



Element list

Element Recognition Criteria_CoP2025-2028

[WAG] Floor Exercise W-003

element ID	element
1.202.2	Fouette Hop with leg change to cross split (tour jeté) to ring position
1.305	Switch leap to ring position
1.405	[Sankova] Switch leap to ring position with 1/2 turn (180°)
1.206	Sheep jump
1.209.1	Sissone to ring position to land on one foot
1.209.2	Stag ring jump
1.209.3	Split jump to ring position to land on both feet
1.209.4	Split jump to ring position with 1/2 turn (180°) to land on both feet
1.309.1	Split ring leap
1.309.2	[Jurkowska-Kowalska] Split jump to ring position with 1/1 turn (360°)
1.409.1	[Ferrari] Tour jeté, to ring position with additional 1/2 turn (180°)
1.409.2	[Ting] Split leap to ring position with 1/2 turn (180°)