



## **CODE OF POINTS**

TO THE FEI RULES FOR VAULTING  
1st edition, effective 1st January 2015  
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## **PREAMBLE**

The present Code of Points is the **1st edition, effective 1st January 2015.**

All other texts covering the same matter issued previously are superseded.

Every eventuality cannot be provided for in these Code of Points. In any unforeseen or exceptional circumstances, it is the duty of the Ground Jury to make a decision based on common sense, and fairplay thus reflecting as closely as possible the intention of the Rules and of the GRs and any other FEI Rules and Regulations.

# 1. Glossary - Vaulting

Basics	
<b>Exercise</b>	<p>A Exercise is a move or static position under control which is</p> <ul style="list-style-type: none"> <li>described as a compulsory exercise in the Rules</li> <li>described as a technique exercise in the Guidelines or</li> <li>valued as an E, M, D or R-exercise according to the "Guidelines for Judges" and the Code of Points.</li> </ul>
<b>Transition</b>	<p>A Transition is a move, passage, or change under control from one position to another in a free test/technical test routine, which</p> <ul style="list-style-type: none"> <li>may displace the Centre of Gravity,</li> <li>be a rotation around any axis or</li> <li>a static position not held for three canter strides</li> </ul> <p>and is a "not counted for Degree Of Difficulty (DOD)" according to the Guidelines and the Code of Points.</p>

Position in relation to the horse	
<b>Forward (fw)</b>	The vaulter is facing in same direction as the horse
<b>Backward (bw)</b>	The vaulter is facing in the opposite direction as the horse
<b>Sideways in</b>	The vaulter is facing toward the centre of the circle
<b>Sideways out</b>	The vaulter is facing toward the outside of the circle
Position on the horse	
<b>In/on the handles</b>	Exercises with one or both feet / hands in/on the handles of the surcingle
<b>In the loop (s)</b>	Exercises with foot / feet or hand(s) in a loop of the surcingle
<b>Inside</b>	Exercises on the left side of the horse, when the horse is cantering on the left lead
<b>Back</b>	Exercises on the back of the horse, close behind the surcingle and in front of the croup
<b>Croup</b>	Exercises on the croup of the horse
<b>Neck</b>	Exercises on the neck of the horse
<b>Surcingle</b>	Exercises on the surcingle
<b>Outside</b>	Exercises on the right side of the horse, when the horse is cantering on the left lead.
	<b>Level</b>
<b>Low Level</b>	Lying, sitting, support and similar exercises
<b>Medium Level</b>	Kneeling, exercises with one or two feet in a/the loop/s, bench and similar exercises
<b>Upper Level</b>	High bench, stand and similar exercises
<b>Aerial Level</b>	The whole body of the flyer is higher than the head of the Upper Level supporting base
Direction of the movement in relation to the vaulters body	

<b>Backward rotation</b>	Movement of the vaulter's body. Turn around the horizontal axis, back of the Vaulter toward the direction of rotation
<b>Downward</b>	From a higher position to a lower
<b>Forward rotation</b>	Movement of the vaulter's body. Turn around the horizontal axis, front of the Vaulter toward the direction of rotation
<b>Upward</b>	From a lower position to a higher
<b>Body position</b>	
<b>Arabesque</b>	A standing scale where the body is balanced on one leg with the other leg extended above the horizontal forming a graceful arc. Knees may be slightly bent.
<b>Arch</b>	An extended position with the upper body bent backward, showing a curvature in the back. A curve backwards of the spine.
<b>Back</b>	Vaulter is lying on their or her back.
<b>Backbend</b>	The vaulter is in a position where the body bends backwards in an arched position and the feet and hands provide the base of support while positioned on the horse/handles simultaneously. Also known as a "Bridge".
<b>Ring Flag</b> <b>Ring Arabesque</b>	The vaulter holds one foot above the head elbows pointing forward. The arm, with flexed elbows, the upper body and the leg forms a graceful ring. Could be performed in a kneeling position – Ring flag or standing position - Ring arabesque. It is also called "Biellmann" Flag / Arabesque.
<b>Body alignment</b>	Correct posture, with the head, shoulders, ribs and pelvis in alignment. The hips and shoulders should be square.
<b>Body wave</b>	A wave-like movement which moves through the entire body. There are front, back and side body waves.
<b>Bridge</b>	In vaulting the term " <b>backbend</b> " is used instead of "bridge".
<b>Chinese split</b>	In vaulting the term " <b>Side split</b> " is used instead of "Chinese split".
<b>Front</b>	Lying face downward on the stomach.
<b>Front split</b>	A position where one leg is extended forward and the other backward, at right angles to the body Legs 180 °.
<b>Head in</b>	A position where the head is tucked into the vaulter's body. It is usually seen when a vaulter is in a handstand position.
<b>Head out</b>	A position where the head is out away from the body causing the back to arch.
<b>Hollow</b>	An abnormal inward (forward) curvature of the spine. Also a term referring to the body position of the vaulter. The hips are pulled under, the buttocks are tucked in and the core of the body is scooped in rounding the chest forward.
<b>Layout position</b>	A straight and stretched body position.
<b>Lunge</b>	Standing with the support leg bent well in front and the other leg extended to the back.
<b>Pike Position</b>	Hips are bent forward more than 90 degrees and the legs are kept straight.
<b>Plié</b>	A position in which the legs can either be bent deeply or slightly, the back is straight.
<b>Tuck</b>	A position where the angle between upper body and upper legs is 90° and between upper legs and lower legs is 90°.

<b>Push up</b>	A position in which the straight body is supported by the stretched vertical arms and the feet. Can be done facing down or up. Also called " <b>Plank</b> " or " <b>Press</b> "
<b>Split</b>	A stretching position of the legs in which the legs are in line with each other (180°) and extended in opposite directions without any bend to the knees. There are two general forms of splits: <ul style="list-style-type: none"> <li>• <b>Front split:</b> Extending one leg forward of, and the other leg to the rear of the torso</li> <li>• <b>Side splits:</b> Extending the legs to the left and right of the torso</li> </ul>
<b>Straddle</b>	A position of the legs where one leg is extended to the left side of the body and the other leg is extended to the right side. The legs are straight without a bend to the knees.
<b>Straight position</b>	A position in which the body is straight, or stretched out. See " <b>layout position</b> "
<b>Tuck</b>	A position where the knees and hips are maximally bent and drawn into the chest, with the body folded at the waist.
<b>Twisting splits</b>	Are performed by transitioning from front split to side split, and then to the opposite front split.

