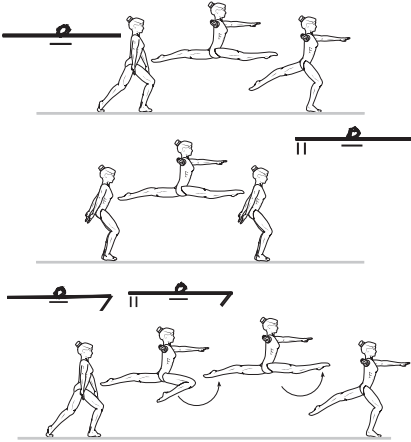
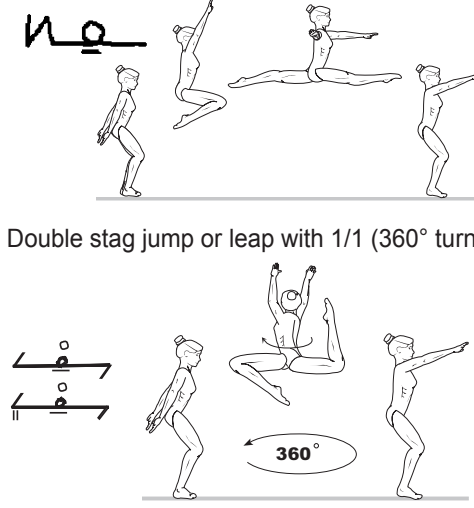
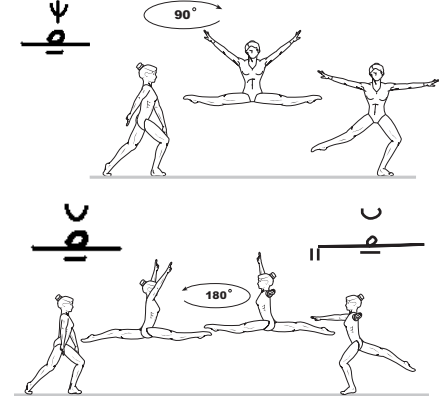
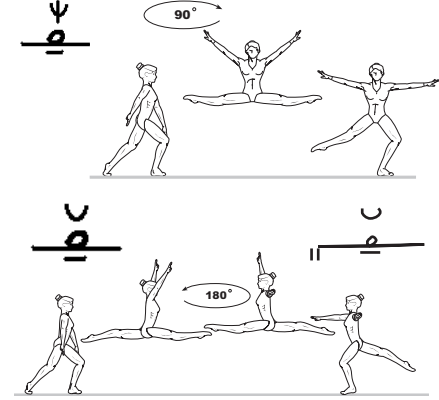
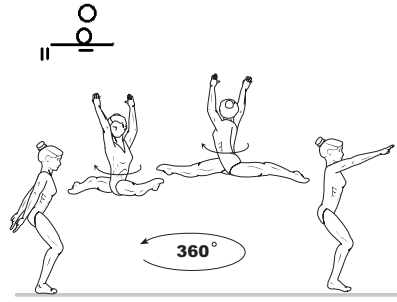
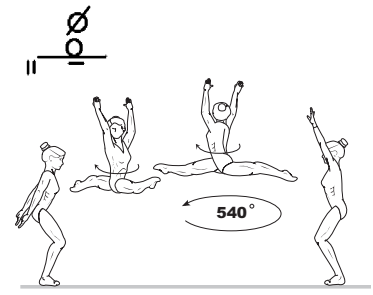
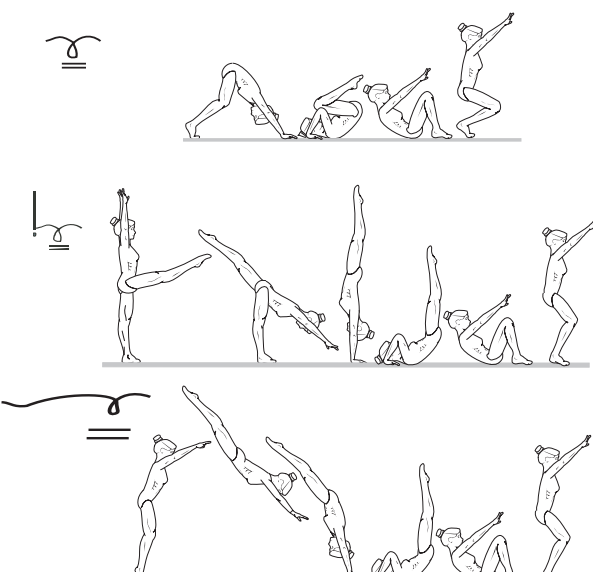
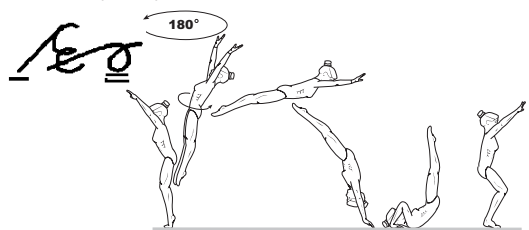
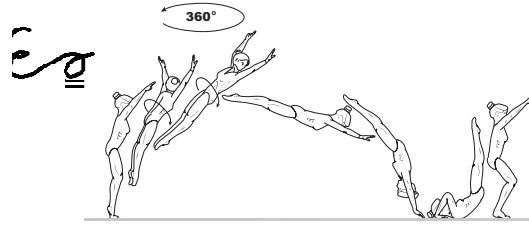


