

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



CODE OF POINTS ACROBATIC GYMNASTICS
TABLES OF DIFFICULTY 2013-2016
January 2013-Final

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THE TABLES OF DIFFICULTY FOR ACROBATIC GYMNASTICS

PREAMBLE

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

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

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

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

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

Acknowledgements

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

- Members of the FIG Acrobatic Technical Committee for their expertise in revising the Tables for the new cycle
Tonya Case, Irina Nikitina, Karl Wharton, Rosy Taeymans, Raul Correia, Wieslawa Milewska, Sabrina Hegele
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- The FIG Secretariat for the availability of expert technical advice and assistance;
- Acrobatic coaches and athletes for their creativity in stretching the boundaries of gymnastic knowledge and skills.

INTRODUCTION

Content

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

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

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

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

Difficulty Value of Elements

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

Tariff Sheets

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

A drawing must be made of each pair group element in the order it is to be performed. Pair group elements precede individual elements that also must be drawn in the order to be performed. Drawings may be reproduced from the Tables of Difficulty. Computer drawings are acceptable. Drawings must be clearly presented and not open to a variety of interpretations. Shorthand notation on Tariff Sheets may not be used.

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

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

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

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

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

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

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

DIFFICULTY CONVERSION TABLE FOR QUALIFICATIONS 13-19

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

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

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

DIFFICULTY CONVERSION TABLE FOR FINALS 13-19

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

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

DIFFICULTY CONVERSION TABLE FOR BALANCE AND DYNAMIC EXERCISES SENIOR

BALANCE EXERCISES

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

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

DYNAMIC EXERCISES

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






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

DIFFICULTY CONVERSION TABLE FOR COMBINED EXERCISES SENIOR

Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value	Difficulty Value	Start Value
1-5	1,0	70-71	7,50	133	9,03	166	9,36	199	9,69
6-7	2,0	72-73	7,55	134	9,04	167	9,37	200	9,70
8-9	3,0	74-75	7,60	135	9,05	168	9,38	201	9,71
10-11	3,5	76-77	7,65	136	9,06	169	9,39	202	9,72
12-13	3,8	78-79	7,70	137	9,07	170	9,40	203	9,73
14-15	4,1	80-81	7,75	138	9,08	171	9,41	204	9,74
16-17	4,4	82-83	7,80	139	9,09	172	9,42	205	9,75
18-19	4,7	84-85	7,85	140	9,10	173	9,43	206	9,76
20-21	5,0	86-87	7,90	141	9,11	174	9,44	207	9,77
22-23	5,1	88-89	7,95	142	9,12	175	9,45	208	9,78
24-25	5,2	90-91	8,00	143	9,13	176	9,46	209	9,79
26-27	5,3	92-93	8,05	144	9,14	177	9,47	210	9,80
28-29	5,4	94-95	8,10	145	9,15	178	9,48	211	9,81
30-31	5,5	96-97	8,15	146	9,16	179	9,49	212	9,82
32-33	5,6	98-99	8,20	147	9,17	180	9,50	213	9,83
34-35	5,7	100-101	8,25	148	9,18	181	9,51	214	9,84
36-37	5,8	102-103	8,30	149	9,19	182	9,52	215	9,85
38-39	5,9	104-105	8,35	150	9,20	183	9,53	216	9,86
40-41	6,0	106-107	8,40	151	9,21	184	9,54	217	9,87
42-43	6,1	108-109	8,45	152	9,22	185	9,55	218	9,88
44-45	6,2	110-111	8,50	153	9,23	186	9,56	219	9,89
46-47	6,3	112-113	8,55	154	9,24	187	9,57	220	9,90
48-49	6,4	114-115	8,60	155	9,25	188	9,58	221	9,91
50-51	6,5	116-117	8,65	156	9,26	189	9,59	222	9,92
52-53	6,6	118-119	8,70	157	9,27	190	9,60	223	9,93
54-55	6,7	120-121	8,75	158	9,28	191	9,61	224	9,94
56-57	6,8	122-123	8,80	159	9,29	192	9,62	225	9,95
58-59	6,9	124-125	8,85	160	9,30	193	9,63	226	9,96
60-61	7,0	126-127	8,90	161	9,31	194	9,64	227	9,97
62-63	7,1	128-129	8,95	162	9,32	195	9,65	228	9,98
64-65	7,2	130	9,00	163	9,33	196	9,66	229	9,99
66-67	7,3	131	9,01	164	9,34	197	9,67	230	10,00
68-69	7,4	132	9,02	165	9,35	198	9,68		

