

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



**CODE OF POINTS ACROBATIC GYMNASTICS**  
**TABLES OF DIFFICULTY 2022-2024**  
Final version



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## PREAMBLE

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

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

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

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

## Acknowledgements

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

- Members of the FIG Acrobatic Technical Committee 2017-2021 for their expertise in revising the Tables for the cycle 2022-2024  
Rosy Taeymans, Irina Nikitina, Nikolina Hristova, Karl Wharton, Wiesława Milewska, Yuriy Goliak, Frank Böhm.
- Athletes representative May Miller for her positive contribution in the TC and all the work involved.
- The original artist for the majority of the drawings found in the Tables, Vitcho Kolev.
- Irina Nikitina for the concept to simplify the work of coaches and judges for balance.
- The FIG Secretariat for the availability of expert technical advice and assistance.
- Acrobatic coaches and athletes for their creativity in stretching the boundaries of gymnastic knowledge and skills.



# INTRODUCTION

## Content

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

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

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

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

## Difficulty Value of Elements

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

## Tariff Sheets

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

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

The pages from which elements are created or selected, the number of the drawing and the value of the element and its parts must be recorded on the Tariff Sheet. The 3 second 'holds' must be declared.


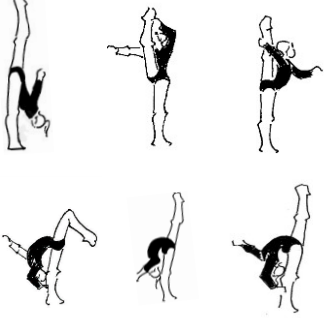
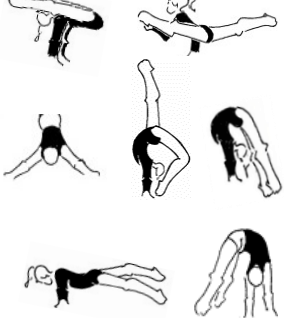
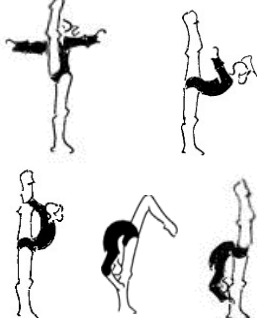
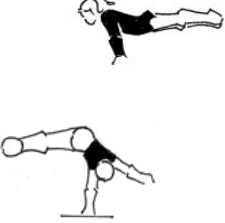
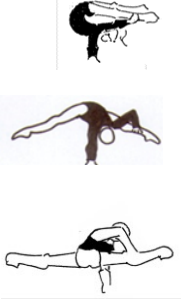
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General Rules  
Start and End Points  
Categories of Handstands & positions

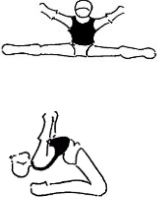
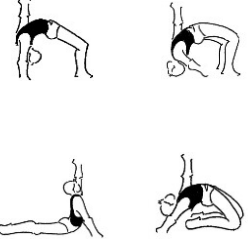



## General Rules Pairs and Groups

- Elements that are performed with only minor stylistic variations from the element pictured in the Tables are not considered new elements. They may be performed using the same identification (ID) number (#), with the same value as the existing element.
- The figures in the same box are considered as identical (with very few exceptions) as shown in the Tables of Difficulty.
- Twist salto : Elements with a 180° twist before the salto are considered as **BACK** saltos.
- Value for side saltos = front saltos but considered as different saltos.
- When an element is in more than 1 place in the TOD with different value, the highest V can be used.
- Wide arm handstands receive extra value(see table bellow) however they are **not considered as a different element**.
- Mounts that start on the shoulders of the base can also be performed with the base in sit or split position and will be considered as a variant.
- **Additional value for:**
  - Static holds (**only** if the position is not in a separate bubble)
  - Mounts into a Static hold (**only** if the position is not in a separate box or has already extra values )

+1	+1	+2	+2	+3	+3
				<p>LEGS CLOSED</p> 	

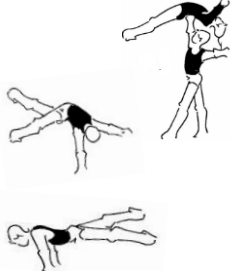

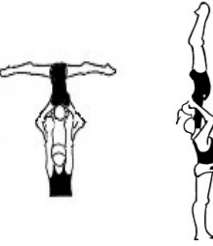
- **All handstand**, straight, flag, disloc and mexican, preformed with **straight legs together to the ankle** receive **+1**.



- Plus and minus values for MOTIONS of the base and Additional values in mounts  
(only if the position/mount has not already a higher or extra values)

<b>+1</b>	<b>+2</b>	<b>-5</b>	<b>-6</b>	<b>+2</b>
				<p style="text-align: center;">PIKED POSITIONS OF THE TOP IN A MOUNT</p> 

### General Rules Pairs and Groups Dynamic

- Plus and minus values for FINISH positions in dynamic elements (only if the position has not already extra values)

<b>+2 Pairs</b>	<b>+2</b>	<b>+4 Trios</b>	<b>-2</b>
	Gainer salto's		

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

They receive the same value and the same ID number.

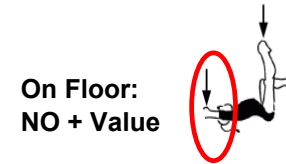
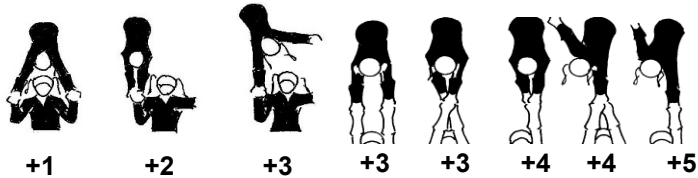
- Full in back out ( /360° 0 ) ≠ Back in Full out ≠ half in half out ( /180°/180° ).
- The extra values for the **middle** in WG and MG, performing a jump or a salto to the floor from the start positions in column/2 high on platfo are NOT considered as dismounts.(eg. pg 108)

• **Additional Difficulty for WOMEN's PAIR and WOMEN'S GROUP Balance:**

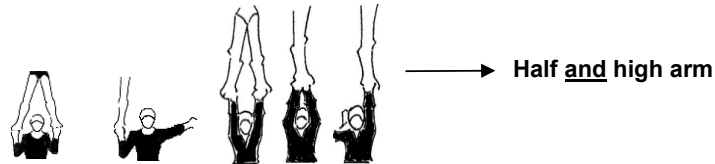
All **Handstands** performed on the following points of support will receive the additional difficulty as shown.

**Balance:**

1. Hand to hand:



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



• **Additional Difficulty for WOMEN's PAIR Dynamic:**

1. Saltos with **4/4** rotation or more, **caught in the hands** of the base, Top in vertical position, receive an additional value of +
2. Saltos with **8/4** rotation or more, receive an additional value of +4



• **Additional Difficulty for Dynamic:**

ALL landings without support, **for Seniors only**, receive the following extra value:

4/4 : +2      6/4 : +3      8/4 +: + 4

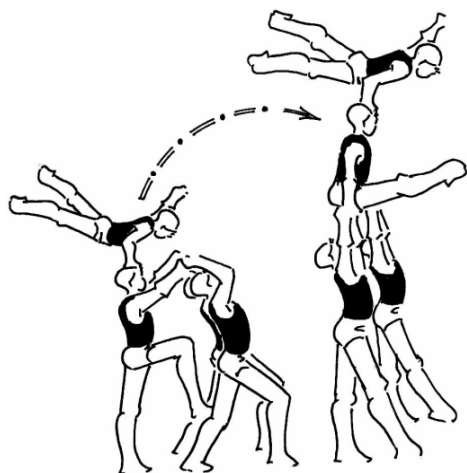
## Groups :

### Additional difficulty for the middle in building the pyramid with the Top in a Static Hold

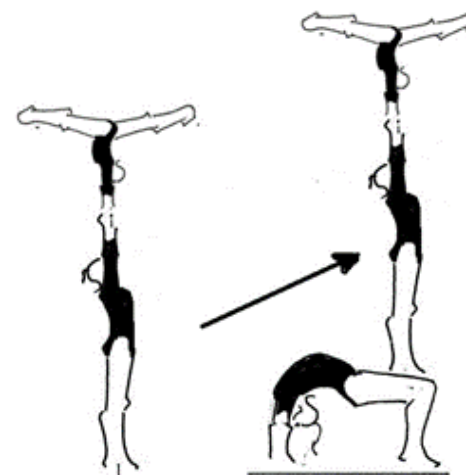
The difficulty of the middle holding the top during the construction of the pyramid is the sum of the values:

1. Value of the top position
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

#### Examples of how to calculate the value of mounts:



Top V = 5  
motion (for group 2) = 4  
Total = 9



Top V = 12 (9 + 3)  
motion (for group 3) = 6  
Total = 18

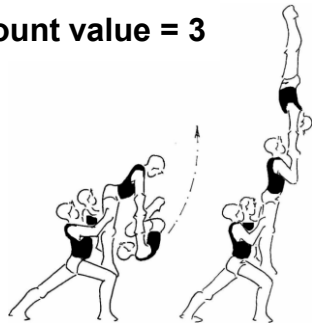
**Groups: Extra Difficulty for a mount:**

- 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

Value of the top mount look the Tables of Women's group mounts pg 60

**Example:**

**Mount value = 3**



Extra difficulty for mount = 2 (base group.1)

**Total value for mount = 2 + 3 = 5**

**Mount value = 4**

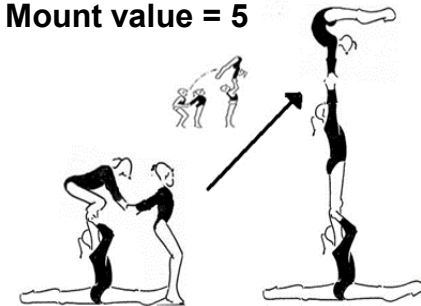


Extra difficulty for mount = 8 (base group. 4)

**Total value for mount = 4 + 8 = 12**






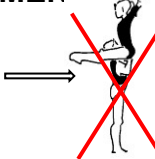
**Mount value = 5**



Extra difficulty for mount = 6 (base group

**Total value for mount = 5 + 6 = 11**

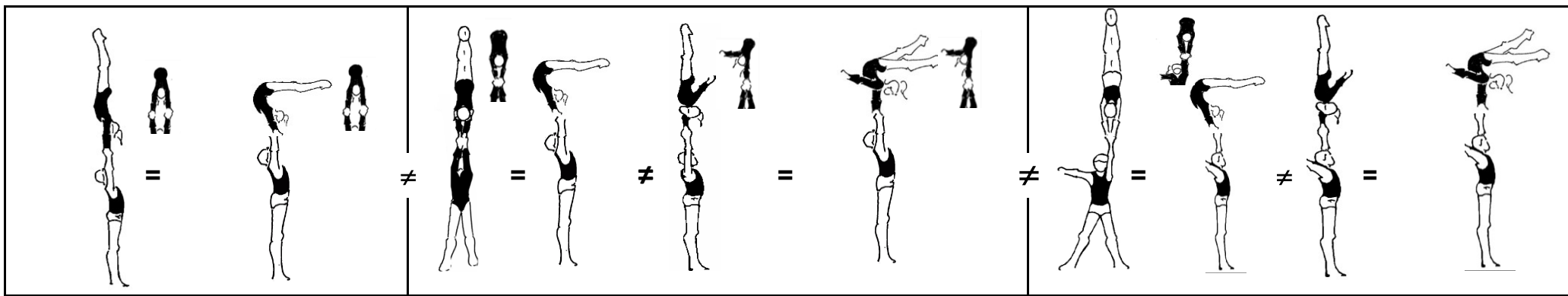
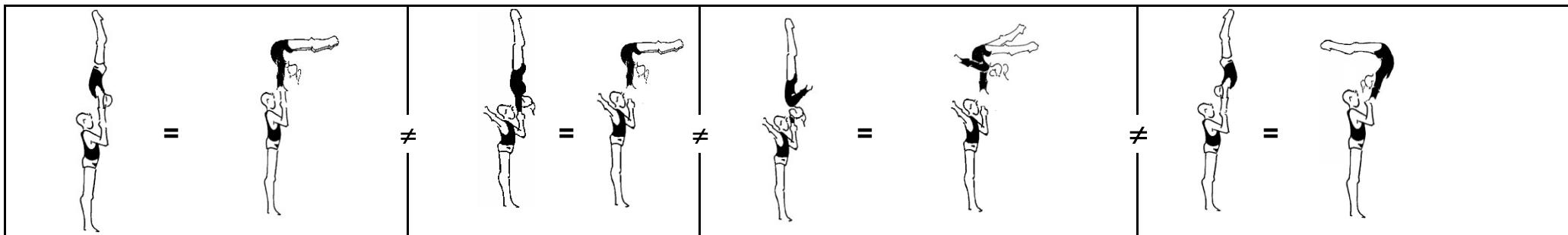
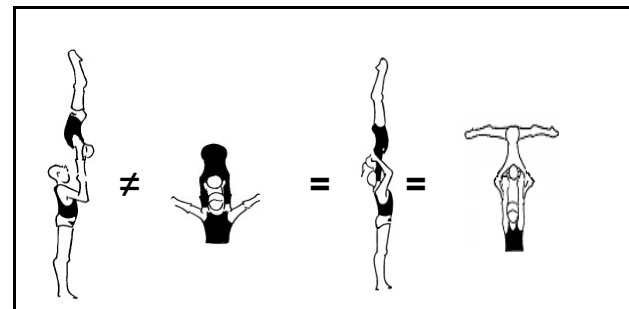
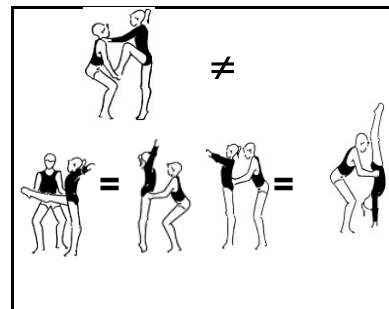
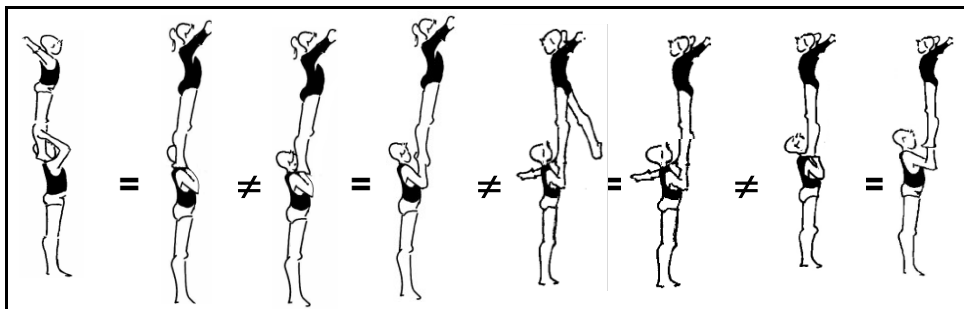
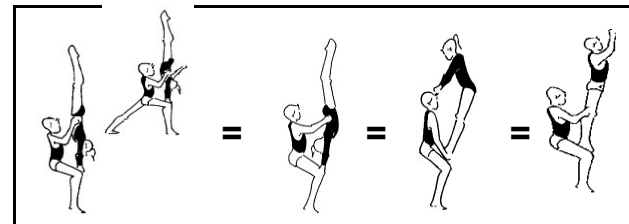
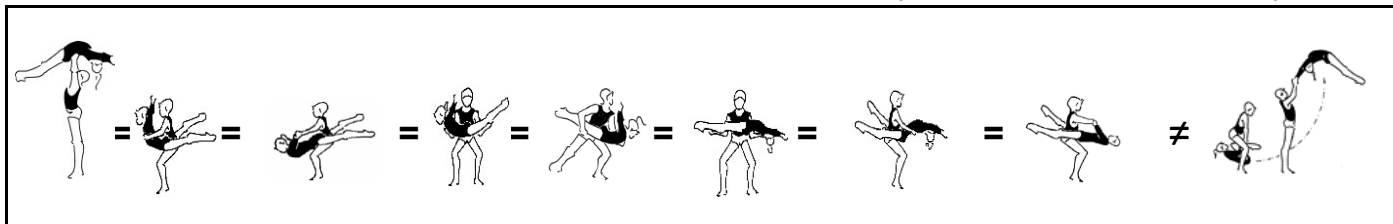
## General Restrictions

-  **FORBIDDEN HANDSTAND POSITIONS.**
- A Mexican can not be performed with the gluteal muscles or legs **resting** on the head. This is considered as additional support. 
- Russian lever by the top  can only be performed with closed legs.
- 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 considered as a forbidden position in any exercise. 
- Planche **cannot** be performed on one arm.
- Womens Pairs and Womens Groups **may not** work on the back of the neck or top on the head (**Forbidden**).  
*Except with an additional point of support (eg: holding a leg)*
- Flag can **NOT** be performed **two** on **one**.
- Straddle, crocodile and wide arm elements **cannot** be performed on bent arms of the base.



START POINTS AND CATCH POSITIONS  
**Examples** of the most typical positions.

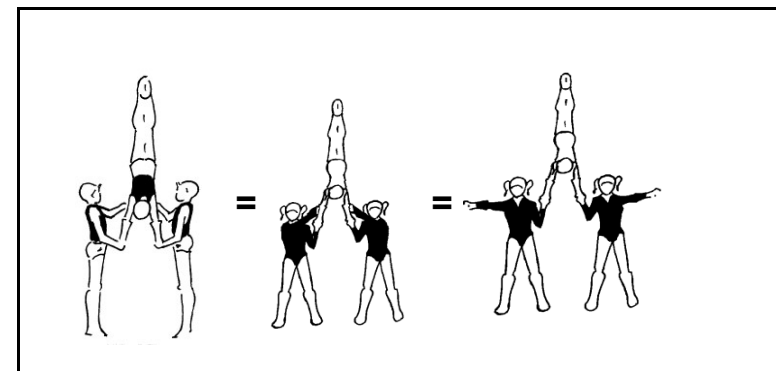
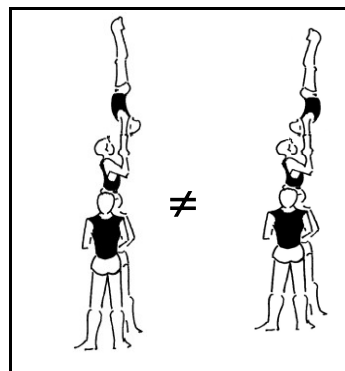
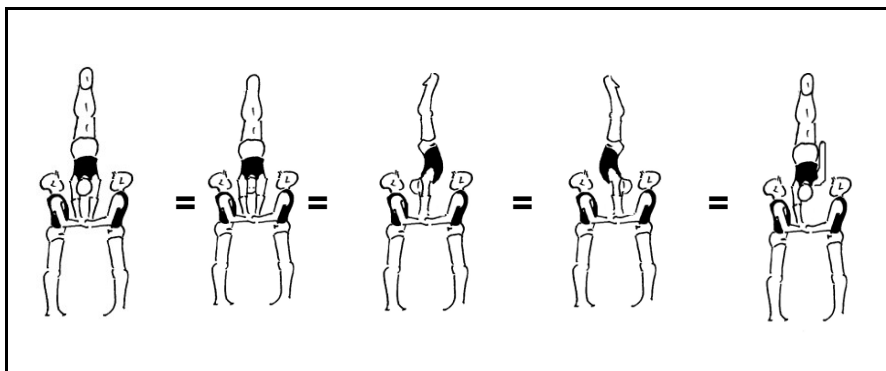
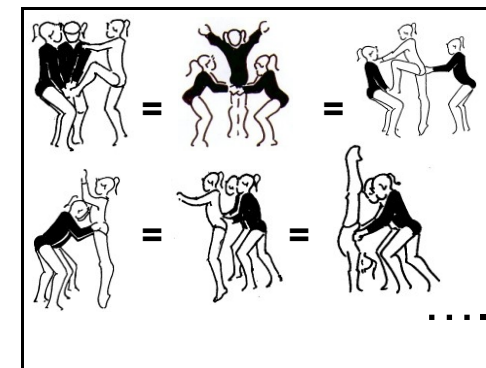
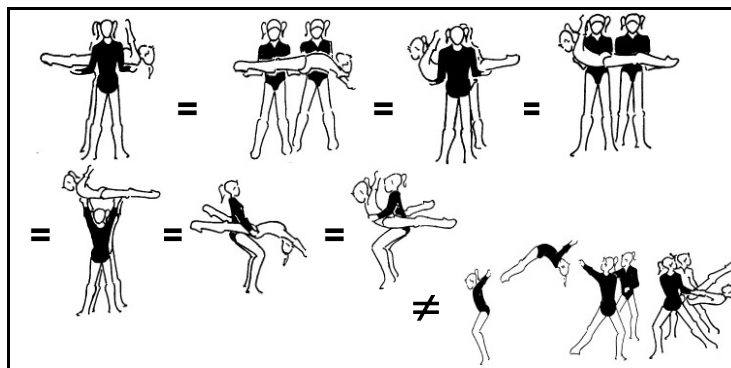
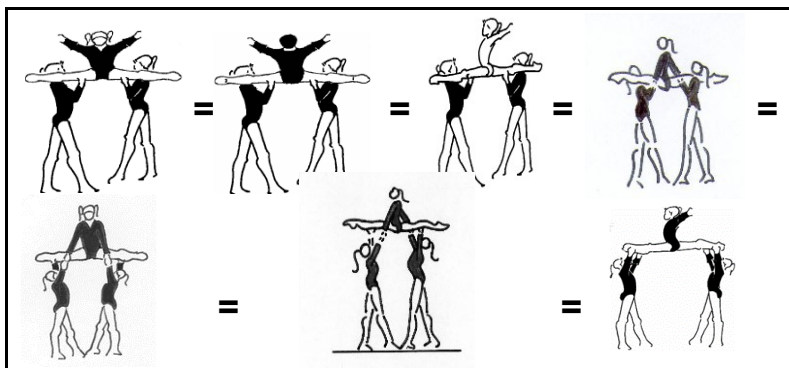
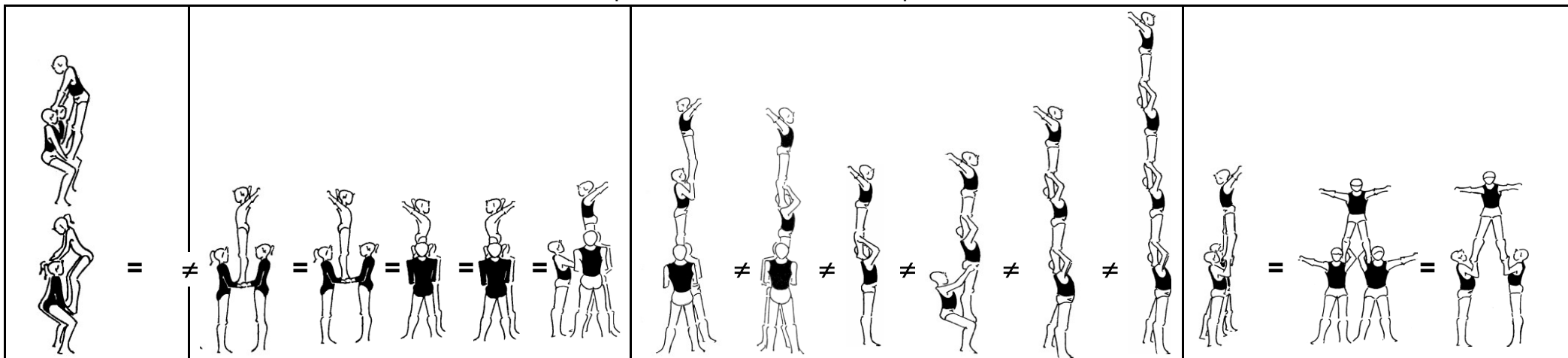
The same position = The different positions ≠



START POINTS AND CATCH POSITIONS

Examples of the most typical positions.

The same position = The different positions ≠



## CATEGORIES OF HANDSTANDS

<b>A</b>		<b>B</b>	
		<b>D</b>	
<b>C</b>		<b>D1</b>	

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 and 2 on 1 handstands.

