




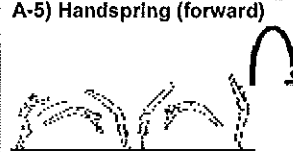


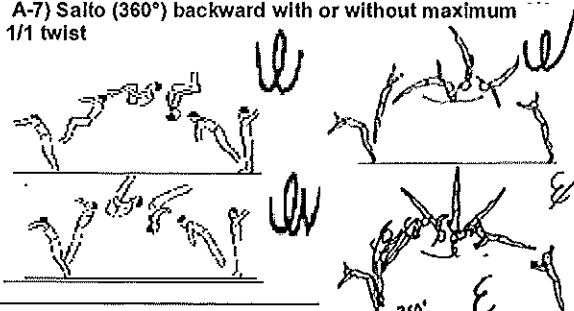
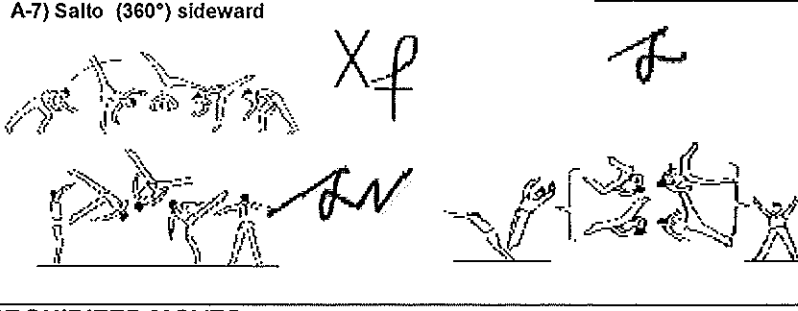
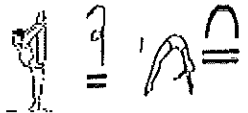
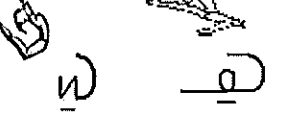
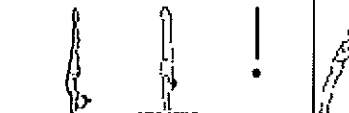

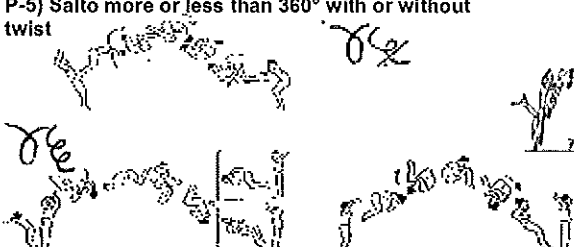


# CHAPTER 7 – ACROBATIC ELEMENTS, PROHIBITED MOVES AND DISCIPLINARY PENALTIES

## 7.1 ACROBATIC ELEMENTS & PROHIBITED MOVES

<b>ACROBATIC ELEMENTS:</b>	<b>ACROBATIC ELEMENTS</b>			
<p>Below movements performed with 1 or 2 arms / hands OR from 1 or 2 feet: using elbow(s) will receive 0.5 point deduction from E-Jury.</p> <p>A-1) Cartwheel in standing position (from standing to standing)</p> <p>A-2) Round off</p> <p>A-3) Walkover (forward, backward)</p> <p>A-4) Headspring</p> <p>A-5) Handspring (forward)</p> <p>A-6) Flic flac</p> <p>A-7) Salto 360° (forward, backward, sideward) with or without maximum 1/1 twist</p> <p>* Acrobatic Elements of A-1 to A-7 may be used only <u>2 times</u> in a whole routine without combination.</p> <p>* If MP, TR or GR perform 2 different Acrobatic Elements at the same time it will be counted as 1 Acro</p> <p>Acrobatic Elements more than 2 times will receive each time -0.5 point deduction by CJP.</p>	<p>-1) Cartwheel (from standing to standing)</p> 	<p>A-2) Round off</p> 	<p>A-3) Walkover (forward)</p> 	<p>A-3) Walkover (backward)</p> 
	<p>A-4) Headspring</p> 	<p>A-5) Handspring (forward)</p> 	<p>A-6) Flic flac</p> 	<p>A-7) Salto (360°) forward</p> 
	<p>A-7) Salto (360°) backward with or without maximum 1/1 twist</p> 		<p>A-7) Salto (360°) sideward</p> 	
<p><b>PROHIBITED MOVES:</b></p> <p>P-1) Static moves showing extreme flexibility (i.e.: Hyper extension of back, bridge)</p> <p>P-2) Moves showing extreme back flexibility during the routine</p> <p>P-3) Handstand held more than 2 seconds.</p> <p>P-4) Dive roll with twists</p> <p>P-5) Salto less or more than 360°, with or without twist</p> <p>P-6) Combination of Acrobatic Elements NB: PROPELLING DURING ANY "COLLABORATION" IS PROHIBITED</p> <p>Prohibited moves will receive each time - 0.5 point deduction by CJP.</p>	<b>PROHIBITED MOVES</b>			
	<p>P-1) Static Back hyper extension (Bridge, etc)</p> 	<p>P-2) Extreme back flexibility</p> 	<p>P-3) Handstand (more than 2sec)</p> 	<p>P-4) Dive roll with twist</p> 
	<p>P-5) Salto more or less than 360° with or without twist</p> 		<p>P-6) Combination of Acrobatic Elements (Example: Round off + Flic Flac or Round off + Salto)</p> 