

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



**CODE OF POINTS ACROBATIC GYMNASTICS
TABLES OF DIFFICULTY 2025-2028**

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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, coaches and 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 2022-2024 for their expertise in revising the Tables for the cycle 2025-2028
Rosy Taeymans, Bernardo Tomás, Nikolina Hristova, Frank Böhm, Wieslawa Milewska, Yuriy Goliak, Irina Nikitina.
- 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.
- The FIG Sportmanager Rui Vinagre, 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 and individual elements must appear together in the correct order to be performed. Drawings should be reproduced from the Tables of Difficulty.

The Tariff Sheet must be "Computer Generated". Original drawings (TOD, Pre-Youth) must be clearly presented and not open to a variety of interpretations. The layout of the Tariff Sheet of "Acro Companion" is an approved 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.
No + values are given for stylistic variations (in most of the cases variations are easier to perform).
- The figures in the same box are considered as identical (with very few exceptions) as shown in the Tables of Difficulty.
- Salto's with a half twist(180°): the 180° twist can be performed at any moment in the salto.
⇒ the start directions determine if it is a front or back salto
- 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 variar
- **Plus and minus 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)

-2	+1	+2	+2	+3	+3	+3

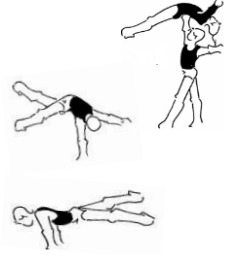

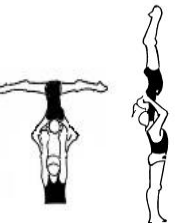

- Plus and minus values for MOTIONS of the base and Additional values in mounts
(only if the position/mount has not already a higher or extra values)



+1	+2	-5	-6
			
			

+2	TURNS of the TOP in Mounts
PIKED POSITIONS OF THE TOP IN A MOUNT	180° = +2 360° = +4 720° = +8 (only if the 180°/360°/720° turn is not already included in the mount)
	

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)

+2 Pairs	+2	+4 Trios	-2	-2
	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.

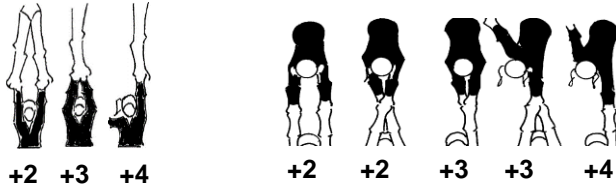
- Full in back out (/360° 0) ≠ Back in Full out ≠ half in half out (/180°/180°).
- Additional value for twisting in salto's is given by the amount of twists in each salto ex WG: /360°/360° Value 22+10+10 and /720°/ =22+18
- The extra values for the **middle** in WG and MG, performing a jump or a salto to the floor from the start positions in column/2 high on platform, are NOT considered as dismounts.(eg. pg 101)

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

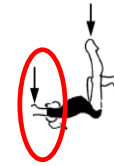
All Handstands/Footstand performed on the following points of support will receive the additional difficulty as shown.

Balance:

Hand to hand and foot to hand:



On Floor:
NO + Value

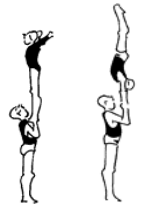


NO +VALUE

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

⇒ eg:



• **Additional Difficulty for Dynamic:**

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

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

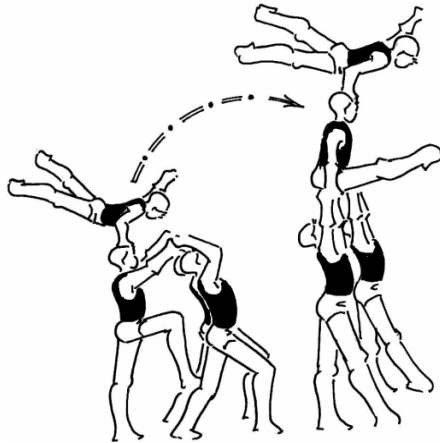
Groups :

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

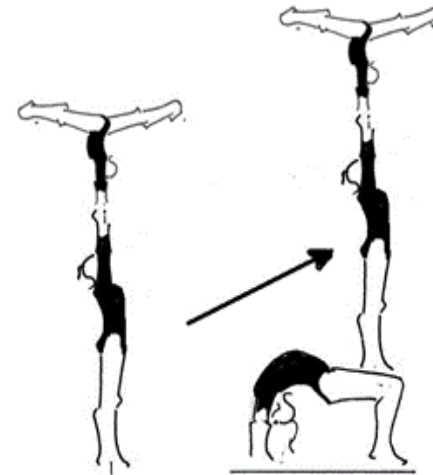
The difficulty of the middle holding the top during the construction of the pyramid is the sum of the values:

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 = 7
motion (for group 4) = 8
Total = 15



Top V = 11 (9 + 2)
motion (for group 3) = 6
Total = 17

Groups: Extra Difficulty for a mount:

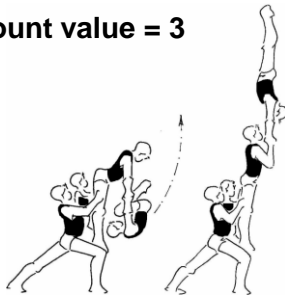
- to go to a pyramid of group 1 = 2
- to go to a pyramid of group 2 = 4
- to go to a pyramid of group 3 = 6
- to go to a pyramid of group 4 = 8

Value of the top mount look the Tables of Women's group mounts pg 53

Value of the top mount look the Tables of Men's group mounts pg 80

Example:

Mount value = 3



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

Total value for mount = 2 + 3 = 5

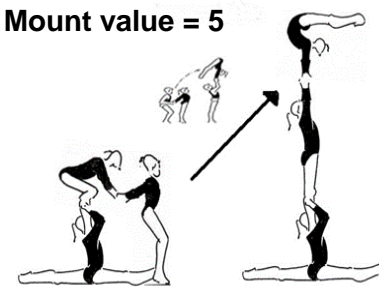
Mount value = 4



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 3)

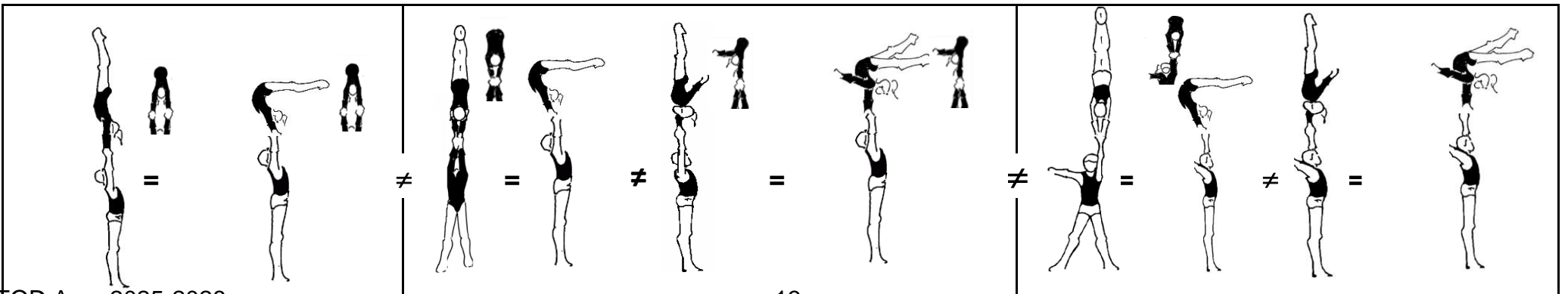
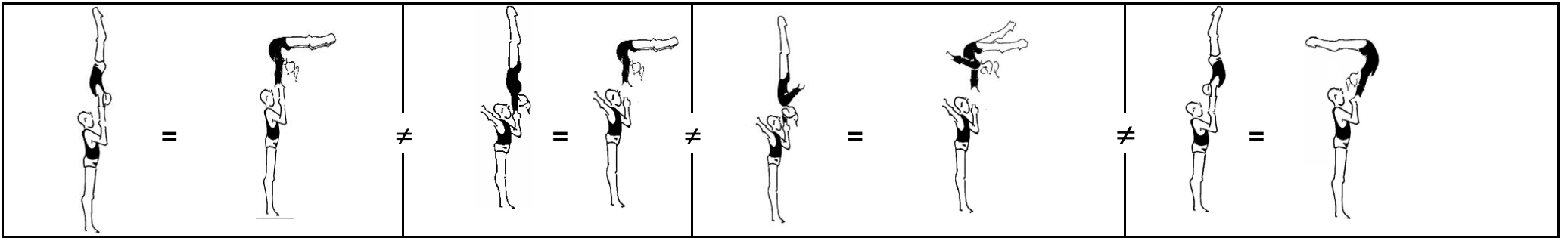
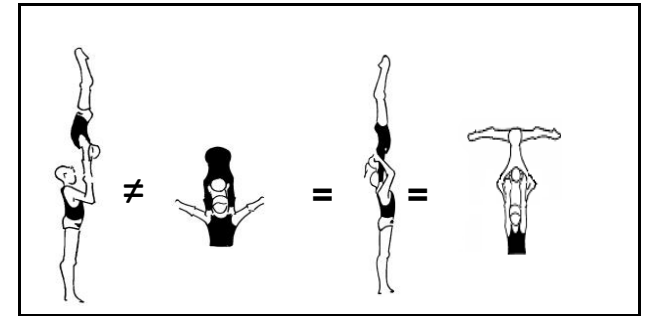
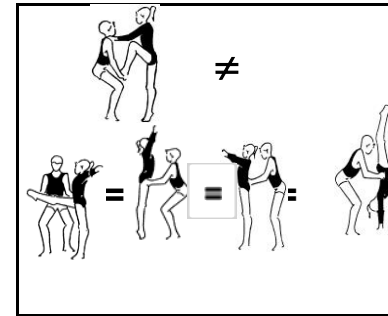
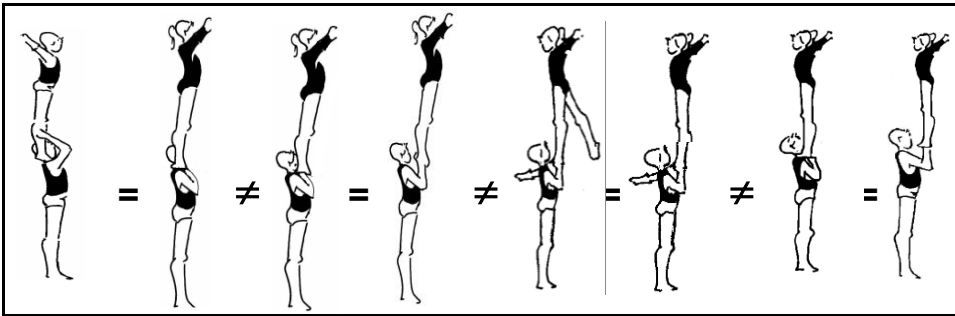
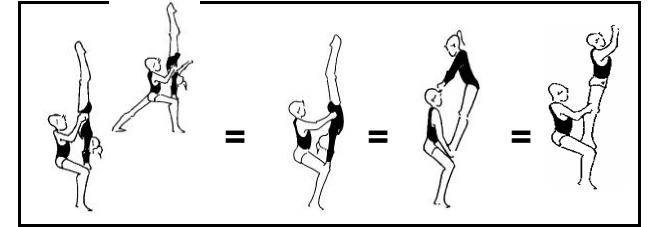
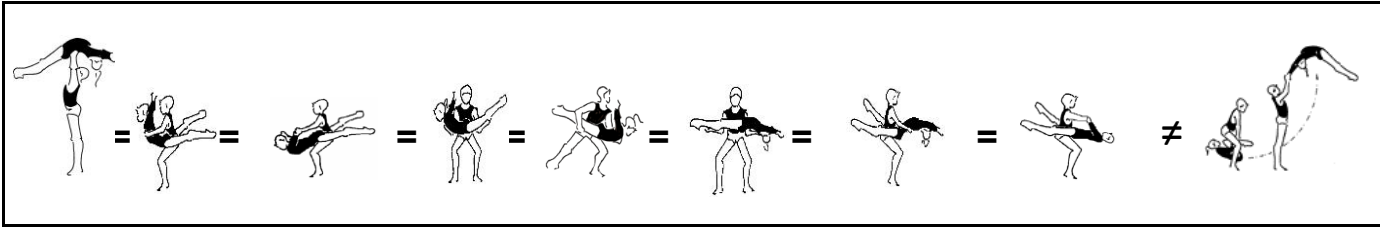
Total value for mount = 5 + 6 = 11

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** start or finish position in any exercise. (DJ -1.0) 
also in Choreography (CJP deduction 0.3)
- Planche **cannot** be performed on one arm.
- Womens Pairs and Womens Groups **may not** work
 1. on the back of the neck (Except with an additional point of support eg: holding on a leg)
 2. or on top of the head (**Forbidden**).
- 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.

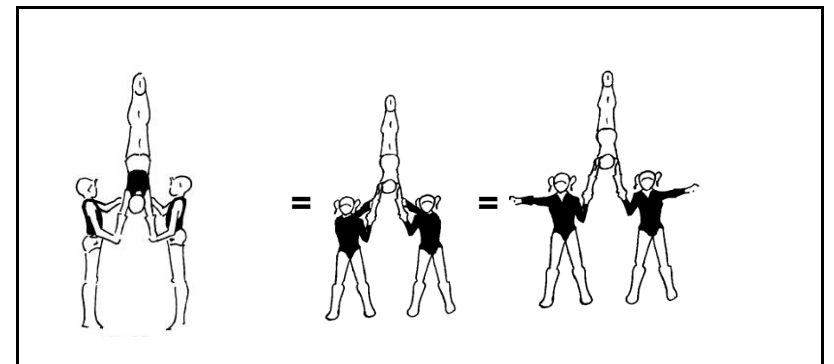
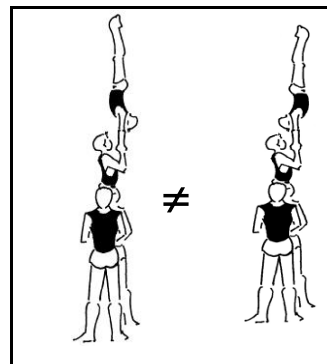
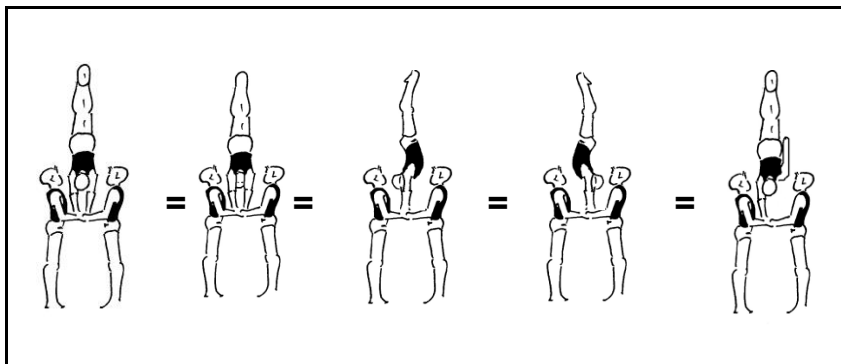
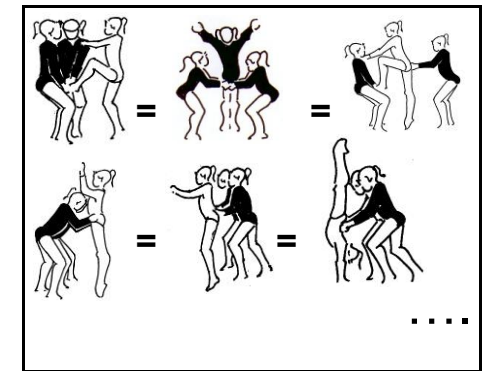
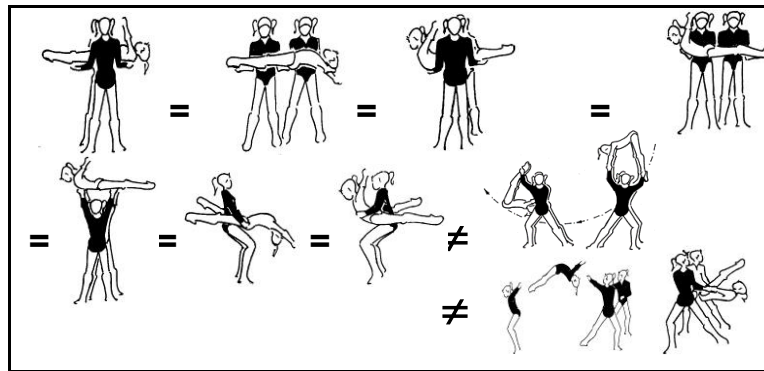
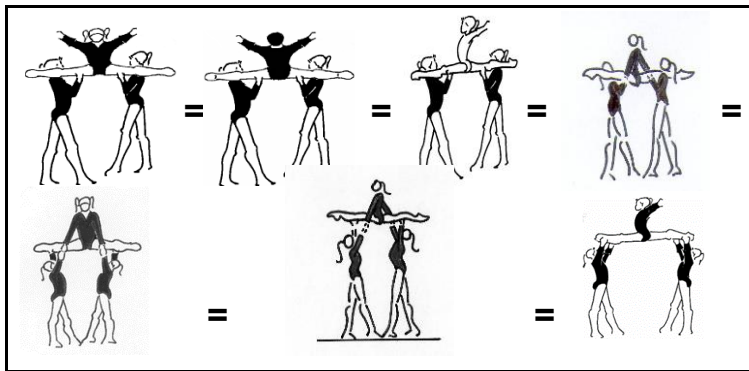
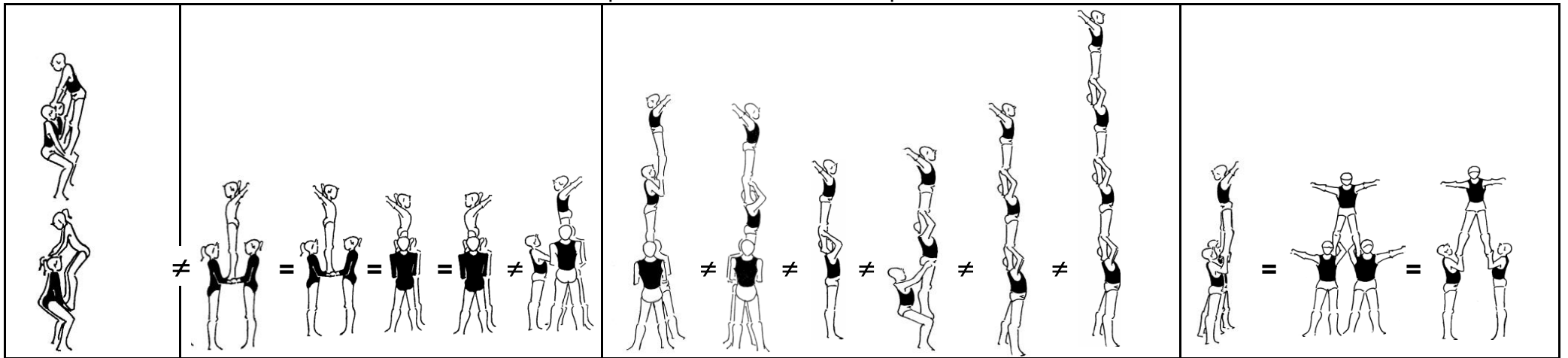
The same position = The different positions ≠



START POINTS AND CATCH POSITIONS

Examples of the most typical positions.

The same position = The different positions ≠



CATEGORIES OF HANDSTANDS

A		B	
			D
C		D1	

Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty-balance elements. Handstands belonging to the same category are 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

A		A1		B		C		D			
E				F			G				
H		I			J		K			L	

CATEGORIES OF FOOTSTANDS

A		E									
B			F								
C				G							
D											

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

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

Example

Pairs

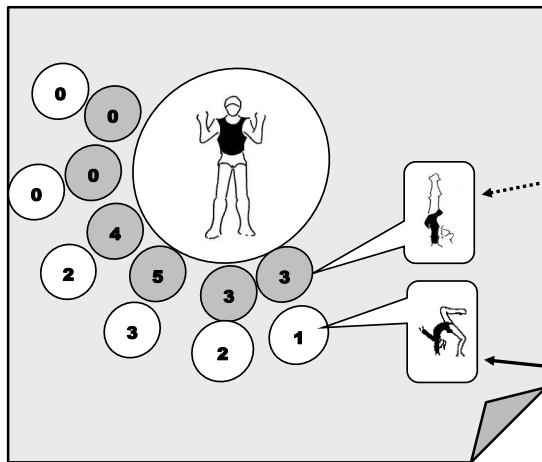
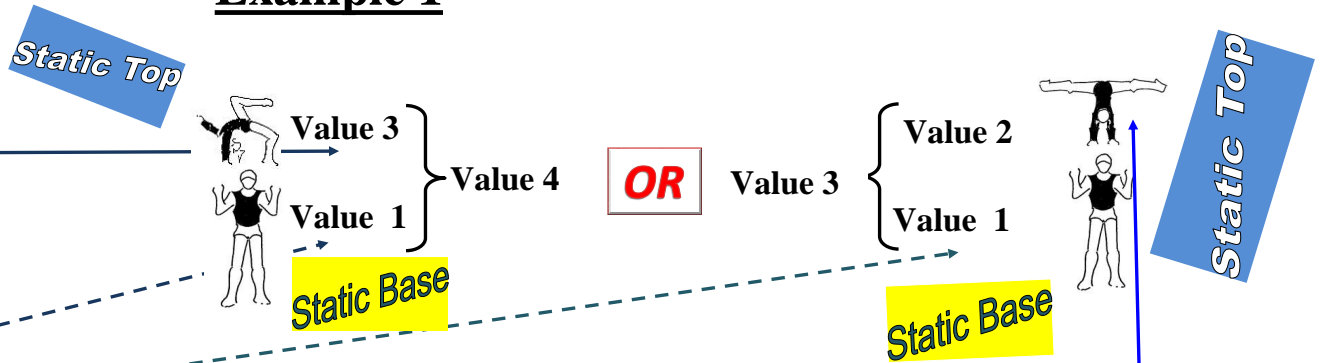
Static Base

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

Static Top

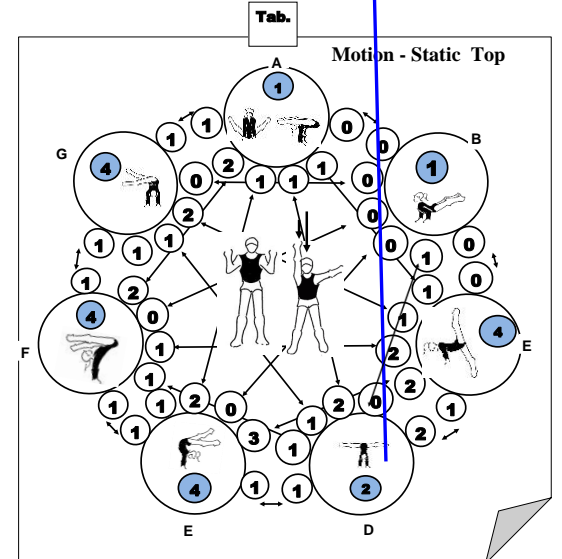
Nr	Position Top	Value
1		1
2		3
3		
4		
5		

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.

