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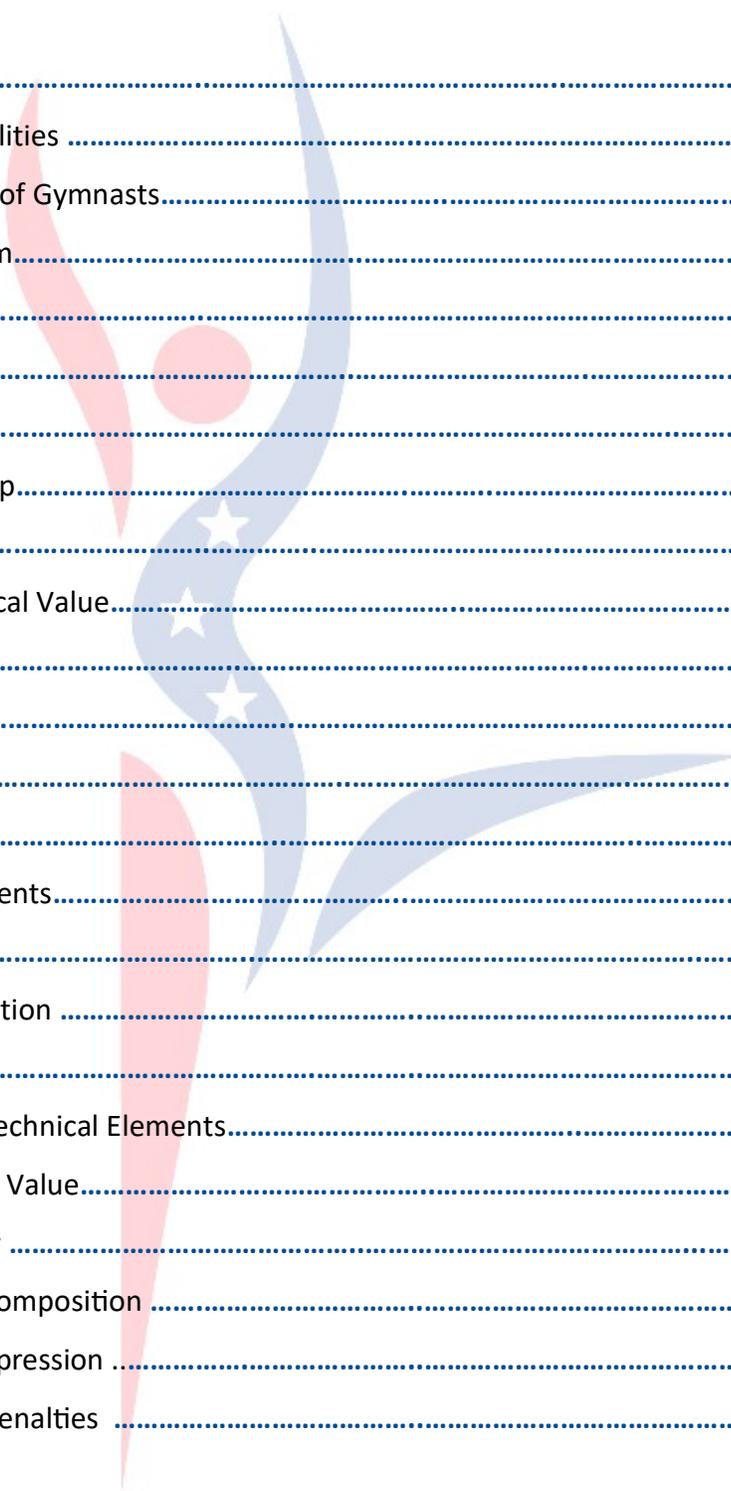
# 6-8 CHILDREN CATEGORY FREE PROGRAM RULES

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# Preamble

As of the beginning of 2024, the International Federation of Aesthetic Group Gymnastics has published rules for age categories beginning with the age of 8. In an effort to expand the sport of Aesthetic Group Gymnastics within the United States, AGGUSA has added two additional age categories to be recognized at the national level: Ages 4-6 and Ages 6-8. Teams that will be competing in these age categories may not be able to compete internationally, however they are free to compete within the United States at AGGUSA competitions, as well as participate in exhibitions and other events.