Structure Groups	
Sitting exercises	
Elements, where the buttocks and/or the back of the upper legs are the base of support.	
<b>Pike</b>	Sitting, legs are together and extended, Also known as " <b>L-Seat</b> "
<b>Seat astride</b>	Sitting on the horse just behind the surcingle, hands on the handles.
<b>V-sit</b>	The legs are raised in the air in a deep pike position and the body is supported by the hands and the rear of the buttocks (tailbone)
Kneeling exercises	
Elements, where one or both lower legs form the support	
<b>Bench</b>	The upper body is in a horizontal position supported by both arms and upper legs, the lower legs are on the horse.
<b>Prince</b>	The upper body is in a vertical position supported by one foot and one lower leg, hands free
Standing exercises	
Exercises, where the centre of gravity is above the supporting part of the body (labile equilibrium)  The body load can be transferred via the upper or lower limbs, shoulders, neck, head, or chest to the support area, wherever pressure is exerted on them.	
<b>Chest Stand</b>	A stand with the legs in the air, feet pointed towards the sky and the body resting on the chest.
<b>Lower arm stand</b>	A stand performed on the forearms. May be performed holding one, both or no handles. Legs can be straight together or in any other position.
<b>Handstand</b>	A move where the body is balanced on one or both hands and the feet are in the air, executed with a straight back. The legs can be together or in a straddle or split position.
<b>Neck-stand</b>	A stand with the legs in the air, feet pointed towards the sky and the body is resting on the neck.
<b>Needle</b>	In vaulting the term " <b>Stand split</b> " is used instead of "Needle".
<b>Passé</b>	A balance position where one leg is turned outward with the thigh at horizontal, knee bent and toes touching the inner knee of the other leg.
<b>Penchée</b>	A balance position where the straightened legs are split vertically, one supporting and the other pointed toward the sky, while the chest is angled down toward the knee of the supporting leg and the hands are not touching the horse.
<b>Stand split</b>	A balance on one foot, with the other leg lifted high behind and the hands either on the horse/surcingle/pad, free or holding the leg. Angle between the legs 180 degrees.

<b>Y-Scale</b>	An upright standing position on one leg; the other leg is raised upwards, towards the vertical, to reach a split position; one hand is holding the playing leg.
<b>Bench and Scale exercises</b>	
	A balance on one leg, with the other leg raised backwards, sideways or forwards high into the air ideally 180°.
<b>Supported exercises</b>	
	Elements where the shoulder axis is above the support area. The body load is transferred through the upper limbs to the support area, when pressure is exerted on them.
<b>Lever</b>	A strength position in which the vaulter's body is parallel to the ground, legs are apart, may be straight or bend at knee and can face any direction.
<b>Maltese</b>	A strength position in which the vaulter's body and legs are straight, together and parallel to the ground.
<b>Hanging exercises</b>	
	Elements where the shoulder axis is below the holding point. The body load is transferred via the upper or the lower limbs to the holding points.
<b>Cossack-hang</b>	The body is lying across the spine of the horse with one leg in the loop
<b>Lying exercises</b>	
	Elements where the supporting area is at least the trunk in an almost horizontal position.
<b>Flying exercises</b>	
	Elements where a vaulter is supported by another vaulter or vaulters and does not have contact with the horse.
<b>Jumping exercises</b>	
<b>Dismount</b>	A movement starting on the horse and finished in standing position on the ground. Before landing on the ground, no part of the body may have contact with the horse or the surcingle/pad.
<b>Hop</b>	A spring beginning and landing on the same foot, with the free leg in a defined shape.
<b>Jump</b>	A spring from two feet landing on two feet or hands, with the legs in a defined position.
<b>Leap</b>	A spring from one foot to the other foot with the legs in a defined shape
<b>Mount</b>	A movement starting on the ground and finished in any position on the horse.
<b>Swinging exercises</b>	
	A swing is a smooth motion with the body, arms or legs. May be performed up, down, to the side, overhead and on any plane.
<b>Circle</b>	A complete circle with the legs together with support on both hands.
<b>Leg circle</b>	A move where the vaulter keeps the legs together and swings them with bent hips in a full circle around, with each hand lifted in turn from the handles to let the legs pass



<b>Yoga press</b>	Straddle split to handstand
<b>Turns</b>	
	The vaulter rotates around the body's longitudinal axis, defined by the spine
<b>Pirouettes</b>	Changing direction or moving in a circular motion by twisting around the longitudinal axis.
<b>Pivot</b>	A turn performed on one foot.
<b>Cartwheels</b>	
	A move around the sagittal axis with the arms and legs extended, one leg must follow the other
<b>Cartwheel free</b>	A dynamic turning movement, with a push-off from one leg, while swinging the legs upward in a fast cartwheel motion into a 180 degree turn with landing on both feet.
<b>Rolls</b>	
<b>Dive roll</b>	Describes a flying front somersault on the back of the horse
<b>Handsprings</b>	
	Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward;
<b>Back handspring</b>	A move that begins with taking off from one or two feet, jumping backward onto the hands and landing on the feet. Also known as a <b>"flic-flac"</b>
<b>Flic-flac</b>	See "back-handspring"
<b>Front handspring</b>	The body springs forward onto both hands and rotates through a handstand using a strong push from the shoulders before landing on the feet
<b>Somersaults</b>	
<b>Kip</b>	A gliding movement from a position below the catch point to a position above
<b>Salto</b>	Somersault, with the feet coming up over the head and the body rotating around the horizontal axis (hands don't touch), forward or backward. Also called Front or Back-flip
<b>Shoot-up</b>	
<b>Neck upstart</b>	From the neck and upper shoulder being in contact with the horse and the body in pike position the body straightens out and up to gain height.

<b>Body Skills</b>	
<b>Amplitude</b>	Is a measure of mobility, flexibility and suppleness. It determines the spatial parameters within which the phases of the movement can be carried out. It can be expressed in angular units from changes in angles or indirectly from the arc of a point traced on a periphery by the movement of a joint.
<b>Balance</b>	Is the ability to keep one's own body or that of others (or foreign objects) which are not in absolute stable equilibrium, in an existing indifferent or labile equilibrium by means of compensatory movements

<b>Flexibility</b>	Is the ability to conduct movements in certain joints with an appropriate range of motion .In each case, maximum movement of amplitude is the criterion of flexibility. (Syn.: Mobility, suppleness, extensibility, joint mobility, limberness).
<b>Flexion</b>	Any movement of a joint which brings connected body parts closer together

## 2. Individual Exercises

### a. Individual Static Exercises

#### 1.1 Sitting Exercises

**Essence:**





Harmony with the Horse

Balance

Body Control & Posture

& depending on the position: Flexibility

- All sitting exercises with one or both legs underneath the hips are E or M exercises.
- All sitting exercises with both legs at hip level or above could be M or higher exercises.

