

PART IV APPENDICES

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**Vedlegg til
Reglement troppsgymnastikk
til bruk i konkurranser i Norge**

norsk utgave – versjon 1
gjeldende fra 1. januar 2010

APPENDIX A1

Table of Difficulty for Floor

Counting difficulty value of elements: Different elements must have different code numbers. Some elements don't have own symbols. It's allowed to use the symbol of some same kind of element (the code number must be own with every difficulty element). If the leg separation requirement is not fulfilled the value will be lowered if possible. If there is no lower value for the element, it has no value.

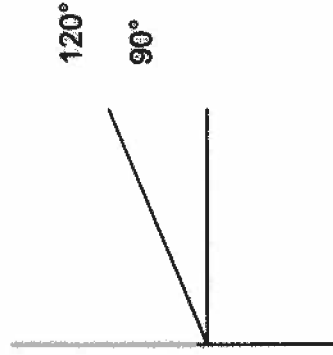
Following shortenings are used in Floor Difficulty Tables:

















Fwd = forward (Turning at the same direction as the supporting leg)









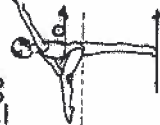







Bwd = backward (Turning at the opposite direction as the supporting leg)

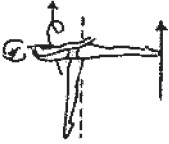



1. Pirouettes

The height of the free leg in pirouettes affects the value of the element. If the free leg is bent (fwd/side) the heel is used to define the angle with the hip. When the free leg is bent and backwards, the knee is used to define the angle with the hip.

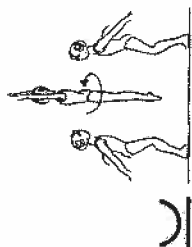
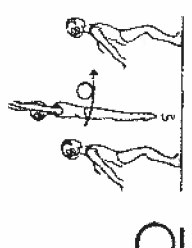
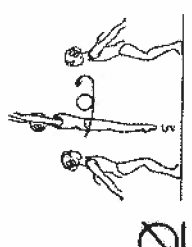
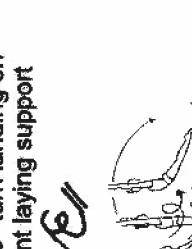
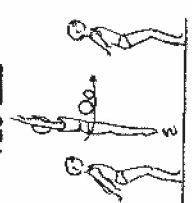
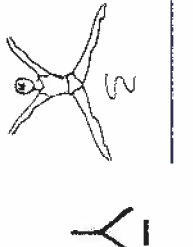
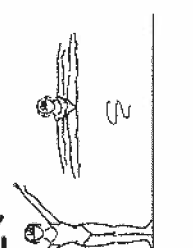
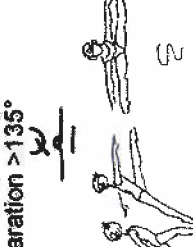
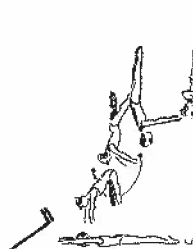
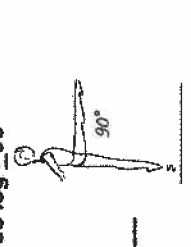
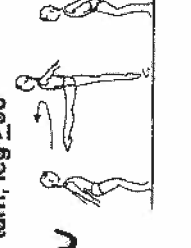

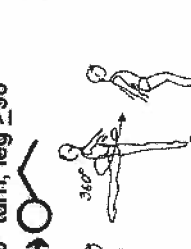


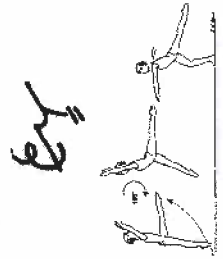
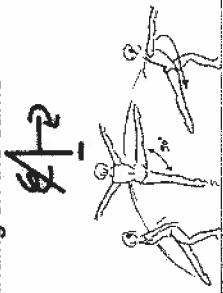


