



**WDA WORLD DANCE  
ASSOCIATION**

**Rules and regulations of  
WDA World Dance Championship**  
[www.WDAdanceworld.com](http://www.WDAdanceworld.com)

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## **1. DANCE DISCIPLINES**

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## **2. AGE CATEGORIES**

**The age of the dancer depends on the year of births** (not the exact date, just year)  
for example: a dancer born in 2010 is 14 years old in the year 2024.

### **AGES - SOLO and DUO-TRIO:**

MINI: 9 years old or younger.

KID: 10-11 years old

CHILDREN: 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

### **AGES - GROUP and FORMATION categories:**

MINI: 10 years old or younger

KID: 11-13 years old

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest dancer.**

For example: a formation should enter for the competition in Junior age group if the oldest dancer belongs to junior, but the other dancers may be younger (kid or mini).

### 3. AWARDS:

- diploma and medal for every dancers,
- trophies to the 1st-3rd places.

**4. JURY:** Jury members are high qualified international judges, there are 5 judges in each category.

### 5. GENERAL RULES FOR EACH DISCIPLINE AND DANCE:

- Music, choreography and costume should be in harmony!
- **The choreographies should contain changes/shifts in pattern and configuration.**
- **No one can compete against themselves.** A group or a formation can compete with 1 choreography in a category. If a club or dance school has two different groups in the same category, maximum 2 dancers may participate both of them. It is important, that the dancers must be on the stage on time, can't be in late because of changing costume.
- A solo dancer and duo-trio may not compete in the same discipline with two different choreographies.
- The same choreography may not be nominated in two different disciplines and/or categories.
- **There may be contraction of categories with less than 3 competitors.**
- Any deviation from the age group regulations results in CLASSIFICATION TO THE LAST PLACE.
- **The size of the stage is 12 x 10 m**, dancers should aim to dance on the whole surface of the stage, but they may not leave the stage during the performance. Stepping off the stage results point deduction in all disciplines and categories.
- **In case of any technical problem or miss, the performance can only be valued if the dancer keeps dancing.** If the dancer leaves the stage, he/she may not dance again. The director has the right to allow that in the end of the category concerned, but off-competition, the dancer can perform the choreography.
- **Lifting:** element, when one of the dancers leaves the floor with both legs with the physical help of one or more other dancers.
- **Acrobatic element:** movement when the body turns around one of its axis **without hand support**, for example: somersault, free cartwheel, flick, salto.
- **It is the responsibility of the choreographer, trainer, and dance master to enter performances in accordance with the regulations.** Any deviation from regulations recognized during the competition results in disqualification or classification to the last place.
- **This is a competition of amateur dancers. Professional Dancers may not compete.**
- The music must be upload before the competition and you should have a copy of music on flash-drive also. Please save the music in mp3 file using the start number in 3 digits, name of the club and dancer/or title like this: **023\_ClubName\_Dancer.mp3**

### 8. PRELIMINARIES, SEMI-FINALS AND FINALS

- **Finals** are organized in case of having competitors up to 12 in a certain category.
- **Semi-finals** round in case of having more than 12 competitors.

The results of semi-finals should be handed out to publish them on the Results Publication Area as soon as possible after the concerned competition round. The Speaker is obliged to communicate the list of the qualified dancers for the next round.

It is a general rule that the same category should always be adjudicated by the same jury also in different rounds, except for the case of vis maior.

## 9. ADJUDICATION, EVALUATION

The adjudication system is a combined system. Each dance is adjudged always by at least five properly examined and experienced judges. These principles of the adjudication are the followings:

- **Technical content**, and in case of performances of 2 or more dancers, the **synchrony**: 0-10 point  
Here the following aspects are evaluated: the difficulty level and number of dance technical elements, the diversity of the elements, the elegance and balance of the dancer, the body control, how the dancer can follow the dynamics of the music, changes of rhythm and in case of 2 or more dancers the synchrony.
- **Choreography and overall impression**: 0-10 points  
In the evaluation of the choreography the followings are important: the synchrony of the chosen music, dance steps and elements, the age and dress of the dancer, the dancers should dance on the whole surface of the stage, in group choreography there should be changes in pattern and configuration.
- **Presentation**: 0-10 points  
Here the jury evaluates the artistic impression, the ability to express emotions, story or message interpreted and transmitted to the audience.

### Calculation:

The judge works on computer – the system calculate points given by the judge and forms a rank among the competitors. From the ranks of all the judges, the skating system calculates the final placement of the competitors.

The skating system is a fair calculation system which well filters favoritism, because the final result depends on places decided by the majority of the judges. (If only one judge puts forward or back a competitor, it cannot influence the result.)