	E	M	D	R
1.1 - 01	 <p>Seat backward on back, hands free</p>	<p>Seat sideways on neck, hands free</p>		
1.1 - 02	 <p>Tailor seat forward on back, hands free</p> <p>Tailor seat backward on back, holding</p>	<p>Tailor seat backward on back, hands free</p>		
1.1 - 03	 <p>Seat forward one leg up on back, holding or hands free</p> <p>Seat backward one leg up on back, holding or hands free</p>			
1.1 - 04		 <p>Split, holding</p>	<p>Split, hands free</p> <p>Side-split, one hand free</p>	

## 1.2 Kneeling Exercises

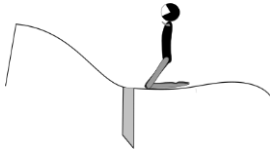
### Essence:

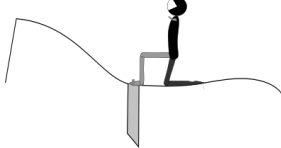
Harmony with the Horse

Balance

Body Control & Posture

- All kneeling exercises on both legs facing any direction on back are E or M exercises.
- All kneeling exercises on both legs facing any direction on neck or croup are M or D exercises.

	E	M	D	R
1.2 - 01	 <p>Kneel forward on back, hands free</p> <p>Kneel sideways on back, holding</p> <p>Kneel backward on back, holding</p>	<p>Kneel sideways on back, hands free</p> <p>Kneel backward on back, hands free</p>	<p>Kneel sideways on neck, hands free, both legs in front of the surcingle</p>	
1.2 - 02	<p>Kneel forward / backwards with one leg on back, hands free, other leg stretched down</p>	<p>Kneel sideways with one leg on back hands free, other leg stretched down</p>		
1.2 - 03		<p>Kneel backward with one leg on neck hands free, other leg stretched down</p>		
1.2 - 04	<p>Kneel sideways with one leg on back, other leg stretched out on croup facing in or out, one hand holding</p>	<p>Kneel sideways in or out with one leg on back, other leg stretched out on croup, hands free</p> <p>Kneel sideways in or out with one leg on back, other leg stretched out on neck, hands free</p>		
1.2 - 05	<p>Kneel forward / sideways / backward with one leg on back, other leg stretched up or out to the side, one hand holding</p>	<p>Kneel backward with one leg on neck, other leg stretched up or out to the side, hands free</p>	<p>Kneel forward / with one leg, other leg at hip level or above, hands free</p>	<p>Kneel backward or sideways with one leg, other leg at hip level or above, hands free</p>

	E	M	D	R
1.2 – 06	 <p>Prince all directions on back, foot in handle</p> <p>Prince all directions on back, foot not in handle</p>	Prince forward on the croup, not in contact with the handle	Prince sideways or backwards on the croup, not in contact with the handle	

	E	M	D	R
1.2 – 07	Prince backward with one leg on neck, one foot on back	Prince backward on neck, foot in handle	Prince sideways and forward on neck, foot not in handle	

### 1.3 Standing Exercises

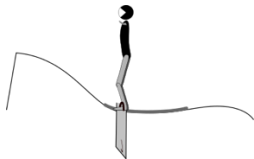
#### Essence:


Harmony with the Horse





Balance


Body Control & Posture

- Standing exercises with one or two points of contact could be D or R exercises (standing with one leg in the handle is two points of contact).
- Stand on the pad facing forward is not counted as free test/additional exercise in the technical test (never mind the position of the arms).

	E	M	D	R
1.3 - 01	 <p>Stand forward on surcingle, both feet in handles</p> <p>Stand forward, one foot on back, one foot on top of surcingle</p>	Stand forward, on surcingle, one foot in handle	<p>Stand forward, both feet close together on top of surcingle</p> <p>Stand forward on croup (both feet behind the pad)</p>	Stand forward on the neck (both feet in front of the surcingle)
1.3 - 02	Stand sideways in or out, one foot in handle		Stand sideways in or out on back	Stand sideways in or out on croup (both feet behind the pad)

	E	M	D	R
1.3 - 03		<p>Stand backward, one foot on neck one foot in handle</p> <p>Stand backward on surcingle, feet in the handles</p> <p>Stand backward, one foot in the handle, one foot on back</p>	 <p>Stand backward on back</p> <p>Stand backward, one foot on neck, one foot in the handle</p>	<p>Stand backward / sideways in or out on croup (both feet behind the pad)</p>
1.3 - 04		<p>Stand with crossed legs any direction, feet in handles</p>	<p>Stand with crossed legs on back any direction, feet not in handles</p>	
1.3 - 05		<p>Stand on one leg forward in handles, other leg raised less than horizontal</p>	<p>Stand on one leg forward in handle, other leg raised horizontal or higher</p>	<p>Stand on one leg in any direction on back, other upper leg raised horizontal or higher</p>
1.3 - 06			<p>Stand on one leg backward in handle, other leg raised less than horizontal</p>	<p>Stand on one leg backward in handle, other leg raised horizontal or higher</p>

	E	M	D	R
1.3 – 07	 <p>Stand backward in the loops</p>			
1.3 - 08	 <p>Stand sideways / backward in one loop, holding or hands free</p>			
1.3 – 09			Stand sideways in or out, non-weight bearing leg extended on croup	
1.3 – 10			Backbend (Bridge)	
1.3 – 11		Shoulder stand on back, both hands holding handles	Shoulder stand on back, one hand holding handle other arm free	
1.3 – 12		Shoulder stand on neck, legs not straight and closed, both hands holding handles	 <p>Shoulder stand on neck, legs straight and closed, both hands holding handles</p>	Shoulder stand on neck, one hand holding handle other arm free
1.3 – 13		 <p>Neck stand on back, any direction, both hands holding</p>	Neck stand on back, any direction, one hand on handle (not in the handle) other hand on back pad	Neck stand on back, any direction, one hand holding other arm free
1.3 – 14			Neck stand on neck, both hands holding	Neck stand on neck, one hand holding

	E	M	D	R
1.3 - 16		Handstand on both arms, with the hands in the handles, supported by the handles, legs not straight and closed	 <p>Handstand on both arms, with hands in the handles, legs straight and closed</p> <p>Handstand on both arms, one arm on/in handle, other hand in contact with the horse/pad, legs in any position</p>	Handstand on both arms, hands on top of the handles or on back, legs in any position
1.3 - 17				Handstand on one arm
1.3 - 18		Lower arm stand with one hand in the handle	Lower arm stand, one hand on top of the handle	Lower arm stand, both hands not in contact with the surcingle

## 1.4 Bench and Scale Exercises

### Essence:

Harmony with the Horse


Body Control & Posture

& depending on the position: Balance and/or Flexibility



- Bench exercises supported by both arms and legs are E exercises
- Bench exercises supported by both arms and one leg are M exercises
- Bench exercises supported by one arm and one leg are D exercises
- Arabesques or stand split both hands holding:
  - with both hands holding a handle – E
  - with one hand holding a handle – M
  - without holding a handle – D
  - both hands free in any position, foot not in contact with the surcingle - R









