FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

MEN'S GROUP

Balance Elements

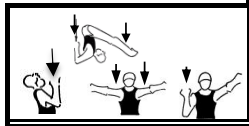
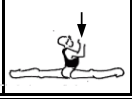
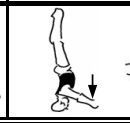
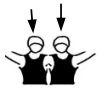
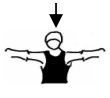
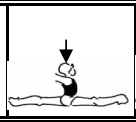
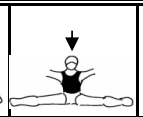
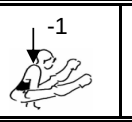
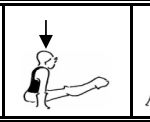
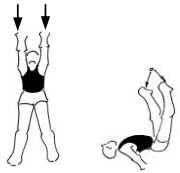
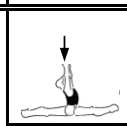
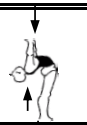
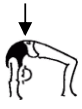
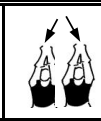
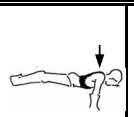
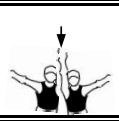
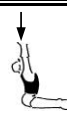
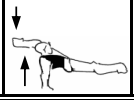
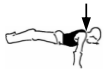
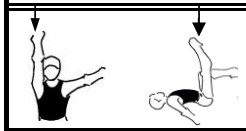
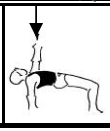
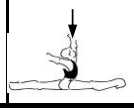
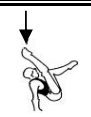
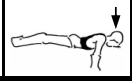
Balance Elements

Static

Men's Group:

How to look for the value of the top

In the left column of vertical boxes you have typical middle positions. In all the others boxes you have variations of these middle positions.
The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find at the table pg 92.

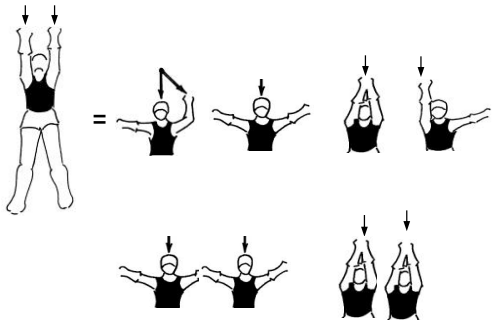
	1	2	3	4	5	6	7	8	9	10	11	12	13
													
													
					-1	-1							
													
													
								+1					

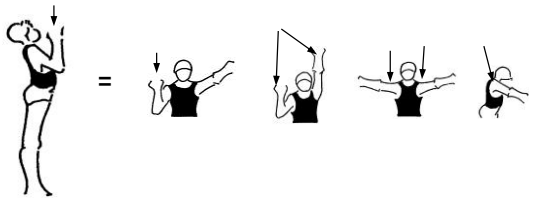
Men´s Group

Evaluation of Transitions

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

The values of these middle positions are considered as identical

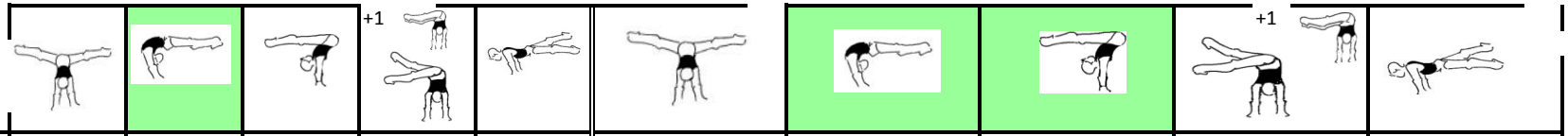




1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18 <

Static

Men's Group



1

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

2

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

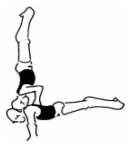
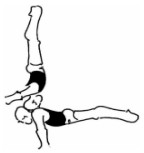
3

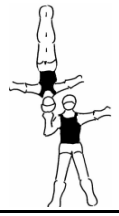
Start	A				B						C		D		E		F				G				H						J				K				L			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Group 1	1	1	1	1	2	3	2	2	5	5	4	6	4	4	5	5	5	5	1	2	2	2	2	3	2	2	5	5	1	1	2	2	1	1	3	3	1	2	3	~
Group 2	1	2	2	2	3	4	3	3	6	6	5	7	5	5	5	6	6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

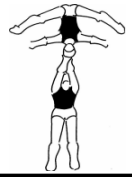
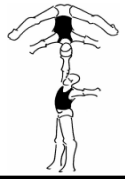
***Crocodile two on one hand and crocodile on one hand are considered as the same element!**

Men's Group Balance Elements

Static

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

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

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

V = 3-3-4-4 TOP

V = 5-5-6-6

STATIC V = 5-5-6-6

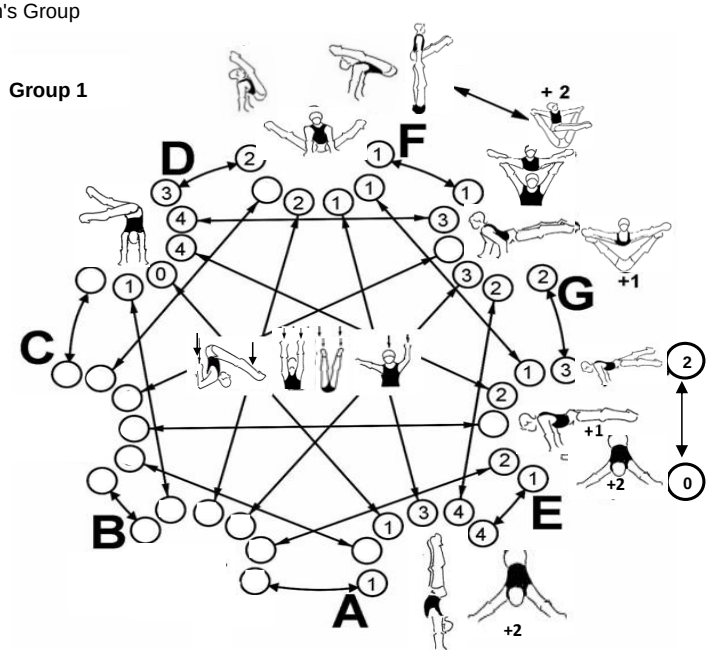
V = 7-7-8-8

Balance Elements

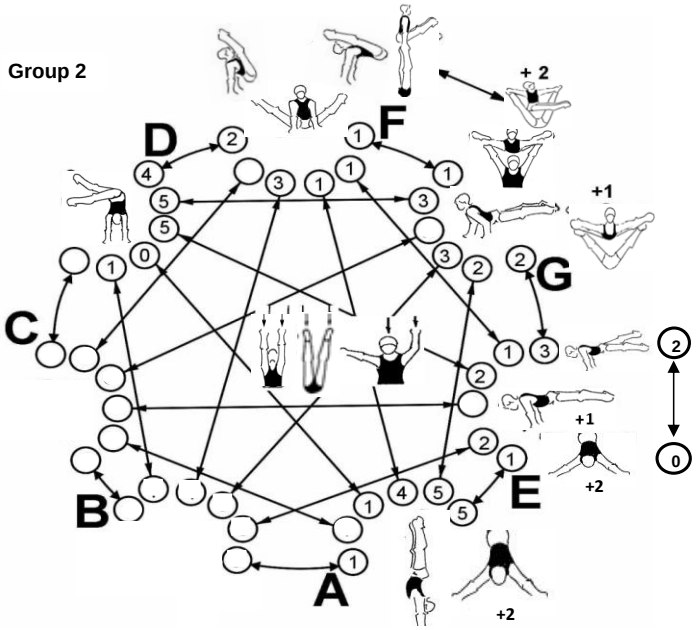
Table-Top-additional difficulty for motion

