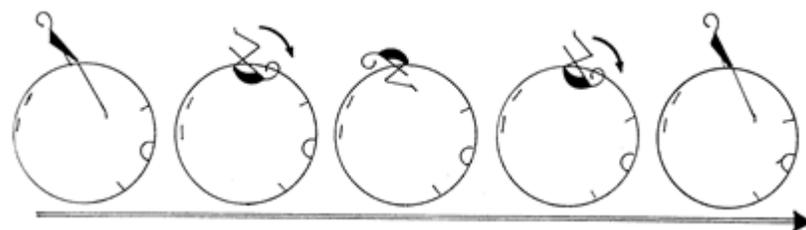


Example C23 (after front lying backwards)

C24: IV	Execution Comments	Difficulty Judges / Recognition
<p><b>B25</b> backwards (= back hip circle; not after front lying backwards), with previous or subsequent B element in the upper phase.</p> <p>or</p> <p><b>B44</b> (= double back hip circle after front lying backwards, with previous or subsequent B element in the upper phase.</p> <p><b>Additional structure groups possible</b></p>	<ul style="list-style-type: none"> <li>* Optional grip and holding zone for hip circle</li> <li>* Common fault: Briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including at end of length, as change of direction, or with tuck hip circle)</li> <li>* Recognition only if the requirements for the back hip circle are fulfilled (i.e. single hip circle from front lying backwards <u>not</u> possible)</li> </ul>

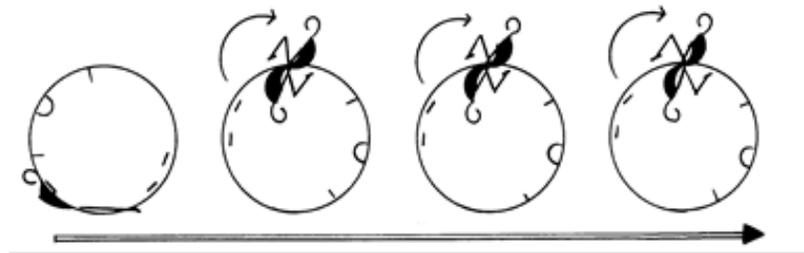
Beispiele / Examples:

C24 a):	Execution Comments	Difficulty Judges / Recognition
<p>Double back hip circle (not after front lying backwards)</p>		<ul style="list-style-type: none"> <li>* Recognition only if the double back hip circle does not come from front lying backwards, but e.g. after an upward hip circle or jump into front support.</li> </ul>



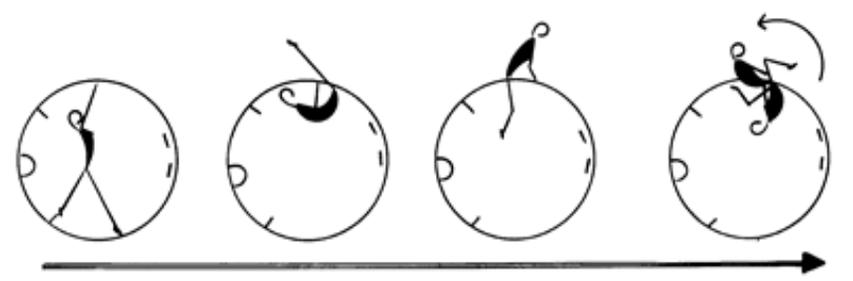
Example C24 a)

C24 b):	Execution Comments	Difficulty Judges / Recognition
Triple back hip circle (also after front lying backwards)	* Optional grip for triple hip circle: also permitted to hold the wheel between circles!	* Recognition also as change of direction



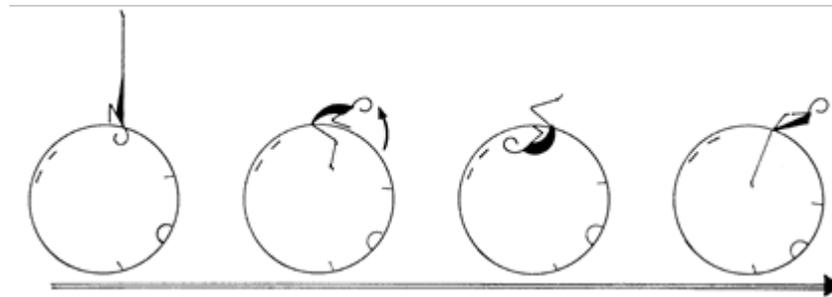
Example C24 b)

C24 c):	Execution Comments	Difficulty Judges / Recognition
<b>B23</b> (= Upward hip circle against rolling direction), <b>B25</b> (= back hip circle)		* The upward hip circle against rolling direction may be performed after take-off from the floor.

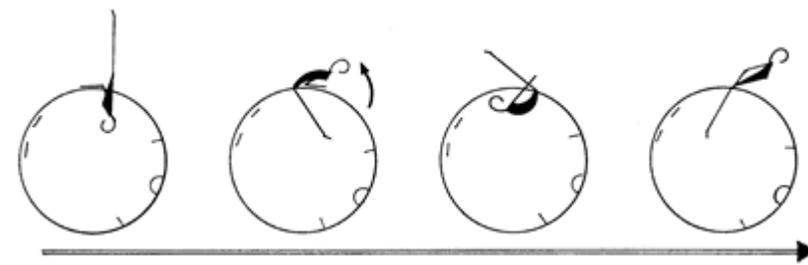


Example C24 c)

C24 d): <b>IV+VIII</b>	Execution Comments	Difficulty Judges / Recognition
<p><b>B35</b> or <b>B36</b> (= high inverted elbow hang or high upper arm support), followed by <b>B25</b> (= back hip circle)</p>		<p>* Recognition: hip extension and vertical body position must be clearly visible and at least briefly held. [Otherwise: B25 (hip circle)]</p>

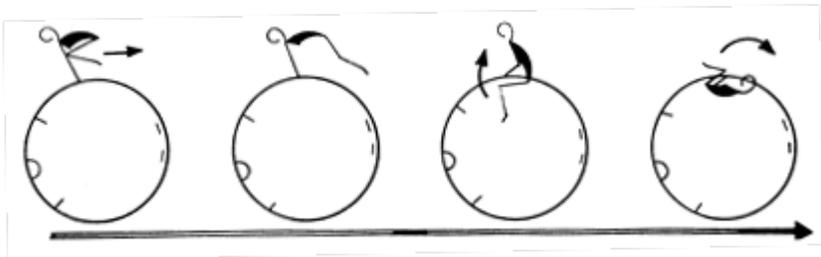


Example C24 d) (high upper arm support)



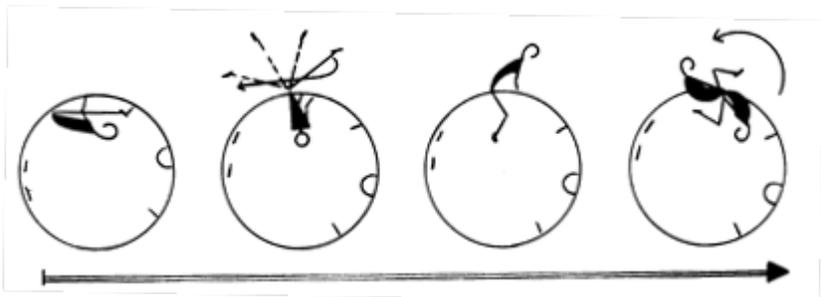
Example C24 d) (high inverted elbow hang)

C24 e): <b>IV+VII</b>	Execution Comments	Difficulty Judges / Recognition
<b>B33</b> backwards (= high tuck over backwards), followed by <b>B25</b> backwards (= back hip circle)		



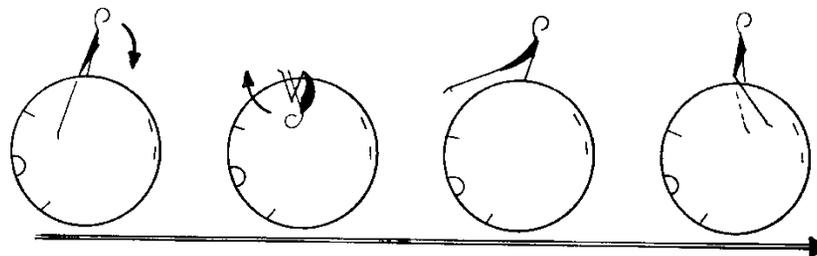
Example C24 e)

C24 f): <b>IV+V</b>	Execution Comments	Difficulty Judges / Recognition
<b>B26</b> (= Upward seat circle with 1/2 turn), followed by <b>B25</b> backwards (= back hip circle)		



Example C24 f)

C25: IV	Execution Comments	Difficulty Judges / Recognition
<p><b>B25 forwards</b> (= forward hip circle), followed by high straddle sitting</p>	<ul style="list-style-type: none"> <li>* For high straddle sitting: if elbows touch the wheel (= 0.3); arms not completely straight (= no deduction)</li> <li>* Main fault: Briefly stationary wheel</li> <li>* Legs must be straight in straddle position</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including change of direction)</li> </ul>

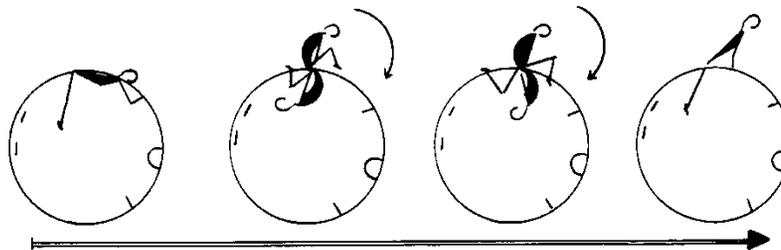


Example C25

C26: IV	Execution Comments	Difficulty Judges / Recognition
<p><b>B25 forwards</b> (= forward hip circle), with preceding or subsequent additional B in the upper phase</p> <p><b>Additional structure groups possible</b></p>	<ul style="list-style-type: none"> <li>* Optional grip and holding zone for forward hip circle.</li> <li>* Common fault: Briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (as change of direction, tuck hip circle)</li> </ul>

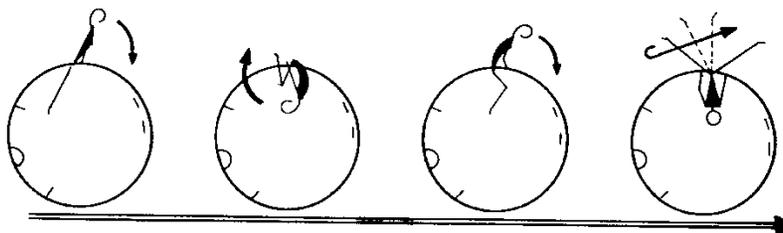
**Beispiele / Examples:**

C26 a):	Execution Comments	Difficulty Judges / Recognition
<p>Forward double hip circle</p>	<ul style="list-style-type: none"> <li>* Holding between rotations is permitted.</li> </ul>	



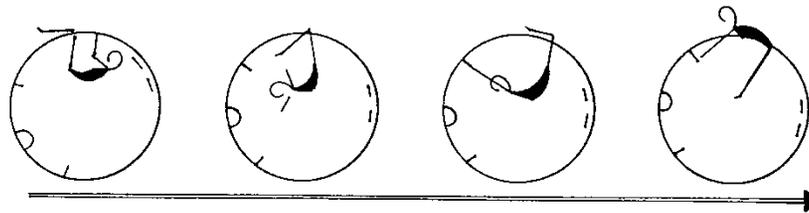
Example C26 a)

C26 b):	Execution Comments	Difficulty Judges / Recognition
<p><b>B25</b> forwards (= forward hip circle), followed by <b>B24</b> (= downward hip circle with 1/2 turn, not into sitting forwards)</p>		<p>* No recognition if the downward hip circle is performed into a sitting position forwards (= B)</p>



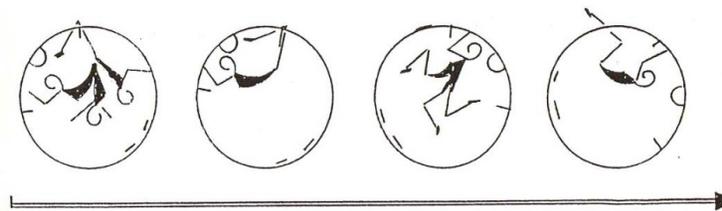
Example C26 b)

C27: VI	Execution Comments	Difficulty Judges / Recognition
Free knee swing backwards, into free sitting backwards.	<ul style="list-style-type: none"> <li>* Incorrect arm and hand positioning when reaching for wheel (0.1-0.3)</li> <li>* Incorrect leg positioning in knee swing: legs not together</li> <li>* Common fault: Briefly stationary wheel:</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including at end of length, as change of direction or with special transition, e.g. from a run-up at the beginning of a routine)</li> <li>* No recognition if the sitting position after the knee swing is not achieved (in this case, see: B30).</li> </ul>



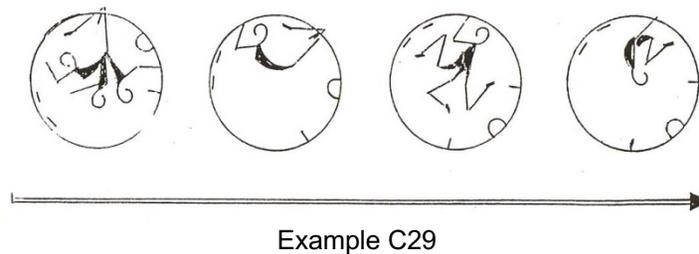
Example C27

C28: VI	Execution Comments	Difficulty Judges / Recognition
Free knee swing backwards, tuck swing through into tuck knee hang (with optional subsequent element)	<ul style="list-style-type: none"> <li>* For execution, see B30</li> <li>* If the free knee swing is performed on the handle rung, the knees do not have to be completely together.</li> <li>* In the tuck swing through, the arms are bent, legs and knees together. When lifting the legs into the second knee hang position, the feet should not touch the wheel.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations: As change of direction or in continued rolling direction. Optional element after the second knee hang position. E.g.: Push into sitting position (as change of direction) or continue in rolling direction with take-off jump from floor.</li> </ul>

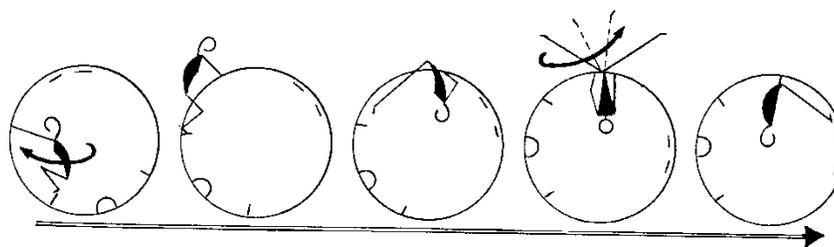


Example C28

C29: VI	Execution Comments	Difficulty Judges / Recognition
Free knee swing backwards, roll backwards	<ul style="list-style-type: none"> <li>* For execution, see B30</li> <li>* If the free knee swing is performed on the handle rung, the knees do not have to be completely together.</li> <li>* In the subsequent roll backwards, the feet should not touch the wheel.</li> <li>* The arms are bent during the roll, legs and knees together.</li> </ul>	<ul style="list-style-type: none"> <li>* The roll must be performed directly from the free knee swing.</li> <li>* If the feet are used as support on the rim or rungs, the move will no longer be counted as a C (in this case: B30).</li> <li>* Recognition of all variations: In the middle of a length or as change of direction.</li> </ul>

