

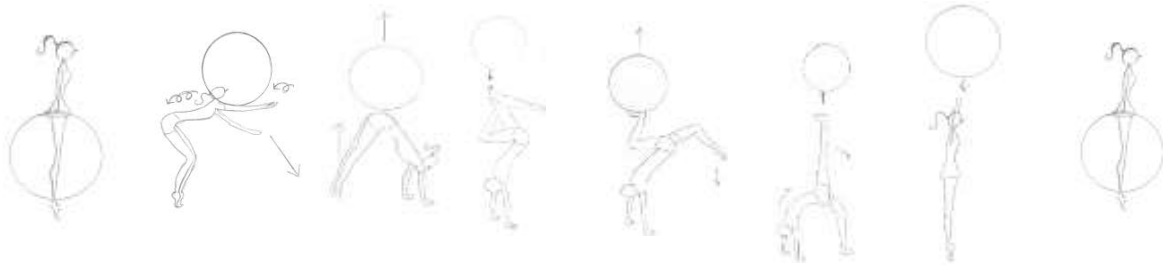


Original Elements: Updated June 2015

## INDIVIDUAL

### Marina Durunda (AZE): Hoop ♂ (0.40)

Starting position: Feet together, hoop is in the right hand; gymnast rolls the hoop without visual control. Gymnast puts her hands on the floor and at the same time pushes forward with her feet from the floor, rebounds the hoop from the body without using hands and without visual control. Gymnast moves to the handstand position. Gymnast travels into walkover forward, putting the hoop on the right foot without using the hands and without visual control. Gymnast pushes the hoop with the foot standing in a bridge pose, leg up and without using hands and without visual control. Gymnast catches the hoop with the hands, feet together, hands up, and returns to the start position.





## Gulsum Shafizada (AZE): Clubs ♂ (0.40)

The gymnast is standing with legs together and the club in her right hand. She takes a step commencing chasse and during chasse, throws a club up horizontally above her head. While taking off into “dive leap,” the club is behind her back. The gymnast kicks off the club from her back leg in “dive leap” jump without hands and without visual control. During the club’s flight, the gymnast travels onto the floor. While the club is still in the air, the gymnast executes a forward roll. Gymnast catches the club with her hand while standing on the floor.

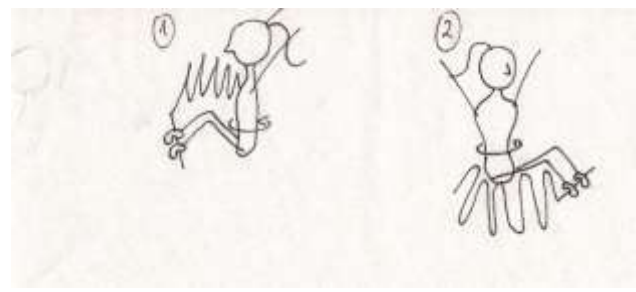




## Maria Mateva (BUL) ♂ Ribbon (0.40)

The Gymnast is sitting on the floor. She turns while performing snakes with the ribbon holding the stick with the toes of both feet.

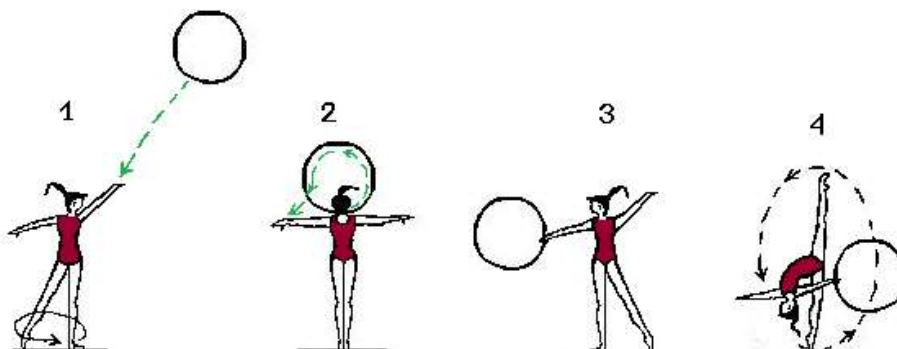
La gymnaste est assise au sol. Pendant qu'elle tourne autour d'elle-même, elle fait des serpentins avec le ruban en tenant la baguette avec les orteils des deux pieds.



