FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

CODE OF POINTS ACROBATIC GYMNASTICS
TABLES OF DIFFICULTY 2013-2016

January 2013-Final

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THE TABLES OF DIFFICULTY FOR ACROBATIC GYMNASTICS

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.

The conversion tables will be re-evaluated in November of 2013. Adjustments may be necessary based on the impact of the new difficulty values.

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 for their expertise in revising the Tables for the new cycle
  Tonya Case, Irina Nikitina, Karl Wharton, Rosy Taeymans, Raul Correia, Wieslawa Milewska, Sabrina Hegele
- 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.
- For technical expertise, Rosy Taeymans, Nancy Warmoeskerken, Albert Jung, Frank Böhm
- For the conversion tables, Konrad Zielinski and Gizela Zielinska
- 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. Computer drawings are acceptable. Drawings 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.

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

Difficulty Conversion Tables
General Rules
Start and End Points
Categories of Handstands

DIFFICULTY CONVERSION TABLE FOR QUALIFICATIONS AND FINAL EXERCISES AGE GROUP 12-18

BALANCE EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	46	**8,60**
6-10	**2,0**	47	**8,70**
11-15	**3,0**	48	**8,80**
16-20	**3,5**	49	**8,90**
21-24	**4,0**	50-51	**9,00**
25	**4,5**	52-53	**9,10**
26	**5,0**	54-55	**9,20**
27	**5,5**	56-57	**9,30**
28	**6,0**	58-59	**9,40**
29	**6,5**	60-61	**9,50**
30	**7,0**	62-63	**9,55**
31	**7,1**	64-65	**9,60**
32	**7,2**	66-67	**9,65**
33	**7,3**	68-69	**9,70**
34	**7,4**	70-71	**9,75**
35	**7,5**	72-73	**9,80**
36	**7,6**	74-75	**9,85**
37	**7,7**	76-77	**9,90**
38	**7,8**	78-79	**9,95**
39	**7,9**	80	**10,00**
40	**8,0**		
41	**8,1**		
42	**8,2**		
43	**8,3**		
44	**8,4**		
45	**8,5**		

DYNAMIC EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	52-53	**9,55**
6-10	**2,0**	54-55	**9,60**
11-15	**3,0**	56-57	**9,65**
16-20	**3,5**	58-59	**9,70**
21-24	**4,0**	60-61	**9,75**
25	**4,5**	62-63	**9,80**
26	**5,0**	64-65	**9,85**
27	**5,5**	66-67	**9,90**
28	**6,0**	68-69	**9,95**
29	**6,5**	70	**10,00**
30	**7,0**		
31	**7,2**		
32	**7,4**		
33	**7,6**		
34	**7,8**		
35	**8,0**		
36	**8,2**		
37	**8,4**		
38	**8,6**		
39	**8,8**		
40-41	**9,0**		
42-43	**9,1**		
44-45	**9,2**		
46-47	**9,3**		
48-49	**9,4**		
50-51	**9,5**		

COMBINED EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	50-51	**8,00**
6-10	**2,0**	52-53	**8,20**
11-15	**2,5**	54-55	**8,40**
16-20	**3,0**	56-57	**8,60**
21-24	**3,5**	58-59	**8,80**
25	**4,0**	60-61	**9,00**
26	**4,2**	62-63	**9,05**
27	**4,4**	64-65	**9,10**
28	**4,6**	66-67	**9,15**
29	**4,8**	68-69	**9,20**
30	**5,0**	70-71	**9,25**
31	**5,2**	72-73	**9,30**
32	**5,4**	74-75	**9,35**
33	**5,6**	76-77	**9,40**
34	**5,4**	78-79	**9,45**
35	**6,0**	80-81	**9,50**
36	**6,2**	82-83	**9,55**
37	**6,4**	84-85	**9,60**
38	**6,6**	86-87	**9,65**
39	**6,8**	88-89	**9,70**
40	**7,0**	90-91	**9,75**
41	**7,1**	92-93	**9,80**
42	**7,2**	94-95	**9,85**
43	**7,3**	96-97	**9,90**
44	**7,4**	98-99	**9,95**
45	**7,5**	100	**10**
46	**7,6**		
47	**7,7**		
48	**7,8**		
49	**7,9**		

Up to 20 values more than that given for the maximum difficulty mark may be performed (without extra difficulty) but no more. If the v 20 is exceeded, a penalty of 1,0 will be applied.

DIFFICULTY CONVERSION TABLE FOR QUALIFICATIONS 13-19

BALANCE EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	62-63	**8,60**	101	**9,72**
6-10	**2,0**	64-65	**8,70**	102	**9,74**
11-15	**3,0**	66-67	**8,80**	103	**9,76**
16-20	**3,5**	68-69	**8,90**	104	**9,78**
21-24	**4,0**	70-71	**9,00**	105	**9,80**
25	**4,5**	72-73	**9,05**	106	**9,82**
26	**5,0**	74-75	**9,10**	107	**9,84**
27	**5,5**	76-77	**9,15**	108	**9,86**
28	**6,0**	78-79	**9,20**	109	**9,88**
29	**6,5**	80-81	**9,25**	110	**9,90**
30-31	**7,0**	82-83	**9,30**	111	**9,91**
32-33	**7,1**	84-85	**9,35**	112	**9,92**
34-35	**7,2**	86-87	**9,40**	113	**9,93**
36-37	**7,3**	88-89	**9,45**	114	**9,94**
38-39	**7,4**	90	**9,50**	115	**9,95**
40-41	**7,5**	91	**9,52**	116	**9,96**
42-43	**7,6**	92	**9,54**	117	**9,97**
44-45	**7,7**	93	**9,56**	118	**9,98**
46-47	**7,8**	94	**9,58**	119	**9,99**
48-49	**7,9**	95	**9,60**	120	**10,00**
50-51	**8,0**	96	**9,62**		
52-53	**8,1**	97	**9,64**		
54-55	**8,2**	98	**9,66**		
56-57	**8,3**	99	**9,68**		
58-59	**8,4**	100	**9,70**		
60-61	**8,5**				

DYNAMIC EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	46	**7,6**	86	**9,62**
6-10	**2,0**	47	**7,7**	87	**9,64**
11-15	**2,5**	48	**7,8**	88	**9,66**
16-20	**3,0**	49	**7,9**	89	**9,68**
21-24	**3,5**	50-51	**8,0**	90	**9,70**
25	**4,0**	52-53	**8,1**	91	**9,72**
26	**4,2**	54-55	**8,2**	92	**9,74**
27	**4,4**	56-57	**8,3**	93	**9,76**
28	**4,6**	58-59	**8,4**	94	**9,78**
29	**4,8**	60-61	**8,5**	95	**9,78**
30	**5,0**	62-63	**8,6**	96	**9,82**
31	**5,2**	64-65	**8,7**	97	**9,84**
32	**5,4**	66-67	**8,8**	98	**9,86**
33	**5,6**	68-69	**8,9**	99	**9,88**
34	**5,8**	70-71	**9,0**	100	**9,90**
35	**6,0**	72-73	**9,1**	101	**9,91**
36	**6,2**	74-75	**9,2**	102	**9,92**
37	**6,4**	76-77	**9,3**	103	**9,93**
38	**6,6**	78-79	**9,4**	104	**9,94**
39	**6,8**	80	**9,5**	105	**9,95**
40	**7,0**	81	**9,52**	106	**9,96**
41	**7,1**	82	**9,54**	107	**9,97**
42	**7,2**	83	**9,56**	108	**9,98**
43	**7,3**	84	**9,58**	109	**9,99**
44	**7,4**	85	**9,60**	110	**10,00**
45	**7,5**				

Up to 20 values more than that given for the maximum difficulty mark may be performed (without extra difficulty) but no more. If v 20 is exceeded, a penalty of 1,0 will be taken.

DIFFICULTY CONVERSION TABLE FOR FINALS 13-19

COMBINED EXERCISE 13 - 19

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	48	**6,8**	74	**8,2**	100	**9,5**	126	**9,86**
6-7	**2,0**	49	**6,9**	75	**8,25**	101	**9,52**	127	**9,87**
8-9	**3,0**	50	**7,0**	76	**8,3**	102	**9,54**	128	**9,88**
10-11	**3,5**	51	**7,05**	77	**8,35**	103	**9,56**	129	**9,89**
12-13	**3,8**	52	**7,1**	78	**8,4**	104	**9,58**	130	**9,90**
14-15	**4,1**	53	**7,15**	79	**8,45**	105	**9,6**	131	**9,91**
16-17	**4,4**	54	**7,2**	80	**8,5**	106	**9,62**	132	**9,92**
18-19	**4,7**	55	**7,25**	81	**8,55**	107	**9,64**	133	**9,93**
20-21	**5,0**	56	**7,3**	82	**8,6**	108	**9,66**	134	**9,94**
22-23	**5,1**	57	**7,35**	83	**8,65**	109	**9,68**	135	**9,95**
24-25	**5,2**	58	**7,4**	84	**8,7**	110	**9,7**	136	**9,96**
26-27	**5,3**	59	**7,45**	85	**8,75**	111	**9,71**	137	**9,97**
28-29	**5,4**	60	**7,5**	86	**8.8**	112	**9,72**	138	**9,98**
30-31	**5,5**	61	**7,55**	87	**8,85**	113	**9,73**	139	**9,99**
32-33	**5,6**	62	**7,6**	88	**8,9**	114	**9,74**	140	**10,0**
34-35	**5,7**	63	**7,65**	89	**8,95**	115	**9,75**		
36-37	**5,8**	64	**7,7**	90	**9,0**	116	**9,76**		
38-39	**5,9**	65	**7,75**	91	**9,05**	117	**9,77**		
40	**6,0**	66	**7,8**	92	**9,1**	118	**9,78**		
41	**6,1**	67	**7,85**	93	**9,15**	119	**9,79**		
42	**6,2**	68	**7,9**	94	**9,2**	120	**9,80**		
43	**6,3**	69	**7,95**	95	**9,25**	121	**9,81**		
44	**6,4**	70	**8,0**	96	**9,3**	122	**9,82**		
45	**6,5**	71	**8,05**	97	**9,35**	123	**9,83**		
46	**6,6**	72	**8,1**	98	**9,4**	124	**9,84**		
47	**6,7**	73	**8,15**	99	**9,45**	125	**9,85**		

Up to 20 values more than that given for the maximum difficulty mark may be performed (without extra difficulty) but no more. If v 20 is exceeded, a penalty of 1,0 will be taken.

DIFFICULTY CONVERSION TABLE FOR BALANCE AND DYNAMIC EXERCISES SENIOR

BALANCE EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	70-71	**7,50**	133	**9,76**
6-7	**2,0**	72-73	**7,60**	134	**9,78**
8-9	**3,0**	74-75	**7,70**	135	**9,80**
10-11	**3,5**	76-77	**7,80**	136	**9,82**
12-13	**3,8**	78-79	**7,90**	137	**9,84**
14-15	**4,1**	80-81	**8,00**	138	**9,86**
16-17	**4,4**	82-83	**8,10**	139	**9,88**
18-19	**4,7**	84-85	**8,20**	140	**9,90**
20-21	**5,0**	86-87	**8,30**	141	**9,91**
22-23	**5,1**	88-89	**8,40**	142	**9,92**
24-25	**5,2**	90-91	**8,50**	143	**9,93**
26-27	**5,3**	92-93	**8,60**	144	**9,94**
28-29	**5,4**	94-95	**8,70**	145	**9,95**
30-31	**5,5**	96-97	**8,80**	146	**9,96**
32-33	**5,6**	98-99	**8,90**	147	**9,97**
34-35	**5,7**	100-101	**9,00**	148	**9,98**
36-37	**5,8**	102-103	**9,06**	149	**9,99**
38-39	**5,9**	104-105	**9,12**	150	**10,00**
40-41	**6,0**	106-107	**9,18**		
42-43	**6,1**	108-109	**9,24**		
44-45	**6,2**	110-111	**9,30**		
46-47	**6,3**	112-113	**9,36**		
48-49	**6,4**	114-115	**9,42**		
50-51	**6,5**	116-117	**9,48**		
52-53	**6,6**	118-119	**9,54**		
54-55	**6,7**	120-121	**9,60**		
56-57	**6,8**	122-123	**9,62**		
58-59	**6,9**	124-125	**9,64**		
60-61	**7,0**	126-127	**9,66**		
62-63	**7,1**	128-129	**9,68**		
64-65	**7,2**	130	**9,70**		
66-67	**7,3**	131	**9,72**		
68-69	**7,4**	132	**9,74**		

For every value 1 above 150, an additional 0.015 is given.

DYNAMIC EXERCISES

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	**1,0**	70-71	**7,50**	118	**9,56**
6-7	**2,0**	72-73	**7,60**	119	**9,58**
8-9	**3,0**	74-75	**7,70**	120	**9,60**
10-11	**3,5**	76-77	**7,80**	121	**9,62**
12-13	**3,8**	78-79	**7,90**	122	**9,64**
14-15	**4,1**	80-81	**8,00**	123	**9,66**
16-17	**4,4**	82-83	**8,10**	124	**9,68**
18-19	**4,7**	84-85	**8,20**	125	**9,70**
20-21	**5,0**	86-87	**8,30**	126	**9,72**
22-23	**5,1**	88-89	**8,40**	127	**9,74**
24-25	**5,2**	90-91	**8,50**	128	**9,76**
26-27	**5,3**	92-93	**8,60**	129	**9,78**
28-29	**5,4**	94-95	**8,70**	130	**9,80**
30-31	**5,5**	96-97	**8,80**	131	**9,82**
32-33	**5,6**	98-99	**8,90**	132	**9,84**
34-35	**5,7**	100	**9,00**	133	**9,86**
36-37	**5,8**	101	**9,04**	134	**9,88**
38-39	**5,9**	102	**9,08**	135	**9,90**
40-41	**6,0**	103	**9,12**	136	**9,92**
42-43	**6,1**	104	**9,16**	137	**9,94**
44-45	**6,2**	105	**9,20**	138	**9,96**
46-47	**6,3**	106	**9,24**	139	**9,98**
48-49	**6,4**	107	**9,28**	140	**10,00**
50-51	**6,5**	108	**9,32**		
52-53	**6,6**	109	**9,36**		
54-55	**6,7**	110	**9,40**		
56-57	**6,8**	111	**9,42**		
58-59	**6,9**	112	**9,44**		
60-61	**7,0**	113	**9,46**		
62-63	**7,1**	114	**9,48**		
64-65	**7,2**	115	**9,50**		
66-67	**7,3**	116	**9,52**		
68-69	**7,4**	117	**9,54**		

For every value 1 above 140, an additional 0.015 is given.

DIFFICULTY CONVERSION TABLE FOR COMBINED EXERCISES SENIOR

Difficulty Value	Start Value
1-5	**1,0**
6-7	**2,0**
8-9	**3,0**
10-11	**3,5**
12-13	**3,8**
14-15	**4,1**
16-17	**4,4**
18-19	**4,7**
20-21	**5,0**
22-23	**5,1**
24-25	**5,2**
26-27	**5,3**
28-29	**5,4**
30-31	**5,5**
32-33	**5,6**
34-35	**5,7**
36-37	**5,8**
38-39	**5,9**
40-41	**6,0**
42-43	**6,1**
44-45	**6,2**
46-47	**6,3**
48-49	**6,4**
50-51	**6,5**
52-53	**6,6**
54-55	**6,7**
56-57	**6,8**
58-59	**6,9**
60-61	**7,0**
62-63	**7,1**
64-65	**7,2**
66-67	**7,3**
68-69	**7,4**

Difficulty Value	Start Value
70-71	**7,50**
72-73	**7,55**
74-75	**7,60**
76-77	**7,65**
78-79	**7,70**
80-81	**7,75**
82-83	**7,80**
84-85	**7,85**
86-87	**7,90**
88-89	**7,95**
90-91	**8,00**
92-93	**8,05**
94-95	**8,10**
96-97	**8,15**
98-99	**8,20**
100-101	**8,25**
102-103	**8,30**
104-105	**8,35**
106-107	**8,40**
108-109	**8,45**
110-111	**8,50**
112-113	**8,55**
114-115	**8,60**
116-117	**8,65**
118-119	**8,70**
120-121	**8,75**
122-123	**8,80**
124-125	**8,85**
126-127	**8,90**
128-129	**8,95**
130	**9,00**
131	**9,01**
132	**9,02**

Difficulty Value	Start Value
133	**9,03**
134	**9,04**
135	**9,05**
136	**9,06**
137	**9,07**
138	**9,08**
139	**9,09**
140	**9,10**
141	**9,11**
142	**9,12**
143	**9,13**
144	**9,14**
145	**9,15**
146	**9,16**
147	**9,17**
148	**9,18**
149	**9,19**
150	**9,20**
151	**9,21**
152	**9,22**
153	**9,23**
154	**9,24**
155	**9,25**
156	**9,26**
157	**9,27**
158	**9,28**
159	**9,29**
160	**9,30**
161	**9,31**
162	**9,32**
163	**9,33**
164	**9,34**
165	**9,35**

Difficulty Value	Start Value
166	**9,36**
167	**9,37**
168	**9,38**
169	**9,39**
170	**9,40**
171	**9,41**
172	**9,42**
173	**9,43**
174	**9,44**
175	**9,45**
176	**9,46**
177	**9,47**
178	**9,48**
179	**9,49**
180	**9,50**
181	**9,51**
182	**9,52**
183	**9,53**
184	**9,54**
185	**9,55**
186	**9,56**
187	**9,57**
188	**9,58**
189	**9,59**
190	**9,60**
191	**9,61**
192	**9,62**
193	**9,63**
194	**9,64**
195	**9,65**
196	**9,66**
197	**9,67**
198	**9,68**

Difficulty Value	Start Value
199	**9,69**
200	**9,70**
201	**9,71**
202	**9,72**
203	**9,73**
204	**9,74**
205	**9,75**
206	**9,76**
207	**9,77**
208	**9,78**
209	**9,79**
210	**9,80**
211	**9,81**
212	**9,82**
213	**9,83**
214	**9,84**
215	**9,85**
216	**9,86**
217	**9,87**
218	**9,88**
219	**9,89**
220	**9,90**
221	**9,91**
222	**9,92**
223	**9,93**
224	**9,94**
225	**9,95**
226	**9,96**
227	**9,97**
228	**9,98**
229	**9,99**
230	**10,00**

For every value 1 above 230 an additional 0,015 is given

General Rules Pairs and Groups

- Elements that are performed with only minor stylistic variation 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.

- Split-Flag always receives a **+4**

- All handstand, straight, flags, disloc and mexican, preformed with legs together re Planche legs together **+3**

- All “Wide arms” always **+2**

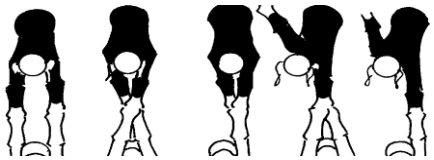
- All salto's performed in position are considerd the same as in position.

  They recieve the same value and the same # number

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

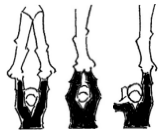
All <u>Handstands</u> performed on the following points of support will receive the additional difficulty as shown.

Balance: 1 Hand to hand:



+2 **+2** **+3** **+3** **+4**

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



Dynamic: Saltos with **4/4** rotation or more, **<u>caught in the hands</u>** of the base, receive an additional value of **+4**
Saltos with **8/4** rotation or more, receive an additional value of **+4**

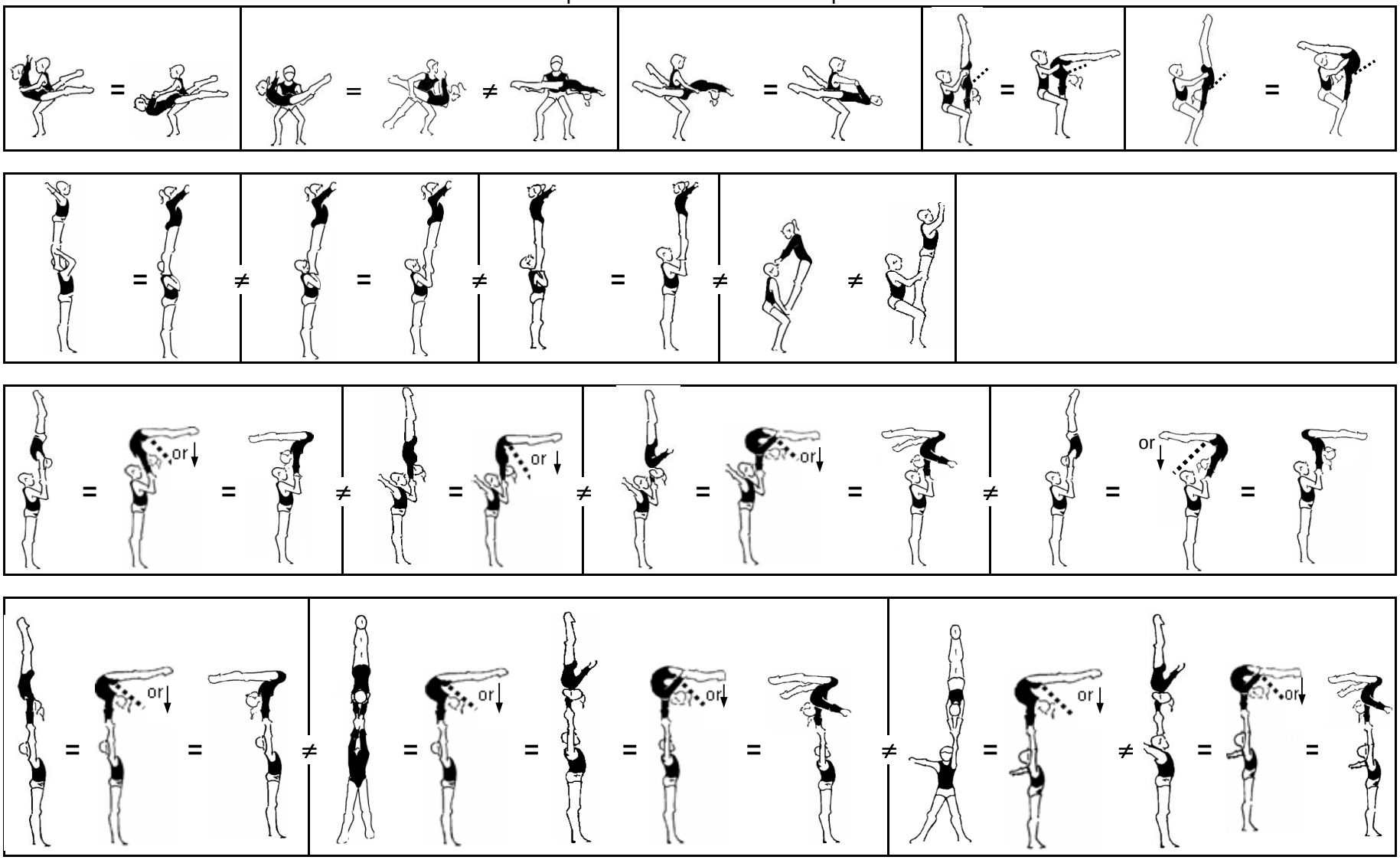
<u>General Restrictions</u>

- 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>can not</u>** be performed on one arm
- Women **<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**
- Crocodile" two on one hand" and "crocodile on one hand" are considered as the **<u>same</u>** element!
- Straddle, crocodile and wide arm elements **<u>can not</u>** be performed on bend arms of the base

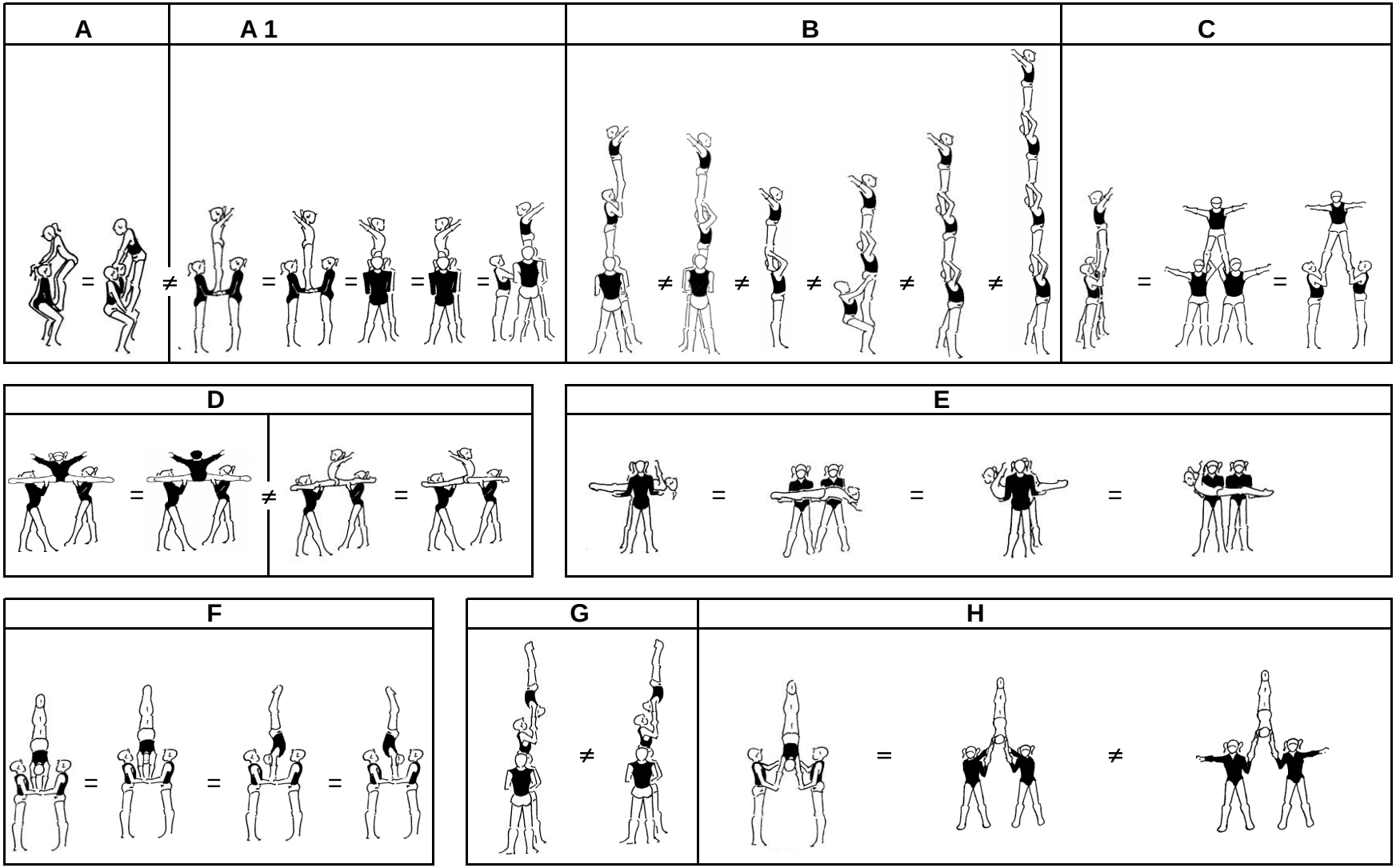
START POINTS AND CATCH POSITIONS

Examples of the most typical positions.

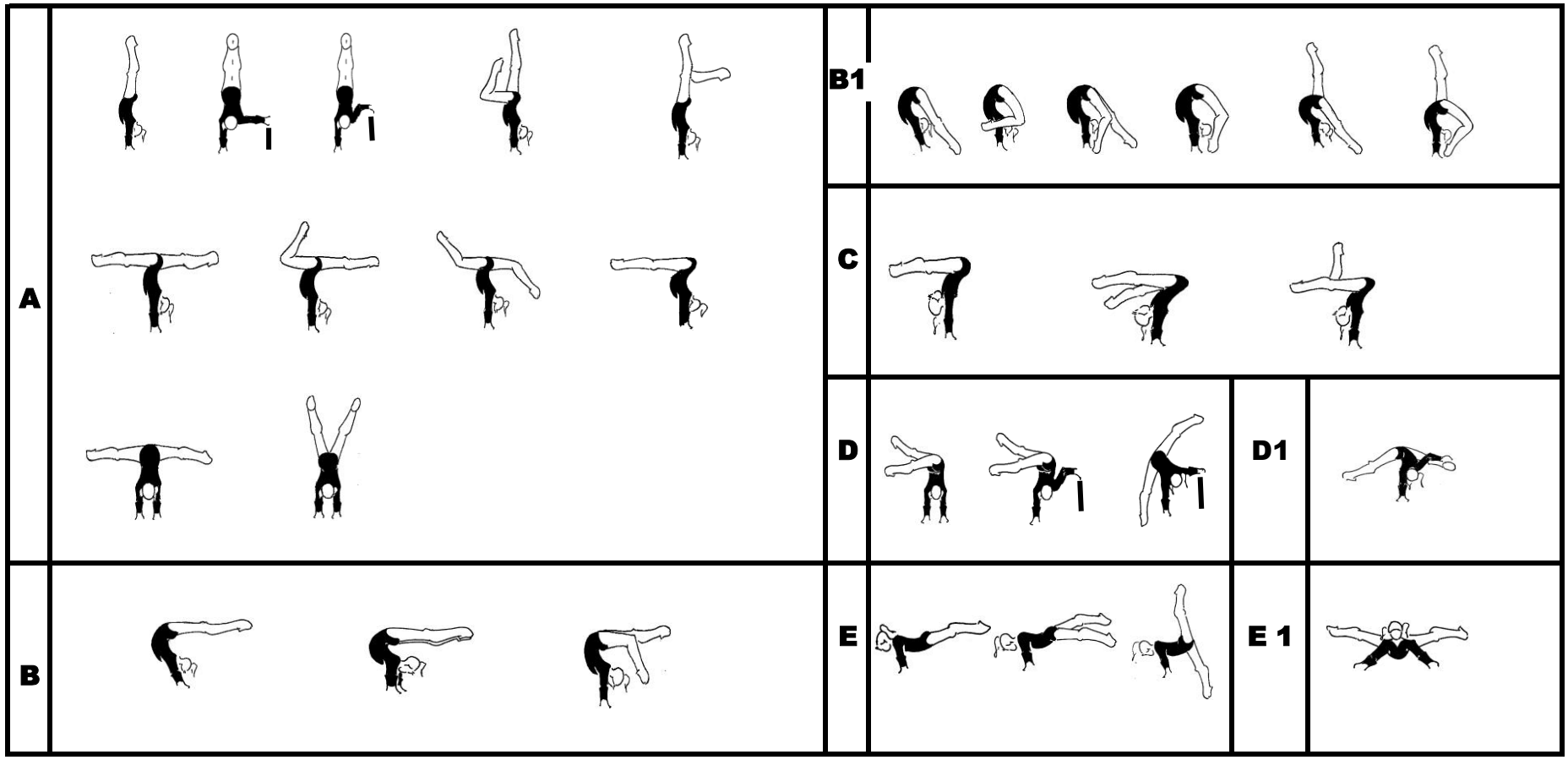
The same position **=** The different positions ≠



START POINTS AND CATCH POSITIONS

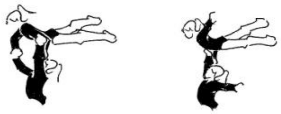


CATEGORIES OF HANDSTANDS

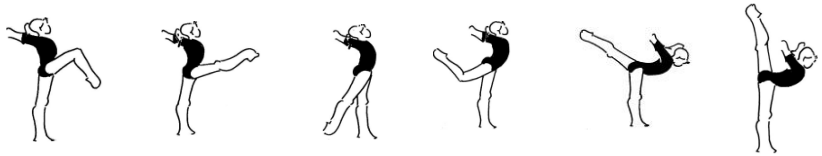
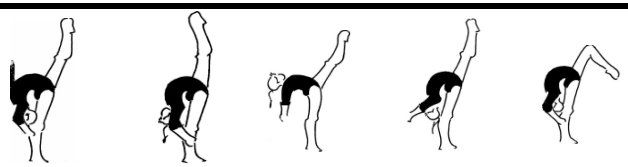


Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty-balance elements. Handstands belonging to the same category are considerred as the same. The same system of categories must be applied to 1 arm handstands, 2 on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

CATEGORIES OF MISCELLANEOUS ELEMENTS

A									
B		**C**		**D**		**E**		**F**	
G		**H**				**I**		**J**	

CATEGORIES OF FOOTSTANDS

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

Elements belonging to the same box are considered as the same

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY
WOMEN'S GROUP
BALANCE ELEMENTS

Balance Elements

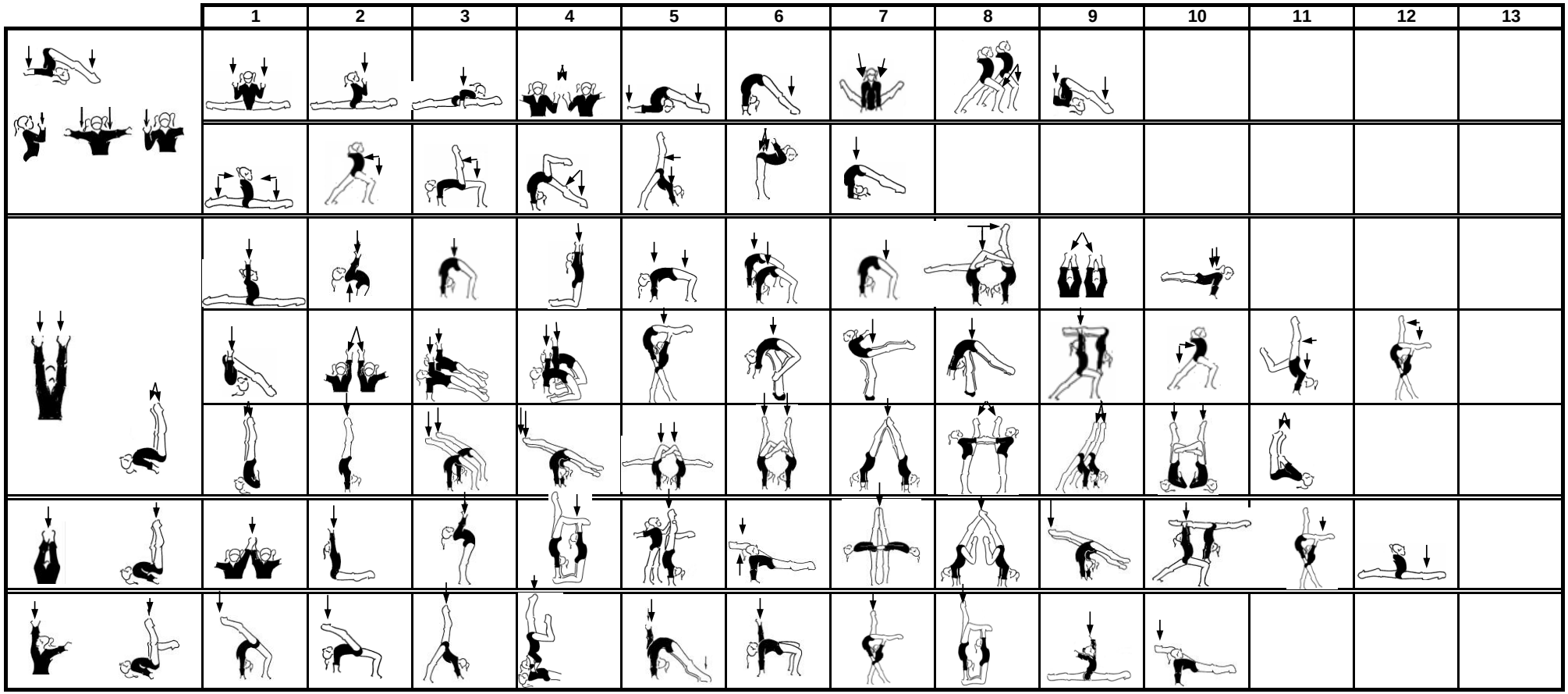
Static

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.

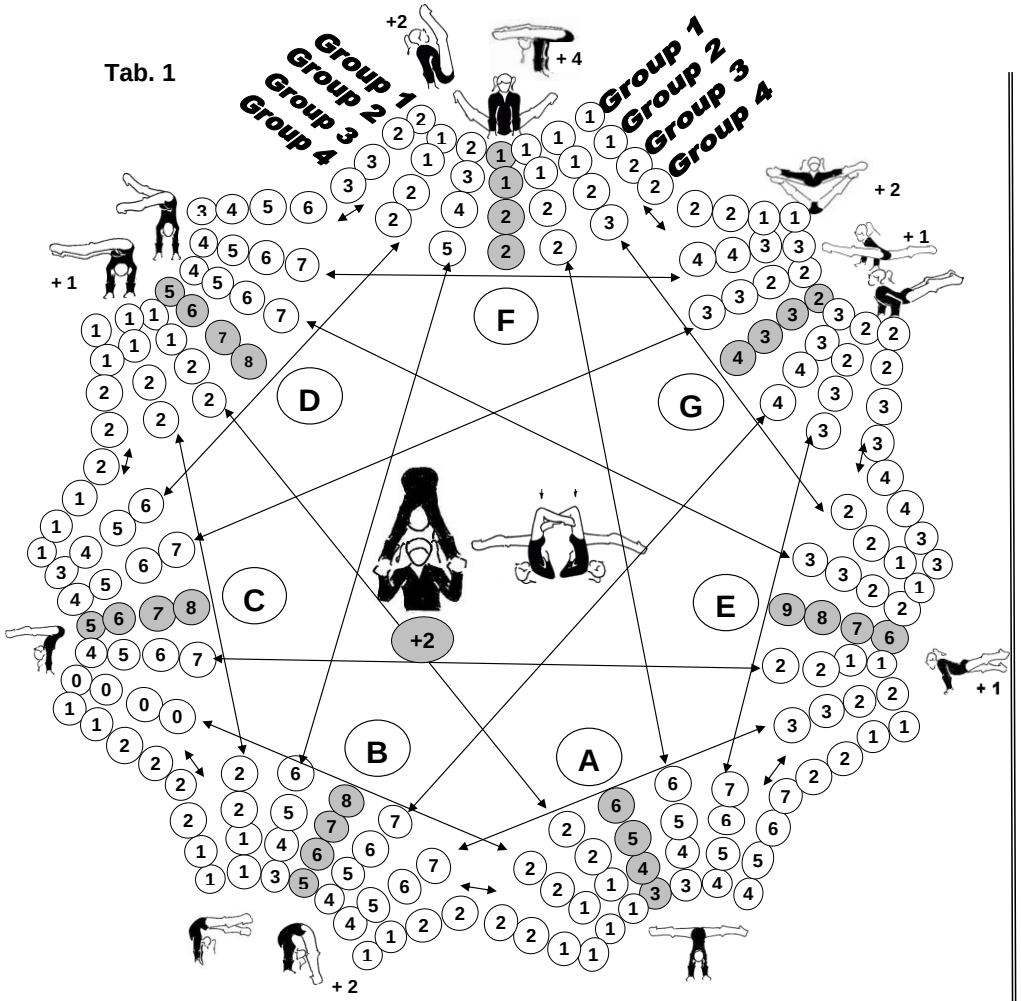
The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find in the bubbles pg 60-63.



