

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



CODE OF POINTS ACROBATIC GYMNASTICS
TABLES OF DIFFICULTY
Revised December 2008



The Tables of Difficulty for the Olympic cycle 2009-2012 are dedicated to **Konrad Zielinski** (member) and **Gizela Zielinska**, (translator), both who retire from the FIG Technical Committee for Acrobatic Gymnastics, December 2008.

Konrad and Gizela are two originators of the sport of Acrobatic Gymnastics and have been consistently devoted to its development for more than 50 years. They were actively involved as gymnasts, then as coaches, judges and sports authorities. Together they were instrumental in seeing this gymnastic discipline become an international sport within an IOC-recognised International Federation of Sports Acrobatics (IFSA).

Konrad and Gizela helped to establish training camps for coaches and athletes that led to a structured educational system for Acrobatic Gymnastics development and birth of the first Age Group Games Development and Competition Plan.

Over the years, the difficulty value of elements has occupied Konrad's every waking hour and thereby Gizela's as well. They have spent hours drawing figurines, cutting them, pasting them, adjusting them, later learning to scan them into computers and then evaluating their difficulty. Several Tables of Difficulty witness their drawings and understanding of the human body in gymnastics sports.

As we open these Tables of Difficulty, know that at some time in history, Konrad and Gizela were behind the creation of our sport as we know it today. They hold in their memories the whole history of element performance, by day, date and performer and we share it when we use these Tables for the selection of elements.

Geniuses such as Konrad Zielinski and Gizela Zielinska come once in a millennium. They have always worked for excellence, by ensuring that basics are understood and honoured, whilst militantly endeavouring to create a sport which is safe, aesthetic and exciting.

As we thank them for the legacy of their achievement in Acrobatic Gymnastics upon which others will build, we can all be assured that both Konrad and Gizela will remain active in promoting and supporting the development of Acrobatic Gymnastics for their lifetimes.

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TABLES OF DIFFICULTY

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 both simple and very complex elements of difficulty. Careful selection will make exercises original in identity (see CoP Article 34).

The document content is evolutionary rather than definitive. Additions and modifications are made as new elements are created and clarifications become necessary (CoP Article 43).

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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 time and expertise in revising the Tables for the new cycle of competitions Patricia Wade, Tonya Case, Irina Nikitina, Rosy Taeymans, Konrad Zielinski, Raoul Correia, Li Yang Ling
Translator Gizela Zielinska. For technical expertise, Nancy Warmoeskerken .
- The original artist for the majority of the drawings found in the Tables, Vitcho Kolev.
- The FIG Secretariat for the availability of expert technical advice and assistance;
- Members of the Belgian, Polish, Portuguese, Russian and USA Gymnastic Federations for their secretarial and technical support and financing the activities;
- Acrobatic coaches and athletes for their creativity in stretching the boundaries of gymnastic knowledge and skills.

THE TABLES OF DIFFICULTY FOR ACROBATIC GYMNASTICS

INTRODUCTION

Content

The Tables of Difficulty are used in all FIG approved Senior and Junior (12-19) competitions. Special compositional rules apply to Junior 11-16 events (see World Age Group Competitions Regulations) but optional elements are selected and valued from these Tables.

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 starts, mounts, holds, motions, pitches, throws, catches and finish positions of pair and group elements in Balance, Dynamic and Combined Exercises. In the case of 'holds', the duration of time for a hold may be stipulated for a particular value to be given (CoP 22; 41.10; 48.3).

Difficulty for Individual Elements is provided in separate section according to characteristic (CoP 18.13; 22.7; 22.8; 23.7; 28).

Only elements in the Tables of Difficulty may be performed for difficulty credit at FIG approved competitions, unless otherwise agreed by the FIG Technical Committee for Acrobatic Gymnastics, after formal written application to trial new elements.

Some elements already performed or which could be performed have been declared '**forbidden**' in the interests of safety and aesthetics. They do not appear in the Tables CoP 41.9; 46.3 and 48.3).

Difficulty Value of Elements

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

Reference to the rules in of the Code of Points Section V: Structure and Composition of Exercises and Section VIII: Difficulty will assist in the valuation of elements constructed for particular competition exercises.

Difficulty Value of Exercises

The difficulty value of an exercise is the sum of the counting elements of difficulty taking into account the Special Requirements and restrictions for the structure and composition (CoP Section V) of exercises.

The duration of holds can effect the value of Balance elements (CoP 41.10).

The process for scoring the difficulty value of an exercise is provided in the Code of Points (Articles 45.5 - 45.7).

All Individual elements to a maximum of 6 (CoP 19.2; 19.11; 20.20; 21.16; 24.6; 28) preformed in an exercise by each competitor simultaneously or in immediate succession (CoP 28.2; 28.3) are evaluated separately and then totalled. The total is divided by the number of competitors in a pair or group (CoP 28.4). That number is then added to the total of the pair and group elements.

The total difficulty value is converted to the **Difficulty Score** for an exercise by using the Difficulty Conversion Tables provided in the Tables of Difficulty (Page 6a-b-c-d) and the Code of Points (Appendix 3). Different Tables are provided for each exercise performed by Juniors and Seniors.

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 (Article 42).

A drawing must be made of each pair group element in the order it is to be performed (CoP 42.1). Pair group elements precede the individual elements (CoP 42.5) that also must be drawn in the order to be performed. Drawings may be reproduced from the Tables of Difficulty. Computer drawings are acceptable. Hand 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 (CoP42.1). The intended length of 'holds' must be declared (CoP 22; 42.1).

DIFFICULTY CONVERSION TABLE FOR BALANCE EXERCISES SENIOR

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	1,0	70-71	7,50	133	9,73
6-7	2,0	72-73	7,60	134	9,74
8-9	3,0	74-75	7,70	135	9,75
10-11	3,5	76-77	7,80	136	9,76
12-13	3,8	78-79	7,90	137	9,77
14-15	4,1	80-81	8,00	138	9,78
16-17	4,4	82-83	8,10	139	9,79
18-19	4,7	84-85	8,20	140	9,80
20-21	5,0	86-87	8,30	141	9,81
22-23	5,1	88-89	8,40	142	9,82
24-25	5,2	90-91	8,50	143	9,83
26-27	5,3	92-93	8,60	144	9,84
28-29	5,4	94-95	8,70	145	9,85
30-31	5,5	96-97	8,80	146	9,86
32-33	5,6	98-99	8,90	147	9,87
34-35	5,7	100-101	9,00	148	9,88
36-37	5,8	102-103	9,06	149	9,89
38-39	5,9	104-105	9,12	150	9,90
40-41	6,0	106-107	9,18	151	9,91
42-43	6,1	108-109	9,24	152	9,92
44-45	6,2	110-111	9,30	153	9,93
46-47	6,3	112-113	9,36	154	9,94
48-49	6,4	114-115	9,42	155	9,95
50-51	6,5	116-117	9,48	156	9,96
52-53	6,6	118-119	9,54	157	9,97
54-55	6,7	120-121	9,60	158	9,98
56-57	6,8	122-123	9,62	159	9,99
58-59	6,9	124-125	9,64	160	10,00
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	9,71		
68-69	7,4	132	9,72		

For every value 1 above 160 an additional 0,001 is given (For 10 value = 0,01)

DIFFICULTY CONVERSION TABLE FOR DYNAMIC EXERCISES SENIOR

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 0,001 is given (For 10 value = 0,01)

DIFFICULTY CONVERSION TABLE FOR QUALIFICATION COMBINED EXERCISES SENIOR

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	1,0	70-71	7,5	133	9,53	166	9,86
6-7	2,0	72-73	7,6	134	9,54	167	9,87
8-9	3,0	74-75	7,7	135	9,55	168	9,88
10-11	3,5	76-77	7,8	136	9,56	169	9,89
12-13	3,8	78-79	7,9	137	9,57	170	9,90
14-15	4,1	80-81	8,00	138	9,58	171	9,91
16-17	4,4	82-83	8,10	139	9,59	172	9,92
18-19	4,7	84-85	8,20	140	9,60	173	9,93
20-21	5,0	86-87	8,30	141	9,61	174	9,94
22-23	5,1	88-89	8,40	142	9,62	175	9,95
24-25	5,2	90-91	8,50	143	9,63	176	9,96
26-27	5,3	92-93	8,60	144	9,64	177	9,97
28-29	5,4	94-95	8,70	145	9,65	178	9,98
30-31	5,5	96-97	8,80	146	9,66	179	9,99
32-33	5,6	98-99	8,90	147	9,67	180	10,00
34-35	5,7	100-101	9,00	148	9,68		
36-37	5,8	102-103	9,04	149	9,69		
38-39	5,9	104-105	9,08	150	9,70		
40-41	6,0	106-107	9,12	151	9,71		
42-43	6,1	108-109	9,16	152	9,72		
44-45	6,2	110-111	9,20	153	9,73		
46-47	6,3	112-113	9,24	154	9,74		
48-49	6,4	114-115	9,28	155	9,75		
50-51	6,5	116-117	9,32	156	9,76		
52-53	6,6	118-119	9,36	157	9,77		
54-55	6,7	120-121	9,40	158	9,78		
56-57	6,8	122-123	9,42	159	9,79		
58-59	6,9	124-125	9,44	160	9,80		
60-61	7,0	126-127	9,46	161	9,81		
62-63	7,1	128-129	9,48	162	9,82		
64-65	7,2	130	9,50	163	9,83		
66-67	7,3	131	9,51	164	9,84		
68-69	7,4	132	9,52	165	9,85		

For every value 1 above 180 an additional 0,001 is given (For 10 value = 0,01)

DIFFICULTY CONVERSION TABLE FOR FINAL 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 0,001 is given (For 10 value = 0,01)

DIFFICULTY CONVERSION TABLE FOR QUALIFICATIONS AND FINAL EXERCISES JUNIOR 12-19

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

DYNAMIC 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		

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

General Rules Pairs and Groups

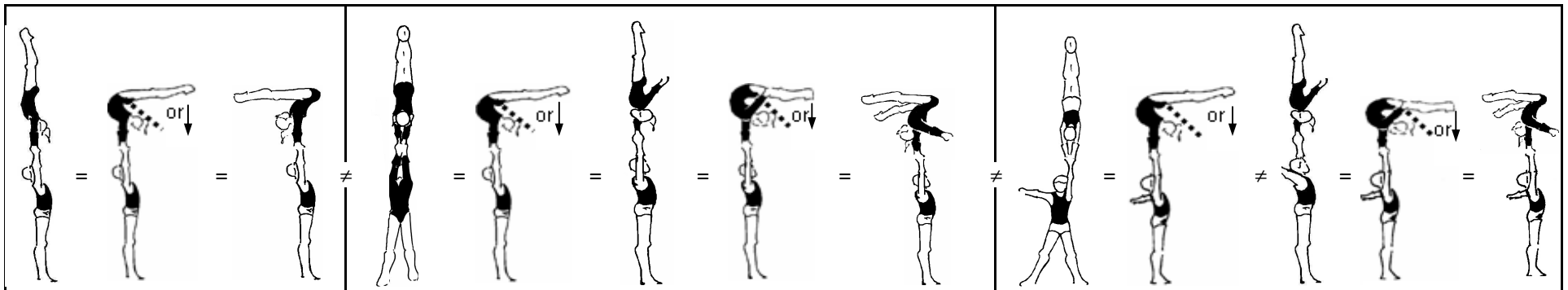
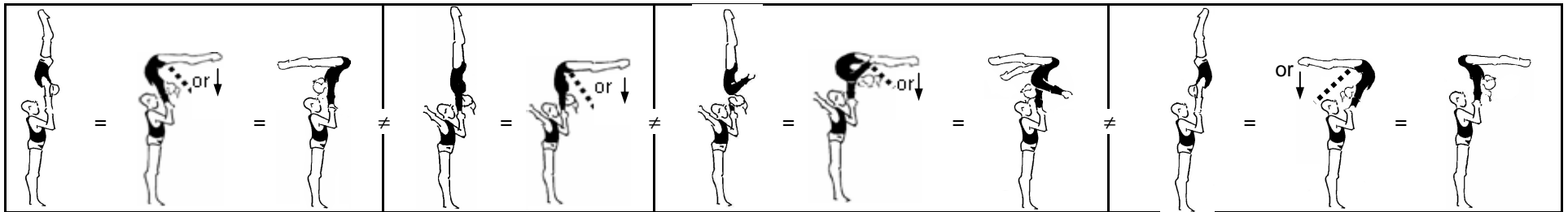
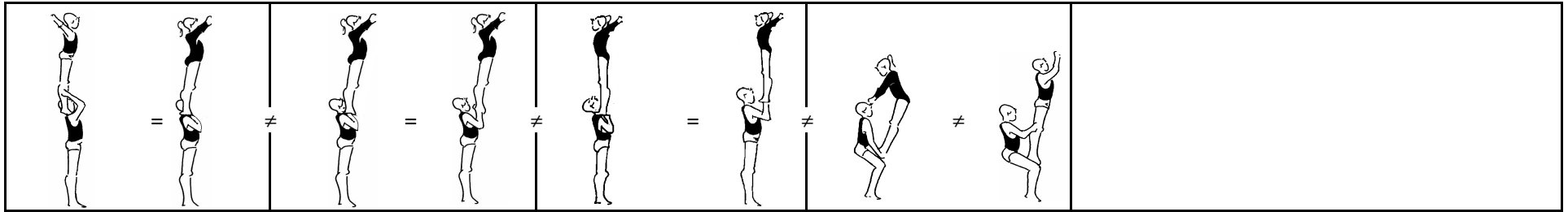
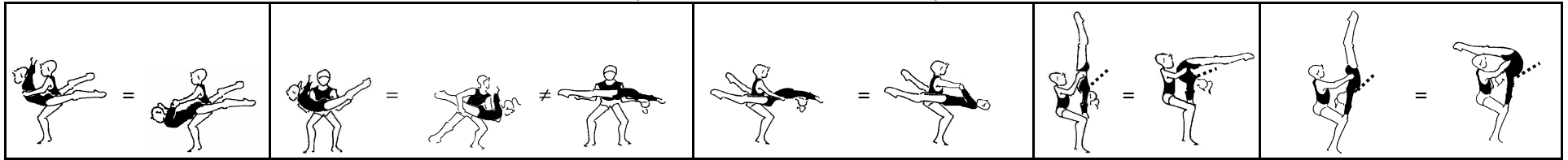
- Elements that are performed with only minor stylistic variation from the element pictured in the Tables are not considered new elements. They may be performed using the same identification (ID) number (#), with the same value as the existing element.
- The figures in the same box are considered as 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.

General restrictions

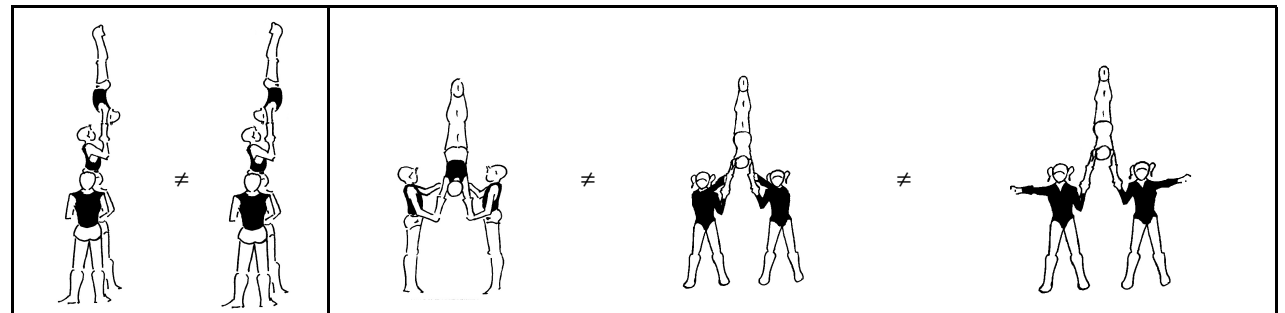
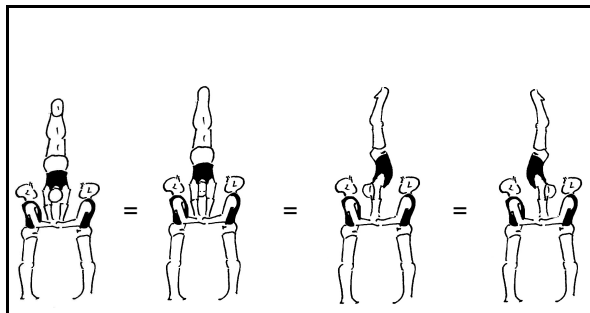
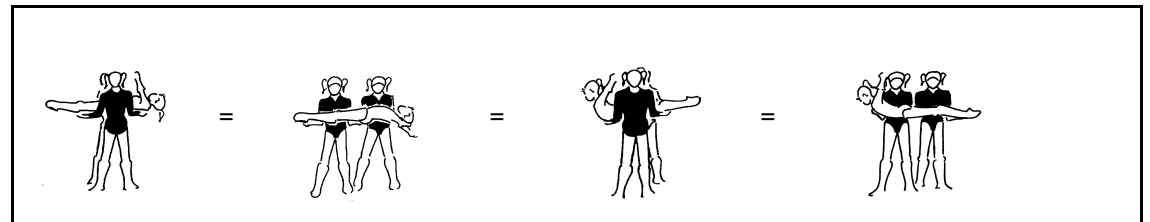
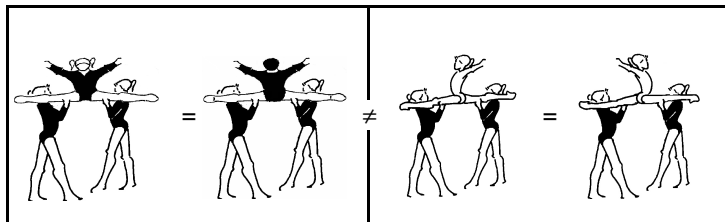
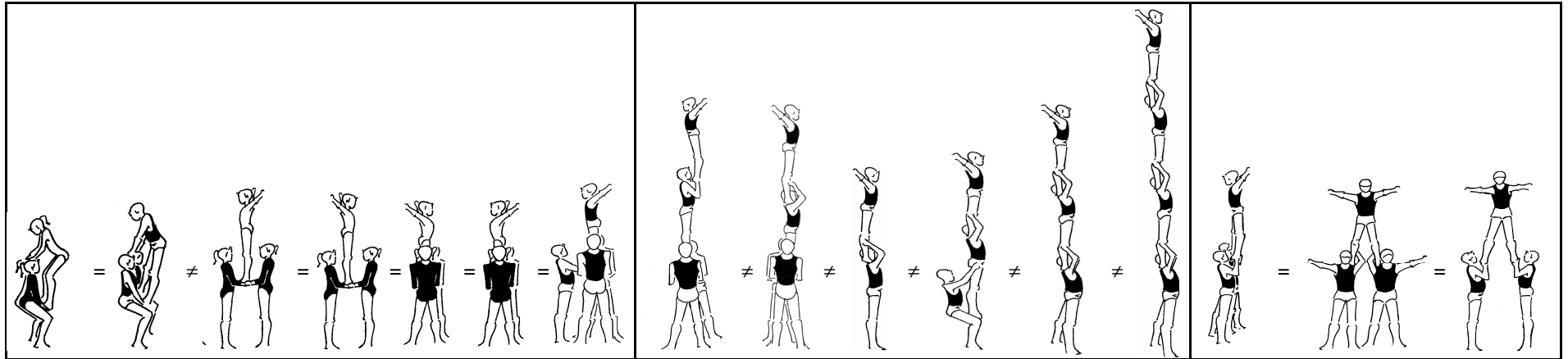
- A catch to wrap (i.e. legs astride the hips of the base) may only be performed with straight legs. (Forbidden for MEN).
- Sitting in spread legs on the shoulder facing a partner is not permitted in any exercise.
- Handstand Planche cannot be performed on one arm
- Women may not work on the back of the neck or top on the head. (Forbidden)
- Flag can not be performed two on one
- Crocodile two on one hand and crocodile on one hand are considered as the same element!

START POINTS AND CATCH POSITIONS

Examples of the most typical positions.
 The same position = The different positions ≠



START POINTS AND CATCH POSITIONS



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



FONDEE EN 1881



TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Balance Elements - Motion

CATEGORIES OF HANDSTANDS

A		B1	
		C	
		D	
B		E	

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 considered 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 (ONLY PAIRS)

A						E					
B						F					
C						G					
D											

Elements belonging to the same box are considered as the same

Balance Elements

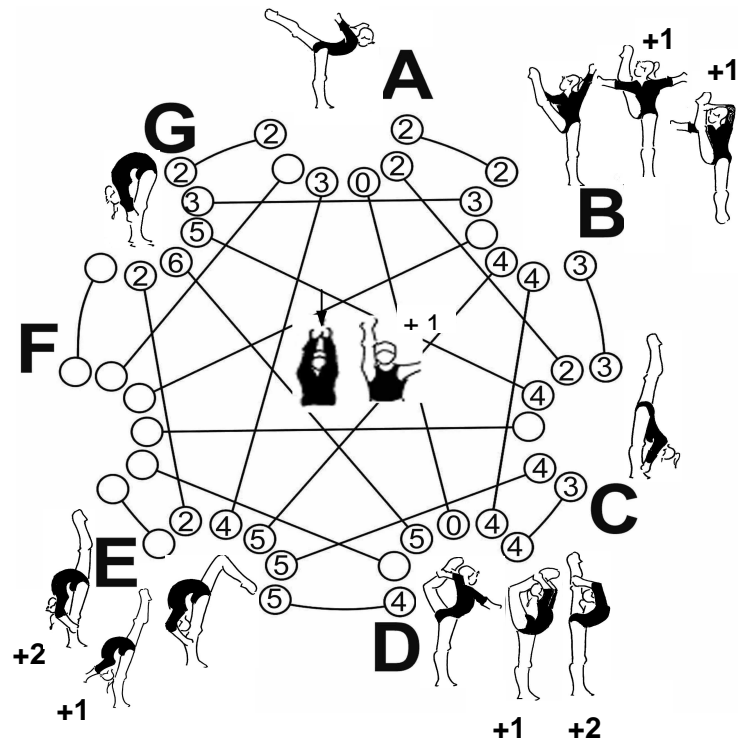
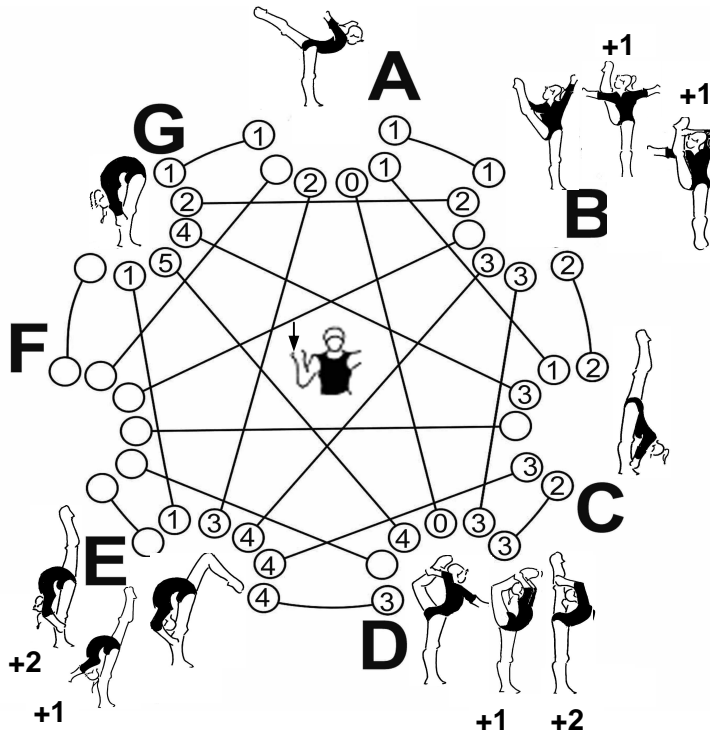
Additional difficulty for motion of the top

Pairs

Motion

Tab.1 feet

Tab.2 feet



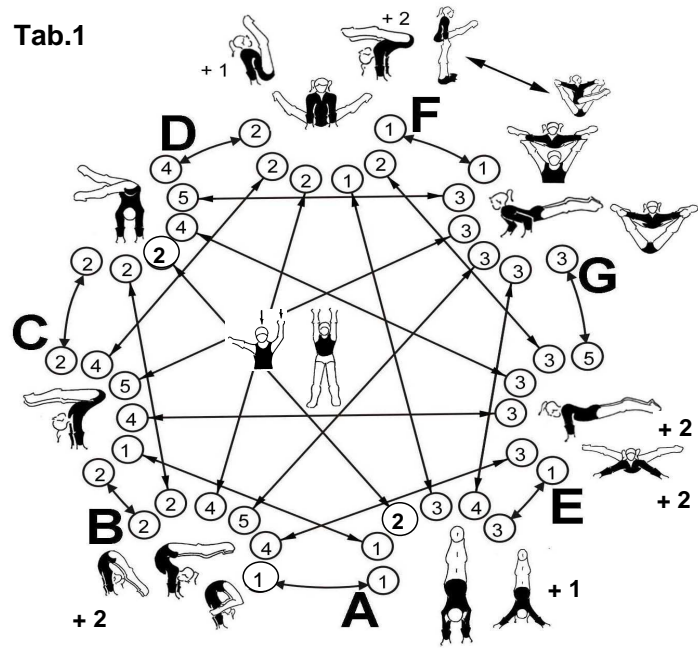
Balance Elements

Pairs

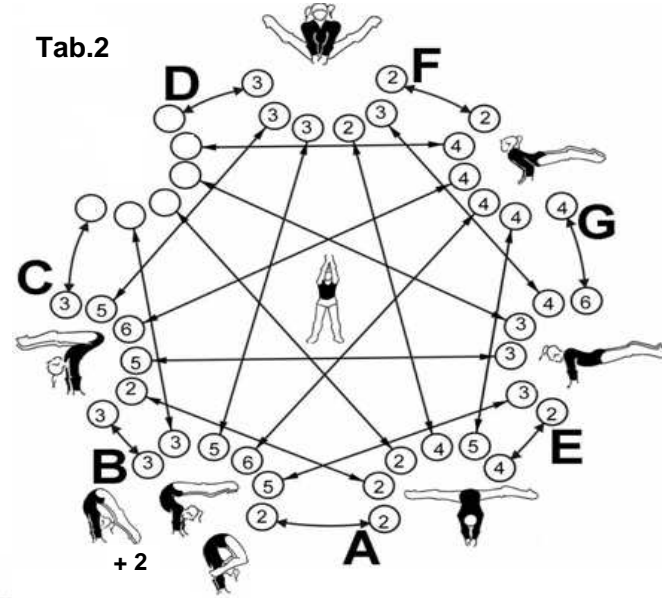
Additional difficulty for motion of the top

Motion

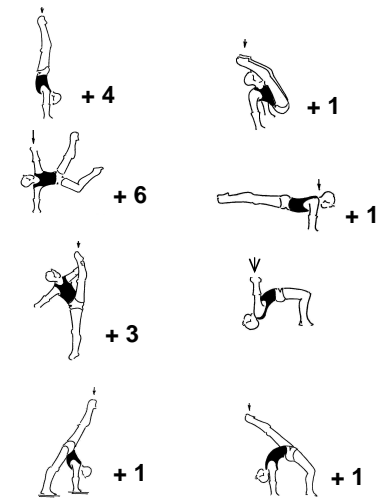
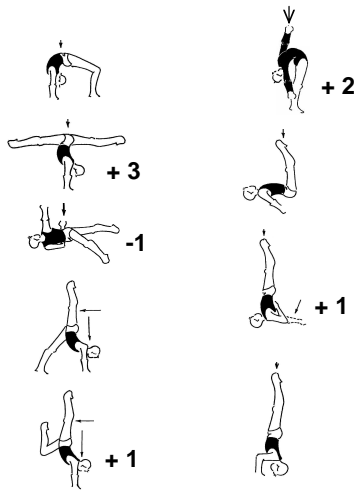
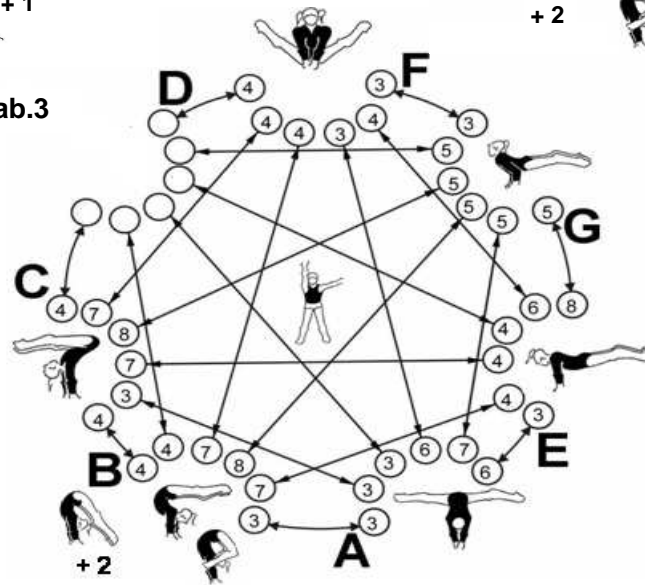
Tab.1



Tab.2



Tab.3



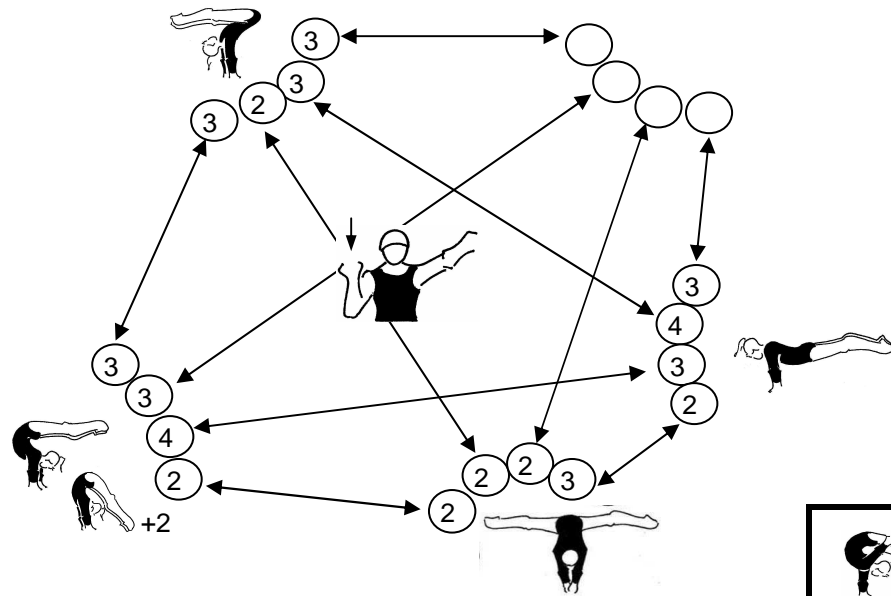
Balance elements

Pairs

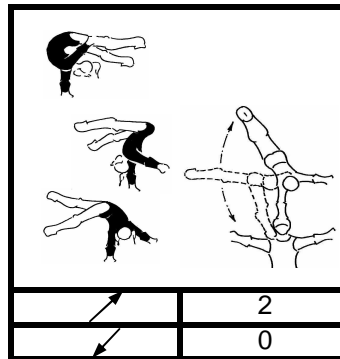
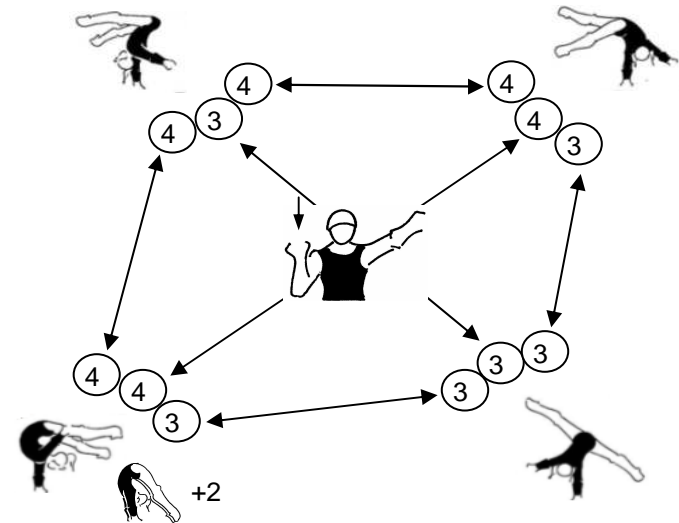
Additional difficulty for motion of the top