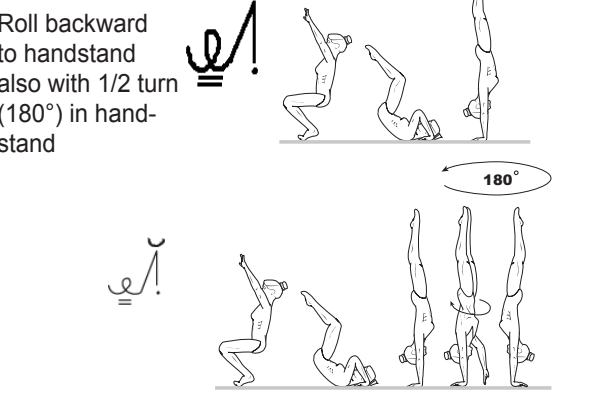
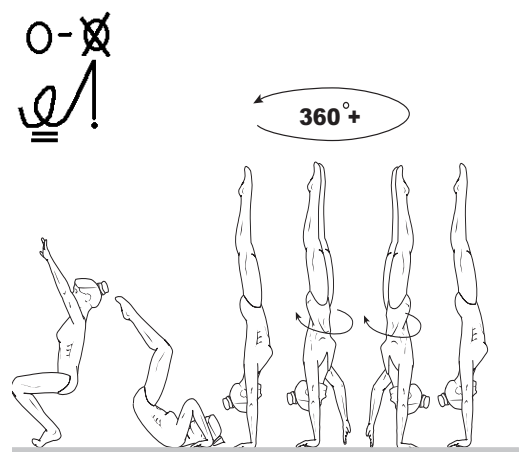


Group 1 – Leaps, Jumps and Hops

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)</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;"> <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, 1 1/2 or more) are considered different elements.</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>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>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>These two elements are considered different.</p>	<p>1.302 Split jump with 1/1 turn (360°)</p> 	<p>1.402 Split jump with a 1 1/2 turn (540°)</p> 	<p>1.502</p>

Group 4 – Rolls

A	B	C	D	E
<p>4.101 Forward roll or Handstand forward roll or Hecht roll</p>  <p>The diagrams show three types of forward rolls: a standard forward roll, a handstand forward roll, and a hecht roll. Each is illustrated with a sequence of five drawings showing the progression from take-off to landing.</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>The diagrams show two variations of a backward take-off: one with a 180-degree twist and one with a 360-degree twist, both leading to a hecht roll. Each variation is shown with a sequence of five drawings.</p>	<p>4.301 From backward take-off – stretched jump with 1½ twist (540°) to hecht roll</p>  <p>The diagram shows a backward take-off with a 540-degree twist (labeled as 180° and 360°) leading to a hecht roll, illustrated with a sequence of five drawings.</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>The diagrams show two types of backward rolls: a tuck roll and a pike roll. The second part shows a roll backward to a handstand with a 180-degree turn, illustrated with a sequence of five drawings.</p>	<p>4.202 Roll backward (tucked or piked) to handstand with 1/1 turn or more (360°+) in handstand</p>  <p>The diagram shows a roll backward to a handstand with a 360-degree or more turn, illustrated with a sequence of five drawings.</p>	<p>4.302</p>	<p>4.402</p>	<p>4.502</p>