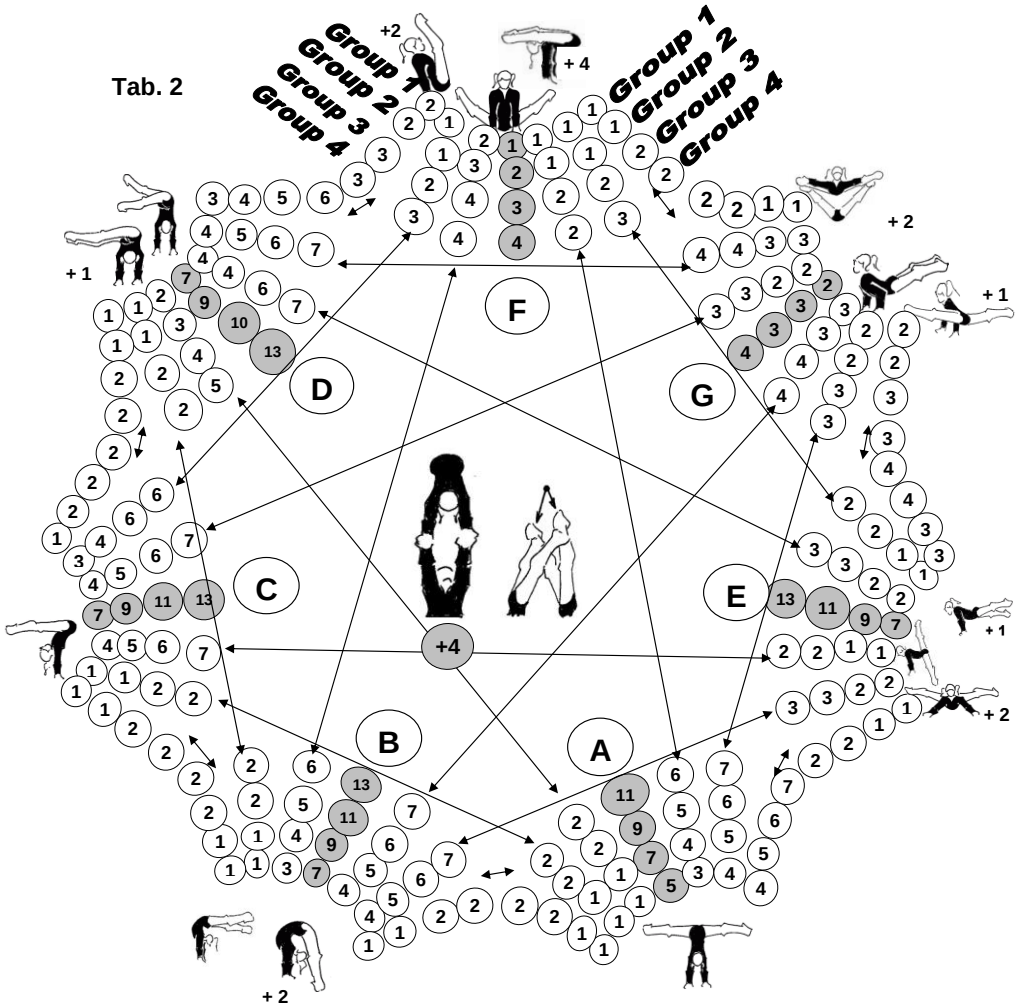
Trios may not work on the back of the neck or top on the head

Women´s Group Balance Elements

Tab. 1



Tab. 2



Tab. 3

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

Tab. 4

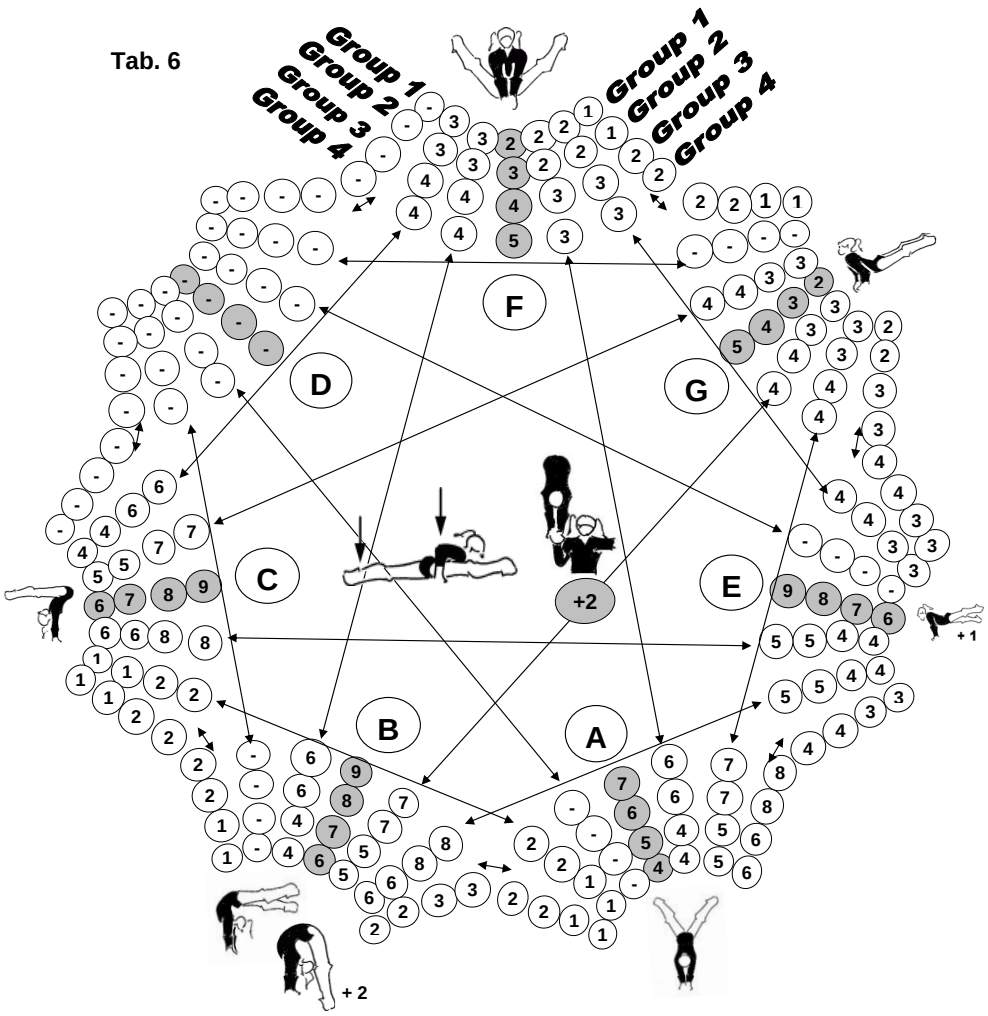
	6	7	8	9	10	11
Gr.1-2-3-4	2-2-2-2	4-4-4-4	4-4-4-4	5-5-5-5	3-3-3-3	1-1-2-2

Tab. 5

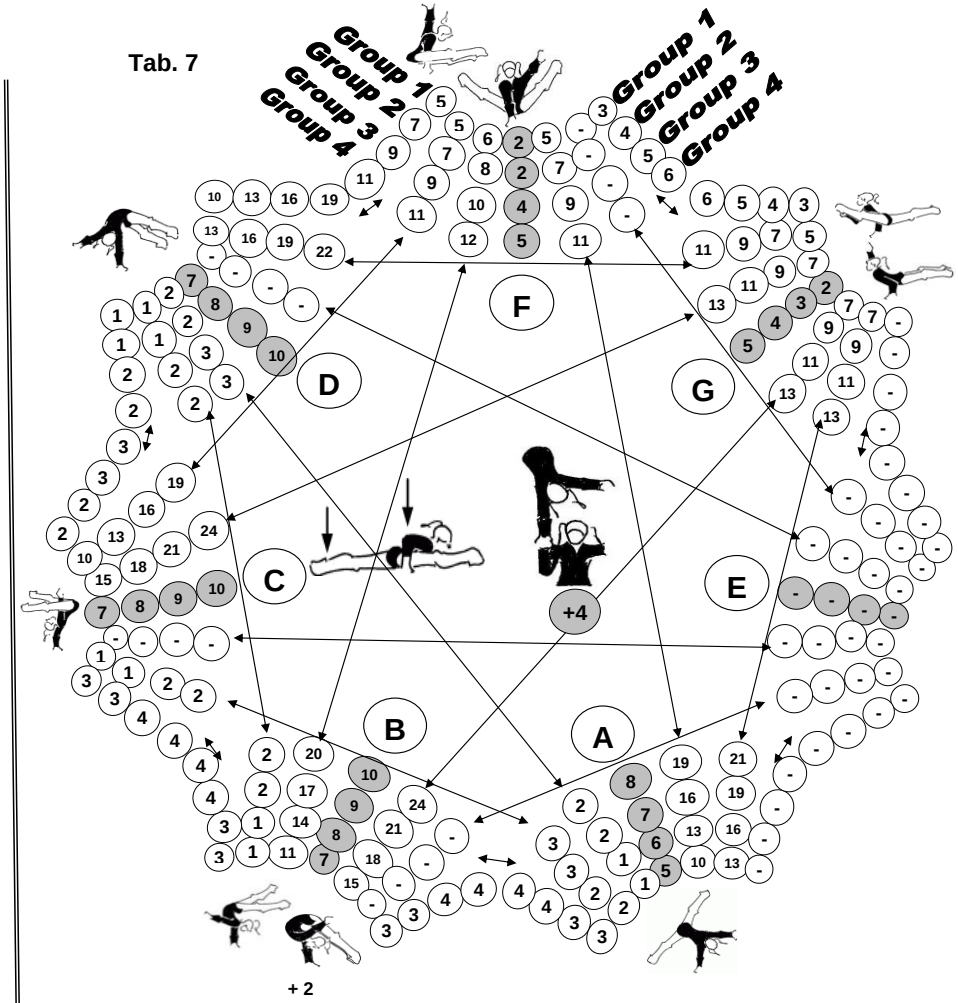
	12	13	14	15	16	17	18	8	9	10	11	12	13	14	15
Gr.1-2-3-4	1-1-1-1	2-2-2-2	1-1-1-1	2-2-2-2	3-3-3-3	3-3-3-3	2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	1-1-2-2	1-1-2-2	1-1-2-2	2-2-3-3	3-3-4-4

Women´s Group Balance Elements

Tab. 6



Tab. 7

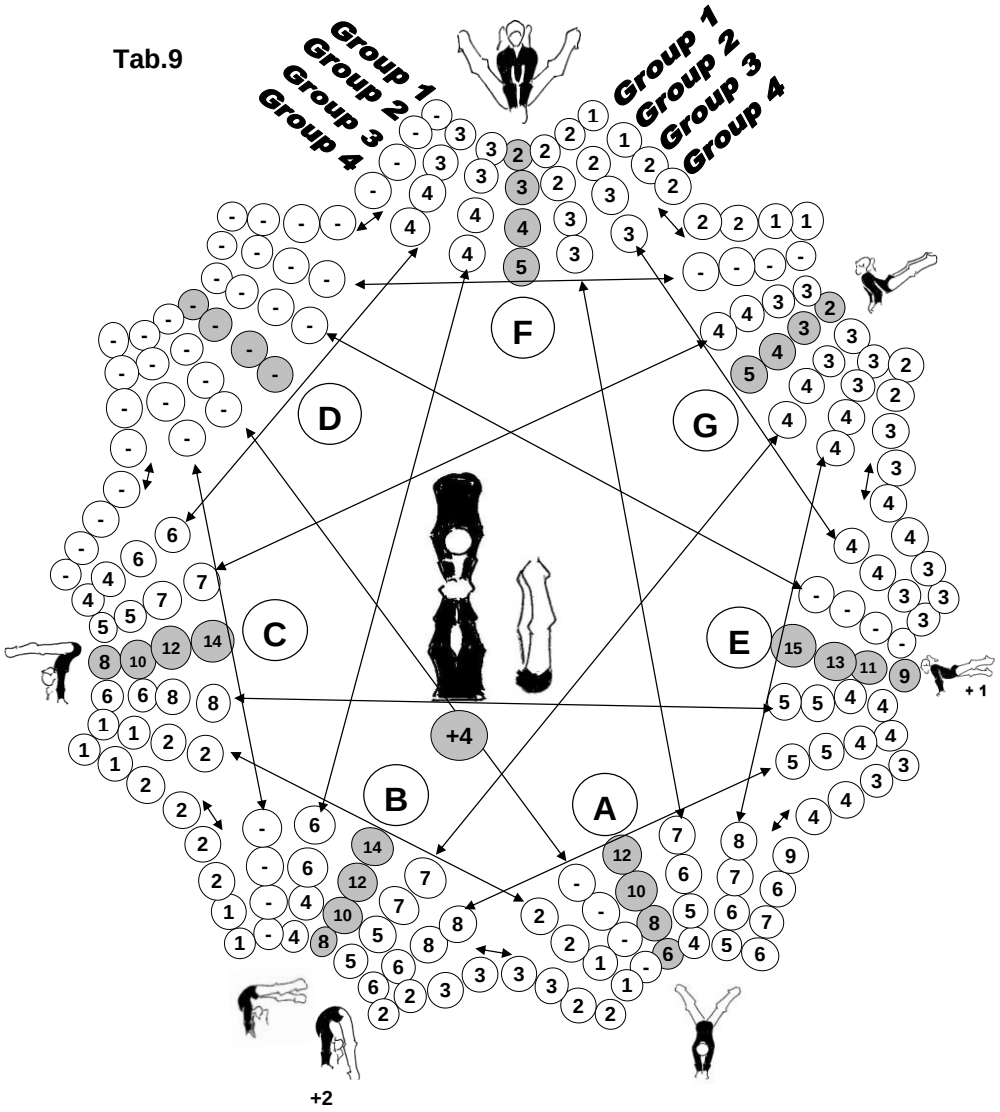


Tab. 8

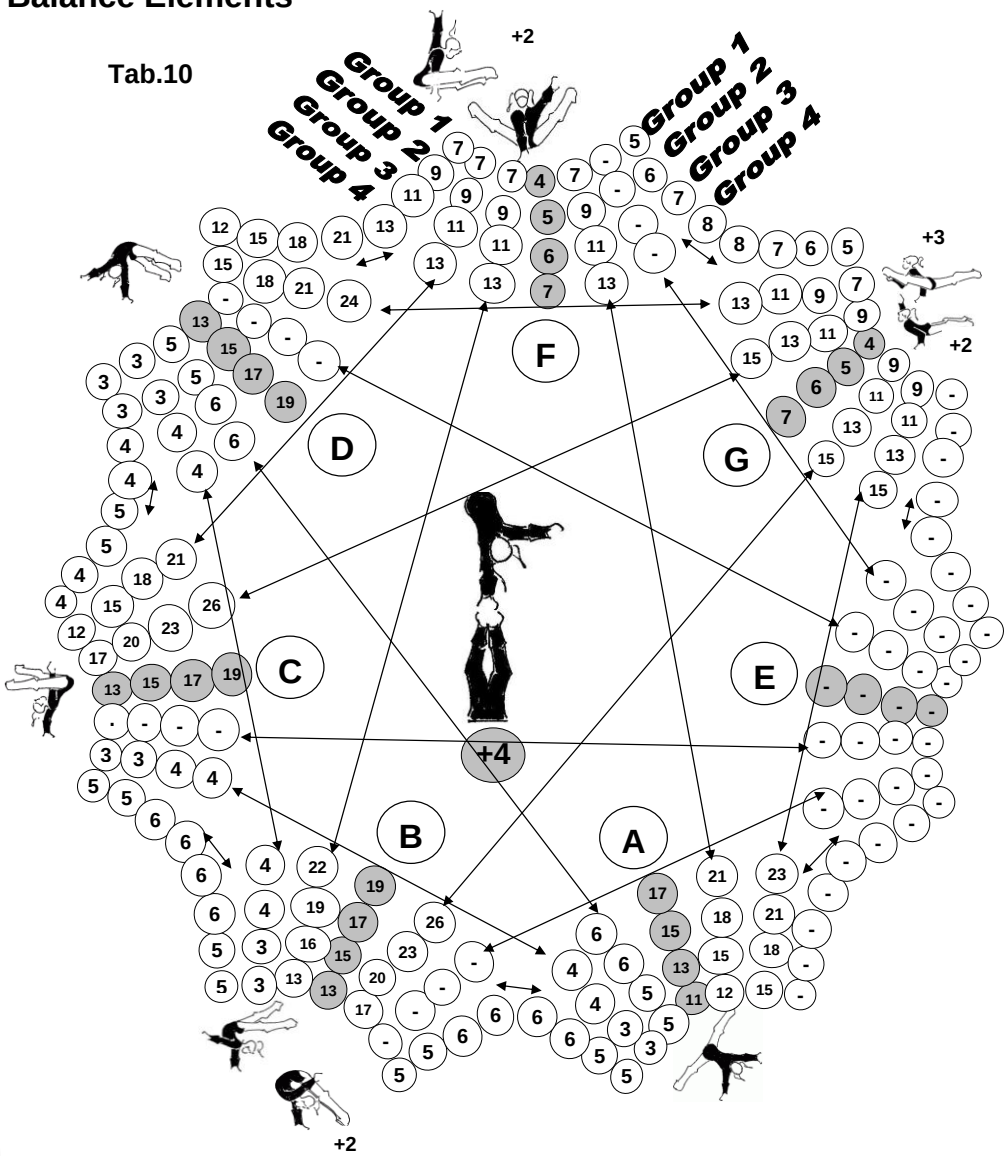
	1	2	3	4	5
Gr.1-2-3-4	1-1-2-2	2-3-4-5	5-6-7-8	5-6-7-8	6-7-8-9

Women´s Group Balance Elements

Tab.9



Tab.10

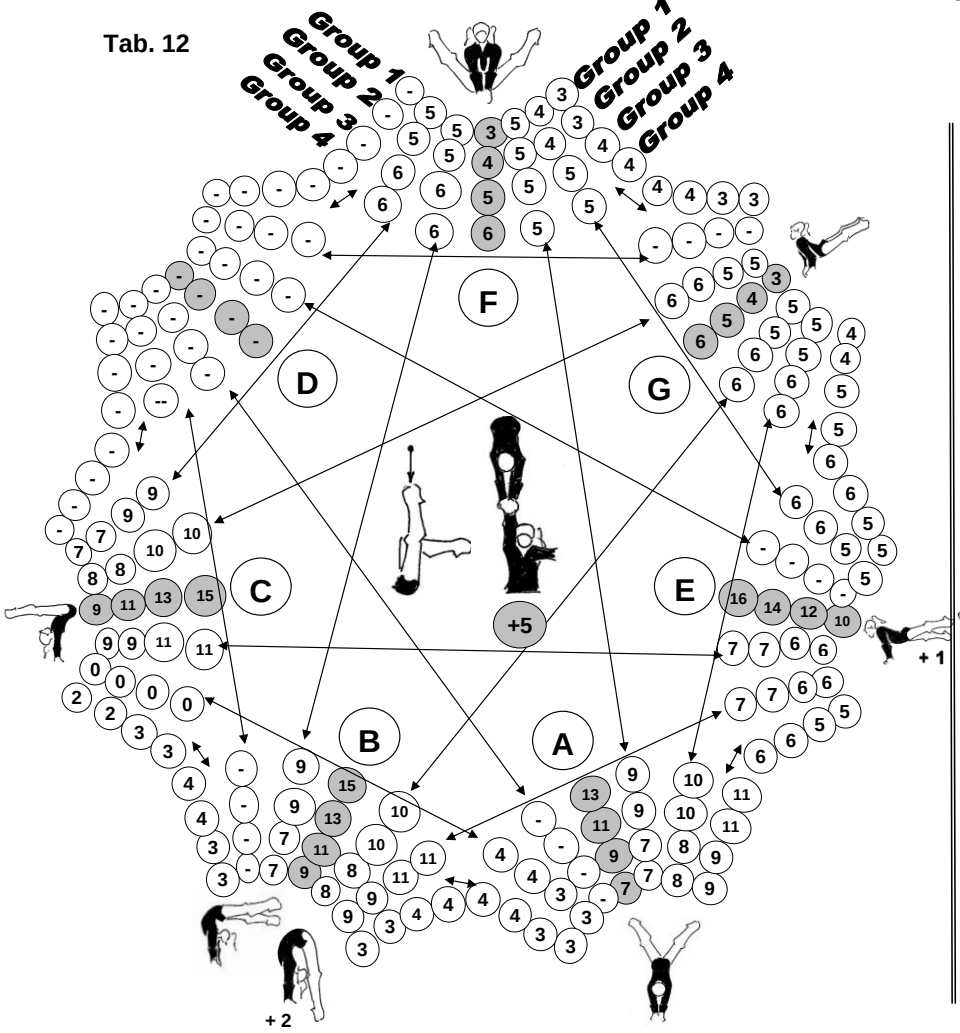


Tab.11

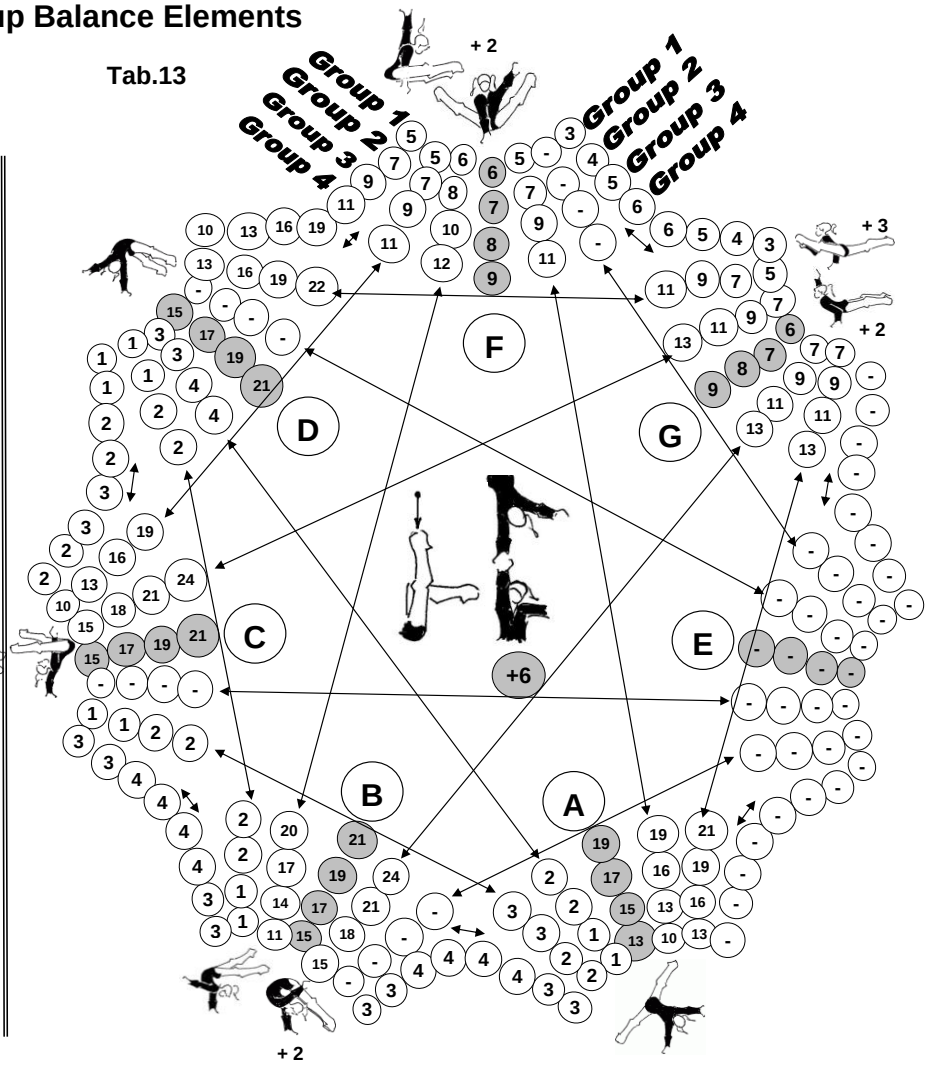
	1	2	3	4	5
Gr.1-2-3-4	2-4-6-8	4-6-8-10	4-6-8-10	7-9-11-12	8-10-12-13

Women´s Group Balance Elements

Tab. 12



Tab.13



Tab.14

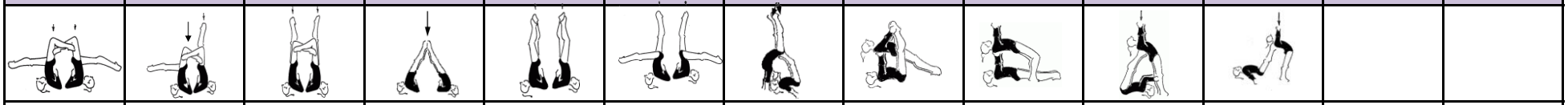
	15	16	17	18	19
Gr.1-2-3-4	4-6-8-10	6-8-10-12	7-9-11-13	11-13-15-17	12-14-16-18

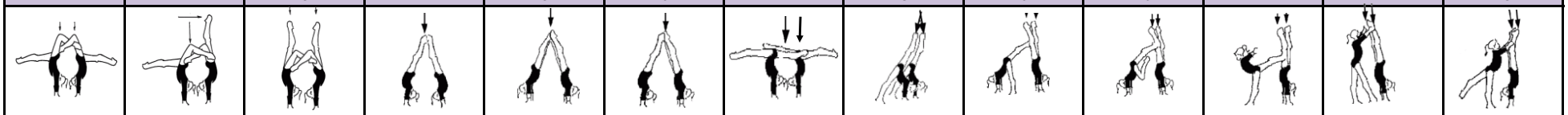
Tab.15

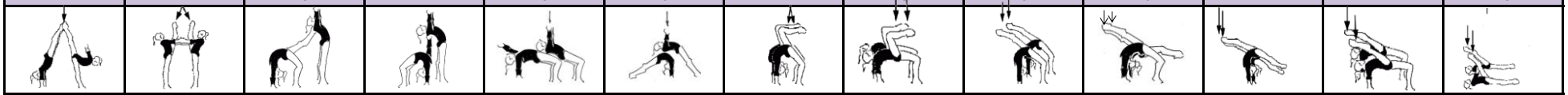
	1	2	3	4	5	6	7	8
Gr.1-2-3-4	3-3-3-3	4-4-4-4	5-5-5-5	2-2-2-2	1-1-2-2	3-3-4-4	2-2-3-3	3-3-4-4

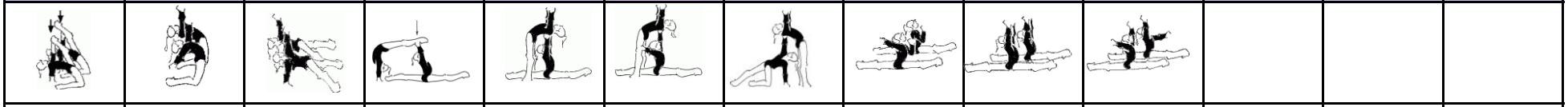
Women´s Group Static Elements

Category 1

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

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

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

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

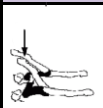
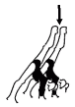
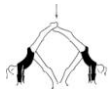
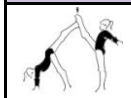
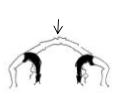
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	2	2	2	2	4	4	5	5					

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

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

Category 1

Women´s Group Static Elements

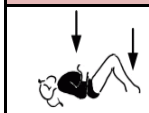
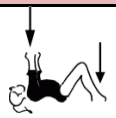
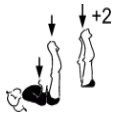
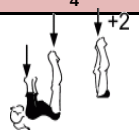
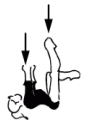
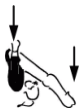
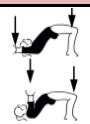
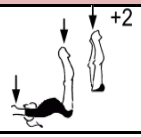
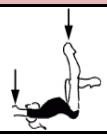
	1	2	3	4	5	6	7	8	9	10	11	12
A												
	5	7	6	7	8	4	5	4	4	2		
B												
	12	13	14	14	13	13	11	6	8	14	10	13
C												
	11	12	9	12	16	14	13	14	12	6	2	3
D												
	12	13	16	3	4	5	6	7				
E												
	12	12	7	12	9	11	12	18	3	5	5	
F												
	5	4	11	12	16	5	5	5	5	7	9	
G												
	4	4	4	4	5							

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

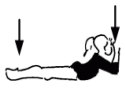
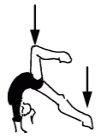
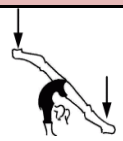
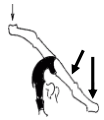
Women´s Group Static Elements

Category 2

A

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

B

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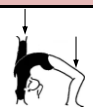		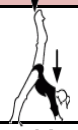								
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D

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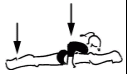
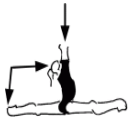
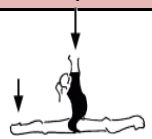
											
2	2	3	2	3	5	5	3	3			

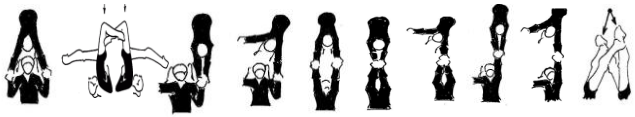
E

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

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

Women´s Group Static Elements

Category 3



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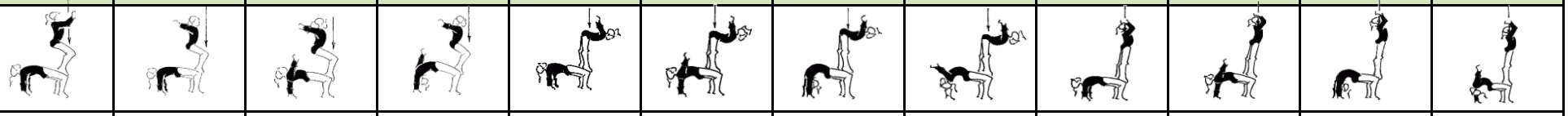
A												
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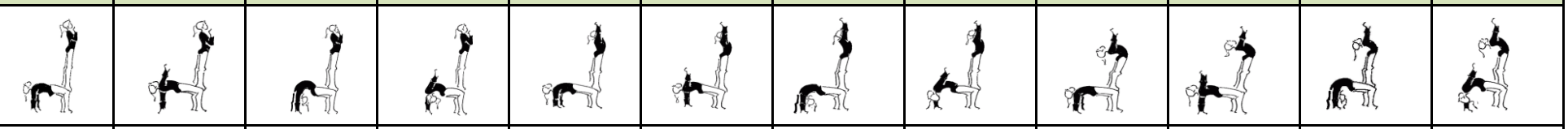
B												
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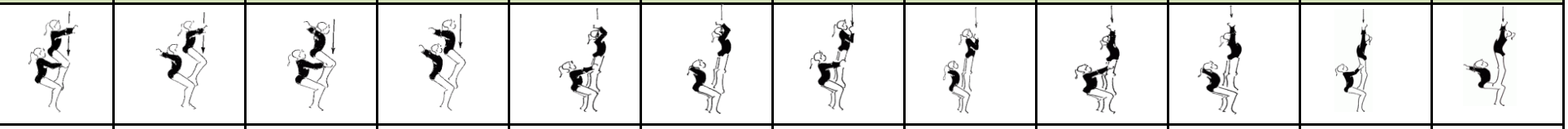
C												
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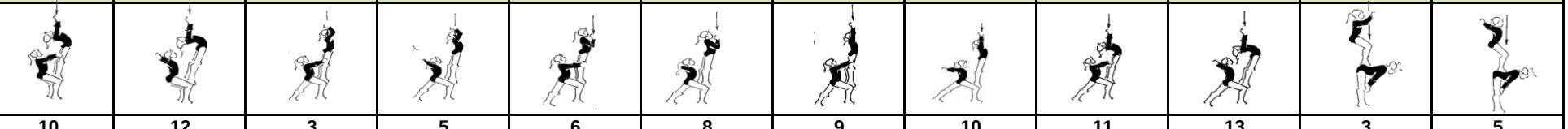
D												
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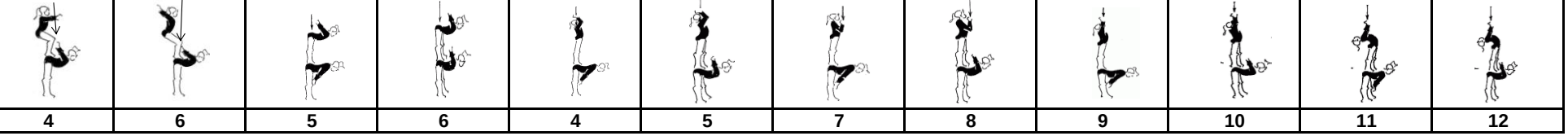
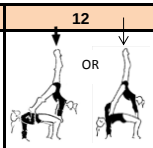
E												
	4	6	5	6	4	5	7	8	9	10	11	12

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

Women´s Group Static Elements

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
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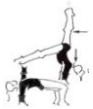
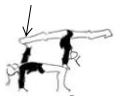
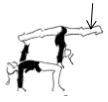
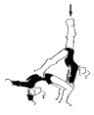
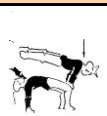
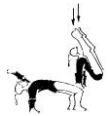
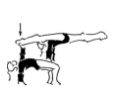
	1	2	3	4	5	6	7	8	9	10	11	12	13
B													
	5	6	7	7	8	9	9	15	16	6	7	11	12

	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	21	22	27	28	21	22	10	4	5	9	10	11	

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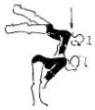
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	10	11	13	14	8	9	12	13	15	16			

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

Women´s Group Static Elements

Category 3

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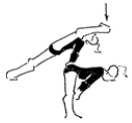
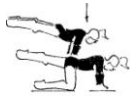
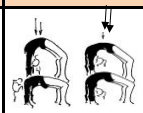
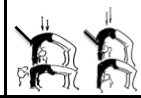
	1	2	3	4	5	6	7	8	9	10	11	12	13
B													
	13	14	5	6	7	8	9	10	10	11	11	8	9

	1	2	3	4	5	6	7	8	9	10	11	12	13
C			or										
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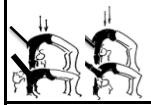
	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	6	10	10	11	11	12	13	10	16	16	17	18	

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

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

Women´s Group Static Elements

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
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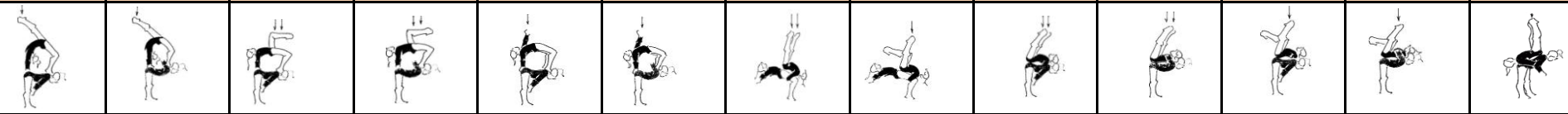
B													
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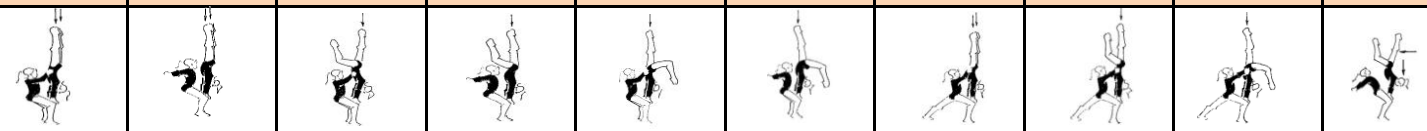
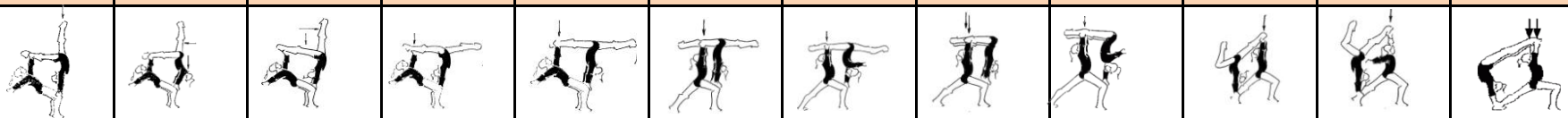
	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	14	19	17	22	14	19	16	19	16	13			

	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
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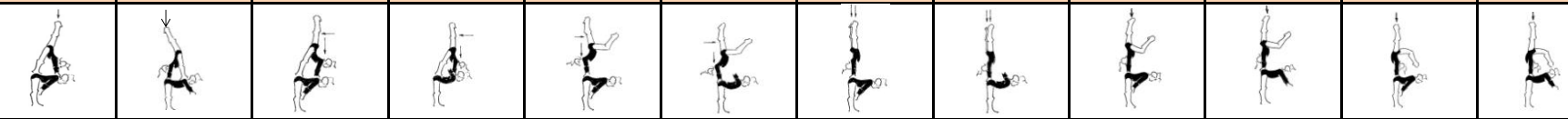
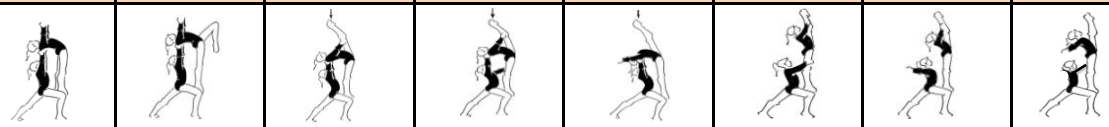
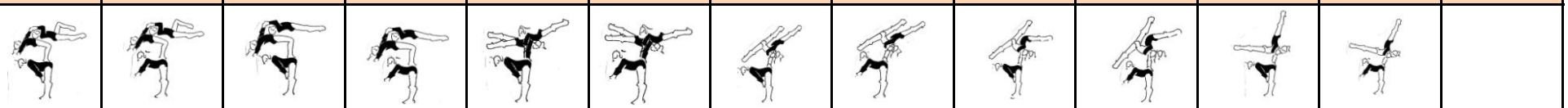
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	16	17	9	10	14	15	20	21	23	24	20	21	

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

Women´s Group Static Elements

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	5	6	16	16	20	16	22	25					
B													
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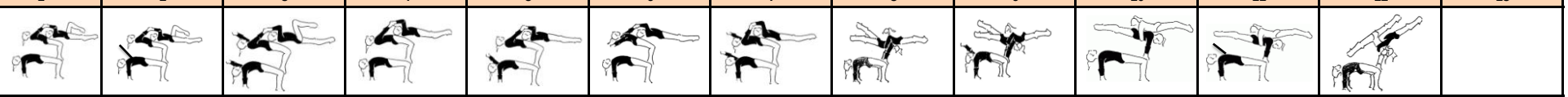
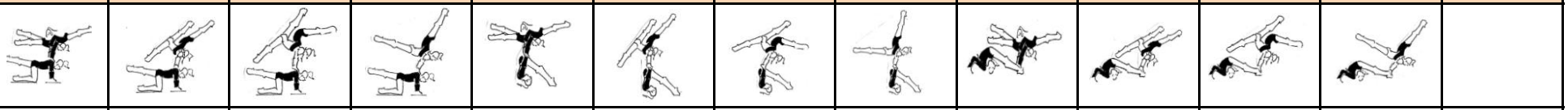
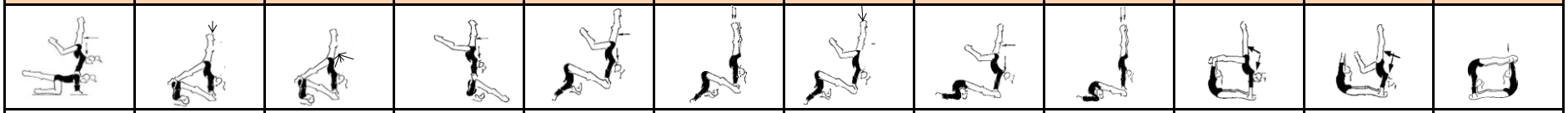
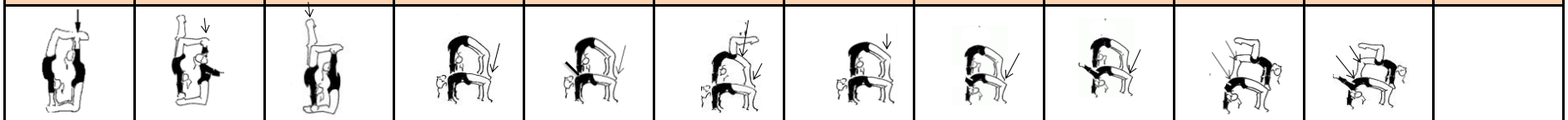
C													
	5	6	7	7	8	8	9	4	5	6	7	5	
D													
	6	6	7	7	8	5	6	6	7	7	8	8	9
E													
	4	5	6	7	4	5	6	7	5	6	7	8	

