GROUP 2 - HANDSPRING FWD WITH/WITHOUT $1 / 1\left(360^{\circ}\right)$ IN $1^{\text {ST }}$ FLIGHT PHASE - SALTO FWD/BWD WITH/WITHOUT LA TURN IN $2^{\text {ND }}$ FLIGHT PHASE

6.000 - DISMOUNTS

| A | B | C | D | E | F/G |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 6.101 <br> From HB - underswing with 1 12 turn (180 ${ }^{\circ}$ ) or 1/1 turn $\left(360^{\circ}\right)$ to stand $\underline{P} \not \underline{L}$ | 6.201 <br> From HB - underswing with salto fwd tucked or piked | 6.301 <br> From HB - underswing with salto fwd tucked or piked with $1 / 2$ turn $\left(180^{\circ}\right)$ or $1 / 1$ turn ( $360^{\circ}$ ) | 6.401 <br> From HB - underswing with salto fwd tucked with 1112 turn (540 $)$ <br> From HB - underswing with salto fwd stretched with $1 / 2$ turn $\left(180^{\circ}\right)$. | 6.501 | $6.601$ |
| 6.102 <br> From HB - clear underswing with $1 / 2$ turn $\left(180^{\circ}\right)$ or $1 / 1$ turn $\left(360^{\circ}\right)$ to stand | 6.202 | 6.302 <br> From HB - clear underswing with salto fwd tucked or piked also with $1 / 2$ turn (180ㅇ) <br> Clear straddle circle with salto fwd tucked - also with $1 / 2\left(180^{\circ}\right)$ turn | 6.402 <br> From HB - clear underswing with salto fwd tucked with 1/1 turn (360 $)$ <br> Clear pike underswing to salto fwd stretched with $1 / 2$ turn ( $180^{\circ}$ ) <br> From HB - clear straddle circle with salto fwd tucked with $1 / 1$ twist ( $360^{\circ}$ ) | 6.502 <br> From HB - clear underswing with salto fwd tucked with $11 / 2$ turn (540 $)$ <br> 子多 | 6.602 |

UB - Group 6-1
6.105

2.000 - GYMNASTIC TURNS

| A | B | C | D | E |
| :---: | :---: | :---: | :---: | :---: |
| $2.103$ | 2.203 <br> 1/1 turn ( $360^{\circ}$ ) with free leg held upward in $180^{\circ}$ split position throughout turn | $2.303$ | 2.403 <br> 2/1 turn $\left(720^{\circ}\right)$ with free leg held upward in $180^{\circ}$ split position throughout turn | 2.503 <br> 3/1 turn (1080) with free leg held upward in $180^{\circ}$ split position throughout turn |
| $2.104$ | 2.204 <br> $1 / 1$ turn $\left(360^{\circ}\right)$ in back attitude (knee of free leg at horizontal throughout turn) | $2.304$ | 2.404 (*) <br> 2/1 turn $\left(720^{\circ}\right)$ in back attitude (knee of free leg at horizontal throughout turn) <br> $2 / 1$ turn $\left(720^{\circ}\right)$ with free leg held with both hands bwd/upward throughout turn | 2.504 |
| 2.105 | 2.205 <br> $1 / 1$ turn $\left(360^{\circ}\right)$ in scale FWD with free leg above horizontal throughout turn | $2.305$ | 2.405 | 2.505 |

2.000 - GYMNASTIC TURNS

| A | B | C | D | E |
| :---: | :---: | :---: | :---: | :---: |
| 2.106 | 2.206 <br> 1/1 illusion turn ( $360^{\circ}$ ) through standing split without touching floor with hand | 2.306 | 2.406 | 2.506 |
| 2.107 (*) <br> 1/1 turn ( $360^{\circ}$ ) in tuck stand on one leg - free leg optional | 2.207 <br> 2/1 turn $\left(720^{\circ}\right)$ in tuck stand on one leg - free leg bent | 2.307 <br> 2/1 (720) turn starting with free leg at horizontal, lowering to complete the turn in wolf position | 2.407 <br> 2/1 turn $\left(720^{\circ}\right)$ in tuck stand on one leg free leg straight throughout turn (no turn initiation with a push from hands on floor) | 2.507 <br> 3/1 turn (1080 ${ }^{\circ}$ ) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor) |
| 2.108 | 2.208 <br> $2 / 1$ spin ( $720^{\circ}$ ) or more on back in kip position (hip-leg < closed) | 2.308 | 2.408 | 2.508 |


| A | B | C | D | E | F/G/H |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 4.101 <br> Salto fwd tucked or piked | 4.201 <br> Salto fwd tucked with $1 / 2$ or 1/1 twist ( $180^{\circ}$ or $360^{\circ}$ ), also Salto fwd piked with $1 / 2$ twist ( $180^{\circ}$ ) | 4.301 | 4.401 | 4.501 <br> Double salto fwd tucked <br> $\gamma$ | 4.601 <br> Double salto fwd tucked, with $1 / 2$ twist (180 ) or Double salto fwd piked |
| 4.102 | 4.202 <br> Salto fwd stretched, also with $1 / 2$ twist $\left(180^{\circ}\right)$ $\gamma^{\prime}$ | 4.302 <br> Salto fwd stretched with $1 / 1$ or $11 / 2$ twist ( $360^{\circ}$ or $540^{\circ}$ ) | 4.402 <br> Salto fwd stretched with 2/1 twist ( $720^{\circ}$ ) | 4.502 <br> Salto fwd stretched with $2 ½$ twist (900́) | 4.602 <br> Salto fwd stretched with $3 / 1$ twist (1080́) $\gamma \varepsilon$ |

FX - Group 4-1


