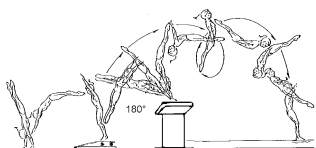
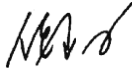
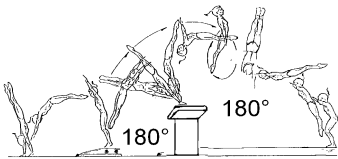
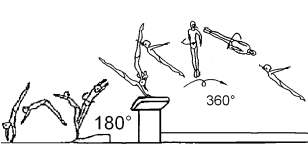
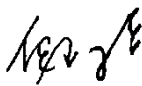
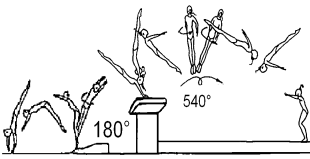
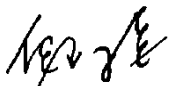
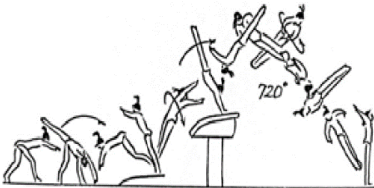
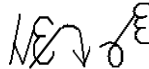
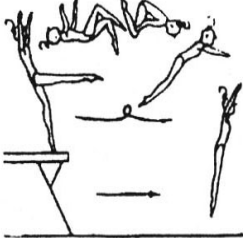
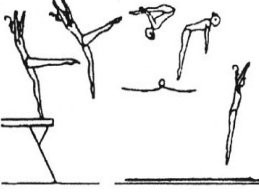
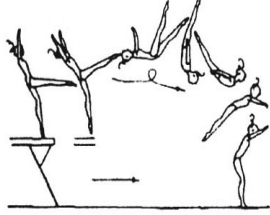
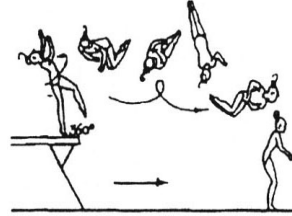
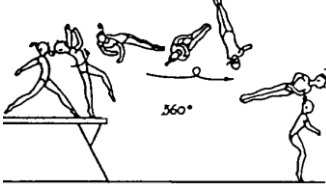
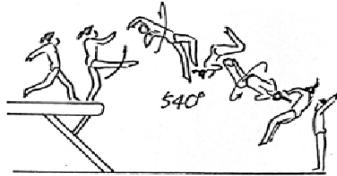
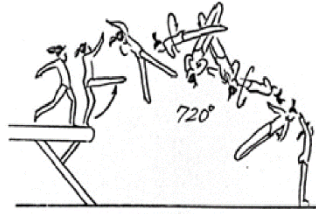


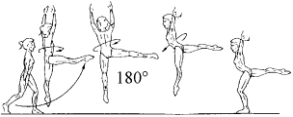
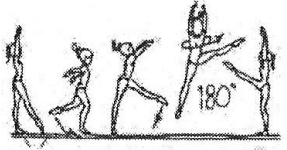
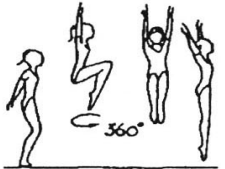
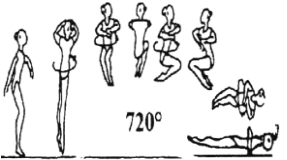
GRUPPO 5 – RONDATA CON ½ AVVIT. (180°) NEL 1° VOLO – SALTO AVANTI/DIETRO CON/SENZA AVVIT. NEL 2° VOLO

