FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

CODE OF POINTS ACROBATIC GYMNASTICS
TABLES OF DIFFICULTY 2017-2020

April 2016

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PREAMBLE

The Tables of Difficulty are integral to the FIG Code of Points (CoP) for Acrobatic Gymnastic. It is important when using the Tables that reference is made to Section V and VIII of the Code of Points.

The document contains elements which are possible for performance in Acrobatic Gymnastics' competition. Through selection of starts, motions, mounts, holds and dismounts, competitors are able to be creative in forming exercises.

The document content is evolutionary rather than definitive. Additions and modifications are made as new elements are created and clarifications become necessary.

These Tables may **not** be reproduced without written permission of the FIG.

Acknowledgements

The Acrobatic Gymnastics' community is indebted to the following for their contribution to the Tables of Difficulty:

- Members of the FIG Acrobatic Technical Committee 2013-2016 for their expertise in revising the Tables for the cycle 2017-2020
  Rosy Taeymans, Tonya Case, Irina Nikitina, Karl Wharton, Nikolina Hristova, Frank Böhm, Yuriy Goliak
- The original artist for the majority of the drawings found in the Tables, Vitcho Kolev.
- Vitcho Kolev and Irina Nikitina for a new concept to simplify the work of coaches and judges for pair and trio balance.
- The FIG Secretariat for the availability of expert technical advice and assistance;
- Acrobatic coaches and athletes for their creativity in stretching the boundaries of gymnastic knowledge and skills.

INTRODUCTION

Content
The Tables of Difficulty are used in all FIG approved competitions. Only elements in the Tables of Difficulty may be performed for difficulty credit at FIG events.

The Tables include elements or parts of elements already performed during the history of Acrobatic Gymnastics, in addition to a range of potential to be performed in the future.

Difficulty is given for pair and group elements as well as individual elements.

Some elements have been declared '**forbidden**' in the interests of safety and asthetics.

Difficulty Value of Elements
The difficulty value of a pair or group element is the sum of the different parts of the element.

Tariff Sheets
At the end of the Tables of Difficulty is an example of the official Tariff Sheet on which the elements of each exercise to be performed during a competition are declared. Each exercise is drawn on a separate Tariff Sheet. The rules for completing a Tariff Sheet are explained in the Code of Points.

A drawing must be made of each pair group element in the order it is to be performed. Pair group elements precede individual elements that also must be drawn in the order to be performed. Drawings may be reproduced from the Tables of Difficulty.
The Tariff Sheet must be **"Computer generated"** . Original drawings (TOD, AGR) must be clearly presented and not open to a variety of interpretations. Shorthand notation on Tariff Sheets may **not** be used.

The pages from which elements are created or selected, the number of the drawing and the value of the element and its parts must be recorded on the Tariff Sheet. The intended length of 'holds' must be declared.

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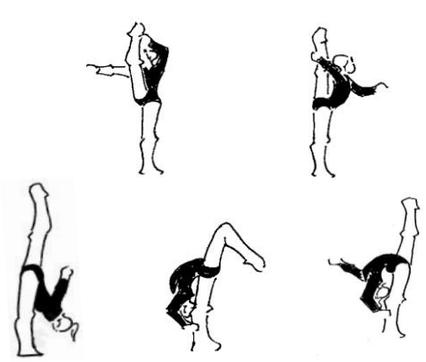
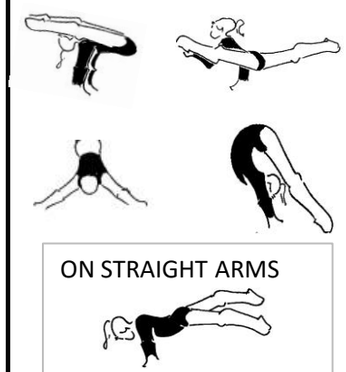
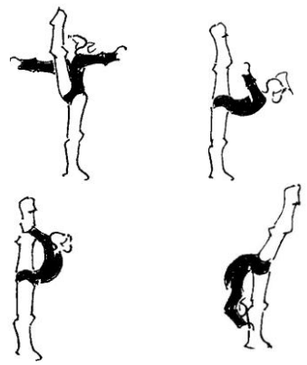
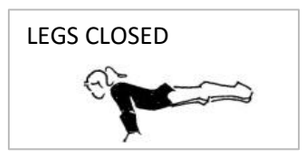
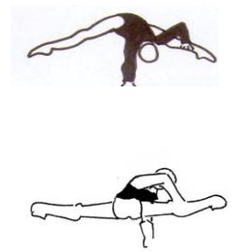
General Rules
Start and End Points
Categories of Handstands & positions

General Rules Pairs and Groups

- Elements that are performed with only minor stylistic variations from the element pictured in the Tables are not considered new elements. They may be performed using the same identification (ID) number (#), with the same value as the existing element.
- The figures in the same box are considered as identical (with very few exceptions) as shown in the Tables of Difficulty.
- Elements with a 180° twist before the salto (Arabian) are considered as FRONT saltos.
- Value for side saltos = front saltos but considered as different saltos.
- When an element is in more than 1 place in the TOD with different value, the highest V can be used.
- Wide arm handstands receive extra value(see table bellow) however they are **not considered as a different element**
- Russian lever can only be performed with closed legs.

- **Additional value for static holds & mounts into a static hold**

All handstand, straight, flags, disloc and mexican, preformed with straight legs together to the ankle receive **+1,**

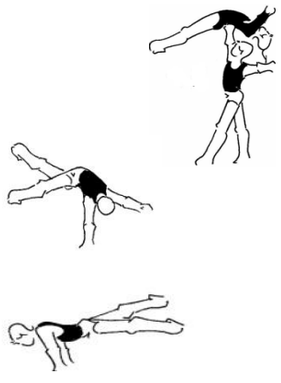
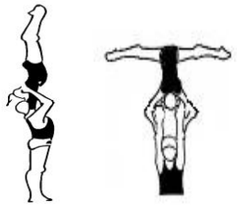
+1	+1	+2	+2	+3	+4
					

- **Additional value for MOTIONS of the base**

+1	+2	-5	-6

General Rules Pairs and Groups Dynamic

- **Additional value for FINISH positions in dynamic elements**

+2 Pairs	+2	+2 Trios	-1
	Gainer salto's		

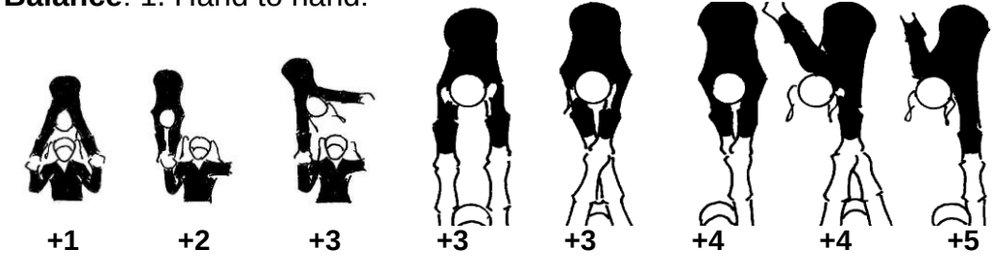
- All salto's performed in position are considerd the same as in position.

  They recieve the same value and the same ID number

- Full in back out (**/360° 0**) ≠ Back in Full out ≠ half in half out (**/180°/180°**)

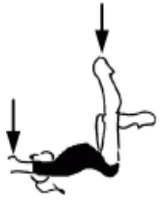
- **Additional Difficulty for <u>WOMEN's PAIR and WOMEN'S GROUP</u> :**

All <u>Handstands</u> performed on the following points of support will receive the additional difficulty as shown.
Balance: 1. Hand to hand:

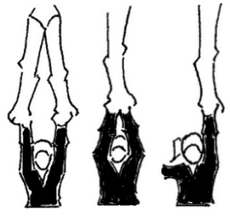


+1 **+2** **+3** **+3** **+3** **+4** **+4** **+5**

On Floor:
NO + Value



2. Foot to hand: Footstands **≤ 5** recieves **+3**
Footstands **≥ 6** recieves **+5**



- **Additional Difficulty for <u>WOMEN's PAIR</u> :**

Dynamic: 1. Saltos with **4/4** rotation or more, **<u>caught in the hands</u>** of the base, receive an additional value of **+4**

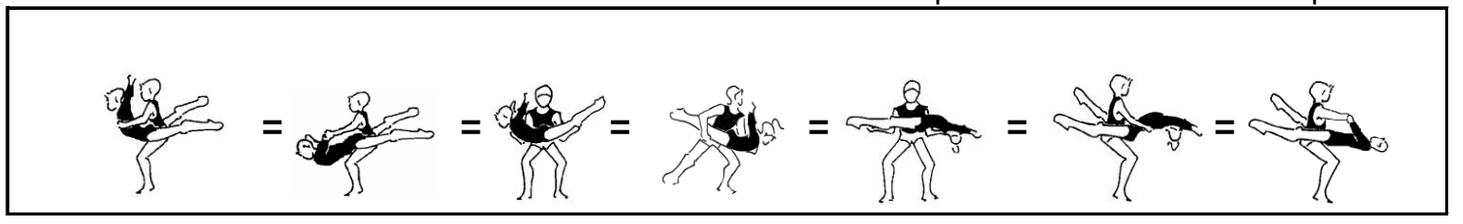
2. Saltos with **8/4** rotation or more, receive an additional value of **+4**

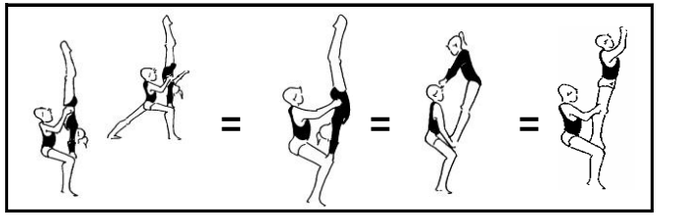
<u>General Restrictions</u>

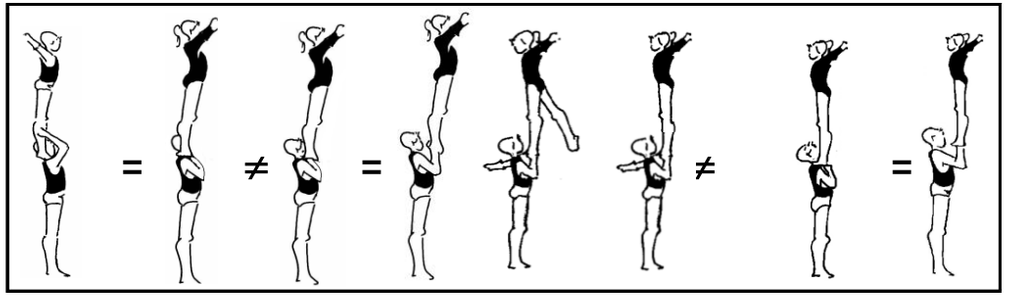
- **FORBIDDEN HANDSTAND POSITIONS**
- A catch to wrap (i.e.legs astride the hips of the base) may only be performed with straight legs. **Forbidden for MEN**.
- Sitting in spread legs on the shoulder facing a partner is not permitted in any exercise.
- Handstand Planche **<u>cannot</u>** be performed on one arm.
- Womens Pairs and Womens Groups **<u>may not</u>** work on the back of the neck or top on the head (**Forbidden**).
- Flag can **<u>NOT</u>** be performed **two** on **one.**
- Straddle, crocodile and wide arm elements **<u>cannot</u>** be performed on bent arms of the base.

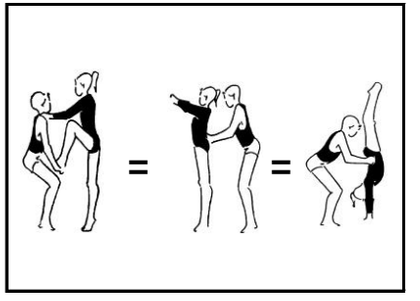
Examples of the most typical positions.

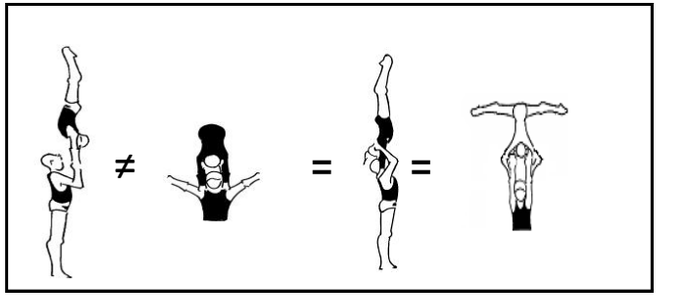
The same position **=** The different positions **≠**

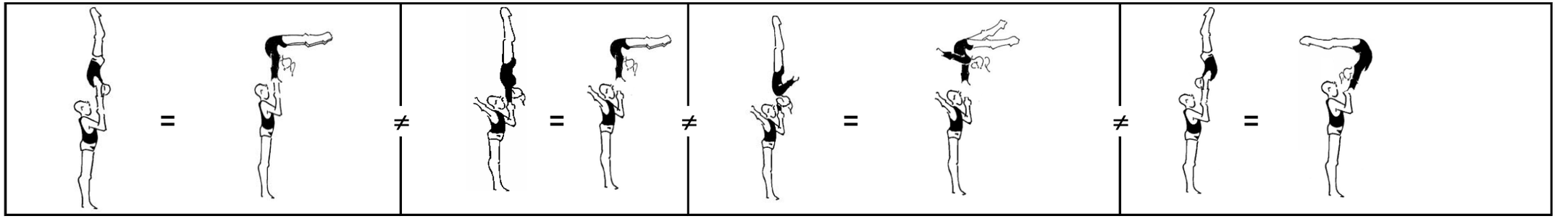


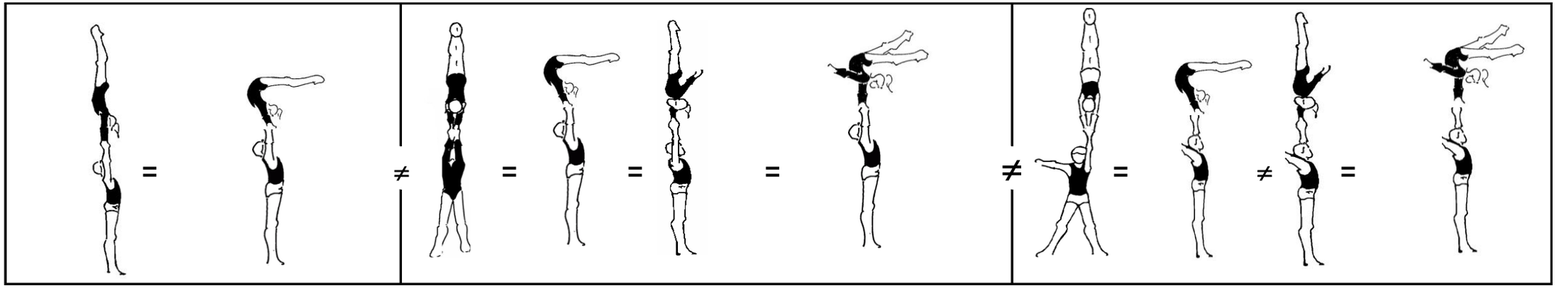






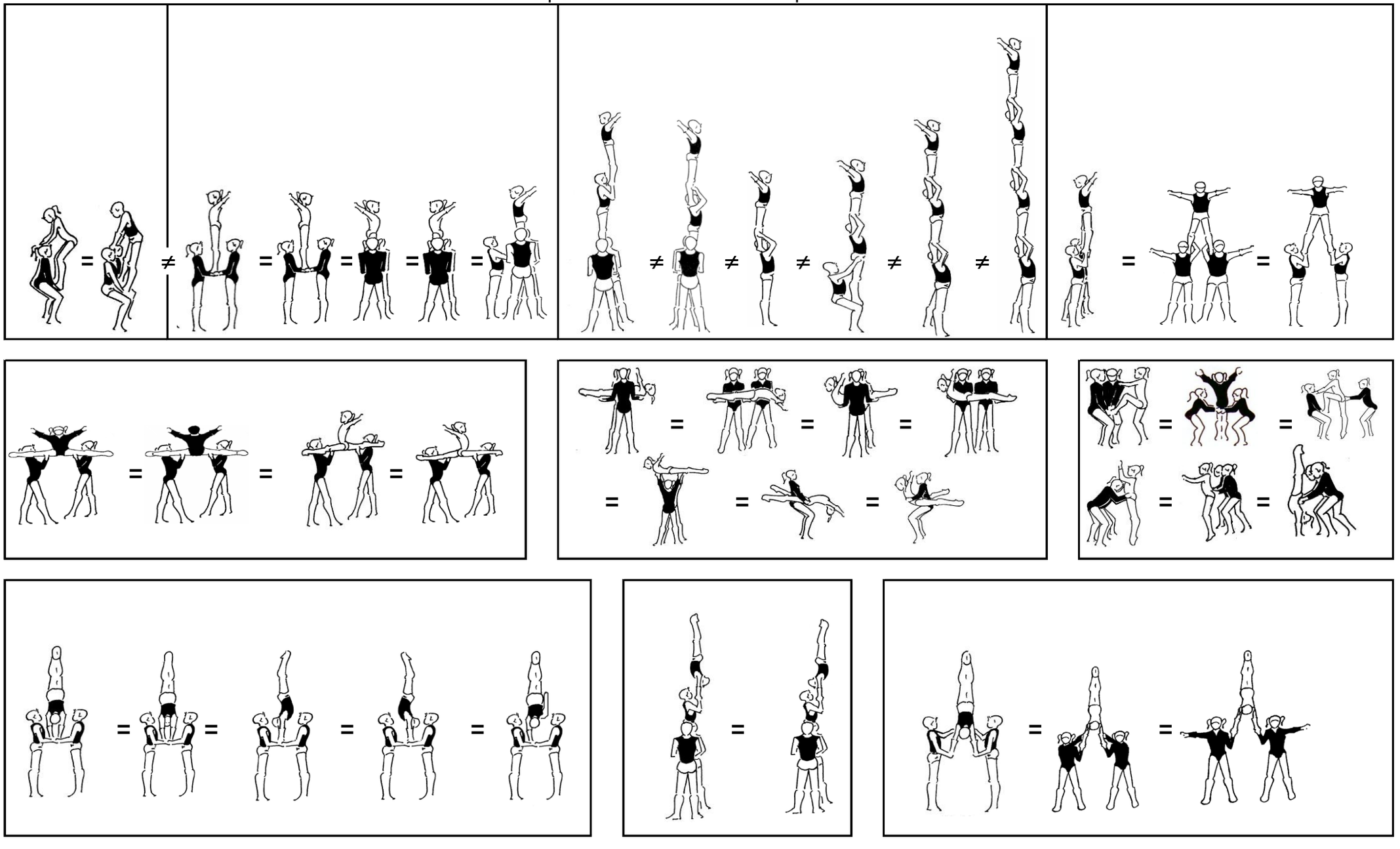




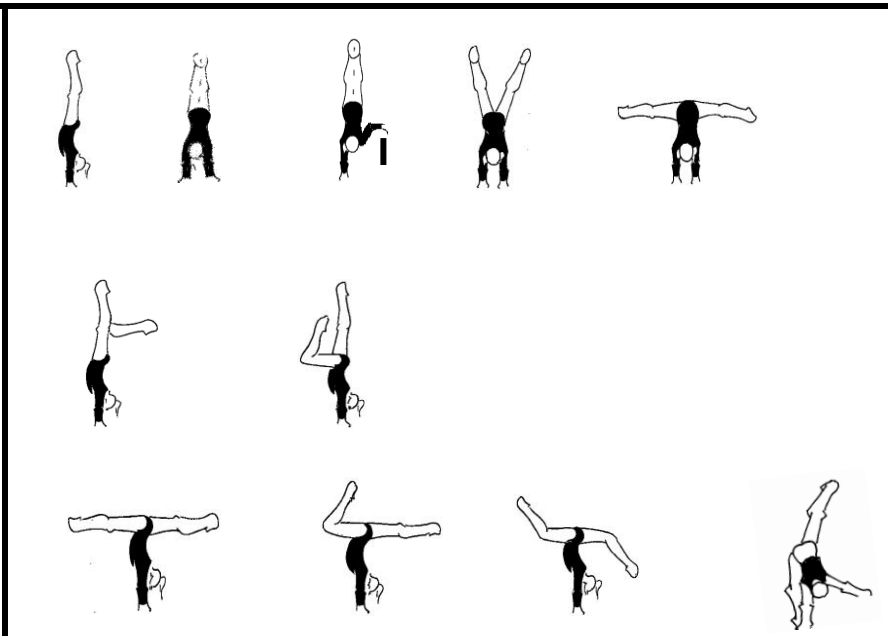
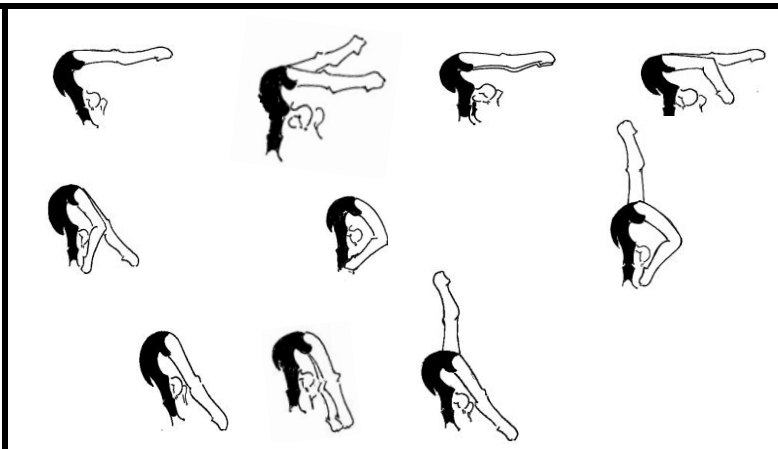
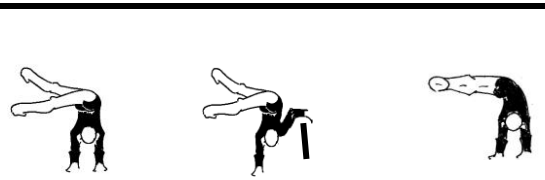


Examples of the most typical positions.

The same position **=** The different positions ≠

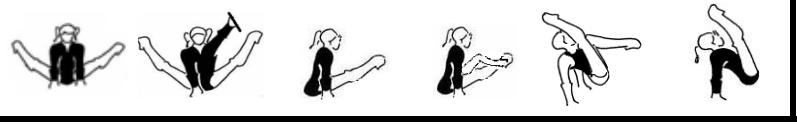
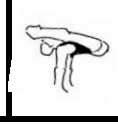


CATEGORIES OF HANDSTANDS

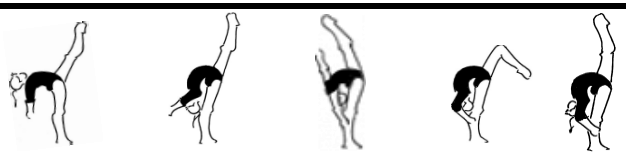
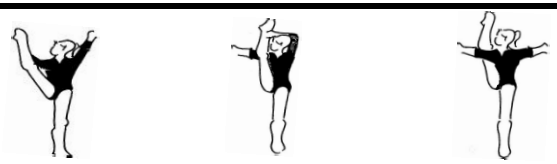
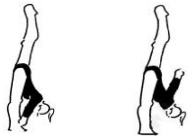
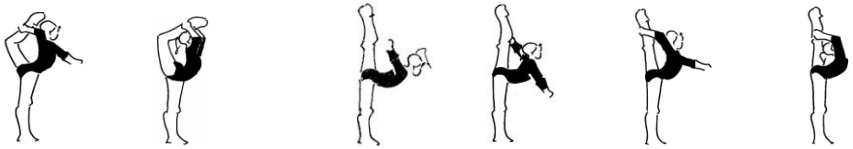
A		**B**	
		D	
C		**D1**	

Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty-balance elements. Handstands belonging to the same category are considerred as the same. The same system of categories must be applied to 1 arm handstands and 2 on 1 handstands.

CATEGORIES OF MISCELLANEOUS ELEMENTS

A		**A1**		**B**		**C**		**D**			
E				**F**							
H		**I**		**J**		**K**					

CATEGORIES OF FOOTSTANDS

A		**E**	
B		**F**	
C		**G**	
D			

Elements belonging to the same box are considered as the same.

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TABLES OF DIFFICULTY

WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS

Balance Elements

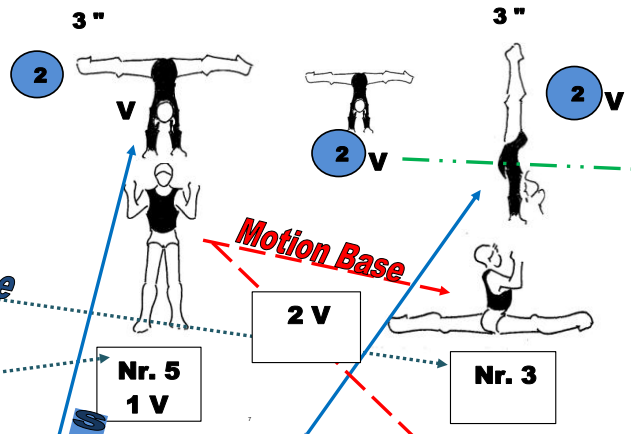
Static Holds and Motions

Pairs

Static Base

Example 2

Nr	Position Base	Value
1		1
2		1
3		2
4		2
5		1



Nr. 5 = 1 V (Static Base)

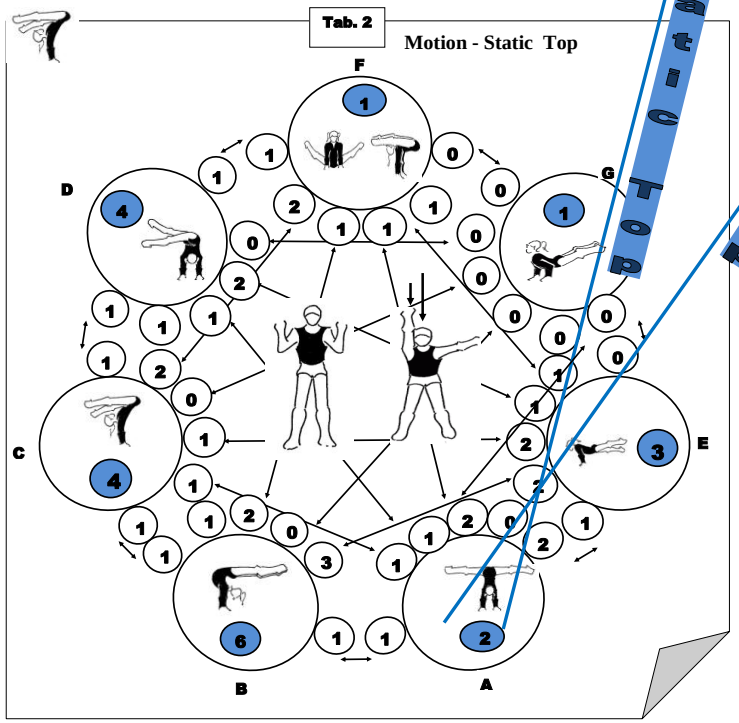
Tab.2 = 2 V (Static Top)

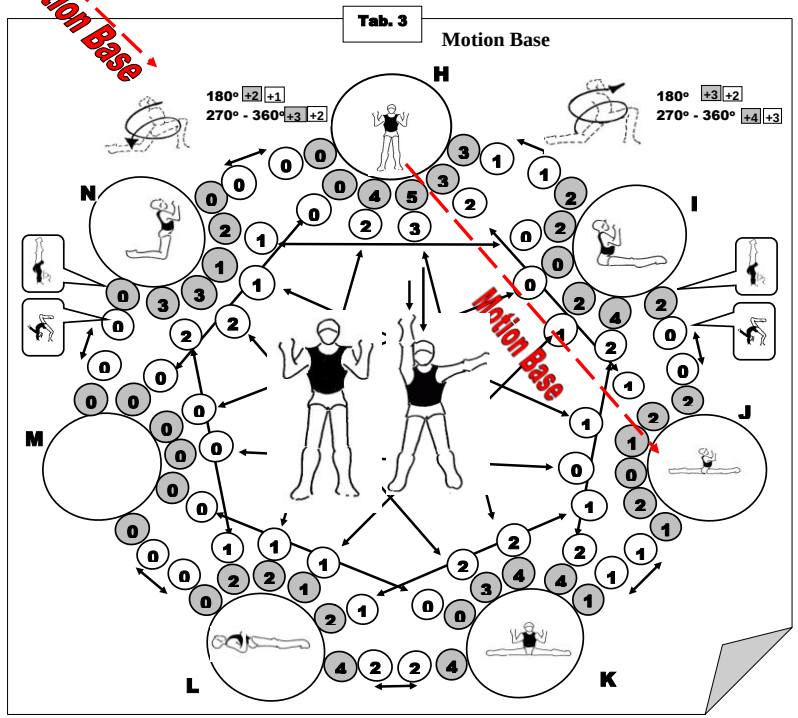
Tab.3 = 2 V (Motion Base)
= 2 V (Static Top)

Nr. 3 = 1 V (Static Base)

Tab.2 = 2 V (Static Top)

= 10 V





Example

Pairs

Static Base

Nr	Position Base	Value
1		1
2		1
3		2
4		1
5		1

Static Top

Nr	Position Top	Value
1		1
2		3
3		
4		
5		

Example 1

Static Top

Value 3

Value 1

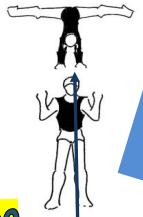
Value 4

OR

Value 3

Value 2

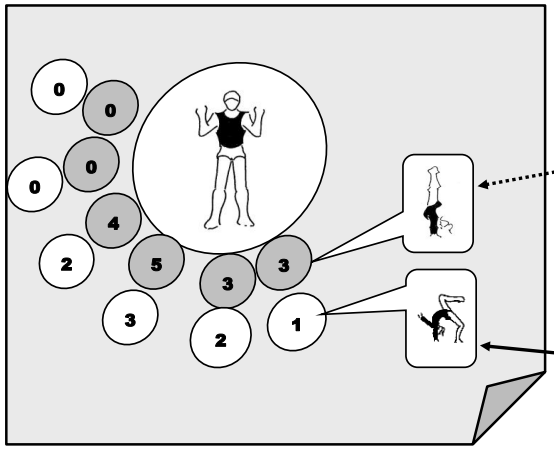
Value 1



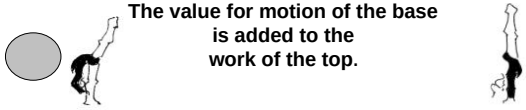
Static Top

Static Base

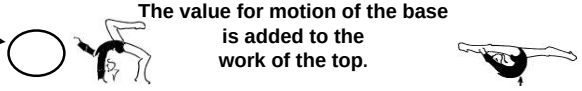
Static Base



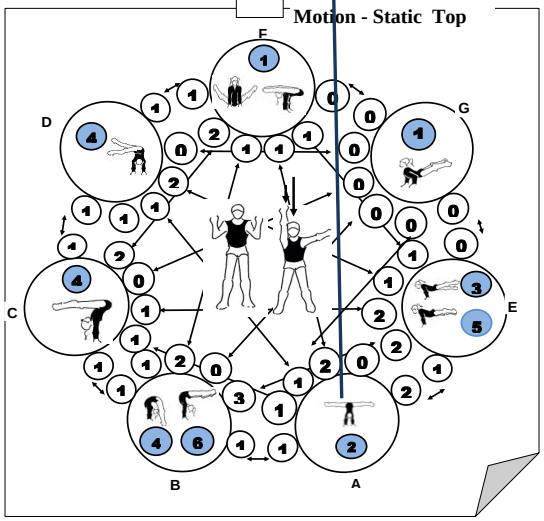
Additional difficulty for motion of the base when the top is handstand, and all foot to hand elements value 6 or higher.
The value for motion of the base is added to the work of the top.



Additional difficulty for motion of the base when the top is not in handstand, and all foot to hand elements value 5 or lower.
The value for motion of the base is added to the work of the top.