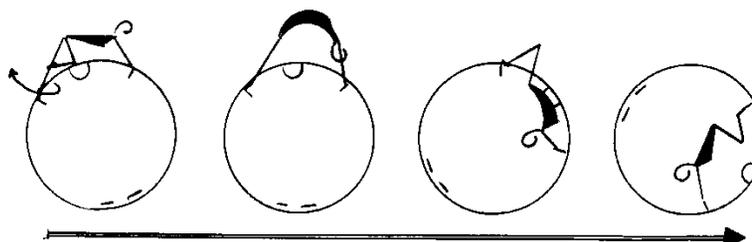


C30: IV	Execution Comments	Difficulty Judges / Recognition
<p><b>A:</b> Push through with ½ turn from tuck stand with feet together, followed by <b>B24</b> (= downward hip circle with ½ turn) (<u>not</u> into sitting forwards, keep the turning direction)</p>	<ul style="list-style-type: none"> <li>* Optional grip and holding zone in all elements and transitions in this combination.</li> <li>* Common fault: Incorrect leg and foot positioning (0.1-0.3 deduction per fault), as well as briefly stationary wheel</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition also as change of direction. The gymnast must keep the same turning direction in the second ½ turn.</li> <li>* No recognition if there is no downward hip circle with ½ turn in the second half of the combination, or if the gymnast performs the downward hip circle with ½ turn directly into a sitting position.</li> <li>* The push through with ½ turn must be initiated from tuck standing with legs together. Otherwise: B24: Downward hip circle with ½ turn.)</li> </ul>



Example C30

C31: VIII	Execution Comments	Difficulty Judges / Recognition
<p>High front support forwards with standing position on the back handle rung and grip on the front handle rung, ½ turn, high bridge backwards</p>	<ul style="list-style-type: none"> <li>* Arms and legs must be briefly extended in the bridge position (deduction: 0.1-0.2)</li> <li>* Arms and legs must be bent during transition from the high bridge into the inside of the wheel.</li> <li>* A full extension of the hips in the high front support immediately before the ½ turn is impossible (no deduction!)</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations (including at end of length as change of direction)</li> <li>* The high front support may be performed with one leg in a different position.</li> </ul>



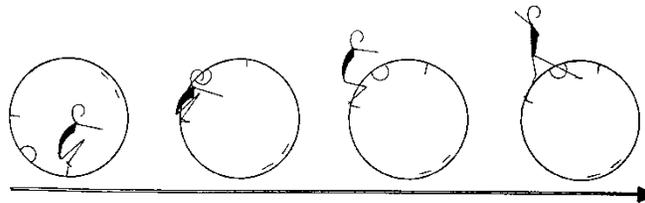
Example C31

**COMBINATIONS OF LOWER AND UPPER PHASE**

The following elements in the **upper phase** have C difficulty when they are performed directly after the specified lower phase. (The preceding lower phase belongs to the previous decentralised move and is written in brackets.)

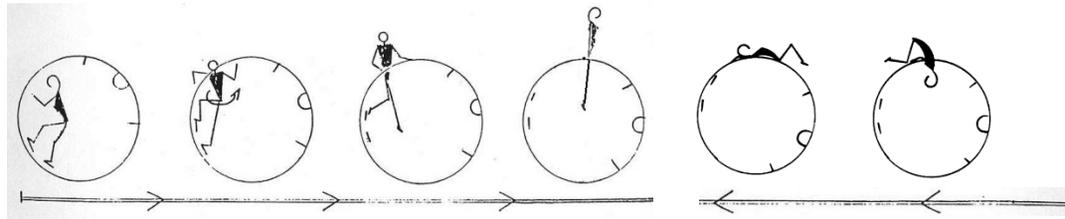
The described upper phase is counted as a C with any subsequent lower phase, before a dismount or before a centralised change of direction.

<b>C32: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(Free push through), (hands in front), high standing position on the wheel	<ul style="list-style-type: none"> <li>* Hand fault: Brief touching of the rims / holding the wheel during the push through. Watch carefully, as the free push through represents the difficulty of the element. A hand fault may only be a "brushing" of the wheel (no holding). Judges' meeting if necessary.</li> <li>* The front leg in the high stand does not have to be straight immediately.</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the gymnast holds the wheel before the front foot has been placed on the front handle rung! If there is no free push through: A. Judges' meeting if necessary!</li> <li>* Recognition of the high stand also as a change of direction.</li> </ul>



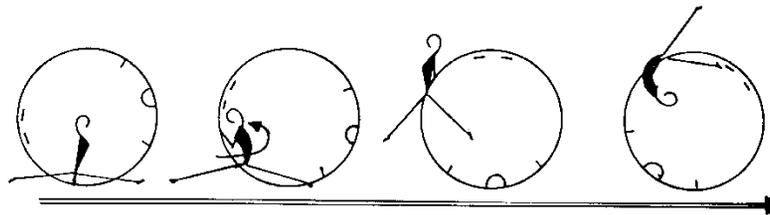
Example C32

<b>C33: (III+V)</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(Extended support backwards with ½ turn from standing on boards into support position on rims behind stride rung), change of direction, high roll backwards or back circle	<ul style="list-style-type: none"> <li>*</li> </ul>	<ul style="list-style-type: none"> <li>* Counting the difficulty: The extended support with ½ turn is a transition element between the lower and upper phase and thus belongs to the subsequent move.</li> <li>* The subsequent high roll backwards will be counted as a C.</li> <li>* <u>No</u> recognition of an extended support where the ½ turn takes place <u>after</u> the gymnast has already reached support position.</li> </ul>



Example C33 (with high roll)

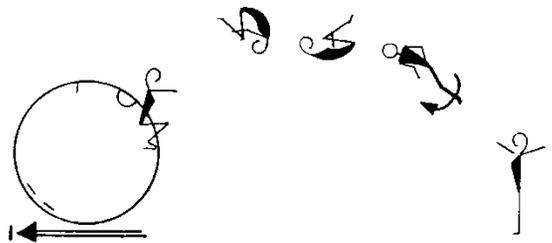
C34: V+IX	Execution Comments	Difficulty Judges / Recognition
(Splits sitting with ½ turn), followed by B28 forwards (downward stride circle or downward knee circle)	<ul style="list-style-type: none"> <li>* For execution faults in splits sitting, see B38</li> <li>* For execution faults in downward stride circle, see B28</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations of the downward stride circle (including as change of direction at end of length)</li> </ul>



Example C34

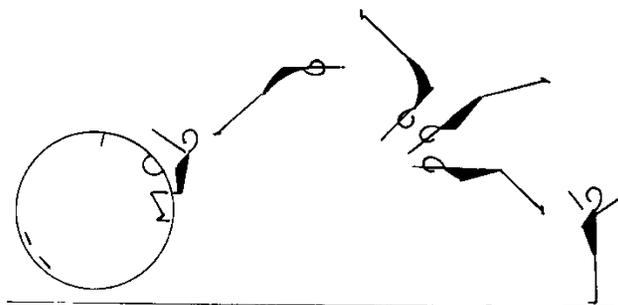
**DISMOUNTS**

<b>C35: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
All B dismounts (except straight jump with 1/1 turn) with an additional 1/2 twist around the longitudinal axis.	* Landing: Deductions for landing (see CoP General Regulations)	* Recognition of all variations of the described dismounts.  * Recognition of the turn: - More than 3/4 complete: Recognition as C (with or without gymnast completing the turn after landing) - Less than 3/4 complete: No recognition as C (with or without gymnast completing the turn after landing)



Example C35

<b>C36: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Straight back somersault	* Hip angle: 180°, in particular in the second half of the somersault. * Flight phase: Clear rising phase must be recognisable. * Deductions for landing (see CoP General Regulations) * Before landing: Upper body upright, hip angle almost straight.	* Has so far only been performed out of moving wheel from standing position on handle rung.



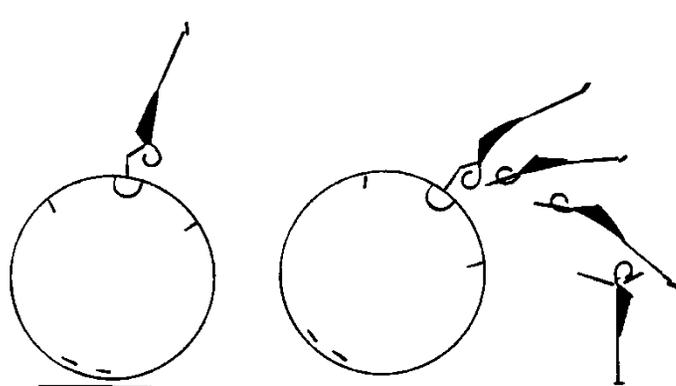
Example C36: straight back somersault

<b>C37: X</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Somersault from standing position on one rim (standing zone at floor level)	<ul style="list-style-type: none"> <li>* Important: Body position on landing should be almost upright.</li> <li>* Flight phase: Clear rising phase must be recognisable.</li> <li>* Deductions for execution faults on landing: see minor deductions or half-point deduction</li> <li>* Body position in the flight phase: Deductions for an uneven somersault, hip angle too open, arched back in backwards somersault.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all somersault variations (tuck, pike, forwards, backwards)</li> <li>* Take-off from standing position (not high standing position), i.e. standing zone at floor level.</li> </ul>

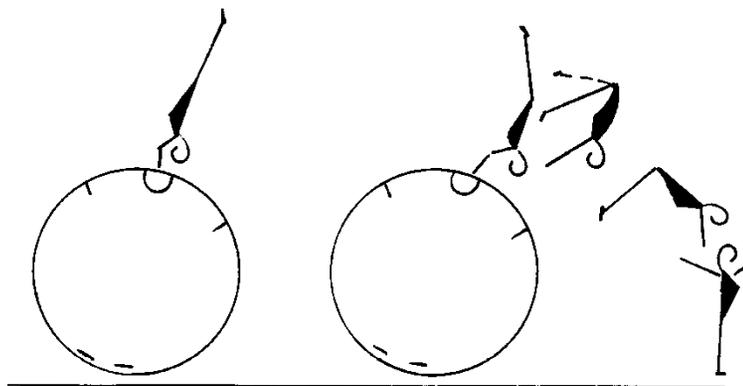


Example C37

C38: X	Execution Comments	Difficulty Judges / Recognition
<p>Handstand overswing  or  Handstand straddle down</p>	<ul style="list-style-type: none"> <li>* Hips must reach extended position</li> <li>* Deduction for elbows too bent only applicable if it is obvious that the gymnast intended to perform a high handstand dismount.</li> <li>* In overswing: Watch out for weak flight phase; Thrust from wheel must be visible.</li> <li>* In straddle down: Thrust from wheel must be visible, upper body must rise to upright position and body should be extended on landing.</li> <li>* Watch out for incorrect leg positioning!</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition criteria: minimum 90° elbow angle (at least briefly!). Judges' meeting if necessary.</li> <li>* Recognition of all variations (including straddle variations) to get into handstand position.</li> <li>* Counting difficulty: The handstand overswing and handstand straddle down dismounts count as <u>one</u> C. The handstand on its own does not count as a separate upper phase as it is a prerequisite for the dismount and forms part of the overall unit of movement.</li> </ul>



Example C38: handstand overswing



Example C38: handstand straddle down

# **D ELEMENTS**

## **STRAIGHT-LINE**

## D ELEMENTS IN STRAIGHT-LINE THAT ARE NOT YET CATEGORISED

### Moves with difficulty in the upper phase

D 14.2 <b>V</b>	Seat circle forwards (from sitting or support position, whereby the back of the thighs do not have to be in contact with the rung throughout the circle)
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### Combinations in the upper phase

D <b>V</b> Submitted by Germany	Elbow back circle, downward back circle <a href="http://youtu.be/dEInEjPQxBg">http://youtu.be/dEInEjPQxBg</a>
D <b>III</b> Submitted by Germany	From angled sitting backwards, high roll backwards into straddle sitting, high roll forwards with ½ turn via inverted <b>upper arm</b> support sideways on wheel rim into straddle sitting backwards <a href="http://youtu.be/jPAQoG6mP9I">http://youtu.be/jPAQoG6mP9I</a>
D <b>IV+VI</b> Submitted by The Netherlands	Downward hip circle from straddle sitting forwards, continued leg swing backwards to knee hang into high sitting backwards <a href="http://youtu.be/ABpA360cIEk">http://youtu.be/ABpA360cIEk</a>
D <b>VI</b> Submitted by Norway	C28 (=free knee swing backwards, tuck hang into knee hang (with any subsequent element)) performed immediately following a B or C element in the upper phase Example: High tuck over, free knee swing backwards, tuck hang into knee hang <b>additional structure groups possible</b> <a href="http://youtu.be/Y_-gmzSqZbc">http://youtu.be/Y_-gmzSqZbc</a>

<p>D <b>VI</b></p> <p>Submitted by The Netherlands</p>	<p>High stride stand on the rung handles, brief one-legged tuck downswing backwards holding the handle rung in front, into knee hang backwards (both legs), free knee swing into sitting</p> <p><a href="http://youtu.be/IAzIuqnKw94">http://youtu.be/IAzIuqnKw94</a></p>
<p>D <b>V</b></p> <p>Submitted by Japan</p>	<p><b>(Below: Front lying backwards)</b></p> <p>Leg swing via high straddle into high sitting backwards, knee circle</p> <p><u>NB:</u> This difficulty will only be recognised if the leg swing into high straddle sitting is performed immediately from a preceding front lying backwards geturnt wurd.</p> <p>[NB: The video shows a C (not D), because the high straddle is performed after front lying forwards (must be backwards for recognition as a D).]</p> <p><a href="http://youtu.be/006-2PcuSlc">http://youtu.be/006-2PcuSlc</a></p>
<p>D22e <b>VI</b></p> <p>(additional information)</p>	<p><b>(Below: Front lying backwards)</b></p> <p>Leg swing via high straddle into high sitting backwards, <b>C27</b> (= Free knee swing backwards, into high sitting backwards)</p> <p><u>NB:</u> D22e will only be recognised if the leg swing into high straddle sitting is performed immediately from a preceding front lying backwards.</p>
<p>D12f <b>VI</b></p> <p>(additional information)</p>	<p><b>(Below: Front lying backwards)</b></p> <p>High leg swing via straddle sitting into high sitting backwards, <b>C7</b> (= from free knee swing forwards into bridge forwards)</p> <p><u>NB:</u> D12f will only be recognised if the leg swing into straddle sitting is performed immediately from a preceding front lying backwards.</p>
<p>D16f <b>III+IV</b></p> <p>Submitted by Norway</p>	<p><b>C12a</b> (= high roll forwards with ½ turn against the rolling direction) after preceding upward hip circle (or hip circle)</p> <p><u>NB:</u> Different from D19</p> <p><a href="https://youtu.be/tzgIAoTLs1k">https://youtu.be/tzgIAoTLs1k</a></p>

