ADJ.2

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Elements of various structural groups of ID sports (Russian federation sport of persons with intellectual disabilities) in the types of gymnastic all-around that are not included in the difficulty table FIG (women)

II1 (Intellectual Disability) – International Eligibility;\*

II2 (Significant Intellectual Disability) – International Eligibility;\*

II3 (Autism) – International Eligibility.\*

**VAULT**

II 1 (the height of VAULT table is 105-125 cm.)

II2, II3 (the height of the VAULT table is 100-125cm.)

D score

1. 1. Straddle vault 2,5

2. Squat vault tucked 2,7

3. Squat vault piked 2,9

VAULT performed from the table FIG:

II 1 + 2,0 points to the D score;

II 2, II 3 + 3,0 points to the D score.

**Uneven bars**

The exercise must necessarily contain a mounts and a dismounts.

I. Jump from lower to upper bar. **Transition from lower to upper bar.**

1. LB tucked position transition to HB (any modifications)
2. LB standing position with support on the upper bar – upward circle to support
3. LB standing position – transition in swing to HB (any modifications)
4. Any flight element on LB or HB. **Elements with the release of one or two hands.**
5. Releasing one hand or two hands on the swing back with or without rotation
6. Releasing one hand or two hands on the swing forward with or without rotation
7. At least two different grips. **Hang swing at different grips.**
8. Forward swing
9. Backward swing
10. Undershoot
11. Swing forward in a mixed grip
12. Swing backward in a mixed grip
13. Swing back in reverse grip
14. Elements without flight with rotation. **Casts and near bar circles.**
15. Upward circle to support
16. From front support swing forward over grip to astride support
17. From astride support swing backward over grip to front support
18. From astride support forward circle to astride support
19. From astride support above the bar drop back and down to popliteal grip then Leg acting upstart
20. Casts (below the rack on the hands)
21. Free hip circle though
22. Swing forward and swing back (180 º)

**BEAM**

The exercise must necessarily contain a mounts and a dismounts.

1. One bundle, at least of two different dance elements
2. Chasse sideways
3. Any jump travel forward or backward
4. Semi - squats
5. Body «Wave»
6. Turns.
7. 180° rotation on one leg (any position of the flywheel leg)
8. 180° rotation in balance on the knee
9. 180° turn in a squat on one leg (any position of the flywheel leg)
10. One acrobatic bundle, at least 2 elements with a flight phase (from the presented elements).
11. Step leap
12. Split leap with bending of the fwd leg (level less FIG)
13. Split leap (level less FIG)
14. Leap fwd with leg change (level less FIG)
15. Straddle jump
16. Jump with half turn (180º)
17. Tucked jump (level less FIG)
18. Piked jump (level less FIG)
19. Elements in different directions (forward, backward, sideways). **Static and power elements.**
20. Any handstand (<2 sec.)
21. L support level and L straddle support level (2 sec.)
22. Any split
23. Vertical split with the support of the hands in front of the supporting leg (level less FIG)
24. Stand on the shoulder blades (2 sec.)
25. Any balance (2 sec.). (except for FIG)
26. Cartwheel

**FLOOR**

1. A dance combination of at least 2 different jumps or jumps connected directly or through a connecting element, one of which is with a 180° split (along or across) or a leg jump apart. **A dance combination of at least 2 different leaps or jumps.**
2. Chasse sideways
3. Jump and leaps
4. Running steps
5. Chaine turns
6. 180° rotation on one leg (any position of the flywheel leg)
7. 180° turn in a squat on one leg (any position of the flywheel leg)
8. Somersaults with 360 or more turns. **Jumping with and without a turn. Static elements**
9. Jump with half turn (180º)
10. Leap fwd with leg change (level less FIG)
11. Fouette hop with leg change to cross split (level less FIG)
12. Tucked jump with half turn (180º)
13. Step leap
14. Split leap with bending of the fwd leg (level less FIG)
15. Straddle jump
16. Piked jump (level less FIG)
17. Hop or Jump with one leg bent and the other – extended straight (level less FIG)
18. Step leap with leg change
19. Any split
20. L support level and L straddle support level (2 sec.)
21. Double somersault. **Acrobatic elements with forward and backward movement.**
22. Forward roll
23. Forward roll to straddle stand position
24. Handstand to forward roll
25. Piked forward roll
26. Backward roll
27. Backward roll to handstand
28. Piked backward roll
29. Backward roll to straddle stand position
30. Forward roll over the shoulder
31. Backward roll over the shoulder
32. **Flips forward/ sideways and backward (not flywheels). Acrobatic elements sideways, jumping backwards.**
33. Cartwheel
34. Cartwheel through one hand
35. Roll 360 ° (1/1) to the side in a split with a leg grip

\* <https://www.virtus.sport/eligibility-master-list>