The main idea behind the rules of both the 4-6 and 6-8 age categories is to ensure the existence of AGG technique, physical capabilities, and bilateral muscle development in all participating gymnasts. IFAGG requirements of older age categories were taken into consideration when creating these rules. In order to guarantee AGG technique, physical capabilities, healthy aspects, and bilateral muscle development, there will be required elements that must be included in the AGG program, all of which will be included below. When the routines are shown to the public at either a competition or showcase, the routines may be evaluated by an AGGUSA judge or AGGUSA judge panel at the request of the team. Participation awards and/or gifts will be given to the teams in the 4-6 age category at AGGUSA events. AGGUSA competition placements, such as first, second, or third, etc., begins with the 6-8 age category.

If there are any questions or concerns regarding these rules, please direct them to [aggusafederationoffice@yahoo.com](mailto:aggusafederationoffice@yahoo.com).

# Free Program Generalities

## Age and Number of Gymnasts

A 6-8 Free Program group consists of anywhere between 3-15 gymnasts. The standard accepted ages for gymnasts in this age category are 6, 7, and 8. Exceptions can be made in order to allow the formation of that would otherwise not be able to exist. These exceptions must abide by the following criteria:

Number of Gymnasts in the Group	Exceptions and Explanation
<b>4 gymnasts</b>	There may be up to two exceptions in this group. One may differ from the standard ages by two years (either a 4-year-old or a 10-year-old), and the other by one year (either a 5-year-old or a 9-year-old).
<b>5 gymnasts</b>	There may be up to two exceptions in this group. One may differ from the standard ages by two years (either a 4-year-old or a 10-year-old), and the other by one year (either a 5-year-old or a 9-year-old).
<b>6 gymnasts or more</b>	<p>There may be up to three exceptions in these groups. If there are only two exceptions, one may differ from the standard ages by two years (either a 4-year-old or a 10-year-old), and the other by one year (either a 5-year-old or a 9-year-old).</p> <p>If there are three exceptions, two of the exceptions may differ from the standard ages by two years (either a 4-year-old or a 10-year-old), as long as the third exception only differs from the standard ages by one year and is on the other side of the age category limitations (either a 5-year-old or a 9-year-old). In this situation both gymnasts that have a two-year difference must be the same age, either two 4-year-olds or two 10-year-olds, not one of each.</p> <p>If two of the exceptions differ from the standard ages by one year, the third exception may differ from the standard ages by at most two years. It is</p>

also acceptable if all exceptions only differ from the standard ages by one year.

**No team 6-8 team is permitted to have both a 4-year-old and a 10-year-old.**

## Length of Program

The permitted length of the program is anywhere between **2 minutes and 2 minutes 30 seconds**. This timing starts with the beginning of the first movement of the program after the group takes its starting position and ends when all gymnasts are motionless.

## Music

There is no set musical theme for the 6-8 free program. Please ensure that the music choice is appropriate for the age category. Voice(s) and words are permitted in the music selection, as long as it remains appropriate for the age category. A short signal or beep may be included prior to the beginning of the music. A short musical introduction that is not more than five seconds and that is also not accompanied by movement from the gymnasts is permitted and will not be included in the time considered for the length of the program. Gymnasts are not permitted to make vocal sounds during their program, except for single claps (or another equivalent).

When submitting music to a competition or event organizer please have the following information on the music file (in English):

- Club name
- Team name
- Age Category
- Length of Music

The entire program's physical composition must have musical accompaniment (i.e if gymnasts are moving during the program, music must be playing). If the wrong music is played the group is responsible for stopping the program immediately (at this age it is permitted for the coach or club representative to step up and inform the proper individuals to stop the program).