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

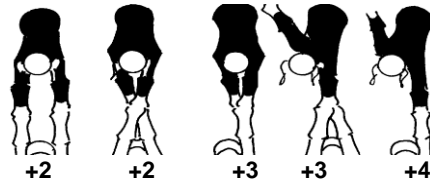
General Rules Pairs and Groups

- Elements that are performed with only minor stylistic variation from the element pictured in the Tables are not considered new elements. They may be performed using the same identification (ID) number (#), with the same value as the existing element.
- The figures in the same box are considered as identical (with very few exceptions) as shown in the Tables of Difficulty.
- Elements with a 180° twist before the salto (Arabian) are considered as FRONT saltos.
- Value for side saltos = front saltos but considered as different saltos.
- When an element is in more than 1 place in the TOD with different value, the highest V can be used.
- Split-Flag  always receives a **+4**
- All handstand, straight, flags, disloc and mexican, performed with legs together re Planche legs together  **+3**
- All "Wide arms"  always **+2**
- All salto's performed  position are considered the same as in  position.
They receive the same value and the same # number

- **Additional Difficulty for WOMEN's PAIR only :**

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

Balance: 1 Hand to hand:



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



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

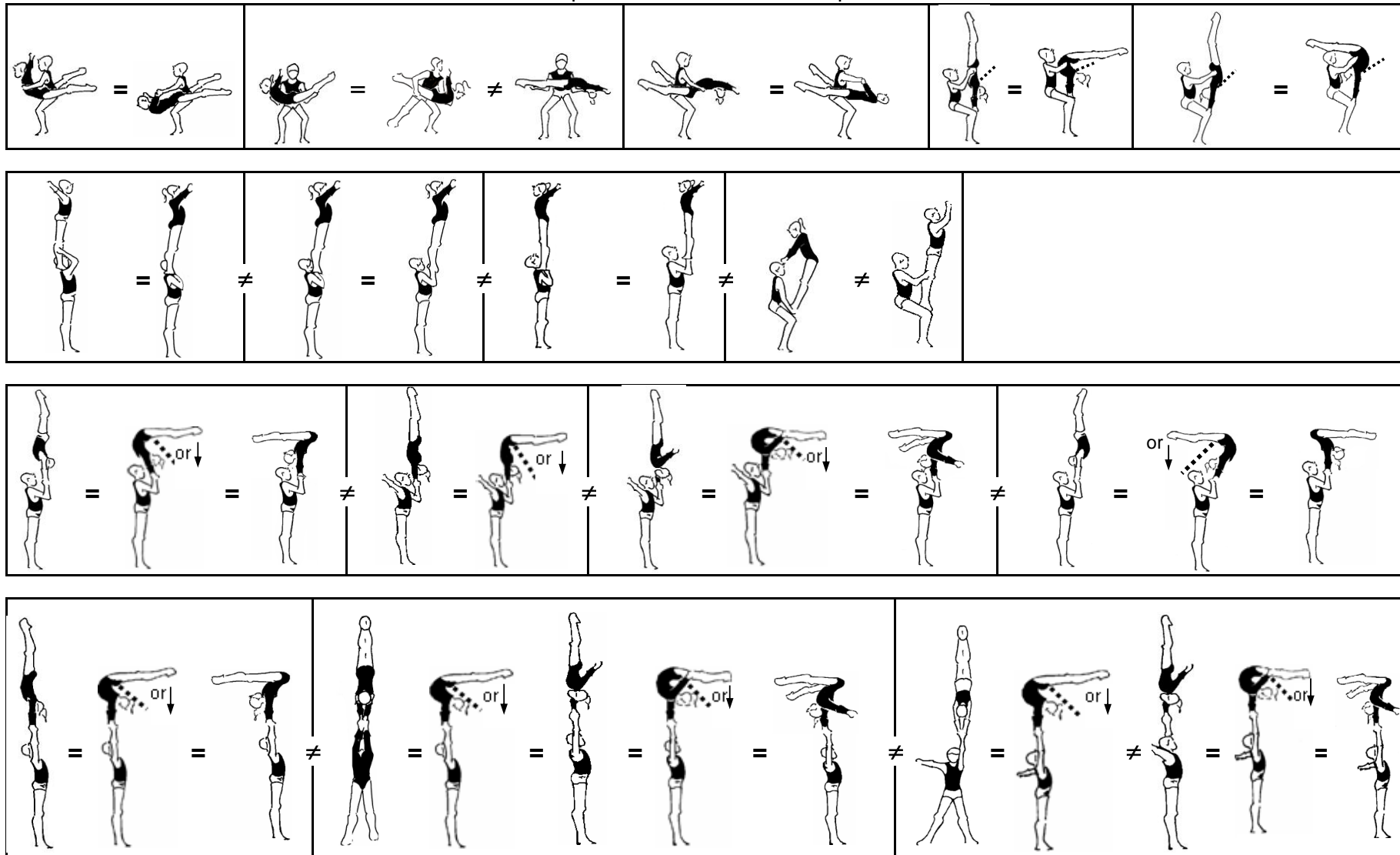
Saltos with **8/4** rotation or more, receive an additional value of **+4**