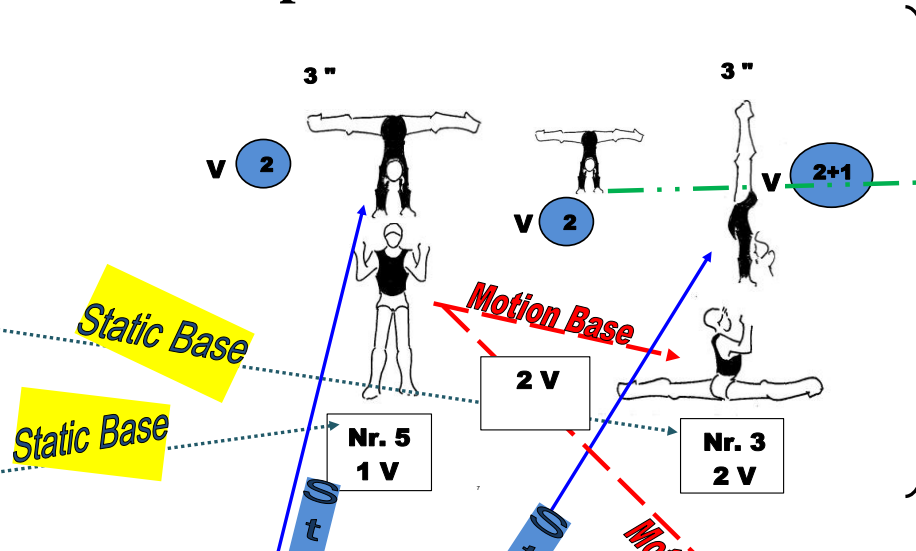
Additional difficulty for motion of the base when the top is not in handstand, and all foot to hand elements value 5 or lower. The value for motion of the base is added to the work of the top.



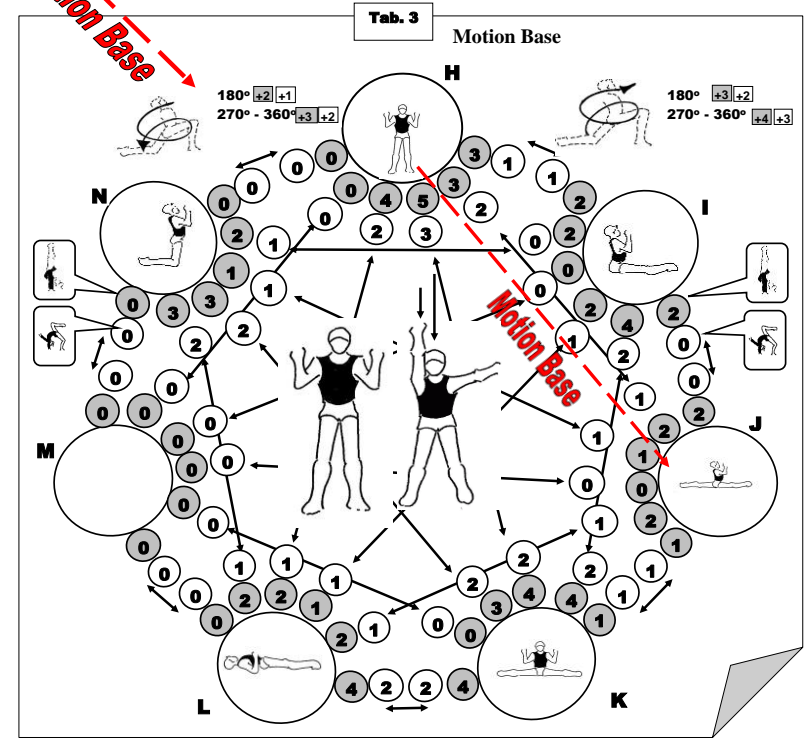
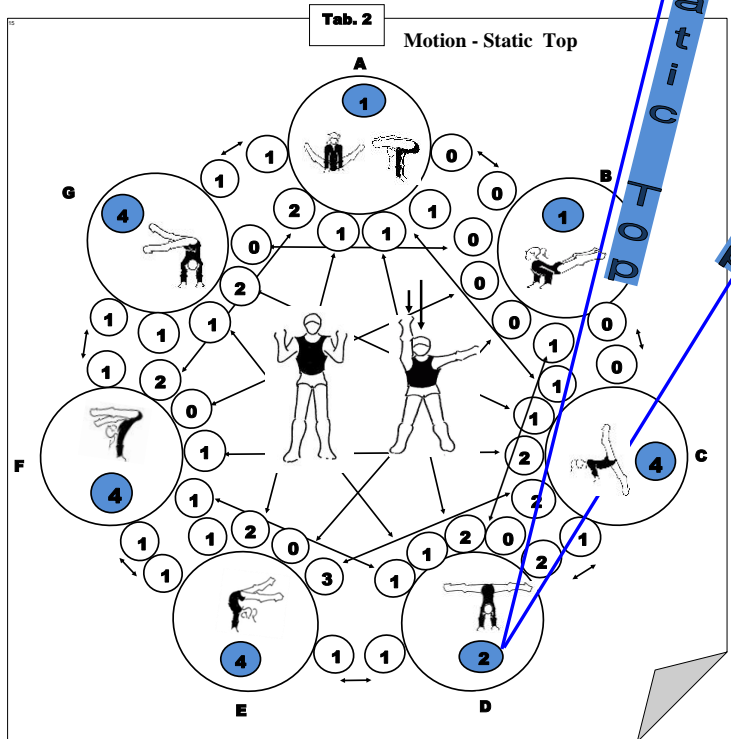
Example 2

Pairs
Static Base

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



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

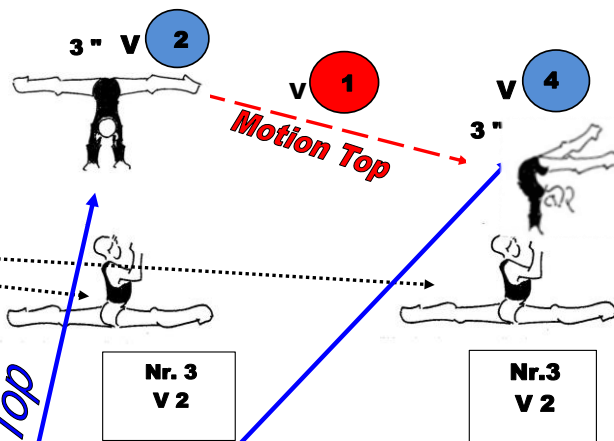


Example 3

Pairs
Static Base

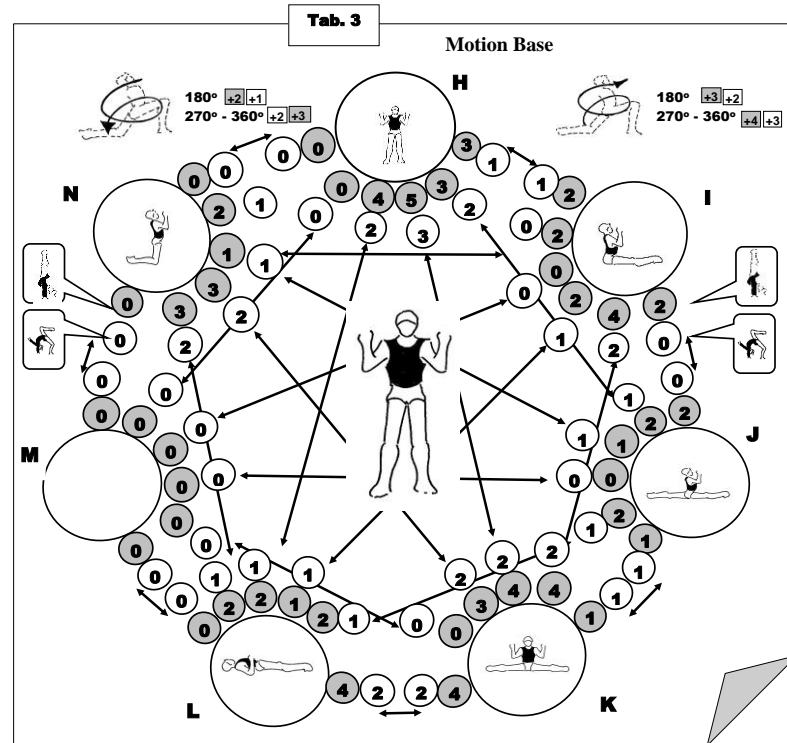
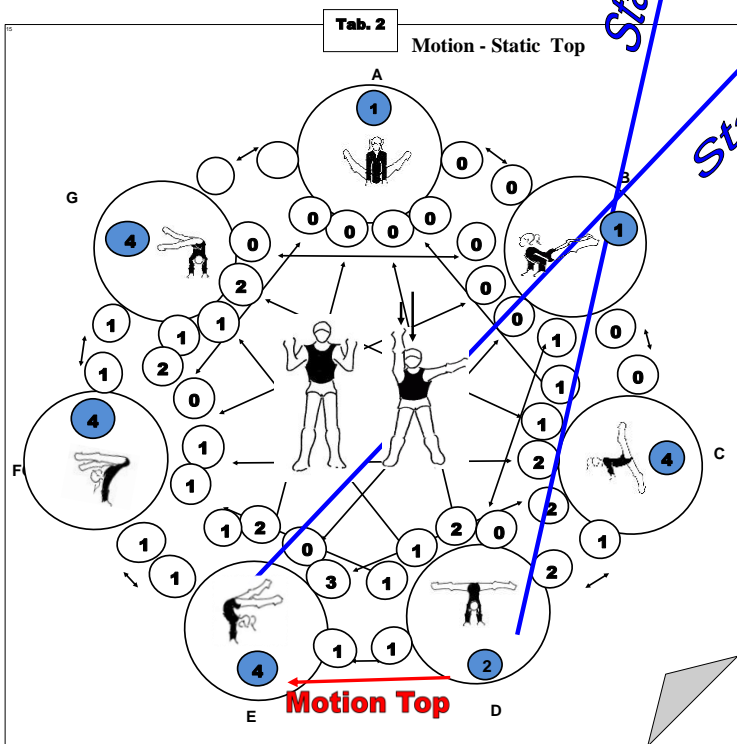
Nr	Position Base	Value
1		1
2		1
3		2
4		2
5		1

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)

= 11 V



Balance Elements

Pairs

Static Base

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

possible on bend arm

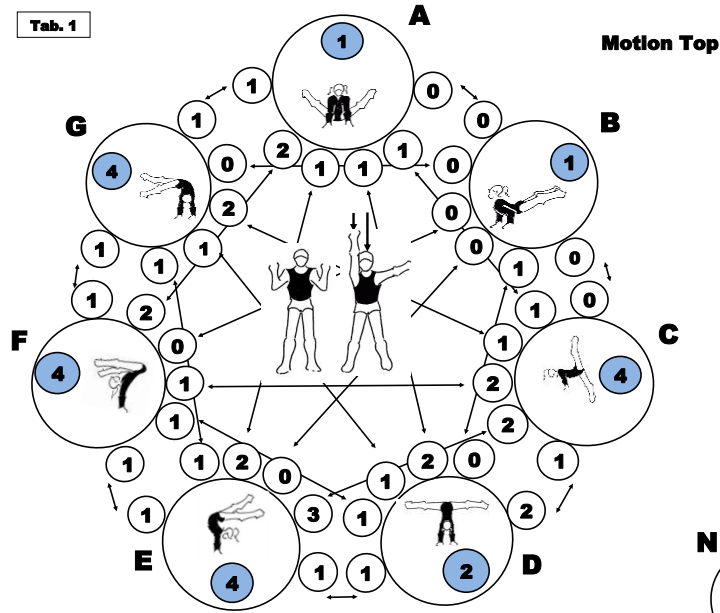
Nr	Position Base	Value
10		1
11		1
12		1
13		1
14		1
15		1
16		5
17		9
18		6

Nr	Position Base	Value
19		2
20		2
21		3
22		7
23		2
24		1
25		3
26		4
27		3
28		1

Static Top

1		1	3		2
2		3			

Tab. 1



Motion Top

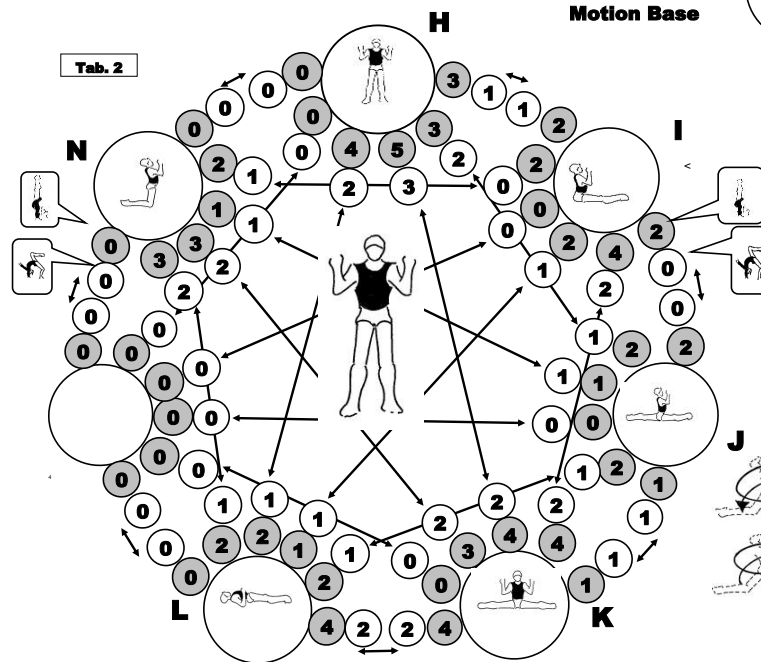
$$180^\circ \begin{matrix} +2 \\ +1 \end{matrix} \begin{matrix} +1 \\ +2 \end{matrix}$$

$$270^\circ-360^\circ \begin{matrix} +3 \\ +2 \end{matrix}$$

$$180^\circ \begin{matrix} +3 \\ +2 \end{matrix}$$

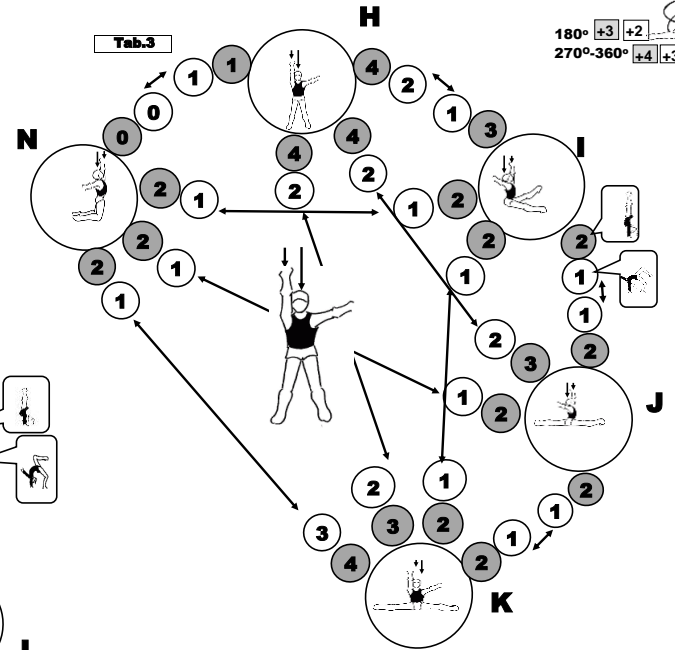
$$270^\circ-360^\circ \begin{matrix} +4 \\ +3 \end{matrix}$$

Tab. 2



Motion Base

Tab. 3



$$180^\circ \begin{matrix} +2 \\ +1 \end{matrix} \begin{matrix} +1 \\ +2 \end{matrix}$$

$$270^\circ - 360^\circ \begin{matrix} +3 \\ +2 \end{matrix}$$

$$180^\circ \begin{matrix} +3 \\ +2 \end{matrix}$$

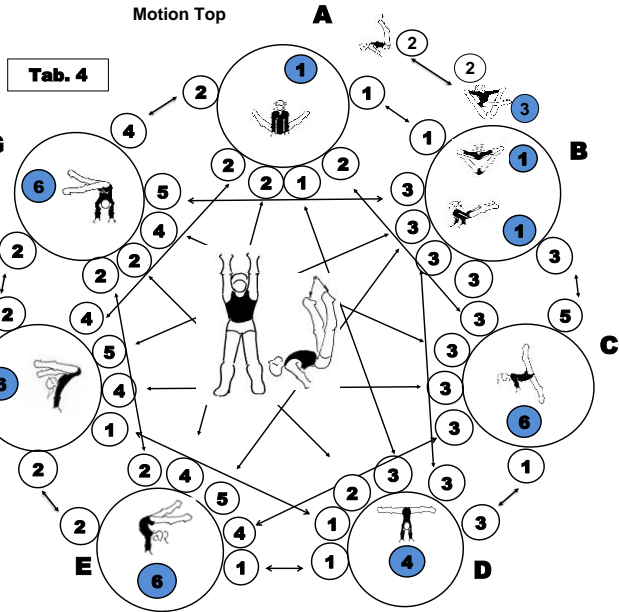
$$270^\circ - 360^\circ \begin{matrix} +4 \\ +3 \end{matrix}$$

Balance Elements

Pairs

Static Base

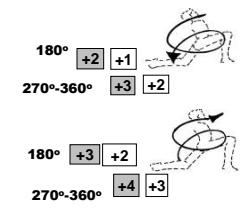
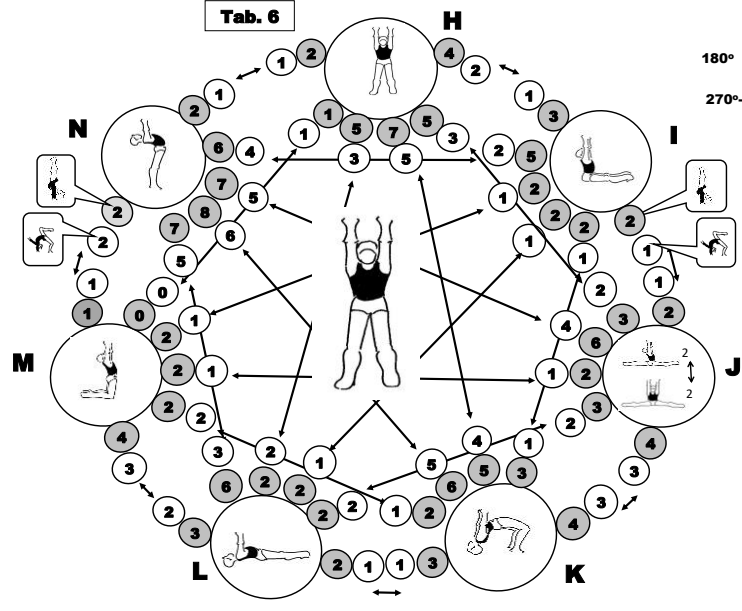
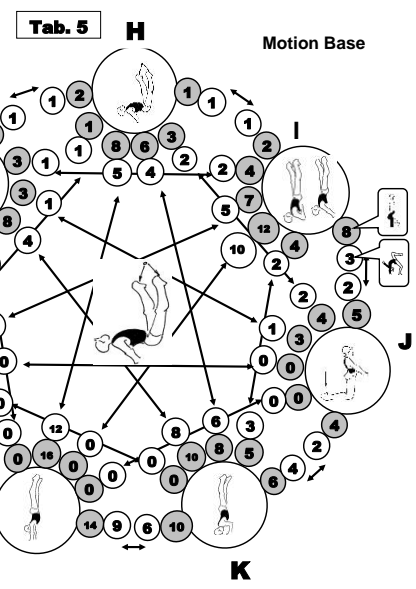
Nr	Position Base	Value
1	+1	1
2		1
3		1
4		3
5		6
6		8
7		16
8		10
9		12



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
20		5



Balance Elements

Pairs

Static Base

	possible on bend arm
--	----------------------

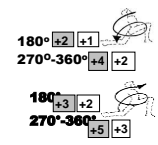
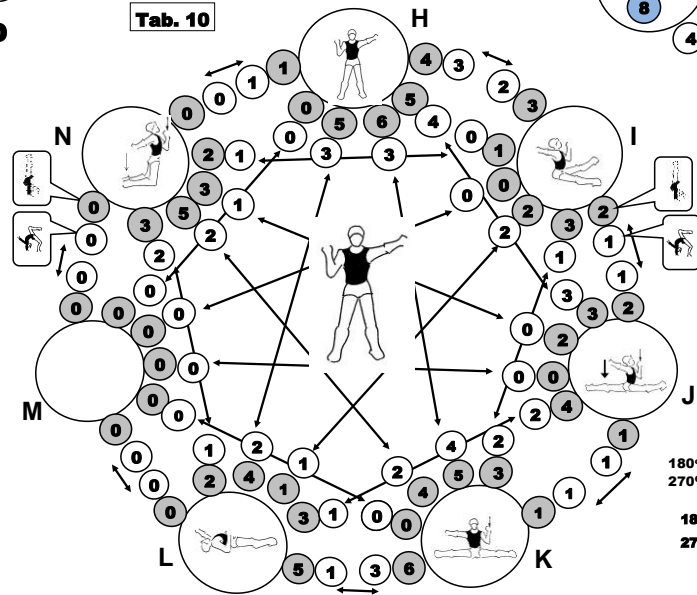
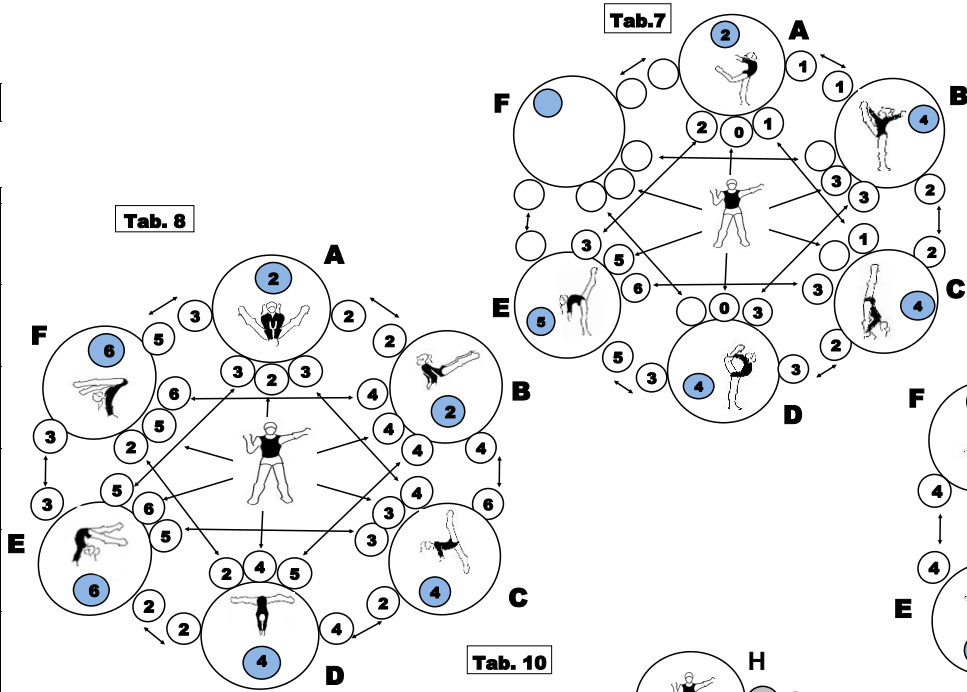
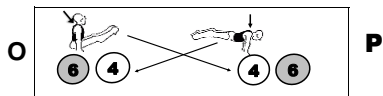
Nr	Position Base	Value
1		1
2		1
3		2
4		3
5		1
6		1
7		1
8		2
9		2

