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Garat e ligës A

30-31 Tetor 2021

FGJK - KGF

1. Detyrat e gjimnastëve dhe trajnerëve

-Gjimnastët të paraqiten në mënyrë të duhur (dorën/duart lart) te gjyqtarët D në fillim të ushtrimeve si dhe në përfundim të ushtrimeve. Të fillojnë garën brenda 30 sekondave nga sinjalizimi i gjyqtarëve D.
-Në rast të rrëzimit, gjimnastët kanë kohë 30 sekondave të vazhdojnë garën përsëri. Përjashtim bën trau ku kjo kohë zvogëlohët në 10 sekonda.
Gjatë kësaj kohe gjimnastët kanë të drejtë të çlodhen, të bisedojnë me trajnerin, të perdorin magnezin dhe të hipin përsëri në vegël.
-Pas përfundimit të prezantimit/garës gjimnastët duhet menjëherë ta lirojnë veglën e gjimnastikës për të tjerët.
-U ndalohet gjimnastëve dhe trajnerëve të kenë sjellje abuzive ndaj të tjerëve, të dëmtojnë veglat qëllimisht etj.
-Ndalohet biseda me gjyqtarët kur ata janë duke vlerësuar.
-Ju ndalohet gjimnastëve dhe trajnerëve të ndryshojnë lartësinë e veglave, përveç në rastet kur ju është dhënë leje.
-Gjimnastët fitues duhet të marin pjesë në ceremoninë e ndarjes së shpërblimeve të veshur me veshje sportive.
-Gjimnastët në garë duhet të vishen sipas rregullave të COP. Veshja jo adekuate për garë do të ndëshkohet nga gjyqtarët.
-Eshtë përgjegjësi e trajnerëve të dinë rregullat dhe të sillen në përputhje me to.
-Gjatë përformancës së gjimnastëve trajnerët duhet të përmbahen nga të folurit me ta, trajneri duhet të mos tentoj ta ndihmoj gjimnastin me sinjale, britma, brohoritje ose të ngjashme.

Rregullat për gara janë mbështetur në kodin e poentimit të FIG dhe manualin age group, përshtatur për nivelin e gjimnastikës në Kosovë.

2. Grupmoshat

Kampionati i Kosovës do të mbahet për të gjitha moshat.
Ndarja e moshave bëhet sipas tabeles të paraqitur më poshtë.
Tabela vlenë vetëm për vitin 2021.

Viti i lindjes	Mosha (me 31 dhjetor 2021)	Kategoria
2015	6	
2014	7	Para Fatos / Para yllka
2013	8	
2012	9	Fatos/Yllka
2011	10	
2010	11	Para Pionier/Para pioniere
2009	12	
2008	13	Pionier/ Pioniere
2007	14	
2006	15	Junior/ Juniore
2005	16	
2004	17	
2003	18	Senior/ Seniore
2002	19	

3. Vlerësimi

Gjimnastika artistike e femrave, parter

							Gjyqtari D2			
Emri	Klubi	Numri i elementeve	E1	E2	E3	Gjyqtari D1	Pas vallëzimi	Salto 360	Salto para dhe prapa	Salto double
		Total elemente	*Vlera e gabimeve*			*Vlera e vështërsisë*	*Po apo Jo*			

Kompozimi me më pak se 7 elemente llogaritet kompozim i shkurtë dhe ndëshkohet nga juria D.

Shtatë ose më shumë elemente – nuk ka ndëshkim
Gjashtë elemente - minus 2 pikë
Pesë elemente - minus 4 pikë
Katër elemente - minus 6 pikë
Tre elemente - minus 7 pikë
Dy elemente - minus 8 pikë
Një element - minus 9 pikë

Nga shtatë elementet e llogaritura nga gjyqtaria D, duhet të jenë:
3 elemente vallëzimi
3 elemente akrobatike
dhe 1 opsionale.

Në rastin kur më shumë se shtatë elemente ekzekutohen atëherë llogariten elementet më të vështira te gjyqtari D kurse gjyqtarët E llogarisin gabimet për të gjitha elementet.

Elementet e vallëzimit vlerësohen në këtë mënyrë:
Vështërsia A = 0.1 pikë
Vështërsia B = 0.2 pikë
Vështërsia C = 0.3 pikë
Vështërsia D = 0.4 pikë

Elementet aktrobatike vlerësohen në këtë mënyrë:
Vështërsia A = 0.1 pikë
Vështërsia B = 0.3 pikë
Vështërsia C = 0.5 pikë
Vështërsia D = 0.7 pikë
Trajnerët mund ta gjejnë vështërsine e elementeve në kod të poentimit
Elementet që nuk janë në kod të poentimit por të cilat mund të cilësohen si elemente të gjimanstikës automatikisht hyjnë në grupin A

Kapërdimet e thjeshta nuk llogariten si elemente.
Mungesa e daljes ndëshkohet me 0.5 pikë. Gjimnastja elementin e fundit akrobatik duhet ta ketë sallto pa duar.

Kërkesat e kompozimit:

1. *Pas vallëzimi*- gjimnastja të kaloj një pjesë të parterit duke kombinar dy elemente te dance
2. *Salto 360*- gjimnastja të përformoj salto para apo prapa me kthim minumum 360.
3. *Salto para dhe prapa*- gjimnasta të përformoj të dy saltot para dhe prapa.
4. *Salto double*- gjimnasta të përformoj salto të dyfishtë para apo prapa.

Për të katër kërkesat e kompozimit të përmendura sipër gjimnastja merr nga 0.5 pikë, pra maksimumi 2 pikë.
Muzika pa fjalë, kontakti I trupit me token gjate performimit etj janë kërkesa tjera për të cilat mund të ndëshkohen gjimnastet.

Gjimnastika artistike e meshkujve, parter

							Gjyqtari D2			
Emri	Klubi	Numri i elementeve	E1	E2	E3	Gjyqtari D1	Salto para	Salto prapa	Element joakrobatik	Salto double
		Total elemente	*Vlera e gabimeve*			*Vlera e vështërsisë*	*Po apo Jo*			

Vështërsia A = 0.1 pikë
Vështërsia B = 0.3 pikë
Vështërsia C = 0.5 pikë
Vështërsia D = 0.7 pikë

Kërkesat e kompozimit:

1. *Salto para*- gjimnasti të përformoj salto para të thjeshtë apo me kthim
2. *Salto prapa*- gjimnasti të përformoj salto prapa të thjeshtë apo me kthim
3. *Element joakrobatik*- gjimnasti të përformoj element joakrobatik nga grupi 1 në kod të poentimit
4. *Salto double*- gjimnasti të përformoj salto të dyfishtë para apo prapa.

Për të katër kërkesat e kompozimit të përmendura sipër gjimnastja merr nga 0.5 pikë,
pra maksimumi 2 pikë.

Gjimnastika artistike e femrave, tra

							Gjyqtari D2			
Emri	Klubi	Numri i elementeve	E1	E2	E3	Gjyqtari D1	Lidhje vallëzimi	Kthim (Gr. 3)	Element akrobatik në tra	Dalje me salto
		Total elemente	*Vlera e gabimeve*			*Vlera e vështërsisë*	*Po apo Jo*			

Kërcimet e thjeshta = A
Elementet akrobatike të A llogariten me 0.1
Elementet akrobatike të B llogariten me 0.3
Elementet akrobatike të C llogariten me 0.5
Elementet akrobatike të D llogariten me 0.7

Lartesia e traut eshte 1m nga toka për para-yllka dhe yllka, 1.10m per para-pioniere dhe 1.15m per pioniere, juniore dhe seniore.

Njejtë sikurse në parter, nëse gjimnastja përformon shtatë ose më shumë elemente, nuk ka ndëshkim
Gjashtë elemente - minus 2 pikë
Pesë elemente - minus 4 pikë
Katër elemente - minus 6 pikë
Tre elemente - minus 7 pikë
Dy elemente - minus 8 pikë
Një element - minus 9 pikë

Kërkesat e kompozimit:

1. *Lidhje vallëzimi*- gjimnasta të kombinoj dy elemente të vallëzimit në tra
2. *Kthim (Gr3)*- gjimnastja të përformoj kthim 360 apo më shumë me një këmbë në tra, elementi të jetë nga Gr3 te kodi i poentimit
3. *Element akrobatik në tra*- gjimnasta të përformoj salto para apo prapa, me duar apo pa duar.
4. *Dalje me salto*- gjimnasta të dal nga trau me rrotullim pa duar

Për të katër kërkesat e kompozimit të përmendura sipër gjimnastja merr nga 0.5 pikë, pra maksimumi 2 pikë.

Kohëzgjatja e ushtrimeve në tra nuk duhet të kaloj 90 sekonda.
Secili rrëzim nga trau ndëshkohet me 1 pikë.
Në rastin kur gjimnasta bie nga trau, ka kohë 10 sekonda të kthehet përsëri në vegël, kjo kohë prej dhjetë sekondash nuk llogaritet në kohën totale prej 90 sekonda.
Në tra gjimnastet duhet të bëjnë lëvizje anash, të ketë elemente ku preket trau me trup.
Në tra, njejtë me parter, gjimnastja mund të ndëshkohet për mungesë të ritmit, vetëbesimit apo përformancës artistike.

Gjimnastika artistike e femrave, paralele

							Gjyqtari D2			
Emri	Klubi	Numri i elementeve	E1	E2	E3	Gjyqtari D1	Hyrje me shpalosje	Kalim mes paraleles	Rrethi i madh	Dalje me salto
		Total elemente	*Vlera e gabimeve*			*Vlera e vështërsisë*	*Po apo Jo*			

Ngritja me forcë pa lëkudje A
Back hip circle, front hip circle vështërsia A
Front mill dhe back mill circle (shalua) llogaritet vetëm njëra brenda një përformimi dhe kanë vështërsi A
Dalja me salto është vështërsi A, me 180 llogaritet si vështërsi B, dalja 360 C.
Kalimi te paralelja siper por jo me një këmbë vështërsia A, lëkundjet të mëdha si dhe kalimi nga rrotullime në lëkundje janë vështërsi A
A=0.1 pikë, B=0.2 pikë, C=0.3 pikë, D=0.4 pikë …

Kërkesat e kompozimit:
1. *Hyrje me shpalosje*- gjimnastja të përformoj bar kip/glide kip.
2. *Kalim mes paraleles*- gjimnastja të kaloj nga njëra pjesë e paraleles te tjetra
3. *Rrethi i madh*- giant
4. *Dalje me salto*- gjimnasta të dal nga paralelja salto, me kthim apo pa kthim.

Për të katër kërkesat e kompozimit të përmendura sipër gjimnastja merr nga 0.5 pikë, pra maksimumi 2 pikë.
Numri I elementeve vlenë njejt si në veglat tjera, shtatë mjaftojnë për të fituar kuotën 10.

Kapërcime

Emri	Klubi	Gjyqtari E1	Gjyqtari E2	Gjyqtari E3	Gjyqtari D1	Vendi	Rezultati final:
		Vlera e gabimeve			*Vlera e vështërsisë*		
						#VALUE!	
						#VALUE!	
						#VALUE!	
						#VALUE!	
						#VALUE!	
						#VALUE!	
						#VALUE!	
						#VALUE!	
						#VALUE!	

Parayllkat perdorin dyshek 70cm të lartë.
Yllkat përdorin dyshek 1m cm.
Parapionieret përdorin veglën 1.15m.
Pionieret, junioret dhe senioret përdorin velgën 1.25m.

Gjimnastët në të gjitha kategoritë duhet ti bëjnë 2 elemente të ndryshme dhe gjyqtarët e llogarisin mesataren e tyre.

Vështërsia e elementeve llogaritet sipas kodit të poentimit.

Hekur

Bar kip (ngritja me shpalosje) llogaritet vështërsi B.
Ngritja me forcë pa lëkudje A
Back hip circle, front hip circle vështërsia A
Front mill dhe back mill circle (shalua) llogaritet vetëm njëra brenda një përformimi dhe kanë vështërsi A
Dalja me salto është vështërsi A, dalje me 180 llogaritet si vështërsi B, dalja 360 C.

Rregulla të përgjithshme

Në parter, përfundimi i kompozimit pa sinkronizim me muziken ndëshkohet me 0.3 pikë.
Kompozimi më i gjatë se 90 sekonda ndëshkohet nga gjyqtarët E.

Kombinimet në parter:
A+B= 0.1 pikë bonus
B+B= 0.2 pikë bonus
A+C= 0.2 pikë bonus
B+C= 0.3 pikë bonus

Ndëshkimet:
Gabim i vogël = 0.1
Gabim i mesëm = 0.3
Gabim i madh = 0.5
Rrëzim = 1.00
Trajneri asiston gjimnastin = -0.5 pikë dhe elementi nuk numërohet.
Në elementet e vallëzimit me shpagë nëse nuk arrihet komplet pozita, atëherë gjyqtarët mund të largojnë 0.1 apo 0.3 pikë, apo të mos numërohet elementi.
Veshja jo e duhur për garë dënohet me 0.1, 0.3, 0.5 apo 1 pikë, varësisht se deri në cilen shkallë gjimnasti e ka shkellur kodin e veshjes.
Në elementet me kthim, shikohet vendosa e këmbëve, nëse nuk arrihet të përfundohet kthimi atëherë llogaritet një element më poshtë, p.sh 540 llogaritet si 360.

