



*IDF Technical Booklet 1<sup>st</sup> November 2023 – 31<sup>st</sup> October 2025*



**Gymnastic and Acrobatic Elements**  
***To be used Technical Booklet Acrobatic Elements and as Safety Level Mini***

THIS DOCUMENT HAS BEEN PREPARED IN THE INTEREST OF HEALTH AND SAFETY PURPOSES. **FROM 01 TO 10 INCLUDED**, GYMNASTIC ELEMENTS ARE ALLOWED TO BE EXECUTED BY DANCERS REGISTERED IN THE MINI AGE CATEGORY. **ACROBATIC ELEMENTS 11 - 12 – 13 – 14 – 15 - 17 ARE NOT ALLOWED IN MINI CATEGORY.** SAFETY LEVEL MINI IT APPLIES TO DISCIPLINES WHERE ACROBATIC AND GYMNASTIC ELEMENTS ARE PERMITTED.

**01**

**CARTWHEEL** (Safety level Mini)

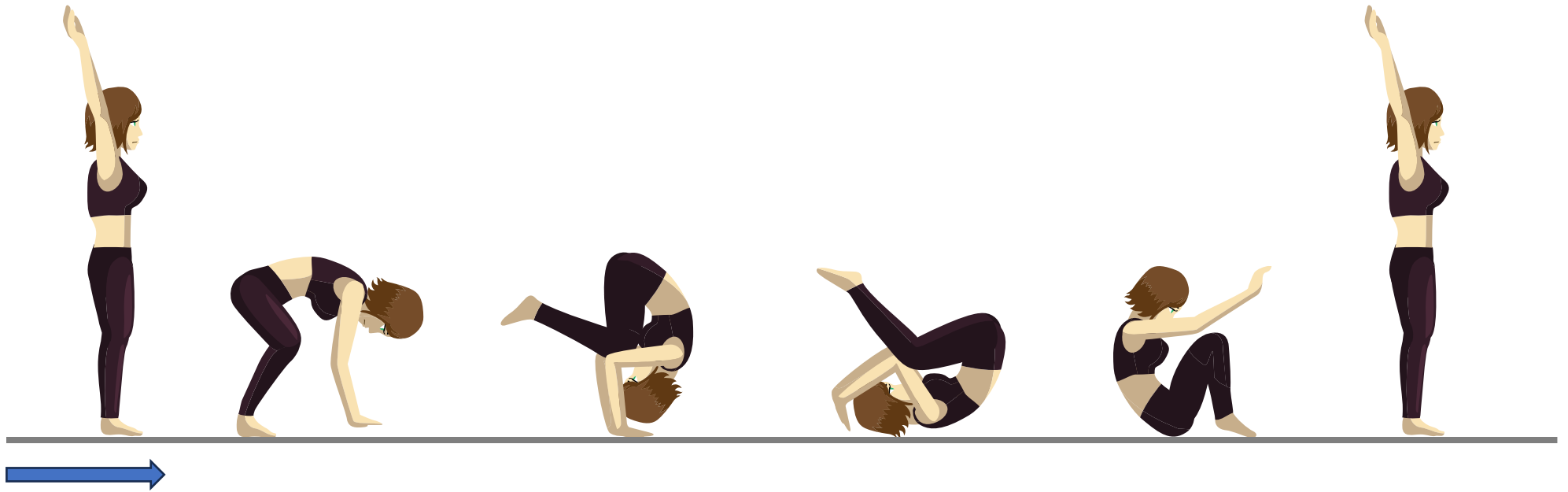


Variants of this element:

- **Cartwheel on one hand**
- **Cartwheel starting from kneeling / sitting**
- **Cartwheel into kneeling / sitting / split**