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

Static Top

1		2
2		3

Tab 10 b

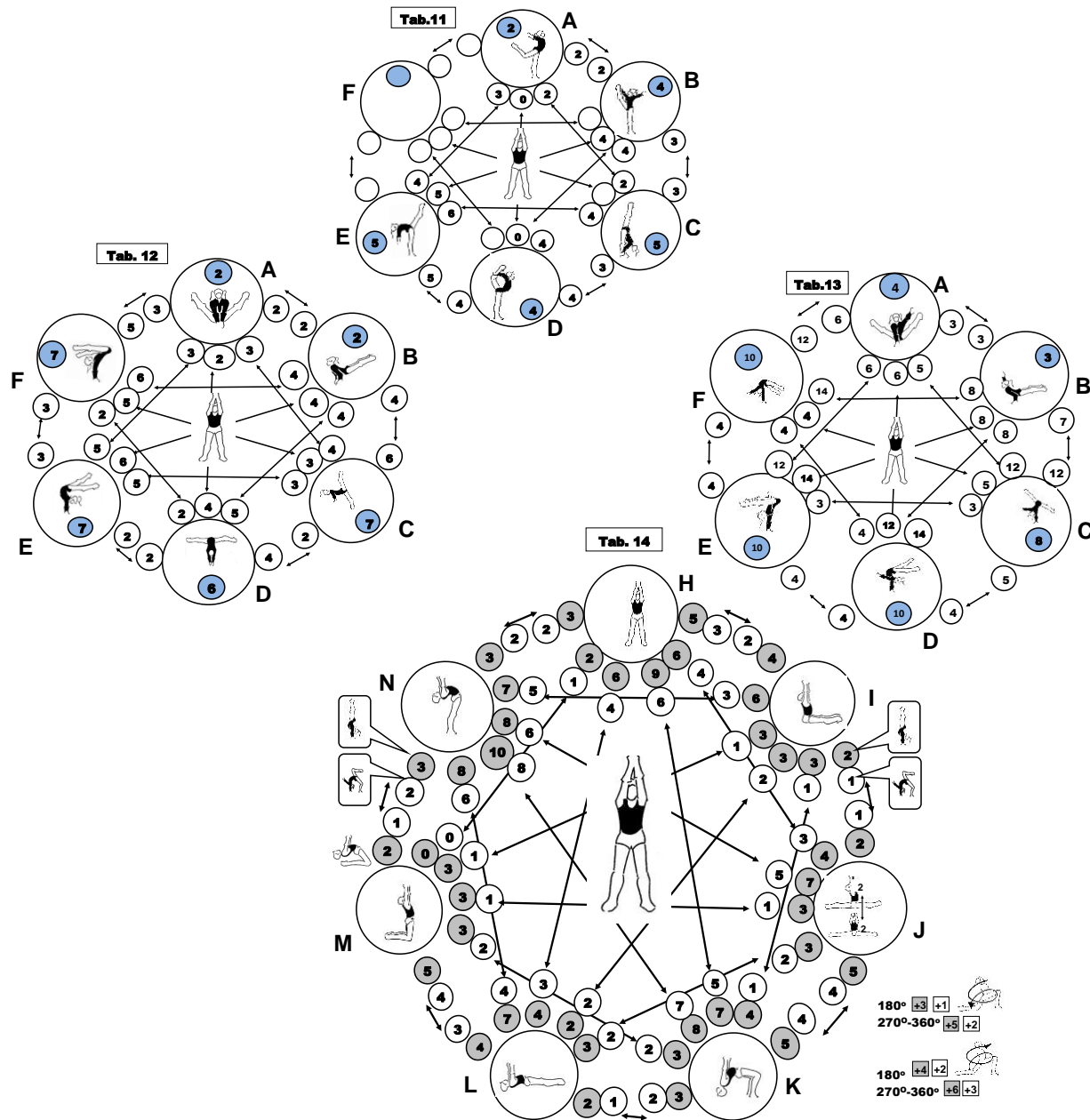


Balance Elements

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

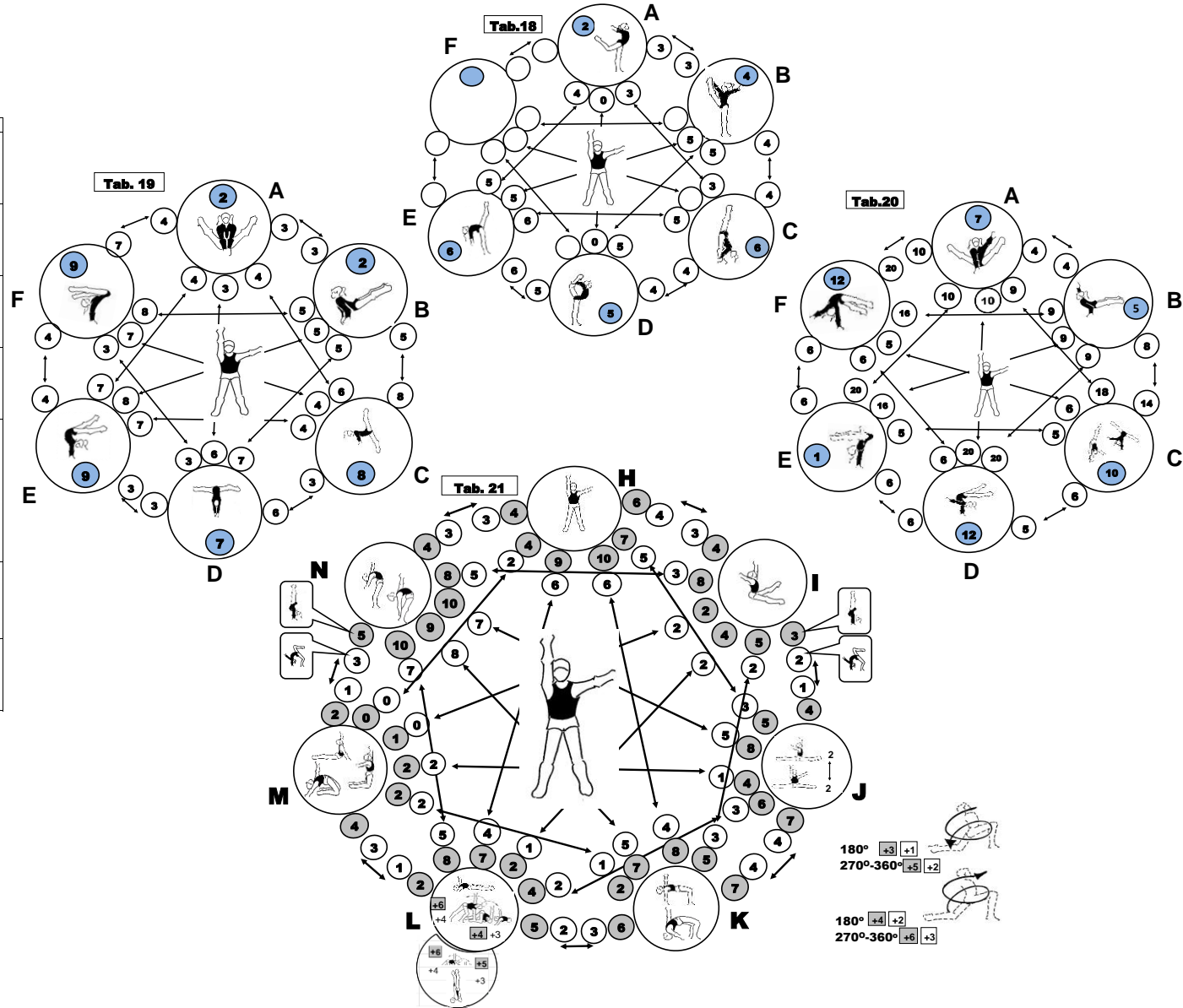
Static Base

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

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

Static Top

1		3
2		4
3		6



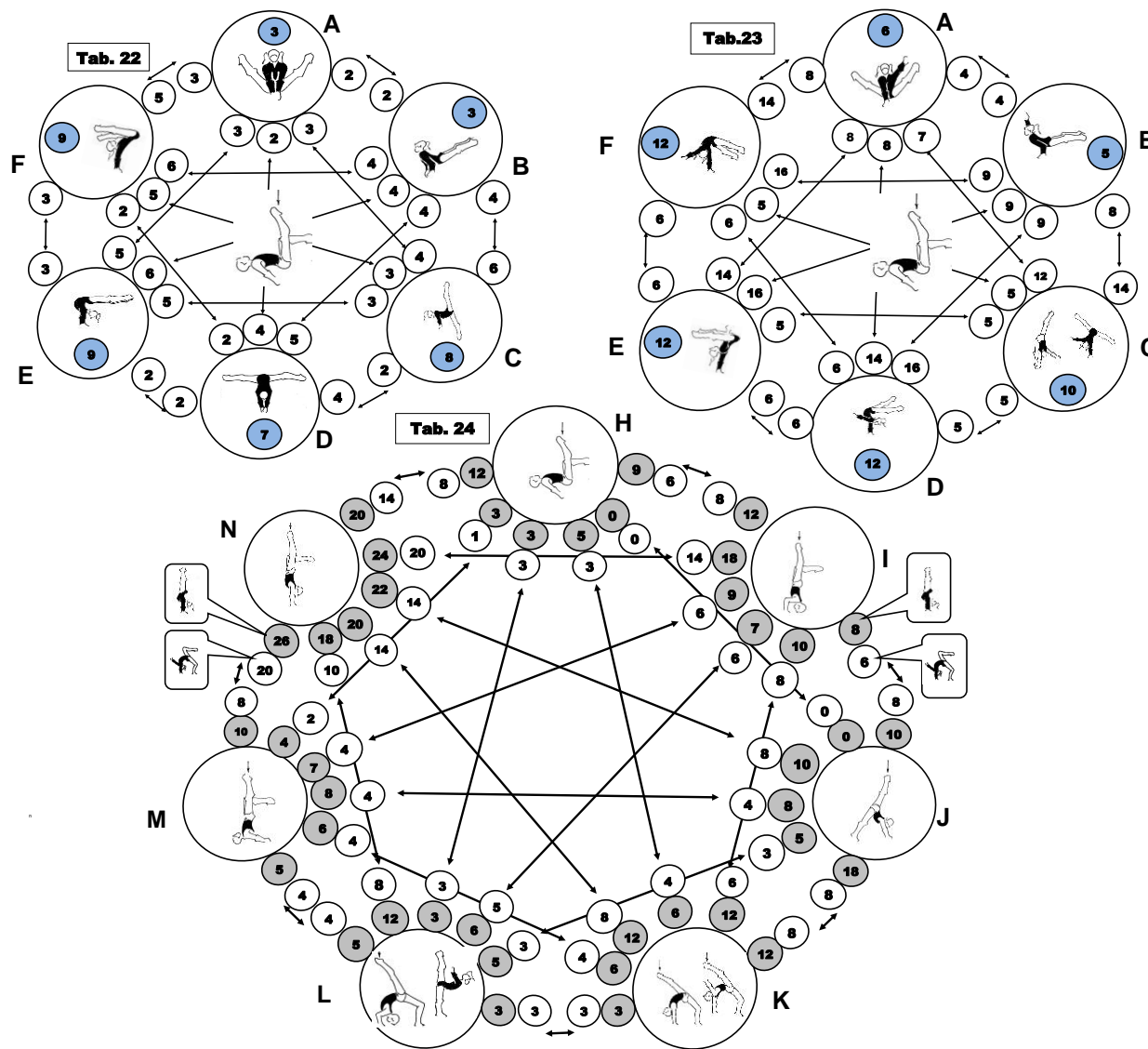
Balance Elements

Pairs

Static Base

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

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



Balance Elements

Pairs

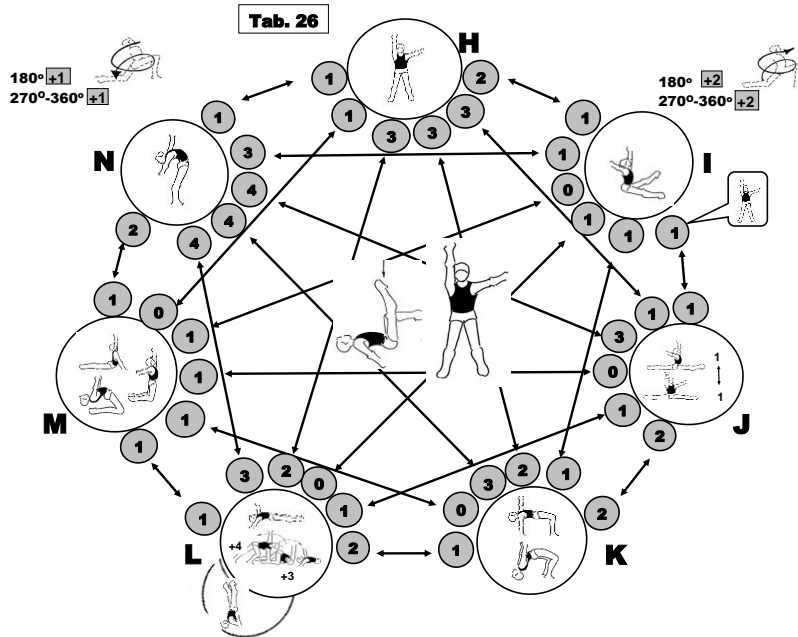
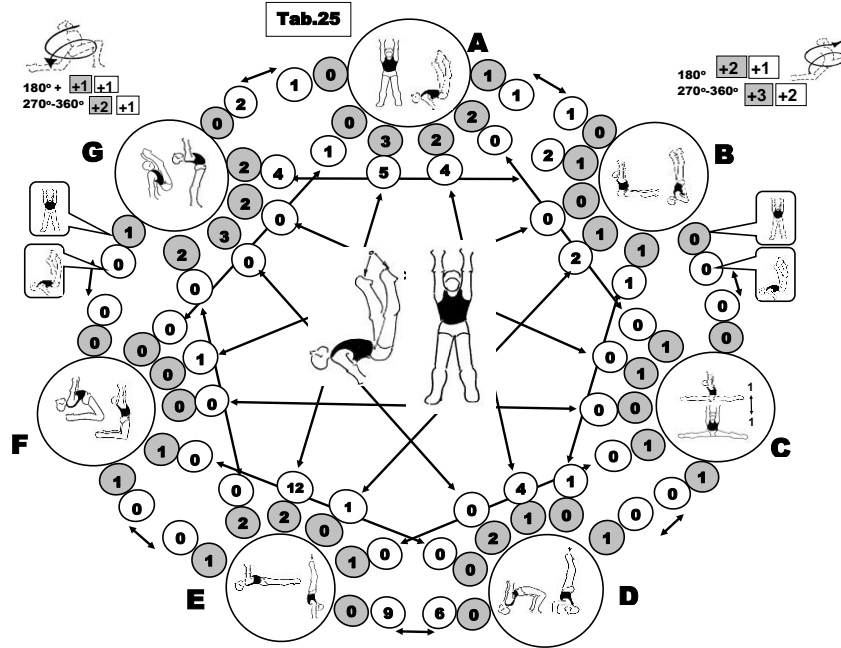
Nr	Position Base	Value
1		1
2		1
3		1
4		1
5		1
6		1
7		1
15		1
16		1
17		1
18		1
19		2
20		3
21		2

Static Base

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



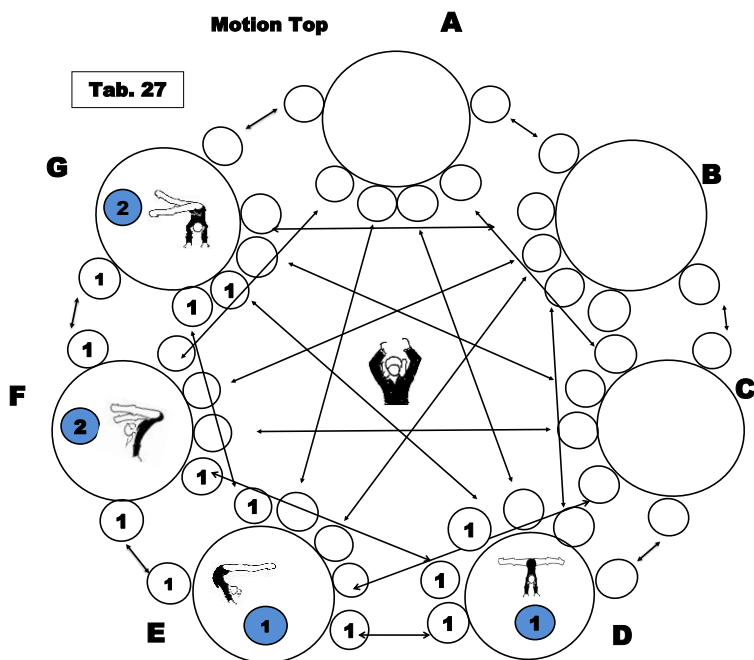
Balance Elements

Pairs

Static Base

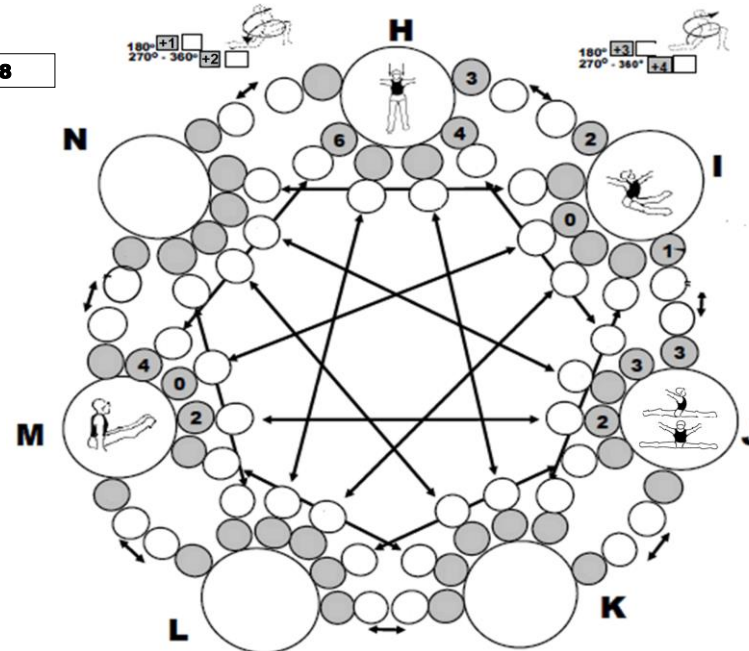
Nr	Position Base	Value
1		1
2		1
3		2
4		1

Tab. 27



Motion Base

Tab. 28



Nr	Position Base	Value
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

Static Top

Nr	Position Top	Value
1		1
2		1
3		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	Power or Jump 	4	6	9	7	9	12	6	9	12	6		12				7	10	14	14	19	11	13	18	18	23	11	13	18	18	23	11		18		23	10	11		14	
			7	10		11	14		11	14			14					13	19	18	25		16	23	22	29		16	23	22	29		23		29		14		24		
B																					14																				
C																																									
D	 or 	7	11	15	11	15	19	11	15	19	11		19				12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
E	 or 	4	7	10	8	11	14	8	11	14	8		14				8	12	17	16	23	12	15	21	20	27	12	15	21	20	27	12		21		27	11	13		18	
F	 180° 180°	6	11	15	11	15	19	11	15	19	11		19				16	21	27	26	35	19	23	32	30	39	19	23	32	30	39	19		31		39	18	21		26	

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				10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19											
		8	11	13	12	15	18	12	15	18	12		18				13	18	25	24	33	17	20	29	28	37	17	20	29	28	37	17		29		37	16	16		24											
B		4	7	10	8	11	14	8	11	14	8		14				9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18											
C		6	10	14	10	14	18	10	14	18	9		14				11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17		22											
D		7	11	15	11	15	19	11	15	19	11		19				12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23											
E		13	17	21	17	21	25	17	21	25	17		25				20	25	35	31	41	24	28	39	35	45	24	28	39	35	45	24		39		45	29	30		32											
F																																																			

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	4	7	10	8	11	14	8	11	14	8		14				8	12	17	16	23	12	15	21	20	27	12	15	21	20	27	12		21		27	11	13			18
B	4	7	10	8	11	14	8	11	14	8		14				8	12	18	17	24	12	15	22	21	28	12	15	22	21	28	12		22		28	11	13			17
C	9	13	18	13	17	22	13	17	22	13		22				16	21	28	27	36	20	24	35	31	41	20	24	35	31	41	20		35		41	22	27			30
D	5	8	13	9	13	17	9	13	17	9		17				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	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E															
Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		7	11	15	11	15	19	11	15	19	11		19				13	18	25	24	33	17	21	32	28	38	17	21	32	28	38	17		32		38	19	24		27	
		9	13	18	13	17	22	13	17	22	13		22				16	21	28	27	36	20	24	35	31	41	20	24	35	31	41			35		41	22	27		30	
C		11	16	22	15	20	26	15	20	26	15		26				18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		43	24	29		32	
	 Power OR	8	12	16	12	16	20	12	16	20	12		20				14	19	26	25	34	18	22	33	29	39	18	22	33	29	39	18		33		39	20	25		28	
E		9	13	18	13	17	22	13	17	22	13		22				16	21	28	27	36	20	24	35	31	41	20	24	35	31	41			35		41	22	27		30	
F	OR	7	11	15	11	15	19	11	15	19	11		19				12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
G	180° Alibekov	6	14	17	10	14	18	10	14	18	10		18				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	34	35	36	37	38	39	40
A	Front or Back OR	6	10	14	10	14	18	10	14	18	10		18				11	16	23	22	31	15	19	30	26	36	15	19	30	26	36	15		30		36	17	22		25	
	OR	7	11	15	11	15	19	11	15	19	11		19				13	18	25	24	33	17	21	32	28	38	17	21	32	28	38	17		32		38	19	24		27	
B	OR	7	11	15	11	15	19	11	15	19	11		19				13	18	25	24	33	17	21	32	28	38	17	21	32	28	38	17		32		38	19	24		27	
C		7	11	15	11	15	19	11	15	19	11		19				13	18	25	24	33	17	21	32	28	38	17	21	32	28	38	17		32		38	19	24		27	
D	5/4 back	7	11	15	11	15	19	11	15	19	11		19				13	18	25	24	33	17	21	32	28	38	17	21	32	28	38	17		32		38	19	24		27	
E			13	17		17	21		17	21			21							27	36				31	41				31	41				41					30	
F	Diamidov OR	13	17	21	17	21	25	17	21	25	17		25				20	25	35	31	41	24	28	39	35	45	24	28	39	35	45	24		39		45	29	30		32	

