FIG-DSIGO WOMAN ARTISTIC GYMNASTICS PROGRAM

TABLE OF ELEMENTS

2024

VAULT

A GROUP - MOUNTS HEIGHT 2.5 FEET, 80 CM

1.0	Jump and put both feet simultaneously on the mat, finish in a standing position.
1.5	Jump to forward roll on the mat, finish in a standing position.
2.0	Jump to handstand on the mat finish lying down.

B GROUP - MOUNTS HEIGHT 3 FEET, 1.00 M

2.5	Jump and put both feet simultaneously on the vault and bent legs, then stand, and jump off, landing on the mat in a standing position
3.0	Jump and put both feet simultaneously on the vault and bent legs, then stand, and jump off with tuck/pick or straddle shape and landing on the mat in a standing position.
3.5	Jump and put both feet simultaneously on the vault and bent legs, then stand, and jump off with half turn and landing on the mat in a standing position.
4.0	Jump and put both feet simultaneously on the vault and bent legs, then stand, and kick the leg to handstand and landing on the mat in a standing position.
5.0	Handspring
6.0	Round off

UNEVEN BARS

A GROUP - MOUNTS

A	B	C	D	E	F
Jump to frontal support.	*With swing of one leg, roll around bar to frontal support (circle up backwards).*	*With feet together, roll around bar by strength to frontal support (Back hip pullover).*	Glide or run kip with one leg squat through bar to leg acting upstart.		*Glide kip to support on LB.*
Glide swing & return (needs assistance for jumping to frontal support in the LB)			*Glide swing & return and back hip pullover (continuous)*		*Glide kip to support on HB.*

B GROUP - CASTS AND BACKSWINGS

A	B	C	D	E	F
Cast to handstand too far below horizontal	*Cast to handstand 20° below horizontal*	*Cast to handstand to horizontal*	*Cast to handstand 45° above horizontal.*	*Cast to handstand 70° above horizontal.*	
	Cast to backswing in hang where shoulders are below horizontal.		*Cast to backswing in hang where shoulders are horizontal.*	*Cast to backswing in hang where shoulders are above horizontal.*	

C GROUP - CIRCLES

A	B	C	D	E	F
					Hip circle backward (hips touching HB or LB).
			Roll around bar to support on HB.		*Hip circle forward (hips touching HB or LB).*

D GROUP - JUMP LB TO HB

A	B	C	D	E	F
From support, put both feet or one by one foot and jump to hang up the HB with assistance. This element doesn´t meet the CR.		*From support put both one by one foot on the bar in tuck position and jump to HB.*		*From support put both feet on the bar in tuck position and jump to HB.*	

C GROUP - PASSAGES

A	B	C	D	E	F
	From support swing of one leg over the bar with instant hand release.	*From support swing of one leg over the bar with instant hand release, change the body position and turn 180°, swinging the other leg over the bar.*			

E GROUP - DISMOUNTS

A	B	C	D	E	F
From frontal support on LB, jump off backwards to land on the mat in standing position.	*From frontal support on LB, jump off backwards with ½ turn to land on the mat in standing position.*	*Cast squat-on or pike on LB, stretch jump dismount.*	*From support or hang on high bar, swings, and land on the mat in standing position.* *(Maximum 2 swings and dismount).*	*From hang on HB, tap swing forward and with ½ turn, and land on the mat in standing position.*	*From support or hang on high bar, swings, and dismount with a backward salto in tuck or pike position.*
Roll forward around the bar and hold 2" in tuck position *(forward circle down).*	*Cast, straddle on, sole circle and dismount in the LB*	*Underswing dismount*		*From hang on HB, tap swing forward and with 1 turn, and land on the mat in standing position.*	

BALANCE BEAM

A GROUP - MOUNTS

A	B	C	D	E	F
From a mat, walk-on and landing on both feet on tiptoe.	*Swing leg over beam lateral to straddles sit on the beam.*	*Springboard, hands on beam, bounce and put both feet on beam in tuck position (from end or side).*	*Jump to clear straddle support 2", on end of the beam.*		*Mount to squat or split and hold 2" (no hands support).*
			Jump to clear on the side beam and put your feet on the other side.		

