

## Selection Event March 2020

### Men's Floor Elements

- This text is to be taken as the gold standard description.
- Although elements are performed to a high standard in the video, mistakes are sometimes unavoidable.
- Text highlighted in red depicts areas where the text differs from the video. Where this applies, the text is gold standard and should be followed.

### Balance

		<b>Arm Position</b>	<b>Body Position:</b>	<b>Leg Position</b>	<b>Timing</b>
Handstand	HB1001	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Arms to sides</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Hands flat</li> <li>• Hands in alignment with the shoulders</li> <li>• Elbows extended</li> <li>• No movement of the hands</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Straight body alignment</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Straight alignment</li> <li>• Ribs depressed</li> <li>• Hips open/flat</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Knees extended</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Knee extended in isometric contraction</li> <li>• Plantar flexion</li> </ul>	<p>Set – Step in 1,2 Reach Shape – 3,4 Hold – 5,6,7,8,1,2,3,4 Down – 5,6 Stand – 7,8</p>
Front Hold at 120	SB603	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Arms to front horizontal</li> <li>• Elbows extended</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Hold at the ankle</li> <li>• <b>Elbows extended</b></li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Straight alignment</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Head neutral with visual spot</li> <li>• Tension through arms and legs</li> <li>• Grips the floor with feet to aid balance</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Lift dominant leg</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Supporting leg straight</li> <li>• Held leg straight</li> <li>• Ensure knees are extended</li> <li>• Plantar flexion</li> </ul>	<p>Set – 1,2 (lift arms to correct position) Reach Shape – 3,4 Hold – 5,6,7,8 Down – 1,2 Stand – 3,4</p>
Bridge – Leg at 45	HB806	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Start lying flat, arms by the side</li> <li>• Hands under the shoulders</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Flat back when lying</li> </ul> <p style="text-align: center;"><b>Shape</b></p>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Bend knees with feet flat on the floor</li> </ul>	<p>Set – 1,2 Reach Shape – 3,4 (leg lift on 4)</p>

		<p>on count 1,2</p> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Hands flat</li> <li>• Elbows extended</li> <li>• Shoulder in line with the hands</li> <li>• Fingers pointing towards toes</li> </ul>	<ul style="list-style-type: none"> <li>• Arched back</li> </ul>	<p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Supporting leg extended</li> <li>• Free leg extended</li> <li>• Plantar flexion</li> </ul>	<p>Hold – 5,6,7,8 Down – 1,2 (roll to stand) Stand – 3,4</p>
Arabesque 120	SB1006	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>• Arms to sides</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Arms straight</li> <li>• Palms to knees</li> <li>• Arms pointing towards the knees.</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>• Straight alignment</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Head neutral with visual spot</li> <li>• Tension through arms and legs</li> <li>• Grips the floor with feet to aid balance</li> <li>• Chest higher than 90 degrees</li> <li>• Arch in the back</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>• Step forward with dominant leg</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Supporting leg straight</li> <li>• Free leg straight</li> <li>• Ensure knees are extended</li> <li>• Plantar flexion</li> </ul>	<p>Set – Step in 1,2 Reach Shape – 3,4 Hold – 5,6,7,8,1,2,3,4 Down – 5,6 Stand – 7,8</p> <p>Please note: Length of hold has been extended to confirm stability in balance and ensure opportunity to reach 120.</p>
720 Spin Forward	DB601	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>• Set - Opposition (Front horizontal + side horizontal)</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Preparation - Open to side horizontal</li> </ul> <p><b>Note: This should not be seen as a pause in the movement. The preparation and spin should be blended.</b></p> <p><b>Note: Gymnast in video shows</b></p>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>• Set - Straight back, slight lean forwards (weight over front leg), hips forwards</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Spin - Upright body with rigid core</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>• Set - Small lunge showing straight back knee, feet flat on the floor</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Spin - Toe to knee, knee in forward alignment with the body, releve</li> <li>• Finish - Step forward and together</li> </ul>	<p>Set – 1,2 Prepare/initiation – 3 Shape – 4 Finish – 5,6</p> <p><b>Note: Counts 3,4 are blended and therefore there is no expectation to see a pause.</b></p>