5.30 Round-off, flic-flac with ½ turn (180°) on – stretched salto fwd off Rondata flic- con ½ avv. (180°) - salto avanti teso 4.80 P.  	5.31 Round-off, flic-flac with ½ turn (180°) on – salto fwd stretched with ½ turn (180°) off Rondata flic- con ½ avv. (180°) - salto avanti teso con ½ avv.(180°) 5.20 P.  	5.32 Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1/1 turn (360°) off Rondata flic- con ½ avv. (180°) - salto avanti teso con 1 avv. (360°) 5.60 P.  	5.33 Round-off flic-flac with ½ turn (180°) on – stretched salto fwd with 1½ turn (540°) off Rondata flic- con ½ avv. (180°) - salto avanti teso con 1 ½ avv. (540°) 6.00 P.  	5.34 Round off flic-flac with ½ turn (180°) on – stretched salto fwd with 2/1 turn (720°) off Rondata flic- con ½ avv. (180°) - salto avanti teso con 2 avv. (720°) 6.40 P.  	5.35
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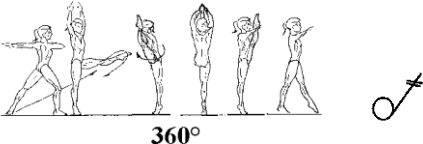
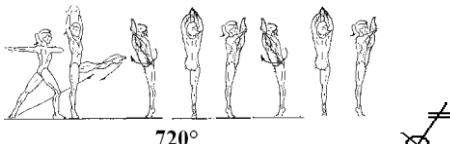
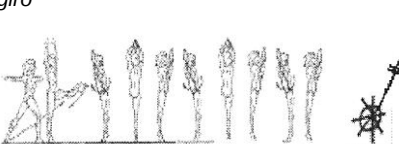
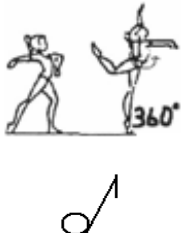
6.000 — USCITE

A	B	C	D	E	F/G
6.107	6.207 <i>Gainer salto tucked or piked at end of beam</i> <i>Salto Auerbach raccolto o carpiato all'estremità della trave</i>    	6.307 <i>Gainer salto stretched with legs together at end of the beam</i> <i>Salto Auerbach teso a gambe unite all'estremità della trave</i>   <i>Gainer salto tucked with 1/1 twist (360°) at end of beam</i> <i>Salto Auerbach raccolto con 1 avv. (360°) all'estremità della trave</i>  	6.407 <i>Gainer salto stretched with 1/1 twist (360°) at end of beam</i> <i>Salto Auerbach teso con 1 avv (360°) all'estremità della trave.</i>   <i>Gainer salto tucked with 1½ twist (540°) at end of beam</i> <i>Salto Auerbach raccolto con 1 avv e ½ (540°) all'estremità della trave</i>  	6.507 <i>Gainer salto stretched with 2/1 twist (720°) at end of beam</i> <i>Salto Auerbach teso con 2 avv (720°) all'estremità della trave.</i>  	6.607

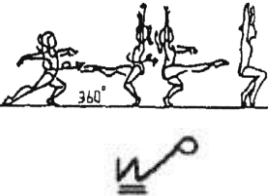
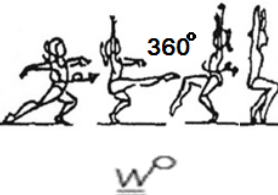
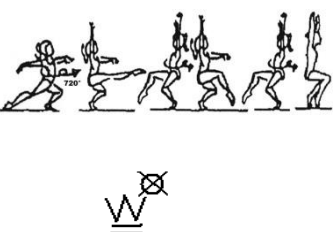
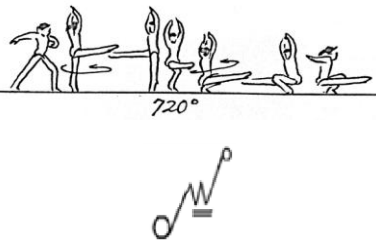
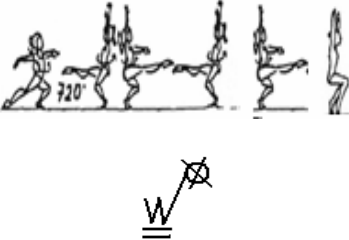
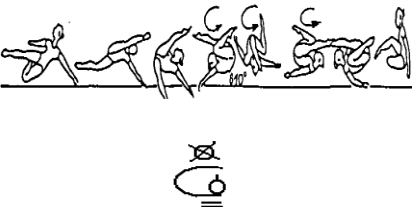
1.000 – SALTI GINNICI