D19 <b>III</b>	<b>C12b</b> (= high roll forwards with ½ turn against the rolling direction, via an inverted back hang holding the rims) into straddle sitting forwards
D <b>IV+VI</b> Submitted by Norway	<p align="center"><b>(Below: front lying backwards)</b></p> <p><b>B45</b> Back hip circle with subsequent A element in the upper phase, C28 (free knee hang backwards, tuck hang into free knee swing)</p> <p align="center"><a href="https://youtu.be/46RZ7s3unC8">https://youtu.be/46RZ7s3unC8</a></p>

**Element combinations with a decentralised element**

D12k <b>VI</b> Submitted by Switzerland and Israel	<p align="center">½ turn from an inverted hang backwards with grip on the rims into knee hang forwards</p> <p align="center"><b>C7</b> (= from free knee swing forwards into bridge forwards)</p> <p align="center"><a href="https://youtu.be/jxUjwnzacd4">https://youtu.be/jxUjwnzacd4</a></p>
D12l <b>VI</b> Submitted by Norway	<p align="center">½ turn from high support on the rims next to the upper stride rung into knee hang forwards</p> <p align="center"><b>C7</b> (= from free knee swing forwards into bridge forwards)</p> <p align="center"><u>Counting the difficulty:</u> A + D</p> <p align="center"><a href="https://youtu.be/4d8ds0gaY1A">https://youtu.be/4d8ds0gaY1A</a></p>
D <b>VI</b> Submitted by Switzerland	<p align="center">From free knee hang via free heel hang into bridge forwards</p> <p align="center"><a href="https://youtu.be/vU79WAs06sQ">https://youtu.be/vU79WAs06sQ</a></p>

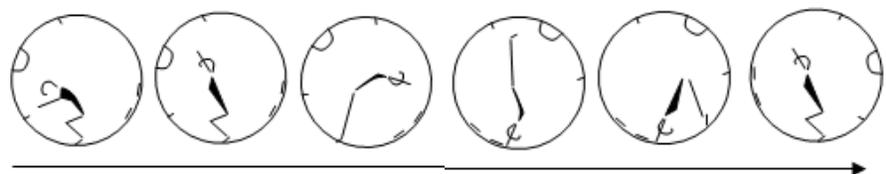
<p><b>D II</b></p> <p>Submitted by The Netherlands</p>	<p>From giant rim bridge backwards, with standing position on the front rung handle and holding the rims between the board rungs, (release the feet when in an inverted position and change direction) via a brief knee hang on the back stride rung (stepped) into a bridge forwards with standing position on the back rung handle and holding the rims.</p> <p><a href="https://youtu.be/hfw-6lO0pZs">https://youtu.be/hfw-6lO0pZs</a></p>
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## D ELEMENTS IN STRAIGHT-LINE

### CENTRALISED MOVES

#### MOVES WITHOUT BINDINGS

D1: II	Execution Comments	Difficulty Judges / Recognition
Back handspring	<ul style="list-style-type: none"> <li>* Legs are bent on take-off, arms swing upwards. Full body extension after take-off, legs briefly straightened. The gymnast shall be in contact with the wheel on take-off from the feet and on landing both on hands and feet. The take-off takes place in connection with a change of rolling direction. The wheel continues to roll in the new direction.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations independent of the take-off or landing zone</li> <li>* Recognition only when the gymnast is briefly without wheel contact (otherwise: A difficulty)</li> <li>* No recognition if the gymnast lands on the floor</li> </ul>

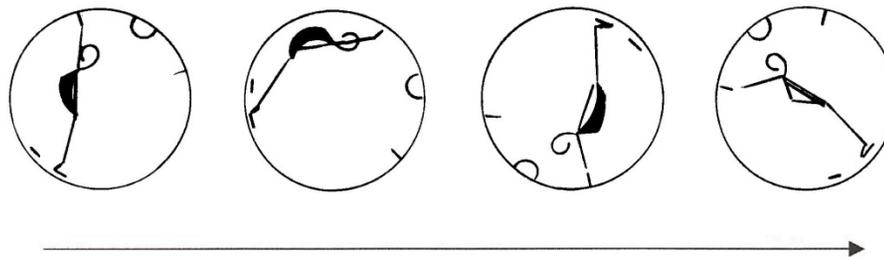


Example D1: back handspring

D2: II	Execution Comments	Difficulty Judges / Recognition
Somersault in the wheel	<ul style="list-style-type: none"> <li>* The gymnast maintains a tight tuck position during the flight phase. Deductions on landing if the wheel rocks to back and front.</li> <li>* The landing may not be too low. Hips should be above knee level.</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations independent of the take-off or landing zone</li> <li>* Recognition only when the gymnast is briefly without wheel contact (otherwise: A difficulty)</li> <li>* No recognition if the gymnast lands on the floor</li> </ul>

#### BRIDGS WITHOUT BINDINGS

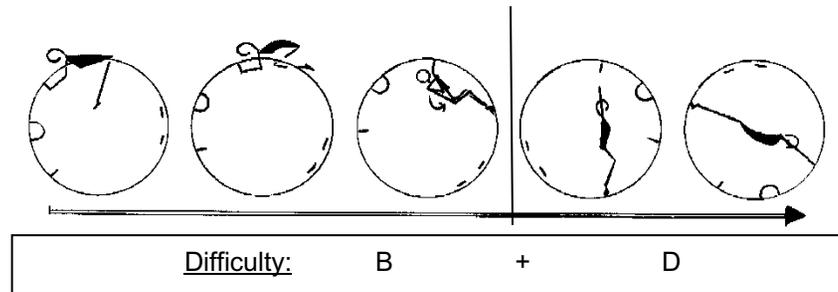
D3: II	Execution Comments	Difficulty Judges / Recognition
One-armed giant bridge	<ul style="list-style-type: none"> <li>* In this move the free arm may be held straight next to the body (no deduction)</li> <li>* For other comments regarding the execution of giant bridges, see B3/B4</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations</li> <li>* No recognition if there is a deliberate holding with the free hand during the rotation, or if there is a change of supporting hand (= element combination)</li> <li>* No recognition if the gymnast does not perform the support phase (lying position instead).</li> </ul>



Example D3: one-armed giant bridge backwards

**BRIDGES WITH SPECIAL TRANSITIONS**

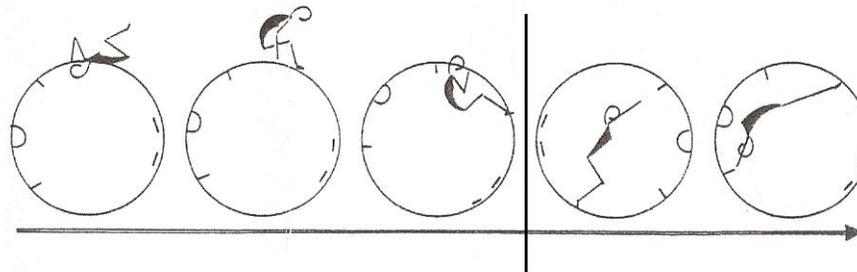
D4: II+VII	Execution Comments	Difficulty Judges / Recognition
<p>(Tuck over with ½ turn from hip hang, both hands holding the upper inner handle, into tuck stand with legs together on the stride rung) directly into <b>C3</b> (= Giant bridge without bindings forwards with grip on inner handle)</p>	<ul style="list-style-type: none"> <li>* See C15 for comments regarding the execution of the tuck over. In this case, however, the tuck over is a B: into tuck stand with legs together on the same rung as the hip hang was performed.</li> <li>* For comments regarding the execution of the giant bridge, see C3.</li> </ul>	<ul style="list-style-type: none"> <li>* The giant bridge forwards will only be counted as a D if it is performed directly from the tuck over with ½ turn (no extra steps).</li> <li>* Hand position must be changed.                             <ul style="list-style-type: none"> <li>* Difficulty: Tuck over = B / Giant bridge forwards = D</li> </ul> </li> </ul>



Example D4

D5: II+III	Execution Comments	Difficulty Judges / Recognition
<p><b>C12</b> (= High roll backwards against rolling direction via brief support position into tuck stand with legs together on the stride rung) directly followed by ...</p> <p><b>C3</b> (= Giant bridge forwards standing on the lower stride rung, holding the upper inner handle)</p>	<ul style="list-style-type: none"> <li>* For comments regarding the execution of C12, see C12</li> <li>* For comments regarding the execution of C3, see C3</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition of C12, see C12 in C Difficulty Catalogue. The variations seen so far require the high roll to be performed over the upper stride rung. The high roll is performed into a brief (tuck) support position followed by immediate placement of the feet on the upper stride rung.</li> <li>* The giant bridge will only be recognised as a D if it is performed directly after C12. No extra steps or variations in leg positioning are permitted.</li> <li>* The position of the hands must be changed in order to achieve the correct grip for the giant bridge.</li> <li>* The giant bridge forwards will only be recognised as a D if it is performed as one of the variations listed under C3: standing position on the lower stride rung, holding the upper inner handle. The other possible variation of the giant bridge forwards (= standing on the back board) has not yet been seen in this combination. If the giant bridge forwards is performed holding the rims of the wheel, its difficulty value will <u>not</u> be</li> </ul>

		<p>increased in this combination (i.e. it will be counted as a B).</p> <p>* Difficulty: High roll backwards against rolling direction = C, giant bridge forwards (holding upper inner handle) = D.</p>
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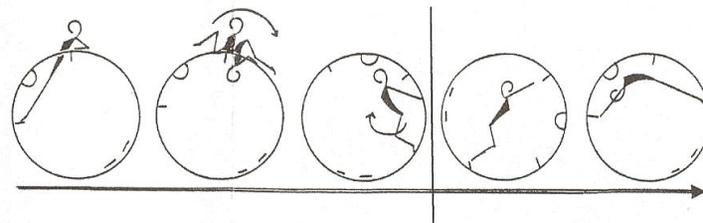


Difficulty: C + D

Example D5

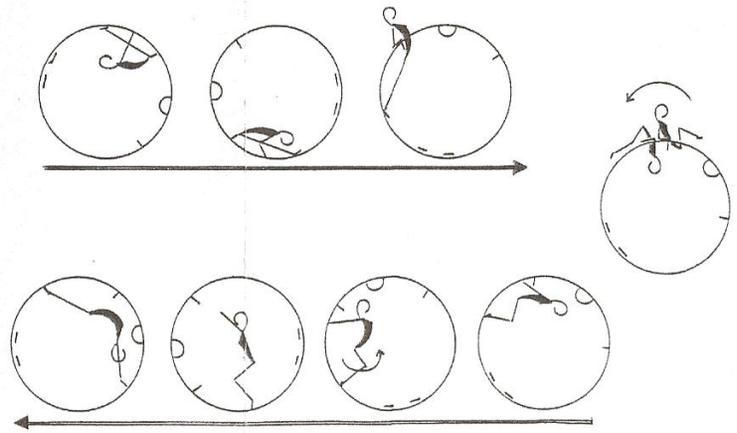
D6: II+III	Execution Comments	Difficulty Judges / Recognition
<p><b>C13</b> (= High roll backwards over the back handle rung from standing on the front inner handle) [D6a])</p> <p style="text-align: center;"><u>or:</u></p> <p><b>B22</b> (= High roll backwards over the back handle rung without standing on the front inner handle) [D6b])</p> <p>Via tuck stand with legs together on the upper stride rung, ½ turn in tuck stand with legs together</p> <p style="text-align: center;">Directly into ...</p> <p><b>C3</b> (= Giant bridge forwards standing on the lower stride rung with grip on the upper inner handle)</p>	<ul style="list-style-type: none"> <li>* For comments regarding the execution of C13, see C13</li> <li>* For comments regarding the execution of B22, see B22</li> <li>* For comments regarding the execution of C3, see C3</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition of C13 or B22, see C13 or B22 in respective difficulty catalogues. The high roll backwards <u>must</u> be performed over the back handle rung (either as a B or C). A high roll backwards over a different rung does not result in the required starting position for C3 and will thus not be counted in this context.</li> <li>* The giant bridge will only be counted as a D if it is performed immediately following C13/B22, with no additional steps in the wheel or alternative leg positioning. This is particularly important with regard to the execution of the ½ turn, which must be performed in a (tuck)</li> </ul>

		<p>standing position with legs together.</p> <ul style="list-style-type: none"> <li>* The position of the hands must be changed in order to achieve the correct grip for the giant bridge. Optional technique with regard to change of hand position.</li> <li>* The giant bridge forwards will only be recognised as a D if it is performed as one of the variations listed under C3: standing position on the lower stride rung, holding the upper inner handle. The other possible variation of the giant bridge forwards (= standing on the back board) has not yet been seen in this combination. If the giant bridge forwards is performed holding the rims of the wheel, its difficulty value will <u>not</u> be increased in this combination (i.e. it will be counted as a B).</li> <li>* Difficulty: High roll backwards over the back handle rung from standing on the front inner handle = C / High roll backwards over the back handle rung without standing on the front inner handle = B, Giant bridge forwards (holding the upper inner handle) = D.</li> </ul>
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<u>Difficulty:</u>	C	+	D
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Example D6a



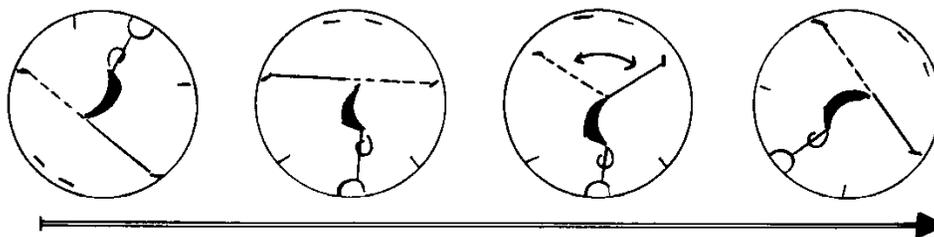
<u>Difficulty:</u>	B	+	D
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Example D6b