## Competition Area

The size of the competition carpet must be 13 meters by 13 meters including the borderline. This is the same for rhythmic gymnastics requirements. The borderline must be marked clearly (preferably in red tape) and must be at least 5 centimeters wide.

## Dress

The competition dress must be either a leotard or a unitard, with or without a skirt. The dress must be in the same in material, design, and color for all members of the group. Slight differences in order to conform to different body shapes and sizes are acceptable. Competition dress must not change during the program. It is preferred that gymnasts perform in skin-toned toe shoes.

The neckline of the dress must not be lower than the top of the breasts in the front or lower than the bottom of the shoulder blades in the back. Competition dress must not be distracting or hindering of either the proper performance or viewing of the routine. Excessive decorations including hats, jewelry, lights, etc. are not permitted.

## Hair and Make-Up

All hair, unless it does not reach the base of the neck, must be tied for the safety of gymnasts. Small decorations are allowed if all gymnasts have the same decorations, and if they are secured to the scalp (NOT the bun or updo). Hair dyes that may transfer to the carpet are not permitted.

Make-Up that is moderate and aesthetically pleasing is permitted. Theatrical make-up, including stones, sequins, glitter, colored contact lenses, dark/unnatural lipstick, etc. are not permitted. Artificial eyelashes are not allowed for this age category.

## Discipline

For all AGGUSA doping policy please refer to the General Regulatory Manual. All teams and coaches must respect the competing team and must not disturb them in any way. Any disrespectful behavior will be documented and sent to the Ethical Committee for further investigation and penalties such as membership suspension may ensue.

# Free Program Technical Value

## Scoring

### Balances

All static balances must have a fixed and well-defined shape, and must show good body control before and after the balance. All pivots (also known as turns or dynamic balances) must have a rotation of 360° and are to be completed with a fixed shape.

### Leaps/Jumps

All jumps and leaps must show a fixed and well-defined shape in flight, show good elevation, show good body control before and after the element, and must show a safe and soft landing.

### Body Movements

All body movements must be natural and show the hips as the primary movement center. All body movements starting with one part of the body must be reflected in the remainder of the body. Body movements may be performed using different arm movements and leg movements, which provide different variations to the same body movements. The same body movement using different variations will be counted as separate body movements depending on how many styles of variations are present in the program.

### Waves

All waves are expected to show a movement stemming from the tilting or moving of the hips, which creates a wave or ripple effect throughout the entire upper body. All waves are also expected to gather speed throughout the movement, and as a result end in an extension of the upper body, as in arm(s) are reaching upwards and the gymnast is on relevé. A relaxation of the upper body is also expected either at the beginning of the wave (such as for forward and side waves) or at the end (for backwards waves).

A proper forward wave, which counts as a total body wave, begins by relaxing the upper body and tilting the hips slightly forward. By continuing to push the hips forward, a wave pattern continues all the way up the spine. The wave must end with an extension and in relevé.

A proper backwards wave, which counts as a total body wave, begins with the body in an extended position, on relevé. As the body's hips move forwards, the neck and upper body begins to naturally arch backwards. As the hips begin to move backwards again, the spine curves so that the upper body bends forwards, with the head following last. The wave is not counted until the body exits this relaxed position to end in an extension.

A proper side wave, which counts as a total body wave, begins with feet apart and all weight on one leg, with the upper body slightly relaxed. As the hips move towards the leg carrying the body weight, the other leg begins to possess a transfer of weight. The hips continue to naturally move until all weight is transferred to the second leg. As this is occurring, the upper body and head relax and follow the movement pattern created by the hips. A wave-like pattern is then clearly visible in the upper body, and the head follows last. The wave must end with an extension.

## Swings

A swing must possess a gathering of speed throughout the movement, a swinging motion when the upper body is relaxed, and must end in an extension.