Tab. Motion - Static Top

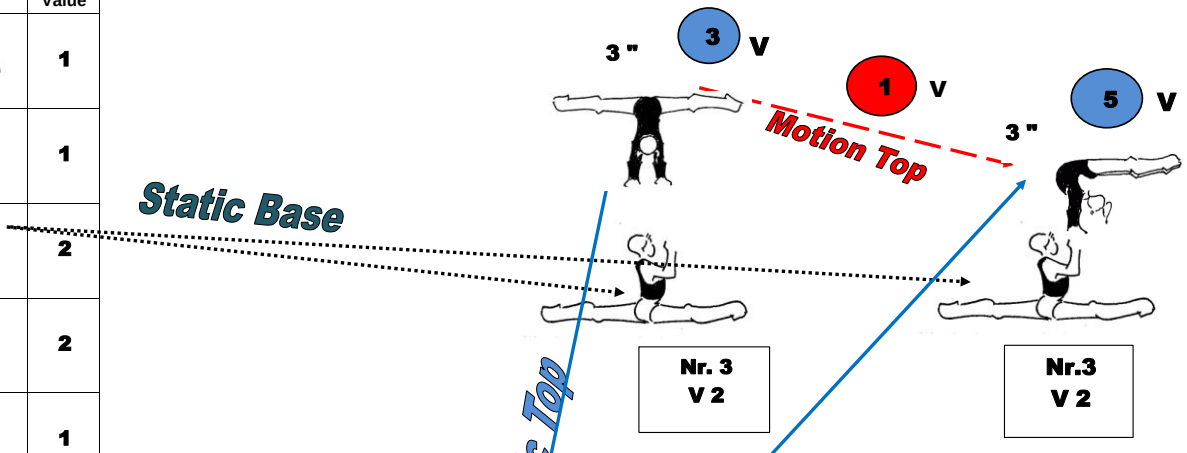


Pairs

Static Base

Nr	Position Base	Value
1		1
2		1
3		2
4		2
5		1

Example 3



Nr. 3 = 2 V (Static Base)

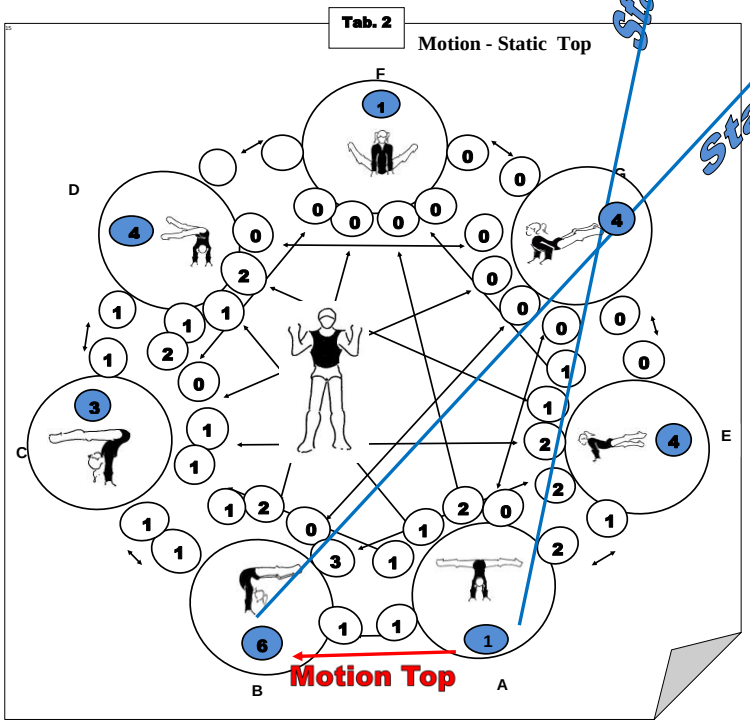
Tab. 2 = 2 V (Static Top)

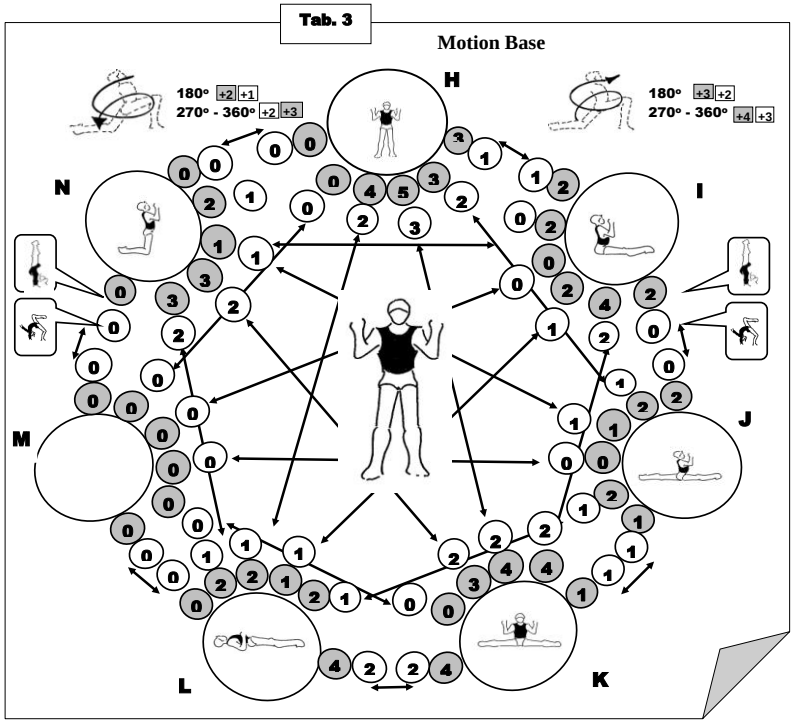
Tab. 2 = 1 V (Motion Top)

Tab. 2 = 4+1 V (Static Top and lags together)

~~**Nr. 3 = 2 V (Static Base)**~~

= 12V





Balance Elements

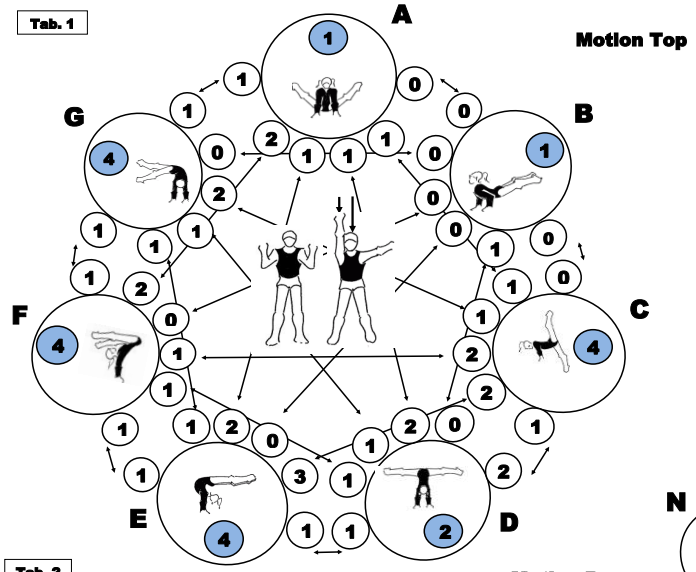
Pairs

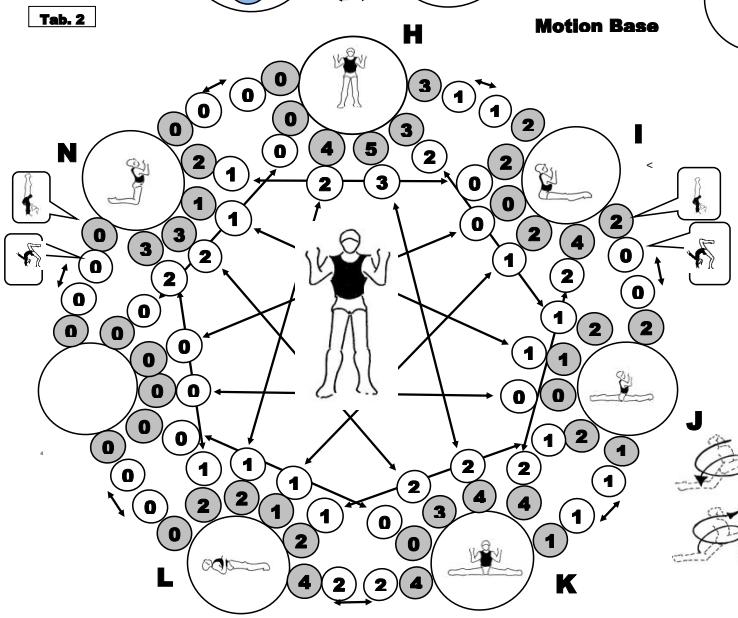
Static Base

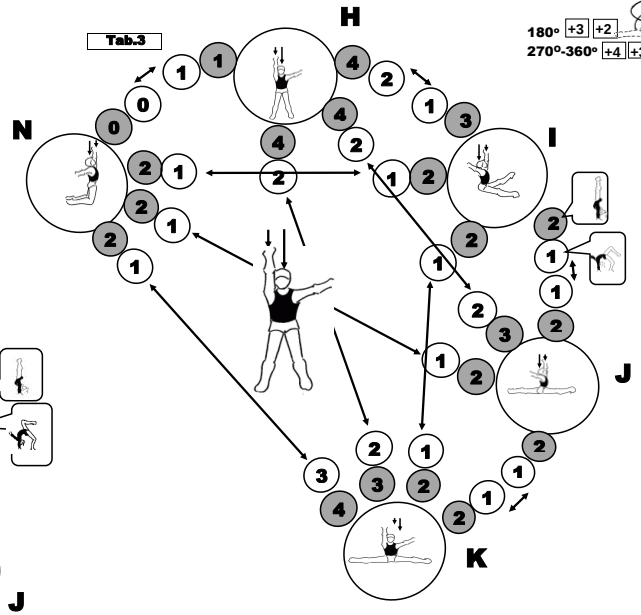
Nr	Position Base	Value
1		1
2		1
3		2
4		3
5		1
6		1
7		1
8		2
9		1
10		1
11		1
12		1
13		1
14		1
15		1
16	+4	5
17		6
18		1
19		2
20	+1	2
21		3
22		7
23		2
24		1
25		3
26		4
27		3
28		3

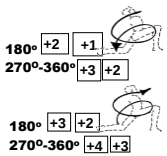
Static Top

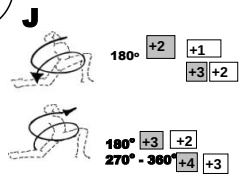
1		1
2		3
3		2
4		2





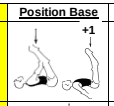
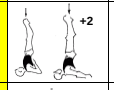
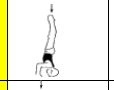
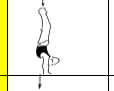
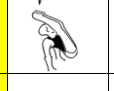
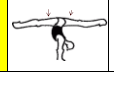






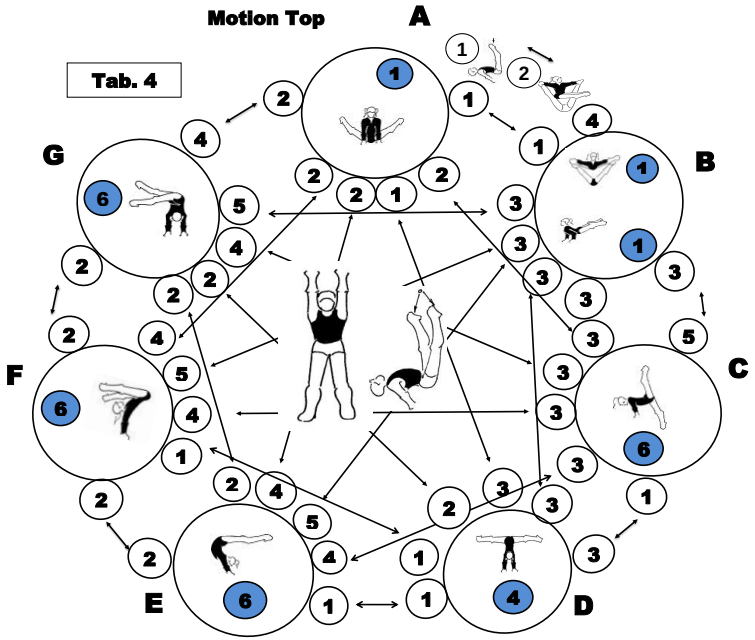
Pairs

Static Base

Nr	Position Base	Value
1		1
2		3
3		6
4		8
5		16
6		10
7		12

Motion Top

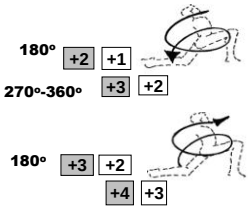
Tab. 4



Static Base

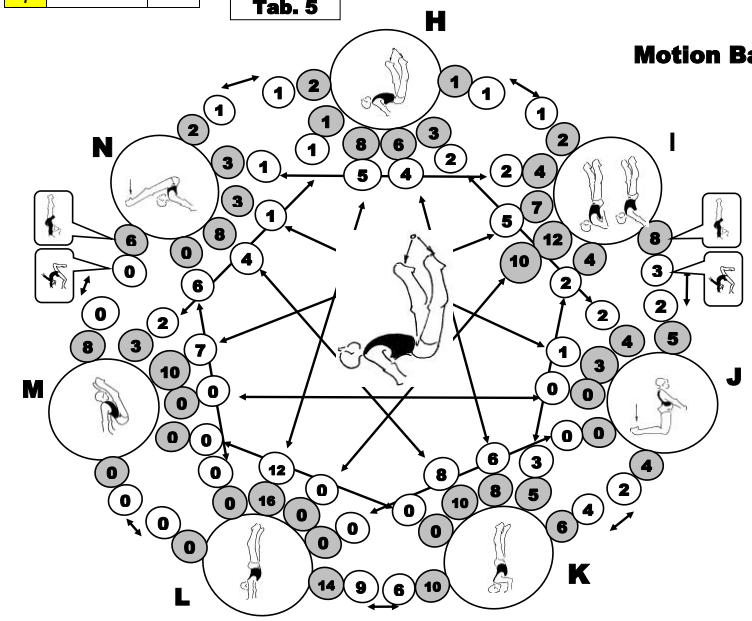
Nr	Position Base	Value
8		1
9		2
10		2
11		3
12		2
13		2

Nr	Position Base	Value
14		2
15		3
16		4
17		1

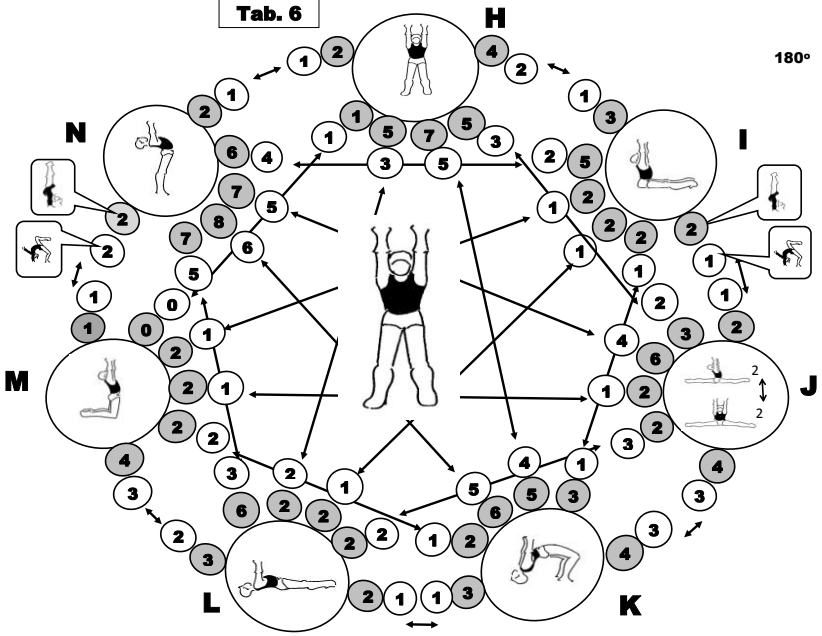


Tab. 5

Motion Base



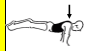
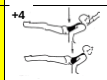
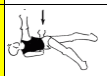
Tab. 6

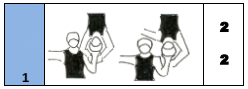


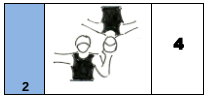
Pairs

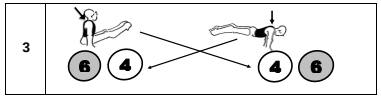
Static Base

Nr	Position Base	Value
1		1
2		1
3		2
4		3
5		1
6		1
7		1
8		2
9		2

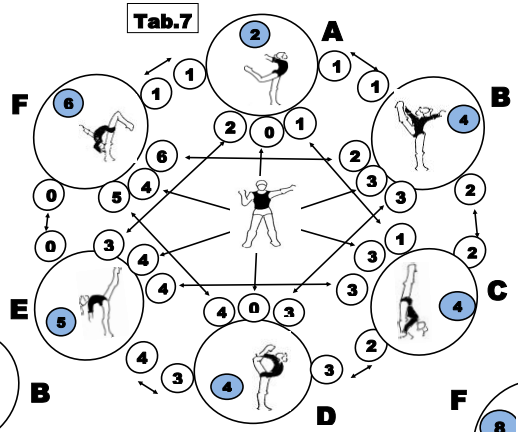
Nr	Position Base	Value
10		1
11		6
12	+4 	6
13		3
14		1
15		1
16		1
17		1



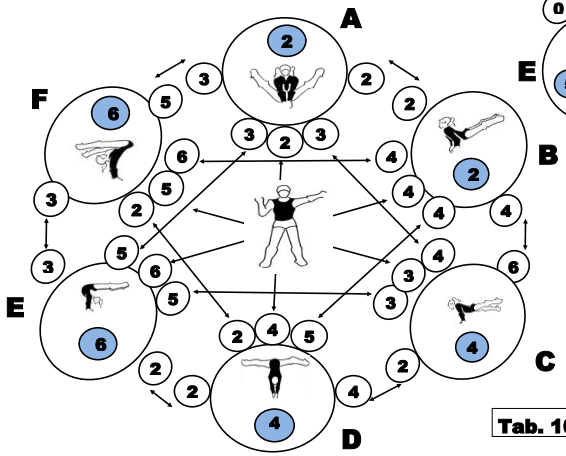




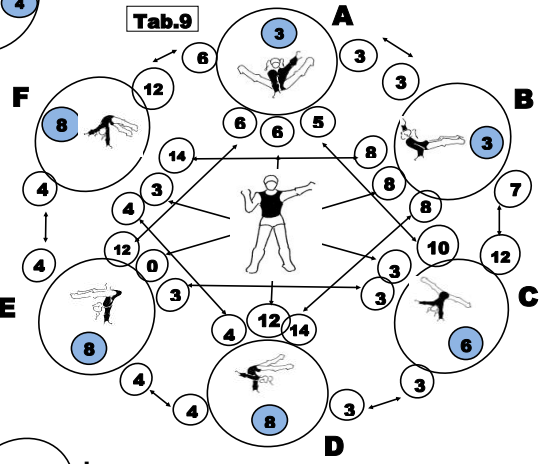
Tab.7



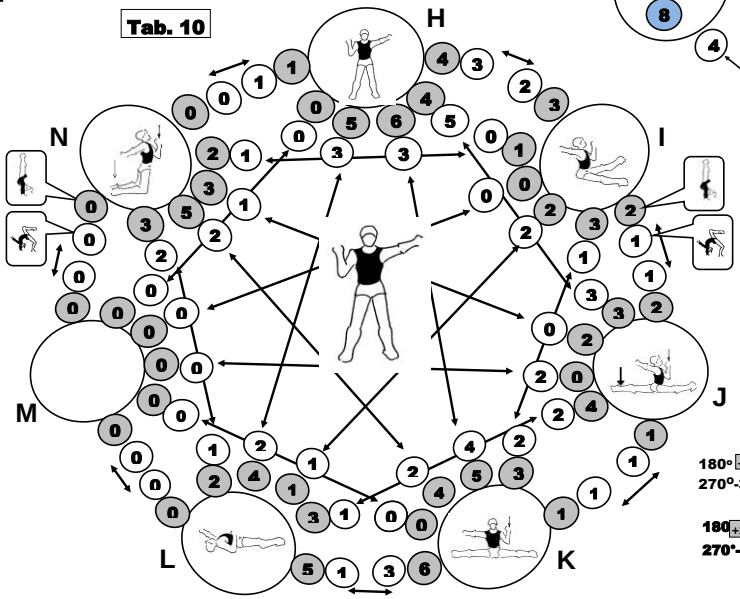
Tab. 8

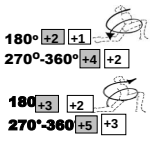


Tab.9



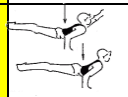
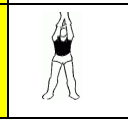
Tab. 10



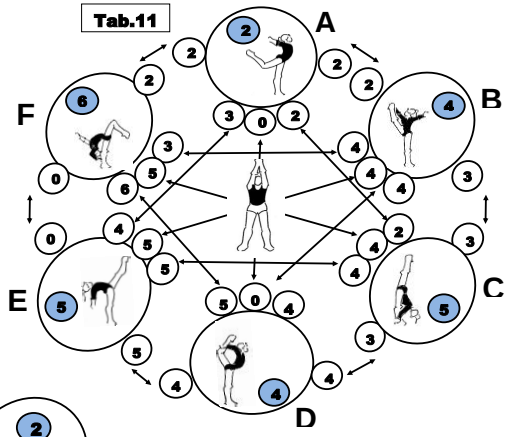


Pairs

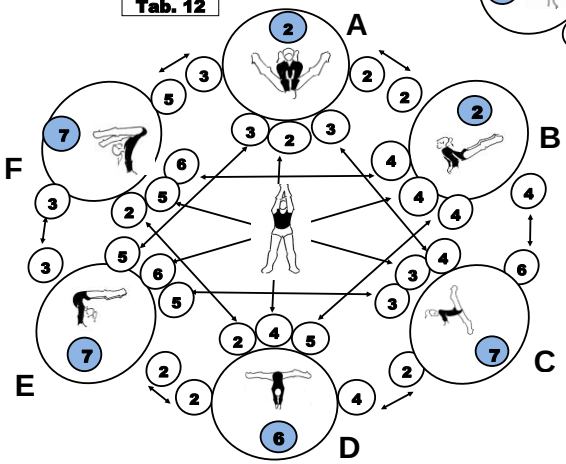
Static Base

Nr	Position Base	Value
1		1
2		2
3		3
4		4
5		7 4
6		3
7		3
8		2
9		3
10		2

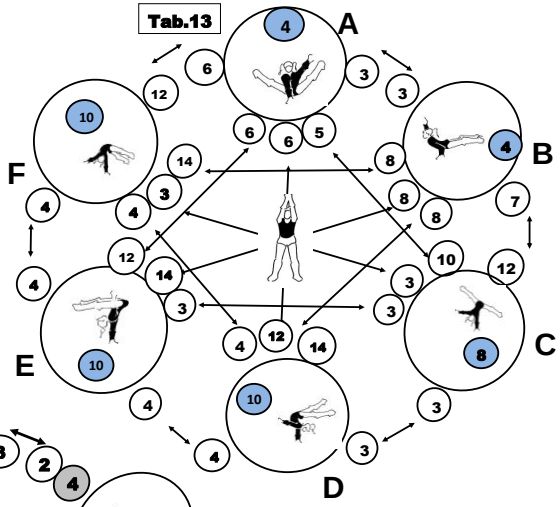
Tab.11



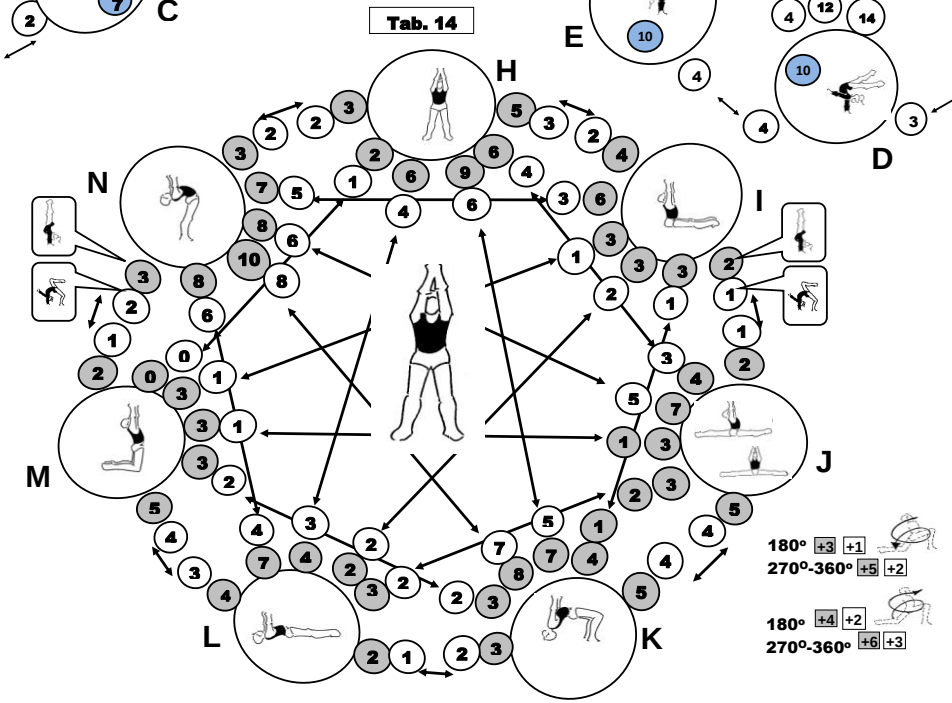
Tab. 12



Tab.13

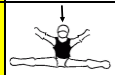
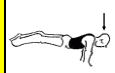
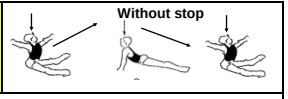


Tab. 14

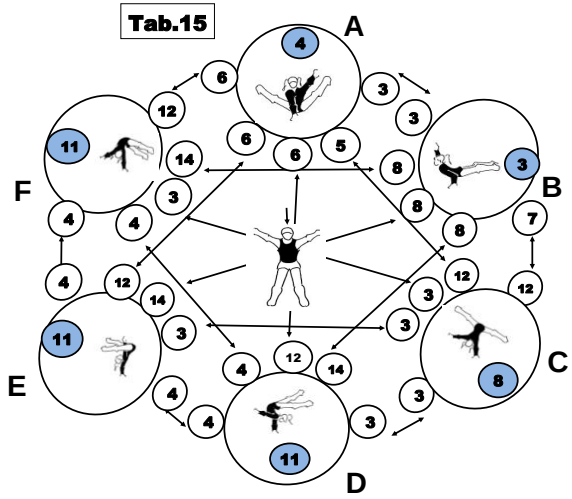


Pairs

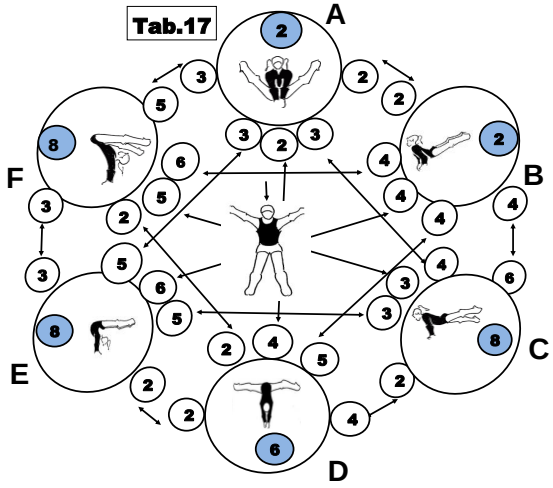
Static Base

Nr	Position Base	Value
1		1
2		1
3		3
4		2
5		3
6		1
7		3
8		8
9		1
10	 Without stop	360° + 6

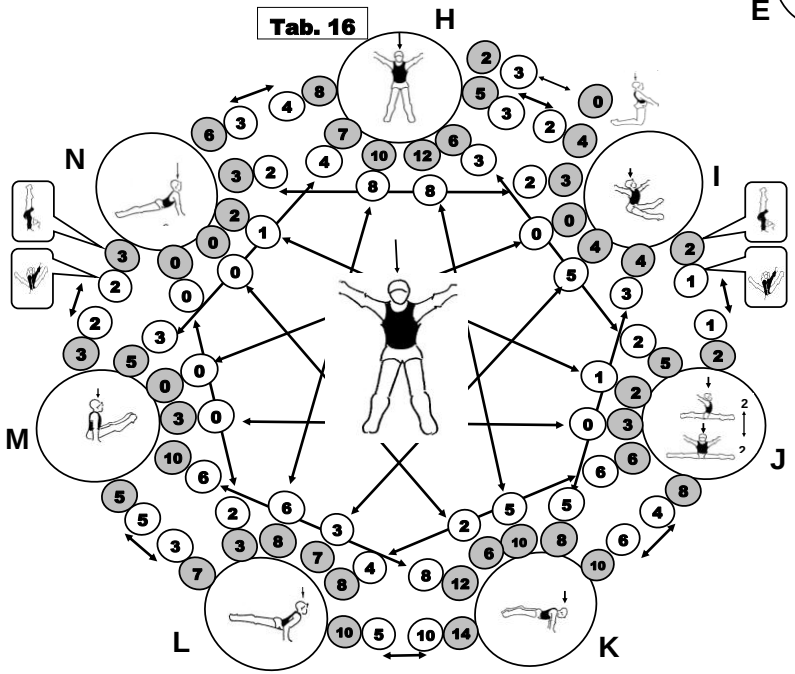
Tab.15

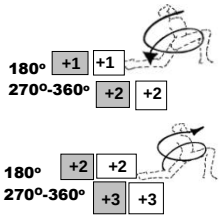


Tab.17



Tab. 16



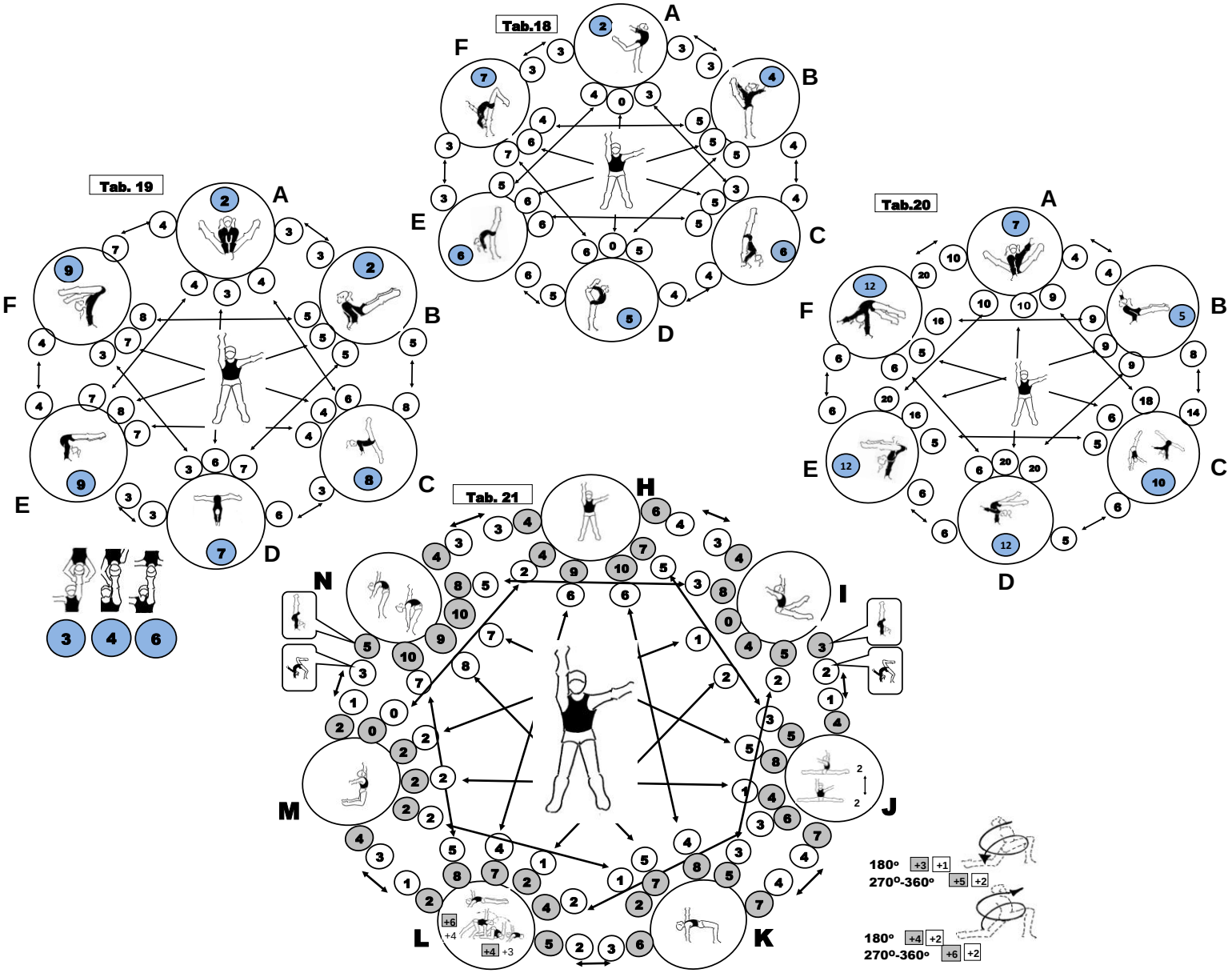


Pairs

Static Base

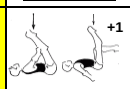
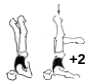
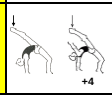
Nr	Position Base	Value
1		3
2		4
3		5
4		1
5		5
6		6
7		5
8		4

Nr	Position Base	Value
9		4
10		5
11		4
12		4
13		4 5 6
14		24
15		1



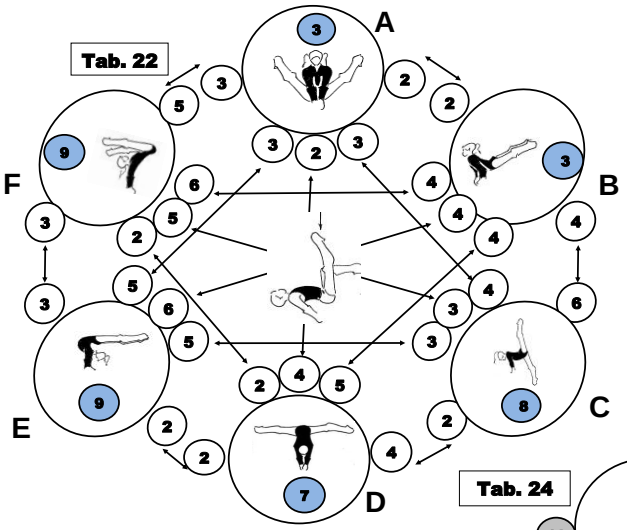
Pairs

Static Base

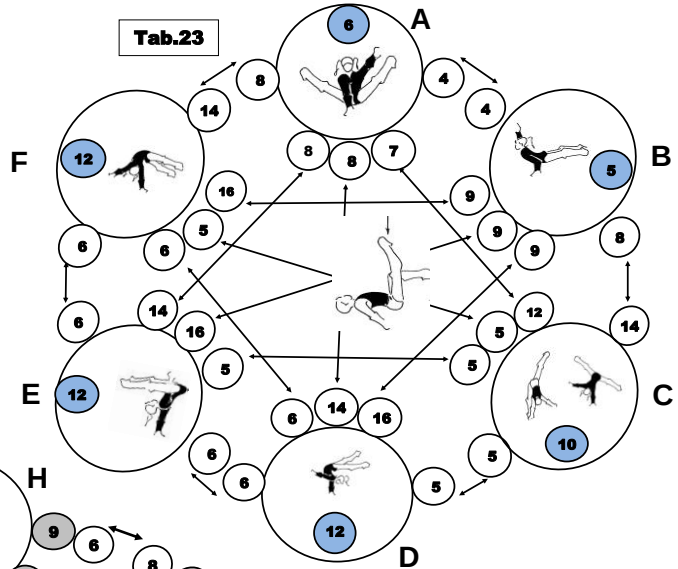
Nr	Position Base	Value
1		1 1
2		3 3
3		6 6
4		8 8
5		19 25
6		5 10
7		15 20
8		11 14
9		4 8
10		14 16
11		6 7

Nr	Position Base	Value
12		5 10
13		7 12
14		9 14
15		14 16
16		14 16
17		5 10
18		11 14
19		9 14
20		12 16
21		8 10

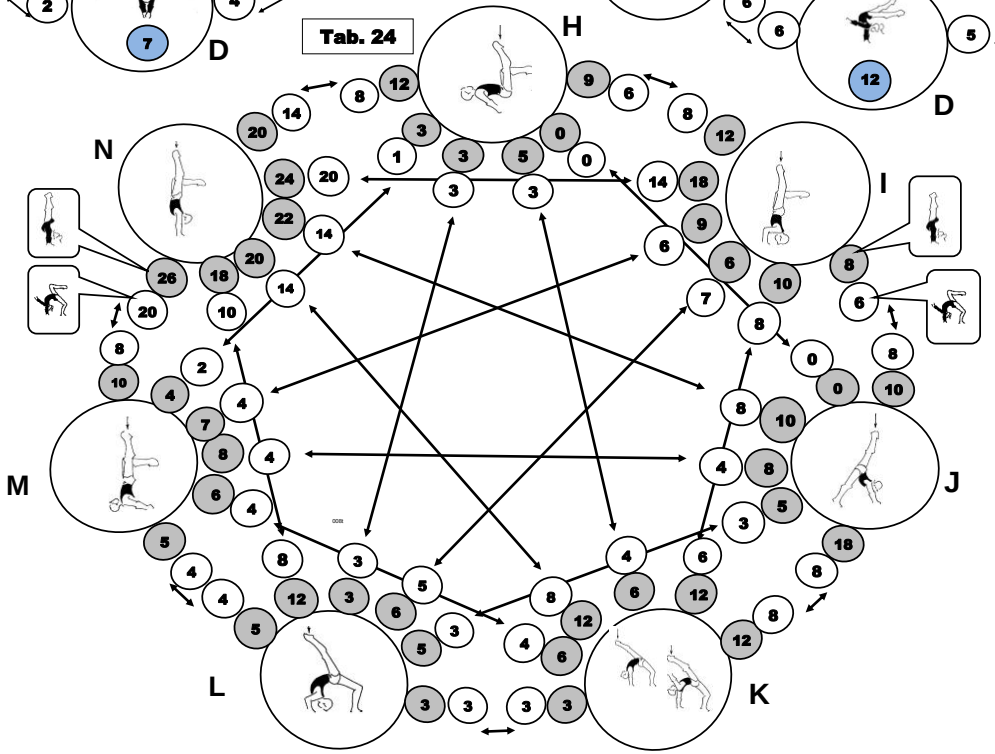
Tab. 22



Tab.23



Tab. 24

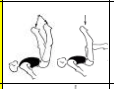


Balance Elements

Pairs

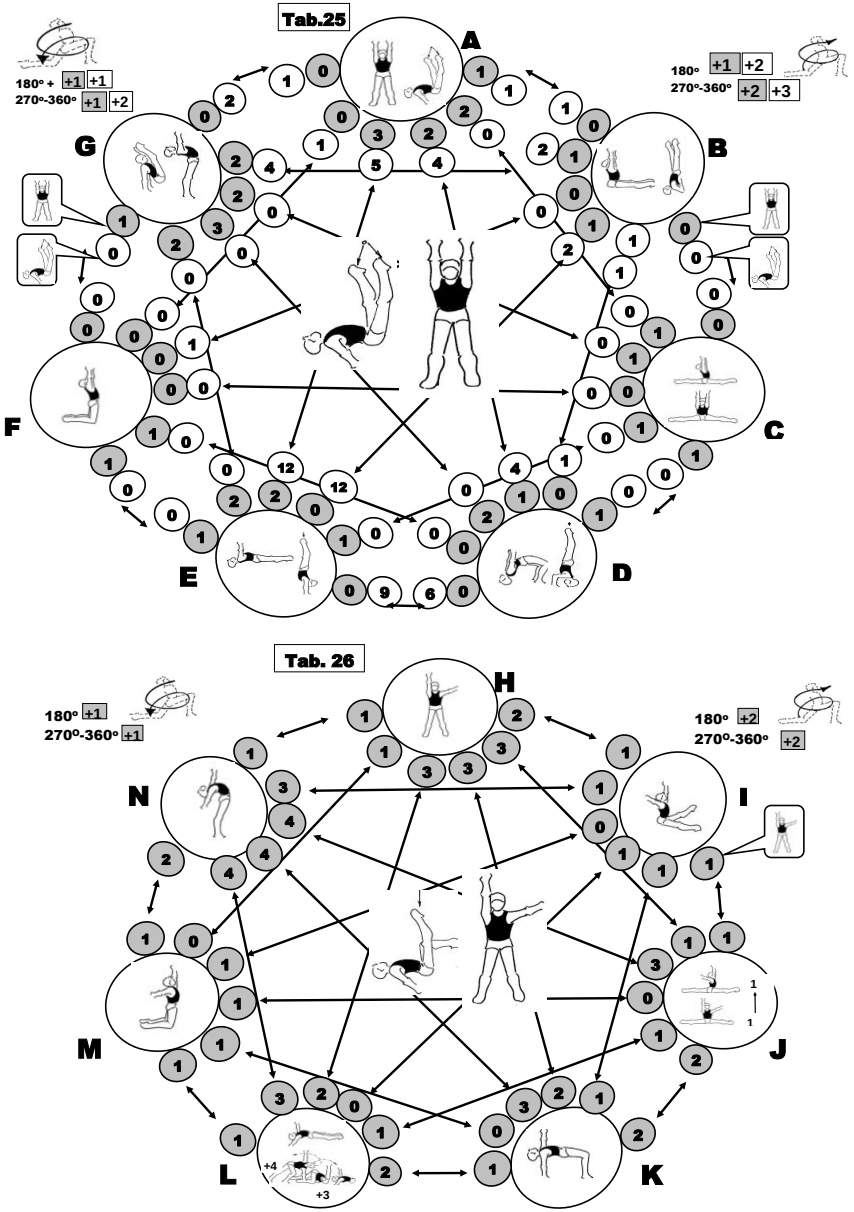
Static Base

Nr	Position Base	Value
1		1
2		1
3		1
4		1
5		1
6		1
7		1

Nr	Position Base	Value
8		1
9		2
10		1
11		1
12		1
13		2
14		3

15		1
16		1
17		1
18		1
19		2
20		3
21		2

22	+ 1	1
23		1
24		17



Static Top

Nr	Position Top	Value
1		1
2		2
3		1
4		1
5		3
6		2
7		1
8		1
9		2
10		1
11		1
12		3
13		1 2 3