### For the preliminaries and semi-final rounds the so-called X (cross) system is used.

This means that after the judges pointed for the three principles as described above, in accordance with the rank indicated by the summarized point values, they issue the X-es and /-es (half-cross) as possible for the given category.

For example: for a category with 13 dancers (semi-final) six (6) crosses and two (2) half-crosses may be issued. The numeric value of one cross is ten (10) point, the numeric value of a half-cross is (1) one.

The half of the competitors getting the highest results will get into the final. In case of mathematical equality on the sixth position, all the competitors on the sixth position get into the final, so it may occur that we have 7 or 8 competitors in the final.

## DANCE SHOW

**Music:** Any styles at own discretion.

### Categories, time duration:

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Combination of Fantasy and Dance Show category

#### Description:

Dance Show reflects in its name, this should be mainly a show dance. The choreography may present a story, a character, a feeling or an ambiance. You can use the following dance techniques: jazz, classical, modern or contemporary ballet, jazz styles including afro, American, wild and street versions (not art jazz), revue, character or folk dance from any age and from any culture. The dance styles and techniques may be mixed. **If the choreography is of only one certain dance style which has its own disciplines in this regulation, then the performance should be nominated in the discipline dedicated for that type of dance.** For example: a pure contemporary choreography with stage decoration is not Dance Show.

The harmonic presentation of a situation, feeling, story, role or known personality with fitting steps, dance technique, music, costume, stage props, tools and presentation will be highly evaluated.

The choreography always must present some kind of feeling/emotion or a story to the audience. The used dance techniques must be clearly seen and performed. Solos in the formation/ group choreographies and standing parts in the dance are allowed but must not dominate.

**Music, choreography and costume should be in harmony.**

**Title:** the choreography should have a title reflecting its message or story.

#### Elements:

- Jumps and turns characteristic of the given dance technique.
- Liftings - can be used
- Acrobatic elements - can be used
- Flexibility elements – can be used
- **The choreographies should contain changes/shifts in pattern and configuration.**

#### Stage decoration and hand props or tools:

- can be used but this is optional, not required

## MODERN

**Music:** any music at own discretion fitting the technique applied.

### Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Description and characteristics:

All modern ballet techniques (Graham, Limón, Horton, Cunningham, Alexander, jazz-dance and art jazz style. It is characterized by separate use of body parts (isolations), vigorous use of the upper body (contraction-release), parallel positions, rhythmic games.

Lyrical choreography goes to Modern category also.

It is not obligatory to tell a story, but the harmony of dance and music is important. Let's build the choreography on the dynamics of the music, have a dramaturgy, include the rotations and jumps characteristic of the given dance technique!

**Title: it is recommended to give the choreography a title!**

Presentation of gymnastic exercise (RG) is not sufficient even in mini and kid age groups. The specific and proper positions, holds, steps, turns and jumps of the dance technique concerned – in clear form or mixed.

**Music, choreography and costume should be in harmony.**

**Title:** the choreography should have a title reflecting its message or story.

### Elements:

- Only walkover and cartwheel is allowed, any other acrobatic jumps without hand support are prohibited (somersault, flic-flac, free-cartwheel).
- Ground and contact elements are allowed.
- The performance in group and in formation should contain pattern changes.

### Stage decoration and hand props or tools:

- Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- Stage sets or decoration are prohibited.

**Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Acrobatic elements without hand support are prohibited.
- Stage decoration are not allowed.

## CONTEMPORARY

**Music:** any music at own discretion fitting the technique applied.  
Please do not use actual HIT music in this category.

Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

**AGES: only from 14 years old dancers**

**AGES - SOLO and DUO-TRIO:**

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

**AGES - GROUP and FORMATION categories:**

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest dancer.**

For example: a formation should enter for the competition in Adult age category if the oldest dancer belongs to adult, but the other dancers may be younger (juniors).

### Description and characteristics:

Contemporary dance originally evolved from classical, modern and jazz dances, but its latest version also takes over elements from other dances. Its focus is on controlled foot technique and strong torso movement, contraction-relaxation technique, tillage and improvisation. What makes it interesting is the sudden changes in direction, speed and rhythm.

A combination of several dance genres. Expression of status, not the accumulation of elements, but the dance connections are important.

Contemporary dance is a style of expressive dance that combines elements of several dance genres, including modern, jazz, lyrical and classical ballets. Contemporary dancers strive to connect the mind and body through fluid dance movements.

It can also contain acrobatic elements (even capuera) for music that expresses a contemporary emotional state.

**Title: it is recommended to give the choreography a title!**

### Elements:

- Acrobatic jumps are allowed, must be correctly presented and smoothly involved in the dance steps.
- Ground and contact elements are allowed.