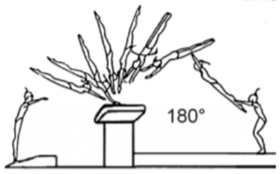
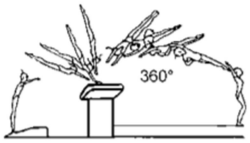
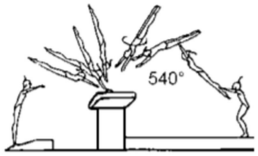
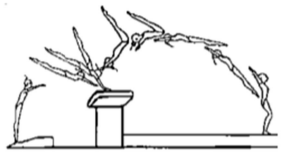
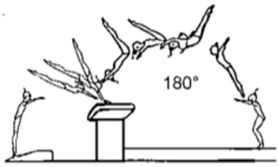
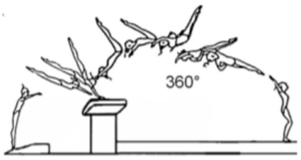
Në parter trajneri ka të drejtë të qëndroj pranë gjimnastit nese gjimnast-i/ja përformon element 360 apo më shumë për yllka dhe parayllka, kurse për grupmoshat më të rritura trajneri ka të drejtë për asistim në elemente 540 shkallë apo më shumë (C+).

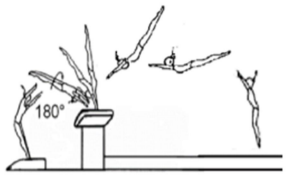
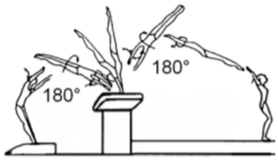
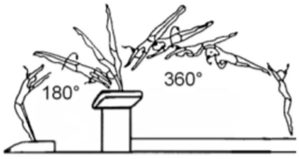
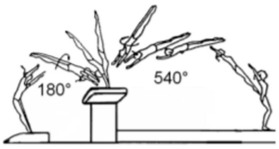
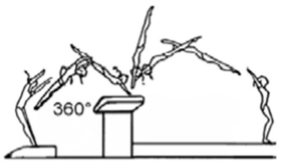
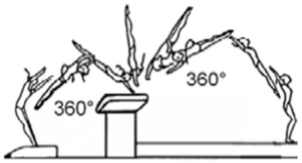
Fituesit në all around gjenden duke mbledhur pikët e gjimnastit në secilen vegël, pa marr parasysh se a është medalist apo jo.
Ekipi kampion gjendet duke mbledhur pikët e secilit garues të atij klubi në secilen vegël.

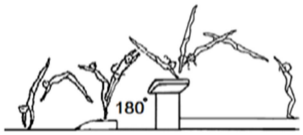
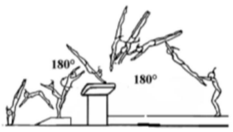
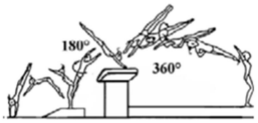
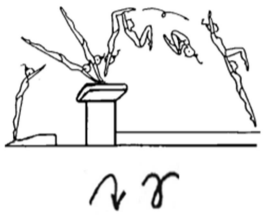
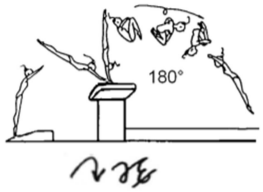
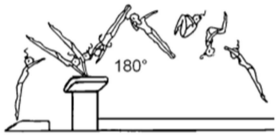
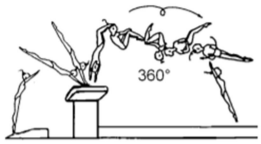
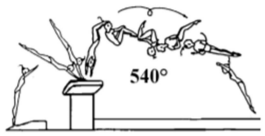
Për ta gjetur kodin e poentimit kërko në google: *wag code of points*, apo *mag code of points*

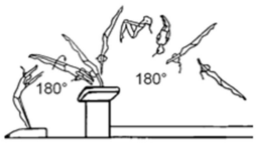
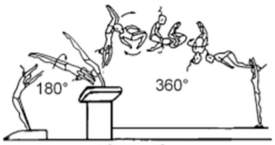
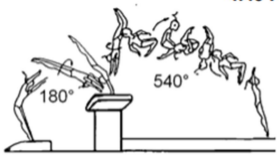
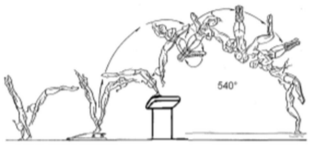
Në vazhdim janë të paraqitura disa nga elementet e Gjimnastikës Artistike të femrave.

WAG Kapërcime

1.00 *Handspring fwd* **2.00 P.** 	**1.01** *Handspring fwd on –* *½ turn (180°) off* **2.40P.** 	**1.02** *Handspring fwd on –* *1/1 turn (360°) off* **3.00 P.** 	**1.03** *Handspring fwd on –* *1½ turn (540°) off* **3.60 P.** 
1.10 *Yamashita* **2.40 P.** 	**1.11** *Yamashita with ½ turn (180°) off* **2.80 P.** 	**1.12** *Yamashita with 1/1 turn (360°) off* **3.20 P.** 	**1.13**

1.20 *Handspring fwd with ½ turn (180°) on – repulsion off* **2.00 P.** 	**1.21** *Handspring fwd with ½ turn (180°) on – ½ turn (180°) off (in either direction)* **2.80 P.** 	**1.22** *Handspring fwd with ½ turn (180°) on – 1/1 turn (360°) off* **3.00 P.** 	**1.23** *Handspring fwd with ½ turn (180°) on – 1½ turn (540°) off* **3.60 P.** 
1.30 *Handspring fwd with 1/1 turn (360°) on – Handspring fwd off* **3.60 P.** 	**1.31** *Handspring fwd with 1/1 turn (360°) on – 1/1 turn (360°) off* **4.00 P.** 	**1.32**	**1.33**

1.40 *Round-off, flic-flac on – repulsion off* **2.40 P.** 	**1.41**	**1.42**	**1.43**
1.50 *Round-off, flic-flac with ½ turn (180°) on – Handspring fwd off* **2.60 P.** 	**1.51** *Round-off, flic-flac with ½ turn (180°) on –½ turn (180°) off* **3.00 P.** 	**1.52** *Round-off, flic-flac with ½ turn (180°) on – 1/1 turn (360°) off* **3.40 P.** 	**1.53** *Round-off, flic-flac with ½ turn (180°) on – 1½ turn (540°) off* **3.80 P.** 
2.10 *Handspring fwd on – tucked salto fwd off* **4.00 P.** 	**2.11** *Handspring fwd on – tucked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and tucked salto bwd off* **4.40 P.**  	**2.12** *Handspring fwd on – tucked salto fwd with 1/1 turn (360°) off* **4.80 P.** 	**2.13** *Handspring fwd on – tucked salto fwd with 1½ turn (540°) off* **5.20 P.** 

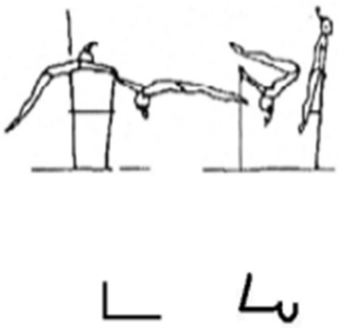
3.10 *Tsukahara tucked* **3.50 P.** 	**3.11** *Tsukahara tucked with 1/2 turn (180°) off* **3.80 P.** 	**3.12** *Tsukahara tucked with 1/1 turn (360°) off* **4.10 P.** 	**3.13** *Tsukahara tucked with 1½ turn (540°) off* **4.40 P.** 
3.20 *Tsukahara piked* **3.70 P.** 	**3.21**	**3.22**	**3.23**
4.10 *Round-off, flic-flac on – tucked salto bwd off* **3.30 P.** 	**4.11** *Round-off, flic-flac on – tucked salto bwd with ½ turn (180°) off* **3.60 P.** 	**4.12** *Round-off, flic-flac on - tucked salto bwd with 1/1 turn (360°) off* **3.90 P.** 	**4.13** *Round-off, flic-flac on – tucked salto bwd with 1½ turn (540°) off* **4.20 P.** 

Lista e plotë e elementeve është në FIG COP

Paralele e shkallëzuar

Vështërsia A:

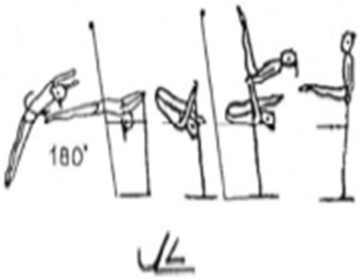
1.101
Glide Kip to support on LB, or Glide with ½ turn (180°) kip to support on LB



1.102
Jump with ½ turn (180°) kip to support on LB



Jump with ½ turn (180°) stoop through to rear support on LB (back kip)

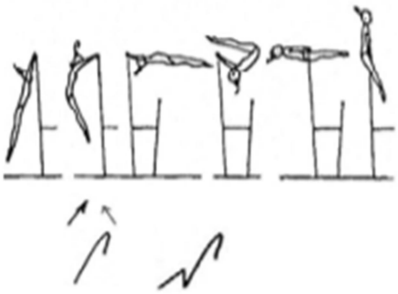


1.103
Glide on LB (or swing fwd on HB) and stoop through to rear support (back kip); or straddle cut bwd to hang on same bar

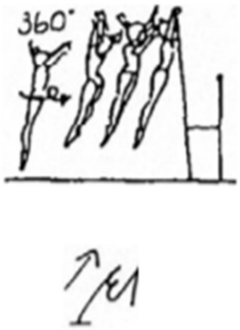




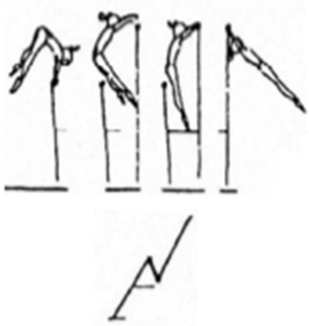
1.104
Jump to hang on HB – also with reverse grip – kip to support



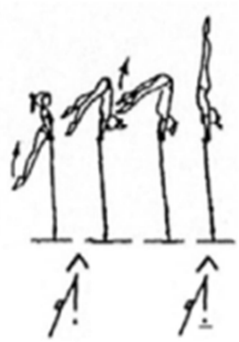
1.105
Facing HB – jump with 1/1 turn (360°) to hang on HB



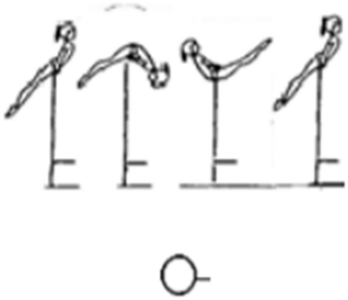
1.106
Straddle vault with hand repulsion over LB to catch HB



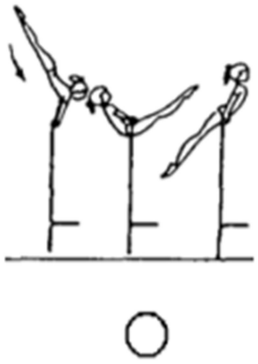
2.101
Cast to hstd with legs straddled or with hips bent; also with hop-grip change



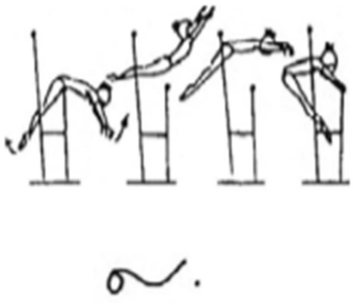
2.104
Hip circle fwd (hips touching bar)



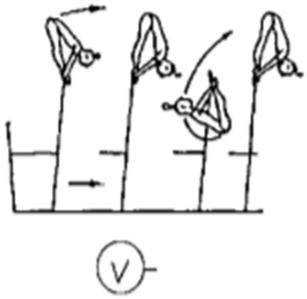
2.105
Hip circle bwd (hips touching bar)



Clear hip circle bwd or hip circle bwd on LB – hip repulsion – flight with regrasp on LB ("false-pop")



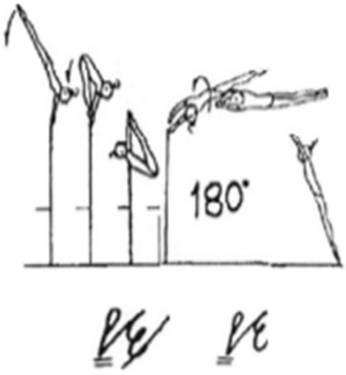
5.105
Sole circle forward (piped or straddle)



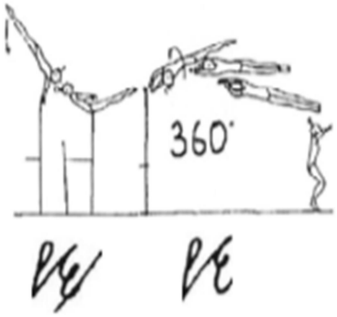
5.108
Sole circle bwd (piked or straddle)