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

Women´s Group Static Elements

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	10	14	5	8	8	18	21	9	19	3	7	3

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

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

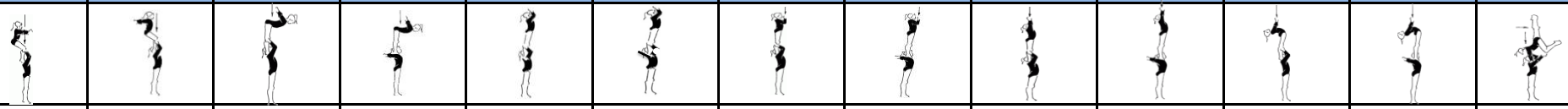
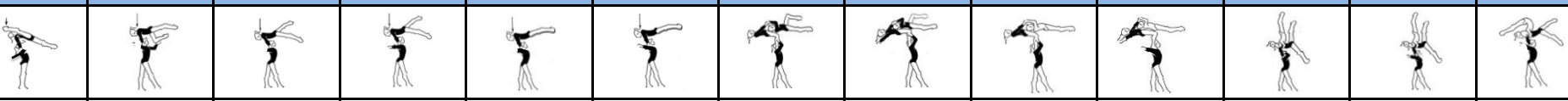
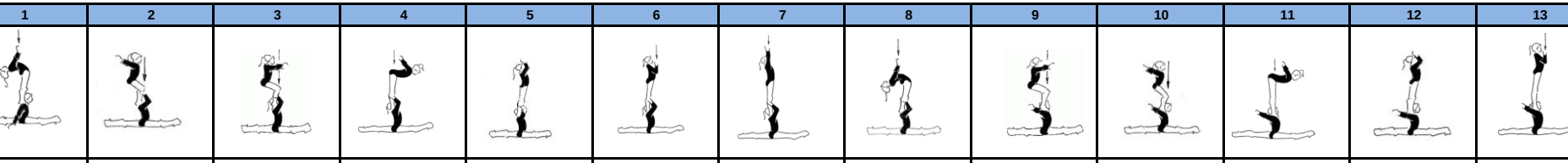
	1	2	3	4	5	6	7	8	9	10	11	12
D												

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

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

Women´s Group Static Elements

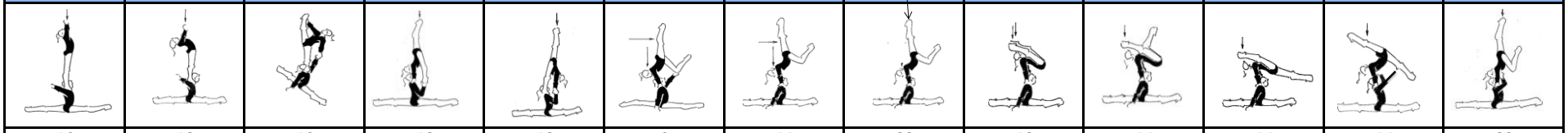
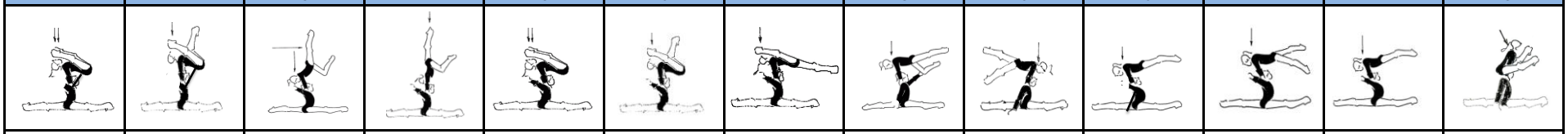
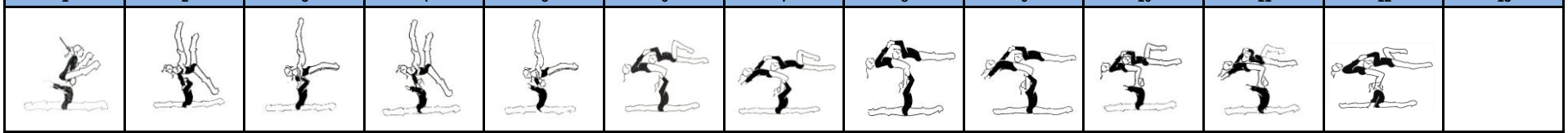
Category 4

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	6	8	8	10	8	10	12	14	14	16	16	18	10
B													
	14	16	26	26	28	30	13	17	18	20	20	22	22
C													
	24	10	14	16	16	18	10	11	12	13	10	12	11
D													
	13	12	14	13	15	11	13	3	5	5	5	9	12
E													
	14	5	7	7	7	11	14	16	7	9	9	9	13

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

Women´s Group Static Elements

Category 4

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	16	18	16	18	18	9	11	28	12	14	14	14	22
B													
	8	12	13	30	14	16	18	9	11	13	13	15	8
C													
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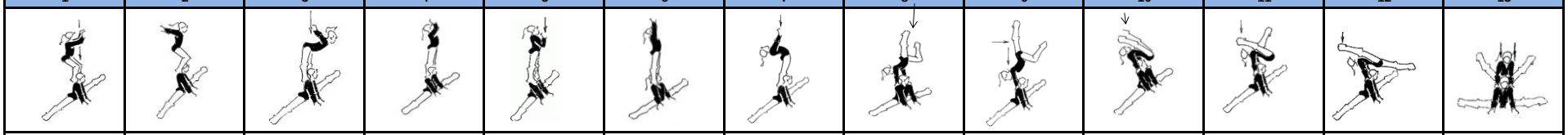
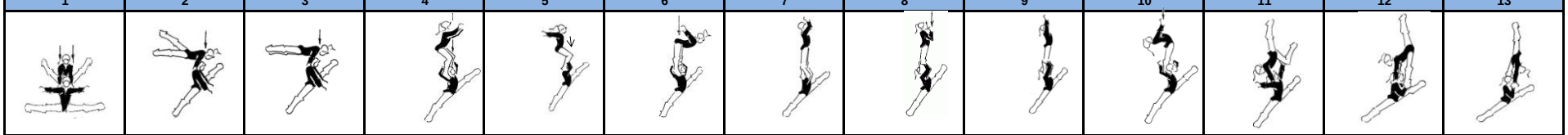
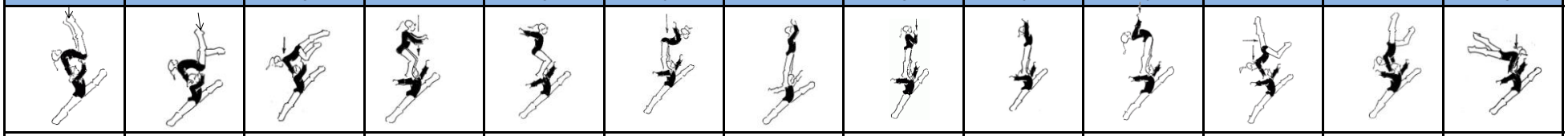
D													
	5	7	7	7	11	14	16	30	11	16	18	18	10
E													
	12	11	13	9	11	11	11	15	18	20	11	22	22

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

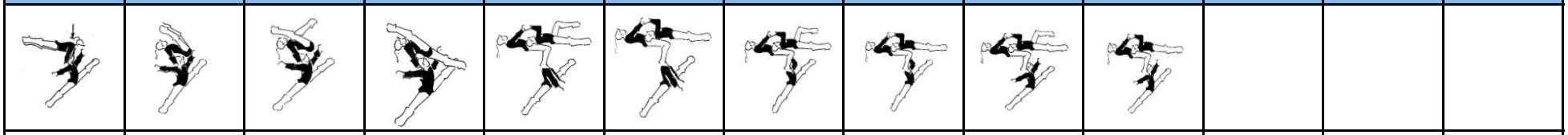
Category 4

Women´s Group Static Elements

A

1	2	3	4	5	6	7	8	9	10	11	12	13
												
10	14	11	11	13	13	13	17	20	22	15	32	15

B

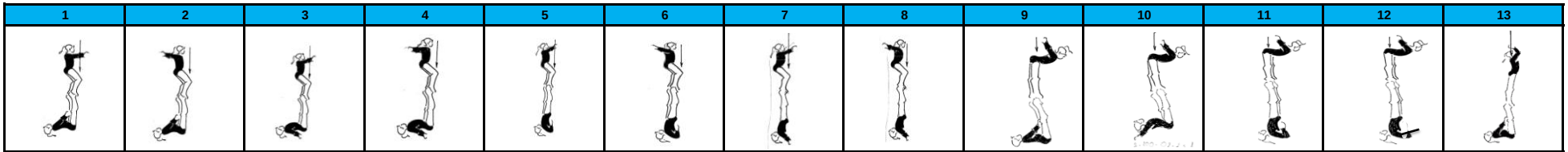
1	2	3	4	5	6	7	8	9	10	11	12	13
												
17	16	18	20	8	10	9	9	10	11	13	15	8

C

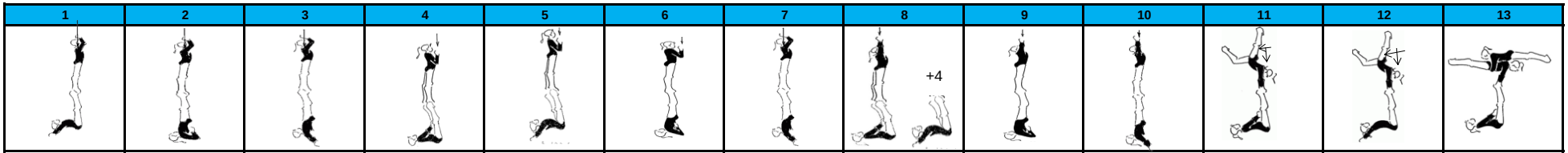
1	2	3	4	5	6	7	8	9	10	11	12	13

Category 5

A

1	2	3	4	5	6	7	8	9	10	11	12	13
												
12	14	14	16	18	20	20	22	14	16	20	22	11

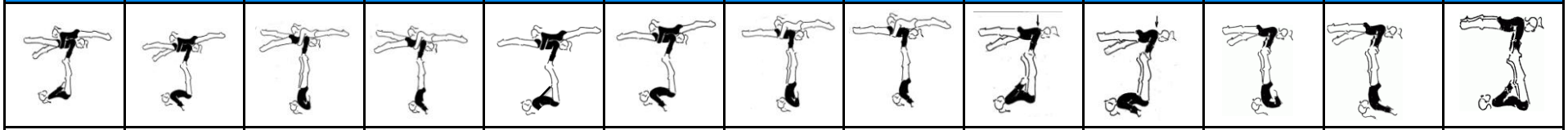
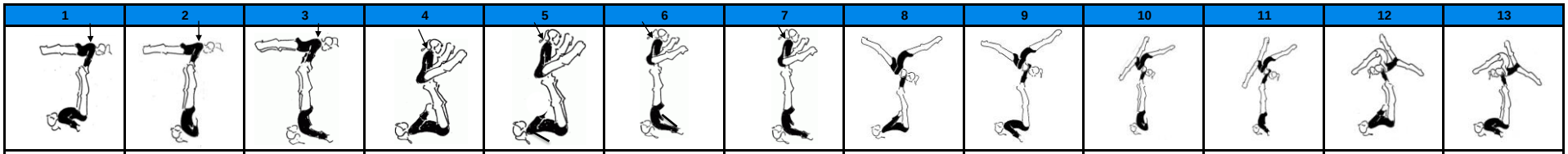
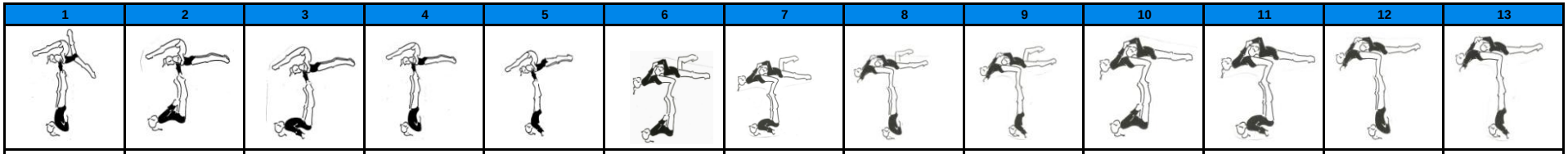
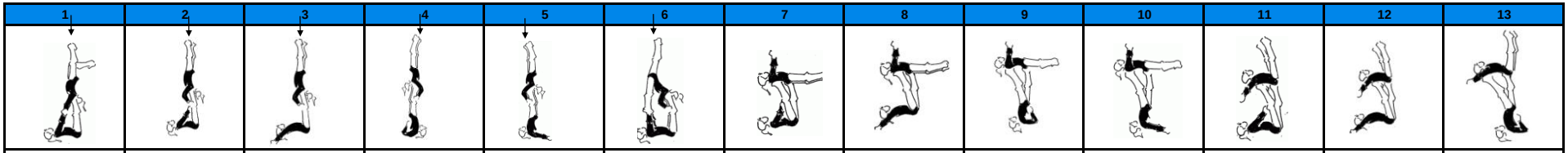
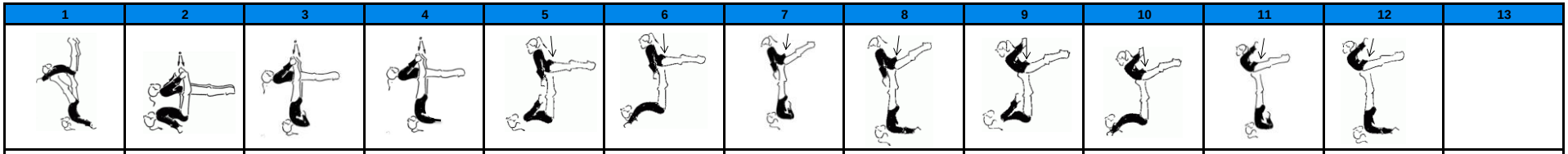
B

1	2	3	4	5	6	7	8	9	10	11	12	13
							+4					
13	17	19	16	18	22	24	20	24	28	18	20	6

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

Women´s Group Static Elements

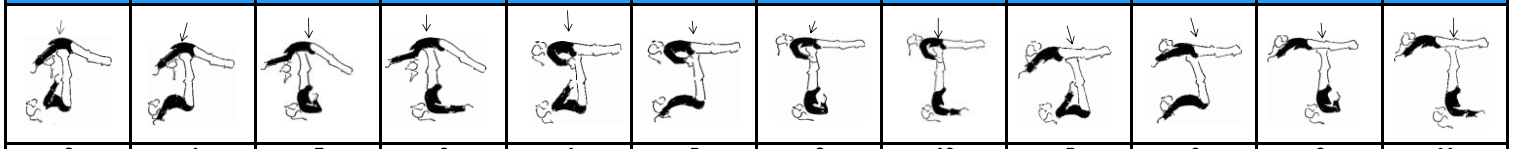
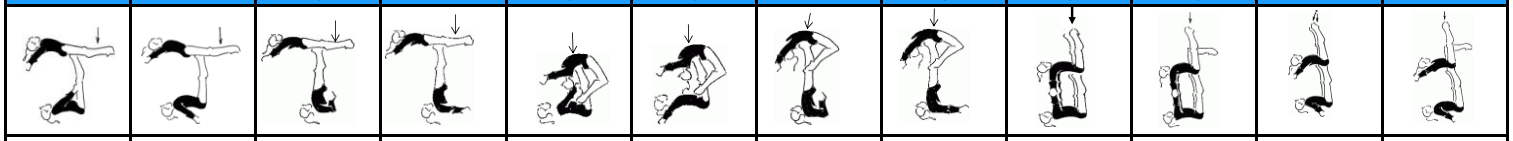
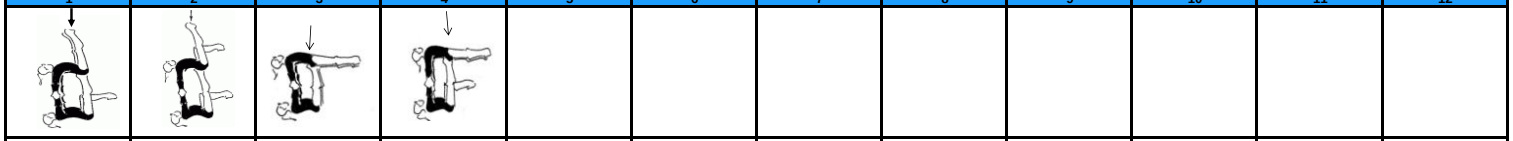
Category 5

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	6	7	10	12	8	9	12	14	12	13	15	17	14
B													
	15	17	19	10	11	13	15	9	10	13	15	8	9
C													
	14	10	11	16	18	10	12	16	18	12	14	18	20
D													
	16	20	22	26	28	12	8	10	13	15	11	12	15
E													
	17	2	5	6	2	4	7	9	4	6	9	11	

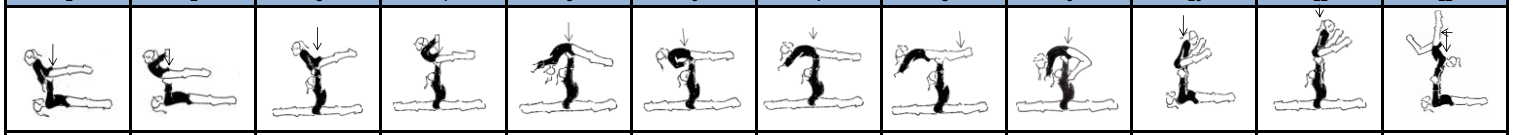
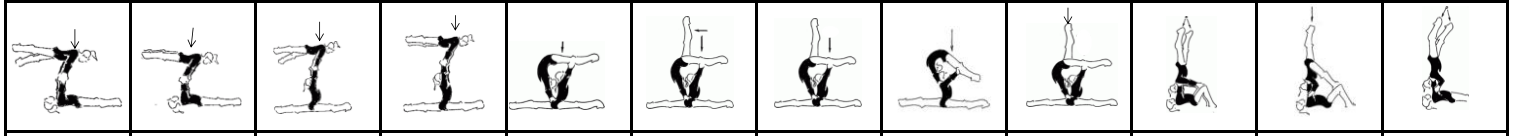
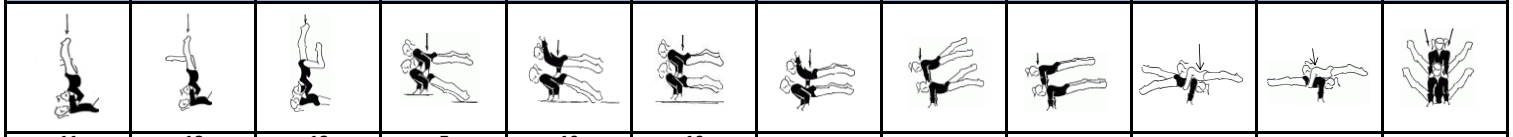
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Women´s Group Static Elements

Category 5

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

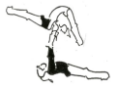
Category 6

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

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

Women´s Group Static Elements

Category 6

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

	1	2	3	4	5	6	7	8	9	10	11	12	13
B													
	16	18	18	20	11	12	10	14	23	10	17	23	27

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

	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	18	22	20	20									

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

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

Dynamic Elements

Additional Difficulty for links

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:

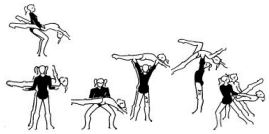
Vertical column = first element

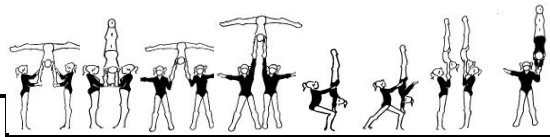
Horizontal row = second element

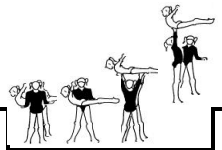
Dynamic Elements

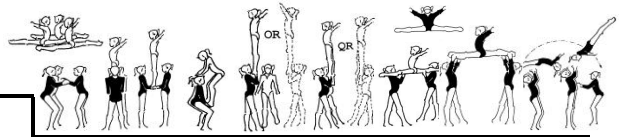
Back Salto

Finish Position









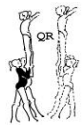
Start

1

1a

2

3



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	Y
1/4	**1**							**2/4**									**3/4**					**0/4**	1	3	2	2	2	2	3	
	2		1	2	2	3	2		5	8	10	14	3	4	10	14		2	3	4	7	**4**	3	10	6	13	13	5	8	3
	3		1	2	2	3	2		5	8	10	14	3	4	10	14		2	3	5	8	**/**	3	11	7	15	15	7	10	3
	4		1	2	2	3	2		5	8	10	14	3	4	10	14		2	3	6	9	**4**	4	12	8	17	17	9	12	4
5/4	**5**		4	5	6	9	7	**6/4**	12	22	28		12	12	28	32	**7/4**	10	14	20	22	**8/4**	14	26	20		29	18	21	14
	6		5	6	7	10	8		14	26	32		14	14	32	36		16	18	24	26		16	28	22		31	20	23	16
	7																						16	28	22		31	20	26	16
	8																						18	30	24		33	22	26	18
	9		6	7	8	11	9		16	30	36		16	16	36	40		22	24	28	32		22	34	28		37	24	30	22
9/4	**10**		14		18		16	**10/4**	26	36							**11/4**	20				**12/4**	32							
	11		16		20		18		30	40								24					39							
	12		16		20		18											22					36							
	13		20		22		20											26					44							
	14		24		26		24											28					50							
13/4	**15**		36	36																		**16/4**								
	16		43	43																										

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

- 2

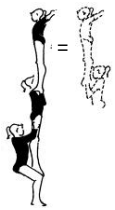
10a

10b

or

11

+ 2

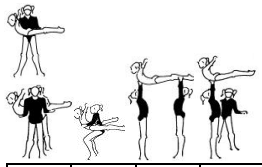


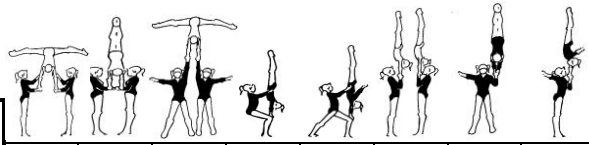
12

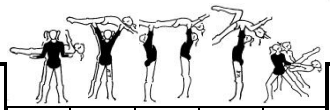
Dynamic Elements

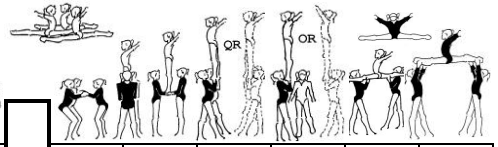
Front Salto

Finish Position





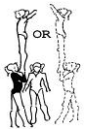




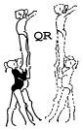
Start

13

14



15



16

			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	3	2	2	2	3
	2		1	1	2	2		3	10	11	5	6	11	14	18		3	4	4	5	4	4/4	3	12	14	14	5	8
	3		1	1	2	2		3	10	11	5	6	11	14	18		3	4	4	5	4		4	14	16	16	7	10
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	6		6	5	8	8		12	22		10	11	26	30			12	18	18	18	22		16	32			22	28
	7																											
	8																											
	9		8	7	10	10		16	26		14	14	30	34			16	24	24	24	28		22	36			28	34
9/4	10		16	14			10/4	24	32							11/4	26					12/4	32	48				
	11		20	16				28	36								30						39	55				
	12																											
	13																											
	14		26	22				32	40								36											
13/4	15		36																									
	16		43																									

		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	

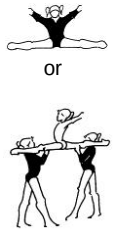
17

- 4

18

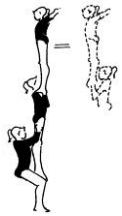
19

20



21

+ 2

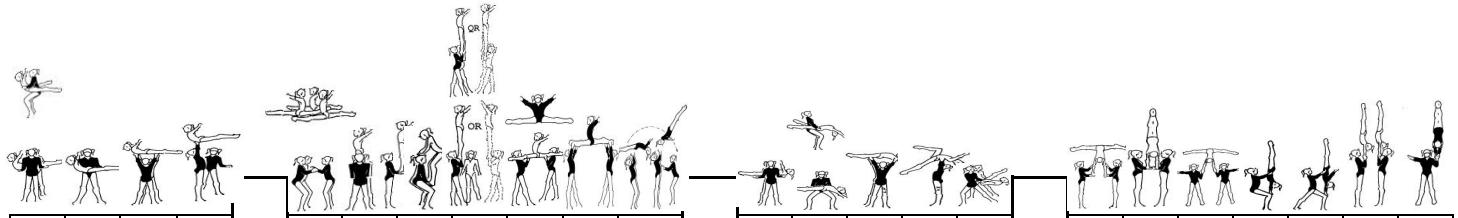


22

DYNAMIC ELEMENTS

Back Salto

Finish Position



Start

22

+ 1

23

+ 1

24

25

26

+ 1

27

+ 1

28

29

	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 4/4**	1	2	3	1	1	3	4
2	1	2	3	3		1	4	2	5	5	6			2	2	3	4	4		8	16	12	5	6	14	20
3	1	2	3	3		1	4	2	5	5	6			2	2	3	4	4		10	18	16	7	8	16	24
4	1	2	3	3		1	4	2	5	6	7			3	3	4	5	5		12	20	18	9	10	18	28
5/4 5	5	6	10	10	**6/4**	6	16		20	12	18	6	**7/4**	9	8	13	13	15	**8/4**	22	34		19			
6	6	7	11	11		8	18		22	14	20	8		10	9	14	14	16		24	38		20			
7																										
8																										
9	8	9	13	13		10	20		21	16	22	10		12	11	16	16	18		26	42		22			
9/4 10	15		20	20	**10/4**	16						16	**11/4**	22	18				**12/4**							
11	19		24	24		20						20		26	20											
12						21						21		24	20											
13						23						23		28	22											
14	25					26						26														
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	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				

30

31

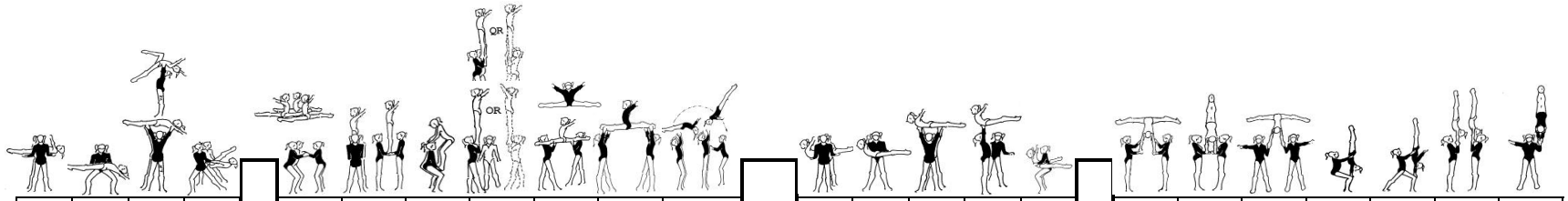
+ 2

32

Dynamic Elements

Front Salto

Finish Position



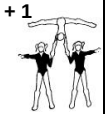
Start

33

+ 1

34

+ 1



35

36

			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 4/4**	1	2	3	1	1	3	4
	2		2	2	3	4		2	5	4	7	3	6			4	4	6	6	3		8	12	14	6	6	16	20
	3		2	2	3	4		2	5	4	7	3	6			4	4	6	6	3		10	14	16	8	8	18	24
	4		2	2	3	4		2	5	4	7	4	7			4	4	6	6	3		12	16	18	9	9	21	28
5/4	5		6	6	8	10	**6/4**	7	18		22	12	18	7	**7/4**	9		13	13	8	**8/4**	20	26		12	12		
	6		7	7	9	12		8	20		24	14	20	8		10		15	15	9		22	28		16	16		
	7																											
	8																											
	9		10	10	12	12		10	24		26	16	22	10		12		18	18	11								
9/4	10		14	14	20	26	**10/4**	17							**11/4**	24				22	**12/4**							
	11		18	18	24	30		21								28				26								
	12																											
	13																											
	14		24					27																				
13/4	15		32				**14/4**	39							**15/4**						**16/4**							
	16																											

		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

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41

- 2

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43

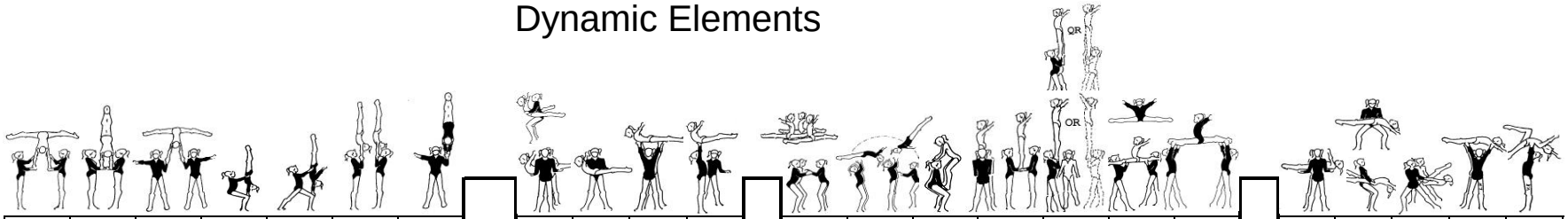
+ 2

44

Dynamic Elements

Back Salto

Finish Position



Start

45

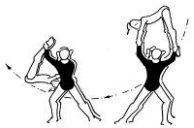
46

			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
1/4	2		2	5	6	2	2	6	8	2/4	2	2	4	4	3/4	2	2	3	6	8	5	8	4/4	4	4	5	7	7
	3		2	5	6	2	2	6	8		3	3	5	5		2	2	4	7	10	6	9		5	5	6	8	8
	4		2	5	6	2	2	6	8		4	4	6	6		2	2	4	8	12	8	11		6	6	7	9	9
5/4	5		8	12	14	6	6	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	8	8	16	18		12	12	15	15		13	13	20	24	28	22	26		18	16	22		
	7																											
	8																											
	9		12	16	18	10	10	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																											

47

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	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				

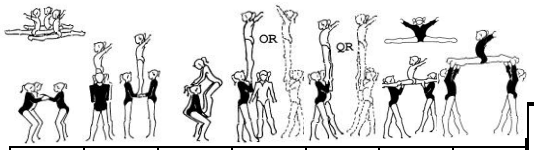


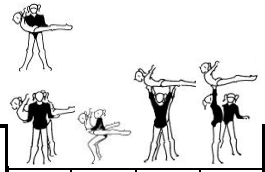
49

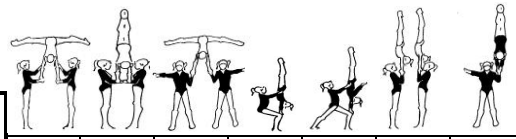
Dynamic Elements

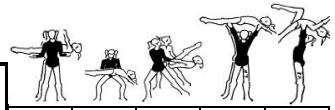
Front Salto

Finish Position









Start

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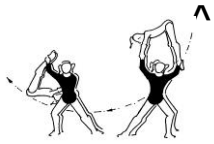
			A	B	C	D	E	F	G		H	I	J	K		L	M	N	O	P	Q	R		S	T	U	V	W
	1																						0/4	1	1	1	1	1
1/4	2		1	2	1	3	3	2	3	2/4	2	2	3	3	3/4	3	7	9	2	2	7	11	4/4	3	3	6	4	4
	3		1	3	1	3	3	3	4		2	2	3	3		3	8	10	2	2	8	12		4	4	8	5	5
	4		1	4	1	3	3	3	4		2	2	4	4		4	9	11	2	2	9	14		5	5	10	6	6
5/4	5		4	10	10	14	14	10	13	6/4	7	6	9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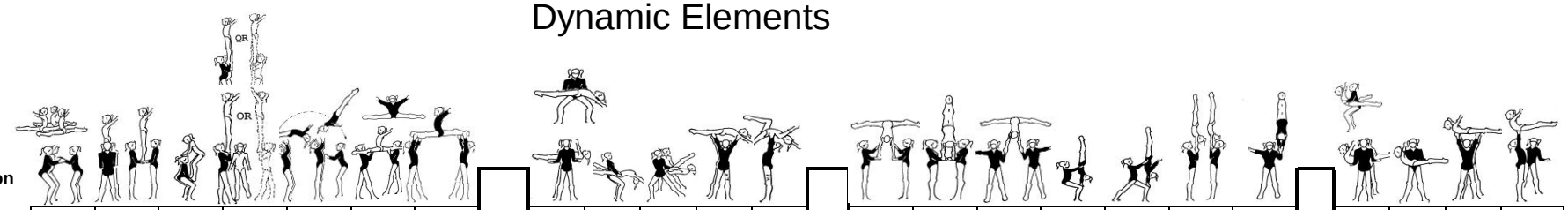
Dynamic Elements

Back Salto

Finish Position



Start

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63

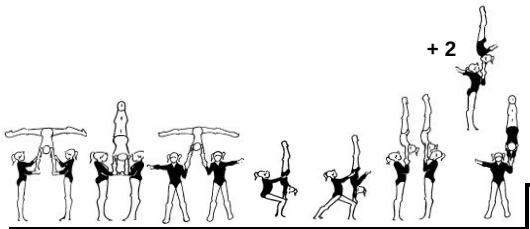
			A	B	C	D	E	F	G		H	I	J	K	L		M	N	O	P	Q	R	S		T	U	V	W
1/4	1									2/4						3/4								0/4	1	1	1	2
	2		1	3	2	3		3	5		3	2	4	5	5		5	8	10	4	4	10	14	4/4	4	4	7	7
	3		1	3	2	3		3	5		3	2	4	5	5		5	9	12	4	4	12	16		6	6	9	9
	4		1	4	2	4		3	5		4	2	4	6	6		6	10	14	4	4	14	18		8	8	11	11
5/4	5		4	8	5	12	4	10	13	6/4	9	7	10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

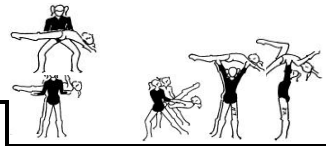
	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14	16	19	22
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20	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

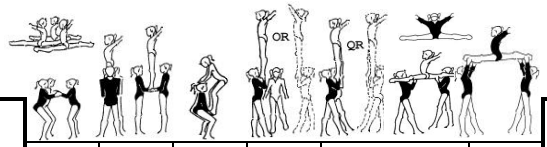
Dynamic Elements

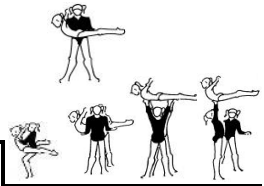
Front Salto

Finish Position









Start

64

65

			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 4/4	1	1	1	1
	2		2	3	4	1	2	3	5		2		4	4	4		3	6		10	10	5	8		3	4	6	6
	3		2	3	4	1	2	3	5		3		4	4	4		3	7		12	12	6	9		4	5	8	8
	4		2	3	4	1	2	3	5		4		4	5	6		4	8		14	14	8	11		4	6	10	10
5/4	5		7	10	12	5	5	12		6/4	8		9	9	9	7/4	10	22		26	26	20	23	8/4	12	14		
	6		9	12	14	6	6	14			10		11	11	11		12	26		30	30	24	27		14	16		
	7																											
	8																											
	9		11	14	16	7	7	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																											

		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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Dynamic Elements

Start

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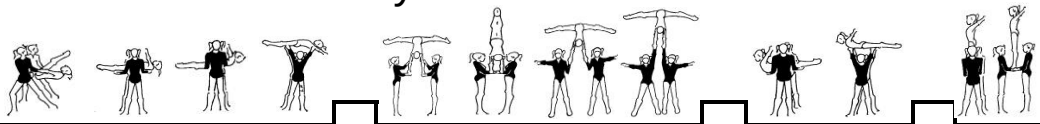
Back Salto

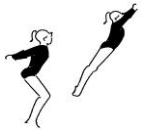
Finish Position



			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

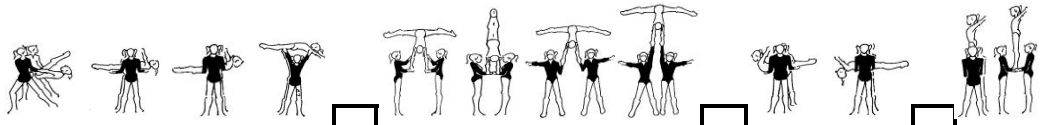
Salto

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	9
2/4 3/4	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



70

Front Salto

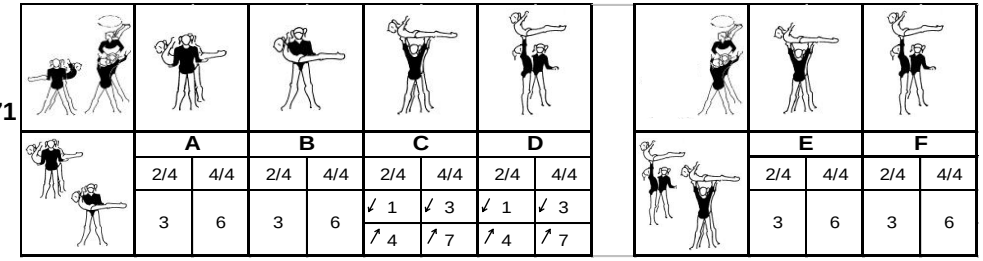


			A	B	C	D		E	F	G	H		I	J		K
1/4	1						2/4					3/4			0/4	2
	2				1	1		3	4		6			3	4/4	10
	3				1	1		3	5		7			3		12
	4				1	1		4	6		8			4		14
5/4	5				5	10	6/4	10	16		18	7/4		14	8/4	24
	6				7	12		12	20		22			18		28
	7				9	14		14	24		26			24		36

Salto

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	8
2/4 3/4	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

71



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 ↗ 4	↙ 3 ↗ 7	↙ 1 ↗ 4	↙ 3 ↗ 7

E		F	
2/4	4/4	2/4	4/4
3	6	3	6

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

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

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

Balance Elements

Static Holds and Motions

Example

Example 1

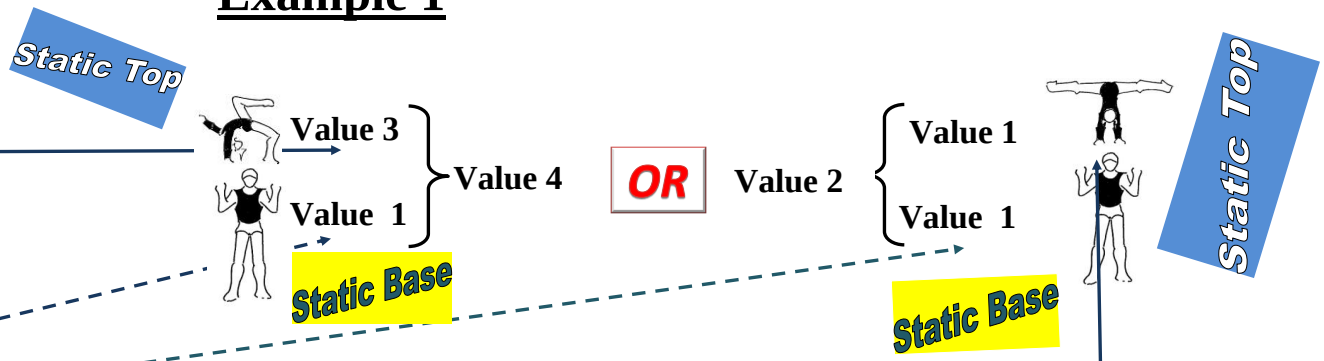
Pairs

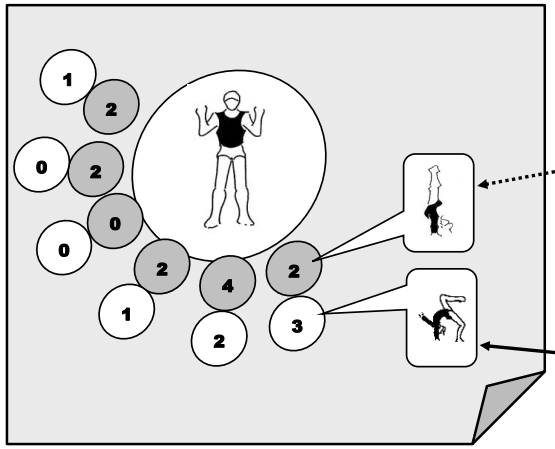
Static Base

Nr	Position Base	Value
1		0
2		1
3		1
4		2
5		1

Static Top

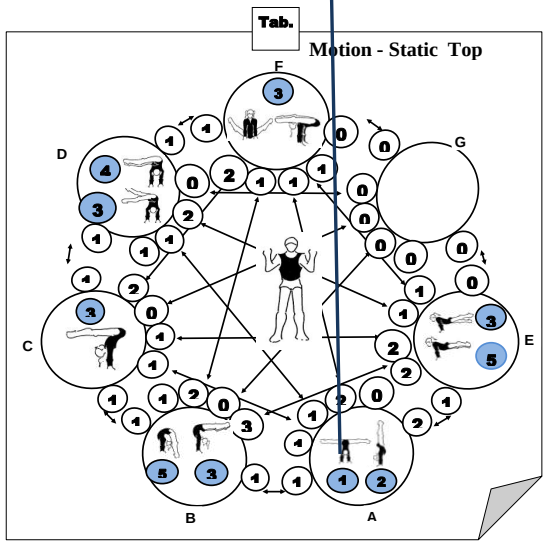
Nr	Position Top	Value
1		1
2		3
3		
4		
5		





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.