1 Level up for being on the neck or croup






1 level up for one hand free in any position 1 level down for foot in the handle

	E	M	D	R
1.4 - 01		 <p>Bench up on neck, one leg stretched up, holding</p>		



	<b>E</b>	<b>M</b>	<b>D</b>	<b>R</b>
1.4 - 02	 <p>Bench up on croup, holding</p>	<p>Bench up on croup, one leg stretched up, holding</p>	<p>Bench up on croup, supported by one arm and one leg</p>	
1.4 - 03		 <p>Ring flag (Biellmann flag) forward on back</p>	<p>Ring flag (Biellmann flag) b on croup (foot not in the handle)</p>	

	E	M	D	R
1.4 - 04		 <p>Ring arabesque (Biellmann arabesque) in the loop – all directions (hand and foot above head level, elbow pointing forward)</p>		<p>Ring arabesque (Biellmann arabesque) in the handle, all directions (hand and foot above head level, elbow pointing forward)</p> <p>Ring arabesque (Biellmann arabesque) on the back (not in the handle), all directions, hand and foot above head level, elbow could point down</p>
1.4 - 05	 <p>Half flag backward on neck, holding handles</p>	<p>Flag backward on neck, holding handle</p>		
1.4 - 06	 <p>Half Flag sideways / backward on back</p>	 <p>Flag backward on the croup (foot not in the handle)</p>		
1.4 - 07		 <p>Flag sideways</p>		
1.4 - 08	 <p>Arabesque forward / sideways / backward in the loop, both hands holding</p>	<p>Arabesque forward / sideways / backward in the loop, one hand holding</p>	<p>Arabesque forward / sideways / backward in the loop, hands free</p>	
1.4 - 09	 <p>Arabesque forward on back, one or both hands holding</p>		<p>Arabesque forward in handles, hands free</p>	 <p>Arabesque in any direction on back, hands free</p>

1.4 - 10		Arabesque backward on back, foot in the handle, one hand on the croup or pad	Arabesque backward on back or surcingle, foot not in the handle, both hands on the croup or pad	Arabesque backward on back or surcingle, foot not in the handle, one hand on the croup or pad
1.4 - 11	 <p>Stand split in loop, all directions, both hands holding</p> <p>Stand split forward on back, both hands holding</p>	 <p>Stand split backward on neck, both hands holding</p> <p>Stand split forward on back, one hand holding</p>	Stand split backward (also on neck), one hand holding	Stand split, all directions, both hands free
1.4 - 12		Stand split sideways, one hand on the handle, other hand flat on the back or pad		
1.4 - 13	 <p>Y-Scale in the loop any direction, one hand on the handle, other hand holding playing leg</p>		 <p>Y-Scale in the loop, one leg free, other hand holding, other hand free</p>	<p>Y-Scale on the back or in the handle</p>  <p>Y-Scale in the loop, both hands free</p>

## 1.5 Supported Exercises

### Essence:

Harmony with the Horse  
Body Control & Posture  
Balance

**For all Lever exercises:**




Vaulter's body is parallel to the ground, legs are apart, may be straight or bent at knee.


- o Lever facing any direction with one or both hands in the handles - M
- o Lever facing any direction with both hands on top of the handles or one hand on top of the handle and one hand not in contact with the surcingle - D
- o Lever facing any direction with hands not in contact with the surcingle - R

**For all Maltese exercises:**



Vaulter's body and legs are straight, together and parallel to the ground.

- o Maltese facing any direction with one or both hands in the handles - D
- o Maltese facing any direction with both hands on top of the handles or one hand on top of the handle and one hand not in contact with the surcingle - R





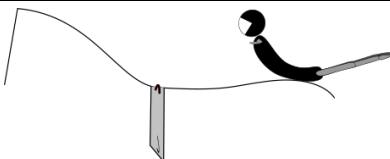
	E	M	D	R
1.5 - 01	 <p>Support on back, facing toward the horse</p>	<p>Pike support sideways on the back, in or out, one hand on the handle</p>	 <p>Pike support sideways on back, in or out, both hands flat on pad or back</p>	
1.5 - 02	<p>Support on neck, facing toward the horse</p>			
1.5 - 03		<p>Straddle split sideways</p> <p>Straddle split forward or backwards, hands in the handles</p> 	<p>Straddle split forward, hands on top of the handles</p> <p>Straddle split backward, hands on top of the handles</p> <p>Straddle split sideways one hand on handles</p>	<p>Straddle split, any direction, both hands flat on backpad</p>


	E	M	D	R
1.5 - 04	 <p>Push up, supported with both arms and legs</p>	<p>Push up, supported with both arms and one leg</p>	<p>Push up, supported with one arm and one leg</p>	
1.5 - 05		<p>Push up facing up, supported with both arms on handles and legs</p>	<p>Push up facing up, supported with both arms on handles and one leg, leg in 90° to the body</p>	<p>Push up facing up, supported with one arm on handles and one leg, leg in 90° to the body</p>

## 1.6 Hanging Exercises

	E	M	D	R
1.6 - 01	 <p>Seat hang forward, one leg in the loop</p>			
1.6 - 02	<p>All hanging exercises (except shoulder hang) one or both hands holding</p>	 <p>Shoulder hang all positions, both hands holding</p>	<p>Shoulder hang all positions, one hand holding</p>	

## 1.7 Lying Exercises

	E	M	D	R
1.7 - 01	 <p>Lying forward facing up or down, one or both hands holding</p>  <p>Lying backwards facing up with feet in the handles or in the loops</p>	 <p>Lying forward facing up or down on the croup, one hand on the back or pad</p>  <p>Lying backwards facing up with feet pressed against the outside of the handles</p>	 <p>Lying forward facing up or down on the croup, both hands free</p>	

	E	M	D	R
1.7 - 02	<p>Lying across the horse's back facing down / on the side one or both hands holding</p> <p>Lying across the horse's back facing up, one or both hands holding</p>	 <p>Lying across the horse's back facing down / on the side, hands free</p>	<p>Lying across the horse's back facing up, hands free</p>	

## **b. Individual Dynamic Exercises**

### **2.1 Jumping Exercises**

#### **Essence:**

Harmony with the Horse

Quality of Movement

Body Control & Posture

& depending on the exercise: Flexibility

The basic jump starts in a free stand forward on the pad and ends in free stand forward on the pad.

During the jump, the Center of Gravity (CoG) rises more than 30 cm, the legs are in any position and there is no turn.