## ELEMENT COMBINATIONS

### ELEMENT COMBINATIONS WITHOUT BINDINGS

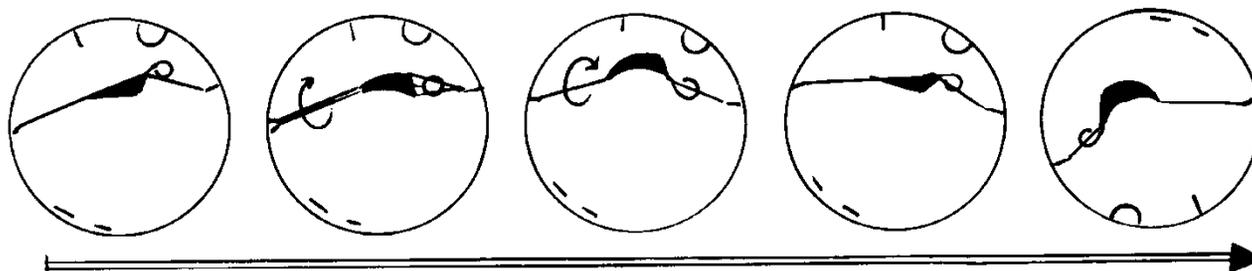
<b>D7: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Splits bridge with change of legs (not as change of direction)	<ul style="list-style-type: none"> <li>* Must not be strict with regard to "stationary wheel"</li> <li>* If the placement of the feet back on the wheel after change of legs does not happen at exactly the same time, minor deduction (0.1)</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only when change of legs takes place simultaneously (i.e. not as a stepped transition).</li> <li>* No recognition as a D if performed as a change of direction. In this case: see C6</li> <li>* Stationary wheel is only deducted by the execution judges (recognition as D by difficulty judge)</li> </ul>



Example D7

### ELEMENT COMBINATIONS WITH DECENTRALISED ELEMENT

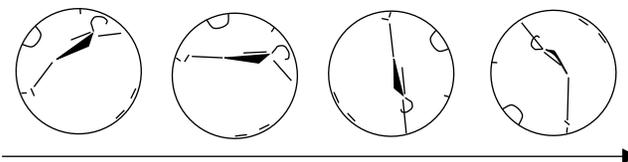
<b>D8: II</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>From high front support forwards with mixed crossed grip, via giant bridge backwards, into high front support forwards with mixed crossed grip (= 1/1 turn; keep the turning direction)</p> <p>Bridge forwards with crossed arms</p>	<ul style="list-style-type: none"> <li>* 1/1 turn started too early</li> <li>* Hip extension important</li> <li>* Incorrect foot and/or leg positioning during turn (leg used to get forwards momentum)</li> <li>* Common fault: short "jerk"</li> </ul>	<ul style="list-style-type: none"> <li>* High front support must be one of the prescribed variations (see B17)</li> <li>* For the 1/1 turn: Keep the turning direction (otherwise it will only count as a 1/2 turn: see C9)</li> <li>* Change of grip possible</li> <li>* The bridge forwards <u>must</u> be performed with crossed arms</li> </ul>



Example D8

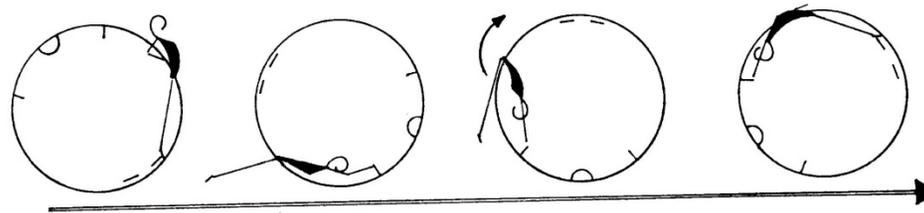
D9: II	Execution Comments	Difficulty Judges / Recognition
High splits, free ½ turn into high front support, C9 (= high turning bridge without change of grip)	<ul style="list-style-type: none"> <li>* Watch out for hip extension in the high front support</li> <li>* Watch out for foot faults in the turns</li> <li>* Transition in inverted position: optional transition zone</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition only when the ½ turn after high splits is performed free; otherwise see C9</li> </ul>

D10: II	Execution Comments	Difficulty Judges / Recognition
From one-armed high front support forwards into one-armed bridge forwards	<ul style="list-style-type: none"> <li>* For comments regarding execution of the high front support, see B17</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations</li> <li>* No recognition if there is a deliberate holding with the free hand during the rotation, or if there is a change of supporting hand (= element combination)</li> </ul>



Example D10

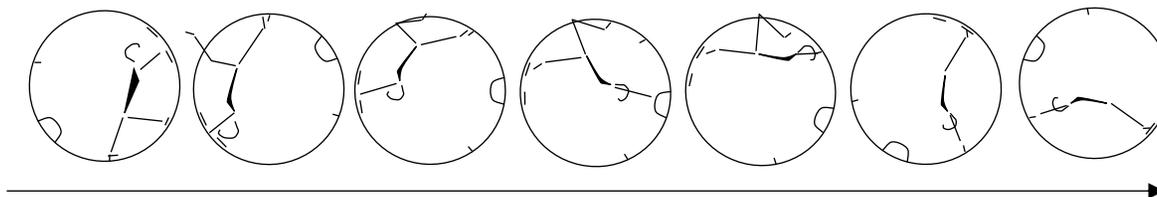
D11: IX	Execution Comments	Difficulty Judges / Recognition
<p><b>C10</b> (= From front lying forwards into giant bridge forwards) <u>with one arm</u></p>	<ul style="list-style-type: none"> <li>* Watch out for incorrect foot positioning in giant bridge. Do <u>not</u> be strict with regard to noise level when feet hit boards</li> <li>* Free transition zone for transition from front lying into giant bridge</li> <li>* The gymnast must perform the transition from front lying into bridge with one arm</li> </ul>	<ul style="list-style-type: none"> <li>* No recognition if the giant bridge position is not achieved (e.g. if the gymnast misses the boards with feet)</li> <li>* No recognition as a D if the gymnast needs to hold with two hands during the transition from front lying to bridge (then C10)</li> </ul>



Example D11

D12: VI	Execution Comments	Difficulty Judges / Recognition
<p><b>C7</b> (= From free knee swing forwards into bridge forwards) with preceding specially defined element in the upper phase [(D12a), D12b), D13c), D13d), D12e)]</p> <p style="text-align: center;"><b>or</b></p> <p><b>C7</b> (= From free knee swing forwards into bridge forwards) with preceding leg swing via straddle sitting into high sitting [D12f), D12g)]</p> <p style="text-align: center;"><b>or</b></p> <p><b>C7</b> (= From free knee swing forwards into bridge forwards) with preceding B or C element in the upper phase [D12h), D12i)</p> <p><b>Additional structure groups possible</b></p>	<ul style="list-style-type: none"> <li>* For comments regarding the execution of the preceding elements: see examples</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all (rim) bridge variations</li> <li>* Transition from knee hang to bridge position may also take place one leg at a time</li> <li>* No recognition if the gymnast does not achieve a standing position in the bridge, resulting in a fall (= core phase of the movement)</li> </ul>

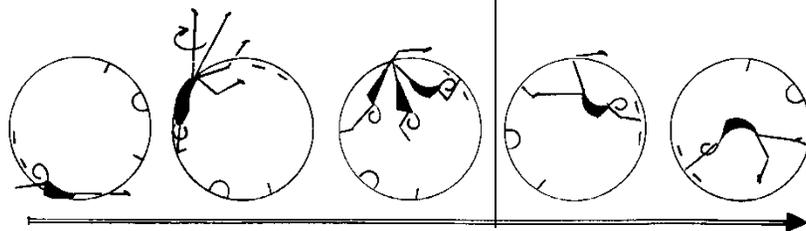
D12a):	Execution Comments	Difficulty Judges / Recognition
One-legged free knee hang with change of legs into bridge forwards	* The free leg must be straight during the change of legs	* Recognition only when the change of legs takes place "free" (i.e. when the gymnast is not holding the wheel) * The free knee hang with change of legs in the upper phase (A) increases the value of the subsequent bridge to a D.



<u>Difficulty:</u>	A	+	D
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Example D12 a)

D12b):	Execution Comments	Difficulty Judges / Recognition
½ turn from high hip hang with support on the lower rung (handle/board), <b>C7</b> (= from free knee swing forwards into bridge forwards)	* Execution of the ½ turn: The ½ turn is initiated by a leg swing. Immediately after the turn, the gymnast will be in a knee hang position. * It is not permitted to push off the floor with the hands in order to reach the starting position for the ½ turn (Deduction: 0.5) * For execution of C7, see C7	* For recognition of C7, see C7 * The ½ turn takes place in a support position on the hands, hips in contact with the rung * In order to reach this starting position, the gymnast performs front lying backwards, establishing a grip on the rung immediately after passing through lying position on the floor.

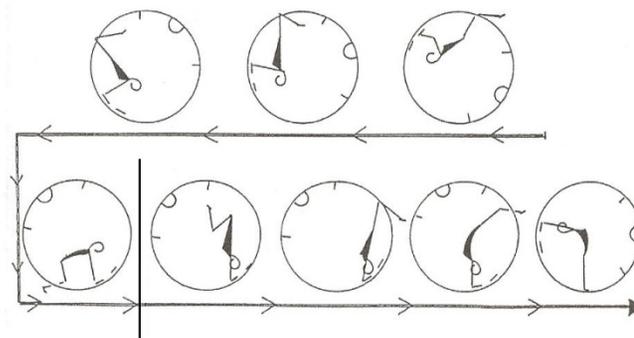


<u>Difficulty:</u>	A	+	D
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Example D12 b)

D12c):	Execution Comments	Difficulty Judges / Recognition
<p>High overswing forwards with bent arms into knee hang,  <b>C7</b> (= from free knee swing forwards into bridge forwards)</p>	<ul style="list-style-type: none"> <li>* The high overswing is usually performed from a tuck support position after take-off from the floor, whereby the gymnast holds one of the rungs. The arms are bent after take-off from the floor and the shoulders are just above the hands.</li> <li>* The legs remain bent during the overswing directly into knee hang on the next rung.</li> <li>* Watch out for foot faults (feet should be extended)</li> <li>* The gymnast should not adopt a bridge position</li> <li>* For execution of C7, see C7</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations</li> <li>* For recognition of C7, see C7</li> </ul>

D12d): VI+IX	Execution Comments	Difficulty Judges / Recognition
<p>Knee hang with grip on the rims or rung, jump off the floor into knee hang with grip on the rims or rung, into bridge forwards</p>	<p>* Pay particular attention to the foot and leg positioning in the transition from the knee hang to the bridge: If the transition is not performed one leg at a time, foot faults are common.</p>	<p>* This element combination has so far only been performed as a change of direction.                      * Difficulty:                      The knee hang in the first upper phase is counted as an A. The knee hang achieved after take off from the floor together with the subsequent transition into the bridge forwards (one leg at a time or with legs together), is counted as a D.</p>

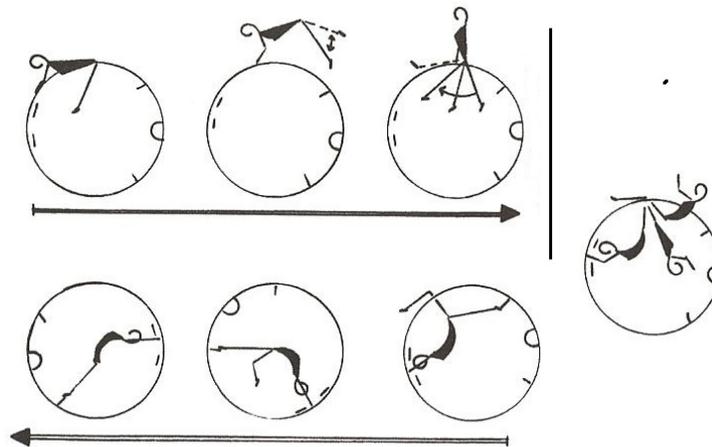


Difficulty:            A            +            D

Example D12 d)

D12e):	Execution Comments	Difficulty Judges / Recognition
<p>From high straddle sitting backwards, via lower arm support position, leg swing forwards into knee hang,  <b>C7</b> (= from free knee swing forwards into bridge forwards)</p>	<p>* From high straddle sitting backwards on the rims between the two handle rungs, the gymnast leans forwards to hold by the rung in front. With elbows on the rims, the legs are brought together behind and the gymnast performs a leg swing forwards in underarm support. The knees are then swung directly into hanging position on the rung below. There is a change of rolling direction during the knee swing, followed by C7</p>	<p>* Recognition of all variations                  * For recognition of C7, see C7</p>

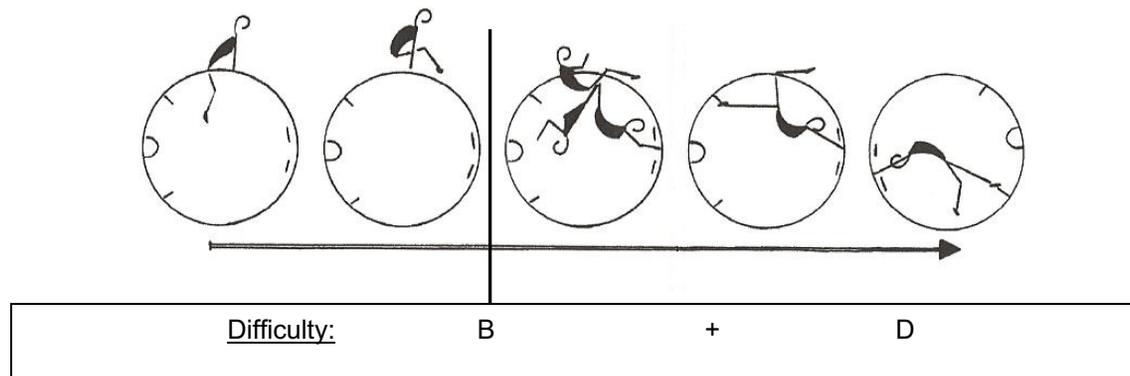
D12f):	Execution Comments	Difficulty Judges / Recognition
<p>High leg swing via straddle sitting into high sitting backwards (= A),  <b>C7</b> (= from free knee swing forwards into bridge forwards)</p>		



Difficulty:            A            +            D

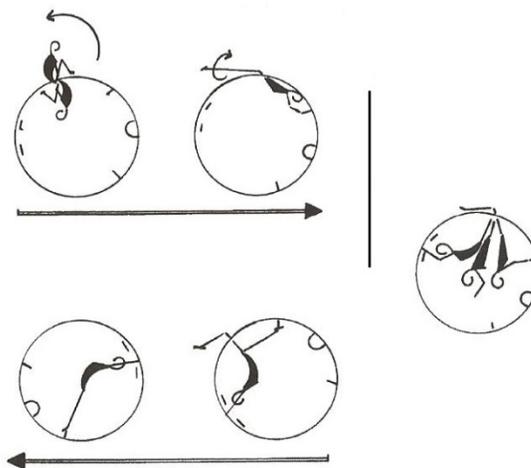
Example D12 f)

D12g): VI+VII	Execution Comments	Difficulty Judges / Recognition
B33 forwards (= high tuck over forwards), C7 (= from free knee swing into bridge forwards)	*	*



Example D12 g)