General Restrictions

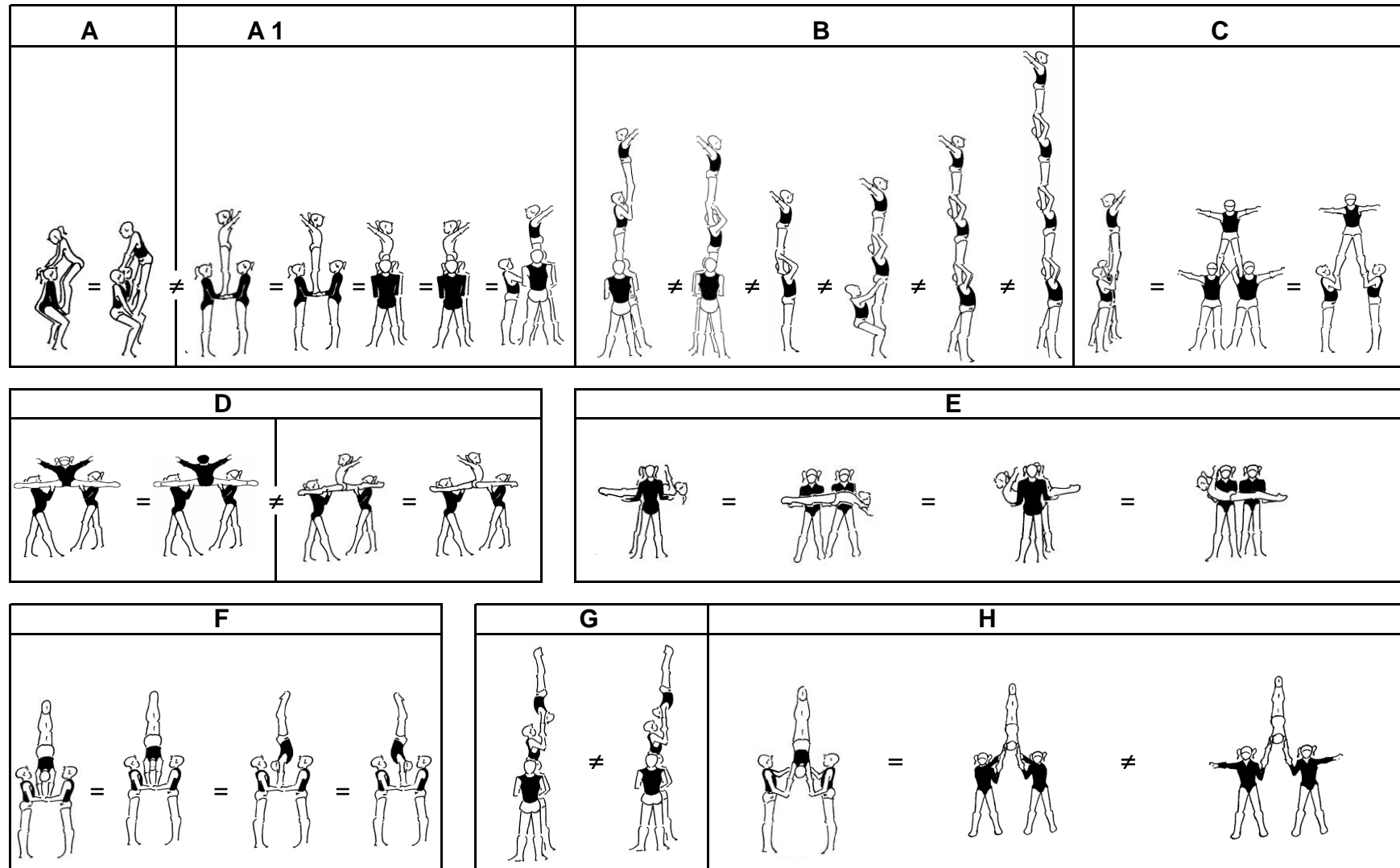
- A catch to wrap (i.e. legs astride the hips of the base) may only be performed with straight legs. **Forbidden for MEN.**
- Sitting in spread legs on the shoulder facing a partner is not permitted in any exercise.
- Handstand Planche **can not** be performed on one arm
- Women **may not** work on the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