### Stage decoration and hand props or tools:

- Hand props or tools are prohibited.

**Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Any other technique is not allowed.
- Stage decoration and hand props are not allowed.

## STREET DANCE – HIP-HOP

**Music:** any music at own discretion.

### Categories and time durations:

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'00"-2'00"

### Mini and Kid

GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Junior and Adult:

SMALL GROUP	4-7 dancers	2'00"-3'00"
GROUP	8-10 dancers	2'00"-3'00"
FORMATION	11-16 dancers	2'00"-4'00"
PRODUCTION	17-30 dancers	2'00"-4'00"

### Description and characteristics:

All styles of hip-hop - popping, locking, house, afro, voguing, tutting, k-pop, girly, and all new style variation.

### Elements:

- ground elements
- acrobatic elements - can be used
- Liftings can be used
- Utmost utilization of the available stage area and the pattern changes are desirable.

### Stage decorations and hand props:

- Hand props or tools are allowed.  
Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- Stage decoration is not allowed.

## DISCO DANCE

**Music:** disco music style – no speed limit – dancer's own music in each category.

**Categories and time durations:**

SOLO	1 dancer	Own music	1'00"-1'15"
DUO-TRIO	2-3 dancers	Own music	1'15"-1'30"
GROUP	4-10 dancers	Own music	1'00"-2'30"
Formation	over 10 dancers	Own music	1'00"-3'00"

### Description and characteristics:

The dance should be disco-like character, dynamic, continuous in movements and presentation, fitting to the music character and pace. Utmost utilization of the available stage area and the pattern changes are desirable.

### Elements:

- Flexibility elements
- Smoothly connected steps, kicks, turns and pirouettes, slides and floor figure.
- Liftings are allowed for group and formation choreographies.
- Ground elements are allowed but may not be dominated, they should smoothly connected to the continuous movement.
- NO acrobatic elements

### No Stage decoration and tools



## OPEN

**Music:** any music at own discretion.

### Categories and time durations:

SOLO	1 dancer	1'00''–1'45''
DUO/TRIO	2-3 dancers	1'00''-2'00''

### Mini and Kid:

GROUP	4-10 dancers	2'00''-3'00''
FORMATION	over 10 dancers	2'00''-4'00''

### Junior and Adult:

GROUP	4-10 dancers	2'00''-3'00''
FORMATION	11-16 dancers	2'00''-4'00''
PRODUCTION	17-30 dancers	2'00''-4'00''

### Description and characteristics:

- **Caribbean / Latin, Tap Dance, Aerobic, Acrobatic Rock&Roll, Disco Free Style should be nominated in OPEN.**
- **Those show-like choreographies, which cannot listed any other dance styles, or are a mix of other dance styles, may be nominated in OPEN discipline.** If the choreography consists of clearly one dance style which has a separate discipline according to this regulation, it should be nominated in the dance discipline concerned.
- **Presentation of a story is not obligatory.**
- Music, choreography and costume should be in harmony!
- The performance in group and in formation should contain pattern changes.
- **Street Dance or Disco Dance choreography with story and stage decoration should enter in OPEN category.**

### Elements:

- Liftings – can be used
- acrobatic elements - can be used

### Stage decorations and hand props:

- **can be used but is optional, not required**

## MAJORETTE

**Music:** any music at own discretion.

### Categories and time durations:

FORMATION	8-25 dancers	2'00"-4'00"
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### Description and characteristics:

Choreographies are based on marching and movement coordination associated with twirling baton.

Dance jumps, turns and other dance elements can also be used in the choreography. 1/3 march in the set is recommended, march from the left leg, both legs rise equally high. When a wand falls, the wand should be picked up immediately. Deliberately putting down the baton for a short time as part of the choreography is allowed.

**Scenary:** NO

**Lifting Acrobatics:** NO

## Cheerleading

**Music:** any music at own discretion.

### Categories and time durations:

FORMATION	8-25 dancers	2'00"-4'00"
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**Cheerleading** is very diverse and can include many dance techniques.

**The basic elements** of cheerleading include stunts, pyramids, jumps, acrobatics, dancing and shouting.

So-called pompoms are typical for cheerleading dance choreography.

**The maximum permissible height of the pyramid in competitions is "two floors" above the base.** Stunts are the basic elements of pyramids. One stunt consists of five people. Dance is specially evaluated within the competitions, which can have two forms in cheerleading, the so-called cheer dance, which is made of special cheerleading movements, and then dance of various styles, the most visible of which is the influence of disco dance, show dance, street dance and modified pirouettes, kicks, etc.

