

# CoP 2022-2024: Errata List

November 25, 2021

Page numbers are from published FIG CoP PDF file of May 12, 2021 (en\_AER CoP 2022-2024.pdf)

Black with blue highlight: Incorrect text







Red with yellow highlight: Corrected text to be considered

Black with purple highlight: Comment

#	Pg	Where	Current Text Published (WRONG)	New Text to be Considered (CORRECT)
<b>PART 1: COMPETITION RULES – &lt;Competitions at glance&gt;</b>				
1	11	Pictograms		
2	11	Junior	Categories for Junior: IM, IW, MP, TR, GR, AD	Categories for Junior: IM, IW, MP, TR, GR, AD, <b>AS</b>
<b>PART 1: CHAPTER 1 – GENERAL INFORMATION</b>				
3	17	1.14.A.d. JUDGES Judge's uniform	During the competition each judge is requested: d. To wear the prescribed competition-uniform (Professional Attire) - (Women: dark blue <b>or black</b> suit <b>with</b> skirt or trousers and white blouse) - (Men: dark blue <b>jacket, grey or dark</b> trousers, <b>tie and light-coloured</b> shirt <b>and light coloured shirt</b> )	During the competition each judge is requested: d. To wear the prescribed competition-uniform (Professional Attire) <b>except at other competitions where the uniform is supplied by the Organising Committee.</b> - (Women: dark blue suit <b>skirt or trousers and white blouse</b> ) - (Men: dark blue <b>suit or jacket with</b> trousers <b>and white shirt with tie</b> )
4	17	1.14.B SUPERIOR JURY	<b>Violation of the Code</b> include:	<b>Violation of the Code</b> include: <b>(see also the Appendix to the CoP)</b>
<b>PART 1: CHAPTER 2 – THE WORLD CHAMPIONSHIPS IN AEROBIC GYMNASTICS</b>				
5	18	Pictograms		
6	19	2.3 Dress Code	<b>&lt;MEN'S ATTIRE&gt;</b> 5 <sup>th</sup> bullet: 5. Any kind of SEQUINS for Men's Attire is <b>not allowed.</b>	<b>&lt;MEN'S ATTIRE&gt;</b> 5 <sup>th</sup> bullet: 5. Any kind of SEQUINS <b>and long sleeves</b> for Men's Attire is <b>not allowed.</b>
<b>PART 1: CHAPTER 3 – COMPOSITION OF ROUTINES</b>				
7	20	3.1 Definition	Last sentence: The routine must demonstrate perfect execution of AMP, transitions / links and <b>Difficulty</b> Elements.	Last sentence: The routine must demonstrate perfect execution of AMP, transitions / links and Elements.
8	20	3.4 Difficulty Table Family 6	<b>Family 6:</b> Scissors Leap Switch Split Sagittal Split <b>Family 8:</b> Split Illusion Balance	<b>Order changed as in Difficulty Table</b> <b>Family 6:</b> Switch Split Scissors Leap Sagittal Split <b>Family 8:</b> Split Balance Illusion
9	21	3.4 Top left chart	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>IM / IW:</b> 1 <sup>st</sup> bullet: • <b>Must perform</b> 9 difficulty elements.	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>IM / IW:</b> 1 <sup>st</sup> bullet: • <b>Maximum of</b> 9 difficulty elements <b>are allowed and evaluated.</b>
10	21	3.4 Top left chart	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>IM:</b> 3 <sup>rd</sup> bullet: • No elements landing in split position (Group B).	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>IM:</b> 3 <sup>rd</sup> bullet: • No elements landing in split position (Group B <b>/ Acrobatic Elements</b> ).