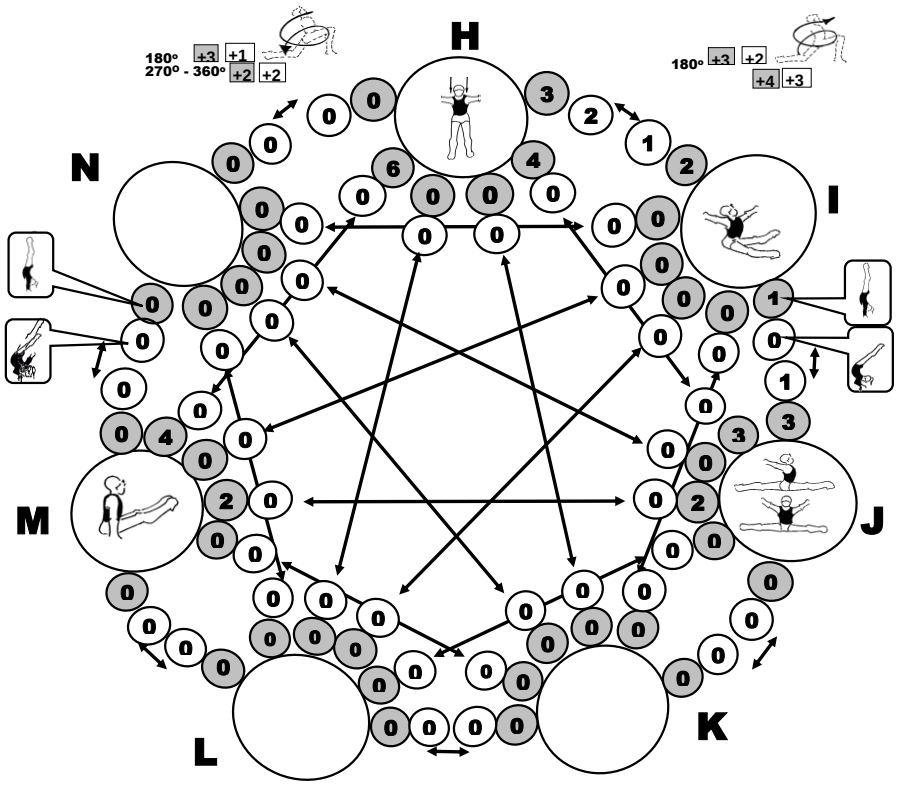
Pairs

Static

		A		B		C				D				E				F					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		№
1			1	2	2																		13
2			1	2	2		1	1	2	1	1	2	2	2	2	1	3	1	2	2	3		14
3		1	1	2	3	1	1	1	3	2	2	3	4	1	2	2	4	1	2	3	4		15
4		1	1	2	2	1	1	2	3	2	2	3	4	1	2	2	4	1	2	3	4		16
5		2	2	3	3			2				4				3				4			17
6		2	2	3	3																		18
7			2		3	2		2		2		2		2		2		2		2			19
8		1	1	1	2	3		3		3		3		3		3		3		3			20
9		1	2	2	2	8		9		9		10		9		10		9		10			21
10			2		4																		22
11			5																				23
12			2		4																		24

Motion Base

Tab.27 **Motion Tab for positions C,D,E AND F**



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS

Balance Elements

Mounts

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		4	6	9	7	9	12	6	9	12	6		12	6	9		7	10	14	14	19	11	13	18	18	23	11	13	18	18	23	11		18		23	10	11		14	
B		4	7	10	8	11	14	8	11	14	8		14	7	10		8	11	16	15	21	12	14	20	19	25	12	14	20	19	25	12		20		25	11	12		15	
C			7	10		11	14		11	14			14					13	19	18	25		16	23	22	29		16	23	22	29			23		29		14		24	
D																					14					19					19					19					
E		6	9	13	10	13	16	10	13	16	10		16	10	13		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17		22	
F		4	7	10	8	11	14	8	11	14	4		14	7	10		8	12	17	16	23	12	15	21	20	27	12	15	21	20	27	12		21		27	11	13		16	
	+	2	2	2								+					2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		5	8	11	9	12	15	9	12	15	9		15	8	11		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18	
B		4	7	10	8	11	14	8	11	14	8		14	6	10		8	12	17	16	23	12	15	21	20	27	12	15	21	20	27	12		21		27	11	13		16	
C		5	8	11	9	12	15	9	13	15	9		15	8	11		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18	
D		4	7	10	8	11	14	8	11	14	8		14	7	10		8	12	18	17	24	12	15	22	21	28	12	15	22	21	28	12		22		28	11	13		17	
E		4	7	10	8	11	14	8	11	14	8		14	7	10		9	13	19	18	25	13	16	22	22	29	13	16	23	22	29	13		23		29	12	14		18	
	+	2	2	2								+					2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A	180° +1	4	7	10	8	11	14	8	11	14	8		14	7	10		8	12	18	17	24	12	15	22	21	28	12	15	22	21	28	12		22		28	11	13		17	
B	180° +2	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
C		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
D		6	10	14	10	14	18	10	14	18	10		18	9	13		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17		22	
E		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
F		6	10	14	10	14	18	10	14	18	10		18	10	14		11	15	20	19	26	15	18	24	24	30	15	18	24	24	30	15		24		30	15	17		21	
5	+	2	2	2								+					2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33		35	36	37	38	39	40
A	360°+ 4	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
B	180°+ 2	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
C		6	9	12	8	11	14	8	11	14	8		14	7	10		8	11	16	14	20	10	13	19	16	23	10	13	19	16	23	10		19		23	9	12		15	
D	360°+ 4	8	12	16	12	16	20	12	16	20	12		20	11	15		13	18	25	24	33	17	21	30	28	38	17	21	30	28	38	17		30		38	16	19		24	
E	180°	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
F	Power	8	12	16	10	14	18	10	14	18	10		18	9	13		13	18	25	24	33	15	19	27	26	35	15	19	27	26	35	15		27		35	15	17		22	
	+	2	2	2								+					2	2	2	2	2																				

Pairs

Mounts

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		10	13	17	13	17	21	13	18	24	23		24	12	17		15	19	26	25	34	19	22	31	39	39	18	22	31	39	39	18		31		39	17	20		25	
B		11	16	22	15	20	26	15	20	26	15		26	14	19		16	22	29	28	37	20	25	34	33	42	22	31	34	33	42	20		34		42	19	21		29	
C		6	10	14	10	14	19	10	14	18	10		18	9	13		11	15	22	21	31	15	18	26	25	36	15	18	26	25	36	15		26		36	14	16		21	
D	360°	14	18	21	18	22	26	18	23	29	18		28	17	22		20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24		39		45	24	26		35	
E	360°+ 4	11	15	19	15	19	23	15	19	23	15		23	14	18		17	22	29	28	37	21	25	36	31	42	21	25	36	32	41	21		36		42	21	23		28	
F		11	16	23	15	20	27	15	20	27	15		27	14	19		16	22	29	28	27	20	25	34	33	42	20	35	34	33	42	20		34		32	19	24		29	
	+	2	2	2								+					2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A	360°+4	7	11	15	11	15	19	11	15	19	11		19	11	15		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		43	29	32		29	
B	360°+4	6	10	14	10	14	18	10	14	18	10		18	10	14		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		27	21	24		29	
C		7	11	15	11	15	19	11	15	19	11		19	11	15		12	16	21	21	27	16	19	25	25	31	15	18	24	24	30	16		25		31	16	18		22	
D		6	10	14	10	14	18	10	14	18	10		18	10	14		11	15	20	20	26	15	18	24	24	30	14	17	23	23	29	15		24		30	15	17		21	
E	5/4 back	11	14	18	14	18	22	14	18	22	14		22	14	18		16	21	28	27	34	20	24	32	31	40	20	24	32	31	40	20		32		40	21	24		30	
F	360 360°+ 4	8	12	16	12	16	20	12	16	20	12		20	12	16		18	22	22	22	28	22	26	37	33	43	22	26	37	33	43	22		37		43	29	32		29	
	+	2	2	2											+		2	2	2	2	2																				

Pairs

Mounts

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		13	16	20	16	20	24	16	21	27	16		27	15	21		18	22	29	28	37	22	25	34	32	42	29	34	47	32	42	21		32		42	20	23		28	
B	360°	13	17	21	17	21	25	17	21	25	17		25	16	20		20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24		39		45	23	26		31	
C	720°	18	23	26	23	26	30	23	26	30	23		30	21	25		24	36	40	39	48	32	36	47	43	53	32	36	47	43	53	32		47		53	31	36		39	
D	360°	6	11	15	11	15	19	11	15	19	11		19	10	14		16	21	27	26	35	19	23	32	30	39	19	23	32	30	39	19		31		39	18	21		26	
E	720°	15	17	19	17	19	21	17	19	21	17		21	16	18		18	25	13	28	34	24	27	35	30	37	24	27	35	30	37	24		35		37	23	26		29	
F	180	**7**	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	29	27	37	16	20	29	27	37	16		29		37	15	18		23	
	+	2	2	2								+					2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		7	11	15	11	15	19	11	15	19	11		19	11	15		14	19	26	25	34	18	22	30	29	38	18	22	30	29	38	18		30		38	17	20		23	
B	360°	11	16	22	15	20	26	15	20	26	15		26	15	20		18	23	31	30	39	22	26	35	34	43	22	26	35	34	43	22		35		43	21	24		30	
C	180°	6	14	7	10	14	18	10	14	18	10		18	10	13		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		26		35	14	17		22	
D		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
	+	2	2	2											+		2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		4	7	10	8	11	14	8	11	14	8		14	7	10		8	11	16	15	21	12	14	20	19	25	12	14	20	19	25	12		20		25	11	12		15	
B		5	8	11	9	12	15	9	12	15	9		15	8	11		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
C		6	9	12	10	13	16	10	13	16	10		16	9	12		11	16	23	22	31	15	18	27	26	35	15	18	27	26	35	15		27		35	14	16		22	
D		4	7	10	8	11	14	8	11	14	8		14	7	10		8	11	16	15	21	12	14	20	19	25	12	14	20	19	25	12		20		25	11	12		15	
E		5	8	11	9	12	15	9	12	15	9		15	8	11		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
	+	2	2	2								+					2	2	2	2	2																				

Pairs **Mounts**

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		6	9	12	10	13	16	10	13	16	10		16	9	12		11	16	23	22	31	15	18	27	26	35	15	18	27	26	35	15		27		35	14	16		22	
B		4	7	10	8	11	14	8	11	14	8		14	8	11		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18	
C		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
D	360°+3	7	11	15	11	15	19	11	15	19	11		19	10	14		17	22	28	27	38	21	25	36	31	42	21	25	36	31	42	21		36		42	20	23		28	
E	180°	8	12	16	12	16	20	12	16	20	12		20	11	15		14	19	26	25	34	18	22	30	29	38	18	22	32	29	38	18		32		38	17	20		25	
	+	2	2	2								+					2	2	2	2	2																				

Pairs

Mounts

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		6	10	14	10	14	18	10	14	18	9		14	12	16		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17		22	
B		7	11	15	11	15	19	11	15	19	11		19	11	15		12	17	24	23	32	16	20	28	27	36	16	20	29	27	36	16		28		36	16	18		23	
C	Inverfed hands	9	13	17	13	17	21	13	17	21	13		21	12	16		14	19	26	25	34	18	22	31	29	38	18	25	30	29	38	18		30		38	17	20		25	
D		8	12	16	12	16	20	12	16	20	12		20	12	16		13	17	22	22	28	17	20	26	26	32	16	19	25	25	31	17		26		32	17	18		23	
E																																									
	+	2	2	2											+		2	2	2	2	2																					

Pairs **Mounts**

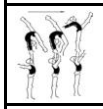
		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		5	8	11	9	12	15	9	12	15	9		15	8	11		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
B		6	10	14	10	14	18	10	14	18	10		18	11	14		11	16	23	22	36	15	19	27	26	35	15	19	27	26	35	15		15		35	14	17		22	
C		5	8	11	9	12	15	9	12	15	9		15	8	11		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
D		7	10	13	11	14	17	11	14	17	11		17	10	13		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		16		20	15	18		23	
E																																									
	+	2	2	2								+					2	2	2	2	2																				

Pairs

Mounts

		A			B			C			D			E			A					B					C					D					E				
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		4	7	10	8	11	14	8	11	14	8		14	7	10		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		39	12	14		18	
B		5	8	11	9	12	15	9	12	15	9		15	7	11		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30		15		19	
C		7	10	14	11	16	18	11	14	18	11		18	9	13		12	16	23	22	31	16	19	27	26	35	16	19	27	26	35	16		27		35		15		22	
D	360°	5	8	13	9	13	17	9	13	17	9		17	8	12		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
E	360°	5	8	13	9	13	17	9	13	17	9		17	8	12		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
F		5	8	13	9	13	17	9	13	17	9		17	8	12		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	14	16		20	
	+	2	2	2											+		2	2	2	2	2																				

Pairs **Mounts**

		A				B			C			D			E			F			G			H			I		
	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
A		3	4			4	6		5	7	10	7	11	15	8	13	17	7	11	16	9	14	18	9	14	20	11	16	21
B		3	4			4	6		5	7	10	7	11	15	8	13	17	7	11	16	9	14	18	12	16	20	12	16	9
C		4	5			5	5		8	9	6	8	13	17	7	15	19	9	13	18	10	16	20	12	16	22	13	18	11
D		5	6			5	6		7	10	7	9	14	18	8	16	20	10	15	19	11	17	21	13	17	23	13	19	12
E		3	4			4	5		6	9	6	6	14	17	8	15	17	8	12	17	9	13	17	12	17	23	11	19	12
F		3	4			4	4		6	9	6	6	11	17	8	15	17	8	12	17	9	13	17	12	17	23	11	19	24
G		3	6			5	8		9	11	16	9	11	22	10	17	25	10	14	23	11	15	24	14	19	30	13	19	29
		3	8			5	8		10	12	18	10	12	24	12	19	27	12	16	25	13	17	26	16	21	32	15	19	31
		5	10																										

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS

Dynamic Elements

Dynamic Elements

Pairs

	4 5	6 7	8 9	10 11	12 13	14 15	16 17
4 5	1	2	3	4	5	6	7
6 7	2	3	4	5	6	7	8
8 9	3	4	5	6	7	8	9
10 11	4	5	6	7	8	9	10
12 13	5	6	7	8	9	10	11
14 15	6	7	8	9	10	11	12
16 17	7	8	9	10	11	12	13
18 19	8	9	10	11	12	13	14
20 21	9	10	11	12	13	14	15
22 23	10	11	12	13	14	15	16

This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

Dynamic Elements

Pairs

Back Salto

Finish Position

Base turns 180° + 2 — top 180°

Base turns 180° + 2

GAINER

			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V
		1																			0/4	0	1	3	2	4	
Start	1/4	2		4	1	1	1	3	2/4							3/4	4	2			6	4/4	2	14	17	17	22	2
		3		4	1	1	1	3									5	3			7		3	16	19	19	24	3
		4		4	1	1	1	3		20	24	28	24	28	34		6	4			8		4	18	21	21	26	4
1	5/4	5		10	7	4	8	8	6/4	30	36	40	44			7/4	16	14			17	8/4	14	34				8
		6		12	8	5	9	10		30	36	40	44				18	16			19		16	44				10
		7																					16					10
		8																					19					12
2		9		16	10	7	11	12		36	42	46	50				26	24			27		24					16
	9/4	10			15	14			10/4							11/4						12/4	34					
		11			17	16																	44					
		12			17	16																						
3		13			20	19																						
+1		14			25	23																						
(8/4) +3																												

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	1	2	4	6	9	12	15	18
2 1/4	1	2	4	6	8	10	12	14
3 2/4	-2	7	5	12	10	18	16	24
4 3/4	1	3	4	6	8	10	12	14
5 4/4	4	8	12	16	20	24	28	32
6 5/4	3	4	6	8	11	14	17	20
7 6/4	0	12	8	16	12	24	20	32
8 7/4	3	5	7	9	12	15	18	22
9 8/4	8	12	16	20	24	28	32	36
10 9/4	4	6	8	11	14	18	22	28
11 10/4								
12 11/4								
13 12/4	12	16	20	24				

+ 2

4

5

5A

0/4 - 4/4
- 2

6

forbidden

2/4
6/4
10/4
14/4

1/4
5/4
9/4

3/4
7/4
11/4

8/4
4/4
0/4

Dynamic Elements

Pairs

Front Salto

Finish Position

top 180°

Base turns 180° + 2

Base turns 180° + 2

GAINER

			A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
	1																					0/4 4/4	0	1	3	2	4	0
1/4	2		5	1	1	1	4	2/4	2	5	11	14	9	15	19	3/4	5	3			7		3	18	20	20	24	2
	3		5	1	1	1	4		2	5	11	14	9	15	19		6	4			8		4	20	22	22	26	3
	4		5	1	1	1	4		2	5	11	14	9	15	19		7	6			9		5	22	24	24	30	4
5/4	5		9	7	4	8	10	6/4	10	26	29	33	30	36	42	7/4	18	16			20	8/4	16	38				10
	6		10	8	5	9	12		10	26	29	33	30	36	42		20	18			22		18	48				12
	7																						18					12
	8																						22					14
	9		12	10	7	11	14		12	30	33	37	34	40	46		30	28			32		27					16
9/4	10			18	13	21		10/4	26							11/4						12/4	38					
	11			20	15	23			30														48					
	12			20	15	23																						
	13			24	19	27																						
	14			29	24	32			40																			

Start

7

8

8/4 +3

+ 1

9

+ 2

10

11

12

forbidden

	Twist	A 180	B 360	C 540	D 720	E 900	F ###	G 1260	H 1440
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10,	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

2/4
6/4
10/4
14/4

1/4
5/4
9/4

3/4
7/4
11/4

8/4
4/4
0/4

Dynamic Elements

Pairs

Back Salto

Finish Position

top 180°

Base turns 180° + 2

GAINER

Base turns 180° + 2

Start

			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V	W
	1																					2	3	5	4	6		9
1/4	2		3	2				2/4	1	4	7	6	9		3/4		3	2	4	6	0/4 4/4	24	28	32	28	34	18	40
	3		3	2			2		1	4	7	6	9				3	2	4	6		26	30	34	30	36	20	42
	4		3	2			2		1	4	7	6	9				3	2	4	6		28	32	36	32	38	22	44
	5	13		7			9		7	22	26	26	30	7			9	6	15	12		50						
5/4	6			8			11	6/4	8	24	28	28	32	8	7/4		11	8	17	14	8/4	60						
	7																												
	8																												
	9	14		10			13		10	30	34	34	38	10		18	13	10	19	16									
	10			18			18		28																				
	11			20			20	10/4	38						11/4						12/4								
9/4	12			20			20																						
	13	15		23			22																						
	14			28			26		48																				

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	10	12	14
3	2/4	2	4	6	9	12	15	18	22
4	3/4	1	3	5	7	9	11	13	15
5	4/4	-4	8	4	16	12	24	20	32
6	5/4	2	4	6	8	10	13	16	20
7	6/4	4	8	10	14	16	18	20	26
8	7/4	3	5	7	9	11	14	17	21
9	8/4	-6	16	10	36				
10	9/4	6	12	18	24				
11	10/4	6	12	18	24				
12	11/4								
13	12/4								

+1 16 +1 17 +2 18 +3 19

8/4 4/4 0/4

3/4 7/4 11/4

1/4 5/4 9/4

2/4 6/4 10/4 14/4

Dynamic Elements

Pairs

Front Salto

Finish Position

Start

Base turns 180° + 2

GAINER

top 180°

Base turns 180° + 2

			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1							2/4							3/4						0/4 4/4	1	2	3	5	4	6		9
	2		2	1					1	6	9	9	12				4	2	4	7		6	20	24	28	20	26	16	32
	3		2	1			2		1	6	9	9	12				4	2	4	7		8	22	26	30	22	28	18	34
	4		2	1			2		1	6	9	9	12				4	2	4	7		10	24	28	32	24	30	20	36
5/4	5			8			10	6/4	9	20	24	24	30	9	7/4		12	8	16	17	8/4	24	40					32	
	6			9			12		11	22	26	26	32	11			14	10	18	19		28	50					36	
	7																												
	8																												
	9			11			14		13	28	32	32	40	13		20	16	12	20	21									
9/4	10			18				10/4	32						11/4			27			12/4								
	11			22					42									31											
	12			22																									
	13			24																									
	14			26																									
	15							14/4	42																				

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	2	4	6	9	12	15	18	22
2 1/4	1	2	4	6	8	11	13	17
3 2/4	4	4	8	8	13	13	18	18
4 3/4	1	3	5	7	9	12	14	18
5 4/4	4	8	12	16	20	24	29	34
6 5/4	2	4	6	8	10	13	16	20
7 6/4	4	8	10	14	16	20	22	26
8 7/4	3	5	7	10	13	17	20	23
9 8/4	9	18	27	36				
10 9/4	8	16	24	32				
11 10/4	8	16	24	32				
12 11/4								

	4
	5

8/4
4/4
0/4

3/4
7/4
11/4

1/4
5/4
9/4

2/4
6/4
10/4
14/4

Dynamic Elements

Pairs

Back Salto

Finish Position

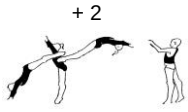
Base turns 180° + 2 | top 180° | Base turns 180° + 2

GAINER

			A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
	1																					0/4	0	2	4	3	5	
Start	1/4	2	3	1	1	1		2/4	3	10	16	22	14	22	28	3/4	4	2			7	4/4	2	12	15	14	19	2
		3	3	1	1	1			3	10	16	22	14	22	28		5	3			8		3	14	17	16	21	3
		4	3	1	1	1	2		3	10	16	22	14	22	28		6	4			10		4	16	19	18	23	4
29	5/4	5	12	6	2	7	10	6/4	14	30	34	38	34			7/4	17	16			17	8/4	15	36				9
		6	14	7	3	8	12		14	30	34	38	34				19	18			19		17	46				11
		7																					17					11
30		8																					20					13
		9	16	9	5	10	14		18	34	40	44	42				27	26			27		25					17
	9/4	10		16	11			10/4								11/4						12/4	36					
31		11		18	13																		46					
		12		18	13																							
		13		22	16																							
32		14		27	20																							

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12	14
3	2/4	-2	7	5	12	10	18	16	24
4	3/4	1	3	4	6	8	10	12	14
5	4/4	3	4	6	8	11	14	17	20
6	5/4	3	4	6	8	11	14	17	20
7	6/4	-2	12	8	16	12	24	20	32
8	7/4	3	5	7	9	12	15	18	22
9	8/4	4	8	12	16	20	24	28	32
10	9/4	4	6	8	11	14	18	22	28
11	10/4								
12	11/4								
13	12/4	8	14	20	26				

33



34

Dynamic Elements

Pairs

Front Salto

Finish Position

top 180°

Base turns 180° + 2

Base turns 180° + 2

GAINER

			A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
	1																					0/4	0	1	3	2	4	0
Start	1/4	2		2	1	1	1	3	2/4	2	5	9	12	8	13	17	3/4	7	3			9	4/4	2	14	17	17	22	2
		3		2	1	1	1	3		2	5	9	12	8	13	17		8	4			10		3	16	19	19	24	3
		4		2	1	1	1	3		2	5	9	12	8	13	17		10	5			12		4	18	21	21	26	4
35	5/4	5		5	8	4	8	6	6/4	10	20	23	27	24	30	36	7/4	20	18			22	8/4	17	40				11
		6		7	9	5	9	8		10	20	23	27	24	30	36		22	20			24		19	50				13
		7																						19					13
36		8																						23					15
		9		10	11	7	11	12		12	24	27	31	28	34	40		32	30			34		28					17
	9/4	10			20	15			10/4	28							11/4						12/4	40					
37		11			22	17				32														50					
		12			22	17																							
		13			26	21																							
38		14			32	27																							

39 40 41 (6/4 +3) 42 (6/4) + 2

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10,	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

2/4
6/4
10/4
14/4

1/4
5/4
9/4

3/4
7/4
11/4

8/4
4/4
0/4

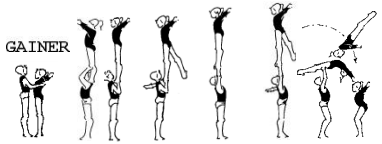
Dynamic Elements

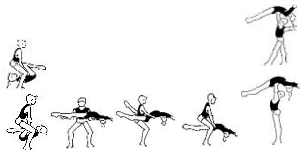
Pairs

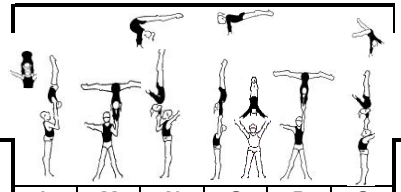
Back Salto

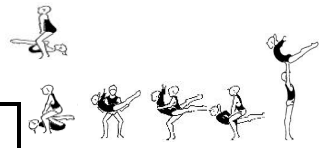
Finish Position

Start









			A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
1/4	**1**								**2/4**						**3/4**							**0/4 4/4**	2	0		0	2
	2		1	3	5	5	8			3	2	2	3	4		14							8	5		4	7
	3		1	3	5	5	8			4	3	2	3	4		14							10	7		5	9
	4		1	3	5	5	8			6	4	2	3	4		14								9		6	11
5/4	**5**		5	14	17	16	21	5	**6/4**	12	7	7	10	12	**7/4**	28						**8/4**	22	20			22
	6		6	16	19	18	23	6		14	9	9	12	14		28							24	22			24
	7																							22			
	8																							25			
	9		8	18	21	20	25	8		16	15	11	14	16		34								30			
9/4	**10**		18						**10/4**		18	14			**11/4**							**12/4**					
	11		20								22	18															
	12		20																								
	13		23																								
	14		28								32	26															
13/4	**15**		34																								
	16		44																								

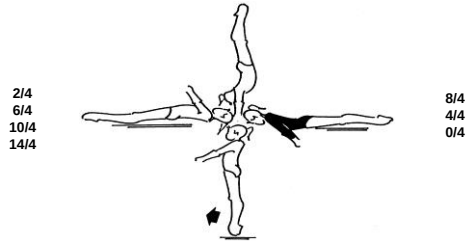
43

44

45

46

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	1	2	3	4	5	6	8	10
2 1/4	0	2	4	6	8	10	14	18
3 2/4	1	2	3	4	6	8	10	12
4 3/4	1	6	10	14	18	22	26	30
5 4/4	2	8	10	12	15	18	21	24
6 5/4	2	8	10	12	16	20	24	28
7 6/4	3	5	7	9	11	14	17	20
8 7/4	3	8	12	16	20	24	30	34
9 8/4	3	10	13	16	20	22	26	32
10 9/4	6	12	18	24				
11 10/4								
12 11/4								
13 12/4								

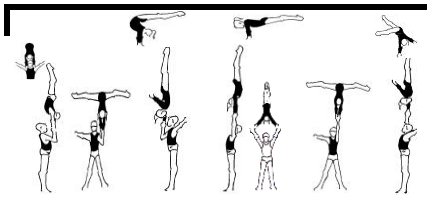


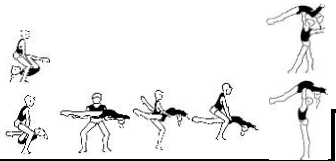
Dynamic Elements

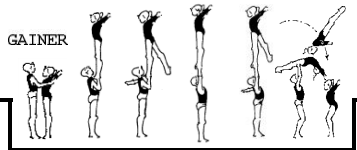
Pairs

Front Salto

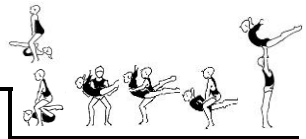
Finish Position







top 180°



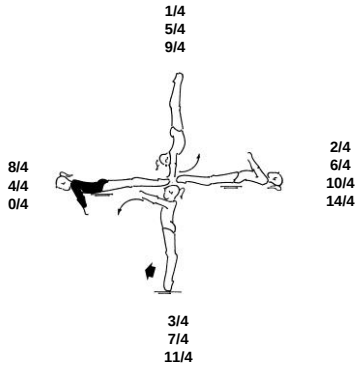
Start

47

48

			A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
1/4	1								2/4						3/4							0/4 4/4	2	0	0	0	2
	2		4	6	9	8	11	14		4	3			4		3	8	11	11	15			8	6	3	7	10
	3		4	6	9	8	11	14		5	4			5		4	10	13	13	17			10	8	4	9	12
	4		6	8	9	8	11	14		7	5			6		6	12	15	15	19			12	10	6	11	14
5/4	5		16	20	24	22	26	32	6/4	14	12			16	7/4	16	40					8/4	26	22			
	6		16	20	24	22	26	32		16	14			18		18	50						28	24			
	7																										
	8																										
	9		20	24	28	26	32	38		20	18			22		27											
9/4	10								10/4						11/4							12/4					
	11																										
	12																										
	13																										
	14																										

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	0	4	7	10	13	16	19	23
3	2/4	1	2	3	4	6	8	10	12
4	3/4	2	4	6	8	12	16	20	24
5	4/4	2	8	10	12	15	19	22	26
6	5/4	2	5	8	11	14	18	19	23
7	6/4	3	5	7	9	12	15	18	21
8	7/4	3	8	12	16	20	24	28	32
9	8/4	3	11	14	17	21	25	29	35
10	9/4								
11	10/4								
12	11/4								
13	12/4								

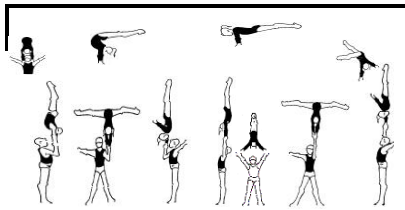


Dynamic Elements

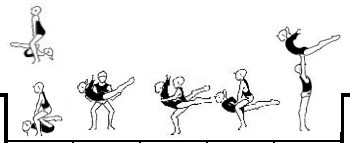
Pairs

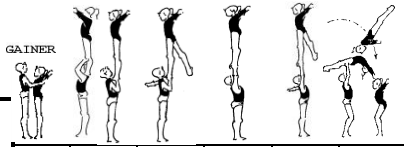
Back Salto

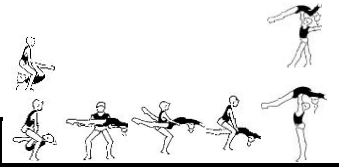
Finish Position



top 180°







Start

49

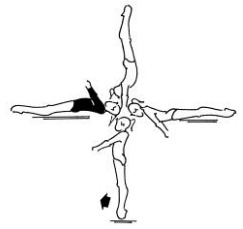
50

			A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
1/4	**1**								**2/4**						**3/4**							**0/4 4/4**	0	0	0	0	2
	2		4	5	7	5	10	14		3	1			3		1	8	10	10	14			5	3	1	5	5
	3		4	5	7	5	10	14		4	1			3		1	10	12	12	16			6	4	2	6	6
	4		4	5	7	5	10	14		5	1			3		2	12	15	15	18			8	6	3	8	8
5/4	**5**		14	17	21	16	21	27	**6/4**	10	6			12	**7/4**	14	34				10	**8/4**	14	18	12	20	20
	6		16	19	23	18	23	29		12	8			14		16	44				12		15	20	14	22	
	7																						15				
	8																										
	9		18	21	25	20	25	31		14	10			16		24					18						
9/4	**10**								**10/4**						**11/4**							**12/4**					
	11																										
	12																										
	13																										
	14																										

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	0	4	7	10	13	16	19	23
3	2/4	1	2	3	4	6	8	10	12
4	3/4	2	4	6	8	12	16	20	24
5	4/4	2	4	6	8	11	14	17	20
6	5/4	2	5	8	11	14	18	22	26
7	6/4	3	5	7	9	11	14	17	20
8	7/4	3	8	12	16	20	24	28	32
9	8/4	3	6	9	12	16	18	22	28
10	9/4								
11	10/4								
12	11/4								
13	12/4								

1/4
5/4
9/4

8/4
4/4
0/4



2/4
6/4
10/4
14/4

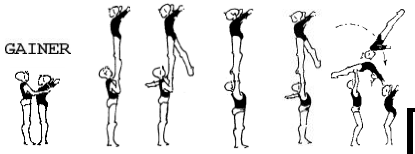
3/4
7/4
11/4

Dynamic Elements

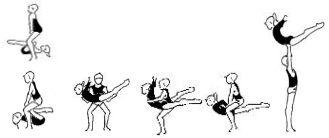
Pairs

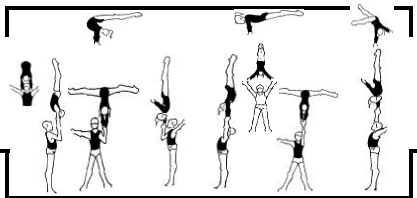
Front Salto

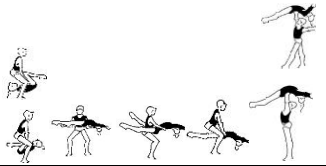
Finish Position



top 180°

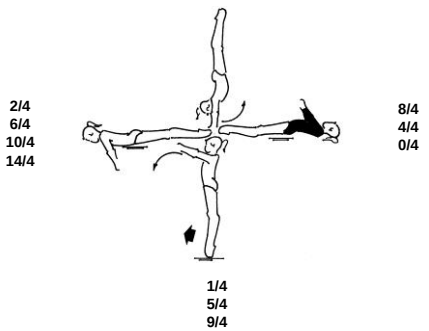






			A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
	1																						0/4	1	1			2
Start	2		0	3	5	5	7		2	3	2	1	1	3	3	2	7	10	14	13	20	4	6	4			6
1/4	3		0	3	5	5	7		2/4	4	3	1	1	4	3/4	3	7	10	14	13	20	4	7	5			7
	4		0	3	5	5	7			4	3	1	1	4		4	10	13	17	16	23		9	7			9
51	5		4	13	16	15	20	6		12	8	5	9	12		12	22	26	29	26	38		24	20			22
52	6		5	15	18	17	22	7		14	10	7	11	14		12	24	28	31	28	38		26	22			24
5/4	7								6/4						7/4							8/4	26	22			24
	8																						30	26			28
OR	9		7	17	20	19	24	9		16	14	9	15	16		14	26	30	33	30	40		35	31			33
	10		20							26	24	18															
53	11		22							28	26	20															
9/4	12		22						10/4	28	26	20			11/4							12/4					
	13		26							32	28	22															
54	14		31							37	33	27															
13/4	15		38																								
	16		48																								

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	1	2	3	4	5	6	8	10
2 1/4	1	3	5	7	10	13	16	19
3 2/4	1	2	3	4	6	8	10	12
4 3/4	2	4	6	9	12	15	19	23
5 4/4	2	8	10	12	15	18	21	24
6 5/4	2	5	7	9	13	17	21	25
7 6/4	3	5	7	9	12	15	18	21
8 7/4	4	10	14	18	22	24	30	36
9 8/4	3	11	14	17	21	25	29	35
10 9/4	4	10	14	16				
11 10/4	6	14	22	30				
12 11/4								
13 12/4								



Dynamic Elements

Pairs

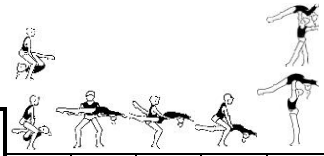
top 180°

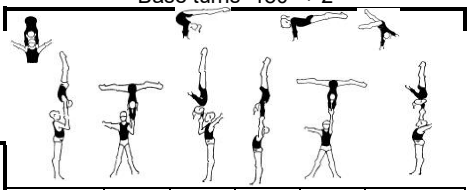
Base turns 180° + 2

Base turns 180° + 2

Back Salto

Finish Position
Position





			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V
1/4	1							2/4							3/4						0/4 4/4	5	6	8	10	12	15
	2		2						1	6	8	9	12			5	4	2	4	5		22	26	30	26	32	38
	3		2						1	6	8	9	12			6	5	3	5	6		24	28	32	28	34	40
	4		2	2			3		1	6	8	9	12			7	6	4	6	7		26					
5/4	5		9	8			10	6/4	9	20					7/4						8/4						
	6		10	9			12		10	22																	
	7																										
	8																										
	9		13	11			14		12	28																	
9/4	10							10/4							11/4						12/4						
	11																										
	12																										
	13																										
	14																										