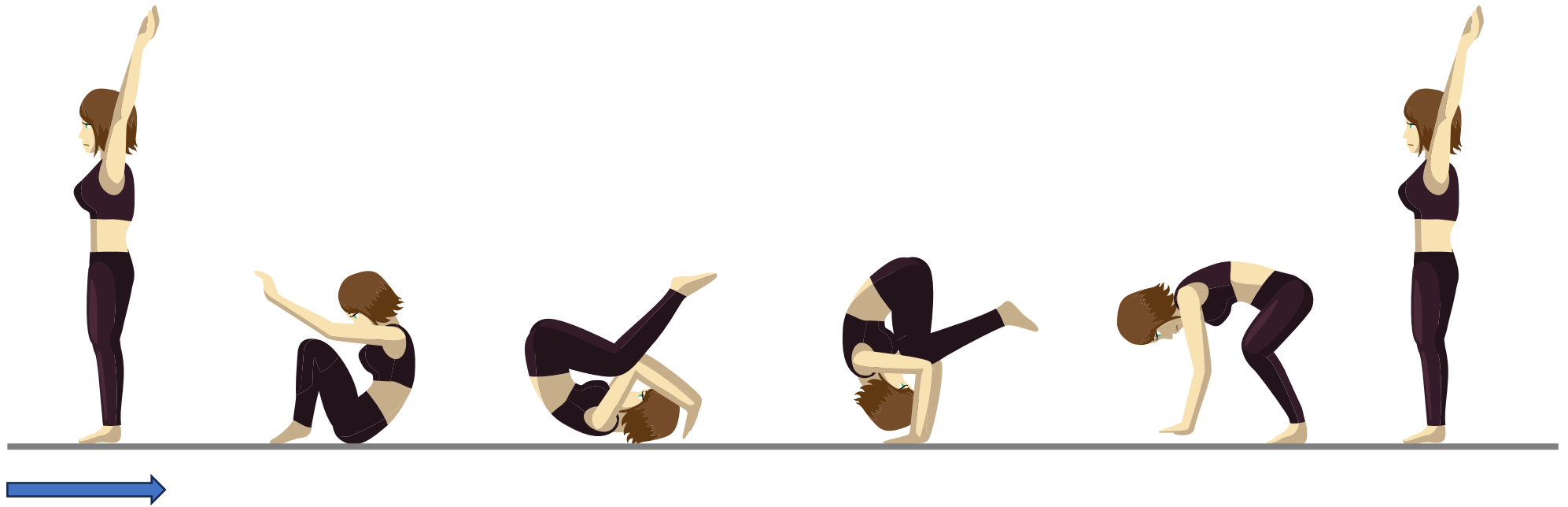
**02**

**FORWARD ROLL** (*Safety level Mini*)



**03**

**BACKWARD ROLL** (Safety level Mini)





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**04**

**BRIDGE** *(Safety level Mini)*



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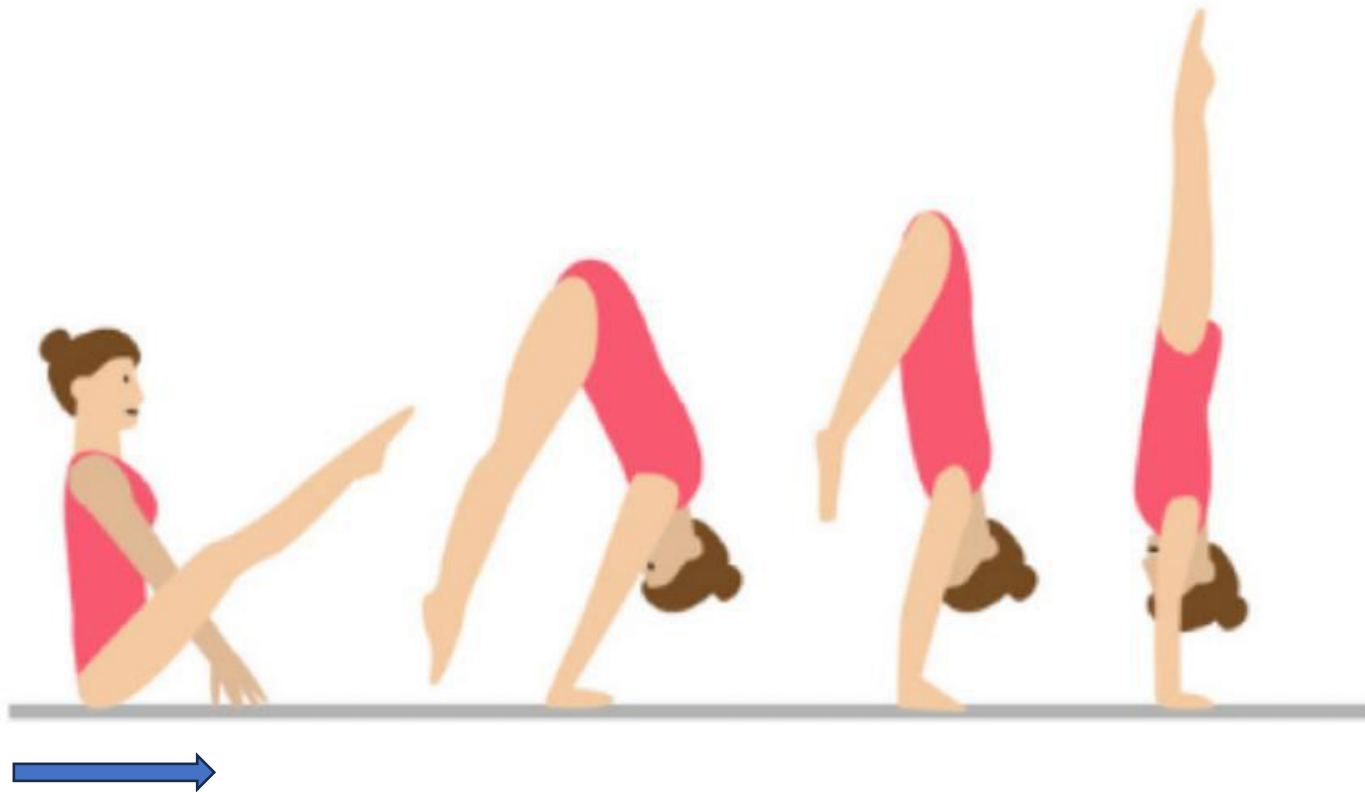
**05**