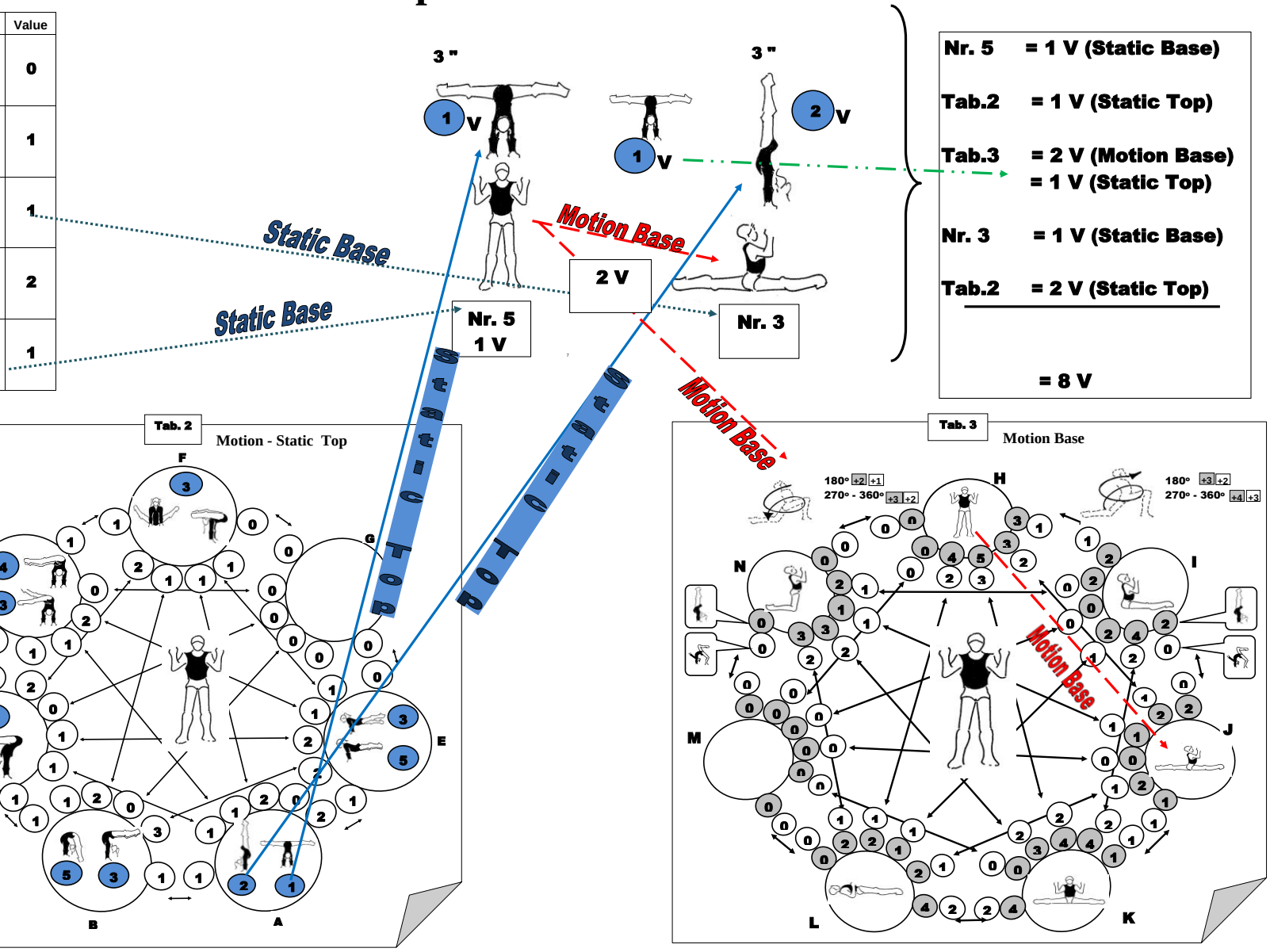


Example 2

Pairs

Static Base

Nr	Position Base	Value
1		0
2		1
3		1
4		2
5		1

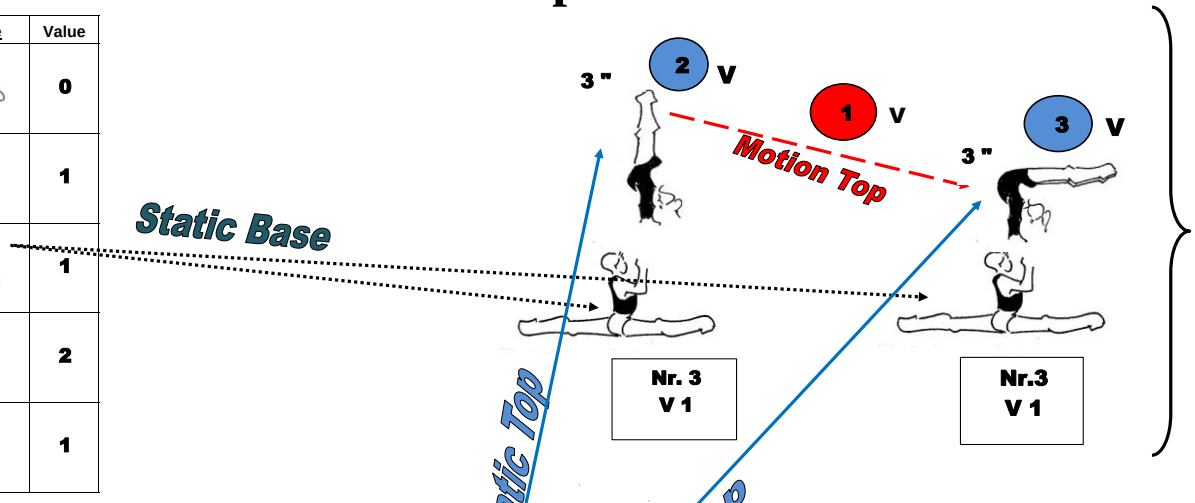


Pairs

Static Base

Example 3

Nr	Position Base	Value
1		0
2		1
3		1
4		2
5		1



Nr. 3 = 1 V (Static Base)

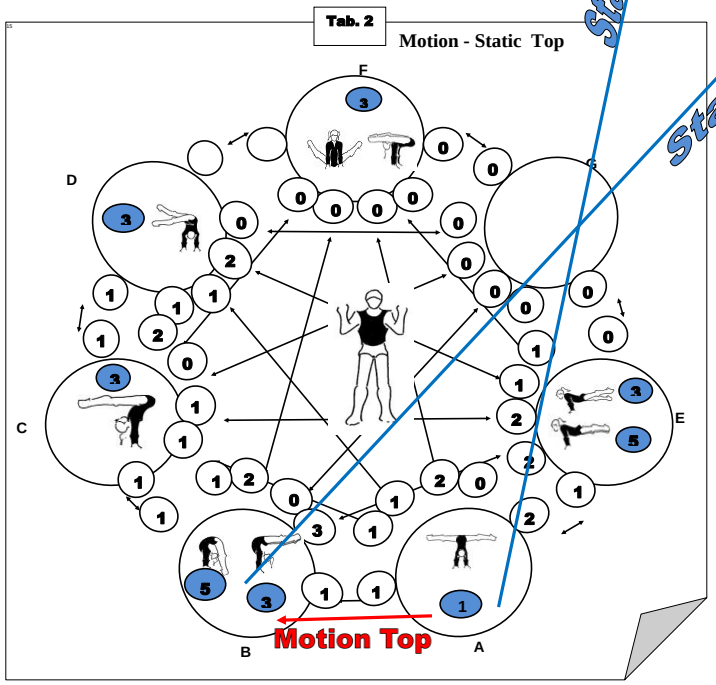
Tab. 2 = 2 V (Static Top)

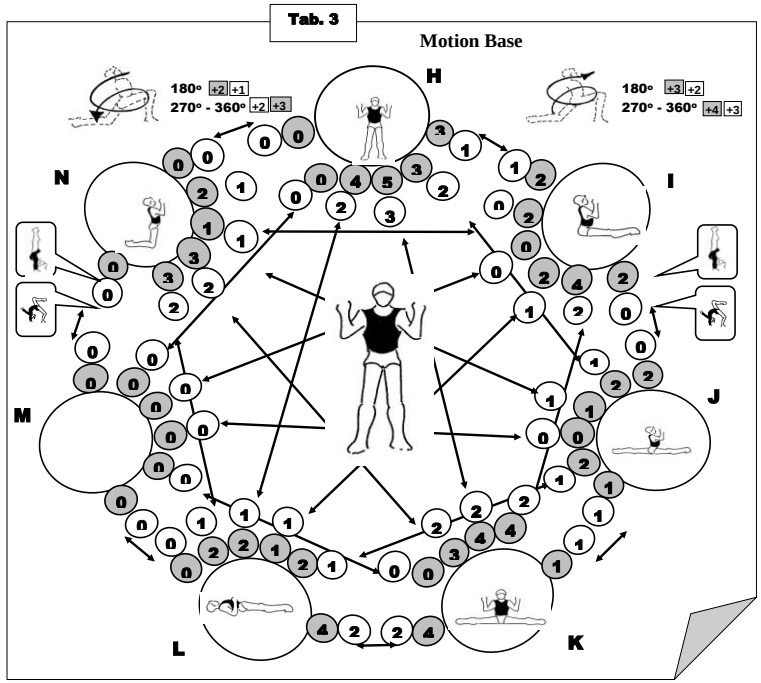
Tab. 2 = 1 V (Motion Top)

Tab. 2 = 3 V (Static Top)

Nr. 3 = 1 V (Static Base)

= 8 V





Balance Elements

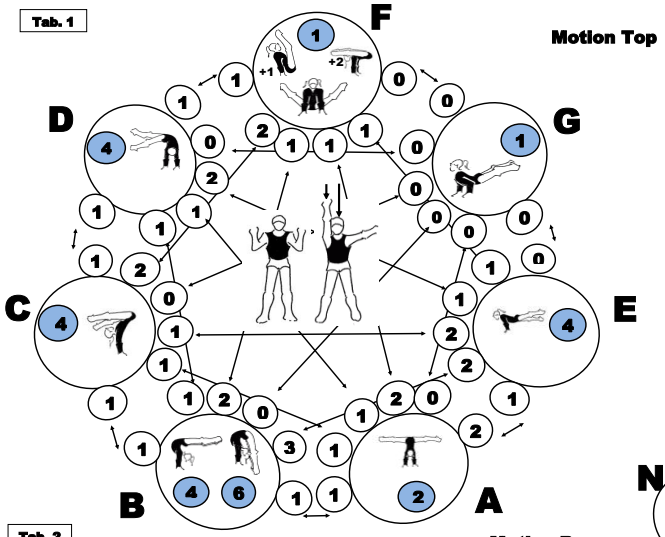
Pairs

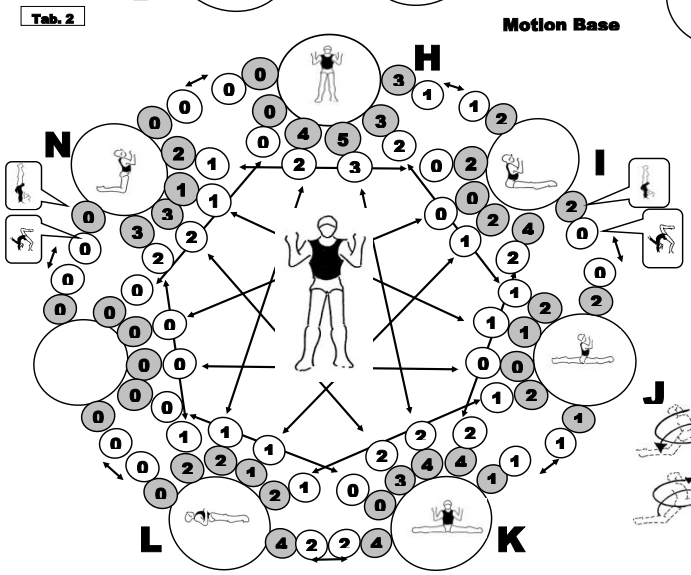
Static Base

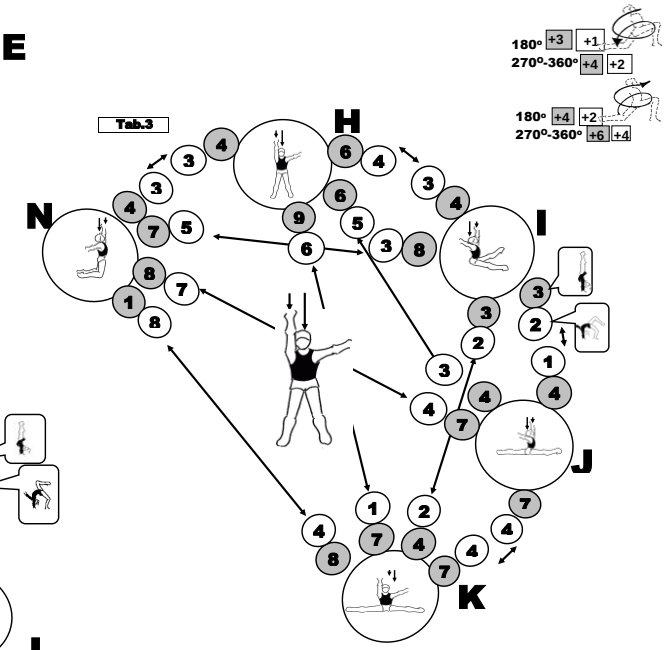
Nr	Position Base	Value	Nr	Position Base	Value	Nr	Position Base	Value
1		1	10		1	19		2
2		1	11		1	20	+2	3
3		2	12		1	21		3
4		3	13		1	22		7
5		1	14		2	23		2
6		1	15		1	24		1
7		1	16	+ 4	5	25		3
8		2	17		6	26		4
9		1	18		1	27		3

Static Top

1		1	3		2	5		3
2		3	4		2	6		







Balance Elements

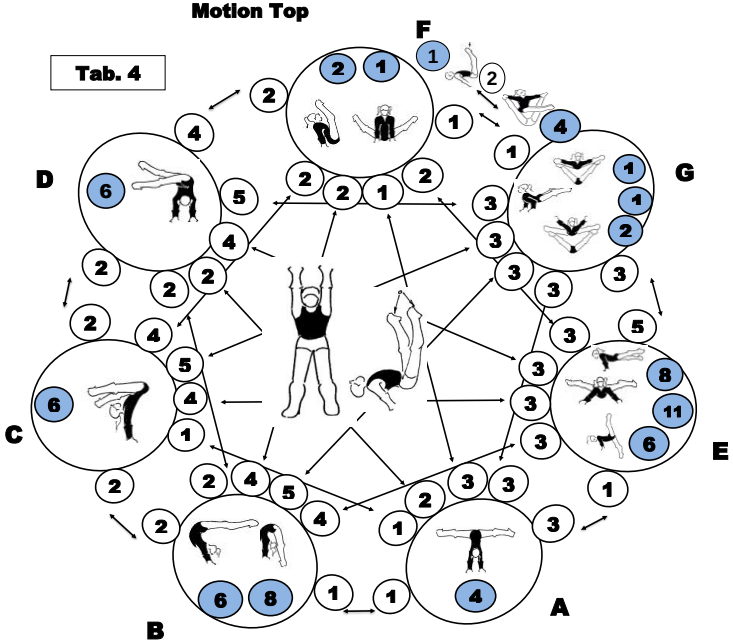
Pairs

Static Base

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

Motion Top

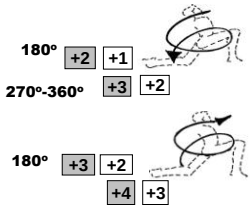
Tab. 4



Static Base

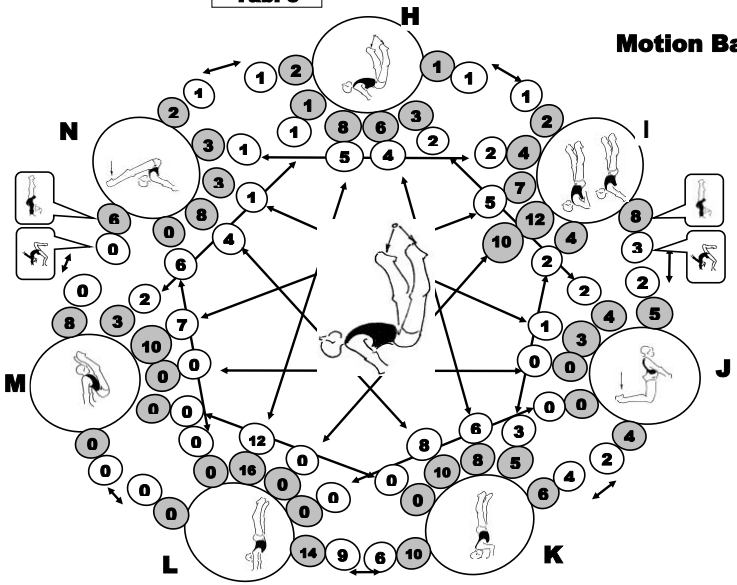
Nr	Position Base	Value
8		1
9		2
10		2
11		3
12		2
13		2

Nr	Position Base	Value
14		2
15		3
16		4
17		1
18		1

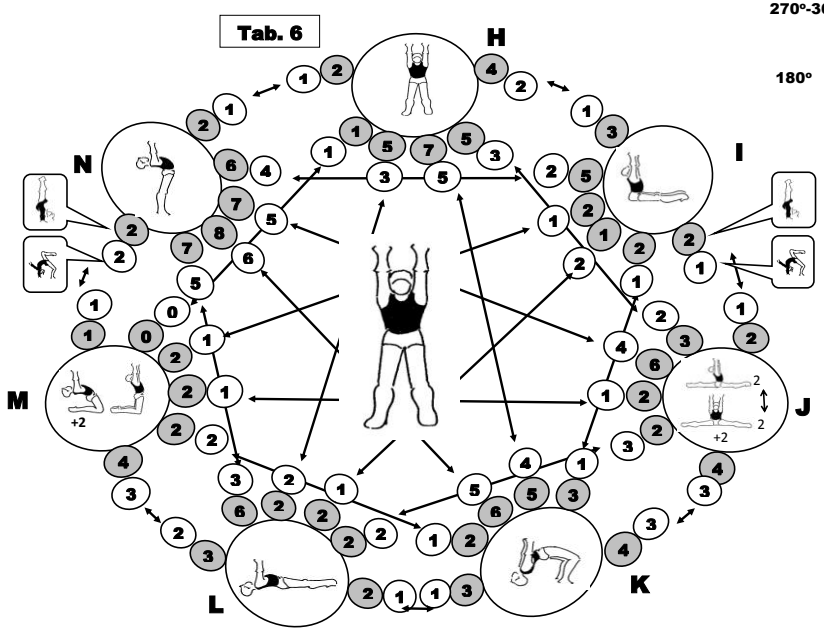


Tab. 5

Motion Base



Tab. 6



Balance Elements

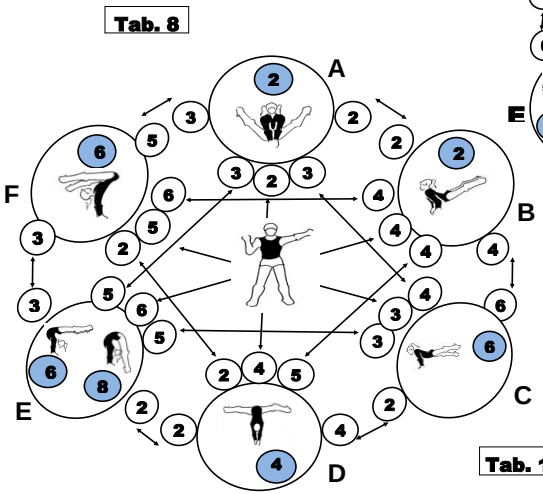
Pairs

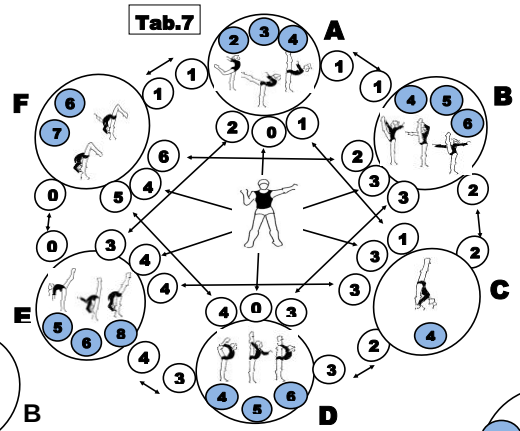
Static Base

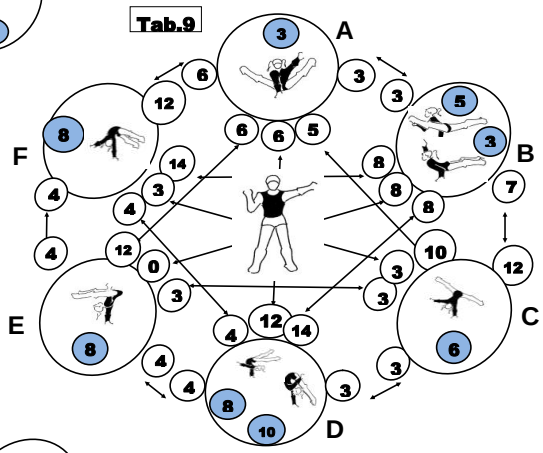
Nr	Position Base	Value
1		1
2		1
3		2
4		3
5		1
6		1
7		1
8		1
9		2

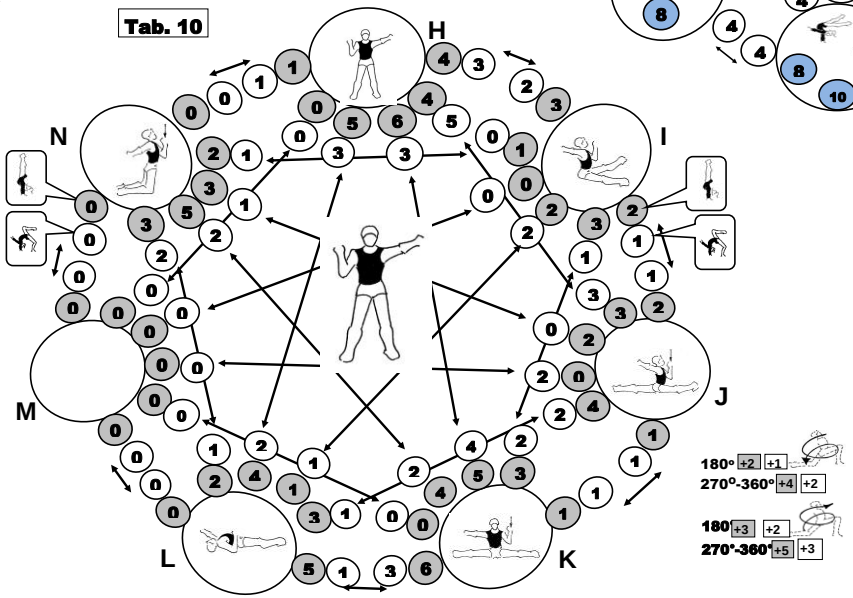
Nr	Position Base	Value
10		1
11		6
12	+4	6
13		8
14		1
15		1
16		1
17		1
18		6

1		1 3
2		5









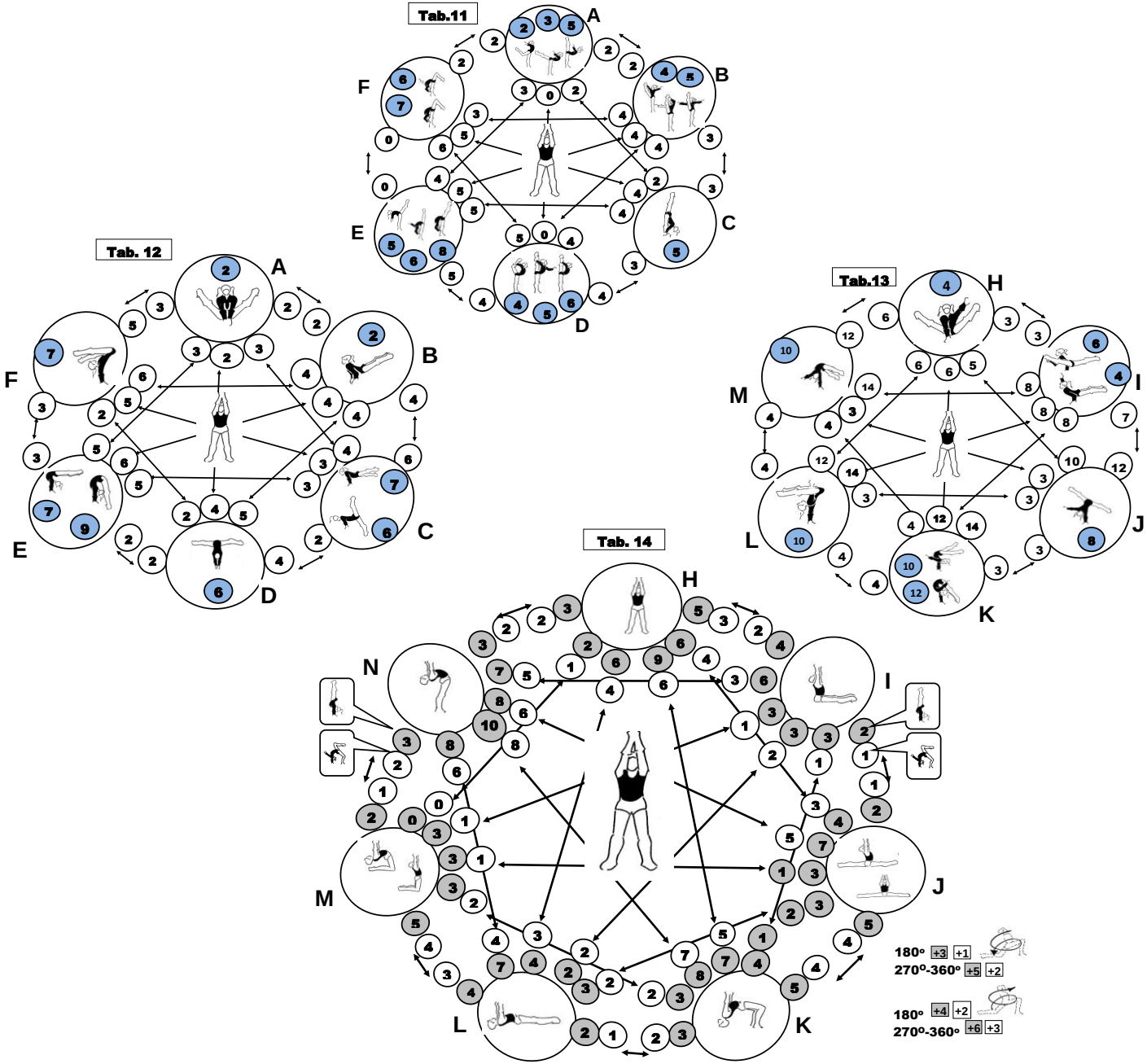
Balance Elements

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		1

Nr	Position Base	Value
10		3
11		2

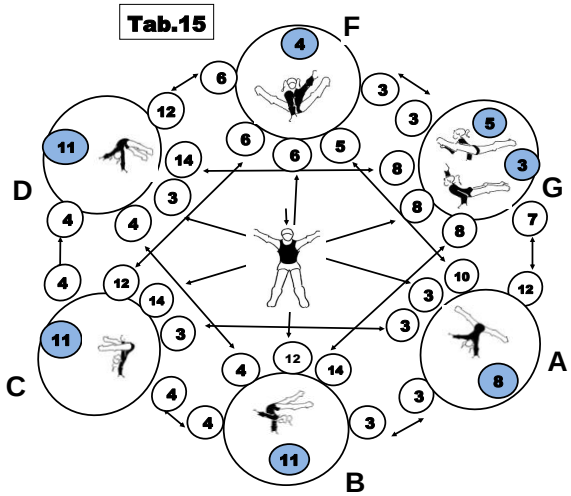


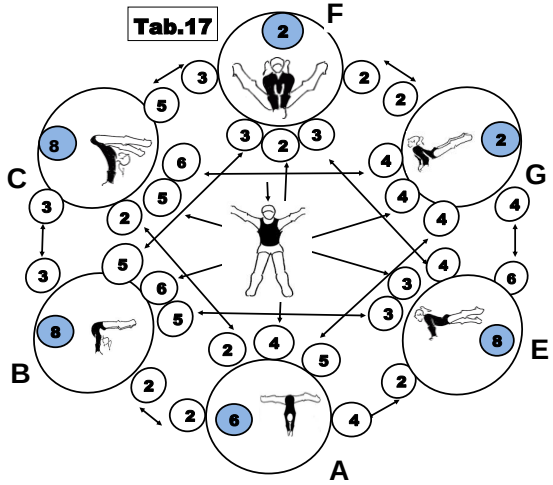
Balance Elements

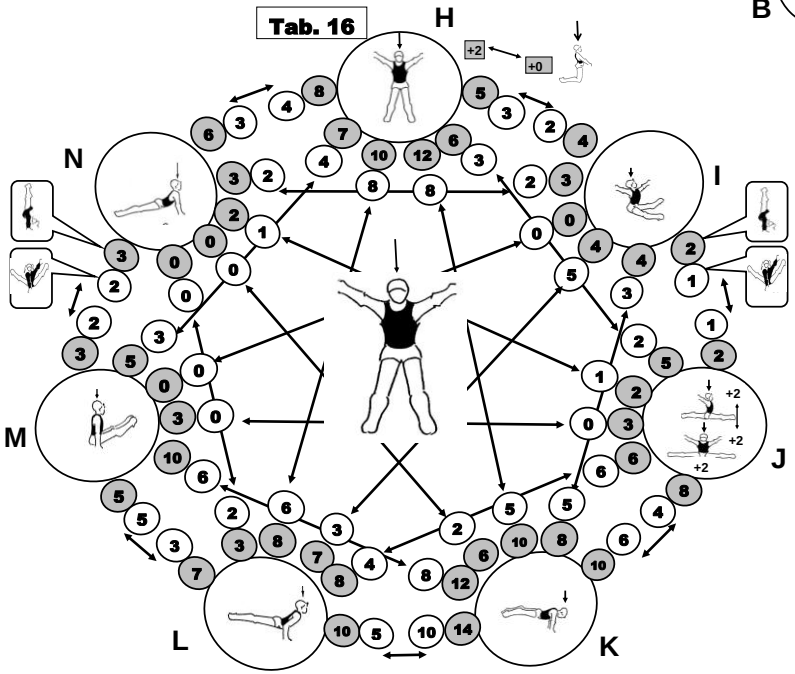
Pairs

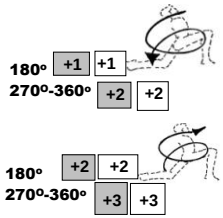
Static Base

Nr	Position Base	Value
1		1
2		1
3		3
4		2
5		3
6		1
7		3
8		8
9		
	180° + 2	
	360° + 6	









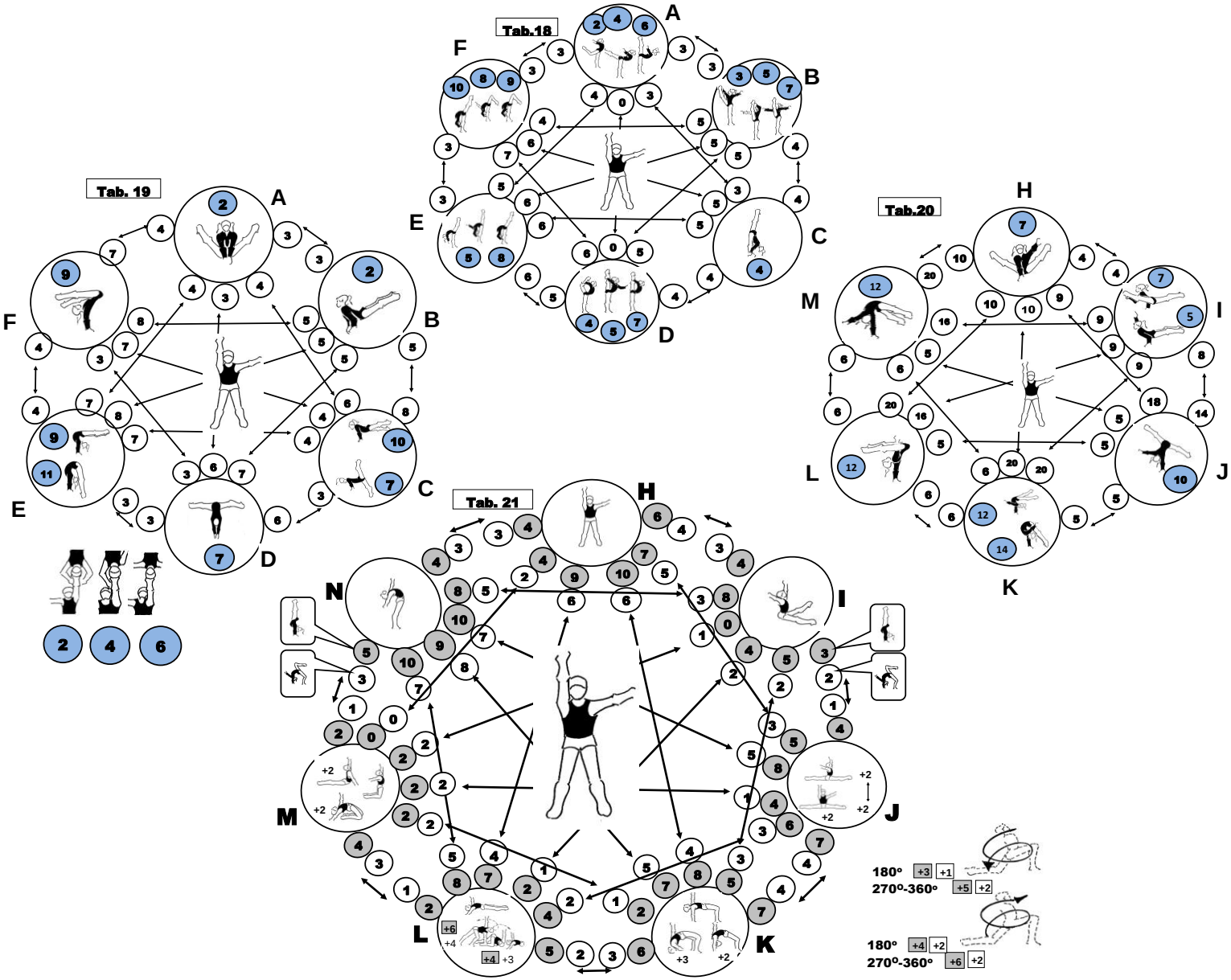
Balance Elements

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		5 6
14		24
15		1
16		



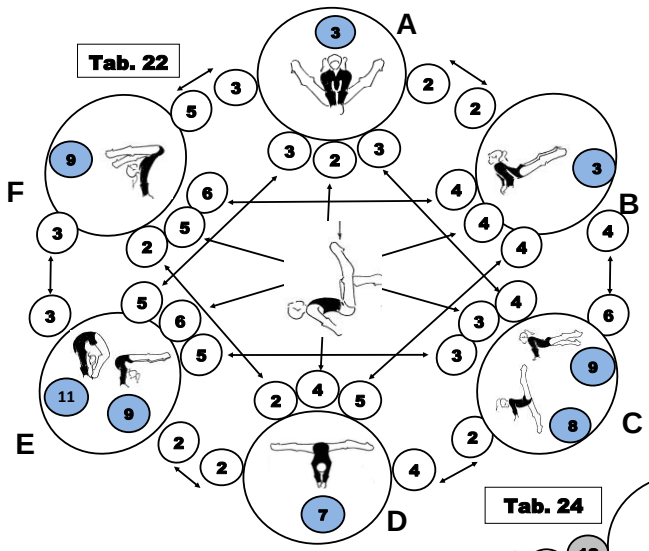
Balance Elements

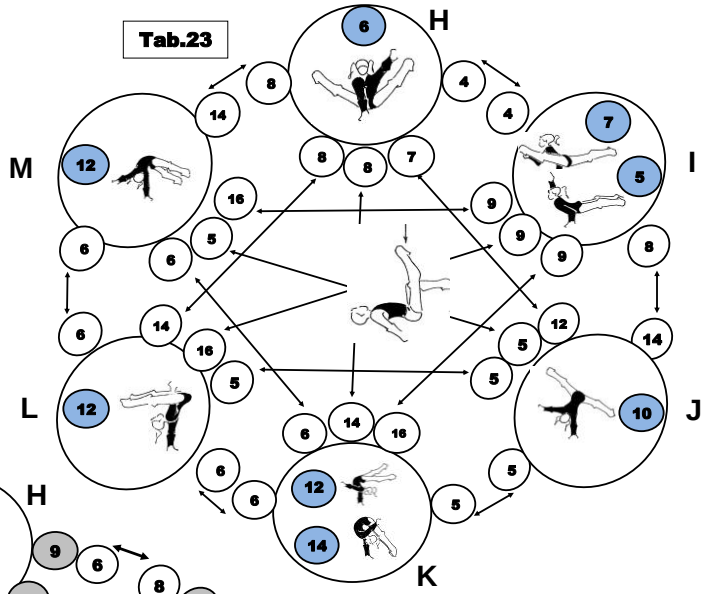
Pairs

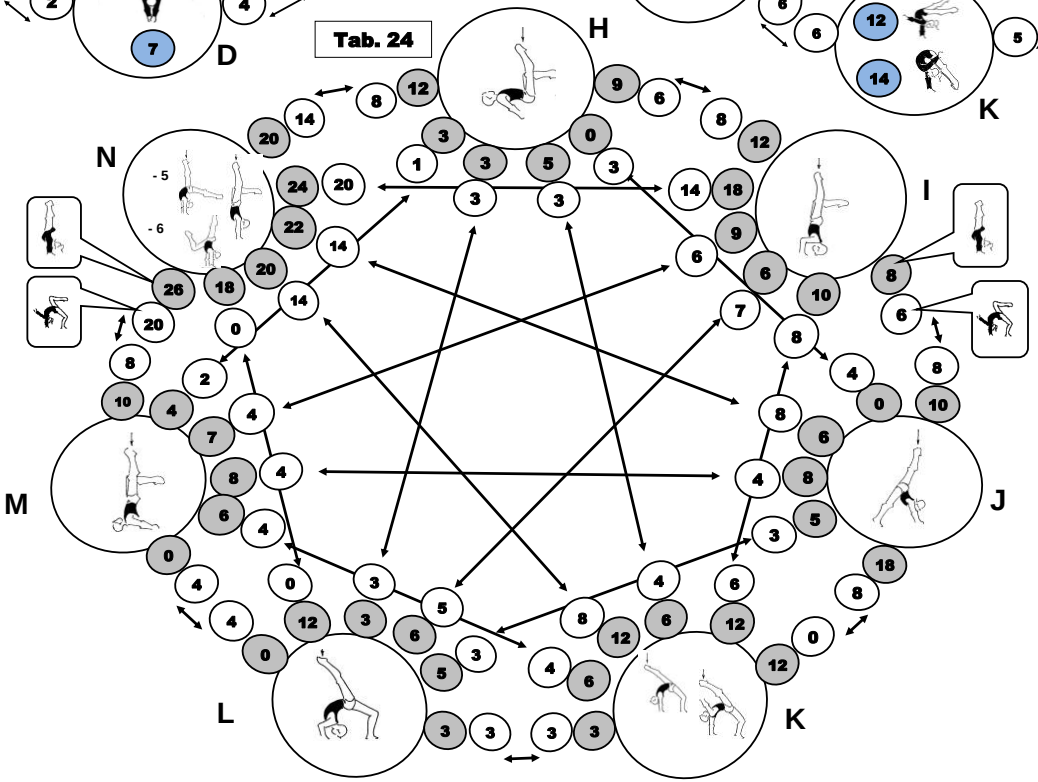
Static Base

Nr	Position Base	Value
1	-1	1 1
2	+2	3 3
3		6 6
4		8 8
5		19 25
6	+4	5 10
7		11 14
8		4 8