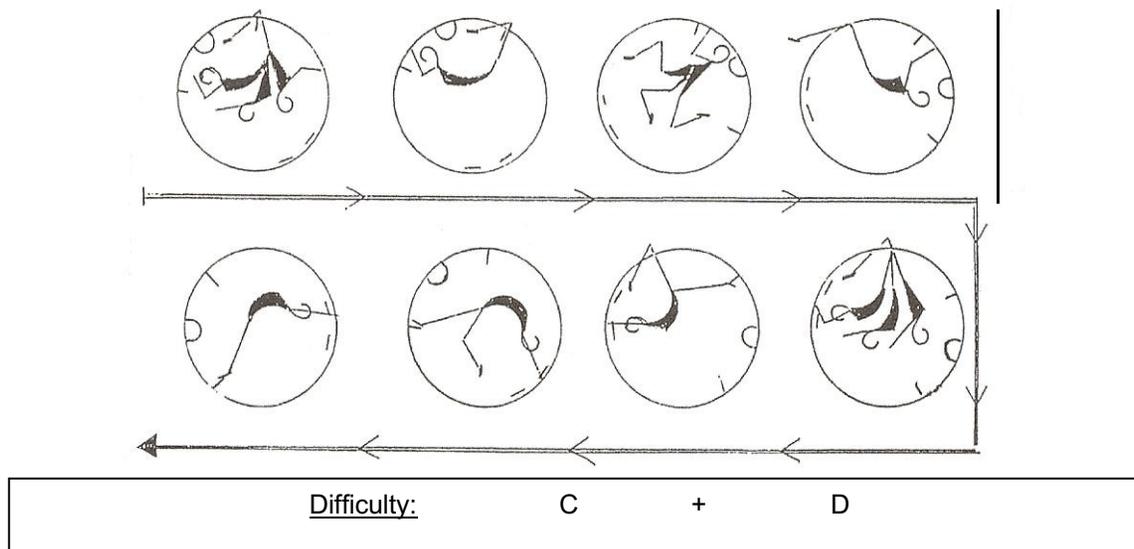
D12h): IV+VI	Execution Comments	Difficulty Judges / Recognition
B25 (= hip circle) backwards, ½ turn from high lying into knee hang backwards, C7 (= from free knee swing forwards into bridge forwards)	*	*



Zählweise / Difficulty: B + D

Example D12 h)

D12i):	Execution Comments	Difficulty Judges / Recognition
<p><b>C28</b> (= free knee swing backwards, tuck swing into knee hang),  <b>C7</b> (= from free knee swing forwards into bridge forwards)</p>	<p>* For comments regarding execution of the elements: see C28 and C7</p>	<p>* Difficulty: C28 + C                      The knee swing into bridge is counted as a centralised element and has D difficulty in this combination.</p>



Example D12 i)

D13: VI	Execution Comments	Difficulty Judges / Recognition
<p><b>C8</b> (From free heel hang forwards into bridge forwards) directly after an element with B, C or D difficulty in the upper phase</p> <p>Examples:</p> <p><b>D13a): VI+VII B33</b> forwards (high tuck over), <b>C8</b></p> <p><b>D13b): IV+VI B25</b> (hip circle) backwards from high lying into heel hang, <b>C8</b></p> <p><b>D13c): V+VI C14</b> (knee circle backwards), <b>C8</b></p>	<p>* For comments relating to the execution of the preceding elements; see the described execution of the relevant decentralised elements</p>	<p>* See C8</p>

## DECENTRALISED MOVES

### MOVES WITH DIFFICULTY IN THE UPPER PHASE

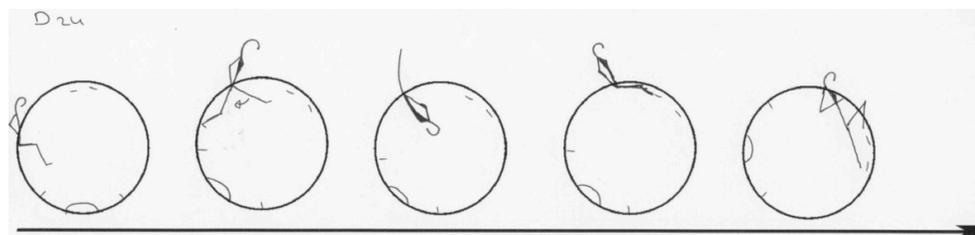
In this chapter only the difficulty in the upper phase is counted. Regardless of lower phase, the move will be counted as a D. If performed before a centralised move, before a centralised change of direction or before a dismount, the upper phase on its own will be counted as a D.

**General comment regarding the difficulty of more than one element in the upper phase:**

**C+C in the same upper phase = always D**  
**B+C in the same upper phase = only D when specifically defined**

### CIRCLE MOVEMENTS

D14.1*: <b>V</b>	Execution Comments	Difficulty Judges / Recognition
Back circle	* Slightly bent legs are permitted throughout the circle. The arms are bent. The body is slightly arched. No sitting position permitted (see seat circle)	* Recognition only when the rotation has been finished completely



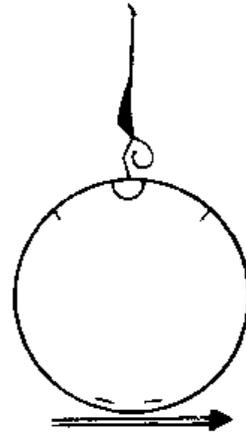
Example D14: back circle

D14.2*: <b>V</b>	Execution Comments	Difficulty Judges / Recognition
forward seat or knee circle	* Watch out for foot and knee faults	* As the seat and knee circles are technically very closely related, they have been included in the same D definition (14.2) and cannot be recognised more than once in a routine.

		<ul style="list-style-type: none"> <li>* The starting point for both variations is from a sitting position. The initial rotational axis is the thigh. For the knee circle, the rotation continues as soon as possible with the back of the knees as the rotational axis (differentiation from the seat or back circle). The hip angle is closed throughout the move.</li> <li>* For the seat circle, the thigh remains as the rotational axis, the knees are extended and the hip angle closed. The rotation is completed by opening the hip angle at the end of the move.</li> <li>* Recognition only once the rotation is completely finished</li> </ul>
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**STATIC ELEMENTS**

<b>D15: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Handstand on top of the wheel	<ul style="list-style-type: none"> <li>* The hips must be clearly extended</li> <li>* Deduction (0.3) for elbows being too bent is only applicable if it is clear that the gymnast intends to perform a high handstand</li> </ul>	<ul style="list-style-type: none"> <li>* Criteria for recognition:                             <ul style="list-style-type: none"> <li>a) Elbow angle not less than 90° (judges' meeting if necessary).</li> <li>b) Hip extension: clearly more than 150°</li> <li>c) The extended handstand position should be held briefly (½ second).</li> </ul> </li> <li>* Recognition of all variations (including alternative leg positions).</li> <li>* No recognition as a D if the high handstand is performed as a dismount (= handstand overswing or handstand straddle down) (see: C38)</li> </ul>



Example D15

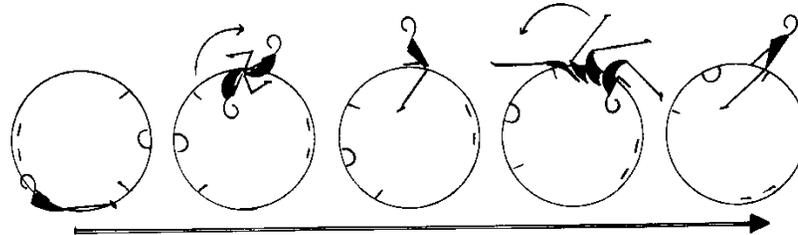
**MOVES THAT HAVE THEIR DIFFICULTY IN A COMBINATION OF SEVERAL DECENTRALISED ELEMENTS****COMBINATIONS IN THE UPPER PHASE**

In this chapter we look at difficulty performed in the upper phase. Whatever value lower phase follows the described upper phase, the move as a whole (upper + lower phase) will be counted as a D. If the upper phase is performed directly before a centralised element, centralised change of direction or dismount, the upper phase alone will be counted as a D.

In the case of combinations of elements that have already been described (e.g. in the B difficulty catalogue), an exact description of the combination will be given and the comments regarding recognition and/or technical execution will also be valid as part of the D combination. Any deviations will be clearly specified.

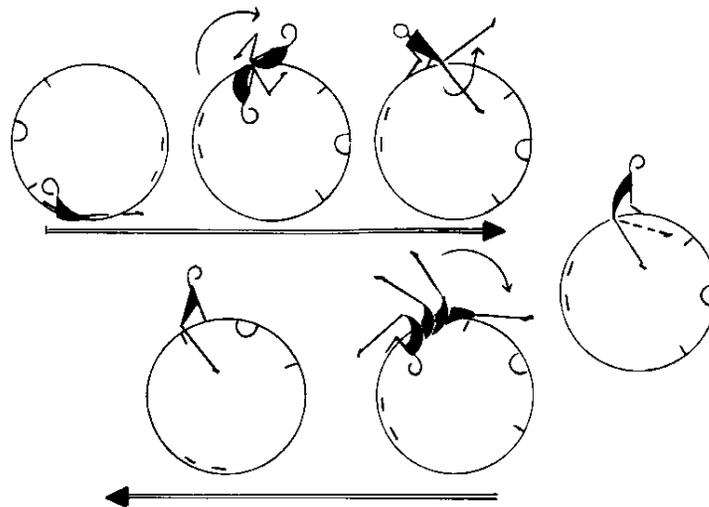
<b>D16: III+IV</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p><b>C12</b> (= High roll against rolling direction) with preceding or subsequent hip circle (including after front lying backwards). [An additional element in the upper phase is also possible.]</p> <p>Or:</p> <p><b>C12</b> (= High roll against rolling direction) with preceding hip circle / upward hip circle (including after front lying backwards). [An additional element in the upper phase is also possible.]</p> <p><b>Additional structure groups possible</b></p>	*	*

D16a):	Execution Comments	Difficulty Judges / Recognition
Back hip circle (including after front lying backwards), <b>C 12</b> forwards (= high roll forwards against rolling direction; not as a change of direction)	* See C 22a)	* No recognition if the high roll is performed as a change of direction. In this case, see C 22a)



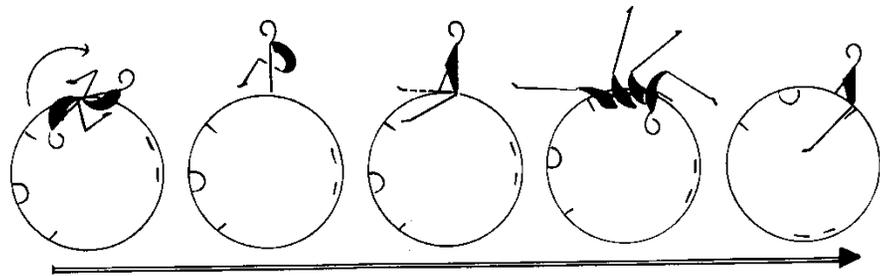
Example D16 a)

D16b):	Execution Comments	Difficulty Judges / Recognition
<p>Back hip circle (including after front lying backwards), ½ turn into straddle sitting backwards, <b>C12</b> forwards (= high roll forwards against rolling direction). No change of direction during the high roll!</p>	<ul style="list-style-type: none"> <li>* Comments regarding the execution of the ½ turn:                             <ul style="list-style-type: none"> <li>- Optional grip and holding zone (usually on the rims)</li> <li>- Visible backswing of the legs, legs straight; the straddle movement begins with the backswing</li> </ul> </li> <li>* For other comments regarding execution of the high roll, see C12 in C Difficulty Catalogue.</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition of the high roll forwards against rolling direction, see C12.</li> <li>* This combination is usually performed as a change of direction. In this case, it is important to watch out for the following:                             <ul style="list-style-type: none"> <li>- The change of direction must take place in the first part of the combination (hip circle with subsequent ½ turn into straddle sitting backwards).</li> </ul> </li> <li>* The high roll is performed entirely in the new rolling direction, i.e. no change of direction is permitted during the high roll.</li> <li>* If the change of direction is performed during the high roll, the upper phase will be counted as a C (see C 22a)</li> </ul>



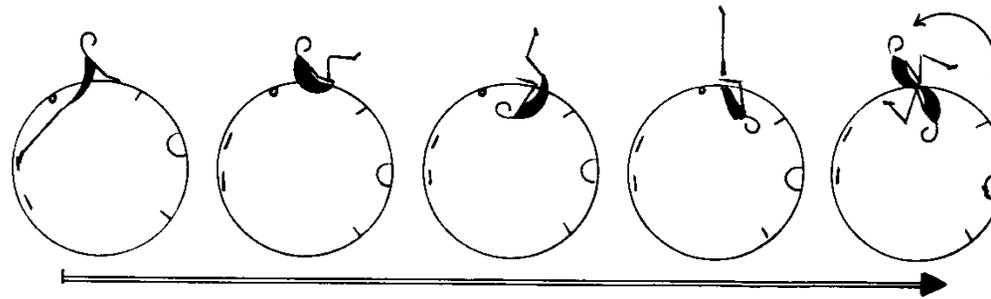
Example D16 b)

D16c): III+IV+VII	Execution Comments	Difficulty Judges / Recognition
<p>Back hip circle (including after front lying backwards),</p> <p><b>B33</b> (= high tuck over) into straddle sitting backwards,</p> <p><b>C12</b> forwards (= high roll forwards against rolling direction; not as change of direction)</p>		<ul style="list-style-type: none"> <li>* For recognition of the high roll forwards against rolling direction, see C12.</li> <li>* No recognition if the high roll is performed as a change of direction. In this case, it will be counted as a C [see C 22b)].</li> </ul>



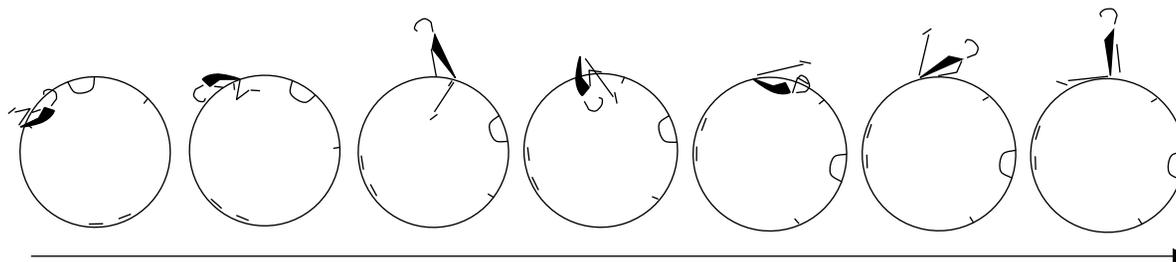
Example D16 c)

D16d):	Execution Comments	Difficulty Judges / Recognition
<p><b>C12</b> (= high roll backwards against rolling direction) via a brief inverted elbow hang, <b>B25</b> backwards (= back hip circle)</p>	<p>*</p>	<p>*</p>



Example D16 d)