Start

55

56

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	10	12	14
3	2/4	2	4	6	9	12	15	18	22
4	3/4	1	3	5	7	9	11	13	15
5	4/4	-4	8	4	16	12	24	20	32
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	11	13	16	19	23
8	7/4								
9	8/4								
10	9/4								
11	10/4								
12	11/4								
13	12/4								

Dynamic Elements

Pairs

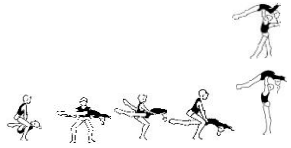
Front Salto

Finish Position

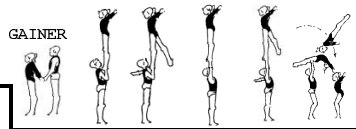
Start

57

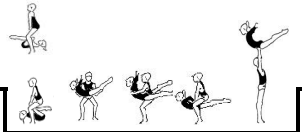
58



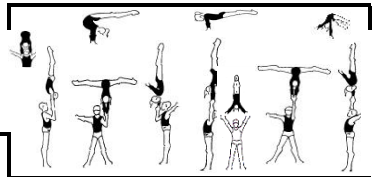
Base turns 180° + 2



top 180°

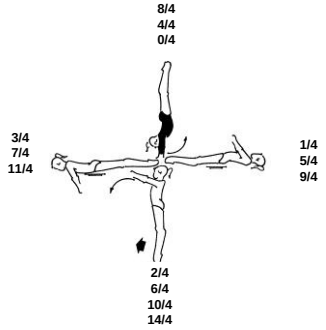


Base turns 180° + 2



			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V
1 / 4	1																				**0/4 4 / 4**	5	6	8	10	12	15
	2		2	1				**2 / 4**	1	7	9	10	14		**3 / 4**	6	4	2	4	6		10	14	18	14	20	26
	3		2	1					1	7	9	10	14			6	4	2	4	6		12	16	20	16	22	28
	4		2	1			3		1	7	9	10	14			6	4	2	4	6		14	18	22	18	24	30
5 / 4	5		8	7			8	**6 / 4**	8	20	22	22	28	8	**7 / 4**	12	10	7	12	15	**8 / 4**	30					
	6		10	9			10		10	22	26	26	30	10		14	12	9	14	17		40					
	7																										
	8																										
	9		14	12			14		12	28	30	30	38	12		16	14	11	16	19							
9 / 4	10		19	17				**10 / 4**	26						**11 / 4**	33	30	26	29	33	**12 / 4**						
	11		23	21					36							37	34	30	31	37							
	12			21																							
	13			23																							
	14			25																							
	15														**15 / 4**	48											

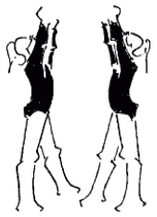
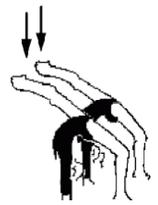
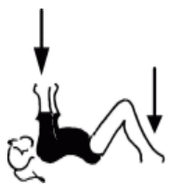
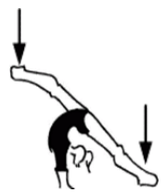
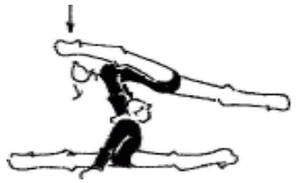
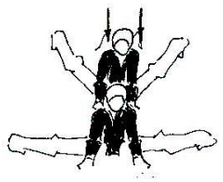
		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	11	13	17
3	2/4	4	4	8	8	13	13	18	18
4	3/4	1	3	5	7	9	12	14	18
5	4/4	4	8	12	16	20	24	29	34
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	12	15	19	22	25
8	7/4	3	5	7	10	13	17	20	23
9	8/4	9	18	27	36				
10	9/4	8	16	24	32				
11	10/4	8	16	24	32				
12	11/4								
13	12/4								



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY
WOMEN'S GROUP
BALANCE ELEMENTS
STATIC-MOTION-MOUNTS

Static Elements

Cat 1	two bases						
Cat 2	two tops						
Cat 3	One base in different positions						
Cat 4	middle on the shoulder of the base						
Cat 5	middle on the feed of the base						
Cat 6	Middle on the hands of the base or the base on the base on the hands						

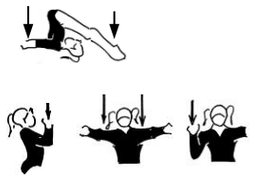
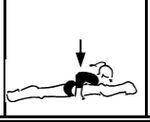
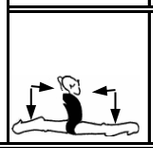
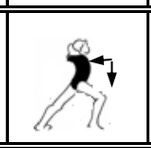
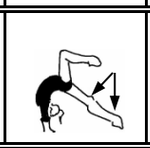
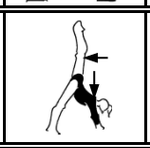
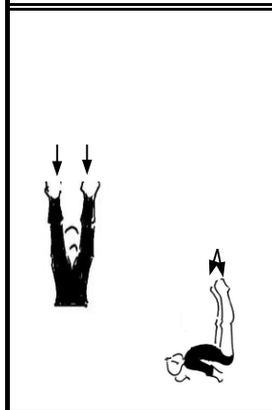
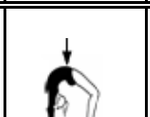
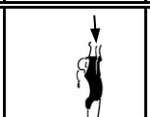
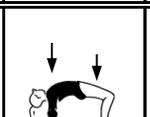
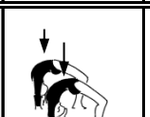
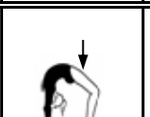
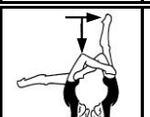
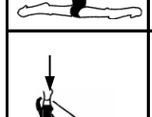
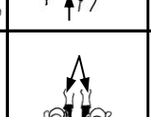
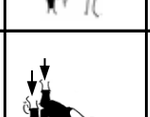
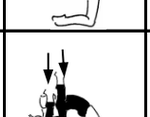
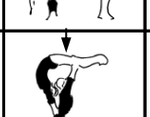
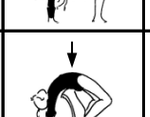
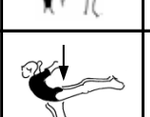
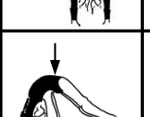
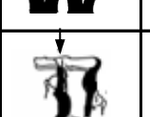
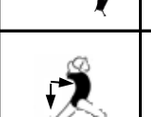
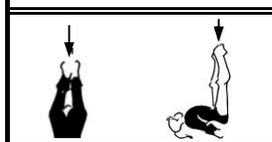
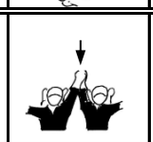
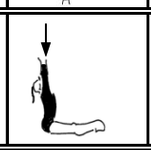
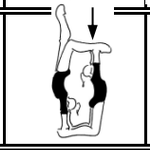
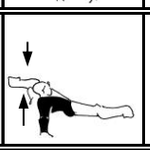
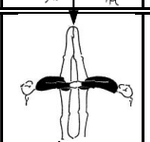
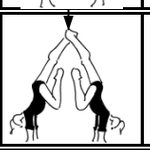
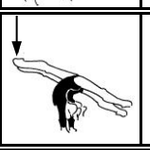
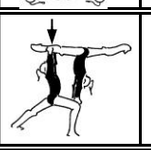
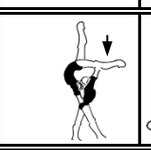
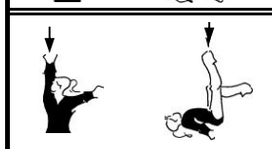
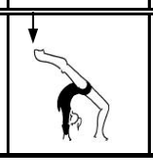
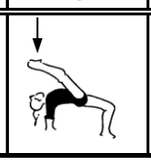
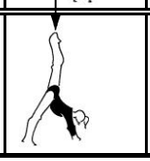
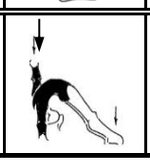
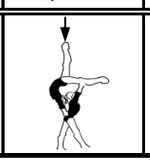
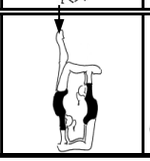
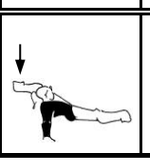
Static

Women's Group

How to look for the value of the top

In the left column of vertical boxes you have typical middle positions. In all the others boxes you have variations of these middle positions.

The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find in the bubbles pg 60-63.

	1	2	3	4	5	6	7	8	9	10	11	12	13
													
													
													
													
													
													

Trios may not work on the back of the neck or top on the head

Women's Group
Evaluation of Transition

2 nd BASE / 1 st BASE	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30…
1-8	1	2	3	4	5	6	7	8	9	10	11
9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14
18-19	4	5	6	7	8	10	11	12	13	14	15
20-21	5	6	7	8	9	10	12	13	14	15	16
22-23	6	7	8	9	10	11	12	14	15	16	17
24-25	7	8	9	10	11	12	13	14	16	17	18
26-27	8	9	10	11	12	13	14	15	16	18	19
28-29	9	10	11	12	13	14	15	16	17	18	20
30…	10	11	12	13	14	15	16	17	18	19	20

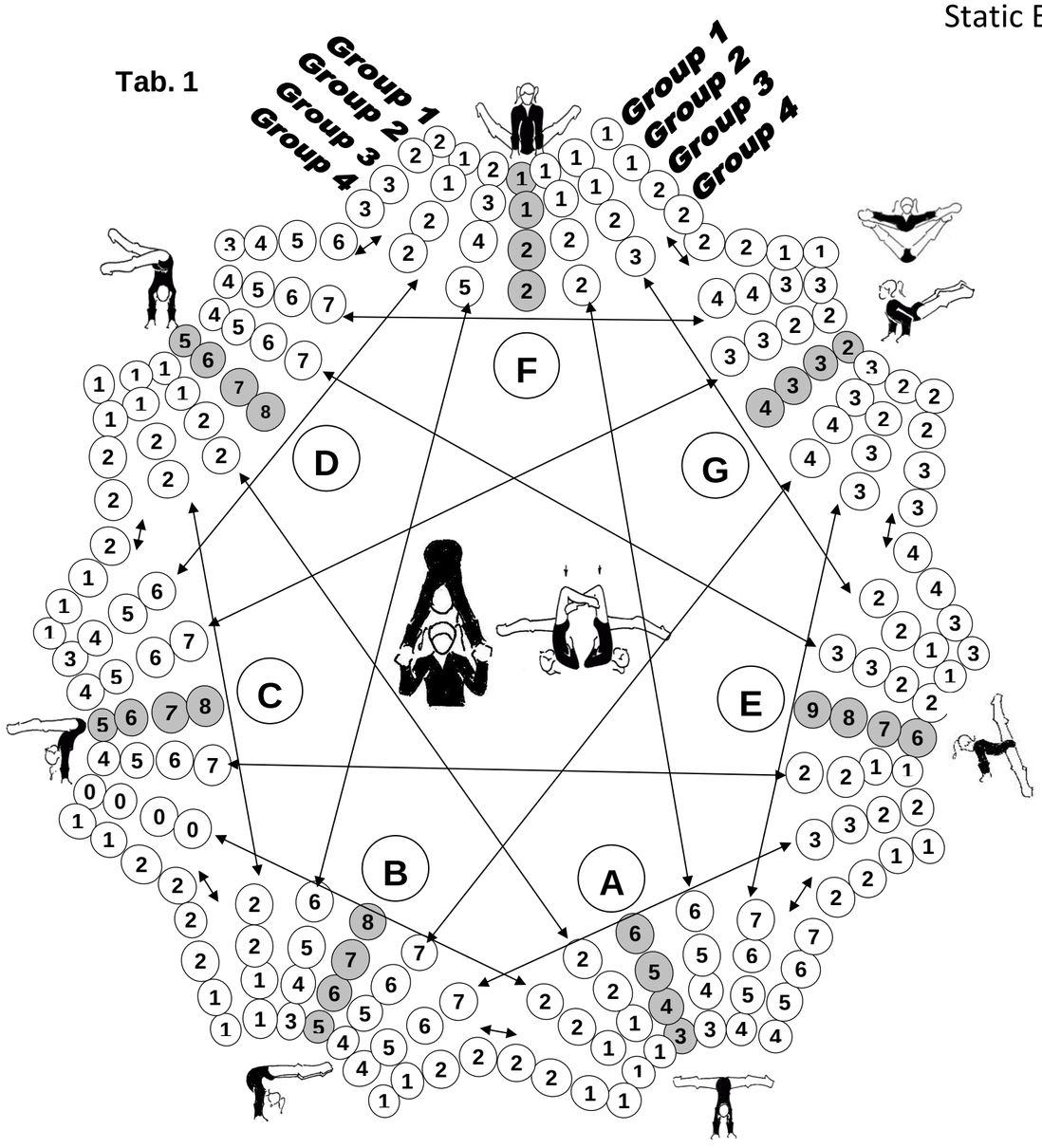
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18 <

WG Group mounts

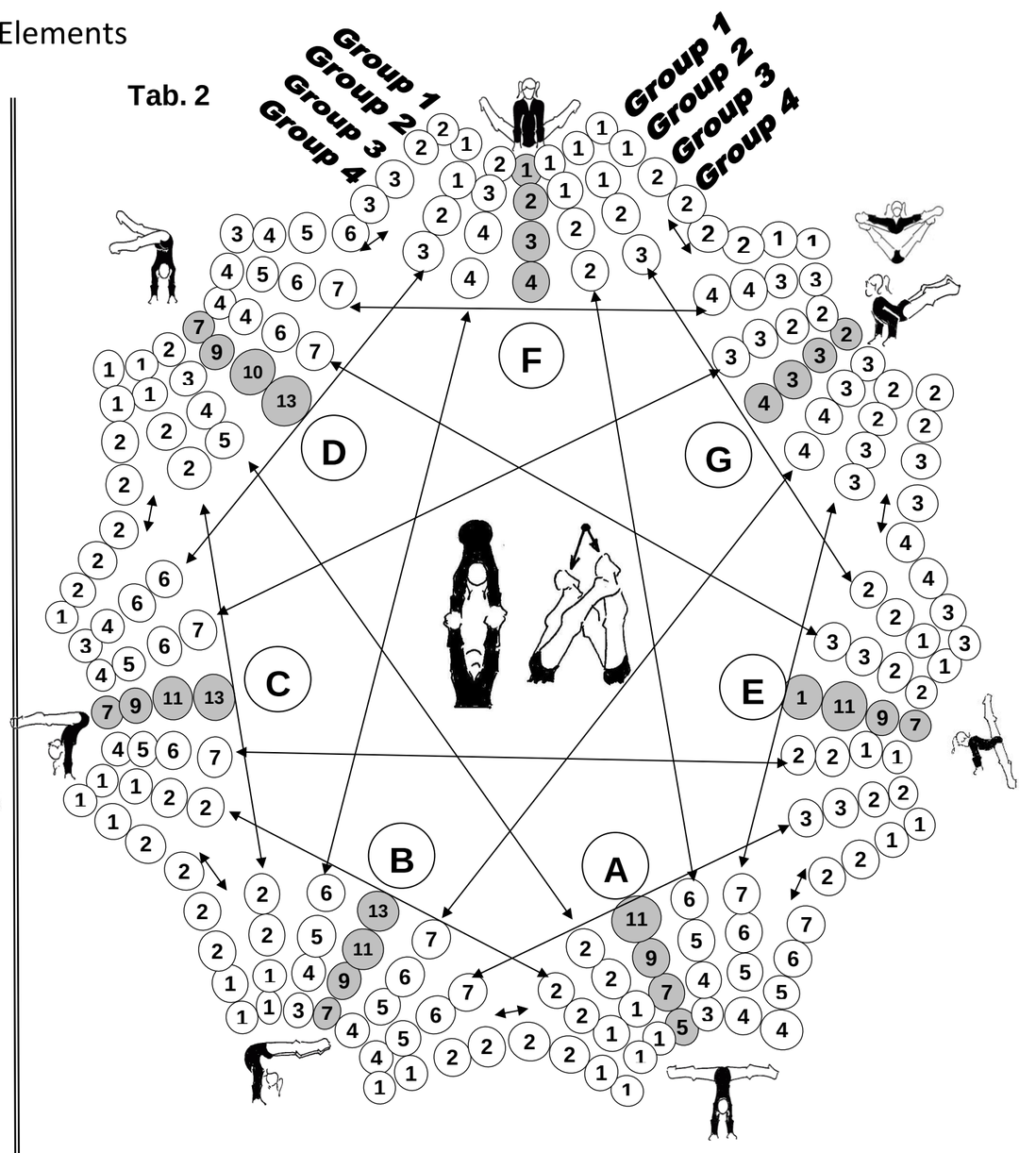
Mounts

		A			D			A					D					E				
	Start																					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	21	22
A	POWER	1	2	3	3	4	5															
B	180° +1	1	2	3	3		5	2	4	8	6	10	5		10		11	3	5		7	
C	Power	5	7	9	5		9	7	10	15	13	19	7		15		19	6	9		12	
D		4	7	10	8		14	8	12	18	17	24	12		22		28	11	13		17	
E	360°+ 4	3	5	7	5		9	5	7	12	10	17	7		14		20	6	8		11	
F	360°	8	11	15	10		17	12	15	21	19	25	14		23		27	13	16		20	
G		2	3	4	4		6	3	5	9	7	11	5		11		13	4	6		8	

Tab. 1



Tab. 2



Tab. 3

	1	2	3	4	5
Gr.1-2-3-4	1-1-1-1				2-2-2-2

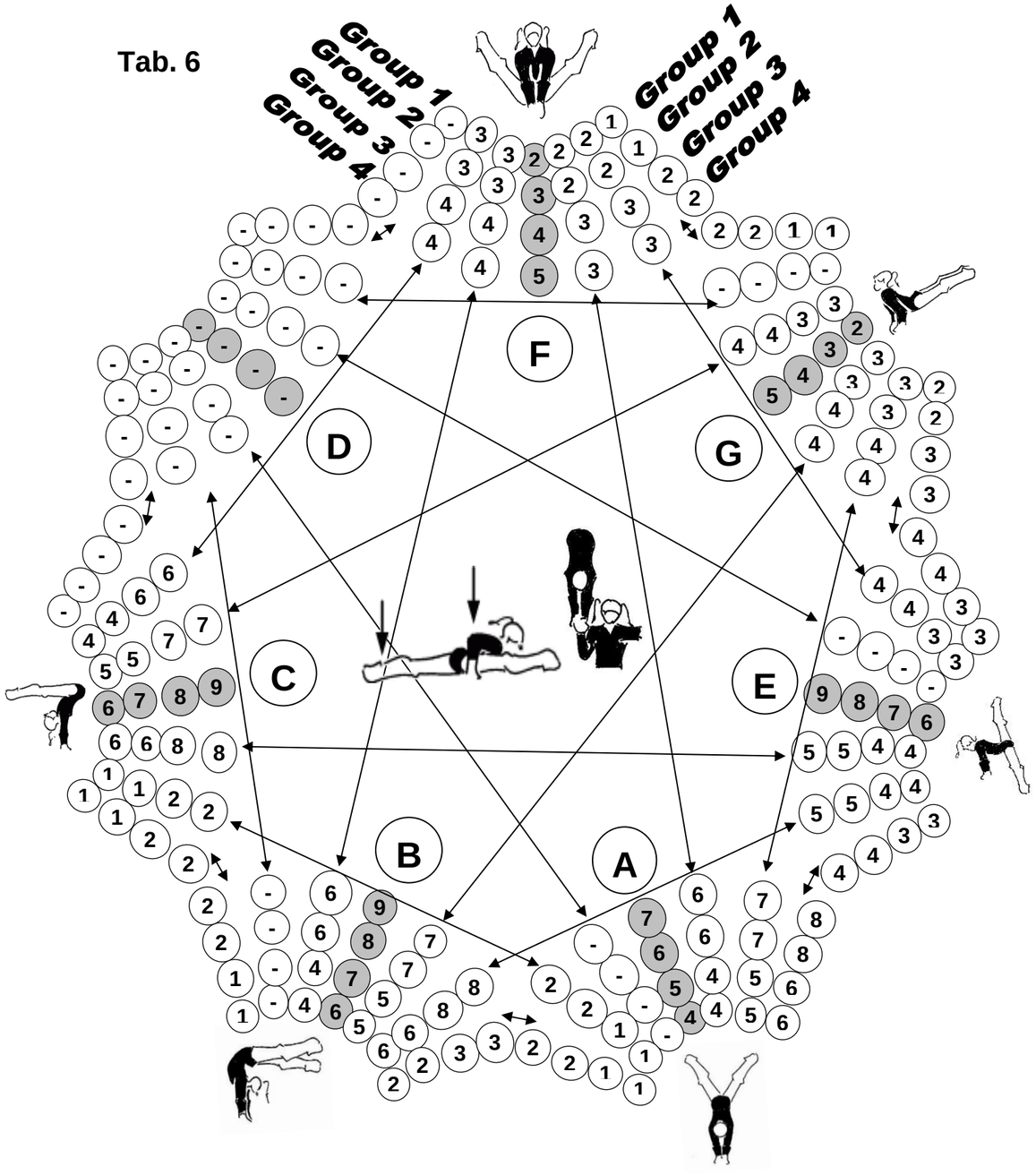
Tab. 4

	6	7	8	9	10	11
Gr.1-2-3-4	2-2-2-2				3-3-3-3	1-1-2-2

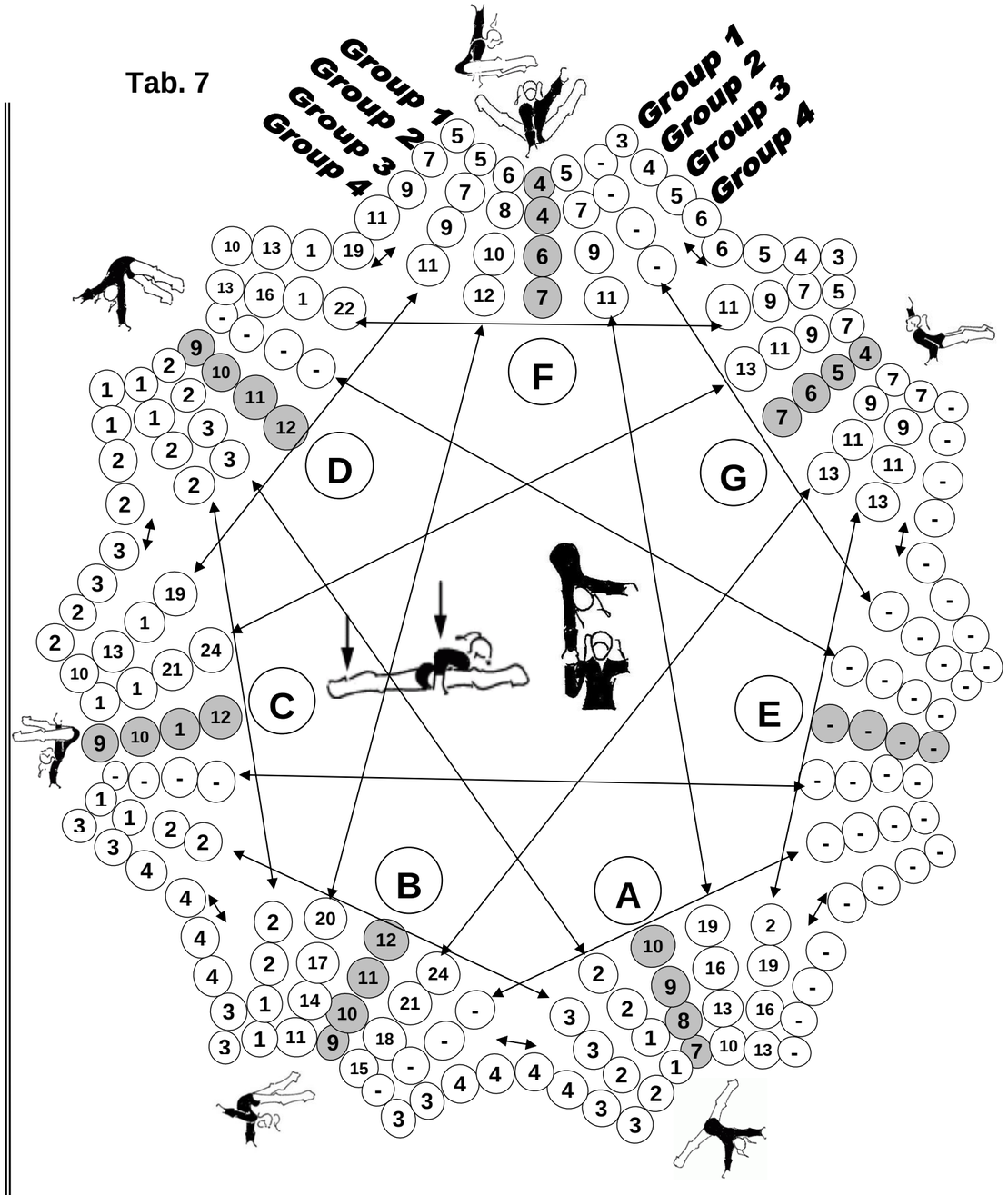
Tab. 5

	12	13	14	15	16	17	18	8	9	10	11	12	13	14	
Gr.1-2-3-4	1-1-1-1	2-2-2-2	1-1-1-1	2-2-2-2	2-2-2-2		2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	1-1-2-2	1-1-2-2	1-1-2-2	2-2-3-3	

Tab. 6

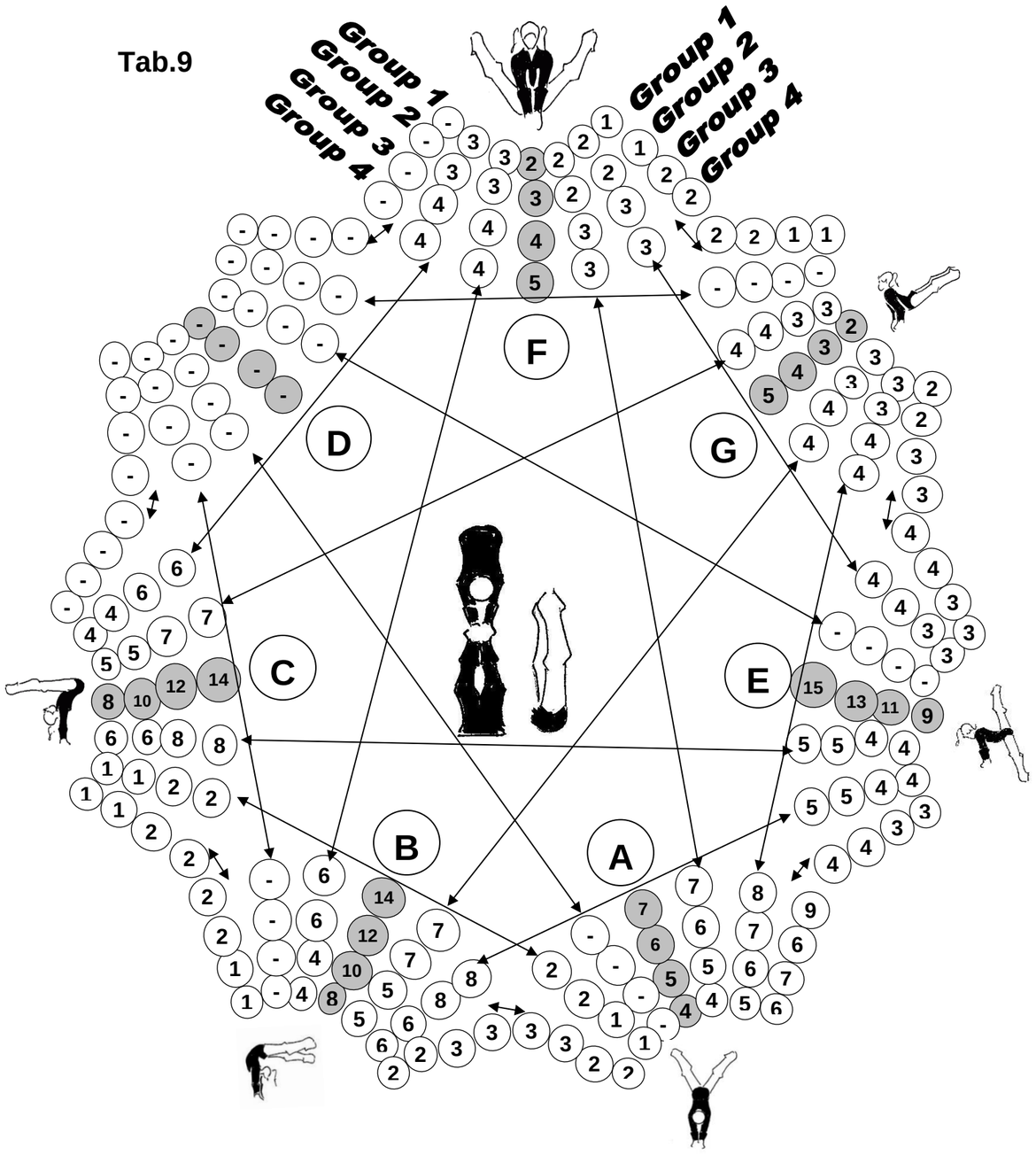


Tab. 7

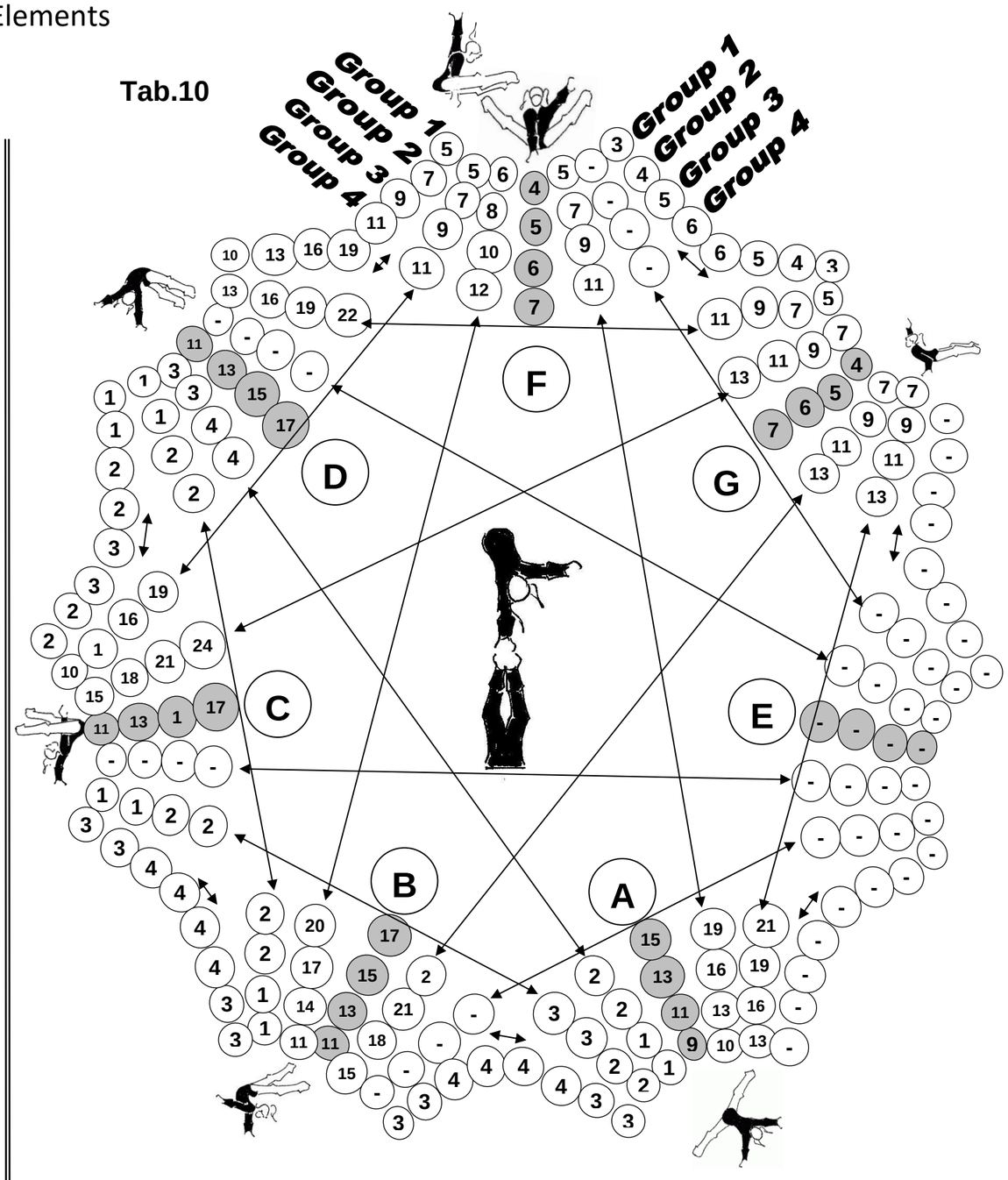


Tab.	1	2	3	4	5
Gr.1-2-3-4	1-1-2-2	2-3-4-5	5-6-7-8	5-6-7-8	6-7-8-9

Tab.9



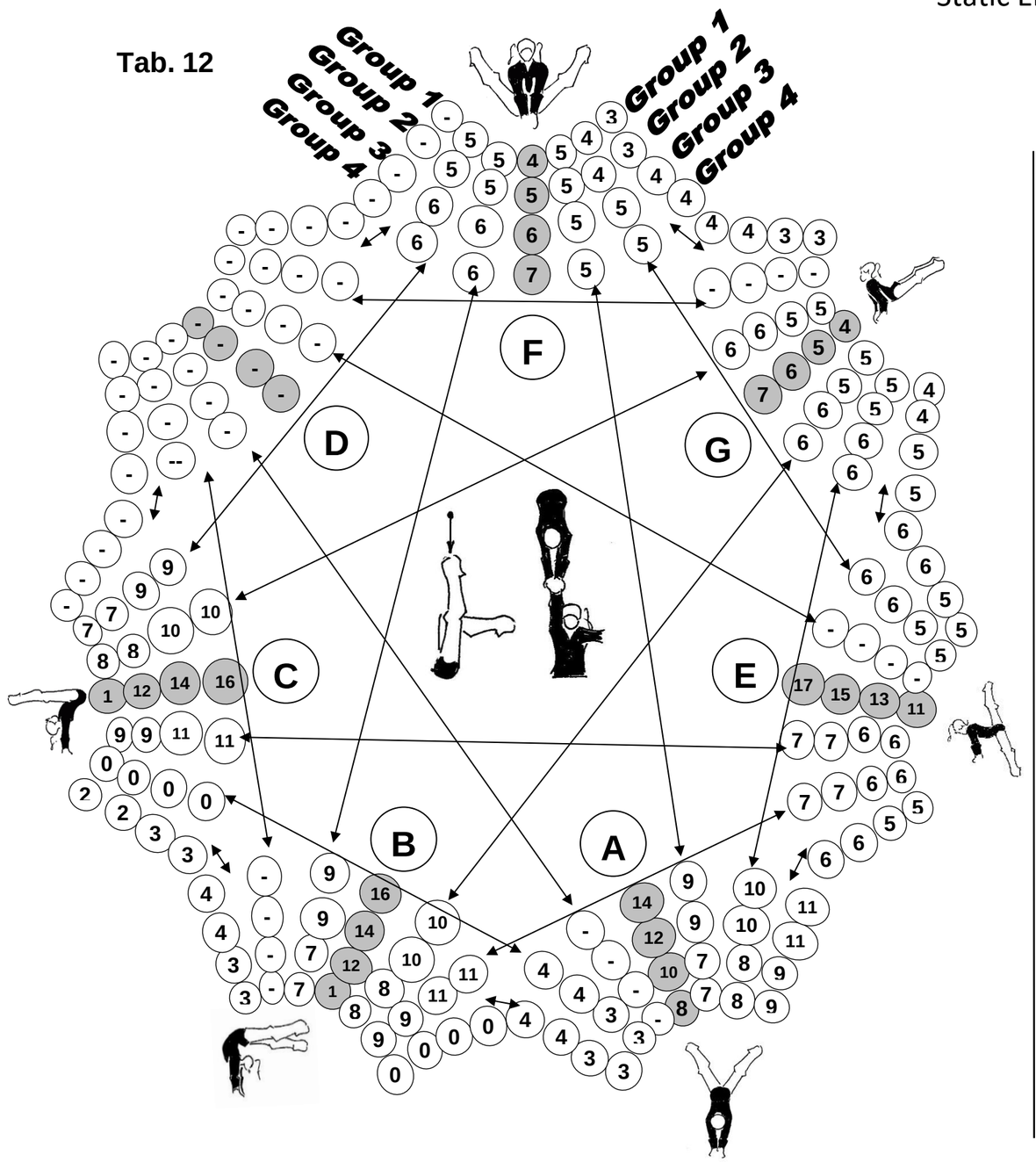
Tab.10



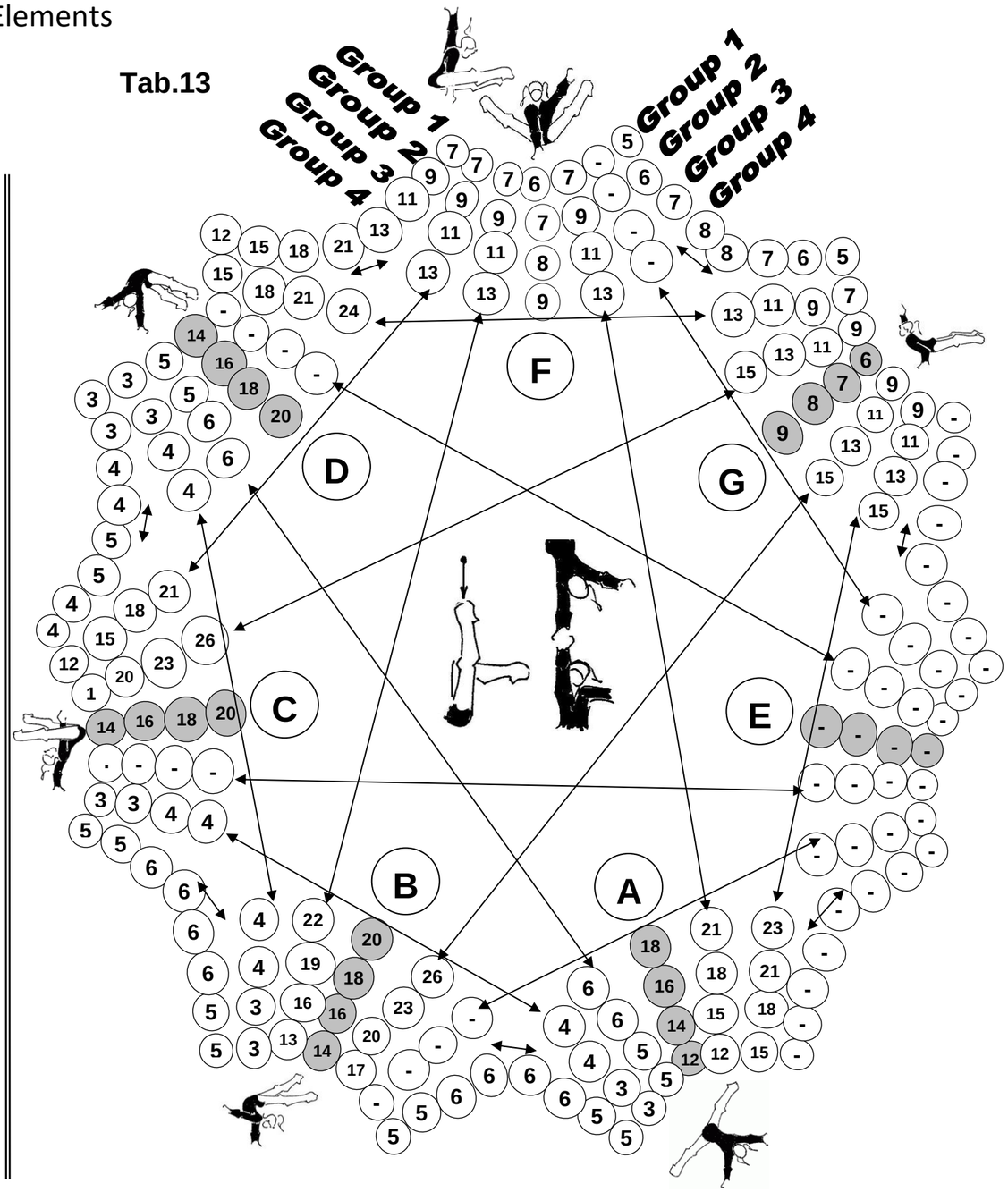
Tab.1

	1	2	3	4	5
Gr.1-2-3-4	2-4-6-8	4-6-8-10	4-6-8-10	7-9-11-12	8-10-12-13

Tab. 12



Tab.13



Tab.14

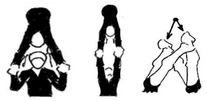
	15	16	17	18	19
Gr.1-2-3-4	4-6-8-10	6-8-10-12	7-9-11-13	11-13-15-17	12-14-16-18