Motion

Tab. 2 low



Tab. 3 low



Balance Elements

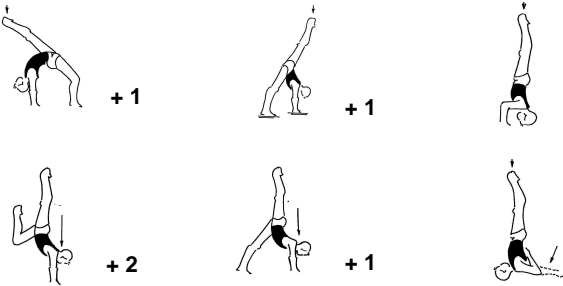
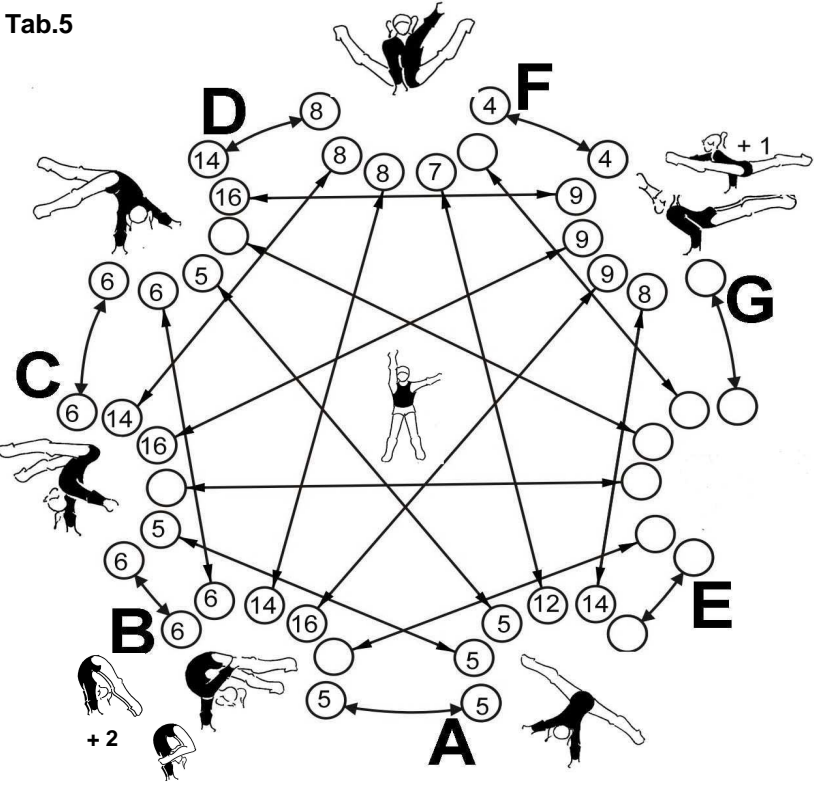
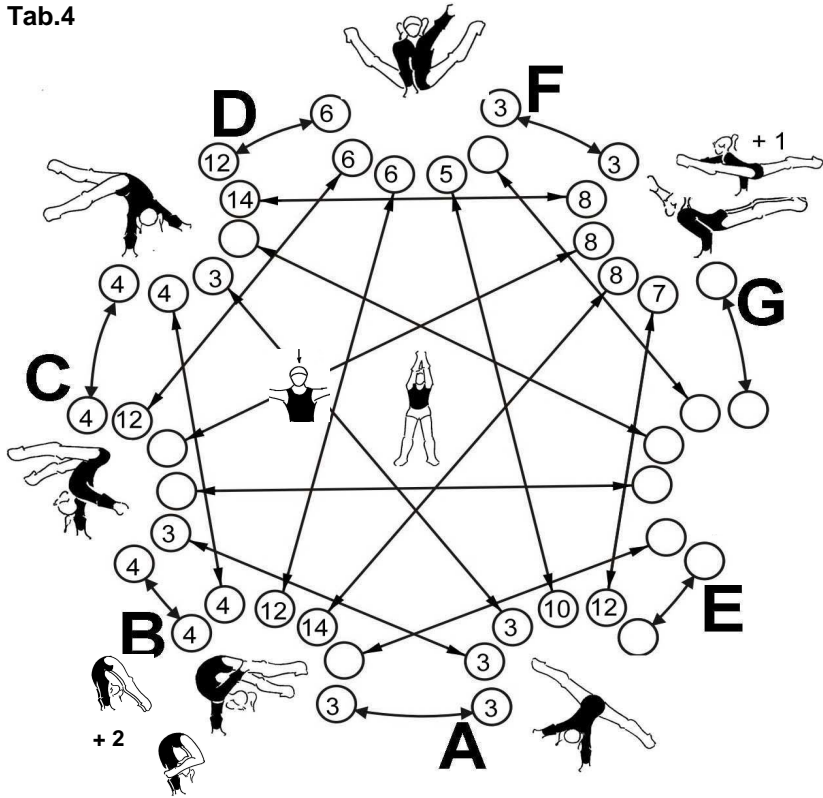
Additional difficulty for motion of the top

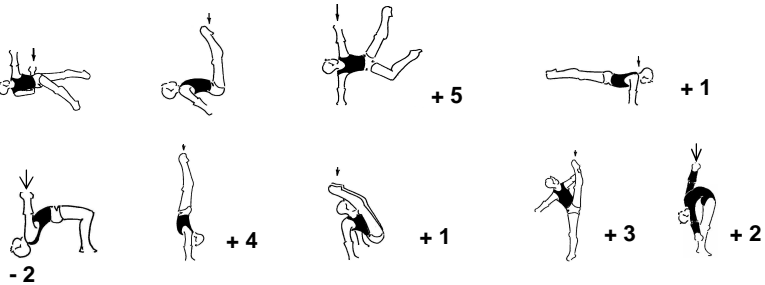
Pairs

Motion

Tab.4

Tab.5

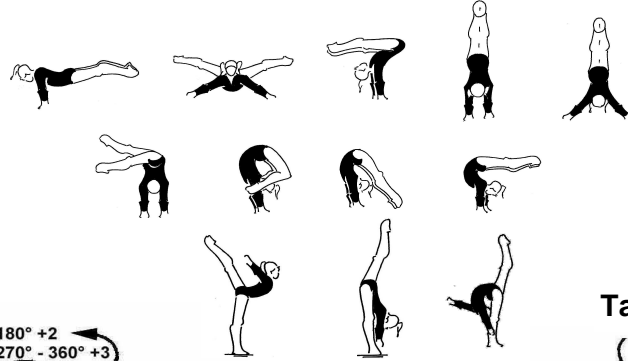




Balance Elements

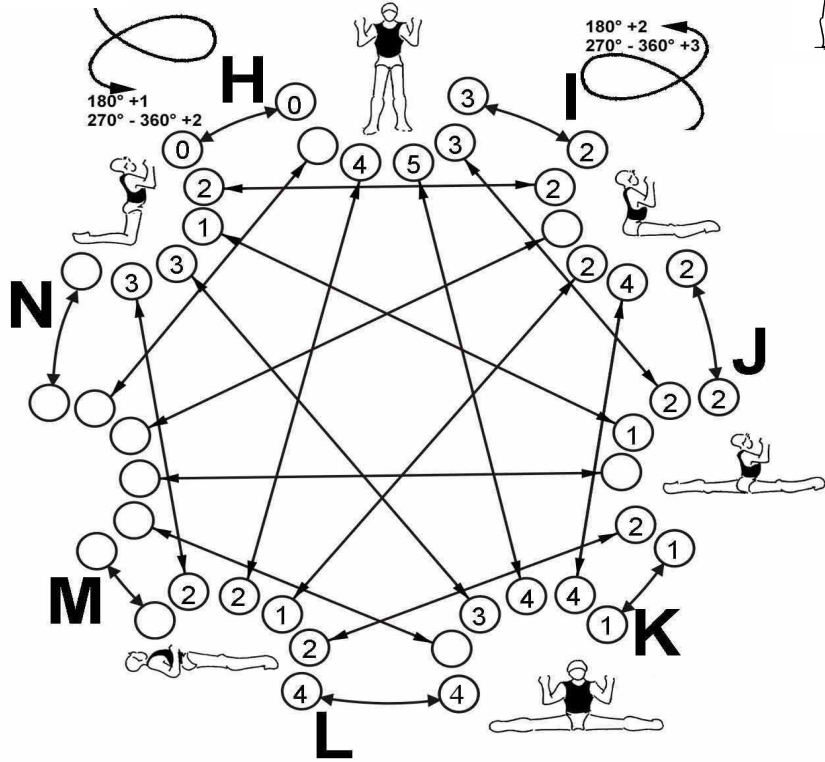
Additional difficulty for motion of the base when the top is in handstand .
The value for motion of the base is added to the work of the top.

Pairs



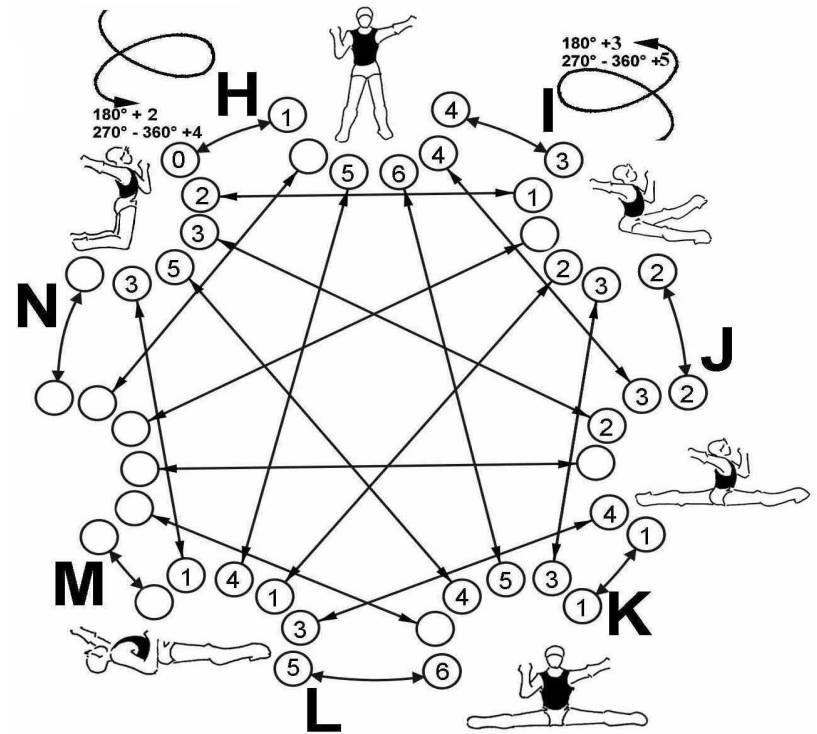
Motion

Tab.6



All foot to hand elements
value 6 or higher

Tab.7



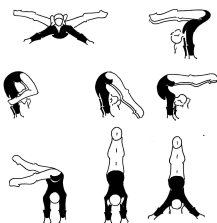
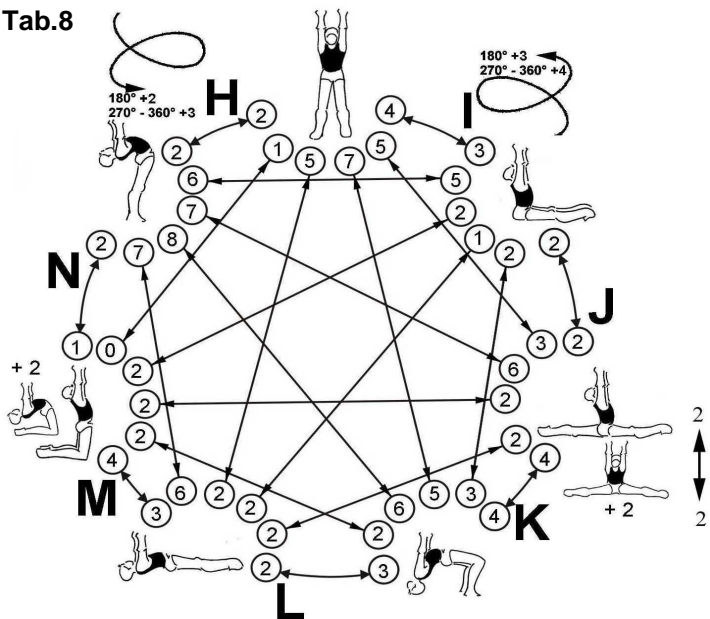
Balance Elements

Pairs

Additional difficulty for motion of the base when the top is in handstand.
The value for motion of the base is added to the work of the top.

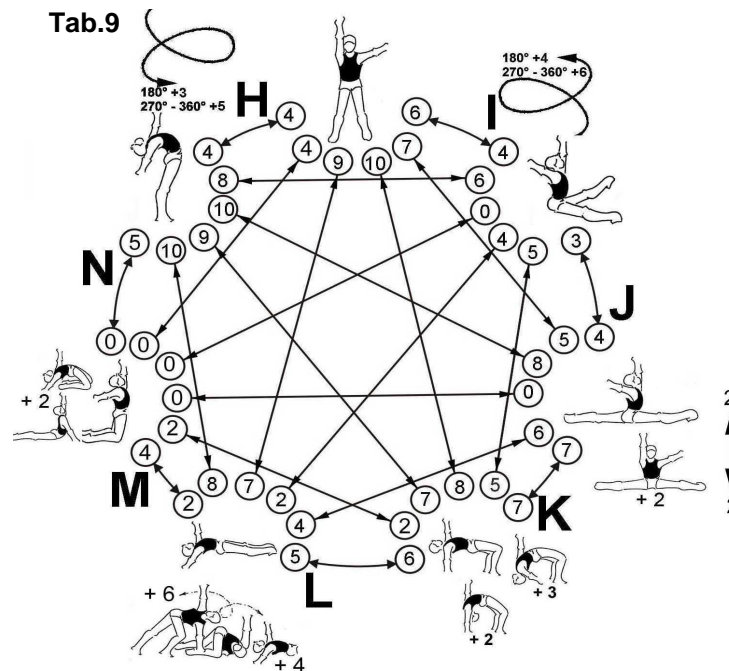
Motion

Tab.8

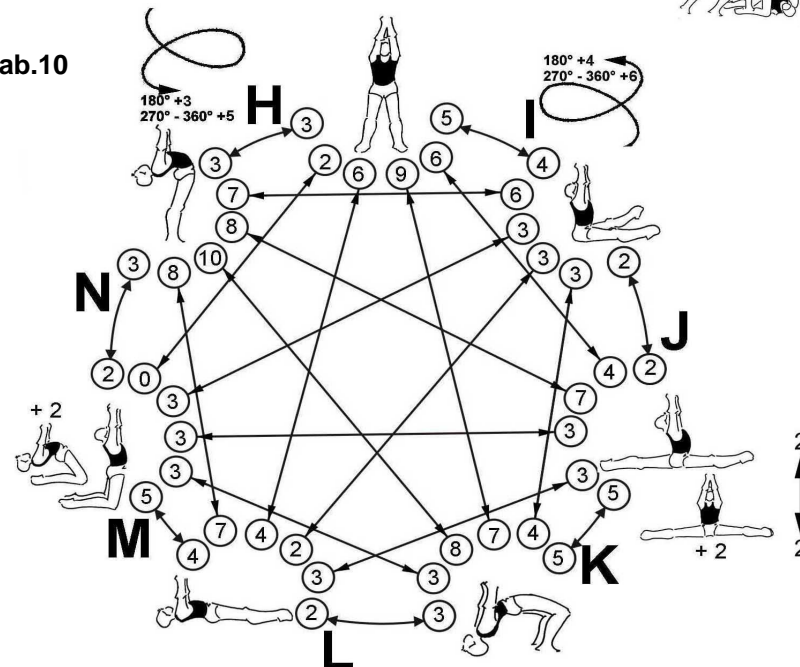


All foot to hand elements
value 6 or higher

Tab.9



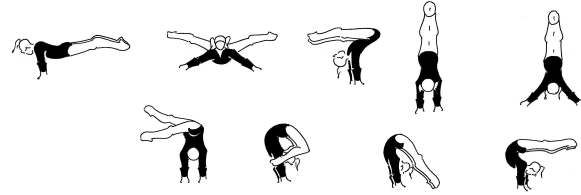
Tab.10



Balance Elements

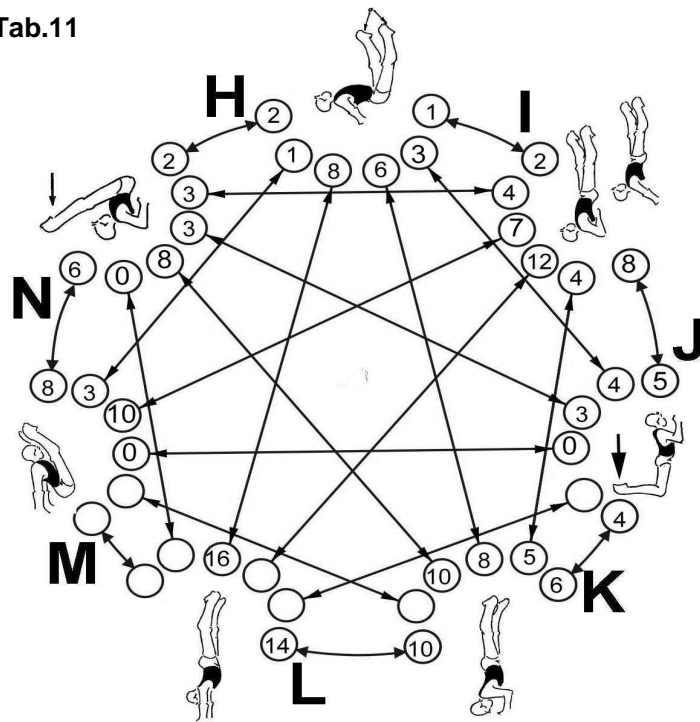
Additional difficulty for motion of the base when the top is in handstand.
The value for motion of the base is added to the work of the top.

Pairs



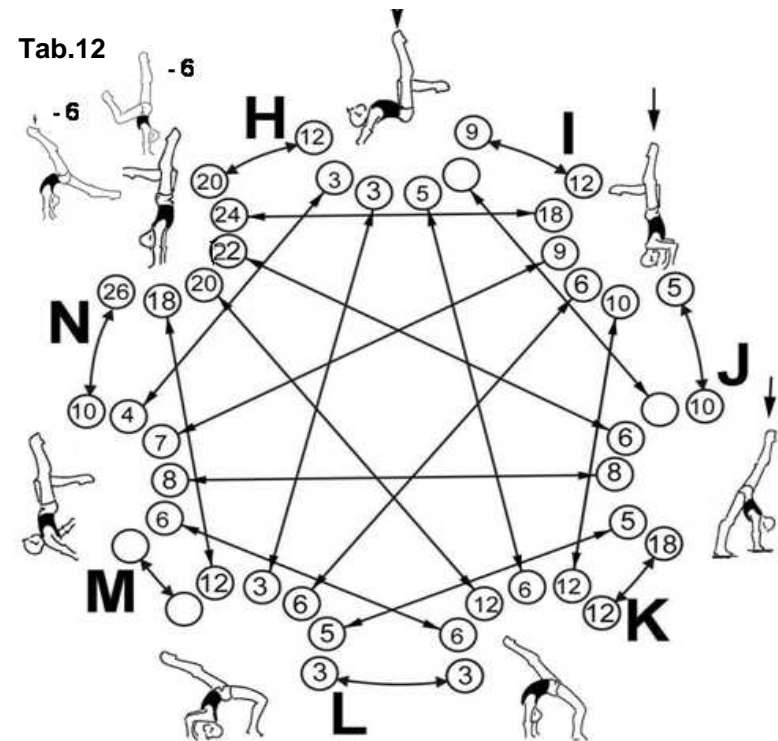
Motion

Tab.11



All foot to hand elements
value 6 or higher

Tab.12

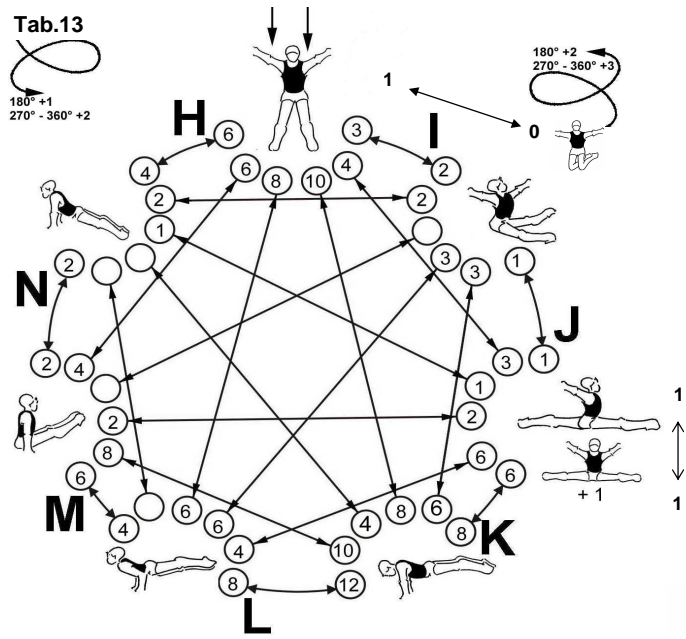
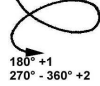


Balance Elements

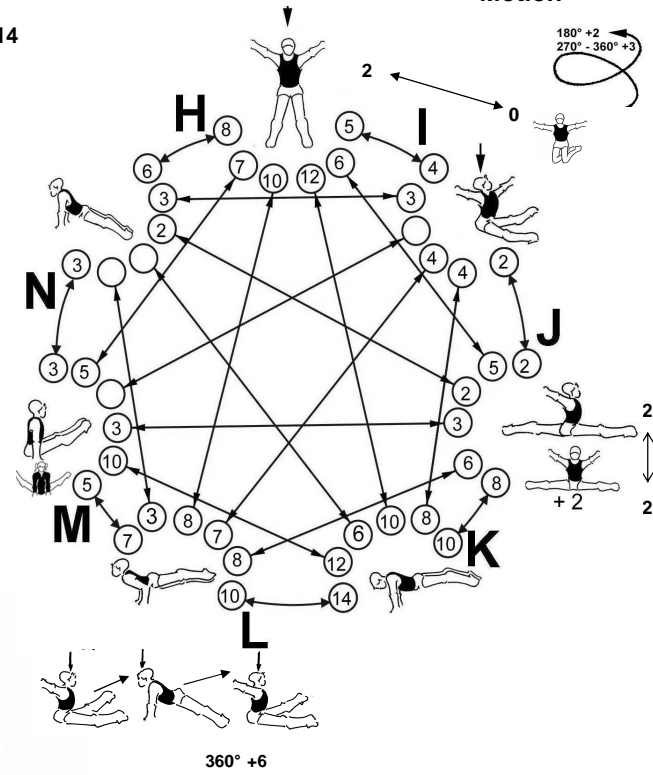
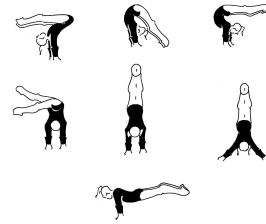
Additional difficulty for motion of the base when the top is handstand.
The value for motion of the base is added to the work of the top.

Pairs

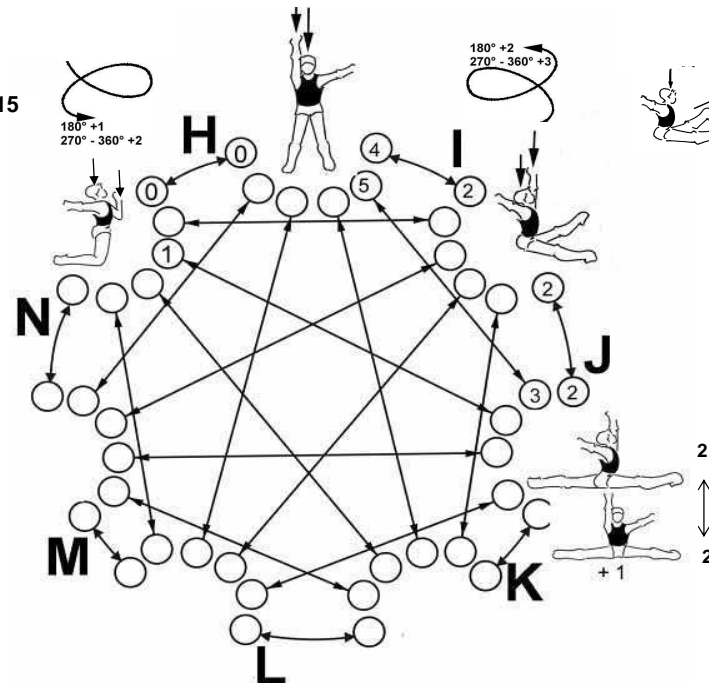
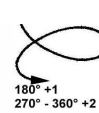
Tab.13



Tab.14



Tab.15

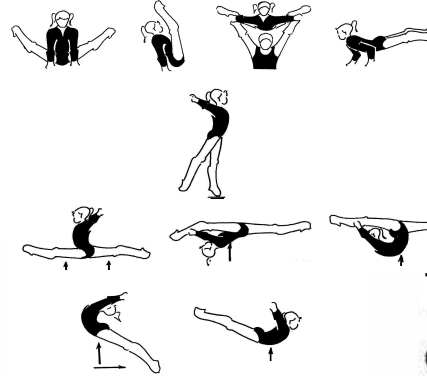


Balance Elements

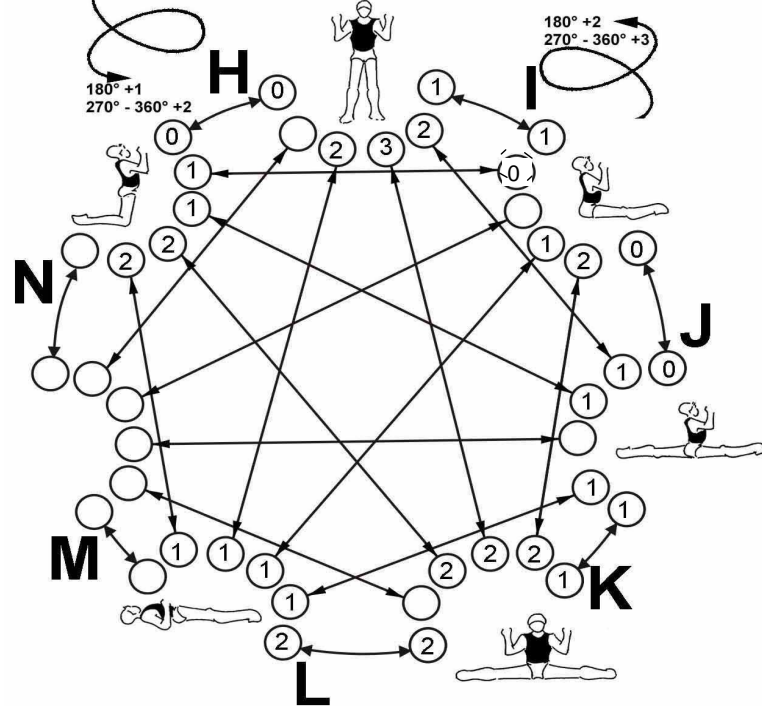
Additional difficulty for motion of the base after the position of the top is:
The value for motion of the base is added to the work of the top.