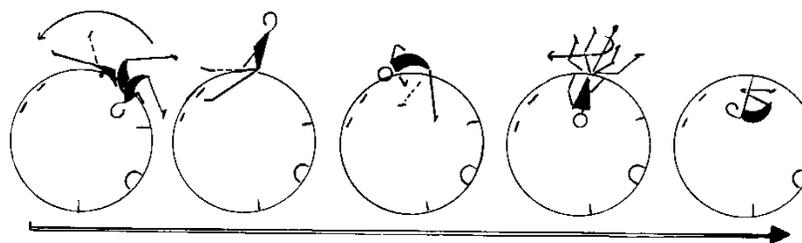
D16e):	Execution Comments	Difficulty Judges / Recognition
Upward hip circle on the handle rung immediately followed by <b>C12</b> (= High roll forwards against rolling direction)	*	*



Example D16 e)

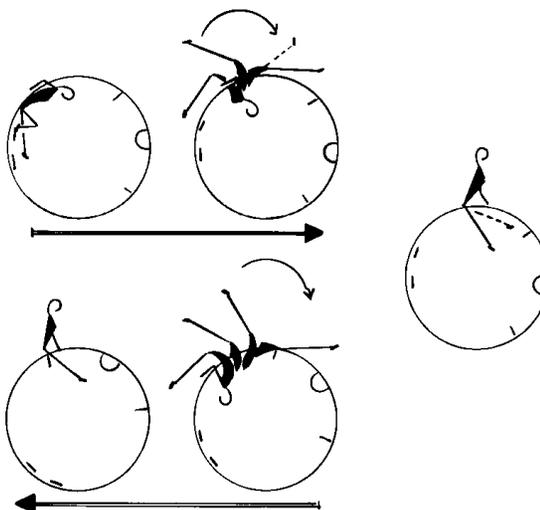
D17: III	Execution Comments	Difficulty Judges / Recognition
<p><b>C12</b> (= High roll against rolling direction) <u>followed by an additional B element</u> in the upper phase. (The complete element combination must not be performed as a change of direction.)</p> <p><b>Additional structure groups possible</b></p>		<p>* The recognition of difficulty is dependent upon any change of direction taking place <b>before</b> the beginning of the high roll against rolling direction and not between the high roll and the subsequent B element.</p>

D17a): III+IV	Execution Comments	Difficulty Judges / Recognition
<p><b>C12</b> forwards (= high roll forwards against rolling direction), <b>B24</b> against rolling direction (= downward hip circle with 1/2 turn)</p>		



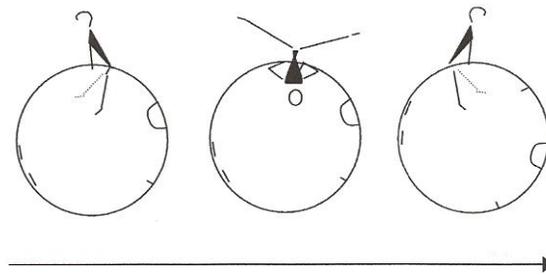
Example D17 a)

D18: III+V	Execution Comments	Difficulty Judges / Recognition
Upward back circle forwards into straddle sitting on the rims, <b>C12</b> (= high roll forwards against rolling direction)	* For comments regarding the execution of the elements: see B31 (upward back circle) and C12	* The change of direction takes place after the upward back circle into straddle sitting * The entire high roll must be performed against the rolling direction (otherwise it will be counted as a C)



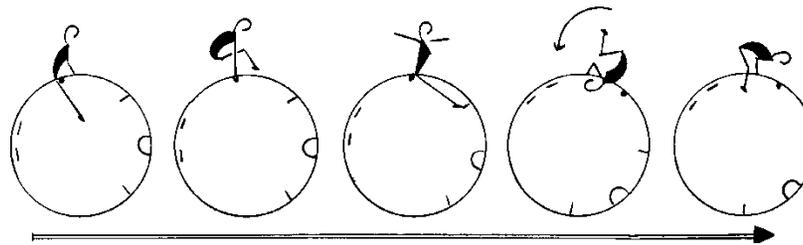
Example D18

D19: III	Execution Comments	Difficulty Judges / Recognition
C12 (= High roll forwards with ½ turn against rolling direction) into straddle sitting forwards		



Example D19

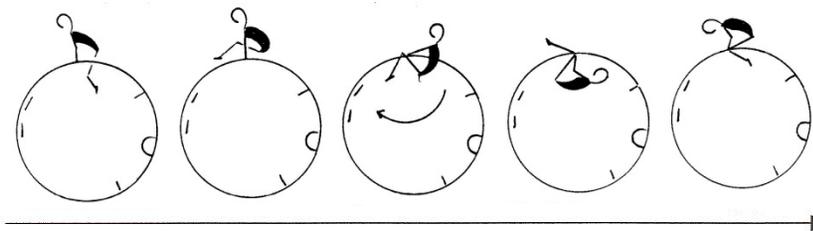
D20: III+VII	Execution Comments	Difficulty Judges / Recognition
<p><b>B33</b> forwards (= high tuck over),  <b>C12</b> backwards (= high roll against rolling direction)</p>		<ul style="list-style-type: none"> <li>* When performing this upper phase as a change of direction, the high roll backwards against rolling direction must be performed <u>after</u> the change of direction, i.e. the change of direction must take place at the latest during the high tuck over.</li> <li>* Be aware of limitations regarding the recognition of the high roll against rolling direction (elbows)!</li> </ul>



Example D20

D21: V	Execution Comments	Difficulty Judges / Recognition
<p><b>C14</b> (= Knee circle with one or both legs), <u>with</u> preceding B element in the upper phase</p> <p><b>Additional structure groups possible</b></p>	<ul style="list-style-type: none"> <li>* For comments regarding execution, see C14</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition, see C14</li> <li>* NB in particular: one-legged tuck over is NOT a B!</li> </ul>

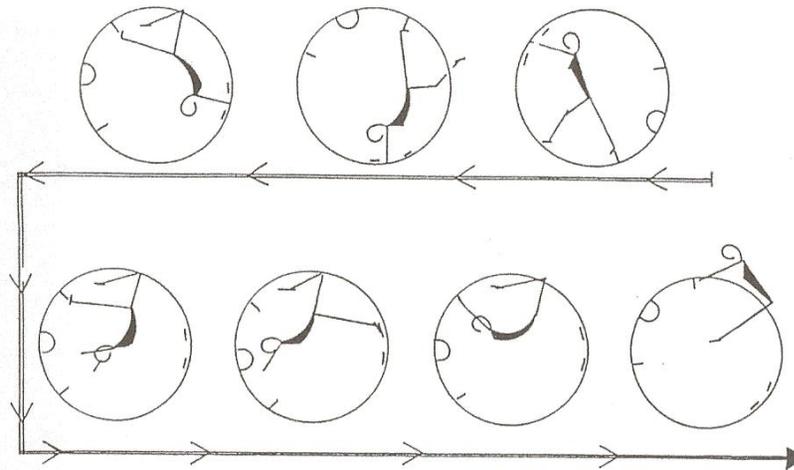
D21a): V+VII	Execution Comments	Difficulty Judges / Recognition
<p><b>B33</b> forwards (= high tuck over),  <b>C14</b> with both legs (= knee circle)</p>		



Example D21 a)

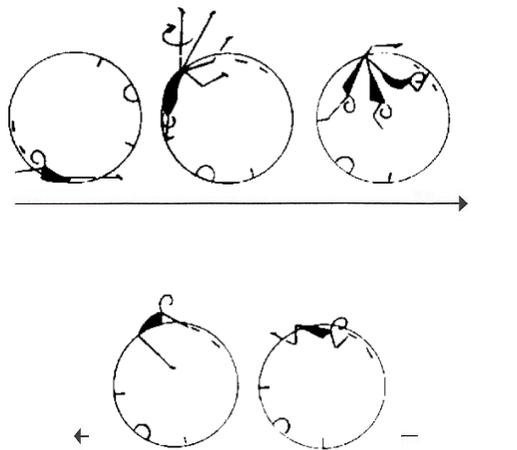
D22: VI	Execution Comments	Difficulty Judges / Recognition
<p><b>C27</b> (= Free knee swing backwards, into high sitting backwards) with preceding specially defined element [see D22a), D22b), D22c), D22d)]</p> <p style="text-align: center;"><u>or</u></p> <p><b>C27</b> (= Free knee swing backwards, into high sitting backwards) with preceding leg swing via straddle sitting into high sitting [see D12e), D12f)]</p> <p style="text-align: center;"><u>or</u></p> <p><b>C27</b> (= Free knee swing backwards, into high sitting backwards) <u>with preceding</u> B, C or D element in the upper phase [see D22g), D22h)]</p> <p><b>Additional structure groups possible</b></p>	<p>* For comments regarding execution, see C27</p>	<p>* For recognition, see C27</p>

D22a):	Execution Comments	Difficulty Judges / Recognition
Free one-legged knee hang with change of legs, into high sitting backwards	* The free leg must be straight during the change of legs	* Recognition only when the change of legs takes place "free" (i.e. when the gymnast is not holding the wheel)



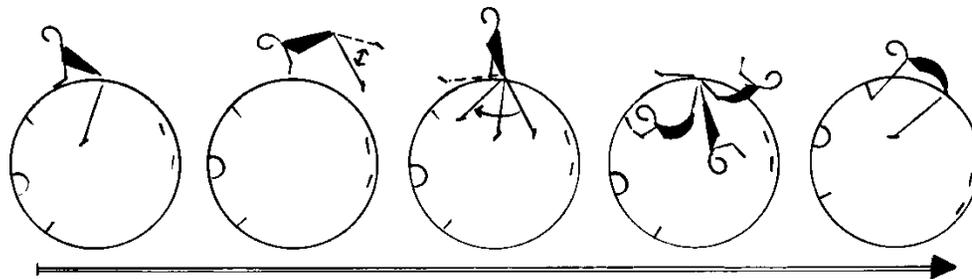
Example D22 a)

D22b):	Execution Comments	Difficulty Judges / Recognition
<p>½ turn from high hip hang with support on the lower rung (handle/board),  <b>C27</b> (= from free knee swing backwards, into high sitting backwards)</p>	<ul style="list-style-type: none"> <li>* Execution of the ½ turn: The ½ turn is initiated by a leg swing. Immediately after the turn, the gymnast will be in a knee hang position.</li> <li>* It is not permitted to push off the floor with the hands in order to reach the starting position for the ½ turn (Deduction: 0.5)</li> <li>* For execution of C27, see C27</li> </ul>	<ul style="list-style-type: none"> <li>* For recognition of C27, see C27</li> <li>* The ½ turn takes place in a support position on the hands, hips in contact with the rung</li> <li>* In order to reach this starting position, the gymnast performs front lying backwards, establishing a grip on the rung immediately after passing through lying position on the floor.</li> </ul>



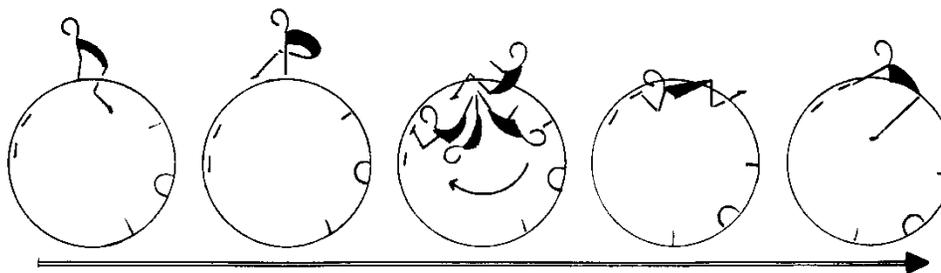
Example D22 b)

<b>D22c):</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>High overswing forwards with bent arms into knee hang,  <b>C27</b> (= Free knee swing into high sitting backwards)</p>	<ul style="list-style-type: none"> <li>* The high overswing is usually performed from a tuck support position after take-off from the floor, whereby the gymnast holds one of the rungs.                      The arms are bent after take-off from the floor and the shoulders are just above the hands.</li> <li>* The legs remain bent during the overswing directly into knee hang on the next rung.</li> <li>* Watch out for foot faults (feet should be extended)</li> <li>* The gymnast should not adopt a bridge position</li> <li>* For execution of C27, see C27</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations</li> <li>* For recognition of C27, see C27</li> </ul>
<b>D22d):</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>From high straddle sitting backwards, via lower arm support position, leg swing forwards into knee hang,  <b>C27</b> (= Free knee swing backwards, into high sitting backwards)</p>	<ul style="list-style-type: none"> <li>* From high straddle sitting backwards on the rims between the two handle rungs, the gymnast leans forwards to hold by the rung in front. With elbows on the rims, the legs are brought together behind and the gymnast performs a leg swing forwards in underarm support. The knees are then swung directly into hanging position on the rung below.</li> <li>* For the rest, see C27</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of all variations</li> <li>* For recognition of C27, see C27</li> </ul>
<b>D22e):</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>Leg swing via high straddle into high sitting backwards,  <b>C27</b> (= Free knee swing backwards, into high sitting backwards)</p>	<p style="text-align: center;">*</p>	



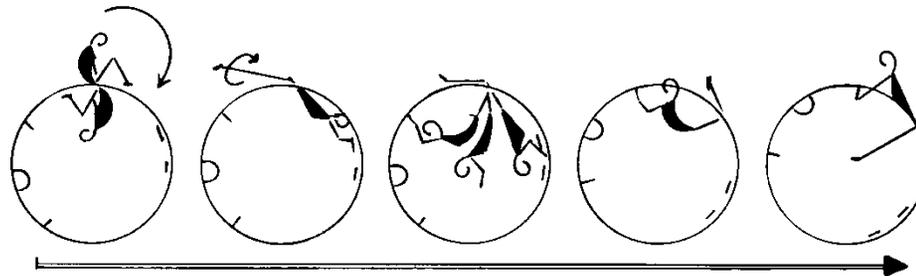
Example D22 e)

D22f): VI+VII	Execution Comments	Difficulty Judges / Recognition
<p><b>B33</b> forwards (= High tuck over forwards),  <b>C27</b> (= Free knee swing backwards, into high sitting backwards)</p>	<p>*</p>	



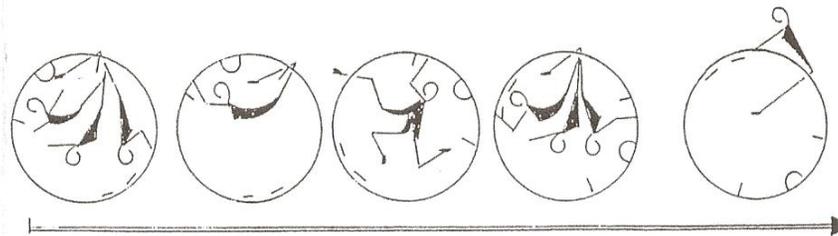
Example D22 f)

<b>D22g): IV+VI</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
Front hip circle, ½ turn from high lying into knee hang backwards, <b>C27</b> (= Free knee swing backwards, into high sitting backwards)	*	



