WDA WORLD DANCE ASSOCIATION

**Rules and regulations of
WDA World Dance Championship**
www.WDAdanceworld.com

1. **DANCE DISCIPLINES**
2. **AGE CATEGORIES**
3. **AWARDS**
4. **JURY**
5. **GENERAL RULES FOR EACH DISCIPLINE AND DANCE**
6. **SEMI-FINALS AND FINALS**
7. **ADJUDICATION, EVALUATION**
8. **SPECIFIC REGULATIONS FOR THE DISCIPLINES**

1. DANCE DISCIPLINES

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 16 years old in the year 2026.
AGES - SOLO:
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.

AGES - DUO-TRIO- the age group belongs to the oldest competitor:
MINI: up to 9 years old
KID: 10-13 years old
JUNIOR: 14-16 years old
ADULT: from 17 years old

AGES - GROUP and FORMATION:
MINI: up to 9 years old
KID: 10-13 years old
JUNIOR: 14-16 years old
ADULT: from 17 years old

In Groups and Formations the age group belongs to the average age of dancers.
If the trainer also dances in the team, they must be entered in the adult category.
3. AWARDS:
- diploma and medal for every dancer,
- 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:
Everyone competes at their own risk, accepts the rules and agrees to the use of photos and videos taken during the competition and to their publication in the media and on the web.
- Music, choreography and costume should be in harmony!
- **The choreographies should contain changes/shifts in pattern and configuration.**
- 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 12 m** (except Fitness categories 12 x 10 m Tatami covered) 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 valuated 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.
- **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**
- **Stage decoration can be used in certain categories. SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

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 hanged 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 major.

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 calculates 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

Categories, time duration:

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

Description:
Dance Show reflects in its name, this should be mainly a show dance.
Show Dance, Revue, Lyrical belongs to the Dance Show category.
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 and **lyrical**. 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.**

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 must 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:
- hand props can be used but this is optional, not required
- **Stage decoration** is not allowed

Fantasy Show

Categories, time duration:

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

Description:
This is a show dance choreography telling a story.
Stage decoration related to the story are allowed but not mandatory.
The choreography may present a story, or a character.
You can use the following dance techniques: jazz, classical, modern or contemporary ballet. 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 or Hip-hop or Disco Dance choreography with stage decoration is not Fantasy Show.

The harmonic presentation of a 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 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 must 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
- **The stage decoration** is allowed if they can be brought on to the stage in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame. You can help the dancers set up and take down the sets.

JAZZ

Categories, time duration:

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

Description:
Jazz: Includes classical jazz, Broadway jazz, and Latin jazz. Features isolations, contractions, collapses, coordination, impulses, and varied levels.

Stage decoration and hand props or tools:
- hand props can be used but this is optional, not required
- **Stage decoration** is not allowed

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

BALLET

Categories, time duration:

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

Ages in all categories:
MINI: up to 9 years old
KID: 10-13 years old
JUNIOR: 14-16 years old
ADULT: from 17 years old

Description:
Classical/Ballet: Only classical techniques are allowed, performed in ballet slippers or pointe shoes. Original choreographies or excerpts from well-known pieces may be performed. The jury places emphasis on technique, attitude, and stage presence.

Pointe work is only permitted from Juniors.

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

Stage decoration and hand props or tools:
- hand props can be used but this is optional, not required
- **Stage decoration** is not allowed

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

Description and characteristics:

All modern ballet techniques (Graham, Limón, Horton, Cunnigham, Alexander, 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.

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!

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 must have a title reflecting its message.

Elements:
- Acrobatic jumps are allowed, must be correctly presented and smoothly involved in the dance steps.
- 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 background decoration are prohibited.

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''-5'00''
FORMATION	over 10 dancers	2'00''-5'00''

AGE: only from 14 years old dancers
AGES - SOLO:
TEEN: 14-15 years old
JUNIOR: 16-17 years old
ADULT: from 18 years old.

AGES - DUO-TRIO, 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. His 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: the choreography must have a title reflecting its message.