## Yana Kudryavtseva (RUS): Hoop ♂ (0.40)

Catch of a large throw directly into a roll over one arm immediately into a free rotation of the hoop around the neck, and passing from the neck directly into a roll over the second arm.

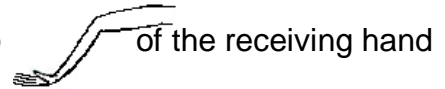
La reprise d'un grand lancer directement en roulement sur le bras et immédiatement après en rotation libre du cerceau autour du cou, avec un passage du cou directement en roulement sur un autre bras.



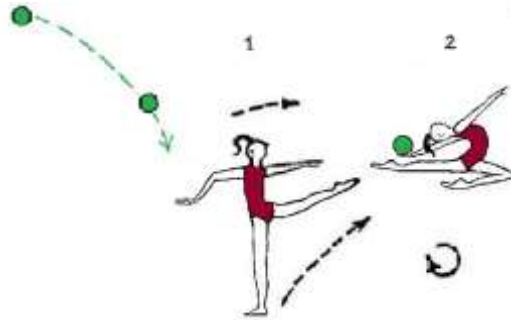


## Yana Kudryavtseva (RUS): Ball ♂ (0.40)

Catch of the ball after a large throw with a “reverse” grasp without visual control.



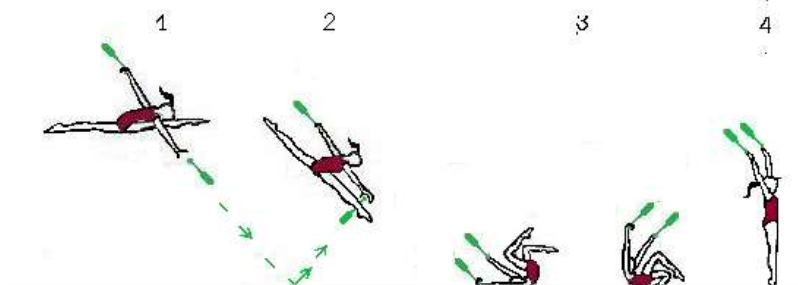
Reprise du ballon après un grand lancer par une prise “renversée” de la main sans le contrôle visuel.



## Yana Kudryavtseva (RUS): Clubs ♂ (0.40)

“Dive jump” with asymmetric movements of the clubs: during the jump, a high bounce of the club from the floor and passing to the roll to catch this club. Large circle with the other club.

“Saut plongé” avec mouvements asymétriques des massues: pendant le saut un grand relancer d’une massue du sol, suivi d’une reprise de la massue pendant une roulade au sol. Grand cercle avec une autre massue.

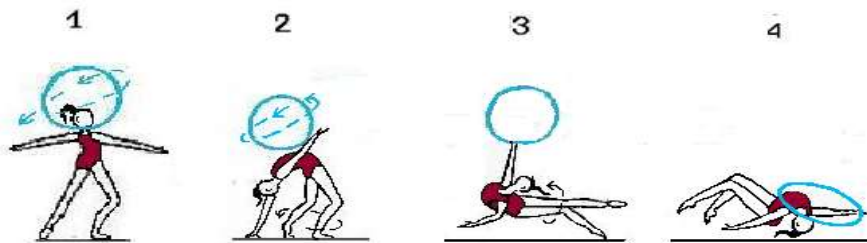




## Mamun Margarita (RUS): Hoop ♂ (0.40)

Rotation of the body passing onto the floor with a free, uninterrupted rotation of the hoop around its vertical axis over the chest, behind the head, then over the neck and finishing over the extended arm.