Men's Group

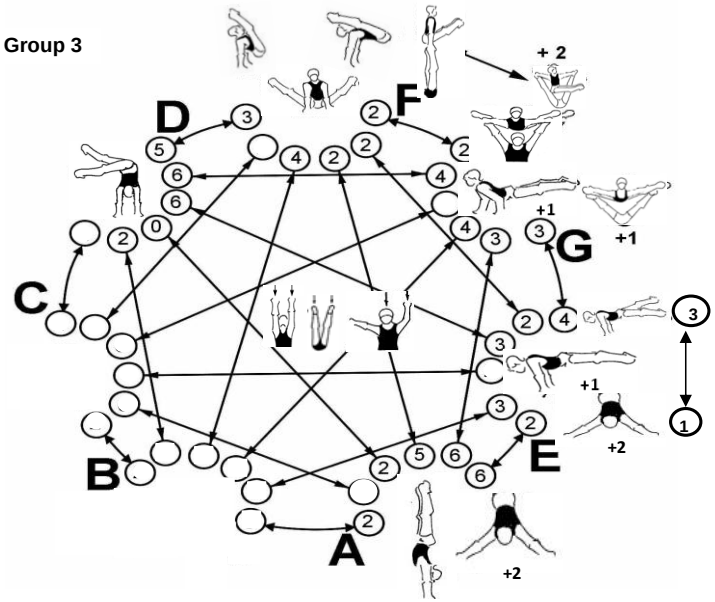
Group 1



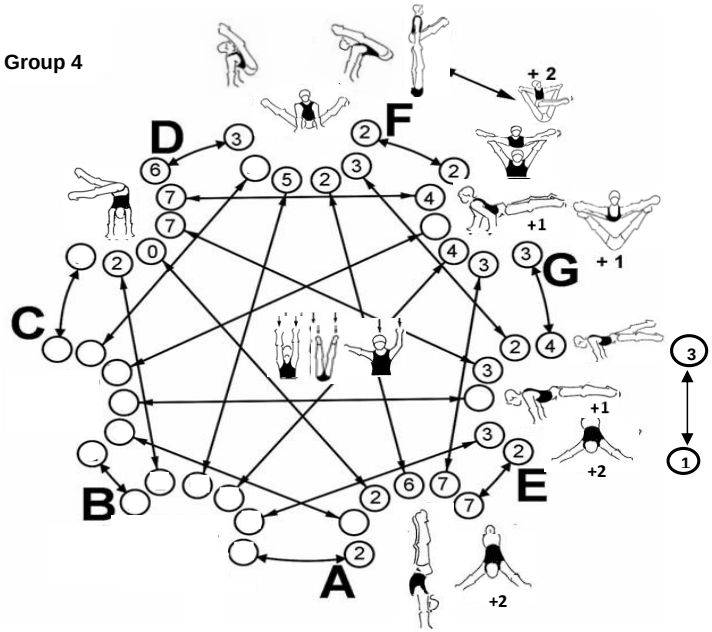
Group 2



Group 3



Group 4

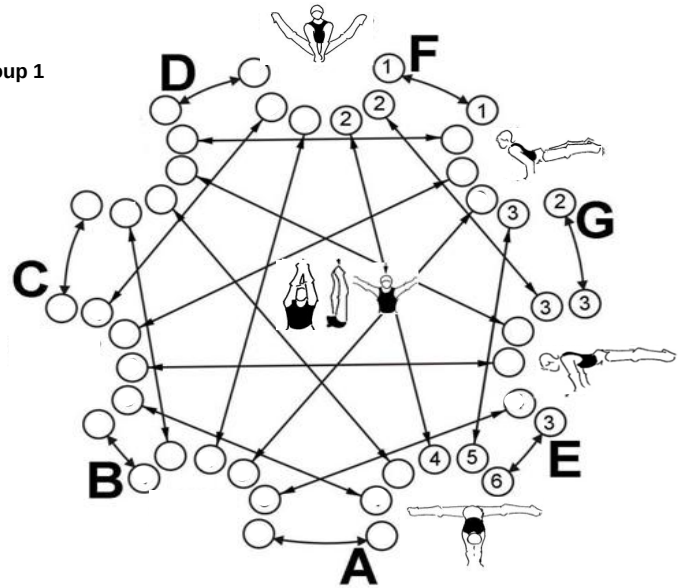


Balance Elements

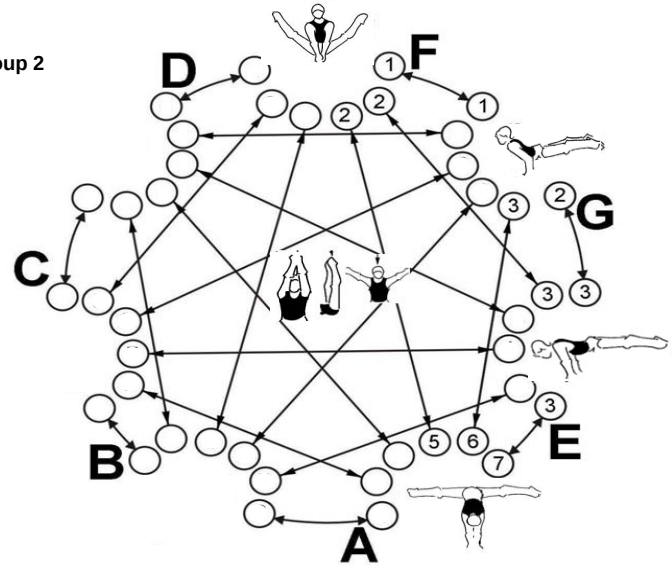
Table-Top-additional difficulty for motion

Men's Group

Group 1



Group 2



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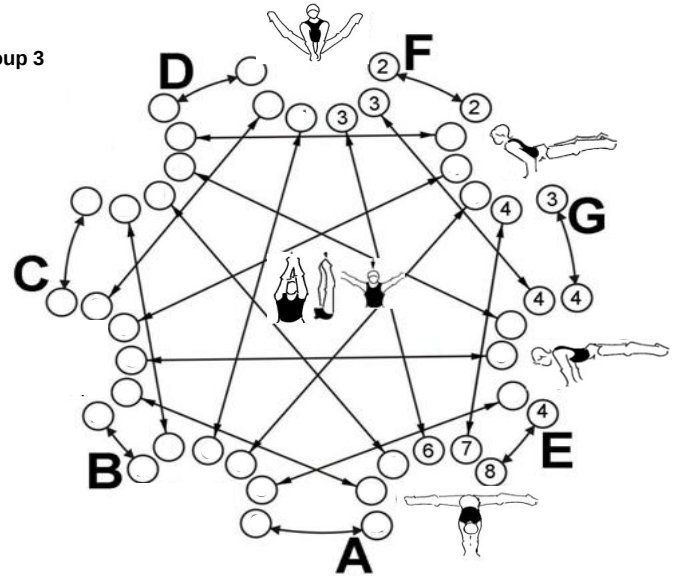

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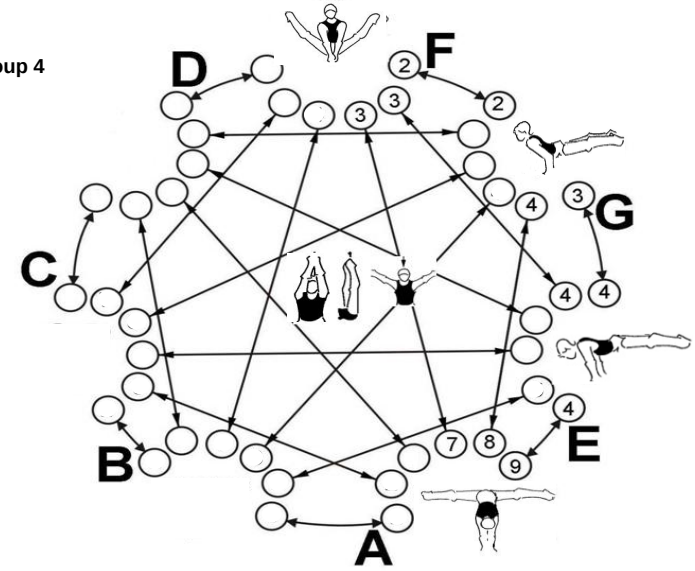
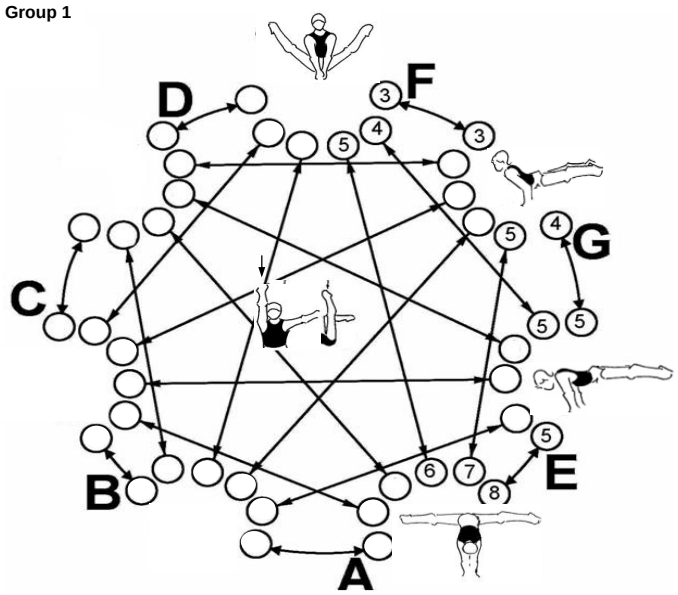