Elements:
- Acrobatic jumps are allowed, must be correctly presented and smoothly involved in the dance steps.
- No classical ballet turns and tours.

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 background decoration are prohibited.

STREET DANCE – HIP-HOP

Music: any music at own discretion.

Categories and time durations:

| SOLO | 1 dancer Male or Femal | 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	4-8 dancers	2'00''-3'00''
GROUP	8-10 dancers	2'00''-3'00''
FORMATION	11-17 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, vogueing, 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 and stage decoration are allowed.**
- **SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

FIT Dance – Acrobatic Rock&roll and Aerobics

Music: any music at own discretion.

Categories and time durations:

GROUP	4-10 dancers	1'30"-3'00"
FORMATION	11-30 dancers	1'30"-4'00"

Depending on number of entered formations competition director may open the category PRODUCTION with 17-30 dancers and time duration: 1'30"-4'00"

Description and characteristics:
Movement compositions and choreographies using different forms of aerobics and acrobatic rock&roll for their presentation.
Different themes can be worked on, other dance styles can be used, but the aerobic or acrobatic rock&roll character must prevail. The jury appreciates the presentation of a story with a matching costume.

Elements:
- liftings – can be used
- acrobatic elements - are allowed

Stage decorations and hand props:
- hand props can be used but is optional, not required
- NO stage decoration or background.

OPEN

Music: any music at own discretion.

Categories and time durations:

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

Ages in all categories:
MINI: up to 9 years old
KID: 10-13 years old
JUNIOR: 14-16 years old
ADULT: from 17 years old

In Duos-Trios 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).

In Groups and Formations the age group belongs to the average age of dancers.

Description and characteristics:
- **Latin, Tap Dance, Majorette, Pom-pom (Cheers), Disco, Disco Free Style should enter 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 entered 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.

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

Stage decorations and hand props:
- can be used but is optional, not required
- **SIZE of the stage decoration** is allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can, be easily pass through a normal size door frame.

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 16 years old in the year 2026.

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 11 years	Kid 11 years	Kid 10-11 years
Children 12 years	Children 12 years	
Children 13 years	Children 13 years	Children 12-13 years
Teen 14 years	Teen 14 years	
Teen 15 years	Teen 15 years	Teen 14-15 years
Junior 16-17 years	Junior 16-17 years	Junior 16-17 years
Adult	Adult	Adult

Fitness DUO-TRIO:
MINI: up to 9 years old
KID: 10-11 years old
CHILDREN: 12-13 years old
JUNIOR: 14-15 years old
ADULT: from 16 years old.
In Duos-Trios the age group belongs to the oldest competitor.

Fitness GROUP (4-10 competitors) and FORMATION (over 10 competitors) regarding the average age in 2026:
MINI: up to 9 years old
KID: 10-13 years old
JUNIOR: 14-16 years old
ADULT: from 17 years old

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, Fitness Show, Acrobatic Show:
Technique: 1-10 points based on the difficulty of the elements presented,
Execution: 1-10 points for correct execution of elements, knees, spike, posture, etc.
Performance: 1-10 points for the show-like performance of the dance.
In the fitness exercise, the difficulty and execution of the elements performed will be given greater weight in the evaluation.

Avoid element repetition as it does not count as an additional technical point e.g. if there are three arabels in the routine, it should only be scored once, unless presented with different variations and element combinations, which can make the routine individual.

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 skill levels. The trainer must decide wich level his/her competitor competes at, each competitor can only compete at one level.
FITNESS DANCE (Basic level) – just a few elements in a dance choreography
FITNESS SHOW (Medium level) – more elements, more difficult elements
ACROBATIC SHOW (Top level) – the routine should contain a large amount of difficult elements
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 routine should contain at least 2 of each category of the elements: acrobatic, flexibility, jumps and power elements.
- **Elements must be correctly presented.** Faulty elements cause point deduction.
- In duo, trio and group routines 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.
- **Liftings** are allowed, but **no Pyramide.**
- **Power elements:** push-up is a basic element, Wensons, Straddel support, V support, L support, Press to handstand and lowering are more difficult elements, these are higher rates, please see the elements at the end of rules.

