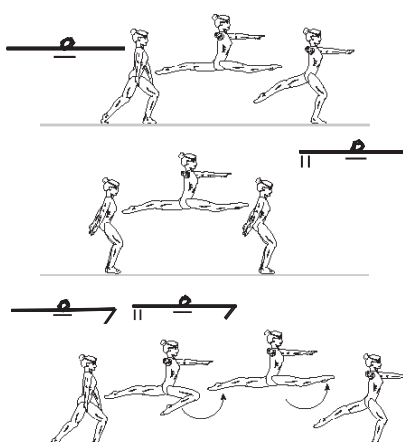
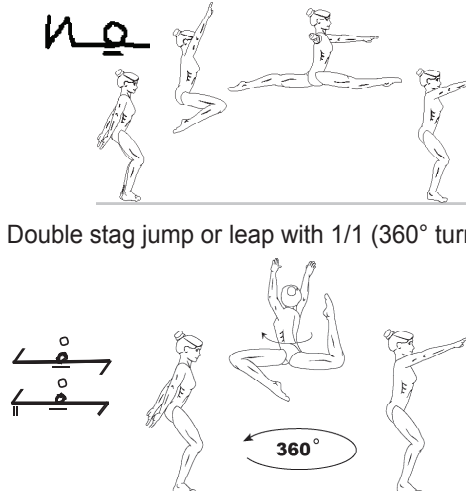
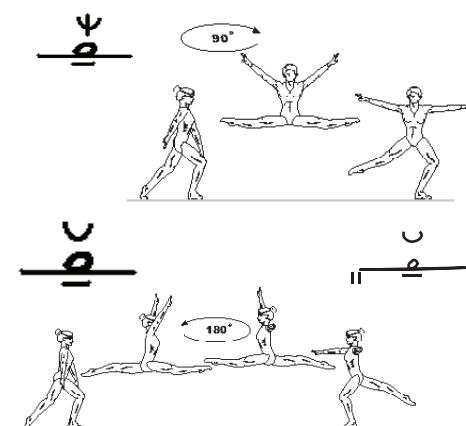
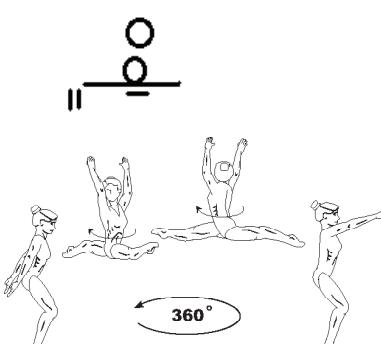
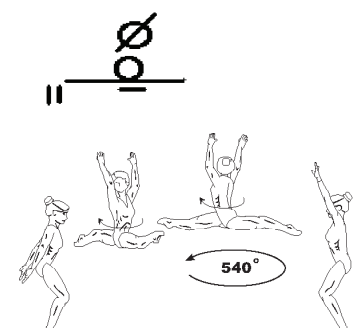
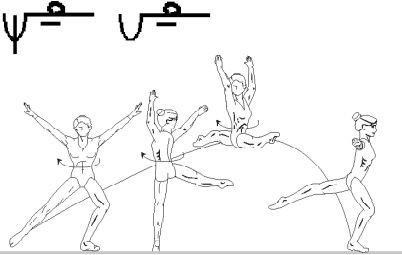
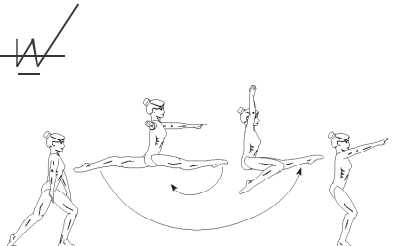
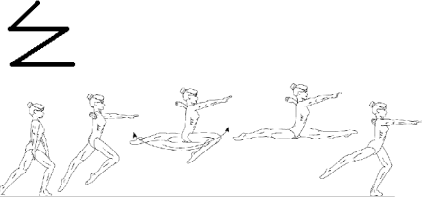
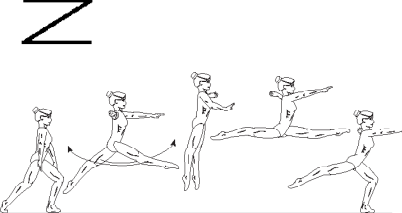
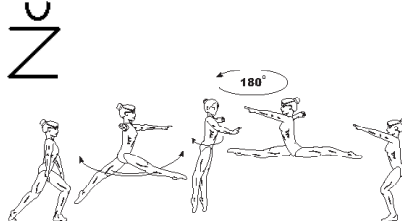
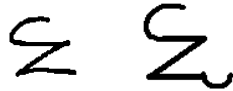
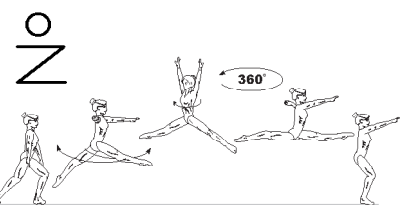


