



Element list

Element Recognition Criteria_CoP2025-2028

[WAG] Vault W-021

element ID	element
2.31	[Wang] Handspring fwd on – stretched salto fwd with 1/2 twist (180°) off
5.31	Round-off, flic-flac with 1/2 turn (180°) on – salto fwd stretched with 1/2 twist (180°) off