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

Category	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo	without hand support only 1. free-cartwheel, 2. flic-flac and 3. front somersault into sitting position	maximum combination of 2 elements
Fitness Show Solo	all acrobatic elements can be used	maximum 3 elements combined
Acrobatic Show Solo	all acrobatic elements can be used	no limit
Duo, Trio, Group, Formation	all acrobatic elements can be used	no limit
Duo, Trio, Group, Formation: 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
Forward to backward roll		Handstand on one hand	Handstand on one hand, legs are in stag position, with help
Handstand	Jump into handstand	Jump into handstand with a half turn	Jump into handstand throught a turn
Handstand to forward roll	Flic flac dolphin		
Backward roll into handstand	Flic flac into straddle push up		
Half turn in handstand	Full turn in handstand		
Headspring			
Dive forward roll			
Runel			
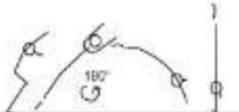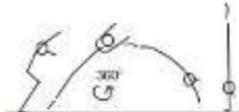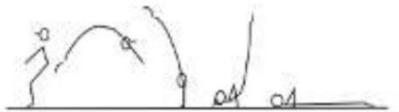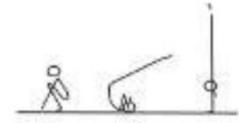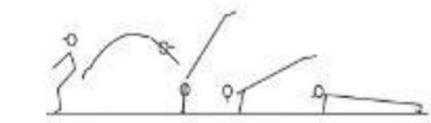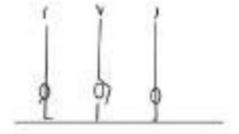
ACROBATIC ELEMENTS

A	B
Front and back walkover/all variations/	**Flic-flac**
Handspring/folder	**Danish folder**
Cartwheel	**Auerbach flic-flac**
Cinzgas forward and backward	**Araber/fress turnover to the front, with a half turn**
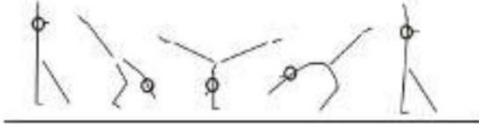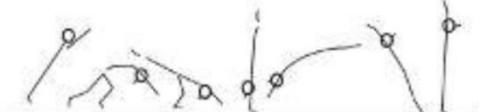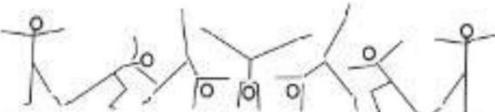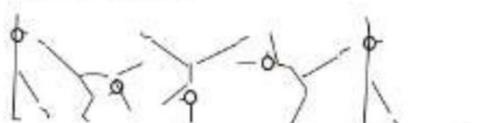
C	D
Forverc	**Forvere/without stepping**
Free turnover to the front with quarter turn	**Flic flac into atraddle push up through a full turn** 360°
Araber/ without stepping/	**Flic flac into dolphin through a full turn** 360°
Front somersault/tucked	
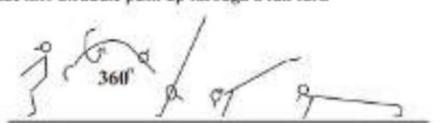
ACROBATIC ELEMENTS

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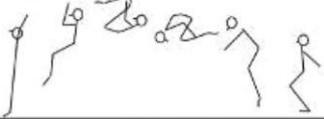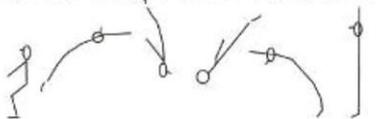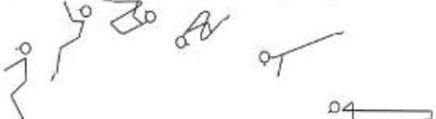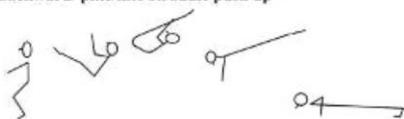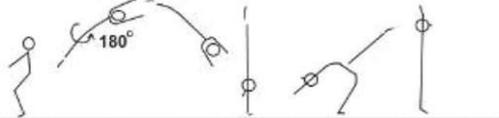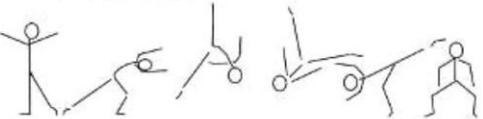
FLEXIBILITY ELEMENTS