		<p><b>too much emphasis of an open position.</b></p> <ul style="list-style-type: none"> <li>Spin - Arms to side, palms inwards</li> <li>Finish - Arms to side, palms inwards</li> </ul>			
1.5 Spin with leg at 90	DB1004	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>Set - Opposition (Front horizontal + side horizontal)</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>Preparation - Open to side horizontal</li> <li>Spin - Arms to side, palms inwards</li> <li>Finish - Arms to side, palms inwards</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>Set - Straight back, slight lean forwards (weight over front leg), hips forwards</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>Preparation - Back leg aids spin initiation completing a rond de jambe</li> <li>Spin - body held rigid</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>Set - Small lunge showing straight back knee, feet flat on the floor</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>Preparation - Back leg aids spin initiation completing a rond de jambe</li> <li>Spin - Leg extended at 90 degrees minimum with forward alignment, releve</li> <li>Finish - Leg is held at 90 degrees in the direction the spin has finished. Step forward and together</li> </ul>	<p>Set – 1,2 Prepare/initiation – 3 Shape – 4 Finish – 5,6</p> <p><b>Note: Counts 3,4 are blended and therefore there is no expectation to see a pause.</b></p>
Headstand to Planche	DB809	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>Start – kneeling with the arms by the sides, palms facing in.</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>Preparation – palms flat on</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>Start – kneeling with a straight back</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>Head neutral during both skills</li> </ul>	<p><b>Set</b></p> <ul style="list-style-type: none"> <li>Kneeling</li> </ul> <p><b>Shape</b></p> <ul style="list-style-type: none"> <li>Knees tucked in tucked headstand</li> <li>Legs straight in</li> </ul>	<p>Set – 1,2 (Hands on floor) Prepare – 3,4 (Tucked headstand) Shape – 5,6,7,8 (Straighten headstand) Prepare – 1,2,3,4 (Lower to planche)</p>

		<p>the floor in a T shape, fingers pointing away from the body</p> <ul style="list-style-type: none"> <li>• Hands remain flat throughout the skill</li> <li>• Elbows into the body when balancing the planche</li> </ul>	<ul style="list-style-type: none"> <li>• Tight core</li> <li>• Tension throughout arms and legs</li> <li>• Plantar flexion</li> </ul>	<p>straight headstand</p> <ul style="list-style-type: none"> <li>• Legs straight during balance transition</li> <li>• Legs straight in planche</li> <li>• Plantar flexion</li> </ul>	<p>Shape – 5,6,7,8 (Planche hold)</p> <p>Finish – 1,2 (Seal with 45 degree leg separation)</p>
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## Jumps and Leaps

		<b>Arm Position</b>	<b>Leg/Jump Position:</b>	<b>Landing Position</b>	<b>Timing</b>
720 Straight Jump	J1001	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Opposition at horizontal</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Arms swing downwards from opposition</li> <li>• Wrap arms in straight by the sides during the jump</li> <li>• Land with arm close to body</li> <li>• Hold the star ending with arms touching the legs</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Feet neutral when standing (parallel)</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Plie to prepare for the jump</li> <li>• Neutral jump – no torque on the floor</li> <li>• Push through the floor extending through the feet</li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Land feet together</li> <li>• Jump feet apart to gain balance and stay strong</li> </ul>	<p>Set – 1,2 Prepare – 3 (arm swing) Shape – 4 (hit required shape) Finish – 5,6 (5 feet together, 6 star shape)</p>
Straddle 360 + Tuck 540	J1004 + J1002	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Opposition at horizontal</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Arms swing downwards from opposition</li> <li>• Arms in the middle towards toes during Straddle</li> <li>• Arms down when you land the Straddle</li> <li>• Grab front of knees in the tuck (180 'in' to tuck)</li> <li>• Straight arm wrap for the twist (360 'out')</li> <li>• Land arms down</li> <li>• Hands touching sides when you jump feet apart</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Feet neutral when standing (parallel)</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Plie to prepare for the jump</li> <li>• Neutral jump – no torque on the floor</li> <li>• Push through the floor extending through the feet</li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Land feet together</li> <li>• Jump feet apart to gain balance and stay strong</li> </ul>	<p>Set – 1,2 Prepare – 3 (arm swing) Shape – 4 (hit required shape) Transition – 5 Shape – 6 Land – 7 (7 feet together, 8 star shape)</p> <p style="color: red; text-align: center;"><b>Note: The execution of this skill presented by the gymnast is not correct to the text. This predominantly concerns the arm positions throughout the jump. Text is gold standard.</b></p>