Balance Elements

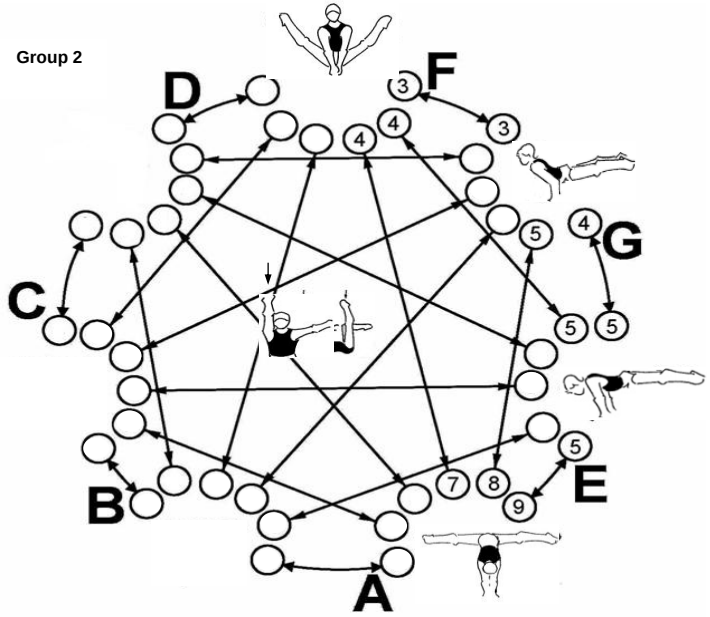
Table-Top-additional difficulty for motion