6.101
From HB – underswing with ½ turn (180°) or 1/1 turn (360°) to stand



6.102
From HB – clear underswing with ½ turn (180°) or 1/1 turn (360°) to stand



6.104
Swing fwd to salto bwd tucked, piked or stretched (Flyaway)

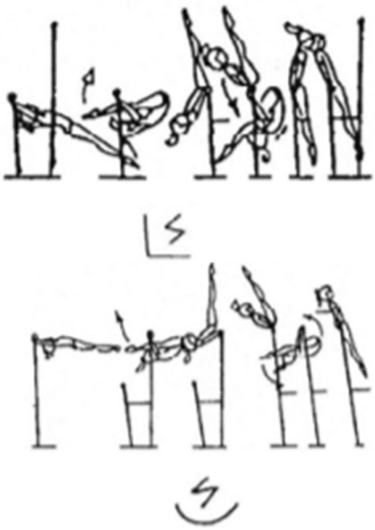


6.108
Swing bwd to salto fwd tucked, piked or stretched or clear straddle circle fwd on HB to salto fwd tucked

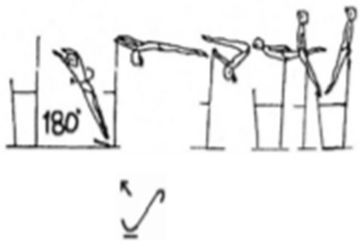


Vështërsia B:

1.203
Reverse kip from: – glide fwd on LB – swing fwd on HB – stoop through to kip hang, back kip swing, seat (pike) circle bwd to rear support



1.204
Facing HB – Jump with ½ turn (180°) – kip to support on HB



Free jump with ½ turn (180°) over LB to hang on HB

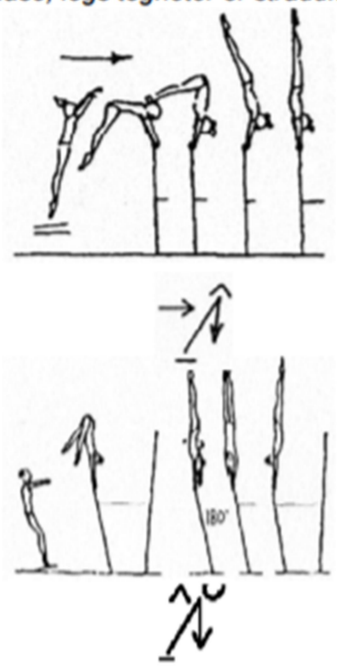


1.208
Round-off in front of LB – flight bwd (straddled) through clear straddle support on LB



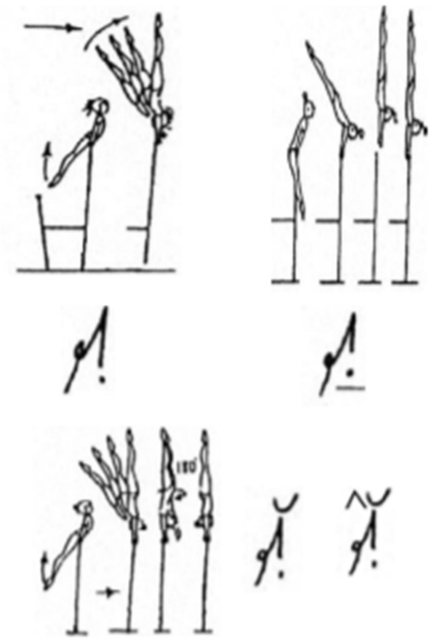
1.210

Jump to hstd on LB with hips bent, then extended,
also with ½ turn (180°) in hstd phase, legs togheter or straddle



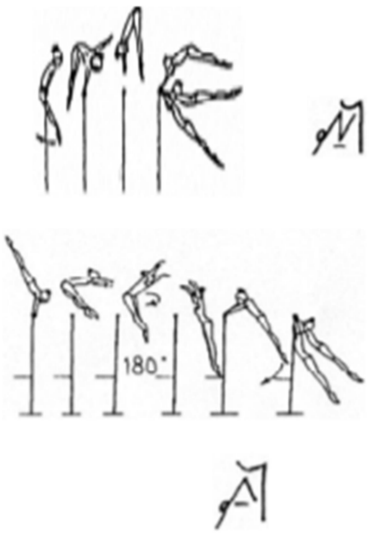
2.201

Cast to hstd with legs together and hips extended; also with hop-grip change also with ½ turn (180°) legs together or straddled



2.202

Front support on HB – stoop with flight or free straddle fwd over HB and ½ turn (180°) to hang on HB



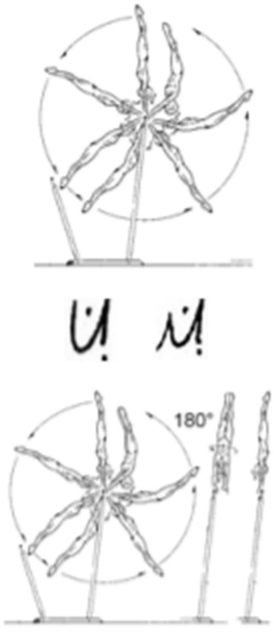
2.206

Clear underswing on LB, release and counter movement fwd in flight to hang on HB.

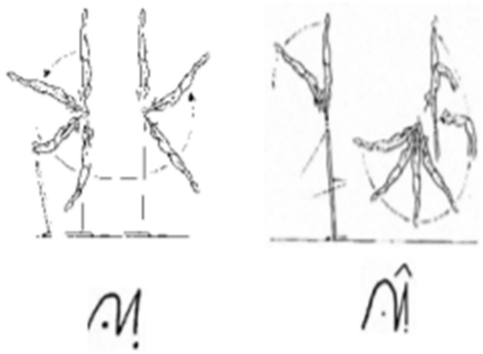


3.201

Giant circle bwd in regular grip, or on one arm: also with ½ turn (180°) to *hstd*
,



3.206
Giant circle fwd in reverse, regular or mix grip, also with legs straddled or hips bent in upswing phase;
also with ½ turn (180°) to hstd

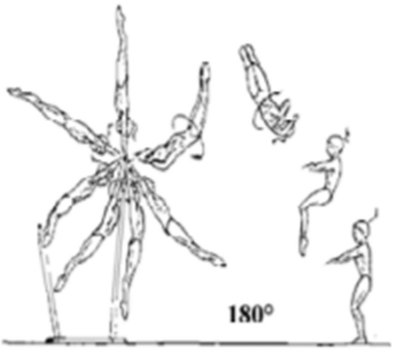


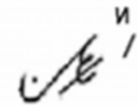


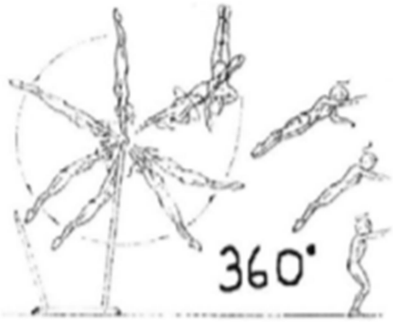
4.205
Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB



6.204
Swing fwd to salto bwd tucked, or stretched with ½ turn (180°) or 1/1 turn (360°) (Flyaway)



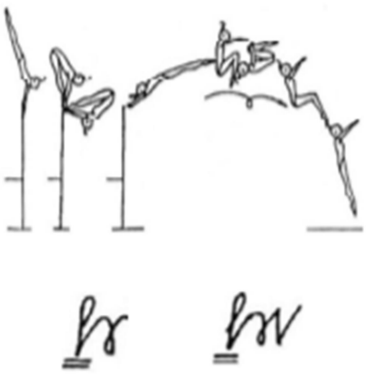




5.207
Underswing on LB (support of feet) with counter movement fwd in flight to hang on HB



6.201
From HB – underswing with salto fwd tucked or piked



6.205
Swing fwd to double salto bwd tucked



6.210
On HB - salto fwd tucked



Vështërsia C:

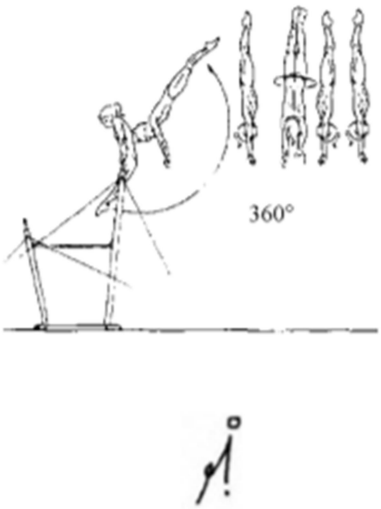
1.307
Facing HB – salto fwd to hang on HB



Roll fwd piked with hand repulsion over LB with flight to hang on HB



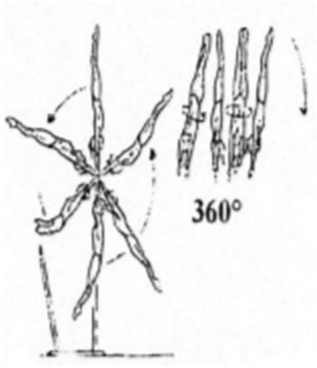
2.301
Cast with 1/1 turn (360°) to hstd



2.305
Clear hip circle to hstd, also with hop-grip change in hstd phase, or with ½ turn (180°) to hstd



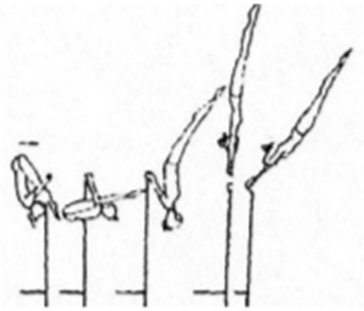
3.306
Giant circle fwd with 1/1 turn (360°) to hstd



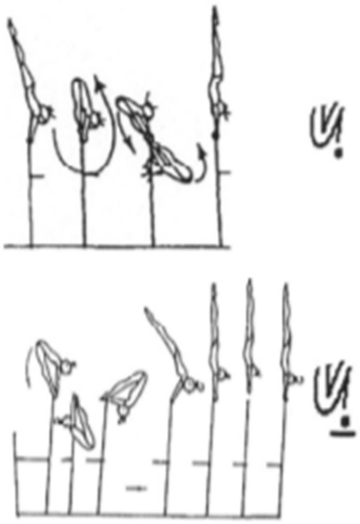
3.308
Swing bwd salto fwd tucked to hang on HB (Jaeger-Salto)



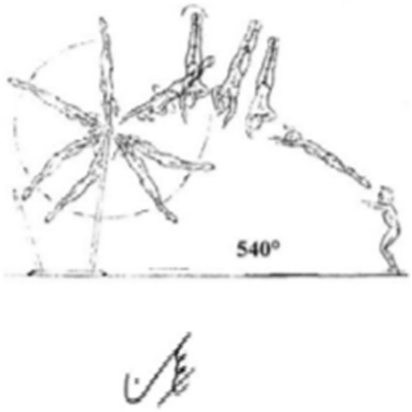
5.304
Schleudern to near hstd with hop-change to regular grip on HB



5.308
Pike sole circle bwd to hstd, also with hop-grip change to reverse grip in hstd phase, also with ½ turn (180°)



6.304
Swing fwd to salto bwd stretched with 1½ turn (540°) or 2/1 turn (720°)



Lista e plotë e elementeve është në FIG COP

TRA

Vështërsia A:

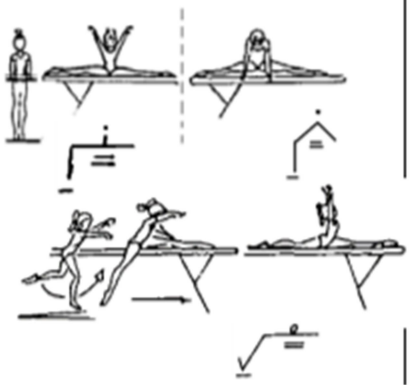
1.101 (D)
Leap - on landing must show arabesque position (leg min. at horizontal)



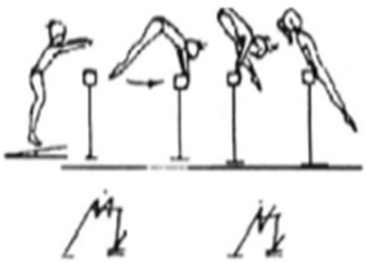
1.102 (D)
Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam or
Scissor Leap over beam to cross sit on thigh – diagonal approach to beam



1.105 (D)
Jump (with hand support) to side split sit or straddle position - take-off two feet or
Leap to cross split sit from one foot take-off – diagonal approach to beam (with hand support)



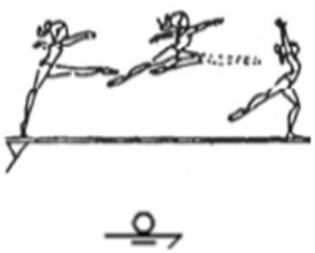
1.106
From side stand - squat or stoop through to rear support



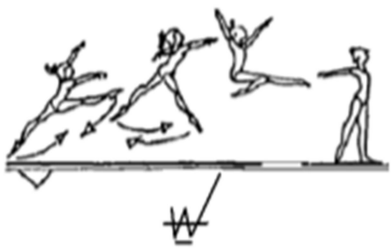
1.114
Jump to hstd with bent or straight legs – lower to optional end position