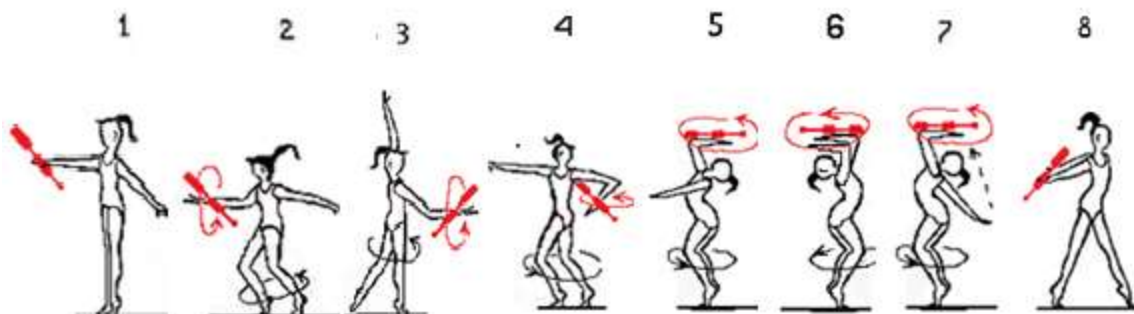
Rotation du corps avec le passage au sol, libre rotation ininterrompue du cerceau autour de l'axe vertical sur la poitrine, derrière la tête, ensuite sur le cou. La rotation se termine sur un autre bras.



## Mamun Margarita (RUS): Clubs ♂ (0.40)

The gymnast performs free rotations of 2 clubs fixed together on vertical and then on horizontal plane, transmitting them from the right to the left forearm without the help of hands. During this handling the gymnast performs the body movement with rotation.

La gymnaste exécute la rotation de 2 massues fixées ensemble sur le plan vertical, ensuite sur le plan horizontal sans l'aide des mains, en les passant de l'avant-bras droit à l'avant-bras gauche. Le corps de la gymnaste est en rotation pendant toute la durée de cet élément avec massues

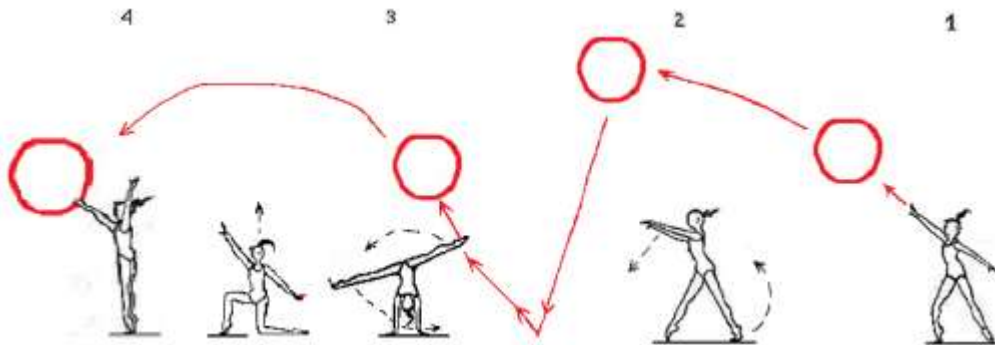




## Alexandra Soldatova (RUS): Hoop ♂ (0.40)

Gymnast throws the hoop. Hoop bounces from the floor, gymnast perform direct rebound of the hoop by the leg, during the cartwheel, passing on the floor.

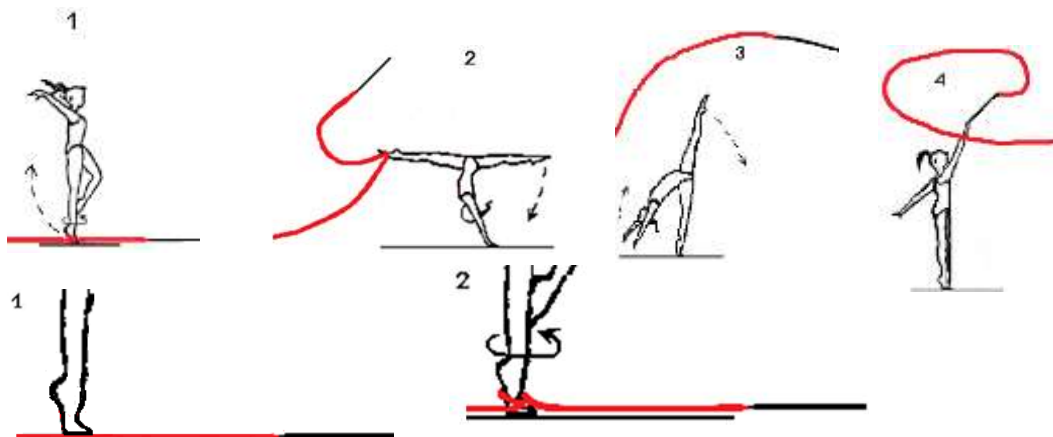
La gymnaste lance le cerceau. Le cerceau fait un rebond du sol et la gymnaste exécute un relancer direct du cerceau par la jambe pendant le renversement latéral avec passage au sol.