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







Balance Elements

Pairs

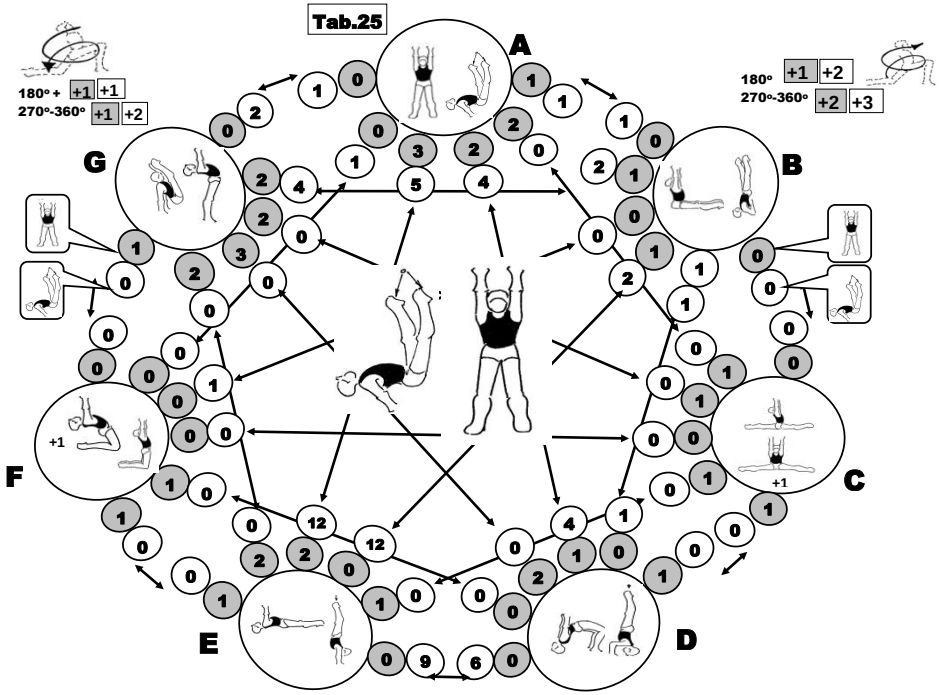
Static Base

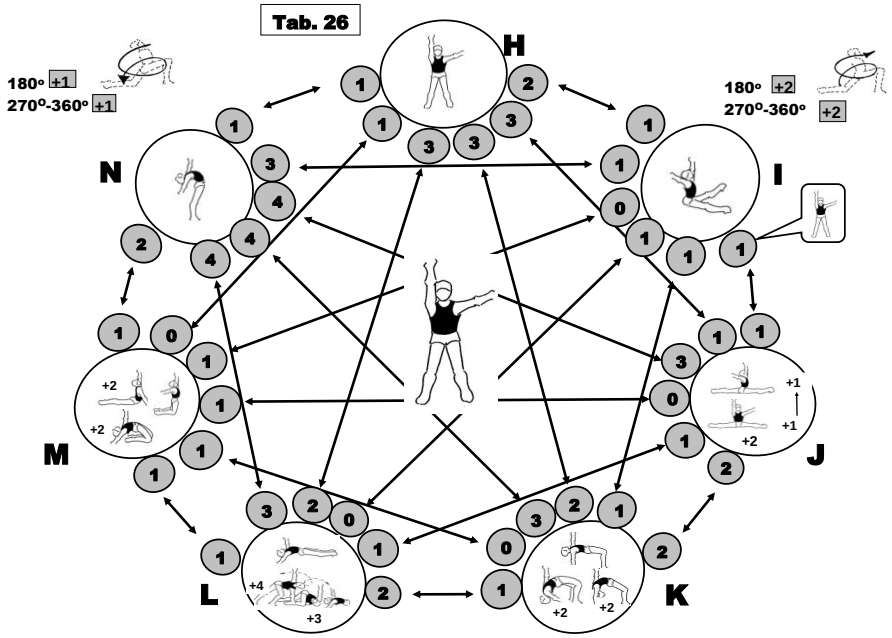
Nr	Position Base	Value
7		1
8		1
9		1
10		1
11		1
12		1
13		1

Nr	Position Base	Value
14		1
15		2
16		1
17		1
18		1
19		2
20		3

1		1
2		1
3		1
4		1
5		2
6		3
7		2

8	+ 1	1
9		1
10		2
11		3
12		17
13		
14		





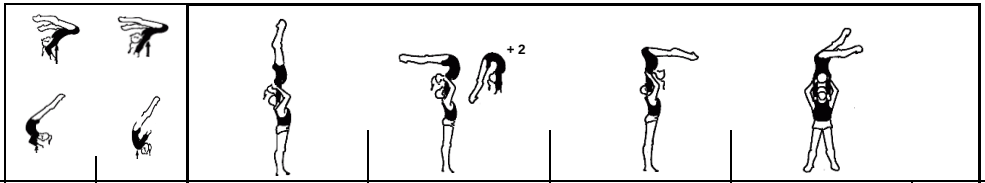
Static Top

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

Balance Elements

Pairs

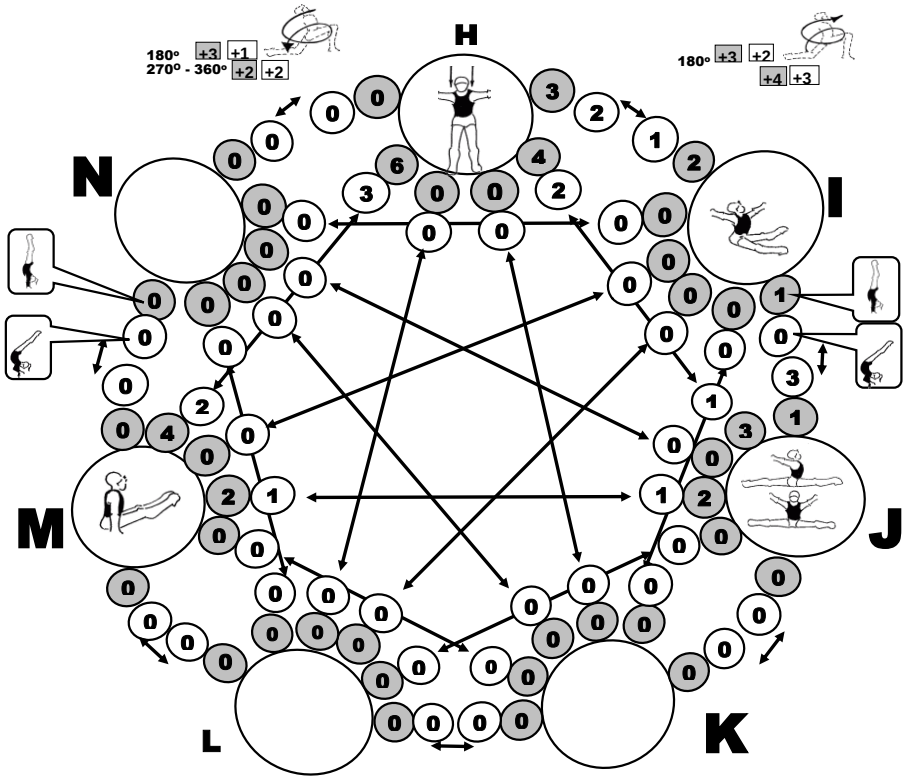
Static



		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**



Additional difficulty for motion of the base when top is in handstand

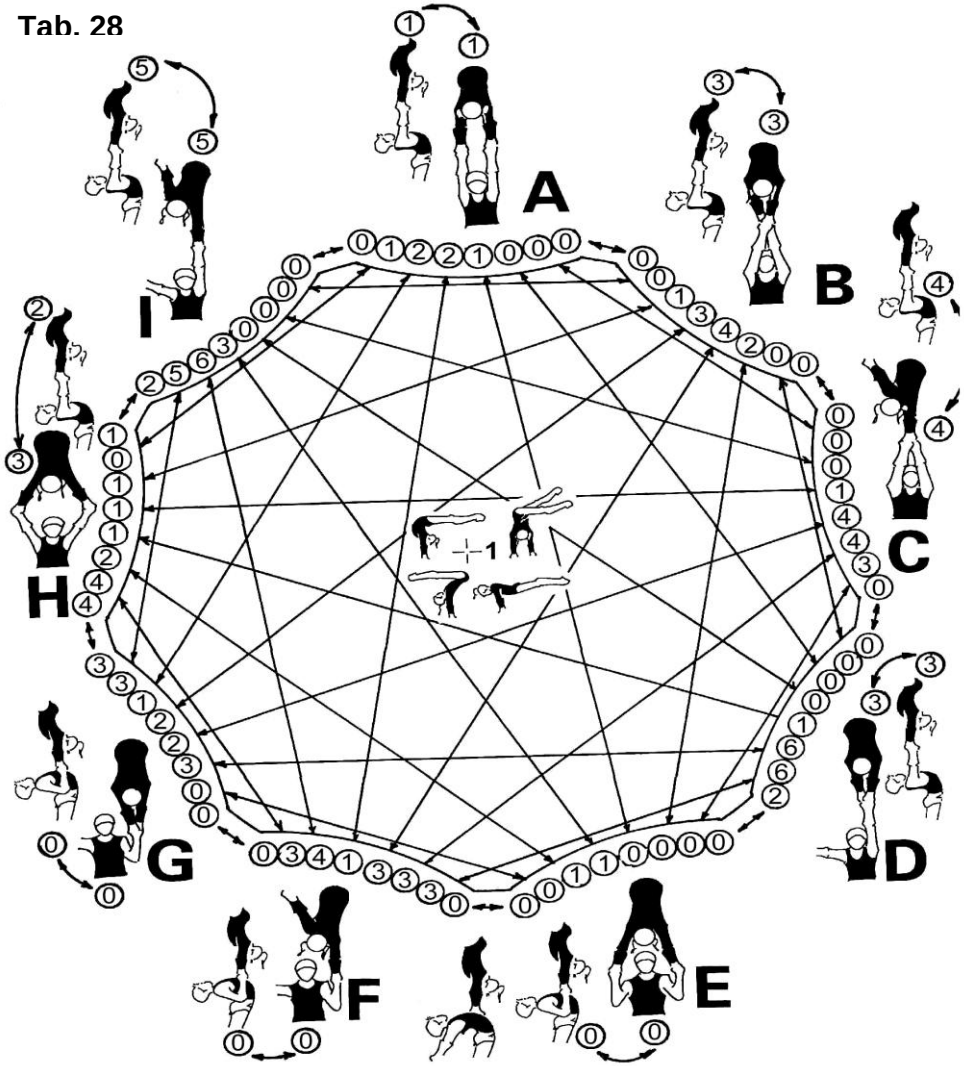
The motion of the base is **NOT** added to the position of the top.

+1V: **ONLY ONE TIME**

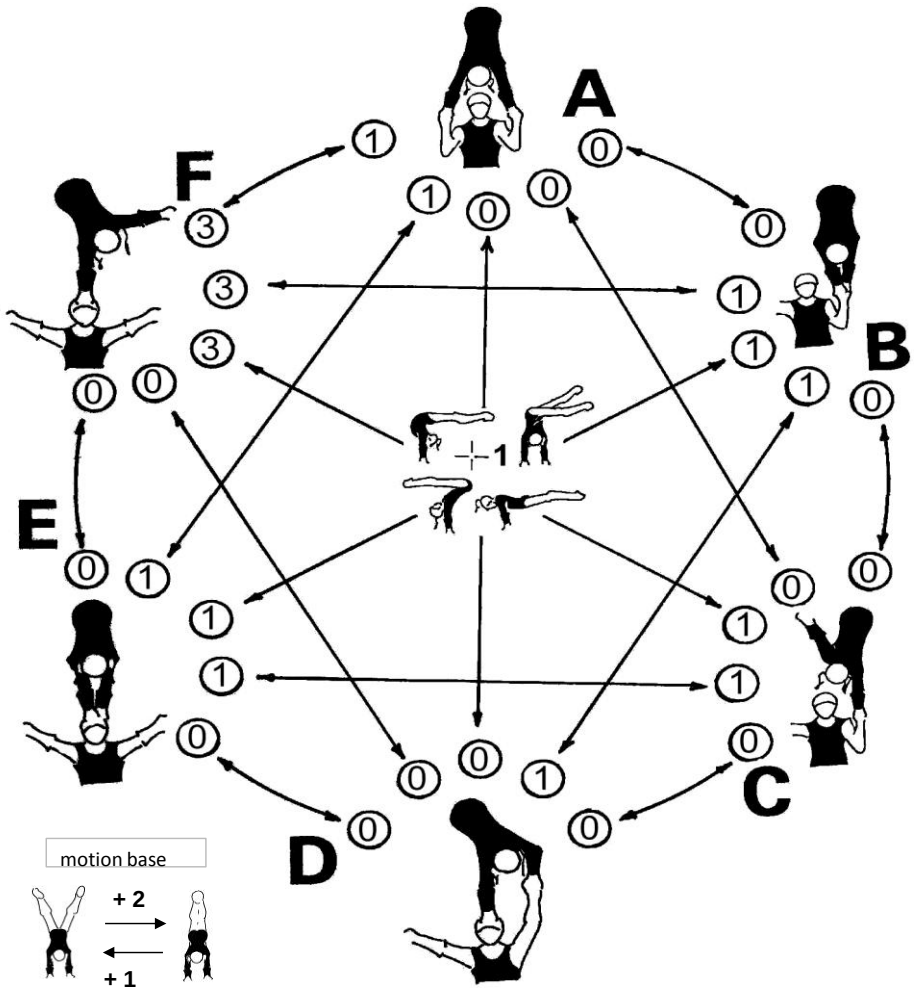
Pairs

Motion

Tab. 28



Tab. 29



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

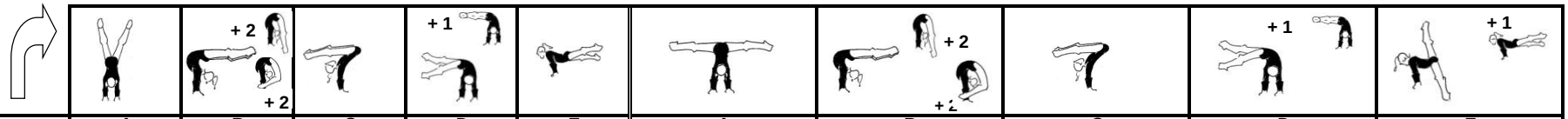
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS

Balance Elements

Mounts

Balance Elements

Pairs **Mounts + Static**



	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	1	1	2	2	2	3	1	2	3	1		3	1	2		1	2	4	3	5	3	4	6	5	7	3	4	6	5	7	3		6		7	2	3		4	
B	1	2	3	3	4	5	3	4	5	3		5	2	3		2	3	6	4	7	4	5	8	6	9	4	5	8	6	9	4		8		9	3	4		5	
C	1	2	3	2	4	5	2	4	5	2		5	1	3		3	5	9	7	11	5	7	11	9	13	5	7	11	9	13	5		11		13	4	6		8	
D																				5					7					7					7					
																				9					12					12					12					
E	3	4	5	5	6	7	5	6	7	5		7	5	6		5	8	13	11	17	7	10	15	13	19	7	10	15	13	19	7		15		19	6	9		12	
F	1	2	3	3	4	5	3	4	5	3		5	2	3		2	4	7	5	9	4	6	9	7	11	4	6	9	7	11	4		9		11	3	5		6	
+	2	3	4										+			3	4	5	4	6																				
Static	*3*	*5*	*7*	*5*	*7*	*9*	*5*	*7*	*9*	*5*		*9*	*5*	*7*		*6*	*8*	*10*	*11*	*14*	*8*	*9*	*12*	*13*	*16*	*8*	*9*	*12*	*13*	*16*	*8*		*12*		*16*	*8*	*8*		*10*	

Mounts

Mounts

Mounts

Mounts

Static

Mounts

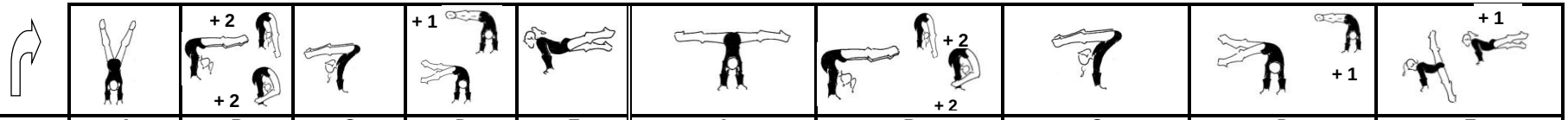
Mounts

Mounts

Static

Balance Elements

Pairs **Mounts + Static**

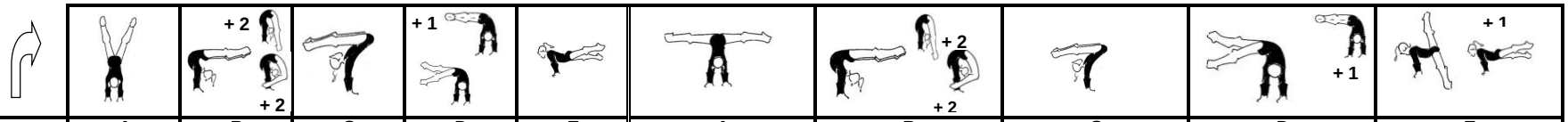


		A			B			C			D			E			A					B					C					D					E					
	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
A		2	3	4	4	5	6	4	5	6	4		6	3	4		3	5	9	7	11	5	7	11	9	13	5	7	11	9	13	5		11		13	4	6		8		Mounts
B		1	2	3	3	4	5	3	4	5	3		5	1	3		2	4	7	5	9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

Pairs

Balance Elements

Mounts + Static

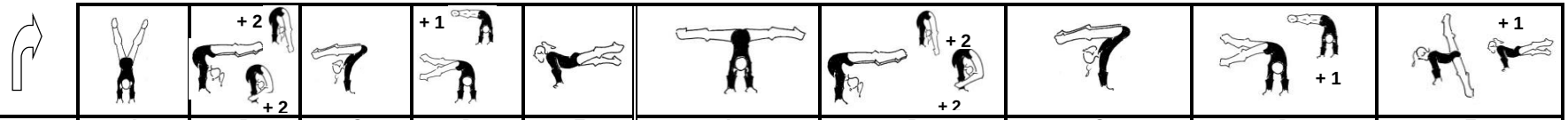


		A			B			C			D			E			A					B					C					D					E					
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
A	180° +1	1	2	3	3	4	5	3	4	5	3		5	2	3		2	4	8	6	10	4	6	10	8	12	4	6	10	8	12	4		10		12	3	5	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

Pairs

Balance Elements

Mounts + Static

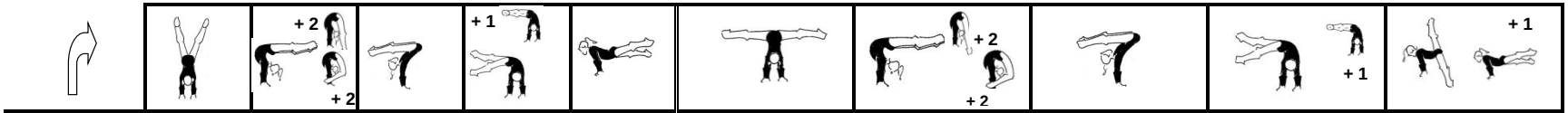


		A			B			C			D			E			A					B					C					D					E					
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33		35	36	37	38	39	40	
A	360°+ 4	4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20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

Balance Elements

Pairs

Mounts + Static

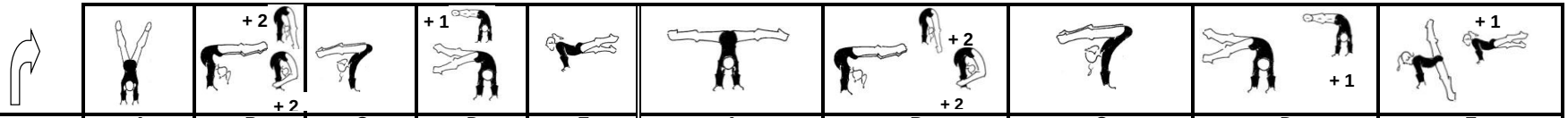


	A			B			C			D			E			A					B					C					D					E					
Start																																										
	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**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

Pairs

Balance Elements

Mounts + Static

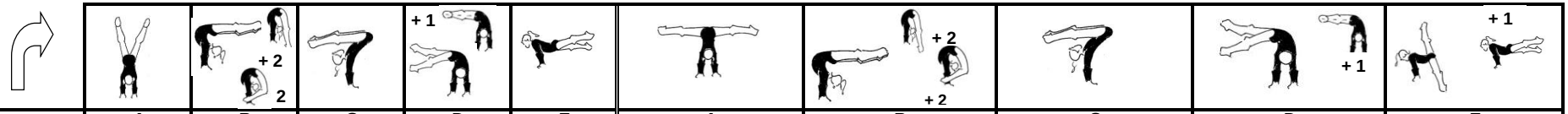


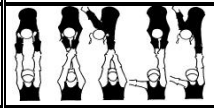
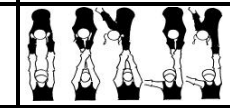
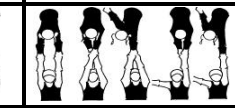
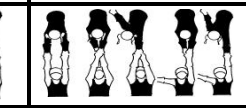
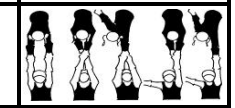
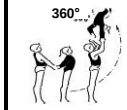
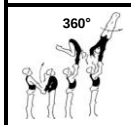
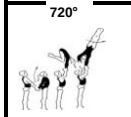
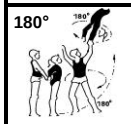
		A			B			C			D			E			A					B					C					D					E					
	Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
A	360°+4	4	6	8	6	8	10	6	8	10	6		10	6	8		12	15	20	18	24	14	17	25	20	27	14	17	25	20	27	14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

Balance Elements

Pairs

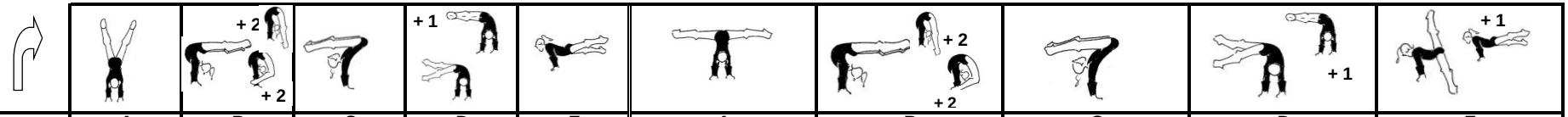
Mounts + Static



	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	11	13	11	13	15	11	14	18	11		18	10	14		12	14	19	17	23	14	16	22	19	26	13	16	22	19	26	13		22		26	12	15		18		Mounts
B 	10	12	14	12	14	16	12	14	16	12		16	11	13		14	17	22	20	26	16	19	27	22	29	16	19	27	22	29	16		27		29	15	18		21		Mounts
C 	4	6	8	6	8	10	6	8	10	6		10	5	7		10	13	17	15	21	11	14	19	17	23	11	14	19	17	23	11		19		23	10	13		16		Mounts
D 	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		Mounts
E 	4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	17	14	21	8	11	17	14	21	8		17		21	7	10		13		Mounts
	2	3	4												3	4	5	4	6																					Mounts
Static	*3*	*5*	*7*	*5*	*7*	*9*	*5*	*7*	*9*	*5*		*9*	*5*	*7*		*6*	*8*	*10*	*11*	*14*	*8*	*9*	*12*	*13*	*16*	*8*	*9*	*12*	*13*	*16*	*8*		*12*		*16*	*8*	*8*		*10*		Static

Balance Elements

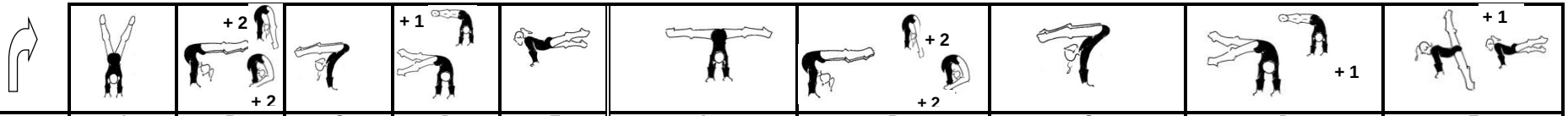
Pairs **Mounts + Static**



		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	8	6	8	10	6	8	10	6		10	6	8		8	11	16	14	20	10	13	18	16	22	10	13	18	16	22	10		18		22	9	12		13		Mounts
B	360°	8	11	15	10	13	17	10	13	17	10		17	10	13		12	15	21	19	25	14	17	23	21	27	14	17	23	21	27	14		23		27	13	16		20		Mounts
C	180°	3	5	7	5	7	9	5	7	9	5		9	5	6		5	8	13	11	17	7	10	15	13	19	7	10	15	13	19	7		14		19	6	9		12		Mounts
D		4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13		Mounts
	+	2	3	4											+		3	4	5	4	6																					Mounts
	Static	*3*	*5*	*7*	*5*	*7*	*9*	*5*	*7*	*9*	*5*		*9*	*5*	*7*		*6*	*8*	*10*	*11*	*14*	*8*	*9*	*12*	*13*	*16*	*8*	*9*	*12*	*13*	*16*	*8*		*12*		*16*	*8*	*8*		*10*		Static

Balance Elements

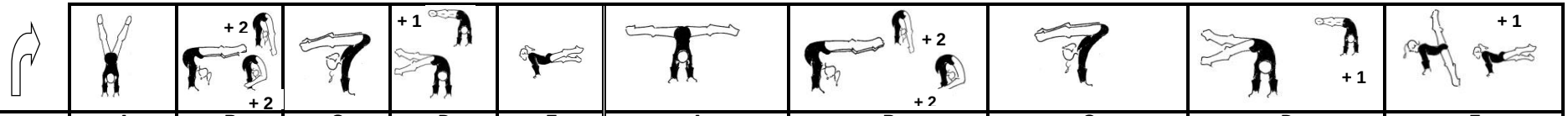
Pairs **Mounts + Static**



	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	1	2	3	3	4	5	3	4	5	3		5	2	3		2	3	6	4	7	4	5	8	6	9	4	5	8	6	9	4		8		9	3	4		5		**Mounts**
B	2	3	4	4	5	6	4	5	6	4		6	3	4		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		**Mounts**
C	3	4	5	5	6	7	5	6	7	5		7	4	5		5	8	13	11	17	7	9	15	13	19	7	9	15	13	19	7		15		19	6	8		12		**Mounts**
D	1	2	3	3	4	5	3	4	5	3		5	2	3		2	3	6	4	7	4	5	8	6	9	4	5	8	6	9	4		8		9	3	4		5		**Mounts**
E	2	3	4	4	5	6	4	5	6	4		6	3	4		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		**Mounts**
+	**2**	**3**	**4**									+				**3**	**4**	**5**	**4**	**6**																					**Mounts**
Static	***3***	***5***	***7***	***5***	***7***	***9***	***5***	***7***	***9***	***5***		***9***	***5***	***7***		***6***	***8***	***10***	***11***	***14***	***8***	***9***	***12***	***13***	***16***	***8***	***9***	***12***	***13***	***16***	***8***		***12***		***16***	***8***	***8***		***10***		**Static**

Balance Elements

Pairs **Mounts + Static**

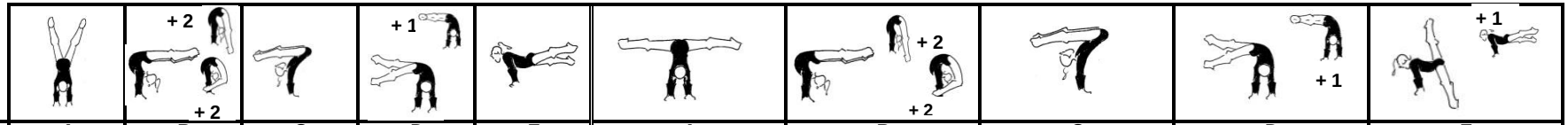


	A			B			C			D			E			A					B					C					D					E					
Start																																									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
A	3	4	5	5	6	7	5	6	7	5		7	4	5		5	8	13	11	17	7	9	15	13	19	7	9	15	13	19	7		15		19	6	8		12		Mounts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

Balance Elements

Pairs

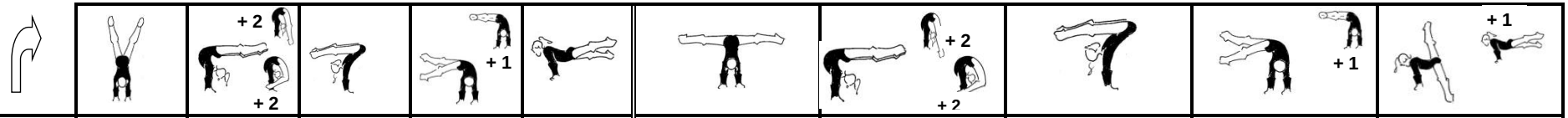
Mounts+static



		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		3	5	7	5	7	9	5	7	9	4		5	7	9		5	8	13	11	17	7	10	15	13	19	7	10	15	13	19	7		15		19	6	9		12		**Mounts**
B		4	6	8	6	8	10	6	8	10	6		10	6	8		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	8	10		13		**Mounts**
C	Inverfed hands	6	8	10	8	10	12	8	10	12	8		12	7	9		8	11	16	14	20	10	13	18	16	22	10	13	18	16	22	10		18		22	9	12		15		**Mounts**
D	360°+3	4	6	8	6	8	10	6	8	10	6		10	5	7		11	14	18	16	24	13	16	24	18	26	13	16	24	18	26	13		24		26	12	15		18		**Mounts**
E	180°	5	7	9	7	9	11	7	9	11	7		11	6	8		8	11	16	14	20	10	13	18	16	22	10	13	20	16	22	10		20		22	9	12		15		**Mounts**
	+	**2**	**3**	**4**									+				**3**	**4**	**5**	**4**	**6**																					**Mounts**
	Static	***3***	***5***	***7***	***5***	***7***	***9***	***5***	***7***	***9***	***5***		***9***	***5***	***7***		***6***	***8***	***10***	***11***	***14***	***8***	***9***	***12***	***13***	***16***	***8***	***9***	***12***	***13***	***16***	***8***		***12***		***16***	***8***	***8***		***10***		**Static**

Balance Elements

Pairs **Mounts + Static**



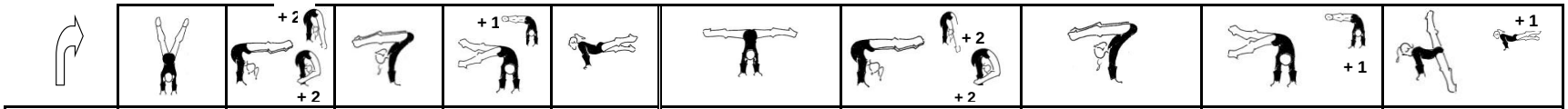
		A			B			C			D			E			A					B					C					D					E					
	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
A		2	3	4	4	5	6	4	5	6	4		6	3	4		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		Mounts
B		3	5	7	5	7	9	5	7	9	5		9	5	6		5	8	13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

E = also start from handstands

Balance Elements

Pairs

Mounts + Static

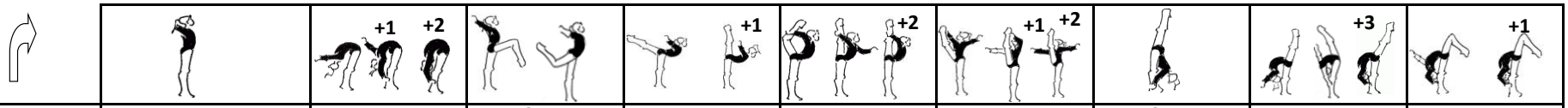


		A			B			C			D			E			A					B					C					D					E					
	Start																																									
		1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**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

Balance Elements

Pairs

Mounts + Static



	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	1	2		4	1	4		2	3	4	3	4	5	3	6	7	3	5	6	5	7	8	5	7	8	5	8	9	**Mounts**
B	1	2		4	1	4		2	3	4	3	4	5	3	6	7	3	5	6	5	7	8	5	7	8	5	8	9	**Mounts**
C	2	3		6	2	5		3	5	6	4	6	7	4	8	9	4	7	8	6	9	10	6	9	10	6	10	11	**Mounts**
D	3	4		7	3	6		4	6	7	5	7	8	5	9	10	5	8	9	7	10	11	7	10	11	6	11	12	**Mounts**
E	1	2		3	2	6		3	5	6	2	4	7	3	6	7	3	6	7	5	6	7	6	10	11	4	11	12	**Mounts**
F	1	2		3	2			3	5	6	2	4	7	3	6	7	3	6	7	5	6	7	6	10	11	4	11	12	**Mounts**
G		4				8				10			12			15			13			14			18			17	**Mounts**
		6				8				12			14			17			15			16			20			19	**Mounts**
Static	***2***	***2***		***4***	***3***	***3***		***3***	***4***	***6***	***4***	***7***	***8***	***5***	***7***	***8***	***5***	***6***	***7***	***4***	***7***	***8***	***6***	***7***	***9***	***7***	***8***	***12***	**Static**

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

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

Dynamic Elements

Dynamic Elements
Additional Difficulty for Links

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

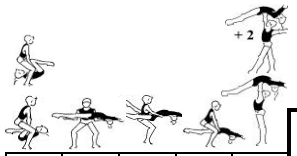
This Table is working from left to right:
Vertical column = first element
Horizontal row = second element

Dynamic Elements

Pairs

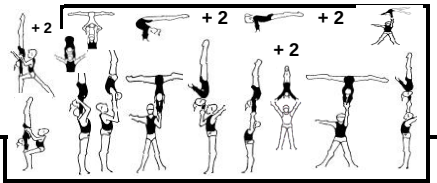
Back Salto

Finish Position

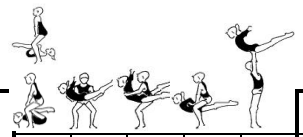


for ≥4/4 (+1)

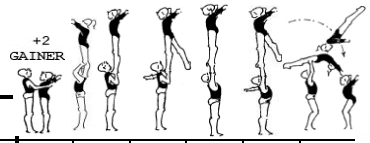
Base turns 180° + 2



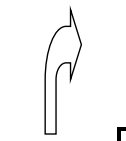
top 180°



Base turns 180° + 2

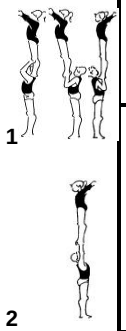


+ 3



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	0/4	0	1	3	2	4	
	2		4	1	1	1	3		3	16	20	24	20	24	30		4	2			6		2	14	17	17	22	3
	3		4	1	1	1	3		3	16	20	24	20	24	30		5	3			7		3	16	19	19	24	4
	4		4	1	1	1	3		3	16	20	24	20	24	30		6	4			8		4	18	21	21	26	5
5/4	5		10	7	4	8	8	6/4	12	30	36	40	44			7/4	16	14			17	8/4	14	34				12
	6		12	8	5	9	10		12	30	36	40	44				18	16			19		16	44				14
	7																						16					14
	8																						19					17
	9		16	10	7	11	12		16	36	42	46	50				26	24			27		24					22
9/4	10			15	10			10/4								11/4						12/4	34					
	11			17	12																		44					
	12			17	12																							
	13			20	15																							
	14			25	19																							



+ 2

4

5

0/4 - 4/4
- 2

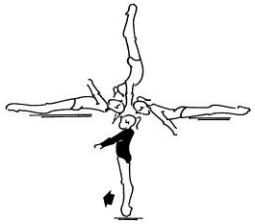
6

forbidden

		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	-2	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
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

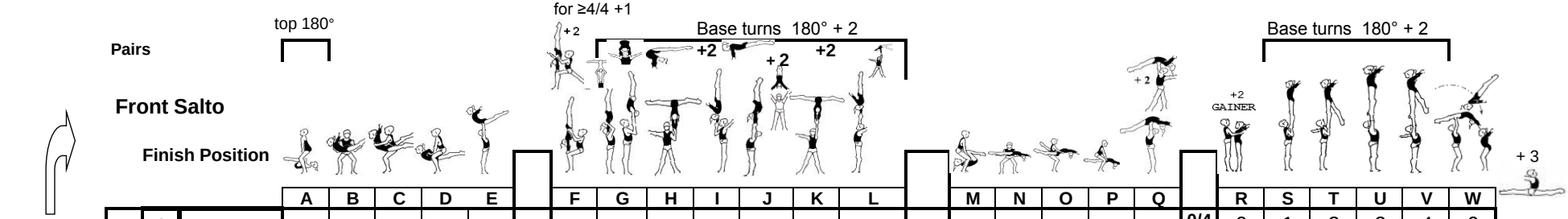
Finish Position

top 180°

for ≥4/4 +1

Base turns 180° + 2

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
1/4	1						2/4								3/4						0/4 4/4	0	1	3	2	4	0
	2	5	1	1	1	4		2	6	9	12	8	13	17		5	3			7		3	18	20	20	24	4
	3	5	1	1	1	4		2	6	9	12	8	13	17		6	4			8		4	20	22	22	26	5
	4	5	1	1	1	4		2	6	9	12	8	13	17		7	6			9		5	22	24	24	30	6
5/4	5	9	7	4	8	10	6/4	10	20	23	27	24	30	36	7/4	18	16			20	8/4	16	38				16
	6	10	8	5	9	12		10	20	23	27	24	30	36		20	18			22		18	48				18
	7																					18					18
	8																					22					22
	9	12	10	7	11	14		12	24	27	31	28	34	40		30	28			32		27					27
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

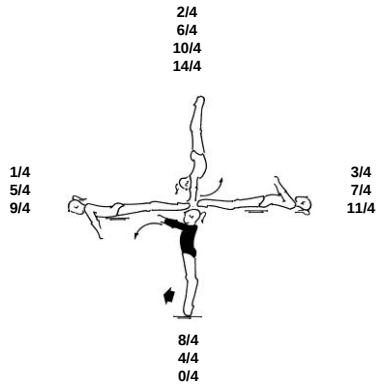
10

11

12

forbidden

	Twist	A 180	B 360	C 540	D 720	E 900	F 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				