## Leans and Lunges

All leans and lunges require the leaning of the upper body while maintaining a straight spine. In a traditional standing lean, weight is equally distributed on both legs, and the lean with a straight spine must be between 45° and 90°. In a traditional lunge, weight is distributed mostly on one leg, and the lean with a straight spine must be a minimum of 45°.

## Bending

Bending can be done forwards, backwards, or to the side. A bend to the left is classified the same as a bend to the right and does not count as different variations, unless there are different arm or leg positions. A bending must demonstrate a rounded shape in the spine while maintaining square shoulders.

## Relaxation

Relaxation must start with a small extension, no extended arms are necessary, but an extended posture must be clear. During the relaxation the bottom of the hips must tilt forward while the back rounds and the neck follows. A clear 'exhale' must be visible in the relaxation.

## A-Body Movement Series

All A-Body Movement Series require two consecutive body movements. All A-body movement series must be demonstrated as if the first movement creates the second. There is no pause permitted, and no more than one step may be taken in between the two body movements.

## B-Body Movement Series

All B-Body Movement Series require three consecutive body movements. All B-body movement series must be demonstrated as if the first movement creates the second, and the second creates the third. There is no pause permitted, and no more than one step may be taken between the body movements in the series.

## Dance Steps, Skips, and Hops

These additional rhythmic steps in the program are meant to demonstrate the agility of gymnasts. They must show good technique and coordination. One series of dance steps, skips, and hops must last a minimum of six counts.

This age category includes a requirement to have a dance steps, skips, and hops series combined with another element. This element may be a balance, leap, or a body movement series, but not a singular body movement.

## Arm Movement Series

Arm movement series must contain at least three different types of movements, and both arms are to be equally involved. They must clearly show variance in planes, directions, relaxations, or strengthening via the whole length of the arm. These may be accomplished at the same time as dance steps, skips, or hops, or during any other connected series in the program.

## Acrobatic Movements

Acrobatic Movements in AGG are generally classified by movements in which the gymnast's body rotates over its vertical position upside down with the support of the gymnast's hands, head, chest, or elbows.\* In acrobatic movements, gymnasts must show good muscle control, coordination, and agility. They must fit into the composition fluidly and must be reflective of the gymnasts' abilities.

\*Somersaults without airtime (front and back rolls) are classified as body movements.

## Flexibility

Demonstration of flexibility in the gymnasts must be displayed during the routine. This should be done with an emphasis on demonstrating good technical skills and healthy aspects, which includes demonstrating strength that supports the gymnasts' flexibility. Flexibility may be demonstrated on its own, such as in a split, or in an element, such as a front leg balance. For right, left, and middle split, the goal is to achieve a line of amplitude between the legs of 180°.