START POINTS AND CATCH POSITIONS

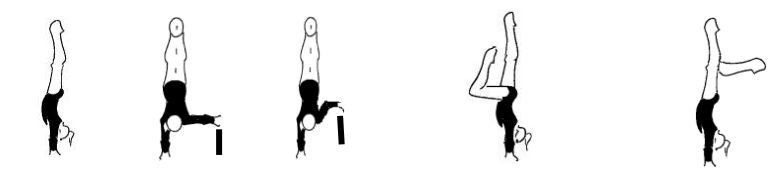
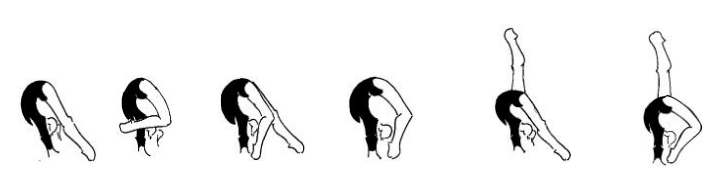
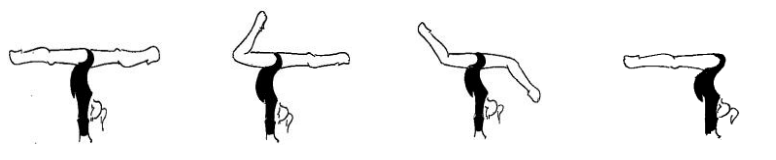


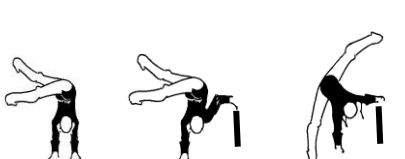

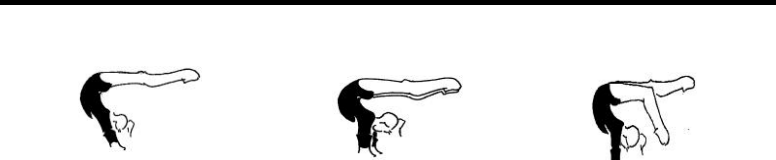
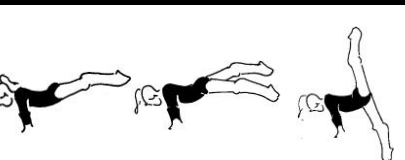
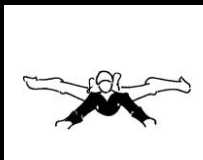
Examples of the most typical positions.
The same position = The different positions \neq



START POINTS AND CATCH POSITIONS





















CATEGORIES OF HANDSTANDS


























A		B1		
			C 	
			D 	D1 
B		E		E 1 

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

CATEGORIES OF MISCELLANEOUS ELEMENTS

A	     								
B		C		D		E	 	F	
G		H	 	I		J	 		

CATEGORIES OF FOOTSTANDS

A	     						E	    				
B	  						F					
C							G	  				
D	     											

Elements belonging to the same box are considered as the same