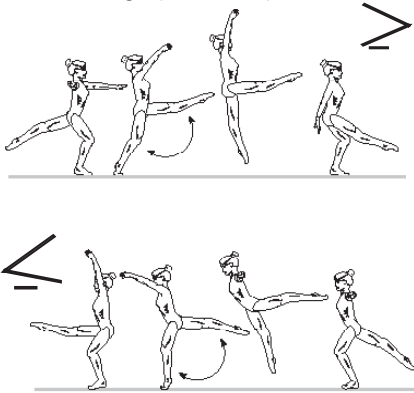
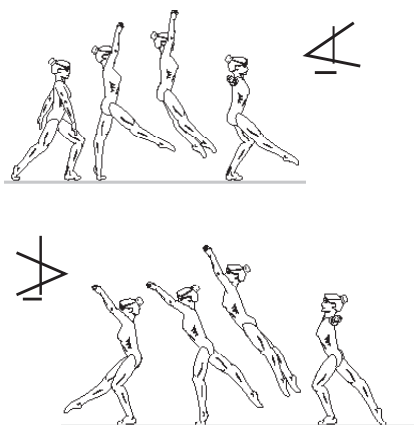
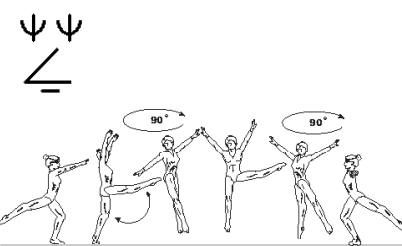
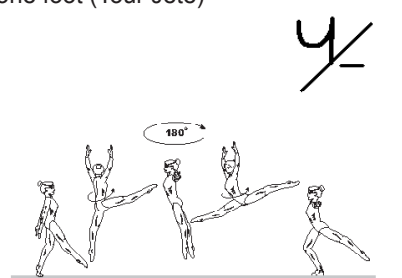
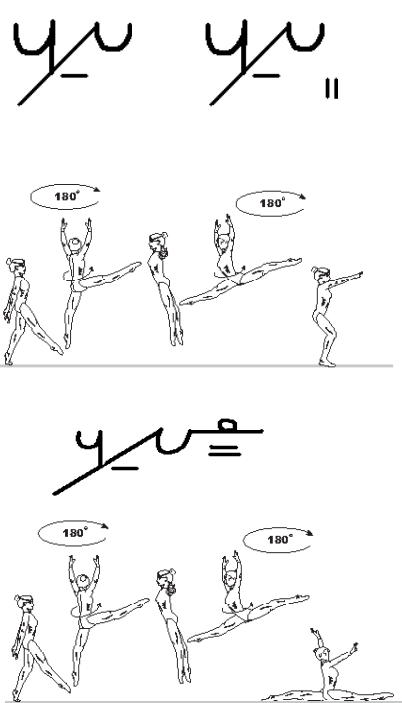
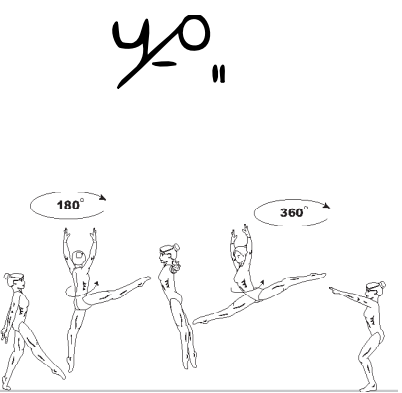
Group 1 – Leaps, Jumps and Hops

| A | B | C | D | E |
|--|--|---|---|---------------------|
| <p>1.101 Split leap forward or split jump in place, also with bending of the forward leg and/or back leg (stag or double-stag position in flight phase) *See Box</p>  | <p>1.201 Tuck jump with separation of legs to cross split (180°) during flight phase.</p>  <p>Double stag jump or leap with 1/1 (360° turn)</p> | <p>1.301°</p> <div style="border: 2px solid black; padding: 10px; margin: 10px 0;"> <p>An additional 1/4 turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed under a different number.</p> <p>Leaps, jumps and hops with the same number and different degrees of turn (1/2, 1/1, 1½ or more) are considered different elements.</p> <p>* Leaps and jumps with the same number are considered different elements. Stag and split variations of leaps and of jumps with the same number are considered the same element.</p> <p>Any leap not listed in the JO Code that has a 180° split and 360° turn is valued at "C".</p> </div> | <p>1.401</p> | <p>1.501</p> |
| <p>1.102</p>  <p>These two elements are considered different.</p> | <p>1.202 Split leap forward with 1/4 turn (90°) or 1/2 turn (180°), also split jump with 1/2 (180°) turn (not illustrated)</p> | <p>1.302 Split jump with 1/1 turn (360°)</p>  | <p>1.402 Split jump with a 1½ turn (540°)</p>  | <p>1.502</p> |