Men's Group

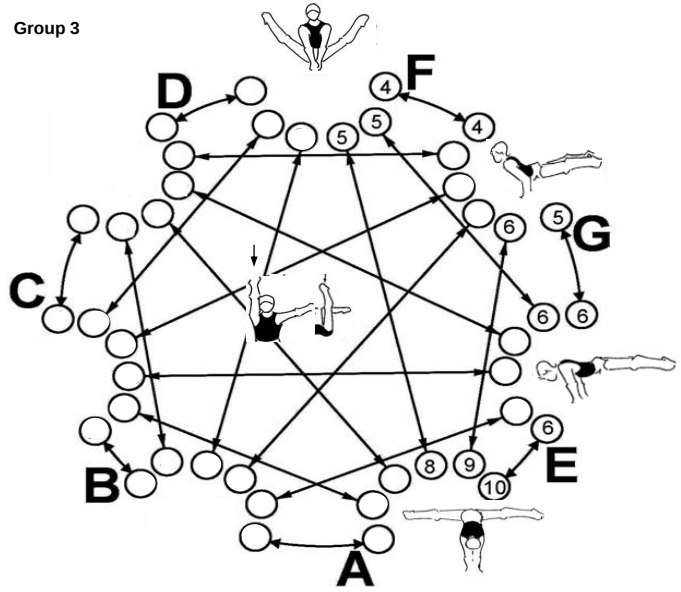
Group 1



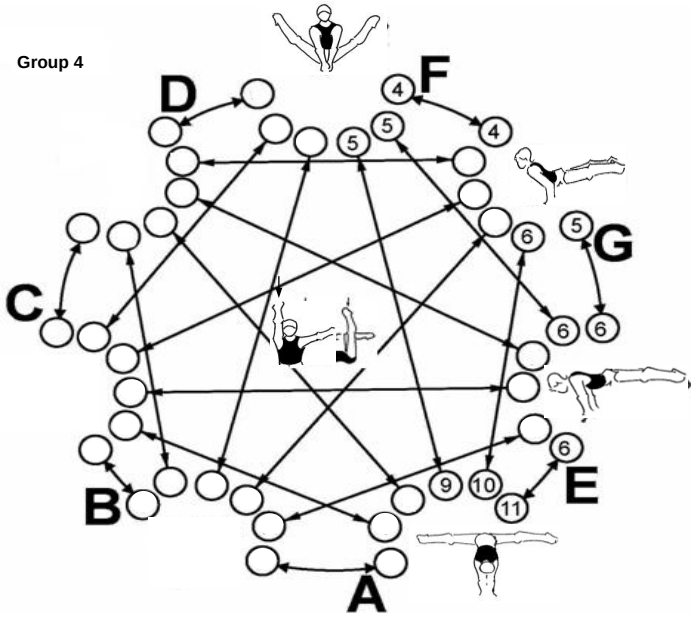
Group 2



Group 3



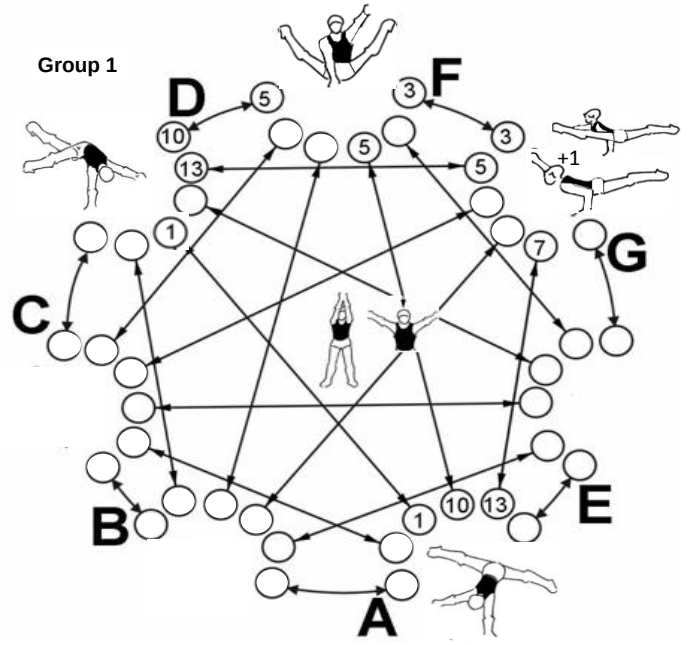
Group 4

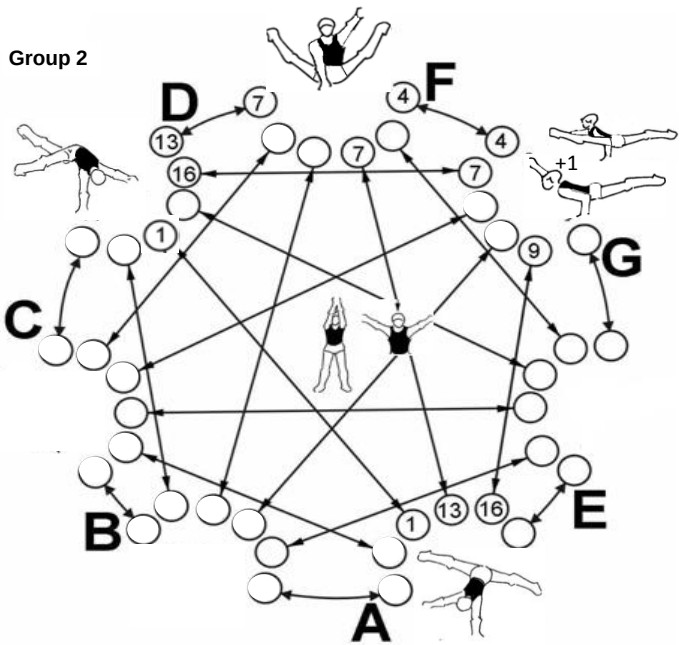


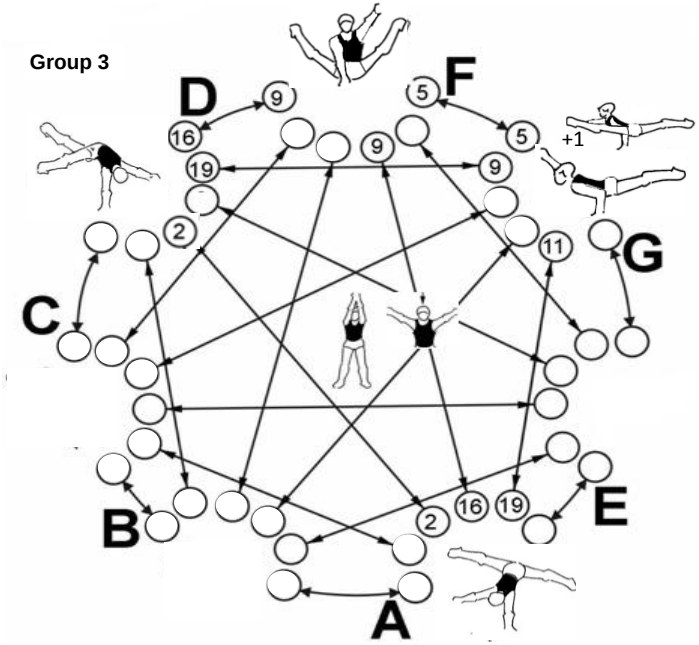
Balance Elements

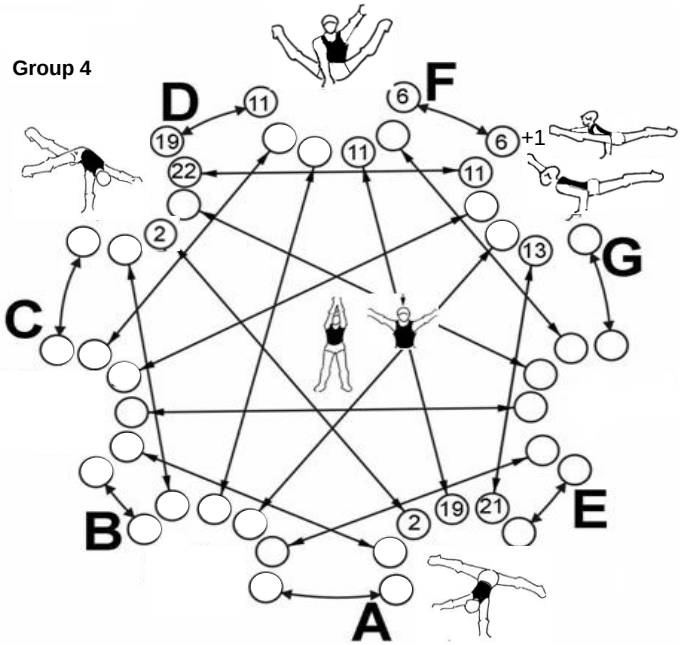
Table-Top-additional difficulty for motion

Men's Group

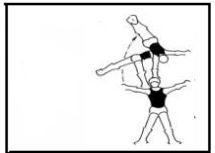








Tab. 1

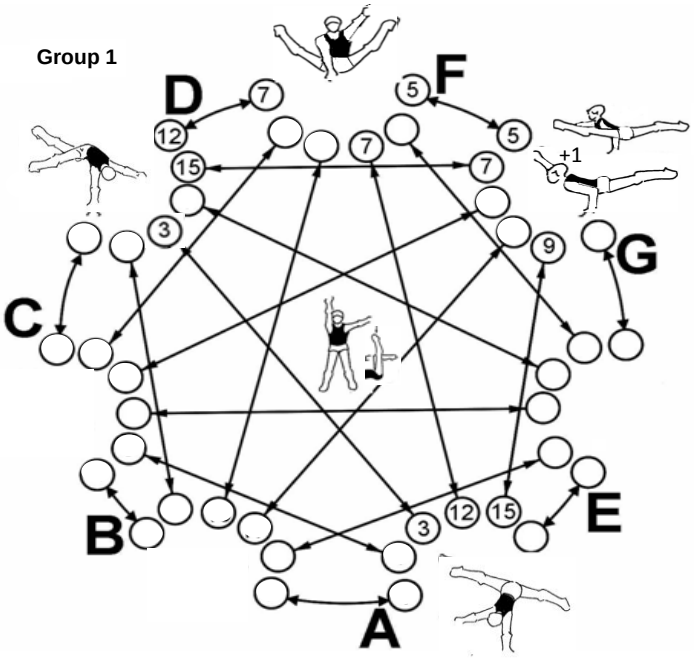


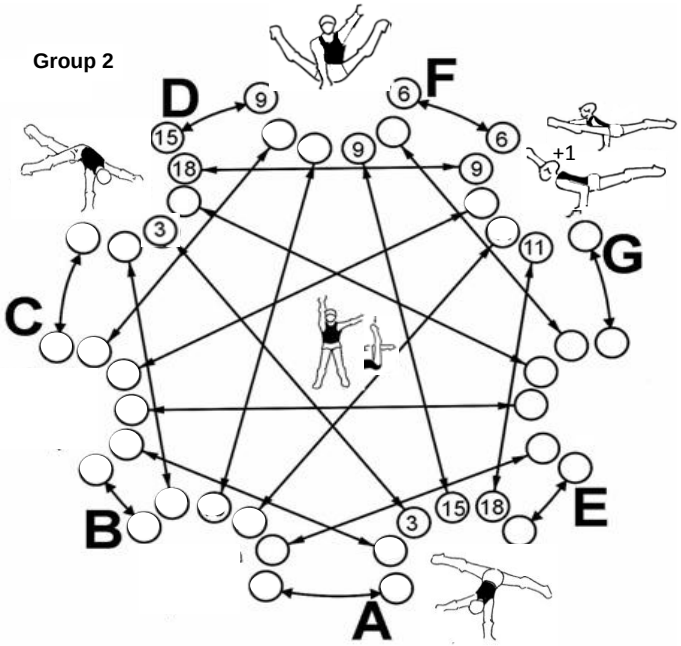
Group	1	2	3	4
Value	5	6	7	8
	0	0	0	0

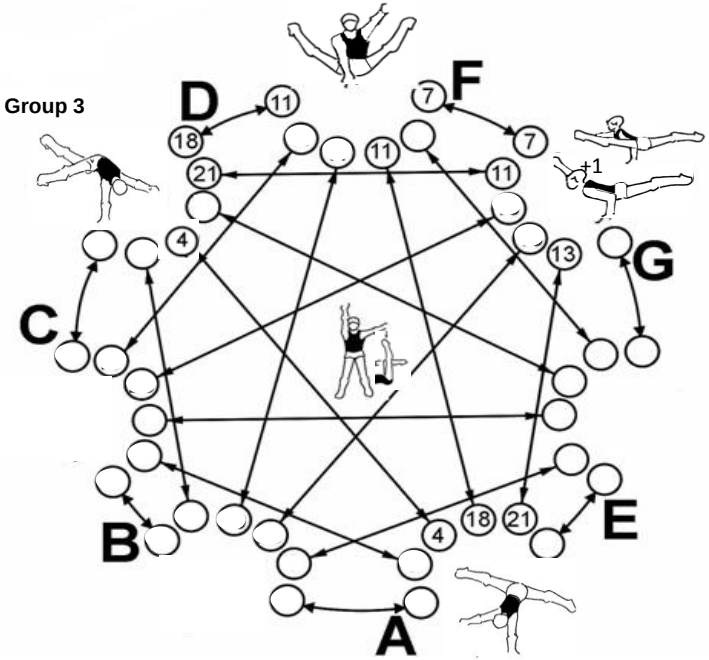
Balance Elements

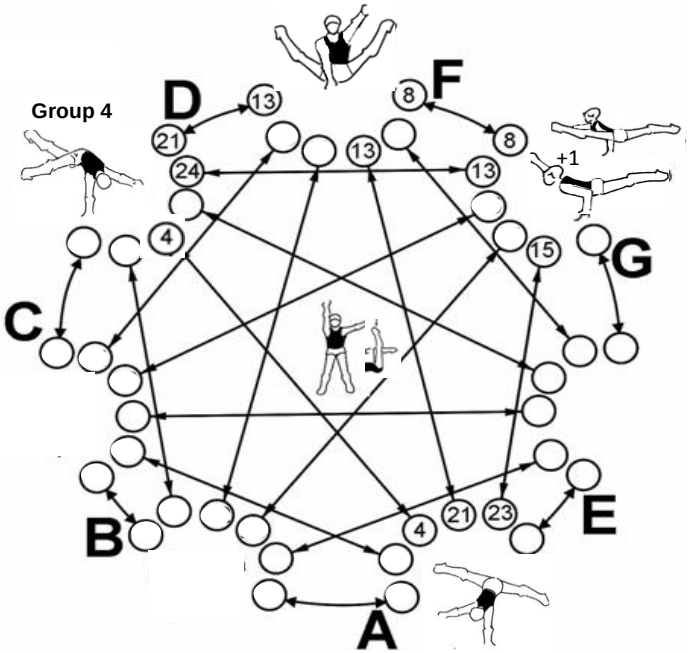
Table-Top-additional difficulty for motion

