

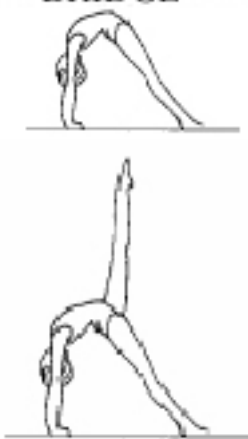



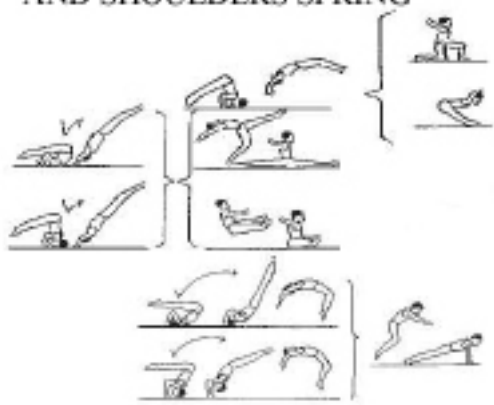

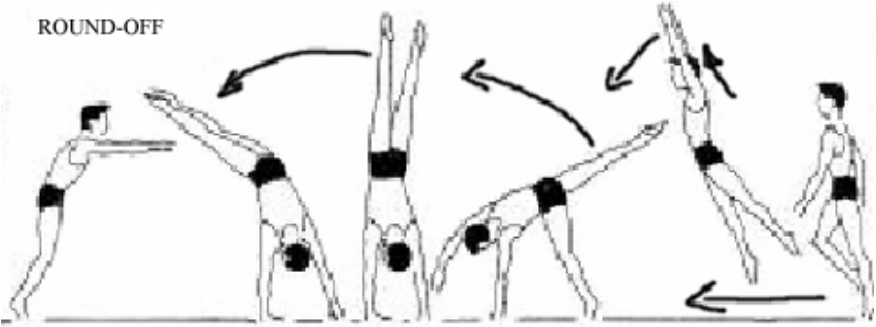
**IDF TECHNICAL BOOKLET
2009 - 2011**

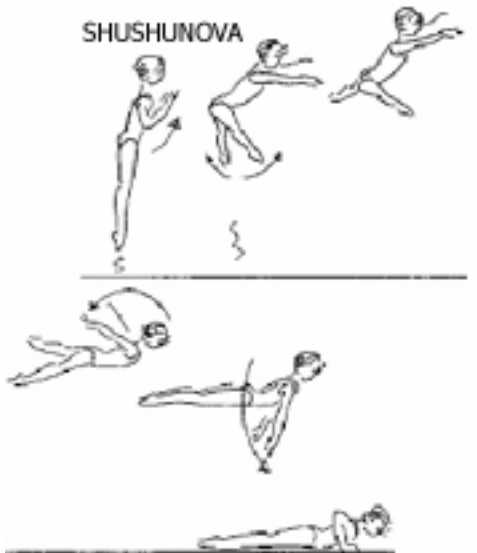

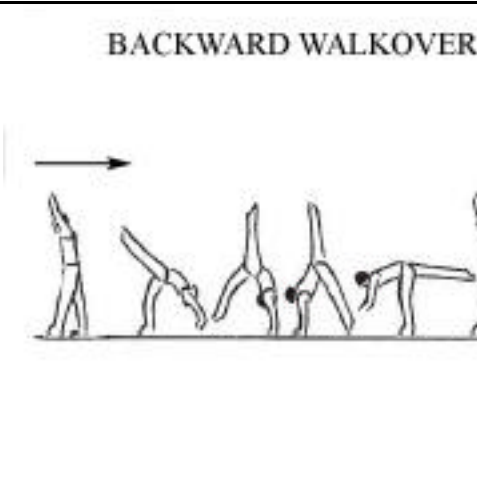
**DISCO FREESTYLE
FANTASY SHOW
FREE SHOW**



CHAPTER 1

Groups – Points – Penalties

GYMNASTIC AND ACROBATIC ELEMENTS GROUP 1 Penalties 0 – 1,50		
Code	ACROBATIC ELEMENT/POINTS	DETAILED DESCRIPTION
01	BRIDGE POINTS: 2,00	<p>BRIDGE</p> 
02	WAVE POINTS: 2,00	<p>wave</p> 