Tab.15

	1	2	3	4	5	6	7	8
Gr.1-2-3-4	3-3-3-3	4-4-4-4		2-2-2-2	1-1-2-2	3-3-4-4	2-2-3-3	3-3-4-4

Static Elements

Category 1



A

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					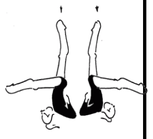						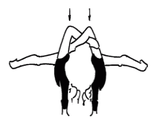	
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B

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		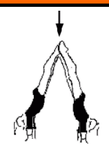		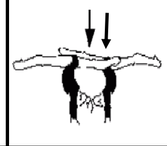			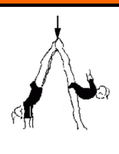					
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C

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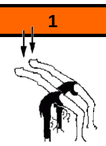		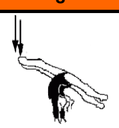	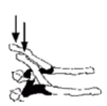		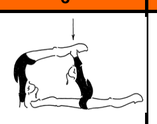					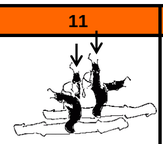		
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D

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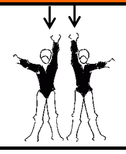
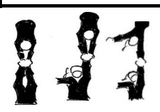
												
3	4	4										

Category 1



E

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								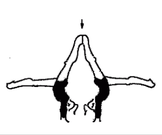				
5	7	6	4	11	13	13	13	14	14	6	10	14

F

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						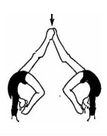		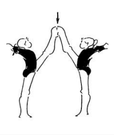	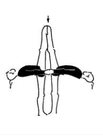			
13	12	9	12	16	13	14	12	16	13	3	5	7

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Static Elements

Category 1

A

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						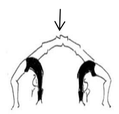					
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B

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					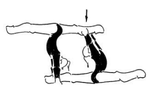						
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Category 2

A

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		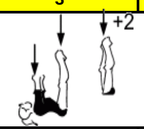	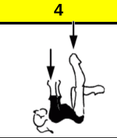	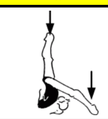	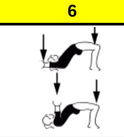	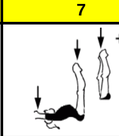	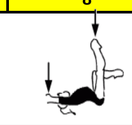				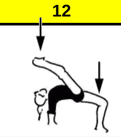
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B

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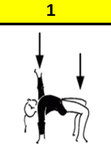	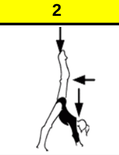	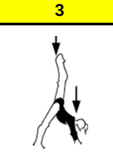		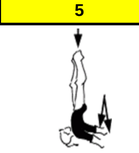	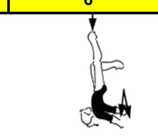					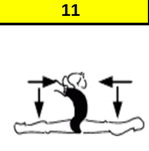	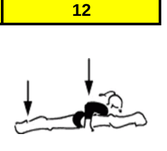
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C

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				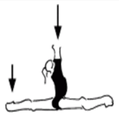							
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D

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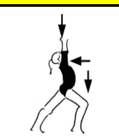
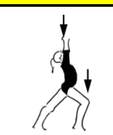
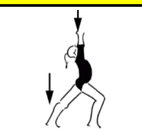
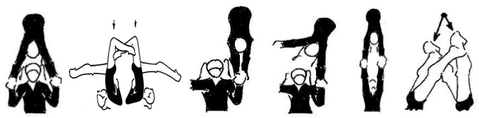
											
6	6	8	8	5							

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Category 3



A

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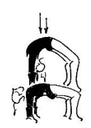			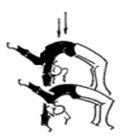								
4	5	5	6	7	6	14	16	17	18	17	4

B

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6	4	5	6	5	6	7	8	10	12	5	7

C

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	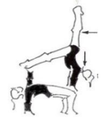										
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D

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									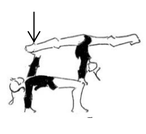	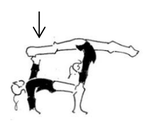	
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E

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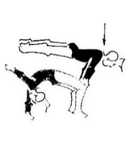
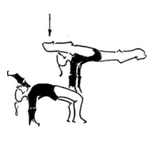
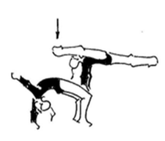
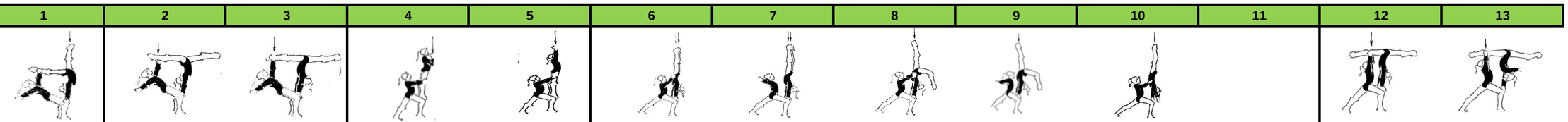
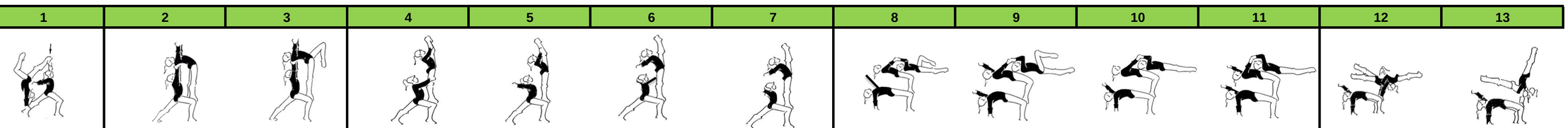
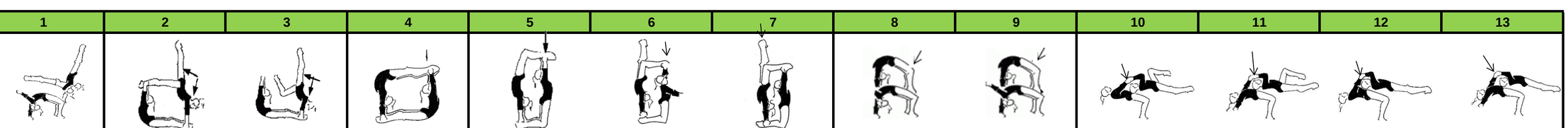
											
6	5	10	12	10	12	11	13	6	14	15	16

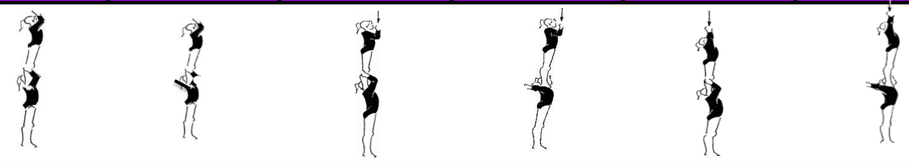
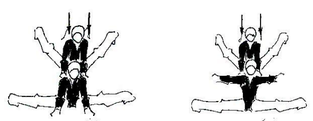
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	8	9	11	12	13	4	9	5	6	7	4	6	6
B													
	8	12	15	12	15	16	20	18	22	19	22	8	9
C													
	18	10	10	6	12	17	21	19	22	19		6	8
D													
	7	5	6	16	22	25	27	6	7	8	9	5	8
E													
	9	3	7	3	3	4	6	3	4	5	6	7	8

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Category 4

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	8	10	14	15	18	19	26	26	22	24	10	11	12
B													
	13	5	7	9	9	11	13	17	16	18	7	11	11
C													
	15	15	13	17	14	20	18	18	10	12	10	12	
D													
	11	13	11	9	11	9	9	11	12	11	12		
E													
	10	12											

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Static Elements

Category 5

A

1	2	3	4	5	6	7	8	9	10	11	12	13
11	13	17	19	16	18	22	24	22	26	28	32	18

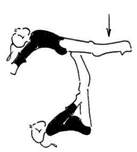
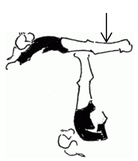
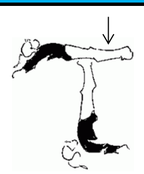
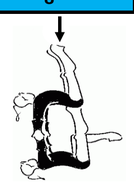
B

1	2	3	4	5	6	7	8	9	10	11	12	13
20	12	13	14	15	15	17	17	19	16	20	22	26

C

1	2	3	4	5	6	7	8	9	10	11	12	13
28	12	8	10	13	15	11	12	15	5	6	9	11

D

1	2	3	4	5	6	7	8	9	10	11	12	13
												
5	6	9	11	6	10	14	11	13	16			

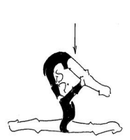
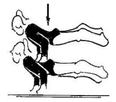
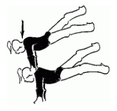
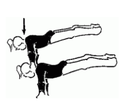
E

1	2	3	4	5	6	7	8	9	10	11	12	13
17	18	18	19									

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Category 6

A

1	2	3	4	5	6	7	8	9	10	11	12
											
12	6	8	10	8	15	7	10	10	15	20	24

B

1	2	3	4	5	6	7	8	9	10	11	12
14	12	14	23	10	17	25	27	12	12	13	18

C

1	2
12	13

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

WOMEN'S GROUP

Dynamic Elements

Women's Group

	4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	1		2		3		4		5		6		7	
5														
6	2		3		4		5		6		7		8	
7														
8	3		4		5		6		7		8		9	
9														
10	4		5		6		7		8		9		10	
11														
12	5		6		7		8		9		10		11	
13														
14	6		7		8		9		10		11		12	
15														
16	7		8		9		10		11		12		13	
17														
18	8		9		10		11		12		13		14	
19														
20	9		10		11		12		13		14		15	
21														
22	10		11		12		13		14		15		16	
23														

This Table is working from left to right:

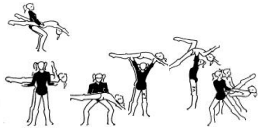
Vertical column = first element

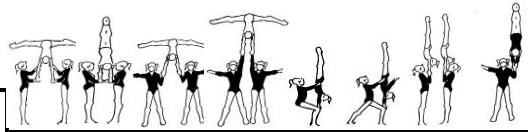
Horizontal row = second element

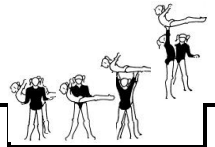
Dynamic Elements

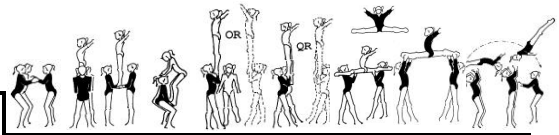
Back Salto

Finish Position









Start

			A	B	C	D	E		F	G	H	i	J	K	L	M		N	O	P	Q		R	S	T	U	V	W	X	Y
1	1																					0/4	1	3	2	2	2	2	3	
1/4	2		1	2	2	3	2	2/4	5	12	12	14			14	20	3/4	2	3	4	7	4	3	10	6	18	13	5	8	1
			1	2	2	3	2		5	12	12	14			14	20		2	3	5	8	/	3	11	7	20	15	7	10	2
	4		1	2	2	3	2		5	12	12	14			14	20		2	3	6	9	4	4	12	8	22	17	9	12	3
1a	5		4	5	6	9	7		12	22	28				28	32		10	14	20	22		14	26	20		29	18	21	8
5/4	6		5	6	7	10	8	6/4	14	26	32				32	36	7/4	16	18	24	26	8/4	16	28	22		31	20	23	10
	7																						16	28	22		31	20	26	10
2	8																						18	30	24		33	22	26	14
	9		6	7	8	11	9		16	30	36				36	40		22	24	28	32		22	34	28		37	24	30	16
	10		14		18		16		26	36								20					32							
9/4	11		16		20		18	10/4	30	40							11/4	24				12/4	39						
	12		16		20		18											22					36							
3	13		20		22		20											26					44							
	14		24		26		24											28					50							
13/4	15		36	36																		16/4								
	16		43	43																										

4

5

6

7

- 4

8

9

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	2	4	6	8	11	14	17	20
2 1/4	1	2	3	5	7	9	11	13
3 2/4	-1	5	3	8	7	12	11	16
4 3/4	1	2	3	5	7	9	11	13
5 4/4	2	8	10	12	15	18	21	24
6 5/4	2	4	6	8	11	14	17	20
7 6/4	0	10	8	18	16	26	24	34
8 7/4	2	4	6	8	10	12	16	20
9 8/4	4	10	14	18	22	26	30	34
10 9/4	2	4	6	8	10	12	16	20
11 10/4	-4	8	6	16	14	24	22	26
12 11/4	4	8	12	16	20	24	28	32
13 12/4	4	12	16	20	24	28	32	36

10a

- 2

10b

or

11

+ 2

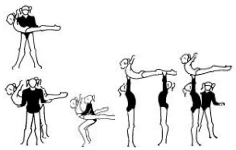
=

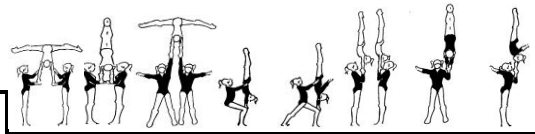
12

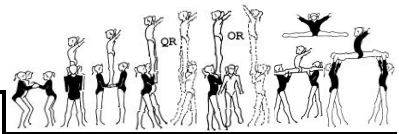
Dynamic Elements

Front Salto

Finish Position







			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
Start	1																					0/4	1	3	2	2	2	3
1/4	2		1	1	2	2	2/4	3	8	11	5	6	10	14	18	3/4	3	4	4	5	4	4	3	12	14	18	5	8
	3		1	1	2	2		3	8	11	5	6	10	14	18		3	4	4	5	4	/	4	14	16	20	7	10
	4		1	1	2	2		3	8	11	5	6	10	14	20		4	5	5	6	6	4	6	16	18	22	9	12
13	5		4	4	7	7	6/4	10	18		8	9	24	26		7/4	10	16	16	16	20	8/4	14	30			20	26
5/4	6		6	5	8	8		12	22		10	11	26	30			12	18	18	18	22		16	32			22	28
	7																											
	8																											
14	9		8	7	10	10		16	26		14	14	30	34			16	24	24	24	28		22	36			28	34
	10		16	14			10/4	24	32							11/4	26					12/4	32	48				
9/4	11		20	16				28	36								30						39	55				
	12																											
	13																											
15	14		26	22				32	40								36											
13/4	15		36																									
	16		43																									

16

15

14

13

Start

	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°
1 0/4	1	2	3	4	6	8	11	14
2 1/4	1	2	3	4	6	8	11	14
3 2/4	2	4	8	10	14	16		
4 3/4	2	4	6	8	10	14	18	22
5 4/4	2	8	10	12	14	18	22	26
6 5/4	2	4	6	8	10	14	18	22
7 6/4	8	10	14	16	20	22	24	28
8 7/4	3	5	7	9	11	15	19	23
9 8/4	4	10	14	18	22	30	38	
10 9/4	4	8	12	16	20	28	36	
11 10/4	12	16	24	28	36	40	44	
12 11/4	4	8	12	16	20	28	36	
13 12/4	6	10	14	18	22	30	38	

17

- 4

18

19

20

or

21

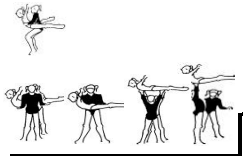
+ 2

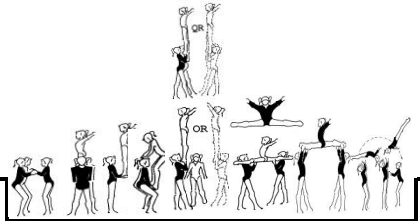
22

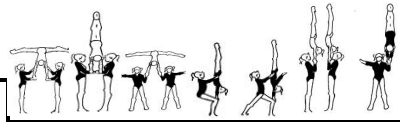
Dynamic Elements

Back Salto

Finish Position

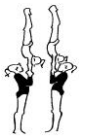






			A	B	C	D		E	F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V	W
Start		1																			0/4	1	2	3			3	4
	1 / 4	2		1	2	3	3	2 / 4	1	4	2	5	3	6		3 / 4	2	2	3	4	4	4 / 4	8	18	12			14	20
				1	2	3	3		1	4	2	5	3	6			2	2	3	4	4		10	20	16			16	24
		4		1	2	3	3		1	4	2	5	4	7			3	3	4	5	5		12	20	18			18	28
22		5		5	6	10	10		6	16		20	12	18	3		9	8	13	13	15		22	34					
+ 1	5 / 4	6		6	7	11	11	6 / 4	8	18		22	14	20	5	7 / 4	10	9	14	14	16	8 / 4	24	38					
		7																											
		8																											
23		9		8	9	13	13		10	20		21	16	22	8		12	11	16	16	18		26	42					
		10		15		20	20		16						12		22	18											
+ 1	9 / 4	11		19		24	24	10 / 4	20						14	11 / 4	26	20				12 / 4							
		12							21						16		24	20											
		13							23						18		28	22											
24		14		25					26						20														
	13 / 4	15		34																		17 / 4							
		16		38																									

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	2	4	6	8	10	14	16	18
2 1/4	1	2	3	4	5	6	7	8
3 2/4	2	4	6	8	10	14	16	18
4 3/4	1	2	3	4	5	6	7	8
5 4/4	4	12	16	20				
6 5/4	2	4	6	8	10	12		
7 6/4	4	8	10	14	16	18		
8 7/4	4	5	6	8	10	12		
9 8/4	8	18	26	34				
10 9/4	4	8	12	16	20			
11 10/4	4	8	12	16	20			
12 11/4	4	8	12	16	20			
13 12/4	8	20	36	52				



26

+ 1

27

+ 1

28

30

31

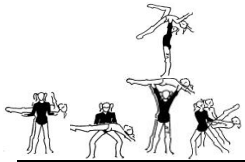
+ 2

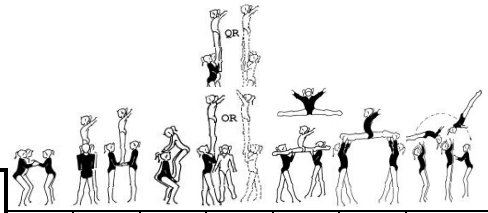
32

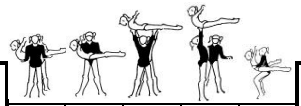
Dynamic Elements

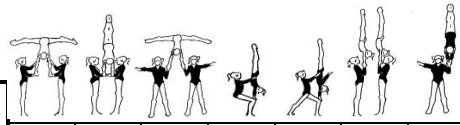
Front Salto

Finish Position





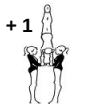




Start

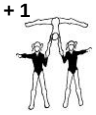
			A	B	C	D		E	F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V	W
1/4	1						2/4								3/4						0/4	1	2	3			3	4
	2		2	2	3	4		2	5	4	7	5	6			4	4	6	6	3	4/4	8	14	14			16	20
			2	2	3	4		2	5	4	7	6	6			4	4	6	6	3		10	16	16			18	24
	4		2	2	3	4		2	5	4	7	6	7			4	4	6	6	3		12	16	18			21	28
5/4	5		6	6	8	10	6/4	7	18		22	12	18	5	7/4	9		13	13	8	8/4	20	26					
	6		7	7	9	12		8	20		24	14	20	6		10		15	15	9		22	28					
	7																											
	8																											
	9		10	10	12	12		10	24		26	16	22	7		12		18	18	11								
9/4	10		16	14	20	26	10/4	17							11/4	24				22	12/4							
	11		19	18	24	30		21								28				26								
	12																											
	13																											
	14		25					27																				
13/4	15		32				14/4	39							15/4						16/4							
	16																											

33



+ 1

34



+ 1

35

36

	A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	8	10	14	16	18
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	14	16	18
4	3/4	1	2	3	4	5	6	7	8
5	4/4	4	12	16	20				
6	5/4	2	4	6	8	10	12		
7	6/4	4	8	10	14	16	20		
8	7/4	2	4	6	8	10	12		
9	8/4	8	18	26	34				
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	4	8	12	16	20			
13	12/4	8	20	36	52				

37

38

39

40

42

43

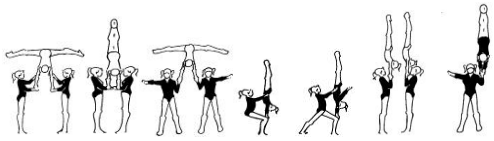
+ 2

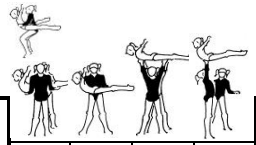
44

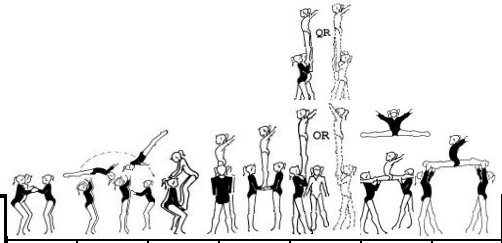
Dynamic Elements

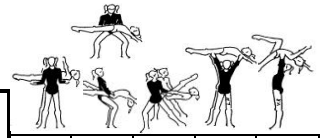
Back Salto

Finish Position







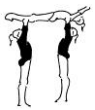


Start

			A	B	C	D	E	F	G		H	I	J	K		L	M	N	O	P	Q	R		S	T	U	V	W
1/4	1									**2/4**					**3/4**								0/4	1	1	1	1	1
	2		2	5	6			6	8		2	2	4	4		2	2	3	6	8	5	8	**4**	4	4	5	7	7
			2	5	6			6	8		3	3	5	5		2	2	4	7	10	6	9	**/**	5	5	6	8	8
	4		2	5	6			6	8		4	4	6	6		2	2	4	8	12	8	11	**4**	6	6	7	9	9
5/4	5		8	12	14			14	16	**6/4**	10	10	13	13	**7/4**	11	11	16	20	24	18	22	**8/4**	14	12	18		
	6		10	14	16			16	18		12	12	15	15		13	13	20	24	28	22	26		18	16	22		
	7																											
	8																											
	9		12	16	18			18	20		14	14	17	17		15	15	26	30	34	26	32						
9/4	10		24	30						**10/4**	22				**11/4**	26							**12/4**	30	26			
	11		28	34							26					30								34	30			
	12																											
	13																											
	14										30					34								38	34			
13/4	15																											
	16																											

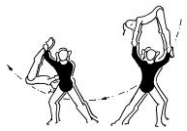
45

46



47

48



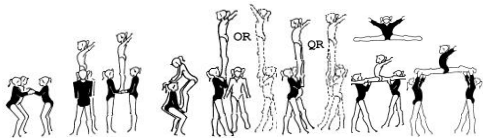
49

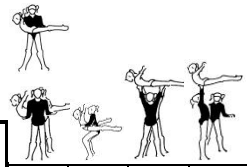
	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	1	2	3	4	5	6	7	
2 1/4	1	2	3	4	5	6	7	
3 2/4	1	2	3	4	5	6	7	
4 3/4	2	6	10	14	18			
5 4/4	2	8	10	12	14			
6 5/4	2	4	6	8	10			
7 6/4	2	4	6	8	10			
8 7/4	3	7	11	15	19			
9 8/4	3	9	13	17	21			
10 9/4	4	8	12	16	20			
11 10/4	4	8	12	16	20			
12 11/4	6	10	14	18				
13 12/4	6	14	18	22				

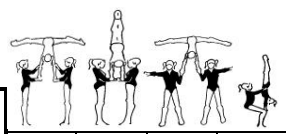
Dynamic Elements

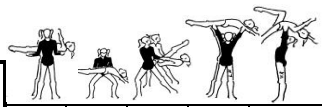
Front Salto

Finish Position









			A	B	C	D	E	F	G		H	I	J	K		L	M	N	O	P	Q	R		S	T	U	V	W
Start																													
	1																						**0/4**	1	1	1	1	1
	2			2	1	3	3	2	3		2	2	3	3		3	7	9			7	11	**4**	3	3	6	4	4
1/4				3	1	3	3	3	4	**2/4**	2	2	3	3	**3/4**	3	8	10			8	12	**/**	4	4	8	5	5
	4			4	1	3	3	3	4		2	2	4	4		4	9	11			9	14	**4**	5	5	10	6	6
	5		4	10	10	14	14	10	13		7	6	9	9		10	16	16			16			14	12			18
5/4	**6**		5	12	12	16	16	12	15	**6/4**	8	7	11	11	**7/4**	12	18	18			18		**8/4**	18	14			22
	7																											
	8				14																							
	9		6	14		18	18	14	17		9	8	13	13		14	20	20			20							
	10		14	22				20	26		16	14				24	30							28				
9/4	**11**		18	26				24	30	**10/4**	18	16			**11/4**	28	34					**12/4**	34				
	12																											
	13																											
	14																											
13/4	**15**		30																									
	16																											

Start

50

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52

53

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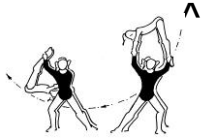
	A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	7	
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14			
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	6	10	14	18				
13	12/4	6	14	18	22				



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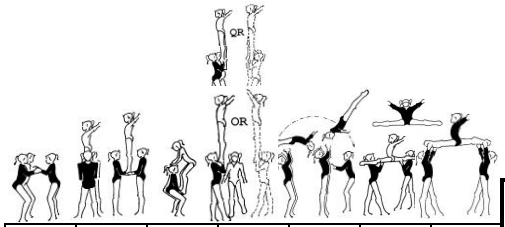
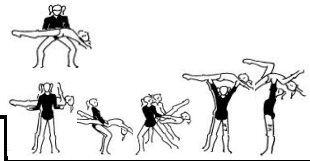
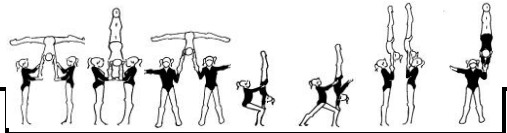
Dynamic Elements

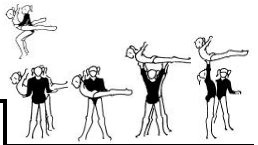
Back Salto

Finish Position









			A	B	C	D	E	F	G		H	I	J	K	L		M	N	O	P	Q	R	S		T	U	V	W
	1																							0/4	1	1	1	2
1/4	2			3	2	3		3	5	2/4	3	2	4	5	5	3/4	5	8	10			10	14	4	4	4	7	7
				3	2	3		3	5		3	2	4	5	5		5	9	12			12	16	/	6	6	9	9
	4			4	2	4		3	5		4	2	4	6	6		6	10	14			14	18	4	8	8	11	11
5/4	5		4	8	5	12	4	10	13	6/4	9	7	10	12	12	7/4	12	18	18			18		8/4	14	14	24	24
	6		5	10	6	14	5	12	15		10	8	12	14	14		14	20	20			20			18	18	28	28
	7																											
	8																											
	9		6	12	7	18	6	14	17		12	10	14	16	16		16	22	22			22						
9/4	10		14	22	16	26	14	22	25	10/4	16	14				11/4								12/4	18			
	11		18	26	20	30	16	26	29		18	16													20			
	12		18																									
	13		20																									
	14		24																									
13/4	15		30																									
	16																											

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	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	1	2	3	4	5	6	8	10
2 1/4	1	2	3	4	5	6	7	
3 2/4	1	2	3	4	5	6	7	
4 3/4	2	6	10	14	18			
5 4/4	2	8	10	12	14	16	19	22
6 5/4	2	4	6	8	10			
7 6/4	2	4	6	8	10			
8 7/4	3	7	11	15	19			
9 8/4	3	9	13	17	21			
10 9/4	4	8	12	16	20			
11 10/4	4	8	12	16	20			
12 11/4	6	10	14	18				
13 12/4	6	14	18	22				

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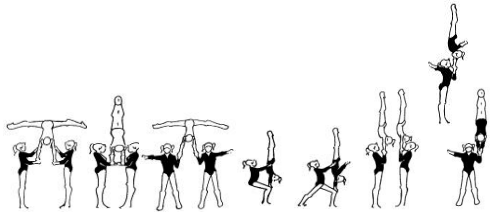
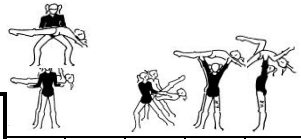
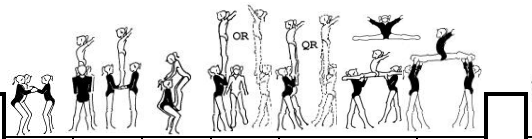
Dynamic Elements

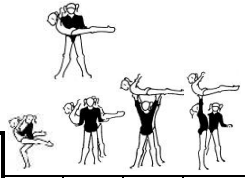
Front Salto

Finish Position









Start

			A	B	C	D	E	F	G		H	I	J	K	L		M	N	O	P	Q	R	S		T	U	V	W
	1																							0/4	1	1	1	1
1/4	2		2	3	4			3	5	2/4	2		4	4	4	3/4	3	6		10	10	5	8	4/4	3	4	6	6
			2	3	4			3	5		3		4	4	4		3	7		12	12	6	9		4	5	8	8
	4		2	3	4			3	5		4		4	5	6		4	8		14	14	8	11		4	6	10	10
5/4	5		7	10	12			12		6/4	8		9	9	9	7/4	10	22		26	26	20	23	8/4	12	14		
	6		9	12	14			14			10		11	11	11		12	26		30	30	24	27		14	16		
	7																											
	8																											
	9		11	14	16			16			12		13	13	13		14	32		36	36	30	33					
9/4	10									10/4	16					11/4	20							12/4				
	11										20						24											
	12																											
	13																											
	14										24						28											
13/4	15																											
	16																											

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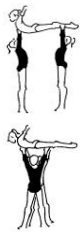

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	1	2	3	4	5	6	7	8
2 1/4	2	4	6	8	10			
3 2/4	1	2	3	4	5	6		
4 3/4	2	4	6	8	10	12		
5 4/4	2	8	10	12	14	16		
6 5/4	2		6	8	10	12		
7 6/4	2	4	6	8	10	12		
8 7/4	3	6	9	12	15	18	21	24
9 8/4	3	8	11	14	17	20	23	26
10 9/4	5	7	10	13	16			
11 10/4	5	7	10	13	16			
12 11/4	7	11	15	19	23			
13 12/4	7	15	19	23	27			

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Start

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Back Salto

Finish Position

			A	B	C	D		E	F	G	H		I	J		K
1/4	1						2/4					3/4			0/4	3
	2		4	1		3		6	8		10		3	4	4/4	8
	3		4	1		3		6	8		10		4	5		10
	4		4	1		3		6	8		10		5	6		12
5/4	5		8	6		10	6/4	14	22		24	7/4	12		8/4	24
	6		12	7		12		16	26		28		16			28
	7		14	8		14		20	30		32		20			36

Salto

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	9
2/4 3/4 6/4	2	4	6	8	10	12
4/4	4	6	8	10	12	14
5/4-7/4	2	4	6	8	10	12
8/4	4	6	8	10	12	14

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Front Salto

			A	B	C	D		E	F	G	H		I	J		K
1/4	1						2/4					3/4			0/4	2
	2				1	1		3	4		6			3	4/4	10
	3				1	1		3	5		7			3		12
	4				1	1		4	6		8			4		14
5/4	5				5	10	6/4	10	16		18	7/4		14	8/4	24
	6				7	12		12	20		22			18		28
	7				9	14		14	24		26			24		36

Salto

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	8
2/4 3/4 6/4	2	4	6	8	10	12
4/4	4	6	8	10	12	14
5/4-7/4	2	4	6	8	10	12
8/4	4	6	8	10	12	14

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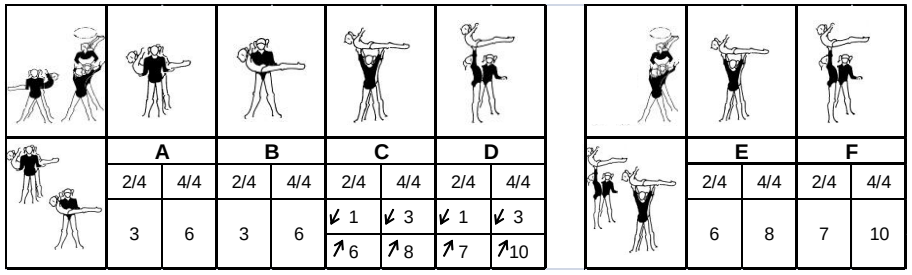


A		B		C		D	
2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4
3	6	3	6	↙ 1 ↗ 6	↙ 3 ↗ 8	↙ 1 ↗ 7	↙ 3 ↗ 10

E		F	
2/4	4/4	2/4	4/4
6	8	7	10

Twist	180°	360°	540°	720°	900°	1080°	+180°
	1	3	5	7	9	11	+3

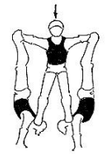
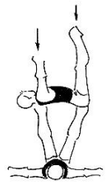
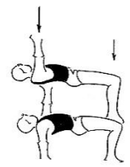
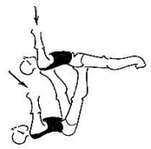
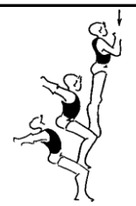
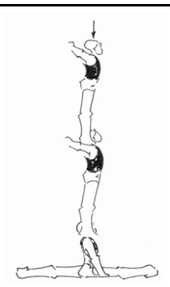
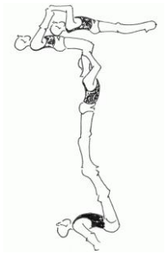
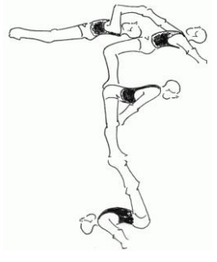
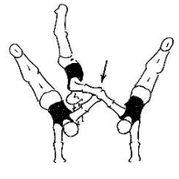
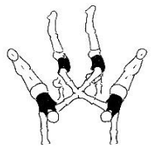
FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

Balance Elements

Static Holds and Motions

Balance Elements

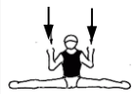
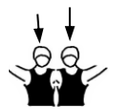
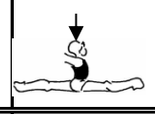
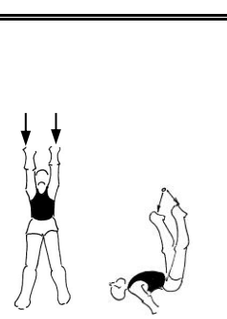
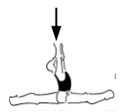
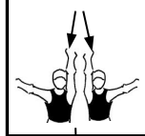
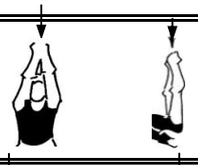
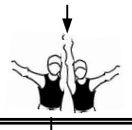
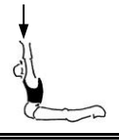
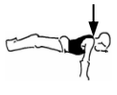
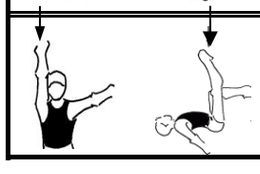
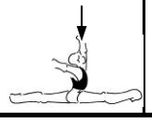
Cat 1	**two bases on the floor**						
Cat 2	**two working tops**						
Cat 3	**work on the knies of the base**						
Cat 4	**work on the shoulders of the base**						
Cat 5	**work on feed of the base**						
Cat 6	**all others**						

Men's Group:

How to look for the value of the top

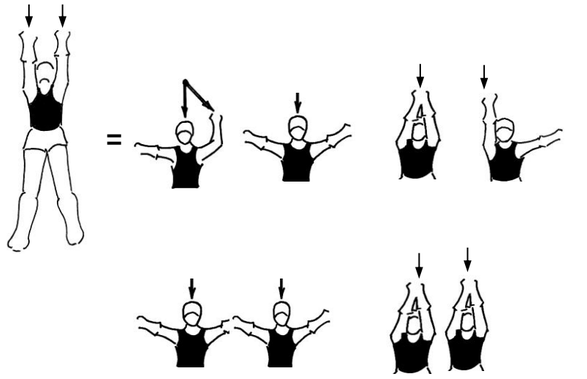
In the left column of vertical boxes you have typical middle positions. In all the others boxes you have variations of these middle positions.