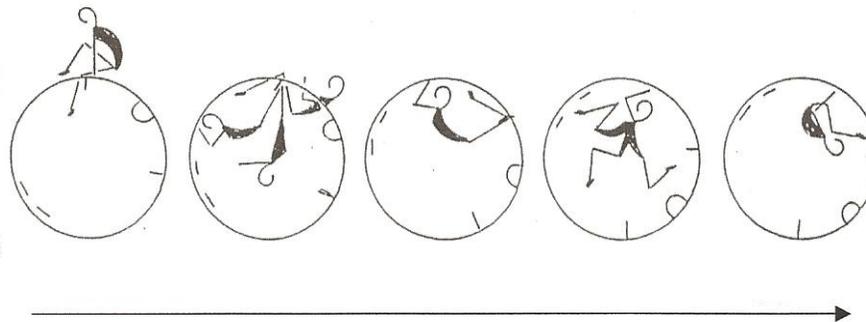
Example D22 g)

<b>D22h):</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<b>C28</b> (= Free knee swing backwards, via tuck hang into knee hang, <b>C27</b> (= Free knee swing backwards, into high sitting backwards)	* For comments regarding execution of the elements, see C28 and C27	* Difficulty: The upper phase is counted as 1 x D, regardless of subsequent lower phase



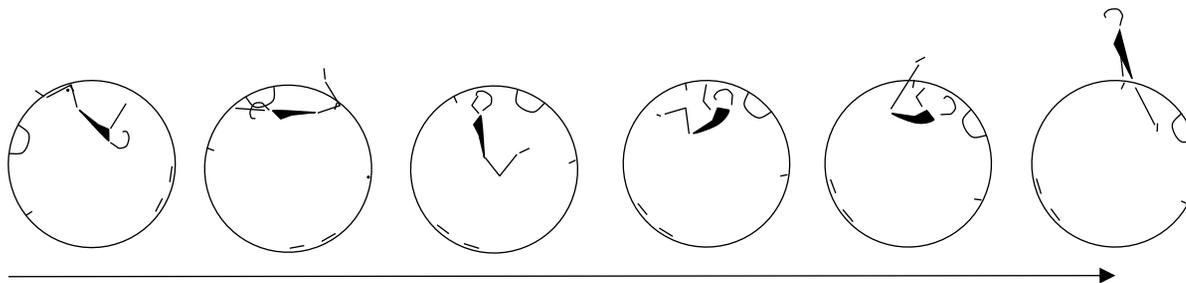
Example D22 h)

D23: VI+VII	Execution Comments	Difficulty Judges / Recognition
<p><b>B33</b> forwards (= high tuck over),  <b>C29</b> (= free knee swing backwards, roll backwards)</p>	<p>* For comments regarding execution of the elements, see B33 and C29</p>	<p>* Difficulty:                      The upper phase is counted as 1 x D, regardless of subsequent lower phase</p>



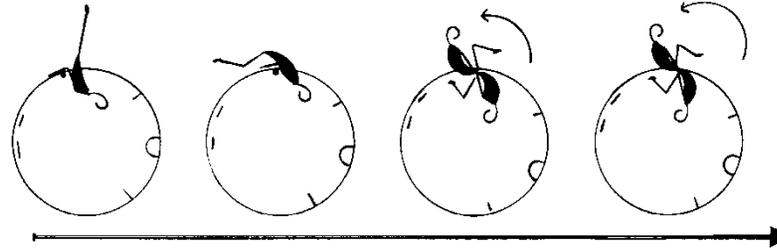
Example D23

D24: IV+VI	Execution Comments	Difficulty Judges / Recognition
<p>Free knee swing, upward hip circle from hanging position</p>		<p>* Difficulty:                      The upper phase is counted as 1 x D, regardless of subsequent lower phase</p>



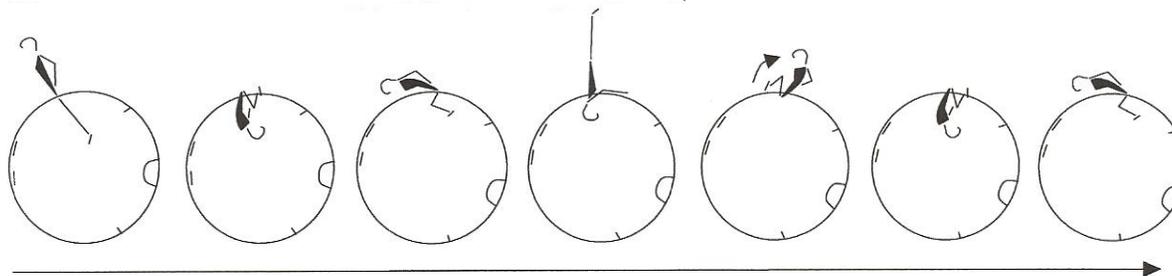
Example D24

D25: <b>IV+VIII</b>	Execution Comments	Difficulty Judges / Recognition
<p><b>B35 or B36</b>                      (= High inverted elbow hang or High upper arm support), double back hip circle</p>	<p>*</p>	<p>* Recognition: Hip extension and vertical body position must be clearly identifiable and at least briefly held (otherwise: C24)</p>



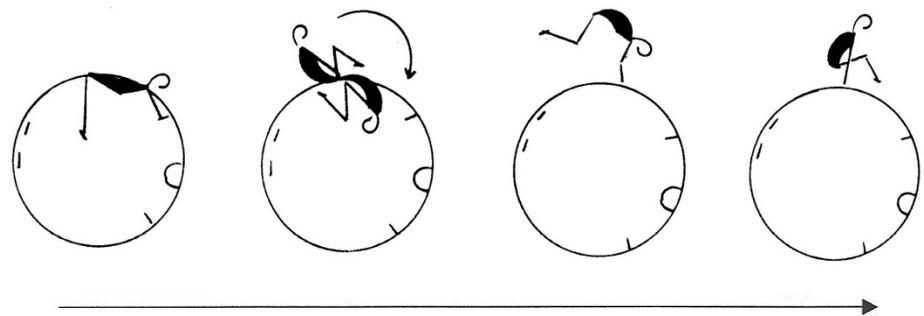
Example D25

D26: <b>IV+VIII</b>	Execution Comments	Difficulty Judges / Recognition
<p><b>B25</b> (= Front hip circle),  <b>B35/B36</b> (= High upper arm support / High inverted elbow hang)  <b>B25</b> (= Back hip circle)</p>	<p>*</p>	



Example D26

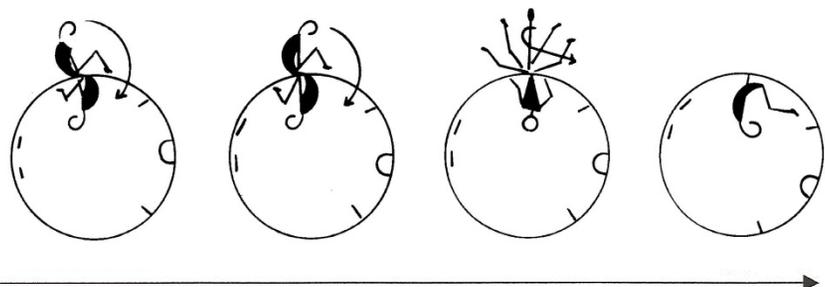
D27: <b>IV+VII</b>	Execution Comments	Difficulty Judges / Recognition
<p><b>B25</b> (= Front hip circle), <b>B33</b> (= High tuck over forwards)</p>	<p>* For comments regarding execution, see B25 and B33</p>	<p>* Recognition of all variations (including change of direction)</p>



Example D27

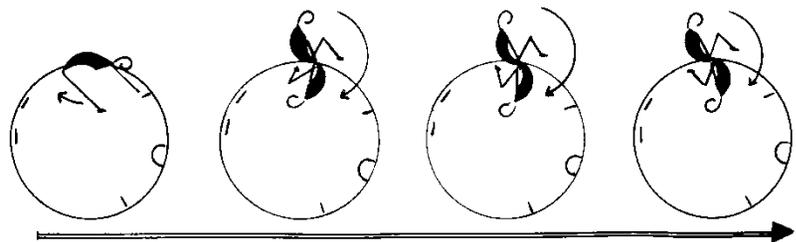
D28: <b>IV</b>	Execution Comments	Difficulty Judges / Recognition
<p><b>C 26a</b>) (= Double front hip circle) with additional B element in the upper phase</p> <p><b>Additional structure groups possible</b></p>	<p>* For comments regarding execution, see C26a)</p>	<p>* Recognition of all variations (including change of direction)</p>

D28a):	Execution Comments	Difficulty Judges / Recognition
<p><b>C 26a)</b> (= Double front hip circle),  <b>B24</b> (= Downward hip circle with ½ turn)</p>		



Example D28 a)

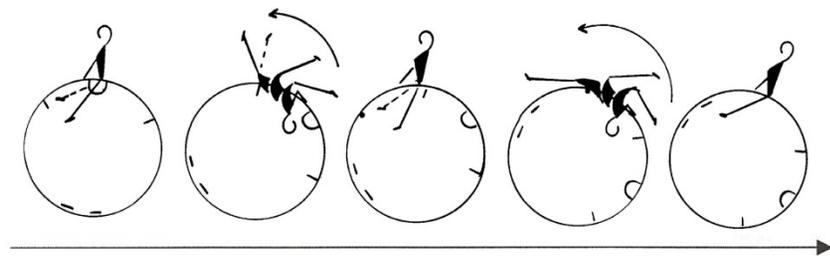
D28b):	Execution Comments	Difficulty Judges / Recognition
<p>Triple front hip circle</p>	<p>*</p>	



Example D28 b)

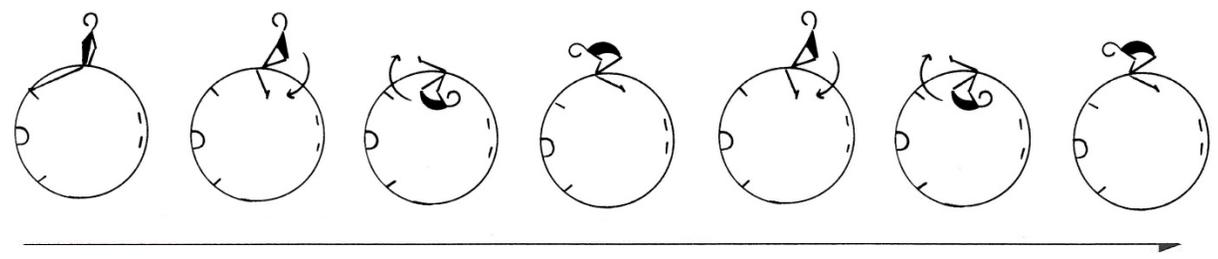
D29:	Execution Comments	Difficulty Judges / Recognition
<p>C element with preceding or subsequent additional C element in the upper phase</p> <p><b>Additional structure groups possible</b></p>	<p>* For comments regarding body positioning and execution, see the individual C elements.</p>	<p>* For recognition criteria, see the individual C elements.</p>

D29a): III	Execution Comments	Difficulty Judges / Recognition
Double high roll forwards = <b>C12</b> (= high roll forwards against rolling direction) into straddle sitting, <b>C12</b> (= high roll forwards against rolling direction)	*	

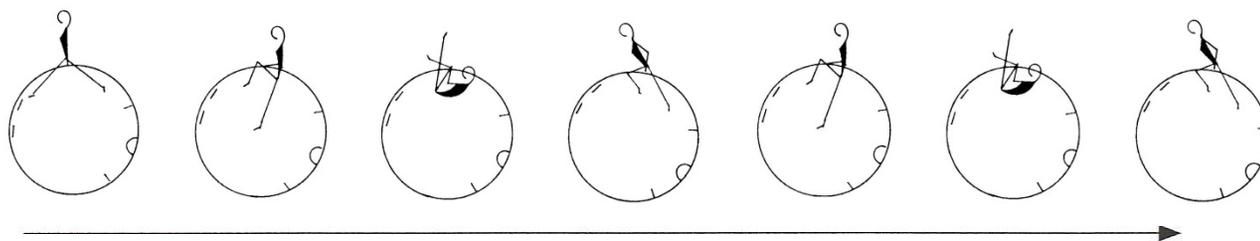


Example D29 a)

D29b): V	Execution Comments	Difficulty Judges / Recognition
Double knee circle (one or two legs)	* Watch out for incorrect leg positioning when entering into and leaving stride position for one leg knee circle.	* Recognition of all variations (including as change of direction)

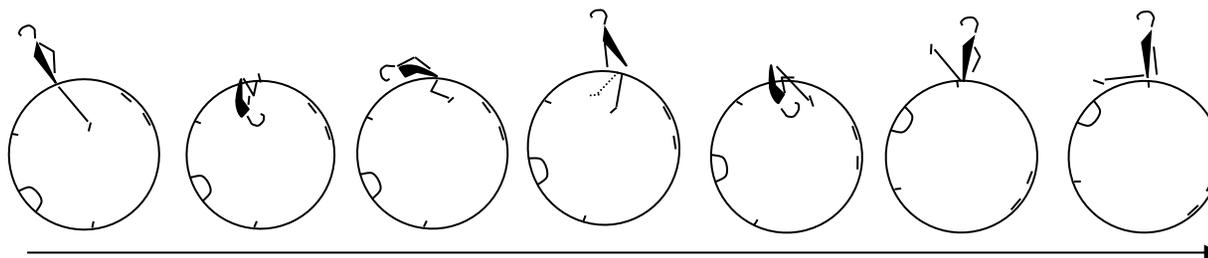


Example D29 b) (two legs)



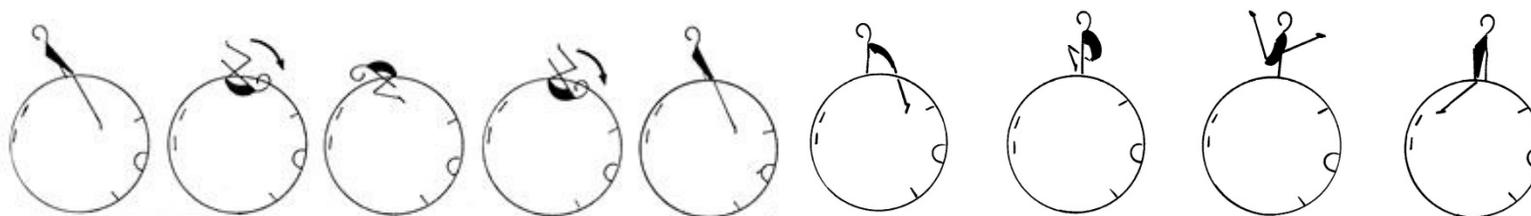
Example D29 b) (one leg)

D29c): III+IV	Execution Comments	Difficulty Judges / Recognition
<p><b>C25</b> (= front hip circle, leg swing into straddle sitting),  <b>C12</b> (= high roll forwards against rolling direction)</p>	<p>*</p>	