<p>03</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING POINTS: 2,00</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING</p> 
<p>04</p>	<p>HANDSTAND (Tenuta minima 4 secondi) POINTS: 3,00</p>	<p>HANDSTAND</p> 
<p>05</p>	<p>ROUND-OFF POINTS: 3,00 If executed as a preparation to Flic Flack or all backward somersaults, it WOULD NOT be considered an acrobatic element and counted as an element of a combination.</p>	<p>ROUND-OFF</p> 



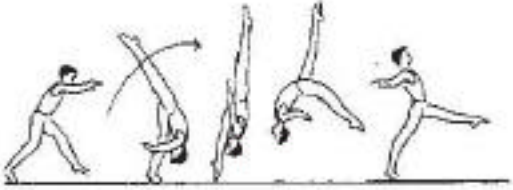
<p>06</p>	<p>SHUSHUNOVA (STRADDLE JUMP TO LYING POSITION) POINTS: 3,50</p>	<p>SHUSHUNOVA</p>  <p>The diagram illustrates the Shushunova skill in six sequential stages. 1. The gymnast starts in a standing position, arms slightly forward. 2. They jump upwards with arms extended forward. 3. They reach the peak of the jump with arms fully extended horizontally. 4. They begin to rotate and lower their body. 5. They are in a horizontal, straddled position, moving downwards. 6. They land on their back in a lying position on the floor.</p>
<p>07</p>	<p>WALKOVER POINTS: 3,50</p>	<p>WALKOVER</p>  <p>The diagram shows the sequence of a walkover. An arrow above the first figure points to the right, indicating the direction of movement. The sequence consists of: 1. A standing position with arms raised. 2. A handstand position. 3. A position where the legs are bent and the body is arched over the hands. 4. A position where the legs are extended and the body is nearly horizontal. 5. A position where the legs are bent and the body is arched over the hands. 6. A handstand position. 7. A standing position with arms raised.</p>
<p>08</p>	<p>BACKWARD WALKOVER POINTS: 3,50</p>	<p>BACKWARD WALKOVER</p>  <p>The diagram shows the sequence of a backward walkover. An arrow above the first figure points to the right, indicating the direction of movement. The sequence consists of: 1. A standing position with arms raised. 2. A position where the legs are bent and the body is arched over the hands. 3. A position where the legs are extended and the body is nearly horizontal. 4. A position where the legs are bent and the body is arched over the hands. 5. A handstand position. 6. A standing position with arms raised.</p>

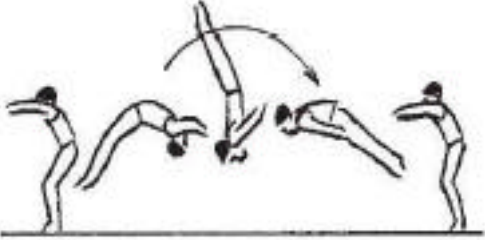


<p>09</p>	<p>FLYSPRING POINTS: 3,50</p>	<p>FLYSPRING</p> 
<p>10</p>	<p>BUTTERFLY POINTS: 4,00</p>	<p>BUTTERFLY</p> 

