

APPENDIX 3 - Historical list of all Body Difficulties named after gymnasts

Subgroup	Number	Name	NF	Description	Deleted From COP
Jump	1	Zhukova (ZK)	BLR	with help of the opposite hand	
	2	Zaripova (ZR)	RUS	Leap split Leap with ring, take-off and landing on the same leg	
	3	Kabaeva (KB)	RUS	Ring with one leg or two legs take-off from one or two feet	
	4	Agiurgiuculese (AG)	ITA	Leap turning split Leap with ring, take-off and landing on the same leg (Jete en tournant)	
	5	Bessonova (BS) Jump	UKR	also with ring, also with back bent of the trunk	
Balances	1	Kabaeva (KB)	RUS	On the chest with help, also with turn	
	2	Utyasheva (U ₂)	RUS	Two shapes: from back split with help to front split with back bent of the trunk, ending on the other foot. Also with turn 1800 in any shape	
	3	Utyasheva (U ₃)	RUS	Three shapes: from back split with help to front split with back bent of the trunk, ending on the other foot and return to the first shape. Also with turn, 180° in any shape.	
	4	Kapranova (KP)	RUS	Front split with help, half turn of the trunk into back split with help	Deleted from COP 2025 - 2028
	5	Gizikova (GZ).	RUS	Front split with help, the free leg passing into back split balance with help	Deleted from COP 2025 - 2028
	6	Gizikova (GZ).	RUS	Front split without help, the free leg passing into back split balance without help.	Deleted from COP 2025 - 2028
Rotations	1	Elkatib (EKB)	EGY	Front split without help, also trunk back at the horizontal position	
	2	Raffaelli (RF)	ITA	Side split without help, trunk horizontal also with free bent leg	
	3	Trubnikova (TR)	RUS	Pivot 1800 passing from side split without help, trunk horizontal to front split trunk bent back below horizontal	Deleted from COP 2025 - 2028
	4	Kabaeva (KB)	RUS	Front split; trunk bent back below horizontal from standing position.	
	5	Garaeva (GA).	AZE	From back split on flat foot, trunk bend forward passing to KB Pivot.	Deleted from COP 2025 - 2028
	6	Kramarenko (KR)	RUS	KB Pivot with free leg bent 30° (up to down)	
	7	Kabaeva (KB)	RUS	Front split; trunk bent back below horizontal from a seated position	
	8	Kramarenko (KR)	RUS	KB Pivot with free leg bent 30° (down to up)	
	9	Gizikova (GZ).	RUS	Front split with help with a passage of the free leg into back split with help	Deleted from COP 2025 - 2028
	10	Sakura (SK)	JPN	Penché: body bent at the horizontal or below, rotation on flat foot with ring.	
	11	Ralenkova (RL)	BUL	Rotation on the back	
	12	Ashram (ASH)	ISR	Rotation on the stomach, legs in stag position with help.	
	13	Kanaeva (KN)	RUS	Rotation on the chest, legs in split position without help	