**This basic jump has the degree of difficulty (DoD) M.**

**The DoD is decreased by one 1 level (down) for any of these modifications:**

- starting in any kneeling position (one or both knees)
- holding on with one or both hands for landing
- landing in any position other than free stand
- height between 10 cm and 30 cm


**The DoD is increased by one 1 level (up) for any of these additions to the basic jump:**

- starting or landing in other direction than forward
- 180° or 270° turn without contact with the horse/pad/surcingle during the turn
- starting on the croup or the neck

**The DoD is increased by two 2 levels (up) for any of these additions to the basic jump:**

- both starting and landing in any direction other than forward
- landing on the croup or the neck

All 360° turns or more without contact with the horse/pad/surcingle during the turn have the degree of difficulty R.

	E	M	D	R
2.1 - 02	 <p>Step / jump from prince forward to stand forward</p>	Step / jump from prince (any direction except forward) to stand (any direction)		
2.1 - 03				<p>Jump through handstand to chest roll, press sideways in or out</p> <p>CoG rises more than 30 cm</p>

## 2.2 Swinging Exercises

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture

& depending on the exercise: Flexibility

### Kick

- **Basic Mechanics:** starting in free kneel or stand forward on the pad. One straight or nearly straight leg is swung up to the front or side, with an elevation of at least 45°. Ending in free kneel/stand forward on the pad.
- **Basic DOD:**
  - rotation less than 90° ..... E
  - rotation 90° and more..... M
  - rotation 180° and more..... D
- **In-/decrease in DOD: elevation/position**
  - kick of leg 90° and more ..... +1 level up
  - performed on croup or neck ..... +2 levels up
  - start and end position both other than forward ..... +1 level up
  - end position lower than start position ..... -1 level down

A kick with an elevation of less than 45 degrees is not counted for DOD.

A kick where one or both hands touch the Horse/pad/surcingle during or immediately after the kick (within one stride after completion) is not counted for DOD.

### Helicopters/Spins:

All rotation (helicopter or spinning) movements around the sagittal and longitudinal axis n or through a lying position facing up or facing down with one or both hands gripping the handles/horse/pad are E exercises.




The degree of difficulty is increased by one (1) level (up) for any of these additions:







- Rotation of body between 180 degrees and 360 degrees around sagittal axis



- Hands not in contact with the handles

The difficulty is increased by two (2) levels (up) for the following addition  
Rotation of body by 360 degrees around the sagittal axis. □

	E	M	D	R
2.2 - 01		Swing with half turn from backward seat on neck to seat forward on back or vice versa	 <p>Swing (through vertical position) with half turn from backward seat on neck to seat forward on back or vice versa</p>	
2.2 - 032	Reverse scissors from seat forward on neck, lying back	 <p>Reverse scissors from seat forward on neck</p>	 <p>Reverse scissors on croup</p> <p>Scissors on croup</p>	

	E	M	D	R
2.2 - 3	 <p>Half flag backward on neck to seat / kneel / half flag forward, supported by both arms or vice versa</p>	 <p>Half flag backward on neck to flag forward / sideways, without changing the supporting leg or vice versa</p>		
2.2 - 04	<p>Squat through from support sideways in or out to seat sideways in or out</p> <p>Squat through from support sideways in or out (vaulter rotates) to seat sideways in or out with 1/2 rotation</p>	<p>Squat through from support sideways in or out to support in or out</p>	 <p>Squat through from support sideways in or out to support in pike position</p>	
2.2 - 05			<p>From stand in any direction one leg swings up above head level and back down</p>	
2.2 - 06	 <p>Changing supporting leg from half flag / arabesque through handstand</p>	 <p>Swing to shoulder stand from seat / half flag</p>	<p>Swing to handstand from seat</p>	
2.2 - 07			 <p>Walkover backward / forward from back to neck or vice versa</p>	
2.2 - 08			<p>Yoga press in handles, body to vertical, supported only by hands through handles</p>	<p>Yoga press on top of handles, body to vertical, supported only by hands</p>



## 2.3 Turns

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture

	E	M	D	R
2.3 - 01	 <p>Turn from seat sideways in or out on neck to seat forward / backward on back or vice versa</p>	 <p>Turn from prince forward to prince backward or vice versa</p>		
2.3 - 02	<p>Turn from lying on back to front or front to back</p>			


## 2.4 Cartwheels

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture

	E	M	D	R
2.4 - 01		<p>Cartwheel supported other than by both hands only</p>	<p>Cartwheel from foot to foot supported by both hands, any direction</p>	<p>Cartwheel from foot to foot supported by one hand only, any direction</p>
2.4 - 02		 <p>Cartwheel through side shoulder hang</p>		

## 2.5 Rolls


### Essence:



Harmony with the Horse

Quality of Movement

Body Control & Posture

	E	M	D	R
2.5 - 01		<p>Roll backward from any position on back with scissors movement to seat forward on neck, supported by both hands</p>		

	<b>E</b>	<b>M</b>	<b>D</b>	<b>R</b>
2.5 - 02	 <p>Roll backward from any position on back to seat / bench / half flag / flag backward on neck, supported by both hands</p>	<p>Roll backward from any position on back to arabesque / needle backward on neck, supported by both hands</p>		<p>Roll backward from any position on back to handstand position (with arms fully extended)</p>

	E	M	D	R
2.5 - 03	Roll backward from neck to lying across horse's back	Roll backward from neck (over surcingle) to any other position than lying across horses back		
2.5 - 04		 <p>Roll forward from neck to any layout position</p> <p>Roll forward from neck, any position, to seat backward on back</p>	Handstand roll forward from the neck to seat backward on back	
2.5 - 05			Roll forward starting on croup to forward seat on neck any position	Roll forward starting on the croup through handstand position to any position
2.5 - 06				Jump roll forward from back or croup to neck
2.5 - 07			Roll down from handstand to layout position, facing up	
2.5 - 08	<p>Roll down from shoulder stand backward to layout position, facing up</p> <p>Roll up from layout to shoulder stand</p>		 <p>Lever up from layout to shoulder stand</p>	
2.5 - 09		Chest roll from handstand to press any direction		

## 2.6 Handsprings

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture

	E	M	D	R
2.6 - 01				<p>Back handspring, landing on the horse</p> <p>Front handspring, landing on the horse</p>

## 2.7 Somersaults

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture

	E	M	D	R
2.7 - 01				<p>Salto on the horse (any position, any direction)</p>

## 2.8 Shoot up

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture

	E	M	D	R
2.8 - 01			<p>Shoot up (body gains height but does not reach handstand position)</p>	<p>Shoot up (body straightens to handstand position)</p>

## c. Mounts / Ground Jumps

### Essence:

Harmony with the Horse

Quality of Movement

Body Control & Posture






- **Mounts**


- The mounts are performed from the inside, if not otherwise mentioned.
- Except as noted, all mounts from the outside are one degree in difficulty higher than the same one from the inside.