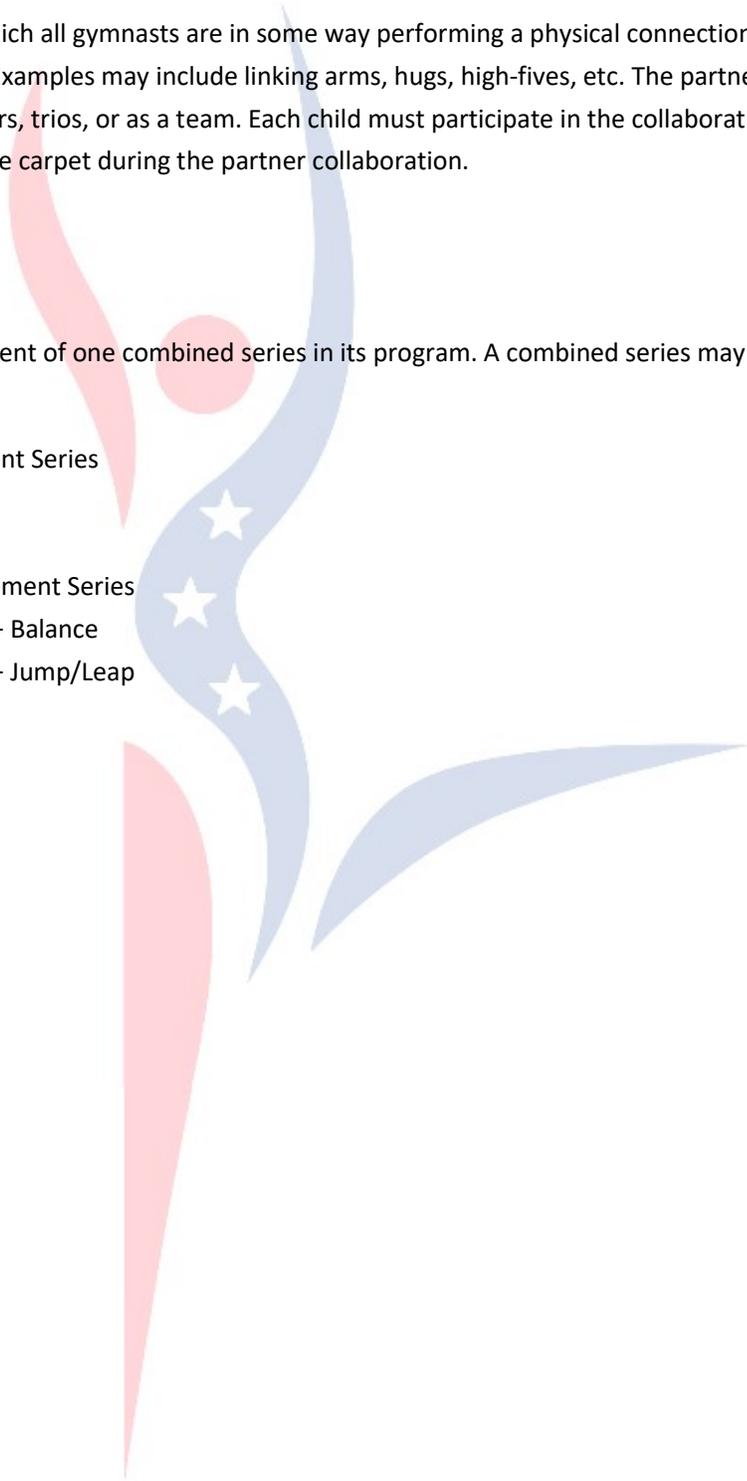
## Partner Collaboration

An instance in the program in which all gymnasts are in some way performing a physical connection between themselves. THIS IS NOT A LIFT. Examples may include linking arms, hugs, high-fives, etc. The partner collaboration may be done in pairs, trios, or as a team. Each child must participate in the collaboration, there cannot be a child left alone on the carpet during the partner collaboration.

## Combined Series

This age category has a requirement of one combined series in its program. A combined series may be any of the following:

- Balance + Body Movement Series
- Balance + Jump/Leap
- Jump/Leap + Balance
- Jump/Leap + Body Movement Series
- Body Movement Series + Balance
- Body Movement Series + Jump/Leap