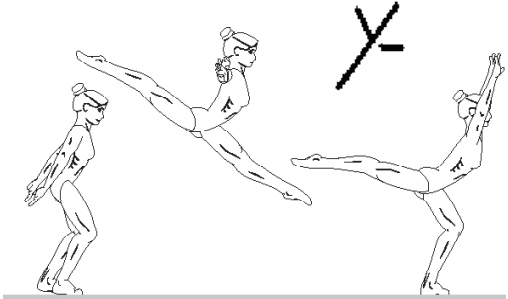
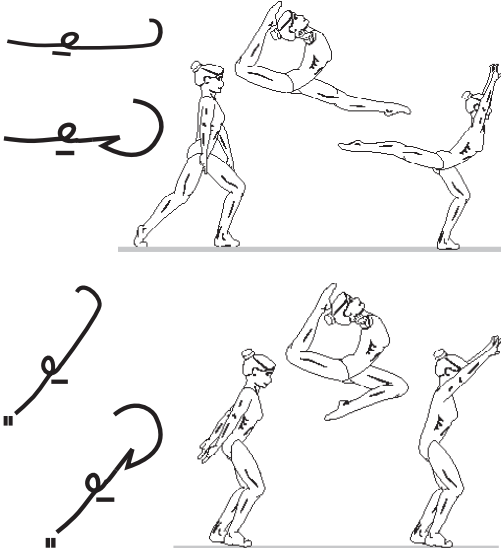
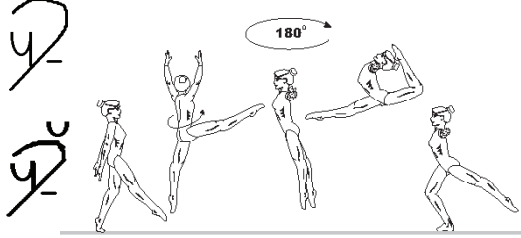
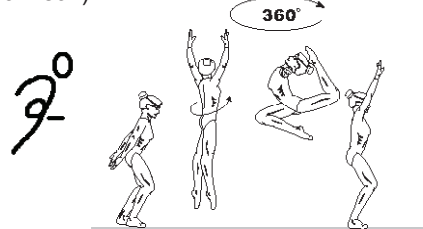

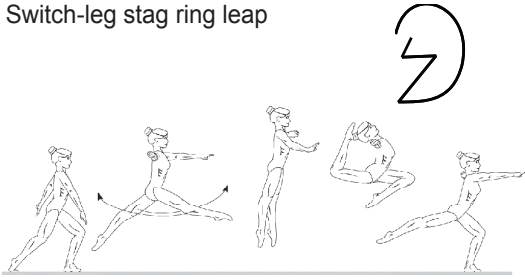
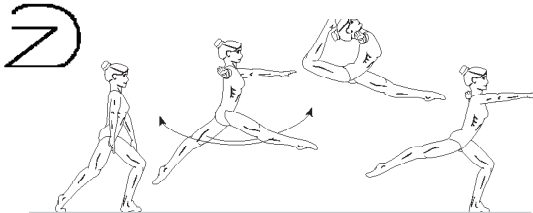
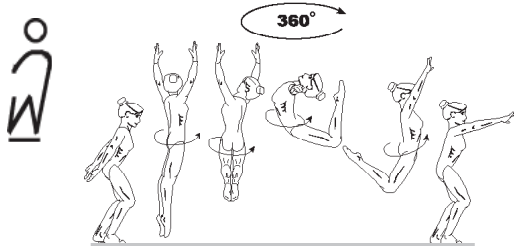
Group 1 – Leaps, Jumps and Hops

| A | B | C | D | E |
|--|--|---|---|---------------------|
| <p>1.103</p> | <p>1.203 Jeté en tournant - 1/4 to 1/2 turn (90°–180°) with take-off from one leg into split leap</p>  | <p>1.303</p> | <p>1.403</p> | <p>1.503</p> |
| <p>1.104 Stride leap forward with change of legs to wolf position.</p>  <p>Stag leap forward with leg change</p>  | <p>1.204 Split leap forward with leg change (180° separation < after leg change)</p>  | <p>1.304 Split leap forward with leg change and 1/2 turn (180°) in flight phase (180° separation < after leg change)</p>  <p>Split leap forward with leg change through forward, sideward, to backward horizontal (Rond-de-Jambe) (Plataroti) also with 1/2 (180°) turn (No illustration)</p>  | <p>1.404 Split leap forward with leg change and 1/1 turn (360°) in flight phase (180° separation < after leg change) (Frolova)</p>  | <p>1.504</p> |