Balance Elements

Pairs

Mounts (V static hold included)

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

Balance Elements

Pairs

Mounts (V static hold included)

		A				B			C					D			E			F			G			
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
A		4	5		8	5	5		7	9	19	9	13	23	10	18	28	10	17	27	10	16	26	13	26	36
		4	5			5	5		7	9	19	9	13	23	10	18	28	10	17	27	10	16	26	13	26	36
C																15	19									
D		4	5			5	5		7	9	19	9	13	23	10	18	28	10	17	27	10	16	26	13	26	36
E		4	5			5	5		6	11	21	6	16	26	10	21	31	10	20	30	7	10	20	16	29	39
F		4	5			5	5		7	9	19	9	13	23	10	18	28	10	17	27	10	16	26	13	26	36
G		4	5			5	8		8	15	25	9	16	26	12	22	32	10	20	30	8	14	24	20	33	43
		4	8			5	8		10	17	27	10	18	28	12	22	32	12	22	32	13	26	36	22	35	45
I		5	10																							

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



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

Dynamic Elements

Pairs

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

1

2

3

+1
(8/4) +3

+2

4

5a

5b

6

forbidden

Base turns 180° + 2

top 180°

Base turns 180° + 2

GAINER

		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
1 / 4	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	
5 / 4	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	
9 / 4	9	16	10	7	11	12	36	42	46	50			26	24			27	24					16	
	10		15	14														36						
	11		17	16														44						
	12		17	16																				
10 / 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
2	1/4	1	2	4	6	8	10	12
3	2/4	-2	7	5	12	10	18	16
4	3/4	1	3	4	6	8	10	12
5	4/4	4	8	12	16	20	24	28
6	5/4	3	4	6	8	11	14	17
7	6/4	0	12	8	16	12	24	20
8	7/4	3	5	7	9	12	15	18
9	8/4	8	12	16	20	24	28	32
10	9/4	4	6	8	11	14	18	22
11	10/4							
12	11/4							
13	12/4	12	16	20	24			

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

1/4
5/4
9/4

3/4
7/4
11/4

8/4
4/4
0/4

Dynamic Elements

top 180°

Base turns 180° + 2

Base turns 180° + 2

Pairs

Front Salto

Finish Position

GAINER

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 2 / 4 3 / 4 4 / 4 5 / 4 6 / 4 7 / 4 8 / 4 9 / 4 10 / 4 11 / 4 12 / 4 13 / 4 	1													0/4	0	1	3	2	4	0
	2	5	1	1	1	4	2	5	11	14	9	15	19	3	18	20	20	24	2	
	3	5	1	1	1	4	2	5	11	14	9	15	19	4	20	22	22	26	3	
	4	5	1	1	1	4	2	5	11	14	9	15	19	5	22	24	24	30	4	
	5	9	7	4	8	10	10	26	29	33	30	36	42	16	38					10
	6	10	8	5	9	12	10	26	29	33	30	36	42	18	48					12
	7													20						12
	8																			14
	9	12	10	7	11	14	12	30	33	37	34	40	46	30	27					16
	10		18	13	21		26								38					
	11		20	15	23		30								48					
	12		20	15	23															
	13		24	19	27															
	14		29	24	32		40													

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

Back Salto

Finish Position

Start

		top 180°					Base turns 180° + 2						Base turns 180° + 2													
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W		
1 / 4	1																	0/4	2	3	5	4	6	9		
	2	3	2				1	4	7	6	9		3		3	2	4	6	4	24	28	32	28	34	18	40
	3	3	2			2	1	4	7	6	9				3	2	4	6	4	26	30	34	30	36	20	42
	4	3	2			2	1	4	7	6	9				3	2	4	6	4	28	32	36	32	38	22	44
5 / 4	5		7			9	7	22	26	26	30	7			9	6	15	12	8 / 4	50						
	6		8			11	8	24	28	28	32	8			11	8	17	14		60						
	7																									
	8																									
9 / 4	9		10			13	10	30	34	34	38	10			18	13	10	19	16							
	10		18			18	28																			
	11		20			20	38																			
	12		20			20																				
13	13		23			22																				
	14		28			26	48																			
15	15																									
	16																									

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

+1

16

+1

17

+2

18

+3

19

3/4

7/4

11/4

8/4

4/4

0/4

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 / 4	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 / 4	5		8			10	9	20	24	24	30	9		12	8	16	17	8	24	40						32
	6		9			12	11	22	26	26	32	11		14	10	18	19	8	28	50						36
	7						11											8								
	8																	8								
9 / 4	9		11			14	13	28	32	32	40	13	20	16	12	20	21	12								
	10		18				32											12								
	11		22				42								27			12								
	12		22												31			12								
14 / 4	13		24															12								
	14		26															12								
14 / 4	15					42																				

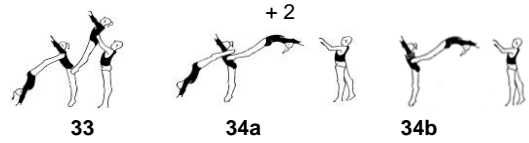
		A	B	C	D	E	F	G	H
Twist		180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	11	13	17
3	2/4	4	4	8	8	13	13	18	18
4	3/4	1	3	5	7	9	12	14	18
5	4/4	4	8	12	16	20	24	29	34
6	5/4	2	4	6	8	10	13	16	20
7	6/4	4	8	10	14	16	20	22	26
8	7/4	3	5	7	10	13	17	20	23
9	8/4	9	18	27	36				
10	9/4	8	16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

8/4	4/4	0/4
3/4	7/4	11/4
2/4	6/4	10/4
1/4	5/4	9/4

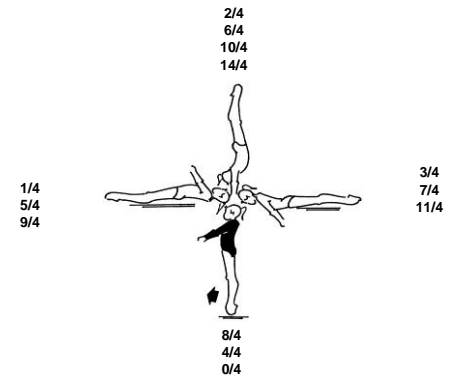
Dynamic Elements

Pairs
Back Salto
Finish Position

		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		
Start	1																	0/4	0	2	4	3	5			
	2		3	1	1	1								2				7	2	12	15	14	19	2		
	3		3	1	1	1		3	10	16	22	14	22	28	4	2			8	3	14	17	16	21	3	
	4		3	1	1	1	2	3	10	16	22	14	22	28	5	3			10	4	16	19	18	23	4	
29	5		12	6	2	7	10	14	30	34	38	34		17	16			17	15	36					9	
	6		14	7	3	8	12	14	30	34	38	34		19	18			19	17	46					11	
	7																			17						11
	8																			20						13
	9		16	9	5	10	14	18	34	40	44	42		27	26			27	25							17
30	10			16	11															36						
	11			18	13															46						
	12			18	13																					
	13			22	16																					
	14			27	20																					
31	10			16	11															36						
	11			18	13															46						
	12			18	13																					
	13			22	16																					
	14			27	20																					
32	9			16	11															36						
	10			18	13															46						
	11			18	13																					
	12			22	16																					
	13			27	20																					



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



Dynamic Elements

top 180°

Base turns 180° + 2

Base turns 180° + 2

Pairs

Front Salto

Finish Position

GAINER

Start

35

36

37

38

39

40

41

42

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

	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	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				

(6/4 + 3)

(6/4) + 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

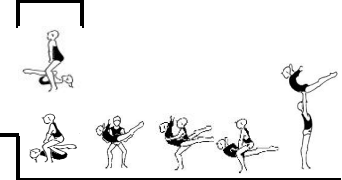
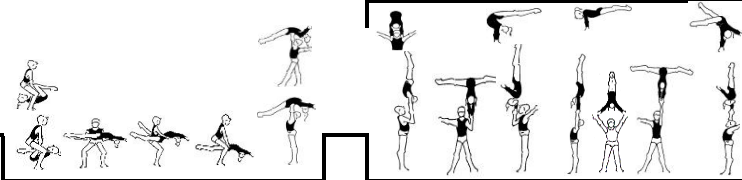
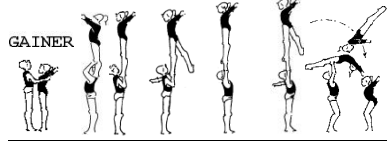
Pairs

Back Salto

Finish Position

GAINER

top 180°



Start



43



44



45

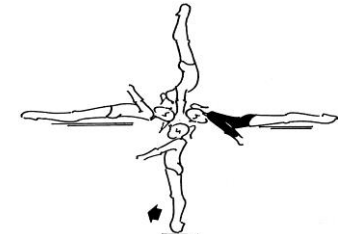


46

		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	2	0		0	2
	2		1	3	5	5	8	2	3	2	2	3	4	3	14			4	8	5		4	7
	3		1	3	5	5	8	4	4	3	2	3	4	4	14				10	7		5	9
	4		1	3	5	5	8	6	4	2	3	4	4	4	14					9		6	11
5 / 4	5		5	14	17	16	21	5	12	7	7	10	12	7	28				22	20			22
	6		6	16	19	18	23	6	14	9	9	12	14	7	28				24	22			24
	7													7					22				
	8													7					25				
9 / 4	9		8	18	21	20	25	8	16	15	11	14	16	7	34				30				
	10		18							18	14			11									
	11		20							22	18			11									
	12		20											11									
13 / 4	13		23				15							11									
	14		28				20							11									
	15		34								38			11									
	16		44											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	8
2	1/4	0	2	4	6	8	10	14
3	2/4	1	2	3	4	6	8	10
4	3/4	1	6	10	14	18	22	26
5	4/4	2	8	10	12	15	18	21
6	5/4	2	8	10	12	16	20	24
7	6/4	3	5	7	9	11	14	17
8	7/4	3	8	12	16	20	24	30
9	8/4	3	10	13	16	20	22	26
10	9/4	6	12	18	24			
11	10/4							
12	11/4							
13	12/4							

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



3/4
7/4
11/4

8/4
4/4
0/4

1/4
5/4
9/4

Dynamic Elements

Pairs

Front Salto

Finish Position

top 180°

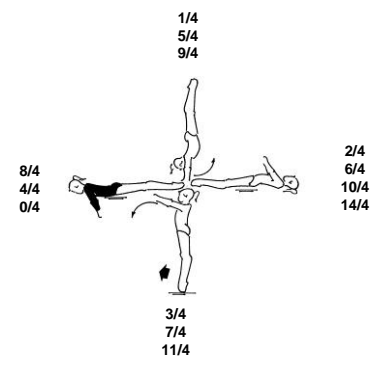
GAINER

Start

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



Dynamic Elements

Pairs

Back Salto

Finish Position

top 180°

GAINER

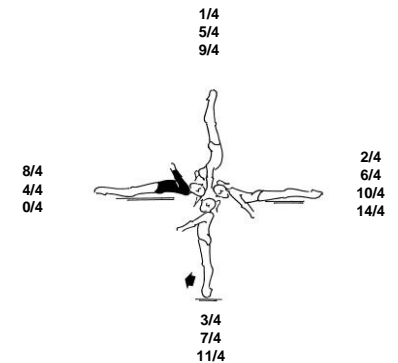
Start

49

50

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

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



Dynamic Elements

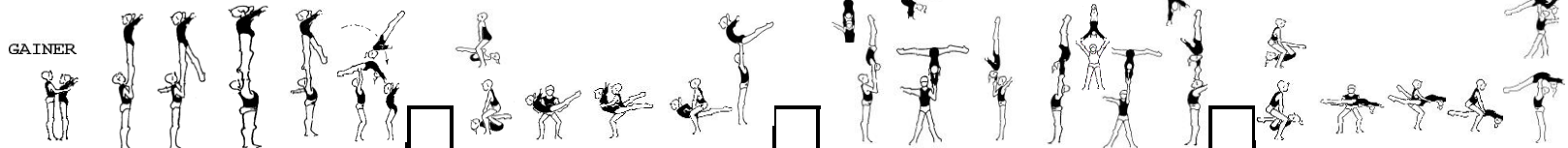
top 180°

Pairs

Front Salto

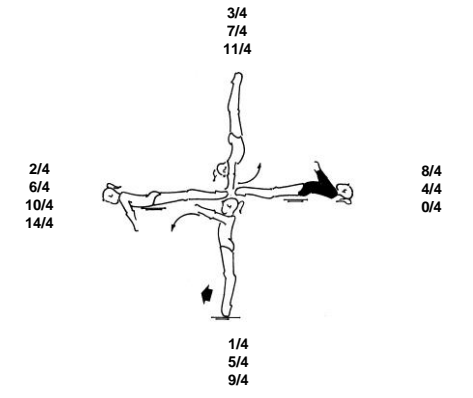
GAINER

Finish Position





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


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



Dynamic Elements

Start 

55 

56 

Pairs

Back Salto














Finish Position

top 180°

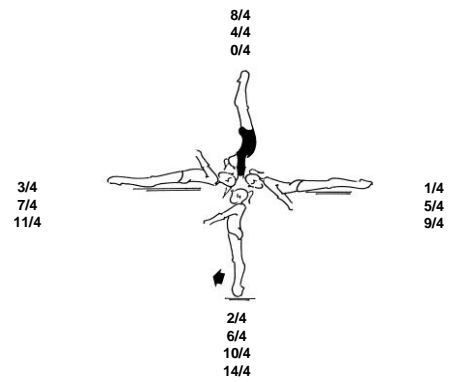
Base turns 180° + 2

GAINER

Base turns 180° + 2

		top 180°					Base turns 180° + 2						Base turns 180° + 2												
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V		
1 / 4	1																	0/4	5	6	8	12	15	18	
	2		2				1	6	8	9	12		3	5	4	2	4	5	4 / 4	22	26	30	26	32	38
	3		2				1	6	8	9	12		3 / 4	6	5	3	5	6	4	24	28	32	28	34	40
	4		2	2			3	1	6	8	9	12	4	7	6	4	6	7		26					
5 / 4	5		9	8			10	6	9	20							7								
	6		10	9			12	6 / 4	10	22							7 / 4								
	7																								
	8																								
9 / 4	9		13	11			14		12	28															
	10																								
	11																								
	12																								
13 / 4	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								



Dynamic Elements

Pairs

Front Salto

Finish Position

Start

57

58

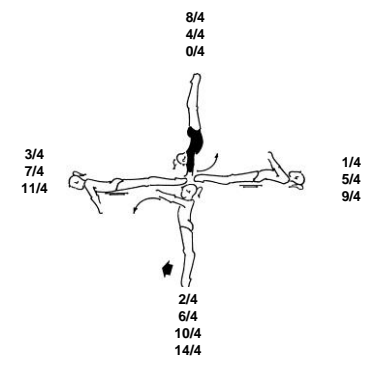
Base turns 180° + 2

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																	0/4	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	30
5 / 4	5	8	7			8	8	20	22	22	28	8	7	12	10	7	12	15	8	30					
	6	10	9			10	10	22	26	26	30	10	7	14	12	9	14	17	8	40					
	7												7						8						
	8												7						8						
	9	14	12			14	12	28	30	30	38	12	7	16	14	11	16	19	8						
9 / 4	10	19	17				26						11	33	30	26	29	33	12						
	11	23	21				36						11	37	38	36	39	37	12						
	12		21										11						12						
	13		23										11						12						
	14		25										11						12						
13 / 4	15												15	48				4							




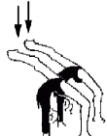






















		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	11	13	17
3	2/4	4	4	8	8	13	13	18	18
4	3/4	1	3	5	7	9	12	14	18
5	4/4	4	8	12	16	20	24	29	34
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	12	15	19	22	25
8	7/4	3	5	7	10	13	17	20	23
9	8/4	9	18	27	36				
10	9/4	8	16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



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



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

Cat 1	Two bases & others						
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						
Cat 7	Three partners on the floor						

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 54-57.

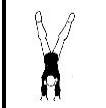

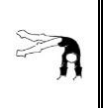











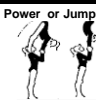






	1	2	3	4	5	6	7	8	9	10	11	12	13

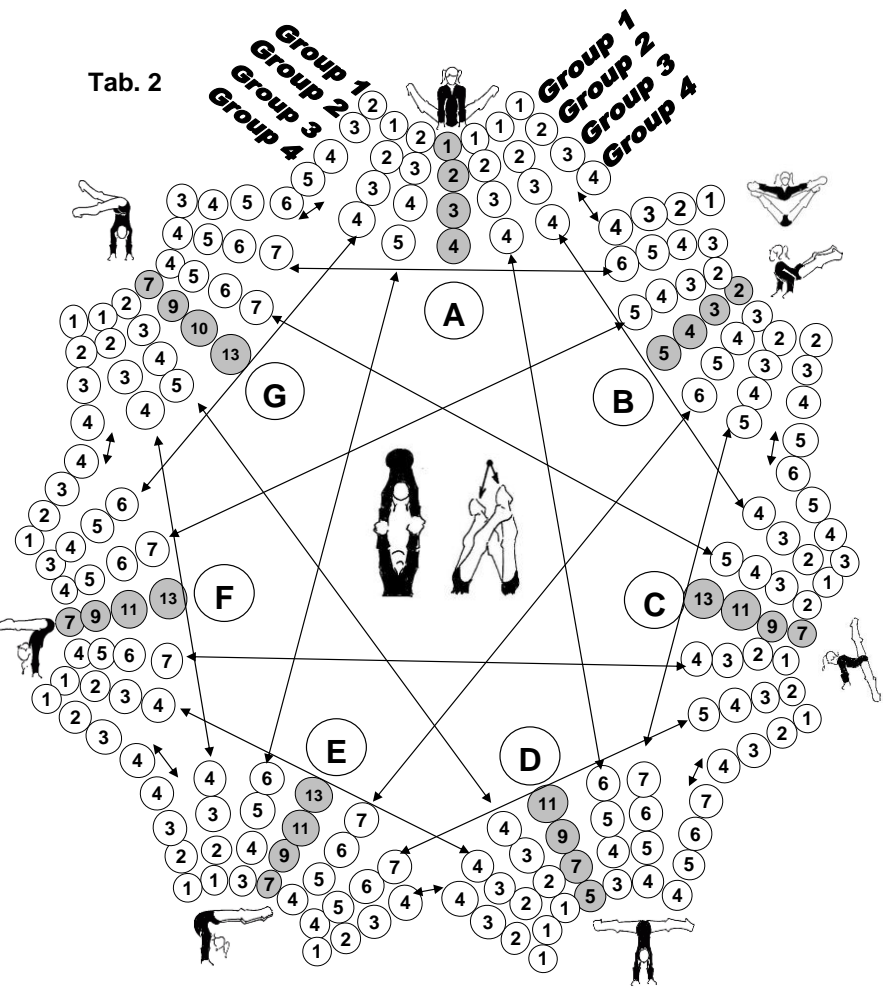
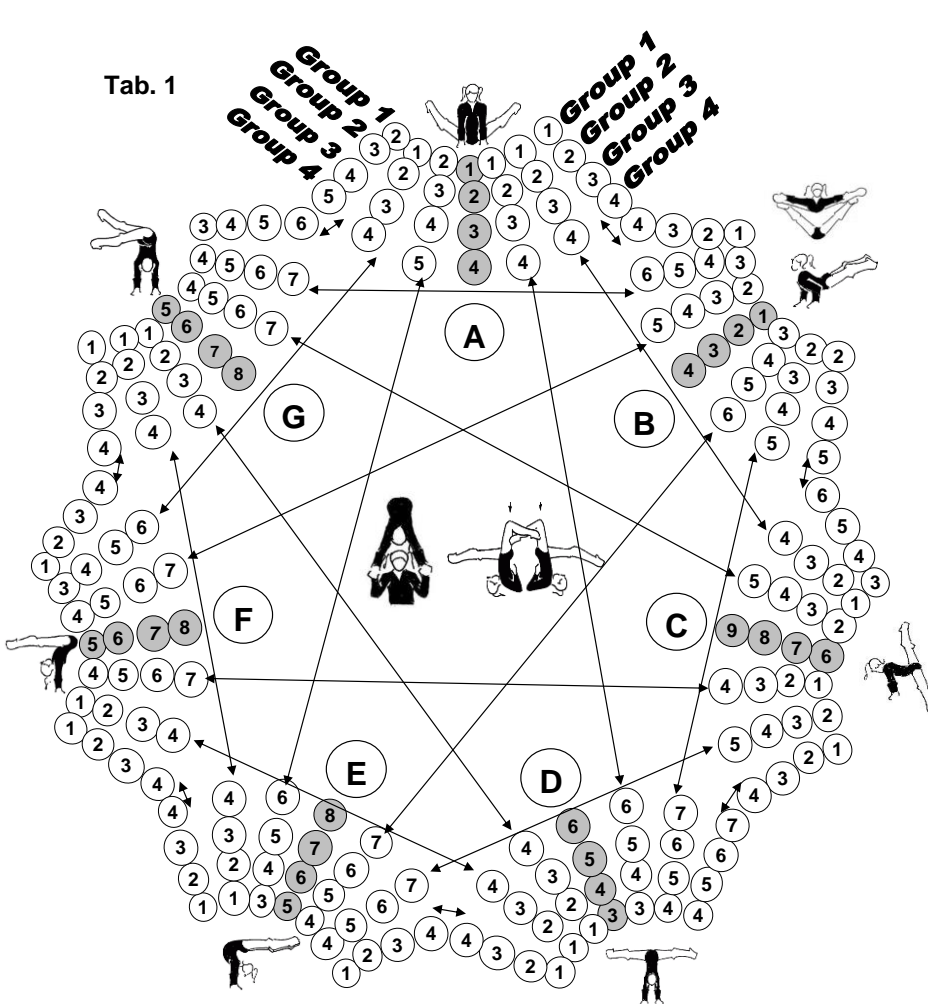
2 nd BASE 1 st BASE	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30...
1-8	1	2	3	4	5	6	7	8	9	10	11
9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14
18-19	4	5	6	7	8	10	11	12	13	14	15
20-21	5	6	7	8	9	10	12	13	14	15	16
22-23	6	7	8	9	10	11	12	14	15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

