

Women'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

		Arm Position	Body Position:	Leg Position	Timing
Handstand	HB1001	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Arms to sides <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Hands flat • Hands in alignment with the shoulders • Elbows extended • No movement of the hands 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Straight body alignment <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Straight alignment • Ribs depressed • Hips open/flat 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Knees extended <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Knee extended in isometric contraction • Plantar flexion 	<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;">Set</p> <ul style="list-style-type: none"> • Arms to front horizontal • Elbows extended <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Hold at the ankle • Elbows extended 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Straight alignment <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Head neutral with visual spot • Tension through arms and legs • Grips the floor with feet to aid balance 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Lift dominant leg <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Supporting leg straight • Held leg straight • Ensure knees are extended • Plantar flexion 	<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 90	HB1006	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Start lying flat, arms by the side • Hands under the shoulders 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Flat back when lying <p style="text-align: center;">Shape</p>	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Bend knees with feet flat on the floor 	<p>Set – 1,2 Reach Shape – 3,4 (leg lift on 4)</p>

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

		<p>too much emphasis of an open position.</p> <ul style="list-style-type: none"> • Spin - Arms to side, palms inwards • Finish - Arms to side, palms inwards 			
1.5 Spin with leg at 90	DB1004	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Set - Opposition (Front horizontal + side horizontal) <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Preparation - Open to side horizontal • Spin - Arms to side, palms inwards • Finish - Arms to side, palms inwards 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Set - Straight back, slight lean forwards (weight over front leg), hips forwards <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Preparation - Back leg aids spin initiation completing a rond de jambe • Spin - body held rigid 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Set - Small lunge showing straight back knee, feet flat on the floor <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Preparation - Back leg aids spin initiation completing a rond de jambe • Spin - Leg extended at 90 degrees minimum with forward alignment, releve • Finish - Leg is held at 90 degrees in the direction the spin has finished. Step forward and together 	<p>Set – 1,2 Prepare/initiation – 3 Shape – 4 Finish – 5,6</p> <p style="text-align: center;">Note: Counts 3, 4 are blended and therefore there is no expectation to see a pause.</p>

Jumps and Leaps

		Arm Position	Leg/Jump Position:	Landing Position	Timing
720 Straight Jump	J1001	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Opposition at horizontal <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Arms swing downwards from opposition • Wrap arms in straight by the sides during the jump • Land with arm close to body • Hold the star ending with arms touching the legs 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Feet neutral when standing (parallel) <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Plie to prepare for the jump • Neutral jump – no torque on the floor • Push through the floor extending through the feet 	<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Land feet together • Jump feet apart to gain balance and stay strong 	<p>Set – 1,2 Prepare – 3 (arm swing) Shape – 4 (hit required shape) Finish – 5,6 (5 feet together, 6 star shape)</p>
Double Leg Stag Ring	J1010	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Front horizontal <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Arms swing downwards from horizontal • Arms pressed back at horizontal during jump 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Feet neutral when standing (parallel) • Body upright <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Plie to prepare for the jump • 135-180 degrees of split between the knees • Front knee lifted to hip height • Foot clearly at head height 	<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Single leg landing • Step forward and together • Bring arms down by the side 	<p>Set – 1,2 Prepare – 3 (arm swing) Shape – 4 (hit required shape) Finish – 5,6 (5 single leg landing, 6 step together)</p>
Straddle 360 + Tuck 540	J1004 + J1002	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Opposition at horizontal 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> • Feet neutral when standing (parallel) 	<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Land feet together • Jump feet apart to 	<p>Set – 1,2 Prepare – 3 (arm swing)</p>

		<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> Arms swing downwards from opposition Arms in the middle towards toes during Straddle Arms down when you land the Straddle Grab front of knees in the tuck (180 'in' to tuck) Straight arm wrap for the twist (360 'out') Land arms down Hands touching sides when you jump feet apart 	<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> Plie to prepare for the jump Neutral jump – no torque on the floor Push through the floor extending through the feet 	gain balance and stay strong	<p>Shape – 4 (hit required shape) Transition – 5 Shape – 6 Land – 7 (7 feet together, 8 star shape)</p> <p>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.</p>
Split Change 180 + Change Half 135	J622 + J1024	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> Arms down on start <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> Arms raise to horizontal at start of Split Change Arms down on transition Arms raise to horizontal on Change Half Arms down on landing 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> Chasse on non-dominant leg Step <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> Swing no- dominant leg to 45 degrees Switch back to splits on dominant leg Single leg landing before change half take-off Body upright throughout and on landing 	<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> Double leg landing Bring arms down by the side 	<p>Chasse – 1,2 Step – 3 Shape – 4 (hit required shape) Transition – 5 Shape – 6 Finish – 7,8</p>
Split Change 180 + Sissone Ring	J1022 + J1209A	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> Arms down on start 	<p style="text-align: center;">Set</p> <ul style="list-style-type: none"> Chasse on non-dominant leg 	<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> Single leg landing 	<p>Chasse – 1,2 Step – 3</p>

		<p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Arms raise to horizontal at start of Split Change • Arms down on transition • Arms pressed back at horizontal during jump 	<ul style="list-style-type: none"> • Step <p style="text-align: center;">Shape</p> <ul style="list-style-type: none"> • Swing no- dominant leg to 45 degrees • Switch back to splits on dominant leg • Single leg landing • Step back leg through and plant both feet • Jump to sissone • Foot at shoulder height 	<ul style="list-style-type: none"> • Step forward and together • Bring arms down by the side 	<p>Shape – 4 (hit required shape) Transition – 5 Shape – 6 Finish – 7,8 (7 single leg landing, 8 step together)</p>
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Acrobatic Skills

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