



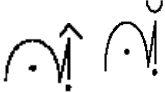





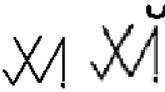


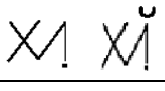


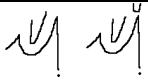
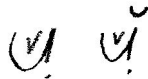

**CANADIAN PROVINCIAL PROGRAM
LIST OF ELEMENTS AND SYMBOLS
2008 - 2009**


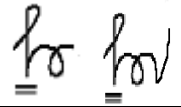
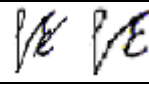
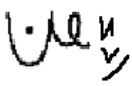
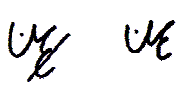
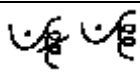
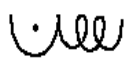


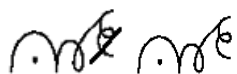
BASIC SYMBOLS			
Tuck		Turn	
Pike		Twist	
Straddle		Bar change	
Stretched/Layout		Low element	
Clear Or free support		Handstand	
Counter swing			

Uneven Bars

Number	Description	Symbol	Value
	Pull over mount		A (P2 only)
	Swing forward to horizontal (feet at height of HB)		A (P2 only)
	Long swing pull over		A (P2 only)
	Toe on dismount on HB		A (P2 only)
	Squat/Stoop/straddle on LB to catch HB		A (P2 only)
	Cast to horizontal with legs together		A (P2 only)
	Back and front hip circle		A (Develop)
	Toe on 1/2 turn on LB		A (Develop)
	Min 270° sole circle fwd or bwd legs together or straddled		A

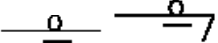

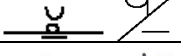
















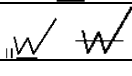








	MOUNTS		
1.101	Glide kip on LB		A
1.202	Jump with 1/1 turn and kip-up to support on LB		B
1.104	Long kip		A
1.106	Straddle vault with hand repulsion over LB to hang on HB		A
1.206	Free tuck or straddle jump over LB to hang on HB		B
1.206	Hecht jump with hand repulsion over LB to hang on HB		B
1.210	Jump to Handstand on LB with hips bent, also with 1/2 turn		B
	CAST AND CLEAR HIP CIRCLE		
2.101	Cast to handstand with straddle legs		A
2.201	Cast to handstand legs together also with 1/2 turn		B
2.104	Uprise backward to clear support on HB		A
2.204	Uprise backward to handstand on HB also with 1/2 turn		B
2.205	Clear hip circle to clear support (30°)		B
2.305	Clear hip circle to handstand also with 1/2 turn		C
2.405	Clear hip circle to handstand with 1/1 turn		D
2.306	Clear underswing on LB, release and counter movement forward in flight to hang on HB		C
	GIANT CIRCLE		
3.101	Swing down between bars, swing forward with 1/2 turn above HB height (30°)		A
3.202	Giant circle backward to handstand		B
3.203	Giant circle backward to handstand with 1/2 turn also 1/2 - 1/2		B
3.303	Giant circle backward to handstand with 1/1 turn		C





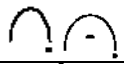

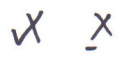






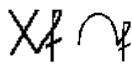



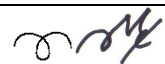
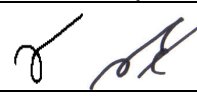
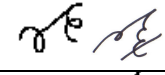
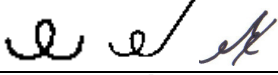


3.204	Long swing forward with ½ turn and flight over LB to hang on LB to 45°		B
3.404	Long swing forward with ½ turn and flight to handstand on LB		D
3.209	Giant circle forward to handstand with legs straddled or hips bent also with ½ turn		B
3.309	Giant circle forward to handstand with 1/1 turn		C
3.210	From handstand (not mandatory) swing down straddle flight backward over LB to hang on LB		B
3.310	From handstand (not mandatory) swing down straddle flight backward over LB to handstand		C
	STALDER CIRCLE		
4.101	Clear straddle circle forward to clear support		A
4.201	Stalder forward to clear support 30°		B
4.301	Stadler forward to handstand also with ½ turn		C
4.104	Clear straddle circle backward to clear support		A
4.204	Stalder bwd to clear support (30°)		B
4.304	Stalder bwd to handstand also with ½ turn		C
4.305	Stalder bwd with release and counter movement to hang on HB		C
	PIKE CIRCLE		
5.102	Piked sole circle forward or backward		A
5.307	Piked sole circle forward to handstand also with ½ turn		C
5.309	Piked sole circle backward to handstand also with ½ turn		C
5.208	Underswing with feet on LB grip change to hang on HB		B

