



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



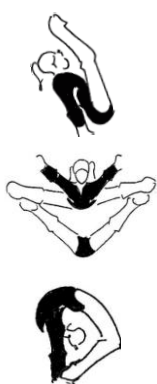
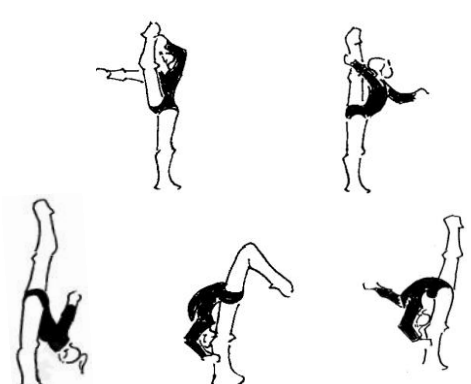
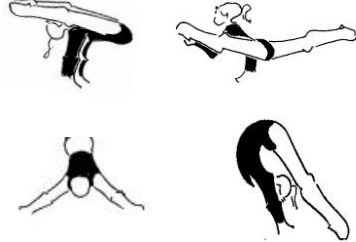

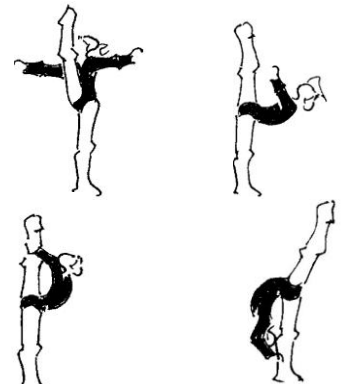

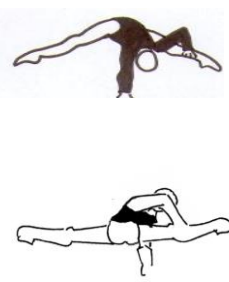
General Rules
Start and End Points
Categories of Handstands & positions

General Rules Pairs and Groups







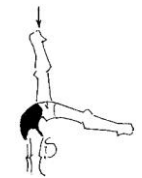

- Elements that are performed with only minor stylistic variations from the element pictured in the Tables are not considered new elements. They may be performed using the same identification (ID) number (#), with the same value as the existing element.
- The figures in the same box are considered as identical (with very few exceptions) as shown in the Tables of Difficulty.
- Elements with a 180° twist before the salto (Arabian) are considered as FRONT saltos.
- Value for side saltos = front saltos but considered as different saltos.
- When an element is in more than 1 place in the TOD with different value, the highest V can be used.
- Wide arm handstands receive extra value(see table bellow) however they are **not considered as a different element**
- Russian lever   can only be performed with closed legs.

• Additional value for static holds & mounts into a static hold

All handstand, straight, flags, disloc and mexican, performed with straight legs together to the ankle receive +1,