## CATEGORIES OF MISCELLANEOUS ELEMENTS

<b>A</b>		<b>A1</b>		<b>B</b>		<b>C</b>		<b>D</b>	
<b>E</b>					<b>F</b>				
<b>H</b>		<b>I</b>			<b>J</b>		<b>K</b>		

## CATEGORIES OF FOOTSTANDS

<b>A</b>		<b>E</b>	
<b>B</b>			
<b>C</b>			
<b>D</b>			
		<b>F</b>	
		<b>G</b>	

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

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

# Example

**Pairs**

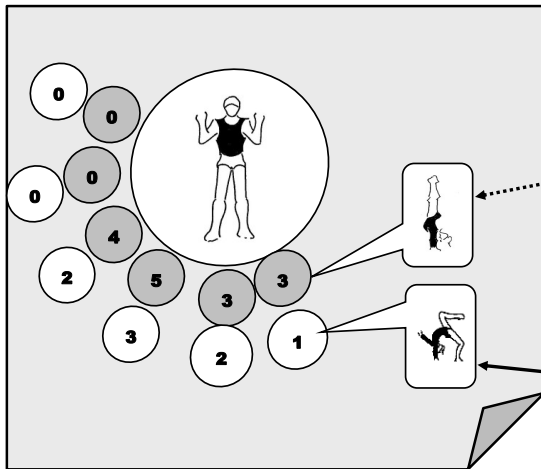
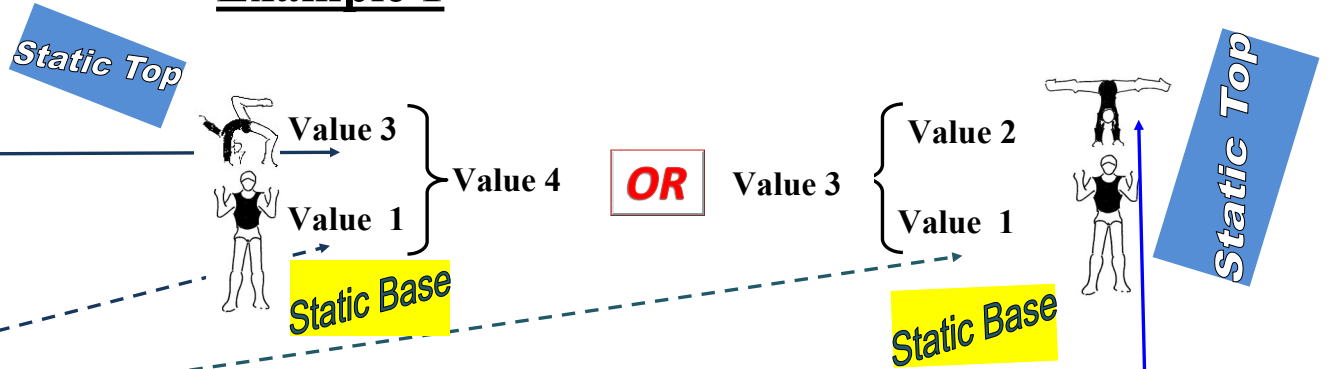
**Static Base**

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

**Static Top**

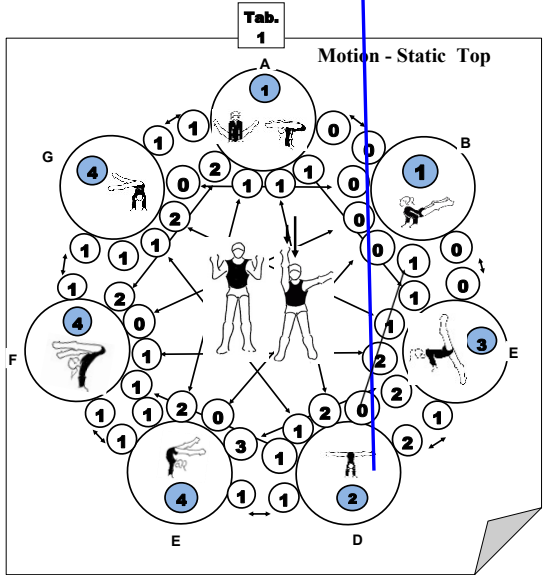
Nr	Position Top	Value
1		1
2		3
3		
4		
5		

## Example 1



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

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



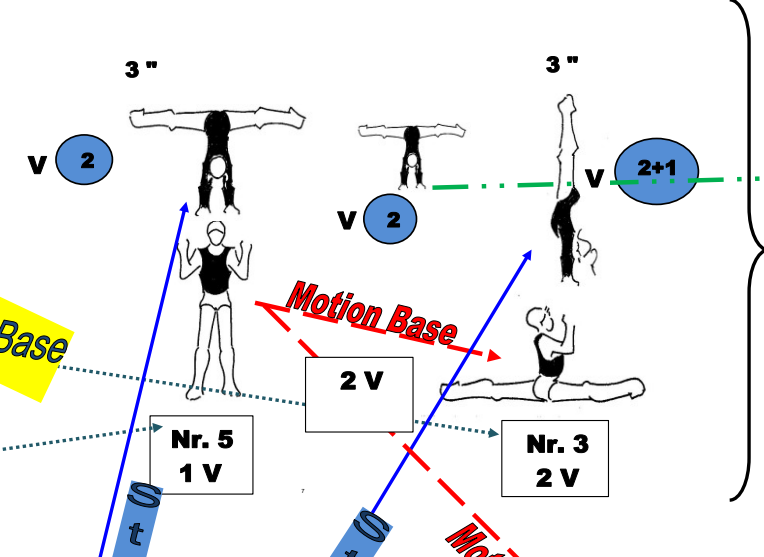


# Example 2

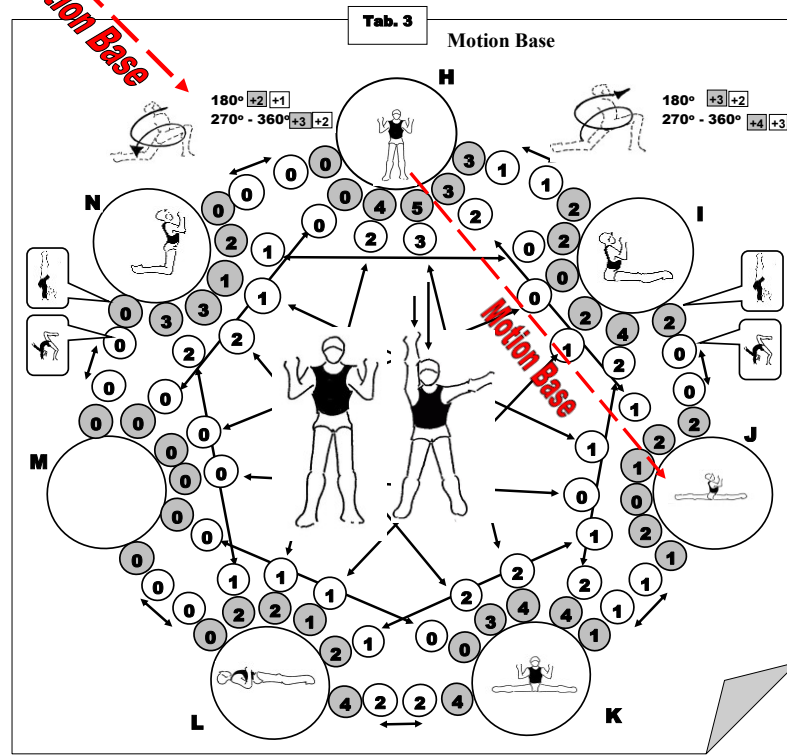
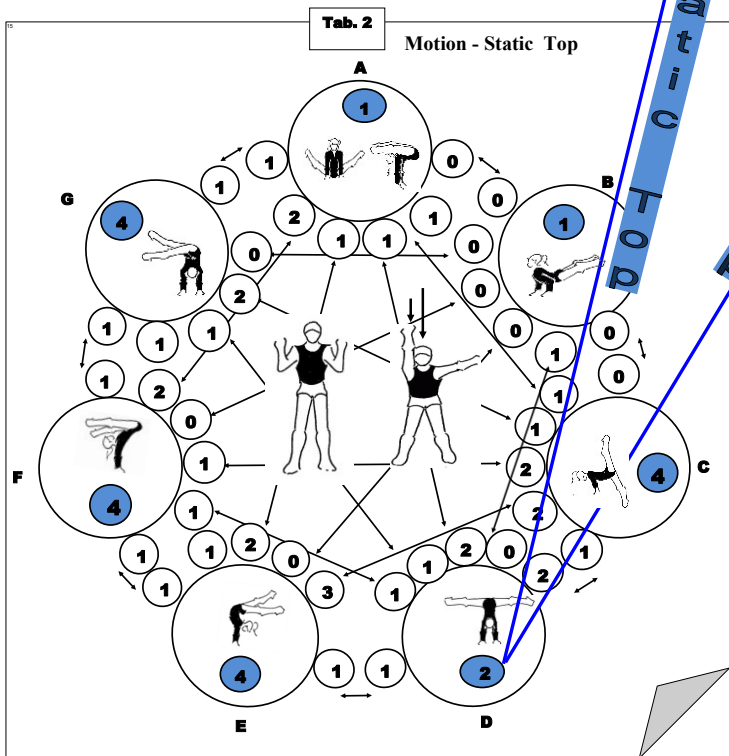
Pairs  
Static Base

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

Static Base  
Static Base



Nr. 5	= 1 V (Static Base)
Tab. 2	= 2 V (Static Top)
Tab.2	= 2 V (Static Top during Motion Base)
Tab.3	= 2 V (Motion Base)
Nr. 3	= 2 V (Static Base)
Tab.2	= 2 V (Static Top) +1 V (Top legs together)
<hr/>	
	= 12 V



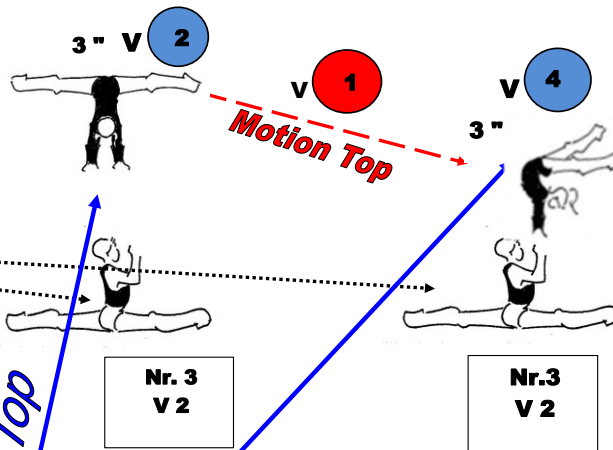
# Example 3

Pairs

Static Base

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

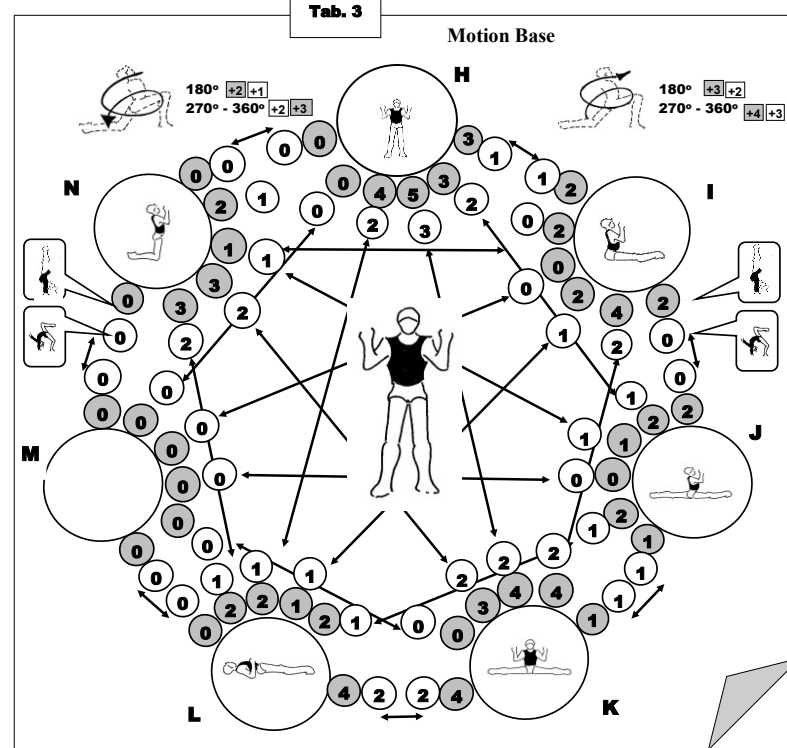
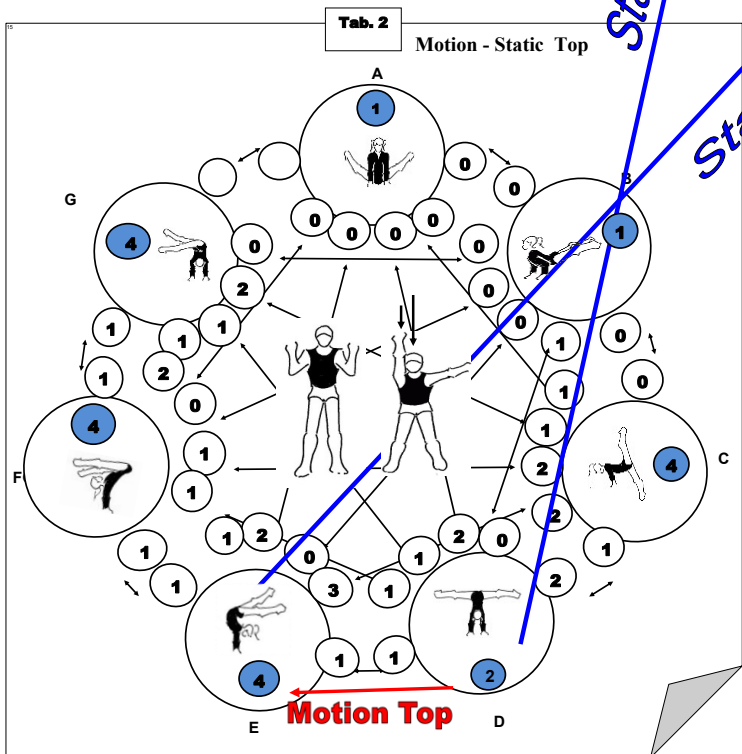
**Static Base**



**Nr. 3 = 2 V (Static Base)**  
**Tab. 2 = 2 V (Static Top)**  
**Tab. 2 = 1 V (Motion Top)**  
**Tab. 2 = 4 (Static Top)**  
**Nr. 3 = 2 V (Static Base)**

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**= 11 V**





# Balance Elements

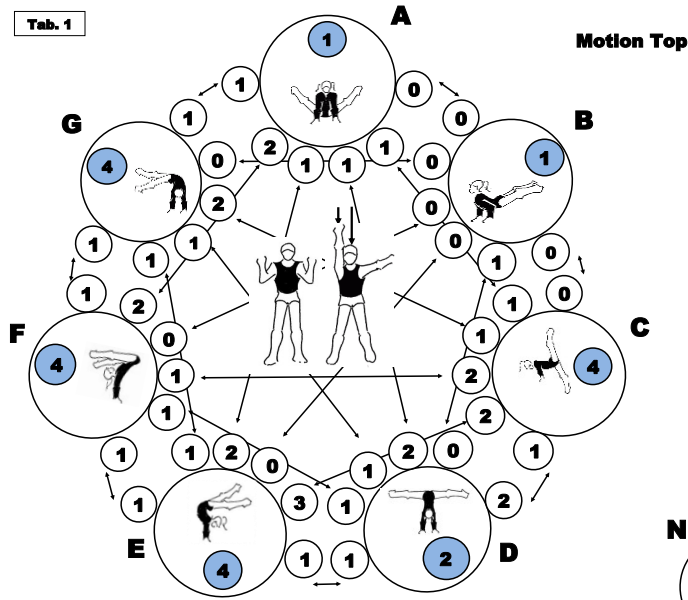
## Pairs Static Base

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

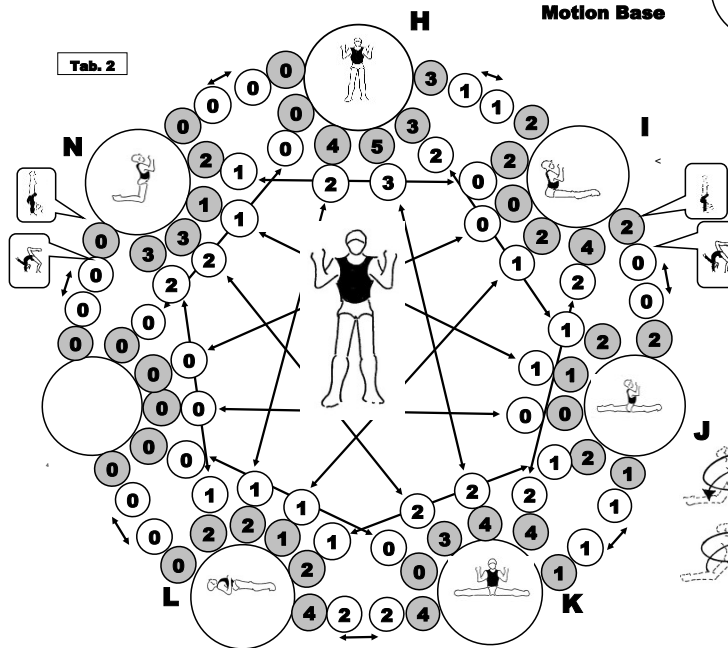
## Static Top

1		1	3		2
2		3			

Tab. 1



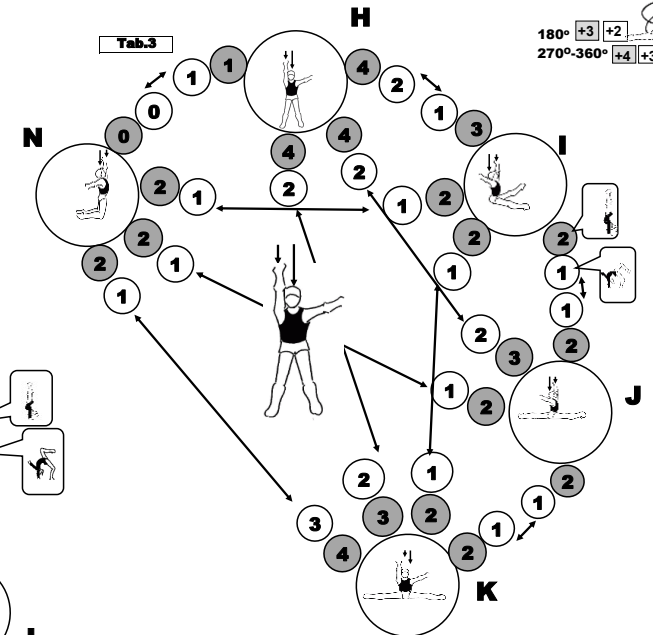
Tab. 2



Motion Top

Motion Base

Tab. 3



180° +2 +1  
270°-360° +3 +2

180° +3 +2  
270°-360° +4 +3

180° +2 +1  
270° - 360° +3 +2

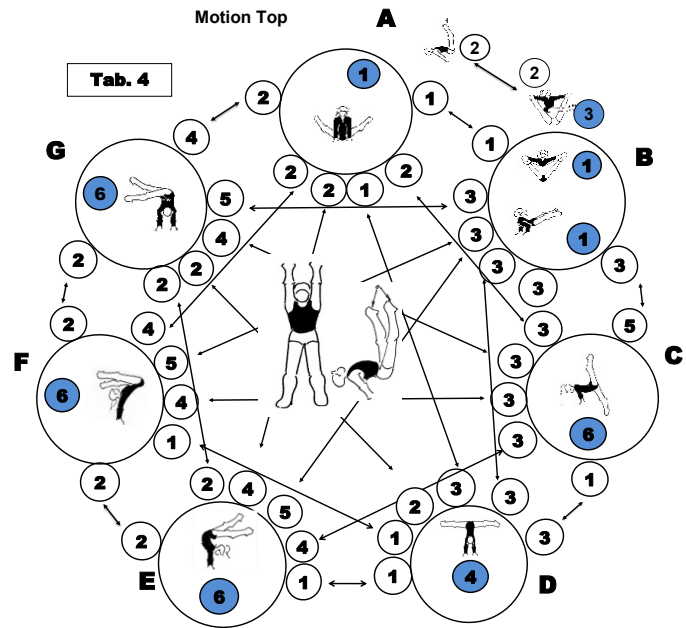
180° +3 +2  
270° - 360° +4 +3

# Balance Elements

## Pairs

**Static Base**

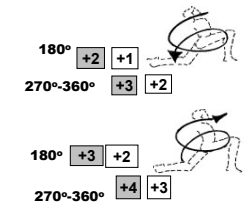
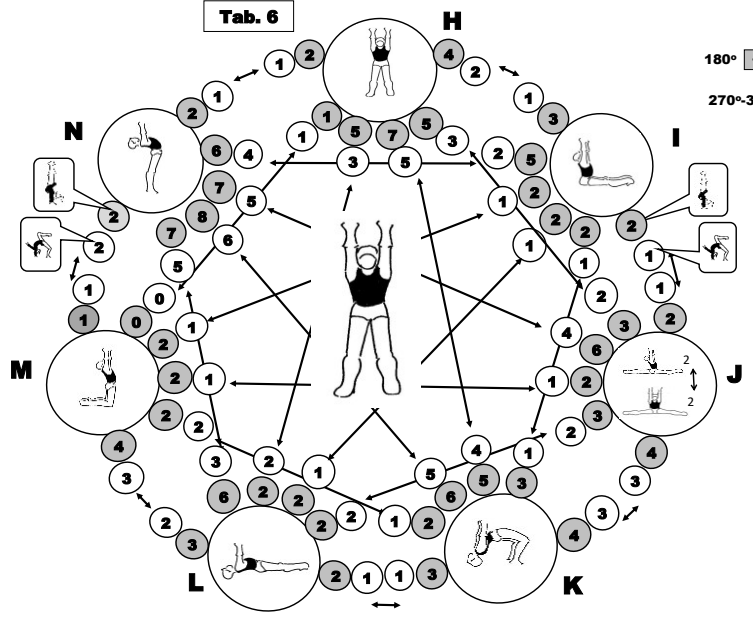
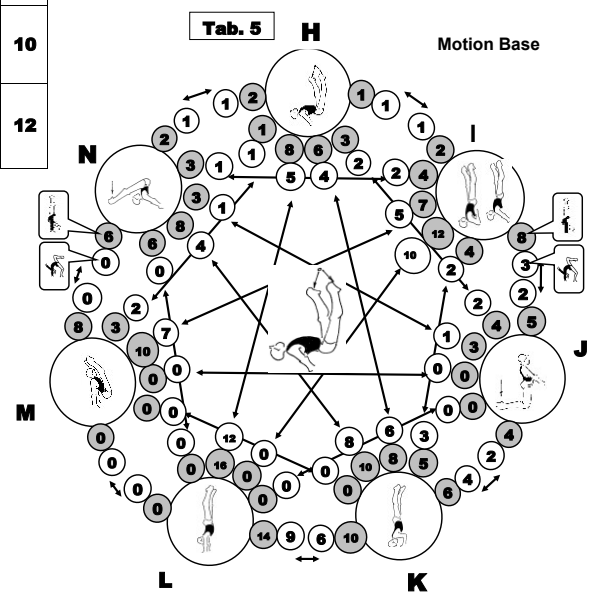
Nr	Position Base	Value
1	+1	1
2		1
3		1
4	+2	3
5		6
6		8
7		16
8		10
9		12



**Static Base**

Nr	Position Base	Value
10		1
11		2
12		2
13		3
14		2
15		2

Nr	Position Base	Value
16		2
17		3
18		4
19		1



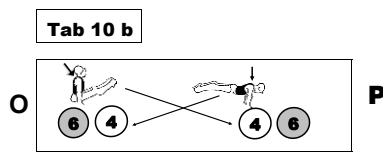
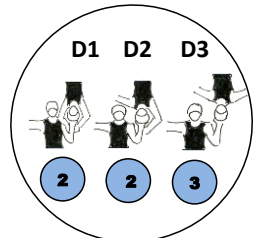
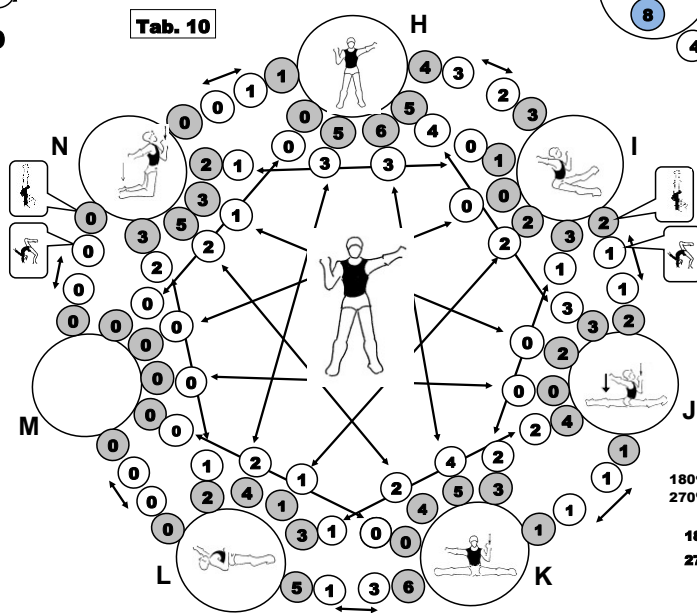
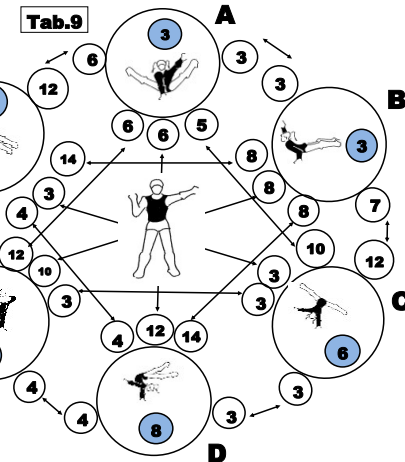
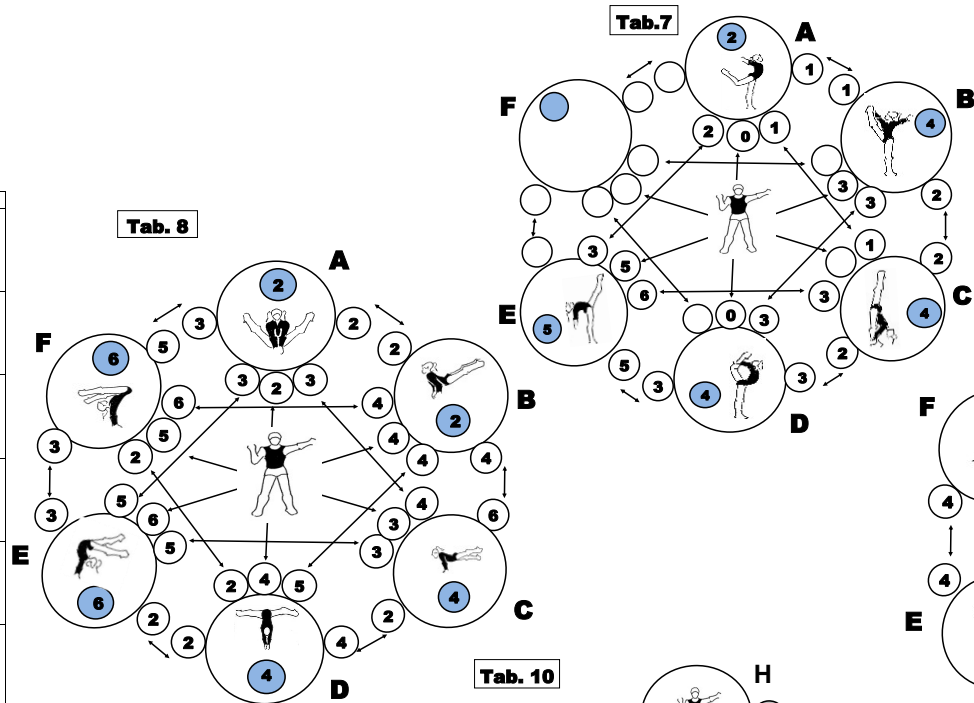
# Balance Elements