A	B	C	D	E	F/G
1.112 Hop with ½ (180°) turn to land in arabesque with free leg above horizontal (Fouetté-hop) Salto fouetté (180°) con arrivo in arabesque con la gamba libera oltre l'orizzontale  	1.212 Hop with ½ turn (180°) free leg extended above horizontal throughout Salto spinta a 1 piede con ½ giro (180°) gamba libera tesa oltre l'orizzontale per tutto il giro  	1.312 (*) Hop with 1/1 turn (360°), free leg extended or bent above horizontal throughout Salto spinta a 1 piede con 1g.(360°) gamba libera tesa o flessa oltre l'orizzontale per tutto il giro  	1.412	1.512	1.612
1.113	1.213 Tuck hop or jump with 1/1 turn (360°) Salto raccolto con 1 giro (360°)- spinta a 1 o 2 piedi  	1.313 (*) Tuck hop or jump with 2/1 turn (720°) also landing in front lying support Salto raccolto con 2 giri (720°)- spinta a 1 o 2 piedi - anche con arrivo in posizione prona    	1.41	1.513	1.613

2.000 – PIROETTE

A	B	C	D	E	F/G
2.103	2.203 1/1 turn (360°) with free leg held upward in 180° split position throughout turn 1 giro (360°) con gamba libera impugnata in divaricata a 180° per tutto il giro  360°	2.303	2.403 2/1 turn (720°) with free leg held upward in 180° split position throughout turn 2 giri (720°) con gamba libera impugnata in divaricata a 180° per tutto il giro  720°	2.503 3/1 turn (1080°) or more with free leg held upward in 180° split position throughout turn 3 giri (1080°) o più con gamba libera impugnata in divaricata a 180° per tutto il giro  1080°	2.603
2.104	2.204 1/1 turn (360°) in back attitude (knee of free leg at horizontal throughout turn) 1 giro (360°) in attitude dietro (ginocchio della gamba libera all'orizz. per tutto il giro)  360°	2.304	2.404 (*) 2/1 turn (720°) in back attitude (knee of free leg at horizontal throughout turn) 2 giri (720°) in attitude dietro (ginocchio della gamba libera all'orizz. per tutto il giro)  720° 2/1 turn (720°) with free leg held with both hands bwd/upward throughout turn 2/1 giri (720°) con gamba libera impugnata con entrambe le mani dietro/alto per tutto il giro  720°	2.504	2.604
2.105	2.205 1/1 illusion turn (360°) through standing split without touching floor with hand 1 piroetta plongée (360°) passando per la posizione con le gambe in divar.sag. senza toccare il suolo con le mani  360°	2.305	2.405	2.505	2.605

2.000 – PIROETTE

A	B	C	D	E	F/G
2.106 (*) 1/1 turn (360°) in tuck stand on one leg - free leg optional 1 giro (360°) su una gamba in pos. accosciata – gamba libera in posizione facoltativa  	2.206 2/1 turn (720°) in tuck stand on one leg – free leg bent 2 giri (720°) su una gamba in posizione accosciata – gamba libera flessa 	2.306 2/1 turn (720°) starting with free leg at horizontal, lowering to complete the turn in wolf position 2/1 giri (720°) partendo con la gamba libera all'orizzontale, abbassandosi per completare la piroetta in posizione accosciata 	2.406 2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor) 2 giri (720°) su una gamba in posizione accosciata - gamba libera tesa per tutto il giro (non iniziare il giro toccando il suolo con le mani) 	2.506 3/1 turn (1080°) or more in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push from hands on floor) 3 giri (1080°) o più in pos. accosciata - gamba libera tesa per tutto il giro (non iniziare il giro toccando il suolo con le mani) 	2.606
2.107	2.207 2/1 spin (720°) or more on back in kip position (hip-leg < closed) 2 giri (720°) o più sulla schiena (angolo anche-gambe chiuso) 	2.307	2.407	2.507	2.607