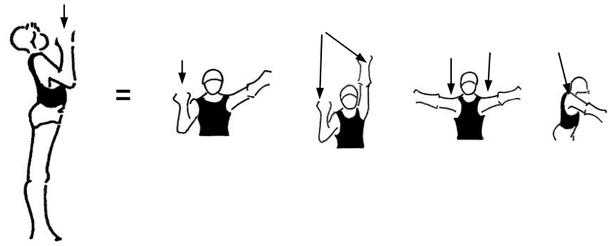
The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find at the table pg 113.

	1	2	3	4	5	6
						
						
						
						
						
						
						

2 nd / 1 st	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30…
1-8	1	2	3	4	5	6	7	8	9	10	11
9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14
18-19	4	5	6	7	8	10	11	12	13	14	15
20-21	5	6	7	8	9	10	12	13	14	15	16
22-23	6	7	8	9	10	11	12	14	15	16	17
24-25	7	8	9	10	11	12	13	14	16	17	18
26-27	8	9	10	11	12	13	14	15	16	18	19
28-29	9	10	11	12	13	14	15	16	17	18	20
30…	10	11	12	13	14	15	16	17	18	19	20

The values of these middle positions are considered as identical





1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18 <

Men's Group mounts

Mounts

		A			D			A					D					E				
	Start																					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	21	22
A												5					7					
B	180° +1	1	2	3	3		5	2	4	8	6	10	5		10		11	3	5		7	
C	Power	5	7	9	5		9	7	10	15	13	19	7		15		19	6	9		12	
D		4	7	10	8		14	8	12	18	17	24	12		22		28	11	13		17	
E	360°+ 4	3	5	7	5		9	5	7	12	10	17	7		14		20	6	8		11	
F	360°	8	11	15	10		17	12	15	21	19	25	14		23		27	13	16		20	
G		2	3	4	4		6	3	5	9	7	11	5		11		13	4	6		8	

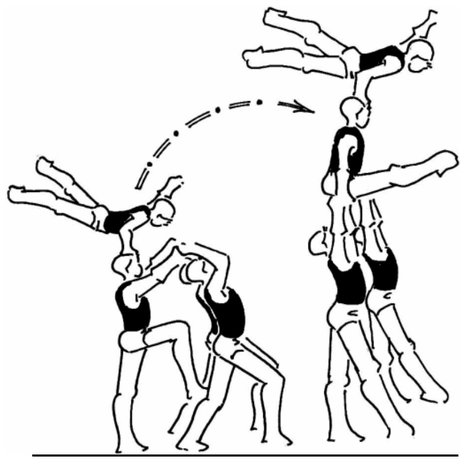
Men´s Group : Difficulty of Mounts

The difficulty of the middle holding the top
during the construction of the pyramid is the
sum of the values:

1. Value of the top position, look the Tables of mounts
2. Value of the middle with the top will be as follows:
   - to go to a pyramid of group 1 = 2
   - to go to a pyramid of group 2 = 4
   - to go to a pyramid of group 3 = 6
   - to go to a pyramid of group 4 = 8
3. Value of the top mount look the Tables of men's group

Mounts

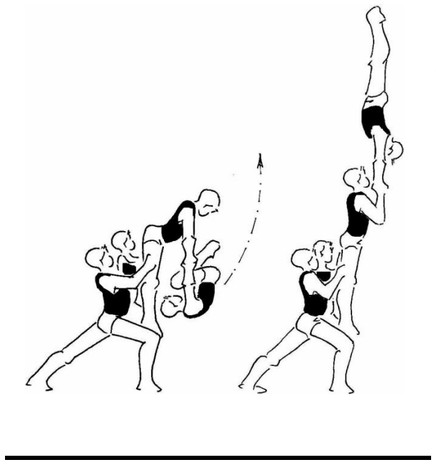
Example



top V = 5
motion (for group 2) = 4
total = 9

Examples

USE TABLES OF THE <u>MOUNTS</u> AND THE ADDITIONAL VALUE FOR THE MIDDLE



value = 3

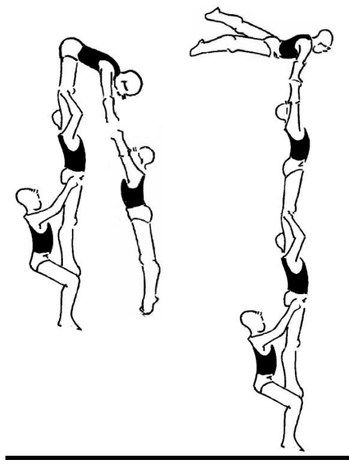
additional middle V = 2

total V is 3 + 2 =5

value = 7

middle V = 2

total V is 7 + 2 =9

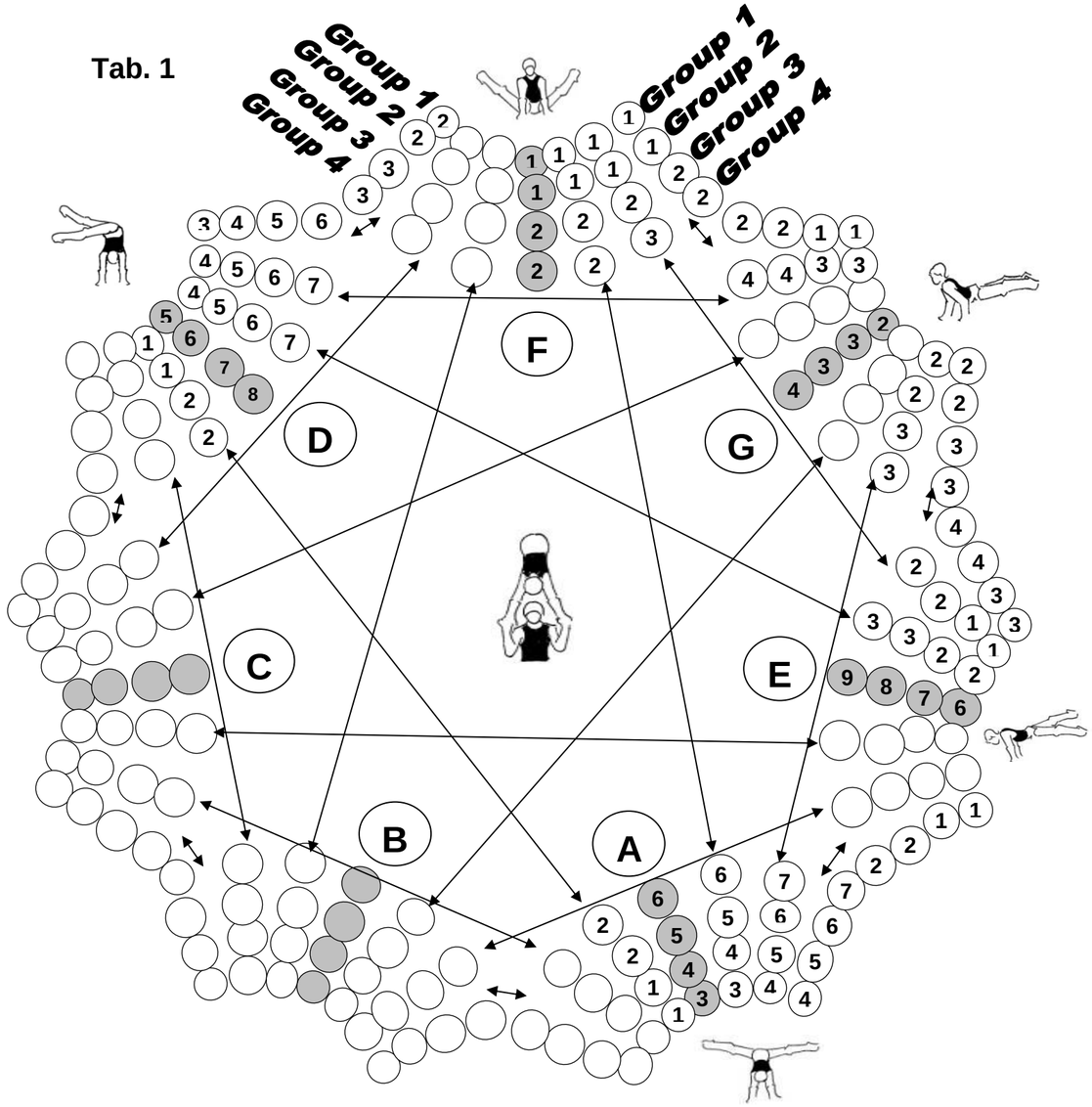


value = 4

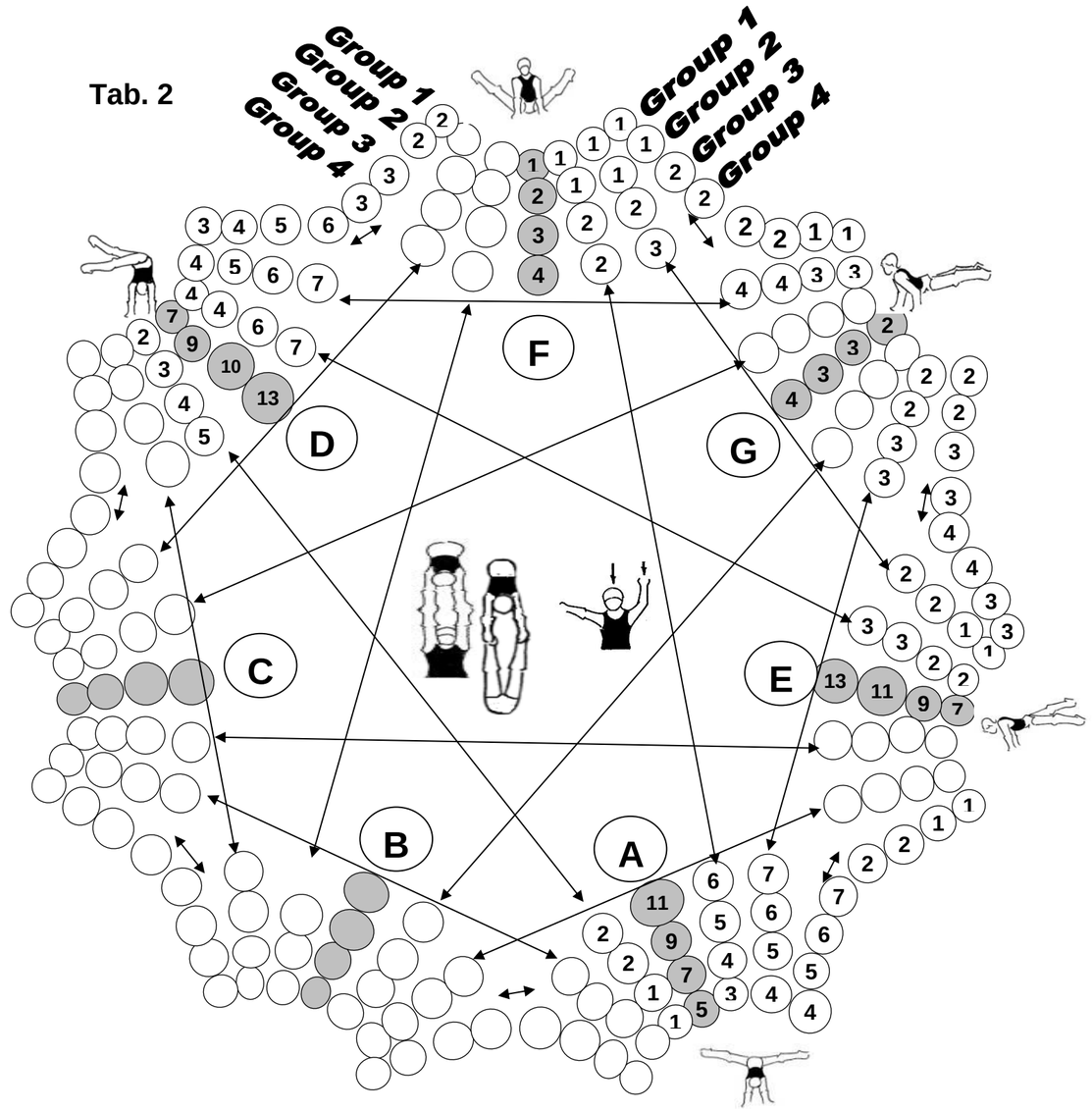
additional middle V = 6

total V is 4 + 6 = 10

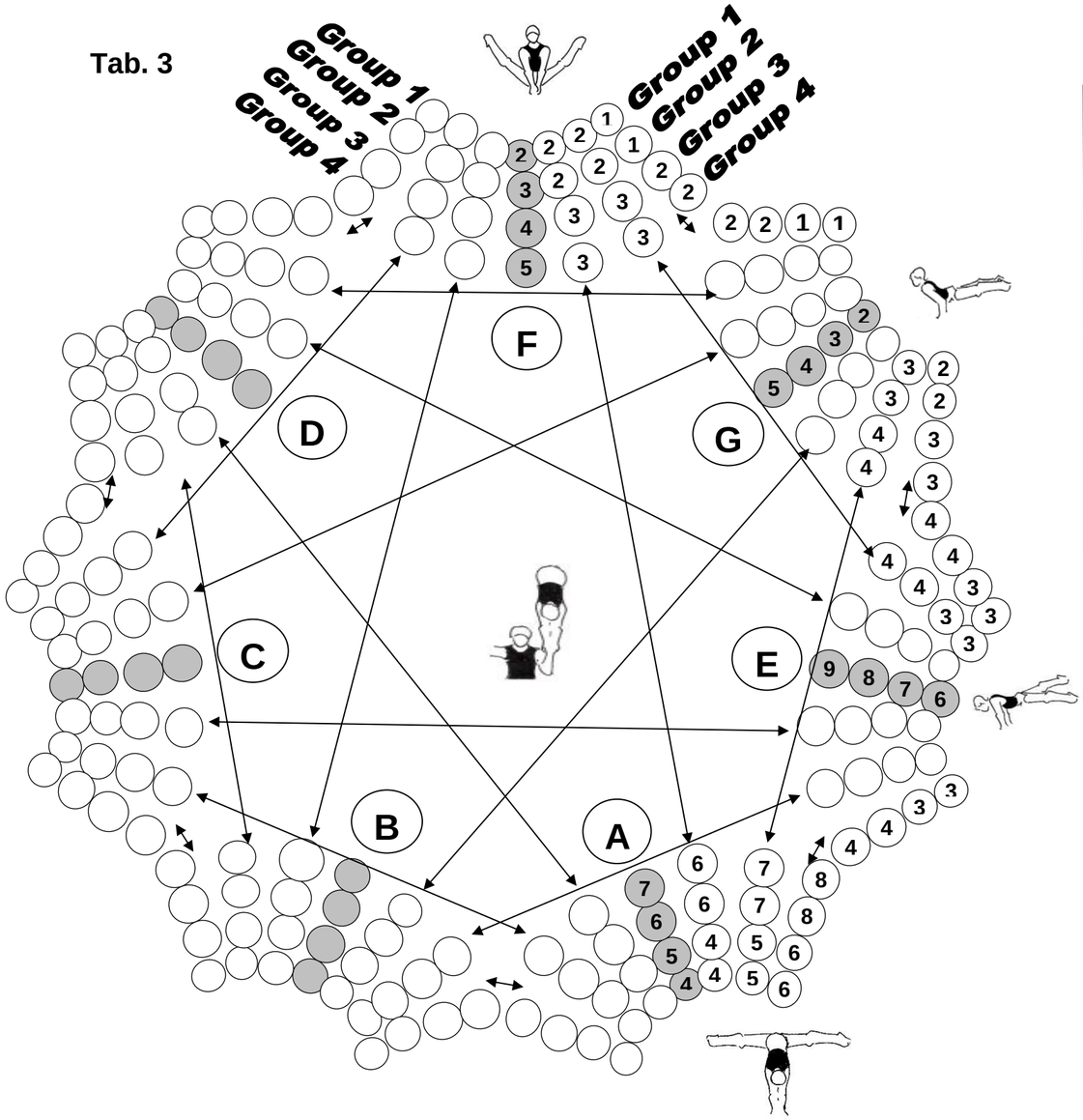
Tab. 1


Group 1
Group 2
Group 3
Group 4
Group 1
Group 2
Group 3
Group 4
F
D
G
C
E
B
A

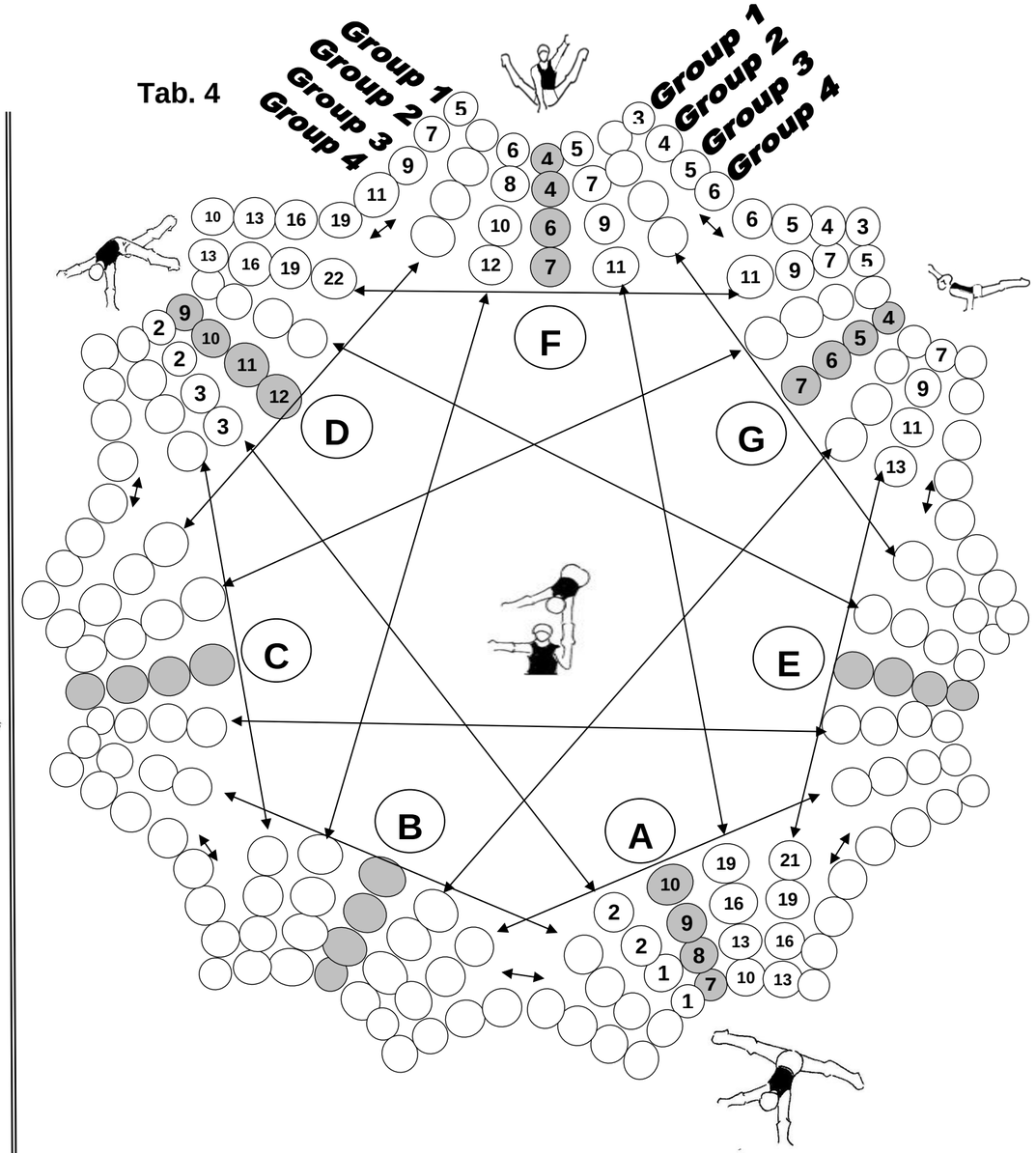
Tab. 2


Group 1
Group 2
Group 3
Group 4
Group 1
Group 2
Group 3
Group 4
F
D
G
C
E
B
A

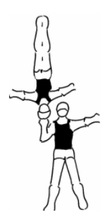
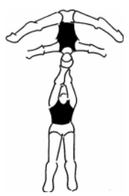
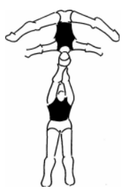
Tab. 3



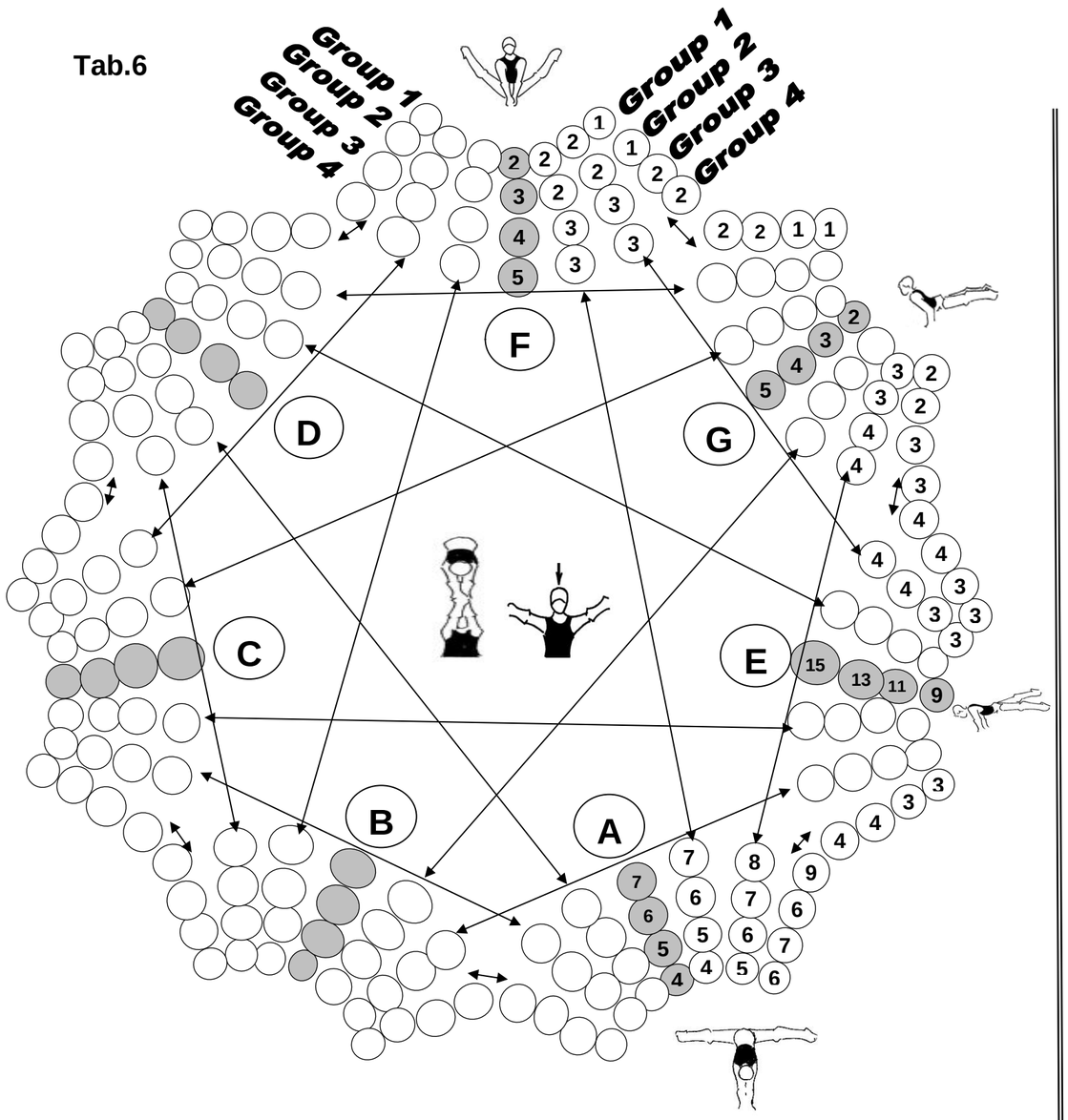
Tab. 4



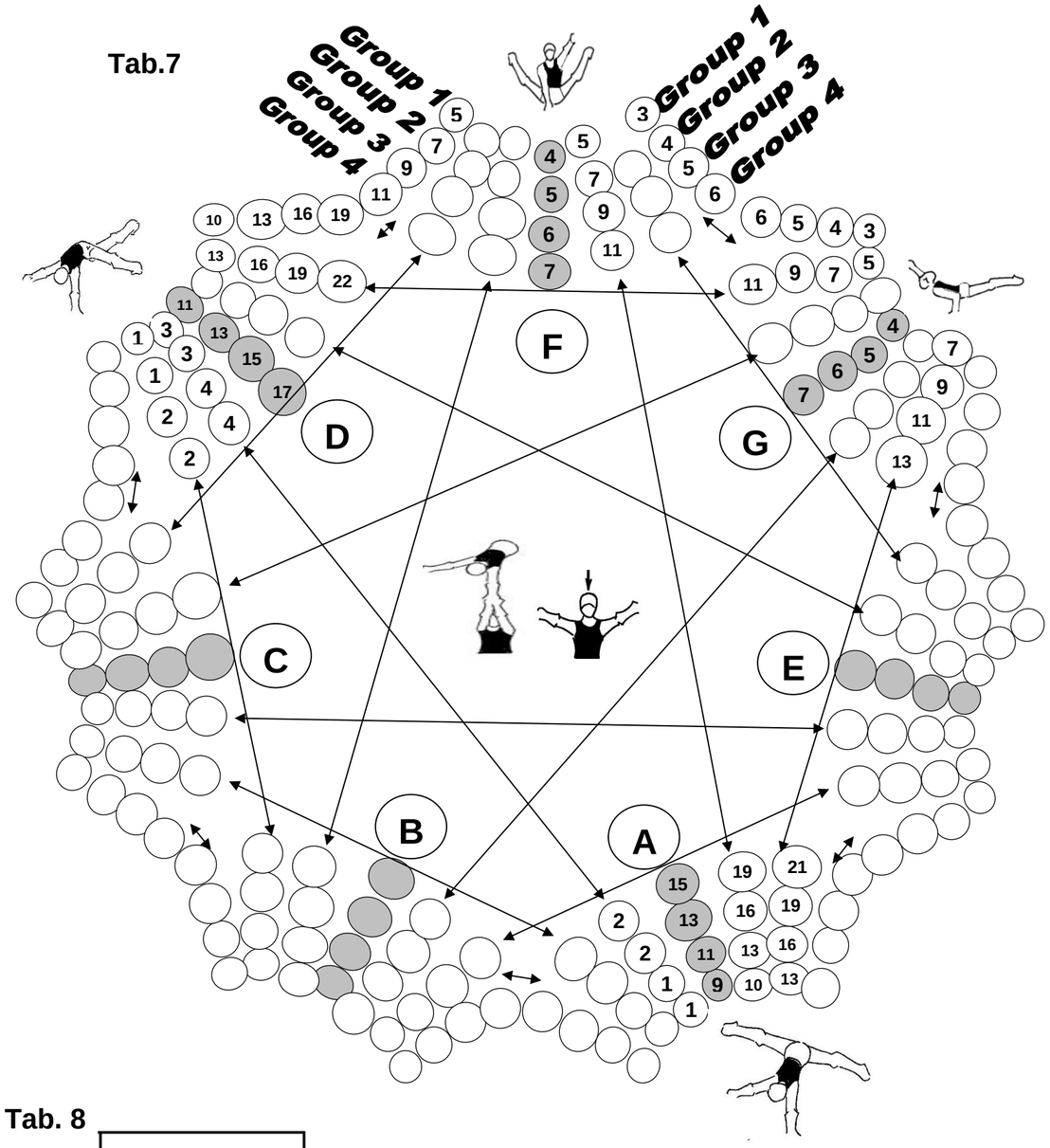
Tab. 5

1	2	3	4	5	6	7	8
							
7-8-9-10	3-3-4-4	7-8-8-10	3-3-4-4	4-4-5-5	11-13-15-17	7-9-11-13	9-11-13-15

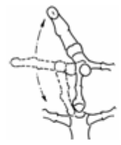
Tab.6



Tab.7

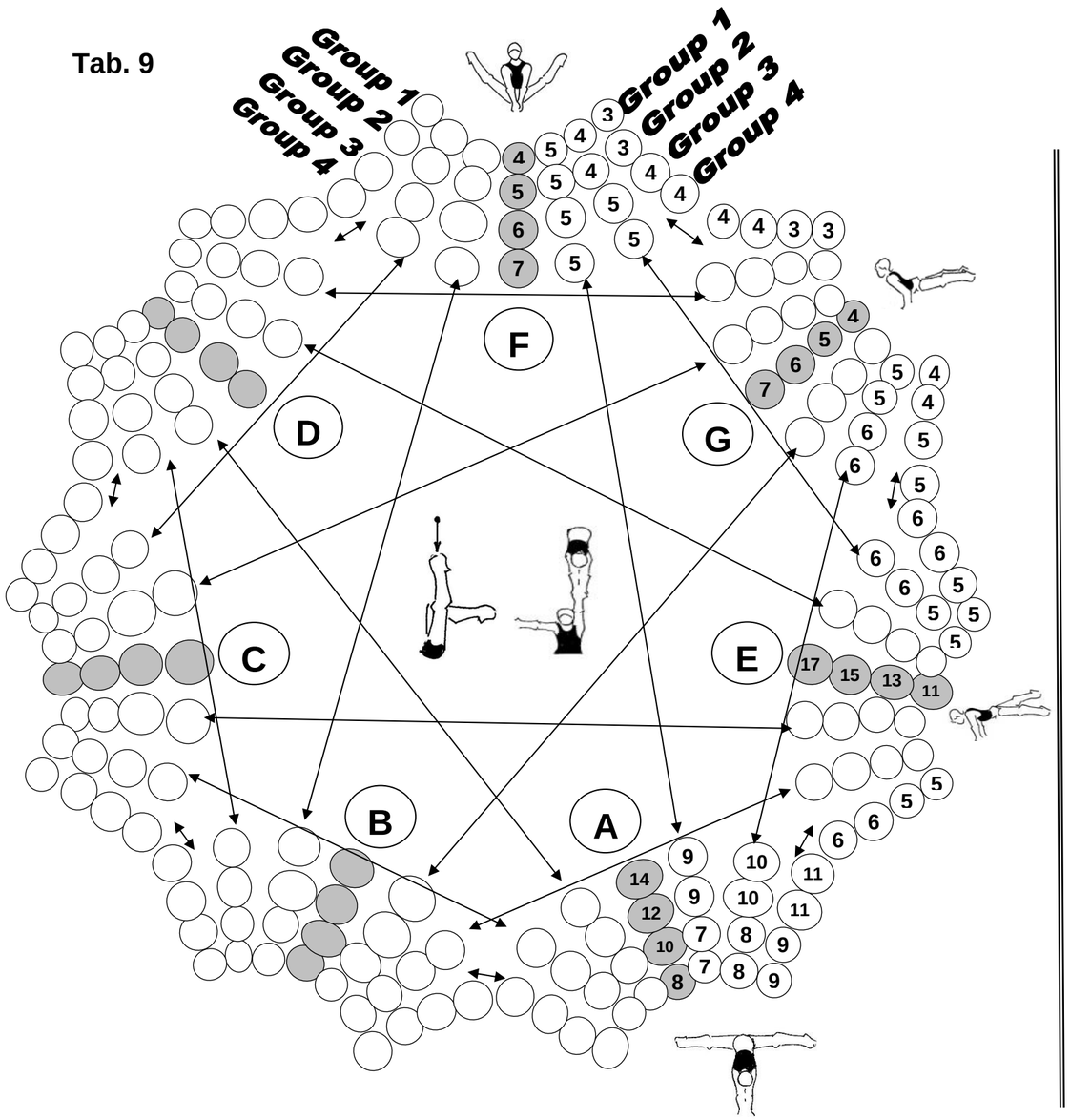


Tab. 8

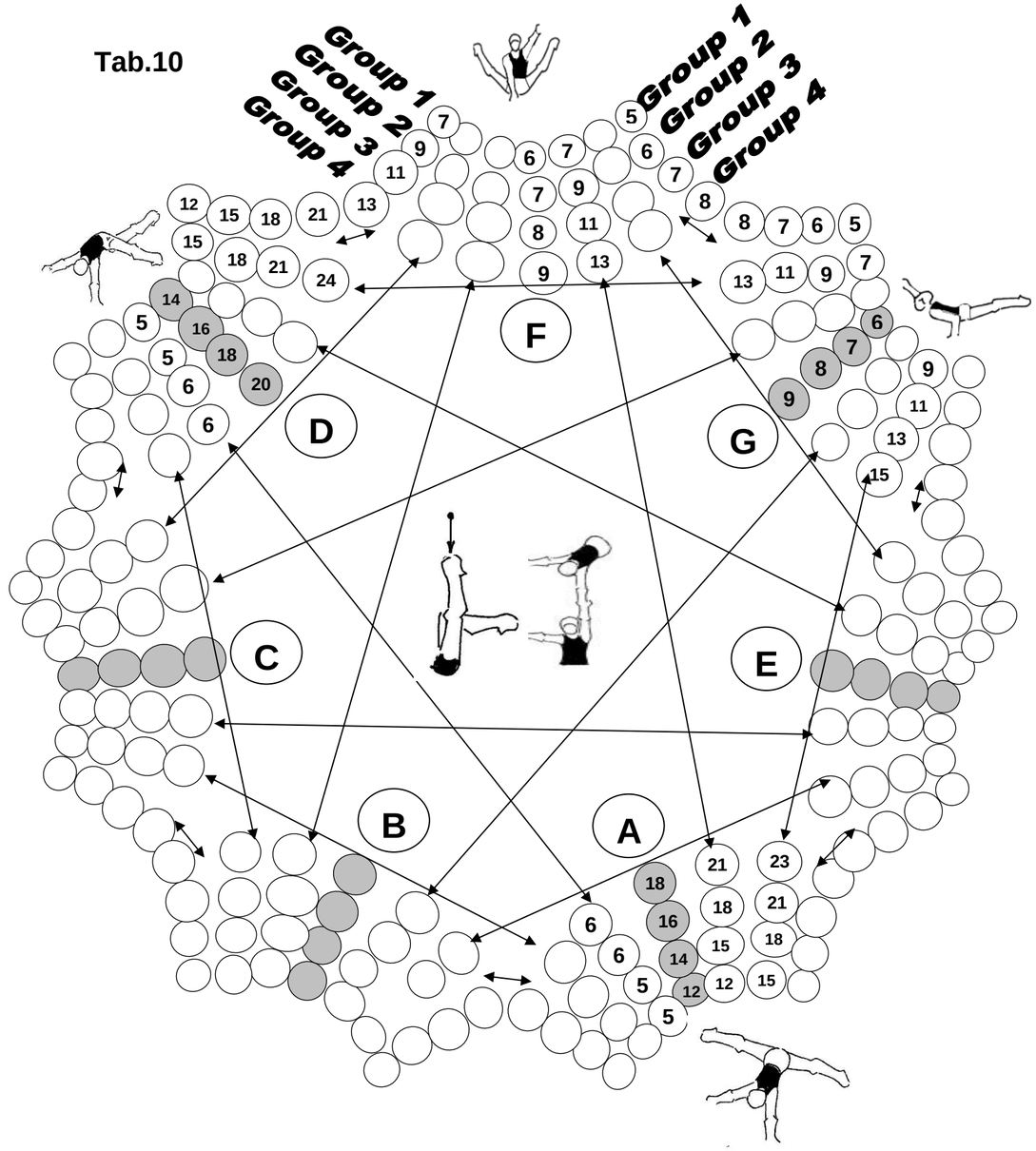


Group	1	2	3	4
Value	5	6	7	8
	0	0	0	0

Tab. 9

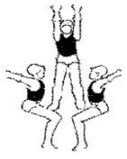

Group 1
Group 2
Group 3
Group 4
Group 1
Group 2
Group 3
Group 4
F
D
G
C
E
B
A

Tab.10

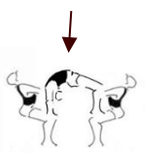
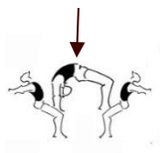
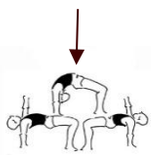
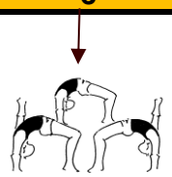
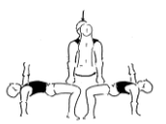
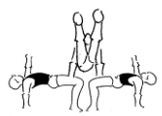