## Elizabeth Nazarenkova (UZB): Ribbon ♂ (0.40)

The ribbon is on the floor. In a starting position the gymnast stays in high relevé on the fabric of the ribbon. The gymnast performs a pivot with free leg below horizontal, supportive foot in high relevé. By the impulse of the pivot, the fabric of ribbon wraps around the toes of the supportive foot. Then the gymnast performs a walkover forward; during the walkover, the gymnast makes a throw of the ribbon using her foot, without help of hands and without visual control.

La gymnaste est en relevé sur le ruban pose au sol. Ensuite elle exécute un pivot en relevé, pendant ce pivot le ruban est enroulé autour des orteils du pied d'appui. Ensuite elle fait un renversement en avant; pendant le renversement la gymnaste lance le ruban en haut par le pied en dehors du contrôle visuel.

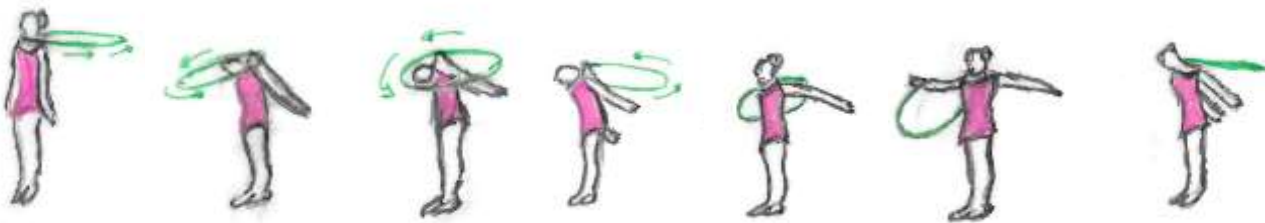




## MOUSTAFAEVA KSENIYA (FRA): Hoop ♂ (0.40)

The gymnast begins by making rotations around the neck. She tilts the head on the side and she makes a transmission of the hoop on the left shoulder. The hoop makes rotations on the shoulder and then passes behind the neck. She recovers her hoop with the right hand.

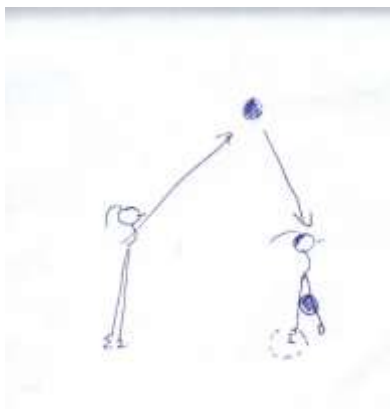
La gymnaste commence en faisant des rotations autour du cou. Elle incline sa tête sur le côté et elle transmet le cerceau sur l'épaule gauche. Le cerceau effectue des rotations sur son épaule puis passe derrière le cou. Elle récupère son cerceau avec la main droite.



## Sara Staykova (BUL): Ball ♂ (0.40)

The Gymnast catches the ball from a large throw with the legs **below knee level** during a pirouette.

La Gymnaste rattrape le ballon d'un grand lancer avec les jambes **en-dessous du genou** pendant une pirouette.