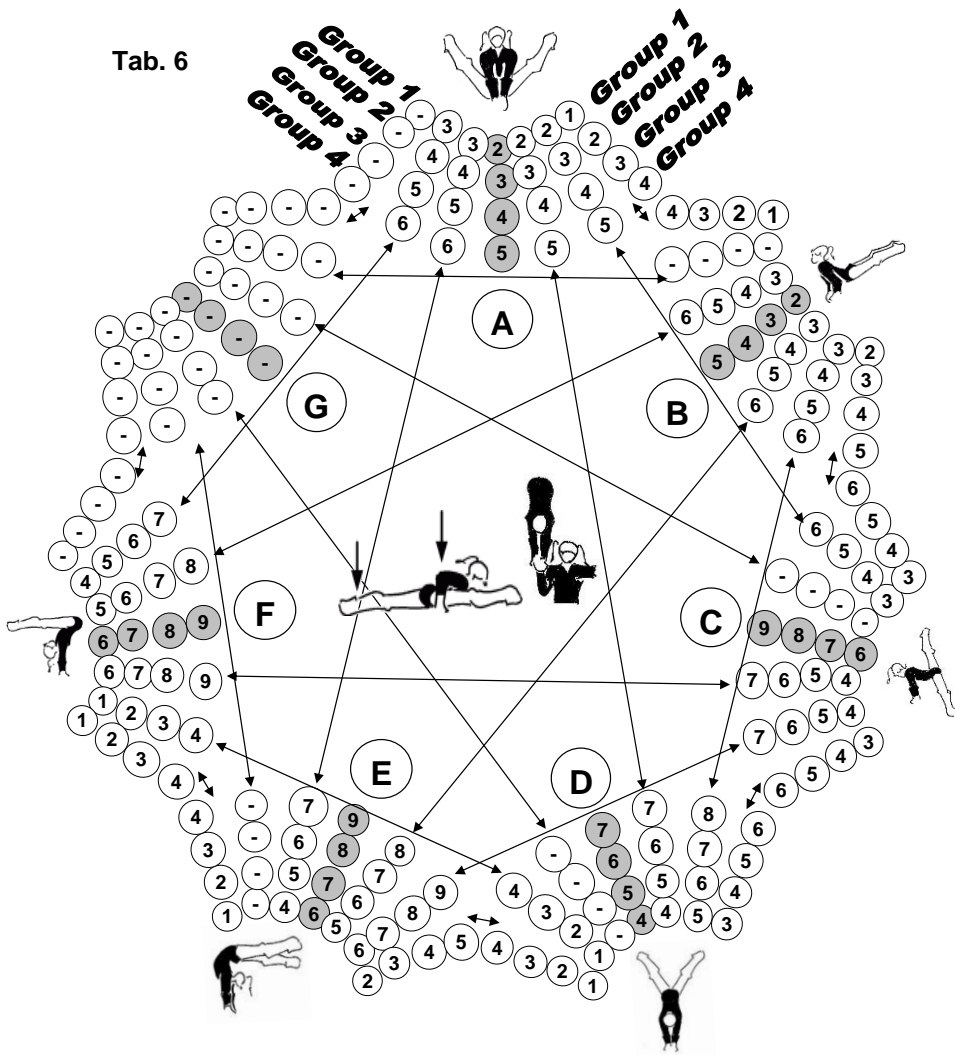
Tab. 4

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

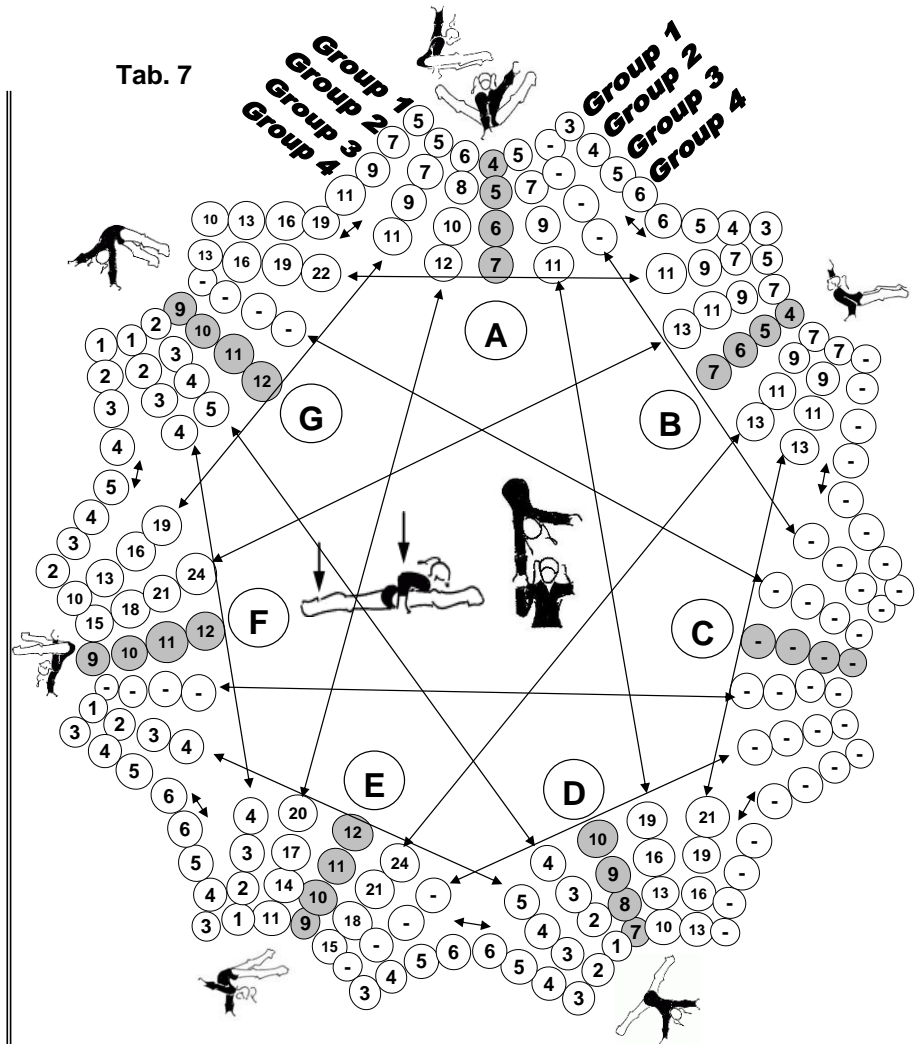
Tab. 5

	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



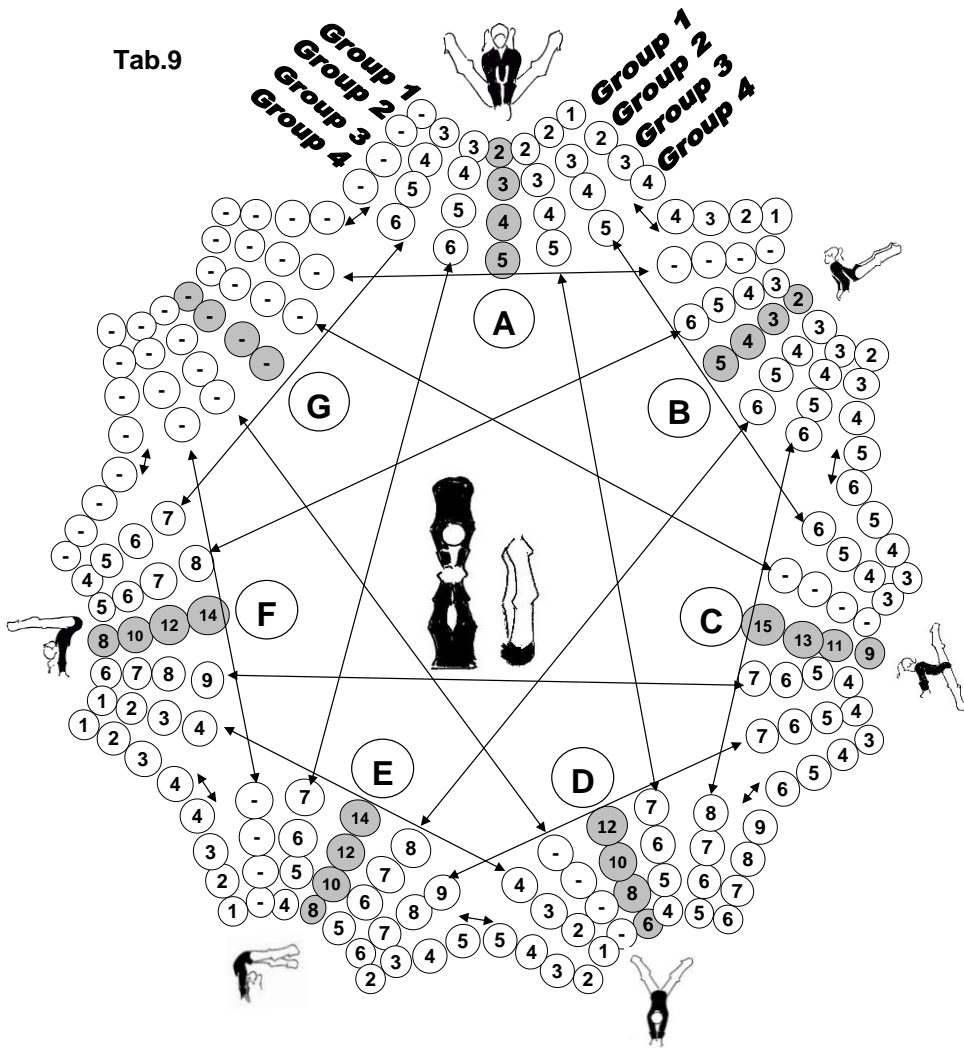
Tab. 7



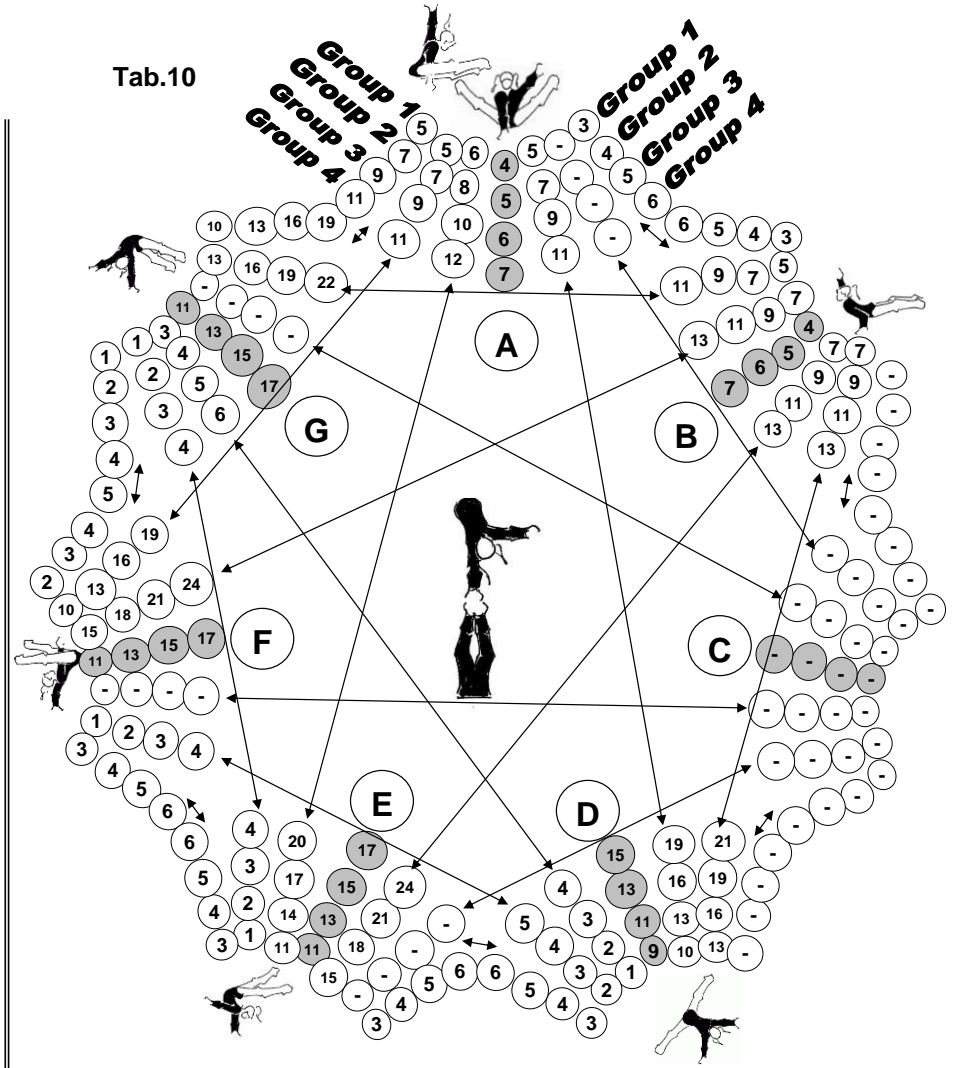
Tab. 8

	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



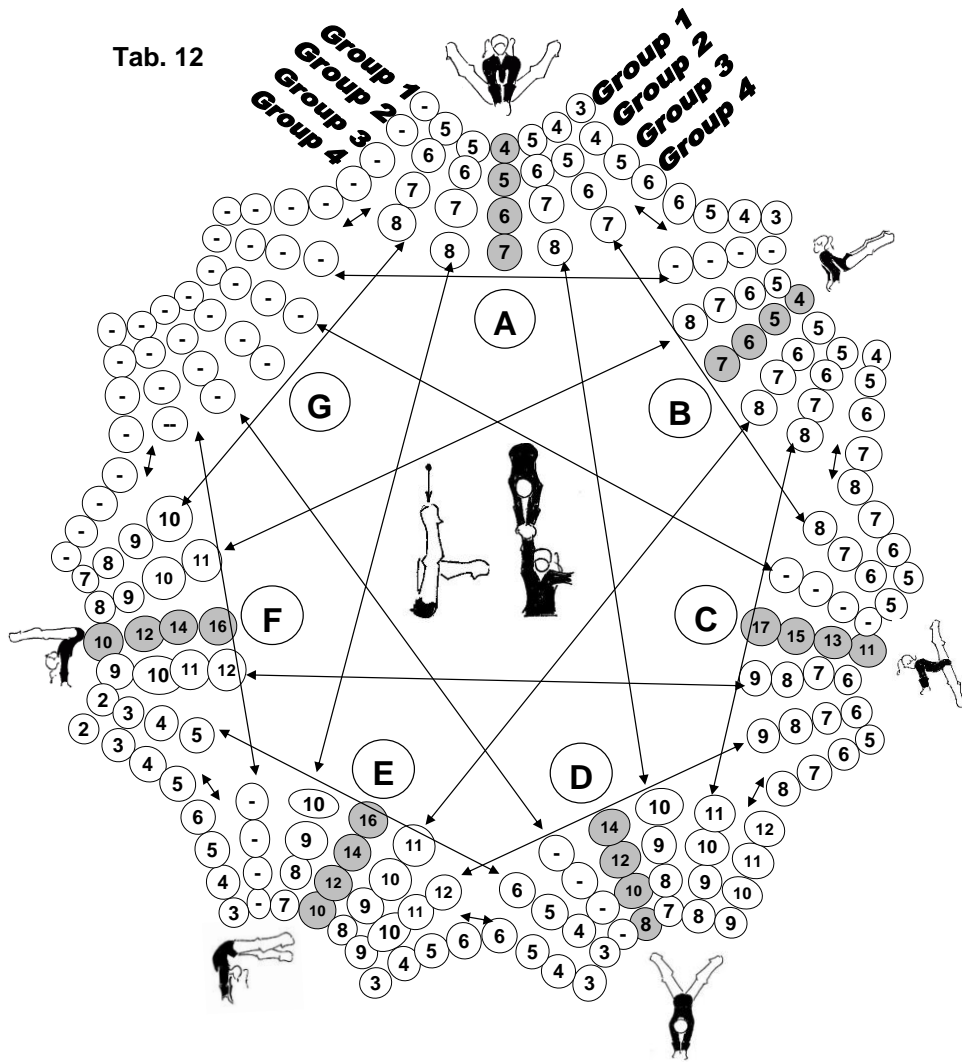
Tab.10



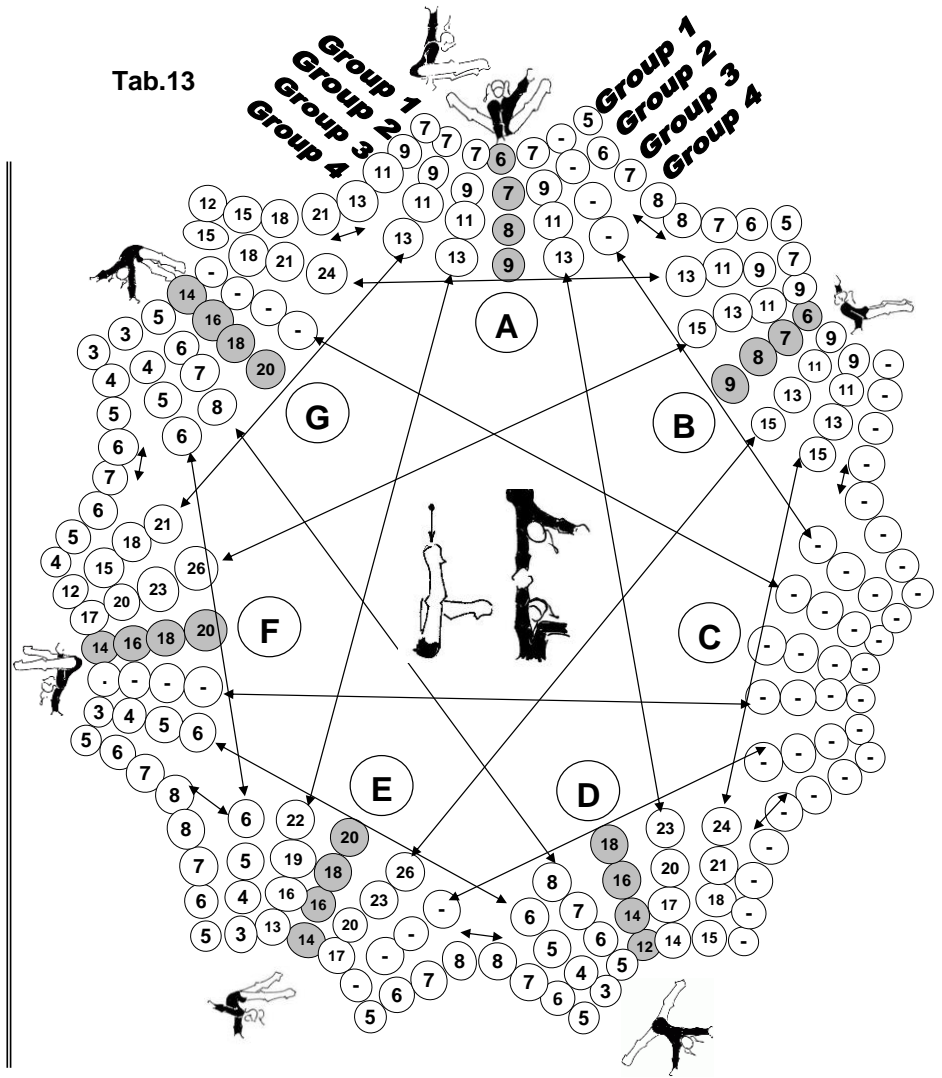
Tab.11

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

Category 2

	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	2	2	2	6	2	4	8	1	7	10	11	8	8
D													
	12	14	8	10	12	9	9	11	13	2	2	3	2
E													
	3	5	6	3	5	2	2	2	3	4	4	5	6
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
B												
	17	4	6	4	5	6	8	9	10	11	14	15
C												
	5	7	7	6	6	7	7	15	16	13	14	15
D												
	15	16	22	24	24	25	26	27	28	28	29	8
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	11a	11b	12	13
A														
	6	14	15	16	6	7	8	9	3	4	6	3	7	
B														
	3	4	6	6	8	14	17	14	17	10	17	10	12	
C														
	20	22	18	20	24	20	24	20	26	22	30	8	10	
D														
	10	10	6	8	18	22	28	32	20	5	6	7		
E														

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	11b	12	12b	13
	11	13	11	9	11	9	11	12	11	12	10	10	12	12	14
E	1	2	3	4	5	6	7	8	9	10	11	12	13		
	44														

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	17	20	22	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	6	10	11	13	14	11	12	16	15
D													
	17	17	18	24	26	5	6	9	11				
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										

Category 7

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

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

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S GROUP
Dynamic Elements

Women's Group

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

This Table is working from left to right:

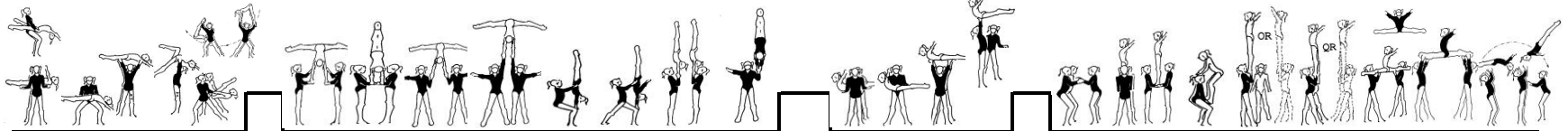
Vertical column = first element

Horizontal row = second element

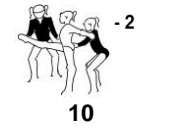
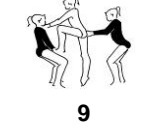
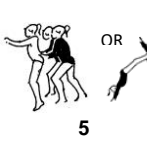
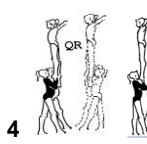
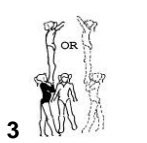


Back Salto

Finish Position



Start



		A	B	C	D	E								F	G	H	i	J	K	L	M					N	O	P	Q														
1 / 4	1																											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	4	15	8	22	17	9	12	3				
5 / 4	5	4	5	6	9	3								12	22	28												10	14	20	22	8 / 4	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	6	7	8	11	5								16	30	36												22	24	28	32		22	34	28		37	24	30	11			
9 / 4	10	14		18		12								26	36													20				12 / 4	32										
	11	16		20		14								30	40													24					39										
	12	16		20		14																						22					36										
	13	20		22		18																						26					44										
	14	24		26		20																						28					50										
13 / 4	15	36	36																							16 / 4																	
	16	43	43																																								

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

- 4 for 4/4 to 7/4
- 8 for 8/4 or more

+ 4

or

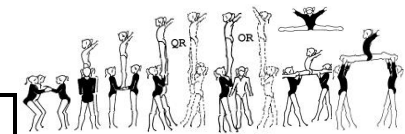
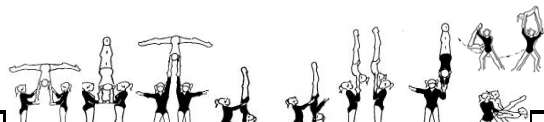
+ 6

Dismount of the middle

	8
	9
	10
	22



Front Salto
Finish Position



Start



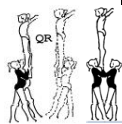
14



15



16



17



18



21



or



or



22

- 4 for 4/4 to 7/4
- 8 for 8/4 and more



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							
1 / 4	1																			0/4	1	3	2	2	2	3
	2	1	1	2	2	3	8	11	5	6	10	14	3	3	4	4	5	4	3	12	14	18	5	8		
	3	1	1	2	2	3	8	11	5	6	10	14	3	3	4	4	5	4	4	14	16	20	7	10		
	4	1	1	2	2	3	8	11	5	6	10	14	3	4	5	5	6	4	6	16	18	22	9	12		
5 / 4	5	4	4	7	7	14	20		8	9	24	26	8	10	16	16	16	8	14	30			20	26		
	6	6	5	8	8	16	24		10	11	26	30	10	12	18	18	18	8	16	32			22	28		
	7																	8	16	32						
	8																	8	18	34						
9 / 4	9	16	14			24	32						26				12	32	48							
	10	20	16			28	36						30				12	39	55							
	11																									
	12																									
13 / 4	13	26	22			32	40						36													
	14	36																								
13 / 4	15	43				A B C D E F G H																				
	16					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																		