Group 1
Group 2
Group 3
Group 4
Group 1
Group 2
Group 3
Group 4
F
D
G
C
E
B
A

Category 1

A

1	2	3	4	5	6	7	8	9	10	11	12
											
3	4	5	6	3	5	4	6	3	4	5	6

B

1	2	3	4	5	6	7	8	9	10	11	12
											
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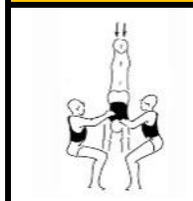
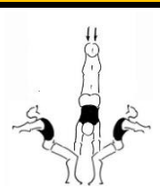
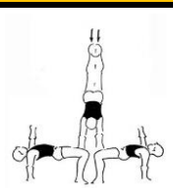
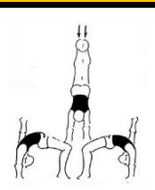
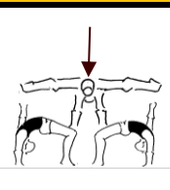
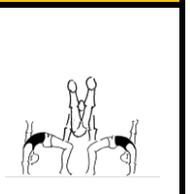
C

1	2	3	4	5	6	7	8	9	10	11	12
									NECK		
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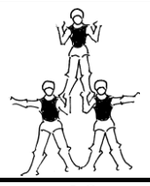
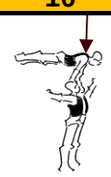
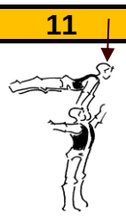
D

1	2	3	4	5	6	7	8	9	10	11	12
4	5	5	5	6	6	16	9				

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

A

1	2	3	4	5	6	7	8	9	10	11	12
											
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B

1	2	3	4	5	6	7	8	9	10	11	12
11	13	7	8	7	9	8	10				

C

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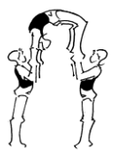
											
6	8	9	17	20	9	11	10	12			

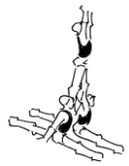
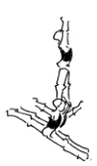
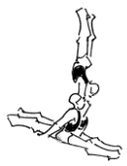
D

1	2	3	4	5	6	7	8	9	10	11	12
6	7	7	8								

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Category 1

A

1	2	3	4	5	6	7	8	9	10	11	12
											
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B

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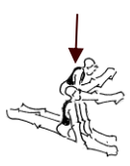	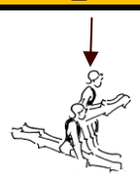	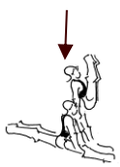	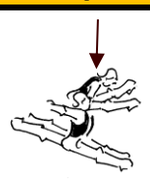	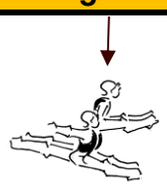	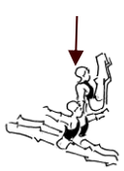			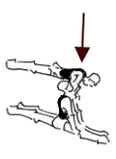	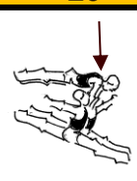	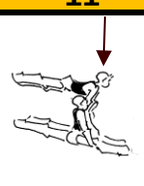	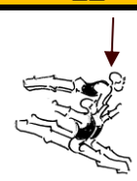
6	8	10	7	9	11	10	11	9	10	11	12

C

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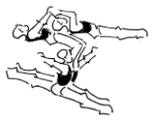
											
6	6	7	9	7	7	8	10				

D

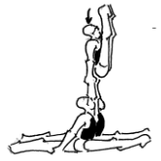
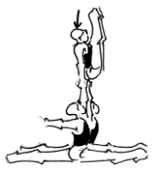
1	2	3	4	5	6	7	8	9	10	11	12

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 1

A

1	2	3	4	5	6	7	8	9	10	11	12
											
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B

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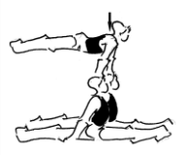		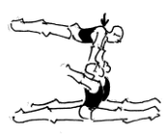	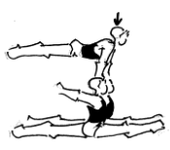	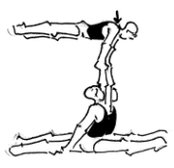	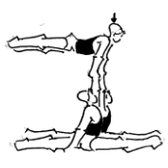			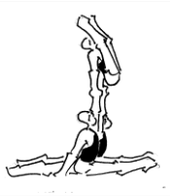			
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C

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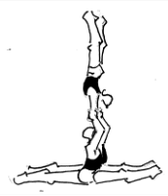
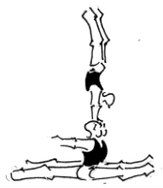
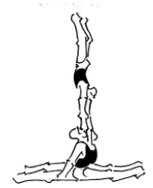
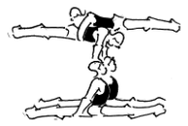
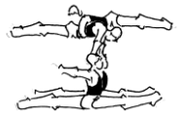
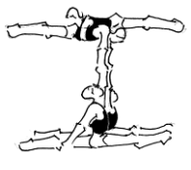
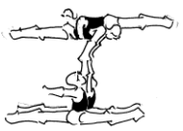
											
14	18	20	24	6	7	7	8	12	13	14	15

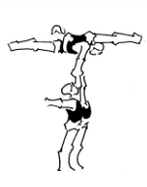
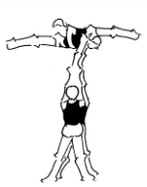
D

1	2	3	4	5	6	7	8	9	10	11	12

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

A

1	2	3	4	5	6	7	8	9	10	11	12
											
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B

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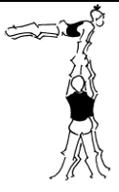
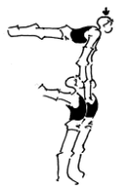
											
18	23	25	27	15	19	14	16	18	20		

C

1	2	3	4	5	6	7	8	9	10	11	12

D

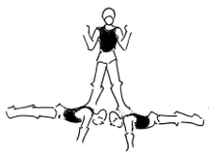
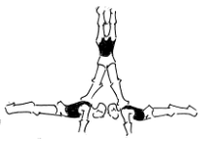
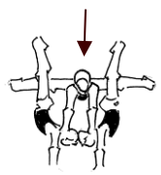
1	2	3	4	5	6	7	8	9	10	11	12

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

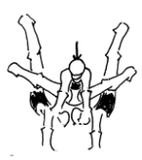
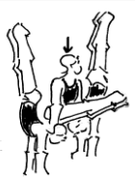
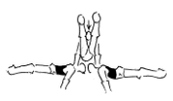
Balance Elements

Category 1

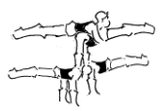
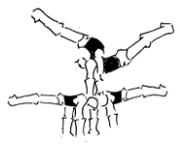
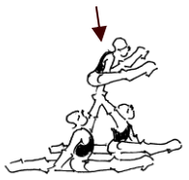
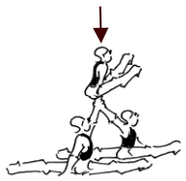
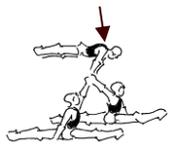
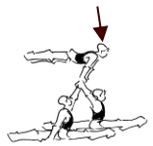
A

1	2	3	4	5	6	7	8	9	10	11	12
					NECK						
10	11	13	14	16	14	16					

B

1	2	3	4	5	6	7	8	9	10	11	12
											
11	13	15	15	17	19						

C

1	2	3	4	5	6	7	8	9	10	11	12
											
15	16	14	16	18	18	20	19	21	21	23	

D

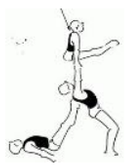
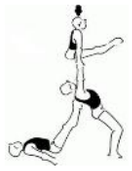
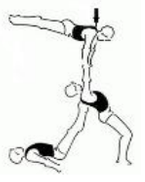
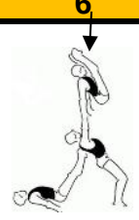
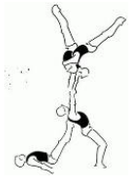
1	2	3	4	5	6	7	8	9	10	11	12
19	21	23	25								

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

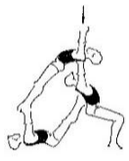
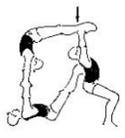
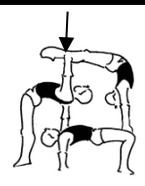
Balance Elements

Category 1

A

1	2	3	4	5	6	7	8	9	10	11	12
											
6	8	10	9	11	10	6	7				

B

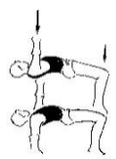
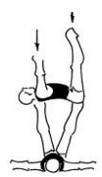
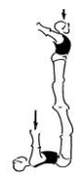
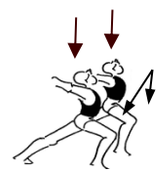
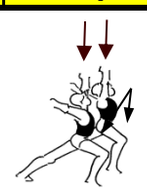
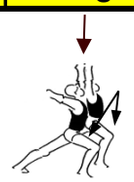
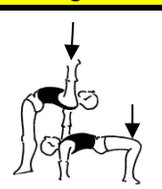
1	2	3	4	5	6	7	8	9	10	11	12
											
7	8	6	7								

C

1	2	3	4	5	6	7	8	9	10	11	12

Category 2

D

1	2	3	4	5	6	7	8	9	10	11	12
											
10	10	16	14	12	1	2	2	1			

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 3

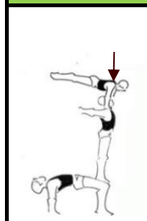
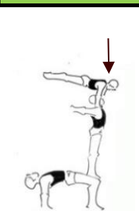
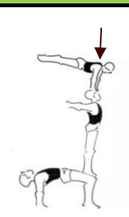
A

1	2	3	4	5	6	7	8	9	10	11	12
7	8	7	9	9	11	8	10	10	12	15	17

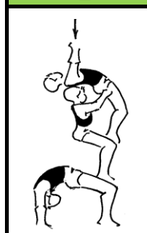
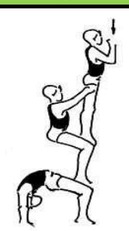
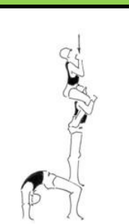
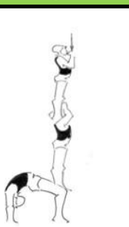
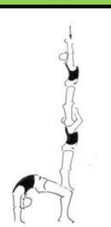
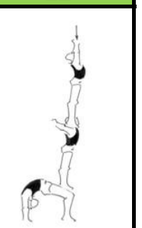
B

1	2	3	4	5	6	7	8	9	10	11	12
11	12	11	13								

C

1	2	3	4	5	6	7	8	9	10	11	12
											
13	15	15	17	17	19	15	16	19	21		

D

1	2	3	4	5	6	7	8	9	10	11	12
											
8	10	8	10	12	14	9	14	12	14	18	20

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 3

A

1	2	3	4	5	6	7	8	9	10	11	12
11	**12**	**14**	**15**	**14**	**16**	**18**	**20**				

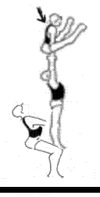
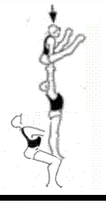
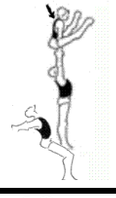
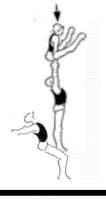
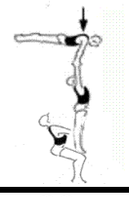
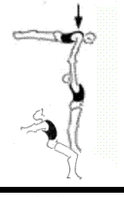
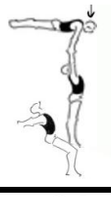
B

1	2	3	4	5	6	7	8	9	10	11	12
8	**10**	**8**	**10**	**12**	**14**	**10**	**12**	**10**	**12**	**14**	**16**

C

1	2	3	4	5	6	7	8	9	10	11	12
9	**14**	**11**	**15**	**11**	**14**	**18**	**20**	**14**	**17**	**20**	**22**

D

1	2	3	4	5	6	7	8	9	10	11	12
											
16	**17**	**18**	**19**	**20**	**22**	**22**	**24**				

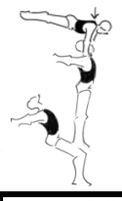
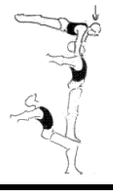
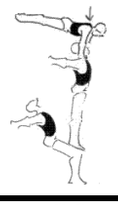
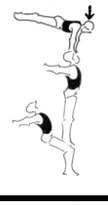
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Category 3

A

1	2	3	4	5	6	7	8	9	10	11	12
11	12	14	15	13	14	16	17				

B

1	2	3	4	5	6	7	8	9	10	11	12
											
14	16	20	16	18	20	22					

C

1	2	3	4	5	6	7	8	9	10	11	12
14	16	4	8								

D

1	2	3	4	5	6	7	8	9	10	11	12

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Category 4

Balance Elements

A

1	2	3	4	5	6	7	8	9	10	11	12
16	18	18	20	18	20	20	22				

B

1	2	3	4	5	6	7	8	9	10	11	12
10	12	12	14	10	12	12	14	12	14	14	16

C

1	2	3	4	5	6	7	8	9	10	11	12
12	14	14	16	21	22	24	25				

D

1	2	3	4	5	6	7	8	9	10	11	12
22	24	40	42	28	36	42	46	17	19	19	21

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

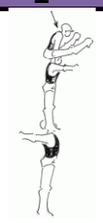
Category 4

Balance Elements

A

1	2	3	4	5	6	7	8	9	10	11	12
22	24	26	28	24	26	28	30				

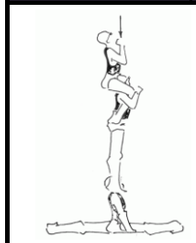
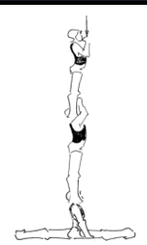
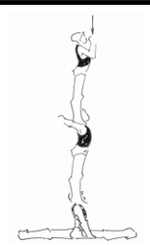
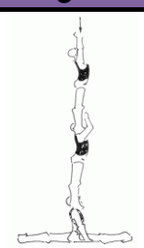
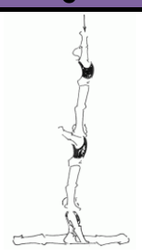
B

1	2	3	4	5	6	7	8	9	10	11	12
											
21	22	24	25	32	33	34	35				

C

1	2	3	4	5	6	7	8	9	10	11	12
46	48	48	50								

D

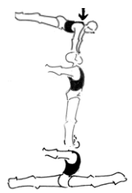
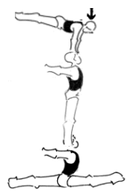
1	2	3	4	5	6	7	8	9	10	11	12
											
11	13	13	15	24	26	13	14	16	17		

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 4

A

1	2	3	4	5	6	7	8	9	10	11	12
											
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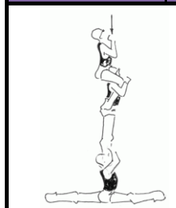
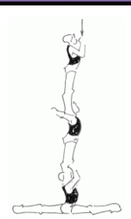
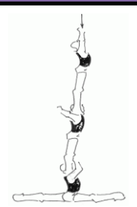
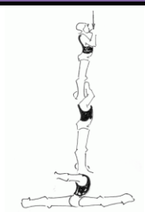
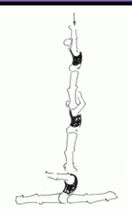
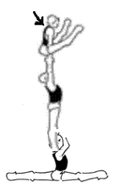
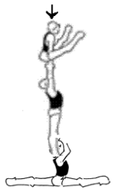
B

1	2	3	4	5	6	7	8	9	10	11	12
											
11	13	13	15	13	15	24	26	15	17	26	28

C

1	2	3	4	5	6	7	8	9	10	11	12
											
17	18	18	19	20	21						

D

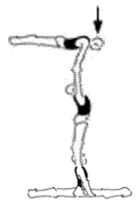
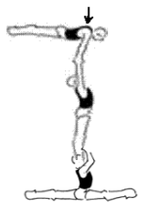
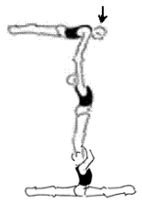
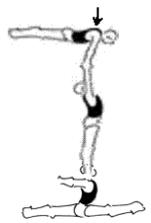
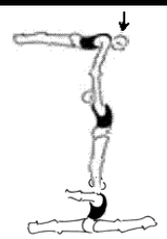
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	17	15	16	18	19				

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Category 4

Balance Elements

A

1	2	3	4	5	6	7	8	9	10	11	12
											
22	**24**	**23**	**25**	**24**	**26**						

B

1	2	3	4	5	6	7	8	9	10	11	12
13	**15**	**15**	**17**	**26**	**28**	**15**	**16**	**18**	**19**		

C

1	2	3	4	5	6	7	8	9	10	11	12
18	**20**	**22**	**24**	**20**	**21**	**24**	**26**	**24**	**26**		

D

1	2	3	4	5	6	7	8	9	10	11	12

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

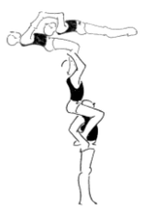
Category 4

Balance Elements

A

1	2	3	4	5	6	7	8	9	10	11	12
10	13	13	15	14	16	13	17	15	18	18	

B

1	2	3	4	5	6	7	8	9	10	11	12
											
18	20	23	25	20	22	23	14	16			

C

1	2	3	4	5	6	7	8	9	10	11	12
19	20	22									

D

1	2	3	4	5	6	7	8	9	10	11	12
9	11	10	12								

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 5

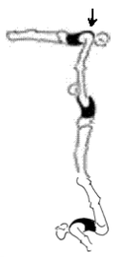
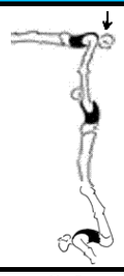
A

1	2	3	4	5	6	7	8	9	10	11	12
14	**16**	**16**	**18**	**15**	**17**	**17**	**19**	**28**	**30**		

B

1	2	3	4	5	6	7	8	9	10	11	12
17	**18**	**19**	**21**	**22**	**27**						

C

1	2	3	4	5	6	7	8	9	10	11	12
											
20	**22**	**24**	**26**	**32**	**34**						

D

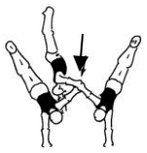
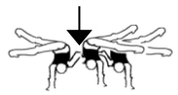
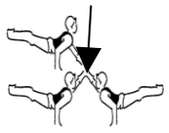
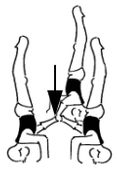
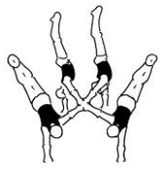
1	2	3	4	5	6	7	8	9	10	11	12
12											

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 6

A

1	2	3	4	5	6	7	8	9	10	11	12
											
16	**18**	**10**	**6**	**12**							

B

1	2	3	4	5	6	7	8	9	10	11	12

C

1	2	3	4	5	6	7	8	9	10	11	12

D

1	2	3	4	5	6	7	8	9	10	11	12

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

MEN'S GROUP

Dynamic Elements

Men's Group

	4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	1		2		3		4		5		6		7	
5														
6	2		3		4		5		6		7		8	
7														
8	3		4		5		6		7		8		9	
9														
10	4		5		6		7		8		9		10	
11														
12	5		6		7		8		9		10		11	
13														
14	6		7		8		9		10		11		12	
15														
16	7		8		9		10		11		12		13	
17														
18	8		9		10		11		12		13		14	
19														
20	9		10		11		12		13		14		15	
21														
22	10		11		12		13		14		15		16	
23														

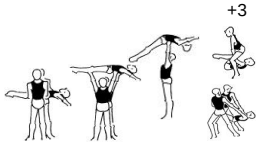
This Table is working from left to right:

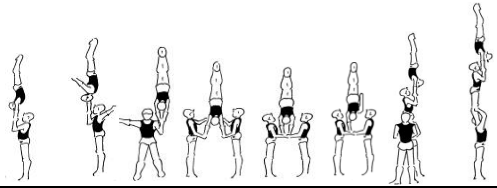
Vertical column = first element

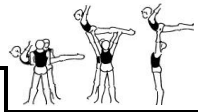
Horizontal row = second element

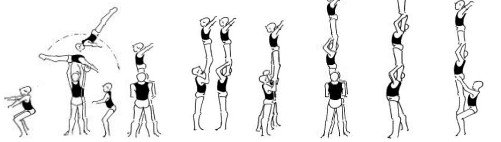
Back Salto

Finish Position









Start

1 2

3

4

5

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						2/4									3/4					0/4	1		1	2	1	4	4	3
	2		1	2	2	2		10	14	12	3	9	10				2	3	3		4	4	3	6	10	7	14	14	12
	3		1	2	2	2		10	14	12	3	9	10				2	3	3		/4	4	3	7	11	8	16	16	14
	4		1	2	2	2		10	14	12	3	9	10				2	3	3			4	3	8	12	9	20	20	16
5/4	5		2	5	5	6	6/4	20			12	20	24			7/4	8	12	12		8/4	10	8	16	20	18			
	6		3	6	6	7		22			14	22	26				12	16	16			14	12	20	24	22			
	7																					14	12	20	24	22			
	8																					16	14	22	26	24			
	9		4	7	7	8		26			18	26					16	20	20			18	16	28	32	26			
9/4	10		8	12	12		10/4				22	30				11/4	11				12/4	30	24	46	50				
	11		11	15	15						26	34					14					39	30	48					
	12		11	15	15												14					39	30	48					
	13		13	17	17												15					44	38	54					
	14		15	19	19						30	38					16					48	40	62					
13/4	15		20																										
	16		26																										
	17		26																										
	18		29																										
	19		32																										

	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440
1 0/4	1	3	5	7	9	11	14	17
2 1/4	1	2	3	5	7	9	11	13
3 2/4	-1	4	3	8	7	12		
4 3/4	1	2	3	5	7	9	11	13
5 4/4	1	6	8	10	12	14	16	18
6 5/4	1	3	5	7	9	11	14	17
7 6/4	0	12	8	16	14	24		
8 7/4	2	4	6	8	10	12	16	20
9 8/4	3	8	10	12	14	16	18	20
10 9/4	2	4	6	8	10	12	16	20
11 10/4	-2	8	6	16	14	16	20	24
12 11/4	4	8	12	16	20	24	28	
13 12/4	4	10	14	18	22	26	30	

12a

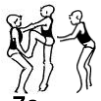
6

OR

6a

7

OR

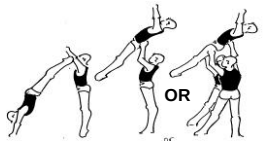


7a

8

9

10



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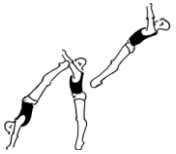


12

Start

13

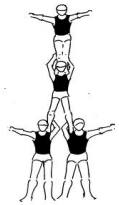
14

+2

15

16

17



18

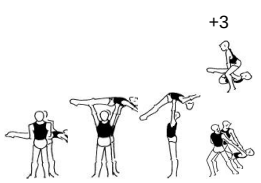
+2

19

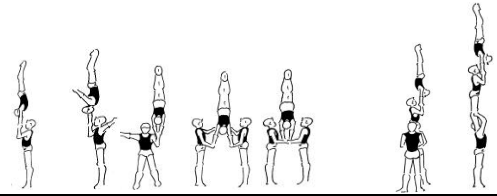
20

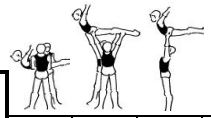
Back Salto

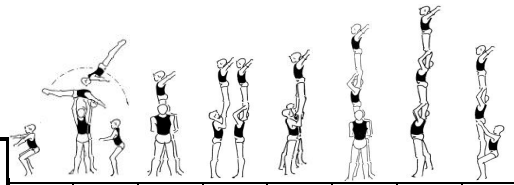
Finish Position



+3

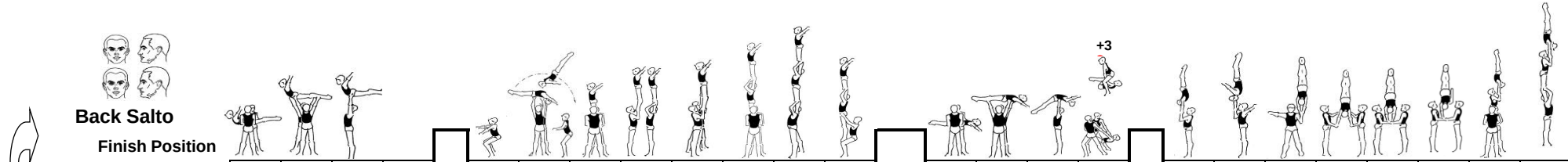






			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						2/4									3/4					0/4	1		2	3	3			
	2		2	3	3	4		20			13	18		16	16		4	5	5		4	6	6	8	10	8	12	10	9
	3		2	3	3	4		20			13	18		16	16		4	5	5		/	6	6	9	11	9	14	12	11
	4		2	3	3	4		20			13	18		16	16		4	5	5		4	6	6	10	12	10	16	14	13
5/4	5		4	5	5	11	6/4	22			14	22		30	28	7/4	8	10	10		8/4	12	10	22	22	20			
	6		6	7	7	12		24			16	24		34	32		10	12	12			16	14	24	26	24			
	7																					16	14	24	26	24			
	8																					18	16	26	28	26			
	9		8	9	9	15		28			18	26		38	36		14	16	18			20	18	28	30	28			
9/4	10		10	16	16		10/4				24	34				11/4	14	18			12/4	34	32	48					
	11		14	20	20						28	38					18	22				40	36	56					
	12		14	20	20												18	22				42	36	56					
	13		16	22	22												20	24				42	38	58					
	14		18	24	24						32	40					22	26				48	40	66					
13/4	15		22																		16/4								
	16		28																										
	17		28																										
	18		31																										
	19		34																										

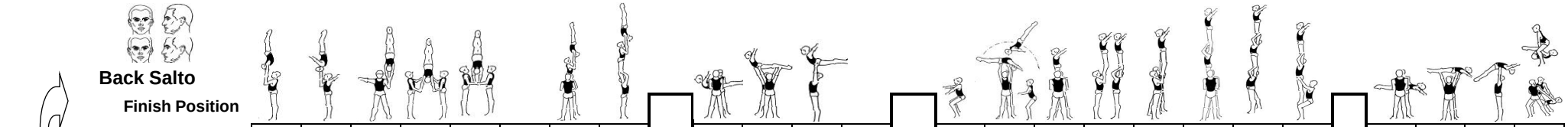
	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440
1 0/4	1	3	5	7	9	11	14	17
2 1/4	1	2	3	5	7	9	11	13
3 2/4	-1	4	3	8	7	12		
4 3/4	1	2	3	5	7	9	11	13
5 4/4	1	6	8	10	12	14	16	18
6 5/4	1	3	5	7	9	11	14	17
7 6/4	0	12	8	16	14	24		
8 7/4	2	4	6	8	10	12	16	20
9 8/4	3	8	10	12	14	16	18	20
10 9/4	2	4	6	8	10	12	16	20
11 10/4	-2	8	6	16	14	16	20	24
12 11/4	4	8	12	16	20	24	28	
13 12/4	4	10	14	18	22	26	30	



Start

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						2/4									3/4					0/4	2	5	3	1	3	5	8	9
	2		1	2	2			2		4	4	4					2	3	3	4	4	14		16	8	14	16	20	20
	3		1	2	2			2		4	4	4					2	3	3	4	/	16		18	8	16	18	24	24
	4		1	2	2			2		4	4	4					2	4	4	4	4	18		20	8	18	20	28	28
5/4	5		4	9	9		6/4	5	5	8	10	10				7/4	6	9	9		8/4				16	28			
	6		5	10	10			7	7	10	12	12					7	10	10						20	32			
	7																												
	8																												
	9		6	12	12			9	9	12	14	14					9	12	12						24	36			
9/4	10		9				10/4	16	16	22	26	26				11/4	16				12/4								
	11		10					18	18	26	30	30					20												
	12																												
	13																												
	14		12					20	20	30	34	34					24												
13/4	15		20													15/4	28												
	16		24														34												
			28																										

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	2	4	6	8	10	12	14	16
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	12	14	16
4	3/4	1	2	3	4	6	8	10	12
5	4/4	-1	8	10	12	16	20		
6	5/4	2	4	6	8	12	16		
7	6/4	4	8	10	14	16	18		
8	7/4	2	4	6	8	12	16		
9	8/4	3	10	12	14				
10	9/4	4	8	12	16	20	24		
11	10/4	4	8	12	16	20	24		
12	11/4	4	8	12	16	20	24		
13	12/4	4	12	16	20	24	28		



Back Salto

Finish Position

Start

			A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	1										**2/4**					**3/4**									**0/4**	1	1	1	2
	2		4	7	5	2	4					2	2	2			2		4	5	5				**4**	3	4	4	5
	3		4	7	5	2	4					2	2	2			2		4	6	6				**/**	3	4	4	5
	4		4	7	5	2	4					2	2	2			2		4	7	7				**4**	4	5	5	5
5/4	5		9			6	10				**6/4**	5	7	7		**7/4**	9	8	13	14	14				**8/4**	10	12	12	
	6		10			7	11					7	9	9			11	10	15	16	16					12	14	14	
	7																												
	8																												
	9		12			9	13					9	11	11			13	12	17	18	18					14	16	16	
9/4	10					14	20				**10/4**	12				**11/4**	14	14	20						**12/4**	26			
	11					16	22					14					16	16	24							28			
	12																												
	13																												
	14					20	26					16					20	20	28							32			
	15																												
	16																												

41

42

43

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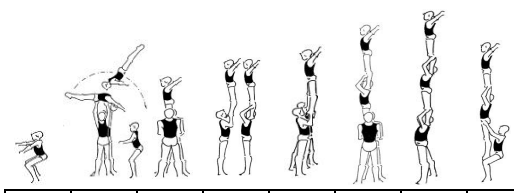
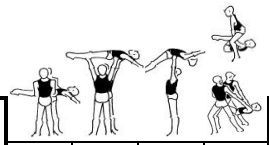
45

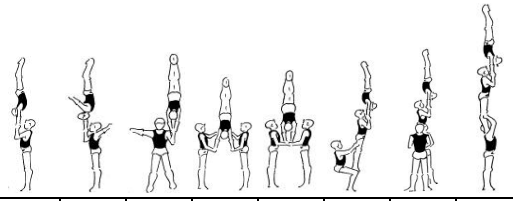
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	7	8
2	1/4	2	4	6	8	10			
3	2/4	1	3	5	7	9	11		
4	3/4	2	4	6	8	10	14	18	
5	4/4	1	3	5	7	9	11		
6	5/4	2	4	6	8				
7	6/4	2	4	6	8	10	12	14	16
8	7/4	3	5	7	9	12	15		
9	8/4	4	8	12					
10	9/4	4	8	12					
11	10/4	4	8	12					
12	11/4	4	8	12					
13	12/4	4	12	12					

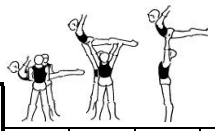
Back Salto

Finish Position









Start

46

47

48

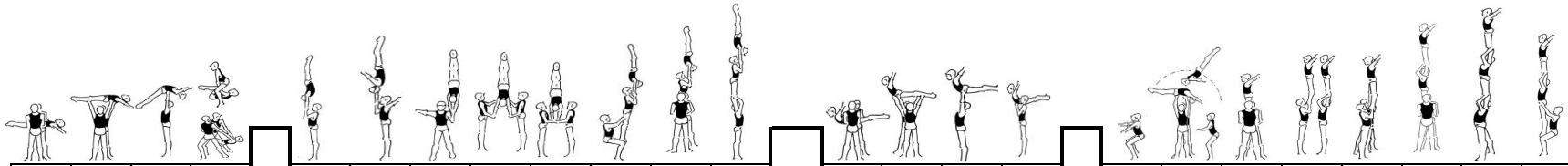
49

			A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
	1																								0/4	1	1	1	
1/4	2		1		2	3	3				2/4	2	2	2	3	3/4	5	9	7	4	7				4	3	5	5	
	3		1		2	3	3					2	2	2	3		5	9	7	4	7				4/4	3	5	5	
	4		1		2	3	3					2	2	2	3		5	9	7	4	7					4	5	5	
	5		5	5	10	11	11					6	8		8		20			14	18					10	16	16	
5/4	6		6	6	12	13	13				6/4	7	10		9	6/4	22			16	20				8/4	12	18	18	
	7																									12	18	18	
	8																												
	9		7	7	14	15	15					9	12		9		24			18	22					14	20	20	
	10		12	12	20							14	18													18			
9/4	11		14	14	22						10/4	18	22			12/4									12/4	22			
	12																												
	13																												
	14		16	16																						26			
13/4	15										14/4	20																	
	16											24																	

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	7	8
2	1/4	2	4	6	8	10	12	16	20
3	2/4	1	2	3	4	5	6	7	8
4	3/4	2	4	6	10	14			
5	4/4	2	4	6	8	10	12	16	20
6	5/4	3	5	7	9	11	13		
7	6/4	3	5	7	9	11	13		
8	7/4	4	8	12	14	16			
9	8/4	3	5	7	9	11	13		
10	9/4	4	8						
11	10/4	4	8						
12	11/4	4	8						
13	12/4	4	8						

Back Salto

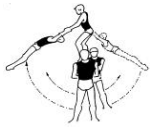
Finish Position



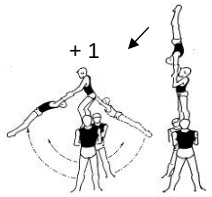
Start

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
	1																				0/4			2	2	2			
1/4	2		2	3	3	4	2/4	8			5	9				3/4	3	4	4		4/4	3	3	7	8	8			
	3		2	3	3	4		8			5	9					3	4	4			3	3	8	9	9			
	4		2	3	3	4		8			5	9					3	4	4			3	3	9	10	10			
5/4	5		4	5	5	7	6/4	18			11	16				7/4	8	10	10		8/4	12	10	16	20	20			
	6		5	6	6	7		20			12	18					9	11	11			13	11	20	24	24			
	7																					13	11	20	24	24			
	8																					15	13	24	28	28			
	9		6	7	7	7		22			14	20					10	12	12			17	15	26	30	30			
9/4	10		12				10/4				18	24				11/4	16				12/4	30	30	40					
	11		13								20	28					20					39	39	50					
	12																					39	39	50					
	13																												
	14		15								24	32																	
	15																				16/4								
	16																												

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6		
2	1/4	1	2	3	4	5	6		
3	2/4	2	4	6	8	10			
4	3/4	1	2	4	6	8	12		
5	4/4	2	8	10	12	14	18		
6	5/4	1	2	4	6	8	12		
7	6/4	2	4	6	8	10	12		
8	7/4	2	4	6	8	10	12		
9	8/4	2	10	12	14	16	20		
10	9/4	3	5	7	9	11	13		
11	10/4	4	8	12					
12	11/4	3	5	7	9	11	13		
13	12/4	4	12	16					



50



51

Dismount of the middle

52

53

54

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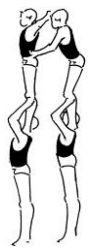
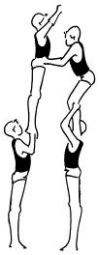
59

60



61

61a



62

Back

	4
	5
	6
	18

Gainer Salto

	4
	5
	6
	18

180° + 2
360° + 4
540° + 6
720° + 8

Front

Delfin

	5
	7
	9
	26

	4
	6
	8
	20

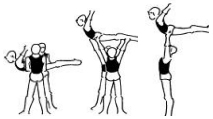
180° + 2
360° + 4
540° + 6
720° + 8

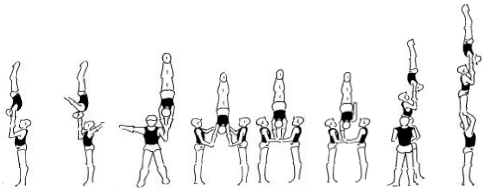
All of the start positions

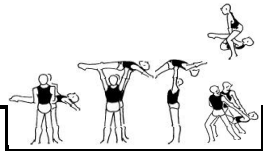
In the following start positions 59,61,61a and 62 the direction of the base and/or top may be reversed, i.e. any direction is acceptable.