2.101
Stag Split leap fwd (leg separation 180°)



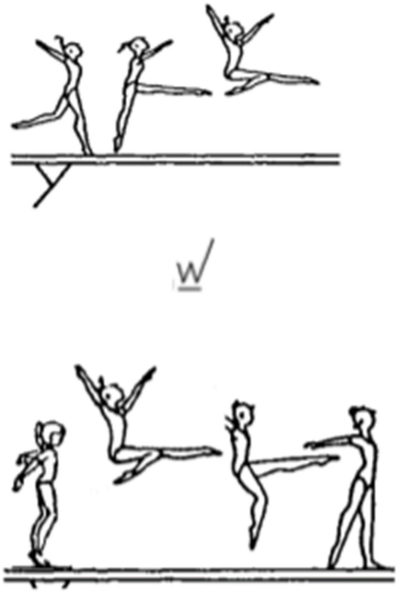
2.105
Stride leap fwd with change of legs to wolf position (hip angle at 45°)



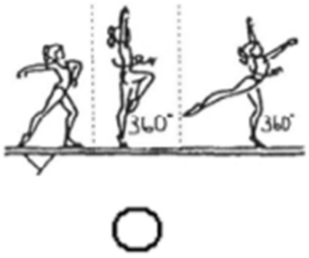
2.110
Cat leap (knees above horizontal alternately)



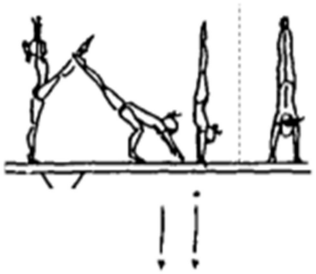
2.112
Wolf hop or jump from cross position. (hip angle at 45°, knees together)



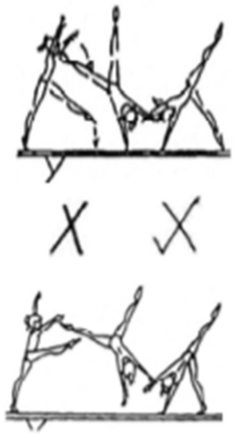
3.101
1/1 turn (360°) on one leg – free leg optional below horizontal



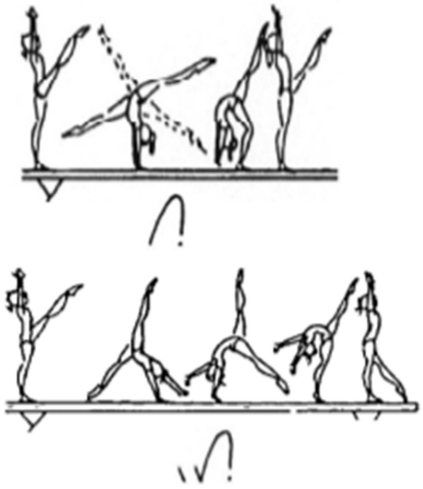
4.103
Kick to side or cross hstd (2sec), lower to end position touching beam



4.107
Cartwheel, also with support on one arm, or Cartwheel with flight phase before or after hand support



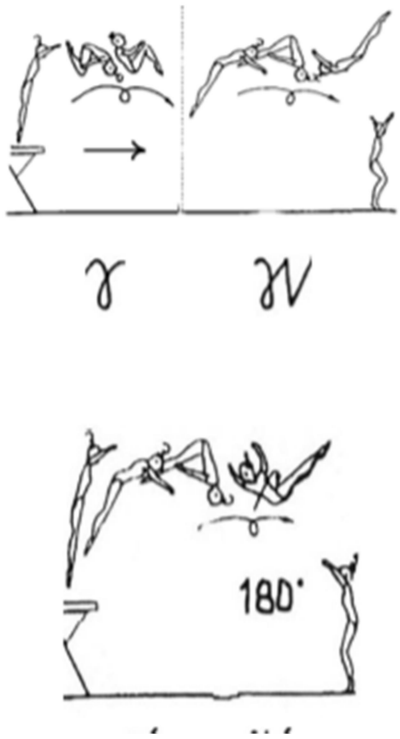
4.108
Walkover fwd, with/without alternate hand support (Tinsica)



6.101
Free (aerial) walkover fwd with ½ twist (180°)



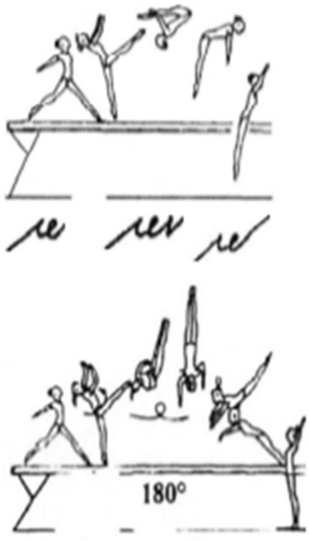
6.102
Salto fwd tucked or piked, also with ½ twist (180°)



6.104
Salto bwd tucked, piked, or stretched, also with ½ twist (180°)



6.106
Gainer salto tucked, piked, or stretched to side of beam, also with ½ twist (180°) (tucked, or stretched)

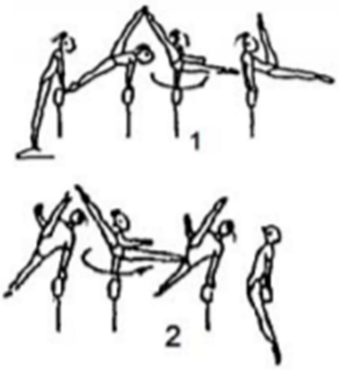


Vështërsia B:

1.201 (D)
Split leap (180°)



1.203
Two flying flairs



1.207
Jump to roll fwd at end or middle of beam, also from clear straddle support on end of beam – swing bwd to roll fwd

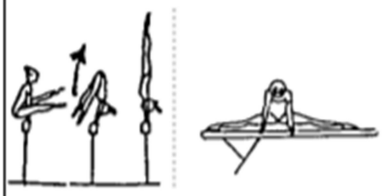


Jump to clear straddle support on end of beam – swing bwd to roll fwd

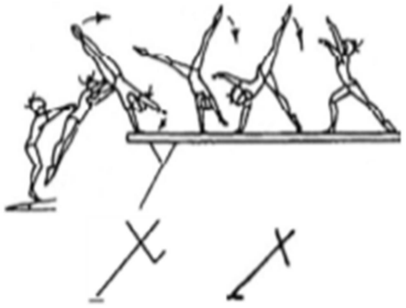


1.210
Jump, press, or swing to side or cross hstd (2 sec) – lower to end position touching beam or to clear straddle support; also with ½ turn (180°) in hstd.

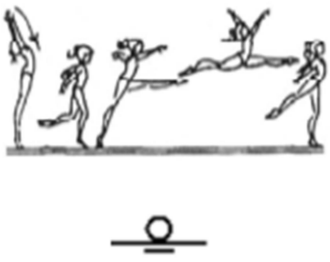




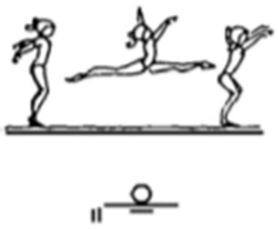
1.214
Cartwheel on one or both arms



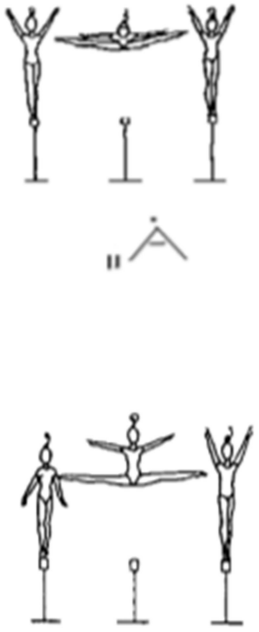
2.201
Split leap fwd (leg separation 180°)



2.202
Split jump (leg separation 180°) from cross position



2.203
Straddle pike jump (both legs above horizontal), or side split jump from cross position



2.207
Pike jump from side position with ½ turn (180°)



2.209
Hop with ½ turn (180°) free leg extended above horizontal throughout



2.210
Cat leap with ½ turn (180°)



3.201
1½ turn (540°) on one leg – free leg optional below horizontal



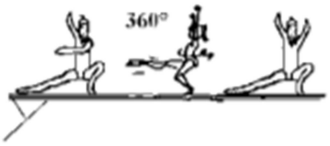
3.206
½ illusion turn (180°) through standing split (180° legs separation) with/without brief touching of beam with one hand



3.207
1½ turn (540°) in knee arabesque – hand support alternate



3.208
1/1 turn (360°) in tuck stand on one leg - free leg optional



4.204
Roll fwd without hand support to sit position or to tuck stand



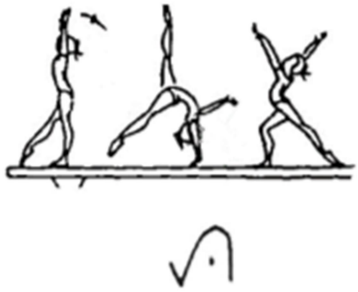
4.205
Roll bwd to hstd - lower to end position touching beam



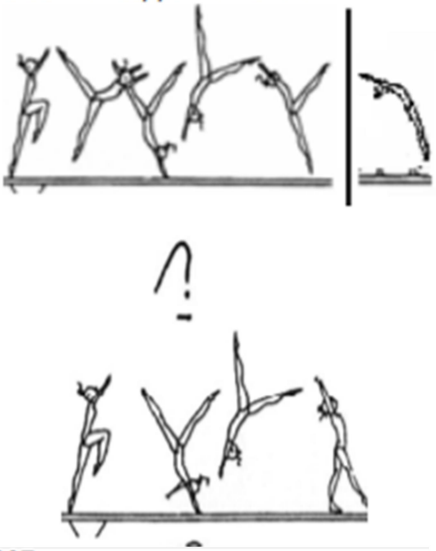
4.208
Walkover fwd, with support of one arm



4.209
Walkover bwd, with support of one arm



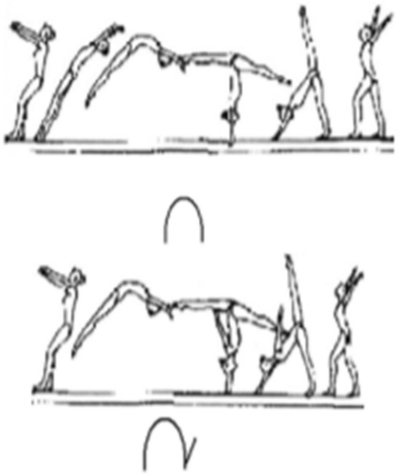
5.201
Handspring fwd with flight to land on one or both legs (same element), also with support on one arm



5.202
Flic-flac to land on both feet



5.204
Flic-flac with step-out, also with support on one arm



5.207
Flic-flac or Gainer flic-flac – with high flight phase, and swing down to cross straddle sit

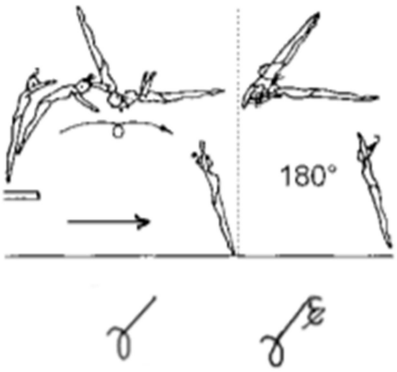


5.208
Round-off



6.202

Salto fwd stretched, also with ½ twist (180°)



Salto fwd tucked with 1/1 twist (360°)



6.203

Jump bwd, with ½ twist (180°), salto fwd tucked or piked (Arabian salto)



6.204

Salto bwd tucked or stretched with 1/1 (360°)

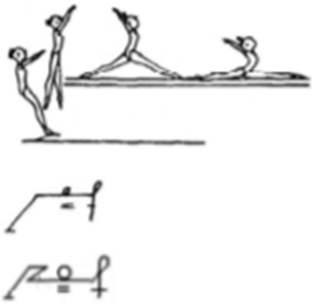


Vështërsia C:

1.304 (D)
Straddle pike jump bwd over beam from round-off into immediate hip circle bwd – 90° approach to beam



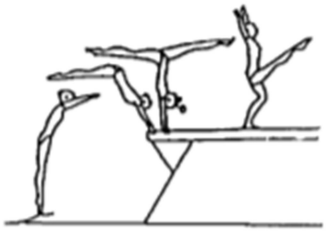
1.305 (D)
Free jump to cross split sit, also free jump with leg change – take-off from both legs – diagonal approach to beam



1.309
From cross stand facing end of beam – head kip



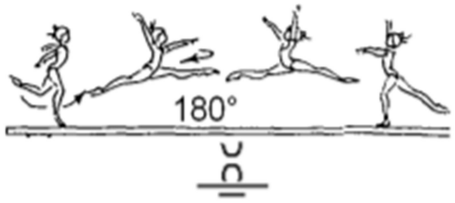
From cross stand facing end of beam – jump to hstd with hip angle (pike) to front walkover



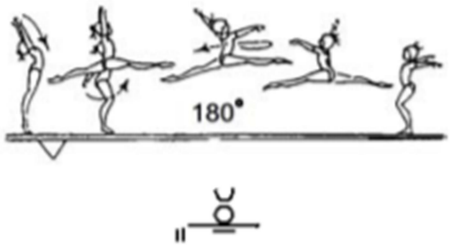
1.317
Round-off at end of beam – flic-flac through hstd with swing down to cross straddle sit



