

## 10. Development Elements List

The following list of elements can be used in the construction of Levels 7 – 9 optional routines.

Element	Group	Level 7	Level 8	Level 9
<b>FLOOR</b>				
▪ Flair to handstand	I	C	C	
▪ Front salto stretched with 3/2 twist	II	D	D	
▪ Back salto stretched with 2/1 twist	III	D	D	
<b>POMMELS</b>				
▪ Bailie (½ Czechkehre, loop, ½ Czechkehre)	II	C	C	
▪ Cross support circles rearways x 2	II	B	B	
▪ Cross support travel (1,2,4,5)	III	D	D	
<b>RINGS</b>				
▪ Backward or forward giant to handstand (2 sec) with arms bent between 45° and 90°	II	C	C	C
▪ Cross (2 sec)	IV	C	C	
• Double back salto tucked	V	C	C	
▪ Double back salto stretched	V			D
<b>PARALLEL BARS</b>				
▪ Salto backward to support at 45°	I	B	B	
▪ Stutzkehre forward to support at 45°	I	B	B	
▪ Giant swing backward to support at 45°	III	B	B	
▪ Glide kip to straddle cut backward to support or hang	III	B	B	
▪ Felge from stand or support to horizontal support	IV	B	B	
▪ Felge from stand or support to support at 45° above horizontal	IV	C	C	
<b>HORIZONTAL BAR</b>				
▪ Any FIG 'C' value release	II	D	D	D
▪ Stoop circle rearward fwd (dislocate) at least 45° above horizontal	IV	C	C	
▪ Stoop circle rearward fwd (dislocate) thru HS	IV	D	D	