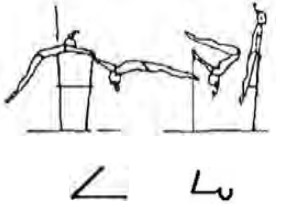
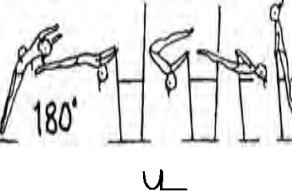
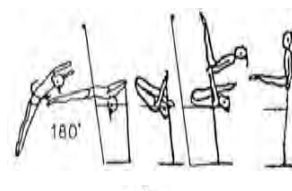
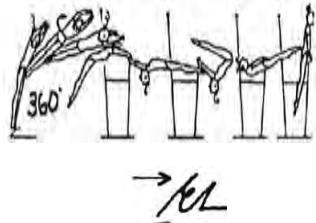








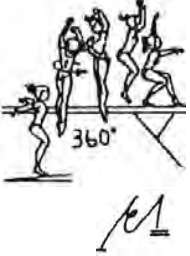
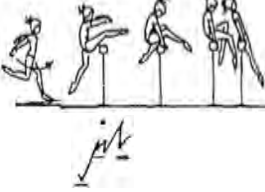
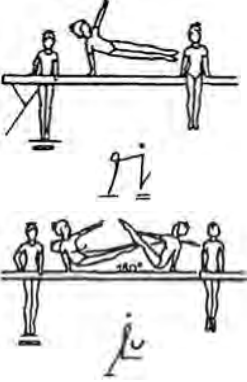
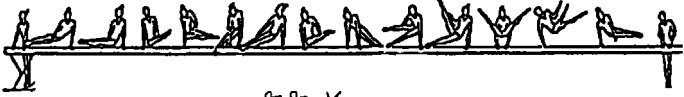
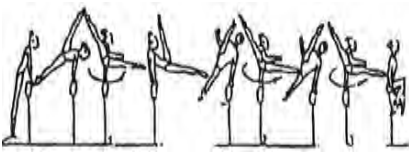
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 <i>Glide Kip to support on LB, or kip with ½ turn (180°) to support on LB</i></p> 	<p>1.201</p>	<p>1.301</p>	<p>1.401</p>	<p>1.501</p>	<p>1.601</p>
<p>1.102 <i>Jump with ½ turn (180°) kip to support on LB</i></p>  <p><i>Jump with ½ turn (180°) stoop through to rear support on LB</i></p> 	<p>1.202 <i>Jump with 1/1 turn (360°) and kip to support on LB</i></p> 	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>


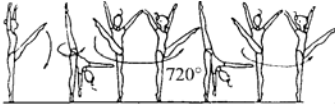




4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.109</p>	<p>4.209</p>	<p>4.309 <i>Clear pike circle bwd on LB with counter flight to hang on HB</i></p>  	<p>4.409</p>	<p>4.509 <i>Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang</i></p>  	<p>4.609</p>

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 (D) Leap - on landing should show arabesque position (leg min. at horizontal)</p> 	<p>1.201 (D) Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet</p> 	<p>1.301 (D) Jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam</p> 	<p>1.401</p> <div data-bbox="1151 300 1783 376" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>(D) = To be counted as Dance element</p> </div>	<p>1.501</p>	<p>1.601</p>
<p>1.102 (D) Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam</p> 	<p>1.202</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>
<p>1.103 Flank to rear support also with ½ turn (180°)</p> 	<p>1.203</p>	<p>1.303 Two flank circles followed by leg “Flair”</p>  <p style="text-align: center;">99x6</p> <p>3 flying flairs</p>  <p style="text-align: center;">x6</p>	<p>1.503</p>	<p>1.603</p>	

2.000 – GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>2.106</p>	<p>2.206 1/1 illusion turn (360°) through standing split without touching floor with hand</p>  <p align="center">↓</p>	<p>2.306 2/1 Illusion turn (720°) through standing split without touching floor with hand</p>  <p align="center">↓</p>	<p>2.406</p>	<p>2.506</p>	<p>2.606</p>
<p>2.107 1/1 turn (360°) in tuck stand on one leg - free leg optional</p>  <p align="center">↓</p>	<p>2.207 2/1 turn (720°) in tuck stand on one leg - free leg optional</p>  <p align="center">↓</p>	<p>2.307</p>	<p>2.407 2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push with hands on floor).</p>  <p align="center">↓</p>	<p>2.507</p>	<p>2.607</p>
<p>2.108</p>	<p>2.208 2/1 spin (720°) or more on back in kip position (hip-leg < closed)</p>  <p align="center">↓</p>	<p>2.308</p>	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>