Pairs

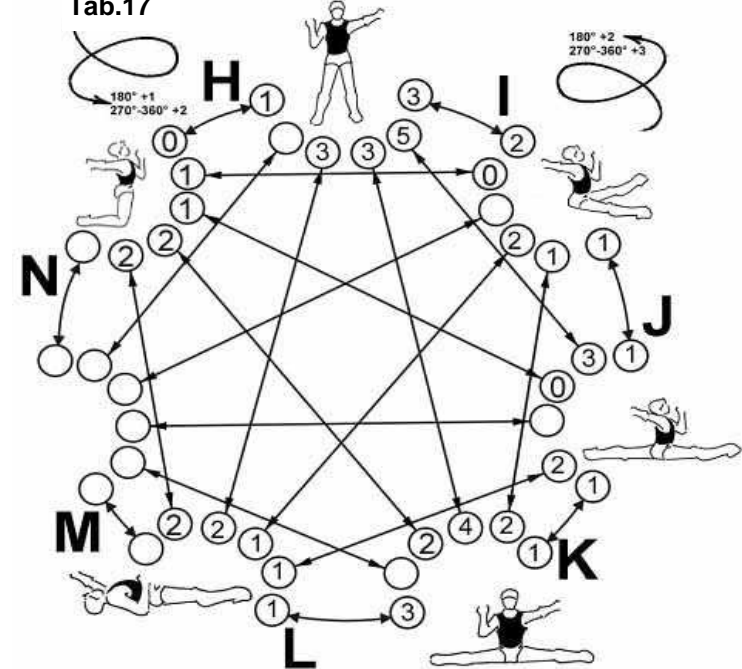
Motion



Tab.16



Tab.17



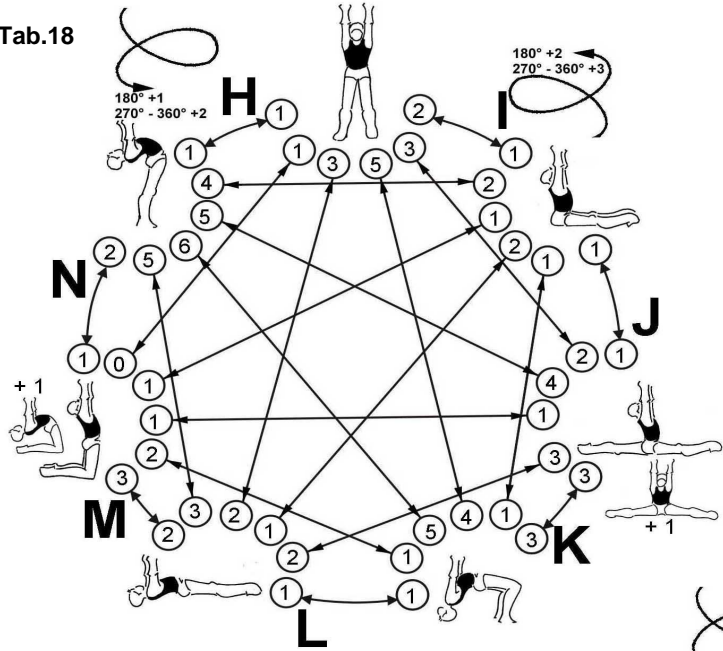
Balance Elements

Pairs

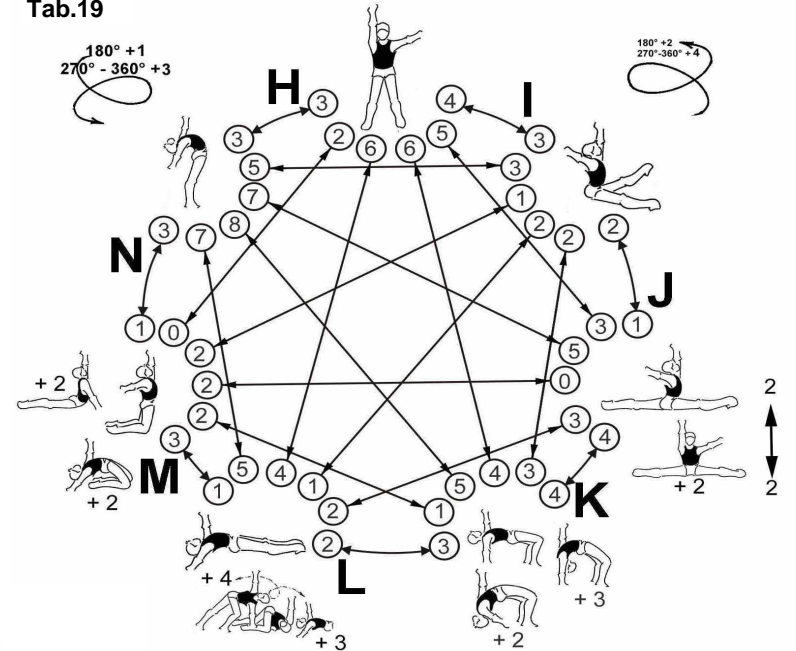
Additional difficulty for motion of the base when the position of the top is :
The value for motion of the base is added to the work of the top.

Motion

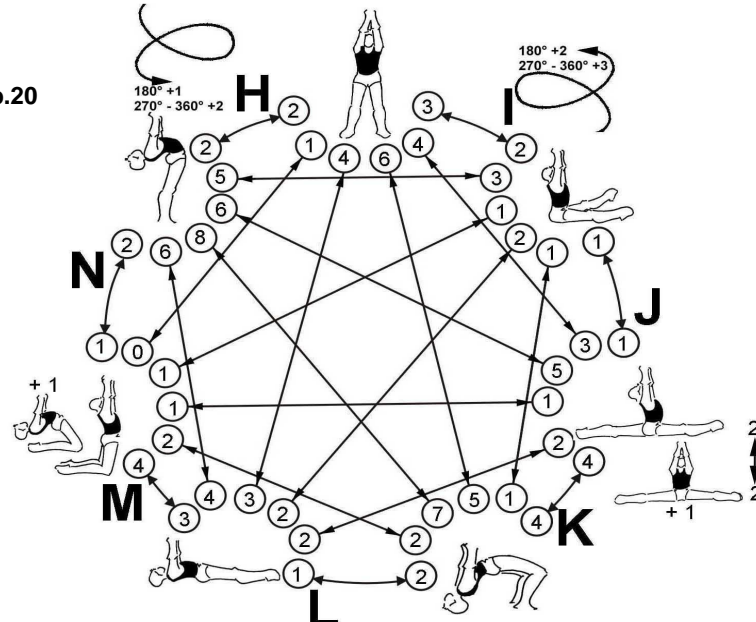
Tab.18



Tab.19



Tab.20

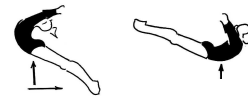


Balance Elements

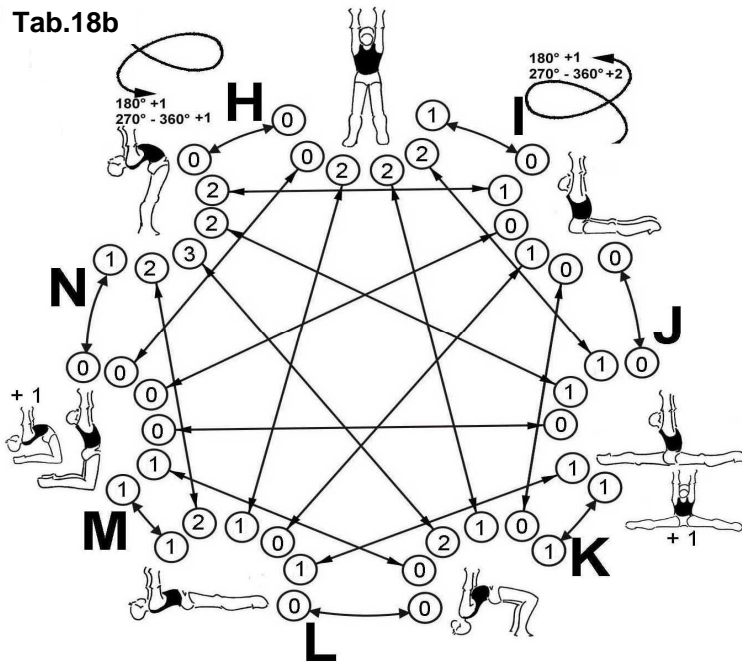
Pairs

Additional difficulty for motion of the base when the position of the top is :
The value for motion of the base is added to the work of the top.

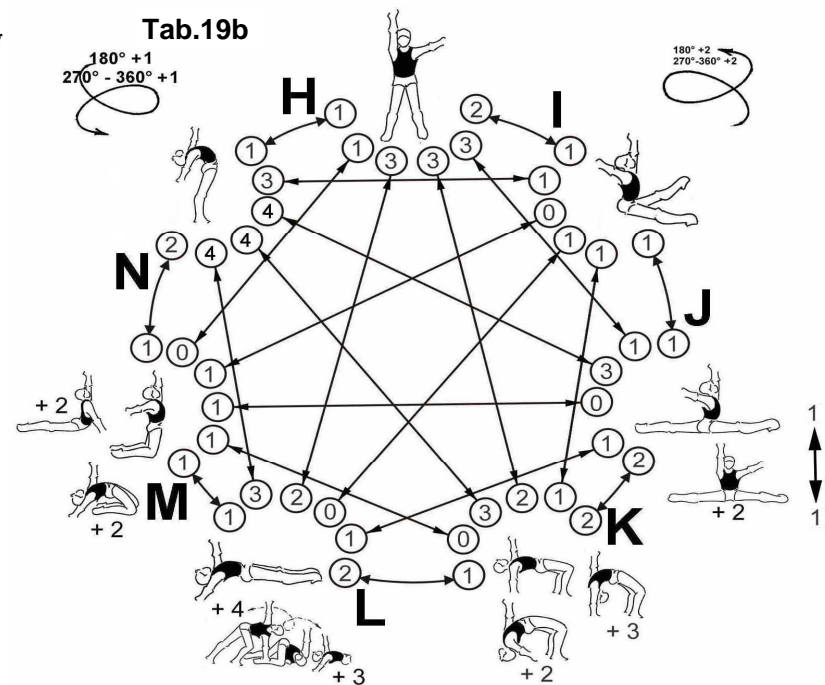
Motion



Tab.18b



Tab.19b



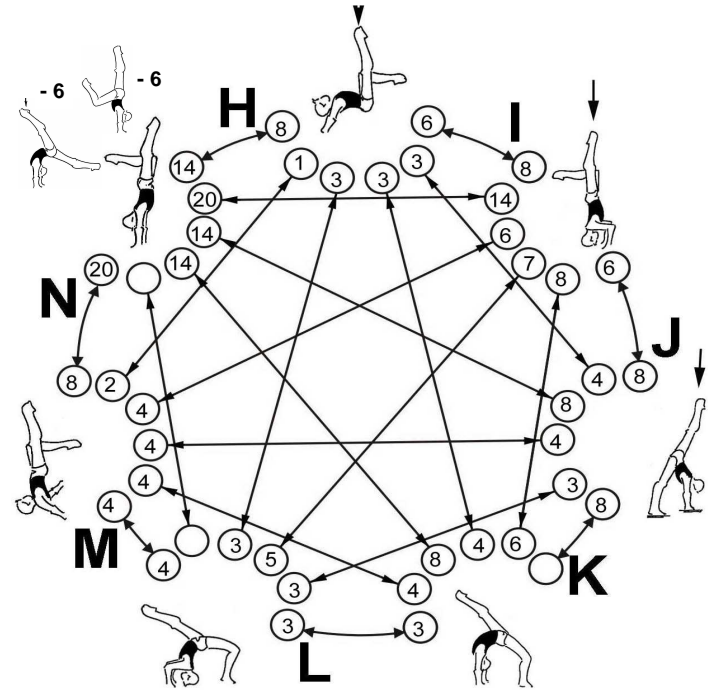
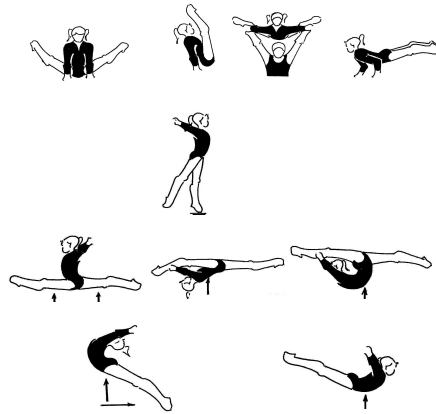
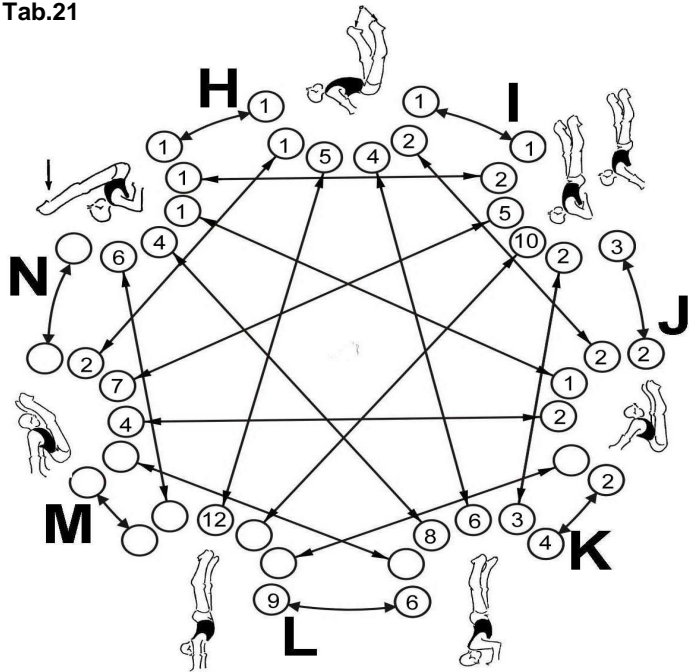
Balance Elements

Additional difficulty for motion of the base when the position of the top is:
The value for motion of the base is added to the work of the top.

Pairs

Motion

Tab.21



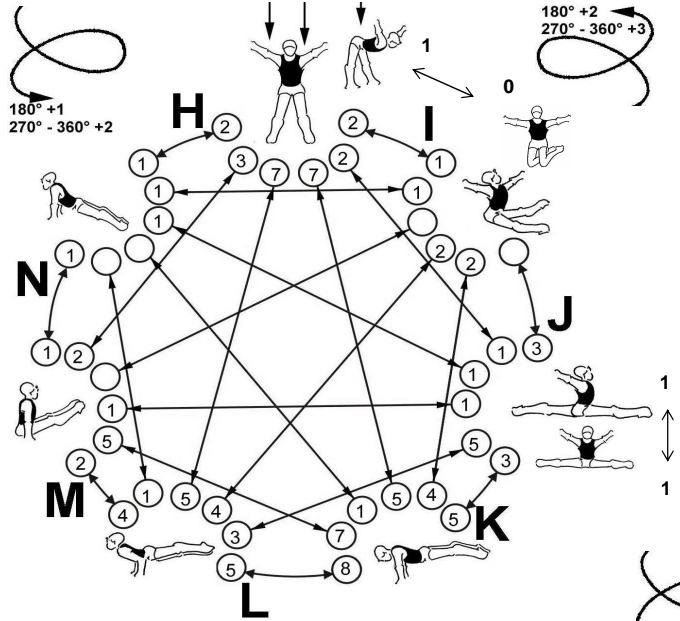
Balance Elements

Pairs

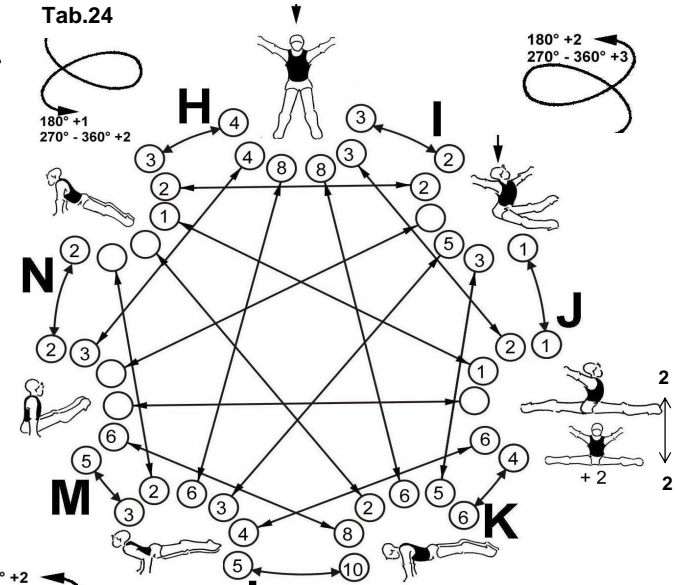
Additional difficulty for motion of the base when the position of the top is:
The value for motion of the base is added to the work of the top.

Motion

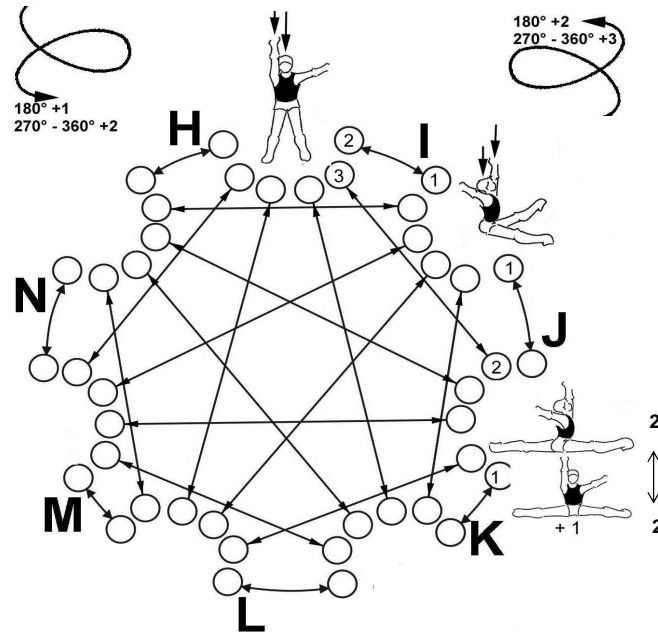
Tab.23



Tab.24



Tab.25



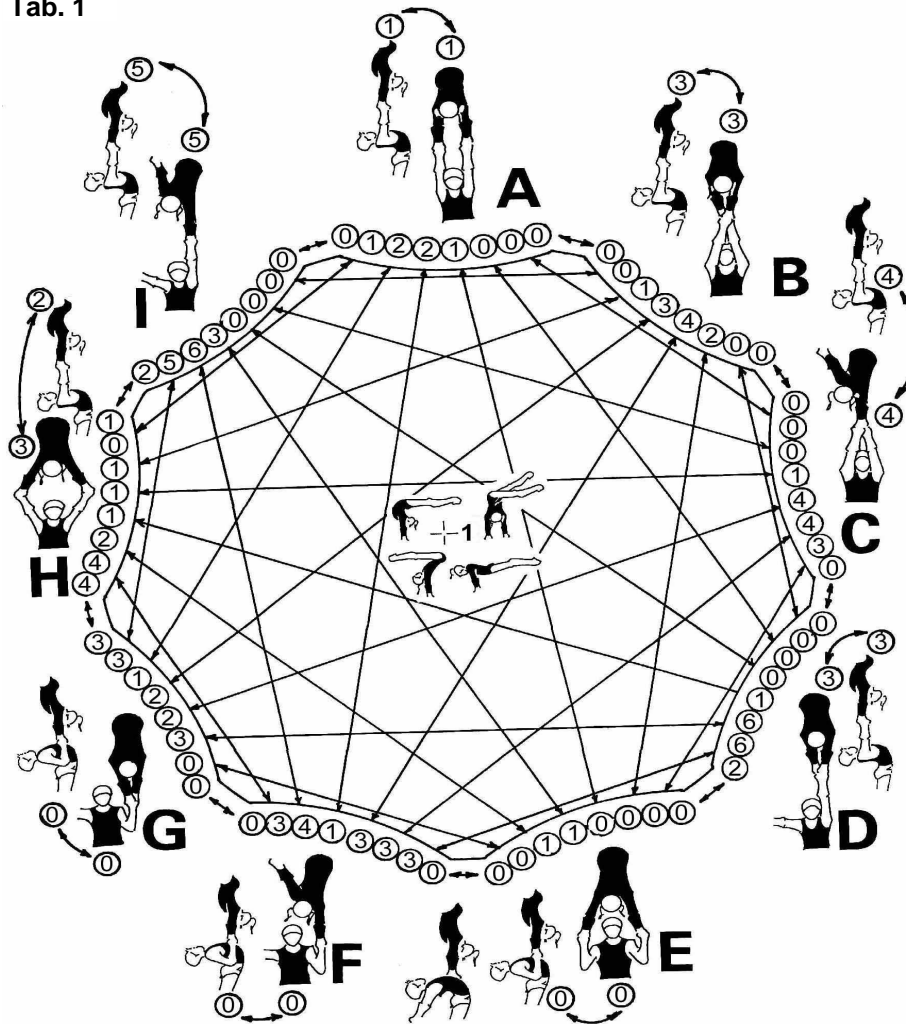
Balance Elements

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.

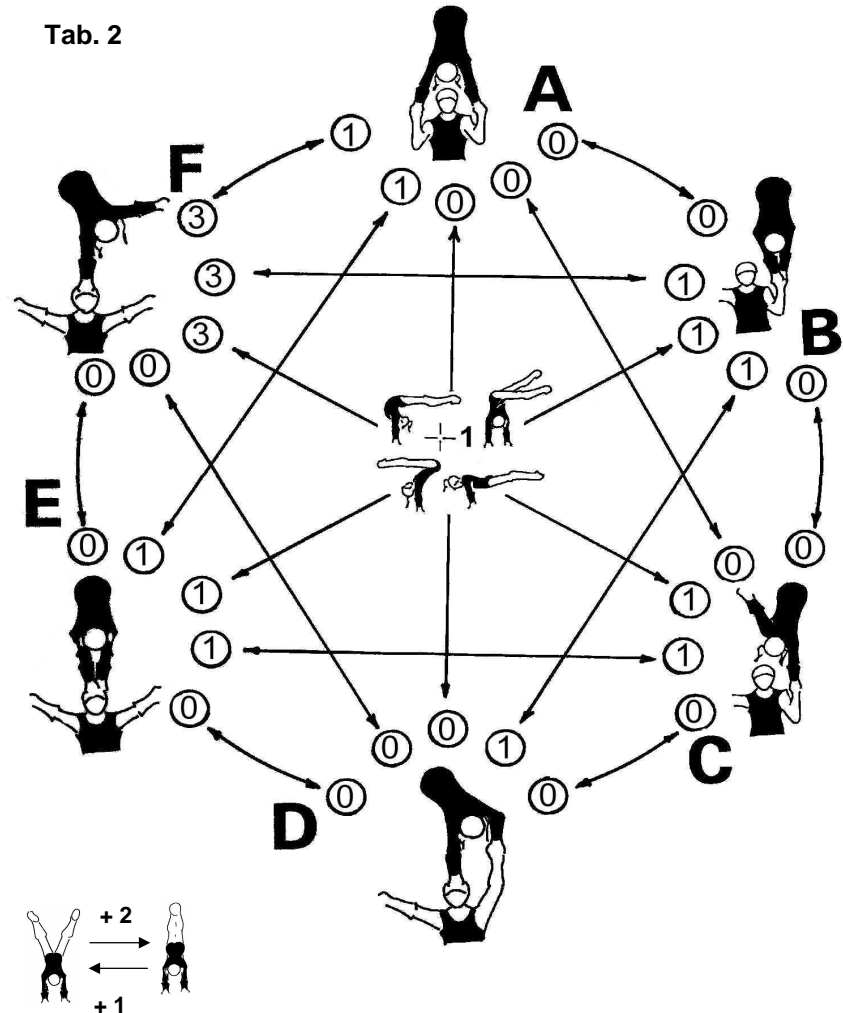
Pairs

Motion

Tab. 1



Tab. 2



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



FONDEE EN 1881



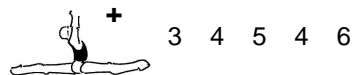
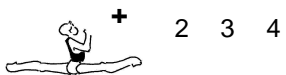
TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Balance Elements - Mounts

Balance Elements

Pairs

Mounts

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

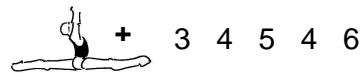
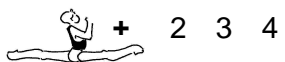


Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A			B			C			D			E			A					B					C					D					E				
Start	↻	[Illustrations of Pairs Elements A-E]															[Illustrations of Mounts Elements A-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
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		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	
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	
E		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	

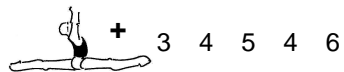
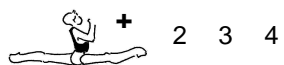


Balance Elements

Pairs

Mounts

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

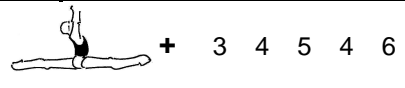
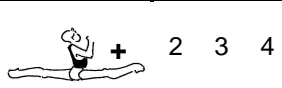


Balance Elements

Pairs

Mounts

		A		B		C		D		E		A		B		C		D		E																					
Start		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						
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						
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						
D		8	10	12	10	12	14	10	12	14	10	14	9	11	10	14	18	16	22	12	15	20	18	24	12	15	20	18	24	12	20	24	11	14	17						
E		7	9	11	9	11	13	9	12	16	9	16	8	11	9	12	17	15	21	11	14	20	17	24	11	14	20	17	24	11	20	24	10	13	16						
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						

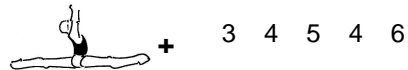


Balance Elements

Pairs

Mounts

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

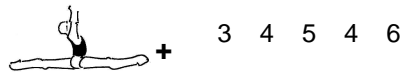
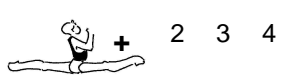


Balance Elements

Pairs

Mounts

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

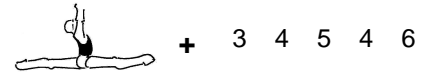
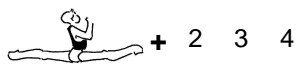


Balance Elements

Pairs

Mounts

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

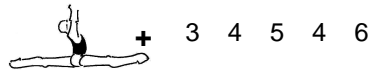
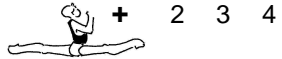


Balance Elements

Pairs

Mounts

	A		B			C			D			E			A					B					C					D					E					
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
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	
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	
C	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	
D	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	
E	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	

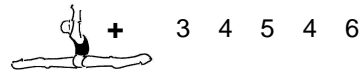
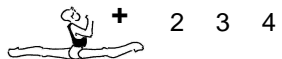


Balance Elements

Pairs

Mounts

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

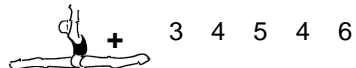


Balance Elements

Pairs

Mounts

		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
A		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			
		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			
C		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			
D		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			
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			

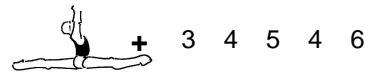
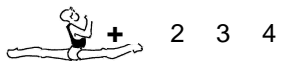


Balance Elements

Pairs

Mounts

		Pairs										Mounts																												
		A		B			C		D			E		A		B			C			D		E																
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
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
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
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
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
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

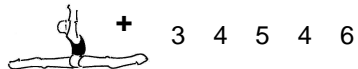
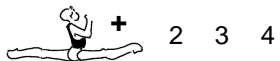


Balance Elements

Pairs

Mounts

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



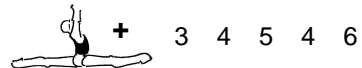
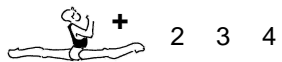
Pg 31

Balance Elements

Pairs

Mounts

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

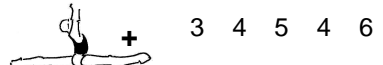
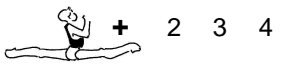


Balance Elements

Pairs

Mounts
























































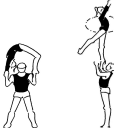

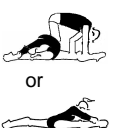

	Pairs															Mounts																																							
	A			B			C			D			E			A			B			C			D			E																											
Start																																																							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39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



Balance Elements

Pairs

Mounts

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

On one hand +2

Balance Elements

Pairs

Mounts

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

Balance Elements

Pairs

Mounts

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

Notes

Notes

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



FONDEE EN 1881

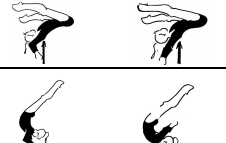



























TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Balance Elements - Static

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	21	22	23	24	25	26	27	28								
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	1		3	2		2	3		4	1		2	2		4	1		2	3		4		16						
5		2	2	3	3	2		2	2		4	3		3	4		5	2		3	3		5	2		3	4		5		17						
6		2	2	3	3	2		2	2		4	3		3	4		5	2		3	3		5	2		3	4		5		18						
7			2		3	1		2				3		3				2		3				2		3					19						
8		1	1	1	2	1			1			1		1				1			1			1		1					20						
9		1	2	2	2	1			1			1		1				1			1			1		1					21						
10			2		4	2			2			2		2				2			2			2		2					22						
11			5			3			3			3		3				3			3			3		3					23						
12			2		4	8			9			9		10				9			10			9		10					24						

Balance Elements

Pairs

Static

		A															B					C					D					E											
		+2			+2			+1			+2			+2			+2			+2			+2			+2			+1			+1											
Start		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		
1		1	3	5	3	5	7	3	5	7	3		7	3	5		3	4	7	6	9	5	6	9	8	11	5	6	9	8	11	5		9		11	4	5		7			7
2		2	4	6	4	6	8	4	6	8	4		8	4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6		10		12	5	6		8			8
3		2	4	6	4	6	8	4	6	8	4		8	4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6		10		12	5	6		8			9
4		2	4	6	4	6	8	4	6	8	4		8	4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6		10		12	5	6		8			10
5																	6	7	10	9	12	8	9	12	11	14	8	9	12	11	14	8		12		14	7	8		10			11
6																	6	7	10	9	12	8	9	12	11	14	8	9	12	11	14	8		12		14	7	8		10			12

Pairs

Balance Elements

Static

		A															B					C					D					E																
		+2			+2			+1			+2			+2			+2			+2			+1			+2			+1			+3																
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			Start	
13		3	5	7	5	7	9	5	7	9	5		9	5	7		4	5	8	7	10				6	7	10	9	12	6	7	10	9	12	6		10	12	5	6		8		20				
14		1	3	5	3	5	7	3	5	7	3		7	3	5					7	10																12				8		21					
15		2	4	6	4	6	8	4	6	8	4		8	4	6					9	12																15				10		22					
16																				11	14																17				12		23					
17		1																		9	12																15				10		24					
18		2																																														
19		1																																														

Balance Elements

Pairs

Static

		Pairs															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	Start				
25																	6	7	10	9	12	8	9	12	11	14	8	9	12	11	14	8		12		14	7	8		10				31		
26		13			15			15			15			15																															32	
27		6	8	12	8	10	14	8	10	14	8		14	8	10					32	40				36	44				36	44				46					36					33	
28			10	14		12	16		12	16			16	10	12		2			5	8	4			7	10	4			7	10	4				10	3			6						34
29		5			7			7			7			7			4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6		10		12	5	6		8					35	
30		3			5			5			5			5			2	3	5	4	8	4	5	7	6	10	4	5	6	7	10	4		7		10									36	

Balance Elements

Pairs

Static

		Pairs															Static																																			
		A			B			C			D			E			A			B			C			D			E																							
Start																																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											
37		3	4	7	4	5	8	4	5	8	4		8	4	5																													43								
38		4	7	10	6	9	12	6	9	12	6		12	6	9		5	6	9	8	11	7	8	11	10	13	7	8	11	10	13	7		11		13	6	7		9											44	
39		6	9	12	8	11	14	8	11	14	8		14	8	11		7	8	11	10	13	9	10	13	12	15	9	10	13	12	15	9		13		15	8	9		11								45				
40		4	7	10	6	9	12	6	9	12	6		12	6	9		10	11	14	13	16	11	13	16	15	18	11	13	16	15	18	11		16		18	10	12		14								46				
41			10	13		12	15		12	15			15		12		12	13	16	15	18	14	15	18	17	20	14	15	18	17	20	14		18		20	13	14		16								47				
42			5	8		7	10		7	10			10		7		20	24	28	26	32	24	28	32	30	36	24	28	32	30	36	24		32		36	22	24		28								48				

Balance Elements

Pairs

Static

		Pairs															Static																													
		A			B			C			D			E			A			B			C			D			E			Start														
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	Start				
49			4	7		5	8		5	8			8		5					16	22				18	24					18	24					24					17			55	
50		4				6			6			6						22	30				24	32										32					23						56	
51			8	12		10	14		10	14			14		10																														57	
52		7				9			9			9								18	24				20	26					20	26					26					19			58	
53																				12	18				14	20					14	20					20					13			59	
54																	16			20	26	19			23	30	19				23	30	20				31	18				22				60