**Scenary:** NO

**Lifting Acrobatics:** YES

## FITNESS DANCE, Fitness Show, Acrobatic Show

### CATEGORIES and time durations:

SOLO (Fitness Dance, Fitness Show, Acrobatic Show)	1 competitor (male or female in the same category)	1'00"-1'45"
Fitness Dance DUO-TRIO	2-3 competitors	1'30"-2'00"
Fitness Dance GROUP	4-10 competitors	2'00"-3'00"
Fitness Dance FORMATION	over 10 competitors	2'00"-4'00"

Depending on the number of registered Groups, the Organizer may decide to open new categories: Small Groups

### AGE GROUPS

The age of the competitor depends on the year of births (not the exact date, just year) for example: a competitor born in 2010 is 14 years old in the year 2024.

Fitness Dance Solo	Fitness Show Solo	Acrobatic Show Solo
5-7 years		
Mini 8 years		
Mini 9 years	Mini up to 9 years	Mini up to 9 years
Kid 10 years	Kid 10 years	Kid 10 years
Kid 11 years	Kid 11 years	Kid 11 years
Children 12 years	Children 12 years	Children 12 years
Children 13 years	Children 13 years	Children 13 years
Teen 14 years	Teen 14 years	Teen 14 years
Teen 15 years	Teen 15 years	Teen 15 years
Junior 16-17 years	Junior 16-17 years	Junior 16-17 years
Adult	Adult	Adult

### Fitness Dance DUO-TRIO:

MINI: up to 9 years old

KID: 10-11 years old

CHILDREN: 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

### Fitness Dance GROUP and FORMATION:

MINI: up to 10 years old

KID: 11-13 years old

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest competitor.**

The Organizer reserves the right to combine two categories, if there are less than 3 competitors in a category.

## SEMI-FINALS AND FINALS IN FITNESS AND ACROBATIC SHOW

- **Finals** are organized in case of having nominations up to 20 in a certain category.
- **Semi-finals** round in case of having more than 20 competitors.

## ADJUDICATION, EVALUATION

The adjudication system is a combined system. Each routine is adjudged always by at least five properly examined and experienced international judges. These principles of the adjudication are the followings:

### Fitness Dance and Fitness Show:

- **Technique:** 1-10 point
- **Choreography:** 1-10 points
- **Presentation:** 1-10 points

**It means** the 2/3 of the total score evaluates the dance therefore it is very important that not only the elements, but also the dance parts should be emphasized in the choreography!

### Acrobatic Show:

- **Technique:** 1-10 point
- **Difficulty of elements and combinations:** 1-10 points
- **Dance choreography and presentation:** 1-10 points

### Calculation: with skating system

The skating system is a fair calculation system which well filters favoritism, because the final result depends on placement numbers decided by the majority of the judges. (If only one judge puts forward or back a competitor, it cannot influence the result.)

### For the preliminaries and semi-final rounds the so-called X (cross) system is used.

The half of the competitors getting the highest points will get into the final.

## Specification of FITNESS categories

### In Solo there are 3 different levels:

**FITNESS DANCE (Basic level)** – just a few elements in a dance choreography (10-15 elements are recommended in a dance choreography)

**FITNESS SHOW (Medium level)** – more elements, more difficult elements (15-20 elements are recommended in a dance choreography)

**ACROBATIC SHOW (Top level)** – the routine should contain a large amount of difficult elements (more than 20 elements are recommended in a dance choreography)

The difference between solo categories is the number of elements and the difficulty level of elements – please see the details bellow.

### The stage is at least 12x10 m, covered by Fitness floor (tatami).

**Music:** any music at own discretion.

### Description:

- FITNESS is a spectacular acrobatic show dance which performance may use any kind of dance technique.
- There are no poses, only fitness routines

**Elements:**

- The performance of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, power elements and jumps.
- In duo, trio and group choreographies the joint performance of minimum 4 elements is obligatory (4 elements which are performed by all of the competitors at the same time or in canon).
- Elements in row (combination): the elements may be performed independently or connected in a row.
- **Elements must be correctly presented.**
- **Liftings** are allowed, but **no Pyramide.**






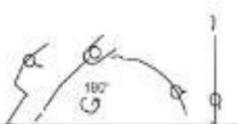
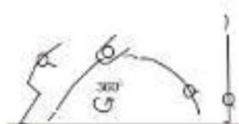

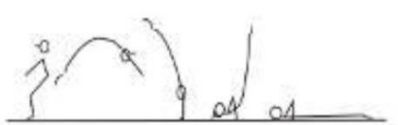

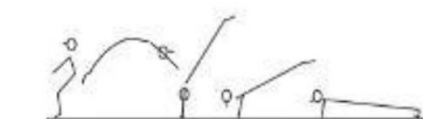
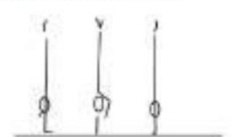
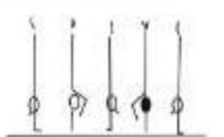