Pairs

Static Base

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

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



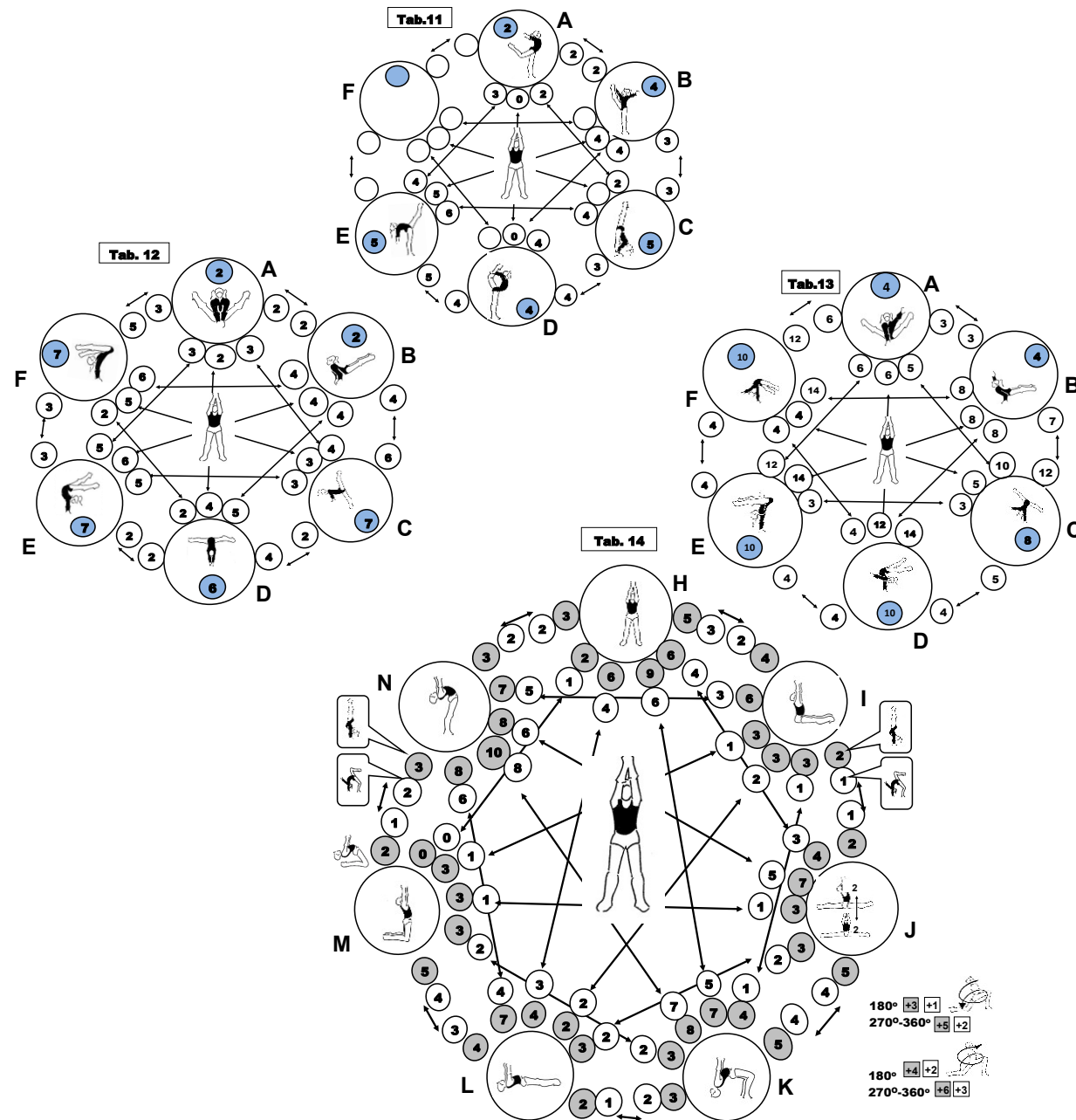
180° +2 +1  
270°-360° +4 +2  
180° +3 +2  
270°-360° +5 +3

# Balance Elements

Pairs

Static Base

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











# Balance Elements

## Pairs

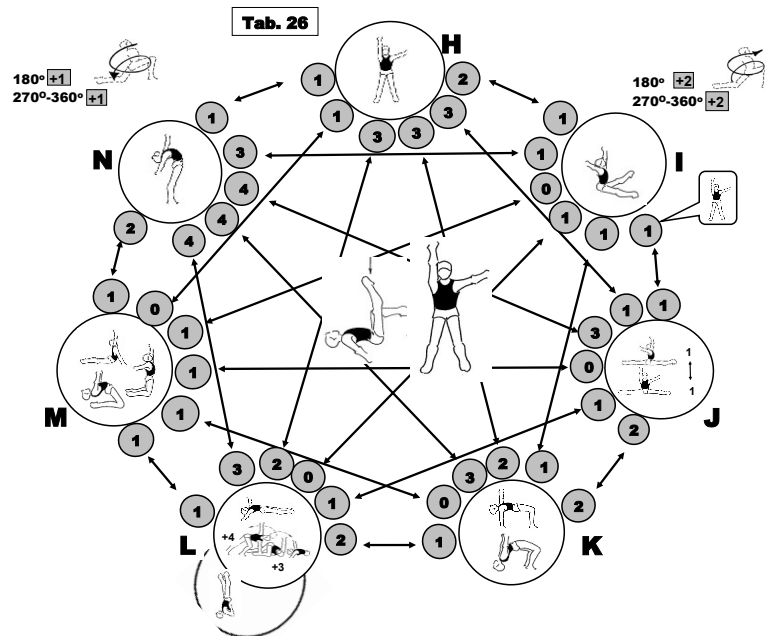
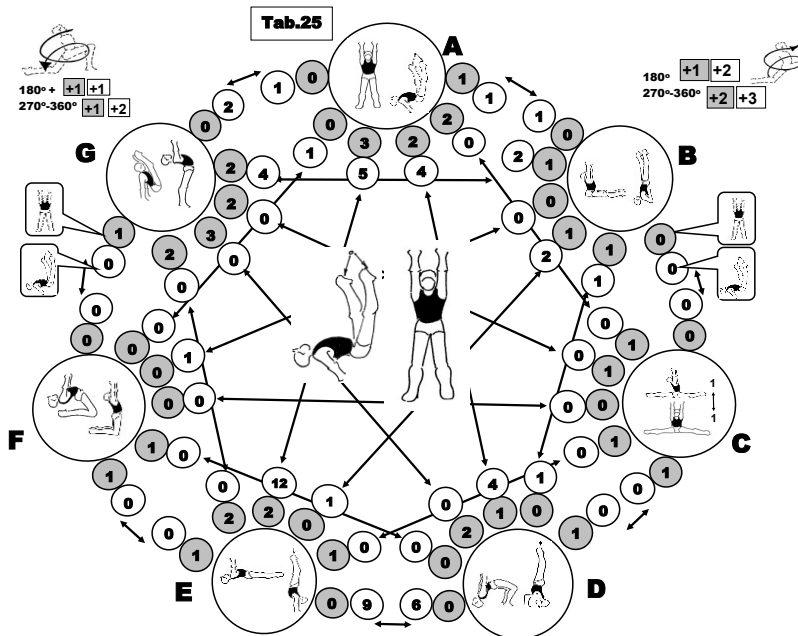
Nr	Position Base	Value
1		1
2		1
3		1
4		1
5		1
6		1
7		1

## Static Base

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

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

22		1
23		1
24		17
25		1



## Static Top

Nr	Position Top	Value
1		1
2		2
3		1
4		1
5		3
6		2
7		1
8		1
9		2
10		1
11		1
12		3
13		1
14		2
15		3



# Balance Elements

## Pairs

### Static Base

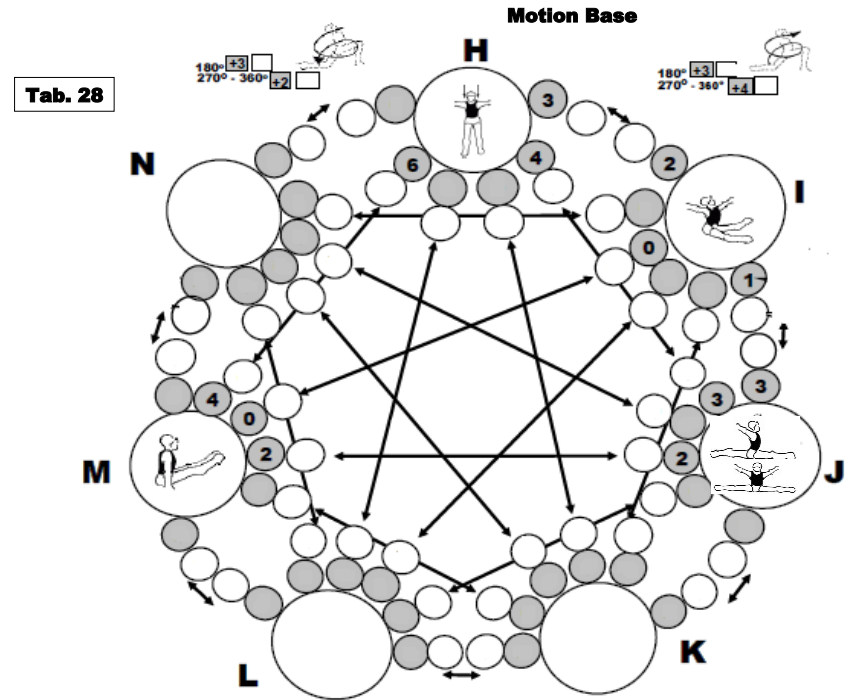
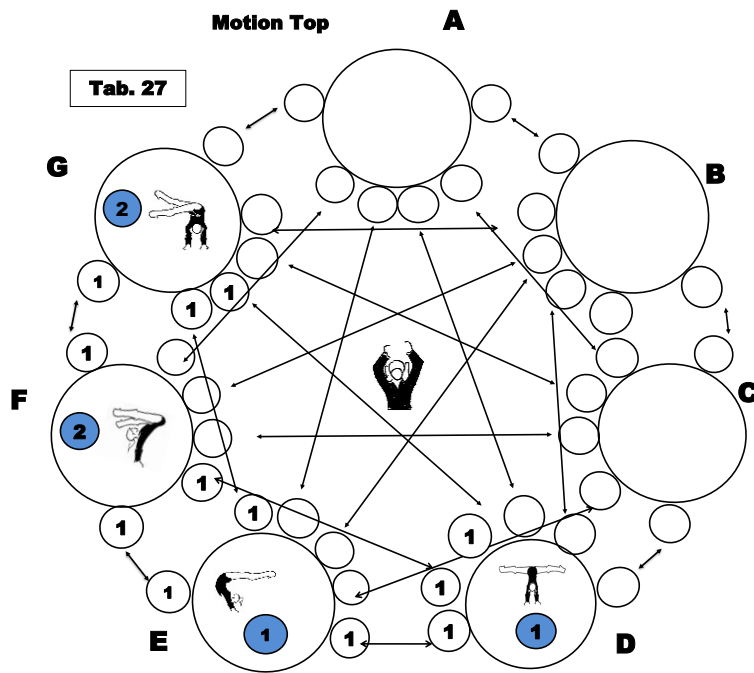
Nr	Position Base	Value
1		1
2		1
3		2
4		1
5		1
6		2
7		8

Nr	Position Base	Value
8		1
9		1
10		1
11		2

Nr	Position Base	Value
12		1
13		2
14		1
15		2

Nr	Position Base	Value
16		1
17		1
18		2
19		2

Nr	Position Base	Value
20		5



Nr	Position Top	Value
1		1
2		2
3		1
4		2

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



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

Balance Elements

Pairs

Mounts (V static hold included)

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

Balance Elements

Pairs

Mounts (V static hold included)

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

# Balance Elements

Pairs

Mounts (V static hold included)

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

# Balance Elements

Pairs


















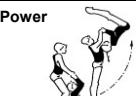

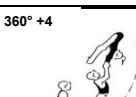
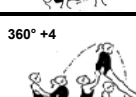
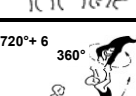
Mounts (V static hold included)

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

# Balance Elements

**Pairs**

**Mounts (V static hold included)**

																																									
		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
<b>A</b>		10	13	17	13	17	21	13	18	24	23	24	12	17	15	19	26	25	34	19	22	31	39	39	18	22	31	39	39	18	31	39	17	20	25						
<b>B</b>		8	12	16	10	14	18	10	14	18	10	18	9	13	13	18	25	24	33	15	19	27	26	35	15	19	27	26	35	15	27	35	15	17	22						
<b>C</b>		6	10	14	10	14	19	10	14	18	10	18	9	13	11	15	22	21	31	15	18	26	25	36	15	18	26	25	36	15	26	36	14	16	21						
<b>D</b>		10	14	18	14	18	22	14	18	22	14	22	13	17	16	21	28	27	36	20	24	35	30	41	20	24	35	31	40	20	35	41	20	22	27						
<b>E</b>		14	18	21	18	22	26	18	23	29	18	28	17	22	20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24	39	45	24	26	35						
<b>F</b>		14	18	21	18	22	26	18	23	29	18	28	17	22	20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24	39	45	24	26	35						

# Balance Elements

**Pairs**

**Mounts (V static hold included)**

		<b>A</b>					<b>B</b>					<b>C</b>					<b>D</b>					<b>E</b>																			
		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
<b>A</b>		7	11	15	11	15	19	11	15	19	11		19	11	15		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		43	24	29		32	
<b>B</b>		7	11	15	11	15	19	11	15	19	11		19	11	15		12	16	21	21	27	16	19	25	25	31	15	18	24	24	30	16		25		31	16	18		22	
<b>C</b>		6	10	14	10	14	18	10	14	18	10		18	10	14		11	15	20	20	26	15	18	24	24	30	14	17	23	23	29	15		24		30	15	17		21	
<b>D</b>		11	14	18	14	18	22	14	18	22	14		22	14	18		16	21	28	27	34	20	24	32	31	40	20	24	32	31	40	20		32		40	21	24		30	
<b>E</b>		11	16	23	15	20	27	15	20	27	15		27	14	19		16	22	29	28	37	20	25	34	33	42	20	35	34	33	42	20		34		32	19	24		29	
<b>F</b>		11	14	18	14	18	22	14	18	22	14		22	14	18		22	26	37	33	43	22	26	37	33	43	22	26	37	33	43	22		37		43	29	30		32	



# Balance Elements

Pairs

Mounts (V static hold included)

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



# Balance Elements

## Pairs

## Mounts (V static hold included)

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

# Balance Elements

Pairs




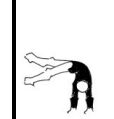
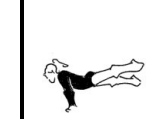
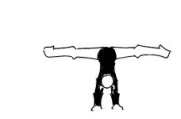



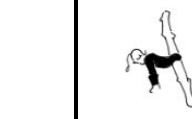
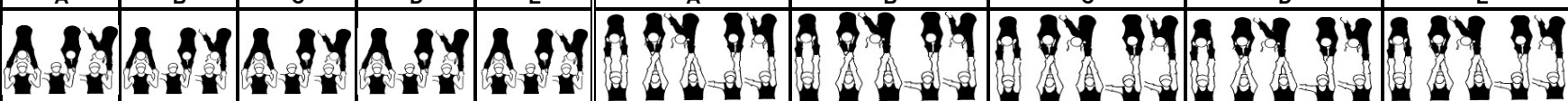
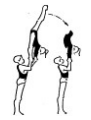



Mounts (V static hold included)

		Balance Elements															Mounts (V static hold included)																								
		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°+3	7	11	15	11	15	19	11	15	19	11		19	10	14		17	22	28	27	38	21	25	36	31	42	21	25	36	31	42	21		36		42	20	23		28	
	 180°	8	12	16	12	16	20	12	16	20	12		20	11	15		14	19	26	25	34	18	22	30	29	38	18	22	32	29	38	18		32		38	17	20		25	
		6	10	14	10	14	18	10	14	18	9		14	12	16		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17		22	
		7	11	15	11	15	19	11	15	19	11		19	11	15		12	17	24	23	32	16	20	28	27	36	16	20	29	27	36	16		28		36	16	18		23	
		9	13	17	13	17	21	13	17	21	13		21	12	16		14	19	26	25	34	18	22	31	29	38	18	25	30	29	38	18		30		38	17	20		25	
	F	 Inverted hands	8	12	16	12	16	20	12	16	20	12		20	12	16		13	17	22	22	28	17	20	26	26	32	16	19	25	25	31	17		26		32	17	18		23

# Balance Elements

## Pairs

## Mounts (V static hold included)

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

# Balance Elements

Pairs

Mounts (V static hold included)

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

# Balance Elements

**Pairs**

**Mounts (V static hold included)**

		A				B			C					D			E			F			G			
		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
A		3	4		8	4	6		5	10	13	7	15	25	7	17	27	8	17	27	9	17	26	11	21	36
		4	5			5	5		8	9	19	8	13	25	7	15	27	9	13	26	10	16	26	13	18	36
C																15	19									
D		5	6			5	6		7	10	21	9	18	28	8	21	31	10	21	31	11	21	31	13	21	33
E		3	4			4	5		6	9	12	6	14	23	8	15	26	8	15	24	9	13	17	11	21	39
F		3	4			4	4		6	9	12	6	11	17	8	15	22	8	12	22	9	13	17	11	17	26
G		3	6			5	8		9	13	18	9	13	24	11	19	27	10	16	25	11	15	24	21	30	43
H		3	8			5	8		10	17	23	10	18	28	12	25	33	12	19	30	13	19	30	16	32	45
I		5	10																							

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS  
Dynamic Elements



# Dynamic Elements

## Pairs

	4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	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**

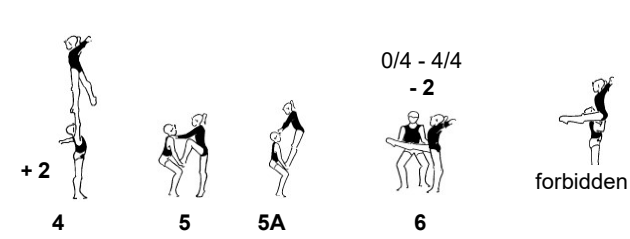
**Back Salto**

**Finish Position**

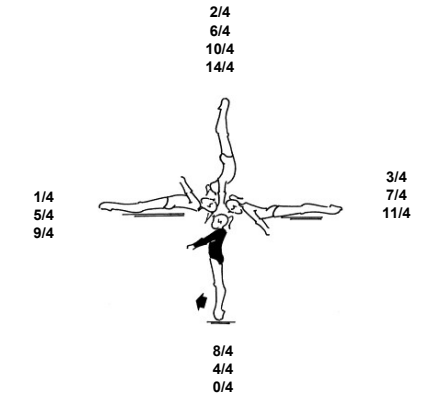
**Start**

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

		A	B	C	D	E	Base turns 180° + 2					top 180°					Base turns 180° + 2							
							F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
1	1																	0/4	0	1	3	2	4	
	2	4	1	1	1	3							4	2			6	2	14	17	17	22	2	
	3	4	1	1	1	3							5	3			7	3	16	19	19	24	3	
	4	4	1	1	1	3	20	24	28	24	28	34	6	4			8	4	18	21	21	26	4	
2	5	10	7	4	8	8	30	36	40	44			16	14			17	14	34				8	
	6	12	8	5	9	10	30	36	40	44			18	16			19	16	44				10	
	7																	16					10	
	8																	19					12	
3	9	16	10	7	11	12	36	42	46	50			26	24			27	24					16	
	10		15	14														34						
	11		17	16														44						
	12		17	16																				
+1 (8/4)	13		20	19																				
	14		25	23																				



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



# Dynamic Elements

**Pairs** top 180° Base turns 180° + 2 Base turns 180° + 2

**Front Salto**

**Finish Position**

**Start**

7

8

+ 1

9

8/4 + 3

+ 2

10

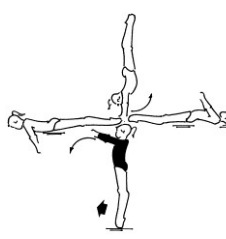
11

12

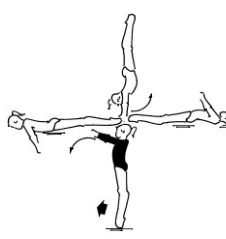
forbidden

		A	B	C	D	E	Base turns 180° + 2						Base turns 180° + 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	0	
	2	5	1	1	1	4	2	5	11	14	9	15	19	3	5	3	/	/	7	4	3	18	20	20	24	2
	3	5	1	1	1	4	2	5	11	14	9	15	19	4	6	4	/	/	8	4	4	20	22	22	26	3
	4	5	1	1	1	4	2	5	11	14	9	15	19	5	7	6	/	/	9	5	5	22	24	24	30	4
5 / 4	5	9	7	4	8	10	10	26	29	33	30	36	42	6	18	16	/	/	20	6	16	38				10
	6	10	8	5	9	12	10	26	29	33	30	36	42	7	20	18	/	/	22	7	18	48				12
	7													8			/	/		8	18					12
	8													9			/	/		9	22					14
9 / 4	9	12	10	7	11	14	12	30	33	37	34	40	46	10	30	28	/	/	32	10	27					16
	10		18	13	21		26							11			/	/		11	38					
	11		20	15	23		30							12			/	/		12	48					
	12		20	15	23									13			/	/		13						
13 / 4	13		24	19	27									14			/	/		14						
	14		29	24	32		40										/	/		15						

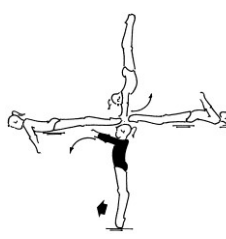
	A	B	C	D	E	F	G	H	
Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36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



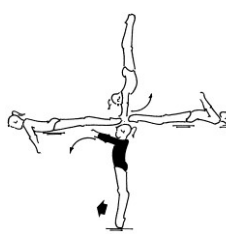
1/4  
5/4  
9/4



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



3/4  
7/4  
11/4



8/4  
4/4  
0/4

# Dynamic Elements

**Pairs**      top 180°      Base turns 180° + 2      Base turns 180° + 2

**Back Salto**

**Finish Position**

**Start**

13

14

15

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

		A	B	C	D	E	GAINER					L	M	N	O	P	Base turns 180° + 2							
							F	G	H	I	J	K					Q	R	S	T	U	V	W	
1 / 4	1																0/4	2	3	5	4	6		9
	2		3	2													4	24	28	32	28	34	18	40
	3		3	2			2	1	4	7	6	9					4	26	30	34	30	36	20	42
	4		3	2			2	1	4	7	6	9					4	28	32	36	32	38	22	44
5 / 4	5					9	7	22	26	26	30	7					50							
	6			7		11	8	24	28	28	32	8					60							
	7																							
	8																							
	9			10			13	10	30	34	34	38	10											
9 / 4	10			18		18	28																	
	11			20		20	38																	
	12			20		20																		
	13			23		22																		
	14			28		26	48																	

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

8/4  
4/4  
0/4

3/4  
7/4  
11/4

1/4  
5/4  
9/4

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

# Dynamic Elements

**Pairs**

**Front Salto**

**Finish Position**

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

GAINER

Start

20

21

22

+1

23

+1

+2

+3

24

25

26

27

28

		A	B	C	D	E	Base turns 180° + 2						top 180°					Base turns 180° + 2								
							F	G	H	I	J	K	L	M	N	O	P		Q	R	S	T	U	V	W	X
1	1																	0/4	1	2	3	5	4	6		9
	2	2	1				1	6	9	9	12		3	4	2	4	7	4	6	20	24	28	20	26	16	32
	3	2	1			2	1	6	9	9	12		4	4	2	4	7	4	8	26	28	30	32	34	18	34
	4	2	1			2	1	8	10	12	14		4	4	2	4	7	4	10	28	30	32	32	34	20	36
5	5		8			10	9	20	24	24	30	9	7	12	8	16	17	8	24	40						32
	6		9			12	11	22	26	26	32	11	7	14	10	18	19	8	28	50						36
	7																	8								
	8																	8								
9	9		18				13	28	32	32	40	13	11	20	16	12	20	12								
	10		22				32						11					12								
	11		22				42						11					12								
	12		22										11					12								
10	13		24																							
	14		26																							
	15						14																			
							42																			

	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	11	13
3	2/4	4	4	8	8	13	13	18
4	3/4	1	3	5	7	9	12	14
5	4/4	4	8	12	16	20	24	29
6	5/4	2	4	6	8	10	13	16
7	6/4	4	8	10	14	16	20	22
8	7/4	3	5	7	10	13	17	20
9	8/4	9	18	27	36			
10	9/4	8	16	24	32			
11	10/4	8	16	24	32			
12	11/4							

Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	11	13
3	2/4	4	4	8	8	13	13	18
4	3/4	1	3	5	7	9	12	14
5	4/4	4	8	12	16	20	24	29
6	5/4	2	4	6	8	10	13	16
7	6/4	4	8	10	14	16	20	22
8	7/4	3	5	7	10	13	17	20
9	8/4	9	18	27	36			
10	9/4	8	16	24	32			
11	10/4	8	16	24	32			
12	11/4							

8/4  
4/4  
0/4

3/4  
7/4  
11/4

1/4  
5/4  
9/4

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

4

5

# Dynamic Elements

**Pairs**

**Back Salto**

**Finish Position**

Start

29

30

31

32

Base turns 180° + 2

top 180°

Base turns 180° + 2

GAINER

		A	B	C	D	E							M	N	O	P	Q															
1 / 4	1						2							3						4						0/4	0	2	4	3	5	
	2	3	1	1	1		3	10	16	22	14	22	28	4	2				7	4	2				4	2	4	3	5			
	3	3	1	1	1		3	10	16	22	14	22	28	5	3				8	3					3	14	17	16	21	3		
	4	3	1	1	1	2	3	10	16	22	14	22	28	6	4				10	4					4	16	19	18	23	4		
5 / 4	5	12	6	2	7	10	6	14	30	34	38	34							17	16					15	36				9		
	6	14	7	3	8	12	6	14	30	34	38	34							19	18					17	46				11		
	7						6																		17					11		
	8						6																		20					13		
	9	16	9	5	10	14	6	18	34	40	44	42							27	26					25					17		
9 / 4	10		16	11			10																		36							
	11		18	13			10																		46							
	12		18	13			10																									
	13		22	16			10																									
	14		27	20			10																									

