






FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



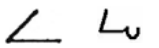
41st Artistic Gymnastics World Championships in London (GBR)

October 13 – 18, 2009

WAG: New elements

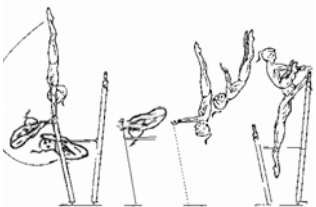



APPARATUS	ELEMENT DESCRIPTION	GYMNAST	NAT	DV	SYMBOL & NUMBER
Uneven Bars					
1	Clear Back Pike Circle with Counter Straddle (open hip before flight) – Reverse Hecht over HB	Paola Galante	ITA	E	 4.509
Balance Beam					
1	Stand on one leg with foot of free leg in fwd hold above head (2sec.)	Elisabetta Preziosa	ITA	A	 4.102
2	1/1/2(540) Pirouette with Free Leg held at 180 Split	Elisabetta Preziosa	ITA	D	 3.404

WAG: Different number

Uneven Bars					
1	<i>Glide Kip on LB, or kip with ½ turn (180°) to rear support</i>			A	 1.101


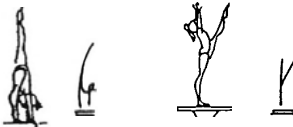
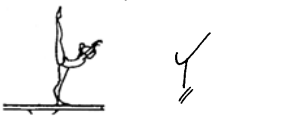
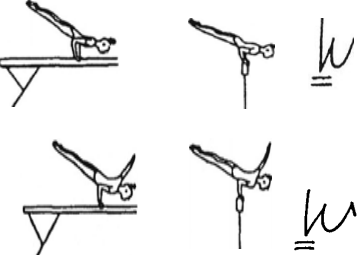
Uneven Bars

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.109</p>	<p>4.209</p>	<p>4.309 Clear pike circle bwd on LB with counter flight to hang on HB</p>  	<p>4.409</p>	<p>4.509 Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB</p>  	<p>4.609</p>

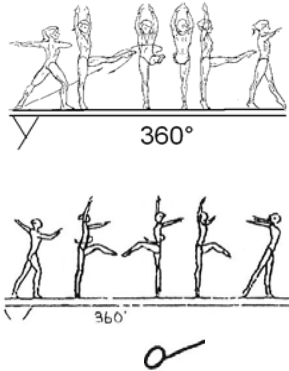
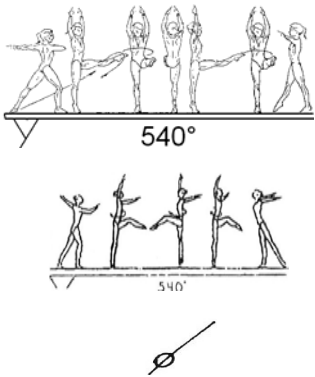
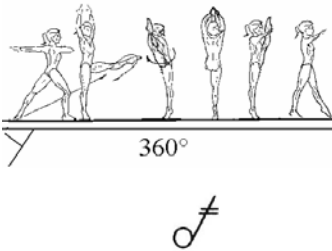
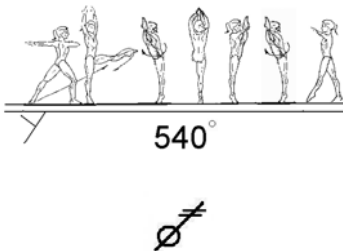
Balance Beam

4.000 – HOLDS AND ACROBATIC NON-FLIGHT

A	B	C	D	E	F/G
<p>4.101 (D) From kneeling sit position, rise upward with body wave through toe-balance stand</p>  <p>9/2</p>	<p>4.201</p>	<p>4.301</p>	<p>4.401</p> <div data-bbox="1003 308 1608 408" style="border: 2px solid black; padding: 5px; text-align: center;"> <p><i>(D) To be counted as dance element</i></p> </div>	<p>4.501</p>	<p>4.601</p>
<p>4.102 (D) Standing split fwd with hand support in front of support leg (leg separation 180°) – Needle scale (2 sec.) or Stand on one leg with foot of free leg in fwd hold above head (2sec)</p>  <p>Scale fwd, support leg extended (leg separation 180°) - 2 sec.</p> 	<p>4.202</p>	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>	<p>4.602</p>
<p>4.103 Planche with support on one or both bent arms (2 sec.), also with leg in cross split position</p> 	<p>4.203</p>	<p>4.303</p>	<p>4.403</p>	<p>4.503</p>	<p>4.603</p>

Balance Beam

3.000 — GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>3.103</p>	<p>3.203</p>	<p>3.303 1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</p> 	<p>3.403 1½ turn (540°) with heel of free leg fwd at horizontal throughout turn (support and free leg may be straight or bent)</p> 	<p>3.503</p>	<p>3.603</p>
<p>3.104</p>	<p>3.204</p>	<p>3.304 1/1 turn (360°) with free leg held upward in 180° split position throughout turn</p> 	<p>3.404 1 1/2 turn (540°) with free leg held upward in 180° split position throughout turn</p> 	<p>3.504</p>	<p>3.604</p>

	A-.100	B-.200	C-.300	D-.400	E-.500	F-.600	G-.700	
1. ↑	01	⌊ ⌋						
	02	⌋ ⌋	⌋					
	03	⌋ ⌋	⌋ ⌋					
	04	⌋ ⌋	⌋ ⌋	⌋				
	05	⌋						
	06	⌋	⌋					
	07		⌋	⌋	⌋			
	08		⌋	⌋	⌋			
	09				⌋	⌋		
	10		⌋	⌋	⌋			
	11				⌋	⌋		
2. ↗	01	⌋	⌋	⌋	⌋			
	02		⌋	⌋				
	03			⌋	⌋	⌋		
	04				⌋	⌋		
	05	○		⌋	⌋	⌋		
	06			⌋	⌋	⌋		
	07			⌋				
3. U	01		⌋	⌋	⌋			
	02			⌋	⌋			
	03				⌋	⌋	⌋	
	04			⌋	⌋	⌋	⌋	
	05				⌋	⌋	⌋	
	06		⌋	⌋	⌋	⌋		
	07			⌋	⌋			
	08			⌋	⌋	⌋	⌋	
	09			⌋	⌋			
	10			⌋	⌋	⌋		