**HANDSTAND – held for a duration min. of 4 seconds** (Safety level Mini)



**06**

**PRESS HANDSTAND** (Safety level Mini)





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07

# ROUND -OFF (Safety level Mini)



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**08**

**FORWARD WALKOVER** (*Safety level Mini*)



Variants of this element:

- **FORWARD WALKOVER** landed on two feet
- **FORWARD WALKOVER** on one hand
- **FORWARD WALKOVER** with switch-leg
- **FORWARD WALKOVER** landed onto pointed feet into kneeling and finished in a split



09

# BACKWARD WALKOVER *(Safety level Mini)*



Variants of this element:

- **BACKWARD WALKOVER** landed on two feet
- **BACKWARD WALKOVER** on one hand
- **BACKWARD WALKOVER** with switch-leg
- **BACKWARD WALKOVER** into cradle finished lying forward face down
- **BACKWARD WALKOVER** started in t-balance
- **BACKWARD WALKOVER** started from sit straight with one leg bent





10

# HEAD SPRING – NECK SPRING – SHOULDER SPRING *(Safety level Mini)*

## NECK SPRING, HEAD SPRING AND SHOULDERS SPRING



**11**

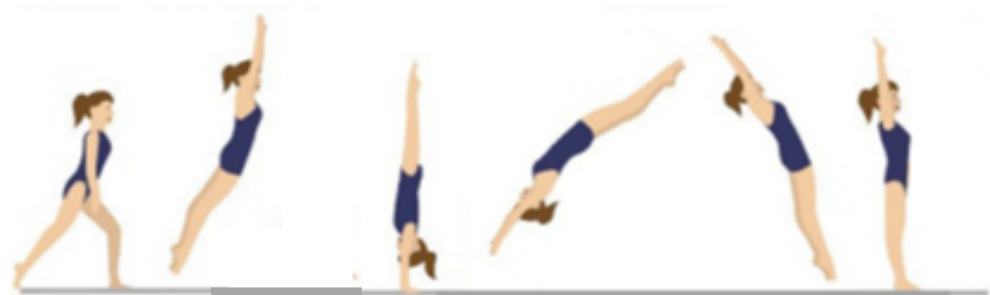
**FRONT HANDSPRING**

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**



Variants of this element:

- **Front Handspring landed on two feet**
- **Front Handspring landed on one foot**
- **Front Handspring started from two feet and landed on two feet**





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**12**

# **BACK HANDSPRING/FLIC FLAC**

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**



**13**

**AERIAL CARTWHEEL**

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**



Variants of this element:

- **Aerial cartwheel with arms held wide to the side**
- **Aerial cartwheel with one hand holding one leg**
- **Aerial cartwheel with arms behind ('no arms')**
- **Aerial cartwheel with  $\frac{1}{4}$  turn landed facing forward**
- **Aerial cartwheel landed on 2 feet ('round - off with no arms')**