## List of Required Elements

<b>TECHNICAL ELEMENT</b>	<b>Explanation</b>	<b>Value</b>
1 Total Body Wave	Any wave meeting the criteria.	0.2
1 Total Body Swing	Any swing meeting the criteria.	0.2
1 Bending	Any bend meeting the criteria.	0.2
1 Twisting	Any twisting meeting the criteria.	0.2
1 Lean or Lunge	Any lean or lunge meeting the criteria	0.2
1 Relaxation	Any relaxation meeting the criteria.	0.2
2 A-Body Movement Series	Any two body movements in quick succession, without more than one step in between.	0.6 total
1 B-Body Movement Series	Any three body movements in quick succession, without more than one step in between.	0.4
1 Balance	Any AGG balance.	0.2
1 Balance Series	Any Balance Series meeting the criteria.	0.3
1 Leap or Jump	Any jump or leap meeting the criteria.	0.2
1 Jump/Leap Series	Any jump/leap series meeting the criteria	0.3
Right Front-Line Flexibility	Any demonstration of 180° amplitude between the legs with the right leg in front.	0.1
Left Front-Line Flexibility	Any demonstration of 180° amplitude between the legs with the left leg in front.	0.1
Middle Line Flexibility	Any demonstration of 180° amplitude between the legs in a straddle-like position.	0.1
Back Line Flexibility	Any arch showing at least 80° of bending in the back.	0.1
2 Acrobatic Elements	Any two AGG acrobatic elements.	0.4 total
2 Arm Movement Series	4 instances in which the arm movement series criteria are met.	0.4 total
2 Dance Step, Skip, Hop Series	3 instances in which the dance steps, skip, hop movement series criteria are met.	0.6 total
1 Dance Step, Skip, Hop Series combined with another element	1 instance in which a dance steps, skip, hop movement series are fluidly linked with either a balance, jump/leap, or body movement series.	0.3
2 Combined Series	Any combined series that satisfies the criteria.	0.6 total

The total score possible is 5.9. A bonus 0.1 is granted to teams that show excellent technical ability!

# Free Program Artistic Value

## Score Totals

Artistic Value is separated into three categories: gymnasts' quality, the structure of the composition, and then originality and expression. Each category is worth 1.3, creating a point total of 3.9. A bonus of 0.1 is granted to teams that show excellent artistic quality.

## Gymnasts' Quality

### *AGG Technique (0-0.2 points)*

Healthy, harmonious, and rhythmic movements must be performed with a natural use of strength throughout the composition. All movements must also continue through the program fluently and without any clear or disruptive breaks.

- Present through none of the program- 0 points
- Present through some of the program- 0.1 points
- Present through all of the program- 0.2 points

### *Elements Correspond to Skill (0-0.4 points)*

All elements should correspond to the capabilities and skills of the performing gymnasts. This goes for either elements being too easy or too difficult for the gymnasts.

**0.1** points will be given for each of the element categories that correspond to the level of skills present in the gymnasts:

- Body movements
- Balances
- Jumps/Leaps
- Combined series

### *Capabilities and Skills (0-0.3 points)*

Gymnasts must display strong capability in flexibility, coordination, strength, speed, muscle-control, and endurance.

- **0.1** is given if 1 skill is shown
- **0.2** is given if 2-3 skills are shown
- **0.3** is given if 4-5 skills are shown

*Bilateral Muscle Work (0.2 points)*

Elements must be performed on both dominant and non-dominant sides. **0.1 points** are given for each side.

*Unity (0-0.2 points)*

- If the team shows good synchronization and similar techniques: **0.1 points**
- If the group performs as a team: **0.1 points**

## Structure of the Composition

*Composition Structure is Varied (0.1 points)*

The structure of the composition is varied and versatile.

*Composition Forms a Unity (0.1 points)*

From the beginning to the end of the routine, the program is a whole entity, without breaks or separate parts.

*Variety of the Composition (0.6 points)*

Each of the aspects in the following grants the team **0.1 points** if properly achieved during the program:

- Variety in planes, directions, and levels
- Variety in the use of space
- Variety in the making of formations
- Travelling is fluent and versatile
- Fast and slow parts
- Soft and strong parts

*Variety of Elements (0.4 points)*

Ensure that the program has all its elements naturally spread out throughout the entire composition, and that there is variety in each of the elemental categories (not just variants of the same element).

- Variety in the use of different body movement groups throughout the program- **0.1 points**
- Variety of body movements- **0.1 points**
- Variety of jumps/leaps- **0.1 points**
- Variety of balances- **0.1 points**

*6 Different Formations (0.1 points)*

There must be at least 6 different formations in the program.

## Originality and Expression

### *Expression (0.5 points)*

The composition must be expressive from start to finish and expressiveness should be demonstrated in the entire body. Expression should be developed throughout all movements and movement series, not just shown on the face. Expressive body language must be appropriate for the gymnasts' age category. Over-dramatic facial expressions are not considered appropriate for AGG technique and will not apply to this category.