Dynamic Elements

Pairs

Back Salto

Finish Position
Position

top 180°

Base turns 180° + 2

+2 GAINER

+ 2

for ≥4/4 +1

Base turns 180° + 2

+2 +2 +2 +2 + 2 + 3

Start

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

13

14

15

4/4 - 12/4 + 2 + 1 **16**

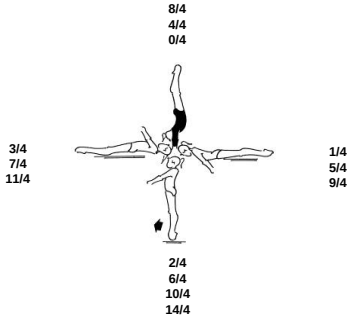
4/4 - 12/4 + 3 + 1 **17**

4/4 - 12/4 +4 + 2 **18**

4/4 - 12/4 +5 + 3 **19**

20

		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	8	16	26	36				

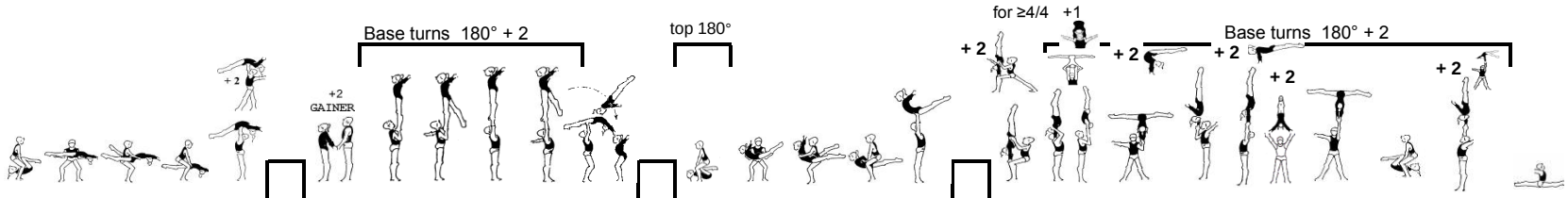


Dynamic Elements

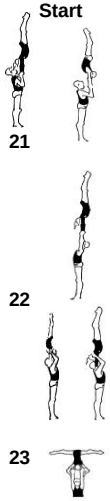
Pairs

Front Salto

Finish Position



Start

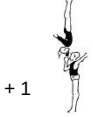


		A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V	VA	W
	1																			0/4	1	2	3	5	4	6		9
1/4	2	2	1			3	2/4	1	6	9	9	12		3/4		4	2	4	7	4/4	6	16	20	24	20	26	16	32
	3	2	1			3		1	6	9	9	12				4	2	4	7		8	18	22	26	22	28	18	34
	4	2	1			3		1	6	9	9	12				4	2	4	7		10	20	24	28	24	30	20	36
	5		8			10		9	20	24	24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

4/4 - 12/4 + 2

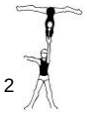
24

4/4 - 12/4 + 3



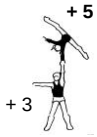
25

4/4 - 12/4 + 4



26

4/4 - 12/4 + 5



27

29

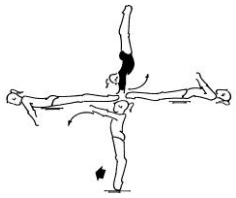
28

	8
	10
	12

	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	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								
13	12/4	16	32	48	64				

8/4
4/4
0/4

3/4
7/4
11/4



1/4
5/4
9/4

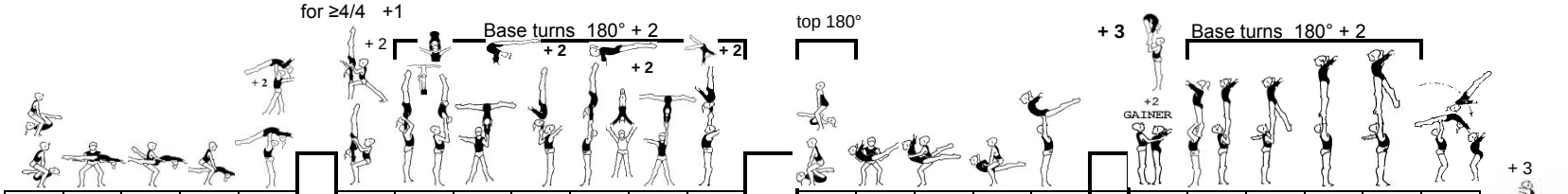
2/4
6/4
10/4
14/4

Dynamic Elements

Pairs

Back Salto

Finish Position



Start

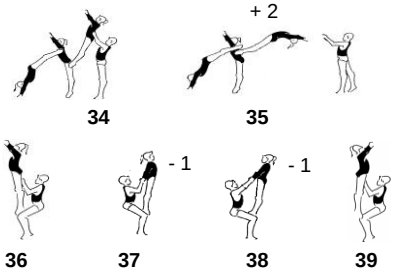
		A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
1/4	1						**2/4**								**3/4**						**0/4 4/4**	0	2	4	3	5	
	2	3	1	1	1	2		3	16	20	26	21	25	32		4	2			7		2	12	15	14	19	4
	3	3	1	1	1	2		3	16	20	26	21	25	32		5	3			8		3	14	17	16	21	5
	4	3	1	1	1	2		3	16	20	26	21	25	32		6	4			10		4	16	19	18	23	6
5/4	5	12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

30

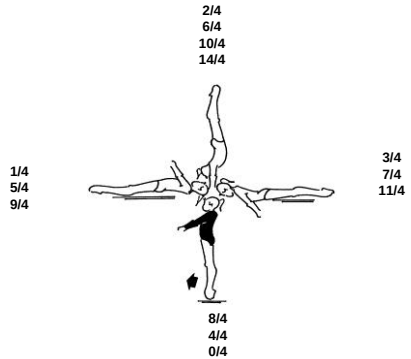
31

32

33



		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				



Dynamic Elements

Pairs

Front Salto

Finish Position

top 180°

for ≥4/4 +1

+ 1

Base turns 180° + 2

+2 +2 +2

+ 2

+ 2

+2 GAINER

Base turns 180° + 2

+ 3

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 4/4**	0	1	3	2	4	0
	2	2	1	1	1	3		2	7	11	14	9	15	19		7	3			9		2	14	17	17	22	4
	3	2	1	1	1	3		2	7	11	14	9	15	19		8	4			10		3	16	19	19	24	5
	4	2	1	1	1	3		2	7	11	14	9	15	19		10	5			12		4	18	21	21	26	6
5/4	**5**	5	8	4	8	6	**6/4**	10	22	25	29	26	32	38	**7/4**	20	18			22	**8/4**	17	40				17
	6	7	9	5	9	8		10	22	25	29	26	32	38		22	20			24		19	50				19
	7																					19					19
	8																					23					23
	9	10	11	7	11	12		12	26	29	33	30	36	42		32	30			34		28					28
9/4	**10**		20	15			**10/4**	28							**11/4**						**12/4**	40					
	11		22	17				32														50					
	12		22	17																							
	13		26	21																							
	14		32	27				42																			

40

41

42

	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				

43

+ 1

-1

-1

44 **45** **46** **47** **48**

(6/4 +3)

(6/4) + 2

49 **50** **51**

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

1/4
5/4
9/4

3/4
7/4
11/4

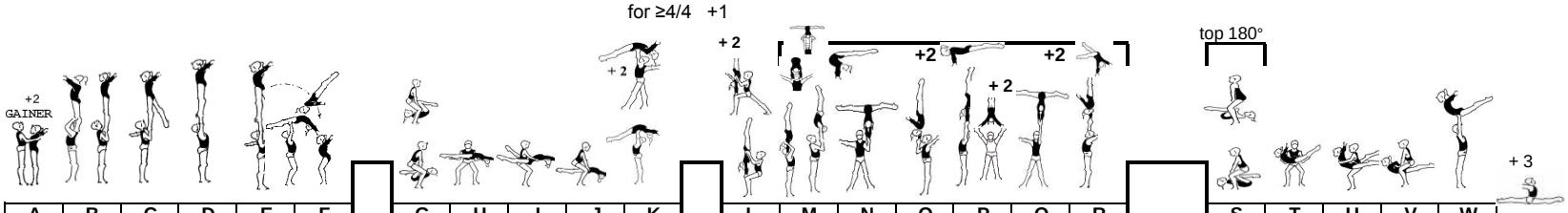
8/4
4/4
0/4

Dynamic Elements

Pairs

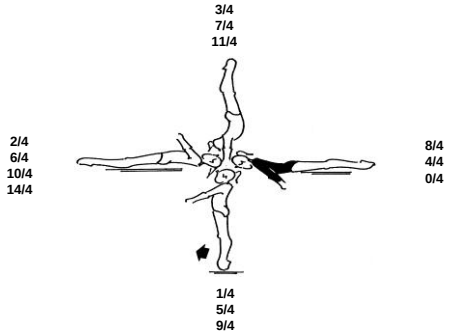
Back Salto

Finish Position



			A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q	R		S	T	U	V	W
Start	1/4	1							2/4						3/4								0/4 4/4	2	0		0	2
		2		1	3	5	5	8		3	2	2	3	4		6	14	18	22	18	24	30		8	5		4	7
		3		1	3	5	5	8		4	3	2	3	4		8	14	18	22	18	24	30		10	7		5	9
		4		1	3	5	5	8		6	4	2	3	4		10	14	18	22	18	24	30		12	9		6	11
52	5/4	5		5	14	17	16	21	5	6/4	12	11	7	10	12	7/4	14	28	34	38	34			8/4	22	20			22
		6		6	16	19	18	23	6		14	13	9	12	14		14	28	34	38	34				24	22			24
53		7																							24	22			24
		8																							27	25			27
		9		8	18	21	20	25	8		16	15	11	14	16		18	34	40	44	42				32	30			32
54	9/4	10		18						10/4		18	14			11/4								12/4					
		11		20								22	18																
		12		20																									
		13		23																									
55		14		28								32	26																
	13/4	15		34																									
56		16		44																									

		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								

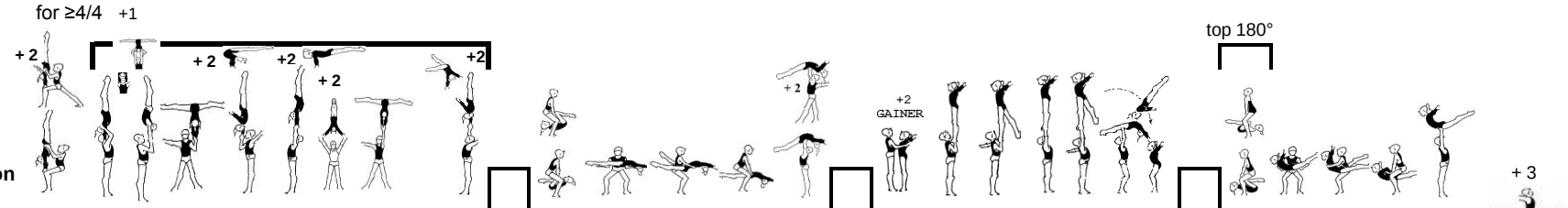


Dynamic Elements

Pairs

Front Salto

Finish Position



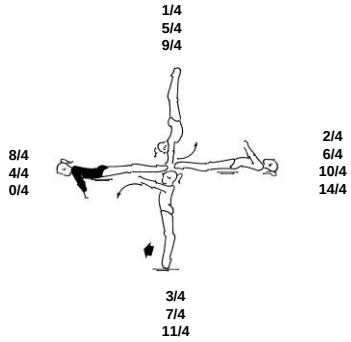
Start

57

58

		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 4/4**	2	0	0	0	2
	2	2	4	6	9	8	11	14		4	3			5		3	8	11	11	15			8	6	3	7	10
	3	2	4	6	9	8	11	14		5	4			6		4	10	13	13	17			10	8	4	9	12
	4	2	6	8	9	8	11	14		7	5			8		6	12	15	15	19			12	10	6	11	14
5/4	**5**	8	16	20	24	22	26	32	**6/4**	14	12			16	**7/4**	16	40					**8/4**	26	22			
	6	8	16	20	24	22	26	32		16	14			18		18	50						28	24			
	7																						28	24			
	8																						32	28			
	9	10	20	24	28	26	32	38		20	18			22		27							27	33			
9/4	**10**	26							**10/4**						**11/4**							**12/4**					
	11	30																									
	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	4	10	18	28				
11	10/4								
12	11/4								
13	12/4								

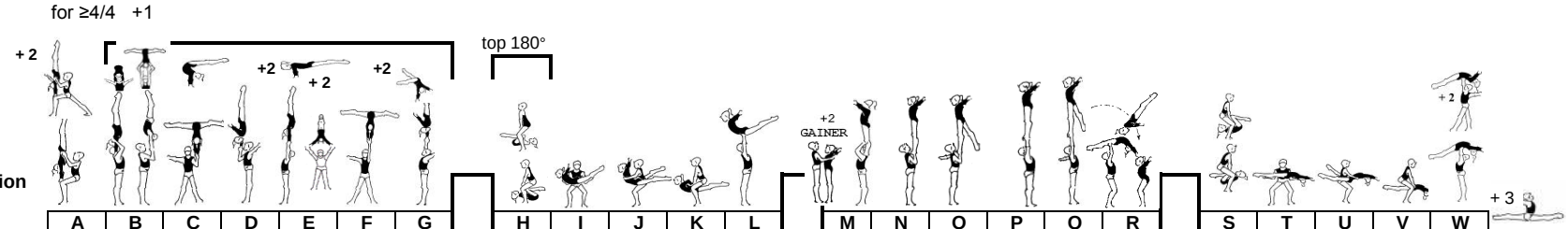


Dynamic Elements

Pairs

Back Salto

Finish Position



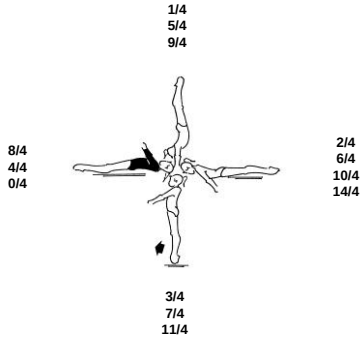
Start

59

60

		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 4/4**	0	0	0	0	2
	2	2	4	5	7	5	10	14		3	1			3		1	8	10	10	14			5	3	1	5	5
	3	2	4	5	7	5	10	14		4	1			3		1	10	12	12	16			6	4	2	6	6
	4	2	4	5	7	5	10	14		5	1			3		2	12	15	15	18			8	6	3	8	8
5/4	**5**	3	14	17	21	16	21	27	**6/4**	10	6			12	**7/4**	14	34				14	**8/4**	20	18	12	20	20
	6	4	16	19	23	18	23	29		12	8			14		16	44				16		22	20	14	22	22
	7																						22	20	14	22	22
	8																						25	23	17	25	25
	9	6	18	21	25	20	25	31		14	10			16		24					24		30	28	20	30	30
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	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								

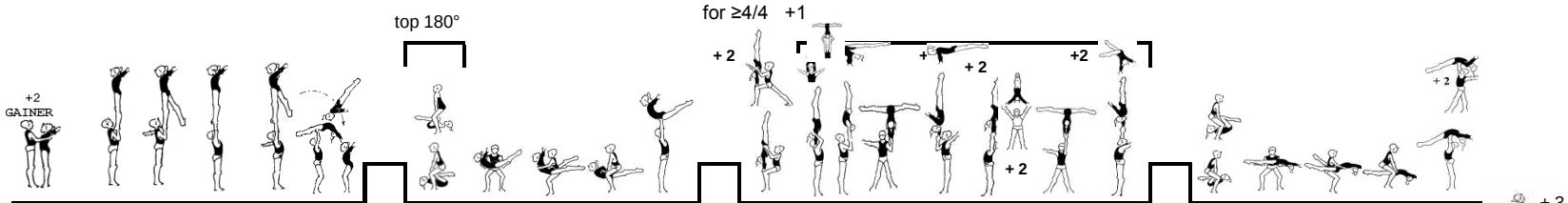


Dynamic Elements

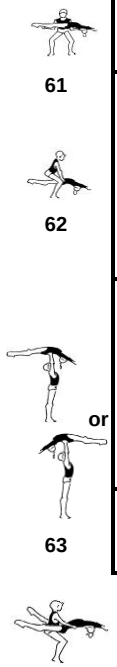
Pairs

Front Salto

Finish Position

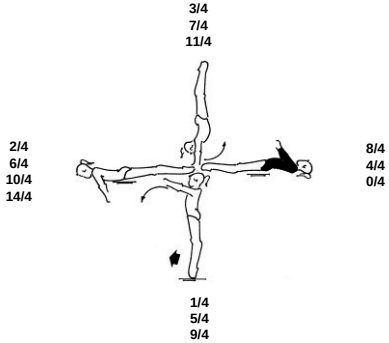


Start



		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 4/4	1	1			2
	2	0	3	5	5	7			3	2	1	1	3		2	7	10	14	13	16	20		6	4			6
	3	0	3	5	5	7			4	3	1	1	4		3	7	10	14	13	16	20		7	5			7
	4	0	3	5	5	7			4	3	1	1	4		4	10	13	17	16	19	23		9	7			9
5/4	5	4	13	16	15	20	6	6/4	12	8	5	9	12	7/4	12	22	26	29	26	32	38	8/4	24	20			22
	6	5	15	18	17	22	7		14	10	7	11	14		12	24	28	31	28	32	38		26	22			24
	7																						26	22			24
	8																						30	26			28
	9	7	17	20	19	24	9		16	14	9	15	16		14	26	30	33	30	32	40		35	31			33
9/4	10	20						10/4	26	24	18			11/4								12/4					
	11	22							28	26	20																
	12	22							28	26	20																
	13	26							32	28	22																
	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

Back Salto

Finish Position
Position

top 180°

Base turns 180° + 2

+2 GAINER

for ≥4/4 +1

+ 2

Base turns 180° + 2

+2

+2

+ 3

Start

		A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		R	S	T	U	V	W
1/4	1						**2/4**							**3/4**						**0/4 4/4**	1	3	4	6	5	7	11
	2	2	2			3		1	5	8	7	10			5	4	2	4	5		8	22	26	30	26	32	38
	3	2	2			3		1	5	8	7	10			6	5	3	5	6		10	24	28	32	28	34	40
	4	2	2			3		1	5	8	7	10			7	6	4	6	7		12	26	30	34	30	36	42
5/4	5	9	8			10	**6/4**	9	20	24	24	28	9	**7/4**	14	11	8	13	14	**8/4**	30	42					
	6	10	9			12		10	22	26	26	30	10		16	13	10	15	16		34	52					
	7																										
	8																										
	9	13	11			14		12	28	32	32	36	12		18	15	12	17	18								
9/4	10	22	20			20	**10/4**	30						**11/4**						**12/4**							
	11	24	22			22		40																			
	12		22			22																					
	13		25			25																					
	14		30			30		50																			

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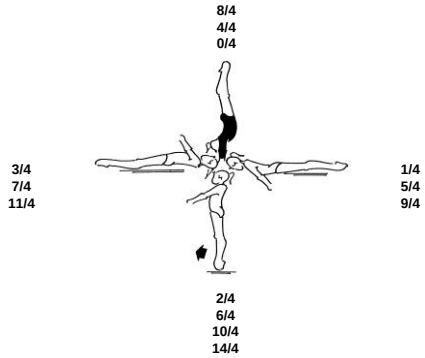
	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	10	12	14
3	2/4	2	4	6	9	12	15	18	22
4	3/4	1	3	5	7	9	11	13	15
5	4/4	-4	8	4	16	12	24	20	32
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	11	13	16	19	23
8	7/4	3	5	7	9	11	14	17	21
9	8/4	-6	16	10	36				
10	9/4	6	12	18	24				
11	10/4	6	12	18	24				
12	11/4								
13	12/4	8	16	26	36				

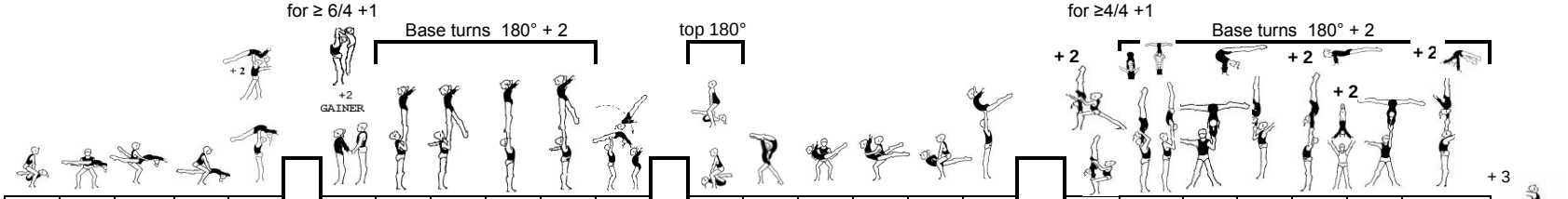


Dynamic Elements

Pairs

Front Salto

Finish Position



Start

71

72

73

74

75

76

		A	B	C	D	E		F	G	H	I	J	K		L	LA	M	N	O	P		Q	R	S	T	U	V	W
1/4	1						2/4							3/4							0/4 4/4	1	3	4	6	5	7	11
	2	2	1			3		1	5	8	8	12			6		4	2	4	6		7	10	14	18	14	20	26
	3	2	1			3		1	5	8	8	12			6	7	4	2	4	6		9	12	16	20	16	22	28
	4	2	1			3		1	5	8	8	12			6		4	2	4	6		11	14	18	22	18	24	30
5/4	5	8	7			8	6/4	8	18	22	22	28	8	7/4	12		10	7	12	15	8/4	22	30					
	6	10	9			10		10	20	26	26	30	10		14		12	9	14	17		26	40					
	7																											
	8																											
	9	14	12			14		12	26	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																									
							14/4	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	16	32	48	64				

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

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

MEN'S GROUP

Balance Elements

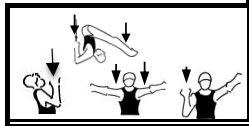
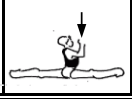
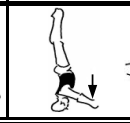
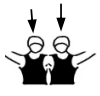
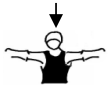
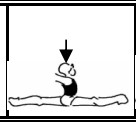
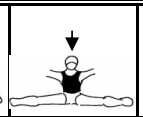
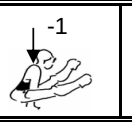
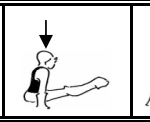
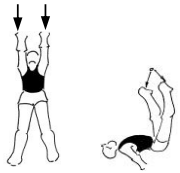
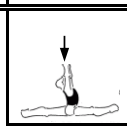
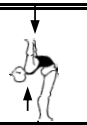
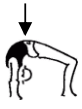
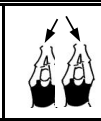
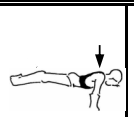
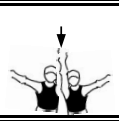
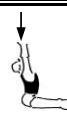
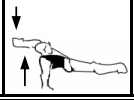
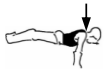
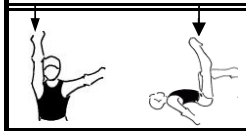
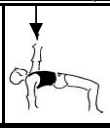
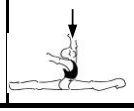
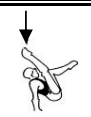
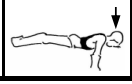
Balance Elements

Static

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 92.

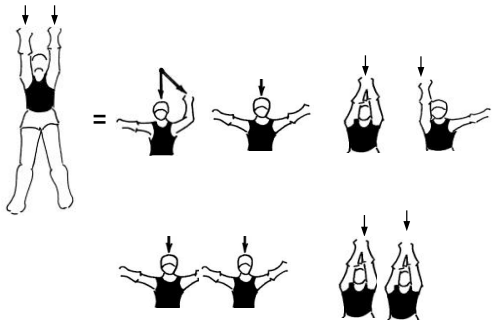
	1	2	3	4	5	6	7	8	9	10	11	12	13
													
													
					-1	-1							
													
													
								+1					

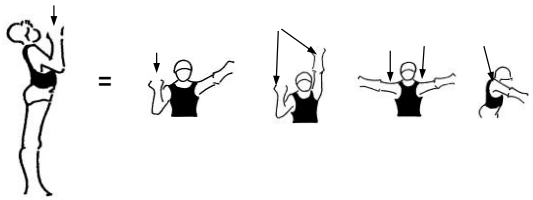
Men´s Group

Evaluation of Transitions

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

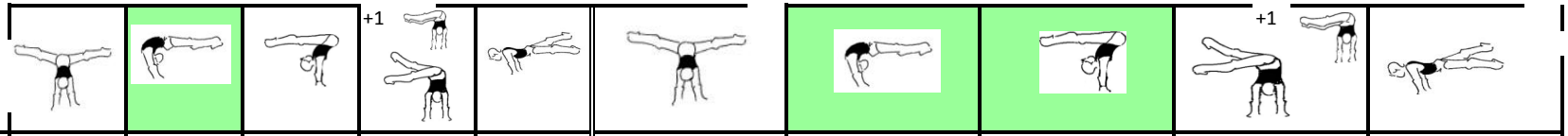




1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18 <

Static

Men's Group



1

Start	A			B			C			D			E			A					B					C					D					E				
	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
Group 1	3	4	8							5	5	9	6	8		6	7	9	10	13											7			12	15	8	10	12		
Group 2	4	5	9							6	6	10	7	9		8	9	11	12	15											9			14	17	10	12	14		
Group 3	5	6	10							7	7	11	8	10		10	11	13	14	17											11			16	19	12	14	16		
Group 4	6	7	11							8	8	12	9	11		12	13	15	16	19											13			18	21	14	16	18		

2

Start	A			B			C			D			E			A					B					C					D					E				
	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
Group 1	4	5	9							6		11	6	8		3	4	6	8	11											5			10	13	5	7	9		
Group 2	5	6	11							7		13	7	9		5	6	8	10	13											7			12	15	7	9	11		
Group 3	6	7	13							8		15	8	10		7	8	10	12	15											9			14	17	9	11	13		
Group 4	7	8	15							9		17	9	11		9	10	12	14	17											11			16	19	11	13	15		

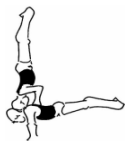
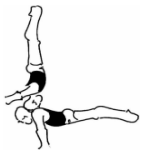
3

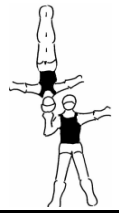
Start	A				B						C		D		E		F				G				H						J				K				L			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Group 1	1	1	1	1	2	3	2	2	5	5	4	6	4	4	5	5	5	5	1	2	2	2	2	3	2	2	5	5	1	1	2	2	1	1	3	3	1	2	3	~
Group 2	1	2	2	2	3	4	3	3	6	6	5	7	5	5	5	6	6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

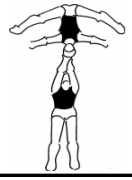
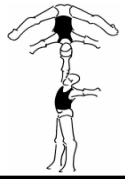
***Crocodile two on one hand and crocodile on one hand are considered as the same element!**

Men's Group Balance Elements

Static

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

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

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

V = 3-3-4-4 TOP

V = 5-5-6-6

STATIC V = 5-5-6-6

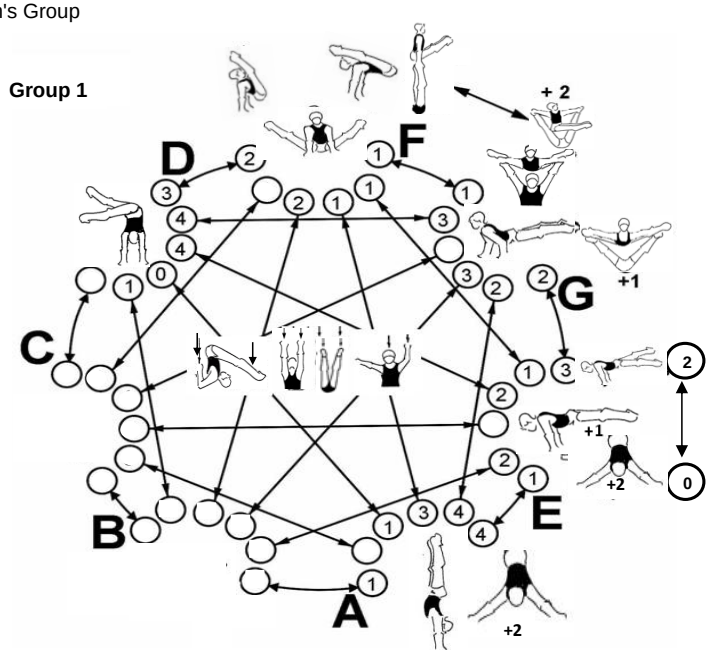
V = 7-7-8-8

Balance Elements

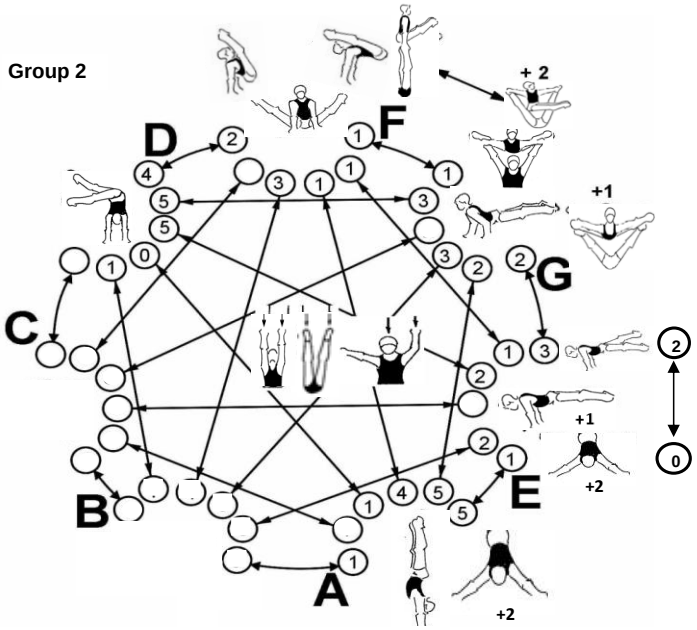
Table-Top-additional difficulty for motion

Men's Group

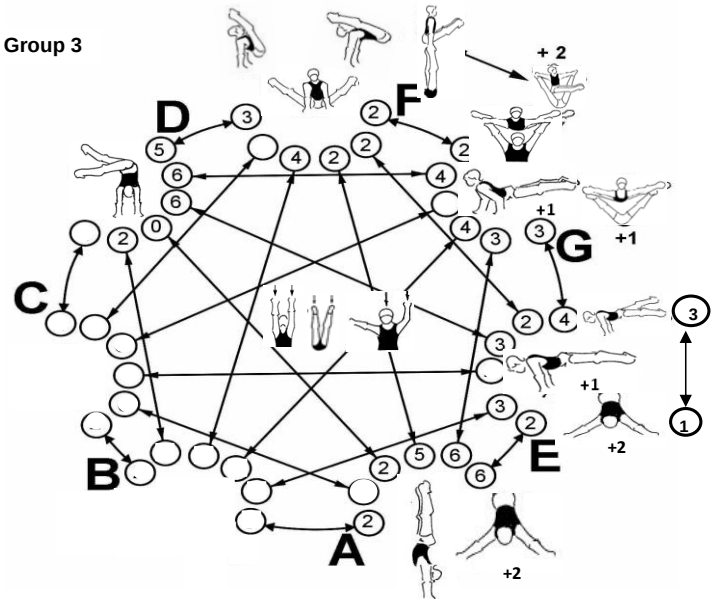
Group 1



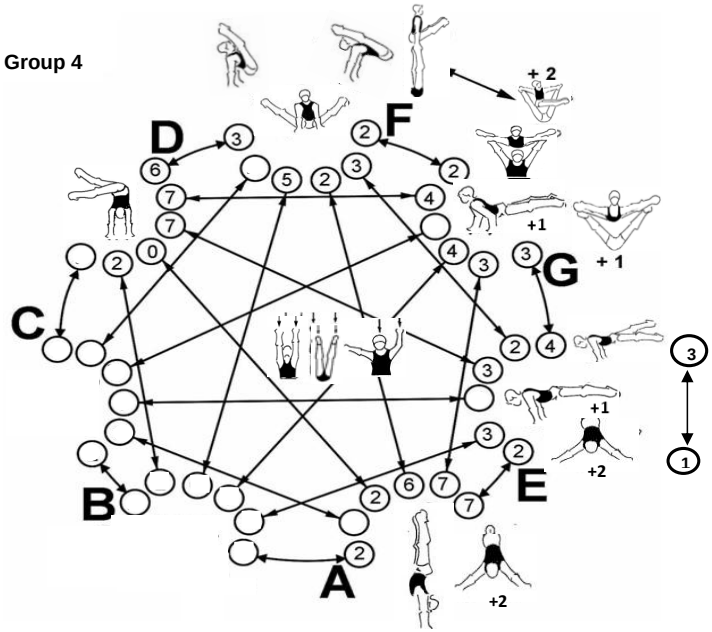
Group 2



Group 3



Group 4

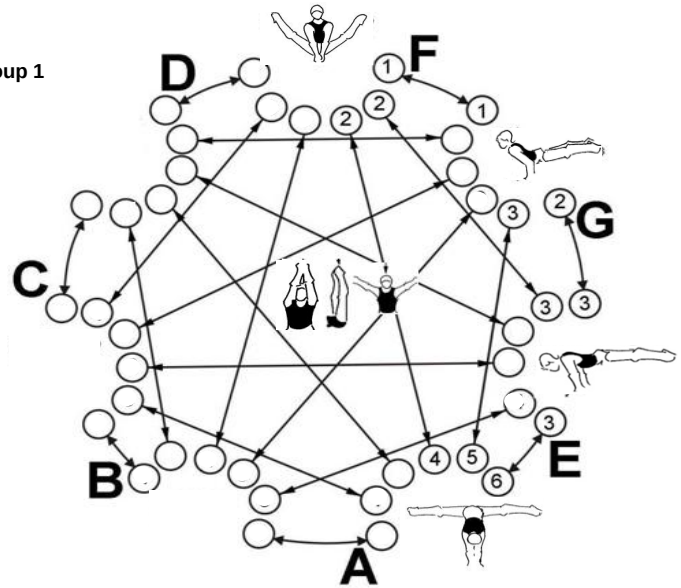


Balance Elements

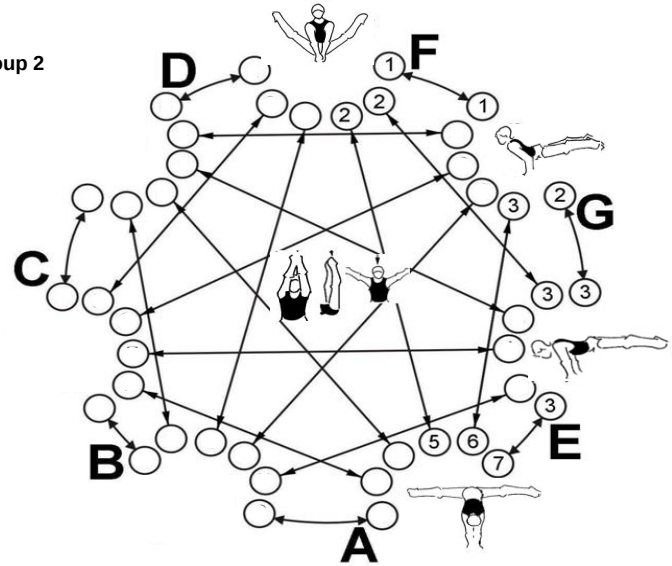
Table-Top-additional difficulty for motion

Men's Group

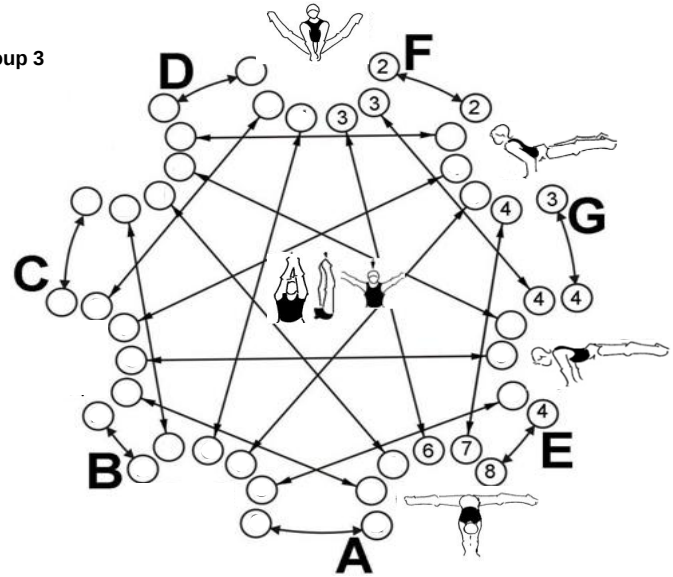
Group 1



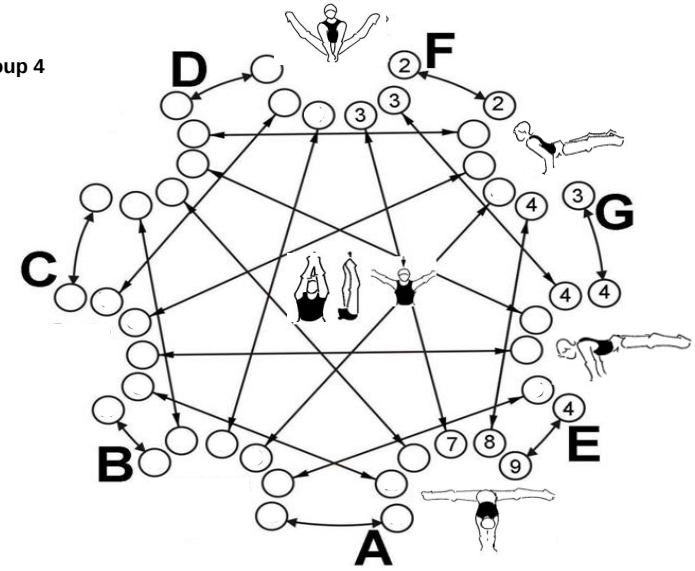
Group 2



Group 3



Group 4

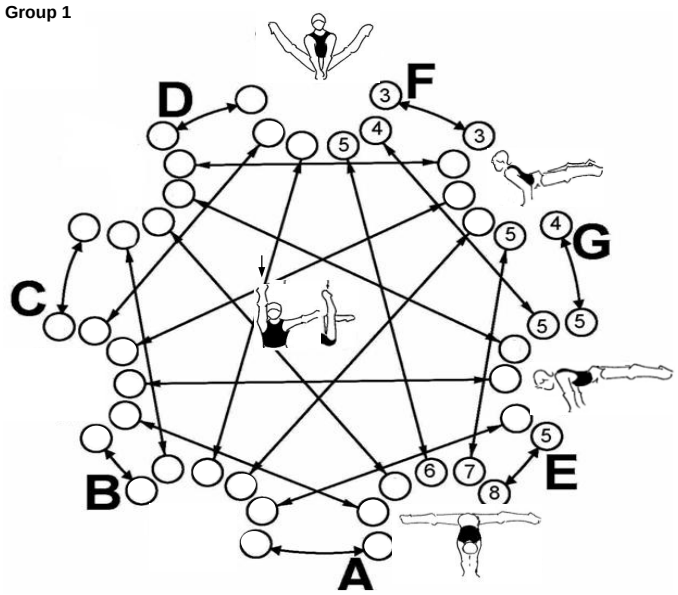


Balance Elements

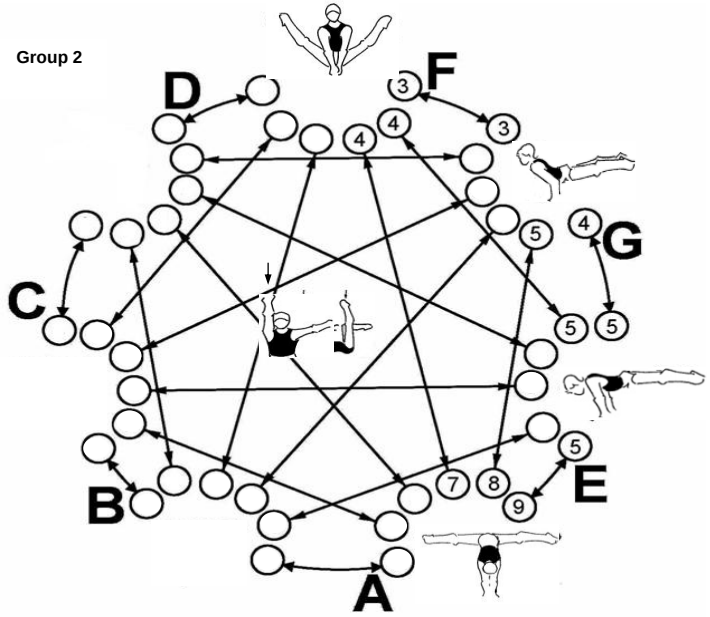
Table-Top-additional difficulty for motion