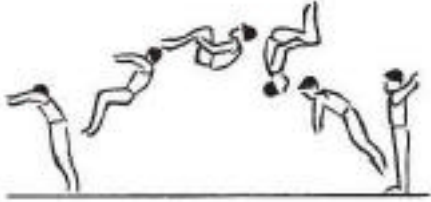


GYMNASTIC AND ACROBATIC ELEMENTS GROUP 2



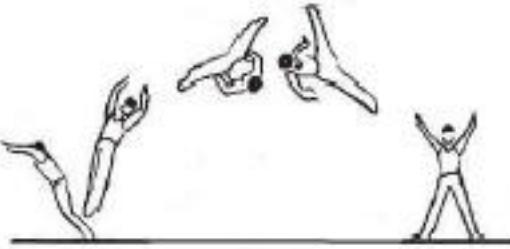
Penalties 0 – 2,50

11	HALF-TWIST FLYSPRING POINTS: 4,50	<p>HALF-TWIST FLYSPRING</p>  <p>The diagram illustrates the sequence of a half-twist flyspring. It shows five stages: 1. The gymnast starts in a standing position with arms raised. 2. They jump upwards with arms extended. 3. They perform a half-twist in the air, with one arm pointing up and the other down. 4. They land on their feet with arms extended forward. 5. They return to a standing position.</p>
12	FLIC FORWARD POINTS: 4,50	<p>FLIC FORWARD</p>  <p>The diagram illustrates the sequence of a flic forward. It shows five stages: 1. The gymnast starts in a standing position with arms raised. 2. They jump upwards with arms extended. 3. They perform a full twist in the air, with both arms pointing down. 4. They land on their feet with arms extended forward. 5. They return to a standing position.</p>
13	ANGEL POINTS: 4,50	<p>ANGEL</p>  <p>The diagram illustrates the sequence of an angel. It shows five stages: 1. The gymnast starts in a standing position with arms raised. 2. They jump upwards with arms extended. 3. They perform a full twist in the air, with both arms pointing down. 4. They land on their feet with arms extended forward. 5. They return to a standing position.</p>

<p>14</p>	<p>FLIC FLAC POINTS: 5,00 (If executed as two (2) or more than three (3) in a row it would be awarded with six 6,00 points)</p>	<p>FLIC FLAC</p> 
<p>15</p>	<p>FREE CARTWHEEL POINTS: 5,50</p>	<p>FREE CARTWHEEL</p> 
<p>16</p>	<p>FREE FLYSPRING FORWARD LANDED ON ONE LEG POINTS: 5,50</p>	<p>FREE FLYSPRING FORWARD LANDED ON ONE LEG</p> 

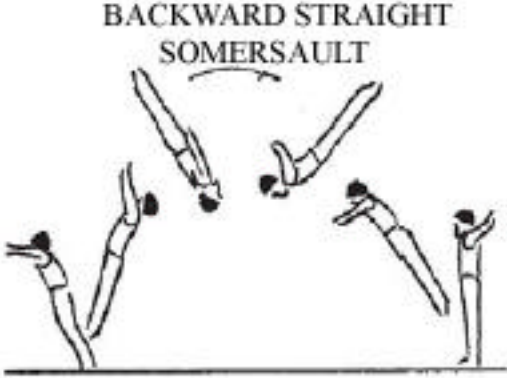

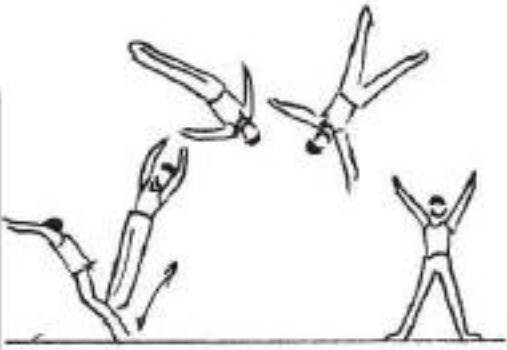
<p>17</p>	<p>BACKWARD STRAIGHT SOMERSAULT POINTS: 6,00</p>	<p>BACKWARD STRAIGHT SOMERSAULT</p>  <p>The diagram illustrates the sequence of a backward straight somersault. It shows a person starting in a standing position, jumping backwards, reaching a peak where the body is inverted, and then landing back on the feet. An arrow indicates the direction of the flip.</p>
<p>18</p>	<p>BUTTERFLY WITH ONE (1) TWIST POINTS: 6,00</p>	<p>BUTTERFLY WITH ONE (1) TWIST</p>  <p>The diagram illustrates the sequence of a butterfly with one twist. It shows a person starting in a standing position, jumping forward, reaching a peak where the body is inverted and twisted, and then landing back on the feet.</p>
<p>19</p>	<p>ANGEL WITH TWIST POINTS: 6,00</p>	<p>ANGEL WITH TWIST</p>  <p>The diagram illustrates the sequence of an angel with twist. It shows a person starting in a standing position, jumping forward, reaching a peak where the body is inverted and twisted, and then landing back on the feet.</p>




<p>20</p>	<p>BACKWARD SOMERSAULT POINTS: 6,50</p>	<p>BACKWARD SOMERSAULT</p>  <p>The diagram illustrates the sequence of a backward somersault. It shows five stages: 1. A person standing upright with arms slightly out. 2. The person leaning backward, arms raised. 3. The person in a full backward arch, arms and legs extended. 4. The person inverted, with head and arms pointing down. 5. The person returning to an upright standing position.</p>
<p>21</p>	<p>FORWARD SOMERSAULT POINTS: 7,00</p>	<p>FORWARD SOMERSAULT</p>  <p>The diagram illustrates the sequence of a forward somersault. It shows five stages: 1. A person standing upright with arms slightly out. 2. The person leaning forward, arms raised. 3. The person in a full forward arch, arms and legs extended. 4. The person inverted, with head and arms pointing down. 5. The person returning to an upright standing position.</p>
<p>22</p>	<p>BACKWARD PIKED SOMERSAULT POINTS: 7,00</p>	<p>BACKWARD PIKED SOMERSAULT</p>  <p>The diagram illustrates the sequence of a backward piked somersault. It shows five stages: 1. A person standing upright with arms slightly out. 2. The person leaning backward, arms raised. 3. The person in a full backward arch, arms and legs extended. 4. The person inverted, with head and arms pointing down. 5. The person returning to an upright standing position.</p>


