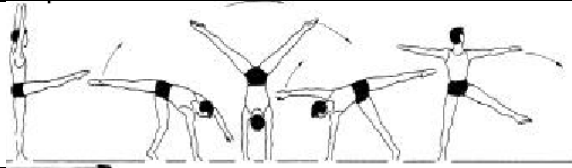
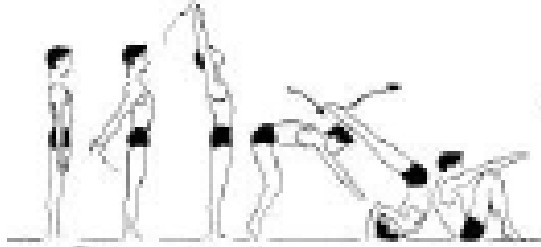

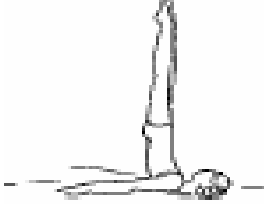






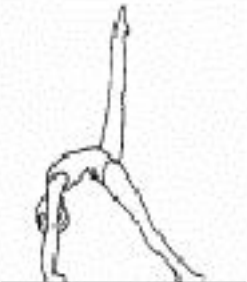

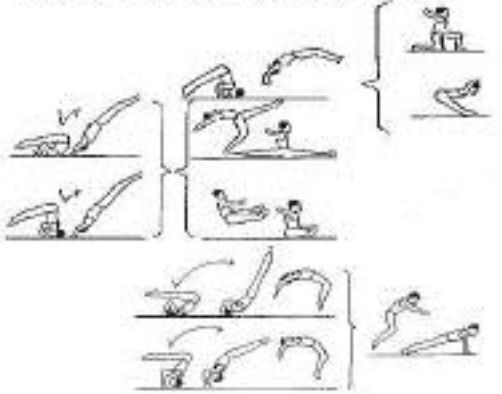



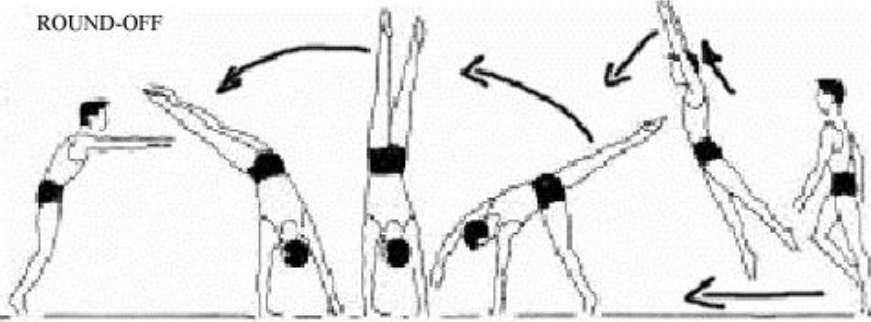

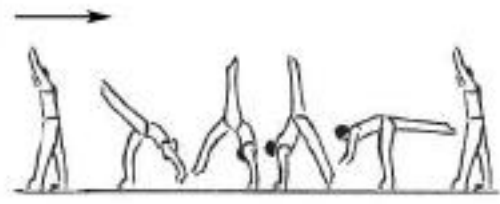
IDF TECHNICAL BOOKLET 2015 - 2018


Maximum Safety Level for MINI Age Category

THIS DOCUMENT HAS BEEN PREPARED IN THE INTEREST OF HEALTH AND SAFETY PURPOSES. IT INDICATES WHICH ACROBATIC AND GYMNASTIC ELEMENTS ARE ALLOWED TO BE EXECUTED BY DANCERS REGISTERED IN THE MINI AGE CATEGORY. IT APPLIES TO DISCIPLINES WHERE ACROBATIC AND GYMNASTIC ELEMENTS ARE PERMITTED.

GYMNASTIC AND ACROBATIC ELEMENTS		
Code	ACROBATIC ELEMENT	DETAILED DESCRIPTION
01	CARTWHEEL	
02	FORWARD ROLL	
03	BACKWARD ROLL	
04	SHOULDER STAND	
05	HAND SUPPORT WITH HIPS AND LEGS BELOW THE HEAD LEVEL	
06	HEADSTAND	

<p>07</p>	<p>PLANCHE WITH SUPPORT ON BOTH ARMS</p>	
<p>08</p>	<p>BRIDGE</p>	<p>BRIDGE</p>  
<p>09</p>	<p>WAVE</p>	<p>wave</p> 
<p>10</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING</p>	<p>NECK SPRING, HEAD SPRING AND SHOULDERS SPRING</p> 

<p>11</p>	<p>HANDSTAND (held for the duration of minimum 4 seconds)</p>	<p>HANDSTAND</p>  <p>A line drawing of a person performing a handstand, balanced on their hands with legs straight up in the air.</p>
<p>12</p>	<p>ROUND-OFF</p>	<p>ROUND-OFF</p>  <p>A sequence of five line drawings showing the steps of a round-off: starting from a standing position, a handstand, a round-off, another handstand, and finally a standing position. Arrows indicate the direction of movement and the sequence of the skill.</p>
<p>13</p>	<p>WALKOVER</p>	<p>WALKOVER</p>  <p>A sequence of six line drawings showing the steps of a walkover: starting from a standing position, a handstand, a walkover, another handstand, and finally a standing position. An arrow above the first drawing indicates the direction of movement.</p>
<p>14</p>	<p>BACKWARD WALKOVER</p>	<p>BACKWARD WALKOVER</p>  <p>A sequence of six line drawings showing the steps of a backward walkover: starting from a standing position, a backward handstand, a backward walkover, another backward handstand, and finally a standing position. An arrow above the first drawing indicates the direction of movement.</p>

<p>15</p>	<p>FLYSPRING</p>	<p>FLYSPRING</p> 
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