- Composition is expressive- **0.1 points**
- Composition is aesthetic- **0.1 points**
- Expressions and style last throughout the entire program- **0.1 points**
- Expressions and style are appropriate for the age category- **0.2 points**

### *Music (0.5 points)*

Music must correspond with the ideas and expressions presented throughout the program. The music and the choreography must correspond fluidly so that the final competition program is an entire unit. The tempo and dynamics present in the music must be reflected in the composition. The theme and style of the music must be appropriate for the gymnasts' age category. The music must form a complete unity without excess breaks, pauses, or gaps. The music may contain additional sound effects, but they must be neither irritating nor disconnected. The music must not end before or after the last movement of the gymnasts.

- Composition and music correspond- **0.1 points**
- Variety in music- **0.1 points**
- Structure of the music supports in the composition- **0.1 points**
- Music is appropriate for the age category- **0.2 points**

### *Originality (0.3 points)*

Originality refers to novel styles or revolutionary ways in which the composition is performed via its movements, formations, or collaborations.

- Originality in movements- **0.1 points**
- Originality in formations- **0.1 points**
- Originality in collaborations- **0.1 points**

## Deduction and Penalties

Deductions and Penalties will follow the same protocol for IFAGG children's categories, listed in the table below:

Deductions and Penalties	
<b>Deductions</b> (by each judge individually)	
<ul style="list-style-type: none"> <li>• <b>Music:</b> <ul style="list-style-type: none"> <li>- music is poorly linked -0.1</li> <li>- disconnected additional effects - 0.1</li> <li>- music stops before last movement - 0.1</li> <li>- music ended by breaking off abruptly - 0.1</li> <li>- background music - 0.2</li> </ul> </li> <li>• <b>An error of the composition:</b> - 0.1 / each time           <ul style="list-style-type: none"> <li>- poorly connected collaborations or pre-acrobatic elements</li> <li>- illogical connection between elements/parts</li> <li>- the same formation is overused or too much time in the same formation</li> <li>- static of gymnast</li> </ul> </li> </ul>	
<b>Penalties</b> (by proposal [-], requires majority of AV judges):	
<ul style="list-style-type: none"> <li>- forbidden movement or lift - 0.5 / each movement / lift</li> <li>- religion/ political insults - 0.3</li> <li>- Team entrance - 0.3</li> <li>- Extra sounds made by gymnast/s -0.1 / each time</li> <li>- dress, hair or make-up - 0.1 one gymnast; -0.2 two or more</li> <li>- Hairdo destroyed during program -0.1/ each destroyed hairdo</li> <li>- lost items - 0.1 / each lost item</li> <li>- color spot on the competition area caused by hair dye - 0.2 / each time</li> <li>- for assistance by coach -0.3</li> </ul>	
<b>Deductions by Head Judge of AV:</b>	
<ul style="list-style-type: none"> <li>- additional or missing full seconds -0.1 / second</li> </ul>	

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## Free Program Execution

1. The execution of the program must aim to be unified and synchronized.
2. All team members must strive to perform elements either at the same time or within a few counts of one another.
3. AGG technique must be clearly attempted by all gymnasts.
4. The execution must show good posture, coordination, balance, and rhythm.
5. All elements must be executed while keeping in mind the ideals of healthy aspects: particularly with the shoulders and hips being in line with one another.