**Stage decorations and props:**

- Usage of small hand props, which can be held in hand as a tool, are allowed.
- **Usage of stage decoration is prohibited - a chair or any other standing object is not allowed.**

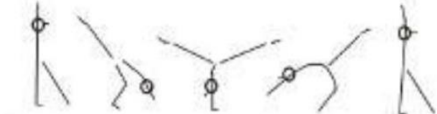



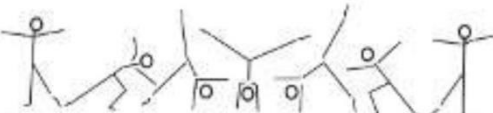

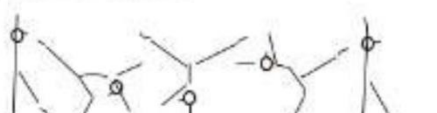


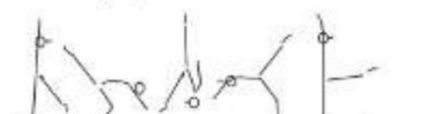

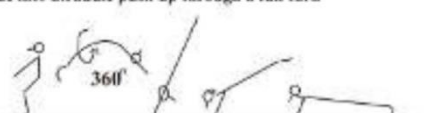



Category	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo <b>Mini</b>	<b>ONLY acrobatic elements with hand support</b> (cartwheel, walk-over)	maximum 2 elements combined
Fitness Dance Solo other age categories	without hand support only free-cartwheel and flic-flac	maximum 2 elements combined
Fitness Show Solo <b>Mini</b>	without hand support only free-cartwheel and flic-flac	maximum 3 elements combined
Fitness Show Solo other age categories	all acrobatic elements can be used	maximum 3 elements combined
Acrobatic Show Solo in <b>all age categories</b>	all acrobatic elements can be used	no limit
Duo, Trio, Group, Formation all age categories	all acrobatic elements can be used	no limit
<b>All categories:</b> the performance of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, power elements and jumps.		
<b>Duo, Trio, Group, Formation:</b> 4 elements presented by all competitors together is obligatory.		

List of elements (any other variation of elements can be used in fitness categories):

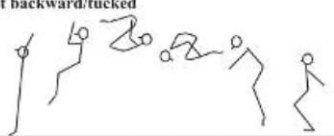
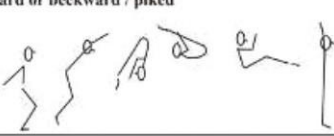
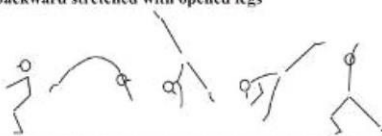
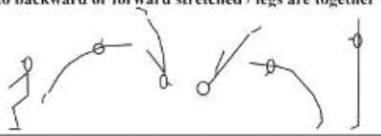
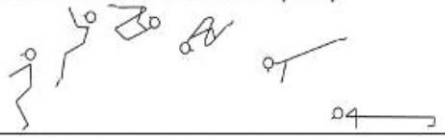
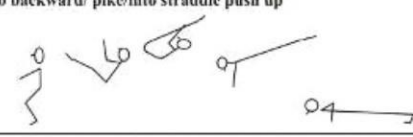
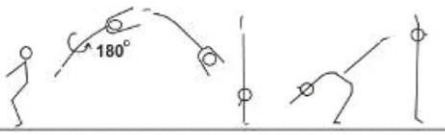
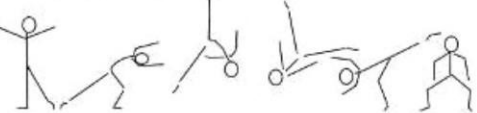

## ACROBATIC ELEMENTS

A	B	C	D
<p>Forward to backward roll</p> 		<p>Handstand on one hand</p> 	<p>Handstand on one hand, legs are in stag position, with help</p> 
<p>Handstand</p> 	<p>Jump into handstand</p> 	<p>Jump into handstand with a half turn</p> 	<p>Jump into handstand through a turn</p> 
<p>Handstand to forward roll</p> 	<p>Flic flac dolphin</p> 		
<p>Backward roll into handstand</p> 	<p>Flic flac into straddle push up</p> 		
<p>Half turn in handstand</p> 	<p>Full turn in handstand</p> 		
<p>Headspring</p> 			
<p>Dive forward roll</p> 			
<p>Runcel</p> 			