	A	B	C	D	E	F	G	H	
1	0/4	1	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12	14
3	2/4	-2	7	5	12	10	18	16	24
4	3/4	1	3	4	6	8	10	12	14
5	4/4	3	4	6	8	11	14	17	20
6	5/4	3	4	6	8	11	14	17	20
7	6/4	-2	12	8	16	12	24	20	32
8	7/4	3	5	7	9	12	15	18	22
9	8/4	4	8	12	16	20	24	28	32
10	9/4	4	6	8	11	14	18	22	28
11	10/4								
12	11/4								
13	12/4	8	14	20	26				

33

34

34a

+ 2

2/4

6/4

10/4

14/4

1/4

5/4

9/4

3/4

7/4

11/4

8/4

4/4

0/4

# Dynamic Elements

top 180°

Pairs

Front Salto

Finish Position

Base turns 180° + 2

Base turns 180° + 2

GAINER

Start

35

36

37

38

39

40

41

42

		A	B	C	D	E	Base turns 180° + 2						Base turns 180° + 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	2	4	3	5	0
	2	2	1	1	1	3	2	5	9	12	8	13	17	7	3			9	4	2	14	17	17	22	2
	3	2	1	1	1	3	2	7	9	12	9	13	17	8	4			10	4	3	16	19	19	24	3
	4	2	1	1	1	3	2	7	9	12	9	13	17	10	5			12	4	4	18	21	21	26	4
5 / 4	5	5	8	4	8	6	10	20	23	27	24	30	36	20	18			22	8	17	40				11
	6	7	9	5	9	8	10	20	23	27	24	30	36	22	20			24	8	19	50				13
	7																		4	19					13
	8																		4	23					15
9 / 4	9	10	11	7	11	12	12	24	27	31	28	34	40	32	30			34	12	28					17
	10		20	15			28												4	40					
	11		22	17			32												4	50					
	12		22	17															4						
13 / 4	13		26	21																					
	14		32	27																					

	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	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

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

1/4  
5/4  
9/4

3/4  
7/4  
11/4

8/4  
4/4  
0/4

# Dynamic Elements

**Pairs**

**Back Salto**

**Finish Position**

**Start**

**GAINER**

**top 180°**

		A	B	C	D	E	F						L	M	N	O	P	Q								
<b>1 / 4</b>	1							<b>2 / 4</b>	3	2	2	3	4	<b>3 / 4</b>	14						<b>0/4 / 4</b>	2	0	/	0	2
	2	1	3	5	5	8	4		3	2	3	4	14							8		5	/	4	7	
	3	1	3	5	5	8	6		4	2	3	4	14							10		7	/	5	9	
	4	1	3	5	5	8	12		7	7	10	12										9	/	6	11	
<b>5 / 4</b>	5	5	14	17	16	21	5	<b>6 / 4</b>	14	9	9	12	14	<b>7 / 4</b>	28						<b>8 / 4</b>	22	20	/	/	22
	6	6	16	19	18	23	6		16	15	11	14	16		28							24	22	/	/	24
	7																						22	/	/	
	8																						25	/	/	
	9	8	18	21	20	25	8		18	18	14				34								30	/	/	
<b>9 / 4</b>	10	18						<b>10 / 4</b>	22	18				<b>11 / 4</b>							<b>12 / 4</b>			/	/	
	11	20																				/	/	/		
	12	20																				/	/	/		
	13	23					15																/	/	/	
	14	28					20		32	26													/	/	/	
<b>13 / 4</b>	15	34								38											/	/				
	16	44																			/	/				

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



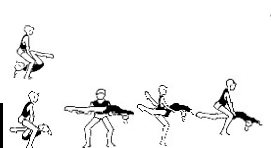
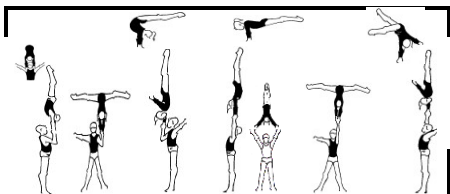
# Dynamic Elements

Pairs

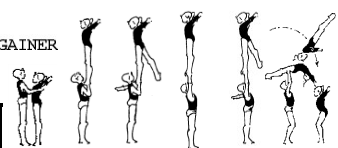
Front Salto

Finish Position

top 180°



GAINER



Start



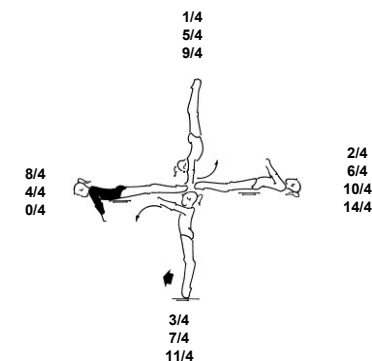
47



48

		A	B	C	D	E	F						G	H	I	J	K						L	M	N	O	P	Q						R	S	T	U	V			
1 / 4	1							2										3																	0/4	2	0	0	0	2	
	2	4	6	9	8	11	14	4	3					4	3	8	11	11	15																4	8	6	3	7	10	
	3	4	6	9	8	11	14	5	4					5	4	10	13	13	17																4	10	8	4	9	12	
	4	6	8	9	8	11	14	7	5					6	6	12	15	15	19																4	12	10	6	11	14	
5 / 4	5	16	20	24	22	26	32	6	14	12				16	7	16	40																		8	26	22				
	6	16	20	24	22	26	32	6	16	14				18	7	18	50																		8	28	24				
	7							6							7																				8						
	8							6							7																					8					
	9	20	24	28	26	32	38	10	20	18				22	11	27																				12					
9 / 4	10							10							11																				12						
	11							10							11																					12					
	12							10							11																					12					
	13							10							11																					12					
14							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	8	10	12	15	19	22	26
6	5/4	2	5	8	11	14	18	19	23
7	6/4	3	5	7	9	12	15	18	21
8	7/4	3	8	12	16	20	24	28	32
9	8/4	3	11	14	17	21	25	29	35
10	9/4								
11	10/4								
12	11/4								
13	12/4								



# Dynamic Elements

**Pairs**

**Back Salto**

**Finish Position**

top 180°

**Start**

49

50

		A	B	C	D	E	F	top 180°					GAINER													
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V			
<b>1</b> /	1																		0/4	1	0			2		
	2	4	5	7	5	10	14	3	1			3	3	1	8	10	10	14	4	5	3	1	5	5		
	3	4	5	7	5	10	14	4	1			3	4	1	10	12	12	16	4	6	4	2	6	6		
	4	4	5	7	5	10	14	5	1			3	5	2	12	15	15	18	4	8	6	3	8	8		
<b>5</b> /	5	14	17	21	16	21	27	6	10	6			12	6	14	34				10	8	14	18	12	20	20
	6	16	19	23	18	23	29	6	12	8			14	7	16	44				12	8	15	20	14	22	
	7							6						7							8	15				
	8							6						7							8					
	9	18	21	25	20	25	31	6	14	10			16	7	24					18	8					
<b>9</b> /	10							10						11							12					
	11							10						11							12					
	12							10						11							12					
	13							10						11							12					
	14							10						11							12					

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

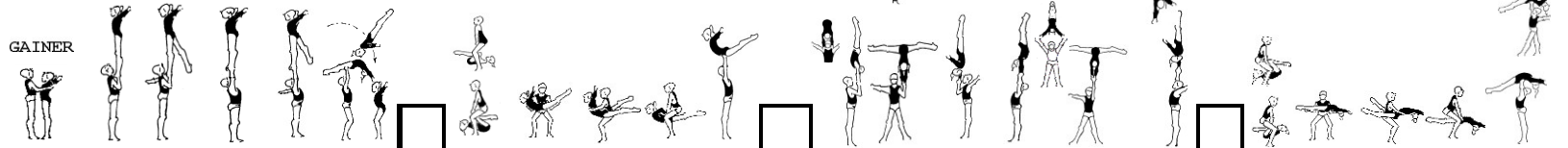
top 180°

Pairs

Front Salto

Finish Position

GAINER



Start



51



52



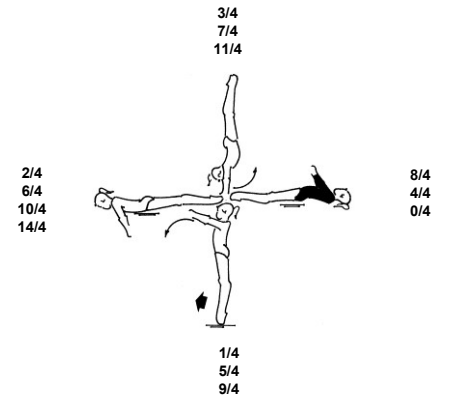
53






54

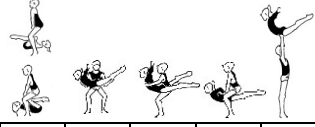
		A	B	C	D	E	F						G	H	I	J	K						L	M	N	O	P	Q						R	S	T	U	V	
1 / 4	1							2 / 4							3 / 4							4 / 4											0/4 / 4	1	0				2
	2	0	3	5	5	7			3	2	1	1	3			2	7	10	14	13	20			6	4					6									
	3	0	3	5	5	7			4	3	1	1	4			3	7	10	14	13	20			7	5					7									
	4	0	3	5	5	7			4	3	1	1	4			4	10	13	17	16	23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


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





# Dynamic Elements

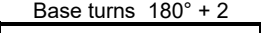




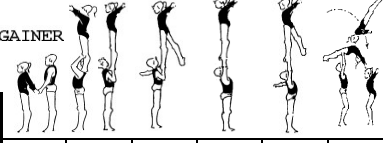
**Back Salto** 

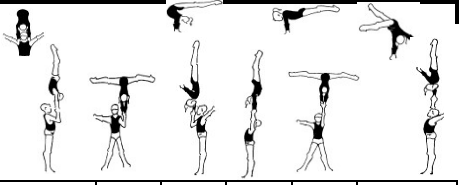
**Finish Position** 

**Pairs** 

**top 180°** 

**Base turns 180° + 2** 

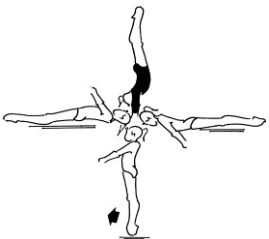
**GAINER** 

**Base turns 180° + 2** 

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

	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	5	7	9	11	13	16	19	23
8	7/4								
9	8/4								
10	9/4								
11	10/4								
12	11/4								
13	12/4								

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**

**Front Salto**

**Finish Position**

**Start**

57

58

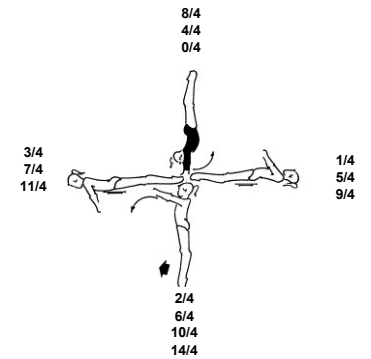
Base turns 180° + 2

top 180°

Base turns 180° + 2

		A	B	C	D	E	Base turns 180° + 2						top 180°					Base turns 180° + 2							
							F	G	H	I	J	K	L	M	N	O	P	0/4	Q	R	S	T	U	V	
1 / 4	1																	4	5	6	8	12	15	18	
	2		2	1			1	7	9	10	14		3	6	4	2	4	6	4	10	14	18	14	20	26
	3		2	1			1	7	9	10	14		3	6	4	2	4	6	4	12	16	20	20	22	28
	4		2	1			3	1	7	9	10	14		3	6	4	2	4	6	4	14	18	22	22	24
5 / 4	5		8	7			8	20	22	22	28	8	7	12	10	7	12	15	8	30					
	6		10	9			10	22	26	26	30	10	7	14	12	9	14	17	8	40					
	7																		8						
	8																		8						
	9		14	12			14	12	28	30	30	38	12	7	16	14	11	16	19	8					
9 / 4	10		19	17			26						7	33	30	26	29	33	12						
	11		23	21			36						7	37	38	36	39	37	12						
	12			21									11						12						
	13			23									11						12						
	14			25									11						12						
13 / 4	15												15	48				12							
























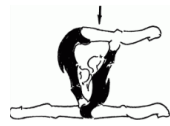
	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	11	13
3	2/4	4	4	8	8	13	13	18
4	3/4	1	3	5	7	9	12	14
5	4/4	4	8	12	16	20	24	29
6	5/4	2	4	6	8	10	13	16
7	6/4	5	7	9	12	15	19	22
8	7/4	3	5	7	10	13	17	20
9	8/4	9	18	27	36			
10	9/4	8	16	24	32			
11	10/4	8	16	24	32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



FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



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

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

**Women's Group**

**How to look for the value of the top.**

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

**The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds can be found on pg 61-64.**

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





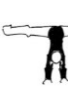




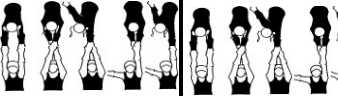
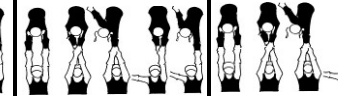









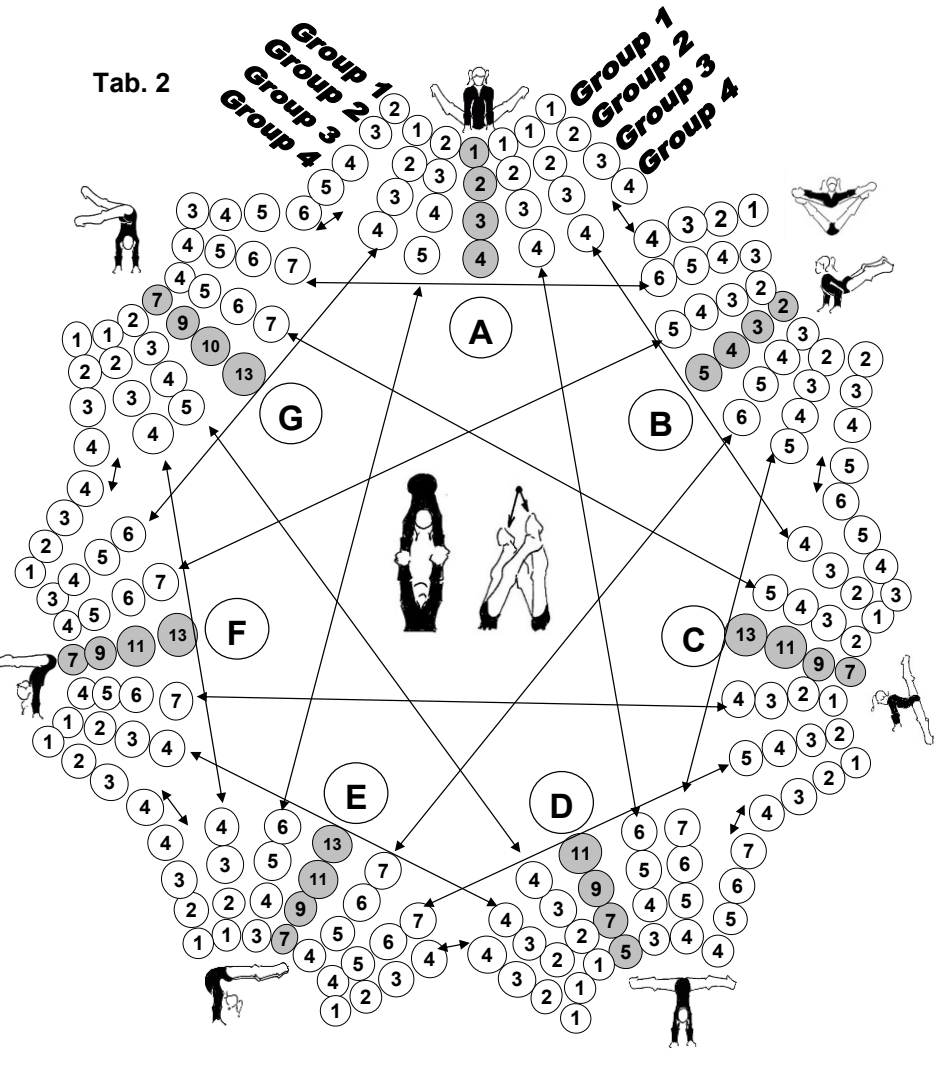
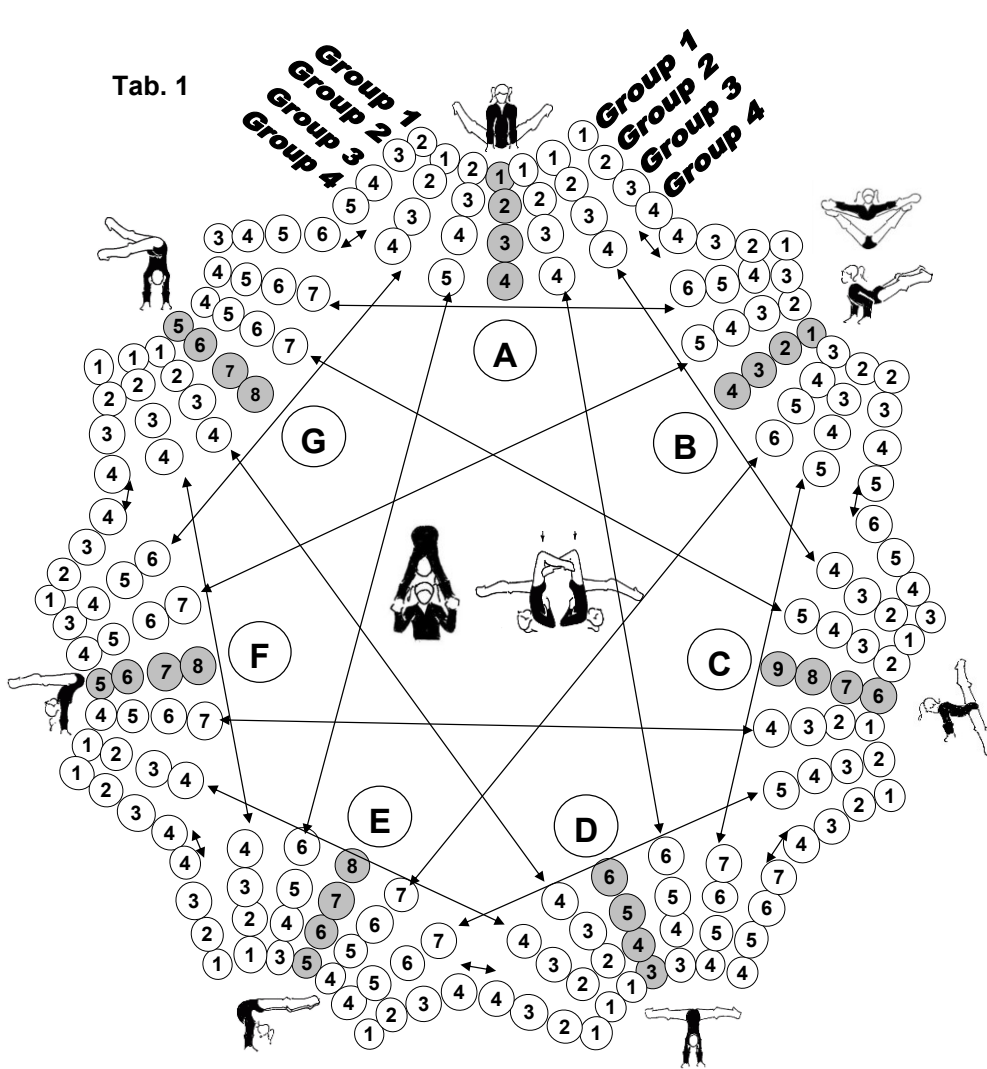
2 nd BASE 1 st BASE	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30...
1-8	1	2	3	4	5	6	7	8	9	10	11
9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14
18-19	4	5	6	7	8	10	11	12	13	14	15
20-21	5	6	7	8	9	10	12	13	14	15	16
22-23	6	7	8	9	10	11	12	14	15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

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

**WG Group Mounts:** Value without the static hold

**Mounts**

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



**Tab. 3**

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

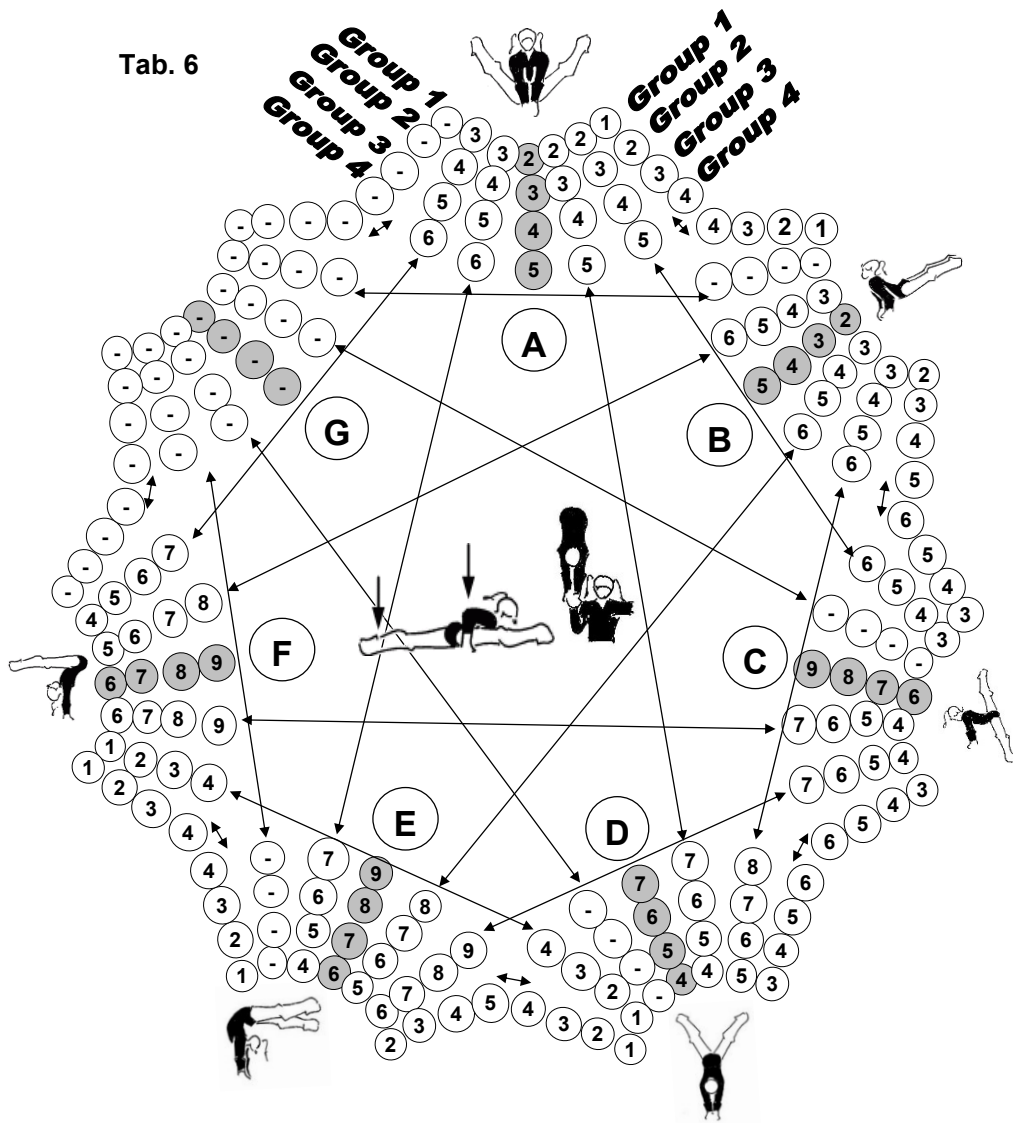
**Tab. 4**

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

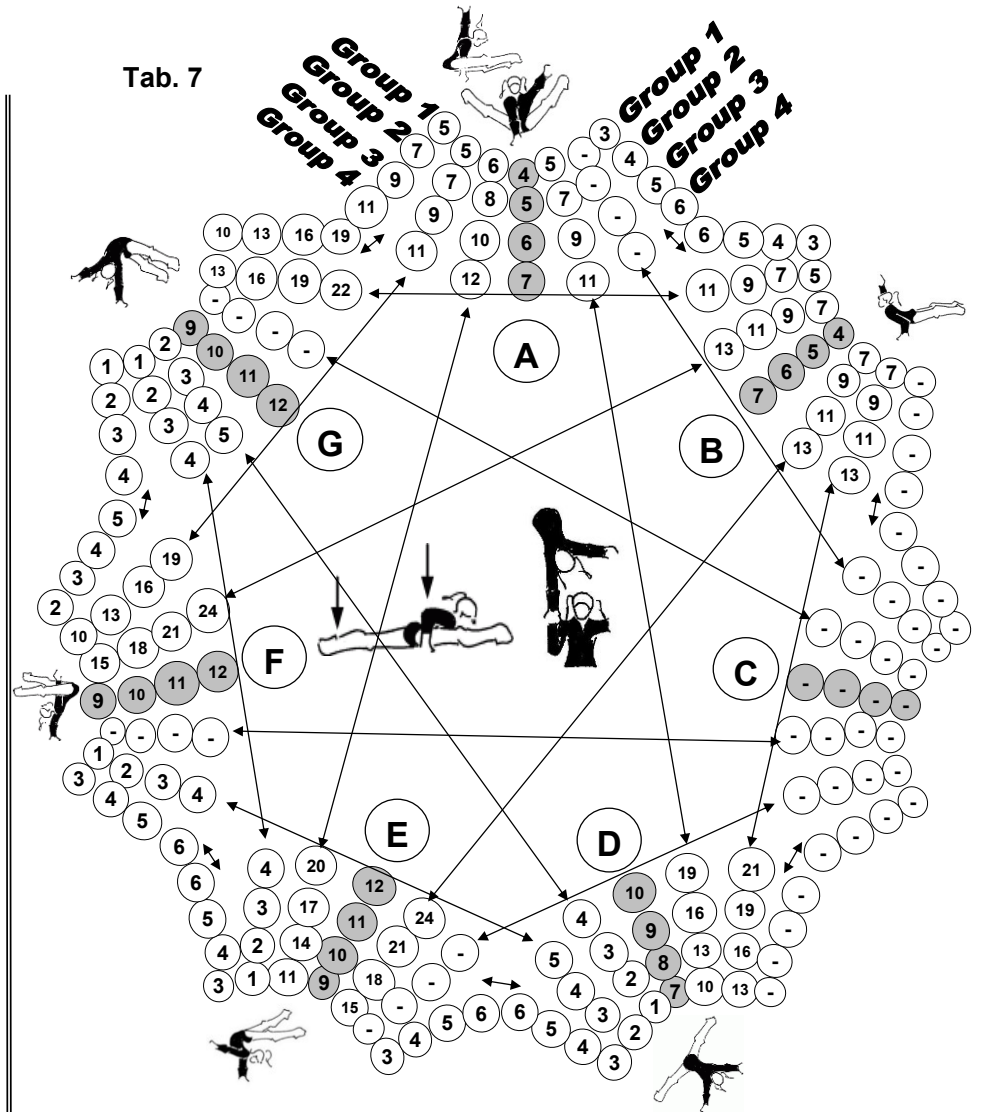
**Tab. 5**

	12	13	14	15	16	17	18	19	20	21	22	23	24	25
						/								
Gr.1-2-3-4	1-1-1-1	2-2-2-2	1-1-1-1	2-2-2-2	2-2-2-2		2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	1-1-2-2	1-1-2-2	1-1-2-2	2-2-3-3