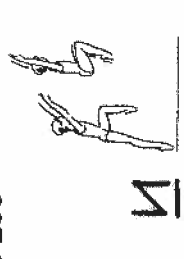

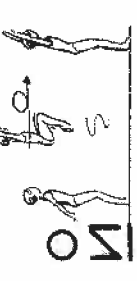
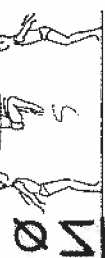
PIROUETTES Forward 	A 0,2 P 201 360° 	B 0,3 P 301 540° 	C 0,4 P 401 720° 	D 0,5 P 501 900° 	E 0,6 P 601 1080° 
Backward 	P 202 360° 	P 302 540° 	P 402 720° 	P 502 900° 	P 602 1080° 
Forward Free leg between 45° and 90° (front, side, back, attitude /straight) In attitude: knee joint between 90° and 135° 	P 203 360° 	P303 540° 	P403 720° 	P503	P 603

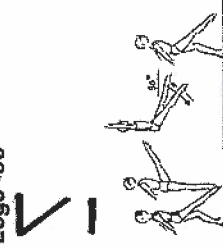
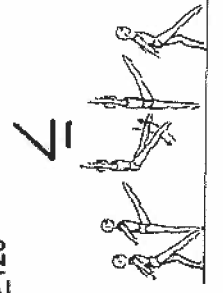
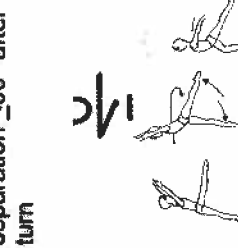

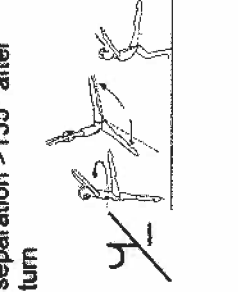
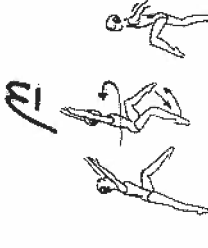
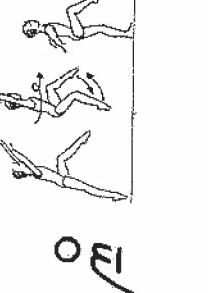

<p>Backward Free leg between 45° and ≤ 90° (front, side, back, attitude/straight) In attitude: knee joint between 90° and 135°</p> 	<p>P 204 360°</p> 	<p>P 304 540°</p> 	<p>P 404 720°</p> 	<p>P 504</p>	<p>P 604</p>
<p>Forward Free leg (with hand support) ≥ 90°</p> 	<p>P 205 360°</p> 	<p>P 305 540°</p> 	<p>P 405 720°</p> 	<p>P 505</p>	<p>P 605</p>
<p>Backward Free leg (with hand support) ≥ 90°</p> 	<p>P 206 360°</p> 	<p>P 306 540°</p> 	<p>P 406 720°</p> 	<p>P 506</p>	<p>P 606</p>
<p>Forward Free leg (without hand support) ≥ 90°</p> 	<p>P 207</p>	<p>P 307 360°</p> 	<p>P 407 540°</p> 	<p>P 507 720°</p> 	<p>P 607</p>



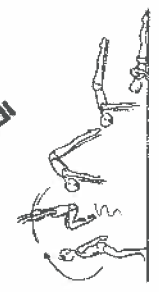
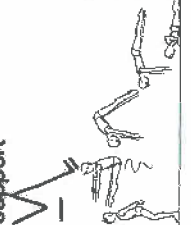


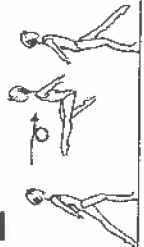
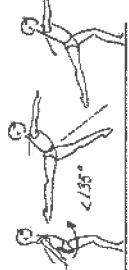
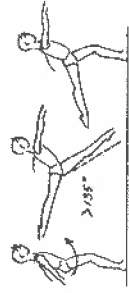

<p>Backward Free leg > 90° (without hand support)</p> 	<p>P 208</p>	<p>P 308</p>	<p>P408</p> <p>360°</p> 	<p>P508</p> <p>540°</p> 	<p>P608</p> <p>720°</p> 
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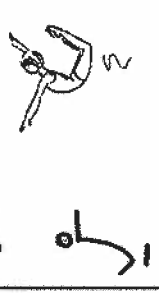