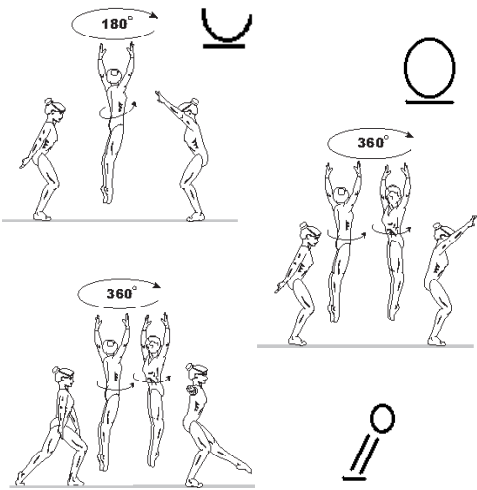
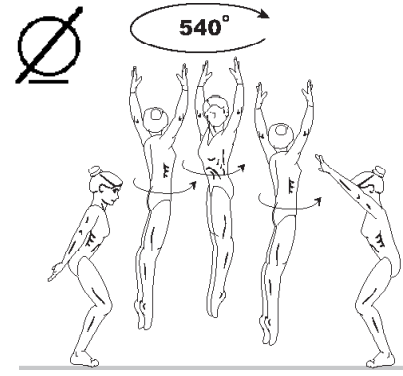
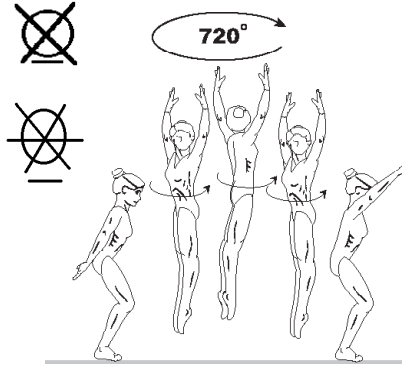
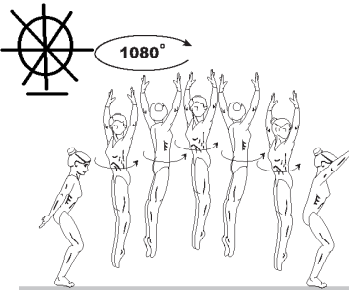
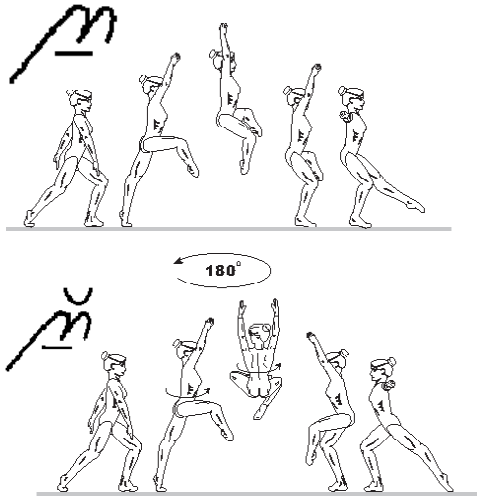
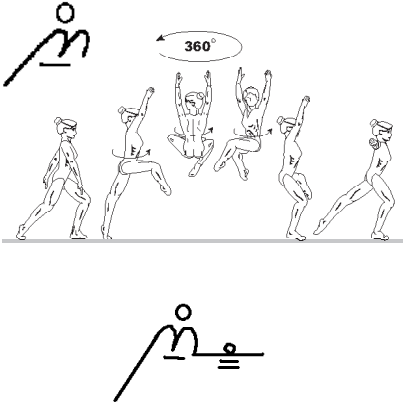
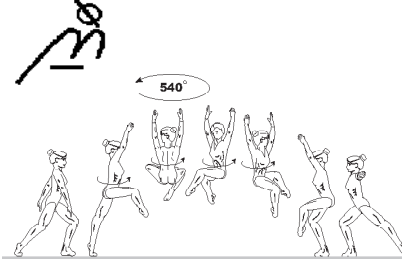
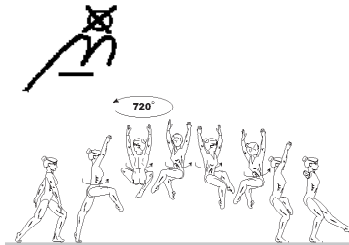
Group 1 – Leaps, Jumps and Hops

| A | B | C | D | E |
|---|---|---|---|---------------------|
| <p>1.109 Scissors leap forward or backward with stretched legs (Hitch kick)</p>  <p>Backward or forward cabriole</p>  | <p>1.209 Scissors leap forward with stretched legs – 1/4, 1/4 turn (90° -90°)</p>  <p>Fouetté hop with leg change to cross split (leg separation 180°) to land on one foot (Tour Jeté)</p>  | <p>1.309 Tour jeté with additional 1/2 turn (180°) – landing on one or both legs (Strug), or in split sit position (Prodnova)</p>  | <p>1.409 Tour Jeté with additional 1/1 turn (360°) to land on both legs (Gogean)</p>  | <p>1.509</p> |

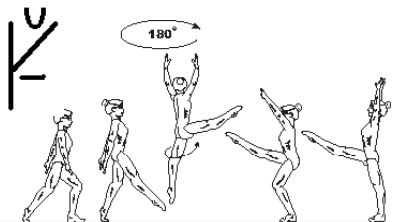
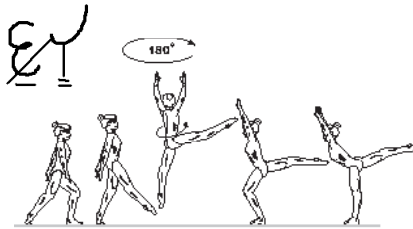