Balance Elements

Pairs

Static

		Pairs															Static																																		
		A			B			C			D			E			A			B			C			D			E																						
		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	Start									
61		2			3			3			3			3							16	22					18	24								24				18			67								
	62		2	3	5	3	5	7	3	5	7	3		7	3	5						20	26					22	28								30				21				68						
		63		3	5	7	5	7	9	5	7	9	5		9	5	7						14	18					16	20								20				15					69				
			64																					16	22					18	24								24					17					70		
				65		1	3	5	3	5	7	3	5	7	3		7	3	5						14	20					16	22								22						14					71
					66		1	3	5	3	5	7	3	5	7	3		7	3	5						28	24					20	26								26							20			

Balance Elements

Pairs

Static

		Pairs															Static																										
		A			B			C			D			E			A					B					C					D					E						
Start		[Illustration]			[Illustration]			[Illustration]			[Illustration]			[Illustration]			[Illustration]					[Illustration]					[Illustration]					[Illustration]					[Illustration]					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		
73	[Illustration]	1	3	5	3	5	7	3	5	7	3	7	3	5		3	4	7	6	9	5	6	9	8	11	5	6	9	8	11	5	9	11	4	5	7			[Illustration]	79			
74	[Illustration]	2	4	6	4	6	8	4	6	8	4	8	4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6	10	12	5	6	8			[Illustration]	80			
75	[Illustration]	2	4	6	4	6	8	4	6	8	4	8	4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6	10	12	5	6	8			[Illustration]	81			
76	[Illustration]	2	4	6	4	6	8	4	6	8	4	8	4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6	10	12	5	6	8			[Illustration]	82			
77																	6	7	10	9	12	8	9	12	11	14	8	9	12	11	14	8	12	15	7	8	10			[Illustration]	83		
78																	6	7	10	9	12	8	9	12	11	14	8	9	12	11	14	8	12	15	7	8	10			[Illustration]	84		

Balance Elements

Pairs

Static

		Pairs															Balance Elements															Static												
		A			B			C			D			E			A			B			C			D			E															
↶ Start																																↶ 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			
85		2	4	6	4	6	8	4	6	8	4	8		4	6		4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6	10		12	5	6		8			91		
86																				7	10				9	12				9	12					12					8			92
87																				9	12				11	14				11	14					14					10			93
88																	4	5	8	7	10	6	7	10	9	12	6	7	10	9	12	6	10		12	5	6		8			94		
89																				11	14				13	16				13	16					16					12			95
90																																												96

Balance Elements

Pairs

Static

		Balance Elements																				
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O						
Start																	Start					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1		1	2	3	1	2	3	1	2	3	4	6	1	2	3	4	5	3		1		7
2		1	1	2	1	1	2	1	2	3	4	6	1	2	3	4	5	3		1		8
3			1	2		1	2	1	2	3	4	6	1	2	3	4	5	3		1		9
4		1	2	3	1	2	3	1	2	3	4	6	1	2	3	4	5	3		1		10
5								2	3	4	5	7	2	3	4	5	6	4		2		11
6								2	3	4	5	7	2	3	4	5	6	4		2		12

Balance Elements

Pairs

Static

Start		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Start					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
13								1	2	3	4	6	1	2	3	4	5			1		19
14		6								3	4	6			3	4	5			1		20
15		3	4	6	3	4	6			4	5	7			4	5	6			2		21
16			4	6		4	6															22
17				6		4	6			4	7				4		6					23
18		1			1		3			22	28				22		28			12		24

Balance Elements

Static

Start		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Start													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19										
25		1	2	4	1	2	4	2	3	4	5	7	2	3	4	5	6	3	1	1		31								
26		1	2	4	1	2	4																			32				
27				3	5			3	5			4	7			4	6			2		33								
28		2	3	5	2	3	5	1	2	3	4	6	1	2	3	4	5						34							
29		2	3	5	2	3	5	1	2	3	4	6	1	2	3	4	5	3						35						
30				5	7			5	7																					36

Balance Elements

Pairs

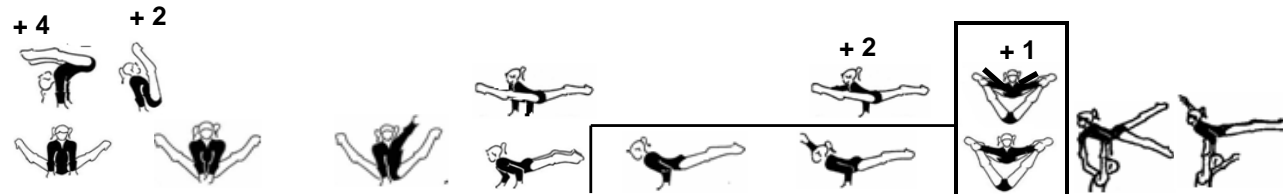
Static

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O				
Start																Start			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
37		2	3		2	3	1	2	3	4	6	1	2	3	4	5	2		1
38	1			2			2	3	4	5	7	2	3	4	5	6	5		2
39		4	6		4	6	4	5	6	7	9	4	5	6	7	8	7		
40	3			3			12	13	16	18	22	12	13	16	18	22	13		
41	1								16										
42																			

Balance Elements

Pairs

Static

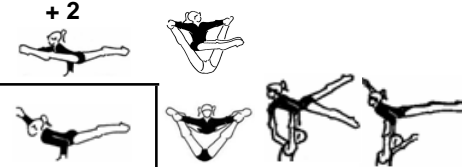


	↶ Start	G	H	I	J	K	L	M	N	O			
		7	8	9	10	11	12	13	14	15	16	17	18
48			6		10			6		10			
49			8		12			8		12			
50			3		5			3		5			
51		6	8	9	11	12	8	12	12	14	14	8	
52			8		12			8		12			

Balance Elements

Pairs

Static

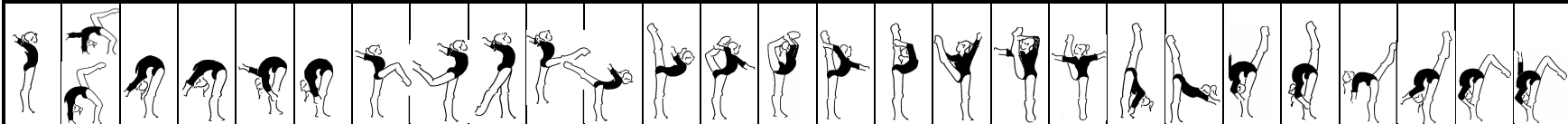
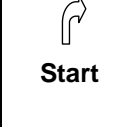










	↶ Start	G		H		I		J		K		L		M	N	O
		7	8	9	10	11	12	13	14	15	16	17	18	19		
		53			6		10			6		10				
54			8		12			8		12						
55			3		5			3		5						
56			4		6			4		6						
57			6		10			6		10						
58			8		12			8		12						

Balance Elements

Pairs










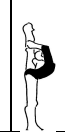









































Static

																												
		A	AA	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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
1				1	1	1	2	1	1	1	1	2	4	3	4	4	5	3	4	5	4	3	6	7	5	6	6	5
2		1	1	2	1	1	2	1	1	1	1	2	4	3	4	4	5	3	4	5	4	3	6	7	5	6	6	5
3		2	2	2	2	2	3	2	2	2	2	3	5	4	5	5	6	4	5	6	5	4	7	8	6	7	7	6
4		1	3	2	2	2	3	2	2	2	2	3	5	4	5	5	6	4	5	6	5	4	7	8	6	7	7	6
4a								2	2	2	2	3	5	4	5	5	6	4	5	6	5	4	7	8	6	7	7	6
5		2	2	2	2	2	3	2	2	2	2	3	5	4	5	5	6	4	5	6	5	4	7	8	6	7	7	6
6		1	1	2	2	2	3	2	2	2	2	3	5	4	5	5	6	4	5	6	5	4	7	8	6	7	7	6

Pairs

Balance Elements

Static

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

Pairs

Balance Elements

Static

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

Balance Elements

		Pairs												Static											
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
1		1		1		0	0	1	2	2	3	4	2	3	1	3	4	1	2	1	2	2	3	1	2
2		1		2		1	0	1	2	2	3	4	2	3	1	3	4	1	2	1	2	2	3	1	2
3		1		2		1	0	1	2	2	3	4	2	3	1	3	4	1	2	1	2	2	3	1	2
4		1	2	2		1	0	1	2	2	3	4	2	3	1	3	4	1	2	1	2	2	3	1	2
5		2		3		1	0	2	3	3	4	5	3	4	2	4	5	2	3	2	3	3	4	2	3
6		2		3		1	0	2	3	3	4	5	3	4	2	4	5	2	3	2	3	3	4	2	3

The values for the positions of the top, when performed on the feet of the base, are the same as the values for base position 4.

Balance Elements

Pairs

Static

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

Balance Elements

Pairs

Static

	A		B		C		D		E		F		G		H		I		J		K		L	
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
13																								
14					0	0		2		3						4		2		2		3		2
15					0	0		3		4						5		3		3		4		2
16					0	0		18		20						21		18		18		20		16
17	2		2		1	0	2	3	3	4	5	3	4	2	4	5	2	3		3	3	4	2	3
18																								
19	1		2		1	0	1	2	2	3	4	2	3	1	3	4	1	2	1	2	2	3	1	2



Notes

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	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

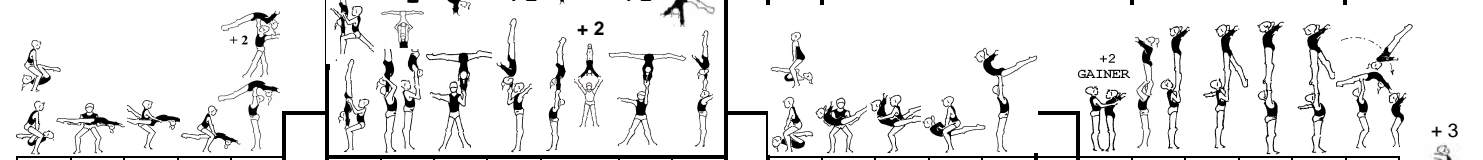
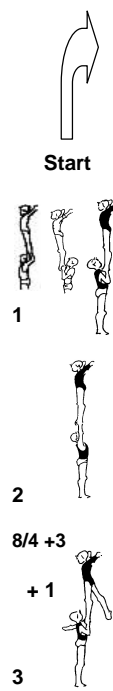
Dynamic Elements

Pairs

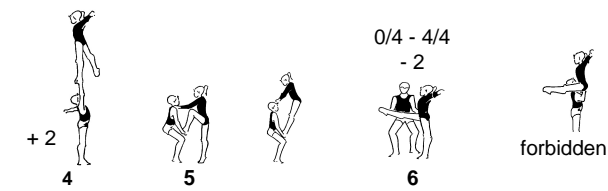
Back Salto

Finish Position

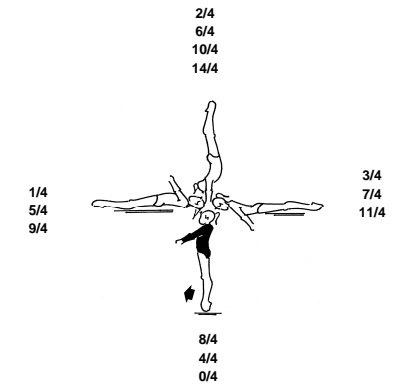
for $\geq 4/4$ (+1) Base turns $180^\circ + 2$ top 180° Base turns $180^\circ + 2$



		A	B	C	D	E	for $\geq 4/4$ (+1) Base turns $180^\circ + 2$						top 180°					Base turns $180^\circ + 2$								
							F	G	H	I	J	K	L	M	N	O	P	Q		R	S	T	U	V	W	
1 / 4	1																		0/4	0	1	3	2	4		
	2	4	1	1	1	3	3	12	16	20	15	20	26	3	4	2		6	4	2	13	16	15	20	3	
	3	4	1	1	1	3	3	12	16	20	15	20	26	5	3			7	4	3	15	18	17	22	4	
	4	4	1	1	1	3	3	12	16	20	15	20	26	6	4			8	4	4	17	20	19	24	5	
5 / 4	5	10	7	4	8	8	12	26	32	36	32			16	14			17	8	14	34				14	
	6	12	8	5	9	10	12	26	32	36	32			18	16			19	8	16	44				16	
	7																		16							16
	8																		19							19
9 / 4	9	16	10	7	11	12	16	32	38	42	40			26	24			27	12	24						24
	10		15	10															12	34						
	11		17	12															12	44						
	12		17	12															12							
13 / 4	13		20	15															12							
	14		25	19															12							



		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	-4	10	6	14	10	22	18	30
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 top 180° Base turns 180°+2 for ≥4/4 +1 Base turns 180°+2

Back Salto

Finish Position

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

4/4 - 12/4 +2 4/4 - 12/4 +3 4/4 - 12/4 +4 4/4 - 12/4 +5

16 17 18 19 20

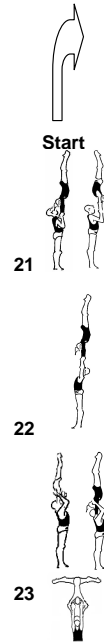
	A	B	C	D	E	F	G	H
1	0/4	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12
3	2/4	2	4	6	9	12	15	18
4	3/4	1	3	5	7	9	11	13
5	4/4	-4	8	4	16	12	24	20
6	5/4	2	4	6	8	10	13	16
7	6/4	3	5	7	9	11	14	17
8	7/4	3	5	7	9	11	14	17
9	8/4	-6	16	10	36			
10	9/4	6	12	18	24			
11	10/4	6	12	18	24			
12	11/4							
13	12/4	8	16	26	36			

Dynamic Elements

Pairs

Front Salto

Finish Position



		Base turns 180°+2					top 180°					Base turns 180°+2														
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W		
1 / 4	1																	0/4	1	2	3	5	4	6	9	
	2	2	1			3	1	6	9	9	12		3	5	4	2	4	7	4	6	14	18	22	18	24	30
	3	2	1			3	1	6	9	9	12		4	5	4	2	4	7	5	8	16	20	24	20	26	32
	4	2	1			3	1	6	9	9	12		5	5	4	2	4	7	6	10	18	22	26	22	28	34
5 / 4	5	10	8			10	9	20	24	24	30	9	6	14	12	8	14	17	7	24	36					
	6	12	9			12	11	22	26	26	32	11	7	16	14	10	16	19	8	28	46					
	7												8													
	8												9													
9 / 4	9	16	11			14	13	28	32	32	40	13	10	18	16	12	18	21								
	10		18				32						11													
	11		22				42						12													
	12		22										13													
13 / 4	13		24																							
	14		26																							

4/4 - 12/4 +2 4/4 - 12/4 +3 4/4 - 12/4 +4 4/4 - 12/4 +5

24 25 26 27

28

8
10
12

29

	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	3	5	7	10	13	17	20	23
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				

3/4 7/4 11/4

8/4 4/4 0/4

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

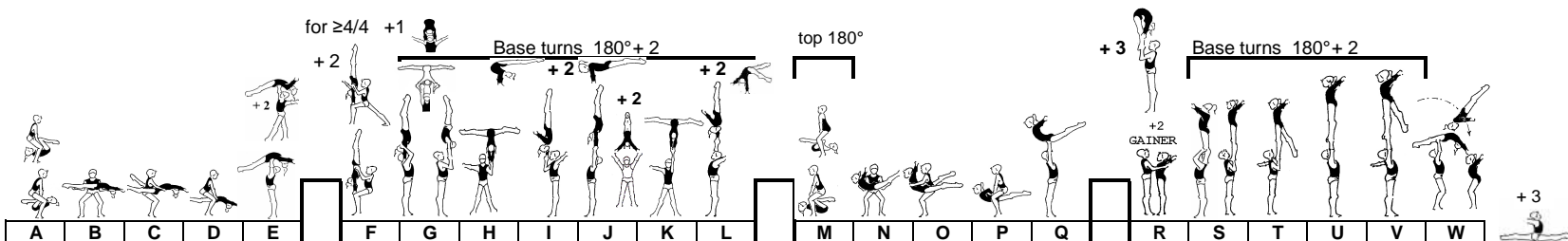
1/4 5/4 9/4

Dynamic Elements

Pairs

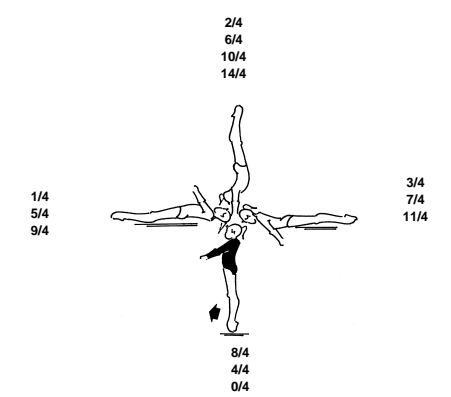
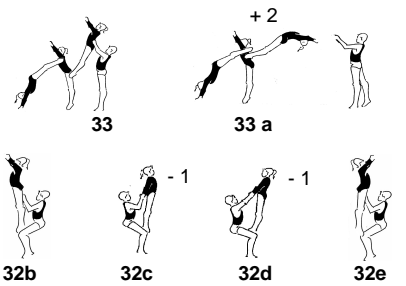
Back Salto

Finish Position



		A	B	C	D	E	for $\geq 4/4$ +1						top 180°					+3							
							F	G	H	I	J	K	L	M	N	O	P	Q	Base turns 180°+2						
Start	1																								
30	1 / 4	3	1	1	1	2	3	14	18	22	17	22	28	4	2	/	/	7	0/4	0	2	4	3	5	/
	2 / 4	3	1	1	1	2	3	14	18	22	17	22	28	5	3	/	/	8	4 / 4	2	12	15	14	19	4
	3 / 4	3	1	1	1	2	3	14	18	22	17	22	28	6	4	/	/	10	4 / 4	3	14	17	16	21	5
	4 / 4	3	1	1	1	2	3	14	18	22	17	22	28	6	4	/	/	10	4 / 4	4	16	19	18	23	6
31	5 / 4	12	6	2	7	10	14	28	34	38	34			17	16	/	/	17	8 / 4	15	36				13
	6 / 4	14	7	3	8	12	14	28	34	38	34			19	18	/	/	19	8 / 4	17	46				15
	7 / 4															/	/		8 / 4	17					15
	8 / 4															/	/		8 / 4	20					18
32	9 / 4	16	9	5	10	14	18	34	40	44	42			27	26	/	/	27	12 / 4	25					23
	10 / 4		16	11												/	/		12 / 4	36					
	11 / 4		18	13												/	/		12 / 4	46					
	12 / 4		18	13												/	/		12 / 4						
32a	13 / 4		22	16												/	/		12 / 4						
	14 / 4		27	20												/	/		12 / 4						

		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	-4	10	6	14	10	22	18	30
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				



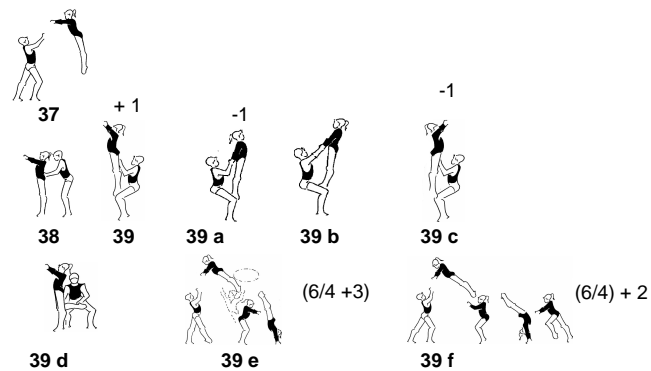
Dynamic Elements

Pairs top 180° for ≥4/4 +1 Base turns 180°+2 Base turns 180°+2

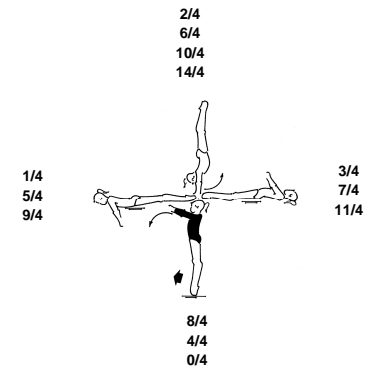
Front Salto

Finish Position

		A	B	C	D	E							M	N	O	P	Q										
Start 34	1						2	7	11	14	9	15	19	3	7	3	/	/	9	0/4	0	1	3	2	4	0	
	2	2	1	1	1	3	2	7	11	14	9	15	19	4	8	4	/	/	10	4	2	10	13	13	18	4	
	3	2	1	1	1	3	2	7	11	14	9	15	19	4	10	5	/	/	12	4	3	12	15	15	20	5	
	4	2	1	1	1	3	2	7	11	14	9	15	19	4	10	5	/	/	12	4	4	14	17	17	22	6	
35	5	5	8	4	8	6	6	10	22	25	29	26	32	38	7	20	18	/	/	22	8	17	40				17
	6	7	9	5	9	8	6	10	22	25	29	26	32	38	7	22	20	/	/	24	8	19	50				19
	7						6								7			/	/		8	19					19
	8						6								7			/	/		8	23					23
	9	10	11	7	11	12	6	12	26	29	33	30	36	42	7	32	30	/	/	34	8	28					28
36	10		20	15			10	28						11			/	/		12	40						
	11		22	17			10	32						11			/	/		12	50						
	12		22	17			10							11			/	/		12							
	13		26	21			10							11			/	/		12							
	14		32	27			10	42						11			/	/		12							



		A	B	C	D	E	F	G	H
1	0/4	1	2	3	6	9	12	15	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	6	8	11	14	17	20	24
6	5/4	4	6	8	10	12	15	18	22
7	6/4	6	10	14	18	22	26	30	34
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	8	12	16	20	24	28	32
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	16	22	28				

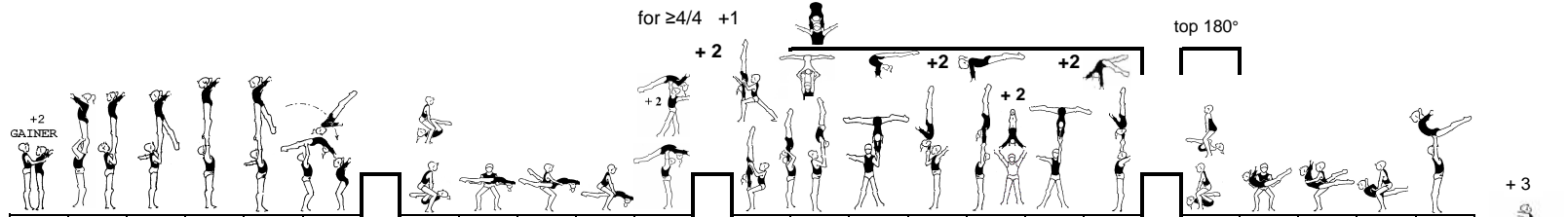


Dynamic Elements

Pairs

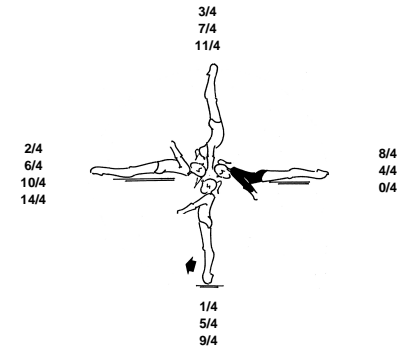
Back Salto

Finish Position

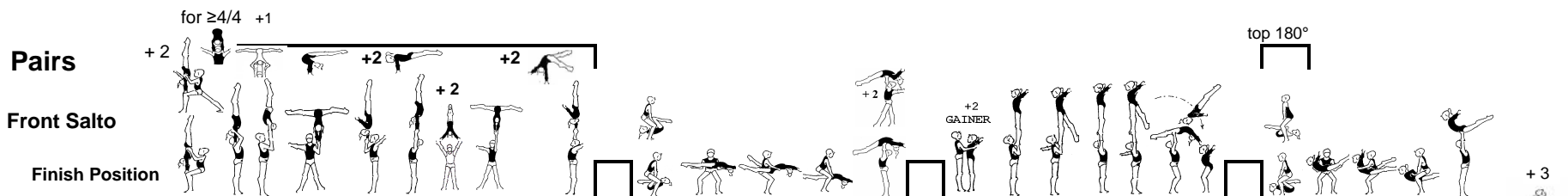


		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
1 / 4	1																			0/4	2	0	0	0	2
	2	1	3	5	5	8	/	3	2	1	3	4	6	14	18	22	18	24	30	4	8	5	/	7	
	3	1	3	5	5	8	/	4	3	2	4	5	8	14	18	22	18	24	30	4	10	7	/	9	
	4	1	3	5	5	8	/	6	4	3	6	7	10	14	18	22	18	24	30	4	12	9	/	11	
5 / 4	5	5	14	17	16	21	5	12	11	7	10	12	14	28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

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

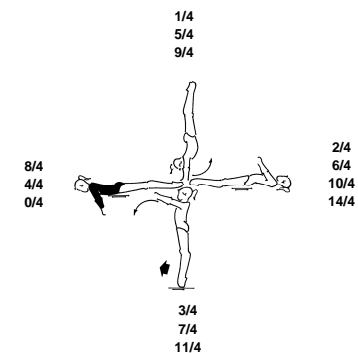


Dynamic Elements



		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
1 / 4	1																			0/4	2	0	0	0	2
	2	2	4	6	9	8	11	14	4	3			5	3	8	11	11	15	4	8	6	3	7	10	
	3	2	4	6	9	8	11	14	5	4			6	4	10	13	13	17	4	10	8	4	9	12	
	4	2	6	8	9	8	11	14	7	5			8	6	12	15	15	19	6	12	10	6	11	14	
5 / 4	5	8	16	20	24	22	26	32	14	12			16	16	40				8	26	22				
	6	8	16	20	24	22	26	32	16	14			18	18	50				8	28	24				
	7																		8	28	24				
	8																		8	32	28				
9 / 4	9	10	20	24	28	26	32	38	20	18			22	27					12	27	33				
	10	26																	12						
	11	30																	12						
	12																		12						
13 / 4	13																		12						
	14																		12						
																			12						
																			12						

	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	18	22
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	7	10	13	17	21	25	31
10	9/4	4	10	18	28				
11	10/4								
12	11/4								



Dynamic Elements

Pairs

Back Salto

Finish Position

for $\geq 4/4$ +1

+2

+2

+2

+2

+2

+2

+2

top 180°

+2

GAINER

+2

+3

		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																							0/4	0	0	0	0	2	
	2	2	4	5	7	5	10	14	2 / 4	3	1	/	/	3	3 / 4	1	7	10	9	14	/	/	/	4 / 4	5	3	1	5	5	
	3	2	4	5	7	5	10	14	4	1	/	/	3	1	9	12	11	16	/	/	/	6	4	2	6	6				
	4	2	4	5	7	5	10	14	5	1	/	/	3	2	11	14	13	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 / 4	9	6	18	21	25	20	25	31	14	10	/	/	16	24				24	30	28	20	30	30							
	10								/	/	/	/																		
	11								/	/	/	/																		
	12								/	/	/	/																		

		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								

1/4
5/4
9/4

8/4
4/4
0/4

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

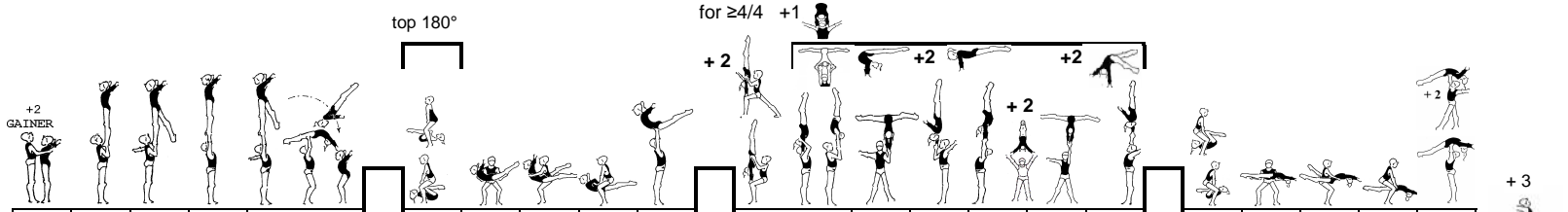
3/4
7/4
11/4

Dynamic Elements

Pairs

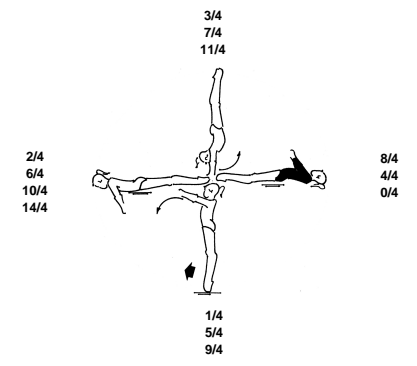
Front Salto

Finish Position



		A	B	C	D	E	F	top 180°					for ≥4/4 +1												
		Finish Position						G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
1 / 4	1																		0/4	1	1			2	
	2	0	3	5	5	7		3	2	1	1	3	2	7	10	14	13	16	20	4	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	12	10	5	11	12	12	22	26	29	26	32	38	24	20				22
	6	5	15	18	17	22	7	14	12	7	13	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						26	24	18															
	11	22						28	26	20															
	12	22						28	26	20															
	13	26						32	28	22															
	14	31						37	33	27															

	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	4	6	8	11	14	17	20
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	7	10	13	17	21	25	31
10	9/4	4	10	14	16				
11	10/4	6	14	22	30				
12	11/4								
13	12/4								

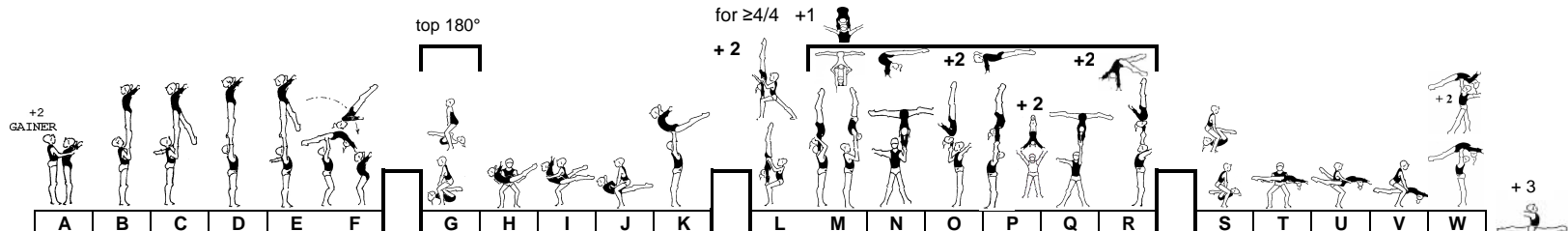


Dynamic Elements

Pairs

Front Salto

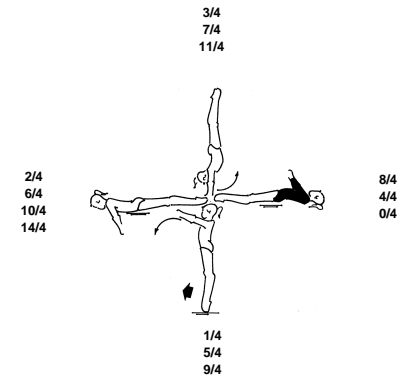
Finish Position



52

		A	B	C	D	E	F	top 180°					for ≥4/4 +1													
		+2 GAINER											+2						+3							
		Finish Position																								
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W		
1 / 4	1																			0/4	1	0				2
	2	0	3	4	5	7		3	2			3	3	5	8	12	11	14	18	4	6	5		6		
	3	0	3	4	5	7		4	3			4	2	5	8	12	11	14	18	4	7	6		7		
	4	0	3	4	5	7		4	3			4	3	8	11	15	15	17	21	4	8	7		8		
5 / 4	5	3	11	14	13	18	4	10	8	4	6	10	9	17	21	24	21	27	33	8	17	15		17		
	6	4	13	16	15	20	5	12	10	6	8	12	11	19	23	26	23	29	35	8	19	17		19		
	7																			8	19	17		19		
	8																			8	23	21		23		
	9	5	15	18	17	22	7	14	12	8	10	14	13	21	25	28	25	31	37	8	28	26		28		
9 / 4	10	15						21	19	15										12						
	11	17						23	21	17										12						
	12	17						23	21	17										12						
	13	21						27	23	21										12						
	14	26						32	28	26										12						
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	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	18	22
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	7	10	13	17	21	25	31
10	9/4	8	10	18	28				
11	10/4								
12	11/4								
13	12/4								