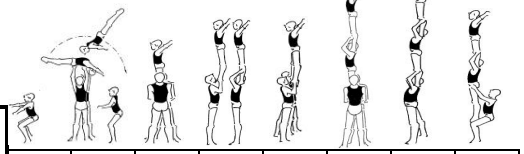
Front Salto

Finish Position

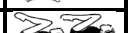
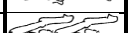








Start

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	v	W	X
	1																				0/4	1	1	1	1	1	4	4	2
1/4	2		1	2	2		2/4	5	8	6	2	5	8	10	12	3/4	1	2	2	5	4	4	3	6	7	6	16	13	14
	3		1	2	2			5	8	6	2	5	8	10	12		1	2	2	5		5	4	7	8	7	18	15	16
	4		1	2	2			5	8	6	2	5	8	10	12		1	2	2	5		6	5	8	9	8	20	17	18
	5		2	5	5			16			8	14	19	24	22		10	15		12		12	10	18	22	20	32	28	24
5/4	6		3	6	6		6/4	18			10	16	21	28	26	7/4	11	17			8/4	16	12	22	26	24	36	32	28
	7																					16	12						
	8																					18	16						
	9		4	7	7			20			12	20		32	30		12	19		14		20	18	30	30	30			
	10		8	12							18	24					11					30	28	42					
9/4	11		11	15			10/4				22	28				11/4	14				12/4	40	36	48					
	12																												
	13																												
	14		15	19							26	30					16					50	50	62					
	15		22																										
13/4	16		26																										
	17		30																										

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	4	6	8	10	12
3	2/4	2	4	8	10	14	16		
4	3/4	2	2	8	10	14	16		
5	4/4	2	8	10	12	14	18		
6	5/4	2	4	6	8	10	14		
7	6/4	4	4	8	8				
8	7/4	2	4	6	10				
9	8/4	3	8	10	14				
10	9/4	3	4	9	12				
11	10/4	8	10	14	18				
12	11/4	3	6	9	12				
13	12/4	5	12						

63

64

65

66

67

68

69

or

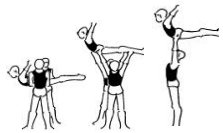
70

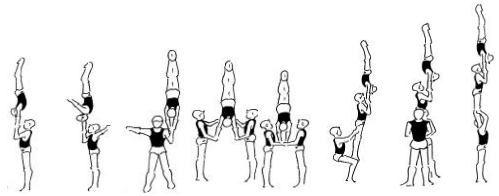
71

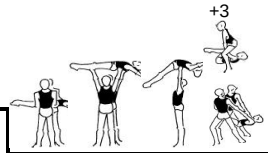
71 a

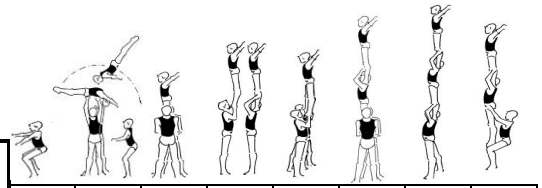
Front Salto

Finish Position









Start

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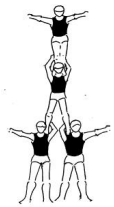

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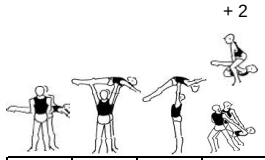
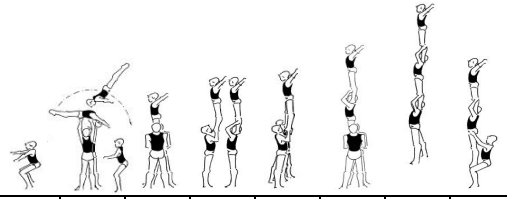
			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	**1**						**2/4**									**3/4**					**0/4**			2	2	2	2		
	2		2	3	4			8			6	10	7	8	7		4	5	5	8	**4**	6	5	7	8	7	16	14	13
	3		2	3	4			8			6	10	7	9	7		4	5	5	8	**/**	7	6	8	9	8	18	16	15
	4		2	3	4			8			6	10	10	11	10		4	5	5	8	**4**	8	7	9	10	9	20	18	17
5/4	**5**		4	5	5		**6/4**	18			10	18	20	26	24	**7/4**	8	10	10	14	**8/4**	14	12	20	22	22			
	6		6	7	7			20			12	20	24	30	28		10	12	12	16		16	14	24	28	28			
	7																												
	8																												
	9		8	9	9			22			14	22	28	34	32		12	14	14	18		22	20	30	34	34			
9/4	**10**		10				**10/4**				20	28				**11/4**	14				**12/4**	32	32	44					
	11		14								24	32					18					36	36	50					
	12																												
	13																												
	14		18								28	36					22					40	40	64					
13/4	**15**		22													**15/4**	28				**16/4**								
	16		28														34												
	17		34														40												

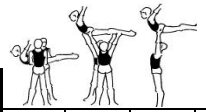
	Twist	A 180°	B 360°	C 540°	D 720°	E 900	F 1080	G 1260	H 1440
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	4	6	8	10	12
3	2/4	2	4	8	10	14	16		
4	3/4	2	2	8	10	14	16		
5	4/4	2	8	10	12	14	18		
6	5/4	2	4	6	8	10	14		
7	6/4	4	4	8	8				
8	7/4	2	4	6	10				
9	8/4	3	8	10	14				
10	9/4	3	4	9	12				
11	10/4	8	10	14	18				
12	11/4	3	6	9	12				
13	12/4	5	12						

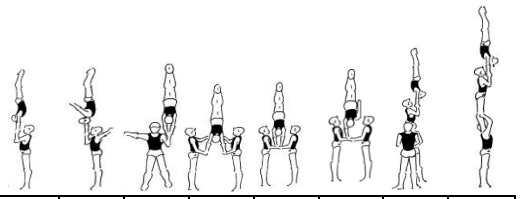
Dynamic Element

Front Salto
Finish Position









Start

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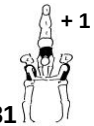

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			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	E	S	T	U	V	W	X
	1																				0/4	2			1	2			
1/4	2		1	1	2	2	2/4	2		5	6	6	12	12	10	3/4	2	3	3		4	10	14	12	6	10	14	20	20
	3		1	1	2	2		2		5	6	6	12	12	10		2	4	4		/	12	16	14	6	12	16	24	24
	4		1	1	2	2		2		5	6	6	12	12	10		3	5	5		4	14	18	16	6	14	18	28	28
	5		4	7		9		6	6	10	12	12					6	9	9			26			18	24			
5/4	6		5	8		10	6/4	8	8	14	16	16				7/4	7	10	10		8/4	30			20	26			
	7																												
	8																												
	9		6	10		10		10	10	16	20	20					9	12	12			32			20	28			
	10		9	11	11			16	16	26							16												
9/4	11		10	12	12		10/4	20	20	30						11/4	20				12/4								
	12																												
	13																												
	14		12	14	14			24	24	34							24												
13/4	15		20																										
	16		24																										
	17		30																										

	Twist	A 180°	B 360°	C 540°	D 720°	E 900	F 1080	G 1260	H 1440
1	0/4	2	4	6	8	10	12	14	16
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	12	14	16
4	3/4	1	2	3	4	6	8	10	12
5	4/4	-1	8	10	12	16	20		
6	5/4	2	4	6	8	12	16		
7	6/4	2	4	6	8	12	16		
8	7/4	2	4	6	8	12	16		
9	8/4	3	10	12	14				
10	9/4	4	8	12	16	20	24		
11	10/4	4	8	12	16	20	24		
12	11/4	4	8	12	16	20	24		
13	12/4	4	12	16	20	24	28		

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Start

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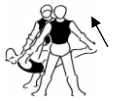

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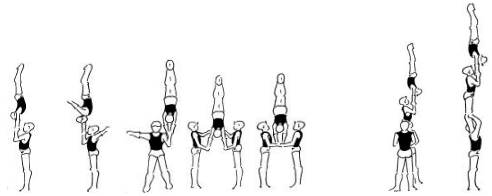
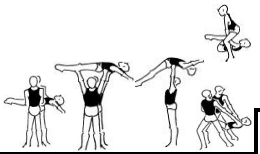
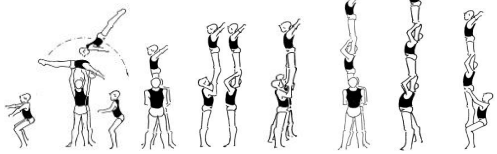
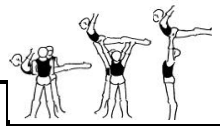
Front Salto

Finish Position



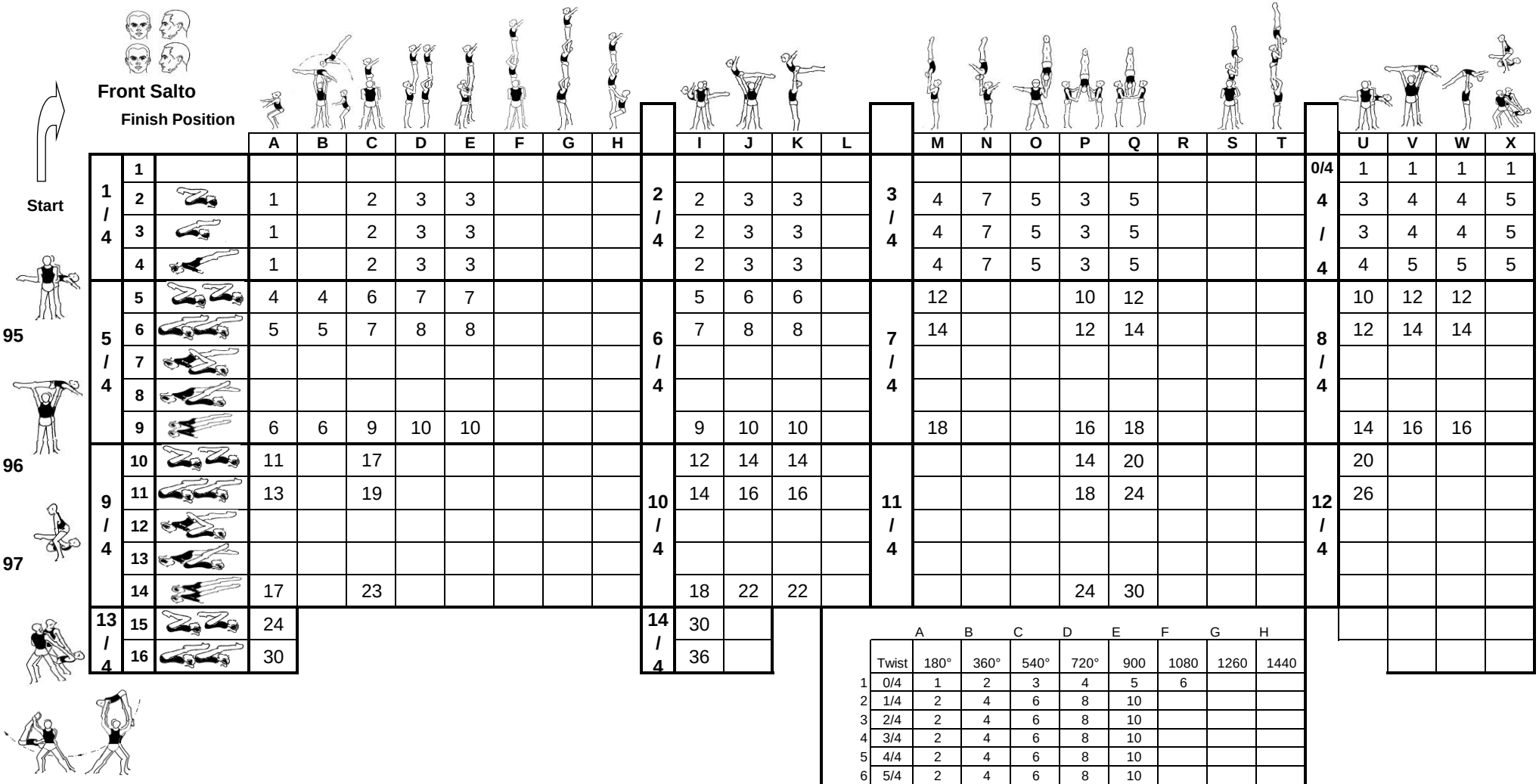






			A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1 / 4	**1**										**2 / 4**					**3 / 4**									**0/4**	1	1	1	
	2		2	6	4	2	3					2	2	2	3		3		5	6	6				**4 / 4**	4	5	5	
	3		3	6	4	2	3					2	2	2	3		3		5	7	7					4	5	5	
	4		3	6	4	2	3					2	2	2	3		3		5	8	8					5	6	6	
5 / 4	**5**		9			5	8				**6 / 4**	5	6	6	6	**7 / 4**	10		14	16	16				**8 / 4**	10	12	12	
	6		11			6	10					6	7	7	7		12		16	18	18					12	14	14	
	7																												
	8																												
	9		13			8	12					8	9	9	9		14		18	20	20					14	16	16	
9 / 4	**10**					12	15				**10 / 4**	12				**11 / 4**	14								**12 / 4**				
	11					14	17					14					16												
	12																												
	13																												
	14					16	19					18					20												
13 / 4	**15**																												
	16																												

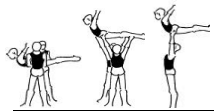
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	1	3	4	5	6	7	8
2	1/4	2	4	6	8	10	14		
3	2/4	1	1	3	4	5	6	7	8
4	3/4	2	4	6	8	10	14		
5	4/4	1	2	4	6	9	12		
6	5/4	2	4	6	8				
7	6/4	1	2	4	6	8			
8	7/4	2	4	6	8	10	12		
9	8/4	2	4	6	8	10	12		
10	9/4	4	6	8	10				
11	10/4	2	4	6	8	10	12		
12	11/4	2	4	6	8	10	12		
13	12/4								

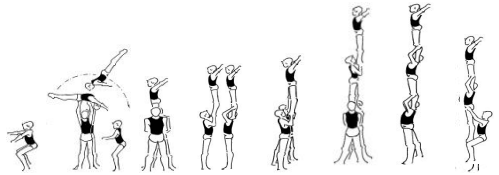


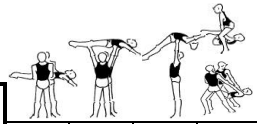
			A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
	1																								0/4	1	1	1	1
1/4	2		1		2	3	3				2/4	2	3	3		3/4	4	7	5	3	5				4/4	3	4	4	5
	3		1		2	3	3					2	3	3			4	7	5	3	5					3	4	4	5
	4		1		2	3	3					2	3	3			4	7	5	3	5					4	5	5	5
	5		4	4	6	7	7					5	6	6			12			10	12					10	12	12	
5/4	6		5	5	7	8	8				6/4	7	8	8		7/4	14			12	14				8/4	12	14	14	
	7																											
	8																											
	9		6	6	9	10	10					9	10	10			18			16	18					14	16	16	
	10		11		17							12	14	14						14	20					20			
9/4	11		13		19						10/4	14	16	16		11/4				18	24				12/4	26			
	12																											
	13																											
	14		17		23							18	22	22						24	30							
13/4	15		24								14/4	30																
	16		30									36																

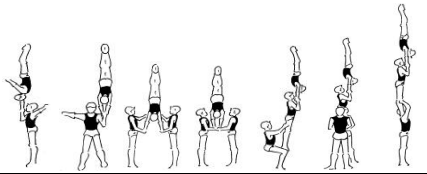
	Twist	A 180°	B 360°	C 540°	D 720°	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	4	5	6		
2	1/4	2	4	6	8	10			
3	2/4	2	4	6	8	10			
4	3/4	2	4	6	8	10			
5	4/4	2	4	6	8	10			
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	4	6	8	10	12			
9	8/4	4	6	8	10	12			
10	9/4	4	8	12	16				
11	10/4	4	8	12	16				
12	11/4	6	10	14	18				
13	12/4	6	10	14	18				

Front Salto
Finish Position









Start

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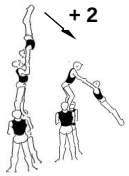
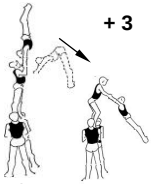


100



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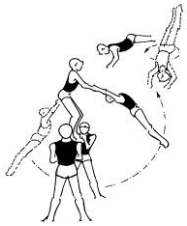
			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						**2/4**	1		2	2		4			**3/4**					**0/4**								
	2		2	3	3			5		8	10		22				3	4			**4**	6		3	6				
	3		2	3	3			6		10	12		24				3	4			**/**	7		3	7				
	4		2	3	3			7		14	16		26				3	4			**4**	7		3	7				
5/4	5		4	6	6		**6/4**	12	10	20						**7/4**	7	9			**8/4**	16		8	14				
	6		5	7	7			14	12	24							8	10				18		10	16				
	7																												
	8																												
	9		7	9	9			18	16	28							9	11				22		12	20				
9/4	10		12	14	14		**10/4**	34								**11/4**	14				**12/4**			16	22				
	11		13	15	15			43									16							18	24				
	12							43									16												
	13																20												
	14		15	17	17																			22	28				
13/4	15																				**16/4**								
	16																												

	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440
0/4								
1/4	1	2	3	4	5	6	7	8
2/4	2	4	8	10	14	16		
3/4	1	2	3	4	5	6	7	8
4/4	2	8	10	12	14	16	20	24
5/4	1	2	3	4	5	7	9	12
6/4	4	6	10	12	16	18		
7/4	2	4	6	8	12	16	20	24
8/4	3	9	12	15	18	21		
9/4								
10/4	8	10	14	18	22	26		
11/4								
12/4	10							



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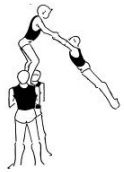
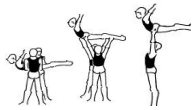
Finish Position

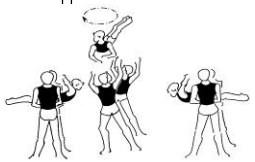


Back Salto	0/4	4/4	8/4	
	1	12	24	180° 0
	1	14	28	
	1	16	32	540° + 6
				720° + 12

Start



	A	B	C	
2/4	2	3	3	180° + 1
4/4	4	5	5	360° + 1
6/4	8	9	9	540° + 3
				720° + 4



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A	B	C	
1	2	3	180° + 1
			360° + 2
			540° + 3
			720° + 4
			900° + 5
			1080° + 6
			1260° + 8
			1440° +10

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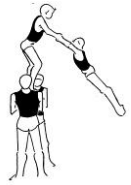
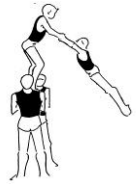
Start



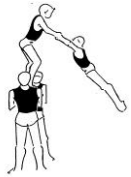
105

Finish Position



Front Salto	0/4	4/4	8/4	
	1	10	22	
	1	12	26	360° + 8
	1	14	30	720° + 10

Finish Position



Start

106

		Back Salto 3	Front Salto 1	
0/4				
4/4		10	7	180° + 2
		10	9	360° + 4
		10	10	
8/4		20		
		24		

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

Individual Elements

General Rules Individual Elements

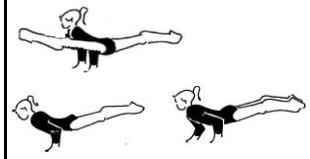
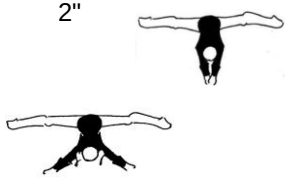
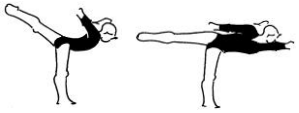
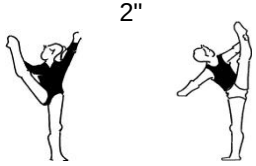
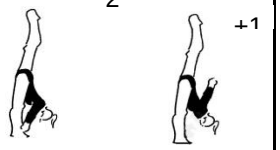
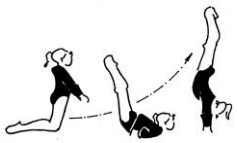
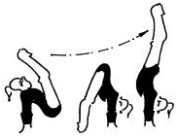
Flexibility performed:

- To straight split receives a value of +1
- To middle split receives a value of +2
- On 1 arm receives a value of +1

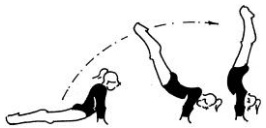
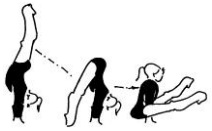
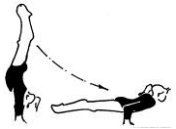
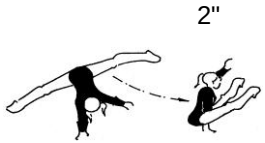
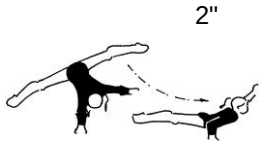
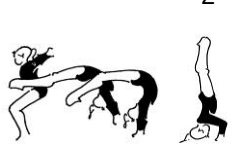
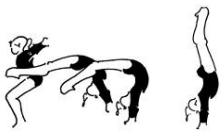
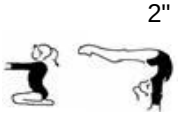
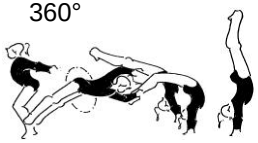
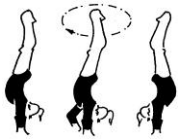
General:

- Elements performed to all positions on knee(s) are considered the same as to stand
- Each 180° turn receives a value of +1 up to a maximum of 720°.
- Elements with the same ID number may be used **only once** in an exercise
- Minor stylistic changes are permitted and don't affect the value of the element

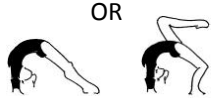
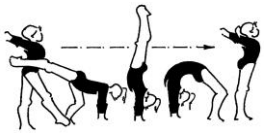
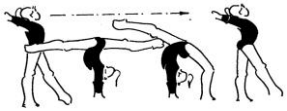
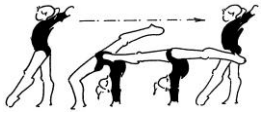
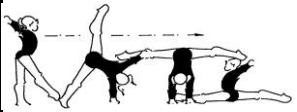
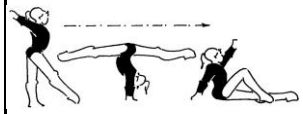
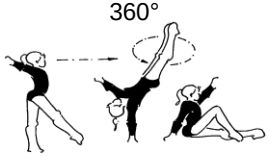
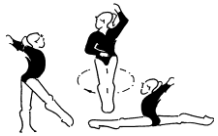
Static holds and strenght

2" +1	2"	2" 	2"	2"	2"
001-V 1	002-V 4	003-V 2	004-V 3	005-V 1	006-V 1
2"	2"	2"	2"	2"	2"
007-V 1	008-V 2	009-V 1	010-V 2	011-V 2	012-V 3
2"	2" -1 +1		2"	2" 	2"
013-V 3	014-V 4		015-V 3	016-V 3	017-V 8
2"	2" 	2" 	2" +1  hands not on floor	2"	2"
018-V 10	019-V 1	020-V 2	021-V 3	022-V 3	023-V 4
2"	2" 	power to 2"	power to 2"	power to 2" -2	power to 2" 
024-V 5	025-V 4	026-V 4	027-V 5	028-V 6	029-V 8

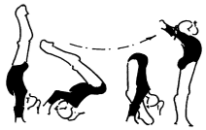
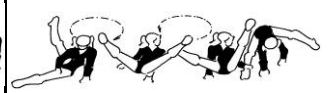
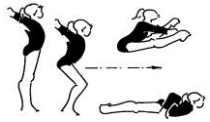
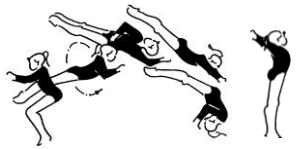
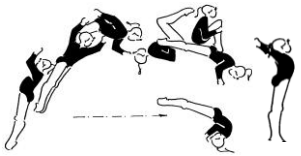
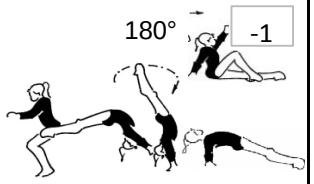
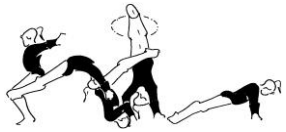
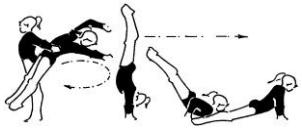
Static holds and strenght

power to 2" 	2" 	2" 	2" 	2" 	2" 
030-V 8	031-V 3	032-V 3	033-V 10	034-V 10	035-V 3
180° 2"	2" 	2" 	360° 2"	360° 2" 	180° 
036-V 4	037-V 5	038-V 5	039-V 8	040-V 9	041-V 1
042-V3	043	044	045	046	047
048	049	050	051	052	053
054	055	056	057	058	059

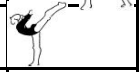
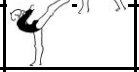
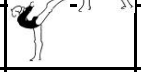
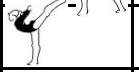
Flexibilities

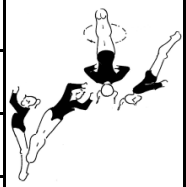
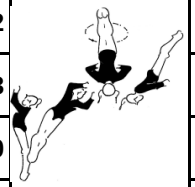
			OR 		
060-V 1	061-V 2	062-V 1	063-V 1	064-V 2	065-V 1
					
066-V 1	067-V 2	068-V 1	069-V 1	070-V 1	071-V1
	360° 	OR +1		OR	
072-V2	073-V3	074-V 2		075-V2	
OR		360° 	360°		
076-V3		077-V3	078-V4	079	080
081	082	083	084	085	086

Agilities

		180°	360°	360° 360°	360° 360° 
087-V 1	088-V 2	089-V 1	090-V 2	091-V 6	092-V 8
		180°	360°	540° 	180° 7/4 
093-V 2	094-V 2	095-V 2	096-V 4	097-V 6	098-V 8
		360°		180° -1 	
099-V 3	100-V 2	101-V 8		102-V 3	103-V 3
180° 	180° 	360°	360°		
104-V 5	105-V 2	106-V 4	107-V 5	108	109
110	111	112	113	114	115

Agilities

	A		1		A		1	360°	A		5		A				A		3
	B		1		B		1		B		5		B		4		B		4
	C		2		C		2		C		6		C		6		C		6
	D		3		D		3		D		7		D		7		D		7
	E		1		E		1		E		5		E		4		E		4
	F		2		F		2		F		7		F		6		F		6
	G				G				G				G				G				G		
	I				I				I				I				I				I		
116				117				118				119				120							

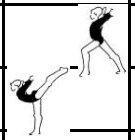
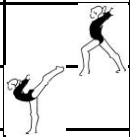
	A		4		A		2	180°	A		12	360° 	A		5	540° 	A		16
	B		5		B		6		B		8		B		10		B		12
	C		7		C		8		C		10		C		12		C		14
	D		8		D		9		D		11		D		13		D		12
	E		5		E		6		E		8		E		10		E		
	F		7		F		8		F		8		F		12		F		
	G				G				G				G				G				G		
	I				I				I				I				I				I		
121				122				123				124				125							

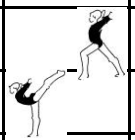
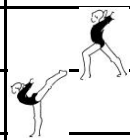
Agilities

720°	A		#		A		1	180°	A		3	360°	A		5		A		3
	B		#		B		3		B		4		B				B		2
	C		#		C		4		C		6		C				C		3
	D		#		D		5		D		7		D				D		4
	E		#		E		3		E		5		E				E		3
	F		#		F		5		F				F				F		4
	G				G				G				G				G		
	I				I				I				I				I		
126				127				128				129				130			

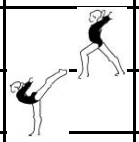
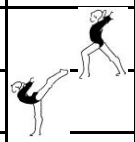
180°	A		2	360°	A		4		A		3		A		3		A		
	B		3		B				B		3		B		4		B		
	C		5		C		4		C		4		C		6		C		
	D		6		D				D		5		D		4		D		
	E		4		E				E				E				E		
	F				F				F				F				F		
	G				G				G				G				G		
	I				I				I				I				I		
131				132				133				134				135			

Agilities

180°				180°								180°								180°			
	A		2		A		5		A		7		A		10		A		5
	B		3		B		4		B		7		B		7		B		6
	C		4		C		6		C		8		C		8		C		8
	D		2		D		7		D		9		D		9		D		9
	E		4		E		5		E		7		E		10		E		6
	F				F				F				F				F		8
	G				G		6		G		8		G		10		G		
	I				I				I				I				I		
136				137				138				139				140			

180°				180°				360°				360°				360°			
	A		6		A		6		A		10		A		11		A		14
	B		7		B		8		B		8		B		9		B		11
	C		9		C		10		C		9		C		10		C		12
	D		10		D		11		D		10		D		11		D		13
	E		7		E		8		E		10		E		9		E		11
	F		10		F		10		F				F				F		
	G				G				G		10		G		12		G		14
	I				I				I				I				I		
141				142				143				144				145			

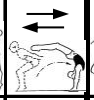
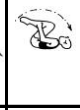
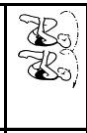
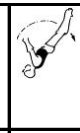
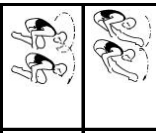
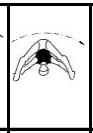
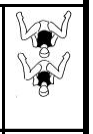
Agilities

540°	A		9	540°	A		10	540°	A		10	720°	A		14	720°	A		15
	B		10		B		11		B		12		B		12		B		13
	C		12		C		13		C		14		C		13		C		14
	D		13		D		14		D		15		D		14		D		15
	E				E				E				E		12		E		13
	F				F		14		F		15		F				F		
	G				G		6		G				G		14		G		16
	I				I				I				I				I		
146				147				148				149				150			

720°	A		18		A				A				A				A				A		
	B		15		B				B				B				B				B		
	C		16		C				C				C				C				C		
	D		17		D		6		D				D				D				D		
	E		15		E				E				E				E				E		
	F				F				F				F				F				F		
	G		18		G				G				G				G				G		
	I				I				I				I				I				I		
151				152				153				154				155			

Tumbling

These elements must be preceded by motion and land on one or two feet according to the character

				BACK SALTOS										FRONT SALTOS					SIDE SALTOS		
	twist																					
		1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**
1	0°	1	2	4	4	5	6	20	22	22	24	28	52	2	4	5	7	24	28	4	5	24
2	180°		4		6	7	8	24	26	26	28	32			6	7	9	28	33			
3	360°		6		10	11	12	28	30	30	32	36			8	9	11	32	36			
4	540°		8		12	14	16	32	34	34	36	40			10	11	13					
5	720°				14	15	16	36	38	38	40	44				13	15					
6	900°				16	17	18	40	42	42	44	48				15	17					
7	1080°				18	19	20	44	46	46	48	52				17	19					

VALUES FOR LINKS:

» front salto after front handspring +2
» side salto after cartwheel +2

After Single somersault
» back handspring +2
» salto performed in the in the same direction +2
» salto performed in the reverse direction +4

After Double somersaults
» back handspring +2
» salto performed in same direction +4
» salto performed in the reserve direction +6

After Triple somersaults
» back handsprings +4
» salto performed in the same direction +6
» salto performed in the reverse direction +8

Note: Front handspring to one foot can only be performed in conjunction with another element

New Tariff Sheet 2013

Instruction how to use

Pairs Balance

- Box **1**: Identification (ID/#) of the **Static Holds (Top)**
  - Value in **A**
- Box **2**: Identification (ID/#) of **Mounts & Motions Top**
  - Value in **B**
- Box **3**: Identification (ID/#) of the **Static & Motions Base**
  - Value in **C**
- Box **4**: Top + 1 value for legs together
  - Value in **D**

Pairs Dynamic

- Box 1: not used
- Box **2**: Identification (ID/#) of the **Elements**
  - Value in **B**
- Box 3: not used
- **D** : value of **Links** (*no coördinates!*)

Groups Balance

- Box 1: Identification (ID/#) of the **Static Holds (Top)**
  - Value in **A**
- Box **2**: Identification (ID/#) of **Mounts & Motions Top**
  - Value in **B**
- Box **3**: Identification (ID/#) of the **Basic Pyramids & Transitions**
  - Value in **C**
- Box **4**: Top + 1 value for legs together
  - Value in **D**

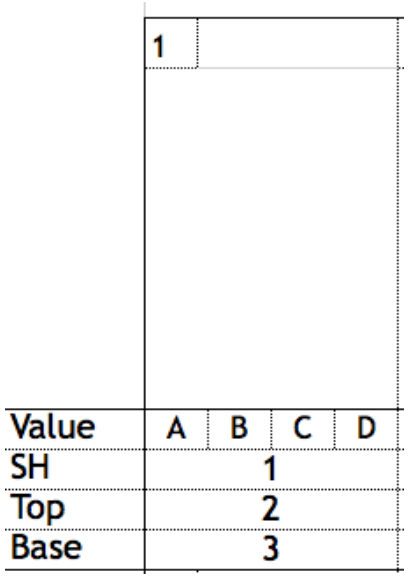
Groups Dynamic

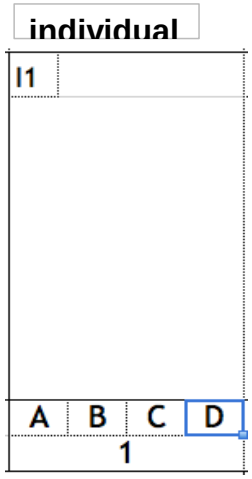
- Box 1: not used
- Box **2**: Identification (ID/#) of the **Elements**
  - Value in **B**
- Box 3: not used
- **D** : value of **Links** (*no coördinates!*)

Individual Elements

- 1: coördinates of the individual elements
  - cat. 1: only ID/# number
  - Cat. 2: only page

A = PARTNER 1
B = PARTNER 2
C = PARTNER 3
D = PARTNER 4





Tariff Sheet 2017 -2020

Competition:	Nr:	Music with lyrics:	Yes	No

Names gymnasts + contactperson (Cellphone-nr)

	1	2	3	4	5	6	7	8	9
Value									
SH									
Top									
Base									

	10	11	12	13	14	15	16	17	18
Value									
SH									
Top									
Base									

	19	20	21	22	23	INDIVIDUAL ELEMENTS	I1	I2	I3
Value									
SH									
Top			Size:		TF:		SR:		
Base									

COUNTRY

LEVEL				
11-16	12-18	13-19	SEN	

CATEGORY				
W2	M2	MX2	W3	M4

EXERCISE			
BAL	DYN	COM	FINAL

DIFFICULTY	
D-SCORE	
DV	

VALUE	
BALANCE	
DYNAMIC	
INDIVIDUAL	

	1	2	3	4	5	6	7	8	9
VALUE									
SH									
TOP									
BASE									

	10	11	12	13	14	15	16	17	18
VALUE									
SH									
TOP									
BASE									

	19	20	21	22	23		I1	I2	I3
VALUE									
SH									
TOP					TF:		SR:		SIZE:
BASE									

INDIVIDUAL ELEMENTS

PARTICIPATION NUMBER		
Music with lyrics:	Yes	No

COUNTRY

GYMNASTS	
TOP	
BASE	
BASE	
BASE	

CONTACT PERSON	
NAME	
TEL	

COMPETITION

LEVEL

CATEGORY

EXERCISE

DIFFICULTY	
D-SCORE	
DV	

VALUE	
BALANCE	
DYNAMIC	
INDIVIDUAL	

New Element Registration Form

Federation: .....

Address for correspondence: .....

International Tel. No: .....

Email: .....

Event: PAIR / WG / MG / INDIV

Detailed drawing of the element requested, and suggested value for consideration

This form must be accompanied by either: a series of actual photographs of the static element being performed, or an E-MAILED video of the dynamic element.
The form and related documentation is submitted to the Secretary of the FIG Acrobatics Committee.