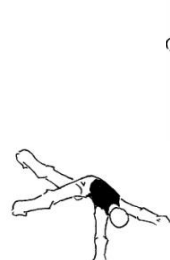





+1	+1	+2	+2	+3	+4
		 <div>ON STRAIGHT ARMS</div> 		<div>LEGS CLOSED</div> 	



- **Additional value for MOTIONS of the base**

+1	+2	-5	-6
 	   		

General Rules Pairs and Groups Dynamic

- **Additional value for FINISH positions in dynamic elements**

+2 Pairs	+2	+2 Trios	-1
  	<div>Gainer salto's</div>		 

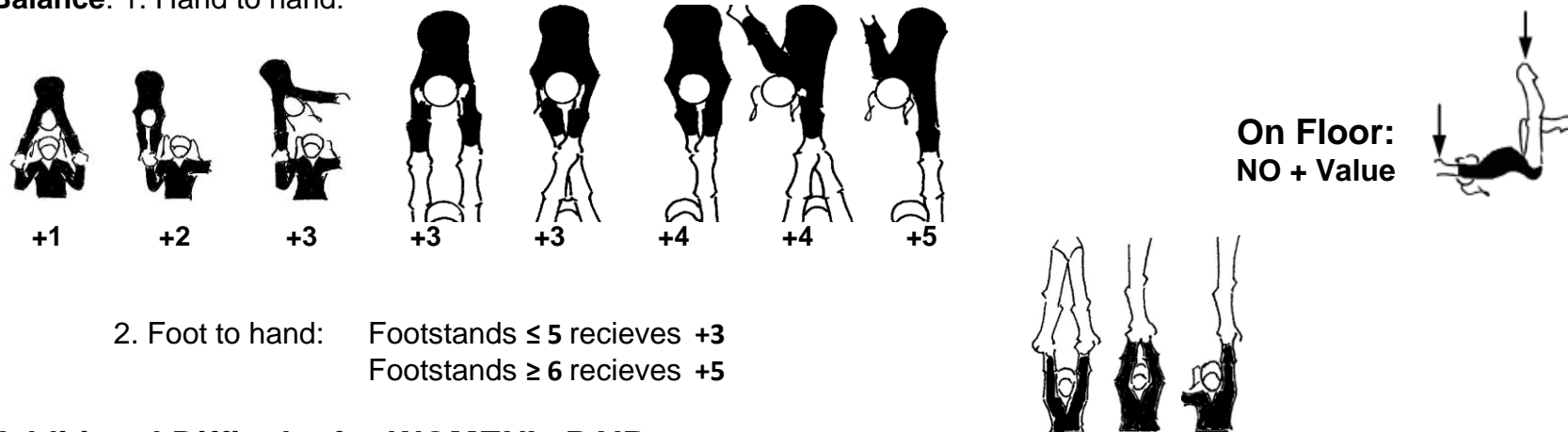
- All salto's performed in  position are considered the same as in  position.
They receive the same value and the same ID number

- Full in back out (/360° 0) ≠ Back in Full out ≠ half in half out (/180°/180°)

- **Additional Difficulty for WOMEN's PAIR and WOMEN'S GROUP :**

All **Handstands** performed on the following points of support will receive the additional difficulty as shown.

Balance: 1. Hand to hand:




2. Foot to hand: Footstands ≤ 5 receives +3
Footstands ≥ 6 receives +5

- **Additional Difficulty for WOMEN's PAIR :**

Dynamic: 1. Saltos with **4/4** rotation or more, **caught in the hands** of the base, receive an additional value of +4