A	B	C	D
High leg lifting forward/ 45° above horizontal	Leg lifting forward to split with help	Leg lifting forward to split on toe with help	
High lifting sideward / 45° above horizontal	Leg lifting sideward to split with help	Leg lifting sideward to split on toe with help	
Sagitcal 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			
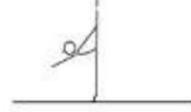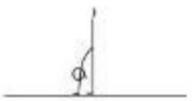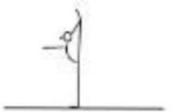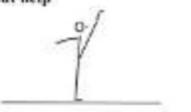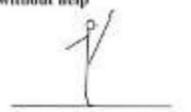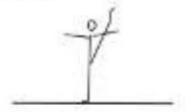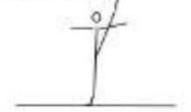
FLEXIBILITY ELEMENTS

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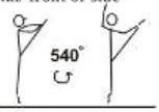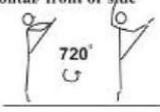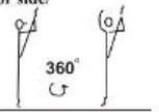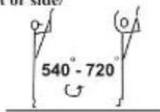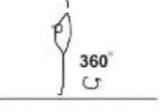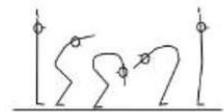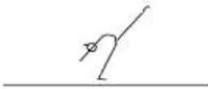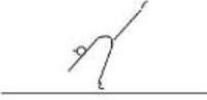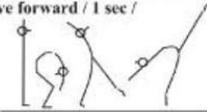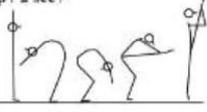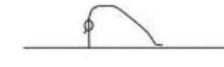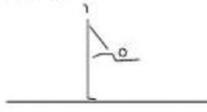
POWER ELEMENTS

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	
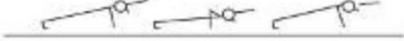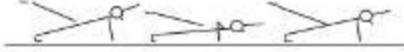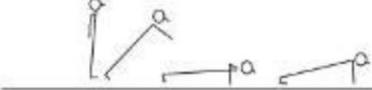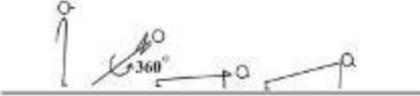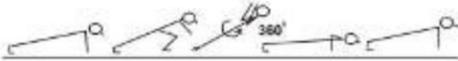
POWER ELEMENTS

A	B	C	D
		Push up, full twist to lifted Wenson 360°	
Wenson push up 		**Free support Wenson hinge push up** 	
		Lifted Wenson hinge push up 	
	Free support Wenson push up 		
	Free support Wenson push up 		
		Fress support Wenson hinge push up 	
	Double Wenson 	**Double free support Wenson** 	
	Side split Wenson with help 		
	Wenson hinge push up 		
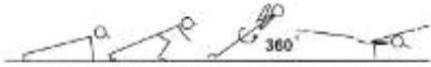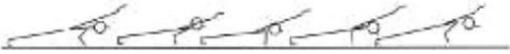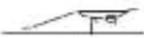
POWER ELEMENTS

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
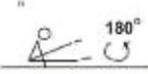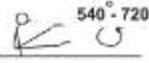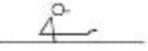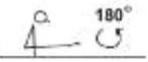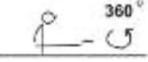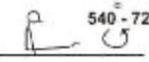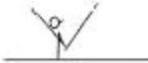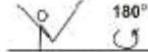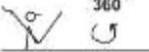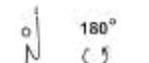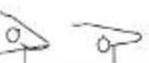
New power elements and combinations: difficulty „D"