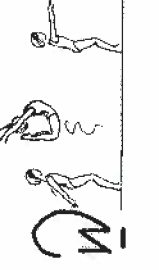
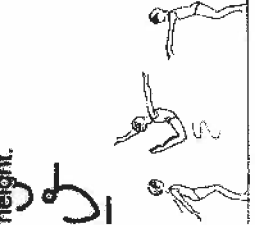



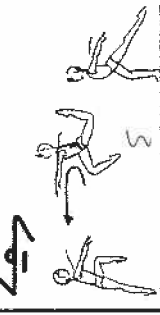
2. Jumps, Leaps and Hops

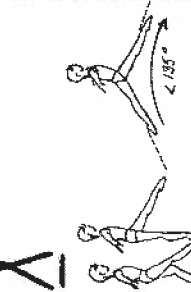
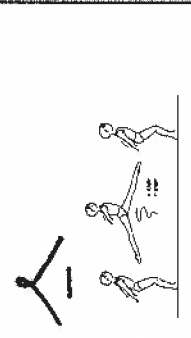
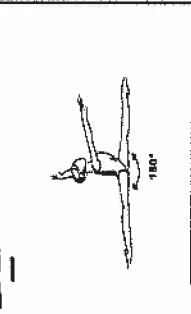

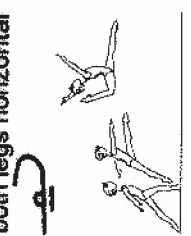


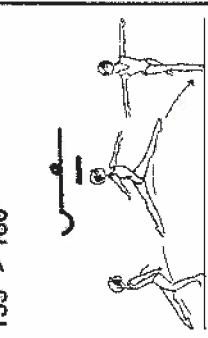
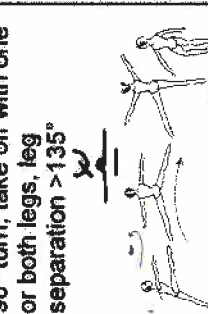
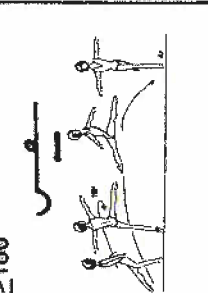
JUMPS LEAPS	A 0.2	B 0.3	C 0.4	D 0.5	E 0.6	F 0,7
Stretched jump	J 201 180° 	J 301 360° 	J 401 540° 	J 501 Stretched jump 360° turn landing on front laying support 	J 601 	J 701
Straddle jump	J 202 Leg separation 90° >135° 	J 302 Straddle pike jump, leg separation >135° 	J 402 Straddle pike jump forwards or in place with 90° turn, take off with one or both legs, leg separation >135° 	J 502 Straddle (pike) jump on front laying support Shushunova. Leg separation >135° 	J 602	J 702
Vertical hop	J 203 Free leg ≥90° 	J 303 180° turn, leg ≥90° 	J 403 	J 503 360° turn, leg ≥90° 	J 603	J 703

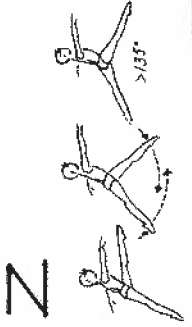
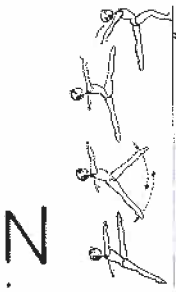



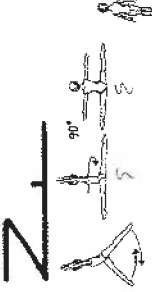

<p>Vertical hop</p>	<p>J 204 Fouetté- hop to land in scale, free leg height optional</p> 	<p>J 304 Vertical hop with 180° turn bwd, swinging free leg from front to side into ≥ 90° and bwd. Take off from one leg, landing on the same</p> 	<p>J 404</p>	<p>J 504</p>	<p>J 604</p>	<p>J 704</p>
<p>Axel jump</p>	<p>J 205 Tuck jump with one leg</p> 	<p>J 305</p>	<p>J 405 Tuck jump with 360°, take off and landing with the same leg</p> 	<p>J 505</p>	<p>J 605</p>	<p>J 705</p>
<p>Tuck hop or jump knees ≥90, take-off from one or both legs</p>	<p>J 206</p> 	<p>J 306 With 180° turn</p> 	<p>J 406 With 360° turn</p> 	<p>J 506 With 540° turn</p> 	<p>J 606</p>	<p>J 706</p>