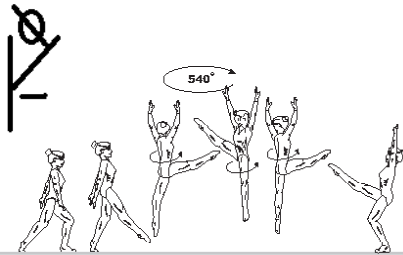
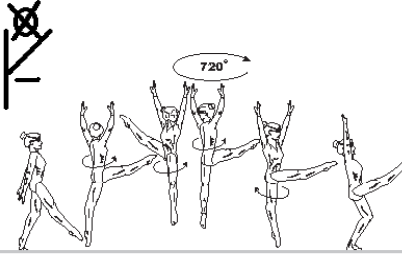
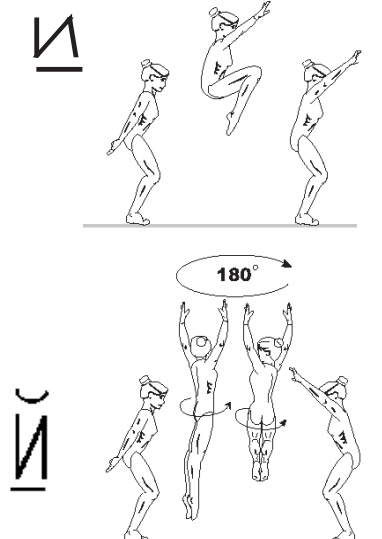
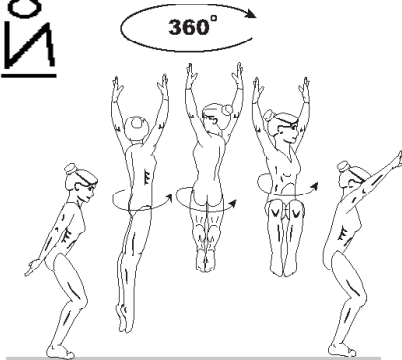
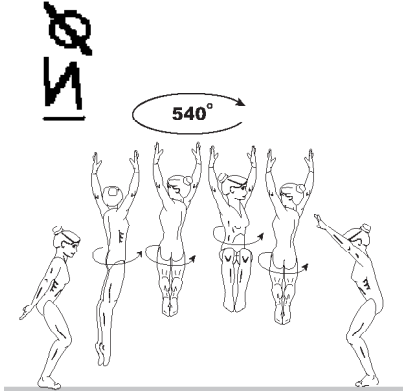
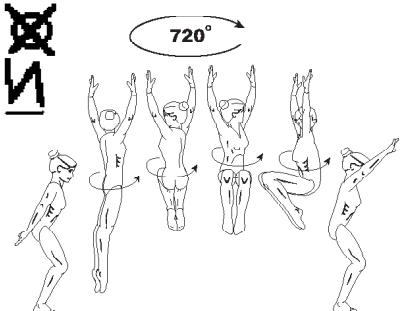
Group 1 – Leaps, Jumps and Hops

| A | B | C | D | E |
|---|--|--|---------------------|---------------------|
| <p>1.110 Sissone, take-off from both legs, land on one leg (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°)(front leg at minimum of 45°)</p>  | <p>1.210 Ring or stag ring leap or jump (rear leg at head height) – take-off from one or two legs</p>  | <p>1.310 Tour jeté to ring