

# **RULES AND REGULATIONS SPORTS DANCES**



## **ANNEX I. DESCRIPTION OF ELEMENTS**

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

**GENERAL REMARKS**

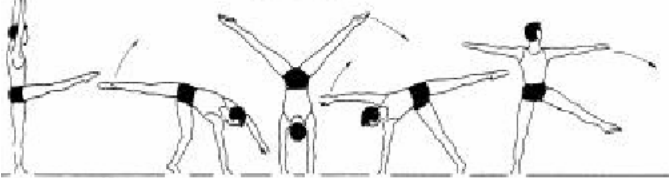
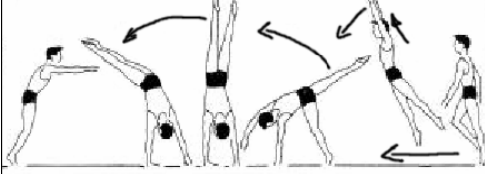
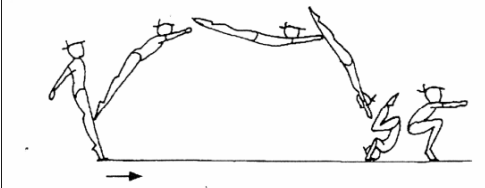
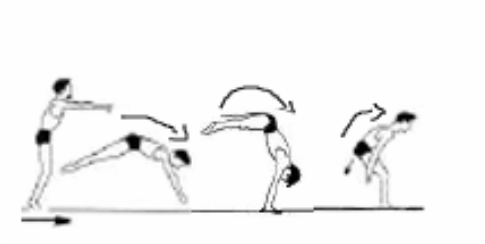
The present Description is made as a guide for choreographers and trainers to show the possibly applicable elements in the modern dance choreographies.

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.


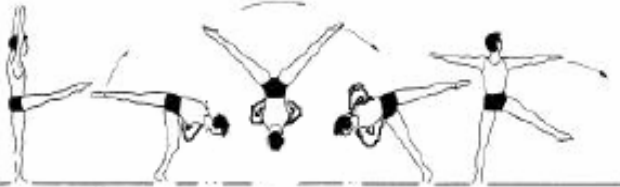



**GENERAL WARNING**

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.

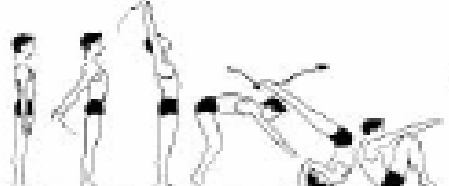
**1. ACROBATIC ELEMENTS & JUMPS**

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!

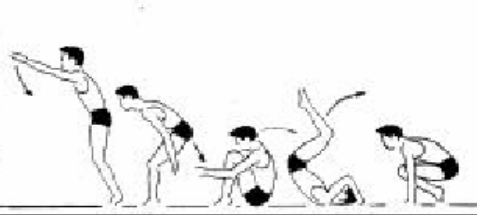

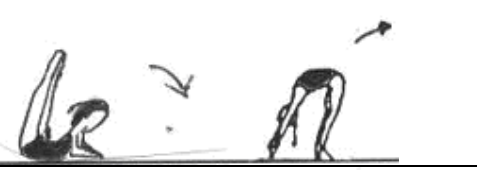

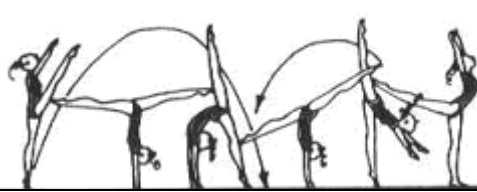
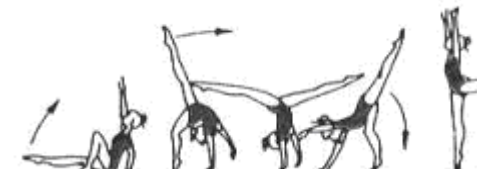
**ANNEX I. DESCRIPTION OF ELEMENTS**

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

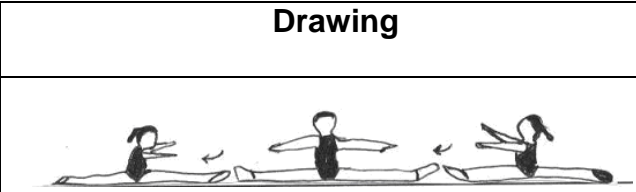

**2.GIMNASTICS ELEMENTS**

Serial No.	Name	Drawing	Note
<b>G-1</b>	<b>Forward roll-over</b>		Only element

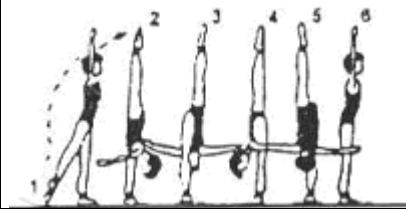
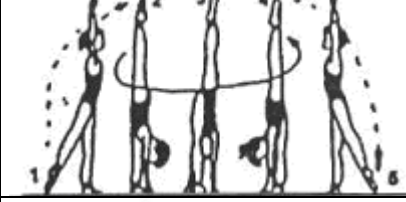
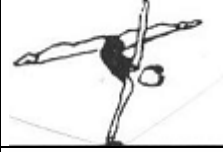

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<b>G-2</b>	<b>Backward roll-over</b>		Only element
<b>G-3</b>	<b>Rolling backwards</b>		
<b>G-4</b>	<b>Bridge-rolls</b>		Forwards or backwards
<b>G-5</b>	<b>Walkover on bent arm support</b>		
<b>G-6</b>	<b>Walkover</b>		Backwards or forwards
<b>G-7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




**3.FLEXIBILITY ELEMENTS**

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






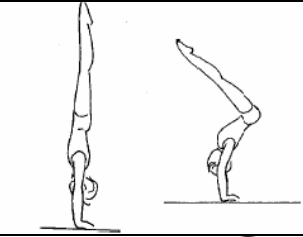

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<b>FX-3</b>	<b>Split combinations</b>		Also in standing position and in sitting position as well
<b>FX-4</b>	<b>Split combinations with turns</b>		Same as above
<b>FX-5</b>	<b>Capoiera</b>		
<b>FX-6</b>	<b>Bridge</b>		

**5. FORCE ELEMENTS**

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

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