Men's Group

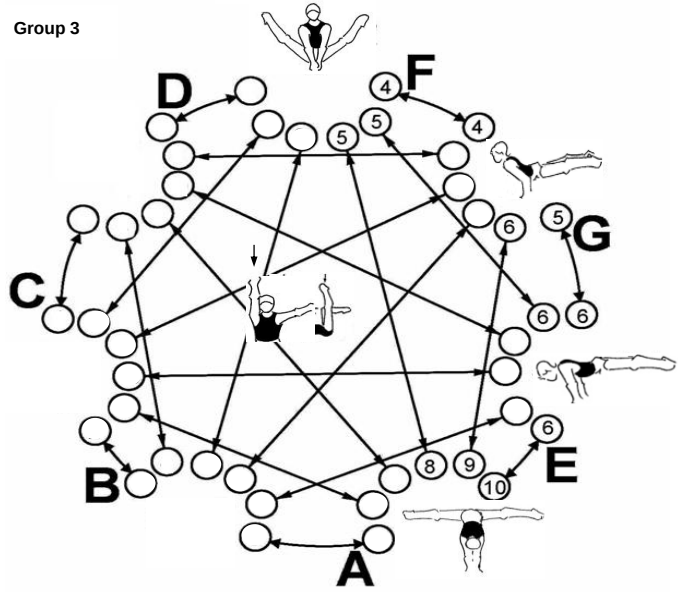
Group 1



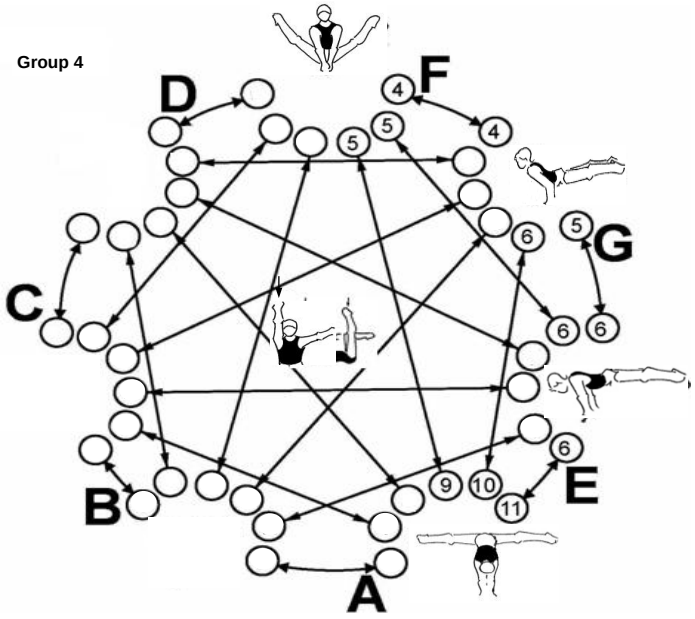
Group 2



Group 3



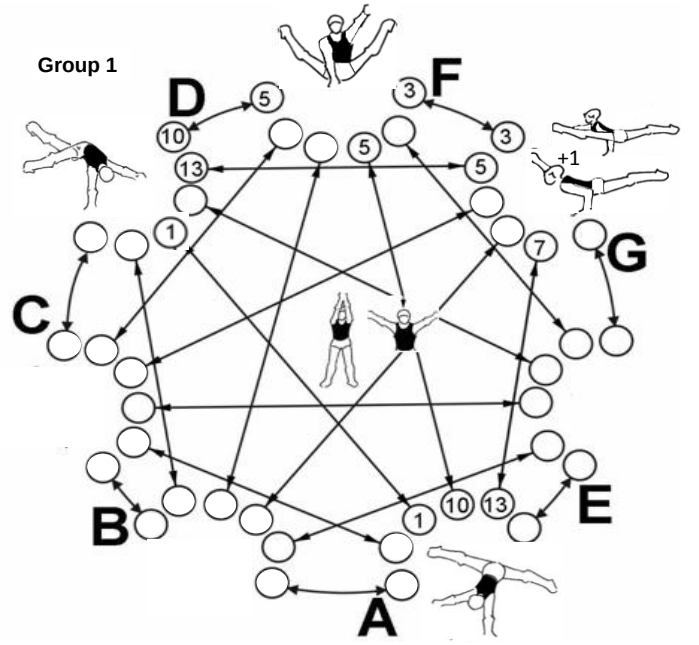
Group 4

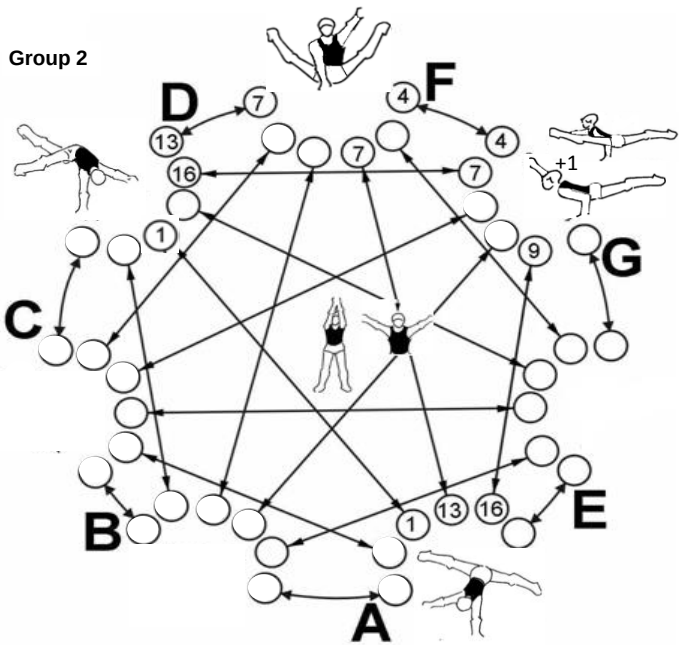


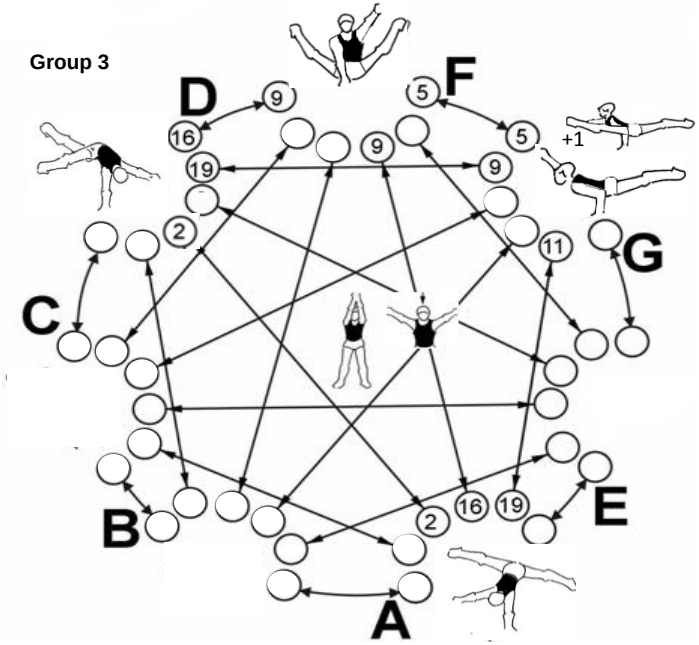
Balance Elements

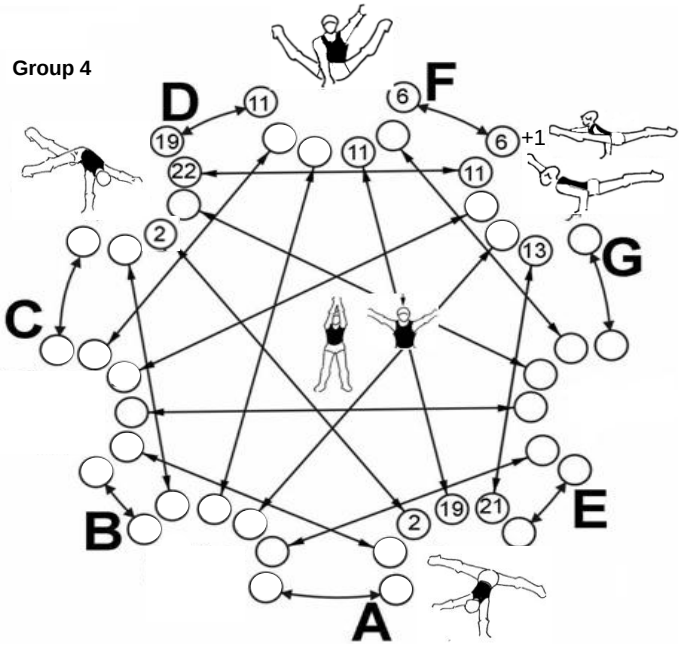
Table-Top-additional difficulty for motion

Men's Group

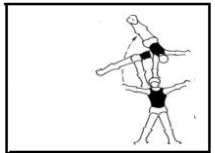








Tab. 1

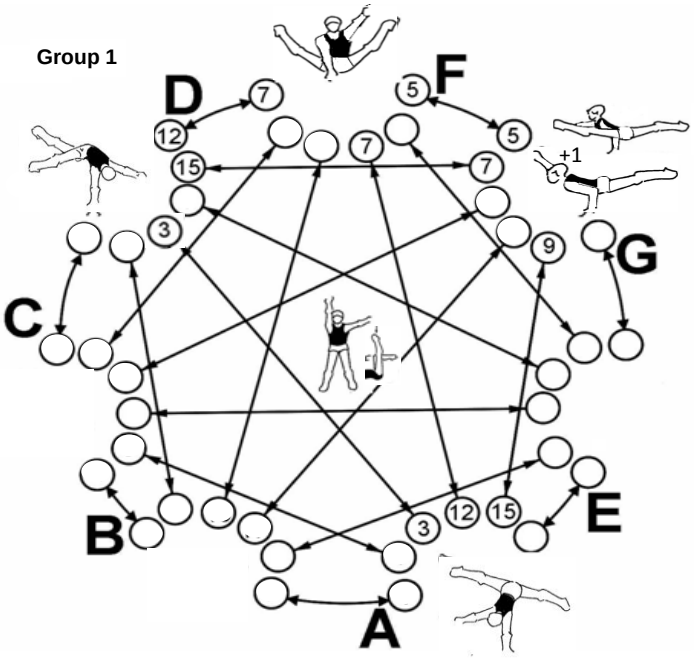


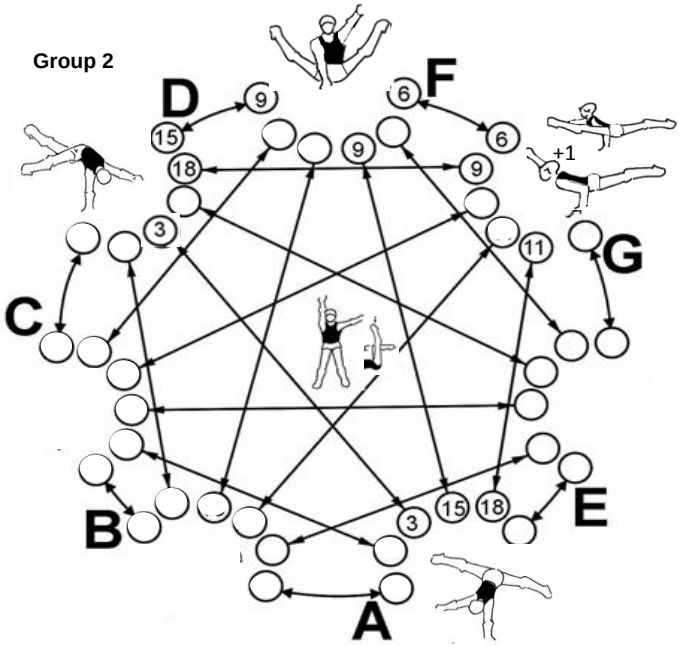
Group	1	2	3	4
Value	5	6	7	8
	0	0	0	0

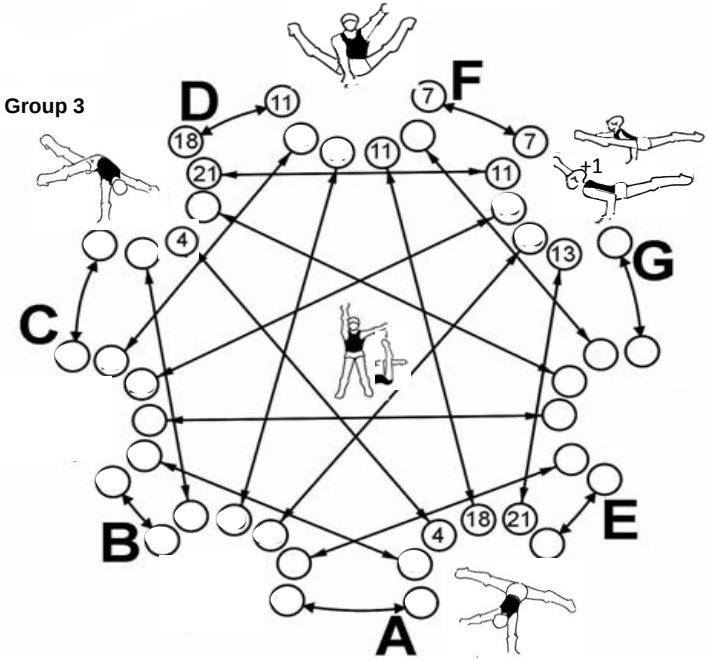
Balance Elements

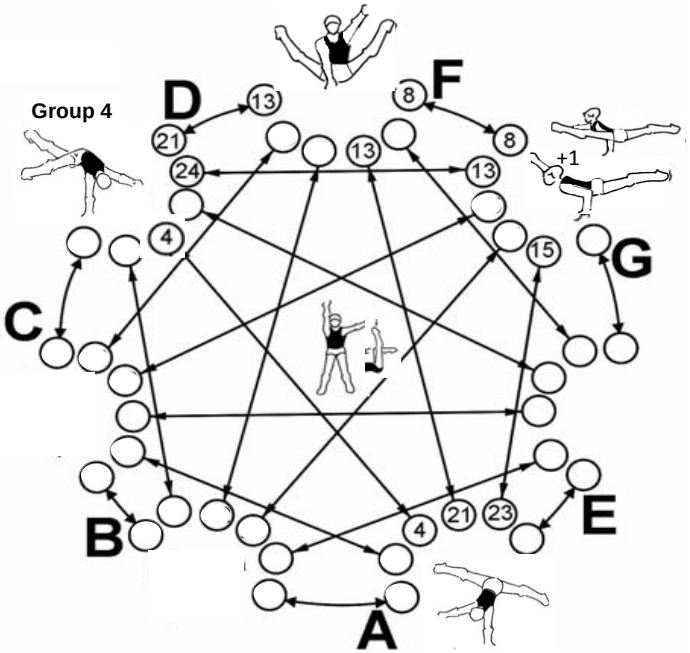
Table-Top-additional difficulty for motion

Men's Group







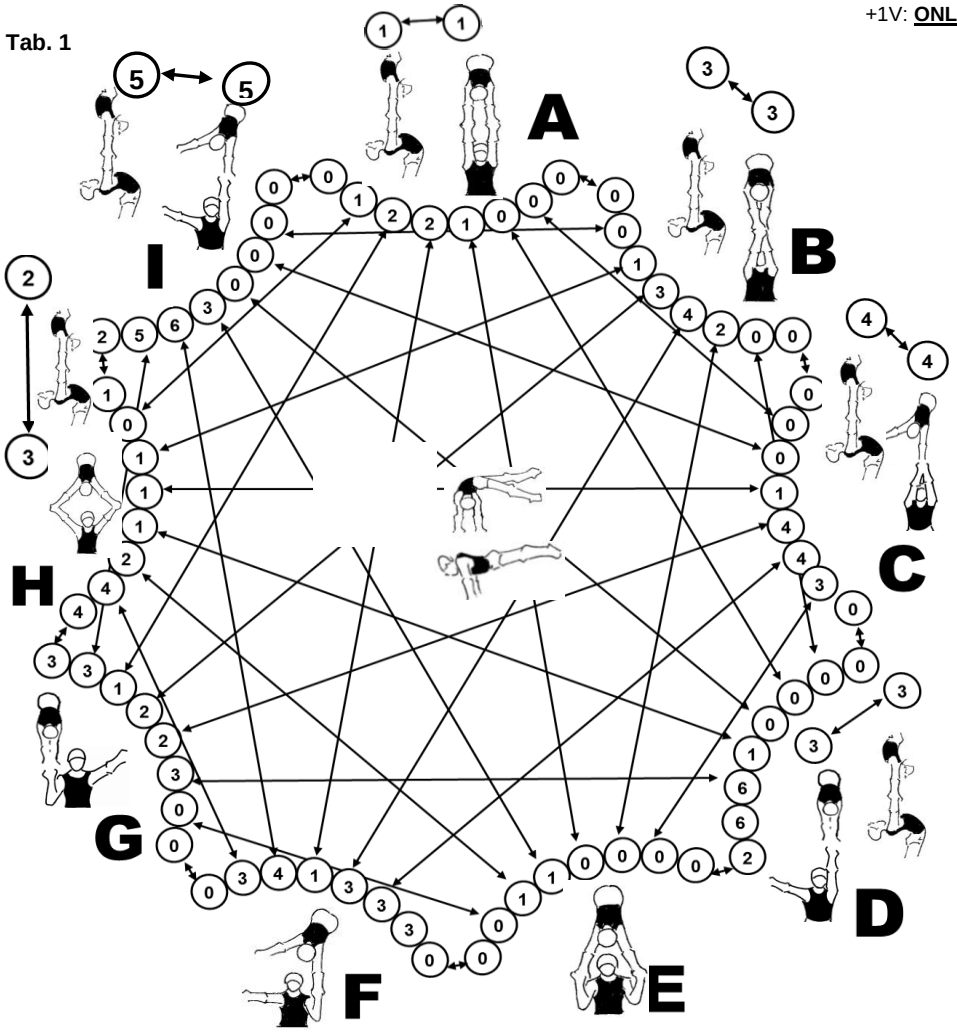


Balance Elements

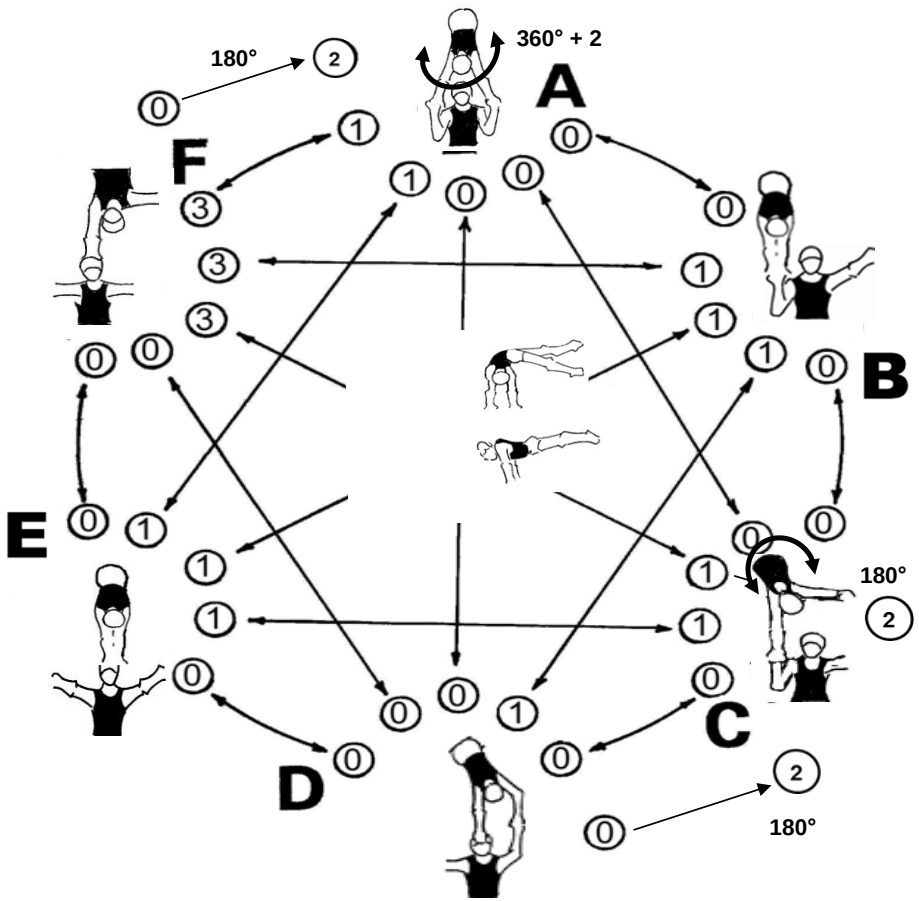
Men's Group

Additional difficulty for motion of the base.
The top may be in any position of value, but the motion of the base is **NOT** added to the position of the top.
+1V: **ONLY ONE TIME**

Tab. 1



Tab. 2 **Motion**



Men´s Group Static Elements

TABLE 1

THE FIGURES IN THE SAME BOX ARE CONSIDERED AS IDENTICAL

		MIDDLES / BASE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
A	1		4	6	6	8	5	7	5	7	7	9								9	17	13
A	2		6	8	8	10	7	9	7	9	9	11								11	19	15
A	3		7	9	9	11	8	10	8	10	10	12								12	20	16
A	4		7	9	9	11	8	10	8	10	10	12								12	20	16
A	5		7	9	9	11	8	10	8	10	10	12								12	20	16
A	6		9	11	11	13	10	12	10	12	12	14								14	22	18
B	7		8	10	10	12	9	11	9	11	11	13								13	21	17
B	8		9	11	11	13	10	12	10	12	12	14								14	22	18

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

Men´s Group Static Elements

TABLE 1

		MIDDLES / BASE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
C	9		15	17			16	18	16	18	18	20								20	28	24
	10		17	19			18	20	18	20	20	22								22	30	26
D	11		9	11	11	13	10	12	10	12	12	14								14	22	18
	12		9	11	11	13	10	12	10	12	12	14								14	22	18
	13		11	13	13	15	12	14	12	14	14	16								16	24	20
	14		11	13	13	15	12	14	12	14	14	16								16	24	20
E	15	- 2	13	15	15	17	14	16	14	16	16	18								18	26	22

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

Men´s Group Static Elements

TABLE 1

		MIDDLES / BASE	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
A	1																				
	2		7	10	9	11	7	9	9	11	11	15	7	9	10	11	8	10	12	15	9
	3		8	11	10	12	8	10	10	12	12	16	8	10	11	12	9	11	13	16	10
	4		8	11	10	12	8	10	10	12	12	16	8	10	11	12	9	11	13	16	10
	5		8	11	10	12	8	10	10	12	12	16					9	11			
	6		10	13	12	14	10	12	12	14	14	18		13			11	13	16	18	
B	7		9	12	11	13	9	11	11	13	13	17	9	12	12	13	10	12	15	17	11
	8		10	13	12	14	10	12	12	14	14	18	11	13	13	15	11	13	15	18	12

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

Men´s Group Static Elements

TABLE 1

		MIDDLES / BASE	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
C	9		16	19	18	20	16	18	18	20	20	24	17	20	20	21	15	17	26	28	20
	10		18	21	20	22	18	20	20	22	22	26	20	22	23	24	17	19	28	31	22
D	11		10	13	12	14	10	12	12	14	14	18	11	13	13	15	9	11	19	21	14
	12		10	13	12	14	10	12	12	14	14	18	11	13	13	15	9	11	19	21	14
	13		12	15	14	16	12	14	14	16	16	20	13	15	16	17	11	13	21	27	16
	14		12	15	14	16	12	14	14	16	16	20	13	15	16	17	11	13	21	24	16
E	15	- 2	14	17	16	18	14	16	16	18	18	22	15	17	18	19	13	15	24	26	18

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

Men´s Group Static Elements

TABLE 1

		MIDDLES / BASE	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
A	1																									
	2		8	10	8	12	10	12	15	17	10	11	11	13	12	14	13	15	15	17	17	19	15	16	19	21
	3		9	11	9	13	11	13	16	18	11	12	12	14	13	15	14	16	16	18	18	20	16	17	20	22
	4		9	11	9	13	11	13	16	18	11	12	12	14	13	15	14	16	16	18	18	20	16	18	20	22
	5		9	11	9	13	11	13	16	18	11	12	12	14	13	15	14	16	16	18	18	20	16	17	20	22
	6		11	13	11	15	13	15	18	20	13	14	14	16	15	17	16	18	18	20	20	22	18	19	22	24
B	7		10	12	10	14	12	14	17	19	12	13	13	15	14	16	15	17	17	19	19	21	17	18	21	23
	8		11	13	11	15	13	15	18	20	13	14	14	16	15	17	16	18	18	20	20	22	18	19	22	24

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

Men´s Group Static Elements

TABLE 1

		MIDDLES / BASE	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
C	9		17	19	17	21	22	24	33	35	19	20	20	22	21	23	22	24	24	26	26	28	24	25	28	30
	10		19	21	19	23	24	26	35	37	21	22	22	24	23	25	24	26	26	28	28	30	26	27	30	32
D	11		11	13	11	15	13	15	24	26	13	14	14	16	15	17	16	18	18	20	20	22	18	19	22	24
	12		11	13	11	15	13	15	24	26	13	14	14	16	15	17	16	18	18	20	20	22	18	19	22	24
	13		13	15	13	17	15	17	26	28	15	16	16	18	17	19	18	20	20	22	22	24	20	21	24	26
	14		13	15	13	17	15	17	26	28	15	16	16	18	17	19	18	20	20	22	22	24	20	21	24	26
E	15	- 2	15	17	15	19	17	19	28	30	17	18	18	20	19	21	20	22	22	24	24	26	22	23	26	28

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

Men´s Group Static Elements

TABLE 2

		MIDDLE / BASES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
A	1		3	3	6	5												9	15	11			
	2		4	4	7	6	4	6	8	6	7	9	8	12				10	16	12			
	3		3	3	6	5												9	15	11	4		
	4		4	4	7	6	4	6	8	6	7	9	8	12	4	5		10	16	12	5		
	5		4	4	7	6	4	6	8	6	7	9	8	12	4	5	5	10	16	12	5		
	6		5	5	8	7	5	7	9	7	8	10	9	13	5	6	6	11	17	13	6		
B	7		5	5	7	7	5	7	9	7	8	10	9	13	5	6	6	11	17	13	6		

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

Men´s Group Static Elements

TABLE 2

		MIDDLE / BASES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
C	9		7	7	10	8												11	17	13			
	10						8	12	13	9	10	12	11	15	7	8							
	11		7	7	10	8	7	11	13	8	9	11	10	14	6	7	8	11	17	13	6		
	12		10	10	13	10	8	12	14	9	10	12	11	15	7	8	9	14	20	16			
D	13		5	5	8	6											6	11	17	13			
	14		6	6	9	7											7	12	18	14			
	15		6	6	10	7	6	8	10	8	9	11	10	14	6	7	9	12	18	14			
	16		7	7	11	8	7	9	11	9	10	12	11	15	7	8	10	13	19	15			

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

Men´s Group Static Elements

TABLE 2

		MIDDLE / BASES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
D	17						6	8	10	8	9	11	10	14	6	7		12	18	14			
	18						7	9	11	9	10	12	11	15	7	8		14	20	16			
	19		9	9	13	10	9	11	13	11	12	14	13	17	9	10			21		10		
	20		12	12	14	13	12	14	16	14	15	17	16	20	12	13			24		13		
	21		14	14	17	15	14	16	18	16	17	19	18	22	14	15							
C	22		15	15	18	16	15	17	19	17	18	20	19	23	15	16			27				
	24		10	10	13	11	11	13	15	13	14	16	15	19	11	12	14		22		11		
	25		10	10	13	11	11	13	15	13	14	16	15	19	11	12	14		22		11		

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

Men´s Group Static Elements

TABLE 2

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

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

Men´s Group Static Elements

TABLE 2

		MIDDLE / BASES	5	6	7	8	9	10	11	12	13	14	22	23	24	25	26	27	28
G	33		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	34		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	35		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	36		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	37		7	9	11	9	10	12	11	15	7	8	13	15	15	16	17	14	15

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

Men´s Group Static Elements

TABLE 3

		MIDDLE / BASES	1	2	3	4	5	6	7	8	9	10	13	14	15	16	17	18	29	30	31	32
A	1		10	10	12	12									10	16		18	8	10	10	
A	2		12	12	14	14				14	15	17	13	14	14						12	
A	3						16	18	19	18	19	21	15	16								18
B	4		12	12	16	14				16						18		20				
B	5	+2	14	14	18	16				18							26					
B	6		14	14	18	16									14				12	14		
B	7		16	16	20	18				20	21	23			16				12	14		
B	8						20	22	23	22	23	25	19	20								22

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

Men´s Group Static Elements

TABLE 3

		MIDDLE / BASES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	33	34	35	36
c	9		6	6	8	8	8	10	11	10	11	13	12	16	7	8	6		8		
	10		5	5	7	7	7	9	10	9	10	12	11	15	6	7	5		7		
	18		8	8	10	10	10	12	13	12	13	15	14	18	9	10	8		10		
	11		8	8	10	10	10	12	13	12	13	15	14	18	9	10	8		10		
	12		9	9	11	11	11	13	14	13	14	16	15	19	10	11	9		11		
	13		12	12	14	14	14	16	17	16	17	19	18	22	13	14	12	12		10	12
	14		13	13	15	15	15	17	18	17	18	20	19	23	14	15	13	13		11	13
D	15		15	15	17	17	17	19	20	19	20	22	21	25	16	17	15	15		15	17

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

Men´s Group Static Elements

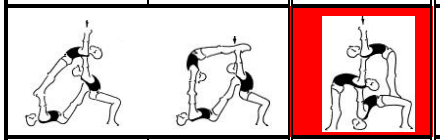
TABLE 3

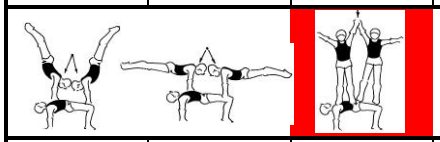
		MIDDLE / BASES	19	37	38	20	21	39	40	41	42	43	44	45	46
C	10		10	8	7				12				6	8	
	11		11	9	8				13						
	16		12	10	9				14						
	9		14	12	11				16	9	9	11			12
	17			14	13				18	11	11	13			14
	18		16	14	13				18				12	14	

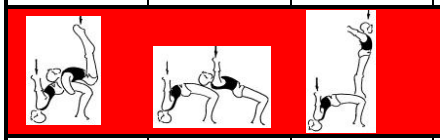
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

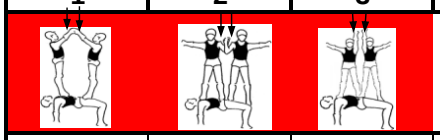
Men´s Group Static Elements

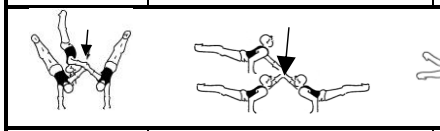
TABLE 4

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

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

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

	1	2	3	4	5	6	7	8	9	10			
D													
V	3	4	6	4	5	6	8	4	6	4			

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

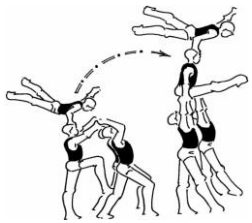
Pyramids A3, B3, C1, C2, C3, C4, D1, D2, D3 FORBIDDEN for AGE group 11 - 16

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 pairs
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 pairs

Example

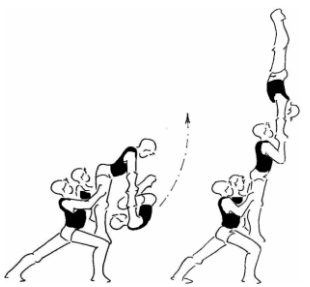


top V = 5
motion (for group 2) = 4

Base 13 Group 2

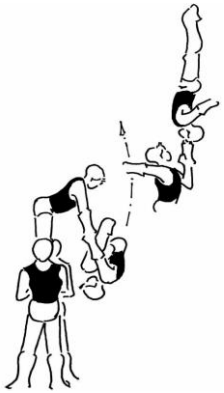
Examples

USE TABLES OF PAIRS FOR THE MOUNTS AND THE ADDITIONAL VALUE FOR THE MIDDLE



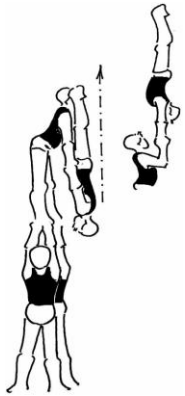
pairs value = 3

additional middle V = 2
total V is 3 + 2 =5



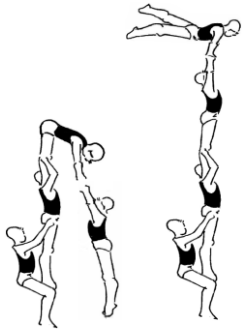
pairs value = 7

middle V = 2
total V is 7 + 2 =9



pairs value = 4

additional middle V = 4
total V is 4 + 4 = 8

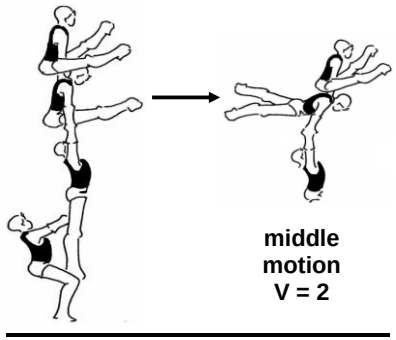


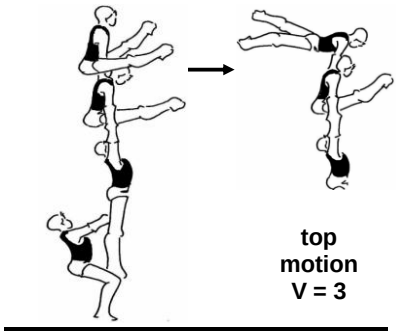
pairs value = 4

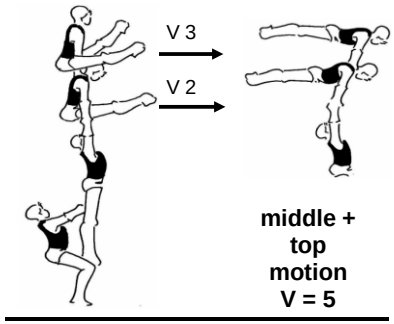
additional middle V = 6
total V is 4 + 6 = 10

Men´s Group Balance Elements

- The additional difficulty for motion of the middle is the same like for motion of the top
- The value depends on the group of the base pyramid







FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

MEN'S GROUP

Dynamic Elements

Dynamic Elements
Additional Difficulty for links

Men's Group

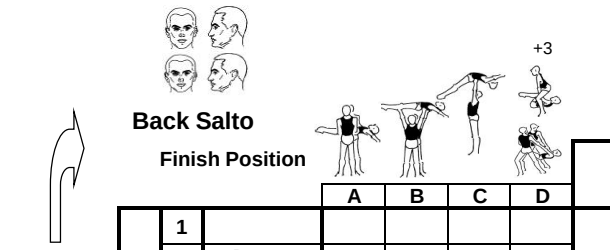
	4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	1		2		3		4		5		6		7	
5														
6	2		3		4		5		6		7		8	
7														
8	3		4		5		6		7		8		9	
9														
10	4		5		6		7		8		9		10	
11														
12	5		6		7		8		9		10		11	
13														
14	6		7		8		9		10		11		12	
15														
16	7		8		9		10		11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

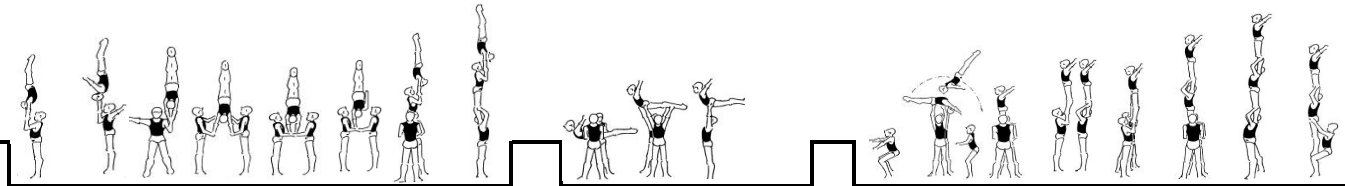
This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

Dynamic Elements





			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		1	2	1	4	4	3
	2		1	2	2	2		5	10	8	3	6	10	16	13		1	2	2			4	4	6	9	6	14	12	12
	3		1	2	2	2		5	10	8	3	6	10	16	13		1	2	2			4	4	6	9	7	16	14	14
	4		1	2	2	2		5	10	8	3	6	10	16	13		1	2	2			4	4	7	10	8	20	18	16
5/4	5		2	5	5	6	6/4	20			12	18	24			7/4	8	12	12		8/4	10	10	16	20	18	30	26	
	6		3	6	6	7		22			14	20	26				12	16	16			14	14	20	24	22	34	30	
	7																					14	14	20	24	22	34	30	
	8																					16	16	22	26	24	36	32	
	9		4	7	7	8		26			18	24					16	20	20			18	18	24	28	26	38	34	
9/4	10		8	12	12		10/4				22	30				11/4	11				12/4	30	30	40					
	11		11	15	15						26	34					14					39	39	46					
	12		11	15	15												14					39	39	46					
	13		13	17	17												15					44	44	52					
	14		15	19	19						30	38					16					48	48	60					
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		
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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
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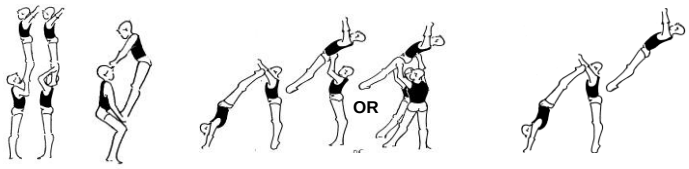
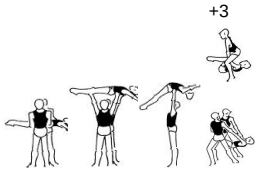