leap (Boucher), also with 1/2 (180°) turn (Jackson) (Not illustrated)</p>  <p>Ring jump or stag-ring jump with 1/1 turn (360°) (Johnson)</p>  | <p>1.410</p> | <p>1.510</p> |
| <p>1.111</p> | <p>1.211 Tuck jump backward with arch (Sheep jump, feet to head height)</p>  <p>Switch-leg stag ring leap</p>  | <p>1.311 Split leap forward with leg change to ring leap (180° separation < after leg change)</p>  <p>Tuck jump backward with arch (Sheep jump, feet to head height) with 360° turn (Dunn)</p>  | <p>1.411</p> | <p>1.511</p> |

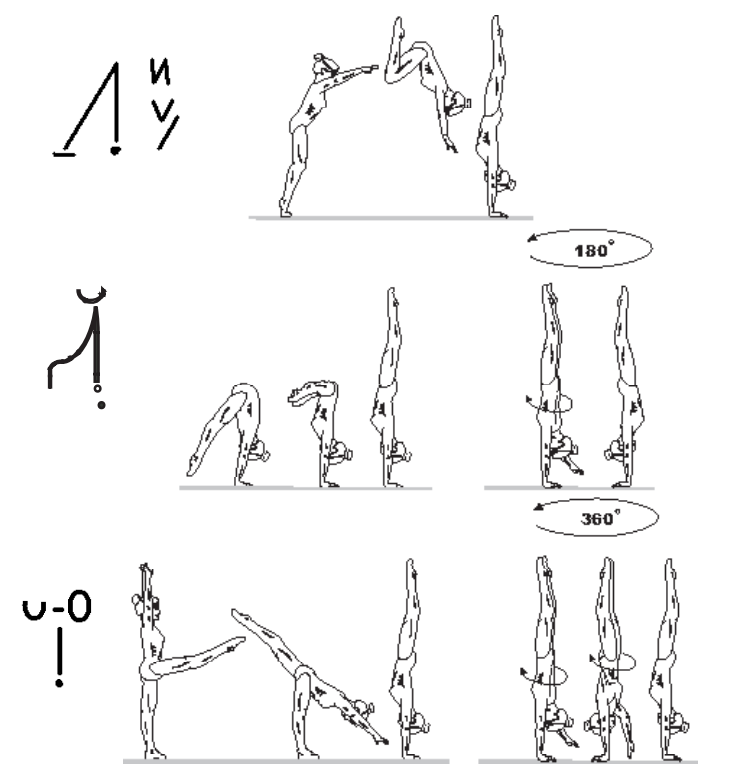
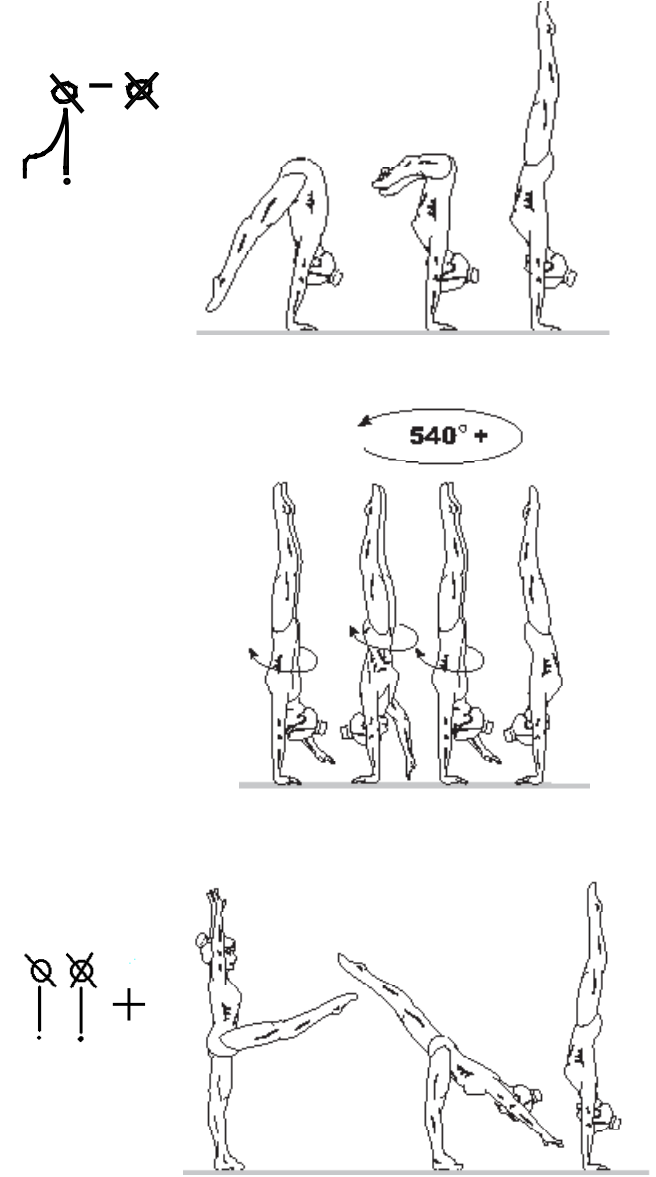
Group 1 – Leaps, Jumps and Hops