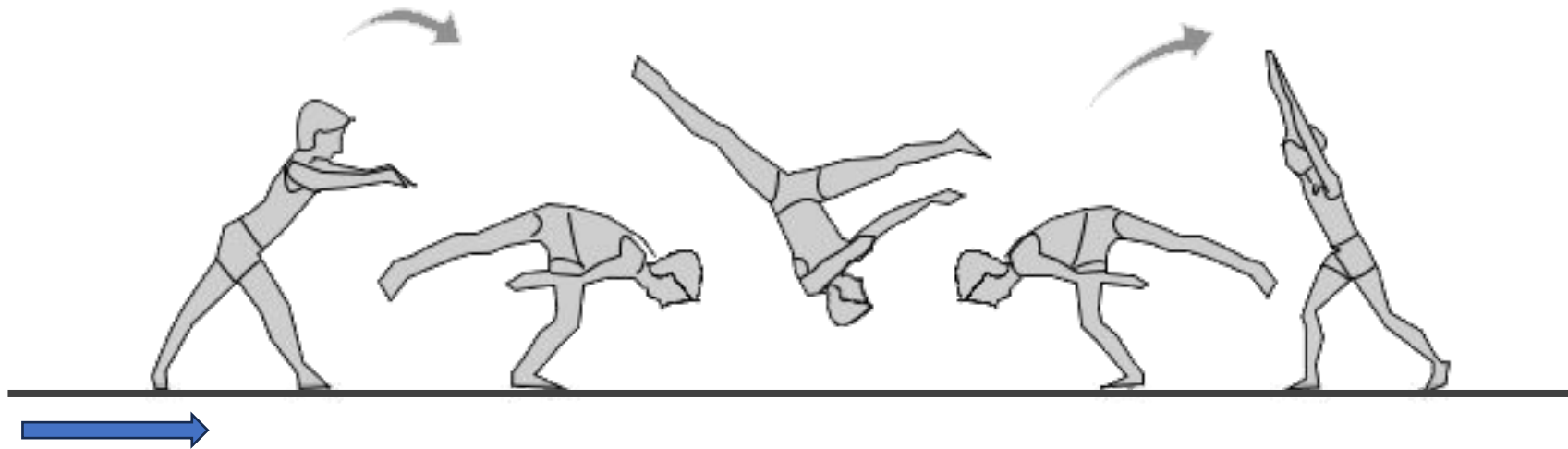


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**14**

# **AERIAL WALKOVER**

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**



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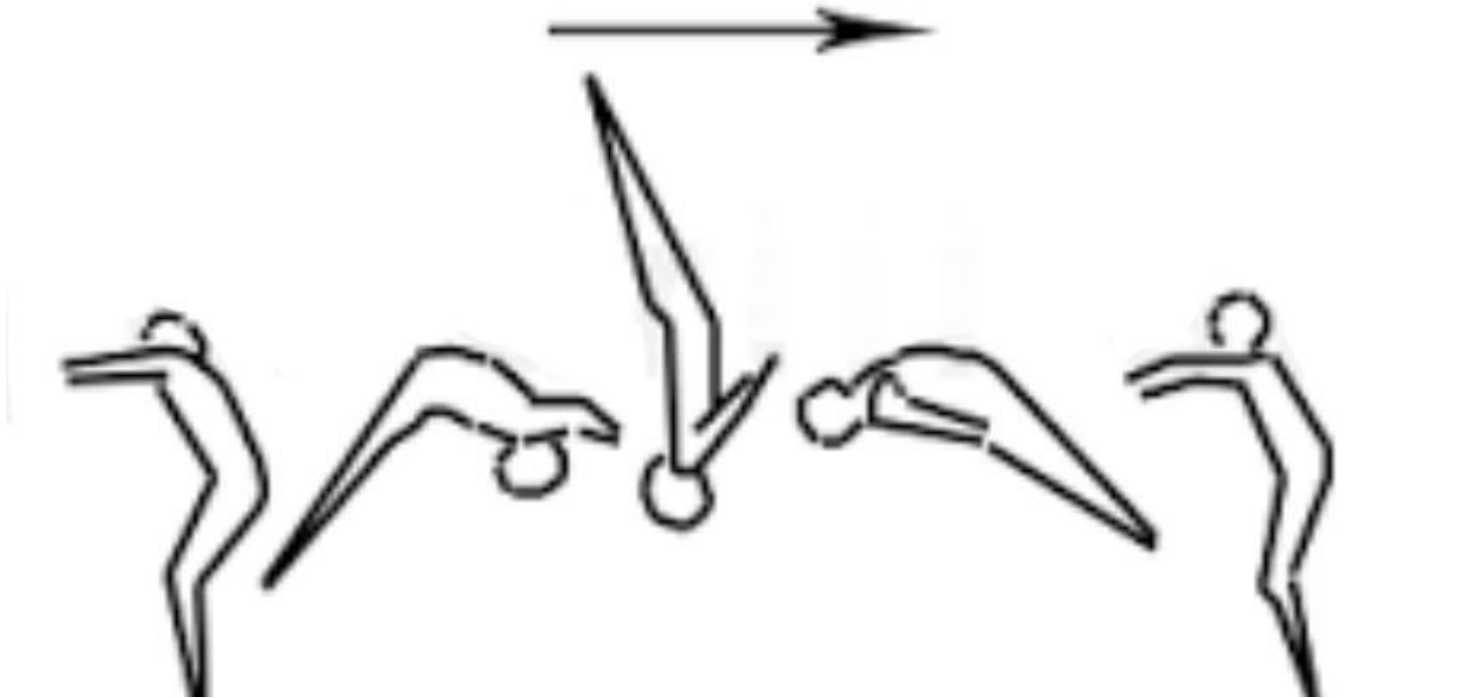