<p>Scissors leap</p>	<p>J 207 Forward or backward. Legs < 90°</p> 	<p>J 307 First leg $\geq 90^\circ$, second leg $\geq 120^\circ$</p> 	<p>J 407</p>	<p>J 507</p>	<p>J 607</p>	<p>J 707</p>
<p>Scissors leap with turn</p>	<p>J 208 With 180° turn, leg separation $\leq 90^\circ$ after turn</p> 	<p>J 308 With 180° turn, leg separation $90^\circ > 135^\circ$ after turn</p> 	<p>J 408 With 180° turn, leg separation $> 135^\circ$ after turn</p> 	<p>J 508</p>	<p>J 608</p>	<p>J 708</p>
<p>Cat leap Knees at 90° alternatively</p>	<p>J 209 With 180° turn</p> 	<p>J 309 With 360° turn</p> 	<p>J 409</p>	<p>J 509 With 540° turn</p> 	<p>J 609</p>	<p>J 709</p>

<p>Pike jump/leap</p>	<p>J 210 Legs under horizontal take off from one or both legs 17.5</p> 	<p>J 310 Legs horizontal take off from one or both legs</p> 	<p>J 410 Tuck jump landing on front laying support</p> 	<p>J 510</p>	<p>J 610 Pike jump landing on front laying support</p> 	<p>J 710</p>
<p>Wolf jump/hop (extended leg at horizontal)</p>	<p>J 211</p> 	<p>J 311 With 180° turn</p> 	<p>J 411 With 360° turn</p> 	<p>J 511</p>	<p>J 611</p>	<p>J 711</p>
<p>Sissonne</p>	<p>J 212 Leg separation < 135°</p> 	<p>J 312 Leg separation 135° > 180°</p> 	<p>J 412 Sissonne ring Ring jump (rear leg at head height, head dropped fwd).</p> 	<p>J 512</p>	<p>J 612</p>	<p>J 712</p>

<p>Sheep Jump</p>	<p>J 213</p>	<p>J 313 Sheep jump, feet at hips height.</p> 	<p>J 413 Sheep jump, feet at shoulder height.</p> 	<p>J 513 Sheep jump, feet at head height</p> 	<p>J 613 Sheep with 180°, feet at shoulder height.</p> 	<p>J 713 Sheep jump with 360° turn, feet at shoulder height.</p> 
<p>Stag</p>	<p>J 214 Split leap fwd, or split jump in place bending of the forward leg</p> 	<p>J 314</p>	<p>J 414</p>	<p>J 514</p>	<p>J 614</p>	<p>J 714</p>
<p>Double Stag</p>	<p>J 215 Jump/leap, both legs bent 90°, leg separation > 135°</p> 	<p>J 315 With 180° turn, leg separation > 135°</p> 	<p>J 415</p>	<p>J 515</p>	<p>J 615</p>	<p>J 715</p>

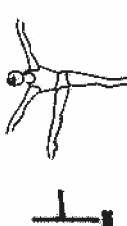
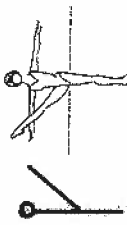











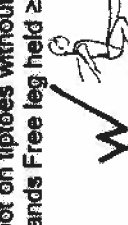
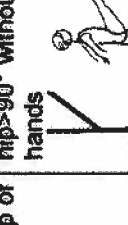