| A | B | C | D | E |
|---|---|---|---|---------------------|
| <p>1.112 Stretched/arch jump with 1/2 turn (180°) or 1/1 turn (360°), also chassé with 1/1 turn (360°) – take-off from both legs</p>  | <p>1.212 Stretched jump with 1½ turn (540°) – take-off from both legs</p>  | <p>1.312 Stretched jump with 2/1 turn (720°) – take-off from both legs, also with 2½ (900°) turn</p>  | <p>1.412 Stretched jump with 3/1 (1080°) turn</p>  | <p>1.512</p> |
| <p>1.113 Scissors leap forward with bent legs (cat leap), also with 1/2 turn (180°)</p>  | <p>1.213 Cat leap forward with bent legs and 1/1 turn (360°), also to land in split sit (Not illustrated)</p>  | <p>1.313 Cat leap forward with bent legs and 1½ turn (540°) (Garrison)</p>  | <p>1.413 Cat leap forward with bent legs and 2/1 turns (720°) (Benton)</p>  | <p>1.513</p> |

Group 1 – Leaps, Jumps and Hops

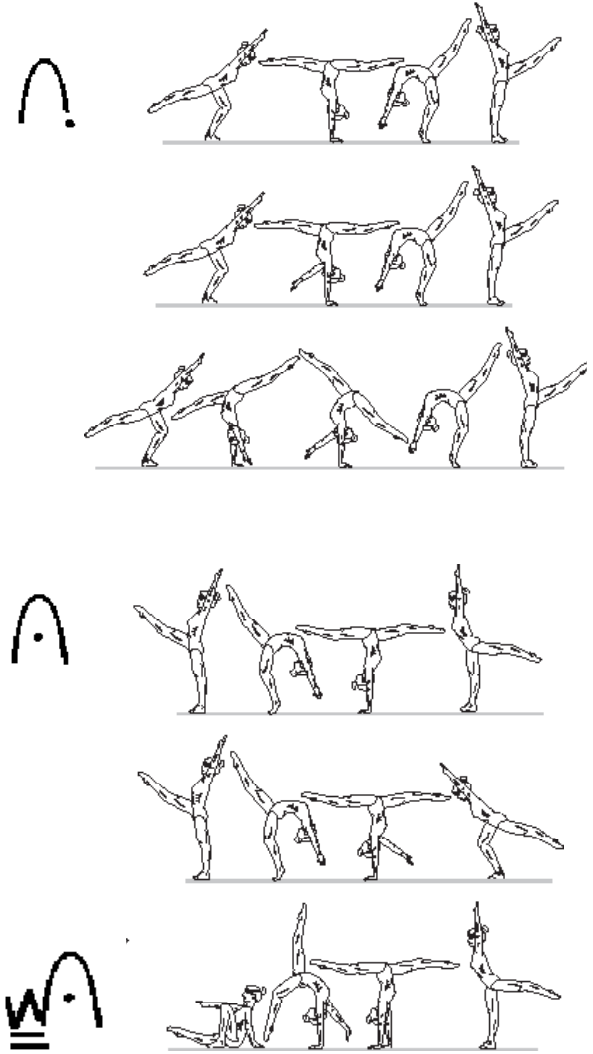
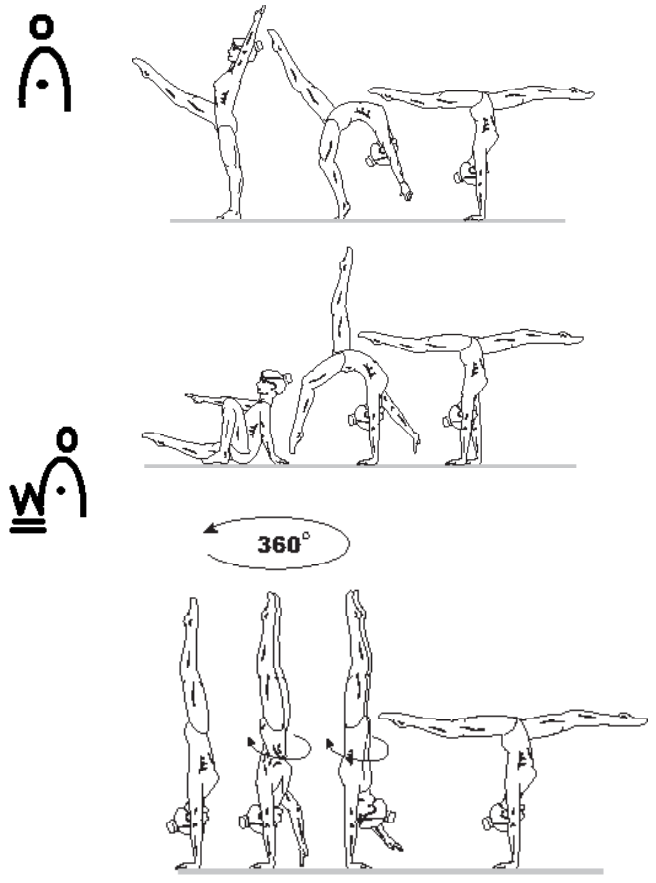
| A | B | C | D | E |
|--|--|---|--|---------------------|
| <p>1.114 Hop with 1/2 turn (180°), free leg extended above horizontal – take-off from one leg</p>  | <p>1.214 Fouetté-hop to land in scale</p>  <p>Hop with 1/1 turn (360°), free leg extended above horizontal – take-off from one leg</p>  | <p>1.314 Hop with 1½ turn (540°), free leg extended above horizontal – take-off from one leg</p>  | <p>1.414 Hop with 2/1 turn (720°), free leg extended above horizontal – take-off from one leg</p>  | <p>1.514</p> |
| <p>1.115 Tuck hop or jump (legs together), also with 1/2 turn (180°)</p>  | <p>1.215 Tuck hop or jump (legs together) with 1/1 turn (360°)</p>  | <p>1.315 Tuck hop or jump (legs together), with 1½ turn (540°)</p>  | <p>1.415 Tuck hop or jump (legs together), with 2/1 turn (720°), also landing in front lying support (Ziganshiva) (Not illustrated)</p>  | <p>1.515</p> |