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11	21	3.4 Top left chart	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>MP / TR / GR:</b> 1 <sup>st</sup> bullet: • <del>Must perform</del> 8 difficulty elements.	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>MP / TR / GR:</b> 1 <sup>st</sup> bullet: • <b>Maximum of</b> 8 difficulty elements <b>are allowed.</b>
12	21	Top left chart IM	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> 1 <sup>st</sup> bullet: Family <del>IV</del> 2 <sup>nd</sup> bullet: Family <del>VIII</del>	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> 1 <sup>st</sup> bullet: Family <b>4</b> 2 <sup>nd</sup> bullet: Family <b>8</b>
13	21	3.5 Combination chart All Categories	<b>Basic rules for performing Difficulty / Acrobatic Elements</b> <b>Combination</b> 1 <sup>st</sup> bullet: All elements must be performed without a “FALL” and / or <del>Unacceptable Execution.</del> 5 <sup>th</sup> bullet: If one of those 2 Or 3 elements doesn’t meet the “minimum requirements” or performed with a FALL or <del>Unacceptable Execution</del> , the combination will not receive any additional value but counted.	<b>Basic rules for performing Difficulty / Acrobatic Elements Combination</b> 1 <sup>st</sup> bullet: All elements must be performed without a “FALL” and / or <b>Large Error.</b> 5 <sup>th</sup> bullet: If one of those 2 Or 3 elements doesn’t meet the “minimum requirements” or performed with a FALL or <b>Large Error</b> , the combination will not receive any additional value but counted.
14	21	3.6 Acrobatic Elements	<b>ACROBATIC ELEMENTS:</b> 4 <sup>th</sup> bullet • MP/TR/GR must perform <b>same Acrobatic Elements at the same</b> time.	<b>ACROBATIC ELEMENTS:</b> 4 <sup>th</sup> bullet • MP/TR/GR; <b>if multiple competitors perform Acrobatic Element, they</b> must perform <b>same Acrobatic Element at the same time.</b>
15	22	4.2 Superior Jury	4.2 FUNCTIONS AND CRITERIA OF THE SUPERIOR JURY The SUPERIOR JURY must:	4.2 FUNCTIONS AND CRITERIA OF THE SUPERIOR JURY The SUPERIOR JURY must: <b>(see also the Appendix to the CoP)</b>
<b>PART 2: JUDGING: CHAPTER 5 – JUDGING / EVALUATION</b>				
16	24	5.1.B CJP Time Infraction/ Fault	<b>TIME INFRACTION</b> (± 2 sec. <del>“tolerance”</del> ): -0.2 deduction <b>TIME FAULT</b> (± 5 sec. <del>“tolerance”</del> ): -0.5 deduction	<b>TIME INFRACTION</b> (± 2 sec.): -0.2 deduction <b>TIME FAULT</b> (± 5 sec.): -0.5 deduction
17	26	D. Acrobatic Elements Table	4 <sup>th</sup> bullet: <b>MP/TR/GR:</b> Must perform <b>same Acrobatic Elements at the same time.</b>	4 <sup>th</sup> bullet: <b>MP/TR/GR:</b> Must perform <b>same Acrobatic Elements (same Acro #) at the same time.</b>
18	27	5.2.A. Difficulty (D-Jury) Function	2 <sup>nd</sup> paragraph: Elements not meeting minimum requirements and/or elements with a fall / <del>unacceptable execution</del> will <del>not be validated and</del> will not receive the value.	2 <sup>nd</sup> paragraph: Elements not meeting minimum requirements and/or elements with a fall / <b>large error</b> will be <b>counted but</b> will not receive the value.
19	27	5.2.B. Difficulty Criteria	<b>&lt;Evaluating the difficulty elements&gt;</b> 3 <sup>rd</sup> arrow: All elements with a Fall and / or <del>Unacceptable execution</del> will receive “0” value.  <b>&lt;Combination of Difficulty/Acrobatic Elements Evaluation&gt;</b> 3 <sup>rd</sup> arrow: Elements with a <b>FALL / unacceptable execution</b> will not receive the additional value.	<b>&lt;Evaluating the difficulty elements&gt;</b> 3 <sup>rd</sup> arrow and add: All elements with a Fall and / or <b>Large error</b> will receive “0” value.  Add 2 arrows: ➤ <b>If any element performed which does not exist in the CoP but the base name and the ending position exists, it will be counted but receive “0” value and no Difficulty deduction.</b> ➤ <b>IM: If any base element from Family 8 is performed, it will be counted but receive “0” value and will be deducted accordingly.</b>  <b>&lt;Combination of Difficulty/Acrobatic Elements Evaluation&gt;</b> 3 <sup>rd</sup> arrow: Elements with a <b>FALL / large error</b> will not receive the additional value.

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20	27	5.2.B. Difficulty Criteria	<Combination of Difficulty/Acrobatic Elements Evaluation> 4 <sup>th</sup> arrow If more than 1 step performed at connection of elements, no additional value.	<Combination of Difficulty/Acrobatic Elements Evaluation> 4 <sup>th</sup> arrow If 1 step or more is performed between the elements of a combination, no additional value.								
21	27	5.2.B Difficulty Combination Table	IM/IW (+0.2) D + A + D / A + D + A / A + D + D / D + D + A	IM/IW (+0.2) D + A + D / A + D + A / A + D + D / D + D + A / <b>D + D + D</b>								
22	27	5.2.C Difficulty Minimum Requirements	<b>MINIMUM REQUIREMENTS:</b> 1 <sup>st</sup> bullet All difficulty elements must be performed without a <b>“FALL” / Unacceptable execution</b> in order to receive the value.	<b>MINIMUM REQUIREMENTS:</b> 1 <sup>st</sup> bullet All difficulty elements must be performed without a <b>“FALL” / Large error</b> in order to receive the value.								
23	28	5.2.D Difficulty Deduction Table	<b>DIFFICULTY DEDUCTIONS: All Categories:</b> 6 <sup>th</sup> line More than 2 times in Wenson position (any phase of the skill which include Wenson shape will count as Wenson position)	<b>DIFFICULTY DEDUCTIONS: All Categories:</b> 6 <sup>th</sup> line More than 2 times in Wenson position (any phase of the <b>difficulty element</b> skill which include Wenson shape will count as Wenson position)  <b>All Categories:</b> add a line: <b>Combination elements from the same Family</b>								
24	28	5.2.D Difficulty Deduction Table	<b>DIFFICULTY DEDUCTIONS: IM:</b> 1 <sup>st</sup> line: Family <b>IV</b> (Group B) 2 <sup>nd</sup> line: Family <b>VIII</b> (Group B)	<b>DIFFICULTY DEDUCTIONS: IM:</b> 1 <sup>st</sup> line: Family <b>4</b> (Group B) 2 <sup>nd</sup> line: Family <b>8</b> (Group B)								
25	28	5.2.D Difficulty Deduction Table	All categories: 2 <sup>nd</sup> line More than 2 elements from a same Family ( <b>Base Name</b> )  <b>Missing “MP/TR/GR deduction”</b>	All categories: 2 <sup>nd</sup> line More than 2 elements from a same Family  Add a line of “MP/TR/GR deduction” after IM: <b>MP/TR/GR: Performing different Difficulty elements or combination with different elements and / or not at the same time</b>								
26	29	5.2.D Difficulty Deduction D3. Tables	<b>D.3. Synchronization (MP, TR, GR) :</b> 1 <sup>st</sup> line <table border="1"> <thead> <tr> <th>Deduction of Synchronization</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>AMP Sequence (8-counts)</td> <td>-0.1 each unit</td> </tr> </tbody> </table>	Deduction of Synchronization	Small	AMP Sequence (8-counts)	-0.1 each unit	<b>D.3. Synchronization (MP, TR, GR) :</b> 1 <sup>st</sup> line <table border="1"> <thead> <tr> <th>Deduction of Synchronization</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>AMP Sequence (<b>1 unit =</b> 8-counts)</td> <td>-0.1 each unit</td> </tr> </tbody> </table>	Deduction of Synchronization	Small	AMP Sequence ( <b>1 unit =</b> 8-counts)	-0.1 each unit
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27	29	5.4.B. Artistry	<b>B. CRITERIA:</b> 2 <sup>nd</sup> line ➤ Total A-Score is 10.0 points with increments of 0.1.	<b>B. CRITERIA:</b> 2 <sup>nd</sup> line ➤ Total A-Score is <b>from 5.0 to</b> 10.0 points with increments of 0.1.								
28	31	5.4.D. Artistry 2. Aerobic Content	<b>2. AEROBIC CONTENT (Max. 2.0 points):</b> 4 <sup>th</sup> paragraph AMP Sequence means a complete 8-count of movements with aerobic movement patterns performed in a musical phrase (from the 1 <sup>st</sup> beat to the 8 <sup>th</sup> beat) <b>in order</b> to stay with the music. If the AMP is performed for less than 8 counts, it will not be recognized as an AMP sequence, and considered as linking movements.  <b>2.1 Quantity – Amount of AMP (1.0 pt):</b> 2 <sup>nd</sup> & 3 <sup>rd</sup> bullet <ul style="list-style-type: none"> <li>One set of AMP = 8-count (eg. 3-sets=3x8)</li> <li>The <b>Block of AMP sets</b> means <b>consecutive and clear AMP</b>, which shows the identity of our sport using the <b>traditional aerobic steps</b> with constant rebound and performed without choreographic jumps (e.g.:air jack).</li> </ul>	<b>2. AEROBIC CONTENT (Max. 2.0 points):</b> 4 <sup>th</sup> paragraph AMP Sequence <b>/ Set</b> means a complete 8-count ( <b>unit</b> ) of movements with aerobic movement patterns performed in a musical phrase (from the 1 <sup>st</sup> beat to the 8 <sup>th</sup> beat) to stay with the music. If the AMP is performed for less than 8 counts, it will not be recognized as an AMP sequence <b>/set</b> and considered as linking movements.  <b>2.1 Quantity – Amount of AMP (1.0 pt):</b> 2 <sup>nd</sup> bullet <ul style="list-style-type: none"> <li>One set (<b>unit</b>) of AMP = 8-count (eg. 3-sets(<b>units</b>) = 3x8 <b>counts</b>)</li> <li>The <b>AMP Block</b> means <b>consecutive and clear AMP Sequences/Sets</b>, which shows the identity of our sport using the <b>traditional aerobic steps</b> with constant rebound and performed without choreographic jumps (e.g.:air jack).</li> </ul>								