<p>Split leap fwd</p>	<p>J 216 Leg separation. < 135°</p> 	<p>J 316 Leg separation 135° > 180°</p> 	<p>J 416 Leg separation = 180°</p> 	<p>J 516 Split jump to support, leg separation > 135°</p> 	<p>J 616 Split leap with ring, both legs horizontal</p> 	<p>J 716</p>
<p>Split leap fwd</p>	<p>J 217 Leg separation < 180°, with kick</p> 	<p>J 317 Leg separation = 180°, with kick</p> 	<p>J 417</p>	<p>J 517</p>	<p>J 617</p>	<p>J 717</p>
<p>Split leap</p>	<p>J 218</p>	<p>J 318 180° turn, leg separation 135° > 180°</p> 	<p>J 418 Forwards or in place with 90° turn, take off with one or both legs, leg separation > 135°</p> 	<p>J 518 180° turn, leg separation ≥ 180°</p> 	<p>J 618</p>	<p>J 718</p>

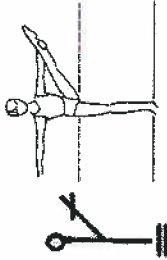
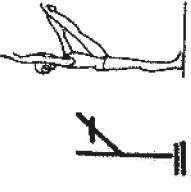
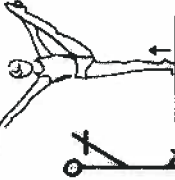
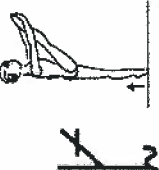


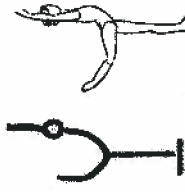
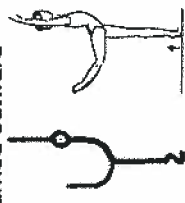
<p>Split leap fwd with leg change</p>	<p>J 219</p>	<p>J 319 Leg separation 135° > 180° after leg change</p> 	<p>J 419 Leg separation ≥ 180° after leg change</p> 	<p>J 519 90° turn to side split leap, leg separation ≥ 180° after leg change and turn</p> 	<p>J 619 Split leap fwd. with leg change to landing on front laying position, leg separation > 135° after leg change</p> 	<p>J 719 Split leap fwd. with leg change to landing on front laying position, leg separation = 180° after leg change</p> 
<p>Split leap with leg change</p>	<p>J 220</p>	<p>J 320</p>	<p>J 420 90° turn to side split or straddle pike, leg separation > 135° after leg change</p> 	<p>J 520</p>	<p>J 620</p>	<p>J 720</p>
<p>Butterfly</p>	<p>J 221</p>	<p>J 321</p>	<p>J 421</p>	<p>J 521 Butterfly fwd or bwd</p> 	<p>J 621</p>	<p>J 721</p>

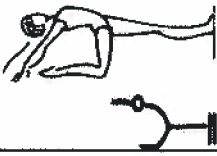
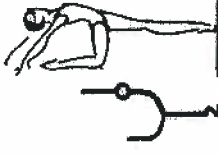
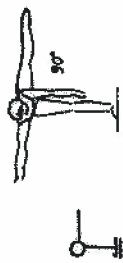


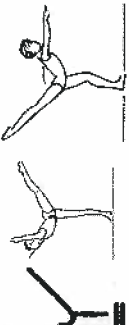

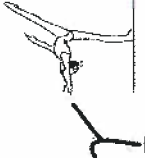
3. Balance and Power Elements


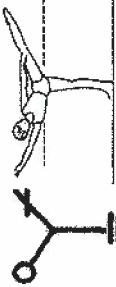
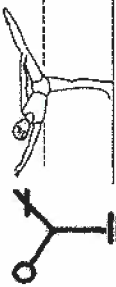
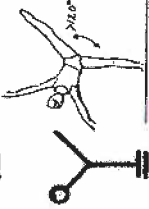
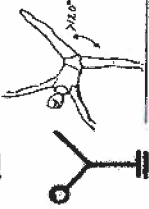
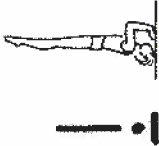
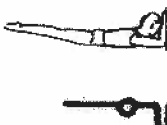
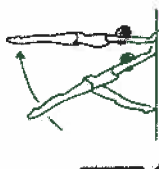
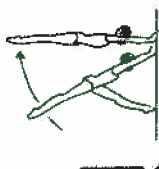
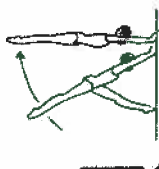
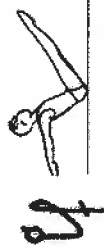
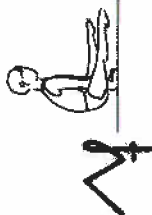