Tab. 6



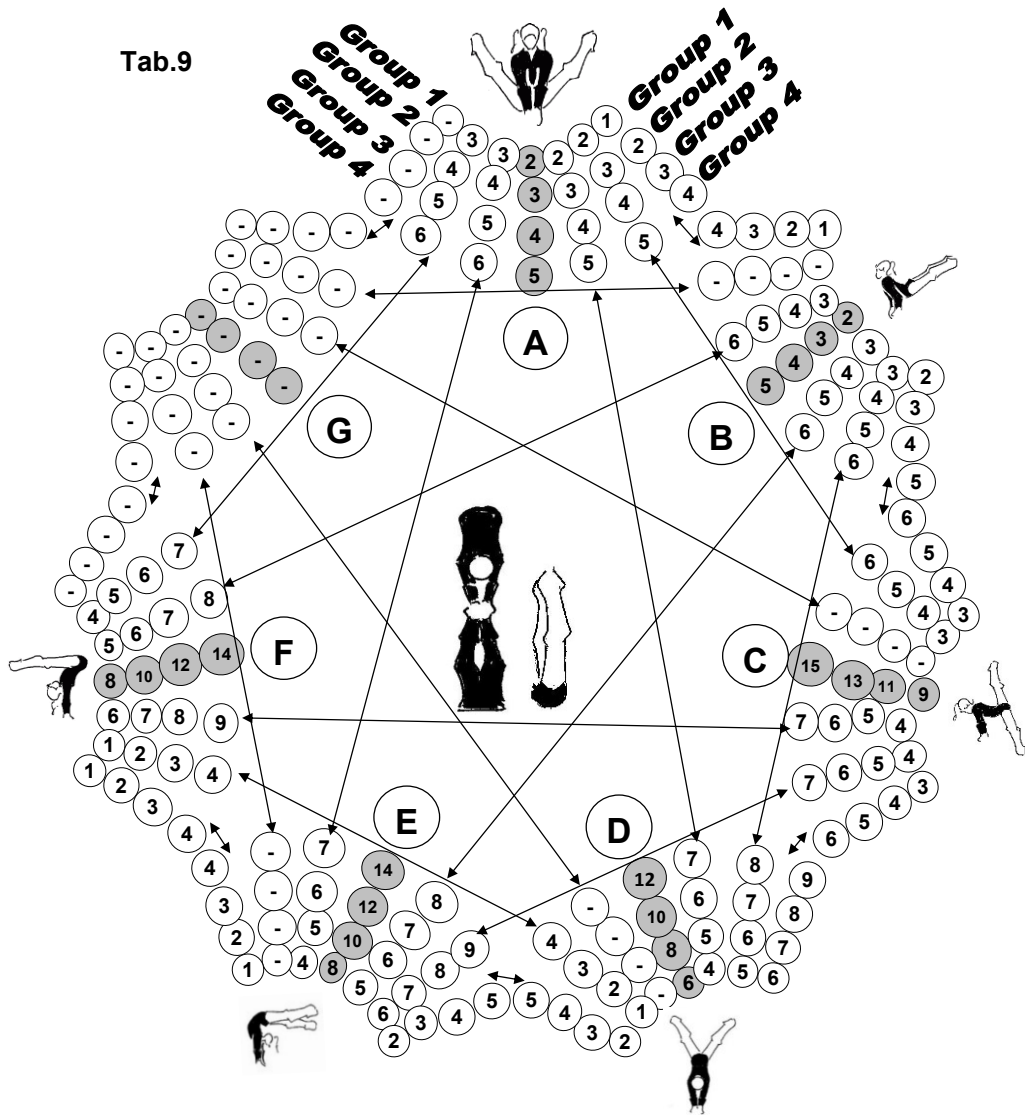
Tab. 7



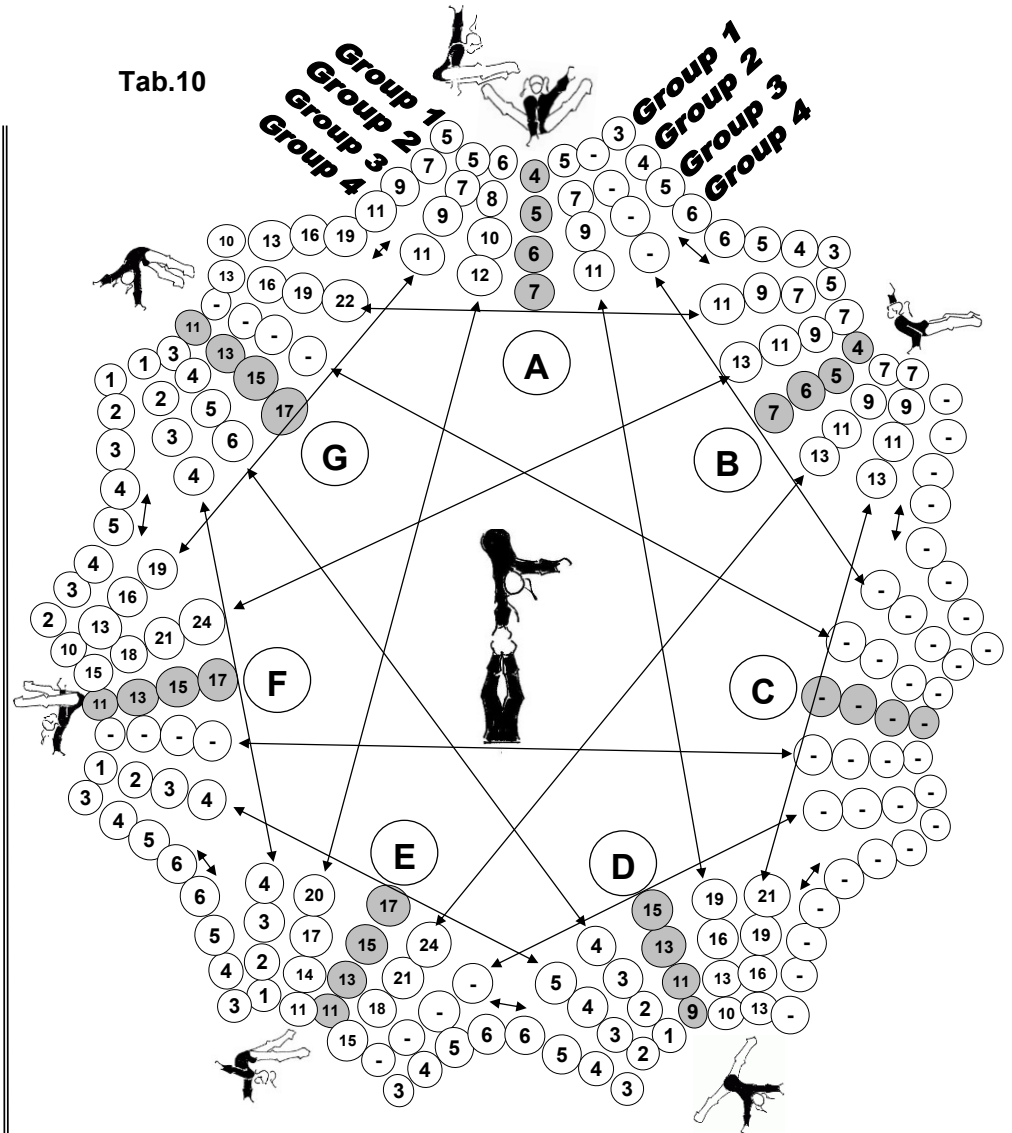
Tab. 8

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







Tab.9



Tab.10

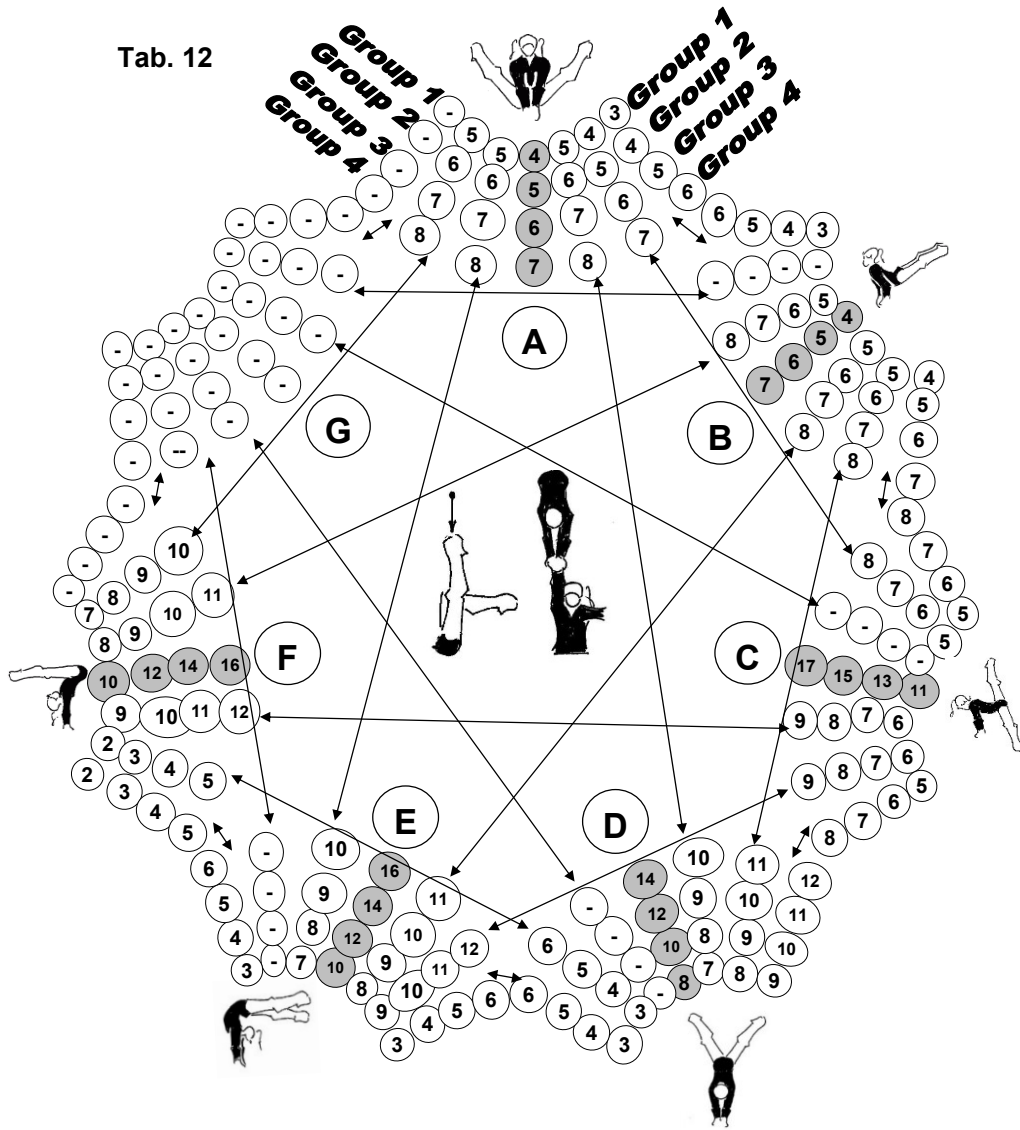


Tab.11

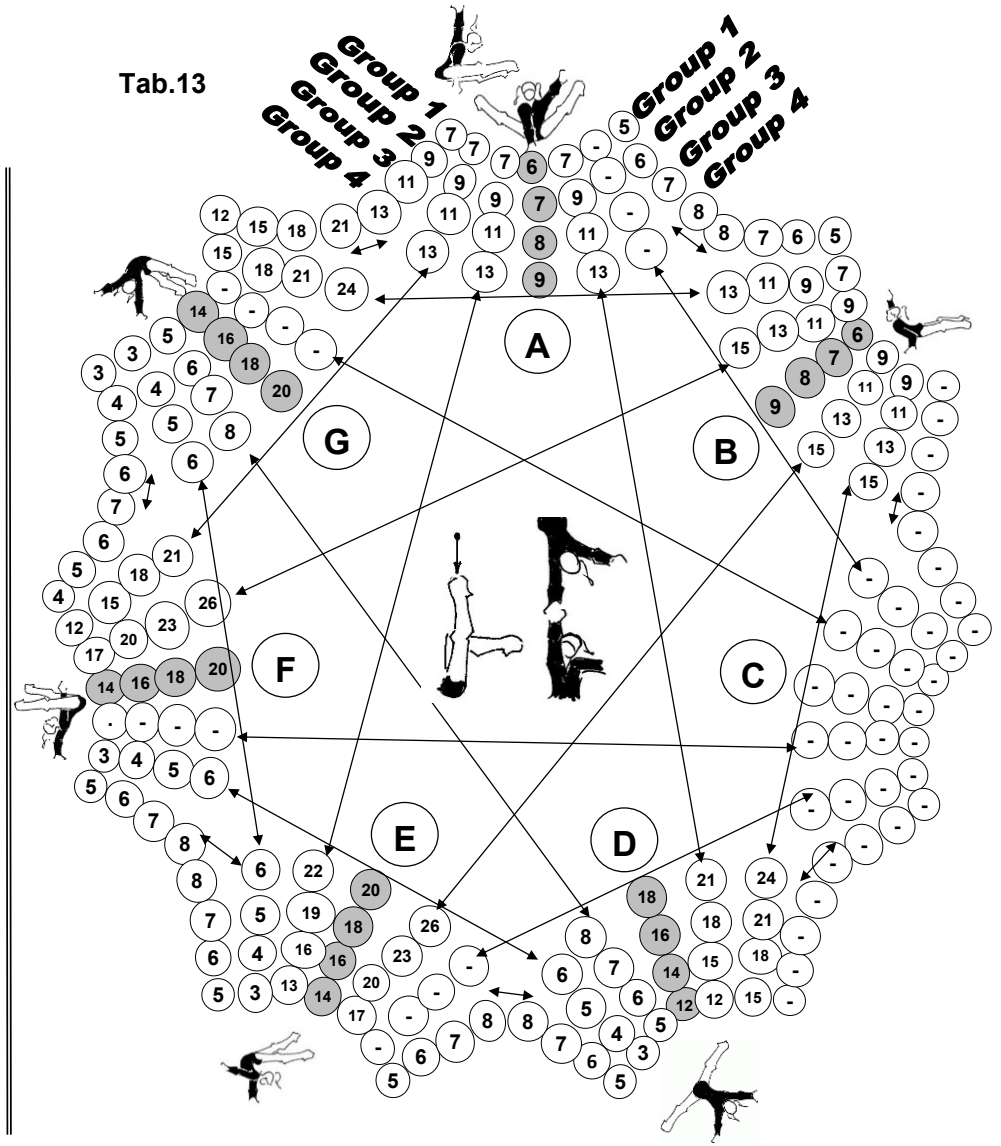
	1	2	3	4	5
					
Gr.1-2-3-4	2-4-6-8	4-6-8-10	4-6-8-10	7-9-11-12	8-10-12-13



Tab. 12



Tab.13



Tab.14

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

Tab.15

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

Category 1

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

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

Category 1

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

Category 2

	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	2	2	2 <sup>+2</sup>	6	2	4 <sup>+2</sup>	8	1	7	10	11	8	8
	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	12	14	8	10	12	9	9	11	13	2	2	3	2
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	3	5	6	3	5	2	2	2	3	4	4	5	6
	1	2	3	4	5	6	7	8	9	10	11	12	13
F													
	7	6	8										

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



### Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	
A													
		4	5	5	6	4	5	6	7	14	16	17	18
	1	2	3	4	5	6	7	8	9	10	11	12	
B													
		17	4	6	4	5	6	8	9	10	11	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	
C													
		5	7	7	6	6	7	7	15	16	13	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	
D													
		15	16	22	24	24	25	26	27	28	28	29	8
	1	2	3	4	5	6	7	8	9	10	11	12	
E													
		8	5	10	12	10	12	11	13	8	9	5	7

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

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	6	14	15	16	6	7	8	9	3	4	6	3	7
B													
	3	4	6	6	8	14	16	14	16	10	16	10	12
C													
	16	20	18	22	18	22	19	24	19	26	8	10	18
D													
	10	10	6	8	16	25	25	27	5	6	7		
E													
	6	8											

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

Category 4

A	1	2	3	4	5	6	7	8	9	10	11	12	13
	18	20	24	25	28	29	13	14	15	16	36	36	18
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	18	5	7	9	9	11	13	17	16	18	7	11	11
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	15	15	13	17	14	20	22	24	10	12	10	12	9
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	11	13	11	9	11	9	11	12	11	12	10	12	14
E	1	2	3	4	5	6	7	8	9	10	11	12	13

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

Category 5

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	11	13	16	18	22	26	17	19	22	24	28	32	
B													
	12	13	14	15	15	17	17	19	16	16	17	26	28
C													
	8	10	13	15	11	12	15	17	5	6	9	11	
D													
	6	10	14	11	13	16	17	18	24	26			
E													

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

### Category 6

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	7	10	12	10	15	20	24	12	6	8	10	8
	1	2	3	4	5	6	7	8	9	10	11	12
B												
	15	12	14	23	10	15	12	12	17	25	27	
	1	2	3	4	5	6	7	8	9	10	11	12
C												
	25	27										

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

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
WOMEN'S GROUP  
Dynamic Elements

## Women's Group

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

**This Table is working from left to right:**

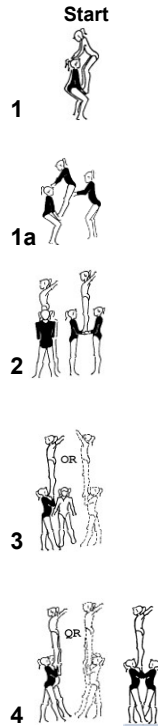
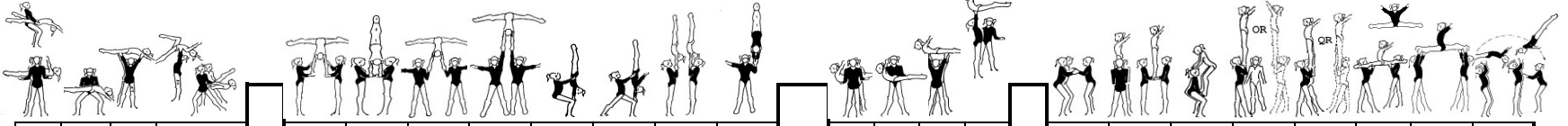
**Vertical column = first element**

**Horizontal row = second element**

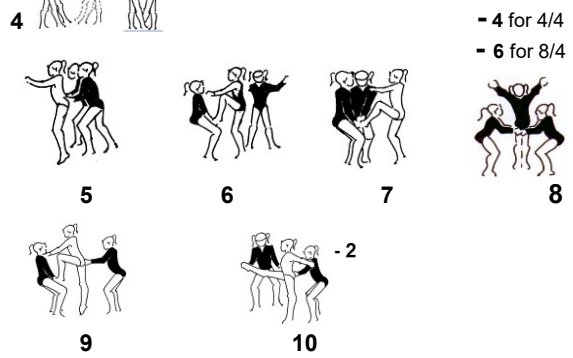


**Back Salto**

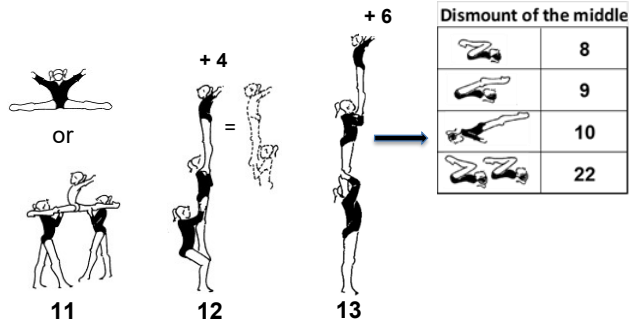
Finish Position



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



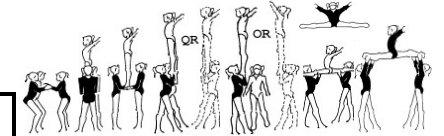
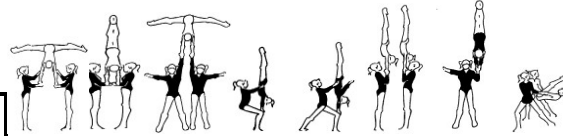
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3	2/4	-1	5	3	8	7	12	11
4	3/4	1	2	3	5	7	9	11
5	4/4	2	8	10	12	15	18	21
6	5/4	2	4	6	8	11	14	17
7	6/4	0	10	8	18	16	26	24
8	7/4	2	4	6	8	10	12	16
9	8/4	4	10	14	18	22	26	30
10	9/4	2	4	6	8	10	12	16
11	10/4	-4	8	6	16	14	24	22
12	11/4	4	8	12	16	20	24	28
13	12/4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







Front Salto  
Finish Position



Start



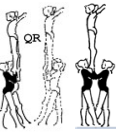
14



15



16



17



18



or

- 4 for 4/4  
- 6 for 8/4



19



20



21



22

		A	B	C	D			E	F	G	H	I	J	K	L			M	N	O	P	Q			R	S	T	U	V	W																																																																																																																																																
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	4	1	1	2	2		3	8	11	5	6	10	14	3	4		5	5	6			4		6	16	18	22	9	12																																																																																																																																																	
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13 / 4	15	36				<table border="1"> <thead> <tr> <th></th> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>F</th> <th>G</th> <th>H</th> </tr> </thead> <tbody> <tr> <td>Twist</td> <td>180°</td> <td>360°</td> <td>540°</td> <td>720°</td> <td>900°</td> <td>1080°</td> <td>1260°</td> <td>1440°</td> </tr> <tr> <td>1</td> <td>0/4</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>6</td> <td>8</td> <td>11</td> <td>14</td> </tr> <tr> <td>2</td> <td>1/4</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>6</td> <td>8</td> <td>11</td> <td>14</td> </tr> <tr> <td>3</td> <td>2/4</td> <td>2</td> <td>4</td> <td>8</td> <td>10</td> <td>14</td> <td>16</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td>3/4</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> </tr> <tr> <td>5</td> <td>4/4</td> <td>2</td> <td>8</td> <td>10</td> <td>12</td> <td>14</td> <td>18</td> <td>22</td> <td>26</td> </tr> <tr> <td>6</td> <td>5/4</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> </tr> <tr> <td>7</td> <td>6/4</td> <td>8</td> <td>10</td> <td>14</td> <td>16</td> <td>20</td> <td>22</td> <td>24</td> <td>28</td> </tr> <tr> <td>8</td> <td>7/4</td> <td>3</td> <td>5</td> <td>7</td> <td>9</td> <td>11</td> <td>15</td> <td>19</td> <td>23</td> </tr> <tr> <td>9</td> <td>8/4</td> <td>4</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> <td>30</td> <td>38</td> <td></td> </tr> <tr> <td>10</td> <td>9/4</td> <td>4</td> <td>8</td> <td>12</td> <td>16</td> <td>20</td> <td>28</td> <td>36</td> <td></td> </tr> <tr> <td>11</td> <td>10/4</td> <td>12</td> <td>16</td> <td>24</td> <td>28</td> <td>36</td> <td>40</td> <td>44</td> <td></td> </tr> <tr> <td>12</td> <td>11/4</td> <td>4</td> <td>8</td> <td>12</td> <td>16</td> <td>20</td> <td>28</td> <td>36</td> <td></td> </tr> <tr> <td>13</td> <td>12/4</td> <td>6</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> <td>30</td> <td>38</td> <td></td> </tr> </tbody> </table>									A	B	C	D	E	F	G	H	Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°	1	0/4	1	2	3	4	6	8	11	14	2	1/4	1	2	3	4	6	8	11	14	3	2/4	2	4	8	10	14	16			4	3/4	2	4	6	8	10	14	18	22	5	4/4	2	8	10	12	14	18	22	26	6	5/4	2	4	6	8	10	14	18	22	7	6/4	8	10	14	16	20	22	24	28	8	7/4	3	5	7	9	11	15	19	23	9	8/4	4	10	14	18	22	30	38		10	9/4	4	8	12	16	20	28	36		11	10/4	12	16	24	28	36	40	44		12	11/4	4	8	12	16	20	28	36		13	12/4	6	10	14	18	22	30	38														
		A	B	C	D	E	F	G	H																																																																																																																																																																					
Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°																																																																																																																																																																						
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3	2/4	2	4	8	10	14	16																																																																																																																																																																							
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5	4/4	2	8	10	12	14	18	22	26																																																																																																																																																																					
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7	6/4	8	10	14	16	20	22	24	28																																																																																																																																																																					
8	7/4	3	5	7	9	11	15	19	23																																																																																																																																																																					
9	8/4	4	10	14	18	22	30	38																																																																																																																																																																						
10	9/4	4	8	12	16	20	28	36																																																																																																																																																																						
11	10/4	12	16	24	28	36	40	44																																																																																																																																																																						
12	11/4	4	8	12	16	20	28	36																																																																																																																																																																						
13	12/4	6	10	14	18	22	30	38																																																																																																																																																																						
16	43																																																																																																																																																																													