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29	33	5.4.D. Artistry 2.2 Aerobic Content	<b>Examples of hand actions:</b>  Flat  Down  Front  Top 	<b>Examples of hand actions:</b>  Flat  Down  Front  Up 
30	34	5.4.D. Artistry 3 General Content	<b>3.1 Complexity / Variety requirements:</b> <b>MP/TR/GR:</b> Must perform minimum of 3 collaborations required without repetition.	<b>3.1 Complexity / Variety requirements:</b> <b>MP/TR/GR:</b> Must perform minimum of 3 collaborations <b>with physical contact are</b> required without repetition.
31	34	5.4.D. Artistry 3.1 General Content	<b>3.1 &lt;Shorthand for General Content&gt;:</b> <b>G</b> for <b>each</b> movement or a block of movements (1unit)	<b>3.1 &lt;Shorthand for General Content&gt;:</b> <b>G</b> for <b>Transition / Link</b> movement or a block of movements (1unit) <b>C</b> for <b>each Collaboration with physical contact</b>
32	37	Artistry 4.2 Musicality	2 <sup>nd</sup> Bullet on right The competitor should be able to express with his/her movements and his/her body language the music played.	2 <sup>nd</sup> Bullet on right The competitor should be able to express with his/her movements and his/her body language <b>to</b> the music played.
33	39	5.6 Time Judges B. Criteria	Last line (see page <b>22</b> )	Last line (see page <b>24</b> )
<b>PART 3: DIFFICULTY GUIDE: MINIMUM REQUIREMENTS</b>				
34	44	Difficulty Table	<b>Family 6: Split Leap/Jump</b> Scissor Leap Switch Split Sagittal Split  <b>Family 8: Flexibility</b> Split Illusion Balance	<b>Order changed as in Difficulty Table</b> <b>Family 6: Split Leap/Jump</b> Switch Split Scissors Leap Sagittal Split  <b>Family 8: Flexibility</b> Split Balance Illusion
35	44	Reminder	<b>**REMINDER:</b> 3 <sup>rd</sup> arrow All elements in all Groups must be performed without a “FALL”.	<b>**REMINDER:</b> 3 <sup>rd</sup> arrow All elements in all Groups must be performed without a “FALL” / <b>Large error.</b>
36	44	Minimum Requirements	1 <sup>st</sup> arrow of Family 1, 2 & 3 All elements in Family <b>I</b> ..... All elements in Family <b>II</b> ..... All elements in Family <b>III</b> .....	1 <sup>st</sup> arrow of Family 1, 2 & 3 All elements in Family <b>1</b> ..... All elements in Family <b>2</b> ..... All elements in Family <b>3</b> .....
37	44	Minimum Requirements	<b>Family 1: Straddle Cut</b> Shoulders higher than hips level before the cut in airborne phase <b>and</b> <b>perform in a vertical plane.</b>	<b>Family 1: Straddle Cut</b> Shoulders higher than hips level before the cut in airborne phase.
38	44	Minimum Requirements	<b>Family 3: Leg Circle: Helicopter</b> <b>With 1/2 turn:</b> <del>The ending position must be facing the opposite direction as the starting position (with tolerance of 45°).</del>	<b>Family 3: Leg Circle: Helicopter</b> <b>Delete: No Helicopter element with 1/2 turn in the CoP.</b>