	DISMOUNTS		
6.101	Front support on HB - underswing with 1/2 or 1/1 turn to stand		A
6.201	Front support on HB – underswing with salto forward tucked or piked		B
6.102	Front support on HB – clear underswing 1/2 or 1/1 turn		A
6.104	Flyaway – Salto backward tucked, piked or stretched		A
6.204	Flyaway – Salto backward tucked or stretched with 1/2 or 1/1 turn		B
6.304	Flyaway – Salto backward stretched with 1 1/2 or 2/1 turn		C
6.205	Flyaway - Double salto backward tucked		B
6.305	Flyaway - Double salto backward piked		C
6.108	Flyaway – Salto forward tucked, piked or stretched		A
6.208	Forward flyaway tucked or stretched with 1/2 or 1/1 turn		B

Balance Beam

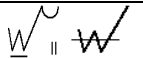

Number	Description	Symbol	Value
	Straight jump)	A (P2 only)
	Handstand not held		A (P2 only)
	Dismount: Roundoff off the beam	X ₄	A (P2 only)
	Dismount: Front handspring off the beam	∩	A (P2 only)
	Tuck jump	∩	A (Develop)
	Cat leap and scissor leap	M ≤	A (Develop)
	Body wave fwd,bwd,sdw	~	A (Develop)
	Handstand held 2 sec.		A (Develop)
	Cartwheel and variations	X	A (Develop)
	Stag leap \ jump	→	A (Develop)
	Dismount: Front Aerial and Side Aerial	∩ X ₄	A (P2 only)
	MOUNTS		
1.101	Free jump or leap	A M	A
1.102	Thief vault	∩	A
1.103	Flank with ½ turn to rear support	∩	A
1.105	Leap to cross split sit from one foot take-off	∩	A
1.106	Squat or stoop through to rear support	∩	A
1.206	Squat or stoop through to clear pike support	∩	B
1.107	Jump or clear straddle support to roll forward	∩	A
1.210	Jump or press to handstand (held 2 sec.)	∩	B
1.211	Jump with bent hips to side planche (2 sec.)	∩	B
1.316	Salto forward tucked	∩	C

















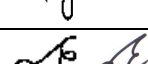
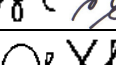
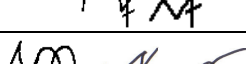
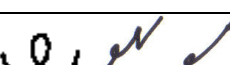






LEAPS AND JUMPS			
2.101	Split leap forward also stag leap		A
2.201	Split leap with 1/4 turn		B
2.301	Split leap 1/2 turn or tour jeté		C
2.102	Split jump in side or cross position		A
2.202	Split jump with 1/2 turn		B
2.103	Straddle pike jump		A
2.203	Straddle pike jump with 1/2 turn		B
2.303	Straddle pike jump with 1/1 turn		C
2.306	Switch split leap		C
2.307	Switch leap with 1/4 turn		C
2.108	Pike jump		A
2.109	Sissone		A
2.209	Ring or stag-ring		B
2.409	Sheep jump		D
2.210	Jump with 1/1 turn		B
2.111	Cat leap with 1/2 turn		A
2.211	Cat leap 1/1 turn		B
2.112	Tuck jump with 1/2 turn		A
2.212	Tuck jump 1/1 turn		B
2.113	Wolf jump also with leg change		A
TURNS			
3.101	1/1 turn		A
3.201	1 1/2 turn		B
3.401	2/1 turn		D
3.203	1/1 turn with heel of free leg forward at 45° throughout turn		B
3.303	1/1 turn with heel of free leg forward at horizontal		C
3.205	1/2 illusion turn		B
3.405	1/1 illusion turn		D
HOLDS			
4.102	Needle scale (2 sec.)		A