Group 3 – Handstands

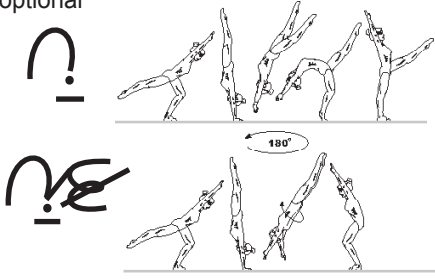
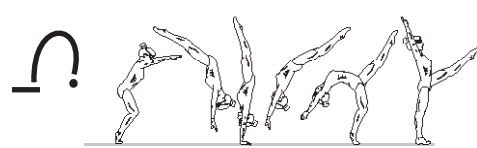
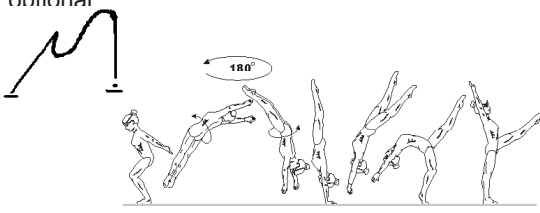
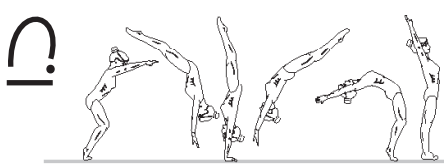
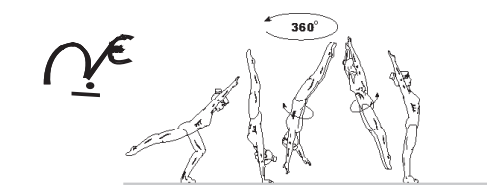
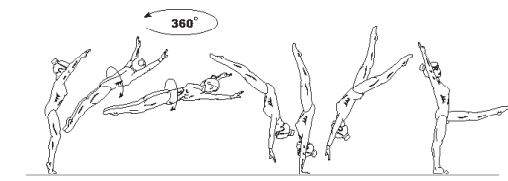
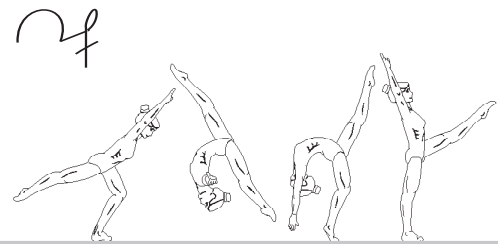
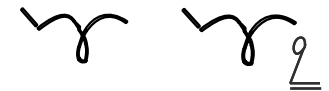
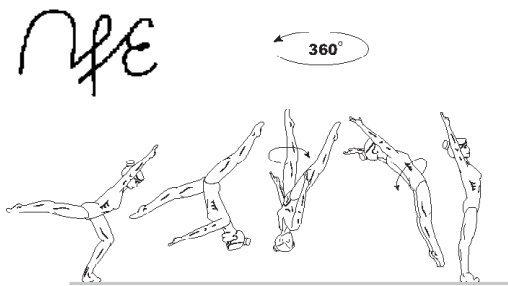
| A | B | C | D | E |
|--|--|---------------------|---------------------|---------------------|
| <p>3.101 Jump to handstand – return movement optional or kick or press to handstand with 1/2–1/1 turn (180°–360°), return movement optional</p>  <p>The diagrams for 3.101 illustrate three variations of the skill. The first shows a jump to handstand with a 180-degree turn, indicated by a curved arrow labeled '180°'. The second shows a jump to handstand with a 360-degree turn, indicated by a curved arrow labeled '360°'. The third shows a kick or press to handstand with a 360-degree turn, indicated by a curved arrow labeled '360°'. Each variation includes a small icon of the starting movement: a jump, a kick, or a press.</p> | <p>3.201 Kick or press to handstand – 1½ turn or more (540°) in handstand – return movement optional</p>  <p>The diagrams for 3.201 illustrate two variations of the skill. The first shows a kick or press to handstand with a 540-degree or more turn, indicated by a curved arrow labeled '540°+'. The second shows a kick or press to handstand with a 540-degree or more turn, indicated by a curved arrow labeled '540°+'. Each variation includes a small icon of the starting movement: a kick or a press.</p> | <p>3.301</p> | <p>3.401</p> | <p>3.501</p> |

| Group 4 – Rolls | | | | |
|--|--|---|---------------------|---------------------|
| A | B | C | D | E |
| <p>4.101 Forward roll or Handstand forward roll or Hecht roll</p> | <p>4.201 From backward take-off – stretched jump with 1/2 twist (180°) to hecht roll</p> <p>From a stretched jump, 1/1 twist (360°) to hecht roll</p> | <p>4.301 <i>From backward take-off – stretched jump with 1½ twist (540°) to hecht roll</i></p> | <p>4.401</p> | <p>4.501</p> |
| <p>4.102 Roll backward in tuck or pike</p> <p>Roll backward to handstand also with 1/2 turn (180°) in handstand</p> | <p>4.202 Roll backward (tucked or piked) to handstand with 1/1 turn or more (360°+) in handstand</p> | <p>4.302</p> | <p>4.402</p> | <p>4.502</p> |

Group 5 – Walkovers, Cartwheels, etc...

| A | B | C | D | E |
|--|---|---------------------|---------------------|---------------------|
| <p>5.101 Walkover forward or backward (all variations), also from tuck sit-Valdez</p>  <p>The diagrams for 5.101 show three rows of forward and backward walkovers. The first row shows a forward walkover starting from a tuck sit position. The second row shows a backward walkover starting from a tuck sit position. The third row shows a tuck sit-Valdez variation. To the left of each row is a small icon representing the skill: a simple arch for the first two rows and a more complex arch with a 'W' for the third row.</p> | <p>5.201 Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand – return movement optional</p>  <p>The diagrams for 5.201 show three rows of backward walkovers. The first row shows a backward walkover starting from a stand position. The second row shows a backward walkover starting from an extended tuck-sit position. The third row shows a backward walkover starting from a tuck sit position, leading to a handstand with a 360-degree turn. To the left of each row is a small icon representing the skill: a simple arch for the first two rows and a more complex arch with a 'W' and a '360°' symbol for the third row.</p> | <p>5.301</p> | <p>5.401</p> | <p>5.501</p> |

Group 5 – Walkovers, Cartwheels, etc...

| A | B | C | D | E |
|---|---|--|---------------------|---------------------|
| <p>5.102 Handspring forward – take-off from one leg – also with 1/2 twist (180°) after hand support – landing optional</p>  <p>Flyspring forward – take-off from both legs – with or without hecht phase before hand support landing on one foot</p>  | <p>5.202 Jump backward with 1/2 twist (180°) to handspring forward (arabian handspring) – landing optional</p>  <p>Flyspring forward – take-off from both legs – with or without hecht phase before hand support landing on two feet</p>  | <p>5.302 Handspring forward with 1/1 twist (360°) after hand support or before (Mostepanova)</p>   | <p>5.402</p> | <p>5.502</p> |
| <p>5.103 Free (aerial) walkover forward, also in tucked position to a two-foot landing or kneeling</p>   <p>The one foot take-off to a tucked position will appear as a kick-over front salto, but will not be considered a salto for Special Requirement purposes.</p> | <p>5.203</p> | <p>5.303 Free (aerial) walkover forward with 1/1 twist (360°)</p>  | | |