+ 4



23

+ 6



24

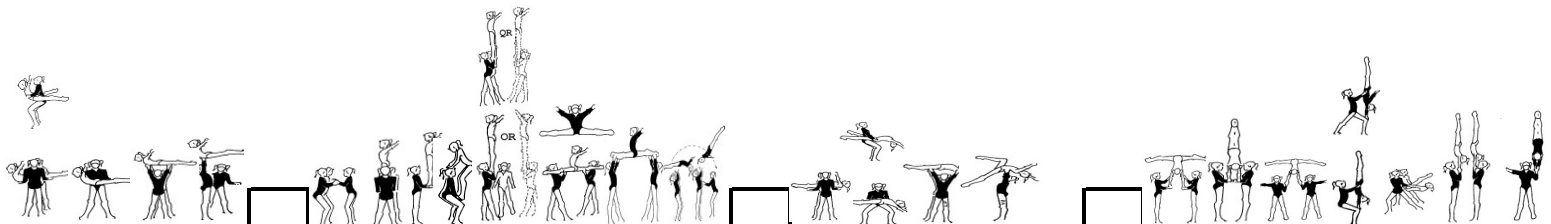
Dismount of the middle

	8
	9
	10
	22



**Back Salto**

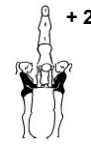
Finish Position



**Start**



**25**



**26**



**27**



**28**



**29**



**30**



**31**



**32**



**33**

		A	B	C	D							L	M	N	O	P										
1 / 4	1					2 / 4						3 / 4					0/4	1	2	3		1	3	4		
	2	1	2	3	3		1	4	2	5	3		6	2	2	3		4	4	10	20			8		
	3	1	2	3	3		1	4	2	5	3		6	2	2	3		4	4	12	24			10		
	4	1	2	3	3		1	4	2	5	4		7	3	3	4		5	4	14	26			12		
5 / 4	5	5	6	10	10	6 / 4	6	16		20	12	18	3	9	8	13	13	8 / 4	22	34			18			
	6	6	7	11	11		8	18		22	14	20	5	10	9	14	14		24	38			20			
	7																									
	8																									
9 / 4	9	8	9	13	13	10 / 4	10	20		21	16	22	8	12	11	16	16	12 / 4	26	42						
	10	15		20	20		16					12		22	18											
	11	19		24	24		20					14		26	20											
	12						21					16		24	20											
13 / 4	13					11 / 4	23				18		28	22												
	14	25					26				20															
13 / 4	15	34				17 / 4	26				20															
	16	38																								

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



**34**

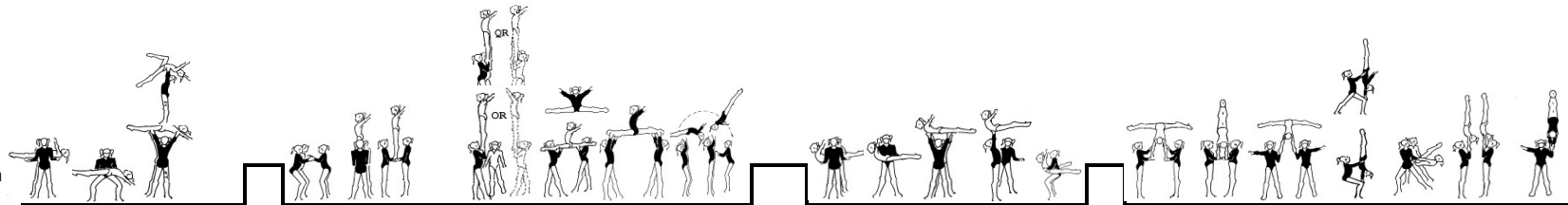


**35**

+ 6 Dismount of the middle	
	8
	9
	10
	22

Front Salto

Finish Position



Start



36



37



38

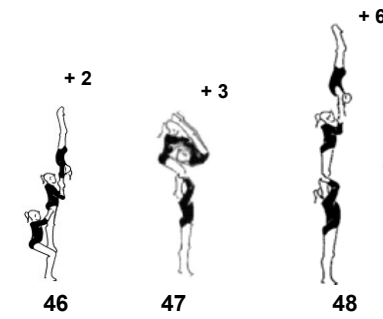
+2



39

		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	3	4
	2	2	2	3			2	5		7	5	6			4	4	6	6	3		4	8	14	14		6	16	20
	3	2	2	3			2	5		7	6	6			4	4	6	6	3		/	10	16	16		8	18	24
	4	2	2	3			2	5		7	6	7			4	4	6	6	3		4	12	16	18		10	21	28
5 / 4	5	6	6	8		6 / 4	7	18		22	12	18	5	7 / 4	9		13	13	8	8 / 4	8	20	26			14		
	6	7	7	9			8	20		24	14	20	6		10		15	15	9		8	22	28			16		
	7																				/							
	8																				4							
9 / 4	9	10	10	12		10 / 4	10	24		26	16	22	7	11 / 4	12		18	18	11	12 / 4	12							
	10	16	14	20			17								24				22		12							
	11	19	18	24			21								28				26		/							
	12																				4							
13 / 4	13	25				14 / 4	27							15 / 4						16 / 4								
	15	32					39																					
	16																											

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



Dismount of the middle	
	8
	9
	10
	22

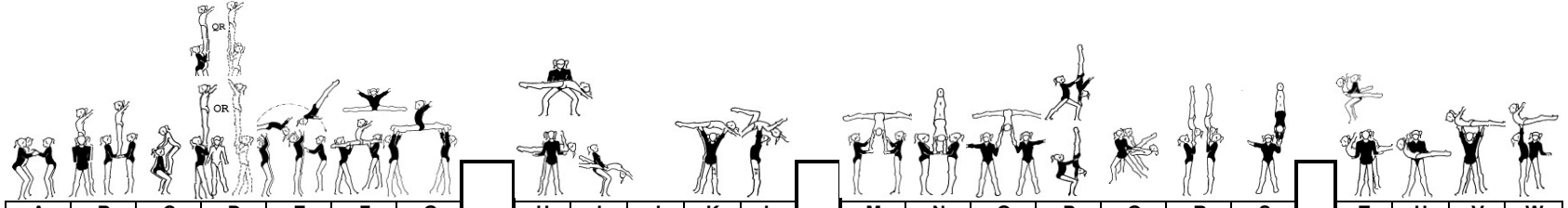






**Back Salto**

Finish Position



Start



61



62



63



64



65



66

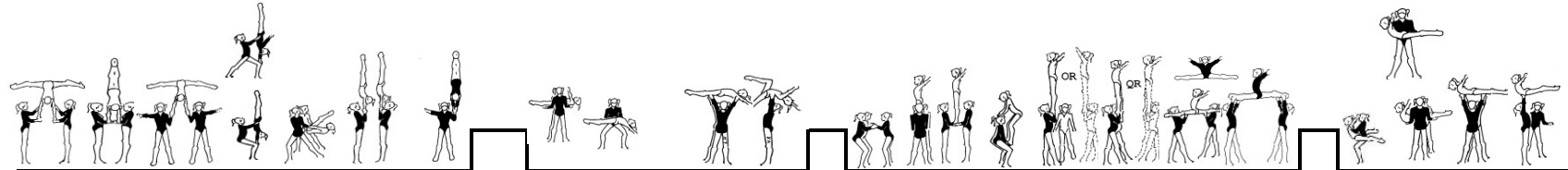
		A	B	C	D	E	F	G			H	I	J	K	L			M	N	O	P	Q	R	S			T	U	V	W				
1 / 4	1								2 / 4							3 / 4									4 / 4	0/4	1	1	1	2				
	2		3	2	3		3	5		3	2		5	5	3		5	8	10		4	10	14	4		10	14	4	4	4	7	7		
	3		3	2	3		3	5		3	2		5	5	3		5	5	9	12		4	12	16		4	12	16	6	6	9	9		
	4		1	4	2	4		3		5	4	2		6	6		4	2	6	10	14		4	14		18	4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

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



Front Salto

Finish Position



Start



67



68

		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	1	1	2
	2	2	3	4		2	3	5		2	2		4	4	3		6		10	10	5	8	3	4		6	6			
	3	2	3	4		2	3	5		3	3		4	4	3		7		12	12	6	9	4	5		8	8			
	4	2	3	4		2	3	5		4	4		5	6	4		8		14	14	8	11	4	6		10	10			
5 / 4	5	7	10	12		5	12		6 / 4	8	8		9	9	7 / 4	10	22		26	26	20	23	8 / 4	12	14					
	6	9	12	14		7	14			10	10		11	11		12	26		30	30	24	27		14	16					
	7																													
	8																													
9 / 4	9	11	14	16		11	16		10 / 4	12	12		13	13	11 / 4	14	32		36	36	30	33	12 / 4							
	10									16	16					20														
	11									20	20					24														
	12																													
13 / 4	13								10 / 4	24	24				11 / 4	28								12 / 4						
	14																													
13 / 4	15								10 / 4						11 / 4									12 / 4						
	16																													

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



69

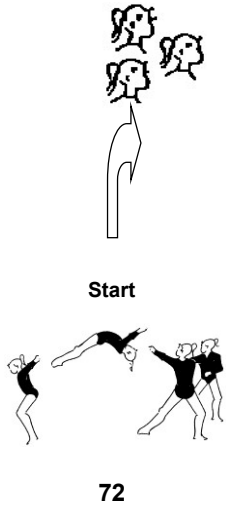


70

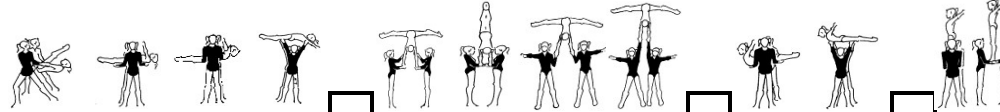


71





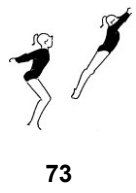
**Back Salto**  
Finish Position



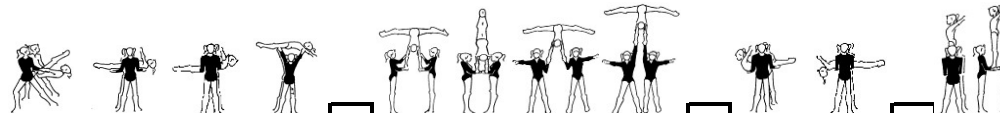
		A	B	C	D					E	F	G	H			I	J			K
1 / 4	1																	0/4		3
	2		4	1		3	2	6	8		10	3	3	4	4	4	4	4	8	
	3		4	1		3	4	6	8		10	4	4	5	4	4	4	4	10	
	4		4	1		3	4	6	8		10	4	4	6	4	4	4	4	12	
5 / 4	5		8	6		10	6	14	22		24	7	12		8	8	8	24		
	6		12	7		12	6	16	26		28	7	16		8	8	8	28		
	7		14	8		14	6	20	30		32	7	20		8	8	8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

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

S  
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o



**Front Salto**



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

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

S  
a  
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t  
o

		A	B	C	D	E	F	G	H					I	J	K	L
74		2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4					2/4	4/4	2/4	4/4
		3	6	3	6	↓ 1 ↑ 6	↓ 3 ↑ 8	↓ 1 ↑ 7	↓ 3 ↑ 10					6	8	7	10


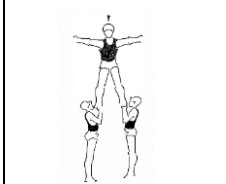
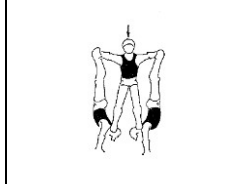
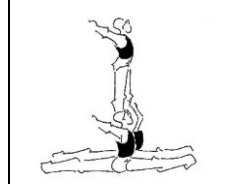
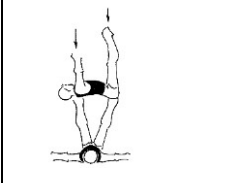
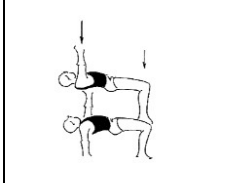
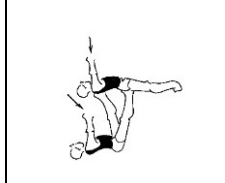


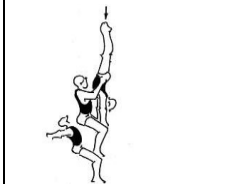

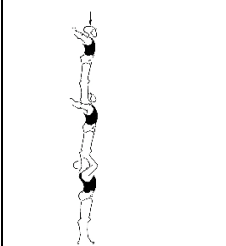
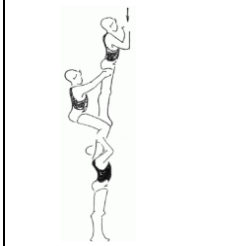
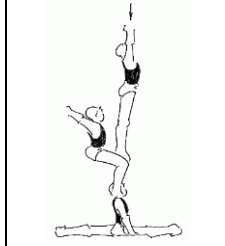
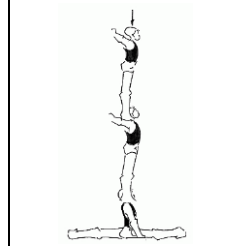
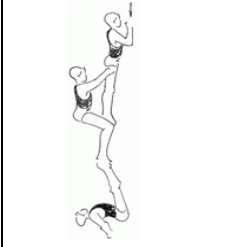
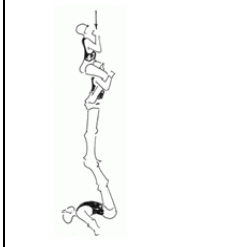
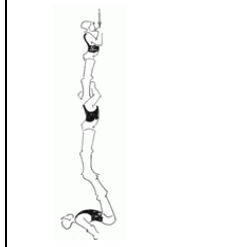
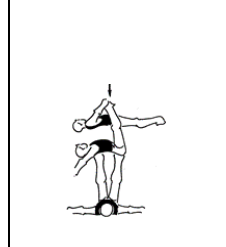
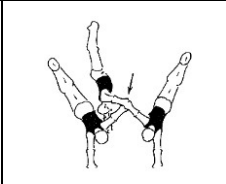
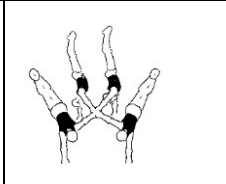
Twist	180°	360°	540°	720°	900°	1080°	+180°
	1	3	5	7	9	11	+3



FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
MEN'S GROUP  
Balance Elements  
Static Holds and Motions

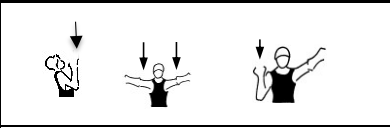
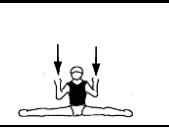
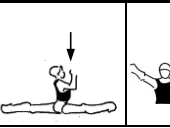
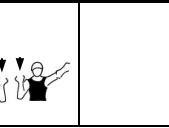

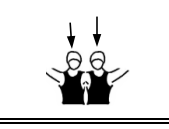
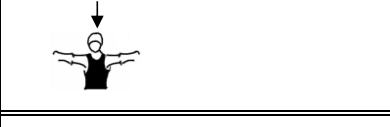
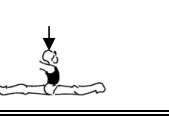
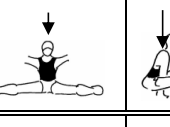
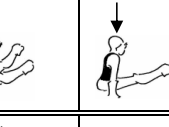
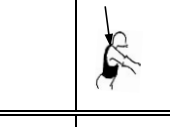

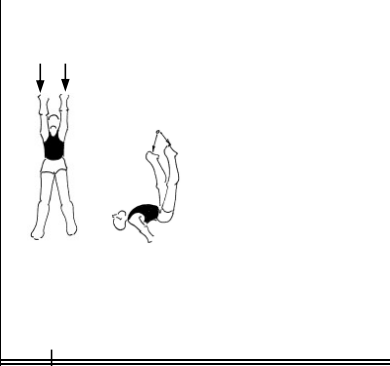
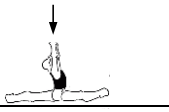
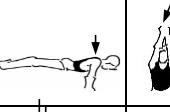
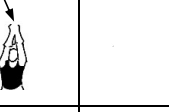

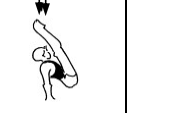
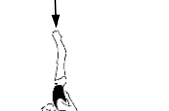
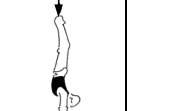
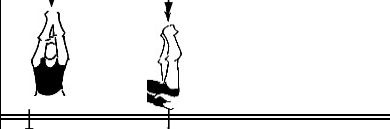
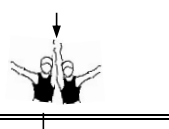
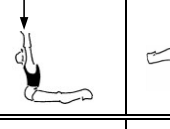
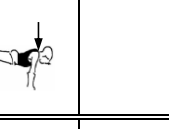

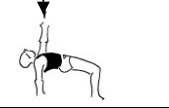
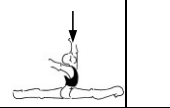
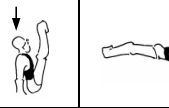

Cat 1	Two bases on the floor						
Cat 2	Two working tops						
Cat 3	Work on the knees of the base						
Cat 4	Work on the shoulders of the base						
Cat 5	Work on feet of the base						
Cat 6	All others						

**Men's Group:**

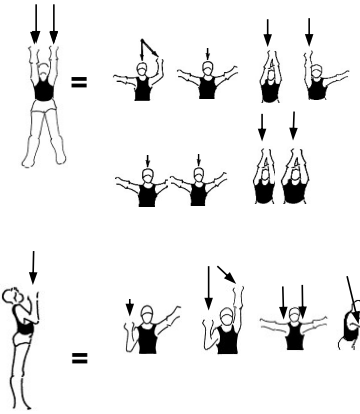
**How to look for the value of the top.**

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

The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find at the tables pg 88, 89, 90, 91.

	1	2	3	4	5	6
						
						
						
						
						
						
						
						

The values of these middle positions are considered as identical.



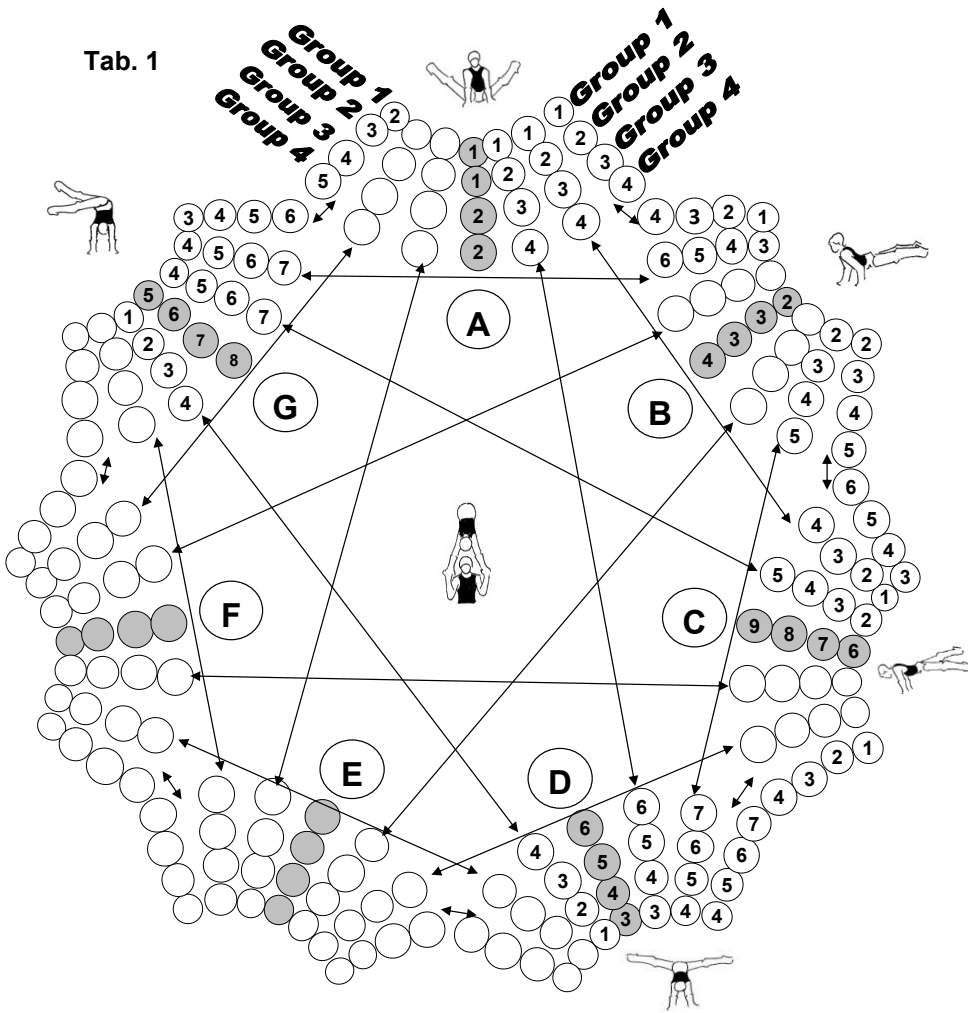
1 st BASE \ 2 nd BASE	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30...
1-8	1	2	3	4	5	6	7	8	9	10	11
9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14
18-19	4	5	6	7	8	10	11	12	13	14	15
20-21	5	6	7	8	9	10	12	13	14	15	16
22-23	6	7	8	9	10	11	12	14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