- **Ground Jumps**


- Ground Jumps starting from any position on the horse, without any rotation or changing axis of the body, have the same value as the corresponding mount.
- Ground Jumps starting from any position on the horse, with rotation or changing axis of the body, are one degree higher than the corresponding mount.
- Ground Jumps over the horse, landing on the other side with no contact, are D exercises
- Ground Jumps over the horse, landing on the other side swinging through the handstand position with no contact, are R exercises.
- Ground Jumps around the handle, with no contact, are R exercises.

### 3.1 Mounts to Sitting Position


	E	M	D	R
3.1 - 01	 <p>Mount to seat sideways in or out, on back</p>	 <p>Mount to seat backward on neck through support, in or out</p>	 <p>Mount to seat backward directly on neck</p>	
3.1 - 02		Mount to support outside		
3.1 - 03	 <p>Mount from the inside to seat backward on back turn to the left</p>	 <p>Mount from the inside, turning to the right, to seat backward on back</p>	Mount from the outside to seat backward on back	
3.1 - 04		<p>Roll-mount to seat sideways, in or out, on neck</p> <p>Roll-mount to seat backward on neck</p>	Shoot-up-mount (not through handstand) to seat backward on neck	Shoot-up-mount, through handstand, to seat backward on neck

	E	M	D	R
3.1 - 05			 <p>Roll-mount to any position forward on back</p>	


### 3.2 Mounts to Kneeling Position

	E	M	D	R
3.2 - 01	 <p>Mount to kneel forward / sideways out on back</p>			
3.2 - 02		Mount to kneel sideways in on back		


### 3.3 Mounts to Standing Position

	E	M	D	R
3.3 - 01		Mount to squat stand position on both feet forward on back	Mount to stand on back, angle of knees greater than 90 degrees	Mount to stand on croup
3.3 - 02			 <p>Mount to shoulder stand, all positions</p>	<p>Mount through handstand, to any position</p> <p>Mount to handstand, any position</p>



### 3.4 Mounts to Bench and Scale Position

	E	M	D	R
3.4 - 01	 <p>Mount to bench / half flag forward / sideways on back</p>		Mount directly to bench/half flag backward on neck (not through a roll)	



	E	M	D	R
3.4 - 02			 <p>Mount to arabesque forward on back, leg above horizontal</p>	

### 3.5 Mounts to Supported Position


	E	M	D	R
3.5 - 01		 <p>Mount to support inside facing outside, or vice versa</p>		
3.5 - 02		 <p>Mount to push up forward facing down, supported by hands and landing on both feet</p>	<p>Mount to push up position on croup, hands not in contact with surcingle</p>	


### 3.6 Mounts to Hanging Position

	E	M	D	R
3.6 - 01		Mount to shoulder hang sideways out	Mount to shoulder hang any position, other than sideways out	

### 3.7 Mounts to Lying Position

	E	M	D	R
3.7 - 01	Mount to layout sideways out, facing down	Mount to layout sideways in, facing down		
3.7 - 02				

	<b>E</b>	<b>M</b>	<b>D</b>	<b>R</b>
	Mount to layout sideways in, on side, facing forward	Mount to layout sideways in, on back. facing up		
3.7 -03		 <p>Mount to front layout forward, landing with closed legs</p>		

	E	M	D	R
3.7 - 04		Mount to back layout forward, with open legs	 <p>Mount to back layout forward, with closed legs</p>	

## d. Dismounts

### Essence:

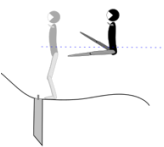
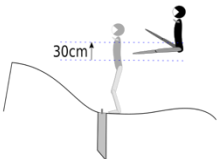
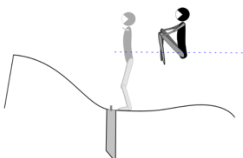
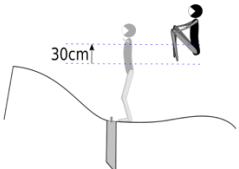
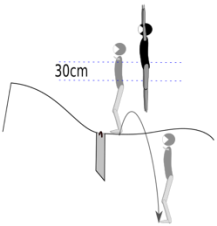
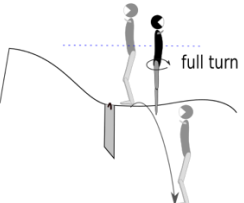
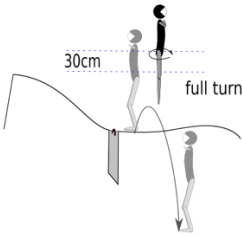
Harmony with the Horse

Quality of Movement (including Landing)

Body Control & Posture



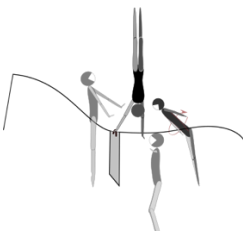

- A dismount is an exercise starting on the horse and ending on the ground with an aerial phase in-between.  
If the aerial phase is not shown, the difficulty is one degree less.

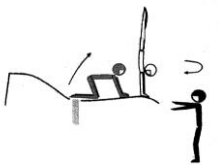
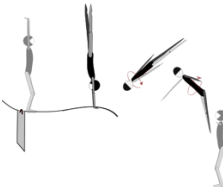
### 4.1 Jump Dismounts

	E	M	D	R
4.1 - 01		 <p>Split / straddle dismount any direction COG rises less than 30 cm</p>	 <p>Split / straddle dismount any direction COG rises more than 30 cm</p>	
4.1 - 02				
4.1 - 03	 <p>Tuck jump from stand any direction, COG rises less than 30 cm</p>	 <p>Tuck jump from stand any direction, COG rises more than 30 cm</p>		
4.1 - 04	 <p>Stretch jump from stand any direction, without rotation, COG</p>	 <p>Stretch jump from stand any direction with 360° rotation (full turn) or more around the longitudinal</p>	 <p>Stretch jump from stand , any direction, with 360° rotation (full turn) or more around the longitudinal axis</p>	


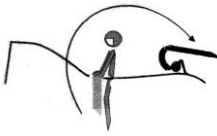

	<b>E</b>	<b>M</b>	<b>D</b>	<b>R</b>
	<p>rises more than 30 cm</p>	<p>axis and COG rises less than 30 cm, landing forward</p>	<p>and COG rises more than 30 cm, landing forward</p>	

## 4.2 Swinging Dismounts


	E	M	D	R
4.2 - 01	 <p>Pike-dismount from seat forward / backward to in or outside</p>	<p>Pike-dismount from sideways seat with <math>\frac{1}{4}</math> turn to landing forward on the inside or outside</p>		
4.2 - 02	<p>Flank-off from lying sideways with <math>\frac{1}{4}</math> turn to landing forward on the inside or outside</p>			
4.2 - 03	<p>Flank off with half turn from seat backwards on the neck to land forward on the inside or outside. Body angle is less than 45 degrees at max elevation.</p>	 <p>Flank off with half turn from seat backwards on the neck to land forward on the inside or outside. Body angle is greater than 45 degrees at max elevation.</p>	 <p>Flank off with half turn from seat backwards on the neck to land forward. Vaulter reaches handstand position at max elevation.</p>	
4.2 - 04	 <p>Dismount through handstand from kneel / half flag / arabesque forward to in or outside</p>			

