

RULES AND REGULATIONS SPORTS DANCES



ANNEX I. DESCRIPTION OF ELEMENTS

- 1.ACROBATIC JUMPS**
- 2.GIMNASTICS ELEMENTS**
- 3.FLEXIBILITY ELEMENTS**
- 4.FORCE ELEMENTS**

GENERAL REMARKS

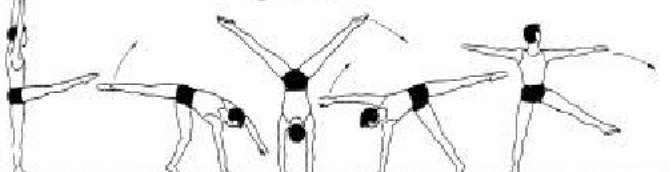
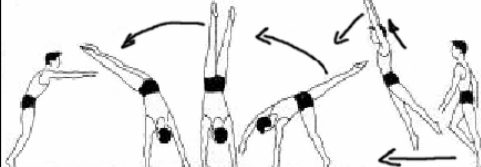
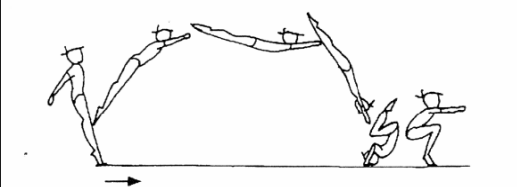

The present Description is made as a guide for choreographers and trainers to show the possibly applicable elements in the modern dance choreographies.

Naturally, this is not a complete listing of all the versions, positions, combinations, series and theoretically possible figures. However, considering also those in the notes of the table, these are to be kept as the gymnastic, acrobatic, force and flexibility elements which are advisable to be applied in the modern dance competition choreographies.


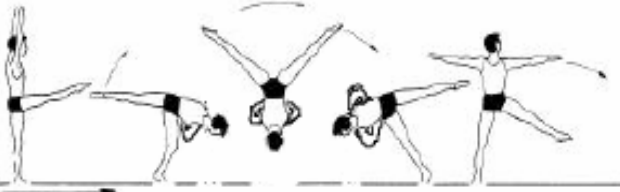

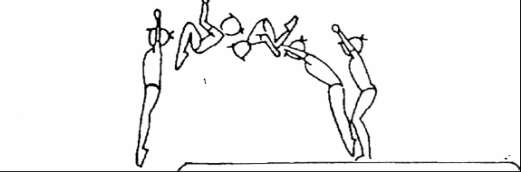

GENERAL WARNING

The elements and figures being similar to or a version of those listed hereunder, which are performed with the assistance, help, support, etc. of another dancer, are also considered to be an acrobatic, force or flexibility element, respectively.

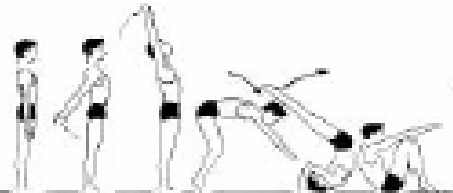
1. ACROBATIC ELEMENTS & JUMPS

Serial No.	Name	Drawing	Note
A-1	Cartwheel		Only element
A-2	Round-off		
A-3	Angel		Not for mini age group!
A-4	Handspring		Possible with one hand, or also without hand support. For mini age group: only with hand support!

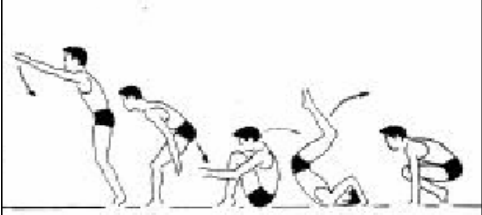




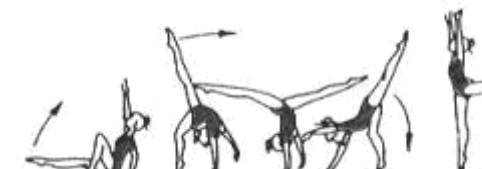
ANNEX I. DESCRIPTION OF ELEMENTS

A-5	Flic flac		Also Auerbach version. Not for mini age group! Possible with forwards starting, in combination with round-off, etc.
A-6	Free cartwheel		Not for mini age group!
A-7	Free turnover forwards		Not for mini age group!
A-8	Sommersault backwards		Not for mini age group! Possible with pike position, straight body, or in combination with twist(s) also.
A-9	Sommersault forwards		Not for mini age group! Possible with pike position, straight body, or in combination with twist(s) also.

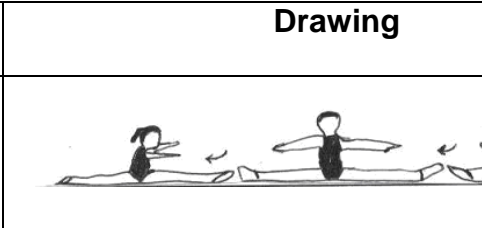

2. GIMNASTICS ELEMENTS

Serial No.	Name	Drawing	Note
G-1	Forward roll-over		Only element

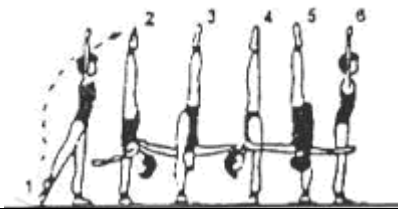
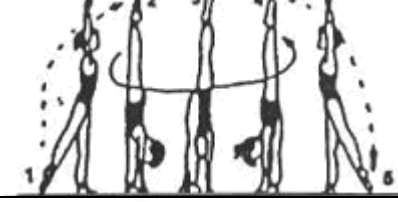


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G-2	Backward roll-over		Only element
G-3	Rolling backwards		
G-4	Bridge-rolls		Forwards or backwards
G-5	Walkover on bent arm support		
G-6	Walkover		Backwards or forwards
G-7	Walkover from sitting position		




3. FLEXIBILITY ELEMENTS

Serial No.	Name	Drawing	Note
FX-1	Splits		Separately, to the right, to the left or straight (both legs)
FX-2	Standing split		With or without hands catching the leg






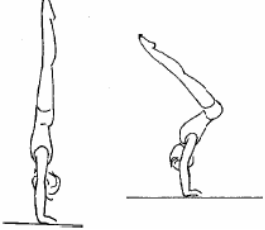

ANNEX I. DESCRIPTION OF ELEMENTS

FX-3	Split combinations		Also in standing position and in sitting position as well
FX-4	Split combinations with turns		Same as above
FX-5	Capoiera		
FX-6	Bridge		

5. FORCE ELEMENTS

Serial No.	Name	Drawing	Note
F-1	Shoulder stand		Also possible in combination with rolling or jumping up
F-2	Headstand		Also possible in combination with turning over or rolling on
F-3	Sitstand with front hand support		Also possible with hand support behind back, in combination with turning and lifting to handstand

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F-4	Sitstand combinations		Also possible with on-hand turn around, leg lifts, etc.
F-5	Backhand support		Also possible in combination with sitstand and bridge rolls
F-6	Hand support		
F-7	Wenson		
F-8	Double Wenson		
F-9	Handstand		Also possible in combination with walking on hands, turning, bending to pike position, etc.
F-10	Planche		Possible also with one hand support.
F-11	Schuschunova	