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39	45	Minimum Requirements	1 <sup>st</sup> arrow of Family 4 & 6 For IM: Compulsory to ..... from Family IV. All elements in Family VI..... 1 <sup>st</sup> and 2 <sup>nd</sup> arrows of Family 7 & 8 All elements in Family VII..... All elements in Family VIII..... All elements in Family VIII..... All elements in Family VIII.....	1 <sup>st</sup> arrow of Family 4 & 6 For IM: Compulsory to ..... from Family 4. All elements in Family 6..... 1 <sup>st</sup> and 2 <sup>nd</sup> arrows of Family 7 & 8 All elements in Family 7..... All elements in Family 7..... All elements in Family 8..... All elements in Family 8.....																				
40	45	Minimum Requirements	<p><b>Family 6</b> <b>Split Leap/Jump:</b></p> <p>➤ All elements in Family VI must be performed with Split position of <b>minimum 170°</b>.</p> <table border="1"> <thead> <tr> <th>BASE NAME</th> <th>MINIMUM REQUIREMENTS TO BE VALID</th> </tr> </thead> <tbody> <tr> <td><b>Scissor Leap</b></td> <td> <ul style="list-style-type: none"> <li>Leading leg at least 45° to the floor.</li> <li>Switch action must be shown in the airborne phase</li> </ul> </td> </tr> <tr> <td><b>Switch Split Leap</b></td> <td> <ul style="list-style-type: none"> <li>Straight leading leg at least 45° to the floor.</li> </ul> </td> </tr> <tr> <td><b>Sagittal Split</b></td> <td> <ul style="list-style-type: none"> <li>Sagittal Split form (body orientation towards front leg) must be shown in the airborne phase</li> </ul> </td> </tr> </tbody> </table>	BASE NAME	MINIMUM REQUIREMENTS TO BE VALID	<b>Scissor Leap</b>	<ul style="list-style-type: none"> <li>Leading leg at least 45° to the floor.</li> <li>Switch action must be shown in the airborne phase</li> </ul>	<b>Switch Split Leap</b>	<ul style="list-style-type: none"> <li>Straight leading leg at least 45° to the floor.</li> </ul>	<b>Sagittal Split</b>	<ul style="list-style-type: none"> <li>Sagittal Split form (body orientation towards front leg) must be shown in the airborne phase</li> </ul>	<p><b>Family 6</b> <b>Split Leap/Jump:</b> <b>Change order as in Difficulty Table</b></p> <p>➤ All elements in Family 6 must be performed with Split position of <b>minimum 170°</b>.</p> <table border="1"> <thead> <tr> <th>BASE NAME</th> <th>MINIMUM REQUIREMENTS</th> </tr> </thead> <tbody> <tr> <td><b>Switch Split Leap</b></td> <td> <ul style="list-style-type: none"> <li>Straight leading leg at least 45° to the floor.</li> </ul> </td> </tr> <tr> <td><b>Scissors Leap</b></td> <td> <ul style="list-style-type: none"> <li>Leading leg at least 45° to the floor.</li> <li>Switch action must be shown in the airborne phase</li> </ul> </td> </tr> <tr> <td><b>Sagittal Split</b></td> <td> <ul style="list-style-type: none"> <li>Sagittal Split form (body orientation towards front leg) must be shown in the airborne phase</li> </ul> </td> </tr> </tbody> </table>	BASE NAME	MINIMUM REQUIREMENTS	<b>Switch Split Leap</b>	<ul style="list-style-type: none"> <li>Straight leading leg at least 45° to the floor.</li> </ul>	<b>Scissors Leap</b>	<ul style="list-style-type: none"> <li>Leading leg at least 45° to the floor.</li> <li>Switch action must be shown in the airborne phase</li> </ul>	<b>Sagittal Split</b>	<ul style="list-style-type: none"> <li>Sagittal Split form (body orientation towards front leg) must be shown in the airborne phase</li> </ul>				
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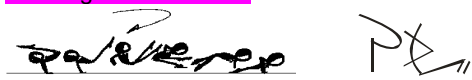

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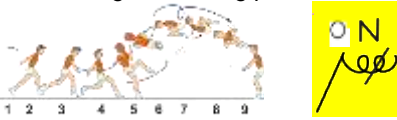


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70	70	Shorthand	Shorthand for Hinge and Double leg circle	Delete: No elements of Hinge and Double leg circle in the CoP																								
71	71	Shorthand	Shorthand for Straddle Planche 	Shorthand for Straddle Planche 																								
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP A &lt; Family 1 &gt;</b>																												
72	77	A136	<b>EXPLOSIVE A-FRAME TO LIFTED WENSON:</b> 4 <sup>th</sup> bullet 4. Show a Lifted Wenson push up when both hands <b>and feet make</b> contact with the floor.	<b>EXPLOSIVE A-FRAME TO LIFTED WENSON:</b> 4 <sup>th</sup> bullet 4. Show a Lifted Wenson push up when both hands contact the floor.																								