	E	M	D	R
4.2 – 05		<p>Dismount through handstand from bench / half flag / arabesque sideways, with <math>\frac{1}{4}</math> turn</p>  <p>Dismount through handstand from bench / half flag backward on croup, with <math>\frac{1}{2}</math> turn</p>	 <p>Dismount from any stand position backwards through handstand backwards on croup with <math>\frac{1}{2}</math> turn to forward landing behind the horse</p>	

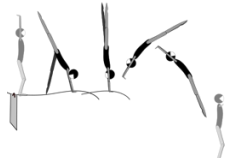

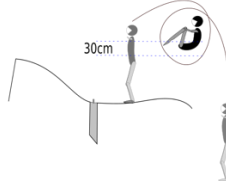
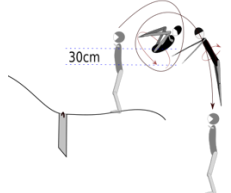
### 4.3 Roll Dismounts / Shoot up Dismounts

	E	M	D	R
4.3 - 01	Roll forward over the horse's shoulder to in or outside	Roll forward through the handstand over the horse's shoulder to in or outside		
4.3 - 02		 <p>Roll backward over the horse's shoulder from seat backward on back</p>	Shoot up roll backward over the horse's shoulder from seat backward on back (through the handstand)	
4.3 - 03		<p>Roll forward over the croup from reverse position on horse's back</p>  <p>Roll backward over the croup</p>	Shoot up roll backward over the croup from seat forward (through the handstand)	
4.3 - 04	 <p>Roll backward across the horse from sideways to in or outside</p>	Roll forward across the horse sideways to inside or outside	Roll forward across the horse from sideways to in or outside	
4.3 - 05			Neck upstart forward, any direction over the croup or the back of the horse	

### 4.4 Turning Dismounts

	E	M	D	R
4.4 - 01			 <p>Cartwheel or off through vertical line, over the croup or to landing inside or outside</p>	



	E	M	D	R
4.4 - 02			 <p>Handspring off, all directions</p>	
4.4 - 03			 <p>Back handspring (Flick- Flack) dismount</p>	
4.4 - 04			 <p>Somersault backward off, any direction, COG rises more than 30 cm</p>	 <p>Somersault backward off around two axes, any direction</p>

### 3. Double and Triple Exercises

Evaluation of Degree of Difficulty must consider the

- number of supporting points,
- complexity of position(s),
- height and direction of movement

in relation to the horse (and each other).


#### a. Static Exercises

- Static exercises assisted by one or two supported bases are E or M exercises
- Static exercises assisted by one or two supported moving bases are M or D exercises
- Static exercises assisted by one supported and one standing base are M or D exercises
- Static exercises assisted by free standing base(s) are D exercises

#### 5.1 Sitting Exercises



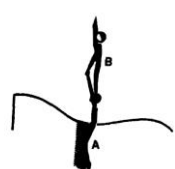
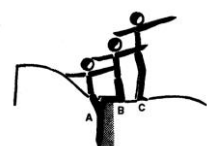
	E	M	D	R
5.1 - 01	<p>Seat forward / backward on the high bench</p>		Seat forward / backward on the free high bench	
5.1 - 02	<p>Shoulder seat on the sitting base</p>	<p>Shoulder seat on the kneeling / supported standing base</p>	<p>Shoulder seat on the free standing base</p>	
5.1 - 03	Seat sideways on the arms	Kneel sideways on the arms	Stand free on the arms	
5.1 - 04		<p>Seat / tailor seat supported on sitting bases</p>		


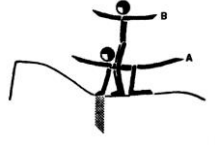

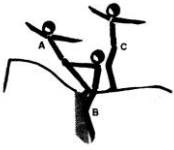
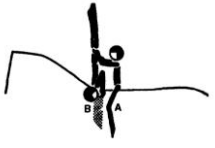
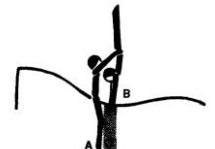
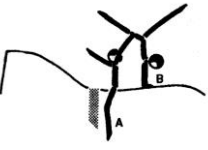
## 5.2 Kneeling Exercises

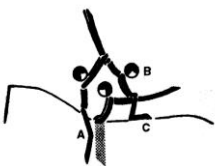
	E	M	D	R
5.2 - 01	 <p>Double prince forward</p>	Double prince backward / sideways		
5.2 - 02	Kneel / prince free forward / backward on the bench	Kneel / prince free on the high bench		

## 5.3 Standing Exercises


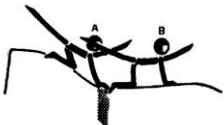




- Head below the hip axis
- Head above the hip axis


	E	M	D	R
5.3 - 01	 <p>Double stand forward</p>	Triple stand forward, free	Double stand / triple stand backward / sideways, free	
5.3 - 02	 <p>Seat – Stand / Kneel – Stand forward</p>	Seat – Stand backward Kneel – Stand backward		
5.3 - 03		 <p>Stand split, held on sitting/kneeling base</p>	Stand split, held on standing base	
5.3 - 04	Seat – Kneel – Stand forward	 <p>Seat – Kneel – Stand backward</p>		

	E	M	D	R
5.3 - 05	 <p>Stand backward over bench / flag backward</p>			
5.3 - 06	 <p>Stand forward over the flag forward</p>	 <p>Roman stand on side-by-side bench</p>		
5.3 - 07	 <p>Galleon, at least 45 degrees</p>			
5.3 - 08	 <p>Shoulder stand supported by any base</p>			
5.3 - 09	 <p>Handstand forward / backward, held by sitting base in any direction, arms supported by the handles</p>			
5.3 - 10	<p>Handstand on the horse's back, held by sitting and standing base</p>	 <p>Handstand on the croup behind one sitting base</p>		



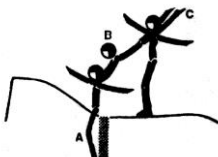

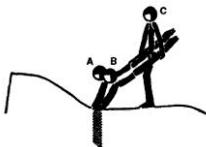
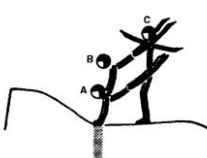
	E	M	D	R
5.3 - 11	 <p>Handstand backward (B), held with both arms on the flag / bench (C), seat backward on neck (A)</p>			