2. Saltos with **8/4** rotation or more, receive an additional value of +4

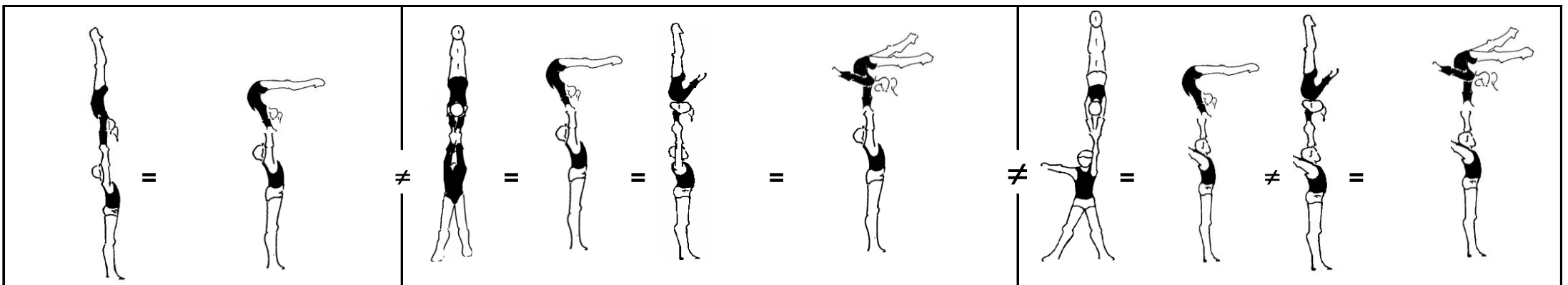
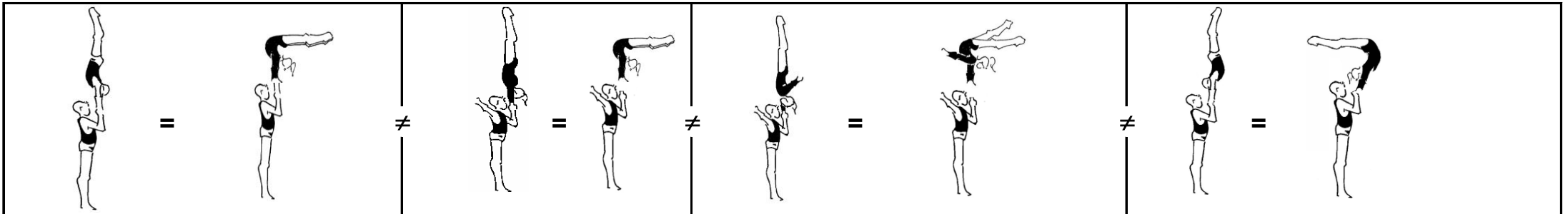
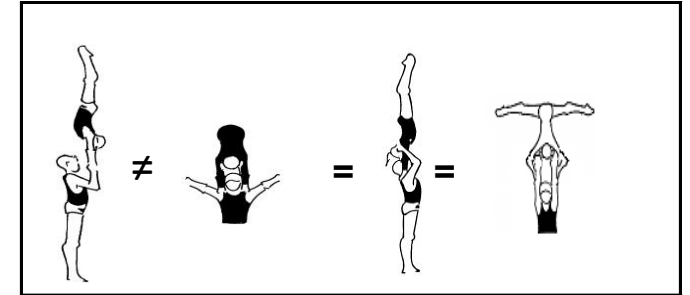
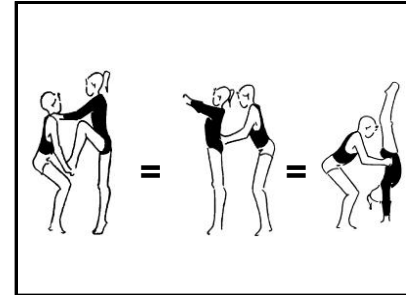
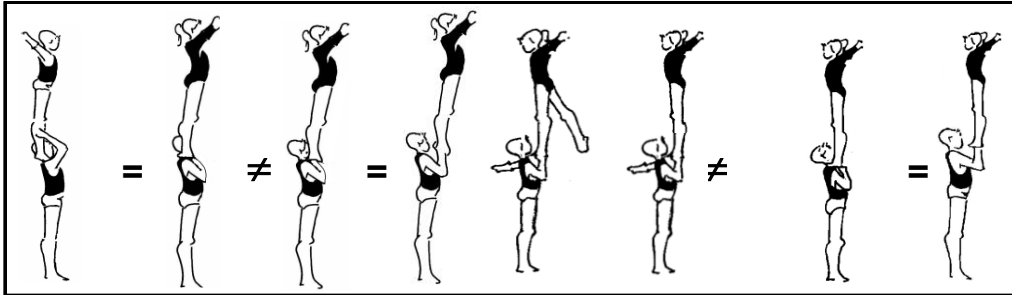
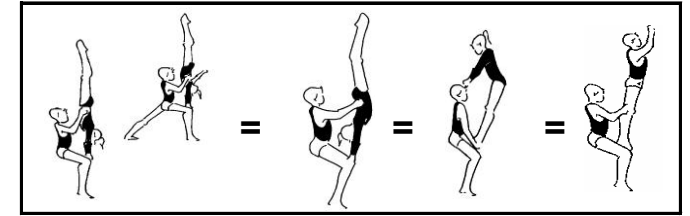
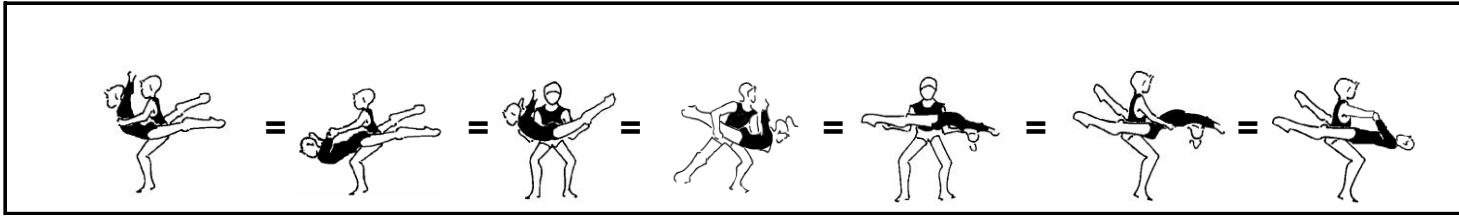
General Restrictions