## ACROBATIC ELEMENTS









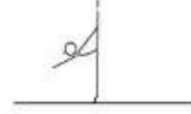
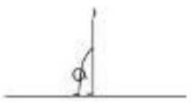


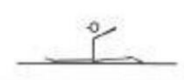
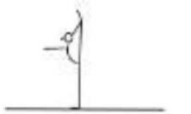


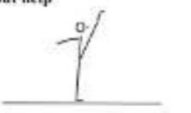
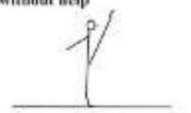

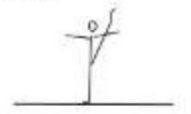
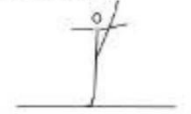

A	B
<p>Front and back walkover/all variations/</p> 	<p>Flic-flac</p> 
<p>Handspring/folder</p> 	<p>Danish folder</p> 
<p>Cartwheel</p> 	<p>Auerbach flic-flac</p> 
<p>Cinegas forward and backward</p> 	<p>Araber/fress turnover to the front, with a half turn</p> 
C	D
<p>Forverc</p> 	<p>Forvere/without stepping</p> 
<p>Free turnover to the front with quarter turn</p> 	<p>Flic flac into atraddle push up through a full turn</p> 
<p>Araber/ without stepping/</p> 	<p>Flic flac into dolphin through a full turn</p> 
<p>Front somersault/tucked</p> 	

## ACROBATIC ELEMENTS

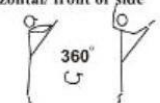
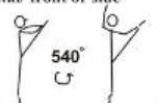
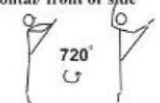
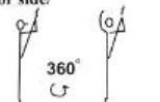
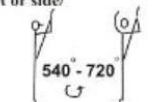

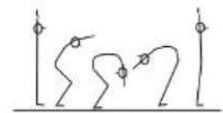
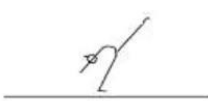
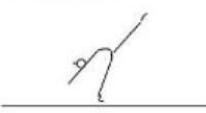
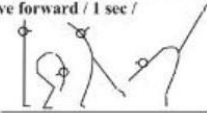


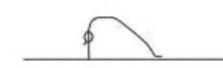


C	D
<p>Somersault backward/tucked</p> 	<p>Salto forward or backward / piked</p> 
<p>Salto backward stretched with opened legs</p> 	<p>Salto backward or forward stretched / legs are together</p> 
<p>Backward somersault/tucked/into straddle push up</p> 	<p>Salto backward/ pike/into straddle push up</p> 
	<p>Mostepanova</p> 
	<p>Salto sideward from one leg</p> 
	<p>Salto sideward / after rundel</p> 



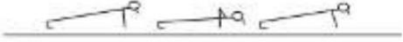




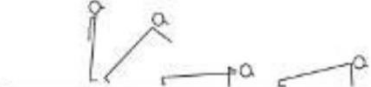

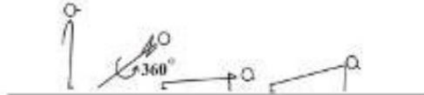
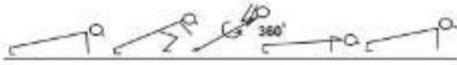
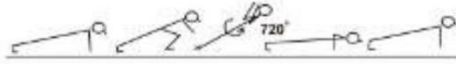
## FLEXIBILITY ELEMENTS

A	B	C	D
High leg lifting forward / $45^{\circ}$ above horizontal 	Leg lifting forward to split with help 	Leg lifting forward to split on toe with help 	
High lifting sideward / $45^{\circ}$ above horizontal 	Leg lifting sideward to split with help 	Leg lifting sideward to split on toe with help 	
Sagittal scale/RG: front scale 	Front scale split with help 	Front scale split: on toe with help 	
	Front scale split with support on the floor 	Front scale split: without help 	Front scale split: on toe without help 
Split 		Back split with help 	Back split on toe with help 
Side split 		Leg lifting forward to split without help 	Leg lifting forward to split on toe without help 
Laying cross split 		Leg lifting sideward to split without help 	Leg lifting sideward to split on toe without help 
Laying side split 			


## FLEXIBILITY ELEMENTS

A	B	C	D
	<p>360° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>540° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>720° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 
		<p>360° Pivot on one leg, free leg lifted to split with help / front or side/</p> 	<p>540° - 720° Pivot on one leg, free leg lifted to split with help / front or side/</p> 
			<p>360° Pivot on one leg, free leg lifted to back split with help</p> 
<p>Full body wave forward</p> 	<p>Front split with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward from body wave forward / 1 sec /</p> 
<p>Full body wave backward</p> 			<p>Body wave backward with leg lifting forward on toe with help / 2 sec /</p> 
<p>Bridges</p> 		<p>Side split with help / trunk horizontal /</p> 	<p>Side split without help / trunk horizontal /</p> 