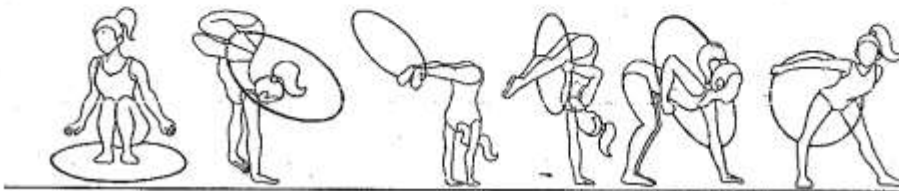




## Salome Pazhava (GEO) : Hoop ♂ (0.40)

Starting position: squat legs together; hoop is rotating around legs; the gymnast is doing a pre-acrobatic element; raises hoop through both legs; without hands and visual control into rotation; after that, picks the hoop standing on the land. The gymnast goes through the hoop, while finishing the pre-acrobatic element.

Pose de départ de l'exercice ; l'accroupissement, pieds joints, le cerceau tourne sur les pieds. Ensuite la gymnaste fait un élément pré-acrobatique et monte le cerceau à l'aide des pieds et sans mains et sans contrôle visuel en le tournant et puis le saisit étant debout à la main. La gymnaste finit son élément pré-acrobatique en passant par le cerceau.