-  **FORBIDDEN HANDSTAND POSITIONS**
- A catch to wrap (i.e. legs astride the hips of the base) may only be performed with straight legs. **Forbidden for MEN.**
- Sitting in spread legs on the shoulder facing a partner is not permitted in any exercise.
- Handstand Planche **cannot** be performed on one arm.
- Womens Pairs and Womens Groups **may not** work on the back of the neck or top on the head (**Forbidden**).
- Flag can **NOT** be performed **two** on **one**.
- Straddle, crocodile and wide arm elements **cannot** be performed on bent arms of the base.

START POINTS AND CATCH POSITIONS

Examples of the most typical positions.

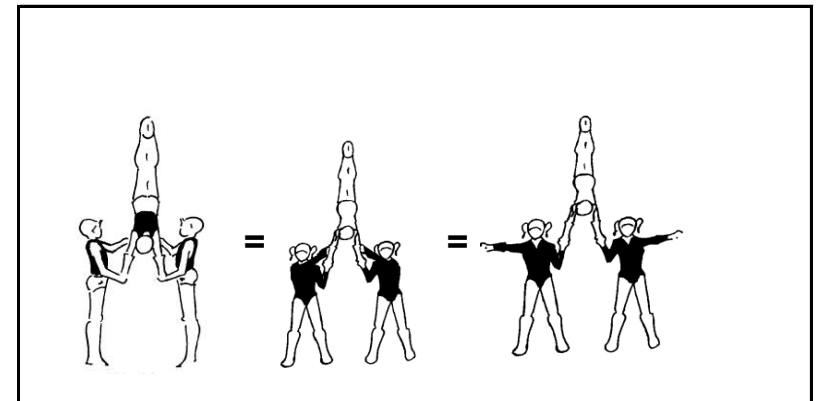
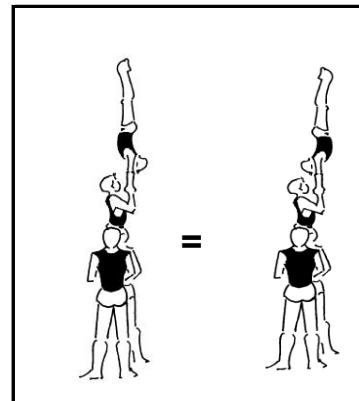
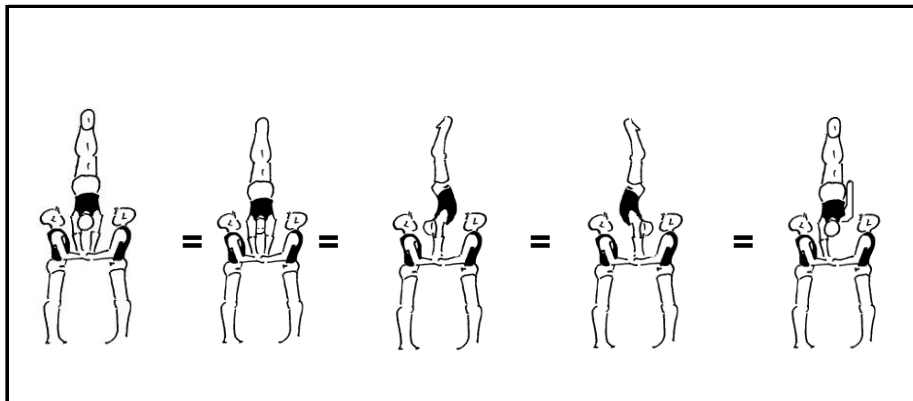
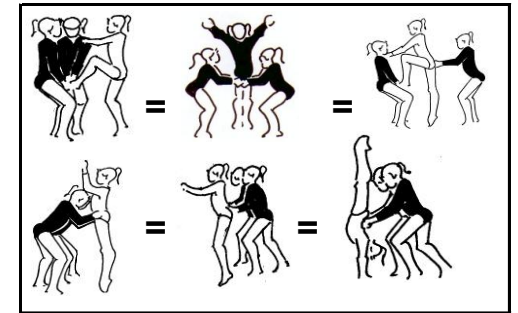
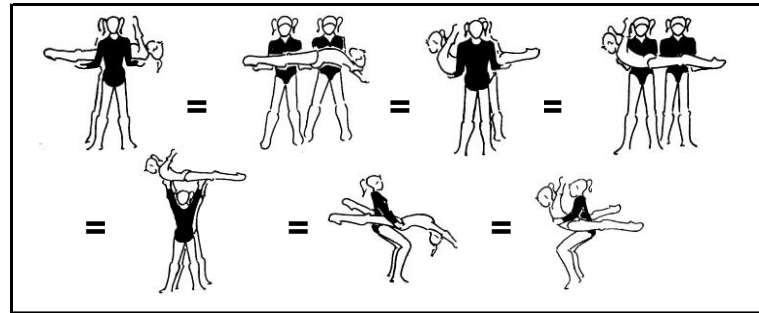
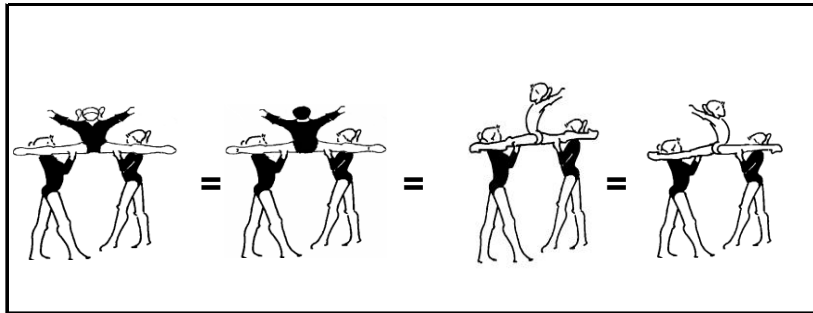
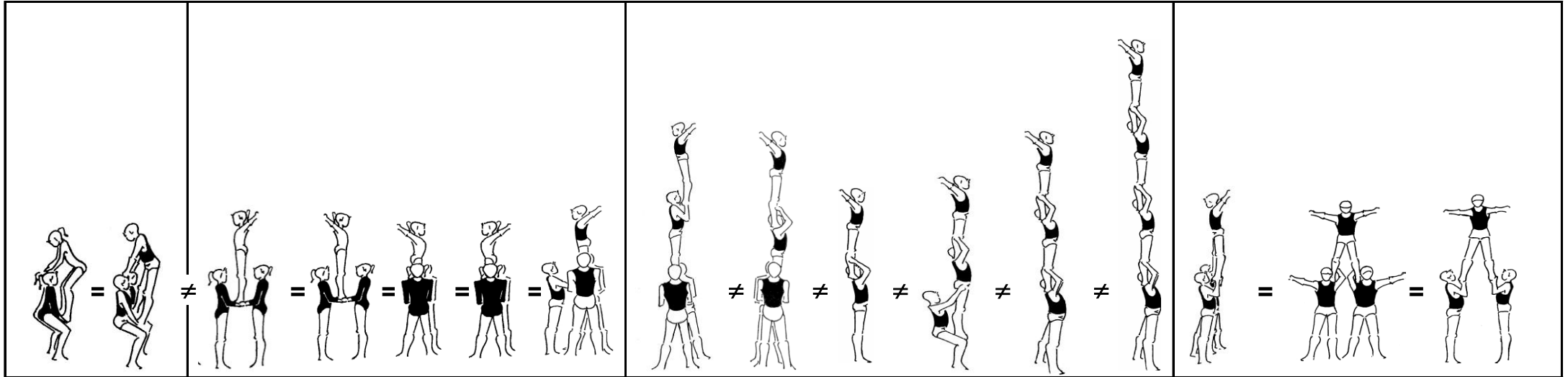
The same position = The different positions ≠