+ 4



23

+ 6



24

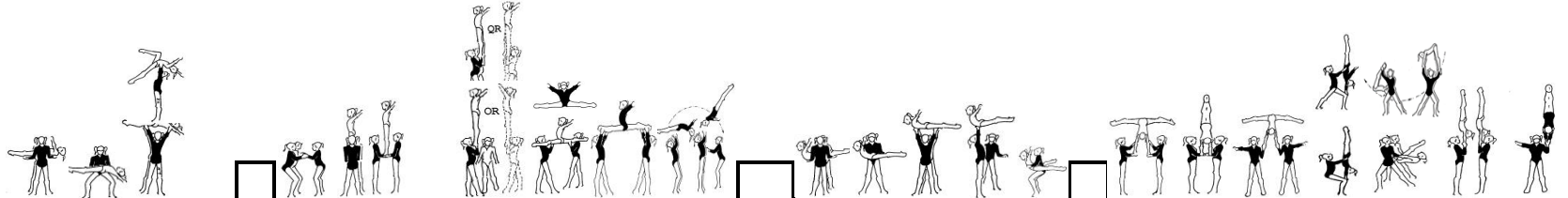
Dismount of the middle

	8
	9
	10
	22



Front Salto

Finish Position



Start



36

+2



37

+2



38

+2



39

40



41

42

43

44

45

		A	B	C	D							L	M	N	O	P										
1 / 4	1															0/4	1	2	3		1	3	4			
	2	2	2	3		2	5		7	5	6		3	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	
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5 / 4	5	6	6	8		7	18		22	12	18	5	9		13	13	8	8	20	26			14			
	6	7	7	9		8	20		24	14	20	6	10		15	15	9	8	22	28			16			
	7																									
	8																									
9 / 4	9	10	10	12		10	24		26	16	22	7	12		18	18	11	11								
	10	16	14	20		17							24				22	12								
	11	19	18	24		21							28				26	12								
	12																									
13 / 4	13	25				27												16								
	14																									
15 / 4	15	32				39												16								
	16																									

	A	B	C	D	E	F	G	H	
1	0/4	2	4	6	8	10	14	16	18
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	14	16	18
4	3/4	1	2	3	4	5	6	7	8
5	4/4	4	12	16	20				
6	5/4	2	4	6	8	10	12		
7	6/4	4	8	10	14	16	20		
8	7/4	2	4	6	8	10	12		
9	8/4	8	18	26	34				
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	4	8	12	16	20			
13	12/4	8	20	36	52				



+2

46



+3

47



+6

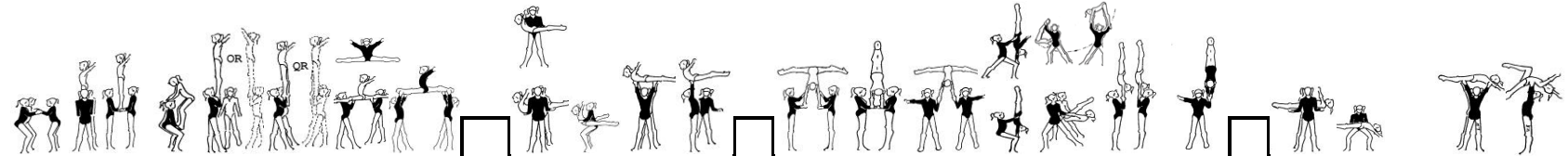
48

Dismount of the middle	
	8
	9
	10
	22



Front Salto

Finish Position



Start



54



55



56

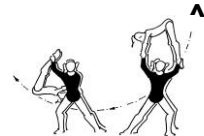


57



58

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



59

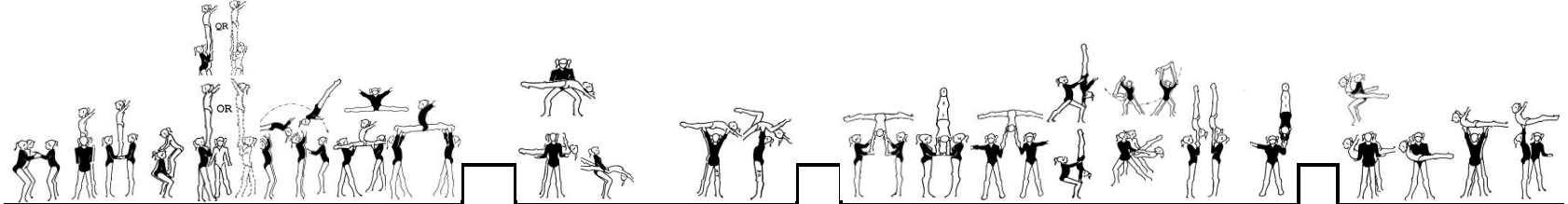


60



Back Salto

Finish Position



Start



61



62



63



64



65



66

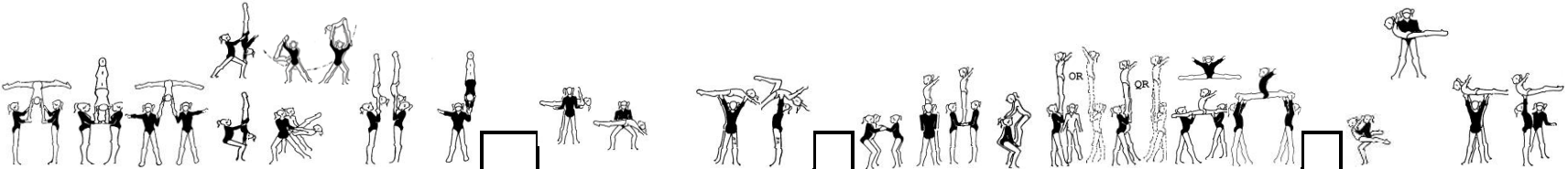
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1 / 4	1								2 / 4							3 / 4									4 / 4	0/4	1	1	1	2		
	2		3	2	3		3	5		3	2		5	5	3		5	8	10		4	10	14	4		10	14	4	4	4	7	7
	3		3	2	3		3	5		3	5	3	2		5		5	5	9	12		4	12	16		4	12	16	6	6	9	9
	4	1	4	2	4		3	5		3	5	4	2		6		6	6	10	14		4	14	18		4	14	18	8	8	11	11
5 / 4	5	4	8	5	12	4	10	13	6 / 4	9	7		12	12		7 / 4	12	18	18		10	18			8 / 4	14	14	24	24			
	6	5	10	6	14	5	12	15		10	8		14	14			14	20	20		12	20				18	18	28	28			
	7																															
	8																															
9 / 4	9	14	22	16	26	14	22	25	10 / 4	16	14				11 / 4									12 / 4	18							
	11	18	26	20	30	16	26	29		18	16															20						
	12	18																														
	13	20																														
13 / 4	15	30																														
	16																															

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	7	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								0/4 4 / 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								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																													
	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			



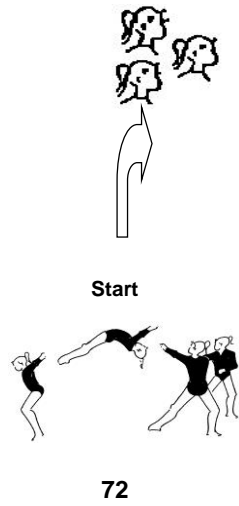
69



70



71



Back Salto
Finish Position

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

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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Front Salto

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

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

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74





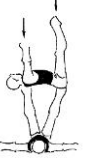


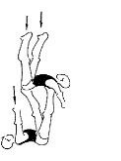











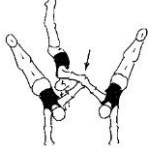
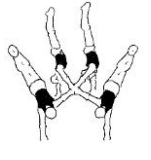
		A	B	C	D	E	F	G	H					I	J	K	L
1 / 4	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4		2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4
	3	6	3	6	↓ 1	↓ 3	↓ 1	↓ 3	6								
						↑ 6	↑ 8	↑ 7	↑ 10								

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 knies 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:

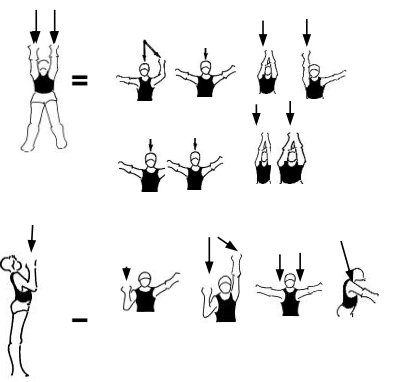
How to look for the value of the top.

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 81, 82, 83, 84.

	1	2	3	4	5	6

To define the base position from pg 85-92, the following **different points of support** are considered as identical.



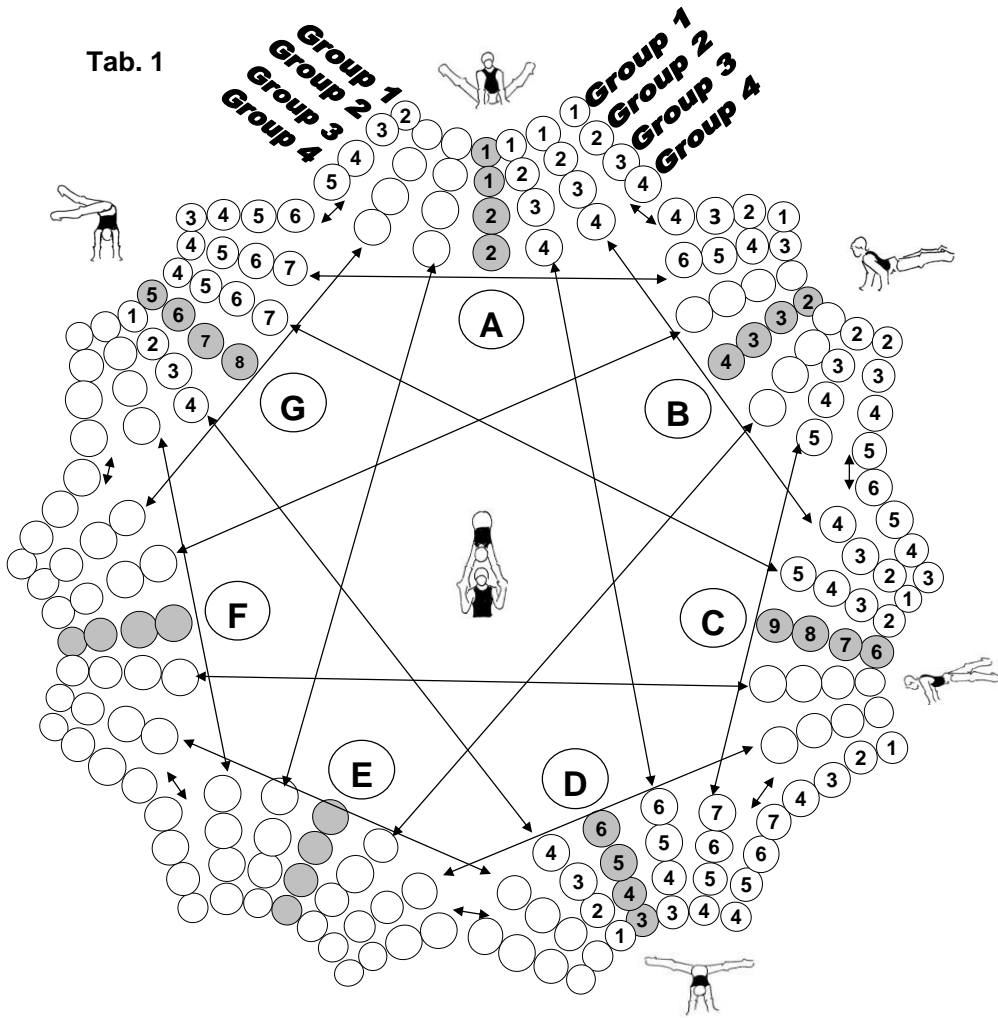
2 nd BASE 1 st BASE	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30...
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9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14
18-19	4	5	6	7	8	10	11	12	13	14	15
20-21	5	6	7	8	9	10	12	13	14	15	16
22-23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

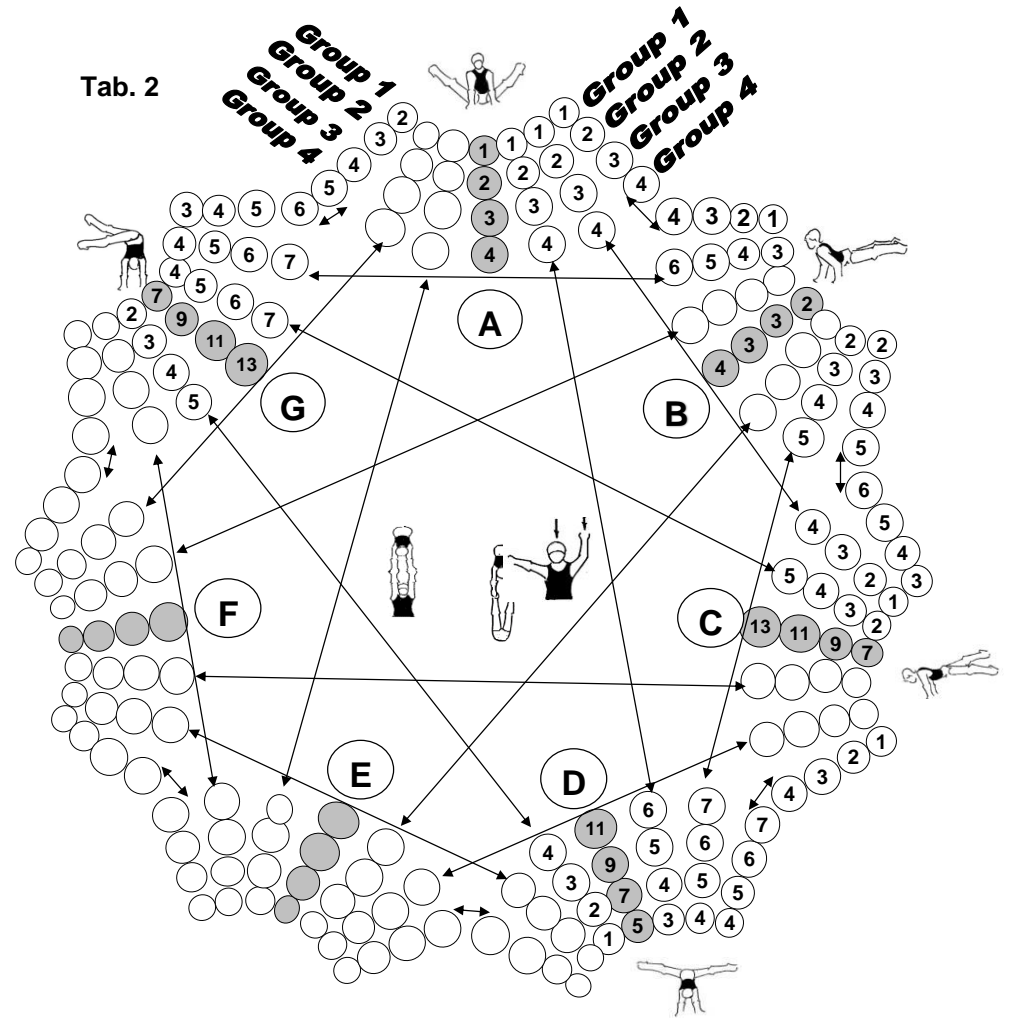
Men's Group mounts Value without the static hold

		A			D			A					D					E				
Start																						
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	21	22
A												5					7					
B		1	2	3	3		5	2	4	8	6	10	5		10		11	3	5			7
C	 Power	5	7	9	5		9	7	10	15	13	19	7		15		19	6	9			12
D		4	7	10	8		14	8	12	18	17	24	12		22		28	11	13			17
E		3	5	7	5		9	5	7	12	10	17	7		14		20	6	8			11
F	 Diamidov	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