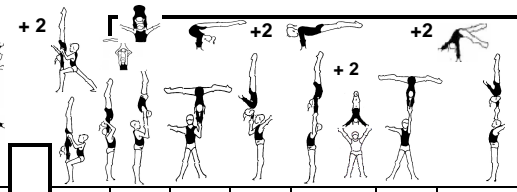
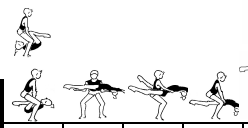
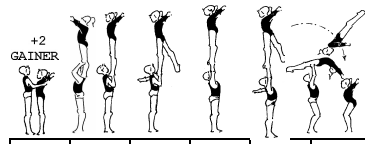


Dynamic Elements

Pairs

Back Salto

Finish Position

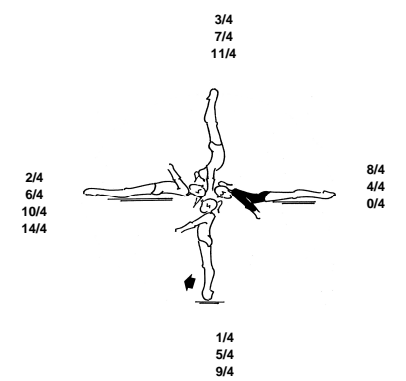


top 180°

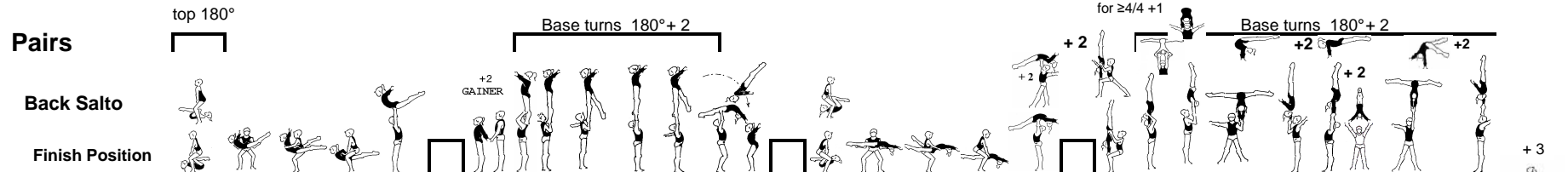


		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
1 / 4	1																			0/4	2	0	0	0	2
	2	1	2	3	5	7		3	2			4	3	4	8	12	16	12	18	22	4	3	2	4	5
	3	1	2	3	5	7		4	3			5	4	8	12	16	12	18	22	4	5	4	3	5	6
	4	1	2	3	5	7		5	4			6	4	8	12	16	12	18	22	4	6	5	4	6	7
5 / 4	5	3	10	13	12	16	4	10	9	5	9	10	10	24	28	32	28			8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

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



Dynamic Elements



Start



54



56



57



58



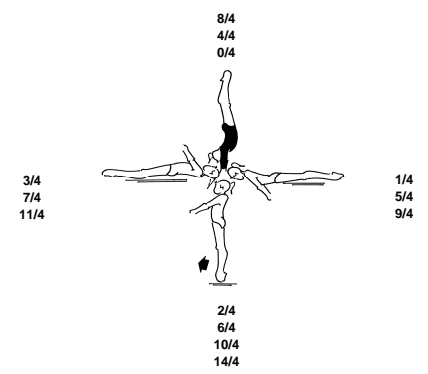
59



60

		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	1	3	4	6	5	7	11		
	2	2	2	/	/	3		1	5	8	7	10	/		5	4	2	4	5		4	8	22	26	30	26	32	38	
	3	2	2	/	/	3		1	5	8	7	10	/		6	5	3	5	6		6	10	24	28	32	28	34	40	
	4	2	2	/	/	3		1	5	8	7	10	/		7	6	4	6	7		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		16	34	52						
	7			/	/																								
	8			/	/																								
9 / 4	9	13	11	/	/	14	10 / 4	12	28	32	32	36	12	11 / 4	18	15	12	17	18	12 / 4									
	10	22	20	/	/	20		30																					
	11	24	22	/	/	22		40																					
	12		22	/	/	22																							
	13	25	/	/	25																								
	14	30	/	/	30	50																							

		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	3	5	7	9	11	14	17	21
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				



Notes

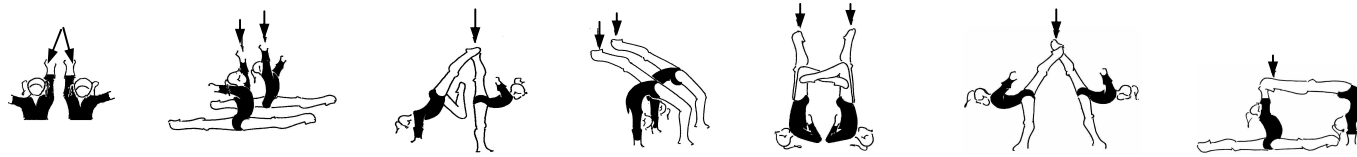
FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



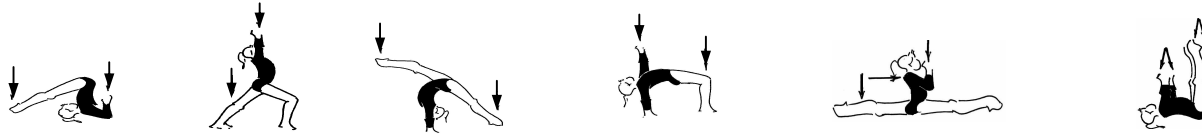
TABLES OF DIFFICULTY
WOMEN'S GROUP
Balance Elements

Categories of Pyramids

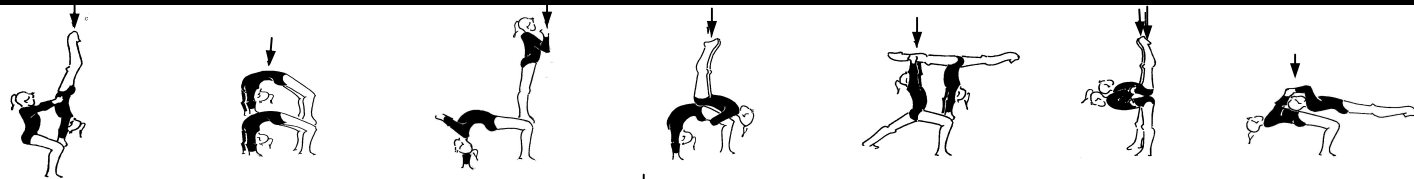
Category 1
Two bases



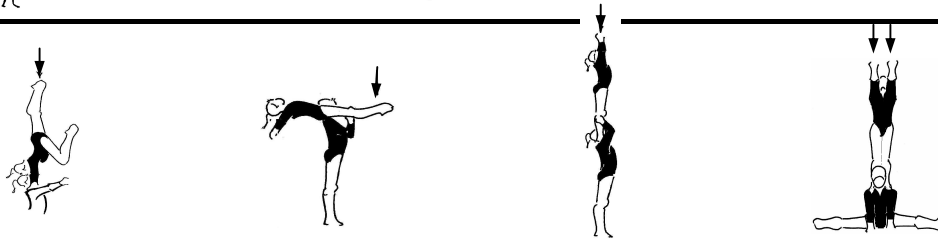
Category 2
One base +
two tops



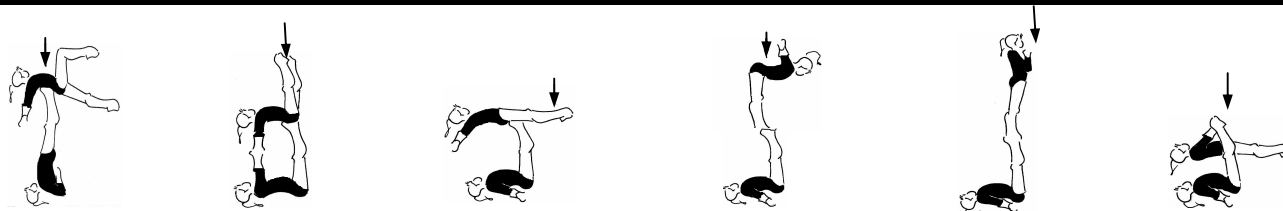
Category 3
One base in
different
positions



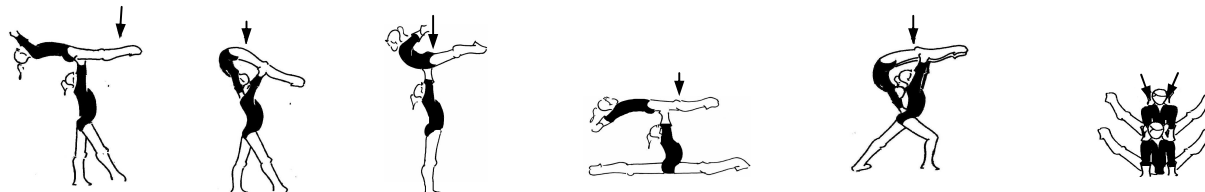
Category 4
Middle on the
shoulders
of the base



Category 5
Middle on the
feet of the
base



Category 6
Middle on the
hands of the base
or the base on the hands



Women's Group Static Elements

Category 1

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

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

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

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

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

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

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

	1	2	3	4	5	6	7	8	9	10	11	12
H												
V	9	12	12	10	2	3	11	3	7	8	12	18

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 1

Positions of the Bases		1	2	3	4	5	6	7	8	9
		Two Bases								
I		2	2	2	3	4	4	4	5	5

Positions of the Bases		1	2	3
		Two Bases		
J		2	3	4
K		3	4	5

Bases Posit.	1	2	3	4	5	6	7	8	9	10	11	
L												
V	2+1	1+1	1+1	2+1	2+1	1+1	1+1	2+2	1+1	1+2	1+3	
M												
V	2+2	2+4	2+6	1+1	1+3	1+4	2+3	2+3	2+4	2+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

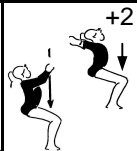
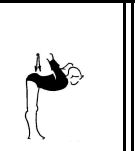
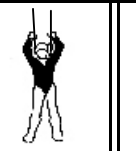


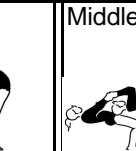

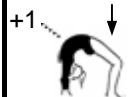






	1	2	3	4	5	6	7	8	9	10	11	12
A												
V	1	2	4	8	1	1	2	7	1	2	2	
	1	2	3	4	5	6	7	8	9	10	11	12
B												
V	4	7	10	3	5	8	8	10	12	14		
	1	2	3	4	5	6	7	8	9	10	11	12
C												
V	2	6	8	10	12	9	9	11	13			
	1	2	3	4	5	6	7	8	9	10	11	12
D												
V	2	2	3	2	3	5	5	3	3	1	2	
	1	2	3	4	5	6	7	8	9	10	11	12
E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



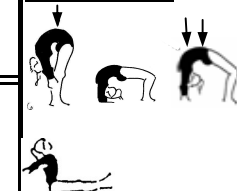
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Women's Group Static Elements

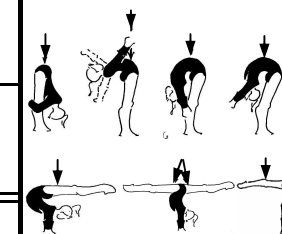
Category 3

		MIDDLE BASE							Middle + Top			
			1	2	3	4	5	6	7	8	9	10
A	1		1	3	2	4	7	9	5	7	6	8
	5		3	5	4	6	9	11	6	8	7	9
B	1		1	3	2	5	8	10	—	—	—	—
	2		3	5	4	7	10	12	6	8	7	9
	3		—	4	3	6	9	11	—	—	—	—
	4		—	6	5	8	11	13	—	—	—	—
C	1		3	5	4	7	9	11	6	8	7	9
	2		4	6	5	8	10	12	7	9	8	10

FORBIDDEN



BASE



MIDDLE

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

		MIDDLE											
		BASE											
		11	12	13	14	15	16	17	18	19	20	21	22
A	1	—	—	—	—	—	—	—	—	10	20	26	20
	2	14	—	—	5	—	—	—	—	—	—	—	—
	3	—	15	15	—	5	7	8	8	—	—	—	—
	4	15	15	15	5	5	7	8	8	—	—	—	—
	5	15	—	—	6	—	—	—	—	11	21	27	21
	6	10	10	—	4	4	—	—	—	—	—	—	—

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

		MIDDLE												
		BASE	23	24	25	26	27	28	29	30	31	32		
A	1		—	9	11	7	10	12	—	—	14	—		
	3		5	—	—	—	—	—	4	5	—	6		
	5		—	10	12	8	11	13	—	—	15	—		
B	1		6	—	—	—	—	—	4	5	—	6		
	2		—	11	13	9	12	14	—	—	16	—		
C	1		—	11	13	9	11	13	—	—	15	—		
D	1		—	9	11	7	10	12	—	—	14	—		
E	1		—	9	7	7	9	11	4	5	13	6		
	2		—	10	12	8	10	12	—	—	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 3

		MIDDLE									Middle + Top					
		BASE	+1	+1	+1											
			33	34	35	36	37	38	39	40	41	42	43	44	45	46
A	1	+1	—	—	—	—	—	—	—	—	4	6	5	6	7	8
	2	+1	4	10	16	12	—	16	3	6	—	—	—	—	—	—
	3		5	11	17	13	10	—	—	—	—	—	—	—	—	—
	4		4	10	16	12	—	—	—	—	—	—	—	—	—	—
	5	+1 (↓)	5	11	17	13	—	17	4	7	5	7	6	7	8	9
	6		4	8	14	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

		MIDDLE													
		BASE													
			11	12	13	14	15	16	17	18	19	20	21	22	
B	1		—	—	—	—	—	—	—	—	—	14	17	14	
	1		—	16	16	—	8	9	10	10	—	—	—	—	
	2		—	—	—	—	—	—	—	—	13	19	22	19	
	3		—	—	—	—	—	—	—	—	—	16	19	16	
	4		—	—	—	—	—	—	—	—	15	21	24	21	
C	1		16	—	—	9	—	—	—	—	14	20	23	20	
D	1		—	—	—	7	—	—	—	—	10	—	—	—	
E	1		14	14	14	5	5	6	6	6	8	18	21	18	
	2		—	—	—	—	—	—	—	—	9	19	22	19	
	3		10	10	—	—	—	—	—	—	8	18	21	18	

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

		MIDDLE BASE								Middle + Top					
			33	34	35	36	38	39	40	41	42	43	44	45	46
B	1		6	12	20	14	—	—	—	—	—	—	—	—	—
	2		8	14	22	16	15	5	8	6	8	7	8	9	10
C	1		9	12	19	14	19	5	8	6	8	7	8	9	10
	2		10	13	20	15	20	6	9	7	9	8	9	10	11
D	1		—	—	—	—	—	—	—	4	6	5	6	7	8
E	1		—	—	—	—	—	—	—	4	6	5	6	7	8
	2		—	—	—	—	—	—	—	5	7	6	7	8	9

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

Women's Group Statistic Elements

category 3

		MIDDLE						
		BASE	47	48	49	50	51	52
A	2		2	4	4	5	3	5
	5		3	5	5	5	4	6

		1	2	3	4	5
H						
	V	5	7	6	8	

		1	2	3	4	5	6
F							
	V	16	16	20	16	22	27

		1	2	3	4	5
I						
	V	5	6			

		1	2	3	4	5	6
G							
	V	5	5	6	8	9	

		1	2	3	4	5
J						
	V	5	7	6	8	5

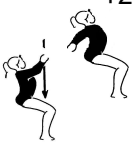





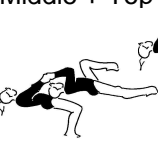

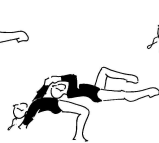





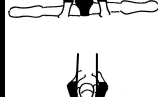


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L	
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1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Women's Group Static Elements

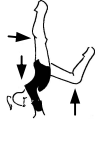
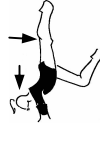









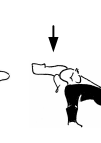






Category 4

		MIDDLE	+2		Middle + Top							
		BASE										
		1	2	3	4	5	6	7	8	9	10	
M	1		3	5	5	9	12	14	7	9	8	10
	2		5	7	7	11	14	16	9	11	10	12
	3		7	9	9	13	16	18	11	13	12	14
	4		5	7	7	11	14	16	8	10	9	11
	5		9	11	11	15	18	20	10	12	11	13
	6		11	13	13	17	20	22	12	14	13	15
N	1		6	8	8	12	14	16	10	12	11	13

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

Womens Group Static Elements

Category 4

		MIDDLE																								
		BASE	15	19	12	53	21	54	55	56	57	27	28	31												
M	1		—	11	—	—	28	—	16	—	—	12	14	16												
	2		9	—	18	22	—	14	—	8	12	—	—	—												
	3		—	13	—	—	30	—	—	—	—	14	16	18												
	4		—	13	—	—	30	—	—	—	—	14	16	18												
	5		11	—	22	24	—	—	—	10	14	—	—	—												
	6		—	15	—	—	32	—	—	—	—	16	18	20												
N	1		10	14	22	24	30	18	—	13	17	18	20	22												

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

Women's Group Static Elements












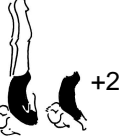
Category 4







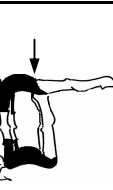
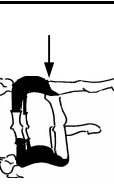
		MIDDLE					Middle + Top			
		BASE								
			23	24	25	26	43	44	45	46
M	1		—	11	13	8	7	8	9	10
	2		9	—	—	—	—	—	—	—
	3		—	13	15	10	9	10	11	12
	4		—	13	15	10	9	10	11	12
	5		11	—	—	—	—	—	—	—
	6		—	15	17	12	11	12	13	14
N	1		10	14	16	11	10	11	12	13



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 5

		MIDDLE						Middle + Top				
		BASE	 +2									
			1	2	3	4	5	7	8	9	10	
O	1		12	14	11	16	20	10	12	11	13	
	2		14	16	13	18	24	12	14	13	15	
	3	 +2	18	20	17	22	28	16	18	17	19	

		1	2	3	4	5	6	7	8
P									
	V	8	13	13	18	15	18	3	5

		1	2
Q			
	V	2	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 5

		MIDDLE										
		BASE										63
			19	24	25	26	58	59	60	61	62	63
O	1		18	12	14	10	8	11	20	16	12	
	2		20	13	15	11	10	12	22	—	—	
	3	+2	—	15	17	13	13	15	26	—	—	

Category 6

		MIDDLE									
		BASE									
			19	24	25	26	64	65	66		
R	1		19	14	16	12	13				
S	1		—	17	19	15	15				
T	1		—	21	23	19	20				

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

		MIDDLE +TOP						MIDDLE						
		BASE												
			45	46	47	48	49	50	67	68	69	70	71	72
O	1		6	8	7	8	9	10	2	2	4	4	5	2
	2		7	9	8	9	10	11	4	4	6	5	6	4
	3		10	12	13	14	15	16	7	7	9	8	9	7

Category 6

R	1		8	10	9	10	11	12	4	4	6	-	-	-
S	1		14	18	16	18	20	21	10	8	12	8	12	10
T	1		16	20	18	20	22	23	12	10	14	12	18	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 6

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
U															
V	10	6	10	6	14	9	23	15	11	7	12	8	17	12	

	1	2	3	4	5	6	7	8	9
V									
V	5	10	10	15	11	13	20	24	14

	1	2	3	4	5
W					
V	7	10	10	11	13

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

Notes

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
Women's Group - Men's Group
Top Static Elements

Balance Elements

Static

Women's Group and 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 107.

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

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

Balance Elements

Static

Women's Group
Men's Group

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

2																																								
	A															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	8	6	7	10	6	7	10	6	~	10	6	8	~	5	6	8	10	12	7	8	10	12	14	7	8	10	12	14	7	~	~	12	14	7	9	11		
Group 2	5	6	10	7	8	12	7	8	12	7	~	12	7	9	~	7	8	10	12	14	9	10	12	14	16	9	10	12	14	16	9	~	~	14	16	9	11	13		
Group 3	6	7	12	8	9	14	8	9	14	8	~	14	8	10	~	9	10	12	14	16	11	12	14	16	18	11	12	14	16	18	11	~	~	16	18	11	13	15		
Group 4	7	8	14	9	10	16	9	10	16	9	~	16	9	11	~	11	12	14	16	18	13	14	16	18	20	13	14	16	18	20	13	~	~	18	20	13	15	17		

3																																																																	
	A										B					C					D					E					F					G					H					I					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	2	2	2	4	4	4	6	4	4	5	5	5	5	1	2	2	2	2	2	2	2	4	4	1	1	2	2	1	1	3	3	1	2	3																										
Group 2	1	2	2	2	3	3	3	3	5	5	5	7	5	5	5	6	6	6	2	3	3	3	3	3	3	5	5	1	1	2	2	1	1	3	3	1	2	3																											
Group 3	2	3	3	3	4	4	4	4	6	6	6	8	6	6	6	7	7	7	3	3	3	3	4	4	4	4	6	6	2	2	3	3	2	2	4	4	2	3	4																										
Group 4	2	4	4	4	5	5	5	5	7	7	7	9	7	7	7	8	8	8	4	4	4	4	5	5	5	5	7	7	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!

Women's Group Balance Elements

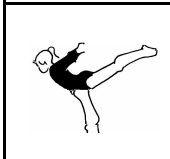
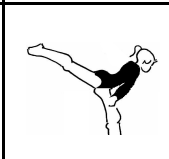
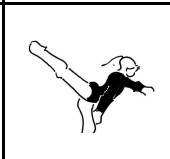
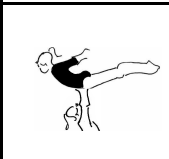
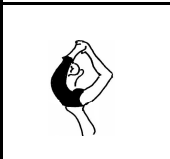
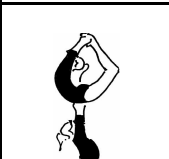
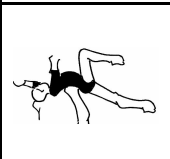
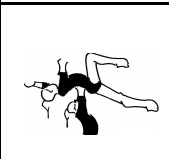
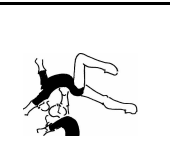
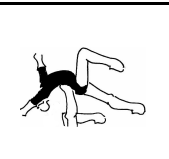
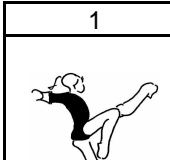
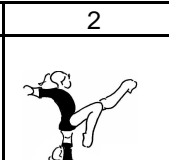
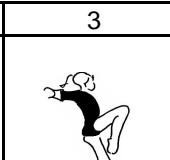
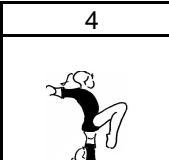
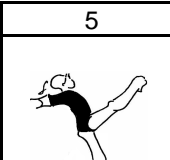
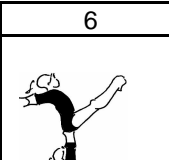
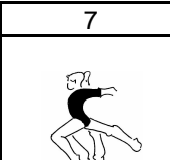
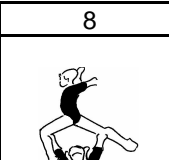
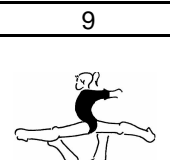
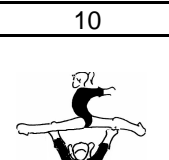
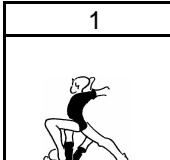
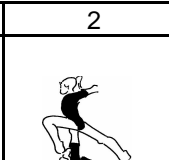
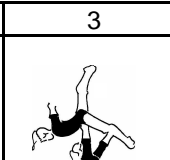
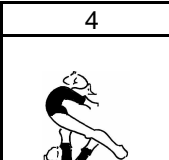
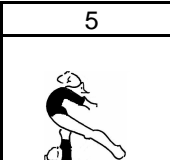
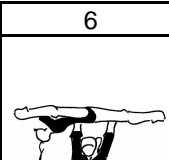
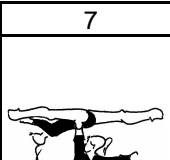
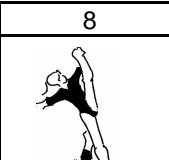
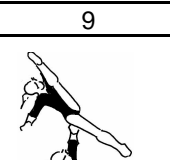
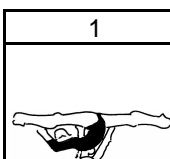
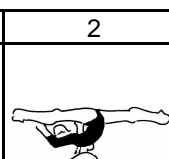
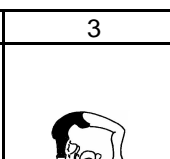
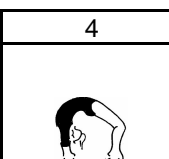
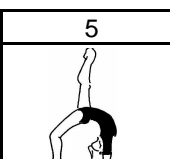
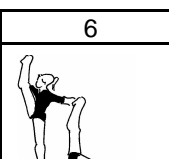
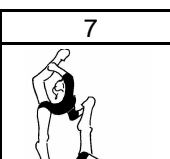
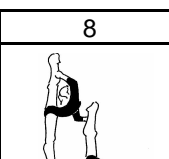
Static

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

A			+2		+2		+3	B								
C						+1		+1		+1		+1		+1		+1
D			+1		+1		+2		+2							


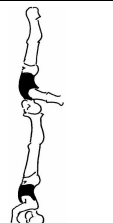






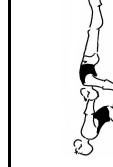
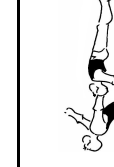



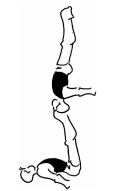



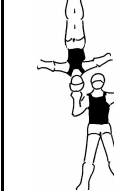
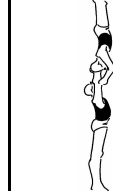

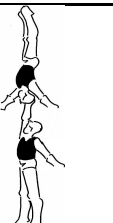


TOP Balance Elements

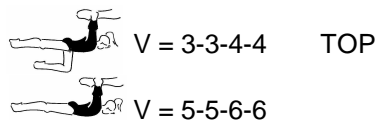
Women's Group

A	1	2	3	4	5	6	7	8	9	10
										
V	1-1-1-1	1-1-1-1	1-1-1-1	1-1-1-1	2-2-2-2	2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	2-2-2-2
B	1	2	3	4	5	6	7	8	9	10
										
V	1-1-1-1	1-1-1-1	1-1-1-1	1-1-1-1	1-1-1-1	1-1-1-1	1-1-1-1	1-1-1-1	2-2-2-2	2-2-2-2
C	1	2	3	4	5	6	7	8	9	10
										
V	1-1-1-1	2-2-2-2	2-2-2-2	2-2-2-2	3-3-3-3	2-2-2-2	3-3-3-3	2-2-2-2	3-3-3-3	
D	1	2	3	4	5	6	7	8	9	10
										
V	3-3-3-3	4-4-4-4	2-2-2-2	3-3-3-3	4-4-4-4	2-2-2-2	2-2-2-2	3-3-3-3		

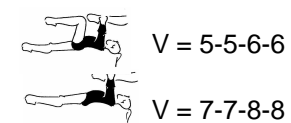
Men's Group Balance Elements

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
B										
	V	1-1-2-2	9-11-15-13	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
C										
	V	11-13-15-17	7-9-11-13	9-11-13-15						