B GROUP - LEAPS, HOPS, JUMPS AND TURNS

A	B	C	D	E	F
One jump on one foot to land on both feet (Assembleé).	*Leap with alternate leg change under 90°.*	*Split leap or jump 90°*	*Split leap or jump 120°*	*Split leap or jump 150°*	*Split leap or jump 180°*
		.	*Chasse + free gymnastic leap or jump.*		
	Stretch jump with feet off beam.	*Straddle pike jump with ½ turn (180°) from cross position*	*Stretch jump with travel approx. 2 feet lenght.*	*Cat Leap (knee above hip).*	*Jump with ½ turn in any position.*
		½ turn in tuck squat position on both feet	*Pivot spin ½ turn on one foot*		*Pivot spin 1 turn on one foot*

C GROUP - BALANCE

A	B	C	D	E	F
Hold in passé 2” *(not on tiptoe).*	*Hold in passé relevé 2”.*	*Knee scale 2”.*	*Candle 2” with hands supporting back.*		*Standing split forward with hand support in front of support leg (Spagat 180°).*
	Hold in arabesque under horizontal 2” *(not in relevé).*	*Hold in passé 2” + hold in arabesque under horizontal 2”* *(not on tiptoe).*	*Hold or scale in arabesque above horizontal 2” (not in relevé).*		
	V – sit 2” with hands support.		*V – sit 2” without hands support.*		
	Walking on relevé *(4 steps minimum).*				

D GROUP - ACROBATIC

A	B	C	D	E	F
		Kick to handstand legs above 45 degrees.	*Handstand to vertical 1”.*		*Walkover backward, with or without alternate hand support.*
					Walkover forward, with or without alternate hand support.
					Cartwheel.

E GROUP - DISMOUNT

A	B	C	D	E	F
Stretched jump off to land in standing position.	*Stretched jump off with ½ turn to land in standing position.*	*Get off with cartwheel or round-off on the end of the beam*		*Side handstand 2" with ¾ turn to land on feet next to the beam.*	*Free aerial or backward salto.*
Straddle or tuck jump off to land in standing position.		*Side handstand 2", land on feet, facing side of the beam.*			*Forward salto.*

FLOOR EXERCISE

A GROUP - LEAPS, JUMPS AND HOPS

A	B	C	D	E	F
One jump on one foot to land on both feet (Assemblée).	*Leap with alternate leg change under 90°*	*Stretched hop or jump with ½ turn.*	*Assemblée and one jump half turn.*	*Jump 360° twist.*	*Split leap minimum 120°.*
One forward jump or one backward jump.					*Wolf leap on horizontal.*
Stretched hop or jump.		*Tuck/pike/straddle jump (legs below horizontal 30°).*	*Tuck/pike/straddle jump (legs horizontal).*	*Tuck/pike/straddle jump (legs above horizontal).*	
Tuck/pike/straddle jump (legs below horizontal 45°).				*Cat leap.*	*Cat leap 1 turn.*

B GROUP - TURNS AND PIVOT

A	B	C	D	E	F
Pivot ½ turn on both feet in relevé.	*Pivot ½ turn in passé.*	*Pivot ½ turn one direction + pivot ½ turn other direction.*	*Pivot ½ turn in passé + pivot ½ turn in relevé on both feet.*		*1 turn on one foot.*
	Pivot ½ turn on both feet in relevé, one step and another pivot ½ turn.	*½ turn on one foot.*			

C GROUP - BALANCE, FLEXIBILITY AND HOLDS

A	B	C	D	E	F
Stand on tiptoe 2 seconds.		*Straddled support lever 2 seconds.*	*Bridge (from floor).*	*Bridge (from stand up).*	*Walkover backward, with or without alternate hand support.*
Knee scale 2 seconds.		*Hands on floor inside legs Support L 2 seconds.*			*Walkover forward, with or without alternate hand support.*
Hold in passé 2 seconds (not on tiptoe).					
Balance hold in arabesque 2 seconds (below horizontal).	*Balance hold arabesque 2 seconds (above horizontal).*				
Candle 2 seconds (with hands supporting back).	*Candle 2 seconds (hands on floor).*				
Side or straddle split.					

D GROUP - ACROBATIC

A	B	C	D	E	F
Lying on the back tucked rocking.	*From any position roll forward to any sitting shape.*	*Backward roll to stand.*	*Roll fwd to stand or straddle stand.*	*Backward roll extending through handstand.*	*Flic flac.*
From stand kick to a clear position of weight on hands.	*Bwd or fwd roll to kneeling or one knee.*	*Cartwheel.*	*Kick to momentary handstand, not held.*	*Cartwheel 1 arm.*	*Flic flac out.*
Long roll tucked or straight.	*Kick to handstand legs above 45 degrees.*		*2 consecutives cartwheels.*		*Handspring fwd take off from one leg to land in one leg.*
			From handstand roll fwd to stand or straddle stand.	*Walkover bwd from stand to handstand 2" landing in front lying support.*	*Handspring fwd take off from one leg to land in both legs.*
			Round off with feet and hands touching floor simultaneously.		*Backward Salto.*
			Kick to held handstand 2 seconds.		*Forward salto.*
				Round off (without flight)	*Round off*