2.301
Split leap fwd with ½ turn (180°).



2.302
Split jump with ½ turn (180°) from cross position



2.303

Straddle pike jump with ½ turn (180°) from cross position

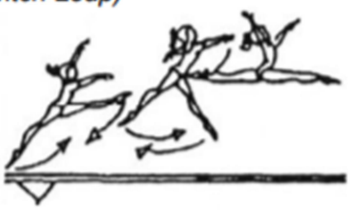






2.305

*Leap fwd with leg change (free leg swing to 45˚) to cross split (180° separation < **after** leg change) (Switch Leap)*



3.304

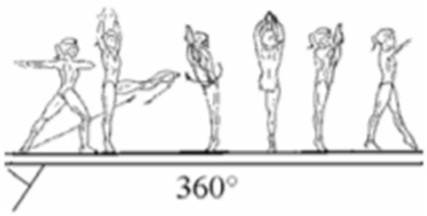
1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn, with/without holding free leg with hand (support and free leg may be straight or bent)





3.305

1/1 turn (360°) with free leg held upward in 180° split position throughout turn





5.304

Flic-flac with ½ twist (180°) after hand support





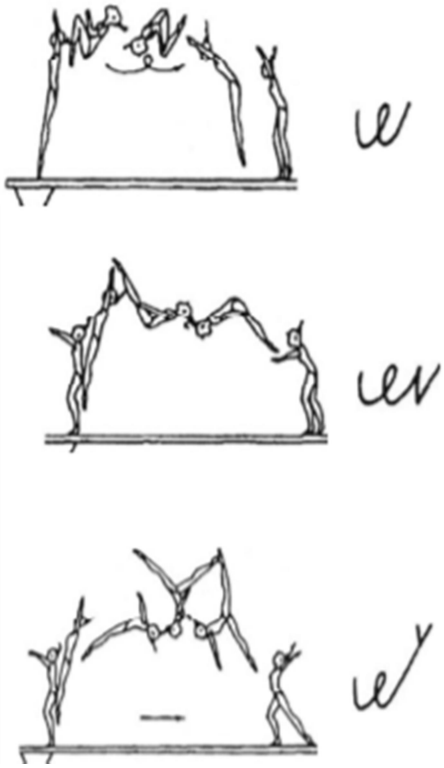
5.310

Salto fwd tucked, take-off from one leg to stand on one or two feet

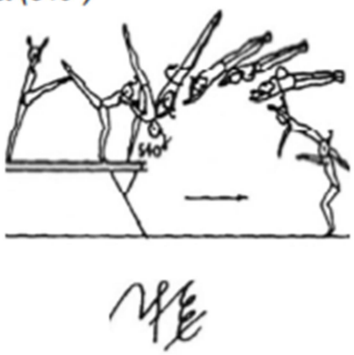




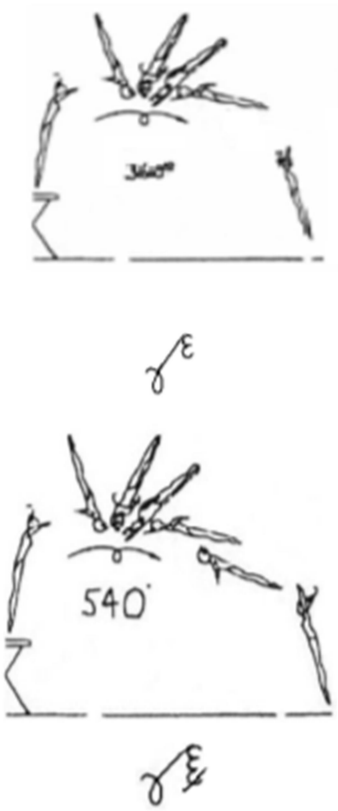
5.312
Salto bwd tucked, piked or stretched (step out)



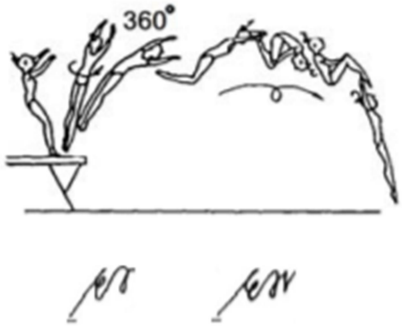
6.301
Free (aerial) walkover fwd with 1½ twist (540°)



6.302
Salto fwd stretched with 1/1 twist (360°) or 1½ twist (540°)



6.303
Stretched jump fwd with 1/1 twist (360°) and salto fwd tucked or piked,



6.304
Salto bwd tucked or stretched with 1½ twist (540°)



Vështërsia D:

1.401 (D)
Leap fwd with leg change (free leg swing to 45°) to cross split



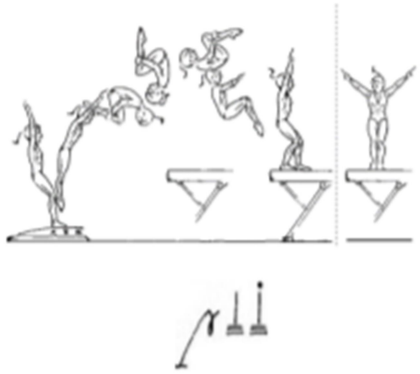
1.412
Jump or press to side Hstd – walkover fwd to side stand on both legs



1.414
From rear stand (back towards beam), flic flac over beam to candle position, ending in front support with or without bwd hip circle



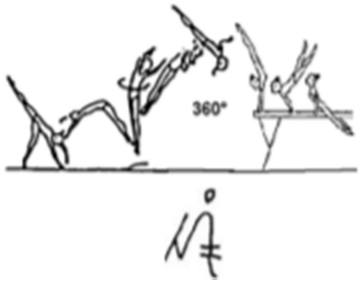
1.416
Salto fwd tucked to cross or side stand – approach at end of beam



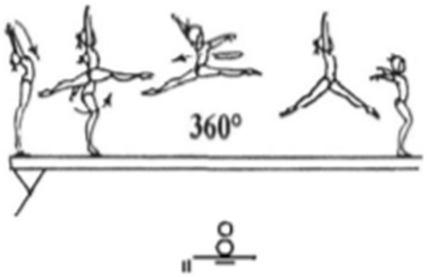
1.417
Round-off at end of beam – flic-flac through hstd – support on one or both arms – to cross stand on beam



Round-off at end of beam – flic-flac with 1/1 twist (360°) into swing down to cross straddle sit



2.402
Split jump with 1/1 turn (360°) from cross position



2.409
Stretched jump/hop with 1½ turn (540°) from cross position



3.401
2/1 turn (720°) on one leg – free leg optional below horizontal



3.406
1/1 illusion turn (360°) through standing split (180° legs separation) with/without brief touching of beam with one hand



5.408
Free (aerial) cartwheel – landing in cross or side position, also with leg change

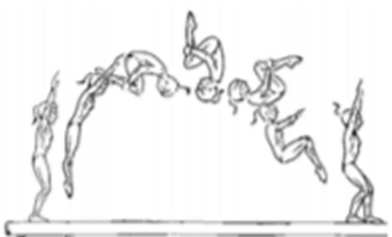




5.409
Free (aerial) walkover fwd, landing on one or both feet

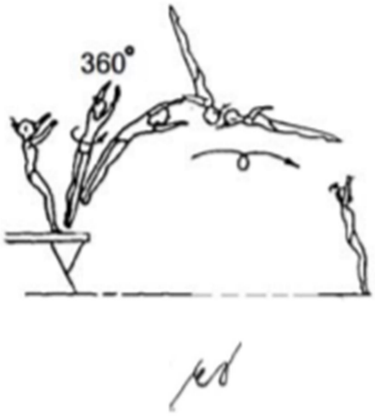


5.410
Salto fwd tucked to cross stand



6.403

Stretched jump fwd with 1/1 twist (360°) and salto fwd stretched



6.405

Double salto bwd tucked



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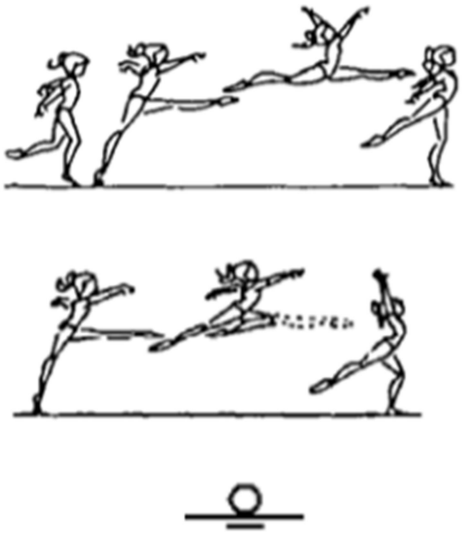
WAG PARTER

Vështërsia A:

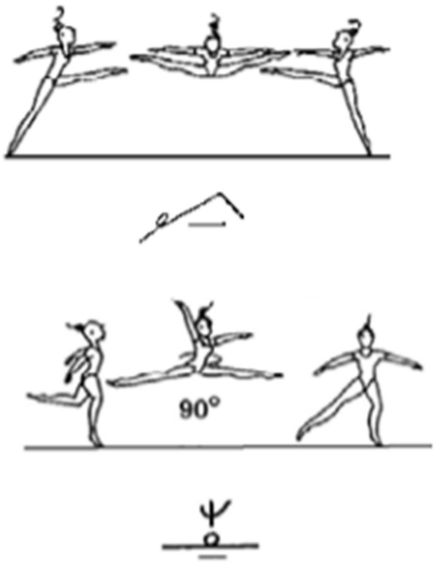
1.101
Split leap fwd (leg separation 180°)



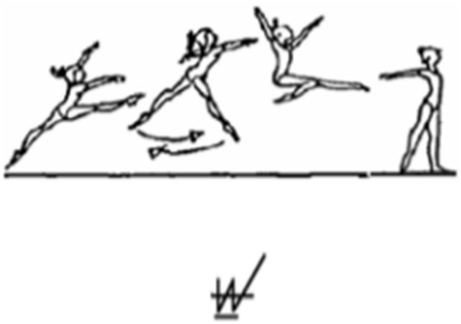
1.103
Tuck jump with separation of legs to cross split (180°) during flight phase



1.104 (*)
Leap fwd with ¼ turn (90°) into straddle pike position (both legs above horizontal) or side split to land on one or both feet.



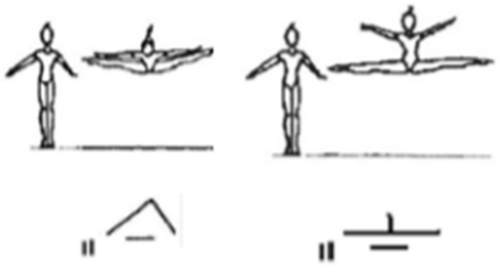
1.105
Stride leap fwd with change of legs to wolf position



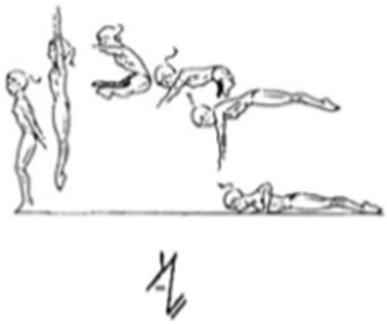
1.106
Pike jump (hip < 90°)

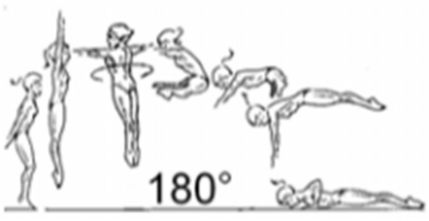


1.107 (*)
Straddle pike jump (both legs above horizontal), or side split jump (leg separation 180°)



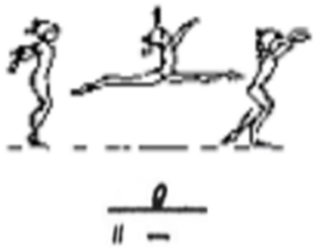
1.108 (*)
Straddle pike (both legs above horizontal),or side split jump landing in front lying support (also with 1/2 turn (180°)



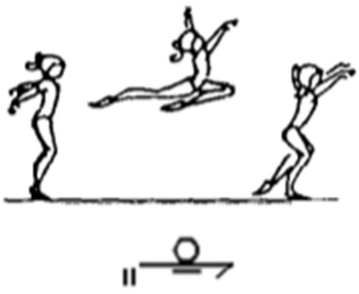


1.109 (*)

Split jump (leg separation 180°)



Stag jump

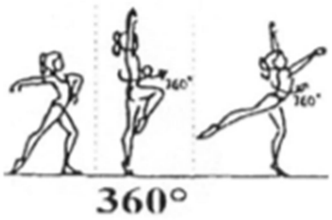


1.111
Leap with alternate leg change (knees above horizontal)





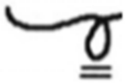
2.101
1/1 turn (360°) on one leg – free leg optional below horizontal