Men's Group







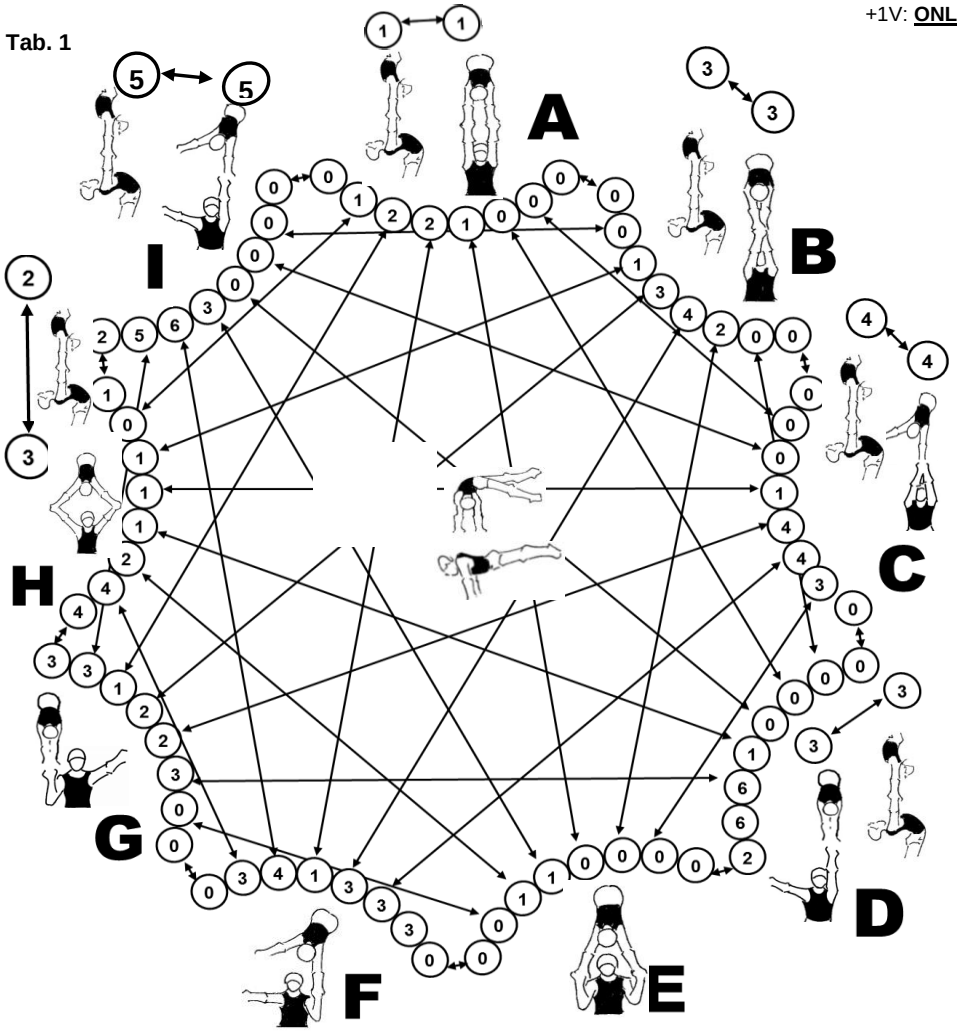


Balance Elements

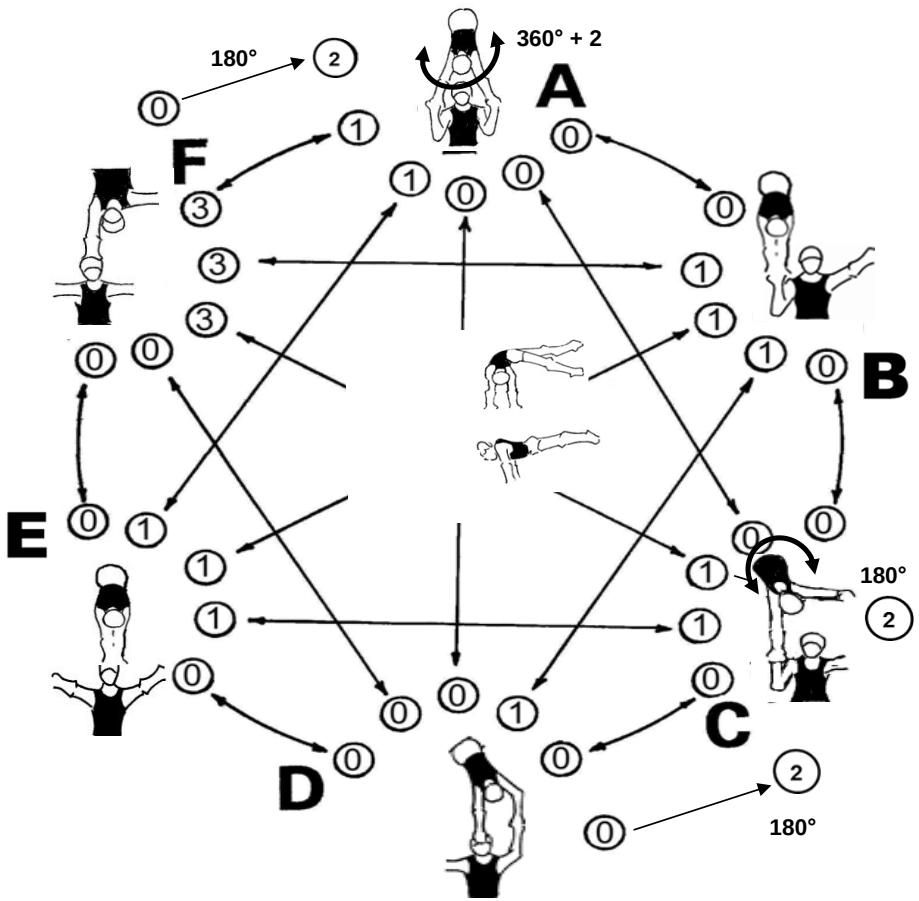
Men's Group

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

Tab. 1



Tab. 2 **Motion**



Men´s Group Static Elements

TABLE 1

THE FIGURES IN THE SAME BOX ARE CONSIDERED AS IDENTICAL

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

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

Men´s Group Static Elements

TABLE 1

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

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

Men´s Group Static Elements

TABLE 1

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

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

Men´s Group Static Elements

TABLE 1

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

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

Men´s Group Static Elements

TABLE 1

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

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

Men´s Group Static Elements

TABLE 1

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

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

Men´s Group Static Elements

TABLE 2

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

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

Men´s Group Static Elements

TABLE 2

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

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

Men´s Group Static Elements

TABLE 2

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

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

Men´s Group Static Elements

TABLE 2

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

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

Men´s Group Static Elements

TABLE 2

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

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

Men´s Group Static Elements

TABLE 3

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

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

Men´s Group Static Elements

TABLE 3

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

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

Men´s Group Static Elements

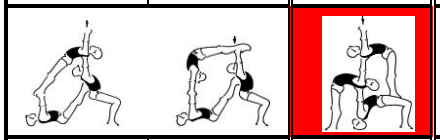
TABLE 3

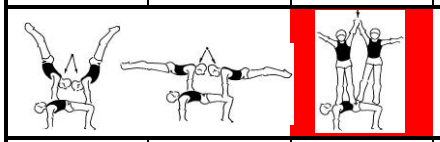
		MIDDLE / BASES	19	37	38	20	21	39	40	41	42	43	44	45	46
C	10		10	8	7				12				6	8	
	11		11	9	8				13						
	16		12	10	9				14						
	9		14	12	11				16	9	9	11			12
	17			14	13				18	11	11	13			14
	18		16	14	13				18				12	14	

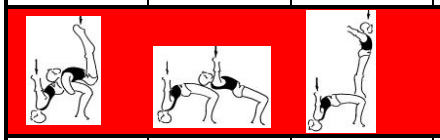
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - diffculty 14 - 17 ; 4 group - difficulty 18

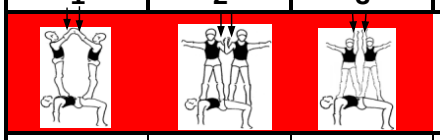
Men´s Group Static Elements

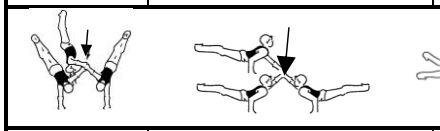
TABLE 4

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

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

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

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

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

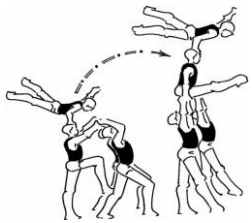
Pyramids A3, B3, C1, C2, C3, C4, D1, D2, D3 FORBIDDEN for AGE group 11 - 16