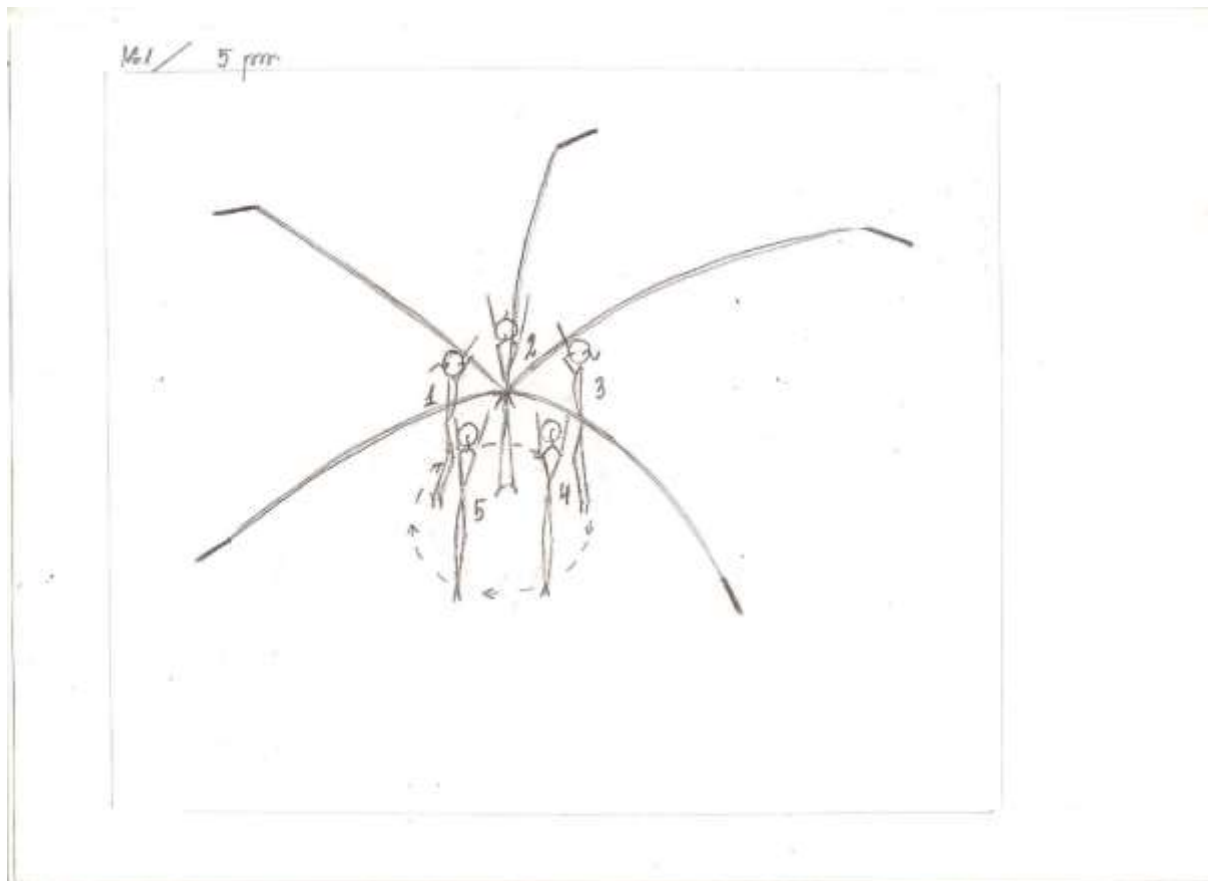


## GROUP EXERCISES

### BULGARIA (5 RIBBONS) ♂ (0.40)

Gymnasts 1 to 5 make a large throw of the tied ribbons which form a circle. They catch them while exchanging their places. Gymnast 1 unties the knot while she moves.

Les Gymnastes de 1 à 5 font un grand lancer des rubans qui sont noués de telle façon qu'ils forment un cercle. Elles les attrapent pendant qu'elles se déplacent. Gymnaste 1 défait le nœud pendant qu'elle se déplace.





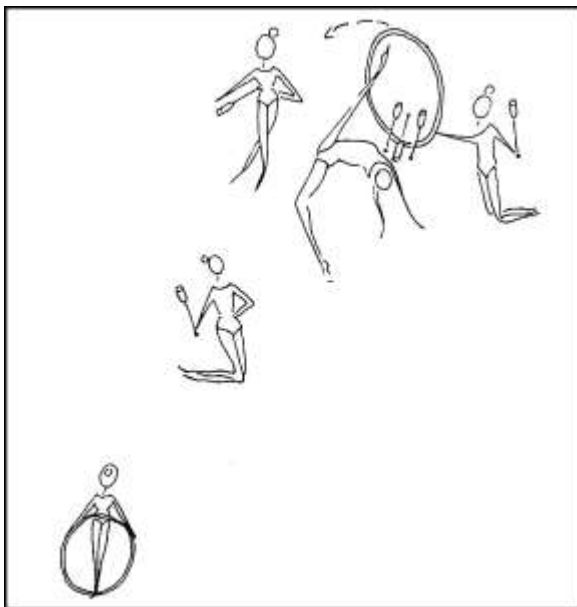
## ITALY (2 HOOPS and 6 CLUBS) ♂ (0.40)

The gymnast C throws simultaneously 3 clubs and 1 hoop - without visual control and without hands - during a walkover forward.

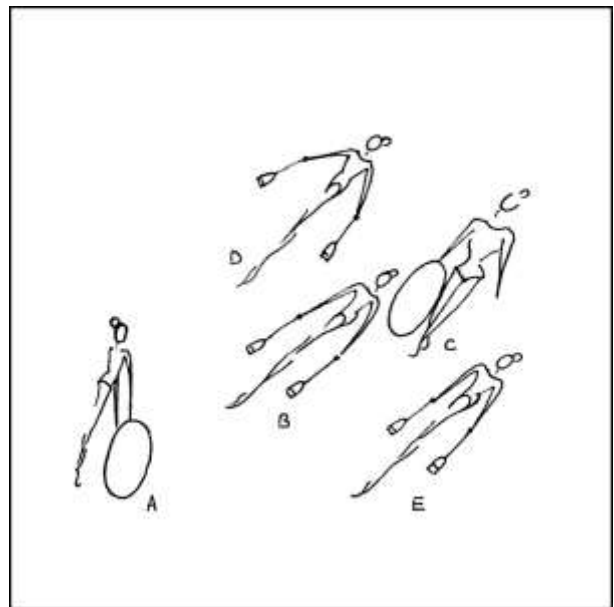
At the same time, the gymnast A throws 1 hoop that the gymnast C catches after the walkover.

The gymnasts B, D and E catch 1 club each and Gymnast A 1 hoop.

1.



2.