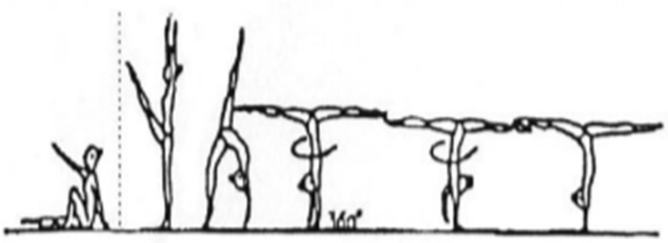


3.102
Hecht roll

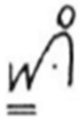




3.104
Walkover bwd from stand or extended tuck-sit to hstd with 1/1 turn (360°) in hstd – return movement optional







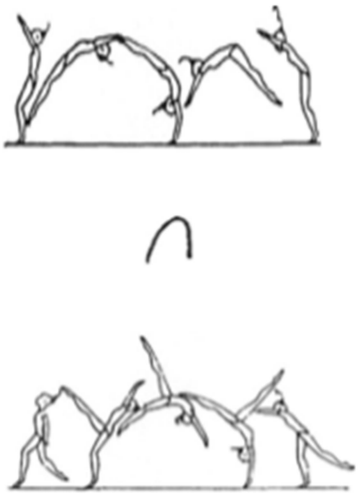
3.105
Handspring fwd, take-off from one leg or Flyspring fwd, take-off from both legs – with or without hecht phase before hand support – landing optional



3.106
Round-off



3.107
All flic-flac and gainer flic-flac variations, also with support of one arm



4.103
Free (aerial) walkover fwd



4.104
Free (aerial) cartwheel or free (aerial) round-off





Salto fwd tucked or piked

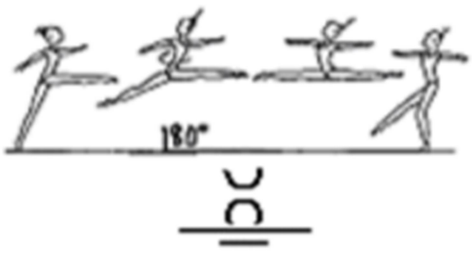


5.101
Salto bwd tucked, piked, or stretched



Vështërsia B:

1.201
Split leap with ½ turn (180°)



1.202
Fouette Hop with leg change to cross split (leg separation 180°) to land on one foot (tour jeté)



1.204

Switch leap with ¼ turn (90°) to side split or to straddle pike position (both legs above horizontal) (Johnson)



ZA

1.205

*Leap fwd with leg change (free leg swing to 45°) to cross split (180° separation < **after** leg change) (Switch leap)*



Z

1.206

Jump with upper back arch and head release with feet almost touching head (Sheep jump)



W

1.209 (*)

Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs)



9

1.212

Hop with ½ turn (180°) free leg extended above horizontal throughout



Y

1.213

Tuck hop or jump with 1/1 turn (360°)



O

2.201

2/1 turn (720°) on one leg – free leg optional below horizontal



720°



2.202

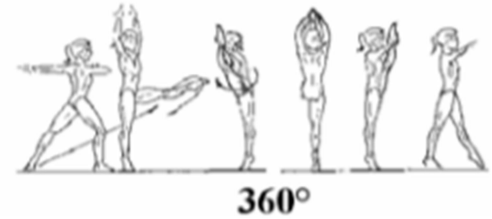
1/1 turn (360°) with heel of free leg fwd at horizontal throughout turn, also with free leg held (support and free leg may be straight or bent)





2.203

1/1 turn (360°) with free leg held upward in 180° split position throughout turn



360°



2.205

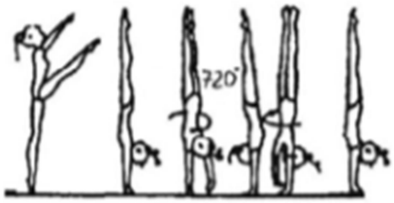
1/1 illusion turn (360°) through standing split without touching floor with hand



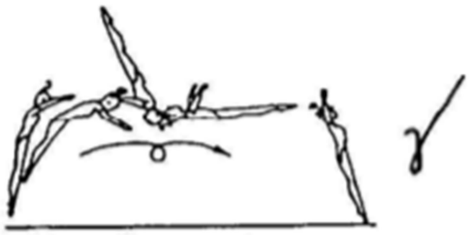


3.201

Jump kick or press to hstd with 1 ½ - 2/1 turn (540°- 720°) in hstd – return movement optional



4.202
Salto fwd stretched,
also with ½ twist (180°)

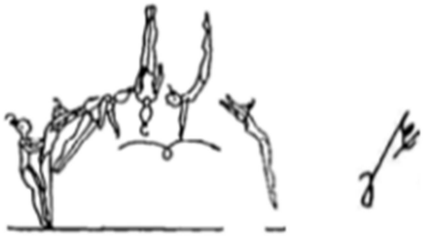


4.201
Salto fwd tucked with ½ or 1/1 twist (180° or 360°), also
Salto fwd piked with ½ twist (180°)

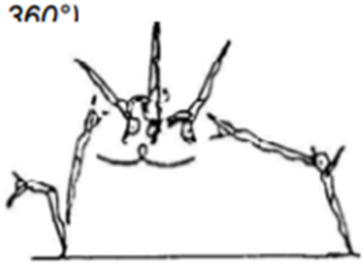




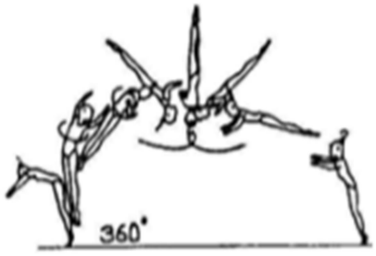




5.201
Salto bwd stretched with ½, or salto bwd tucked or stretched with 1/1 twist (180° or 360°)



5.104
Whip salto bwd

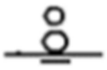




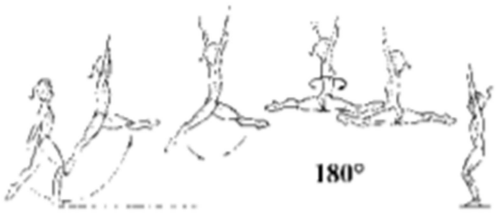
Vështërsia C:

1.301 (*)
Split leap with 1/1 turn (360°)



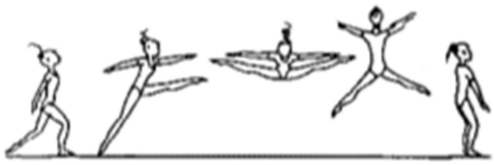


1.304 (*)
Switch leap with ½ turn (180°) in flight phase





Leap fwd with ¼ turn (90°) into straddle pike position with 1/1 turn (360°)

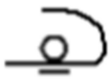


Johnson with additional ½ turn (180°)



1.309
Split ring leap (180° separation of legs)





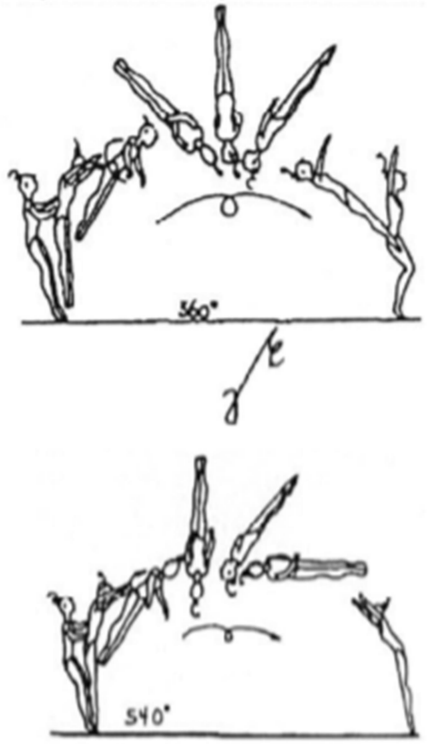
1.310
Stretched hop or jump with 2/1 turn (720°)





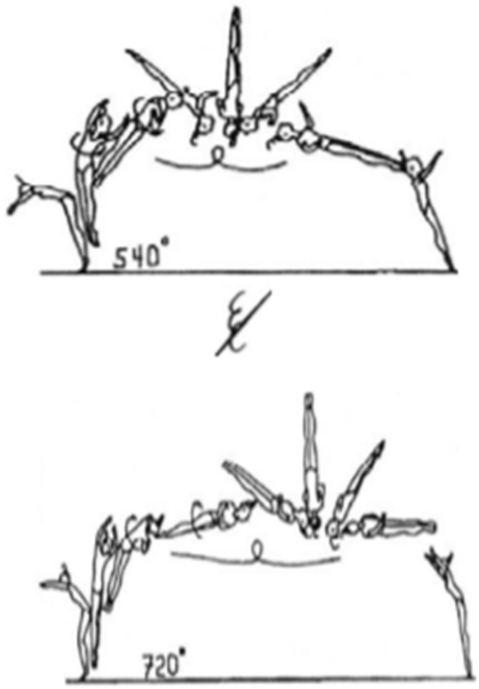
4.302

Salto fwd stretched with 1/1 or 1½ twist (360° or 540°)



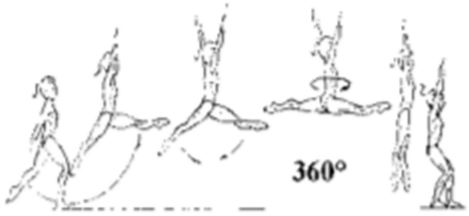
5.301

Salto bwd stretched with 1½ or 2/1 twist (540° or 720°)



Vështërsia D:

1.404 (*)
Switch leap with 1/1 turn (360°) in flight phase





1.405
Switch leap to Ring position with ½ turn (180°)

Johnson with additional 1/1 Turn (360°)

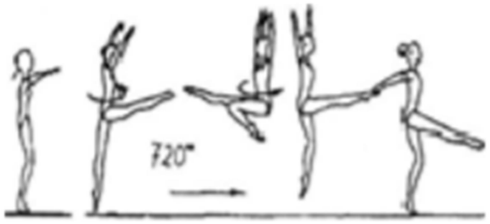








1.414
Wolf hop or jump with 2/1 turn (720°)





2.403
2/1 turn (720°) with free leg held upward in 180° split position throughout turn

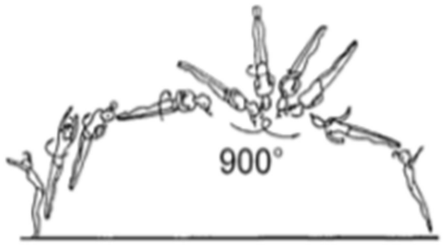




4.402
Salto fwd stretched with 2/1 twist (720°)



5.401
Salto bwd stretched with 2½ twist (900°)



5.402
Double salto bwd tucked



Double salto bwd piked



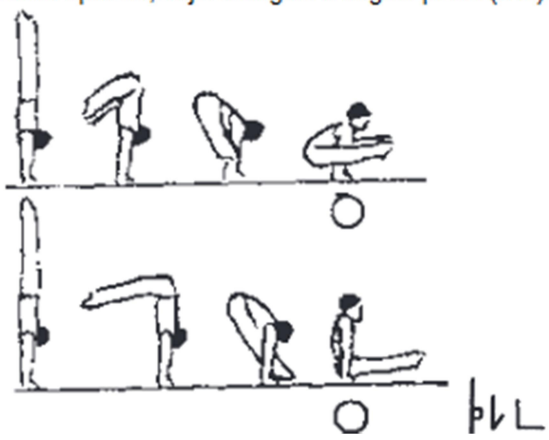
Lista e plotë e elementeve është në FIG COP

Në vazhdim janë të paraqitura disa nga elementet e Gjimnastikës Artistike të meshkujve.

MAG PARTER

Vështërsia A:

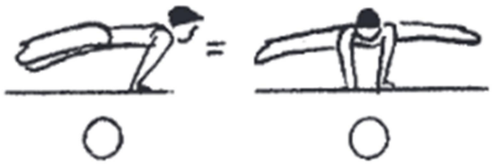
1. De l'appui renvs. s'abaisser à l'équerre ou à l'équerre écartée (2 s.).
From hdst. lower to L-sit or strad. L-sit (2 s.).
Desde ap. inv.., bajar a ángulo o ángulo p. ab. (2 s.).



19. Appui renversé (2 s.).
Handstand (2 s.).
Apoyo invertido (2 s.).



25. Appui facial horizontal jambes écartées (2 s.).
Support lever, legs straddle (2 s.).
Apoyo facial horizontal piernas abiertas (2 s.).



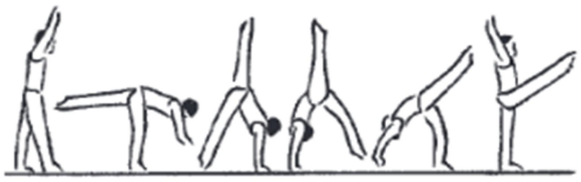
49. De la station ou de l'appui couché dorsal, 1 jambe fléchie, renv. arrière ou à l'appui renverse.
From stand or rear support, push off 1 foot through hdst. or back walkover.
Desde la pos. o el ap. acostado dorsal, 1 p. flex., inversión atrás, o al apoyo invertido.