Men´s Group : Difficulty of Mounts

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

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

Example

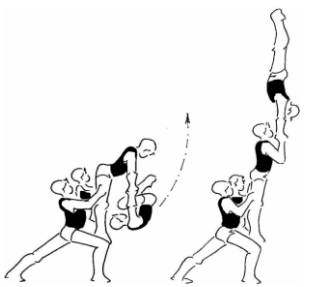


top V = 5
motion (for group 2) = 4

Base 13 Group 2

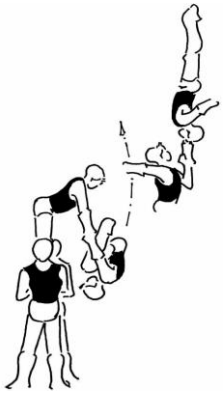
Examples

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



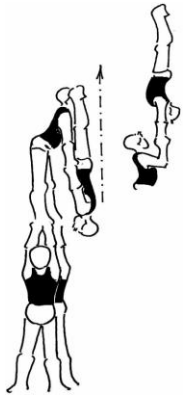
pairs value = 3

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



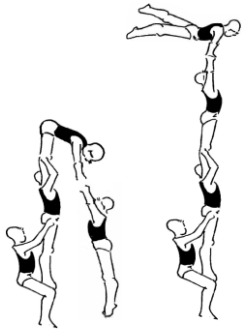
pairs value = 7

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



pairs value = 4

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

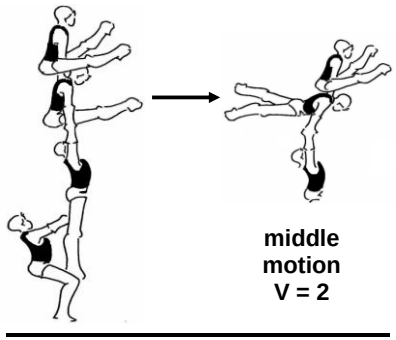


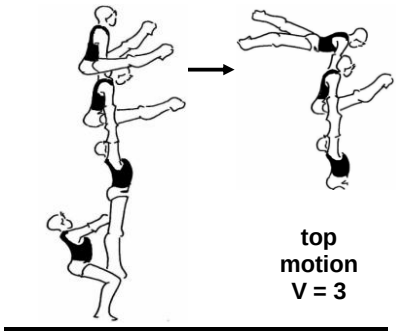
pairs value = 4

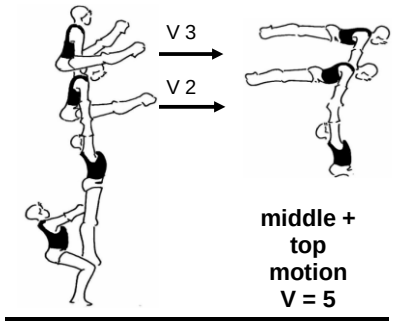
additional middle V = 6
total V is 4 + 6 = 10

Men´s Group Balance Elements

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







FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

MEN'S GROUP

Dynamic Elements

Dynamic Elements
Additional Difficulty for links

Men's Group

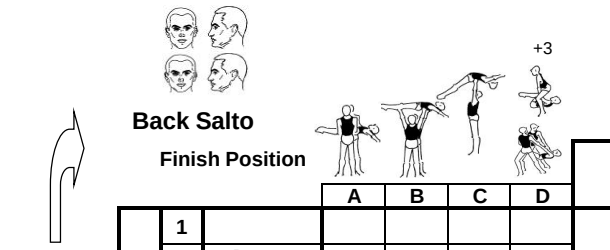
	4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	1		2		3		4		5		6		7	
5														
6	2		3		4		5		6		7		8	
7														
8	3		4		5		6		7		8		9	
9														
10	4		5		6		7		8		9		10	
11														
12	5		6		7		8		9		10		11	
13														
14	6		7		8		9		10		11		12	
15														
16	7		8		9		10		11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

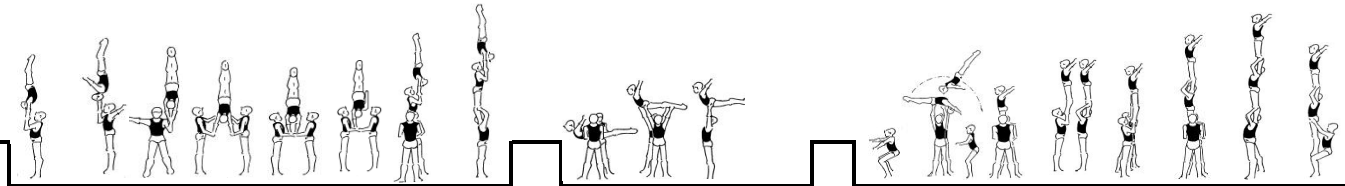
This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

Dynamic Elements





			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						2/4									3/4					0/4 4/4	1		1	2	1	4	4	3
	2		1	2	2	2		5	10	8	3	6	10	16	13		1	2	2			4	4	6	9	6	14	12	12
	3		1	2	2	2		5	10	8	3	6	10	16	13		1	2	2			4	4	6	9	7	16	14	14
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	6		3	6	6	7		22			14	20	26				12	16	16			14	14	20	24	22	34	30	
	7																					14	14	20	24	22	34	30	
	8																					16	16	22	26	24	36	32	
	9		4	7	7	8		26			18	24					16	20	20			18	18	24	28	26	38	34	
9/4	10		8	12	12		10/4				22	30				11/4	11				12/4	30	30	40					
	11		11	15	15						26	34					14					39	39	46					
	12		11	15	15												14					39	39	46					
	13		13	17	17												15					44	44	52					
	14		15	19	19						30	38					16					48	48	60					
13/4	15		20																										
	16		26																										
	17		26																										
	18		29																										
	19		32																										

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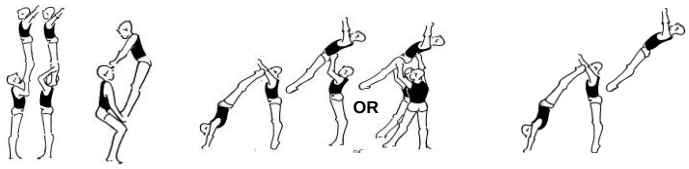
13	12/4	4	10	14	18	22	26	30	

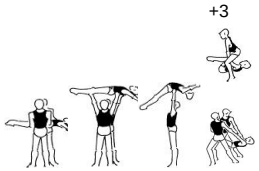


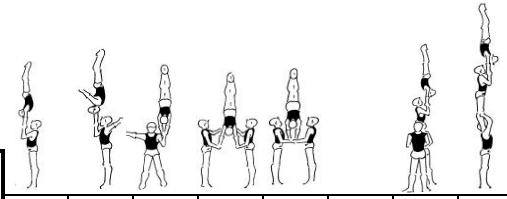
9 10 11 12

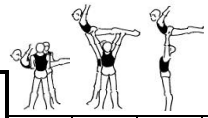
Dynamic Elements

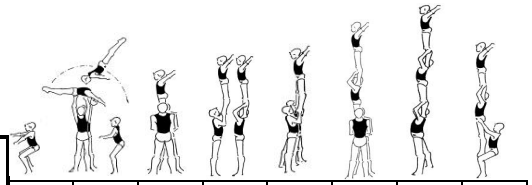
Back Salto

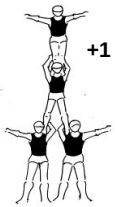
Finish Position











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

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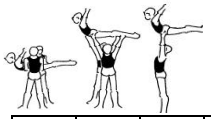
9	8/4	3	8	10	12	14	16	18	20
10	9/4	2	4	6	8	10	12	16	20
11	10/4	-2	8	6	16	14	16	20	24
12	11/4	4	8	12	16	20	24	28	
13	12/4	4	10	14	18	22	26	30	

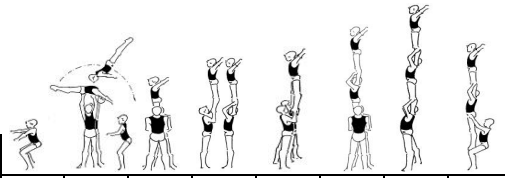
Dynamic Elements

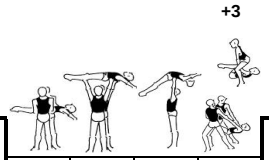
Start

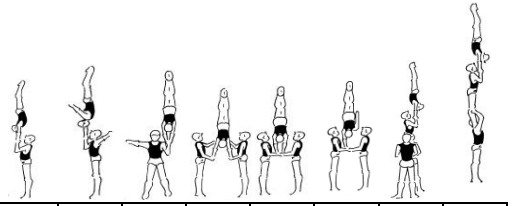
Back Salto

Finish Position









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		2	1	2	2			2		4	4	4					2	3	3	4	4/4	12		16	8	14	16	20	20
		3	1	2	2			2		4	4	4					2	3	3	4		14		18	8	16	18	24	24
		4	1	2	2			2		4	4	4					2	4	4	4		16		20	8	18	20	28	28
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		6	5	10	10			7	7	10	12	12					7	10	10						20	32			
		7																											
		8																											
26		9	6	12	12			9	9	12	14	14					9	12	12						24	36			
	9/4	10	9				10/4	16	16	22	26	26				11/4	16				12/4								
		11	10					18	18	26	30	30					20												
		12																											
27		13																											
		14	12					20	20	30	34	34					24												
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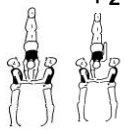
		16	24														34												
			28																										