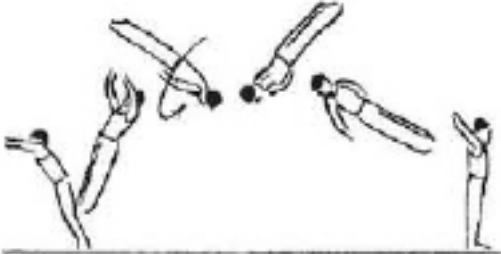
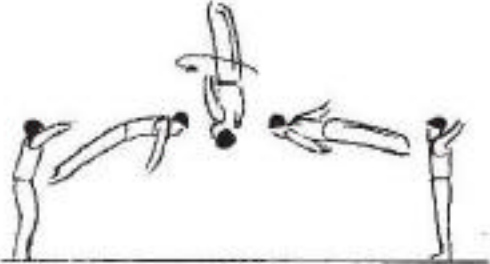
<p>23</p>	<p>FORWARD PIKED SOMERSAULT POINTS: 7,50</p>	<p>FORWARD PIKED SOMERSAULT</p>  <p>The diagram illustrates the sequence of a forward piked somersault. It shows four stages: 1. The gymnast in a starting stance with arms raised. 2. The gymnast in a piked position, arms and legs tucked together. 3. The gymnast in a horizontal position, arms and legs extended. 4. The gymnast in a landing stance with arms raised.</p>
<p>24</p>	<p>SIDE TUCKED SOMERSAULT POINTS: 8,00</p>	<p>SIDE TUCKED SOMERSAULT</p>  <p>The diagram illustrates the sequence of a side tucked somersault. It shows four stages: 1. The gymnast in a starting stance with arms raised. 2. The gymnast in a tucked position, arms and legs tucked together. 3. The gymnast in a horizontal position, arms and legs extended. 4. The gymnast in a landing stance with arms raised.</p>
<p>25</p>	<p>SIDE PIKED STRADDLE SOMERSAULT POINTS: 8,50</p>	<p>SIDE PIKED STRADDLE SOMERSAULT</p>  <p>The diagram illustrates the sequence of a side piked straddle somersault. It shows four stages: 1. The gymnast in a starting stance with arms raised. 2. The gymnast in a piked position, arms and legs tucked together. 3. The gymnast in a horizontal position, arms and legs extended. 4. The gymnast in a landing stance with arms raised.</p>




GYMNASTIC AND ACROBATIC ELEMENTS GROUP 3


Penalties 0 – 4,50

26	BACKWARD STRAIGHT SOMERSAULT POINTS: 9,00	<p>BACKWARD STRAIGHT SOMERSAULT</p> 
27	FORWARD STRAIGHT SOMERSAULT POINTS: 9,50	<p>FORWARD STRAIGHT SOMERSAULT</p> 
28	SIDE STRAIGHT SOMERSAULT POINTS: 10,00	<p>SIDE STRAIGHT SOMERSAULT</p> 

<p>28</p>	<p>BACKWARD SOMERSAULT WITH HALF-TWIST POINTS: 10,50</p>	<p>BACKWARD SOMERSAULT WITH HALF TWIST</p>  <p>The diagram illustrates the sequence of a backward somersault with a half twist. It starts with a person standing on the ground with arms raised. The person then jumps backward, tucks their body, and rotates 180 degrees to land on their feet. The final position shows the person standing upright with arms raised.</p>
<p>29</p>	<p>FORWARD SOMERSAULT WITH HALF-TWIST POINTS: 11,00</p>	<p>FORWARD SOMERSAULT WITH HALF TWIST</p>  <p>The diagram illustrates the sequence of a forward somersault with a half twist. It starts with a person standing on the ground with arms raised. The person then jumps forward, tucks their body, and rotates 180 degrees to land on their feet. The final position shows the person standing upright with arms raised.</p>
<p>30</p>	<p>BACKWARD PIKED SOMERSAULT WITH HALF-TWIST POINTS: 11,00</p>	<p>BACKWARD PIKED SOMERSAULT WITH HALF TWIST</p>  <p>The diagram illustrates the sequence of a backward piked somersault with a half twist. It starts with a person standing on the ground with arms raised. The person then jumps backward, tucks their body into a pike position, and rotates 180 degrees to land on their feet. The final position shows the person standing upright with arms raised.</p>