## 5.4 Bench and Scale Exercises

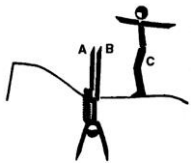





	E	M	D	R
5.4 - 01	 <p>Double flag forward</p>			
5.4 - 02	<p>Double half flag backward,</p>	 <p>Double flag backward on neck and back</p>		
5.4 - 03	 <p>Head to head half flags on neck and back</p>	<p>Head to head flag, on neck and back</p>		
5.4 - 04	 <p>Back to back half flags</p>	<p>Back to back flags</p>		
5.4 - 05	 <p>Flag on one or two sitting bases</p>			
5.4 - 06	 <p>Side by side arabesque in loops, holding one / two hands</p>	<p>Side by side arabesque in loops, free</p>		

	E	M	D	R
	E	M	D	R
5.4 - 07	 <p>Triple arabesque in loops and on back, all one or two hands holding</p>			


## 5.5 Supported Exercises


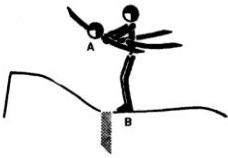
	E	M	D	R
5.5 - 01	 <p>Push up, supported by standing base</p>	<p>Push up, legs on shoulders of the free standing base</p>		
5.5 - 02	 <p>Push up forward / backward on the shoulders (held by sitting / kneeling base)</p>	 <p>Push up on the shoulders – legs on the shoulders of the free standing base</p>		
5.5 - 03	 <p>Push up forward / backward on the shoulders, bases sitting backward</p>			
5.5 - 04	 <p>Push up double, side by side</p>	 <p>Double push up</p>		

## 5.6 Hanging Exercises

	E	M	D	R
5.6 - 01	 <p>Cossack hang (double) – all variations</p>			
5.6 - 02	 <p>Shoulder hang on sitting base</p>	Shoulder hang on kneeling base	Shoulder hang on free standing base	
5.6 - 03	 <p>Split hang between two vaulters</p>		 <p>Split hang on one free standing vaulter</p>	
5.6 - 04		 <p>Hang between two vaulters</p>		
5.6 - 05		 <p>Knee hang on standing base</p>		

## 5.7 Lying and Flying Exercises

	E	M	D	R
5.7 -01	 <p>Lying forward / backward on one shoulder of sitting base</p>	Lying forward / backward on one shoulder of free kneeling base or supported standing base	Lying forward / backward on one shoulder of free standing base	


	E	M	D	R
5.7 -02	 <p>Lying straddled backward on both shoulders of sitting base</p>	Lying straddled backward on both shoulders of kneeling or supported standing base	 <p>Lying straddled backward on both shoulders of free standing base</p>	
5.7 -03			Supported straddle position, legs crossed / stretched, base free standing	




## b. Dynamic Exercises

- Dynamic exercises performed by one vaulter in Squad and Pas-de-Deux will be scored according to the Individual List of exercises
- Dynamic exercises performed in Squad and Pas-de-Deux must take into consideration the complexity of position(s), base of support, height and direction of movement in relation to the horse and to each other

### 6.1 Jumping Exercises

	E	M	D	R
6.1 - 01	 <p>Forward jump over one or two sitting bases</p>	Backward jump over one or two sitting bases		


### 6.2 Swinging Exercises

	E	M	D	R
6.2 - 01	Swing between horse and high bench	 <p>Swing up between two bases</p>		

### 6.3 Turns

	E	M	D	R
6.3 - 01	Handstand ½ turn by changing the hands between two sitting bases		Handstand ½ turn by changing the hands between two free standing bases	




### 6.4 Rolls

	E	M	D	R
6.4 - 01		 <p>Somersault out of standing position supported by a sitting base</p>	Somersault out of standing position supported by a kneeling / standing base	

### c. Mounts

- Mounts assisted by one or two supported bases are E or M exercises
- Mounts assisted by one standing base, foot in handle, are M or D exercises
- Mounts assisted by a free standing base are D exercises

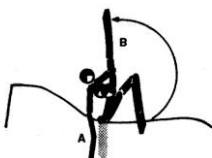
#### 7.1 Mounts to Sitting Position

	E	M	D	R
7.1 - 01		 <p>Assisted Dieb mount, base sitting, kneeling or standing in handles</p>	Assisted Dieb mount, base standing free	
7.1 - 02		 <p>Mount to seat under free jump, COG rises less than 30 cm</p>	Mount to seat / seat sideways out under free jump, COG rises more than 30 cm	
7.1 - 03		 <p>Mount to seat on the bench / flag</p>		
7.1 - 04		Assisted somersault on to seat	Assisted somersault on to seat (free standing base)  Assisted somersault on to medium or upper level	

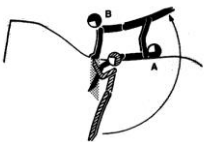
#### 7.2 Mounts to Kneeling Position

	E	M	D	R
7.2 - 01	Assisted mount to kneel	Assisted mount to kneel (standing base in handles)	Assisted mount to kneel (free standing base)	


### 7.3 Mounts to Standing Position

	E	M	D	R
7.3 - 01		 <p>Assisted mount to handstand</p>		

### 7.4 Mounts to Supported Position

	E	M	D	R
7.4 - 01	<p>Mount to supported wheelbarrow (legs apart, caught below horse's back)</p>	 <p>Mount to supported wheelbarrow (legs together, caught above horse's back)</p>		



### 7.5 Mounts to Lying Position

	E	M	D	R
7.5 - 01		 <p>Direct mount to supported lying position above head level</p>		

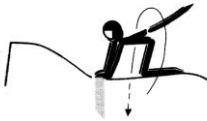

#### d. Dismounts

- Dismounts from the middle level are E or M exercises
- Dismounts from the upper level are M or D exercises
- All unsupported dismounts with handspring movements are D exercises (see Individuals)



#### 8.1 Jump Dismounts

	E	M	D	R
8.1 - 01	 <p>Straddle push-off over the croup</p>	 <p>Supported straddle split kick forward / backward, over one or two sitting bases</p>		
8.1 - 02		<p>Supported jump-through forward / backward over one or two kneeling bases</p>	<p>Supported jump-through forward / backward over one or two standing bases</p>	

#### 8.2 Swinging Dismounts

	E	M	D	R
8.2 - 01	 <p>Flank-off from lying across on the bench</p>	<p>Flank-off from lying across on the high bench</p>		
8.2 - 02	 <p>Dismount through handstand from the shoulders (medium level)</p>			

### 8.3 Roll Dismounts

	E	M	D	R
8.3 - 01	 <p>Roll forward from kneel on shoulder of sitting base</p>	Roll forward from kneel on shoulder of kneeling base	Roll forward from kneel on shoulder of standing base	
8.3 - 02	 <p>Roll forward from lying across on the bench / flag</p>	Roll from lying across on the high bench		