<sup>1</sup> IFAGG Competition Rules Long Program, Children Categories, page 25.  
<https://ifagg.com/v1/page.php?n=14&nn=1>

Execution Value Scoring will follow the IFAGG Execution Evaluation diagram shown below (with the exception of lift fails, as there are no lifts allowed at this age):



International Federation of Aesthetic Group Gymnastics IFAGG

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
<b>Posture and supporting line, healthy aspects</b>	- incorrect supporting line (e.g. position of the supporting leg (in balances) or shoulders and hips not in line) - poor posture - heavy ending of the lift	- body control lost during or in ending of the lift	- landing from jump/leap while still in back bending - in a lift, clearly poor posture/supporting line by lifting gymnasts
<b>Basic gymnastics technique</b>	- insufficient extension - difference in execution between gymnasts - lack of fluency/continuity - lack of lightness	-	-
<b>Loss of balance (in any movement):</b>	with unnecessary movement (each time/gymnast)	with unnecessary hop (each time/gymnast)	with one support on hand, foot or other part of the body (each time/gymnast)
<b>Unity</b>	- lack of synchronization - imprecise planes, levels or directions - inaccuracy between movement and rhythm of the music - inaccuracy in formations	-	-
<b>Collision between gymnasts</b>	- execution is not or is slightly disturbed	- execution is clearly disturbed for 1 gymnast	- execution is clearly disturbed for 2 or more gymnasts
<b>Physical characteristics:</b> - lack in some area (flexibility, coordination, strength, speed, muscle control or endurance) during the whole program	slight lack (team/each area)	clear lack (1-2 gymnasts/each area)	clear lack (team/each area)
Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
<b>Body movements:</b> - incorrect technique - characteristics not shown for basic body movements	Small mistakes in technique of an element	Partly incorrect technique of an element	Totally incorrect technique of an element
<b>Jumps and leaps:</b> - incorrect technique - characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing)			
<b>Balances:</b> - incorrect technique - characteristics not shown (shape not fixed, insufficient amplitude, poor body control, insufficient rotation)			
<b>Total fall (two or more supports) in any movement</b>	-0.4 each gymnast/ each time		
<b>Lift fails</b>	- lift fails: -0.5 each time - gymnast(s) fall to the floor from lift: -0.5 each time		
<b>AGG technique:</b> - lack of total AGG technique	-0.3 whole program		
<b>Bilateral work</b> - missing balances or jumps/leaps for the non-dominant leg	-0.2 each missing element		

The total execution score is 9.8. 0.2 points are granted to teams that show incredible execution throughout their composition.

<sup>2</sup> IFAGG Competition Rules Long Program, Children Categories, page 28.  
<https://ifagg.com/v1/page.php?n=14&nn=1>

# Appendix

## Example Balances

1. Pasé balance on flat with or without body movement
2. Pasé balance on relevé with or without body movement
3. Pasé pivot with or without body movement
4. Any arabesque on flat with or without body movement
5. Any arabesque on relevé with or without body movement
6. Attitude balance
7. T-balance
8. Any arabesque balance on one knee with or without body movement
9. Cossack balance with or without body movement
10. Side leg 135° balance on flat, with hand support, with or without body movement
11. Front leg 135° balance on flat, with hand support, with or without body movement
12. Ring balance, with or without body movement
13. Illusion
14. Attitude pivot
15. Front arabesque pivot
16. Split pivot
17. Free leg pivot (free leg at an amplitude of less than 90°)

## Example Leaps/Jumps

1. Pencil jump with straight legs, rotation of 360°.
2. Pencil jump with straight legs and a body movement (with arch).
3. Cabriole with or without body movement
4. Scissor Leap with straight or bent legs.
5. Pasé jump with arch.
6. Pasé jump with 360° rotation.
7. Tuck jump
8. Tuck jump with 360° rotation.
9. Entrelacé
10. Any arabesque leap, with or without body movement
11. Arabesque leap with a turn (front arabesque to back arabesque in one jump)
12. Stag leap with or without body movements
13. Cossack jump with or without body movements
14. Donut jump
15. Cat Leap with or without body movements

16. Pike jump, with or without body movement
17. Split Leap, 135° amplitude between legs, with or without body movement
18. Straddle jump, 135° amplitude between legs, with or without body movement
19. Switch leap with straight legs
20. Jetée n tournant, with or without body movement