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

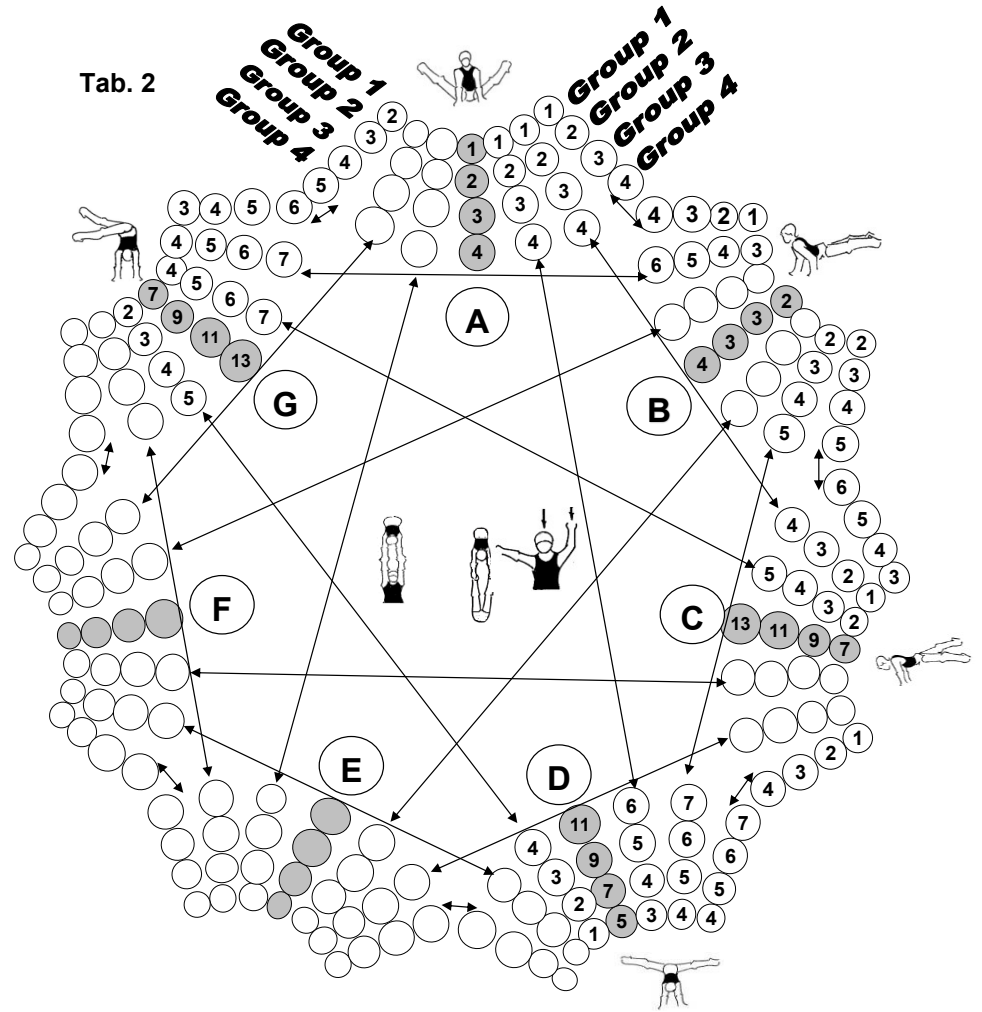
# Men's Group mounts

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

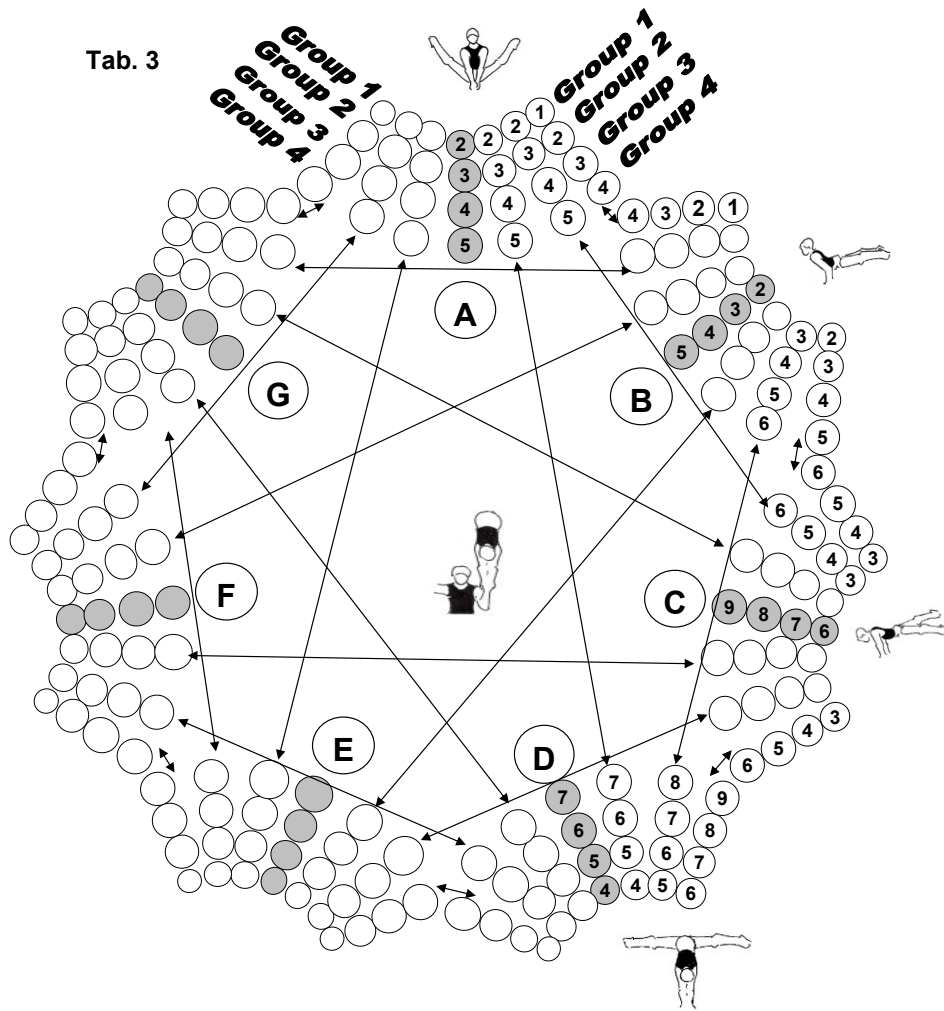
Tab. 1



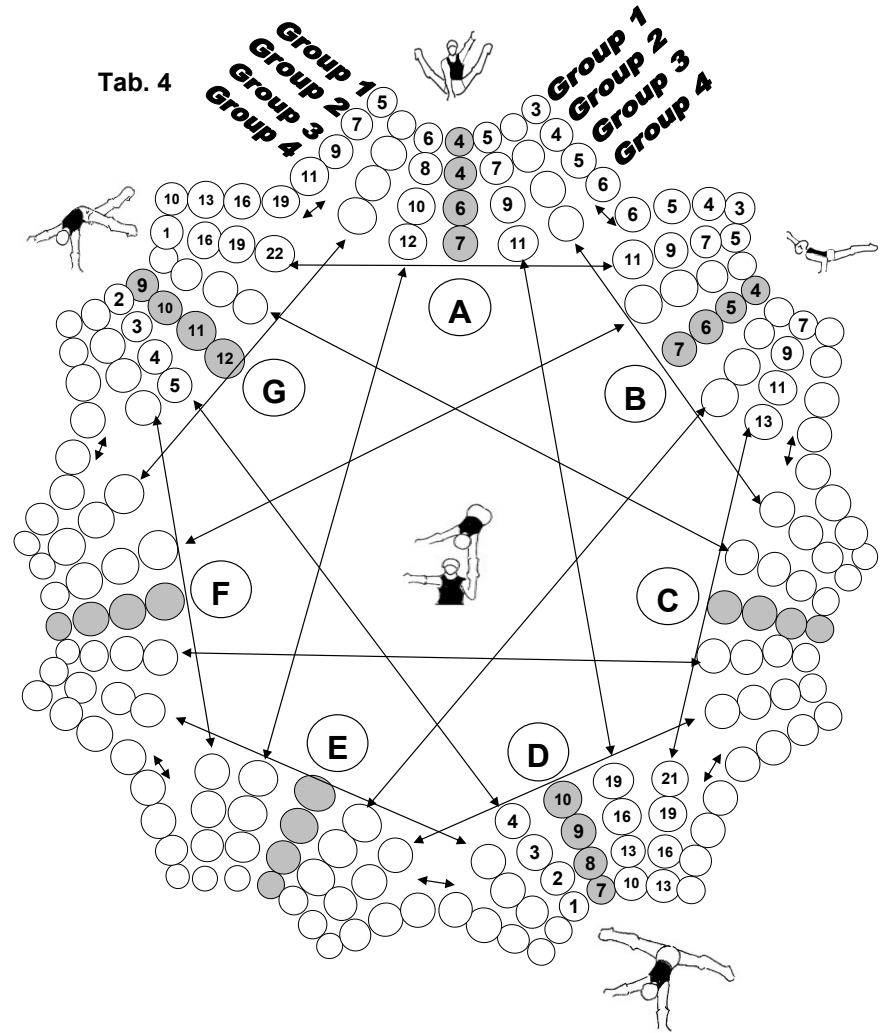
Tab. 2



Tab. 3



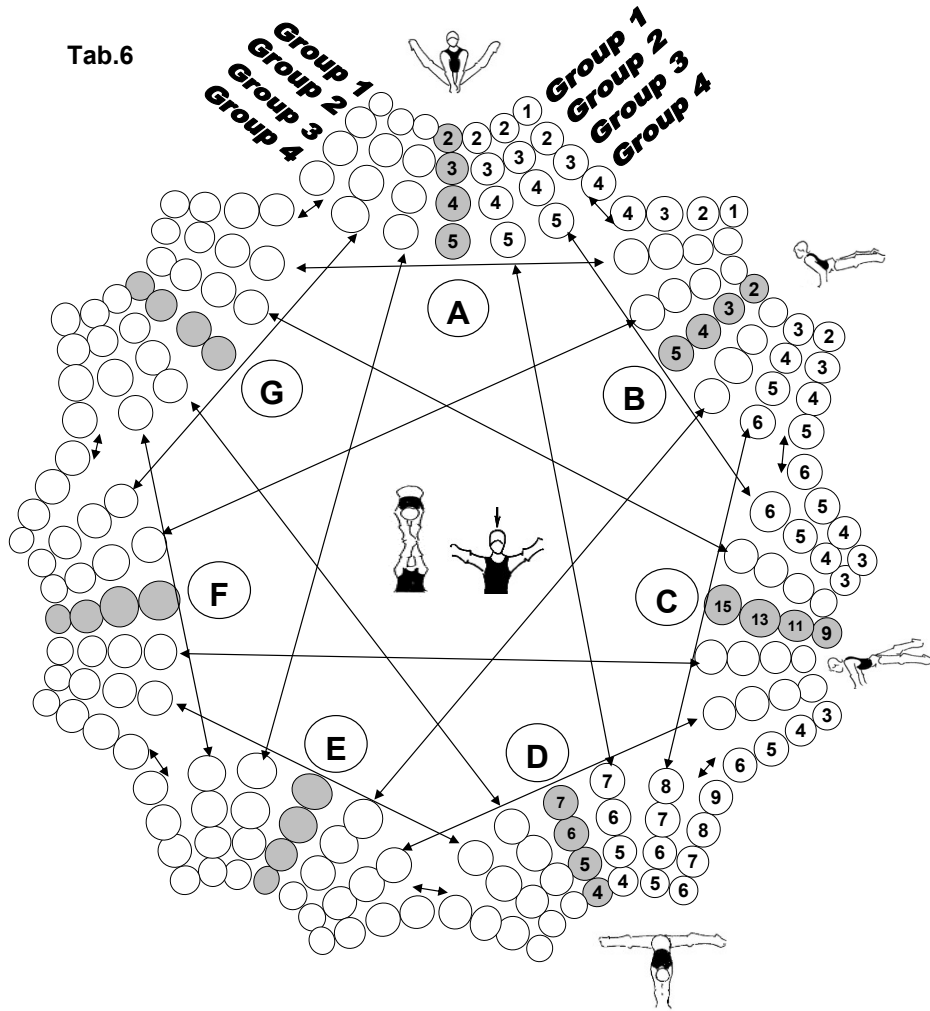
Tab. 4



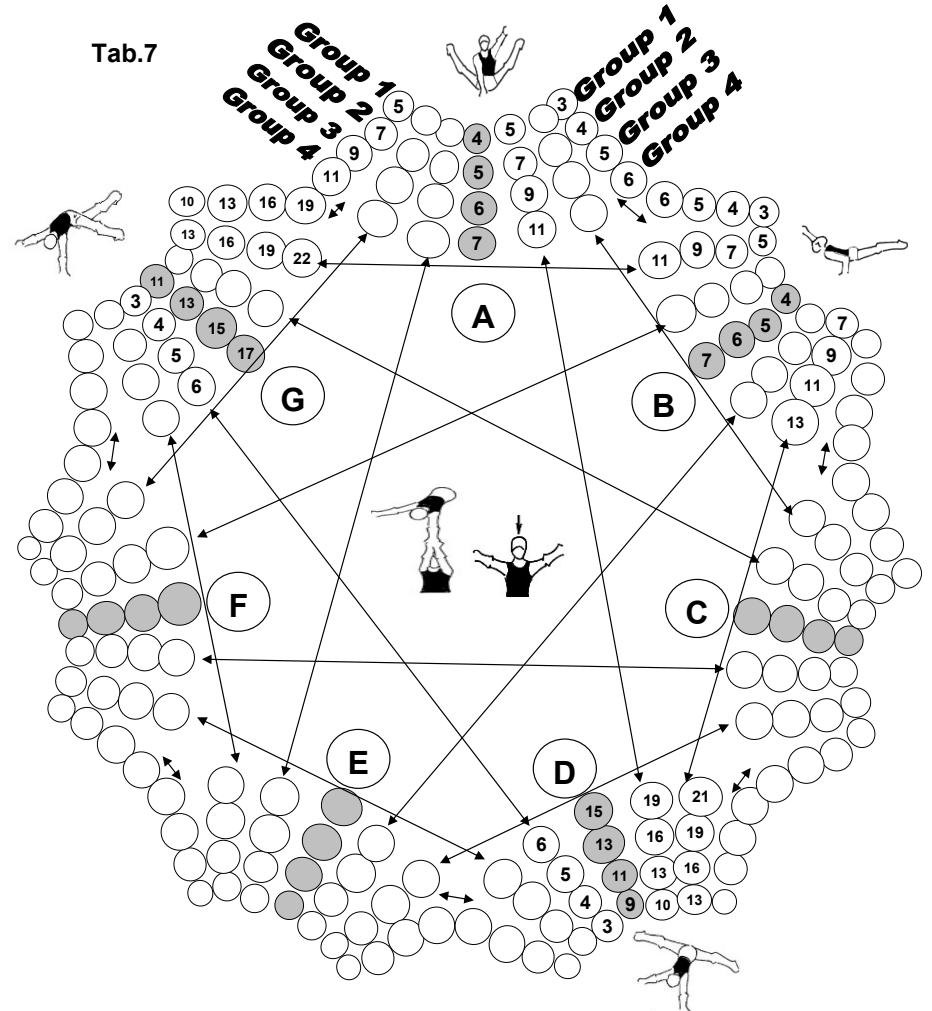
Tab. 5

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

Tab.6



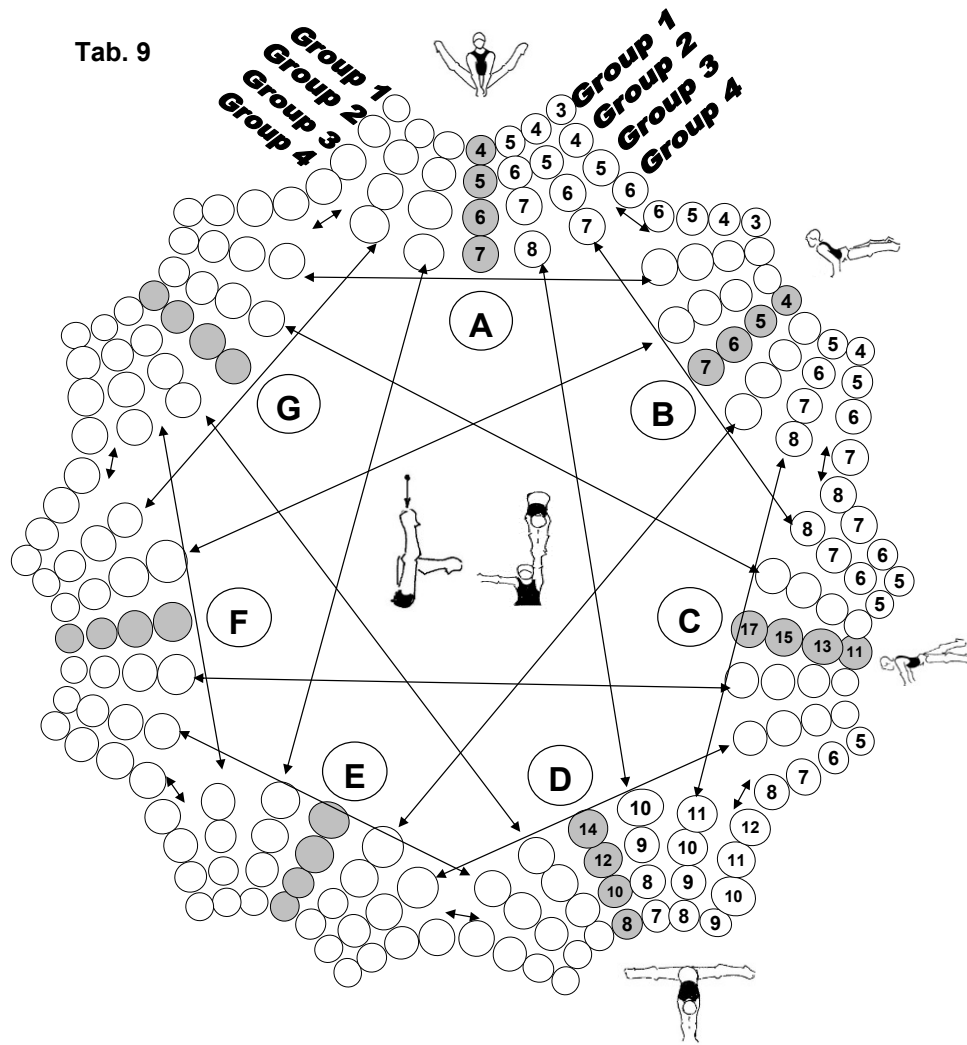
Tab.7



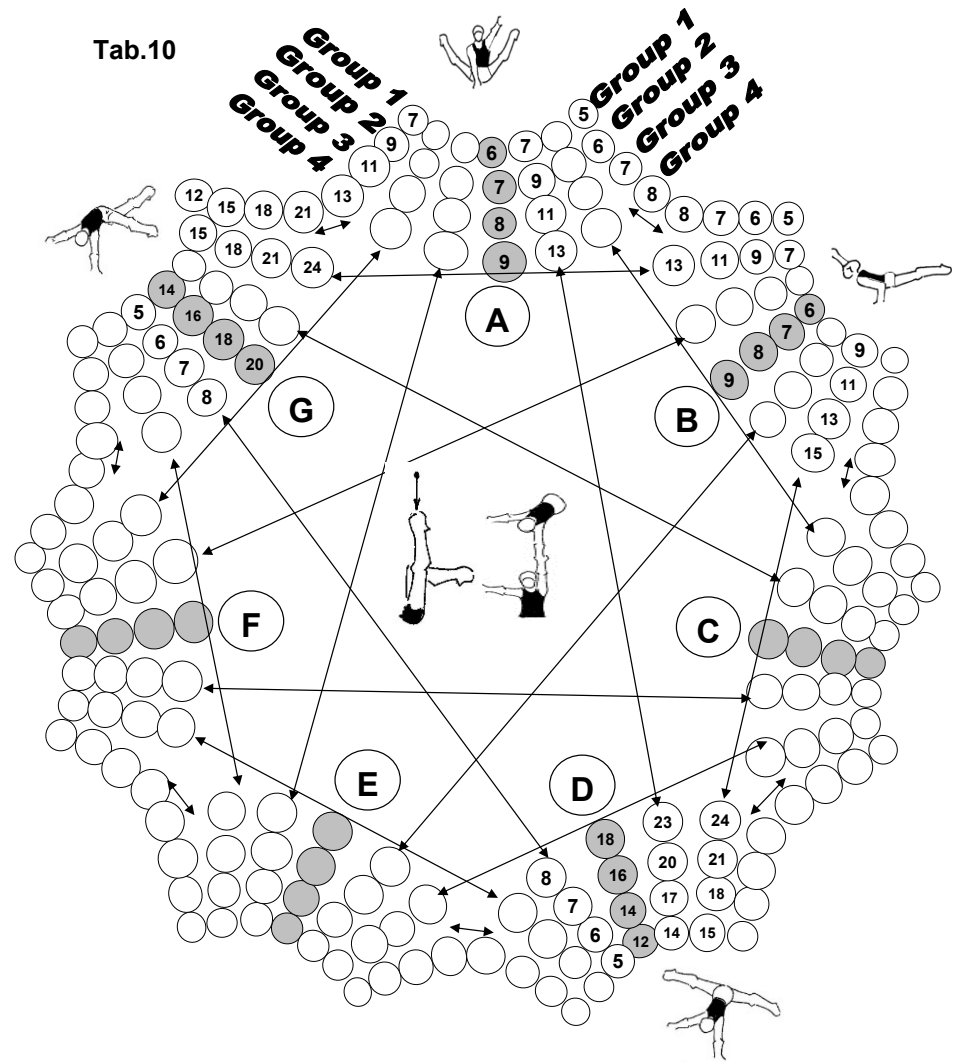
Tab. 8



Tab. 9



Tab.10



Category 1

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	3	4	5	6	3	5	6	8	3	4	5	6
B	1	2	3	4	5	6	7	8	9	10	11	12
											NECK	
	4	5	6	7	4	5	5	6	8	9	4	5
C	1	2	3	4	5	6	7	8	9	10	11	12
			NECK									
	9	9	7	8	9	16	9	16	9	16	16	17
D	1	2	3	4	5	6	7	8	9	10	11	12
	6	7	7	10	8	11	10	13	18	23	23	28

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

Category 1

	1	2	3	4	5	6	7	8	9	10	11	12	
A													
	11	13	28	19	33	35	12	14	13 (+2)	16	17	19	

	1	2	3	4	5	6	7	8	9	10	11	12	
B													
	19	21	15	19	20	22	22	24	8	14	11	15	

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

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

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

Category 1

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

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

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

Category 2

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



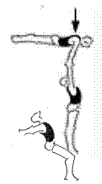





1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Category 3

A	1	2	3	4	5	6	7	8	9	10	11	12
	7	9	9	11	8	10	14	16	10	12	15	17
B	1	2	3	4	5	6	7	8	9	10	11	12
	8	10	9	13	12	14	18	20	15	18	20	22
C	1	2	3	4	5	6	7	8	9	10	11	12
	10	12	14	16	12	14	16	18	12	15	14	17
D	1	2	3	4	5	6	7	8	9	10	11	12
	19	22	26	28	22	26	28	30	26	27	28	30

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

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	
A													
	30	32	32	34	14	16	4	8					

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

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

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

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

Category 4

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	26	28	28	30	28	30	34	38	17	19	19	21

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

	1	2	3	4	5	6	7	8	9	10	11	12
C												
	32	34	46	48	34	36	48	50	15	17	26	28

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

1 aroup - difficulty 1 - 8: 2 aroup - difficulty 9 - 13: 3 aroup - difficulty 14 - 17 : 4 aroup - difficulty 18

Category 4

	1	2	3	4	5	6	7	8	9	10	11	12	
A													
	32	33	34	35	17	18	18	19	46	48	48	50	
B													
	22	24	23	25	10	11	12	13	11	12	13	14	
C													
	13	17	15	18	18	20	22	23	25	14	22		
D													

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



Category 5

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

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

Category 6

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

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

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

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
MEN'S GROUP  
Dynamic Elements

**Men's Group**

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

**This Table is working from left to right:**

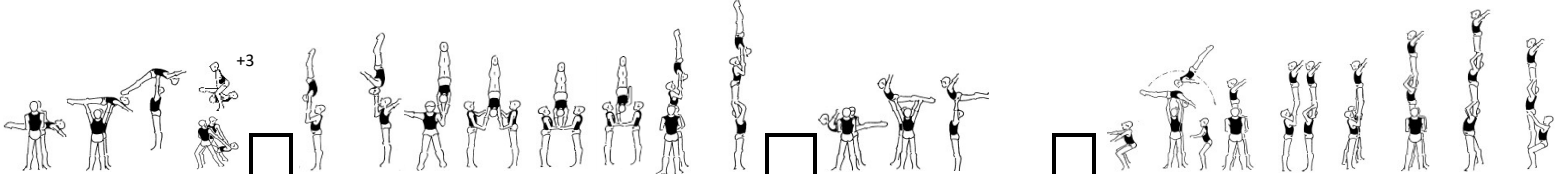
**Vertical column = first element**

**Horizontal row = second element**



**Back Salto**

Finish Position



Start



1 2



3



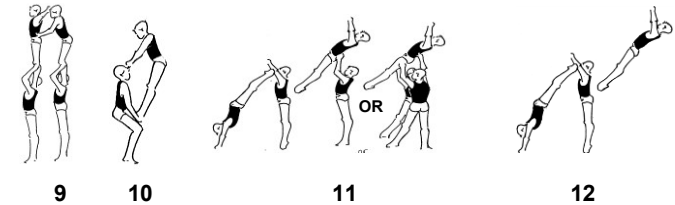
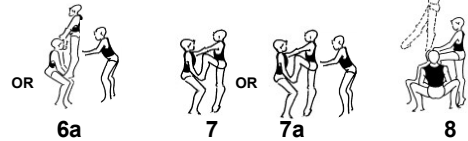
4



5

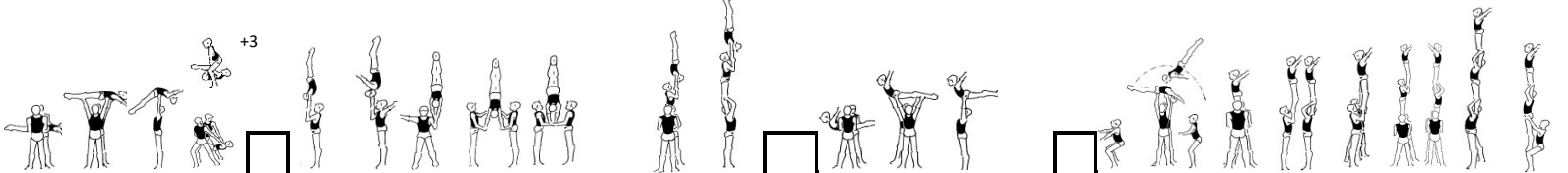
		A	B	C	D									M	N	O	P	0/4	Q	R	S	T	U	V	W	X
1 / 4	1					2								3				4	4	3						
	2	1	2	2	2	10	14	12	3	9	10			2	3	3		4	3	6	10	7	14	14	12	
	3	1	2	2	2	10	14	12	3	9	10			2	3	3		4	3	7	11	8	16	16	14	
	4	1	2	2	2	10	14	12	3	9	10			2	3	3		4	3	8	12	9	20	20	16	
5 / 4	5	2	5	5	6	20				12	20	24						8	12	12						
	6	3	6	6	7	22				14	22	26						12	16	16						
	7																									
	8																									
	9	4	7	7	8	26				18	26							16	20	20						
9 / 4	10	8	12	12						22	30						11									
	11	11	15	15						26	34						14									
	12	11	15	15													14									
	13	13	17	17													15									
13 / 4	14	15	19	19						30	38					16										
	15	20																								
	16	26																								
	17	26																								
18	29																									
	32																									

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



**Back Salto**

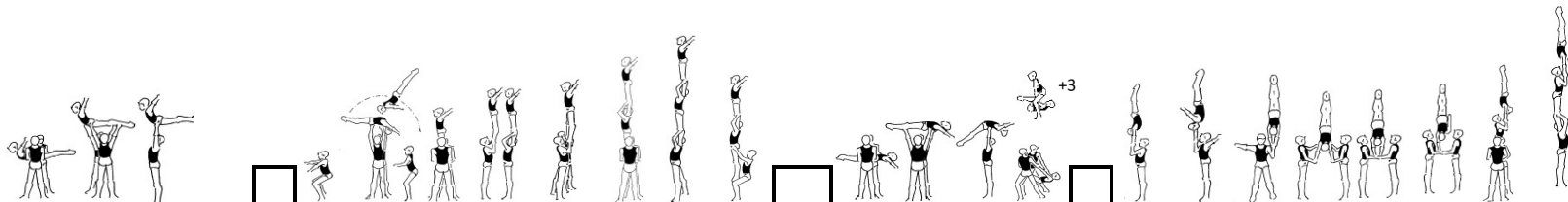
Finish Position



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

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

Back Salto  
Finish Position



Start

25

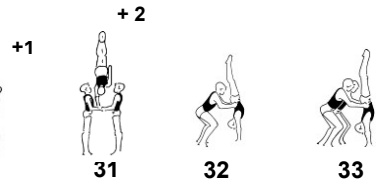
26

27

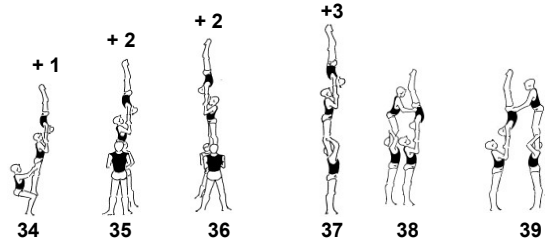
28

29

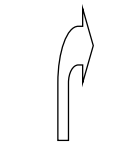
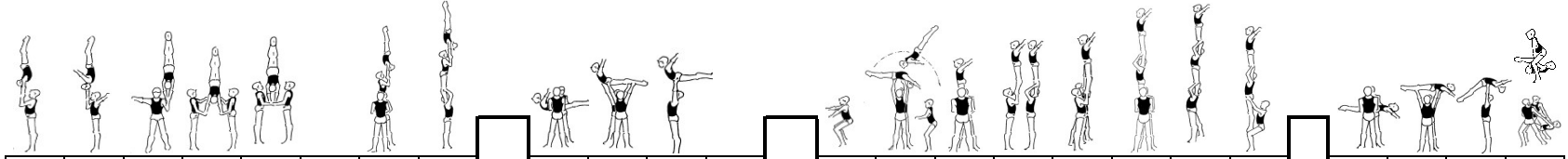
		A	B	C	D									M	N	O	P													
1 / 4	1					2 / 4							3 / 4					0 / 4	2	5	3	1	3	5	8	9				
	2	1	2	2			2		4	4	4				2	3	3		4		4	14		16	8	14	16	20	20	
	3	1	2	2			2		4	4	4					2	3		3	4		/	16		18	8	16	18	24	24
	4	1	2	2			2		4	4	4					2	4		4	4		4	18		20	8	18	20	28	28
5 / 4	5	4	9	9		6 / 4	5	4	8	10	10		7 / 4	6	9	9		8 / 4				16	28							
	6	5	10	10			7	5	10	12	12				7	10	10							20	32					
	7																													
	8																													
9 / 4	9	6	12	12		10 / 4	9	6	12	14	14		11 / 4	9	12	12		12 / 4				24	36							
	10	9					16	16	22	26	26				16															
	11	10					18	18	26	30	30				20															
	12																													
13 / 4	13					15 / 4							15 / 4	24				12 / 4												
	15	20													28															
	16	24													34															
	17	28																												



