








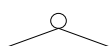
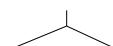


RAC Element Pool

GROUP A DYNAMIC STRENGTH	
Push Up Family: Elbow direction optional and legs may be together or in Straddle position	
0.05	Push Up on knees
0.05	Straddle A Frame
0.1	Push Up
0.1	A Frame
0.2	Hinge Push Up
0.2	1 Leg Push Up
0.2	Lateral Push Up
0.2	High V Support to Back Support
0.2	Wenson Push Up
0.2	Plio Push Up
0.3	1 Leg Hinge Push Up
GROUP B STATIC STRENGTH	
Support Families: Hand placement for Support is optional	
0.05	Seated Straddle or L Support with 1 Leg lifted
0.1	Straddle or L Support with 1 Heel on floor and 1 Leg and hips lifted
0.2	Straddle or L Support
0.2	Full Support Straddle Lever
0.3	Lifted Wenson Support
0.3	Straddle or L support ½ Turn
GROUP C JUMPS AND LEAPS	
C Group Families: Take off must be from 2 feet (exception - Scissors Kick family)	
0.1	Star Jump
0.1	Hitch Kick
0.2	½ Air Turn
0.2	½ Turn Star Jump
0.2	Tuck Jump
0.2	Scissor Kick
0.2	Straight Jump to Split
0.3	1/1 Air Turn
0.3	½ Turn Tuck
0.3	½ Air Turn to Split
0.3	Free Fall
0.3	Tuck Jump to Split
GROUP D BALANCE AND FLEXIBILITY	
D Group Families: Split positions may be below 170°	
0.05	Incomplete Sagital Balance
0.05	Incomplete Frontal Balance
0.05	Incomplete Sagital Split
0.05	Incomplete Frontal Split
0.1	Sagital Balance
0.1	Frontal Balance
0.1	Sagital Split
0.1	Frontal Split
0.1	Vertical Split
0.1	½ Turn
0.2	1/1 Turn
0.2	Split Through Pancake
0.2	Free Vertical Split
0.3	1 ½ Turn
Please note difficulty elements from the 2017-2020 FIG COP or 2017 - 2020 NAC Element Pool may also be performed. Refer to the 2017 RAC Rules.	

RAC Element Pool - Minimum Requirements

Group A / Push Up Family Shoulders at least in line with upper arm		Group A / A Frame Family Piked body position	
Push Up on knees 0.05 	Straddle A Frame 0.05 A Frame 0.1  		
Group B / Support Family Support held for 2 seconds			
Seated Straddle Support 1 leg lifted 0.05 	Seated L Support 1 leg lifted 0.05 		
Straddle Support 1 heel on floor, 1 leg and hips lifted 0.1 	L Support 1 heel on floor, 1 leg and hips lifted 0.1 		
Group C / Air Turn Family Clear shape in jump phase		Group C / Star Jump Family Clear shape in jump phase	
½ Air Turn 0.2 	Star Jump 0.1 ✕ ½ Turn Star Jump 0.2 ✕ 		
Group D / Split Family Show split position at less than 170°			
Incomplete Sagittal Split 0.05 	Incomplete Frontal Split 0.05 		
Group D / Balance Family Balance held for 2 seconds with leg below shoulder height			
Incomplete Sagittal Balance 0.05	Incomplete Frontal Balance 0.05		