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73	79	A158	<b>EXPLOSIVE HIGH-V ½ TWIST TO SPLIT:</b> 2 <sup>nd</sup> bullet 2. Extending the legs upward and forward, push the floor for raising the top of the body upward and forward while <b>turning</b> 180°.	<b>EXPLOSIVE HIGH-V ½ TWIST TO SPLIT:</b> 2 <sup>nd</sup> bullet 2. Extending the legs upward and forward, push the floor for raising the top of the body upward and forward while <b>twisting</b> 180°.
74	79	A160	ADD-Deleted accidentally	<b>A160: Value 1.0: EXPLOSIVE HIGH-V REVERSE STRADDLE CUT TO PU</b> 1. High-V support, 2. Extending the legs upward and forward, push the floor for raising the top of the body upward and forward, and perform a straddle-cut during the airborne phase to a front support. 3. Push Up Drawing will be revised 
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP A &lt; Family 2 &gt;</b>				
75	81	A233	ADD-as in NL #7	<b>A233: Value 0.3: STRADDLE / L SUPPORT</b> 1. Straddle Support 2. Changing the hand and leg (Straddle – L – Straddle) 3. Back to Straddle Support. 
76	81	A235	<b>STRADDLE / L SUPPORT 1/1 TURNS:</b> 2 <sup>nd</sup> bullet 2. The body turns <b>720°</b> changing the hand and leg (Straddle – L – Straddle) after every ½ turn.	<b>STRADDLE / L SUPPORT 1/1 TURN:</b> 2 <sup>nd</sup> bullet 2. The body turns <b>360°</b> changing the hand and leg (Straddle – L – Straddle) after every ½ turn.
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP A &lt; Family 3 &gt;</b>				
77	84	A310	<b>FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO WENSON:</b> 3 <sup>rd</sup> bullet 3. <b>Front support or to</b> Wenson.	<b>FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO WENSON:</b> 3 <sup>rd</sup> bullet 3. <b>Land in</b> Wenson. Drawing phase #11 will be revised - Change to Wenson
78	86	A336	<b>HELICOPTER 1/1 TURN TO PU:</b> 3 <sup>rd</sup> bullet 3. Push up <b>into airborne phase</b> , facing the same direction as the starting seated.	<b>HELICOPTER 1/1 TURN TO PU:</b> 3 <sup>rd</sup> bullet 3. Push up, facing the same direction as the starting seated.
79	86	A340	<b>HELICOPTER, 1/1 TURN 1/1 TWIST AIRBORNE TO PU:</b> 3 <sup>rd</sup> bullet 3. Push up into airborne phase, land in push up facing the same direction as the starting seated.	<b>HELICOPTER, 1/1 TURN 1/1 TWIST AIRBORNE TO PU:</b> 3 <sup>rd</sup> bullet 3. Push up into airborne phase <b>with 360° twist</b> , land in push up facing the same direction as the starting seated.
80	86	A355	<b>HELICOPTER TO WENSON:</b> 3 <sup>rd</sup> bullet 3. Wenson	<b>HELICOPTER TO WENSON:</b> 3 <sup>rd</sup> bullet 3. <b>Land in</b> Wenson
81	86	A356	<b>HELICOPTER TO LIFTED WENSON:</b> 3 <sup>rd</sup> bullet 3. Lifted Wenson	<b>HELICOPTER TO LIFTED WENSON:</b> 3 <sup>rd</sup> bullet 3. <b>Land in</b> Lifted Wenson
82	86	A357	<b>HELICOPTER 1/1 TURN TO WENSON:</b> 3 <sup>rd</sup> bullet 3. Push up <b>into airborne phase</b> , land in Wenson facing the same direction as the starting seated.	<b>HELICOPTER 1/1 TURN TO WENSON:</b> 3 <sup>rd</sup> bullet 3. Push up, land in Wenson facing the same direction as the starting seated. Drawing will be revised: Replace phase 7 as in phase 6 of A356.

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83	86	A358	<b>HELICOPTER 1/1 TURN TO LIFTED WENSON:</b> 3 <sup>rd</sup> bullet 3. Push up <del>into airborne phase</del> , land in Wenson facing the same direction as the starting seated.	<b>HELICOPTER 1/1 TURN TO LIFTED WENSON:</b> 3 <sup>rd</sup> bullet 3. Push up land in Wenson facing the same direction as the starting seated. <b>Drawing:</b> Replace phase 7 as in phase 6 of A356.
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP B &lt; Family 5 &gt;</b>				
84	91	B447	<b>B447: Value 0.7: 1 ½ TWIST OFF AXIS JUMP</b> 1. One foot take off, kicking the free leg upward and diagonally. 2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°), arms close to the chest. 3. Landing in standing position	<b>B447: Value 0.7: 1/1 TURN, 1 ½ TWIST OFF AXIS JUMP</b> 1. One foot take off, kicking the free leg upward and diagonally. 2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°) <b>and performing 1 turn (360°) at the same time</b> arms close to the chest. 3. Landing in standing position 
85	91	B448	<del>ADD-Deleted accidentally</del>	<b>B448: Value 0.8: 1 ½ TURN, 1 ½ TWIST OFF AXIS JUMP</b> 1. One foot take off, kicking the free leg upward and diagonally. 2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°) <b>and performing 1 ½ turn (540°) at the same time</b> arms close to the chest. 3. <b>Landing in standing position</b> <b>Drawing will be added</b> 
86	91	B449	<b>B449: Value 0.9: 1 ½ TWIST OFF AXIS JUMP TO PU</b> 1. One foot take off, kicking the free leg upward and diagonally. 2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°), arms close to the chest. 3. Landing in Push up position	<b>B449: Value 0.9: 1 TURN, 1 ½ TWIST OFF AXIS JUMP TO PU</b> 1. One foot take off, kicking the free leg upward and diagonally. 2. While airborne, the body inclines backward to be out of axis in Tuck position with 1 ½ longitudinal rotation (540°) <b>and performing 1 turn (360°) at the same time</b> arms close to the chest. 3. <b>Prepare for landing with straight body parallel to the floor.</b> 4. Landing in Push up position 
87	92	B514	<b>½ TURN TUCK JUMP TO SPLIT:</b> 1 <sup>st</sup> bullet 1. A Vertical Jump.	<b>½ TURN TUCK JUMP TO SPLIT:</b> 1 <sup>st</sup> bullet 1. A Vertical Jump <b>with a 180° turn.</b>