Balance elements


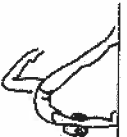
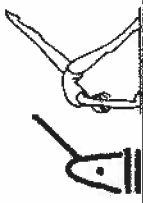
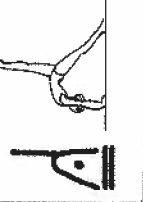
If the free leg is bent and forwards or side, the heel is used to define the angle with the hip. When the free leg is bent and backwards, the knee is used to define the angle with the hip.

BALANCE ELEMENTS	A 0.2	B 0.3	C 0.4	D 0.5	E 0.6	F 0.7
Standing	B 201 	B 301 Free leg on the side or fwd, leg separation $90^\circ < 120^\circ$ 	B 401 Free leg on the side, leg separation $\geq 120^\circ$ without help of hands 	B 501 Free leg fwd, leg separation $\geq 120^\circ$ without help of hands 	B 601 On tiptoes, free leg on side, leg separation $\geq 120^\circ$ without help of hands 	B 701 On tiptoes, free leg fwd, leg separation $\geq 120^\circ$ without help of hands 
Standing	B 202 On tiptoes $< 90^\circ$ 	B 302 	B 402 	B 502 	B 602 	B 702 
Standing	B 203 Push up position, opposite foot and hand support 	B 303 Sitting on the heel of one foot on tiptoes without help of hands Free leg held $\geq 90^\circ$ 	B 403 On knee with straight hip $> 90^\circ$ without help of hands 	B 504 	B 604 	B 704 


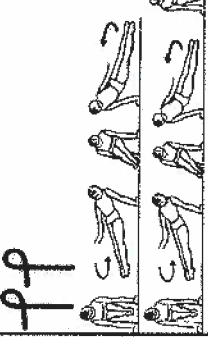
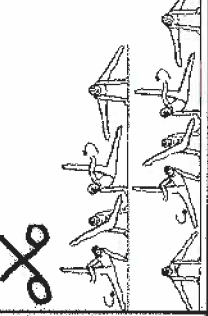
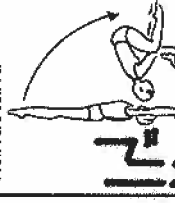


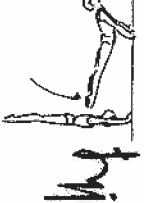
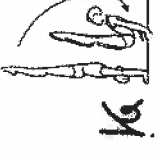



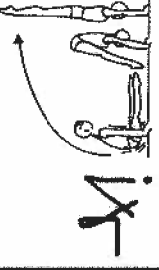
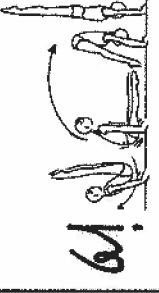
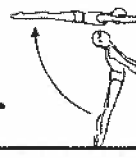
<p>Standing with help of hands</p>	<p>B 204</p>	<p>B 304 Free leg on the side, leg separation >120</p> 	<p>B 404 Standing, free leg fwd, leg separation >120 degrees</p> 	<p>B 504 Standing on tiptoes, free leg on the side, leg separation >120</p> 	<p>B 604 Standing on tiptoes, free leg fwd, leg separation >120</p> 	<p>B 705</p>
<p>Attitude fwd</p>	<p>B205 Standing on one leg, the body erect. Free leg 90° in front and turned outward, angle in knee 135°</p> 	<p>B305 Standing on one leg, on tiptoes, the body erect. Free leg 90° in front and turned outward, angle in knee 135°</p> 	<p>B405</p>	<p>B505</p>	<p>B605</p>	<p>B705</p>
<p>Attitude bwd</p>	<p>B 206</p>	<p>B 306 Attitude bwd. Upper body in the alignment of supporting leg. Free leg in ≥90° and turned outward</p> 	<p>B 406 Attitude bwd standing on tiptoes. Upper body in the alignment of supporting leg. Free leg in ≥90° and turned outward</p> 	<p>B 506</p>	<p>B 606</p>	<p>B 706</p>