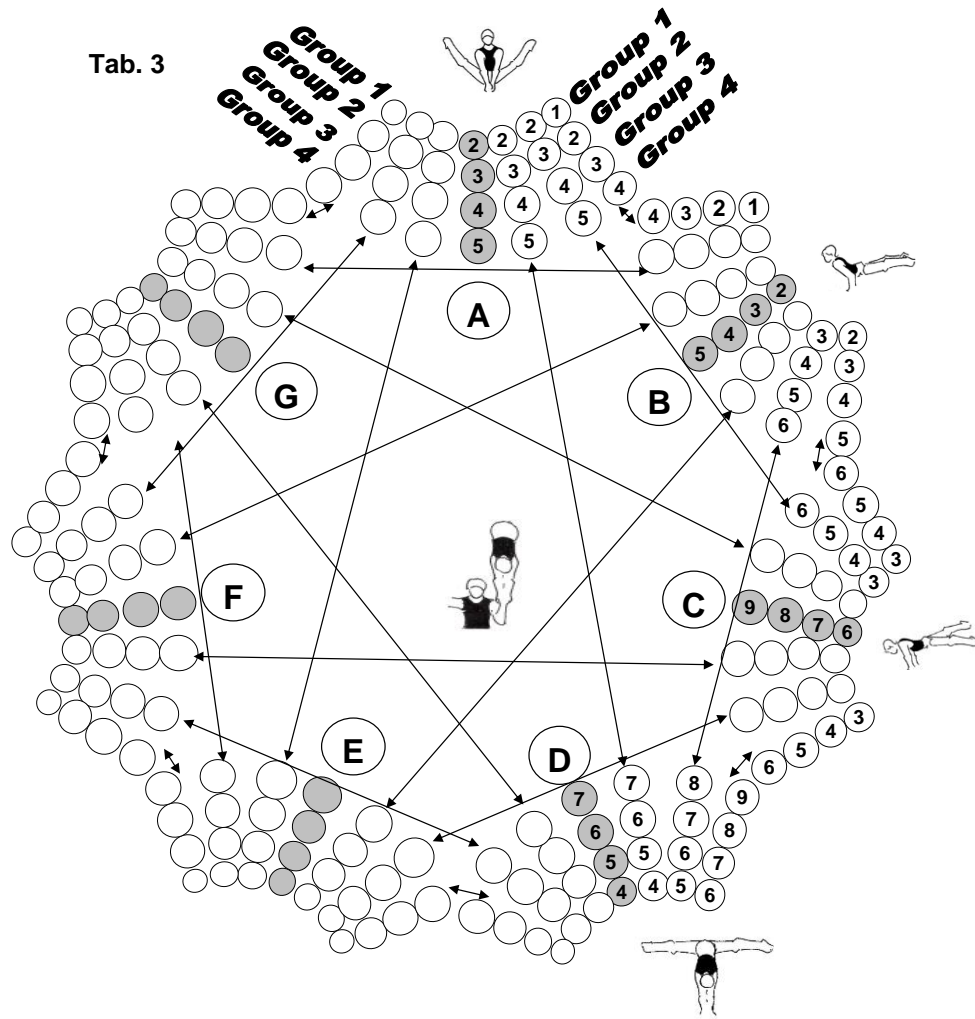
Tab. 1



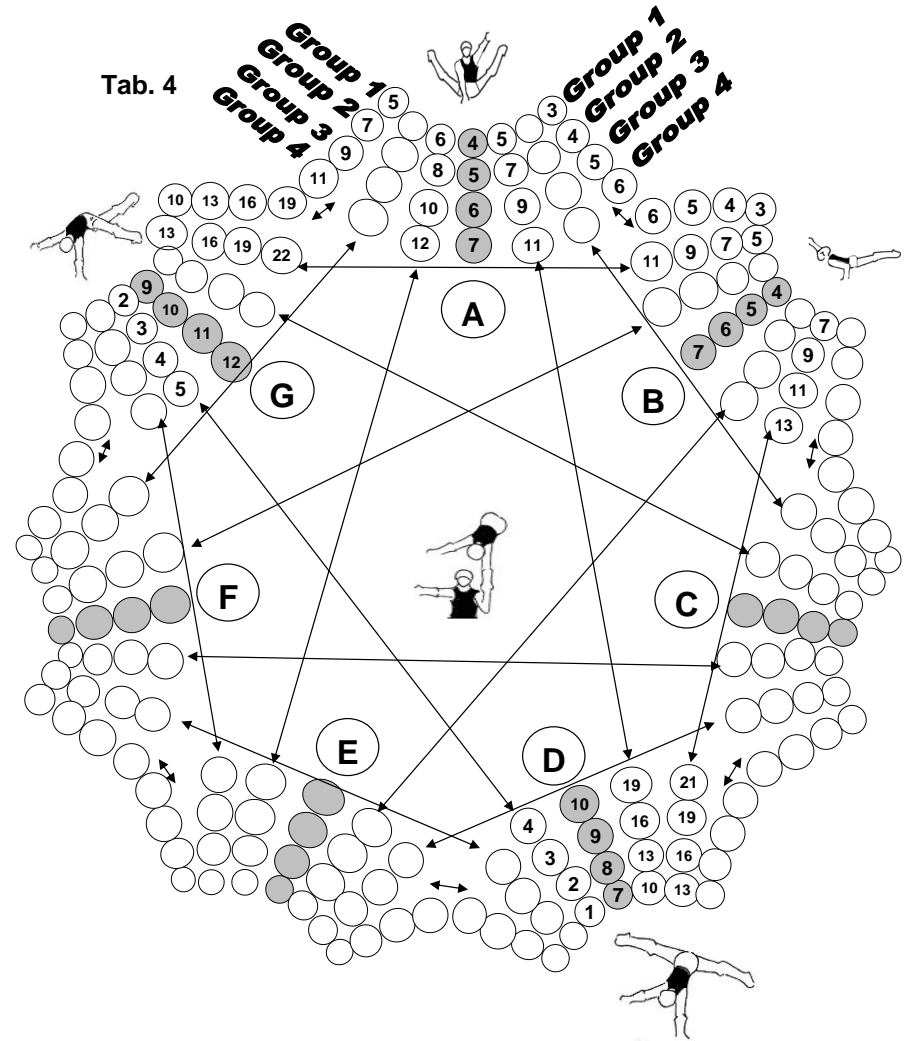
Tab. 2



Tab. 3



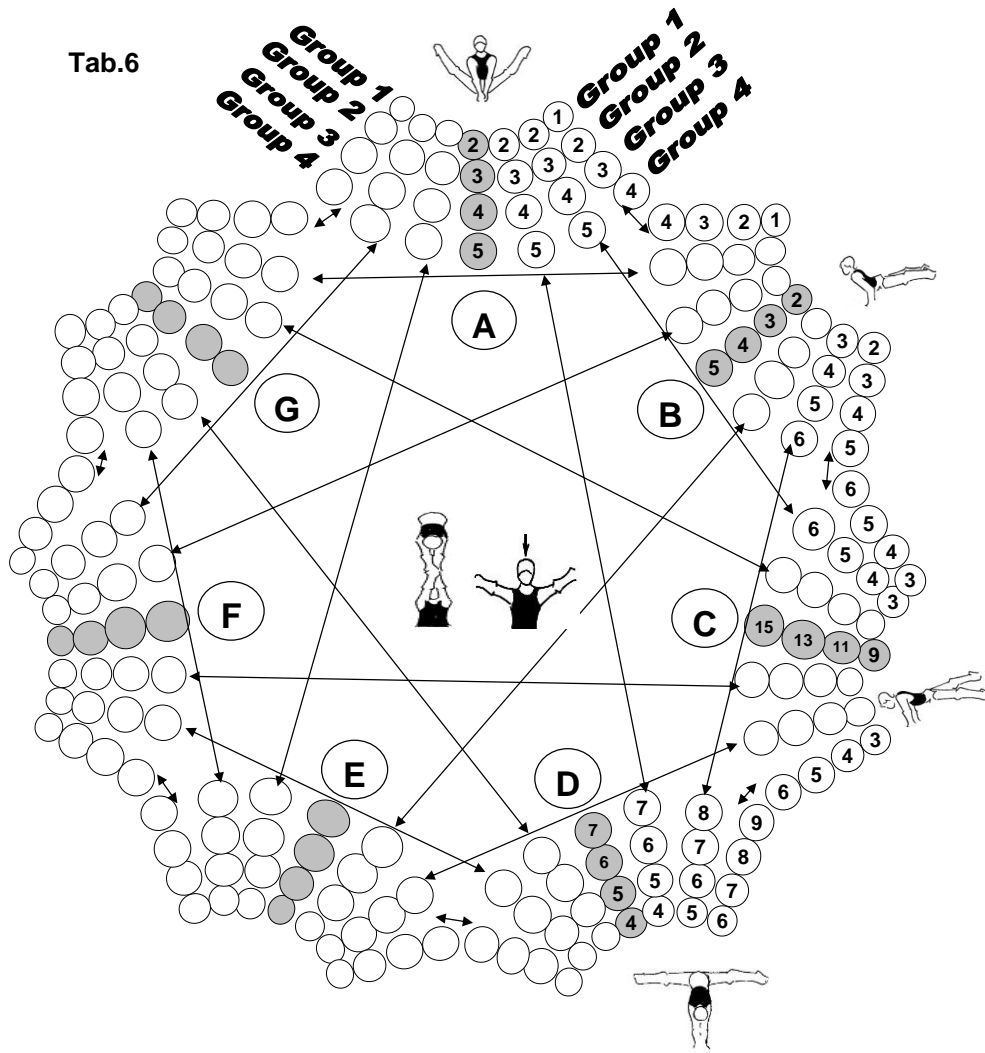
Tab. 4



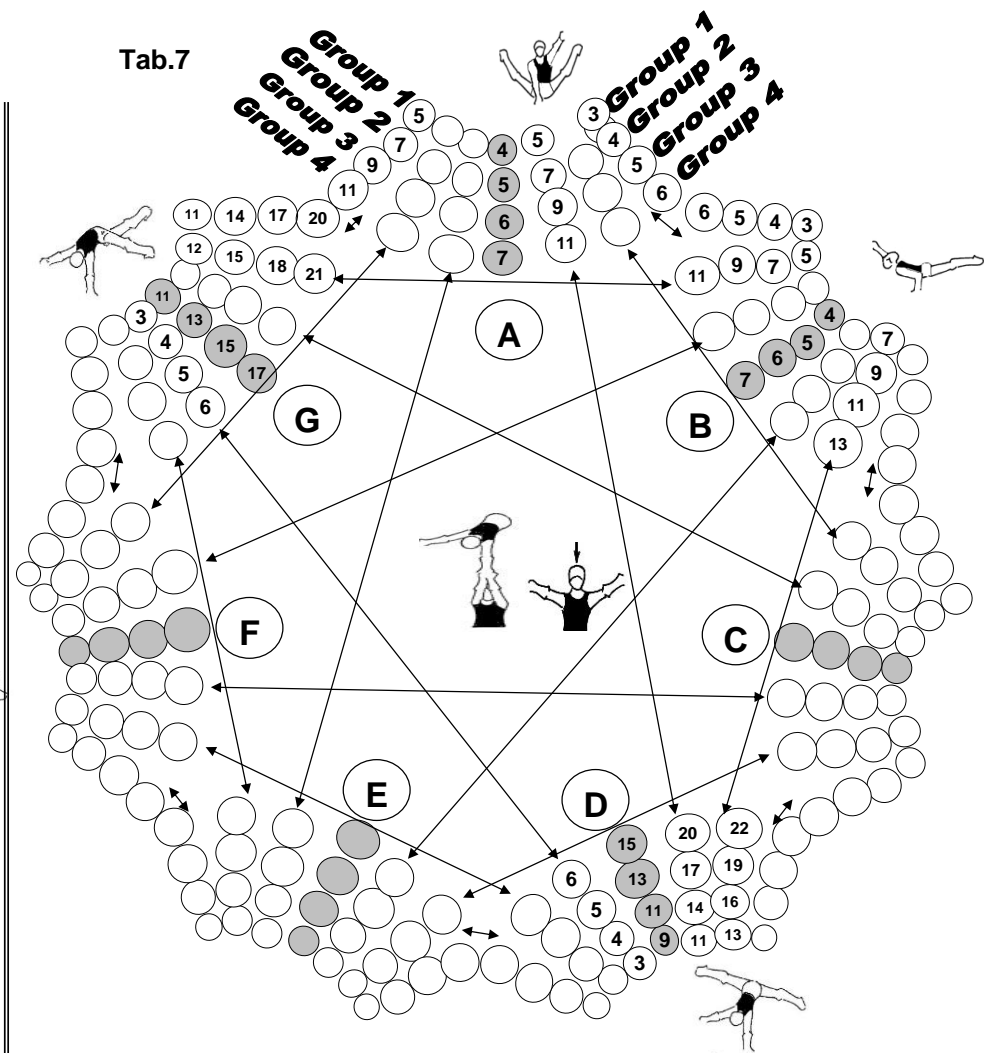
Tab. 5

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

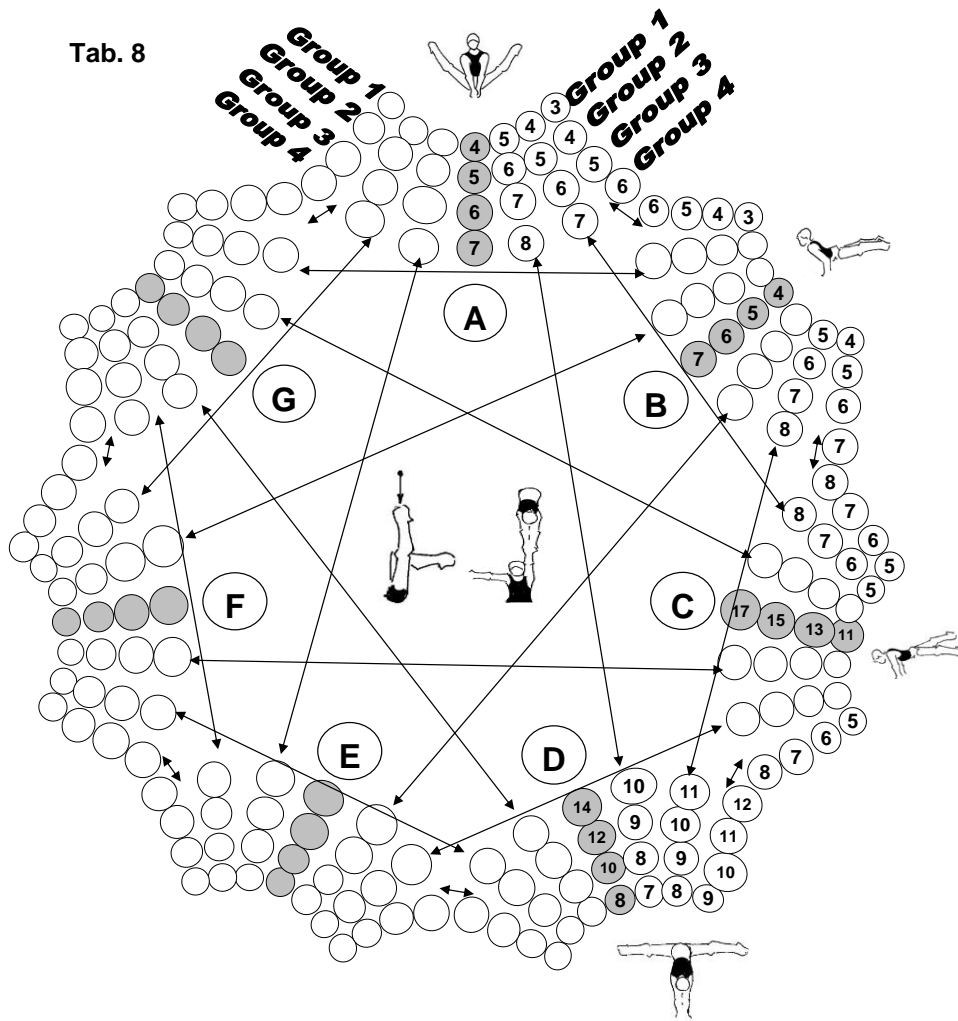
Tab.6



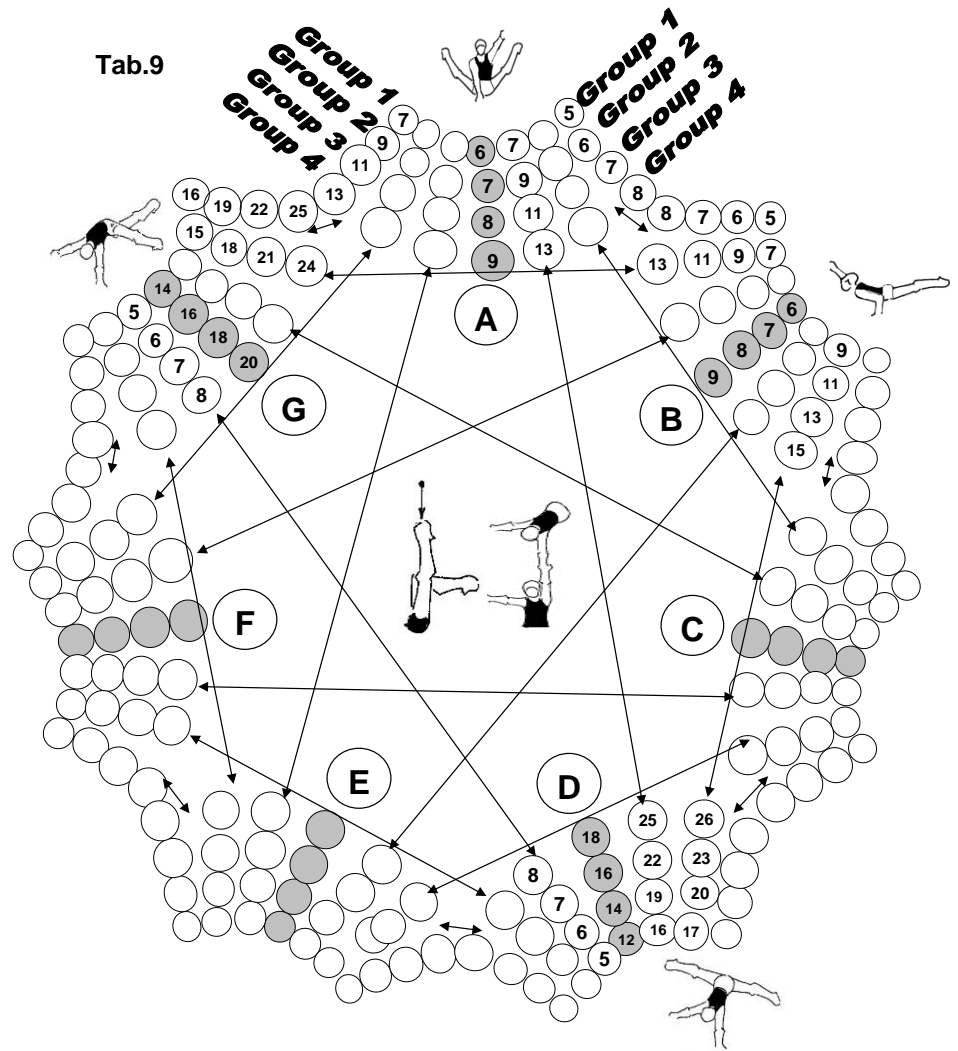
Tab.7



Tab. 8



Tab.9



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

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

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

	1	2	3	4	5	6	7	8	9	10	11	12
D												
	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	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	NECK 15	HEAD 17	NECK 18	HEAD 20	11	15	17

	1	2	3	4	5	6	7	10	11	10	11	12
C												
	15	18										

Category 2

	1	2	3	4	5	6	7	8	9	10	11	12
D												
	10	16	12	16	17	2	4	4	10	4	11	12

	1	2
E		
	14	

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







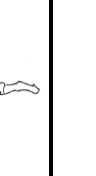



Category 3

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	9	11	11	14	10	12	14	15	8	10	10	12
B												
	11	14	18	20	13	15	19	21	19	22	24	26
C												
	10	12	14	16	12	14	16	18	12	13	13	15
D												
	19	23	26	29	24	27	30	33	30	31	32	34

The middle can not sit on the chest of the base

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													
	34	36	36	38	16	18	12	8	9	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 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													
	32	33	34	35	17	18	18	19	46	48	48	50	

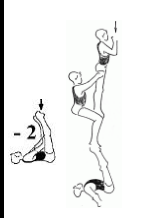
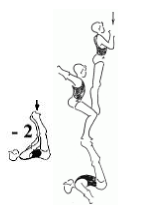




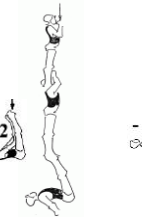

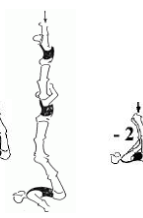
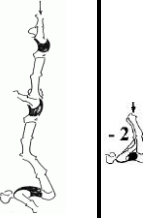
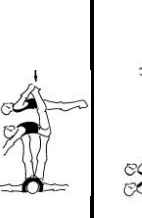

	1	2	3	4	5	6	7	8	9	10	11	12	
B													
	22	24	23	25	10	11	12	13	11	12	13	14	

	1	2	3	4	5	6	7	8	9	10	11	12	
C													
	13	17	15	18	20	20	22	23	25	14	22		

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

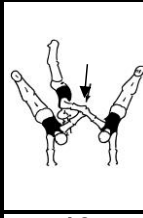
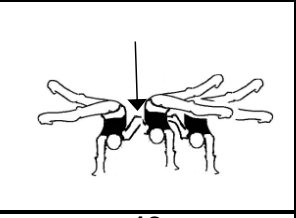
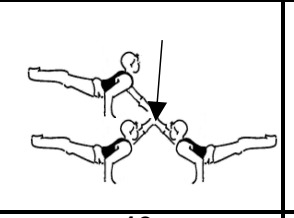
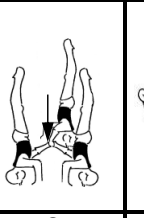
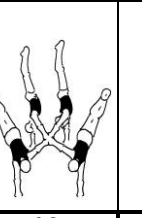
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Category 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	10

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

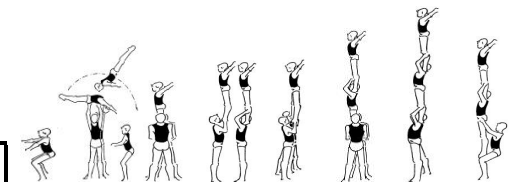
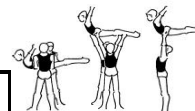
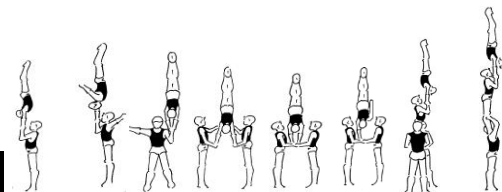
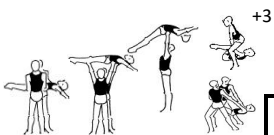
This Table is working from left to right:

Vertical column = first element

Horizontal row = second element



Back Salto
Finish Position



1 2



OR



OR



OR

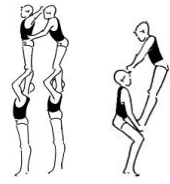


OR

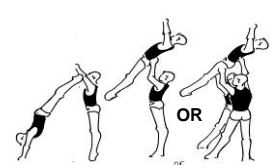


		A	B	C	D									M	N	O	P												
1 / 4	1					2								3 / 4					0/4	1	2	3	4	5	6	7	8	9	10
	2	1	2	2	2	10	14	12	3	9	10		2	3	3		4	4	3	6	10	7	14	14	12				
	3	1	2	2	2	10	14	12	3	9	10		2	3	3		4	4	3	7	11	8	16	16	14				
	4	1	2	2	2	10	14	12	3	9	10		2	3	3		4	4	3	8	12	9	20	20	16				
5 / 4	5	2	5	5	6	20			12	20	24		7 / 4	8	12	12		8	10	6	18	20	18						
	6	3	6	6	7	22			14	22	26		8	12	16	16		8	14	10	20	24	22						
	7												9					8	14	10	20	24	22						
	8												9					8	16	12	22	26	24						
9 / 4	9	4	7	7	8	26			18	26			10 / 4	11				12	18	14	28	32	26						
	10	8	12	12					22	30			11					12	30	24	46	50							
	11	11	15	15					26	34			11					12	39	30	48								
	12	11	15	15									11					12	39	30	48								
13 / 4	13	13	17	17									11					12	44	38	54								
	14	15	19	19					30	38			11					12	48	40	62								
	15	20											11					12											
	16	26											11					12											
17 / 4	17	26																											
	18	29																											
	19	32																											

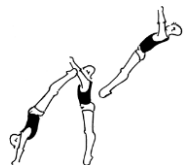
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	5	7	9	11	13
3	2/4	-1	4	3	8	7	12		
4	3/4	1	2	3	5	7	9	11	13
5	4/4	1	6	8	10	12	16	18	20
6	5/4	1	3	5	7	9	11	14	17
7	6/4	0	12	8	16	14	24		
8	7/4	2	4	6	8	10	12	16	20
9	8/4	3	8	10	12	14	18	20	22
10	9/4	2	4	6	8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



9 10



11



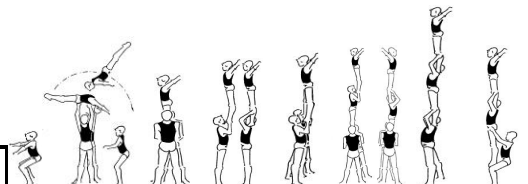
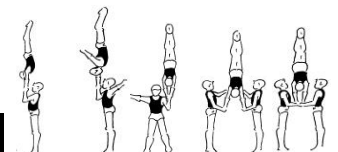
12



Back Salto
Finish Position



+3



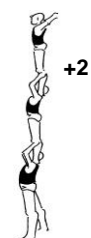
Start



13



14



15

16

17

18a

18b

OR

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



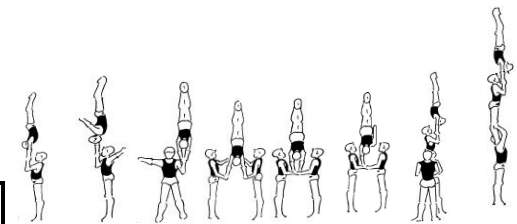
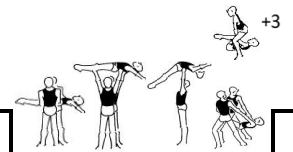
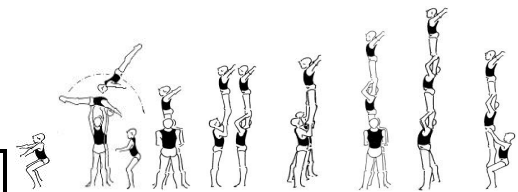
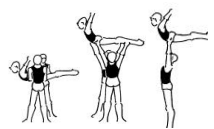
19



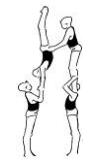
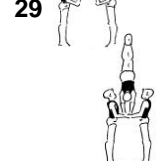
20



Back Salto
Finish Position



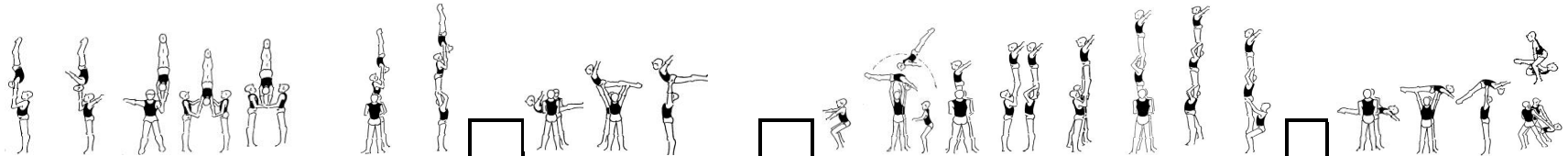
Start



		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					4	2	3	3		4	4	14		16	8	14	16	20	20
	3	1	2	2			2		4	4	4					2	2	3	3		4	16		18	8	16	18	24	24	
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5 / 4	5	4	9	9		6 / 4	5	4	8	10	10				7 / 4	6	9	9		8 / 4					16	28				
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9 / 4	9	6	12	12		10 / 4	9	6	12	14	14				11 / 4	9	12	12		12 / 4					24	36				
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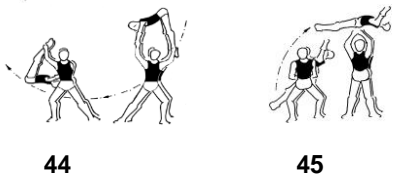
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4	2/4	2	4	6	8	10	12	14	16
5	3/4	1	2	3	4	6	8	10	12
6	4/4	-1	8	10	12	16	20		
7	5/4	2	4	6	8	12	16		
8	6/4	4	8	10	14	16	18		
9	7/4	2	4	6	8	12	16		
10	8/4	3	10	12	14				
11	9/4	4	8	12	16	20	24		
12	10/4	4	8	12	16	20	24		
13	11/4	4	8	12	16	20	24		
14	12/4	4	12	16	20	24	28		

Back Salto
Finish Position



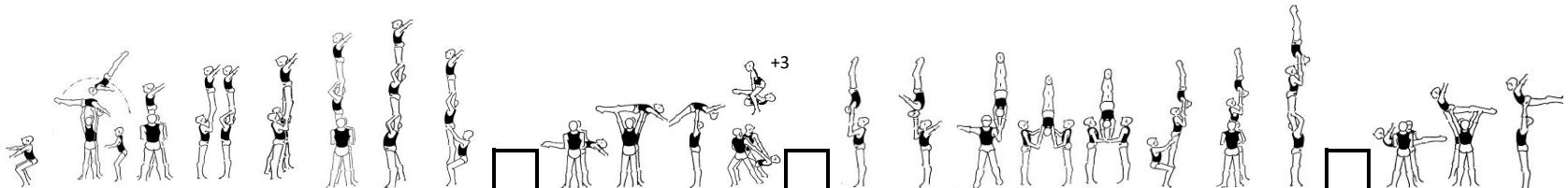
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Start	1 / 4	1									2 / 4					3 / 4									0 / 4	1	1	1	2				
		2	4	7	5	2	4					2	2	2				2	4	5	5						4	3	4	4	5		
		3	4	7	5	2	4						2	2	2				2	4	6	6						/	3	4	4	5	
		4	4	7	5	2	4						2	2	2				2	4	7	7						4	4	5	5	5	
41	5 / 4	5	9			6	10				6 / 4	5	7	7		7 / 4	9	7	13	14	14				8 / 4	10	12	12					
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		7																															
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42	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			
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		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			
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					





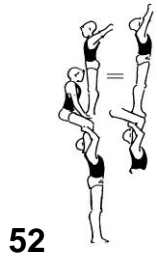
Back Salto
Finish Position



		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 / 4	1									2					3					4									0/4	1	1	1					
	2	1		2	3	3				2	2	2	3	3	5	9	7	4	7	4	5	9	7	4	7					4	3	5	5				
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46 5 / 4	5	5	5	10	11	11				6	8		8	6						20			14	18					8	10	16	16					
	6	6	6	12	13	13				7	10		9	6						22			16	20				8	12	18	18						
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	8																										8										
47 9 / 4	9	7	7	14	15	15				9	12		9	10						24			18	22				12	14	20	20						
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	11	14	10	22						18	22			10													12	22									
	12													10													12										
48 13 / 4	13	16	16											12													12										
	14													12													12										
49 14 / 4	15									14	20																										
	16									14	24																										

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

Additional difficulty for the middle



52

	4
	5
	6
	18

Back



(jump forward-salto back)
Gainer Salto

	4
	5
	6
	18

Front



(jump backwards-salto front)
Delfin

	5
	7
	9
	26

	4
	6
	8
	20



53

180° + 2
360° + 4
540° + 6
720° + 8

180° + 2
360° + 4
540° + 6
720° + 8



54

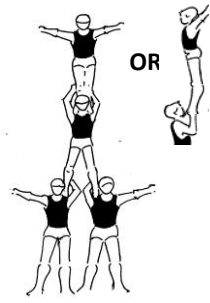
In the following start positions 59,61a,61b and 62 the direction of the base and/or top may be reversed, i.e. any direction is acceptable.