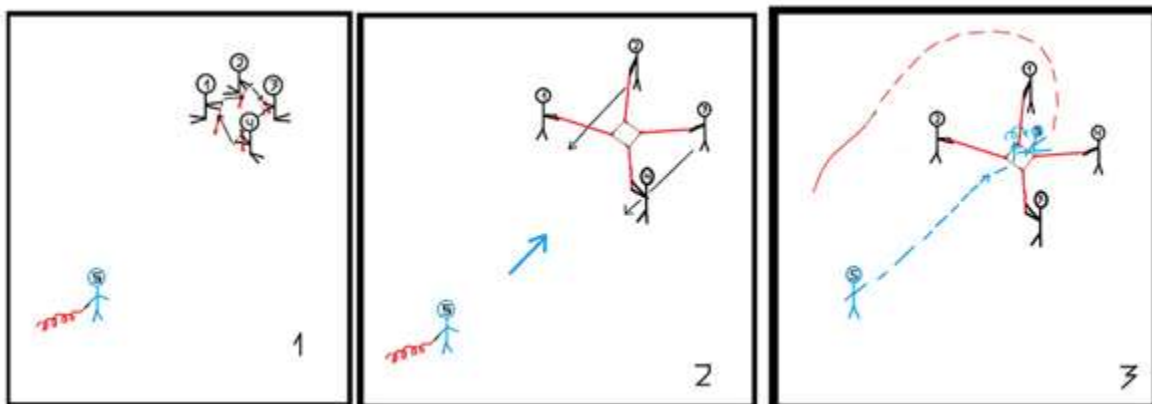
## **RUSSIA (5 RIBBONS) ♂ (0.40)**

1. Collaboration (C): Gymnasts № 1-4 fold and twist 4 ribbons, forming the “square” out of 4 sticks. Then gymnasts outstretch the ribbons, and move towards to gymnast № 5.

2-3. Meanwhile gymnast № 5 throws the ribbon, passes through this “square” during rotational movement on a floor, without help of hands, outside of visual control.

1. Collaboration (C) Les gymnastes № 1-4 plient et croisent 4 rubans de la manière a former un “carre” avec les 4 sticks. Les gymnastes tendent les rubans et se déplacent vers la gymnaste № 5.

2-3. En ce moment la gymnaste № 5 lance le ruban et, en exécutant un mouvement de rotation au sol sans l’aide des mains et en dehors du contrôle visuel, passe à travers ce “carre”.



# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



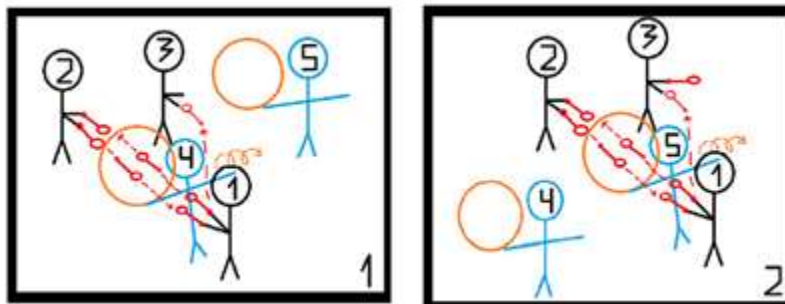
## RUSSIA (2 HOOPS and 6 CLUBS) ⚙ (0.40)

Collaboration during the Combination of dancing steps (S  $\Rightarrow$  C):

The Gymnasts № 4-5 execute large rolls of the hoops on arms and chest, the gymnastes № 1, 2, 3 juggle 6 clubs in a rapid succession. During this juggling, clubs passing through and over the rolling hoops.

Collaboration pendant la combinaison des pas de dance (S  $\Rightarrow$  C):

Les gymnastes № 4-5 exécutent les roulements du cerceau sur les bras et la poitrine; gymnastes № 1, 2, 3 jonglent des 6 massues en succession rapide. Pendant la jonglerie les massues passent a travers et par-dessus les cerceaux en roulement.



Nataliya Kuzmina  
RG TC President  
June 08, 2015

Caroline Hunt  
RG TC Secretary  
June 08, 2015