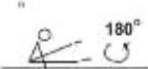
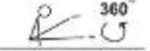
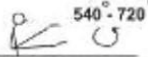
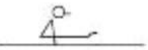
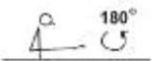
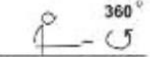
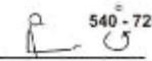

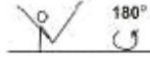
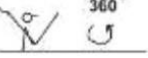







## POWER ELEMENTS

A	B	C	D
Straddle push up 		One arm push up 	
		One arm one leg push up 	
	Hinge push up 		
		One arm hinge push up 	
From standing leaning forward into push up position 		One arm one leg hinge push up 	
	Full twist from standing to push up position 		
		Push up, full twist to push up 	
		Push up, double twist to push up 	

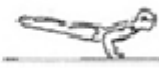

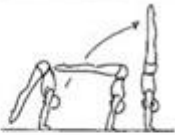
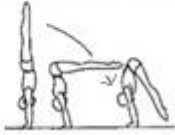
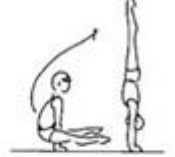

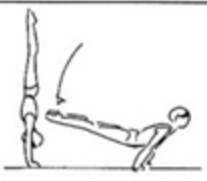


## POWER ELEMENTS

A	B	C	D
		Push up, full twist to lifted Wenson 	
Wenson push up 		Free support Wenson hinge push up 	
		Lifted Wenson hinge push up 	
	Free support Wenson push up 		
	Free support Wenson push up 		
		Press support Wenson hinge push up 	
	Double Wenson 	Double free support Wenson 	
	Side split Wenson with help 		
	Wenson hinge push up 		


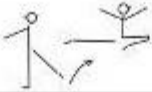
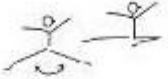




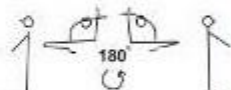


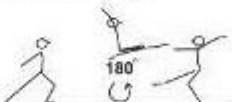


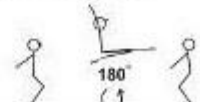
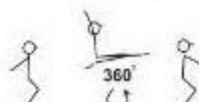
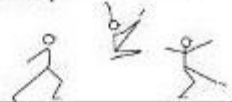
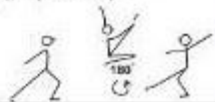
## POWER ELEMENTS

A	B	C	D
Straddle support 	Straddle support 180° turn 	Straddle support 360° turn 	Straddle support 540° - 720° turn 
L-support 	L-support 180° turn 	L-support 360° turn 	L-support 540° - 720° turn 
	Straddle V-support 	Straddle V-support 180° turn 	Straddle V-support 360° turn 
		V-support 	V-support 180° turn 
		Straddle V-support with back move away 	V-support with back move away 
			High straddle V-support or high V-support 
		Straddle V-support one leg to the side and change of legs 	
			V-support legs to one side then to other 

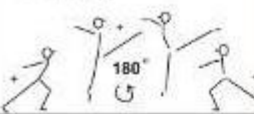
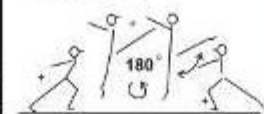
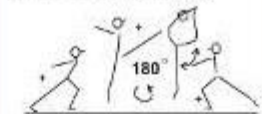
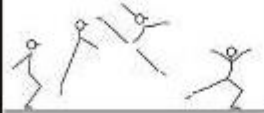
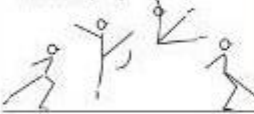
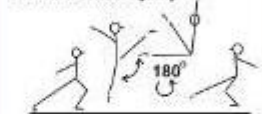


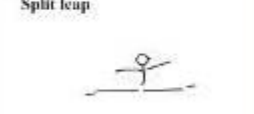

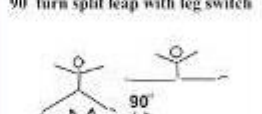
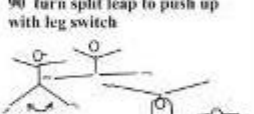
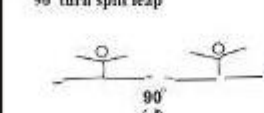
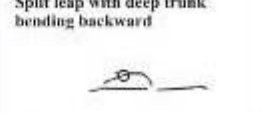
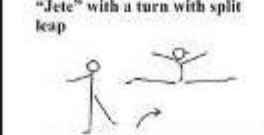
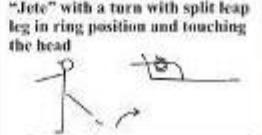
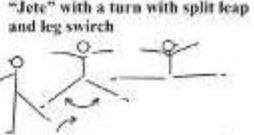
## New power elements and combinations: difficulty „D”