55



56



57a



57b



58



59



60



61a



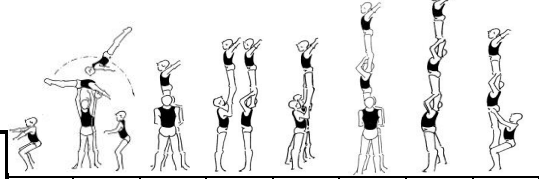
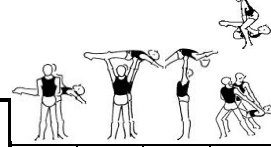
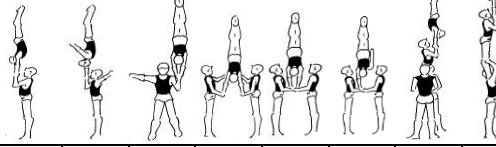
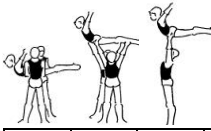
61b



62



Front Salto
Finish Position



Start



63



64a

64b



65



66



67

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

	A	B	C	D	E	F	G	H	
Twist	180°	360°	540°	720°	900	1080	1260	1440	
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	4	6	8	10	12
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4	3/4	2	2	8	10	14	16		
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9	8/4	3	8	10	14				
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70



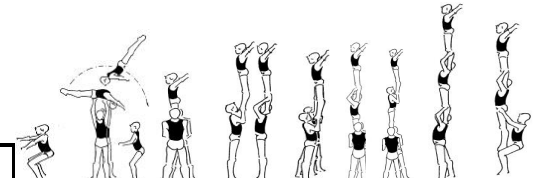
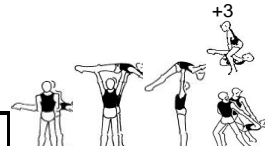
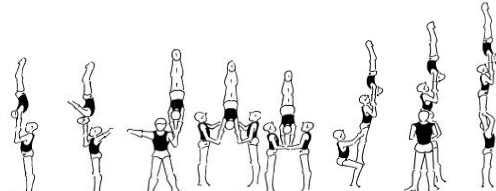
71a



71b



Front Salto
Finish Position



Start



72



73



74

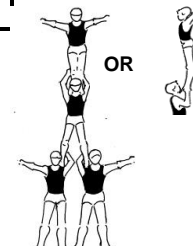


75



76

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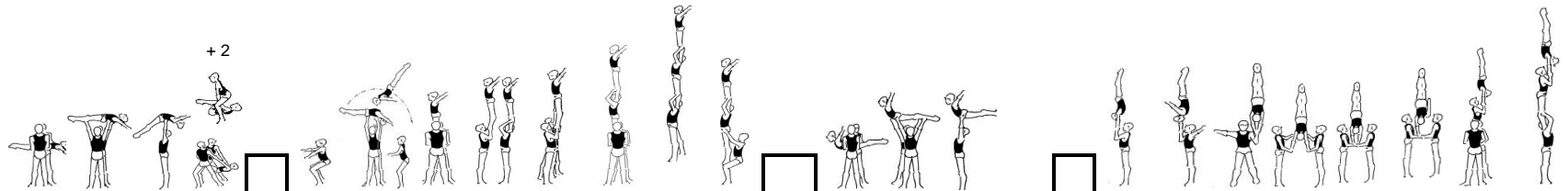
77a

77b



78

Front Salto
Finish Position



Start
79

80

+1
81

+2
82

-1
83

-1
84

+1
85

+1
86

+1
87

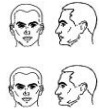
+2
88

+2
89

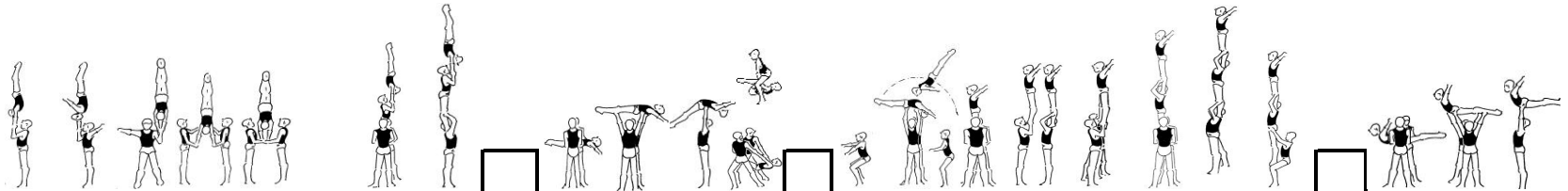
+2
90

+2
91

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Front Salto
Finish Position



Start

92

93

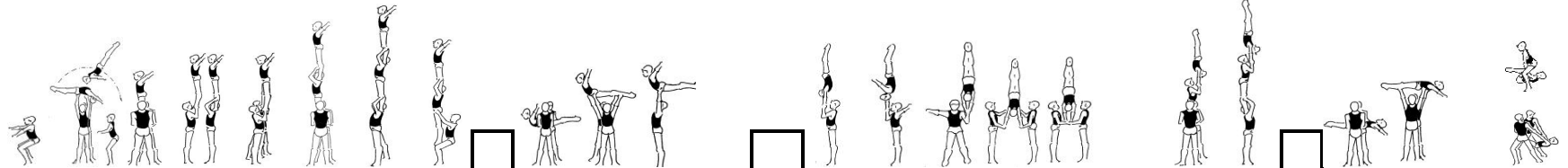
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	3	3	6	4	2	3					2	2	2	3					3		5	7	7							4	5	5					
	4	3	6	4	2	3					2	2	2	3					3		5	8	8					4		5	6	6					
5 / 4	5	9			5	8				6 / 4							7 / 4	10		14	16	16					8 / 4	10	12	12							
	6	11			6	10					6	7	7	7					12		16	18	18						12	14	14					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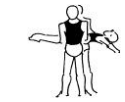
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2	1/4	2	4	6	8	10	14		
3	2/4	1	1	3	4	5	6	7	8
4	3/4	2	4	6	8	10	14		
5	4/4	1	2	4	6	9	12		
6	5/4	2	4	6	8				
7	6/4	1	2	4	6	8			
8	7/4	2	4	6	8	10	12		
9	8/4	2	4	6	8	10	12		
10	9/4	4	6	8	10				
11	10/4	2	4	6	8	10	12		
12	11/4	2	4	6	8	10	12		
13	12/4								



Front Salto
Finish Position



Start



95



96



97



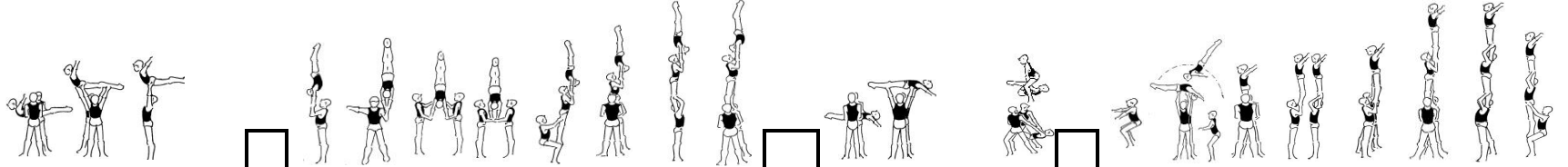
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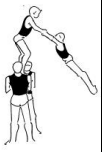
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1 / 4	1									2 / 4					3 / 4					4 / 4					5 / 4					6 / 4					7 / 4					8 / 4					9 / 4					10 / 4					11 / 4					12 / 4										
	2	1	2	3	3						2	3	3			3	4	7	5		3	5						0/4	1		1	1	2	4		3	4	4	5																															
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	16	24									30																																																											

	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		
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7	6/4	2	4	6	8	10		
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13	12/4	6	10	14	18			

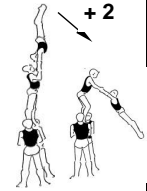
Front Salto
Finish Position



Start



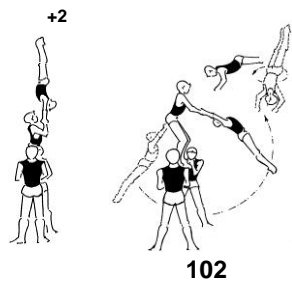
99



100

		A	B	C	D									M	N	O	P													
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	2		2	3	3			6		3	6				8		3	4					5		8	10		22		
	3		2	3	3			7		3	7				9		3	4					6		10	12		24		
	4		2	3	3			7		3	7				9		3	4					7		14	16		26		
5 / 4	5		4	6	6	6 / 4								7 / 4					8 / 4	12	10	20								
	6		5	7	7			16		13	16				27		7	9					14	12	24					
	7							17		13	17				30		8	10												
	8																													
	9		7	9	9			17		13	17				33		9	11					18	16	28					
9 / 4	10		12	14	14	10 / 4								11 / 4					12 / 4	34										
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	12							29		26	30						16						43							
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13 / 4	15																					16 / 4								
	16																													

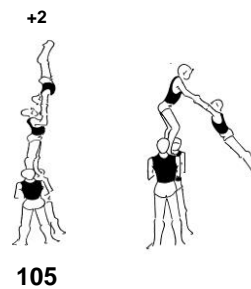
		A	B	C	D	E	F	G	H
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4	3/4	1	2	3	4	5	6	7	8
5	4/4	2	8	10	12	14	16	20	24
6	5/4	1	2	3	4	5	7	9	12
7	6/4	4	6	10	12	16	18		
8	7/4	2	4	6	8	12	16	20	24
9	8/4	3	9	12	15	18	21		
10	9/4								
11	10/4	8	10	14	18	22	26		
12	11/4								
13	12/4	10							



102

Finish Position

Back Salto	0/4	4/4	8/4	12/4	
	1	12	24	36	180° 0
	1	14	28		540° + 6
	1	16	32		720° + 12

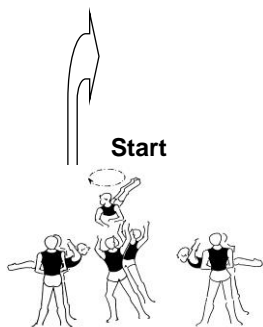


105



Front Salto

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



103

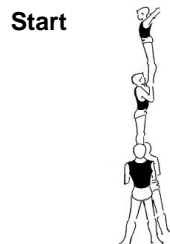
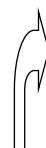
Start

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

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



104



106

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



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 (EXCEPT TUMBLING ELEMENTS PG 119)
- 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 (example:  or )

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



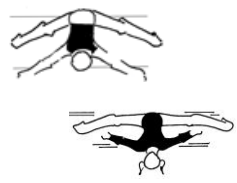





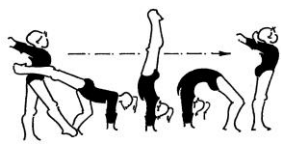
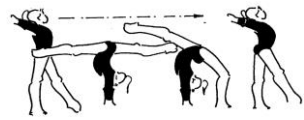
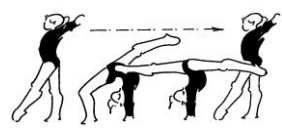
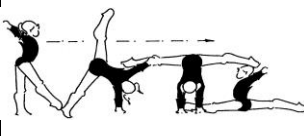
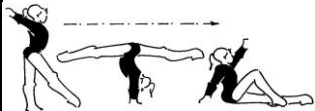

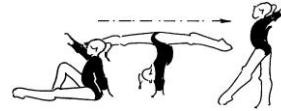
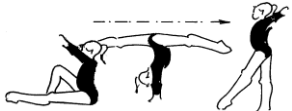
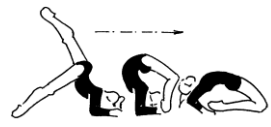
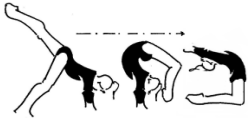



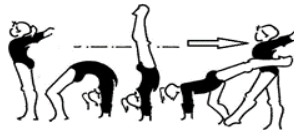
Balance

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

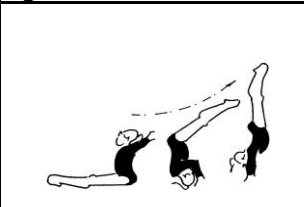
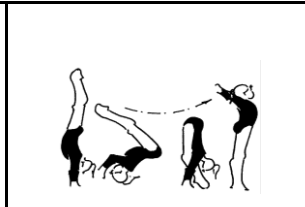
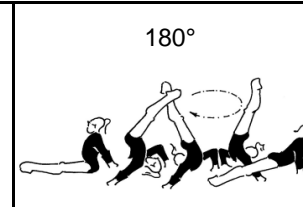
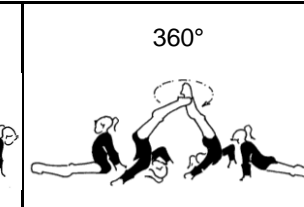
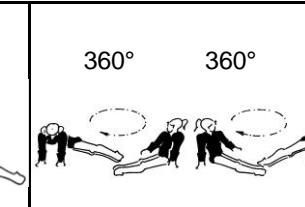
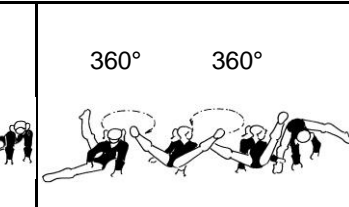
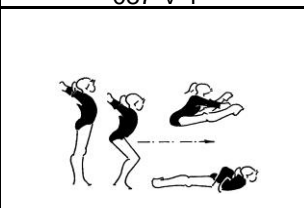
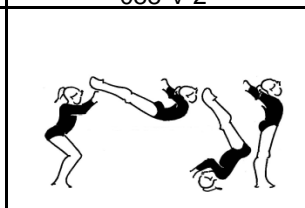
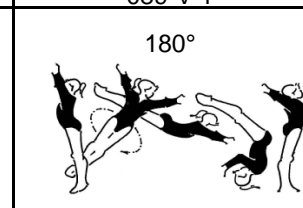
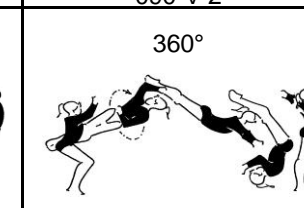
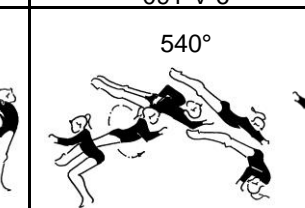
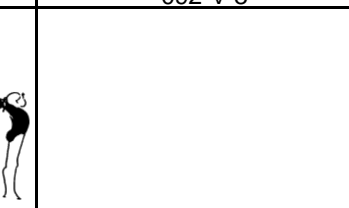
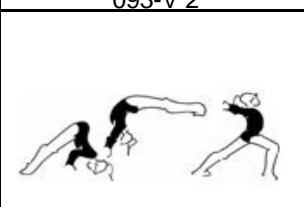
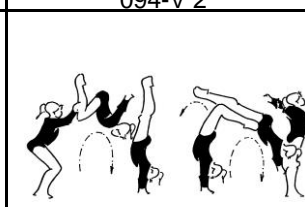
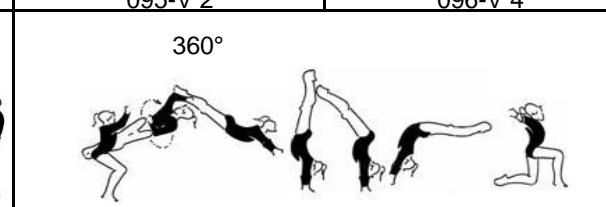
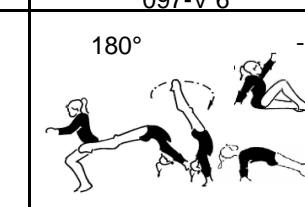
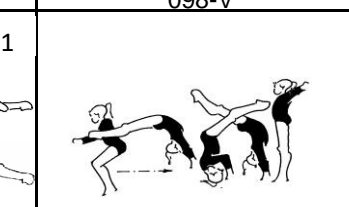
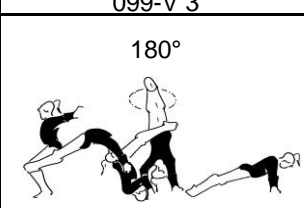
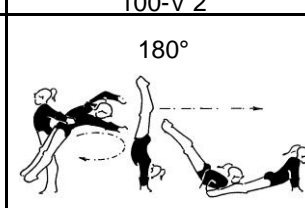
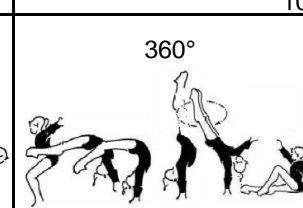
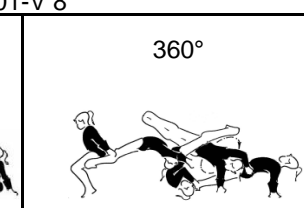
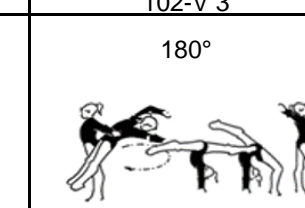
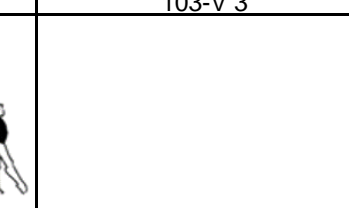
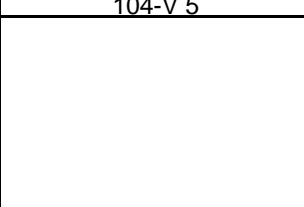
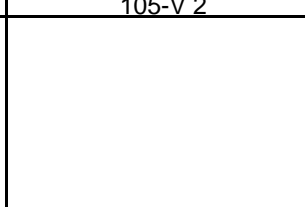
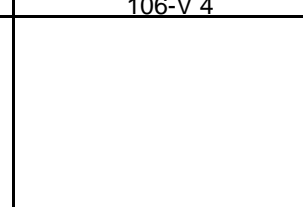
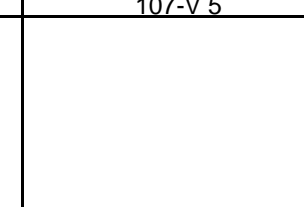
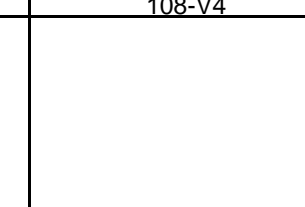
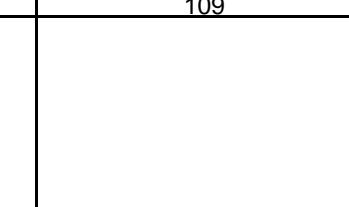
Balance

<p>power to 2"</p> <p>030-V 8</p>	<p>031-V 3</p>	<p>032-V 3</p>	<p>033-V 10</p>	<p>034-V 10</p>	<p>035-V 3</p>
<p>180° 2"</p> <p>036-V 4</p>	<p>037-V 5</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° 2"</p> <p>041-V 1</p>
<p>2" +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>

Flexibilities

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

Agilities






























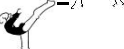
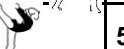



		180° 	360° 	360° 360° 	360° 360° 
087-V 1	088-V 2	089-V 1	090-V 2	091-V 6	092-V 8
		180° 	360° 	540° 	
093-V 2	094-V 2	095-V 2	096-V 4	097-V 6	098-V
		360° 		180° -1 	
099-V 3	100-V 2	101-V 8		102-V 3	103-V 3
180° 	180° 	360° 	360° 	180° 	
104-V 5	105-V 2	106-V 4	107-V 5	108-V 4	109
					
110	111	112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





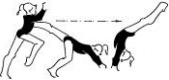























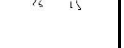

Agilities

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

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

Agilities

 <p>720°</p>	A		10	 <p>180°</p>	A		1	 <p>180°</p>	A		3	 <p>360°</p>	A		5	 <p>360°</p>	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		



































 <p>180°</p>	A		2	 <p>360°</p>	A		4	 <p>180°</p>	A			 <p>360°</p>	A		3	 <p>360°</p>	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		











Agilities

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

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

Agilities

	A		9		A		10		A		10		A		14		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							

	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							

Tumbling

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

	cartwheel	BACK SALTOS											FRONT SALTOS					SIDE SALTOS				
twist	OR	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 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
- **C** : + value for landing without support
- **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
- **C** : + value for landing without support
- **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				
Value	A	B	C	D
SH	1			
Top	2			
Base	3			

Individual

1				
Value	A	B	C	D
SH	1			
Top				
Base				

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

New Element Registration Form 2025-2028



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.**