	A-.100	B-.200	C-.300	D-.400	E-.500	F-.600	G-.700
4. X	01	⊗	⌋	⌋	⌋		
	02		⊗	⌋	⌋	⌋	
	03				⌋	⌋	
	04	⊗		⌋	⌋	⌋	
	05			⌋	⌋	⌋	
	06	⊗			⌋	⌋	
	07	⊗			⌋	⌋	
	08			⌋	⌋		
	09			⌋		⌋	
	10						
	11						
5. U	01	⊗		⊗	⊗	⊗	
	02		⊗	⌋	⌋	⌋	
	03			⌋	⌋		
	04	⊗		⌋	⌋		
	05	⊗		⌋	⌋		
	06	⊗		⌋	⌋		
	07		⌋	⌋			⌋
	08	⊗		⌋	⌋	⌋	
	09				⌋	⌋	⌋
6. ↓	01	⌋	⌋	⌋	⌋		
	02	⌋	⌋	⌋	⌋	⌋	
	03		⌋	⌋	⌋	⌋	
	04	⌋	⌋	⌋	⌋	⌋	
	05		⌋	⌋	⌋		⌋
	06				⌋	⌋	⌋
	07				⌋	⌋	⌋
	08	⌋	⌋	⌋	⌋	⌋	⌋
	09		⌋	⌋	⌋	⌋	⌋
	10		⌋	⌋	⌋	⌋	⌋

7 \	A-100	B-200	C-300	D-400	E-500	F.600	G.700
1. 01	X	∩	∩				
02	∩						
03	∩ ∩		∩ ∩ ∩ ∩				
04		∩ ∩	∩ ∩				
05	∩		∩				
06	∩ ∩	∩ ∩					
07	∩ ∩						
08	∩	∩	∩				
09		∩ ∩	∩ ∩	∩			
10		∩ ∩	∩ ∩				
11		∩	∩ ∩ ∩ ∩ ∩ ∩	∩ ∩ ∩ ∩ ∩ ∩			
12			∩ ∩ ∩	∩ ∩			
13		∩	∩ ∩ ∩	∩ ∩ ∩ ∩			
14	∩	X	∩ ∩ ∩ ∩		∩ ∩ ∩		
15		∩ ∩		∩ ∩			
16			∩	∩		∩ ∩	
17			∩ ∩ ∩ ∩	∩ ∩			
18				∩ ∩ ∩ ∩	∩ ∩ ∩	∩ ∩ ∩	∩ ∩
19					∩ ∩ ∩		

7 \	A-100	B-200	C-300	D-400	E-500	F.600	G.700
2. 01	∩	∩	∩	∩	∩		
02	∩ ∩	∩ ∩ ∩ ∩	∩ ∩	∩	∩		
03	∩ ∩ ∩	∩ ∩	∩				
04		∩ ∩		∩			
05			∩	∩			
06			∩	∩			
07	∩ ∩	∩ ∩	∩				
08	∩	∩ ∩	∩	∩	∩		
09		∩ ∩	∩ ∩				
10	∩	∩					
11	∩ ∩	∩	∩				
12	∩ ∩ ∩	∩ ∩ ∩	∩ ∩	∩ ∩			
3. 01	∩	∩		∩	∩		
02			∩	∩			
03			∩	∩			
04			∩	∩			
05		∩		∩			
06	∩	∩	∩				
07		∩ ∩	∩ ∩	∩ ∩	∩ ∩		
08	∩ ∩		∩				
4. 01	∩ ∩						
02	∩ ∩ ∩						
03	∩ ∩						
04	∩ ∩	∩					
05	∩ ∩	∩ ∩					
06		∩					
07		∩ ∩ ∩					
08		∩ ∩					
09	∩ ∩ ∩ ∩	∩	∩				
10	∩ ∩ ∩ ∩	∩	∩ ∩	∩			
11		∩	∩ ∩ ∩				

7 \	A-100	B-200	C-300	D-400	E-500	F.600	G.700
5. 01		∩ ∩	∩	∩ ∩ ∩ ∩			
02	X X X	∩					
03		∩	∩	∩			
04			∩	∩			
05		∩ ∩	∩	∩			
06			∩ ∩	∩ ∩	∩ ∩		
07	∩ ∩			∩			
08	∩ ∩	∩ ∩	∩ ∩	∩			
09				∩ ∩	∩ ∩		
10				∩			
11			∩	∩ ∩	∩	∩	
12				∩ ∩		∩	
13			∩ ∩ ∩		∩ ∩	∩ ∩	∩
14			∩ ∩ ∩		∩ ∩		
6. 01	∩	∩	∩				
02	∩ ∩ ∩	∩ ∩ ∩	∩ ∩ ∩	∩ ∩		∩ ∩	
03		∩ ∩	∩ ∩				∩ ∩
04	∩ ∩	∩ ∩	∩ ∩	∩ ∩		∩ ∩	
05				∩ ∩	∩ ∩		∩ ∩ ∩
06	∩ ∩ ∩	∩ ∩	∩ ∩ ∩	∩ ∩		∩ ∩	
07		∩ ∩	∩ ∩ ∩	∩ ∩			