



**EUROPEAN
CHAMPIONSHIPS**
ARTISTIC GYMNASTICS
ZAGREB 2026

PRESENTED BY
DOBRO

Supervisor Still Ring
Ahmed Adly ABDALLA



**European
Gymnastics**

GRID ELEMENTS		Qualifying Competition				425	202	112	114	Tot.
		0				I°	II°	III°	IV°	853
Kip to support		0				0,0%				
Slow inlocate from hang		22				2,6%				
Dislocate / Inlocate		44				5,2%				
Back uprise		52				6,1%				
Swing through the handstand fwd		1				0,1%				
Swing through the handstand bwd		45				5,3%				
Swing to handstand fwd		51				6,0%	49,8%			
Swing to handstand bwd		97				11,4%				
Honma		0				0,0%				
Yamawaky		62				7,3%				
Jonasson		51				6,0%				
		0				0,0%				
		0				0,0%				
L-sit		73				8,6%				
Hanging scale		7				0,8%				
Support scale straddle		1				0,1%				
v-sit		0				0,0%				
Support scale		1				0,1%				
Swallow		3				0,4%				
Press to hndst. Bent arms		10				1,2%				
Press to handstand		90				10,6%				
Press hnstnd str body str arms		0				0,0%				
Cross		10				1,2%				
Azarian		6				0,7%				
Nakayama		0				0,0%	23,7%			
From swallow to supp.scale		0				0,0%				
From cross to swallow		0				0,0%				
From cross to invert.cross		0				0,0%				
Sl.roll to supp.scale		0				0,0%				
Sl.roll to swallow		0				0,0%				
Balandin to supp.scale		0				0,0%				
Balandin to swallow		0				0,0%				
Balandin to invert.cross		0				0,0%				
Inverted cross		0				0,0%				
Zanetti		0				0,0%				
From support scale, down and up		0				0,0%				
		1				0,1%				
		0				0,0%				
Kip L-sit		72				8,4%				
Honma to L-sit		16				1,9%				
Uprise fwd to L-sit		8				0,9%				
Honma to cross		2				0,2%				
Uprise bwd to cross		1				0,1%				
Kip to cross		1				0,1%				
Uprise bwd to swallow		1				0,1%			13,1%	
Back kip to swallow		0				0,0%				
Uprise bwd scale straddle		4				0,5%				
Uprise bwd support scale		3				0,4%				
Felge uprise invert cross		0				0,0%				
Uprise bwd to invert cross		0				0,0%				
		4				0,5%				
		0				0,0%				
Double bwd tucked		7				0,8%				
Double bwd tucked 1/1 t.		74				8,7%				
Double bwd tucked 2/2 t.		18				2,1%				
Double bwd stretched		2				0,2%				
Double bwd stretched 1 t.		6				0,7%				13,4%
Double bwd stretched 2 t.		2				0,2%				
Double fwd pike		4				0,5%				
Triple bwd		0				0,0%				
		0				0,0%				
		1				0,1%				