#	Pg	Where	Current Text Published (WRONG)	New Text to be Considered (CORRECT)
88	93	B526	<b>½ TURN TUCK JUMP TO ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up, facing the same direction <b>from</b> the start.	<b>½ TURN TUCK JUMP TO ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up, facing the same direction <b>as</b> the start.
89	94	B528	<b>1 ½ TURN TUCK JUMP TO ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up, facing the same direction <b>from</b> the start.	<b>1 ½ TURN TUCK JUMP TO ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up, facing the same direction <b>as</b> the start.
90	94	B533	<b>COSSACK JUMP:</b> 1 <sup>st</sup> bullet 1. A Vertical Jump where <b>the</b> both legs lift parallel to the floor or higher with one leg bent at knee (Cossack).	<b>COSSACK JUMP:</b> 1 <sup>st</sup> bullet 1. A vertical jump where both legs <b>are</b> lifted parallel to the floor or higher with one leg bent at knee (Cossack).
91	94	B535	<b>1/1 TURN COSSACK JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>from</b> the start.	<b>1/1 TURN COSSACK JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>as</b> the start.
	95	B537	<b>2/1 TURN COSSACK JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>from</b> the start.	<b>2/1 TURN COSSACK JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>as</b> the start.
92	95	B544	<b>COSSACK JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the same direction <b>from</b> the start.	<b>COSSACK JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the same direction <b>as</b> the start.
93	96	B555	<b>COSSACK JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>COSSACK JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.
		B557	<b>½ TURN COSSACK JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>½ TURN COSSACK JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.
	97	B559	<b>1 ½ TURN COSSACK JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>1 ½ TURN COSSACK JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.
94	97	B564	<b>PIKE JUMP:</b> 1 <sup>st</sup> bullet 1. A Vertical Jump with the body folding into a Pike, both legs lifted off the floor to <b>a</b> horizontal.	<b>PIKE JUMP:</b> 1 <sup>st</sup> bullet 1. A Vertical Jump with the body folding into a Pike, both legs lifted off the floor to horizontal.
95	97	B566	<b>1/1 TURN PIKE JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>from</b> the start.	<b>1/1 TURN PIKE JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>as</b> the start.
	98	B568	<b>2/1 TURN PIKE JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>from</b> the start.	<b>2/1 TURN PIKE JUMP:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>as</b> the start.
		B577	<b>1/1 TURN PIKE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>from</b> the start.	<b>1/1 TURN PIKE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>as</b> the start.
	99	B579	<b>2/1 TURN PIKE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>from</b> the start.	<b>2/1 TURN PIKE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing with feet together facing the same direction <b>as</b> the start.
	100	B588	<b>½ TURN PIKE JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>½ TURN PIKE JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.
		B590	<b>1 ½ TURN PIKE JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>1 ½ TURN PIKE JUMP ½ TWIST TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.
96	101	B5104	<b>STRADDLE JUMP:</b> 3 <sup>rd</sup> bullet 3. The legs must be parallel <b>to</b> or higher <b>than</b> floor.	<b>STRADDLE JUMP:</b> 3 <sup>rd</sup> bullet 3. The legs must be parallel or higher <b>to the</b> floor.

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97	102	B5117	<b>1/1 TURN STRADDLE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the same direction <b>from</b> the start.	<b>1/1 TURN STRADDLE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the same direction <b>as</b> the start.																																			
		B5119	<b>2/1 TURN PIKE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the same direction <b>from</b> the start.	<b>2/1 TURN PIKE JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the same direction <b>as</b> the start.																																			
	103	B5128	<b>1/1 TURN PIKE JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>1/1 TURN PIKE JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.																																			
		B5130	<b>2/1 TURN PIKE JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>from</b> the start.	<b>2/1 TURN PIKE JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push up facing the same direction <b>as</b> the start.																																			
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP B &lt; Family 6 &gt;</b>																																							
98	104 - 107	Family 6 B5134 to B5169	Family 6 <b>Form Jump</b> <b>SPLIT</b>	Family 6 <b>Split Leap / Jump</b> <b>SAGITTAL SPLIT</b>																																			
<p><b>Sagittal Split Jump elements:</b> There has been a BIG mistake with the element # from B5134 to B5169  <b>All the elements and their values are correct</b> but the # are wrong and these elements should be placed <b>after Scissors Leap</b> elements.  <b>Correct element # are as follows:</b></p> <table border="1"> <thead> <tr> <th>0.4</th> <th>0.5</th> <th>0.6</th> <th>0.7</th> <th>0.8</th> <th>0.9</th> <th>1.0</th> </tr> </thead> <tbody> <tr> <td>B5134 ⇒ B664</td> <td></td> <td>B5136 ⇒ B666</td> <td></td> <td>B5138 ⇒ B668</td> <td></td> <td></td> </tr> <tr> <td></td> <td>B5145 ⇒ B675</td> <td>B5146 ⇒ B676</td> <td>B5147 ⇒ B677</td> <td>B5148 ⇒ B678</td> <td>B5149 ⇒ B679</td> <td></td> </tr> <tr> <td></td> <td></td> <td>B5156 ⇒ B686</td> <td>B5157 ⇒ B687</td> <td>B5158 ⇒ B688</td> <td>B5159 ⇒ B689</td> <td>B5160 ⇒ B690</td> </tr> <tr> <td></td> <td></td> <td>B5166 ⇒ B696</td> <td>B5167 ⇒ B697</td> <td>B5168 ⇒ B698</td> <td>B5169 ⇒ B699</td> <td></td> </tr> </tbody> </table>					0.4	0.5	0.6	0.7	0.8	0.9	1.0	B5134 ⇒ B664		B5136 ⇒ B666		B5138 ⇒ B668				B5145 ⇒ B675	B5146 ⇒ B676	B5147 ⇒ B677	B5148 ⇒ B678	B5149 ⇒ B679				B5156 ⇒ B686	B5157 ⇒ B687	B5158 ⇒ B688	B5159 ⇒ B689	B5160 ⇒ B690			B5166 ⇒ B696	B5167 ⇒ B697	B5168 ⇒ B698	B5169 ⇒ B699	
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99	105	B5157 ⇒ B687	<b>½ TURN SPLIT JUMP TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the <b>same</b> direction from the start.	<b>½ TURN SPLIT JUMP SWITCH TO SPLIT:</b> 3 <sup>rd</sup> bullet 3. Landing in Split facing the <b>opposite</b> direction from the start.																																			
100	106	B5166 ⇒ B696	<b>SPLIT JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push	<b>SPLIT JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push <b>Up</b>																																			
101	106	B5167 ⇒ B697	<b>½ TURN SPLIT JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push	<b>½ TURN SPLIT JUMP TO PUSH UP:</b> 3 <sup>rd</sup> bullet 3. Landing in Push <b>Up facing the opposite direction from the start.</b>																																			
102	107	B604	<b>SWITCH SPLIT LEAP:</b> 1. A one-foot take off Leap. 2. While airborne, the legs switch to show a Split. 3. Land on the foot of the leading leg.	<b>SWITCH SPLIT LEAP:</b> 1. A one-foot take off Leap. <b>2. Leading leg 45° minimum at the beginning or before take-off.</b> 3. While airborne, the legs switch to show a Split. 4. Land on the foot of the leading leg.																																			
103	108	B617	<b>SWITCH SPLIT LEAP ½ TURN TO PUSH UP:</b> 1. A one-foot take off Switch Split Leap. 2. While airborne, the legs switch to show a Split. 3. Then the body inclines and prepares for landing. 4. Landing in Push up.	<b>SWITCH SPLIT LEAP ½ TURN TO PUSH UP:</b> 1. A one-foot take off Switch Split Leap. 2. While airborne, the legs switch to show a Split. 3. <b>While airborne, the body turns 180°.</b> 4. Then the body inclines and prepares for landing. 5. Landing in Push up.																																			
104	108	B625	<b>SCISSORS LEAP ½ TURN:</b> 1. A one-foot take off with one straight leg forward, turning 180°. 2. While airborne, the legs switch in order to show a Split. 3. Land on <b>one Leg.</b>	<b>SCISSORS LEAP ½ TURN:</b> 1. A one-foot take off with one straight leg forward, turning 180°. <b>2. Leading leg 45° minimum at the beginning or before take-off.</b> 3. While airborne, the legs switch in order to show a Split. 4. Land on one <b>or both feet.</b>																																			