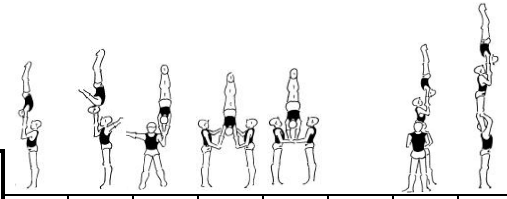
9 10 11 12

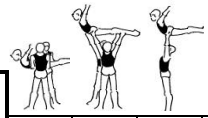
Dynamic Elements

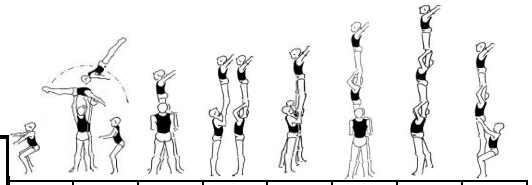
Back Salto

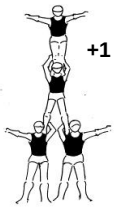
Finish Position











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	2	2	3	3	4		10	14	12	8	12		16	16		4	5	5			6	6	7	10	8	12	10	9
	3	2	3	3	4		10	14	12	8	12		16	16		4	5	5			6	6	8	11	9	14	12	11
	4	2	3	3	4		10	14	12	8	12		16	16		4	5	5			6	6	9	12	10	16	14	13
5/4	5	4	5	5	11	6/4	22	22		14	20		30	28	7/4	8	10	10		8/4	12	12	18	22	20	46	44	
	6	6	7	7	12		24	24		16	22		34	32		10	12	12			16	16	22	26	24	54	52	
	7																				16	16	22	26	24	54	52	
	8																				18	18	24	28	26	58	56	
	9	8	9	9	15		28	28		18	26		38	36		12	14	14			20	20	26	30	28	62	60	
9/4	10	10	16	16		10/4				24	34				11/4	14	18			12/4	32	32	42					
	11	14	20	20						28	38					18	22				36	36	48					
	12	14	20	20												18	22				36	36	48					
	13	16	22	22												20	24				38	38	54					
	14	18	24	24						32	40					22	26				40	40	62					
13/4	15	22																		16/4								
	16	28																										
	17	28																										
	18	31																										
	19	34																										

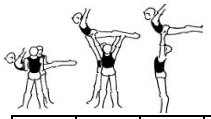
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	3	5	7	9	11	14	17
2	1/4	1	2	3	5	7	9	11	13
3	2/4	-1	4	3	8	7	12		
4	3/4	1	2	3	5	7	9	11	13
5	4/4	1	6	8	10	12	14	16	18
6	5/4	1	3	5	7	9	11	14	17
7	6/4	0	12	8	16	14	24		
8	7/4	2	4	6	8	10	12	16	20
9	8/4	3	8	10	12	14	16	18	20
10	9/4	2	4	6	8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

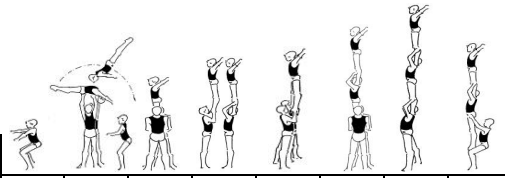
Dynamic Elements

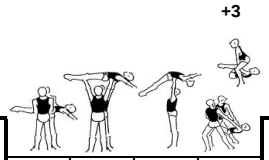
Start

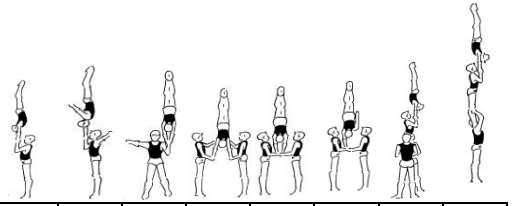
Back Salto

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	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	4/4	12		16	8	14	16	20	20
		3	1	2	2			2		4	4	4					2	3	3	4		14		18	8	16	18	24	24
		4	1	2	2			2		4	4	4					2	4	4	4		16		20	8	18	20	28	28
25	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																											
26		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																											
27		13																											
		14	12					20	20	30	34	34					24												
28	13/4	15	20													15/4	28												
		16	24														34												
			28																										

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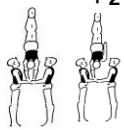

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		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	2	4	6	8	10	12	14	16
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	12	14	16
4	3/4	1	2	3	4	6	8	10	12
5	4/4	-1	8	10	12	16	20		
6	5/4	2	4	6	8	12	16		
7	6/4	4	8	10	14	16	18		
8	7/4	2	4	6	8	12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

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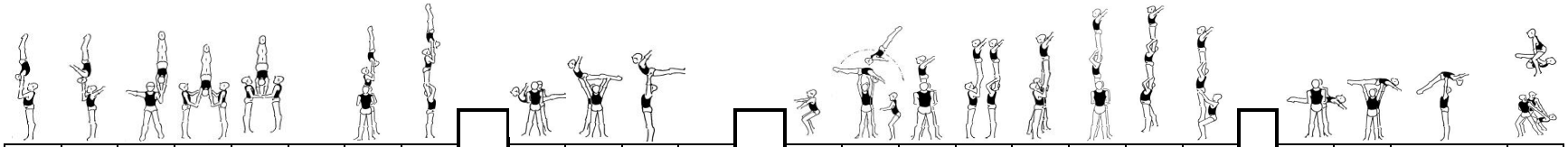
Dynamic Elements

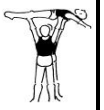
Back Salto

Finish Position



Start

41



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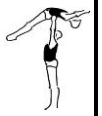

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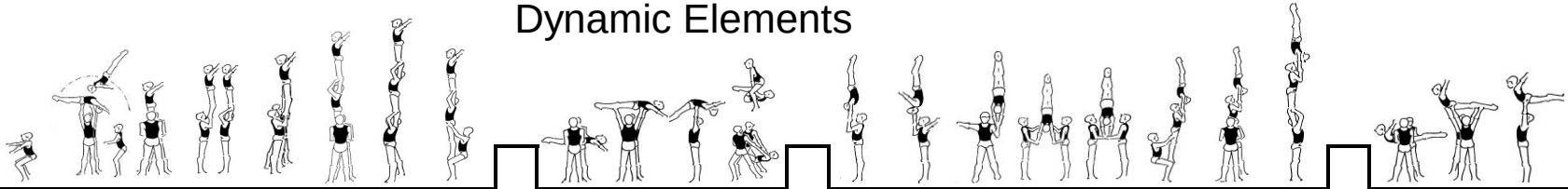
		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	1									2/4					3/4									0/4 4/4	1	1	1	2
	2		4	7	5	2	4				2	2	2			2		4	5	5					3	4	4	5
	3		4	7	5	2	4				2	2	2			2		4	6	6					3	4	4	5
	4		4	7	5	2	4				2	2	2			2		4	7	7					4	5	5	5
5/4	5		9			6	10			6/4	5	7	7		7/4	9	9	13	14	14				8/4	10	12	12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

		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					

Dynamic Elements

Back Salto

Finish Position



Start

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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	1	1	1	
	2		1		2	3	3					2	2	2	3		5	9	7	4	7					4/4	3	5	5	
	3		1		2	3	3					2	2	2	3		5	9	7	4	7						3	5	5	
	4		1		2	3	3					2	2	2	3		5	9	7	4	7						4	5	5	
5/4	5		5	5	10	11	11				6/4	6	8		8	6/4	20			14	18				8/4	10	16	16	
	6		6	6	12	13	13					7	10		9		22			16	20					12	18	18	
	7																									12	18	18	
	8																												
	9		7	7	14	15	15					9	12		9		24			18	22					14	20	20	
9/4	10		12	12	20						10/4	14	18			12/4									12/4	18			
	11		14	14	22							18	22													22			
	12																												
	13																												
	14		16	16																						26			
13/4	15										14/4	20																	
	16											24																	

	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	7	8
2	1/4	2	4	6	8	10	12	16	20
3	2/4	1	2	3	4	5	6	7	8
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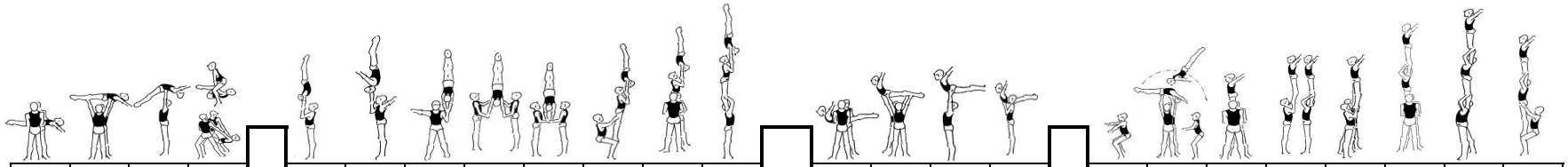
6	5/4	3	5	7	9	11	13		
7	6/4	3	5	7	9	11	13		
8	7/4	4	8	12	14	16			
9	8/4	3	5	7	9	11	13		
10	9/4	4	8						
11	10/4	4	8						
12	11/4	4	8						
13	12/4	4	8						

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
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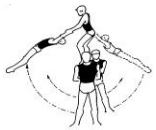
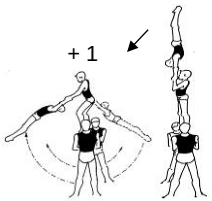
	2		2	3	3	4		8			5	9					3	4	4		**4/4**	3	3	7	8	8			
	3		2	3	3	4		8			5	9					3	4	4			3	3	8	9	9			
	4		2	3	3	4		8			5	9					3	4	4			3	3	9	10	10			
5/4	**5**		4	5	5	7	**6/4**	18			11	16				**7/4**	8	10	10		**8/4**	12	12	16	20	20			
	6		5	6	6	7		20			12	18					9	11	11			13	13	20	24	24			
	7																					13	13	20	24	24			
	8																					15	15	24	28	28			
	9		6	7	7	7		22			14	20					10	12	12			17	17	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

Dynamic Elements

Dismount of the middle

52

53

54

Back Salto

	4
	5
	6
	18

Gainer Salto

	4
	5
	6
	18

180° + 2
360° + 4
540° + 6
720° + 8

Front Salto

Delfin

	5
	7
	9
	26

	4
	6
	8
	20

180° + 2
360° + 4
540° + 6
720° + 8

All of the start positions can be used with the next page

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.

55

56

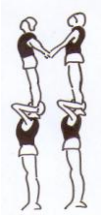
57

58

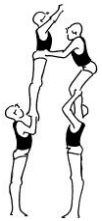
59

60

61



61a

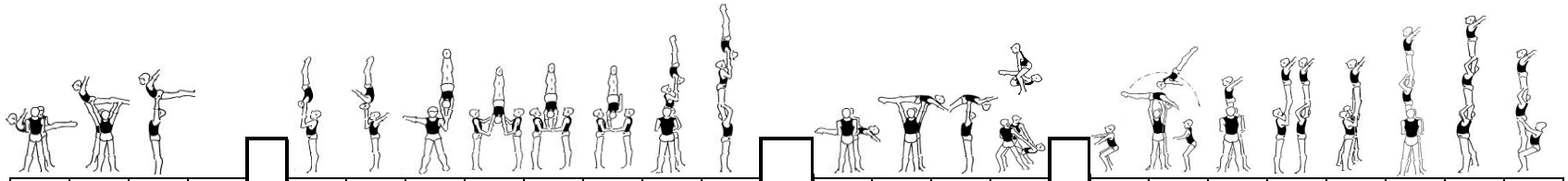


62

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	X
1/4	1						2/4									3/4					0/4 4/4	1	1	1	1	1	4	4	2
	2		1	2	2			3	8	6	2	5	8	10	12		1	2	2	5		4	4	6	7	6	16	13	14
	3		1	2	2			3	8	6	2	5	8	10	12		1	2	2	5		5	5	7	8	7	18	15	16
	4		1	2	2			3	8	6	2	5	8	10	12		1	2	2	5		5	5	8	9	8	20	17	18
5/4	5		2	5	5		6/4	16			8	14	19	24	22	7/4	10	15		12	8/4	12	12	18	20	20	32	28	24
	6		3	6	6			18			10	16	21	28	26		11					16	16	22	24	24	36	32	28
	7																					16	16						
	8																					18	18						
	9		4	7	7			20			12	20		32	30		12	16		14		20	20	28	30	30	40	36	32
9/4	10		8	12			10/4				18	24				11/4	11				12/4	30	30	42					
	11		11	15							22	28					14					40	40	48					
	12																												
	13																												
	14		15	19							26	30					16					50	50	62					
13/4	15		22																										
	16		26																										
	17		30																										

63

64

65

66

67

68

69

or

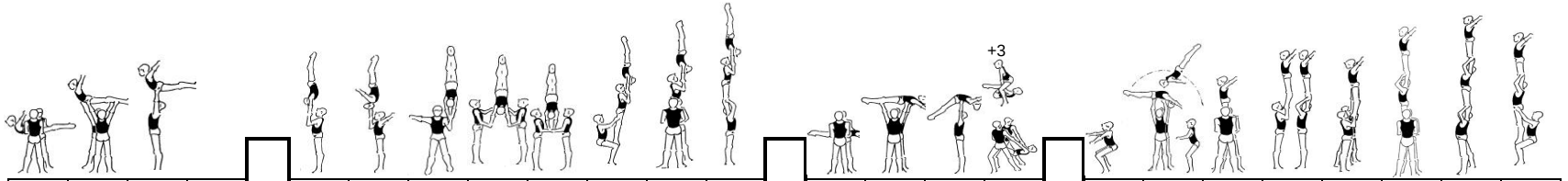
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	4	6	8	10	12
3	2/4	2	4	8	10	14	16		
4	3/4	2	2	8	10	14	16		
5	4/4	2	8	10	12	14	18		
6	5/4	2	4	6	8	10	14		
7	6/4	4	4	8	8				
8	7/4	2	4	6	10				
9	8/4	3	8	10	14				
10	9/4	3	4	9	12				
11	10/4	8	10	14	18			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

70

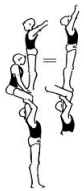
Dynamic Elements

Front Salto

Finish Position



Start



71

72

			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	2		
1/4	2		2	3	4		2/4	8	12	10	6	10	7	8	7	3/4	4	5	5	8	4/4	6	6	7	8	7	16	14	13
	3		2	3	4			8	12	10	6	10	7	9	7		4	5	5	8		7	7	8	9	8	18	16	15
	4		2	3	4			8	12	10	6	10	10	11	10		4	5	5	8		7	7	9	10	9	20	18	17
5/4	5		4	5	5		6/4	18			10	16	20	26	24	7/4	8	10	10	14	8/4	14	14	20	22	22	22	28	24
	6		6	7	7			20			12	18	24	30	28		10	12	12	16		16	16	24	28	28	28	32	28
	7																												
	8																												
	9		8	9	9			22			14	20	28	34	32		12	14	14	18		22	22	30	34	34	34	36	32
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												

		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						

73

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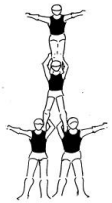
76



77

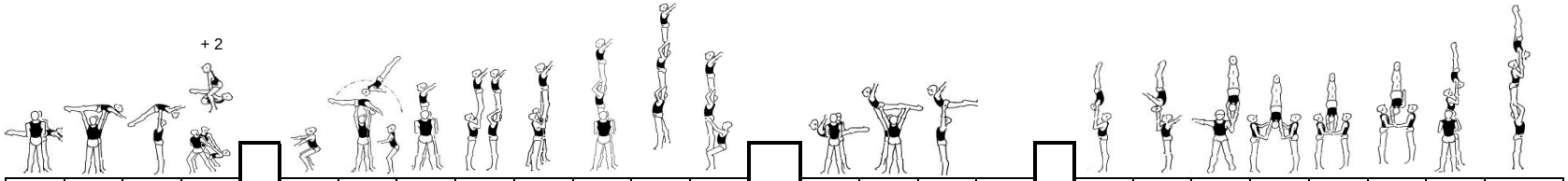
78

78b

Dynamic Elements

Front Salto

Finish Position



Start

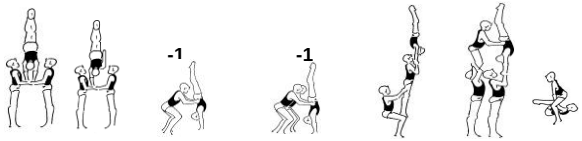
79

80

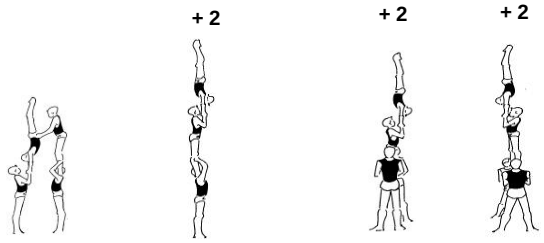
81

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

		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	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		

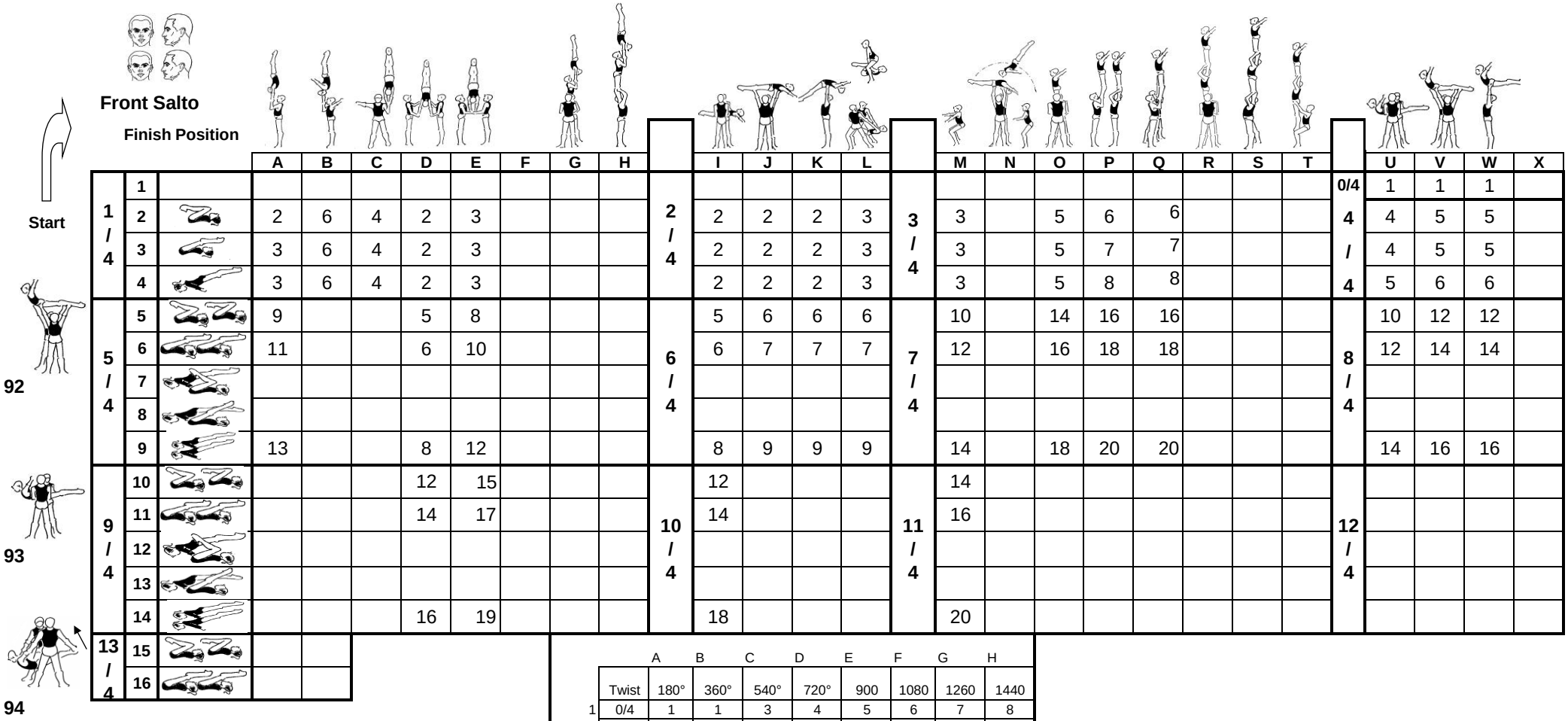


82 **83** **84** **85** **86** **87**



88 **89** **90** **91**

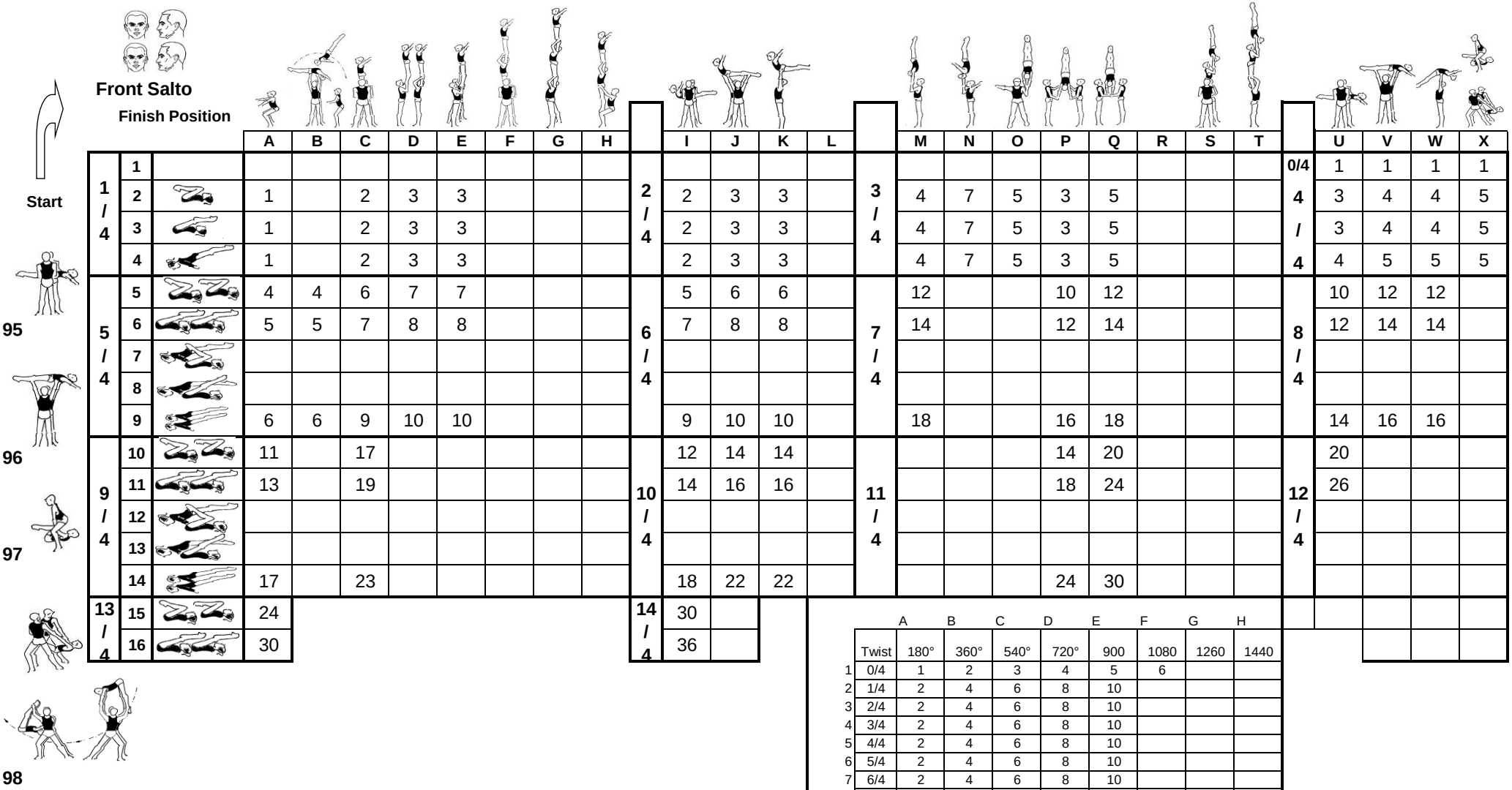
Dynamic Elements



		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								

Dynamic Elements



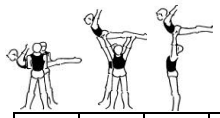
		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	1									2/4					3/4									0/4	1	1	1	1
	2	1		2	3	3					2	3	3			4	7	5	3	5				4/4	3	4	4	5
	3	1		2	3	3					2	3	3			4	7	5	3	5					3	4	4	5
	4	1		2	3	3					2	3	3			4	7	5	3	5					4	5	5	5
5/4	5	4	4	6	7	7				6/4	5	6	6		7/4	12			10	12				8/4	10	12	12	
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

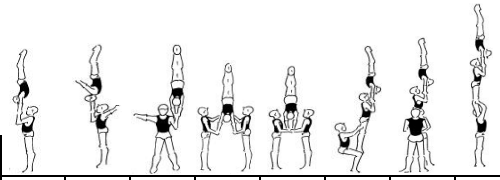
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6		
2	1/4	2	4	6	8	10			
3	2/4	2	4	6	8	10			
4	3/4	2	4	6	8	10			
5	4/4	2	4	6	8	10			
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	4	6	8	10	12			
9	8/4	4	6	8	10	12			
10	9/4	4	8	12	16				
11	10/4	4	8	12	16				
12	11/4	6	10	14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

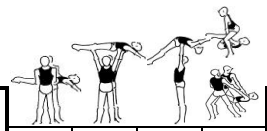
Dynamic Elements

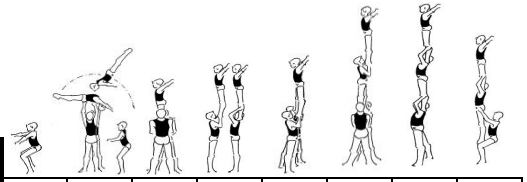
Front Salto

Finish Position



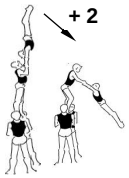






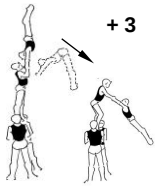
Start

99



+ 2

100



+ 3

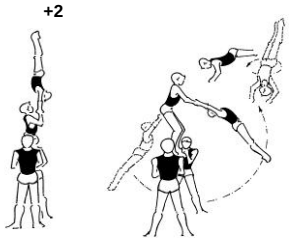
101

			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	2		4		
	2		2	3	3			6			3	6					3	4			4/4	5		8	10		22		
	3		2	3	3			7			3	7					3	4				6		10	12		24		
	4		2	3	3			7			3	7					3	4				7		14	16		26		
5/4	5		4	6	6		6/4	16			8	14				7/4	7	9			8/4	14	14	20					
	6		5	7	7			18			10	16					8	10				16	16	24					
	7																												
	8																												
	9		7	9	9			22			12	20					9	11				20	20	28					
9/4	10		12	14	14		10/4				16	22				11/4	14				12/4	34							
	11		13	15	15						18	24					16					43							
	12																16					43							
	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
1	0/4								
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	8	10	14	16		
4	3/4	1	2	3	4	5	6	7	8
5	4/4	2	8	10	12	14	16	20	24
6	5/4	1	2	3	4	5	7	9	12
7	6/4	4	6	10	12	16	18		
8	7/4	2	4	6	8	12	16	20	24
9	8/4	3	9	12	15	18	21		
10	9/4								
11	10/4	8	10	14	18	22	26		
12	11/4								
13	12/4								

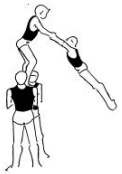
Dynamic Elements

+2

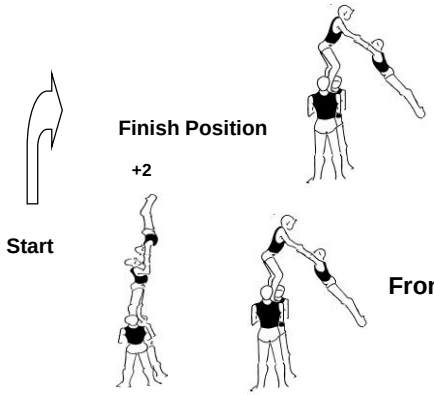


102

Finish Position



Back Salto	0/4	4/4	8/4	
	1	12	24	180° + 2
	1	14	28	
	1	16	32	540° + 6
				720° + 12



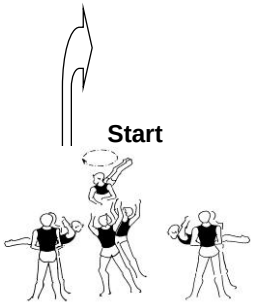
Finish Position

+2

Start

105

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

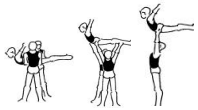


Start

103

	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

104



A	B	C
1	2	3

180° + 1

360° + 2

540° + 3

720° + 4

900° + 5

1080° + 6

1260° + 8

1440° +10

Finish Position

Back Salto Front Salto

Start

106

0/4		3	1	
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:

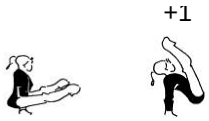
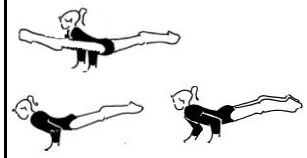
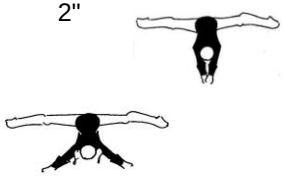
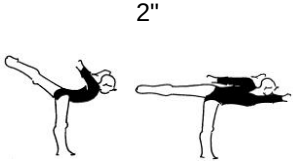
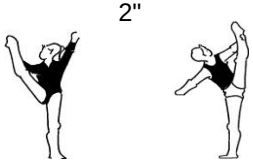
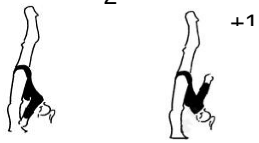
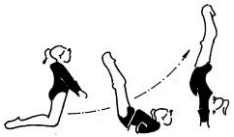
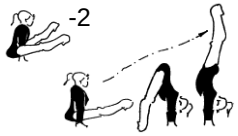
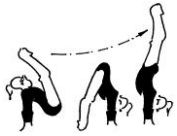
- To straight split receives a value of +1
- To middle split receives a value of +2
- On 1 arm receives a value of +1

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
- Stylistic changes are permitted and don't affect the value of the element

Individual Elements

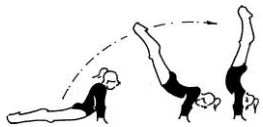
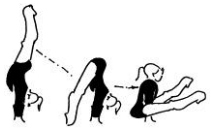
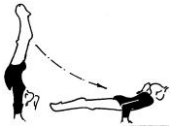
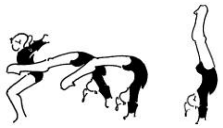
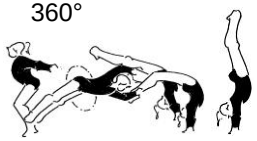
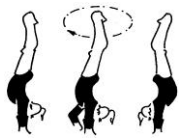
Category 1
Static holds and strength

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

Individual Elements

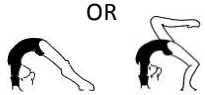
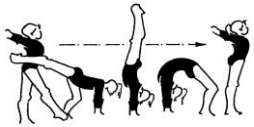
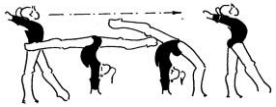
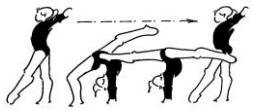
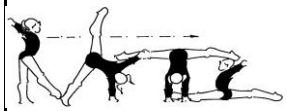
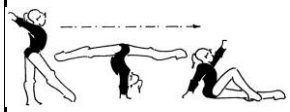
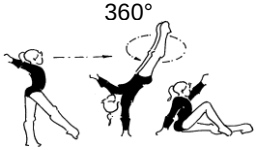
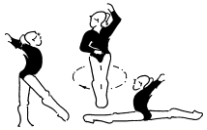
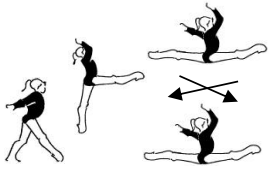
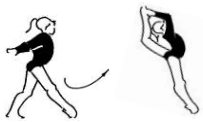
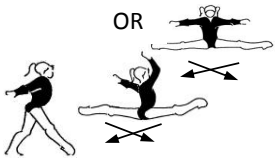
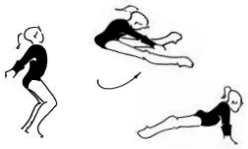
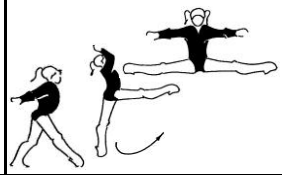
Category 1

Static holds and strength

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	043	044	045	046	047
048	049	050	051	052	053
054	055	056	057	058	059

Individual Elements

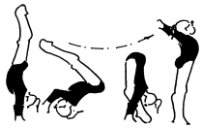
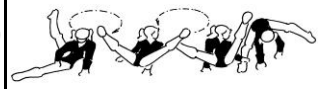
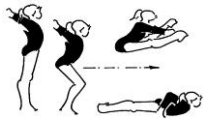
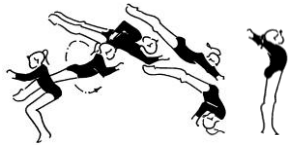
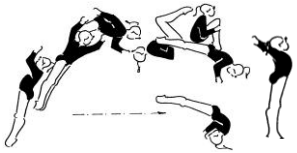
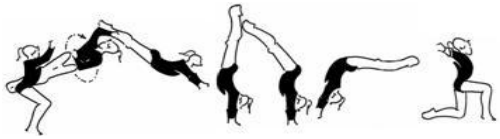
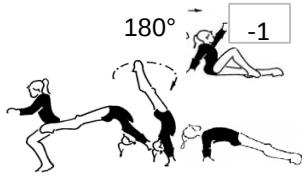
Category 1
Flexibilities

			OR 		
060-V 1	061-V 2	062-V 1	063-V 1	064-V 2	065-V 2
					
066-V 2	067-V 2	068-V 1	069-V 1	070-V 1	079-V1
	360° 	OR +1		OR	
072-V2	073-V3	074-V 2		075-V2	
OR		180° 	180°		
076-V3		077-V2	078-V3	079-V4	080-V
Choreo Elements: Cat 1 and Cat 2					
	OR 			360°	360°
081-V3	082-V3	083-V3	084-V2	085-V2	086-V2

Individual Elements

Category 1

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

Individual Elements

Category 1
Agilities

	A		1		A		1		A		5		A				A		3
	B		1		B		1		B		5		B		4		B		4
	C		2		C		2	360°	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		
	I				I				I				I				I		
116				117				118				119				120			

	A		4		A		2		A		12		A		5		A		16
	B		5		B		6	180°	B		8	360°	B		10	540°	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		
	I				I				I				I				I		
121				122				123				124				125			

Individual Elements

Category 1
Agilities

720°				180°				360°							
	A		10		A		1		A		3		A		5		A		3
	B		14		B		3		B		4		B				B		2
	C		16		C		4		C		6		C				C		3
	D		17		D		5		D		7		D				D		4
	E		14		E		3		E		5		E				E		3
	F		16		F		5		F				F				F		4
	G				G				G				G				G		
	I				I				I				I				I		
126				127				128				129				130			

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

Individual Elements

Category 1
Agilities

180°	A		2		A		5		A		7		A		10	180°	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°	A		6	180°	A		6	360°	A		10	360°	A		11	360°	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			

Individual Elements

Category 1

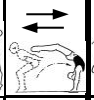
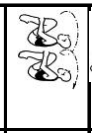
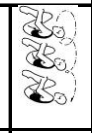
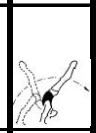
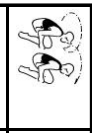
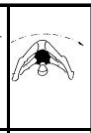
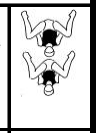
Agilitities

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

Individual Elements

Category 2
Tumbling

				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

New Tariff Sheet 2013

Instruction how to use

Pairs Balance

- Box 1: Identification (ID/#) of the Static Holds
  - 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

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!*)

Women's group Balance

- Box 1: Identification (ID/#) of the Static Holds
  - Value in A
- Box 2: Identification (ID/#) of Mounts & Motions Top
  - Value in B
- Box 3: Identification (ID/#) of the Basic Pyramids
  - Value in C
- **D** not used

Women's group 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!*)

M4 Balance

- Box 1: Identification (ID/#) of the Static Holds
  - 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
- **D** not used

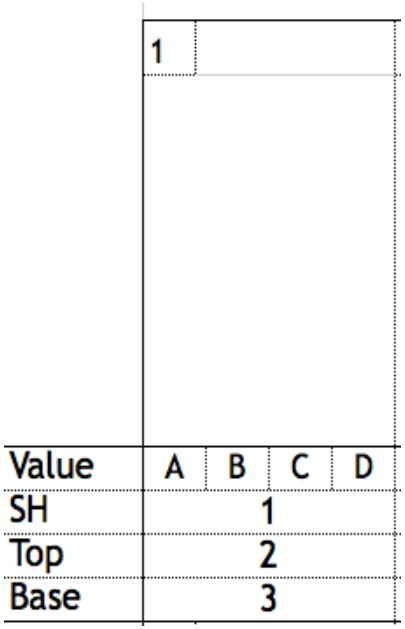
M4 Dynamic

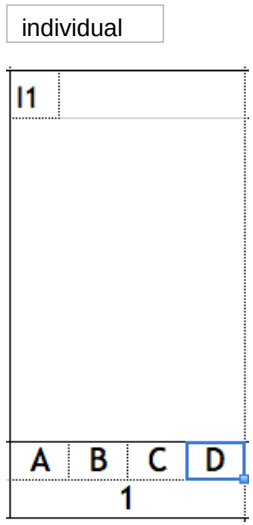
See Women's group

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





New Tariff sheet 2013 -2016

Competition:

Nr:

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	INDIVIDUAL ELEMENTS	I1	I2	I3	I4	I5	I6
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	

PARTICIPATION NUMBER

	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	INDIVIDUAL ELEMENTS	I1	I2	I3	I4	I5	I6
VALUE									
SH									
TOP			Size:		TF:		SR:		
BASE									

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.

New Tariff Sheet 2013

Instruction how to use

Pairs Balance

- Box 1: Identification (ID/#) of the Static Holds
  - 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

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!*)

Women's group Balance

- Box 1: Identification (ID/#) of the Static Holds
  - Value in A
- Box 2: Identification (ID/#) of Mounts & Motions Top
  - Value in B
- Box 3: Identification (ID/#) of the Basic Pyramids
  - Value in C
- **D** not used

Women's group 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!*)

M4 Balance

- Box 1: Identification (ID/#) of the Static Holds
  - 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
- **D** not used

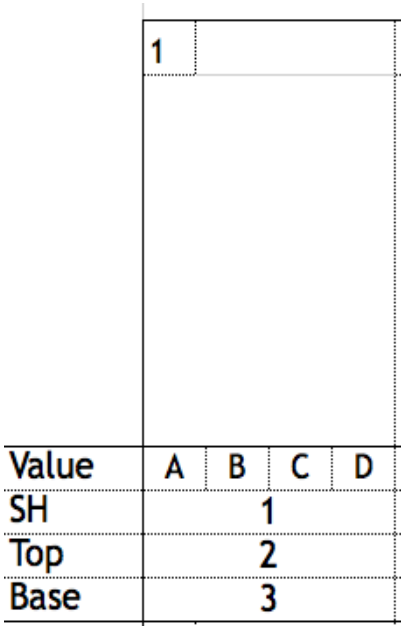
M4 Dynamic

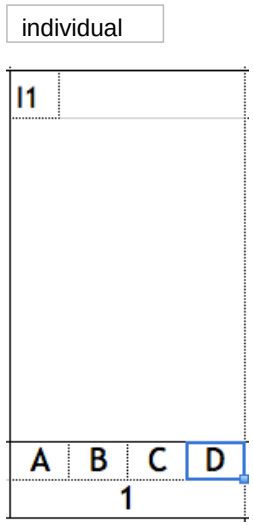
See Women's group

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





New Tariff sheet 2013 -2016

Competition:

Nr:

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	INDIVIDUAL ELEMENTS	I1	I2	I3	I4	I5	I6
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	

PARTICIPATION NUMBER

	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	INDIVIDUAL ELEMENTS	I1	I2	I3	I4	I5	I6
VALUE									
SH									
TOP			Size:		TF:		SR:		
BASE									

COUNTRY

GYMNASTS	
TOP	
BASE	
BASE	
BASE	

CONTACT PERSON	
NAME	
TEL	

COMPETITION

LEVEL

CATEGORY

EXERCISE

DIFFICULTY	
D-SCORE	
DV	

VALUE	
BALANCE	
DYNAMIC	
INDIVIDUAL	