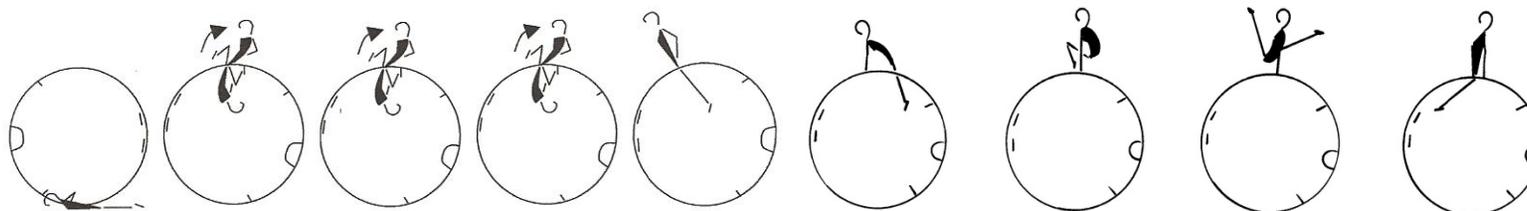
Example D29 c)

D29d): IV+VII+VIII	Execution Comments	Difficulty Judges / Recognition
<p><b>C24a</b> (= double back hip circle, <u>not</u> after front lying backwards),  <b>C20</b> (= high tuck over directly into high pike straddle support or high pike support)</p>	<p>*</p>	



Example D29 d)

D29e): <b>IV+VII+VIII</b>	Execution Comments	Difficulty Judges / Recognition
<b>C24b</b> (= triple back hip circle, <u>also</u> after front lying backwards), <b>C20</b> (= high tuck over directly into high pike straddle support or high pike support)	*	

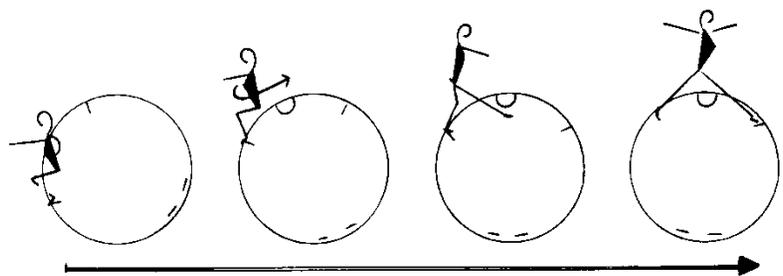


Example D29 e)

**COMBINATIONS OF LOWER AND UPPER PHASE OR LOWER PHASE AND CENTRALISED ELEMENT**

The following elements in the **upper phase** have D difficulty when they are performed directly after the specified lower phase. (The preceding lower phase belongs to the previous decentralised move and is written in brackets.)  
 The described upper phase is counted as a D with any subsequent lower phase, before a dismount or before a centralised change of direction.

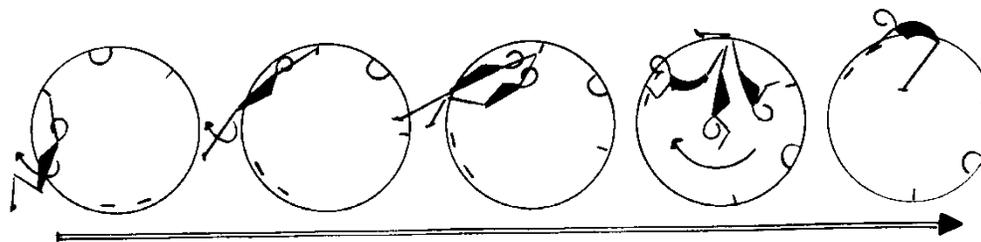
<b>D30: VIII</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(Free push through with ½ turn), into high standing position on the wheel	* For comments regarding execution, see C32	* For recognition criteria, see C32 * Difficulty: {Upper Phase: free push through with ½ turn into <b>high standing position</b> is counted as a D; Lower Phase: optional element} = <u>1 x D</u>



Example D30

<b>D31: IX</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
(C19 = Angled sitting with 1/1 turn and take-off from floor), with subsequent B or C element in the upper phase or centralised move with B or C difficulty  <b>Additional structure groups possible</b>	*	*

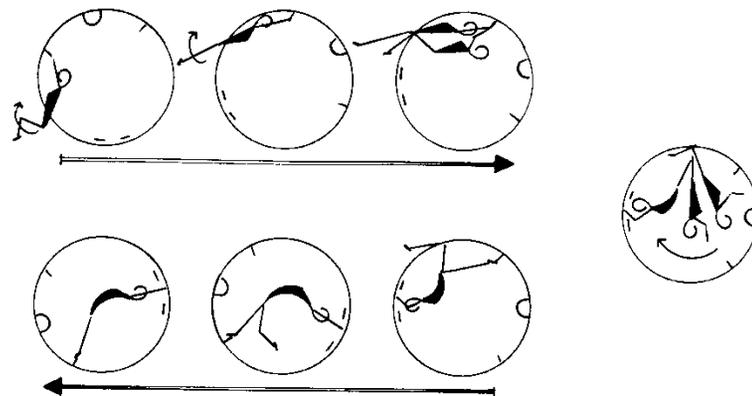
<b>D31a): VI+IX</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<b>(C19),</b> <b>C27</b> (= Free knee swing backwards, into high sitting backwards)	*	* Difficulty: {Upper Phase: optional; Lower Phase: C19} = <u>1 x C</u> {Upper Phase: free knee swing into sitting is counted as a D; Lower Phase: optional} = <u>1 x D</u>



<u>Difficulty:</u>	C	+	D
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Example D31 a)

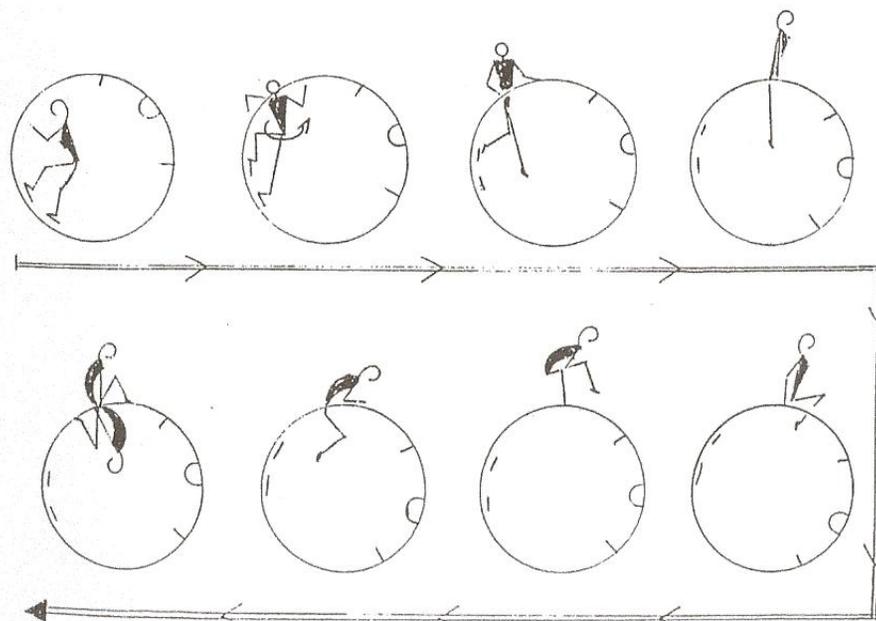
D31b): VI+IX (C19),	Execution Comments	Difficulty Judges / Recognition
C7 (= from free knee swing into bridge forwards)	*	* Difficulty: {Upper Phase: optional; Lower Phase: C19} = <u>1 x C</u> {From free knee swing into bridge forwards is counted as a D} = <u>1 x D</u>



Difficulty:            C            +            D (after change of rolling direction)

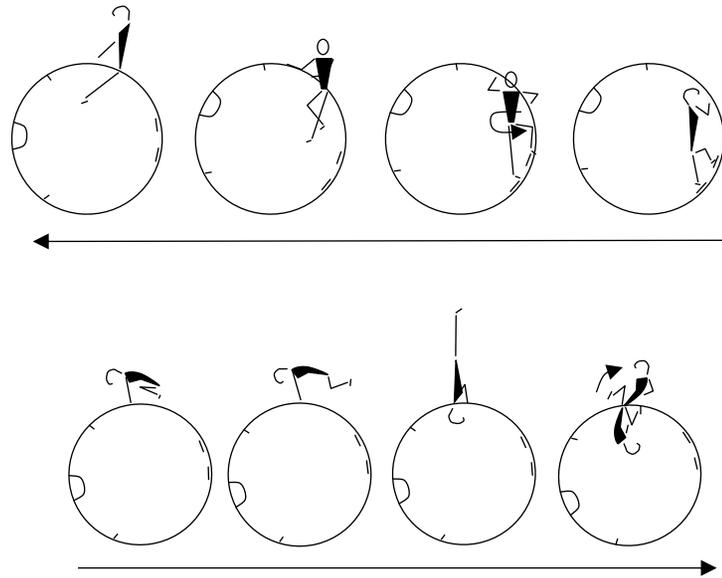
Example D31 b)

D32: <b>IV+VII</b>	Execution Comments	Difficulty Judges / Recognition
(Jump up backwards with 1/2 turn from standing on boards into support position on rims behind stride rung) <b>C24e</b> (= high tuck over backwards, back hip circle)	<ul style="list-style-type: none"> <li>* For execution of the jump up backwards with 1/2 turn, see Appendix</li> <li>* No recognition if the 1/2 turn takes place after the gymnast is in support position.</li> </ul>	<ul style="list-style-type: none"> <li>* Difficulty: The jump up with 1/2 turn is a transition element between the lower and upper phase and thus belongs to the subsequent move.</li> <li>* The subsequent high tuck over backwards and back hip circle are counted as 1 x D.</li> <li>* Recognition of all variations, i.e. the combinations may be performed in the middle of a length or as a change of direction.</li> </ul>



Example D32

D33: <b>IV+VII+VIII</b>	Execution Comments	Difficulty Judges / Recognition
<p>(Jump up backwards with ½ turn from standing on boards into support position on rims behind stride rung)</p> <p><b>B33</b> (= high tuck over backwards,  <b>B35/B36</b> (= high shoulder support / high inverted arm (elbow) support,  <b>B25</b> (= back hip circle)</p>	<ul style="list-style-type: none"> <li>* For execution of the jump up backwards with ½ turn, see Appendix</li> <li>* No recognition if the ½ turn takes place after the gymnast is in support position.</li> </ul>	<ul style="list-style-type: none"> <li>* Difficulty: The jump up with ½ turn is a transition element between the lower and upper phase and thus belongs to the subsequent move.</li> <li>* The subsequent high tuck over backwards, high shoulder support / high inverted arm (elbow) support and back hip circle are counted as 1 x D.</li> <li>* Recognition of all variations, i.e. the combinations may be performed in the middle of a length or as a change of direction.</li> </ul>



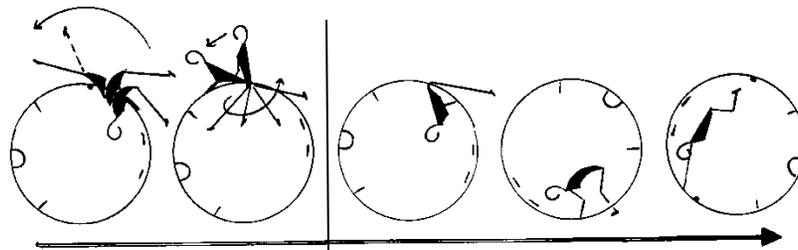
Example D33

**COMBINATIONS OF AN UPPER PHASE WITH A DEFINED SUBSEQUENT MOVE**

The following move has D difficulty when it is performed directly after the described upper phase. (The difficulty of the preceding upper phase is counted separately.)

<b>D34: IX</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>(Above: <b>B, C or D element</b>),  <b>C11</b> (= From hip hang backwards via jump from floor backwards into high front support backwards)</p> <p><b>Additional structure groups possible</b></p>	<p>*</p>	<p>* C11 must be performed immediately after a B, C or D element in the upper phase (without an additional lower phase in between)</p>

<b>D34a): III+IX</b>	<b>Execution Comments</b>	<b>Difficulty Judges / Recognition</b>
<p>(Above: <b>C12 forwards</b> = high roll forwards against rolling direction, straddle sitting backwards into hip hang),  <b>C11</b> (= From hip hang backwards via jump from floor backwards into high front support backwards)</p>	<p>*</p>	<p>Difficulty:                      {Above: high roll forwards against rolling direction is counted as a C} = 1 x C                      { From hip hang backwards via jump from floor backwards into high front support backwards is counted as a D} = 1 x D                      * It does not matter which variation of the high front support is performed (see: C11).</p>

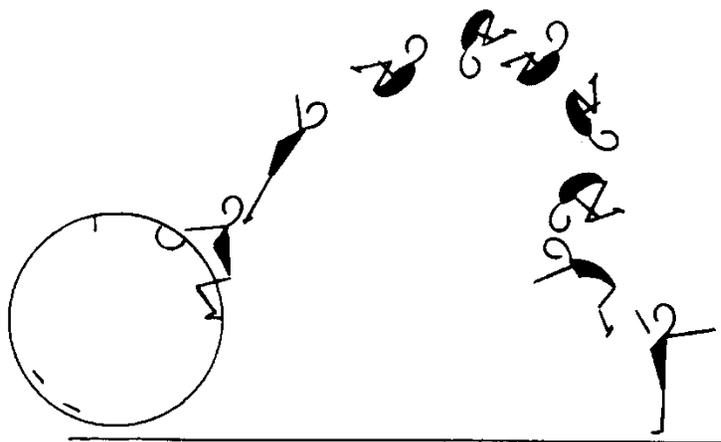


Difficulty: C + D

Example D34 a)

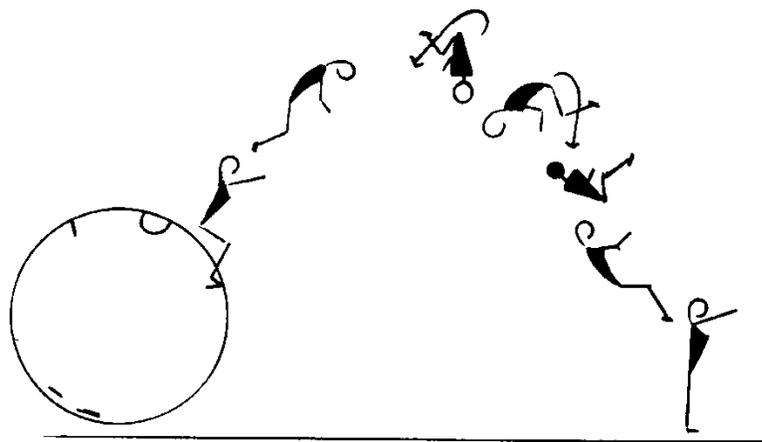
**DISMOUNTS**

D35: <b>X</b>	Execution Comments	Difficulty Judges / Recognition
Double somersault	*	



Example D35: double tuck back somersault

D36: X	Execution Comments	Difficulty Judges / Recognition
Somersault with 1/1 twist		* For recognition of the twist: see B46



Example D36: full twisting tuck front somersault



