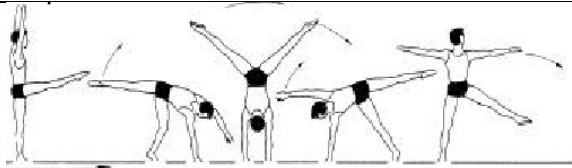















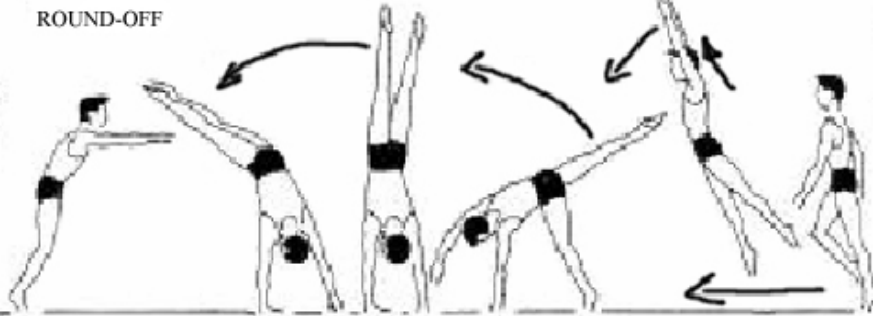

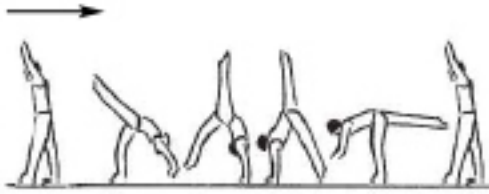
# **IDF TECHNICAL BOOKLET 2018 - 2021**


## **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.**

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

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

<p>11</p>	<p><b>HANDSTAND</b> (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 their feet and legs straight up in the air.</p>
<p>12</p>	<p><b>ROUND-OFF</b></p>	<p>ROUND-OFF</p>  <p>A sequence of five line drawings showing the steps of a round-off: 1. A person in a starting stance with arms extended forward. 2. A person in a handstand position with one leg raised and bent. 3. A person in a handstand position with both legs raised and bent. 4. A person in a handstand position with one leg raised and bent, and the other leg starting to swing down. 5. A person in a handstand position with both legs raised and bent, and the body starting to rotate back to the ground.</p>
<p>13</p>	<p><b>WALKOVER</b></p>	<p>WALKOVER</p>  <p>A sequence of six line drawings showing the steps of a walkover: 1. A person in a starting stance with arms extended forward. 2. A person in a handstand position with one leg raised and bent. 3. A person in a handstand position with both legs raised and bent. 4. A person in a handstand position with one leg raised and bent, and the other leg starting to swing down. 5. A person in a handstand position with both legs raised and bent, and the body starting to rotate back to the ground. 6. A person in a starting stance with arms extended forward, having completed the walkover.</p>
<p>14</p>	<p><b>BACKWARD WALKOVER</b></p>	<p>BACKWARD WALKOVER</p>  <p>A sequence of six line drawings showing the steps of a backward walkover: 1. A person in a starting stance with arms extended forward. 2. A person in a handstand position with one leg raised and bent. 3. A person in a handstand position with both legs raised and bent. 4. A person in a handstand position with one leg raised and bent, and the other leg starting to swing down. 5. A person in a handstand position with both legs raised and bent, and the body starting to rotate back to the ground. 6. A person in a starting stance with arms extended forward, having completed the backward walkover.</p>

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