STATIC



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

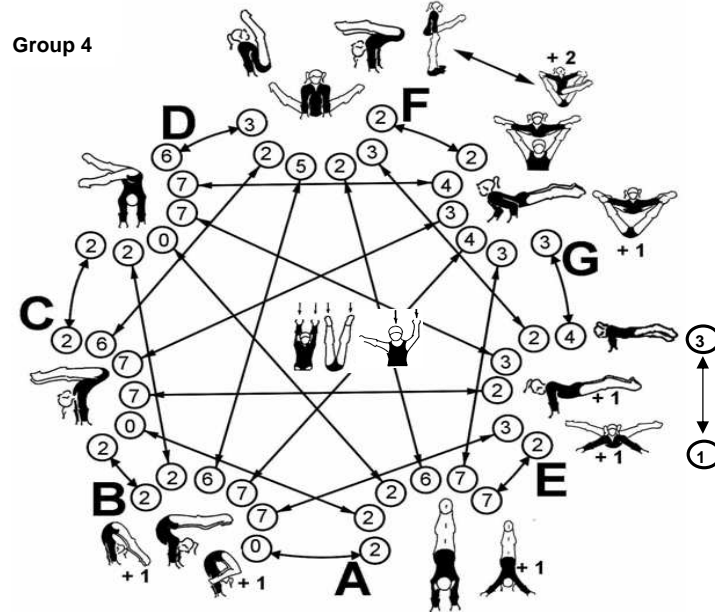
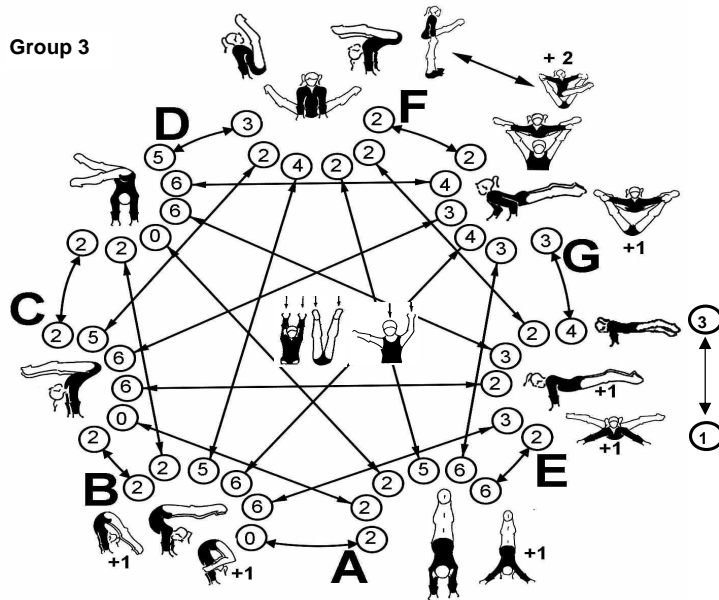
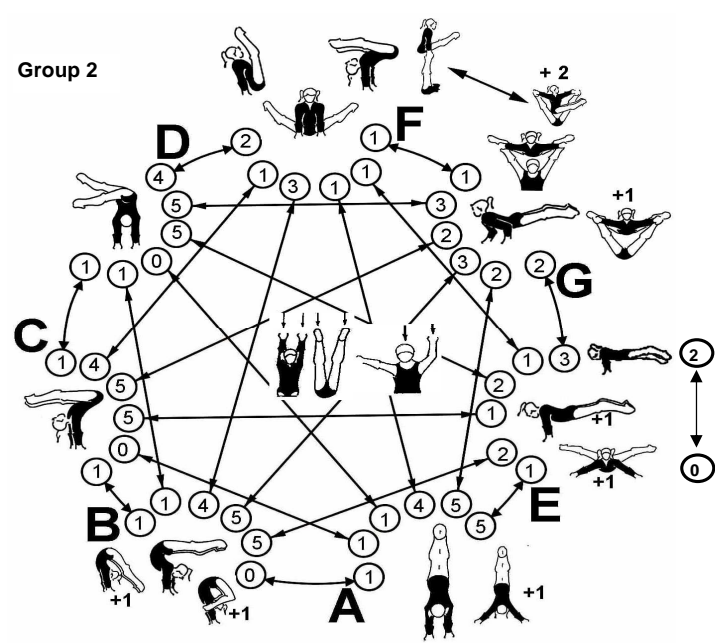
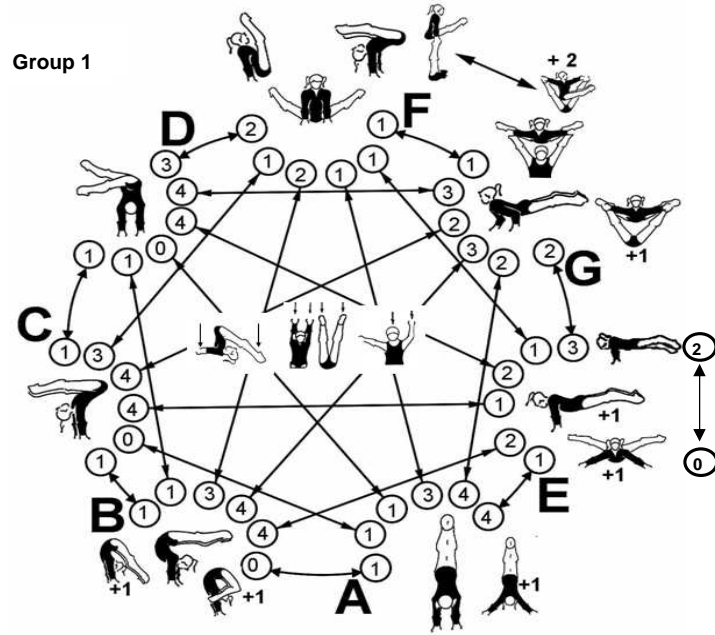


TABLES OF DIFFICULTY
Women's Group - Men's Group
Motion

Balance Elements

Table-Top-additional difficulty for motion

Women's Group
Men's Group

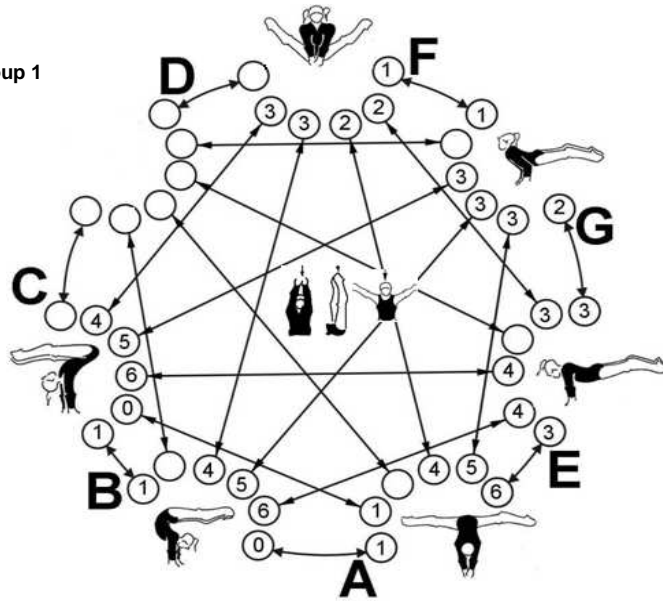


Balance Elements

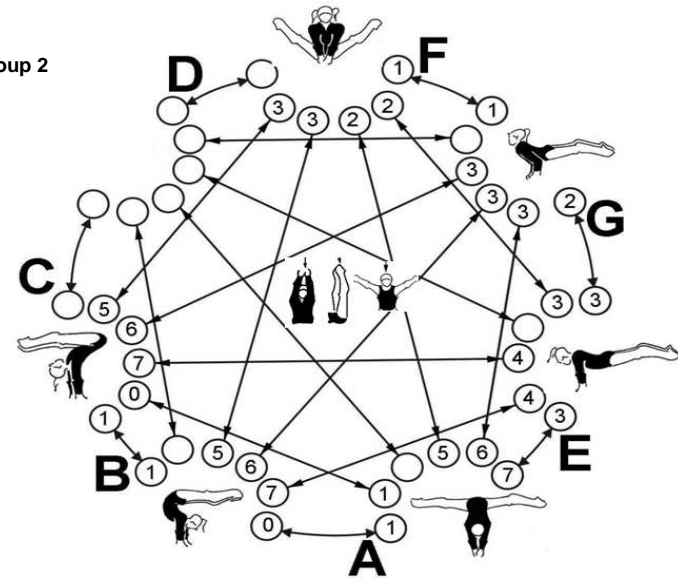
Table-Top-additional difficulty for motion

Women's Group
Men's Group

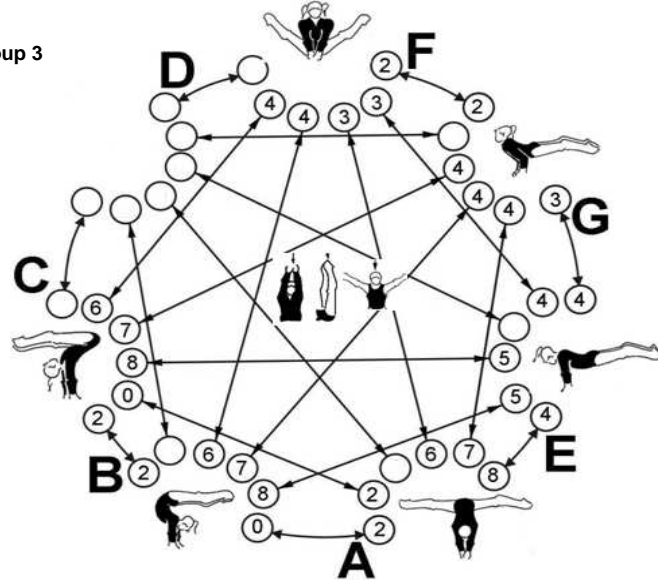
Group 1



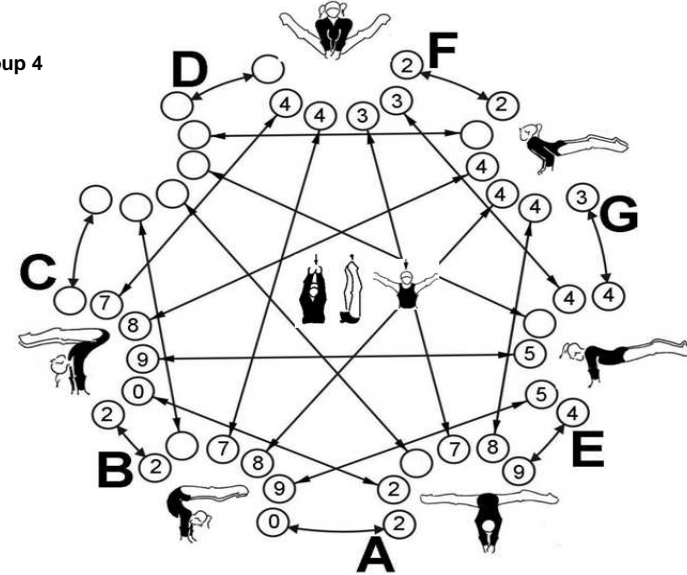
Group 2



Group 3



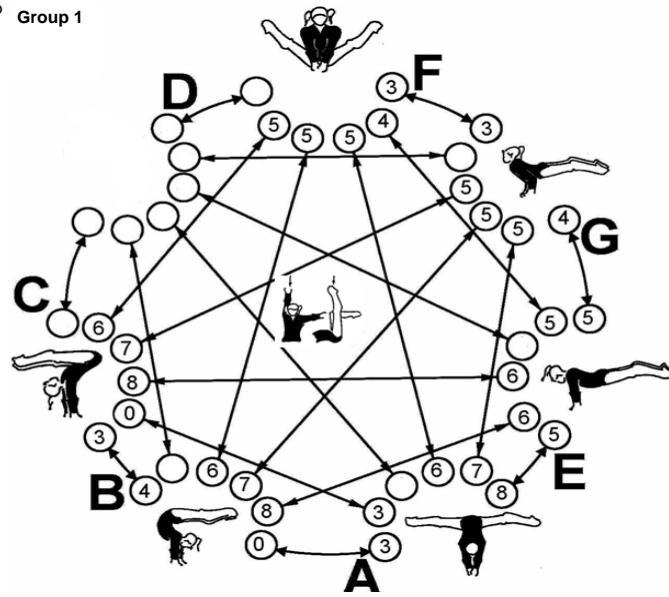
Group 4



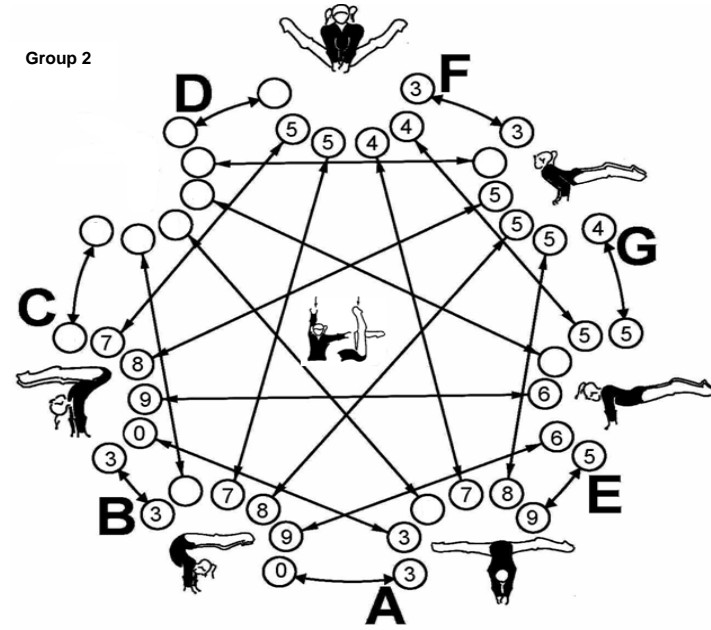
Balance Elements

Table-Top-additional difficulty for motion

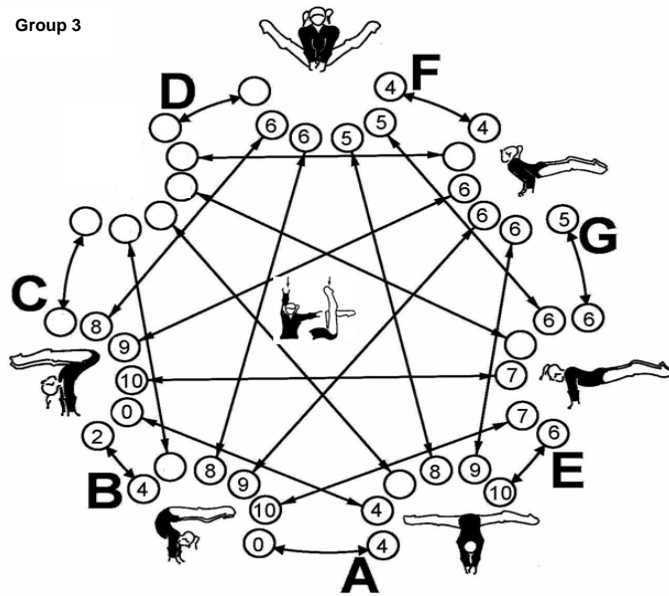
Women's Group
Men's Group **Group 1**



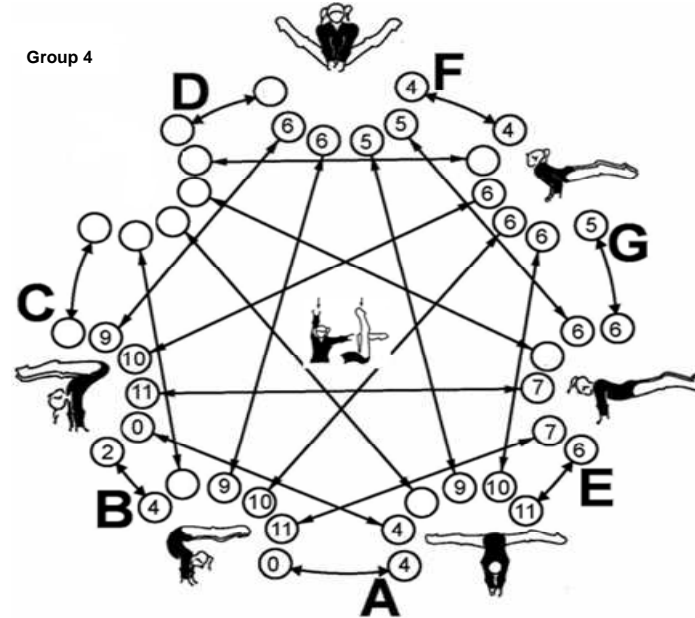
Group 2



Group 3



Group 4

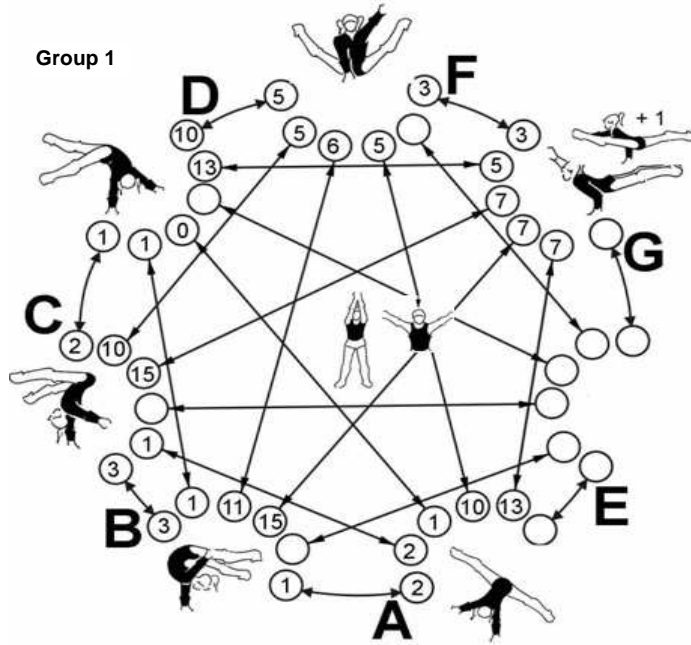


Balance Elements

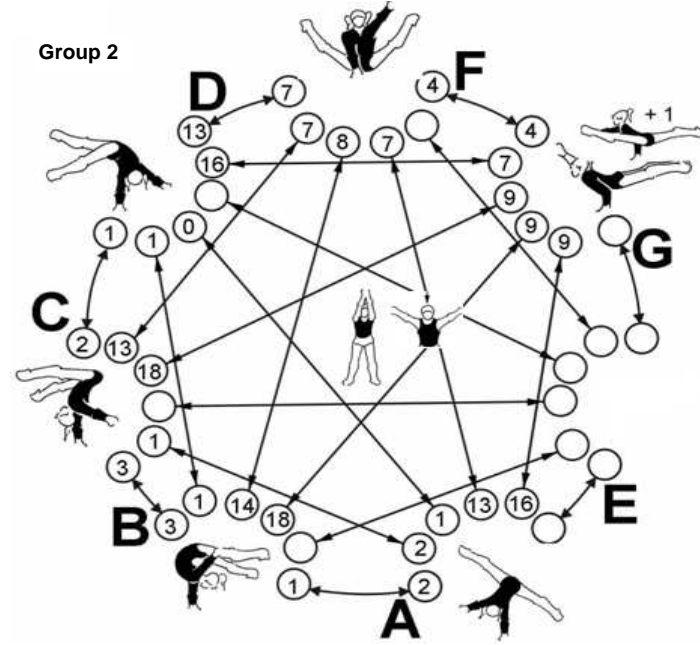
Table-Top-additional difficulty for motion

Women's Group
Men's Group

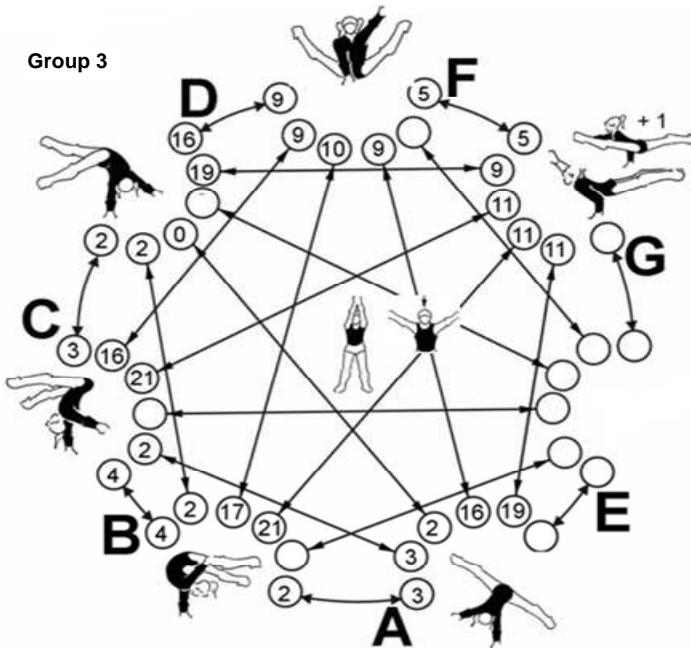
Group 1



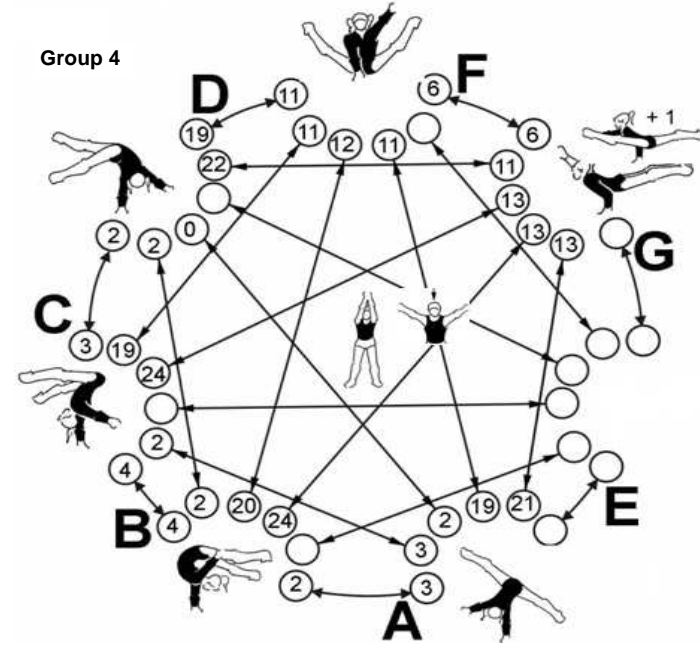
Group 2



Group 3



Group 4



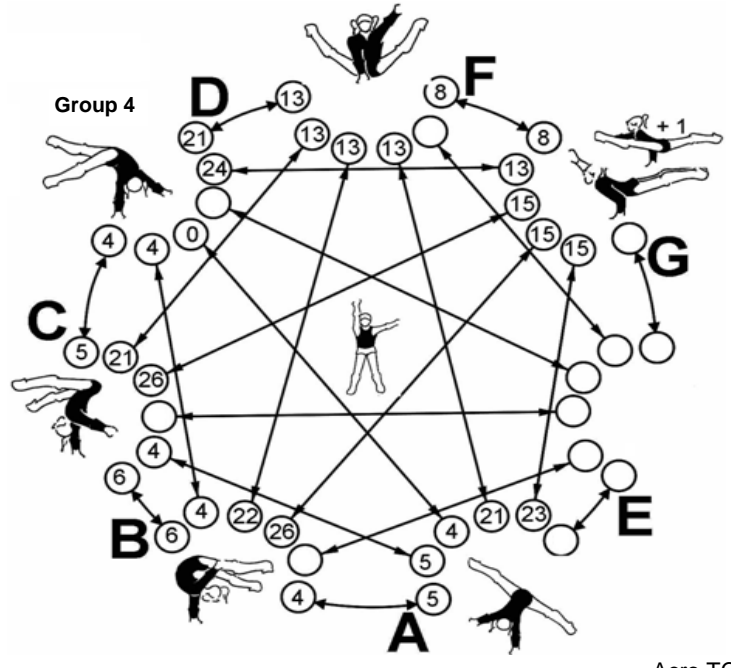
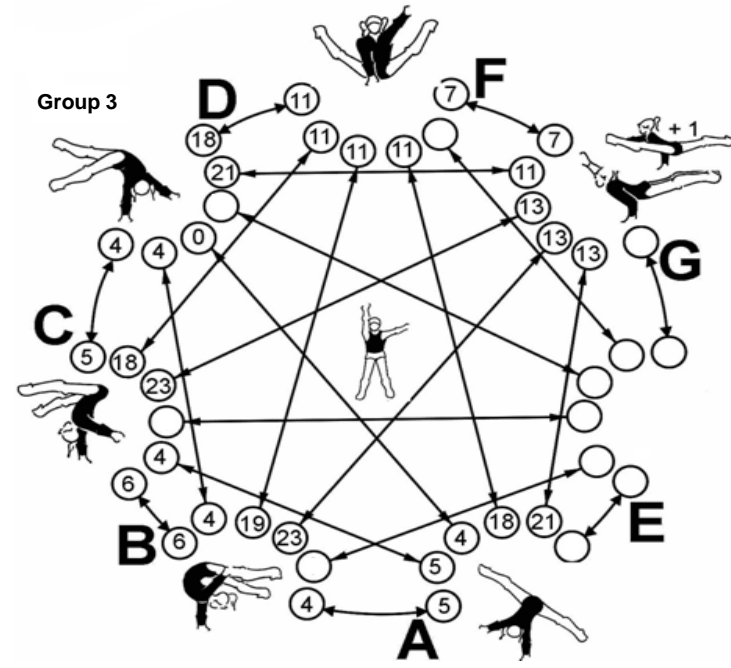
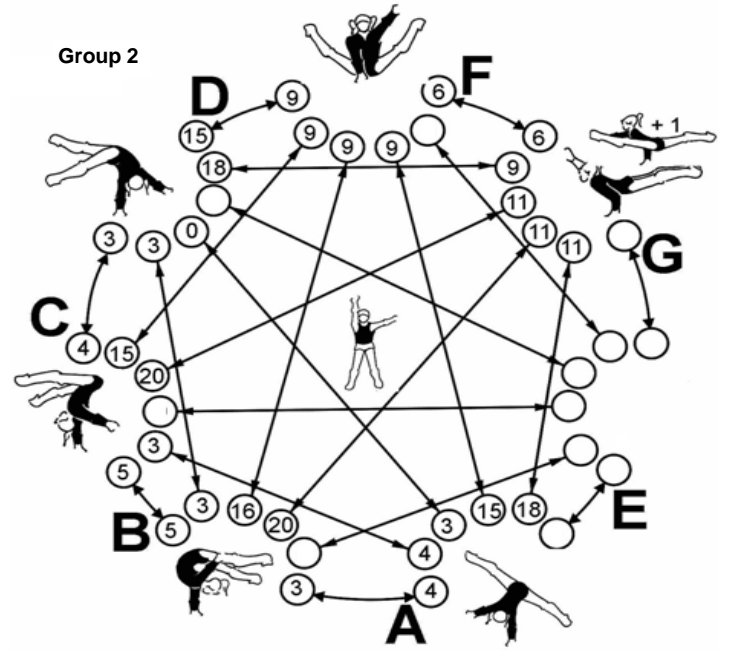
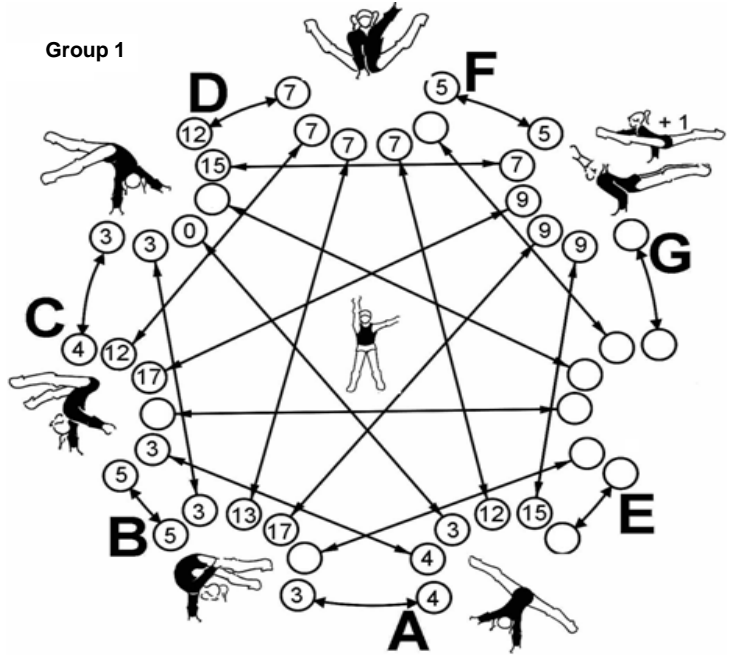
Tab. 1

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

Balance Elements

Table-Top-additional difficulty for motion

Women's Group
Men's Group



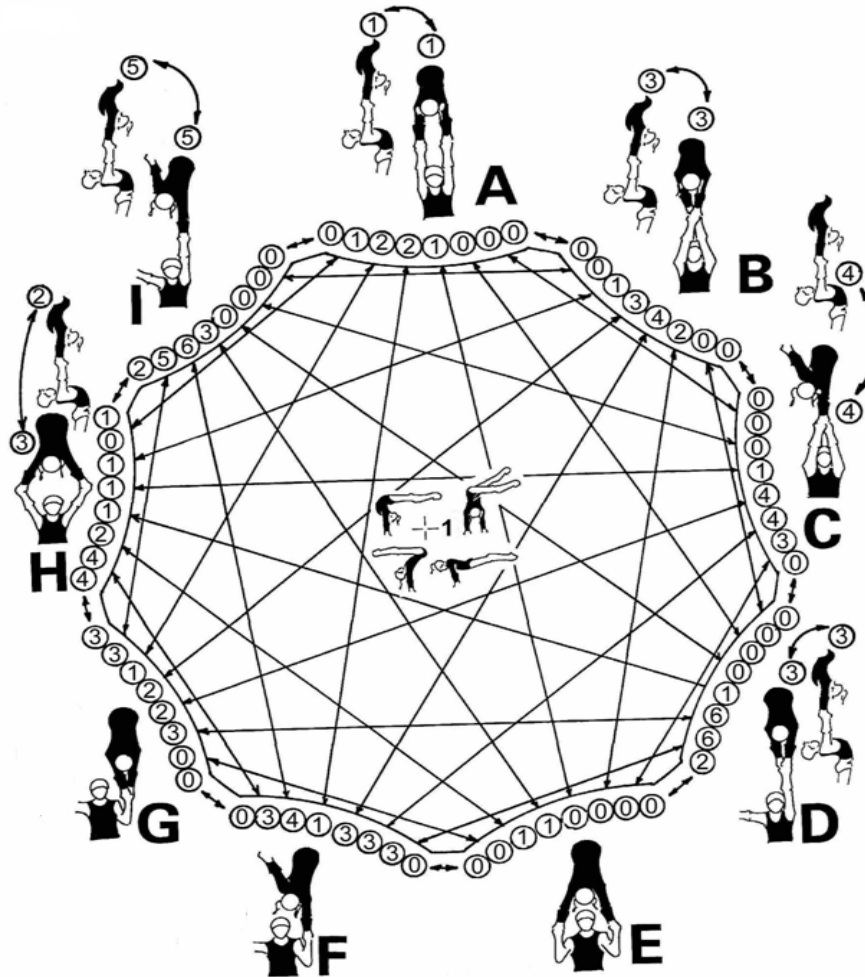
Balance Elements

Women's Group
Men's Group

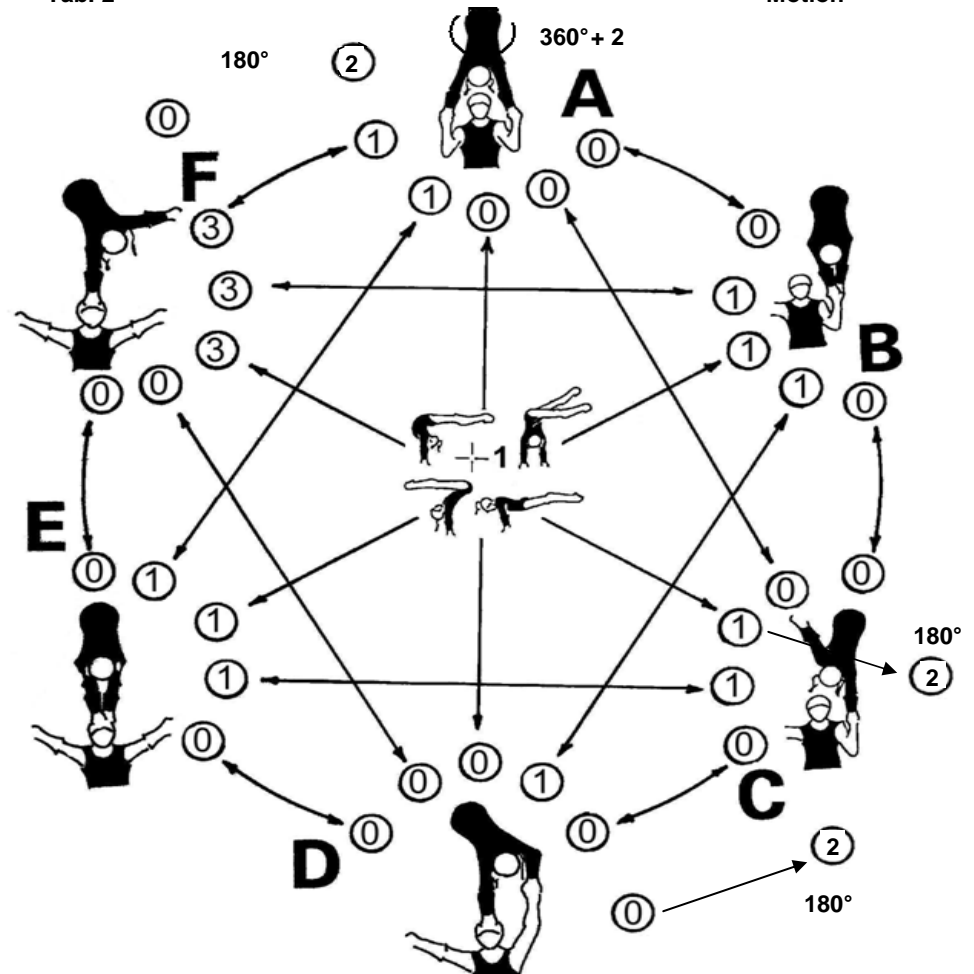
Additional difficulty for motion of the base.