<p>Split Change 135 + Change Half 135</p>	<p>J622 + J1024</p>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Arms down on start</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Arms raise to horizontal at start of Split Change</li> <li>• Arms down on transition</li> <li>• Arms raise to horizontal on Change Half</li> <li>• Arms down on landing</li> </ul>	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Chasse on non-dominant leg</li> <li>• Step</li> </ul> <p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Swing no- dominant leg to 45 degrees</li> <li>• Switch back to splits on dominant leg</li> <li>• Single leg landing before change half take-off</li> <li>• Body upright throughout and on landing</li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Double leg landing</li> <li>• Bring arms down by the side</li> </ul>	<p>Chasse – 1,2 Step – 3 Shape – 4 (hit required shape) Transition – 5 Shape – 6 Finish – 7,8</p>
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## Acrobatic Skills

		<b>Entry Position</b>	<b>Skill Position:</b>	<b>Landing Position</b>	<b>Timing</b>
Round-off Straight Back	A1003	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Jump backwards join the feet together straight arms raised at 90 degrees in front of the body</li> <li>• Step forward swinging the arms back</li> <li>• Step raise arms into a stretched, straight position</li> <li>• Hurdle into round-off</li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Long round-off</li> <li>• Tight straight back with tight body – as code of points 0 deduction</li> <li>• <b>Straight arms pressed into the thighs</b></li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Land feet together</li> <li>• One Step back with straight arms down by the side</li> <li>• <b>Hands touching the sides</b></li> </ul>	<ol style="list-style-type: none"> <li>1- Jump backwards with arm set</li> <li>2 - Step</li> <li>3 - Step</li> <li>4 - Hurdle into round-off</li> <li>5 - Land round-off</li> <li>6 - Take off into somersault</li> <li>7 - Land somersault</li> <li>8 - Step back</li> </ol>
Round-off Straight 360	A1206	<p style="text-align: center;"><b>Set</b></p> <ul style="list-style-type: none"> <li>• Jump backwards join the feet together straight arms raised at 90 degrees in front of the body</li> <li>• Step forward swinging the arms back</li> <li>• Step raise arms into a stretched, straight position</li> <li>Hurdle into round-off</li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Long round-off</li> <li>• Tight straight back with tight body – as code of points 0 deduction</li> <li>• Bent arms wrapped in for the twist (bent across chest)</li> </ul>	<p style="text-align: center;"><b>Shape</b></p> <ul style="list-style-type: none"> <li>• Land feet together</li> <li>• One Step back with straight arms down by the side</li> <li>• <b>Hands touching the sides</b></li> </ul>	<ol style="list-style-type: none"> <li>1- Jump backwards with arm set</li> <li>2 - Step</li> <li>3 - Step</li> <li>4 - Hurdle into round-off</li> <li>5 - Land round-off</li> <li>6 - Take off into somersault</li> <li>7 - Land somersault</li> <li>8 - Step back</li> </ol>