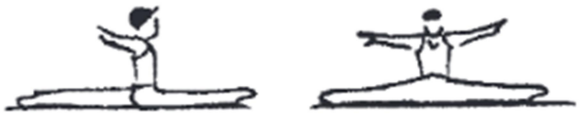
(Menichelli)



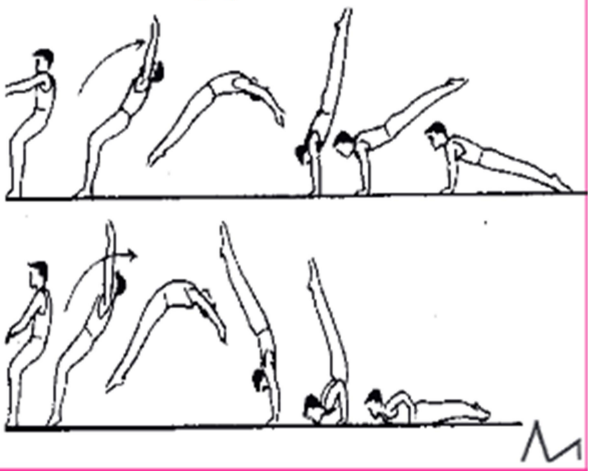
55. Renversement avant.
Forward walkover.
Paloma.



61. Grand écart transversal ou latéral (avec arrêt).
Cross or side split (stop required).
Spagat de frente o lat. (se necesita parar).



73. Saut en arrière à l'appui ou couché facial.
Jump bwd. to front support.
Salto atrás al apoyo acostado facial.

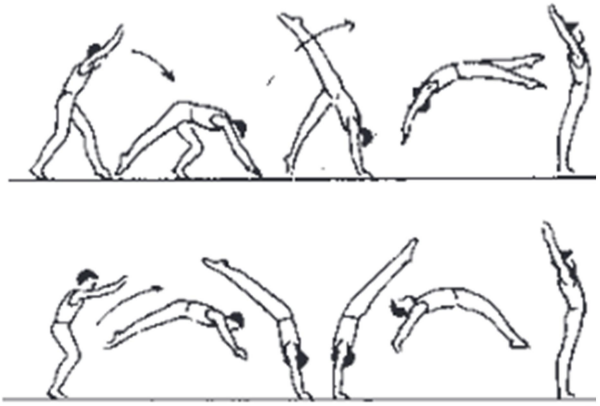


91. 2 cercles des jambes serrées ou écartés.
2 circles or flairs.
2 molinos o molinos piernas abiertas.

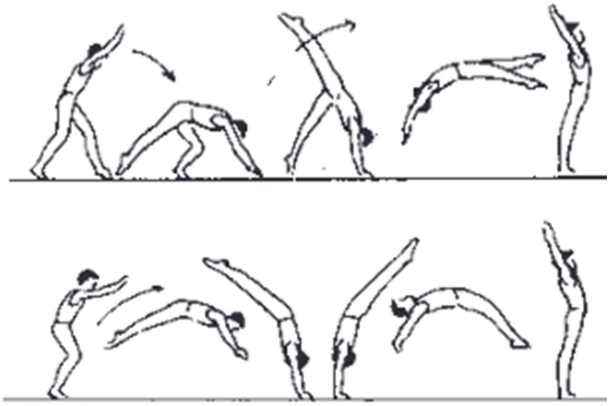


ff

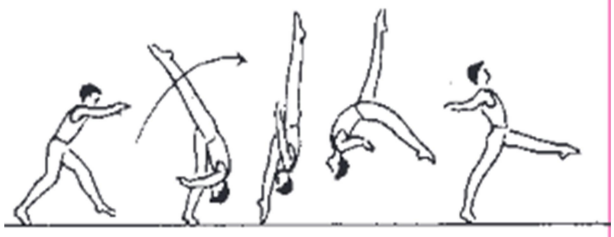
7. Renversement avant.
Forward handspring or flyspring.
Paloma adelante o flic flac adelante.



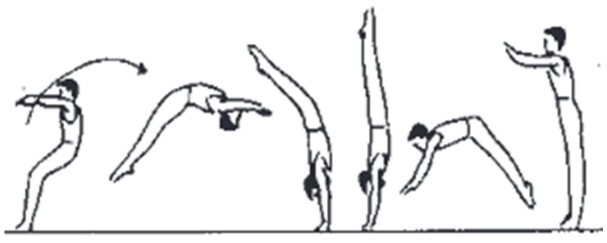
7. Renversement avant.
Forward handspring or flyspring.
Paloma adelante o flic flac adelante.



25. Salto avant sur 1 jambe écartée.
Aerial walkover fwd.
Mortal adelante sobre con 1 pierna.



13. Renversement arrière.
Back handspring.
Flic flac.

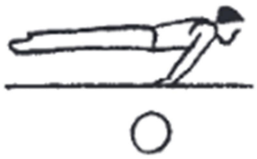


Vështërsia B:

2. Équerre, jambes levées à la vertical (2 s.).
V-sit (2 s.).
Ángulo, piernas verticales (2 s.).



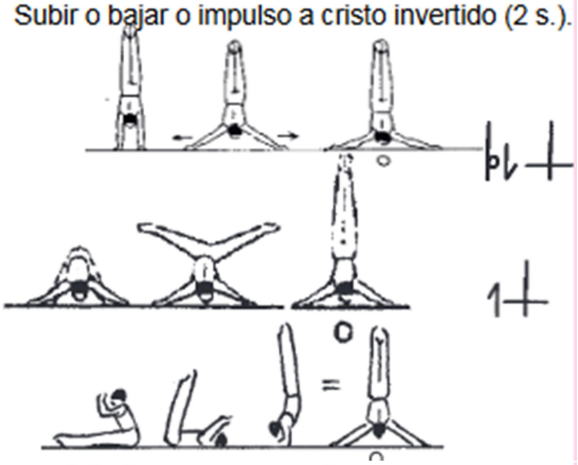
26. Appui facial horizontal. (2 s.).
Support lever (2 s.).
Apoyo facial horizontal (2 s.).



122. Rouler en arrière avec 1/1 t. sauté à l'appui renversé.
Roll bwd. with hop 1/1 t. through hdst.
Rodar atrás con 1/1 g. saltado al ap. invertido.



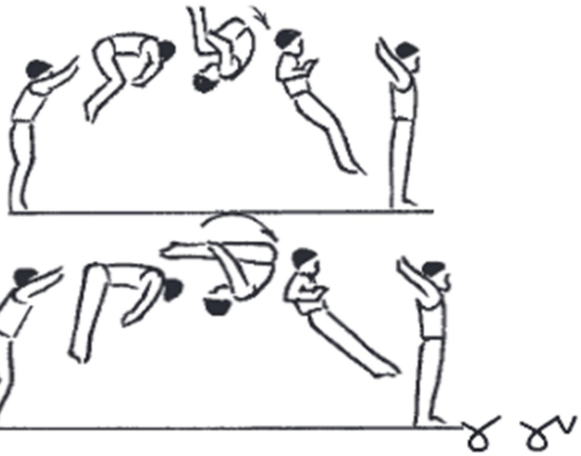
20. S'élever lent. ou s'abaisser ou élan à la croix renv. (2 s.).
Press or lower or swing to Japanese hdst. (2 s.).
Subir o bajar o impulso a cristo invertido (2 s.).



44. Roulé éc à l'appui renversé (2 s.).
Endo roll to handstand (2 s.).
Rodar piernas abiertas al apoyo invertido (2 s.).



19. Salto avant groupé ou carpé.
Salto fwd. tucked or piked.
Mortal adelante agrupado o en carpa.



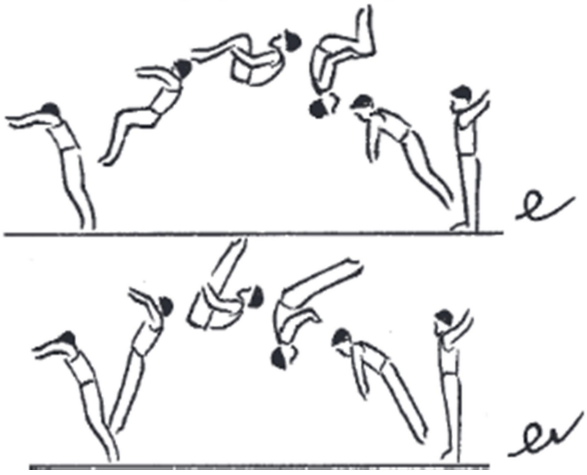
31. Salto avant groupé ou carpé, avec ½.
Salto tucked and piked ½ t.
Mortal adelante agr. o en carpa, con ½.



32. Salto avant groupé avec 1/1 t.
Salto tucked with 1/1 t.
Mortal adelante agr. con 1/1 g.



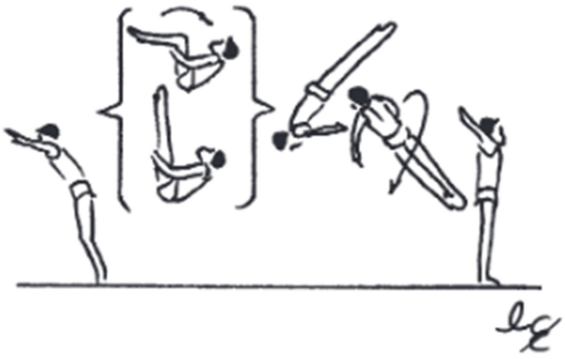
1. Salto arrière groupé ou carpé.
Salto backwards tucked or piked.
Mortal atrás agrupado o en carpa.



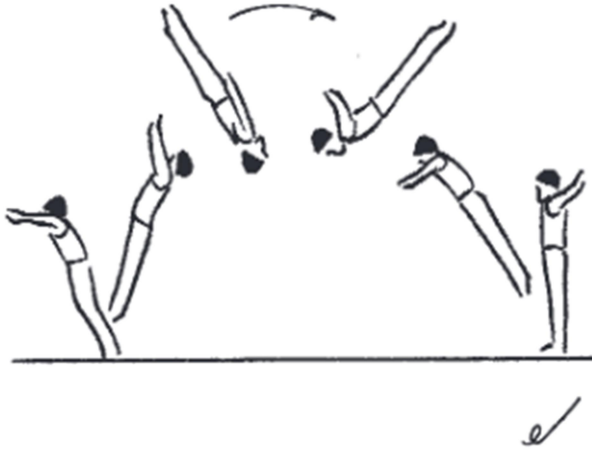
38. Salto av. tendu avec ½ t.
Salto fwd. str. with ½ t.
Mortal ad. ext. con ½ g.



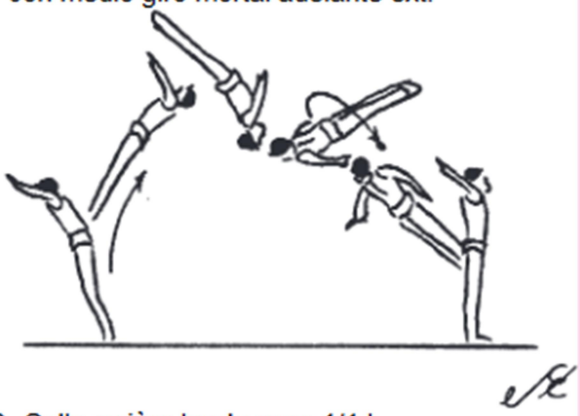
7. Salto arrière groupé ou carpé avec ½ t. ou salto arr. gr. ou carpé avec ½ t.
Salto backwards tucked or piked w. ½ t. or Arabian tucked or piked.
Mortal atrás agrupado o en carpa con ½ g. o salto atrás con medio giro mortal adelante



2. Salto arrière tendu.
Salto backwards stretched.
Mortal atrás extendido.



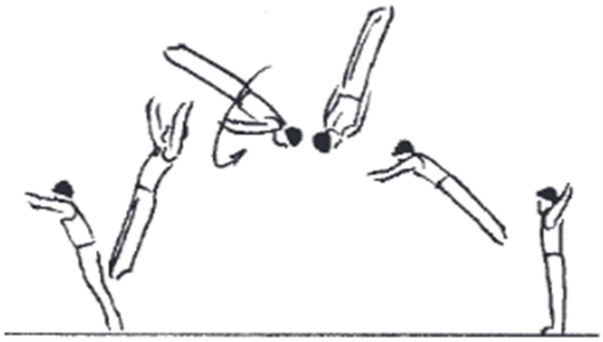
8. Salto arrière tendu avec ½ t. ou salto arr. tendu avec ½ t.
Salto backwards str. w. ½ t. or Arabian str.
Mortal atrás extendido con ½ g. o salto atrás con medio giro mortal adelante ext.



20. Salto arrière groupe avec 3/2 t.
Salto backwards tucked w. 3/2 t. .
Mortal atrás agr. con 3/2 g.

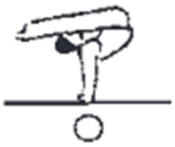


26. Salto arrière tendu avec 1/1 t.
Salto bwd. str. with 1/1 t.
Mortal atrás ext. con 1/1 g.

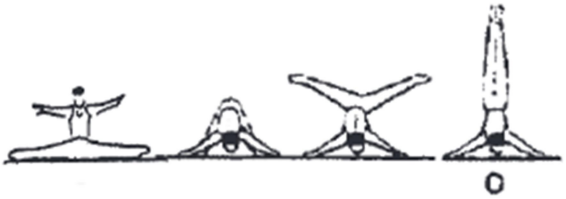


Vështërsia C:

3. Équerre, jambes à l'horizontal (2 s.).
V-sit with legs horiz. (2 s.).
Ángulo piernas horizontales (2 s.).
(Manna)



21. Du gr. écart. s'élever lent. à la croix renversé (2 s.).
From split press to Japanese handstand (2 s.).
Desde spagat elevarse lentamente a cristo invertido (2 s.).