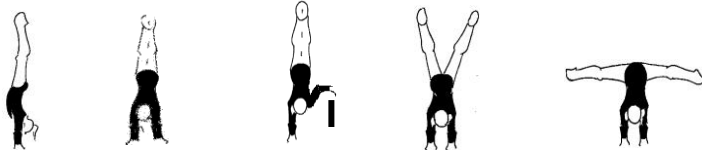
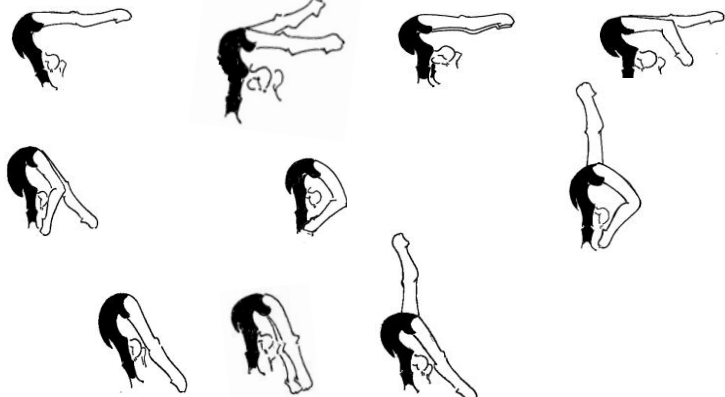
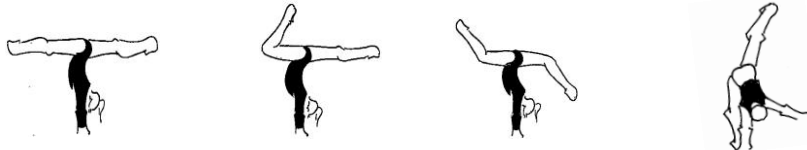


START POINTS AND CATCH POSITIONS

Examples of the most typical positions.

The same position = The different positions ≠







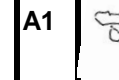

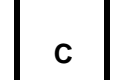








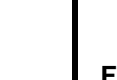


















CATEGORIES OF HANDSTANDS











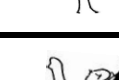
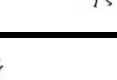

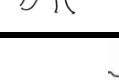
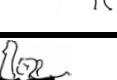
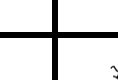
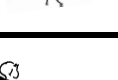
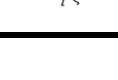
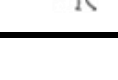
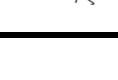





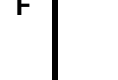









A		B	
			D
C		D1	

Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty-balance elements. Handstands belonging to the same category are considered as the same. The same system of categories must be applied to 1 arm handstands and 2 on 1 handstands.

CATEGORIES OF MISCELLANEOUS ELEMENTS

A							A1		B		C		D	
E	       								F	    				
H		I	     						J		K	  		

CATEGORIES OF FOOTSTANDS

A	    					E	    				
B	    					F	    				
C	    					G	    				
D	    										

Elements belonging to the same box are considered as the same.