ADJ.1

September 2021

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 (men)

II1 (Intellectual Disability) – International Eligibility;\*

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

II3 (Autism) – International Eligibility.\*

**FLOOR**

1. Non-acrobatic elements
2. Headstand
3. Falling or jumping at point-blank range while lying on bent arms
4. L support level and L straddle support level (2 sec.)
5. Jump with turn (360º)
6. Leap fwd with leg change
7. Fouette hop with leg change to cross split
8. Tucked jump with half turn (180º)
9. Any handstand (<2 sec.)
10. From the handstand, lowering by rolling over bent arms at point-blank range while lying bent
11. From any headstand position- lifting the extension into a handstand
12. From the handstand - shoulder forward or backward by 90° or more
13. Acrobatic elements with forward movement
	* + 1. Forward roll
			2. Handstand to forward roll
			3. Piked forward roll
			4. Piked forward roll to straddle stand position
14. Acrobatic elements with backward movement. Acrobatic elements sideways
15. Backward roll
16. Backward roll to handstand
17. Piked backward roll
18. Piked backward roll to straddle stand position
19. Cartwheel
20. Cartwheel through one hand
21. Round-off
22. Dismount (except structural group I elements)

**Pommel Horse**

* 1. Single leg swings and scissors.
1. From front support swing forward over pommel to astride support
2. From astride support swing backward over pommel to front support

3. From astride support swing forward over pommel to the back support

4. From back support swing backward over pommel to astride support

* 1. Circle and flairs, with and/or without spindles and hand­stands, Kehrswings, Russian wendeswings, flops and combined elements. **Circles of one.**
		1. Circle left to right
		2. Circle left to left
		3. Circle right to right
		4. Circle right to left
		5. Half circle double leg to front support
		6. Half circle double leg to back support
	2. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles. **Pass, turns and static positions.**

* + 1. From front support pass double leg to back support
		2. From back support pass double leg to front support
		3. From front support, hands between the pommel – entrance to pommel
		4. Shoulder forward turns from the: front support, astride support, back support
		5. Shoulder backward turns from the: front support, astride support, back support
	1. Dismounts.
		1. Mixed swing and dismount with 1/4 turn (90°) FWD or BKD
		2. Any feet together half circle (FWD or BKD)
		3. From frontal support squat through fwd (with and without turn)
		4. From back support squat through bkd (with and without turn)

**Rings**

1. Kip and swing elements & swings through or to handstand (2 sec.).
2. Forward swing
3. Backward swing
4. From handstand position – forward descent to hang position
5. From handstand position – backward descent to hang position
6. From support position – forward descent to hang position
7. From support position – backward descent to hang position
8. From stand on bent arms – forward descent to hang position
9. Strength elements and hold elements (2 sec.).
10. Hang L level (2 sec.)
11. Hang L level on bent arms (2 sec.)
12. From hang pull and press to support
13. Hanging scale rearways (back lever) bending one leg
14. Hanging scale frontways (front lever) bending one leg
15. Handstand on bent arms
16. German hang
17. Swing to Strength hold elements (2 sec.).
18. Forward swing to German hang (2 sec.)
19. 1 swing on bent arms to hang L level on bent arms (2 sec.)
20. Forward swing to hang L level on bent arms (2 sec.)
21. From support position – backward descent to inverted hang position
22. Dismounts.
23. Pull turn over tucked and drop backwards to stand (no flight)
24. Pull turn over piked and drop backwards to stand (no flight)
25. Pull turn over straight body and drop backwards to stand (no flight)

**VAULT**

II 1 (the height of VAULT table is 120-135 cm.)

II2, II3 (the height of the VAULT table is 100-135cm.)

 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 + 3,0 points to the D score;

II 2, II 3 + 4,0 points to the D score.

Parallel Bars

1. Elements in support or through support on 2 bars.
2. Stutzkehr BKD to straddle sit
3. Stutzkehr FWD to support
4. From support position –swing to descent BKD to upper arms
5. From support position –swing to descent FWD to upper arms
6. Shoulder handstand
7. L support level and L straddle support level (2 sec.)
8. V support level (2 sec.)
9. Elements starting in upper arm position.
10. From upper arms swing rise FWD to straddle sit
11. From upper arms swing rise BKD to support
12. From upper arms inverted bent – hip rise to straddle sit
13. From upper arms swing – forward roll to any position
14. From shoulder handstand – forward roll to any position
15. From upper arms swing – backward roll to any position
16. Long swings in hang on 1 or 2 bars and underswings. **Descent and rise**
	* + 1. From hang any swing
			2. From hang any rise to upper arms
17. Dismounts.
18. BKD swing dismount sideways with straight legs to land
19. FWD swing dismount sideways with turn (90° or 180°) straight legs to land

Horizontal Bar

1. Long hang swings with and without turns.
2. Forward swing
3. Backward swing
4. Undershoot swing
5. Forward swing with a 180° turn
6. Backward swing with a 180° turn
7. Flight elements.  **Elements with the release of one or two hands.**
8. Releasing one or two hands on the back swing with or without turn
9. Releasing one or two hands on the forward swing with or without turn
10. In bar and Adler elements. **Elements in a different (mixed) grip**
11. Upward circle to support
12. From front support swing forward over grip to astride support
13. From astride support swing backward over grip to front support
14. From astride support above the bar drop back and down to popliteal grip then leg acting upstart
15. Hip circle bwd
16. Hip circle fwd
17. Casts
18. Swing forward in a mixed grip
19. Swing backward in a mixed grip
20. Glide Kip to support
21. Dismounts.
22. Swing backwards with or without turning
23. Undershoot dismount
24. Swing forwards with or without turning
25. From straddle support – Undershoot dismount

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