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**15**

# WHIP

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**

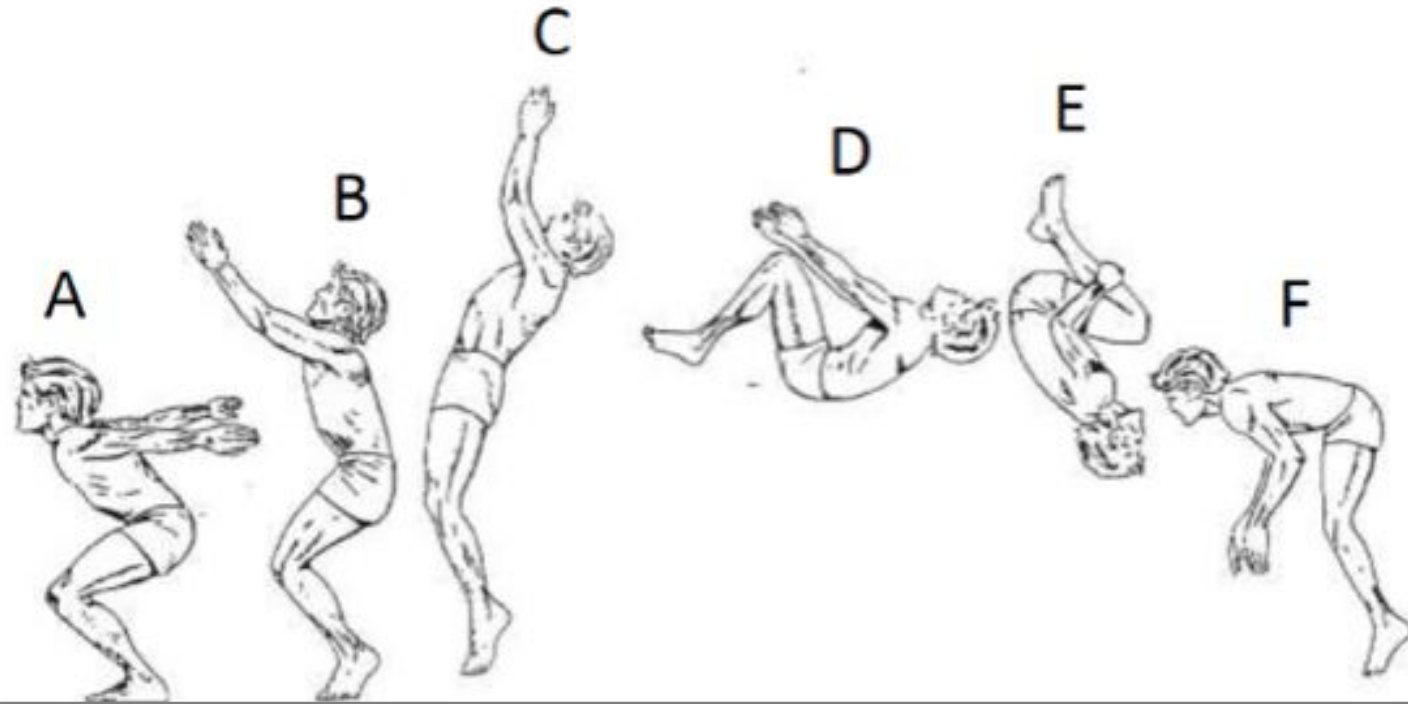




**16**

**BACKWARD SOMERSAULT-BACK FLIP**

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**



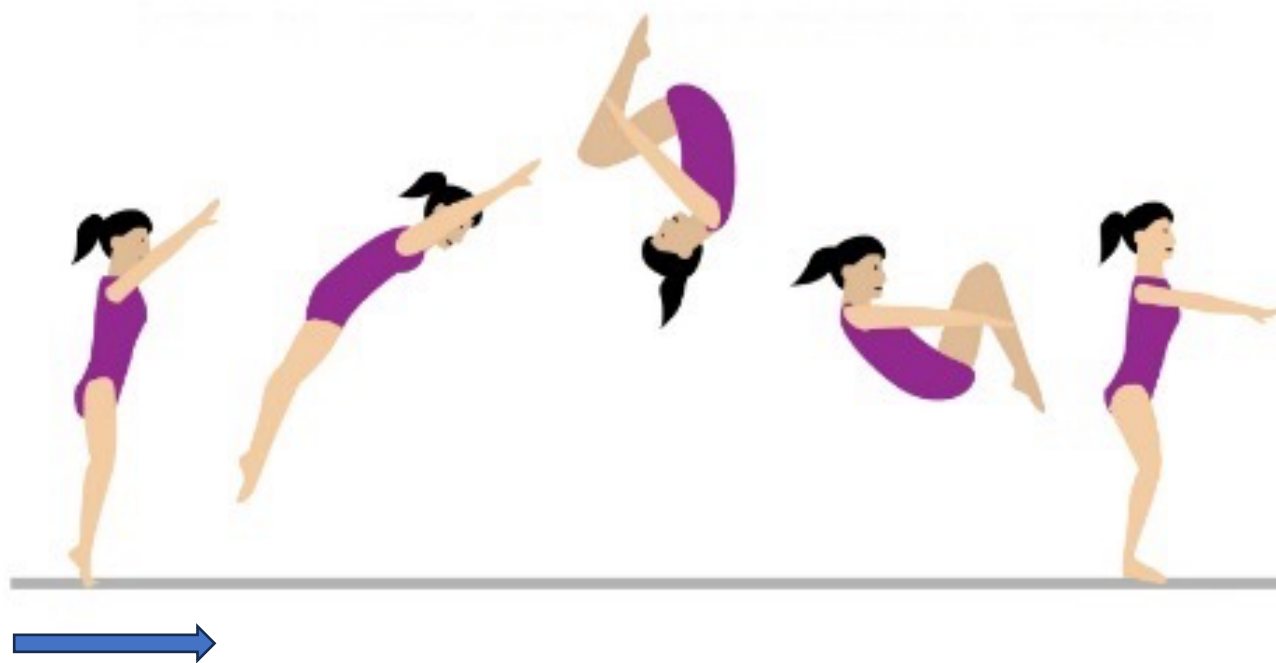


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**17**

# **FORWARD SOMERSAULT-FRONT FLIP**

**!!! MAKE ATTENTION!!!  
NOT ALLOWED FOR MINI CATEGORY**





**What should dancers, coaches and judges pay attention to:**

- Run-up type and run-up distance /3 - 5 steps;
- spring height, flight phase length;
- Fluidity and dynamic of movement;
- Quality of execution / clear and strong starting position, clear execution – flight phase, landing – finishing position, straight legs, pointed feet;
- Softness of execution (elements feeling light), combinations timing

**Ideas for increasing the difficulty level and originality of the presentation:**

- combining two, three or more elements creating “acrobatic paths”
- increasing the “quality” of each acrobatic element or the quality / variety of the linking movements
- performing jumps from and to various starting / finishing positions
- searching for original acrobatic elements and links between the acrobatic elements, e.g. modifications
- more frequent use of lifts (static and dynamic) - duets, mini formations, formations, shows.