The top may be in any position of value, but the motion of the base is **NOT** added to the position of the top.

Tab. 1



Tab. 2



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

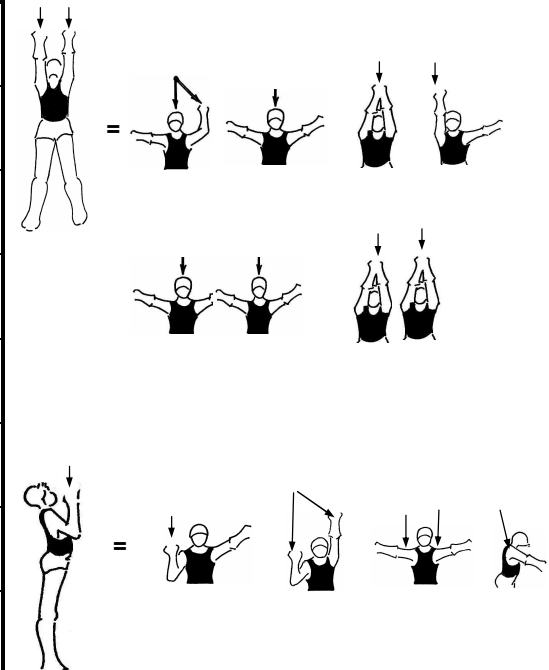


TABLES OF DIFFICULTY
MEN'S GROUP
Balance Elements

Men's Group Evaluation of Transitions

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

The values of these middle positions are considered as identical



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

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
	2		6	8	8	10	7	9	7	9	9	11							11	19	15
	3		7	9	9	11	8	10	8	10	10	12							12	20	16
	4		7	9	9	11	8	10	8	10	10	12							12	20	16
	5		7	9	9	11	8	10	8	10	10	12							12	20	16
	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
	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 - difficulty 14 - 17; 4 group - difficulty 18 <

Men's Group Static Elements

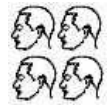
TABLE 1

																					
		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	17	19	16	18	16	18	18	20								20	28	24
	10 	17	19	19	21	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 	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 - difficulty 14 - 17 ; 4 group - difficulty 18 <

Men's Group Static Elements

TABLE 1

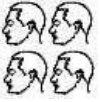
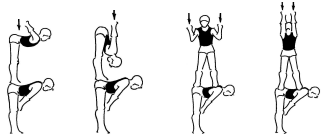
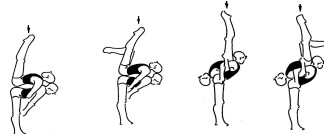
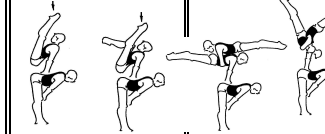
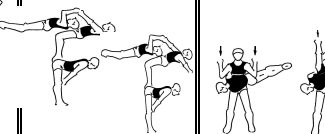









		MIDDLES																			
		BASE																			
			21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
A	1																				
	2		7	10	9	11	7	9	9	11	11	15	7	9	10	11	8	10	12	15	9
	3		8	11	10	12	8	10	10	12	12	16	8	10	11	12	9	11	13	16	10
	4		8	11	10	12	8	10	10	12	12	16	8	10	11	12	9	11	13	16	10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

Men's Group Static Elements


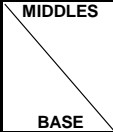


















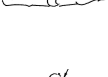

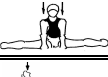
TABLE 1

		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	[Green shaded cells]																							
	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 - difficulty 14 - 17; 4 group - difficulty 18 <

Men's Group Static Elements

TABLE 1

																													
																													
																													
		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	19	21	30	32	19	20	20	22	21	23	22	24	24	26	26	28	24	25	28	30			
	10		19	21	19	23	21	23	32	34	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		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 - difficulty 14 - 17 ; 4 group - difficulty 18<

Men's Group Static Elements

TABLE 2

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

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 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		5	5	7	7												11	17	13			
	10						7	9	11	9	10	12	11	15	7	8							
	11		5	5	7	7	6	8	10	8	9	11	10	14	6	7	8	11	17	13	6	11	11
	12		8	8	10	10	7	9	11	9	10	12	11	15	7	8	9	14	20	16			
D	13		5	5	7	7											6	11	17	13			
	14		6	6	8	8											7	12	18	14			
	15		6	6	8	8	6	8	10	8	9	11	10	14	6	7	9	12	18	14			
	16		7	7	9	9	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 - difficulty 14 - 17; 4 group - difficulty 18 <

Men's Group Static Elements

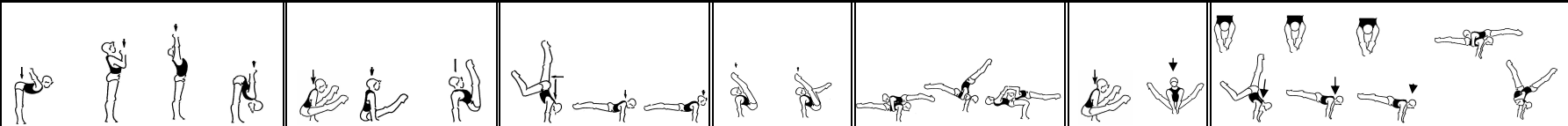
TABLE 2

		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	11	11	9	11	13	11	12	14	13	17	9	10			21		10	15	15
	20	12	12	14	14	12	14	16	14	15	17	16	20	12	13			24		13	18	18
	21	14	14	16	16	14	16	18	16	17	19	18	22	14	15							
C	22	15	15	17	17	15	17	19	17	18	20	19	23	15	16			27				
	24	10	10	12	12	11	13	15	13	14	16	15	19	11	12	14		22		11	16	16
	25	10	10	12	12	11	13	15	13	14	16	15	19	11	12	14		22		11	16	16

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

Men's Group Static Elements

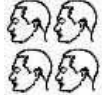
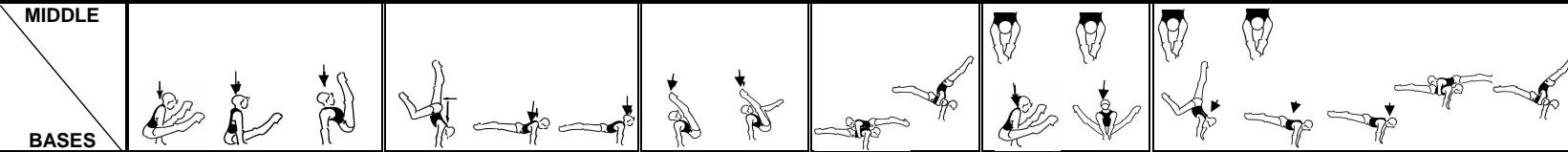

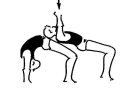



TABLE 2

																													
		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	13	11	13	15	13	14	16	15	19	11	12														
	29	14	14	16	16	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 - difficulty 14 - 17 ; 4 group - difficulty 18 <

Men's Group Static Elements



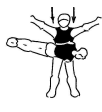
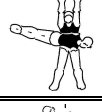



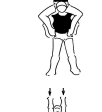

TABLE 2

																					
		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 - difficulty 14 - 17; 4 group - difficulty 18 <

Men's Group Static Elements


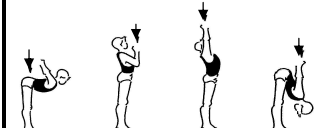

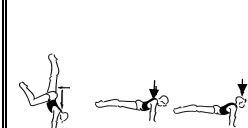
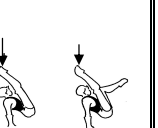
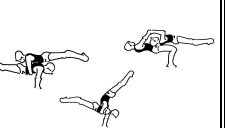
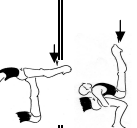
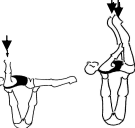








TABLE 3

				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			10		
	2		12	12	14	14							14	15	17	13	14	14							12	
	3						16	18	19	18	19	21	15	16												18
B	4		12	12	14	14							16						18		20					
	5		14	14	16	16							18							26						
	6		14	14	16	16												14					12	14		
	7		16	16	18	18							20	21	23			16					12	14		
	8						20	22	23	22	23	25	19	20												22

1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 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 - difficulty 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
C	10		10	8	7	14	14	12	12				6	8	
	11		11	9	8	15	15	13	13						
	16		12	10	9	16	16	14	14						
	9		14	12	11	18	18	16	16	9	9	11			12
	17			14	13				18	11	11	13			14
	18		16	14	13	20	20	18	18				12	14	

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

Men's Group Static Elements

TABLE 4

	1	2	3	4	5	6	7	8	9	10	11	12		
A														
V=	7	8	7	6	15	8	8	12	10	3	1	1		
B														
V=	14	16	7	12	4	10	12	10	10	10	12			
C														
V=	6	4	8	12	10	6	10	16	14	18	10	12	12	
D														
V=	3	4	6	4	5	6	8	4	6	4				
E														
V=	14	10	16	6	1	2	3	3	1	2	2	2		

Pyramids A3, C1, C2, C3, C4 FORBIDDEN for AGE group 11 - 16

Men's Group Balance Elements

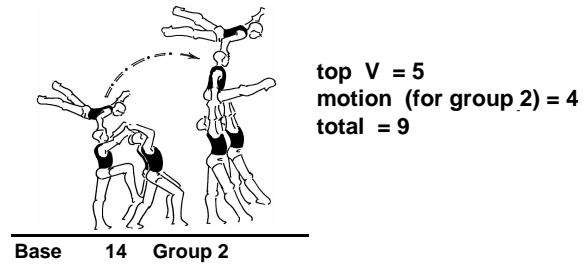


Men's Group (Mounts)

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

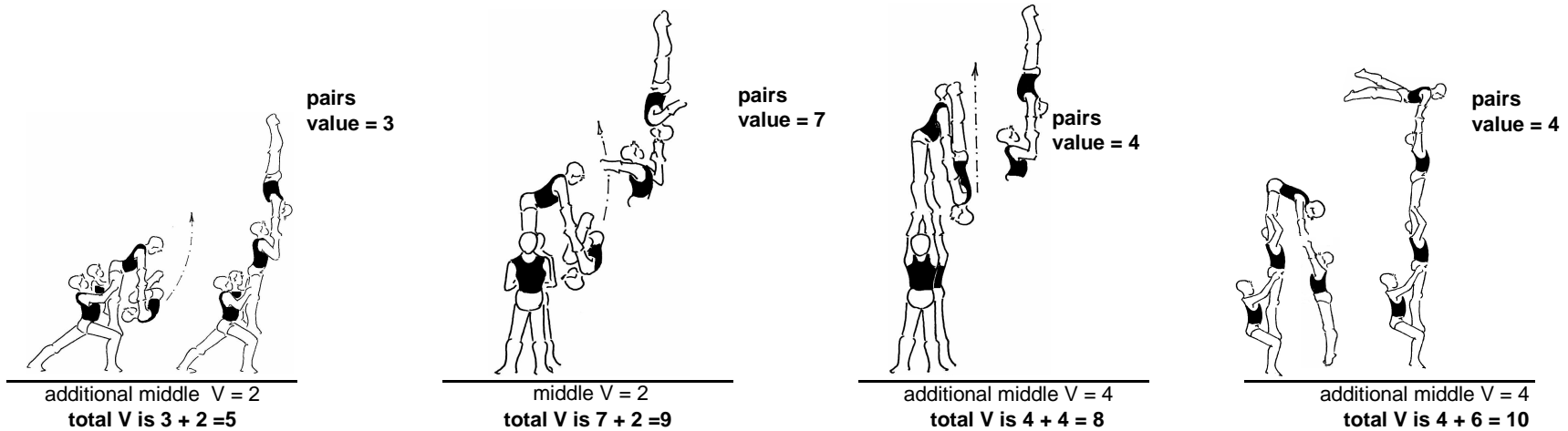
1. Value of the top position, look the Tables of pairs
2. Value of the middle with the top will be as follows:
 - to go to a pyramid of group 1 = 2
 - to go to a pyramid of group 2 = 4
 - to go to a pyramid of group 3 = 6
 - to go to a pyramid of group 4 = 8
3. Value of the top mount look the Tables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

Example



Examples

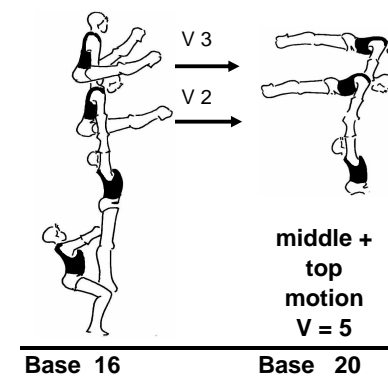
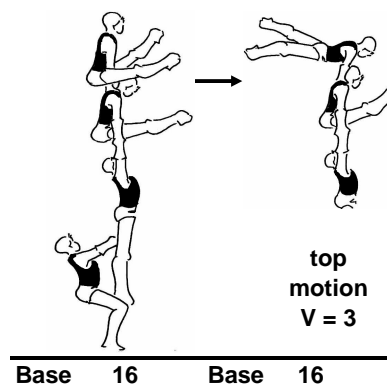
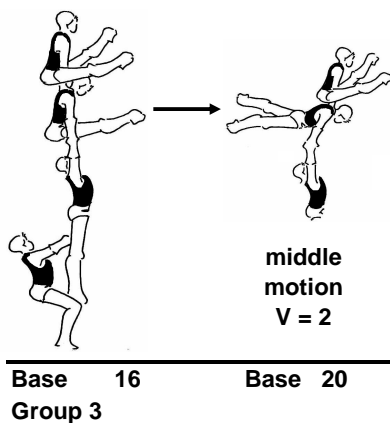
USE TABLES OF PAIRS FOR THE MOUNTS AND THE ADDITIONAL VALUE FOR THE MIDDLE



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
WOMEN'S GROUP
Dynamic Elements

Notes

Dynamic Elements

ADDITIONAL DIFFICULTY FOR LINKS

	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

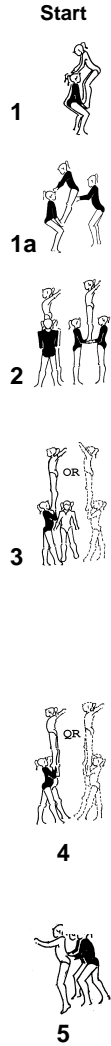
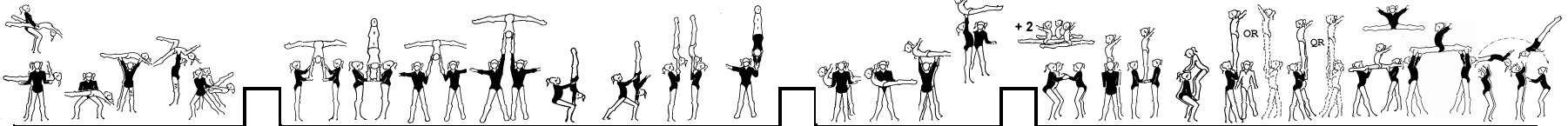
Horizontal row = second element

Dynamic Elements



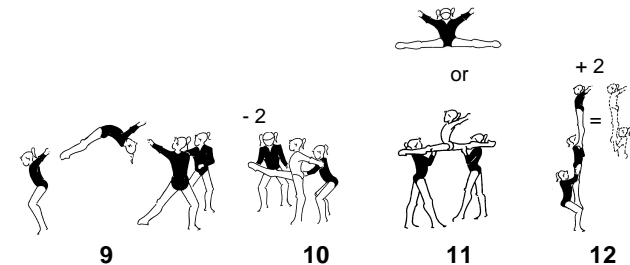
Back Salto

Finish Position



		A	B	C	D	E								N	O	P	Q													
1	1						2							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
1a	5	4	5	6	9	7	6	12	22	28		12	12	28	32	10	14	20	22	8	14	26	20		29	18	21	14		
	6	5	6	7	10	8		14	26	32		14	14	32	36	16	18	24	26		8	16	28	22		31	20	23	16	
	7																				8	16	28	22		31	20	26	16	
	8																				8	18	30	24		33	22	26	18	
2	9	6	7	8	11	9	10	16	30	36		16	16	36	40	22	24	28	32	12	22	34	28		37	24	30	22		
	10	14		18		16		26	36							20					12	32								
	11	16		20		18		30	40							24					12	39								
	12	16		20		18										22					12	36								
3	13	20		22		20									26				16	44										
	14	24		26		24								28						16	50									
	15	36	36																	16	44									
	16	43	43																	16	44									

		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	4	3	8	7	12	11	16
4	3/4	1	2	3	5	7	9	11	13
5	4/4	2	4	6	8	11	14	17	20
6	5/4	2	4	6	8	11	14	17	20
7	6/4	-2	8	6	16	14	24	22	32
8	7/4	2	4	6	8	10	12	16	20
9	8/4	4	8	12	16	20	24	28	32
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	8	12	16	20	24	28	32

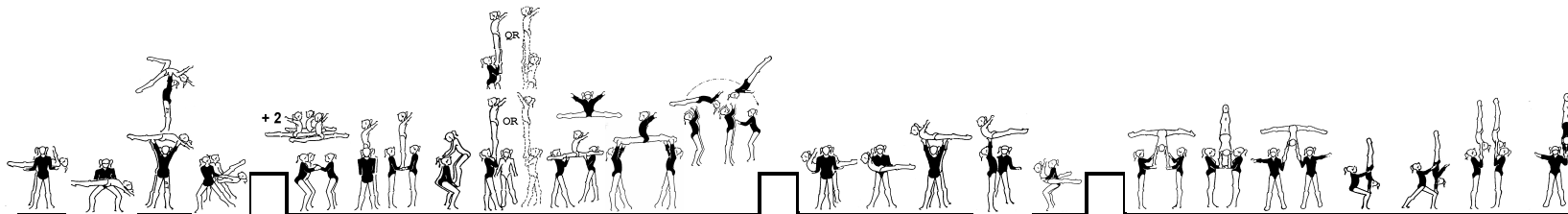


Dynamic Elements



Front Salto

Finish Position



Start



33

+1



34

+1



35



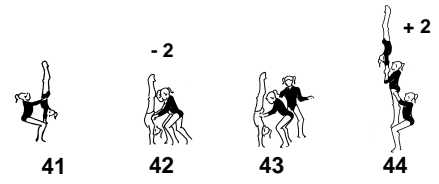
36



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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 / 4	1					2 / 4									3 / 4						4 / 4	0/4	1	2	3	1	1	3	4	
	2	2	2	3	4		2	5	4	7	3	6	4	4		6	6	3	4	8		12	14	6	6	16	20			
	3	2	2	3	4		2	5	4	7	3	6	4	4		6	6	3	4	10		14	16	8	8	18	24			
	4	2	2	3	4		2	5	4	7	4	7	4	4		6	6	3	4	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 / 4	9	10	10	12	12	10 / 4	10	24		26	16	22	10	11 / 4	12		18	18	11	12 / 4										
	10	14	14	20	26		17								24				22											
	11	18	18	24	30		21								28				26											
	12																													
13 / 4	13	24				14 / 4	27							15 / 4						16 / 4										
	14	32					39																							

		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	8	12	16				
6	5/4	2	4	6	8	10	12		
7	6/4	3	5	7	9	11	13		
8	7/4	2	4	6	8	10	12		
9	8/4	8	16	24	32				
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	16	32	48				



41

- 2

42

43

+ 2

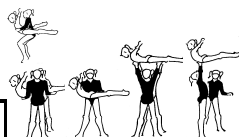
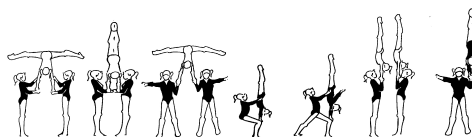
44

Dynamic Elements



Back Salto

Finish Position



+2



Start



45



46



47



48



49

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

		A	B	C	D	E	F	G	H	
13 / 4	15									
	16									
		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	4	6	8	10			
	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	7	11	15	19			
	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	10	14	18					

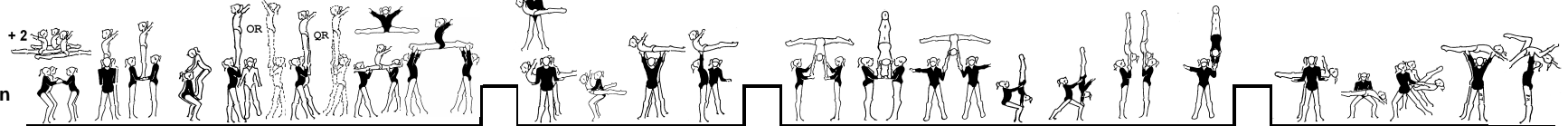
Dynamic Elements



Front Salto

+2

Finish Position



Start



50



51



52



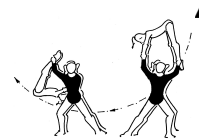
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		A	B	C	D	E	F	G					H	I	J	K					L	M	N	O	P	Q	R						S	T	U	V	W											
1 / 4	1								2 / 4					3 / 4					4 / 4					5 / 4					6 / 4					7 / 4					8 / 4					9 / 4				
	2	1	2	1	3	3	2	3		2	2	3	3		3	7	9	2		2	7	11	3		8	10	2	2		8	12	4	3		3	6	4	4							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



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56



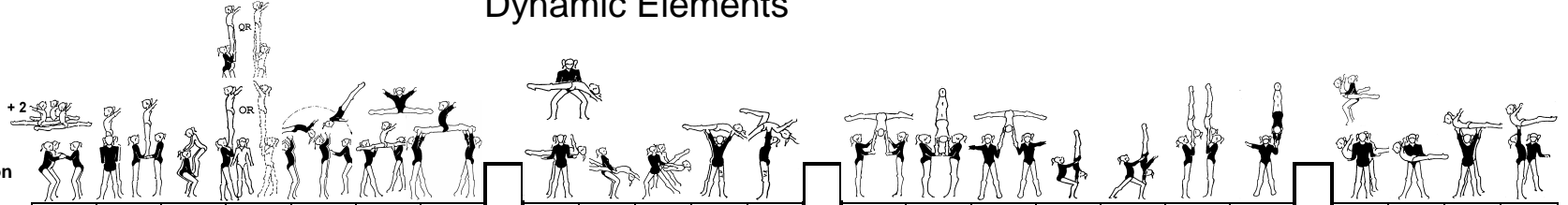
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Dynamic Elements



Back Salto

Finish Position



Start



58



59



60



61



62



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						4 / 4						5 / 4						6 / 4						7 / 4						8 / 4					
	2	1	3	2	3		3	5		3	2	4	5	5		5	8	10	4	4		10	14	4	4	10		14	4	4	10	14		1	1	1	2													
	3	1	3	2	3		3	5		3	2	4	5	5		5	9	12	4	4		12	16	6	6	9		9	6	6	9	9		6	6	9	9													
	4	1	4	2	4		3	5		5	4	2	4	6		6	10	14	4	4		14	18	8	8	11		11	8	8	11	11		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	9 / 4	14	14	24	24	10 / 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		18	18	28	28		18	18	28	28														
	7																																																	
	8																																																	
9 / 4	9	6	12	7	18	6	14	17	10 / 4	12	10	14	16	16	11 / 4	16	22	22	18	18	22	12 / 4	16	22	22	18	18	22	13 / 4	16	22	22	18	18	22	14 / 4	16	22	22	18	18	22								
	10	14	22	16	26	14	22	25		16	14																																							
	11	18	26	20	30	16	26	29		18	16																																							
	12																																																	
13 / 4	13																																																	
	15	30																																																
	16																																																	

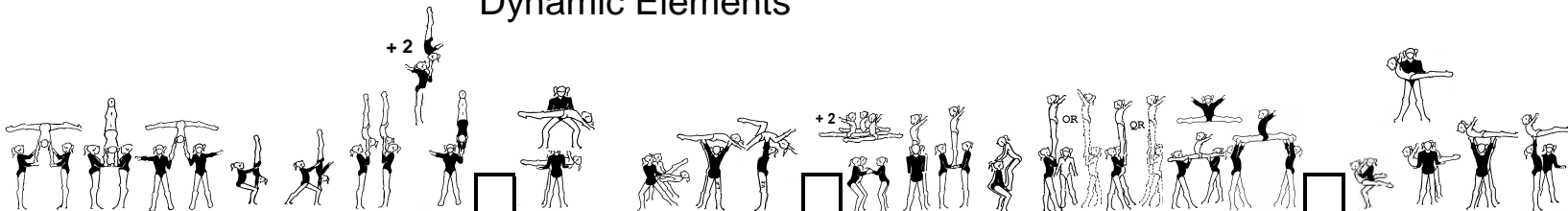
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°
1	0/4	1	2	3	4	5	6	8	10
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	4	6	8	10	12	15	18
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	7	11	15	19			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12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

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 / 4	1																																			
	2	2	3	4	1	2	3	5																												
	3	2	3	4	1	2	3	5																												
	4	2	3	4	1	2	3	5																												
5 / 4	5	7	10	12	5	5	12																													
	6	9	12	14	6	6	14																													
	7																																			
	8																																			
	9	11	14	16	7	7	16																													
9 / 4	10																																			
	11																																			
	12																																			
	13																																			
13 / 4	14																																			
	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	4	6	8	10	12		
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	6	9	12	15	18	21	24
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	11	15	19	23			



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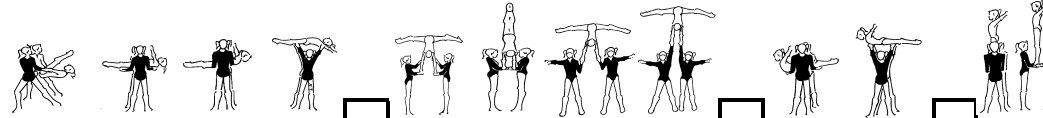


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Dynamic Elements

Back Salto

Finish Position

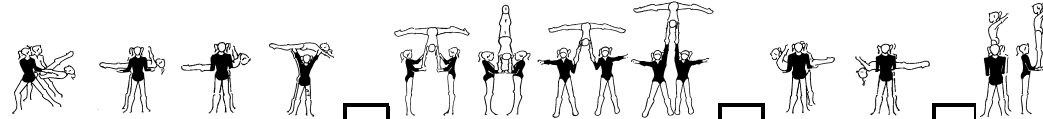


		A	B	C	D					E	F	G	H			I	J			K
1 / 4	1					2 / 4					3 / 4				0/4 / 4					3
	2	4	1		3		6	8		10		3	4	8						
	3	4	1		3		6	8		10		4	5	10						
	4	4	1		3		6	8		10		5	6	12						
5 / 4	5	8	6		10	6 / 4	14	22		24	7 / 4	12		8 / 4	24					
	6	12	7		12		16	26		28		16	28							
	7	14	8		14		20	30		32		20	36							

S
a
l
t
o

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

Front Salto



		A	B	C	D					E	F	G	H			I	J			K
1 / 4	1					2 / 4					3 / 4				0/4 / 4					2
	2			1	1		3	4		6			3	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					

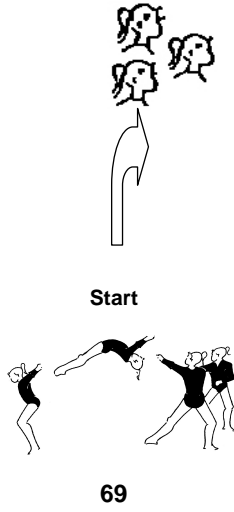
S
a
l
t
o

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

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		A		B		C		D				E		F	
Illustration	Illustration	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4	Illustration	Illustration	2/4	4/4	2/4	4/4
	3	6	3	6	↙ 1	↘ 3	↙ 1	↘ 3	3			6	3	6	
					↗ 4	↖ 7	↗ 4	↖ 7							

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



Notes

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
MEN'S GROUP
Dynamic Elements

Dynamic Elements

Additional Difficulty for Links

	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														

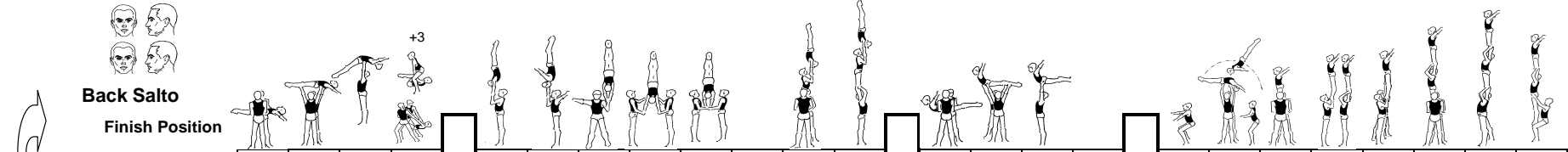
This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

Dynamic Elements

Back Salto
Finish Position



Start



1 / 2



3



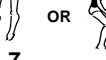
4



5



6



7



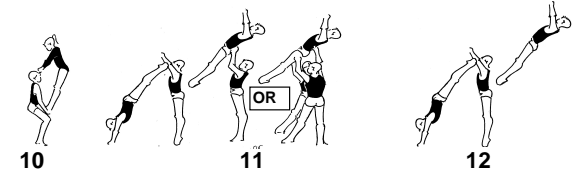
8



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		A	B	C	D																									
1 / 4	1					2 / 4									3 / 4					0/4	1		1	2	1	4	4	3		
	2	1	2	2	2		5	10	8	3	6			16		13	4	1	2		2		4	4	6	9	6	14	12	12
	3	1	2	2	2		5	10	8	3	6			16		13	4	1	2		2		4	4	6	9	7	16	14	14
	4	1	2	2	2		5	10	8	3	6			16		13	4	1	2		2		4	4	7	10	8	20	18	16
5 / 4	5	2	5	5	6	6 / 4	20			12	18				7 / 4	8	12	12		8 / 4	10	10	16	20	18	30	26			
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	7																						14	14	20	24	22	34	30	
	8																						16	16	22	26	24	36	32	
9 / 4	9	4	7	7	8	10 / 4	26			18	24				11 / 4	16	20	20		12 / 4	18	18	24	28	26	38	34			
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	11	11	15	15						26	34					14						39	39	46						
	12	11	15	15												14						39	39	46						
13 / 4	13	13	17	17											16 / 4	15				16 / 4	44	44	52							
	14	15	19	19					30	38				16							48	48	60							
	15	20																												
	16	26																				50								