Planche with support on both arms, trunk supported on elbows.	
Planche with support on both arms (clear front support).	
Press to handstand with straight legs. Legs apart or together. Starting the hip over shoulder height.	
From handstand, lowering to clear straddle or clear pike support "pike sitting".	
From clear straddle or clear pike support "pike sitting" press up to handstand.	
From handstand, lowering to clear straddle or clear pike support "pike sitting".	
From handstand, lowering to clear front support (Planché). Legs apart or together.	
From clear front support (Planché) press up to handstand. Legs apart or together.	
From hand stand lowering to clear pike – "V".	
From clear pike – "V" press up to handstand.	

## ELEMENTS OF JUMPS

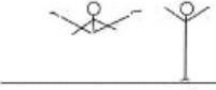
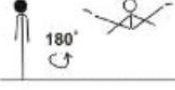
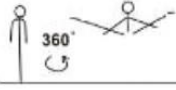

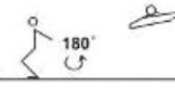
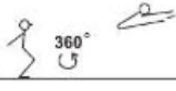
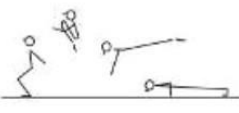
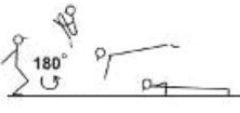
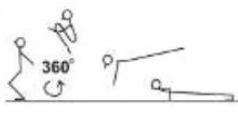
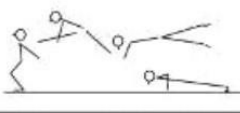
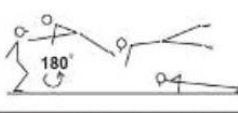
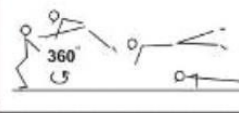
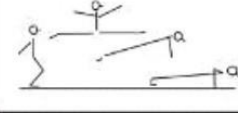
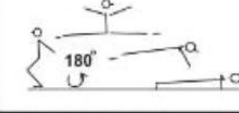
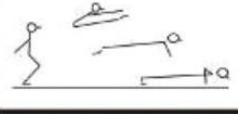
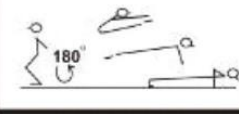
A	B	C	D
Stag leap 	"Jete" with turn, with stag leap 		
	Stag leap with leg switch 		
	Stag leap with deep trunk bending backwards 		
Ring leap/ one leg with ring / 	Stag leap or jump with ring, touching the head 	"Jete" with turn and stage leap with ring 	Stag jump with ring, and a half turn of the whole body in the air 
		Stag leap with switching legs and touching head 	
	Cossack leap 	180° turn Cossack leap 	360° turn Cossack leap 
	Cossack jump 	180° turn Cossack jump 	360° turn Cossack jump 
		Cossack leap one leg high up with help 	180° turn Cossack leap one leg high up with help 

## ELEMENTS OF JUMPS

A	B	C	D
Fouette leap 	Entrelace leap 	Entrelace leap - leg in ring 	
	Sissone jump 		
Scissors jump 		180° turn scissors jump 	
	Ring jump 	Ring jump / touching the head / 	
Split leap 	Split leap with leg switch 	90° turn split leap with leg switch 	90° turn split leap to push up with leg switch 
	90° turn split leap 		
		Split leap with deep trunk bending backward 	
	"Jete" with a turn with split leap 	"Jete" with a turn with split leap leg in ring position and touching the head 	"Jete" with a turn with split leap and leg switch 



## ELEMENTS OF JUMPS

A	B	C	D
	Straddle pike jump 	180° turn straddle pike jump 	360° turn straddle pike jump 
	Pike jump 	180° turn pike jump 	360° turn pike jump 
Tuck jump to push up 	180° turn tuck jump to push up 	360° turn tuck jump to push up 	
	Straddle jump to push up 	180° turn straddle jump to push up 	360° turn straddle jump to push up 
		Split jump to push up 	180° turn split jump to push up 
		Pike jump to push up 	180° turn pike jump to push up 
			Sagittal scale with full twist airborne to push up / Tamara/ 