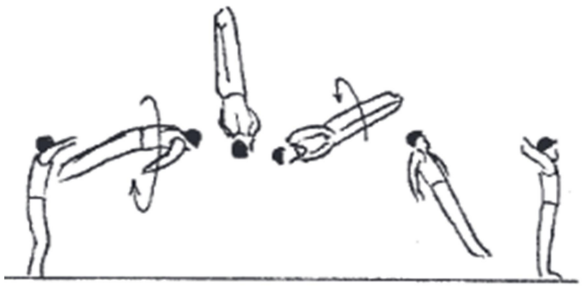
45. Roulé carpé à l'appui renversé (2 s.). Aussi jambes écartées dans la phase finale.
Endo roll piked to handstand (2 s.). Also final phase with straddle.
Rodar en carpa al apoyo invertido (2 s.). También con la fase final con piernas abiertas.



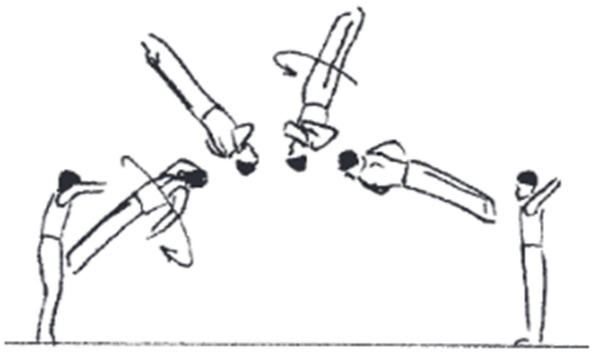
117. Facial russe avec 1080° ou plus.
Russian wendeswing with 1080° or more.
Rusas con 1080° o más.
(Fedorchenko)



39. Salto av. tendu avec 1/1 t.
Salto fwd. str. with 1/1 t.
Mortal ad. ext. con 1/1 g.



45. Salto av. tendu avec 3/2 t.
Salto fwd. str. with 3/2 t.
Mortal ad. ext. con 3/2 g.



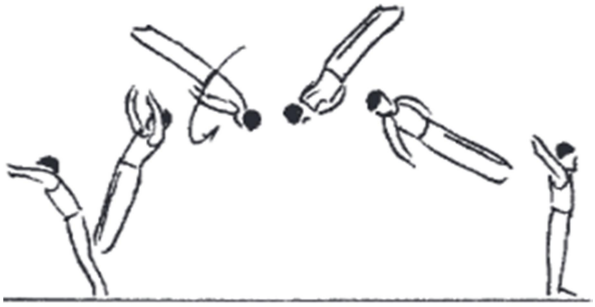
3. Double salto arrière groupé.
Double salto bwd. tucked.
Doble mortal atrás agrupado.



15. Double salto arrière carpé.
Double salto bwd. piked.
Doble mortal atrás en carpa.

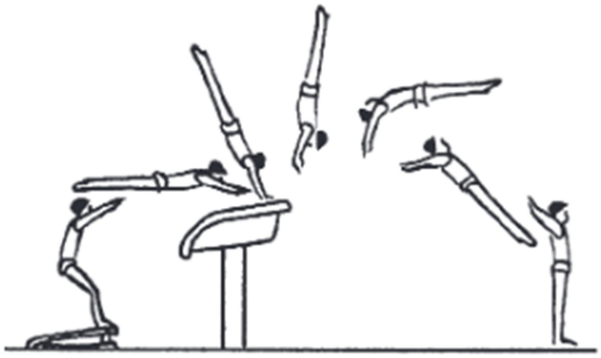


21. Salto arrière tendu avec 3/2 t.
Salto bwd. str. with 3/2 t.
Mortal atrás ext. con 3/2 g.



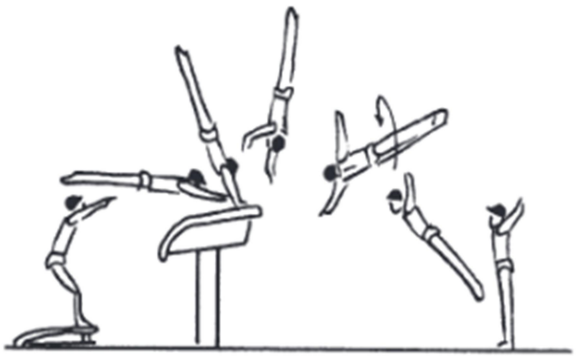
MAG KAPERCIME

101. Renversement avant.
Forward handspring.
Paloma.



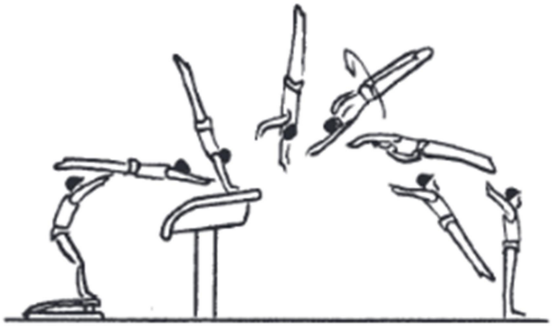
1.6

102. Renversement avant avec ½ t.
Forward handspring with ½ t.
Paloma con ½ g.



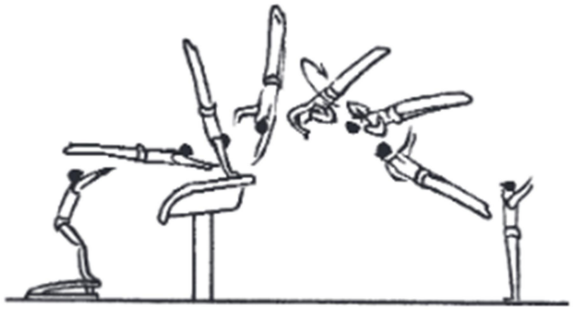
1.8

103. Renversement avant avec 1/1 t.
Forward handspring with 1/1 t.
Paloma con 1/1 g.



2.0

104. Renversement avant avec 3/2 t.
Forward handspring with 3/2 t.
Paloma con 3/2 g.



2.2

107. Renversement av. et salto av. gr.
Handspring fwd. and salto fwd. t.
Paloma mortal ad. agr.



2.4

108. Renvs. av. et salto av. gr. avec ½ t. (ou Cuervo gr.).
Hdspr. fwd. and salto fwd. t. w. ½ t. (or Cuervo t.).
Paloma mortal ad. agr. con ½ (o. Cuervo agr.).



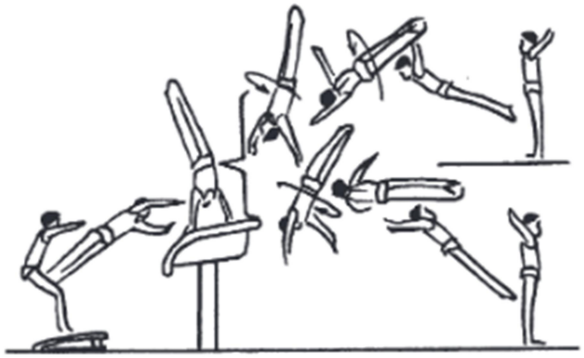
2.8

220. Renversement latéral avec ¼ t.
Handspring sw. with ¼ t.
Rondada con ¼ g.



1.6

221. Renversement latéral avec 3/4 t.
Handspring sw. with 3/4 t.
Rondada con 3/4 g.



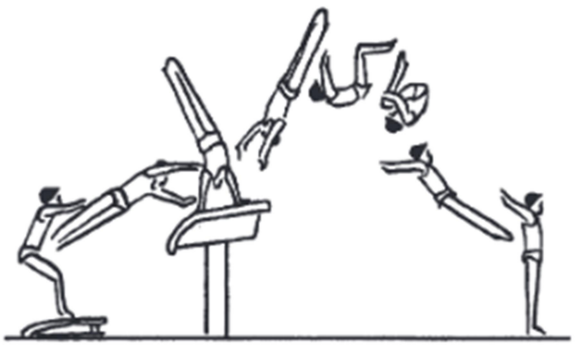
1.8

222. Renversement latéral avec 5/4 t.
Handspring sw. with 5/4 t.
Rondada con 5/4 g.



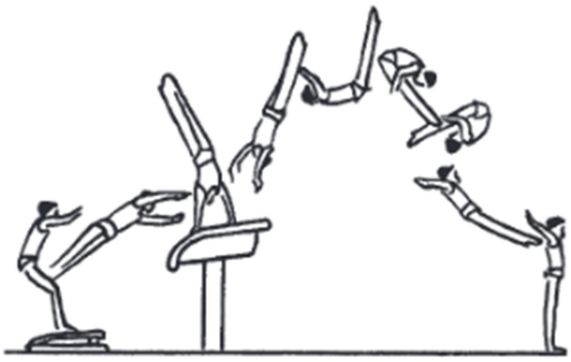
2.0

223. Renversement latéral avec ¼ t. et salto av. gr.
Hdspr. sw. with. ¼ t. a. salto fwd. t.
Rondada con ¼ g. y mortal adelante agrupado.



2.4

224. Renversement lat. avec ¼ t. et salto av. ca.
Handspring sw. w. ¼ t. a. salto fwd. p.
Rondada con ¼ g. y mortal adelante en carpa.



2.8

225. Renversement lat. avec ¼ t. et salto arr. gr.
Handspring sw. w. ¼ t. a. salto bwd. t.
Rondada con ¼ g. y mortal atrás agrupado.

(Tsukahara)



2.2

226. Tsukahara carpé.
Tsukahara piked.
Tsukahara en carpa.



2.4

227. Tsukahara gr. avec ½ t.
Tsukahara t. with ½ t.
Tsukahara agrupado con ½ g.



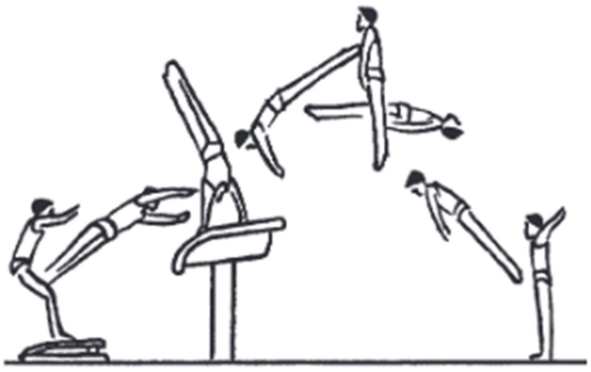
2.4

228. Renversement latéral avec ¼ t. et salto av. gr. avec ½ t. ou Tsukahara avec 1/1 t.
Hdspr. sw. w. ¼ t. a. salto fwd. t. w. ½ t. or Tsuk. t. w. 1/1 t.
Rond. con ¼ g. y mortal ad. agr. con ½ g. o Tsuk. agr. con 1/1 g.



2.8 **(Kasamatsu)**

270. Tsukahara tendu.
Tsukahara stretched.
Tsukahara extendido.



3.2

335. Rondade, renversement arrière.
Round off, handspring bwd.
Rondada, inversión atrás.



1.6

336. Rondade, renversement arriere avec ½ tour.
Round off, handspring bwd. with ½ turn.
Rondada, inversión atrás con ½ g.



1.8

337. Rondade, renversement arrière avec 1/1 tour.
Round off, handspring bwd. with 1/1 turn.
Rondada, inversión atrás con 1/1 g.



2.0

338. Rondade, renversement arrière et salto arr. gr.
Round off, hdspr. bwd. and salto bwd. t.
Rondada, inversión atrás y mortal atrás agr.

(Yurchenko)



2.2

339. Yurchenko groupé avec ½ t.
Yurchenko t. with ½ t.
Yurchenko agrupado con ½ g.



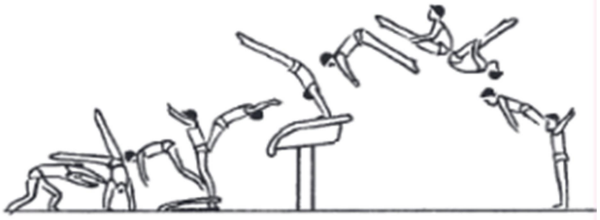
2.4

340. Yurchenko groupé avec 1/1 t.
Yurchenko t. with 1/1 t.
Yurchenko agrupado con 1/1 g.



2.8

343. Yurchenko carpé.
Yurchenko piked.
Yurchenko en carpa.



2.4

450. Rondade, ½ t. et renversement avant.
Round off, ½ t. and handspring fwd.
Rondada, ½ g. paloma.



1.8

451. Rondade, ½ t. et renversement av. avec ½ t.
Round off, ½ t. and hdspr. fwd. with ½ t.
Rondada, ½ g. paloma con ½ g.



2.0

452. Rondade, ½ t. et renv. av. avec 1/1 t.
Round off, ½ t. and hdspr. fwd. with 1/1 t.
Rondada, ½ g. paloma con 1/1 g.



2.2