	ACRO		
5.101	Handstand forward roll		A
5.201	Dive roll forward		B
5.102	Roll forward without hand support		A
5.203	Roll backward to handstand		B
5.106	Walkover forward also tic-toc		A
5.207	Handspring forward		B
5.108	Cartwheel with support on one arm or cartwheel with flight		A
5.208	Round-off		B
5.110	Walkover backward		A
5.111	Valdez		A
5.213	Flic-flac with step-out or land both legs also with support on one arm		B
5.215	Gainer flic-flac also with support of one arm		B
5.216	All flic-flac variations and swing down to cross straddle sit		B
5.417	Aerial cartwheel or front aerial		D
5.418	Salto forward tucked		D
5.419	Salto sideward tucked		D
5.320	Salto backward tucked, piked or layout step out		C
	DISMOUNTS		
6.102	Salto forward tucked, piked also with 1/2 turn		A
6.202	Salto forward layout also with 1/2 turn		B
6.302	Salto forward tucked, piked or layout with 1/1 or 1 1/2 turn		C
6.104	Salto backward tucked, piked or layout also with 1/2 twist		A
6.204	Salto backward tucked or layout 1/1 twist		B
6.306	Salto backward layout with 1 1/2 or 2/1 twist		C

Floor Exercise

Number	Description	Symbol	Value
	Jump or hop full turn		A (Develop)
	Cartwheel and variations		A (Develop)
	Bwd and fwd walkovers and variations		A (Develop)
	Back extension to handstand		A (Develop)
	Handstand forward roll		A (Develop)
	Stag leap \ jump		A (Develop)
	Cat leap, cat leap 1/2 turn		A (Develop)
	Wolf hop scissor leap		A (Develop)
	Scissor leap		A (develop)
	LEAPS, JUMPS, HOPS		
1.101	Split leap also with 1/4 turn or stag leap forward		A
1.201	Split leap with 1/2 turn or tour jeté		B
1.301	Split leap with 1/1 turn or 1 1/2 turn		C
1.102	Split jump cross, side also with 1/2 turn		A
1.202	Split jump with 1/1 turn		B
1.204	Switch leap		B
1.304	Switch leap with 1/2 or 1/1 turn or switch leap ring		C
1.205	Switch leap with 1/4 turn (Johnson)		B
1.107	Straddle pike jump also with 1/2 turn		A
1.207	Straddle pike jump with 1/1 turn		B
1.108	Schuschunova also with 1/2 turn		A
1.109	Sissone, ring jump or stag ring		A
1.209	Tour jeté to ring leap, sheep jump or ring leap		B
1.110	Stretched jump with 1 1/2 turn		A
1.210	Stretched jump with 2/1 turn		B
1.111	Cat leap with 1/1 turn		A
1.211	Cat leap with 1 1/2 or 2/1 turn		B
1.113	Tuck jump with 1/1 turn		A
1.213	Tuck jump with 1 1/2 or 2/1 turn		B

1.114	Wolf jump with 1/2 turn, switch leap to wolf position		A
1.214	Wolf jump with 1/1 or 1 1/2 turn		B

	TURNS		
2.101	1/1 turn on one leg		A
2.201	2/1 turn on one leg		B
2.301	3/1 or 4/1 turn on one leg		C
2.202	1/1 turn with free leg at horizontal		B
2.302	2/1 turn with free leg at horizontal		C
2.206	1/1 illusion turn without touching floor with free leg or hand		B
	HAND SUPPORT ELEMENTS		
3.102	Hecht roll		A
3.103	Back extension with 1/2, 1/1 or 1 1/2 turn		A
3.104	Valdez		A
3.105	Handspring forward, flyspring		A
3.106	Round-off		A
3.107	Flic-flac or gainer flic-flac also with support of one arm		A
	SALTO FORWARD & SIDEWARD		
4.101	Salto forward tucked or piked		A
4.201	Salto forward tucked or piked with 1/2 twist		B
4.301	Salto forward tucked or piked with 1/1 or 1 1/2 turn		C
4.202	Salto forward layout also with 1/2 twist		B
4.302	Salto forward layout with 1/1 or 1 1/2 twist		C
4.103	Front aerial or Side aerial		A
4.204	Arabian tucked, piked or layout		B
	SALTO BACKWARD		
5.101	Salto backward tucked, piked or layout		A
5.201	Salto backward tucked or layout with 1/2 or 1/1 twist		B
5.301	Salto backward layout with 1 1/2 or 2/1 twist		C
5.401	Salto backward layout with 2 1/2 twist		D
5.302	Double salto backward tucked		C
5.402	Double salto backward piked		D
5.104	Whip back		A