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105	110	B647	<b>SCISSORS LEAP ½ TURN SWITCH TO SPLIT:</b> 2 <sup>nd</sup> bullet 2. While airborne, the legs switch <b>s</b> to show a Split, the body inclines and prepares for landing.	<b>SCISSORS LEAP ½ TURN SWITCH TO SPLIT:</b> 2 <sup>nd</sup> bullet 2. While airborne, the legs switch to show a Split, the body inclines and prepares for landing.
106	110	B648	<b>SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT:</b> 2 <sup>nd</sup> bullet 2. While airborne, the legs switch <b>s</b> to show a Split.	<b>SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT:</b> 2 <sup>nd</sup> bullet 2. While airborne, the legs switch <b>s</b> to show a Split.
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP C &lt; Family 7 &gt;</b>				
107	111	C704	<b>2/1 TURNS:</b> 2 <sup>nd</sup> bullet 2. <b>A full</b> turn (720°) is performed.	<b>2/1 TURN:</b> 2 <sup>nd</sup> bullet 2. <b>Double</b> turn (720°) is performed.
108	111	C706	<b>3/1 TURNS:</b> 2 <sup>nd</sup> bullet 2. <b>A full</b> turn (1080°) is performed.	<b>3/1 TURNS:</b> 2 <sup>nd</sup> bullet 2. <b>Triple</b> turn (1080°) is performed.
109	113	C807	<b>FREE VERTICAL SPLIT WITH 2/1 TURNS:</b> 3 <sup>rd</sup> bullet 3. <b>Full</b> turn (720°) is performed.	<b>FREE VERTICAL SPLIT WITH 2/1 TURNS:</b> 3 <sup>rd</sup> bullet 3. <b>Double</b> turn (720°) is performed.
<b>APPENDIX 4: DIFFICULTY ELEMENTS DESCRIPTION GROUP C &lt; Family 8 &gt;</b>				
110	113	C815	<b>BALANCE 1/1 TURN:</b> 1 <sup>st</sup> & 2 <sup>nd</sup> bullet 1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by <b>one</b> hand. 2. A complete turn (360°) must be performed. <b>Optional placement of the free arm.</b>	<b>BALANCE 1/1 TURN:</b> 1 <sup>st</sup> & 2 <sup>nd</sup> bullet 1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by hand <b>(s)</b> . 2. A complete turn (360°) must be performed.
111	114	C817	<b>BALANCE 2/1 TURNS:</b> 1 <sup>st</sup> & 2 <sup>nd</sup> bullet 1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by <b>one</b> hand. 2. <b>2/1</b> full turns (720°) must be performed. <b>Optional placement of the free arm.</b>	<b>BALANCE 2/1 TURNS:</b> 1 <sup>st</sup> & 2 <sup>nd</sup> bullet 1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by hand <b>(s)</b> . 2. <b>Two</b> full turns (720°) must be performed.
112	114	C819	<b>BALANCE 3/1 TURNS:</b> 1 <sup>st</sup> & 2 <sup>nd</sup> bullet 1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by <b>one</b> hand. 2. <b>3/1</b> full turns (1080°) must be performed. <b>Optional placement of the free arm.</b>	<b>BALANCE 3/1 TURNS:</b> 1 <sup>st</sup> & 2 <sup>nd</sup> bullet 1. A Balance turn where one leg is lifted to either in sagittal or frontal balance and is supported by hand <b>(s)</b> . 2. <b>Three</b> full turns (1080°) must be performed.
113	114	C826	<b>DOUBLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>an Illusion (360°) linked with a first Illusion.</b>	<b>DOUBLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>two Illusions (720°) in a row.</b>
	115	C828	<b>TRIPLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>an Illusion (1080°) linked with second Illusion.</b>	<b>TRIPLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>three Illusions (1080°) in a row.</b>
		C837	<b>FREE DOUBLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>a Free Illusion (360°) linked with a second Free Illusion.</b>	<b>DOUBLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>two Free Illusions (720°) in a row.</b>
		C839	<b>FREE TRIPLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>an Illusion (1080°) linked with second Free Illusion.</b>	<b>FREE TRIPLE ILLUSION:</b> 2 <sup>nd</sup> bullet 2. Perform <b>three Free Illusions (1080°) in a row.</b>
114	118	Diff. chart Family 2	Title Family 2: STATIC STRENGTH ( <del>L-Support, Support, Straddle support, V-support, Planche</del> ) Correct to STATIC STRENGTH ( <b>Support, V-Support, Planche/Straddle Planche</b> ) <b>Family 2</b> STATIC STRENGTH ( <b>Support, V-support, Planche/Straddle Planche</b> )	