		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	3	5	7	9	11	14	17
6	5/4	1	3	5	7	9	11	14	17
7	6/4	-2	8	6	16	14	24		
8	7/4	2	4	6	8	10	12	16	20
9	8/4	3	6	8	10	14	18	22	26
10	9/4	2	4	6	8	10	12	16	20
11	10/4	-2	8	6	16	14	24		
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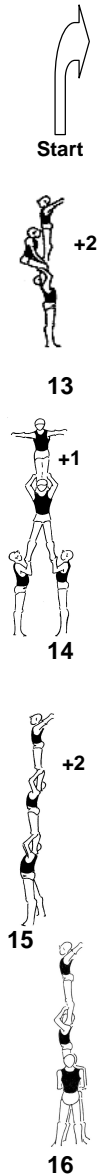
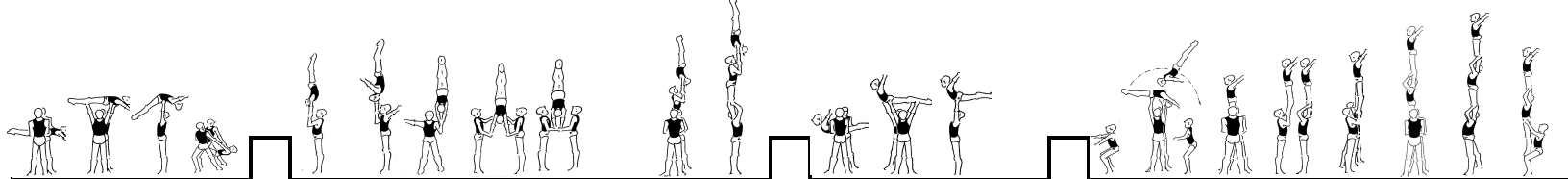
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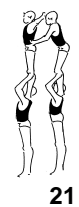
Dynamic Elements

Back Salto
Finish Position




		A	B	C	D									M	N	O	P										
1 / 4	1																	0/4	1								
	2	2	3	3	4	10	14	12	8	12		16	16	3 / 4	4	5	5		4	6	6	7	10	8	12	10	9
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	7																			16	16	22	26	24	54	52	
	8																			18	18	24	28	26	58	56	
9 / 4	9	8	9	9	15	28	28		18	26		38	36	11 / 4	12	14	14		12 / 4	20	20	26	30	28	62	60	
	10	10	16	16					24	34					14	18				32	32	42					
	11	14	20	20					28	38					18	22				36	36	48					
	12	14	20	20											18	22				36	36	48					
13 / 4	13	16	22	22										20	24			38	38	54							
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	16	28																									

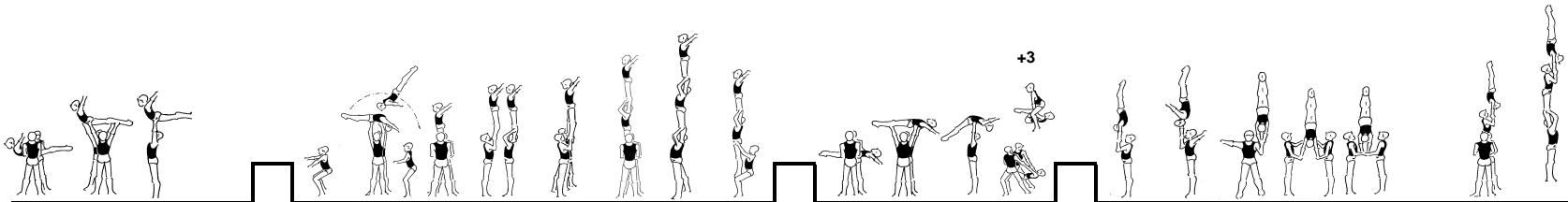
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Twist		180°	360°	540°	720°	900°	1080°	1260°	1440°
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2	1/4	1	2	3	5	7	9	11	13
3	2/4	-2	4	3	8	7	12		
4	3/4	1	2	3	5	7	9	11	13
5	4/4	1	3	5	7	9	11	14	17
6	5/4	1	3	5	7	9	11	14	17
7	6/4	-2	8	6	16	14	24		
8	7/4	2	4	6	8	10	12	16	20
9	8/4	3	6	8	10	14	18	22	26
10	9/4	2	4	6	8	10	12	16	20
11	10/4	-2	8	6	16	14	24		
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


Dynamic Elements




Back Salto
Finish Position




		A	B	C	D									M	N	O	P	Q	R	S	T	U	V	W	X			
Start 	1																	0/4	2	5	3	1	3		8	9		
	2	1	2	2										3	2	3	3	4	4	12		16	8	14		20	20	
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25 	5	4	9	9										6	5	5	8	10	10	7				16	28			
	6	5	10	10										6	7	7	10	12	12	7	7	10	10		20	32		
	7													7						8								
	8													7						8								
26 	9	6	12	12										10	9	9	12	14	14	11	9	12	12		24	36		
	10	9												10	16	16	22	26	26	11	16							
	11	10												10	18	18	26	30	30	11	20							
	12													10						11								
27 	13													10						11								
	14	12												10	20	20	30	34	34	11	24							
	15	20												11						12								
	16	24												11	24					12								
28 																												
29 																												

+1




31

+1




32

+1




33

+1




34

+2




35

+2




36

+3




37

+3



38

+3



39

		A	B	C	D	E	F	G	H
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	4	6	8	12	16		
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	6	8	10				
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	8	12	16	20	24		

Dynamic Elements

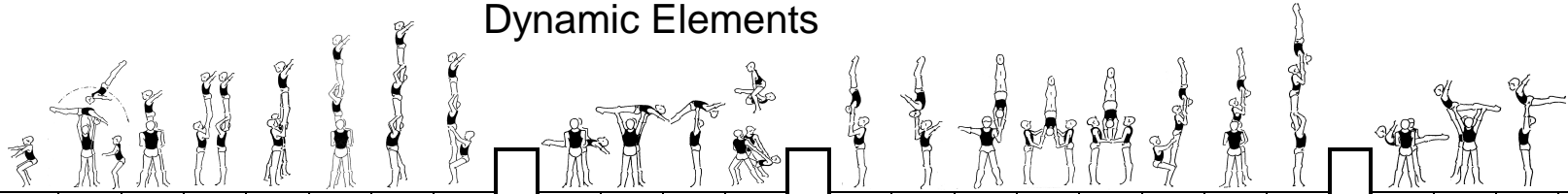
Back Salto
Finish Position

		A	B	C	D	E	F	G	H					I	J	K	L									M	N	O	P	Q	R	S	T					U	V	W	X																																																																																																																																																
Start	1									2 / 4					3 / 4					4											0/4	1	1	1	2																																																																																																																																																						
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	A	B	C	D	E	F	G	H																																																																																																																																																																																	
T wist	180°	360°	540°	720°	900°	1080°	1260°	1440°																																																																																																																																																																																	
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4	3/4	2	4	6	8	10	14	18																																																																																																																																																																																	
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Dynamic Elements



Back Salto
Finish Position

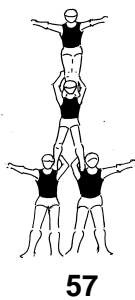
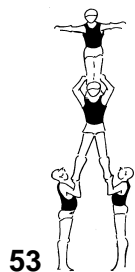
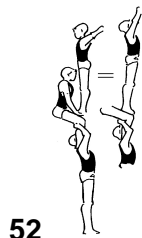


		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	v	W	X	
Start	1																							0/4	1	1	1		
	2	1		2	3	3					2	2	2	3		3	5	9	7	4	7				4	3	5	5	
	3	1		2	3	3					2	2	2	3		3	5	9	7	4	7				/	3	5	5	
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	7															6									8	12	18	18	
	8															6									8				
47	9	7	7	14	15	15					9	12		9		6	24			18	22				8	14	20	20	
	10	12	12	20							14	18				6									12	18			
	11	14	14	22							18	22				12									12	22			
	12															12									12				
48	13	16	16																										
	14																												
49	15										20																		
	16										24																		

	Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°
1	0/4	1	2	3	4	5	6	7	8
2	1/4	2	4	6	8	10	12	16	20
3	2/4	1	2	3	4	5	6	7	8
4	3/4	2	4	6	10	14			
5	4/4	2	4	6	8	10	12	16	20
6	5/4	3	5	7	9	11	13		
7	6/4	3	5	7	9	11	13		
8	7/4	4	8	12	1	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

Dismount of the middle



Back Salto

	4
	5
	6
	18



180° + 2
360° + 4
540° + 6
720° + 8

Gainer Salto

	4
	5
	6
	18

Delfin

	5
	7
	9
	26

Front Salto

	4
	6
	8
	20



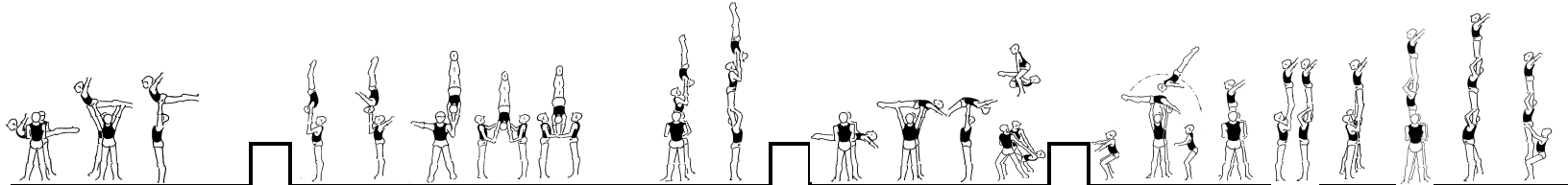
180° + 2
360° + 4
540° + 6
720° + 8

Dynamic Elements



Front Salto

Finish Position



Start

63

64

65

66



67

		A	B	C	D									M	N	O	P													
1 / 4	1					2 / 4							3 / 4					0/4	1	1	1	1	1	4	4	2				
	2	1	2	2			3	8	6	2	5			10	7	4	1	2	2	5	4	4	6	7	6	16	13	14		
	3	1	2	2			3	8	6	2	5			10	8	4	1	2	2	5	5	5	7	8	7	18	15	16		
	4	1	2	2			3	8	6	2	5			10	10	4	1	2	2	5	5	5	8	9	8	20	17	18		
5 / 4	5	2	5	5		6 / 4	16			8	14		24	22	7 / 4	10	15		12	8 / 4	12	12	18	20	20	32	28	24		
	6	3	6	6			18			10	16		28	26		7	11					8	16	16	22	24	24	36	32	28
	7																8						16	16						
	8																8						18	18						
9 / 4	9	4	7	7		10 / 4	20			12	20		32	30	11 / 4	12	16		14	12 / 4	20	20	28	30	30	40	36	32		
	10	8	12							18	24					11						30	30	42						
	11	11	15							22	28					11						40	40	48						
	12															11														
13 / 4	13	15	19						26	30				11																
	14	15	19											11																
	15	22												16						50	50	62								

		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	1	3	4	6	8	10	12
3	2/4	2	2	8	10	14	16		
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8	7/4	2	4	6	10				
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68



69

or

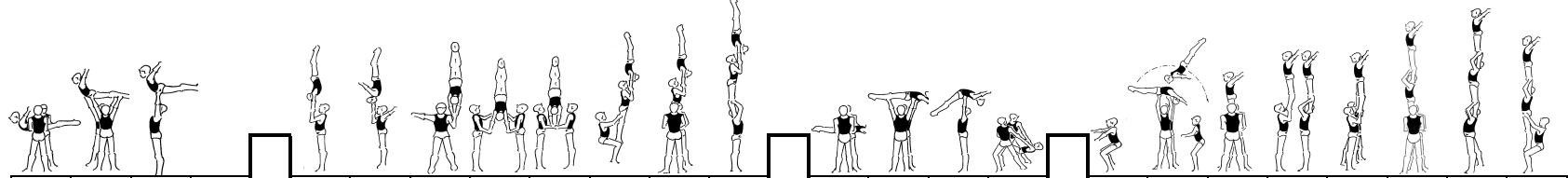


70

Dynamic Elements



Front Salto
Finish Position



71



72



73



74



75



76



77



78

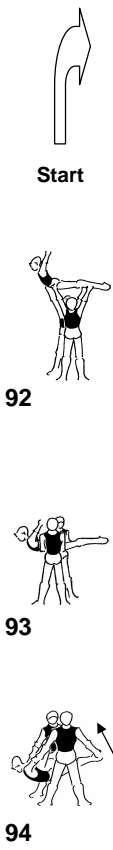
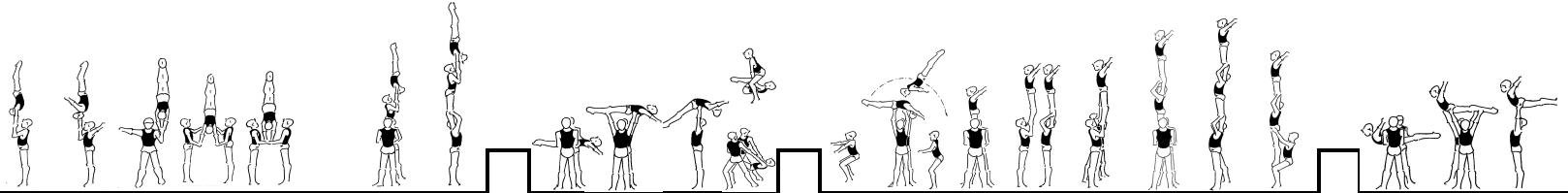
		A	B	C	D									M	N	O	P										
1 / 4	1																	0/4			2	2	2	2			
	2	2	3	4										4	5	5	8	4	6	6	7	8	7	16	14	13	
	3	2	3	4										4	5	5	8	7	7	7	8	9	8	18	16	15	
	4	2	3	4										4	5	5	8	4	7	7	9	10	9	20	18	17	
5 / 4	5	4	5	5										8	10	10	14	8	14	14	20	22	22	22	28	24	
	6	6	7	7										10	12	12	16	7	16	16	24	28	28	28	32	28	
	7																	8									
	8																	8									
9 / 4	9	8	9	9										12	14	14	18	12	22	22	30	34	34	34	36	32	
	10	10												14				11	32	32	44						
	11	14												18				12	36	36	50						
	12																	12									
13 / 4	13																	16									
	14	18												22				16	40	40	64						
	15	22												28				16									
	16	28												34				16									
17	34												40				16										

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

Dynamic Elements



Front Salto
Finish Position



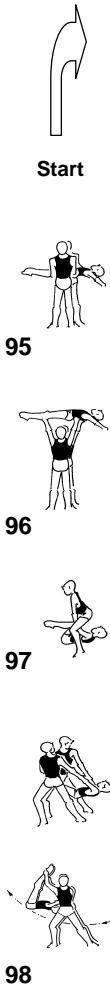
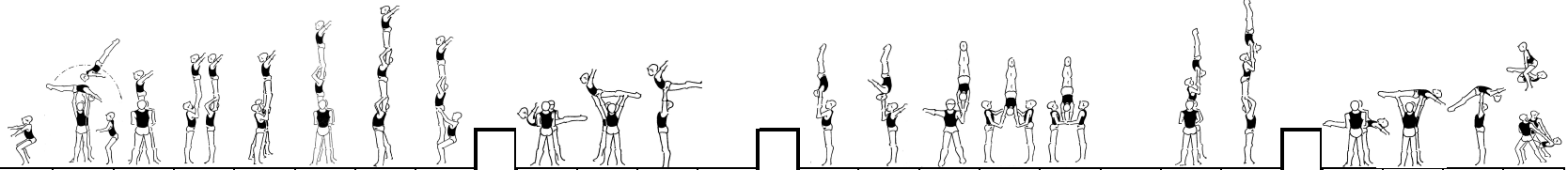
		A	B	C	D	E	F	G	H					I	J	K	L					M	N	O	P	Q	R	S	T					U	V	W	X
Start	1									2 / 4	2	2	2	3	3 / 4	3	3	5	6	6	4	0/4	1	1	1												
	2	2	6	4	2	3	2	2	2		3	3	3	5		6	6	4	4	5		5															
	3	3	6	4	2	3	2	2	2		3	3	3	5		7	7	/	4	5		5															
	4	3	6	4	2	3	2	2	2		3	3	3	5		8	8	4	5	6		6															
92	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		8	12	14	14																
	7																																				
	8																																				
93	9	13			8	12	10 / 4	8	9	9	9	11 / 4	14	18	20	20	12 / 4	14	16	16																	
	10			12	15	12					14																										
	11			14	17	14					16																										
	12																																				
94	13				16	19	13 / 4	18				13 / 4	20				13 / 4																				
	14																																				
	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



Front Salto
Finish Position

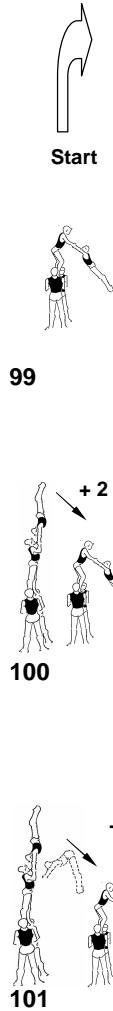
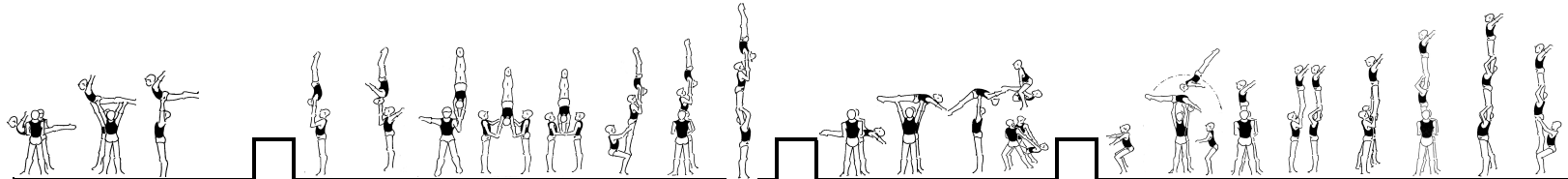


		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X	
Start	1																							0/4	1	1	1	1	
	2	1		2	3	3					2	3	3			3	4	7	5	3	5				4	3	4	4	5
	3	1		2	3	3					2	3	3			4	7	5	3	5					/	3	4	4	5
	4	1		2	3	3					2	3	3			4	7	5	3	5					4	4	5	5	5
95	5	4	4	6	7	7					5	6	6			12			10	12					8	10	12	12	
	6	5	5	7	8	8					7	8	8			14			12	14					8	12	14	14	
	7																												
	8																												
96	9	6	6	9	10	10					9	10	10			18			16	18					8	14	16	16	
	10	11		17							12	14	14						14	20					12	20			
	11	13		19							14	16	16						18	24					12	26			
	12																												
97	13																												
	14	17		23							18	22	22						24	30									
98	15	24									14	30																	
	16	30									4	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

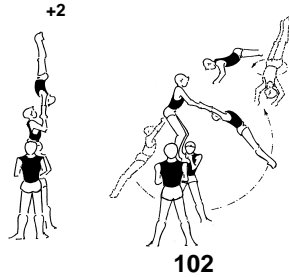
Front Salto
Finish Position



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

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

Dynamic Elements



Finish Position

Back Salto	0/4	4/4	8/4	
	1	10	24	180°+1
	1	12	28	360°+3
	1	14	32	540°+6

Finish Position

Start

Back Salto

0/4	4/4	8/4		
	1	4	22	180°+1
	1	6	26	360°+3
	1	7	30	540°+6

Start

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

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

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

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



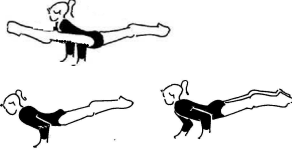












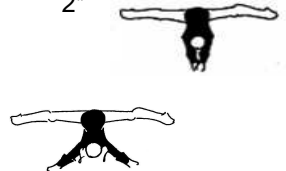


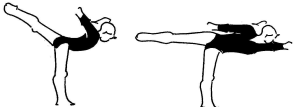





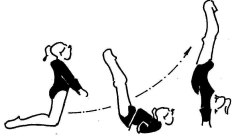

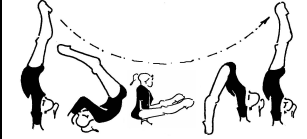
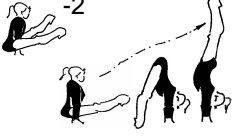
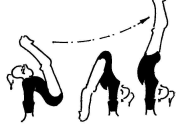
General:

- 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 	2" 	2" 
018-V 10	019-V 1	020-V 2	021-V 3 hands not on floor	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









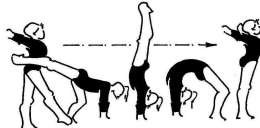
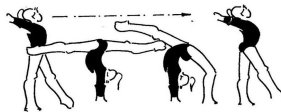
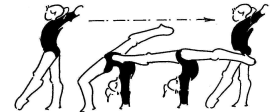
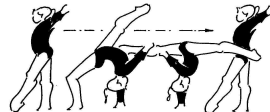
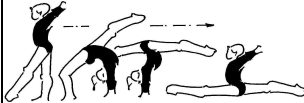
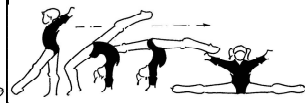
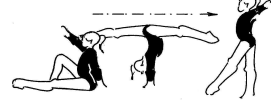
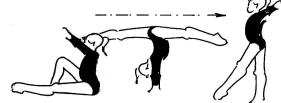
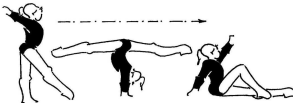
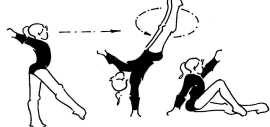
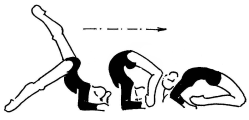
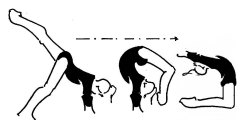


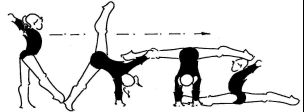
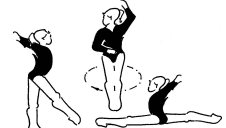
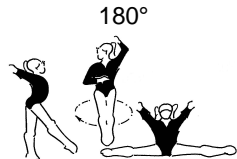
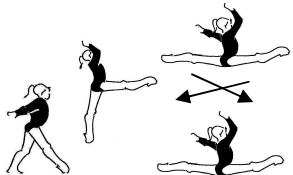
Category 1

Static holds and strength

030-V 8	031-V 3	032-V 3	033-V 10	034-V 10	035-V 3
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

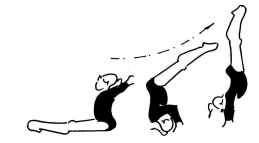
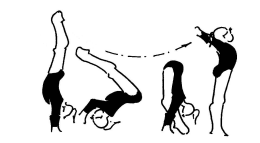




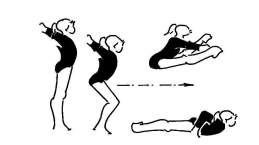
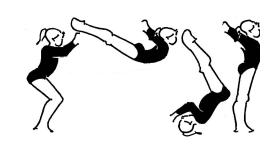

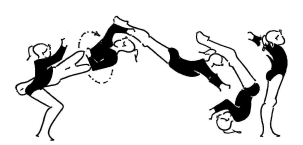
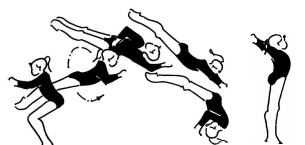
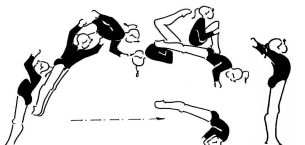

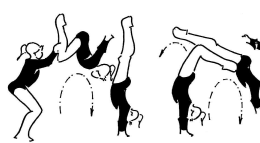
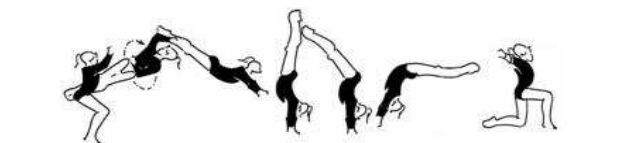

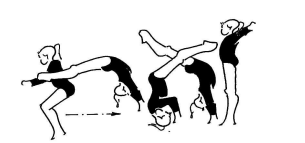

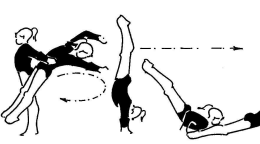

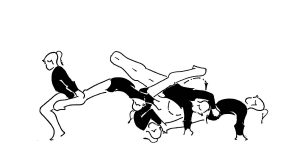
Category 1 Flexibilities

					
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	071-V 1+1 *
					
072-V 1+1 *	073-V 1+2 *	074-V 2 +1		075-V 2	076-V 3 360°
					
077-V 2		078-V 3		079-V 1	080-V 2 180°
					
081-V 3 180°	082-V 4	083	084	085	086

* → example General rule
























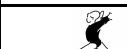




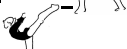



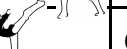
Category 1
Agilities





























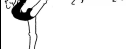
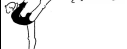
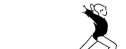

Individual Elements

		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° 	
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

Category 1
Agilities



















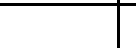




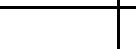




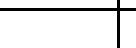

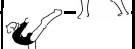
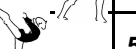
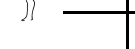
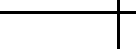
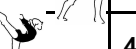




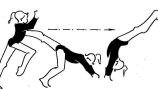

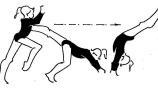




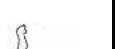














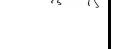
Individual Elements

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

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










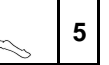



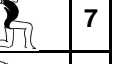
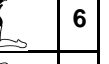




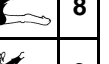
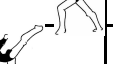
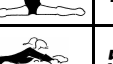



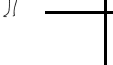

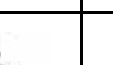

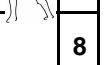




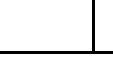
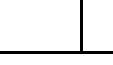

Category 1
Agilities







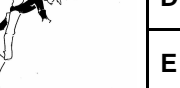
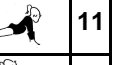
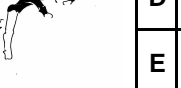
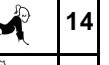



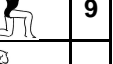
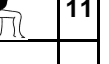




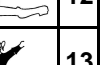



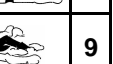


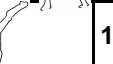



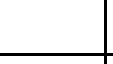
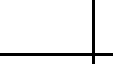


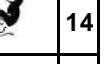
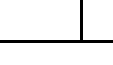


Individual Elements

 <p>720°</p>	A		10		A		1	 <p>180°</p>	A		3	 <p>360°</p>	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			G		
	I				I				I				I				I			I		
126				127				128				129				130						
 <p>180°</p>	A		2	 <p>360°</p>	A		4		A		3	 <p>180°</p>	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						

Category 1
Agilities














































Individual Elements

180° 	A		2	136	180° 	A		5	137	360° 	A		7	138	180° 	A		10	139	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		

180° 	A		6	141	180° 	A		6	142	360° 	A		10	143	360° 	A		11	144	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		






















Category 1
Agilities

Individual Elements

 <p>540°</p>	A		9	 <p>540°</p>	A		10	 <p>540°</p>	A		10	 <p>720°</p>	A		14	 <p>720°</p>	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							
 <p>720°</p>	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	16	18	18	20	24	48	2	4	5	7	19	23	4	5	19
2 180°		4		6	7	8	20	22	22	24	28			6	7	9	23	27			
3 360°		6		8	9	10	24	26	26	28	32			8	9	11	27	31			
4 540°		8		10	11	12	28	30	30	32	36			10	11	13					
5 720°				12	13	14	32	34	34	36	40				13	15					
6 900°				14	15	16	36	38	38	40	44				15	17					
7 1080°				16	17	18	40	42	42	44	48				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

Competitions:



Country:

Category: MP -WP - MxP -WG -MG

Exercise: Static -Dynamic -Combined

Level: 11-16 12-19 SEN

Music:

Coach:
Contact:Tel.
e-mail:

Competitors:		
Name & Surname	DOB	Position
		Base
		Middle
		Middle
		Top

Head of Delegation
Signature

Names

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

COUNTRY

CATEGORY

MP	WP	MxP
WG	MG	

Base								
Top								
Motion								
Pag/Nr.								

11-16 12-19 SEN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

	10	11	12	13	14	15	16	17	18
--	----	----	----	----	----	----	----	----	----

EXERCISE

Bal Dyn Com

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Base								
Top								
Motion								
Pag/Nr.								

D-Score

	INDIVIDUAL ELEMENTS						
	1	2	3	4	5	6	
Base							
Top							
Motion	V	V	V	V	V	V	
Pag/Nr.	P	P	P	P	P	P	

DIFFICULTY VALUE


VALUE

Bal:

Dynamic:

Individ.:

Size:		Time Faults:		Special Requirements:		Notes:	
-------	--	--------------	--	-----------------------	--	--------	--

Country	FIG TARIFF SHEET														
	EVENT:						Notes:						COACH:		
	CLUB:												CONTACT:		
EXERCISE:	Balance		Dynamic			Combined						COMPETITORS	D.O.B.	POSITION	
DISCIPLINE:	MP	WP	MxP	WG	MG	11-16	Junior	Senior						Base	
MUSIC:													Base		
D-SCORE:											Time Faults:			Middle	
DIFFICULTY:			Value			Balance			Special Requirements:					Top	
						Dynamic			Size:				Head of Delegation Signature:		
						Individual									



	1	2	3	4	5	6	7	8	9
Base									
Top									
Motion									
Pag/Nr.									
	10	11	12	13	14	15	16	17	18
Base									
Top									
Motion									
Pag/Nr.									

INDIVIDUAL ELEMENTS

		1	2	3	4	5	6	
Base								
Top		V	V	V	V	V	V	
Motion		P	P	P	P	P	P	
Pag/Nr.					Special Requirements:			
Size:		Time Faults:			Requirements:			Notes:

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 element being performed, or an E-MAILED video of the element.
The form and related documentation is submitted to the Secretary of the FIG Acrobatics Committee.**



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DE GYMNASTIQUE

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1001 Lausanne
Suisse

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<http://www.fig-gymnastics.org>

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