<p>31</p>	<p>FORWARD PIKED SOMERSAULT WITH HALF-TWIST POINTS: 11,50</p>	<p>FORWARD PIKED SOMERSAULT WITH HALF TWIST</p>  <p>The diagram illustrates the sequence of a forward piked somersault with a half twist. It shows five stages: 1. The gymnast in a starting crouch with arms raised. 2. The gymnast jumping upwards with arms extended forward. 3. The gymnast in a piked position (bent at the waist) with arms extended forward. 4. The gymnast performing a half twist while in mid-air. 5. The gymnast landing on their feet with arms raised.</p>
<p>32</p>	<p>BACKWARD STRAIGHT SOMERSAULT WITH HALF-TWIST POINTS: 12,00</p>	<p>BACKWARD STRAIGHT SOMERSAULT WITH HALF TWIST</p>  <p>The diagram illustrates the sequence of a backward straight somersault with a half twist. It shows five stages: 1. The gymnast in a starting crouch with arms raised. 2. The gymnast jumping upwards with arms extended backward. 3. The gymnast in a straight position with arms extended backward. 4. The gymnast performing a half twist while in mid-air. 5. The gymnast landing on their feet with arms raised.</p>
<p>33</p>	<p>FORWARD STRAIGHT SOMERSAULT WITH HALF-TWIST POINTS: 12,50</p>	<p>FORWARD STRAIGHT SOMERSAULT WITH HALF TWIST</p>  <p>The diagram illustrates the sequence of a forward straight somersault with a half twist. It shows five stages: 1. The gymnast in a starting crouch with arms raised. 2. The gymnast jumping upwards with arms extended forward. 3. The gymnast in a straight position with arms extended forward. 4. The gymnast performing a half twist while in mid-air. 5. The gymnast landing on their feet with arms raised.</p>

<p>34</p>	<p>BACKWARD DOUBLE SOMERSAULT POINTS: 13,00</p>	<p>BACKWARD DOUBLE SOMERSAULT</p>  <p>The diagram illustrates a backward double somersault. It shows a sequence of seven figures in a parabolic arc. The first figure is standing on the ground with arms raised. The second figure is in a crouched starting position. The third figure is in mid-air, beginning the first backward somersault. The fourth figure is at the peak of the first somersault. The fifth figure is in mid-air, beginning the second backward somersault. The sixth figure is at the peak of the second somersault. The seventh figure is standing on the ground with arms raised.</p>
<p>35</p>	<p>FORWARD DOUBLE SOMERSAULT POINTS: 13,50</p>	<p>FORWARD DOUBLE SOMERSAULT</p>  <p>The diagram illustrates a forward double somersault. It shows a sequence of seven figures in a parabolic arc. The first figure is standing on the ground with arms raised. The second figure is in a crouched starting position. The third figure is in mid-air, beginning the first forward somersault. The fourth figure is at the peak of the first somersault. The fifth figure is in mid-air, beginning the second forward somersault. The sixth figure is at the peak of the second somersault. The seventh figure is standing on the ground with arms raised.</p>
<p>36</p>	<p>BACKWARD DOUBLE PIKED SOMERSAULT POINTS: 13,50</p>	<p>BACKWARD DOUBLE PIKED SOMERSAULT</p>  <p>The diagram illustrates a backward double piked somersault. It shows a sequence of seven figures in a parabolic arc. The first figure is standing on the ground with arms raised. The second figure is in a crouched starting position. The third figure is in mid-air, beginning the first backward somersault with legs tucked. The fourth figure is at the peak of the first somersault. The fifth figure is in mid-air, beginning the second backward somersault with legs tucked. The sixth figure is at the peak of the second somersault. The seventh figure is standing on the ground with arms raised.</p>

<p>37</p>	<p>FORWARD DOUBLE PIKED SOMERSAULT POINTS: 14,00</p>	<p>FORWARD DOUBLE PIKED SOMERSAULT</p> 
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