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GRID ELEMENTS All		Around Final				94 I°				38 II°		24 III°		24 IV°		Tot. 180	
Kip to support	0					0,0%											
Slow inlocate from hang	2					1,1%											
Dislocate / Inlocate	4					2,2%											
Back uprise	4					2,2%											
Swing through the handstand	0					0,0%											
Swing through the handstand	11					6,1%											
Swing to handstand fwd	20					11,1%				52,2%							
Swing to handstand bwd	22					12,2%											
Honma	0					0,0%											
Yamawaky	12					6,7%											
Jonasson	19					10,6%											
	0					0,0%											
	0					0,0%											
L-sit	11									6,1%							
Hanging scale	0									0,0%							
Support scale straddle	0									0,0%							
v-sit	0									0,0%							
Support scale	1									0,6%							
Swallow	0									0,0%							
Press to hndst. Bent arms	0									0,0%							
Press to handstand	21									11,7%							
Press hnsd str body str arms	0									0,0%							
Cross	3									1,7%							
Azarian	2									1,1%							
Nakayama	0									0,0%				21,1%			
From swallow to supp.scale	0									0,0%							
From cross to swallow	0									0,0%							
From cross to invert.cross	0									0,0%							
Sl.roll to supp.scale	0									0,0%							
Sl.roll to swallow	0									0,0%							
Balandin to supp.scale	0									0,0%							
Balandin to swalow	0									0,0%							
Balandin to invert.cross	0									0,0%							
Inverted cross	0									0,0%							
Zanetti	0									0,0%							
From support scale, down and	0									0,0%							
	0									0,0%							
	0									0,0%							
Kip L-sit	12									6,7%							
Honma to L-sit	4									2,2%							
Uprise fwd to L-sit	2									1,1%							
Honma to cross	0									0,0%							
Uprise bwd to cross	0									0,0%							
Kip to cross	0									0,0%							
Uprise bwd to swallow	0									0,0%				13,3%			
Back kip to swallow	0									0,0%							
Uprise bwd scale straddle	4									2,2%							
Uprise bwd support scale	1									0,6%							
Felge uprise invert cross	0									0,0%							
Uprise bwd to invert cross	0									0,0%							
	1									0,6%							
	0									0,0%							
Double bwd tucked	0									0,0%				0,0%			
Double bwd tucked 1/1 t.	8									4,4%							
Double bwd tucked 2/2 t.	9									5,0%							
Double bwd stretched	1									0,6%							
Double bwd stretched 1 t.	5									2,8%				13,3%			
Double bwd stretched 2 t.	1									0,6%							
Double fwd pike	0									0,0%							
Triple bwd	0									0,0%							
	0									0,0%							
	0									0,0%							



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GRID ELEMENTS Apparatus Final		31 I°	14 II°	9 III°	8 IV°	Tot. 62
Kip to support	0	0,0%				
Slow inlocate from hang	0	0,0%				
Dislocate / Inlocate	1	1,6%				
Back uprise	1	1,6%				
Swing through the handstand	0	0,0%				
Swing through the handstand	7	11,3%	50,0%			
Swing to handstand fwd	8	12,9%				
Swing to handstand bwd	7	11,3%				
Honma	0	0,0%				
Yamawaky	0	0,0%				
Jonasson	7	11,3%				
	0	0,0%				
	0	0,0%				
L-sit	2	3,2%				
Hanging scale	1	1,6%				
Support scale straddle	0	0,0%				
v-sit	0	0,0%				
Support scale	1	1,6%				
Swallow	1	1,6%				
Press to hndst. Bent arms	0	0,0%				
Press to handstand	5	8,1%				
Press hnstid str body str arms	0	0,0%				
Cross	1	1,6%				
Azarian	2	3,2%				
Nakayama	0	0,0%				
From swallow to supp.scale	0	0,0%		22,6%		
From cross to swallow	0	0,0%				
From cross to invert.cross	0	0,0%				
Sl.roll to supp.scale	0	0,0%				
Sl.roll to swallow	0	0,0%				
Balandin to supp.scale	0	0,0%				
Balandin to swallow	0	0,0%				
Balandin to invert.cross	0	0,0%				
Inverted cross	0	0,0%				
Zanetti	0	0,0%				
From support scale, down and	0	0,0%				
	1	1,6%				
	0	0,0%				
Kip L-sit	3	4,8%				
Honma to L-sit	2	3,2%				
Uprise fwd to L-sit	0	0,0%				
Honma to cross	1	1,6%				
Uprise bwd to cross	0	0,0%				
Kip to cross	0	0,0%				
Uprise bwd to swallow	1	1,6%			14,5%	
Back kip to swallow	0	0,0%				
Uprise bwd scale straddle	1	1,6%				
Uprise bwd support scale	1	1,6%				
Felge uprise invert cross	0	0,0%				
Uprise bwd to invert cross	0	0,0%				
	0	0,0%				
	0	0,0%				
Double bwd tucked	0					
Double bwd tucked 1/1 t.	2					
Double bwd tucked 2/2 t.	3					
Double bwd stretched	0					
Double bwd stretched 1 t.	1					12,9%
Double bwd stretched 2 t.	2					
Double fwd pike	0					
Triple bwd	0					
	0					
	0					