29

30



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

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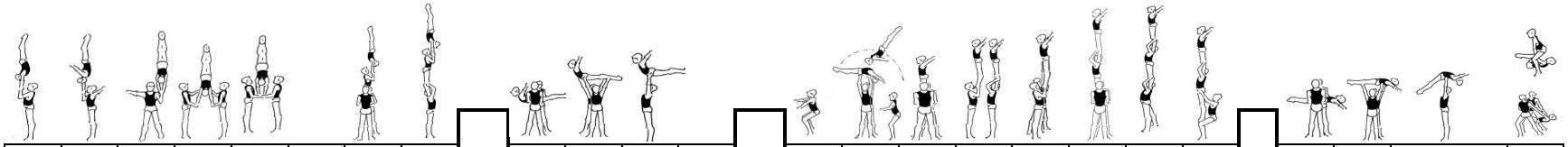
Dynamic Elements

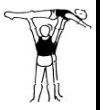
Back Salto

Finish Position



Start

41



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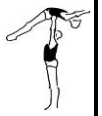

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		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	1									2/4					3/4									0/4 4/4	1	1	1	2
	2		4	7	5	2	4				2	2	2			2		4	5	5					3	4	4	5
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	4		4	7	5	2	4				2	2	2			2		4	7	7					4	5	5	5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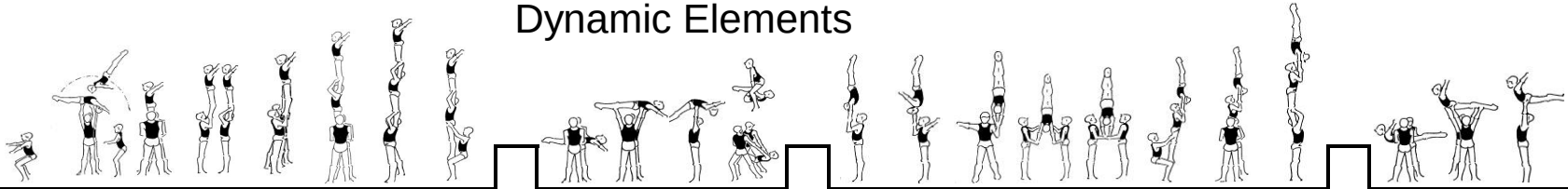
	6		10			7	11				7	9	9			11	11	15	16	16					12	14	14	
	7																											
	8																											
	9		12			9	13				9	11	11			13	13	17	18	18					14	16	16	
9/4	10					14	20			10/4	12				11/4	14	14	20						12/4	26			
	11					16	22				14					16	16	24							28			
	12																							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

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

Dynamic Elements

Back Salto

Finish Position



Start

46

47

48

49

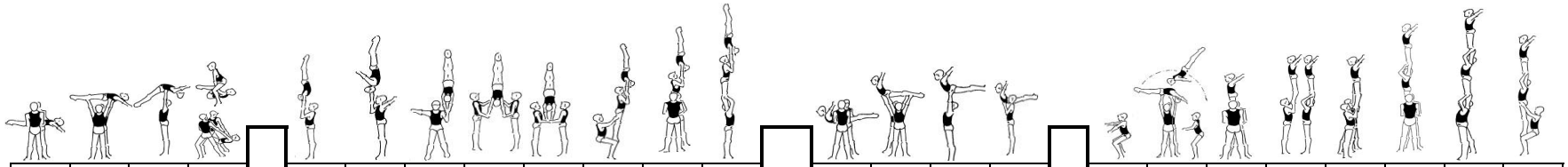
			A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	1										2/4					3/4									0/4	1	1	1	
	2		1		2	3	3					2	2	2	3		5	9	7	4	7					4/4	3	5	5	
	3		1		2	3	3					2	2	2	3		5	9	7	4	7						3	5	5	
	4		1		2	3	3					2	2	2	3		5	9	7	4	7						4	5	5	
5/4	5		5	5	10	11	11				6/4	6	8		8	6/4	20			14	18				8/4	10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

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

Dynamic Elements

Back Salto

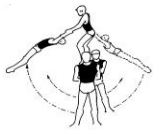
Finish Position



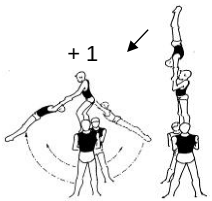
Start

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	**1**						**2/4**									**3/4**					**0/4**			2	2	2			
	2		2	3	3	4		8			5	9					3	4	4		**4/4**	3	3	7	8	8			
	3		2	3	3	4		8			5	9					3	4	4			3	3	8	9	9			
	4		2	3	3	4		8			5	9					3	4	4			3	3	9	10	10			
5/4	**5**		4	5	5	7	**6/4**	18			11	16				**7/4**	8	10	10		**8/4**	12	12	16	20	20			
	6		5	6	6	7		20			12	18					9	11	11			13	13	20	24	24			
	7																					13	13	20	24	24			
	8																					15	15	24	28	28			
	9		6	7	7	7		22			14	20					10	12	12			17	17	26	30	30			
9/4	**10**		12				**10/4**				18	24				**11/4**	16				**12/4**	30	30	40					
	11		13								20	28					20					39	39	50					
	12																					39	39	50					
	13																												
	14		15								24	32																	
	15																				**16/4**								
	16																												

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



50



51

Dynamic Elements

Dismount of the middle

52

53

54

Back Salto

	4
	5
	6
	18

Gainer Salto

	4
	5
	6
	18

180° + 2
360° + 4
540° + 6
720° + 8

Front Salto

Delfin

	5
	7
	9
	26

	4
	6
	8
	20

180° + 2
360° + 4
540° + 6
720° + 8

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

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

55

56

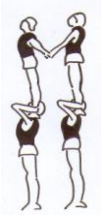
57

58

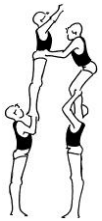
59

60

61



61a

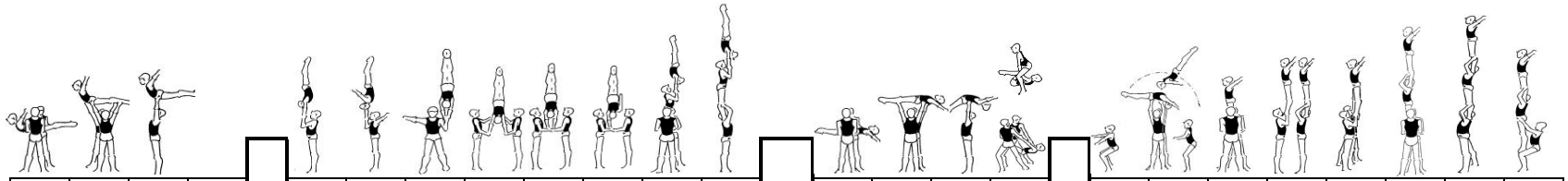


62

Dynamic Elements

Front Salto

Finish Position



Start

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	v	W	X
1/4	1						2/4									3/4					0/4 4/4	1	1	1	1	1	4	4	2
	2		1	2	2			3	8	6	2	5	8	10	12		1	2	2	5		4	4	6	7	6	16	13	14
	3		1	2	2			3	8	6	2	5	8	10	12		1	2	2	5		5	5	7	8	7	18	15	16
	4		1	2	2			3	8	6	2	5	8	10	12		1	2	2	5		5	5	8	9	8	20	17	18
5/4	5		2	5	5		6/4	16			8	14	19	24	22	7/4	10	15		12	8/4	12	12	18	20	20	32	28	24
	6		3	6	6			18			10	16	21	28	26		11					16	16	22	24	24	36	32	28
	7																					16	16						
	8																					18	18						
	9		4	7	7			20			12	20		32	30		12	16		14		20	20	28	30	30	40	36	32
9/4	10		8	12			10/4				18	24				11/4	11				12/4	30	30	42					
	11		11	15							22	28					14					40	40	48					
	12																												
	13																												
	14		15	19							26	30					16					50	50	62					
13/4	15		22																										
	16		26																										
	17		30																										