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115	118	Diff. chart Family 1, 2	REVISE the table of Difficulty																																																																																																															
			<table border="1"> <tr> <td>150</td> <td>A151</td> <td>A152</td> <td>A153</td> <td>A154</td> <td>A155</td> <td>A156</td> <td>A157</td> <td>A158</td> <td>A159</td> <td>A160</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>230</td> <td>A231</td> <td>A232</td> <td>A233</td> <td>A234</td> <td>A235</td> <td>A236</td> <td>A237</td> <td>A238</td> <td>A239</td> <td>A240</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	150	A151	A152	A153	A154	A155	A156	A157	A158	A159	A160												230	A231	A232	A233	A234	A235	A236	A237	A238	A239	A240																																																																														
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116	121	Diff. chart Family 6	Title Family 5: FORM JUMP ( <del>Air Turn, Free Fall, Gainer, Butterfly, Off Axis</del> )	Correct to FORM JUMP ( <b>Tuck, Cossack, Pike, Straddle/ frontal Split</b> )																																																																																																														
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B501	B502	B503	B504	B505	B506	B507	B508	B509	B510																																																																																																									
			MOVE elements of the table of Difficulty as below																																																																																																															
			<table border="1"> <tr> <td>650</td> <td>B651</td> <td>B652</td> <td>B653</td> <td>B654</td> <td>B655</td> <td>B656</td> <td>B657</td> <td>B658</td> <td>B659</td> <td>B660</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>660</td> <td>B661</td> <td>B662</td> <td>B663</td> <td>B664</td> <td>B665</td> <td>B666</td> <td>B667</td> <td>B668</td> <td>B669</td> <td>B670</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>670</td> <td>B671</td> <td>B672</td> <td>B673</td> <td>B674</td> <td>B675</td> <td>B676</td> <td>B677</td> <td>B678</td> <td>B679</td> <td>B680</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>680</td> <td>B681</td> <td>B682</td> <td>B683</td> <td>B684</td> <td>B685</td> <td>B686</td> <td>B687</td> <td>B688</td> <td>B689</td> <td>B690</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>690</td> <td>B691</td> <td>B692</td> <td>B693</td> <td>B694</td> <td>B695</td> <td>B696</td> <td>B697</td> <td>B698</td> <td>B699</td> <td>B700</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	650	B651	B652	B653	B654	B655	B656	B657	B658	B659	B660												660	B661	B662	B663	B664	B665	B666	B667	B668	B669	B670												670	B671	B672	B673	B674	B675	B676	B677	B678	B679	B680												680	B681	B682	B683	B684	B685	B686	B687	B688	B689	B690												690	B691	B692	B693	B694	B695	B696	B697	B698	B699	B700												
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<b>APPENDIX 6: GLOSSARY</b>																																																																																																																		
117	124	Glossary "A"	<b>"Aerobic Movement Pattern Sequence" (AMP Sequence)</b> A complete 8-count of movements performed with aerobic movement patterns. 8-counts = Set	<b>"Aerobic Movement Pattern Sequence/Set" (AMP Sequence/Set)</b> A complete 8-count of movements performed with aerobic movement patterns. 8-counts = Set ( <b>Unit</b> )																																																																																																														
118	124	Glossary "C"	<b>"Compulsory Elements"</b> <del>Must include compulsory difficulty elements in the routine for Age Group and National Development division.</del>	<b>"Compulsory Elements"</b> Required difficulty elements which must be included in the routines (ND and AG). For JR, must perform the required valued elements.																																																																																																														
119	125	Glossary "H"	<b>"High Impact"</b> Movements with both feet <b>off</b> the floor for a moment. Eg: jog, skip, <b>jog</b> , jack, etc.	<b>"High Impact"</b> Movements with both feet <b>are</b> off the floor for a moment. Eg: jog, skip, <b>jumping</b> jack, etc.																																																																																																														
120	126	Glossary "S"	<b>"Senior"</b> Senior division. Must be 18 year <b>s</b> old in the year of the competition.	<b>"Senior"</b> Senior division. Must be 18 year <b>s</b> old in the year of the competition.																																																																																																														
121	126	Glossary "T"	<b>"Turn"</b> Any rotation performed with <b>er</b> in contact with the floor or vertical line in airborne.	<b>"Turn"</b> Any rotation performed with in contact with the floor or vertical line in airborne.																																																																																																														
122	125	Glossary "★"	<b>"7-Basic Steps"</b> March, Jog, Skip, Knee Lift, Kick, Jack, Lunge	<b>"7-Basic Steps"</b> March, Jog, Skip, Knee Lift, Kick, <b>Jumping</b> Jack, Lunge																																																																																																														