2010 FIG Vault Table

GROUP I	GROUP II	GROUP III	GROUP IV	GROUP V
1.00 2.40	C-I: One vault must be performed. This vault score counts for Team & AA Total. If the gymnast has been registered in the Start list to qualify for C-III, a 2nd vault must be performed. The 2 vaults are averaged for qualification to C-III C-IV,II: One vault must be performed. C-III: The 2 vaults must show a different Repulsion phase (fwd or bwd salto; or 2nd flight without salto)			
1.01 2.80				
1.02 3.20				
1.03 3.60				
1.04 4.00				
1.05 4.50				
1.10 2.60	2.10 4.40	3.10 4.00	4.10 3.80	5.10 4.60
1.11 3.00	2.11 4.80	3.11 4.30	4.11 4.10	5.11 5.00
1.12 3.40	2.12 4.80	3.12 4.60	4.12 4.40	5.12 5.00
	2.13 5.30	3.13 5.10	4.13 4.90	5.13 5.50
	2.14 5.70	3.14 5.40	4.14 5.20	5.14 5.90
1.20 3.00	2.20 4.60	3.20 4.20	4.20 4.00	5.20 4.80
1.21 3.40	2.21 5.00			5.21 5.20
1.22 3.80	2.22 5.00			5.22 5.20
1.23 4.20	2.23 5.50			5.23 5.70
	2.24 5.90			5.24 6.10
1.30 3.20	2.30 5.00	3.30 4.60	4.30 4.40	5.30 5.20
1.31 4.00	2.31 5.40	3.31 4.90	4.31 4.70	5.31 5.60
	2.32 5.90	3.32 5.20	4.32 5.00	5.32 6.10
	2.33 6.30	3.33 5.50	4.33 5.30	5.33 6.50
		3.34 6.00	4.34 5.80	
		3.35 6.70	4.35 6.50	
1.40 3.40	2.40 5.20		4.40 4.60	
1.41 3.80	2.41 5.40		4.41 4.90	
1.42 4.00			4.42 5.20	
	2.50 7.10		4.50 4.80	
			4.51 5.20	
			4.52 5.50	
			4.53 5.80	

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
1. ↑	01	L L						
	02	u u	u					
	03	l l	l					
	04	l l	l l	l				
	05	l						
	06	l	l ~					
	07		l	l l	l			
	08		l	l	l			
	09				l l	l l		
	10		l l	l l	l			
	11				l l	l l		
2. !	01	l	l l l	l	l			
	02		l l	l l				
	03			l l	l	l		
	04				l l			
	05	o ~		l l	l l	l		
	06			l l	l l	l l		
	07			l l				
3. U A	01		l l l	l	l l l			
	02				l l	l l		
	03				l	l	l l	
	04			l	l	l l	l	
	05				l l l	l l		l l
	06		l l l	l		l l		
	07			l	l			
	08			l l l	l l l	l l l		l
	09			l l l	l l			
	10			l l	l	l l		

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
4. X	01	⊗	l	l l	l			
	02	⊗		l l	l l	l		
	03				l l l	l l	l	
	04	⊗		l l l	l	l		
	05			l	l	l l	l	
	06	⊗			l l	l l	l	
	07	⊗			l l	l l	l	
	08			l	l			
	09			l			l	
5. U	01	⊗		⊗ ⊗ ⊗			l l	
	02		⊗	l	l l l			
	03			l	l l			
	04	l		l	l l l			
	05	⊗		l l	l			
	06	⊗		l l	l			
	07		l l l	l			l	
	08	⊗		l l l	l	l	l	
	09				l l	l l	l l	l
6. ↓	01	l l	l	l l l	l			
	02	l l		l l l l	l l l	l		
	03		l l	l l	l l l	l		
	04	l l	l l l	l l l	l l	l		
	05		l l l	l l l	l l l		l l l	
	06				l l l	l l l l	l l l	l l l
	07				l l l l	l l l l	l l l l	l l l
	08	l l l	l l l l	l l l l	l l l l	l l l l	l l l l	l l l
	09		l l	l l l	l l l	l l l	l l l	l l l
	10		l	l l l	l l l			

7 \	A-100	B-200	C-300	D-400	E-500	F.600	G.700
1.01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							

7 \	A-100	B-200	C-300	D-400	E-500	F.600	G.700
2.01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							
12							
3.01							
02							
03							
04							
05							
06							
07							
08							
4.01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							

7 \	A-100	B-200	C-300	D-400	E-500	F.600	G.700
5.01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							
12							
13							
14							
6.01							
02							
03							
04							
05							
06							
07							

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600
1.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						
	09						
	10						
	11						
	12						
	13						
	14						
2.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
3.	01							
	02							
	03							
	04							
	05							
	06							
	07							
4.	01							
	02							
	03							
	04							
	05							
5.	01							
	02							
	03							
	04							
	05							
	06							