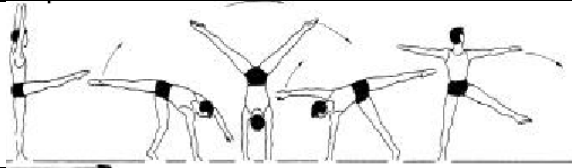
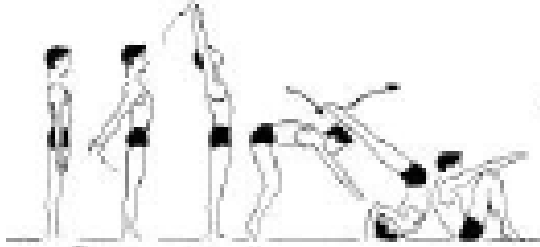

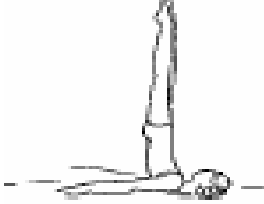








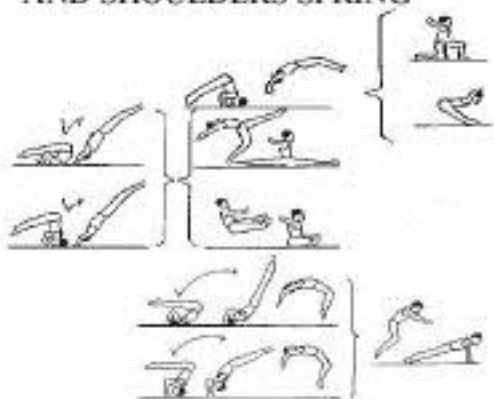



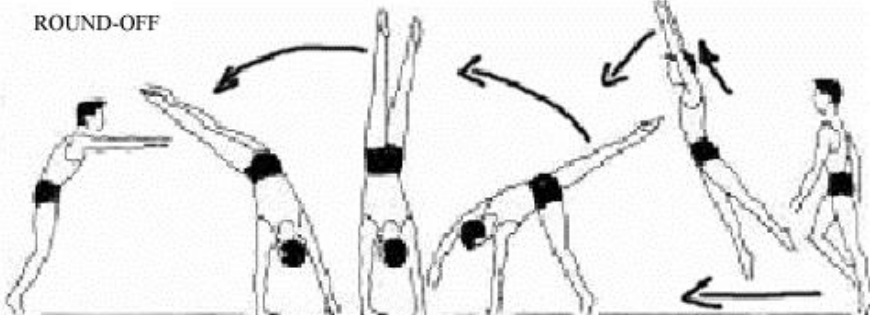

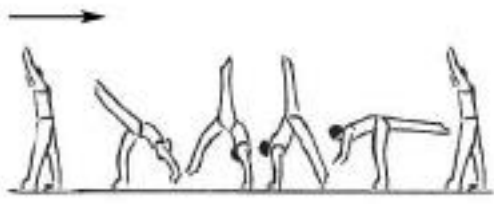
IDF TECHNICAL BOOKLET 2018 - 2021


Maximum Safety Level for MINI Age Category

THIS DOCUMENT HAS BEEN PREPARED IN THE INTEREST OF HEALTH AND SAFETY PURPOSES. IT INDICATES WHICH ACROBATIC AND GYMNASTIC ELEMENTS ARE ALLOWED TO BE EXECUTED BY DANCERS REGISTERED IN THE MINI AGE CATEGORY. IT APPLIES TO DISCIPLINES WHERE ACROBATIC AND GYMNASTIC ELEMENTS ARE PERMITTED.

GYMNASTIC AND ACROBATIC ELEMENTS		
Code	ACROBATIC ELEMENT	DETAILED DESCRIPTION
01	CARTWHEEL	
02	FORWARD ROLL	
03	BACKWARD ROLL	
04	SHOULDER STAND	
05	HAND SUPPORT WITH HIPS AND LEGS BELOW THE HEAD LEVEL	
06	HEADSTAND	

<p>07</p>	<p>PLANCHE WITH SUPPORT ON BOTH ARMS</p>	
<p>08</p>	<p>BRIDGE</p>	<p>BRIDGE</p>  
<p>09</p>	<p>WAVE</p>	<p>wave</p> 
<p>10</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING</p> 

<p>11</p>	<p>HANDSTAND (held for the duration of minimum 4 seconds)</p>	<p>HANDSTAND</p>  <p>A line drawing of a person performing a handstand, balanced on their hands with their feet and legs straight up in the air.</p>
<p>12</p>	<p>ROUND-OFF</p>	<p>ROUND-OFF</p>  <p>A sequence of five line drawings showing the steps of a round-off: 1. Starting in a crouched position with arms extended forward. 2. Arms and legs swinging up and back. 3. A handstand with legs straight up. 4. Arms and legs swinging forward and down. 5. Landing on feet with arms extended forward.</p>
<p>13</p>	<p>WALKOVER</p>	<p>WALKOVER</p>  <p>A sequence of six line drawings showing the steps of a walkover: 1. Starting in a crouched position with arms up. 2. One leg swinging up and over the head. 3. The person is on their hands with one leg up. 4. The person is on their hands with both legs up. 5. The person is on their hands with one leg down. 6. Standing up with arms up.</p>
<p>14</p>	<p>BACKWARD WALKOVER</p>	<p>BACKWARD WALKOVER</p>  <p>A sequence of six line drawings showing the steps of a backward walkover: 1. Starting in a crouched position with arms up. 2. One leg swinging up and over the head. 3. The person is on their hands with one leg up. 4. The person is on their hands with both legs up. 5. The person is on their hands with one leg down. 6. Standing up with arms up.</p>

<p>15</p>	<p>FLYSPRING</p>	<p>FLYSPRING</p> 
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