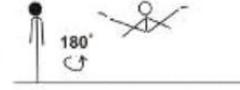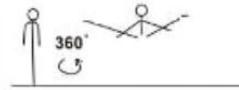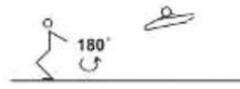|	
Planche with support on both arms, trunk supported on elbows.	
Planche with support on both arms (clear front support).	
Press to handstand with straight legs. Legs apart or together. Starting the hip over shoulder height.	
From handstand, lowering to clear straddle or clear pike support "pike sitting".	
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.	
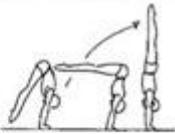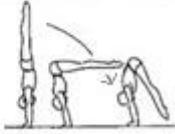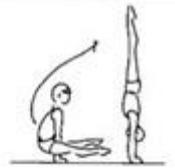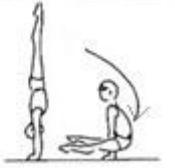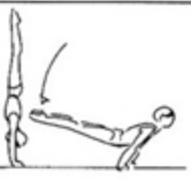
ELEMENTS OF JUMPS

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 $180°$
		Stag leap with switching legs and touching head	
	Cossack leap	$180°$ turn Cossak leap	$360°$ turn Cossak leap
	Cossack jump	$180°$ turn Cossak jump	$360°$ turn Cossak jump
		Cossack leap one leg high up with help	$180°$ turn Cossack leap one leg high up with help
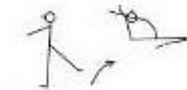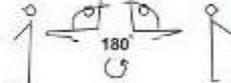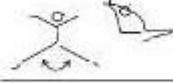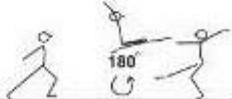
ELEMENTS OF JUMPS

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 swirch
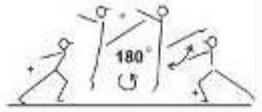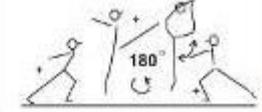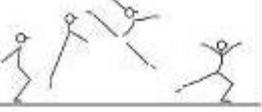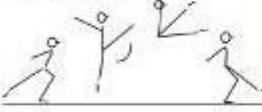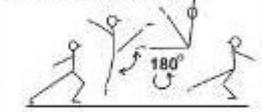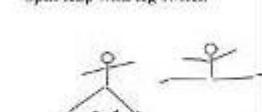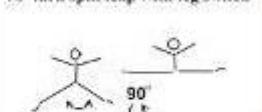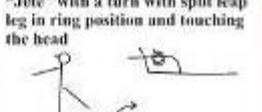
ELEMENTS OF JUMPS
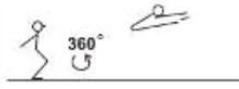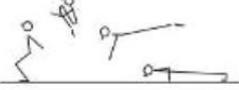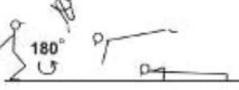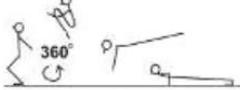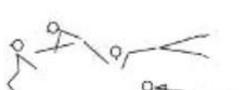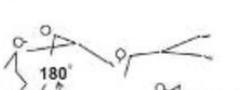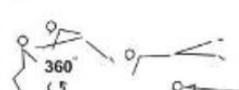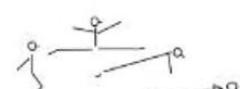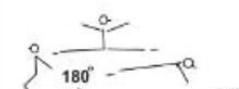
A	B	C	D
	Straddle pike jump	180° turn straddle pike jump	360° turn straddle pike jump
	Pike jump	180° turn pike jump	360° turn pike jump
Tuck jump to push up	180° turn tuck jump to push up	360° turn tuck jump to push up	
	Straddle jump to push up	180° turn straddle jump to push up	360° turn straddle 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 / Tamaro/