High attitude	<p>B 207</p>	<p>B 307</p>	<p>B 407</p>	<p>B 507 Standing on one leg, the body erect. Free leg > 90° in back, angle in knee 90°</p> 	<p>B 607 Standing on one leg, on tiptoes, the body erect. Free leg > 90° in back, angle in knee 90°</p> 	<p>B 707</p>
Scale	<p>B 208 Upper body at horizontal, free leg =90°</p> 	<p>B 308</p>	<p>B 408 Upper body at horizontal fwd, free leg >90°</p> 	<p>B 508</p>	<p>B 608</p>	<p>B 708</p>
Scale	<p>B 209 Fwd, free leg =90°</p> 	<p>B 309 Fwd, free leg ≥120°</p> 	<p>B 409</p>	<p>B 509 Fwd, on tiptoes, free leg ≥120°</p> 	<p>B 609 Bwd free leg >90°</p> 	<p>B 709</p>

Scale	B 210 Sideways, free leg =90° 	B 310 Sideways with help of hands, free leg ≥120 	B 410 	B 510 Sideways without help of hands, free leg ≥120 	B 610 	B 710
Stand	B 211 Headstand 	B 311 Forearms 	B 411 Handstand 	B 511 	B 611 	B 711
Support	B 212 Free pike 	B 312 Clear "Straddle pike sitting" 	B 412 Clear pike sitting 	B 512 	B 612 Clear pike "V" support 	B 712
Support	B 213 "Spider"-handstand 	B 313 Hand and shoulder/cheek support (2 hands and 1 shoulder) 	B 413 Planche on elbows 	B 513 	B 613 Planche 	B 713

<p>Bridge</p>	<p>B 214</p> 	<p>B 314</p> 	<p>B 414 Free leg straight \geq 45°</p> 	<p>B 514 Free leg vertical</p> 	<p>B 614</p>	<p>B 714</p>
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Power elements

POWER ELEMENTS	B 0.3	C 0.4	D 0.5	E 0.6	F 0.7	G 0.8
Circles	Po 301	Po 401	Po 501 Double leg circles, 1 round 	Po 601 Double leg circles, min. 2 rounds 	Po 701 Flaired leg circles 2 rounds 	
From handstand to support	Po 302 From handstand to spider handstand 	Po 402 From handstand lowering to clear straddle support 	Po 502 From handstand lowering to planche on elbows 	Po 602 From handstand lowering to Planche 	Po 702 From handstand lowering to clear pike "V" 	
From support press up to handstand	Po 303 Press to handstand, hips > shoulder height 	Po 403 Press to handstand starting hips < shoulder height 	Po 503 From clear straddle support, press up to handstand 	Po 603 From clear pike support press up to handstand 	Po 703 From clear pike "V" press up to handstand 	Po 803 From Planche press up to handstand 

4. Section Elements

Same symbol for all section elements: sec

SECTION ELEMENTS	A 0.2	B 0.3
Body Waves fwd/ bw	S 201 when body wave fwd/ bw is the first section element in the program	S 301 when body wave fwd/ bw is the second section element in the program
Body Waves sideways	S 202 when body wave sideways is the first section element in the program	S 302 when body wave sideways is the second section element in the program
Swing movements	S 203 when swing movement is the first section element in the program	S 303 when swing movement is the second section element in the program
Movements in pairs	S 204 when movement in pairs is the first section element in the program	S 304 when movement in pairs is the second section element in the program

5. Acrobatic Elements

Use the same symbols as in tumbling and trampette

ACROBATIC ELEMENTS	AC 0.1	A 0.2	B 0.3
Cartwheel	A 101 cartwheel	A 201 free cartwheel	A 301
Round off	A102 round off	A202	A302
Walk over forwards	A103 walk over forwards	A203	A303
Walk over backwards	A104 walk over backwards	A204	A304
Flick flack	A105	A205 flick- flack	A305 whip back
Handspring	A106 handspring	A206 flyspring	A306
Salto forwards	A107	A207	A307 salto forwards
Salto backwards	A108	A208	A308 salto backwards