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



**Back Salto**  
Finish Position



Start



41



42



43



44

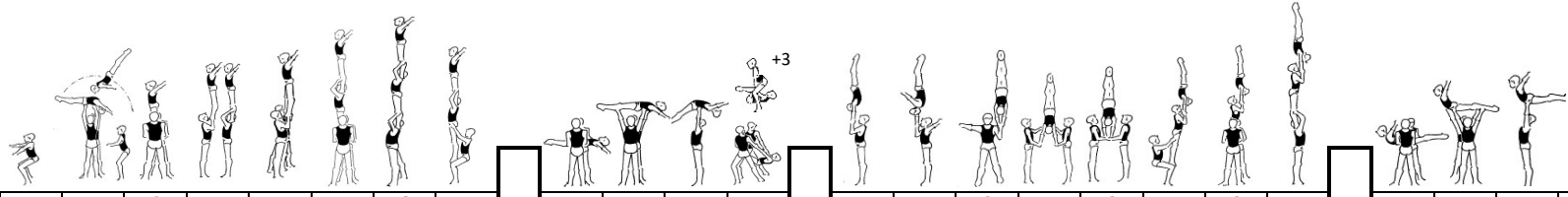


45

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

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

**Back Salto**  
Finish Position



Start



46



47



48

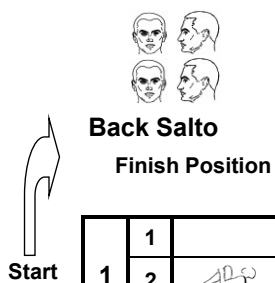


49

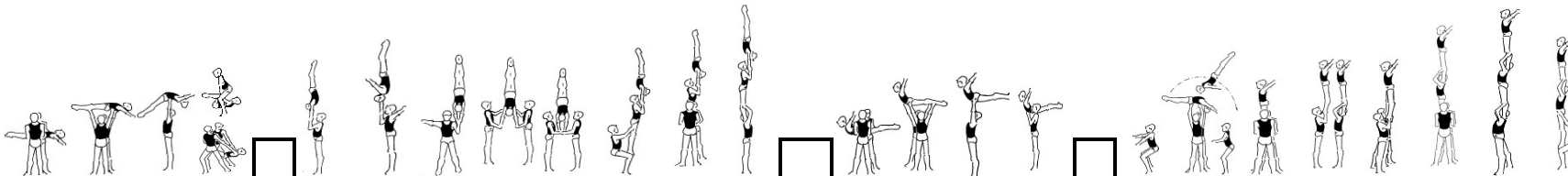
		A	B	C	D	E	F	G	H					I	J	K	L					M	N	O	P	Q	R	S	T					U	V	W	X		
1 / 4	1									2 / 4					3 / 4					4 / 4					5 / 4									6 / 4	0/4	1	1	1	X
	2	1		2	3	3					2	2	2	3		3	5	9	7		4	7						4	3	5	5								
	3	1		2	3	3					2	2	2	3		4	5	9	7		4	7						/	3	5	5								
	4	1		2	3	3					2	2	2	3		5	5	9	7		4	7					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

		A	B	C	D	E	F	G	H
1	0/4	1	2	3	4	5	6	7	8
2	1/4	2	4	6	8	10	12	16	20
3	2/4	1	2	3	4	5	6	7	8
4	3/4	2	4	6	10	14			
5	4/4	2	4	6	8	10	12	16	20
6	5/4	3	5	7	9	11	13		
7	6/4	3	5	7	9	11	13		
8	7/4	4	8	12	14	16			
9	8/4	3	5	7	9	11	13		
10	9/4	4	8						
11	10/4	4	8						
12	11/4	4	8						
13	12/4	4	8						

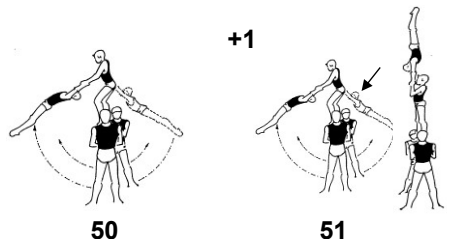




**Back Salto**  
Finish Position

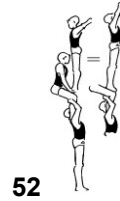


		A	B	C	D									M	N	O	P											
1 / 4	1					2 / 4							3 / 4					0/4			2	2	2					
	2	2	3	3	4		8			5	9				3	4	4		4	3	3	7	8	8				
	3	2	3	3	4		8			5	9				3	4	4		/	3	3	8	9	9				
	4	2	3	3	4		8			5	9				3	4	4		4	3	3	9	10	10				
5 / 4	5	4	5	5	7	6 / 4	18			11	18		7 / 4	8	10	10		8 / 4	12	10	16	20	20					
	6	5	6	6	7		20			12	20				9	11	11			8	13	11	20	24	24			
	7																				13	11	20	24	24			
	8																				15	13	24	28	28			
	9	6	7	7	7		22				14	22				10	12		12		8	17	15	26	30	30		
9 / 4	10	12				10 / 4				18	24		11 / 4	16				12 / 4	30	30	40							
	11	13								20	28				20					12	39	39	50					
	12																				39	39	50					
	13																											
14	15								24	32																		
15																												
16																												



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

**Additional difficulty for the middle**



52



53



54



55



56



57



58



59



60



61



61a



62

**Back**



(jump forward-salto back)  
**Gainer Salto**

	4
	5
	6
	18

180° + 2  
360° + 4  
540° + 6  
720° + 8

**Front**



(jump backwards-salto front)  
**Delfin**

	5
	7
	9
	26

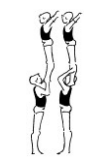
180° + 2  
360° + 4  
540° + 6  
720° + 8

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

Front Salto  
Finish Position

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

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



63



64



65



66



67



68



69

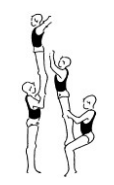
or



70

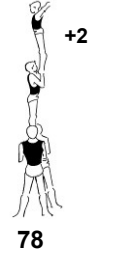
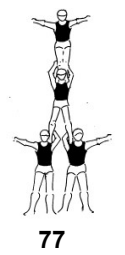
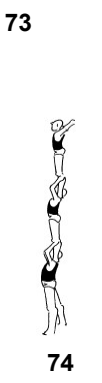
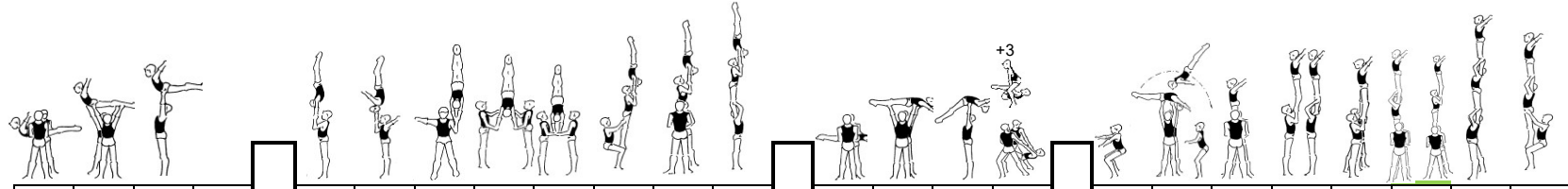


71



71 a

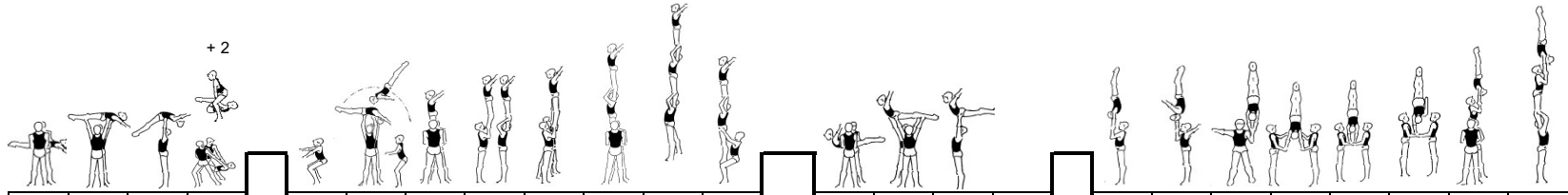
**Front Salto**  
Finish Position



		A	B	C	D									M	N	O	P										
1 / 4	1					2 / 4	8			6	10	7	8	7	3 / 4	4	5	5	8	0/4	1	2	2	3	3		
	2	2	3	4			8			6	10	7	9	7		4	6	5	7		8	7	16	14	13		
	3	2	3	4			8			6	10	10	11	10		4	7	6	8		9	8	18	16	15		
	4	2	3	4			8			6	10	10	11	10		4	8	7	9		10	9	20	18	17		
5 / 4	5	4	5	5		6 / 4	18			10	20	20	26	24	7 / 4	8	10	10	14	8 / 4	14	12	20	22	22		
	6	6	7	7			20			12	22	24	30	28		10	12	12	16		16	14	24	28	28		
	7																										
	8																										
	9	8	9	9			22			14	24	28	34	32		12	14	14	18		22	20	30	34	34		
9 / 4	10	10				10 / 4				20	28			11 / 4	14				12 / 4	32	32	44					
	11	14								24	32				18					36	36	50					
	12																										
	13																										
13 / 4	14	18							28	36			22														
	15	22											28														
	16	28											34														
17	34											40															

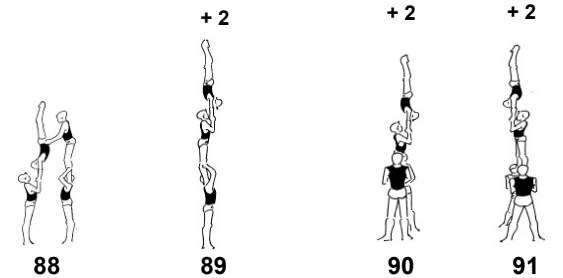
		A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440	
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	4	6	8	10	12
3	2/4	2	4	8	10	14	16		
4	3/4	2	2	8	10	14	16		
5	4/4	2	8	10	12	14	18		
6	5/4	2	4	6	8	10	14		
7	6/4	4	4	8	8				
8	7/4	2	4	6	10				
9	8/4	3	8	10	14				
10	9/4	3	4	9	12				
11	10/4	8	10	14	18			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

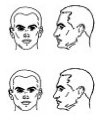
**Front Salto**  
Finish Position



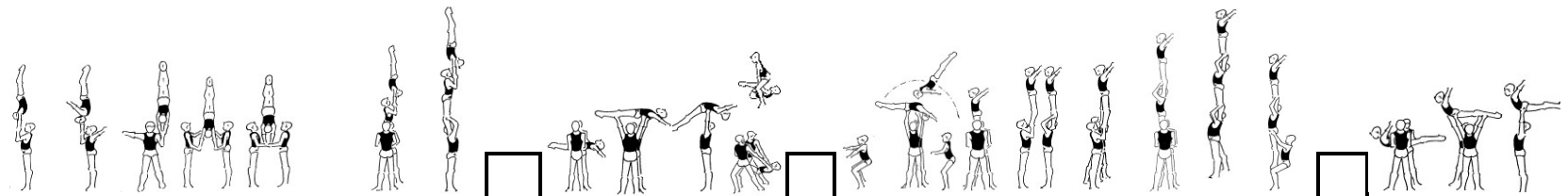
		A	B	C	D									M	N	O	P										
1 / 4	1					2 / 4							3 / 4					0/4	2	5	3	1	3	5	8	9	
	2	1	1	2	2		2	5	6	6	12	12		10	2	3	3		4	10	14	12	6	12	16	20	20
	3	1	1	2	2		2	5	6	6	12	12		10	2	4	4		/	12	16	14	6	14	18	24	24
	4	1	1	2	2		2	5	6	6	12	12		10	3	5	5		4	14	18	16	6	16	20	28	28
5 / 4	5	4	7		9	6 / 4	6	6	10	12	12		7 / 4	6	9	9		8	26			18	24				
	6	5	8		10		8	8	14	16	16				7	10	10		8	30			20	26			
	7																										
	8																										
9 / 4	9	9	11	11		10 / 4	10	10	16	20	20		11 / 4	9	12	12		12	32			20	28				
	10	16	16	26											16												
	11	20	20	30											20												
	12																										
13 / 4	13	12	14	14		10 / 4	13	24	24	34			11 / 4	24													
	15	20																									
	16	24																									
	17	30																									

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

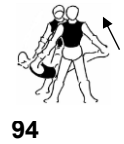




Front Salto  
Finish Position



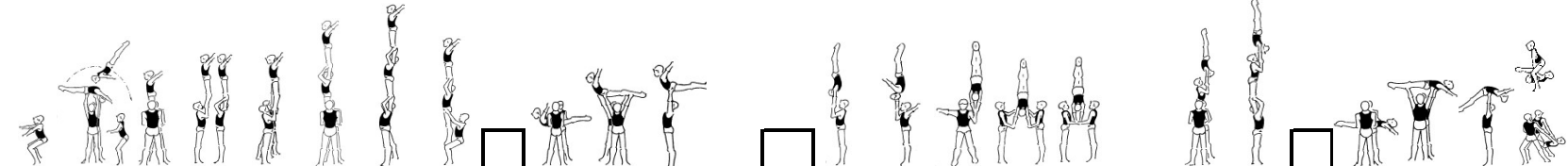
Start



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

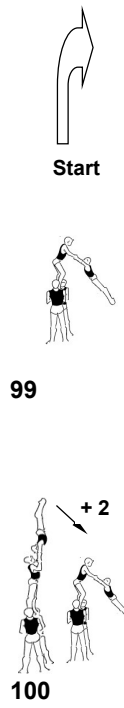
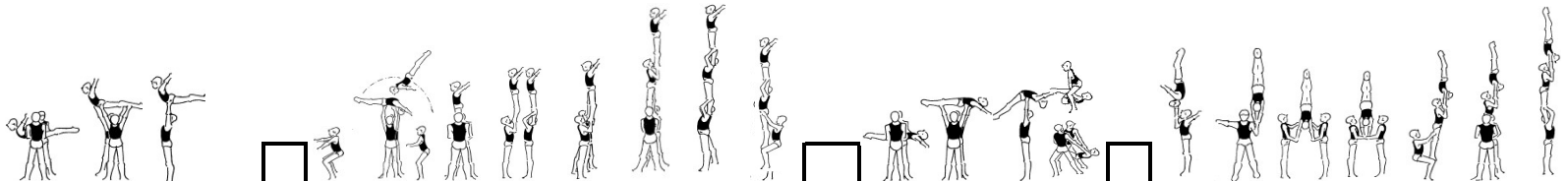
**Front Salto**  
Finish Position



		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					3 / 4					4									0/4	1	1	1	2								
	2	1		2	3	3					2	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				6 / 4	5	6	6		7 / 4	12			10	12				8 / 4	10	12	12														
	6	5	5	7	8	8					7	8	8			14			12	14					12	14	14														
	7																																								
	8																																								
96	9	6	6	9	10	10				10 / 4	9	10	10		11 / 4	18			16	18				12 / 4	14	16	16														
	10	11		17							12	14	14						14	20						18															
	11	13		19							14	16	16						18	24						22															
	12																																								
97	13									14 / 4					11 / 4									12 / 4																	
	14	17		23							18	22	22						24	30																					
	15	24									30																														
	16	30									36																														

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

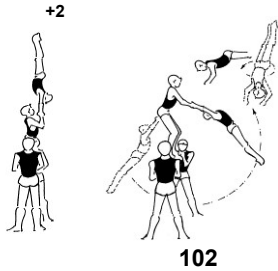
Front Salto  
Finish Position



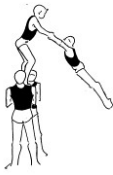
		A	B	C	D									M	N	O	P													
1 / 4	1					2 / 4	1	2	2		4			3 / 4					0/4											
	2	2	3	3			5	8	10		22				3	4				4	6		3	6						
	3	2	3	3			6	10	12		24				3	4				/	7		3	7						
	4	2	3	3			7	14	16		26				3	4				4	7		3	7						
5 / 4	5	4	6	6		6 / 4	12	10	20					7 / 4	7	9			8 / 4	16		8	14							
	6	5	7	7			14	12	24						8	10				8	18		10	16						
	7																													
	8																													
9 / 4	9	7	9	9		10 / 4	18	16	28					11 / 4	9	11			12 / 4	22		12	20							
	10	12	14	14			34								14					12			16	22						
	11	13	15	15			43								16								18	24						
	12						43								16															
13 / 4	13					16 / 4								16 / 4	20				16 / 4											
	14	15	17	17																										
	15																													
	16																													

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





**Finish Position**

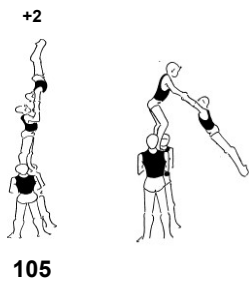
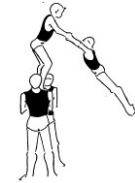


Back Salto	0/4	4/4	8/4	12/4
	1	12	24	36
	1	14	28	
	1	16	32	

180° 0  
540° + 6  
720° + 12



**Finish Position**

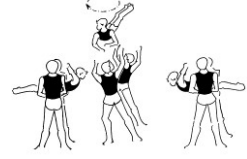


Front Salto	0/4	4/4	8/4
	1	10	22
	1	12	26
	1	14	30

360° + 8  
720° + 10



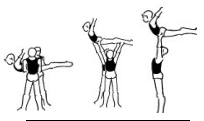
**Start**



**103**

	A	B	C
2/4	2	3	3
4/4	4	5	5
6/4	8	9	9

180° + 1  
360° + 1  
540° + 3  
720° + 4

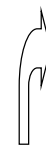


A	B	C
1	2	3

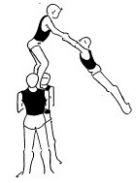
180° + 1  
360° + 2  
540° + 3  
720° + 4  
900° + 5  
1080° + 6  
1260° + 8  
1440° + 10



**104**



**Finish Position**



**Back Salto      Front Salto**

0/4		3	1
4 / 4		10	7
		10	9
8 / 4		10	10
		20	
		24	

180° + 2  
360° + 4

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
Individual Elements

## General Rules Individual Elements

### General:



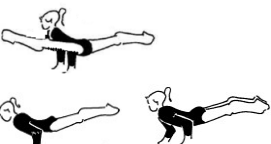















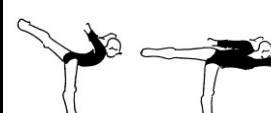
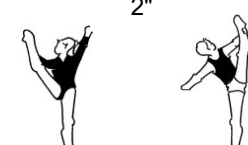
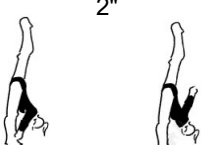







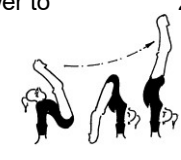
- Elements performed to all positions on knee(s) are considered the same as to stand
- Each extra 180° turn receives a value of +1 up to a maximum of 720°.
- Elements with the same ID number may be used **only once** in an exercise
- Minor stylistic changes are permitted and don't affect the value of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

### Flexibility performed:

- To straight split receives a value of +1
  - To middle split receives a value of +2  
or +1 if it is an element to straight split
  - On 1 arm receives a value of +1
- only if the element to this position is not in a separate box )  
or has already extra values

# Individual Elements

## Balance

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	hands not on floor 021-V 3	022-V 3	023-V 4
2" 	2" 	power to 2" 	power to 2" 	power to 2" -2 	power to 2" 
024-V 5	025-V 4	026-V 4	027-V 5	028-V 6	029-V 8




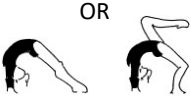




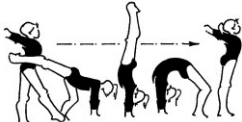
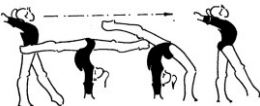
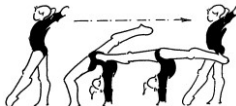
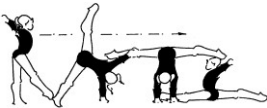
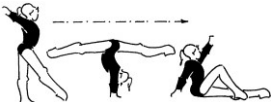
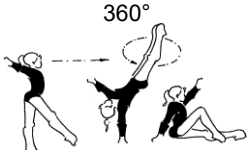
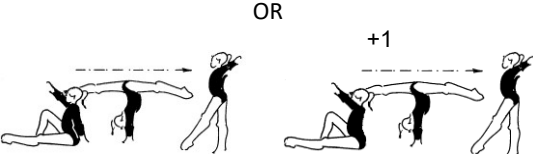
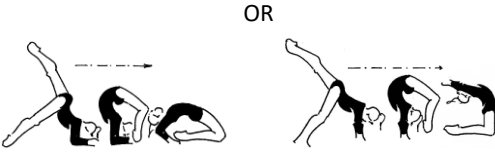

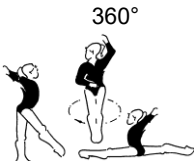
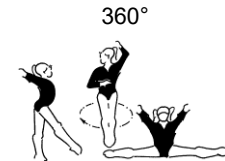
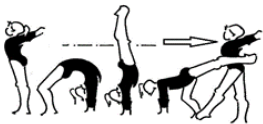
## Individual Elements

### Balance

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



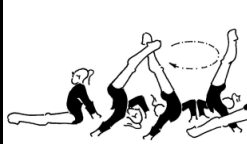

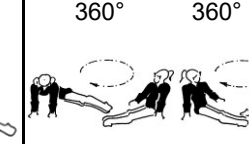
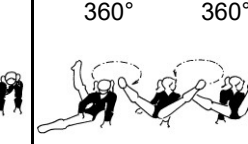
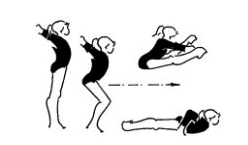





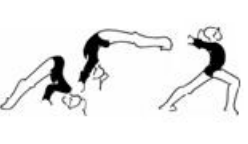
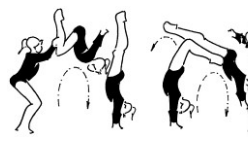




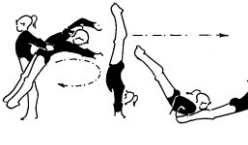

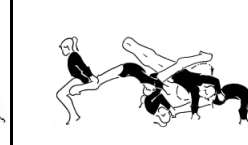


# Individual Elements

## Flexibilities

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

## Individual Elements

### Agilities

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

## Individual Elements

### Agilities



















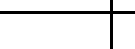




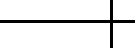




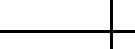

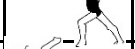

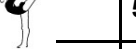


	A		1		A		1	$360^\circ$	A		5		A				A		3
	B		1		B		1		B		5		B		4		B		4
	C		2		C		2		C		6		C		6		C		6
	D		3		D		3		D		7		D		7		D		7
	E		1		E		1		E		5		E		4		E		4
	F		2		F		2		F		7		F		6		F		6
	G				G				G				G				G		
	I				I				I				I				I		
116			117			118			119			120							















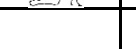
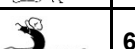
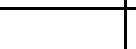


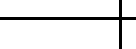

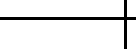
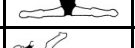
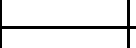
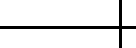

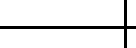
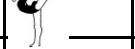




	A		4		A		2	$180^\circ$	A		12	$360^\circ$	A		5	$540^\circ$	A		16			
	B		5		B		6		B		8		B		10		B		12	B		12
	C		7		C		8		C		10		C		12		C		14	C		14
	D		8		D		9		D		11		D		13		D		12	D		12
	E		5		E		6		E		8		E		10		E			E		
	F		7		F		8		F		8		F		12		F			F		
	G				G				G				G				G			G		
	I				I				I				I			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



## Individual Elements

### Agilities

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

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

## Individual Elements



































### Agilities










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

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

## Individual Elements

### Agilities


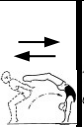
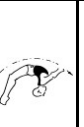
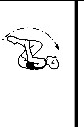
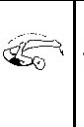
















540° 	A		9	540° 	A		10	540° 	A		10	720° 	A		14	720° 	A		15
	B		10		B		11		B		12		B		12		B		13
	C		12		C		13		C		14		C		13		C		14
	D		13		D		14		D		15		D		14		D		15
	E				E				E				E		12		E		13
	F				F		14		F		15		F				F		
	G				G		6		G				G		14		G		16
	I				I				I				I				I		
146			147			148			149		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

720° 	A		18		A				A				A				A		
	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

### Tumbling

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

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

### VALUES FOR LINKS:

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

### **After Single somersault**

- » back handspring +2
- » salto performed in the in the same direction +2
- » salto performed in the reverse direction +4

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

**Instruction how to use**

**Pairs Balance**

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

**Pairs Dynamic**

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

**Groups Balance**

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

**Groups Dynamic**

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

**Individual Elements**

- 1: coördinates of the individual elements
  - flexibility / balance / agility : only ID/# number
  - tumbling: only page

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

1				
<b>Value</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>SH</b>			<b>1</b>	
<b>Top</b>			<b>2</b>	
<b>Base</b>			<b>3</b>	

**Individual**

1				
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	
				<b>1</b>

**! PLEASE use "open (new)box" for motions/transitions**





# New Element Registration Form 2022-2024



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 an E-MAILED video of the NEW element.  
The form and related documentation is submitted to the President AND to the Secretary of the FIG Acrobatics Technical Committee.**