63

64

65

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69

or

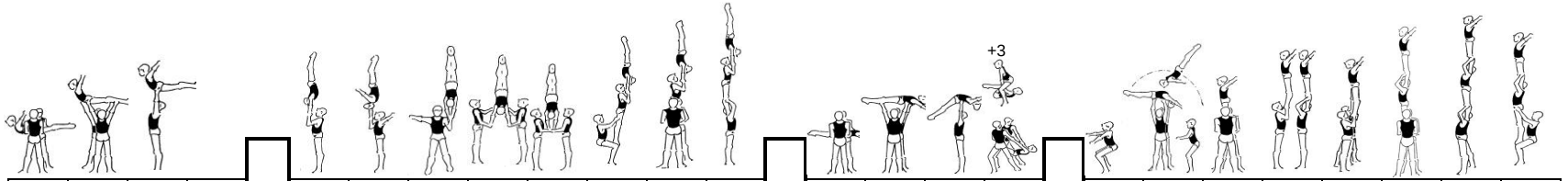
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	1	3	4	6	8	10	12
2	1/4	1	2	3	4	6	8	10	12
3	2/4	2	4	8	10	14	16		
4	3/4	2	2	8	10	14	16		
5	4/4	2	8	10	12	14	18		
6	5/4	2	4	6	8	10	14		
7	6/4	4	4	8	8				
8	7/4	2	4	6	10				
9	8/4	3	8	10	14				
10	9/4	3	4	9	12				
11	10/4	8	10	14	18			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

70

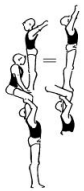
Dynamic Elements

Front Salto

Finish Position



Start



71

72

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
	1																				0/4			2	2	2	2		
1/4	2		2	3	4		2/4	8	12	10	6	10	7	8	7	3/4	4	5	5	8	4/4	6	6	7	8	7	16	14	13
	3		2	3	4			8	12	10	6	10	7	9	7		4	5	5	8		7	7	8	9	8	18	16	15
	4		2	3	4			8	12	10	6	10	10	11	10		4	5	5	8		7	7	9	10	9	20	18	17
5/4	5		4	5	5		6/4	18			10	16	20	26	24	7/4	8	10	10	14	8/4	14	14	20	22	22	22	28	24
	6		6	7	7			20			12	18	24	30	28		10	12	12	16		16	16	24	28	28	28	32	28
	7																												
	8																												
	9		8	9	9			22			14	20	28	34	32		12	14	14	18		22	22	30	34	34	34	36	32
9/4	10		10				10/4				20	28				11/4	14				12/4	32	32	44					
	11		14								24	32					18					36	36	50					
	12																												
	13																												
	14		18								28	36					22					40	40	64					
13/4	15		22													15/4	28				16/4								
	16		28														34												
	17		34														40												

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

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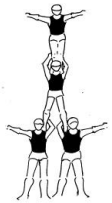


77

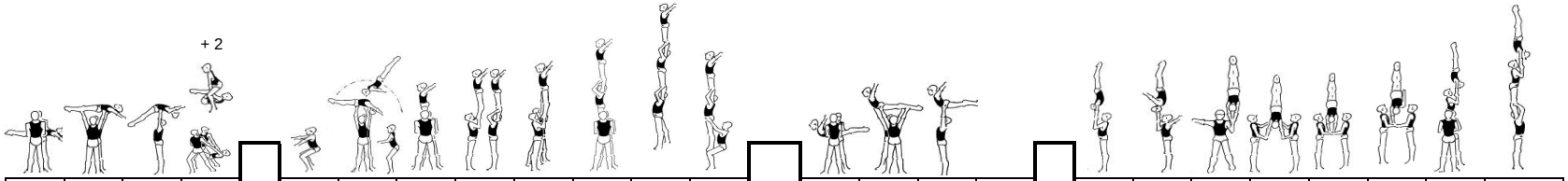
78

78b

Dynamic Elements

Front Salto

Finish Position



Start

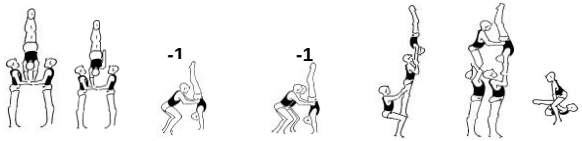
79

80

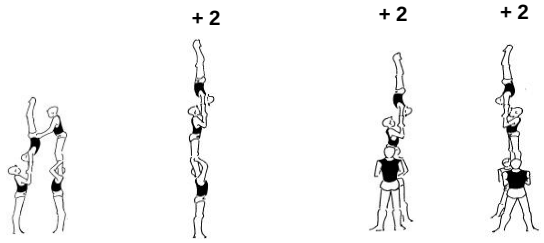
81

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

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

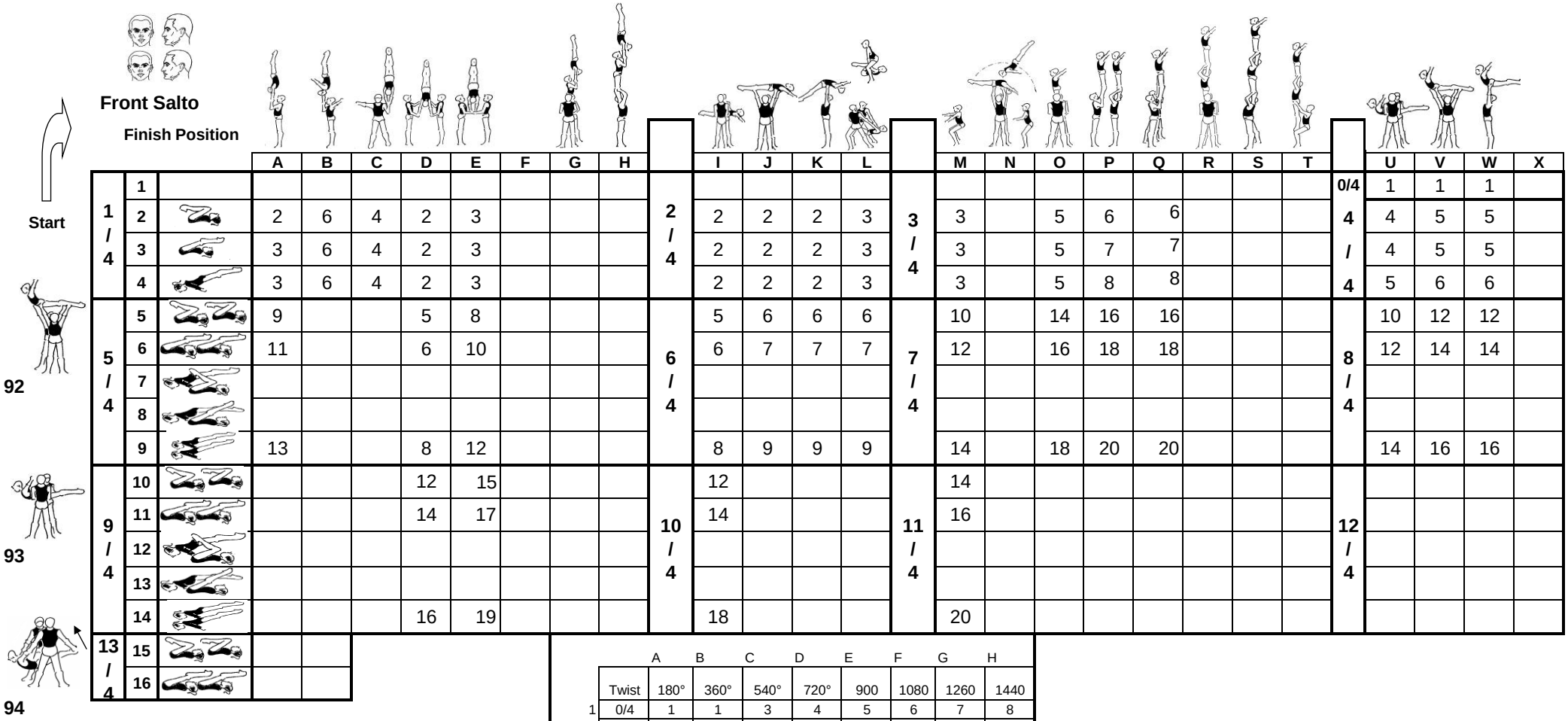


82 **83** **84** **85** **86** **87**



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

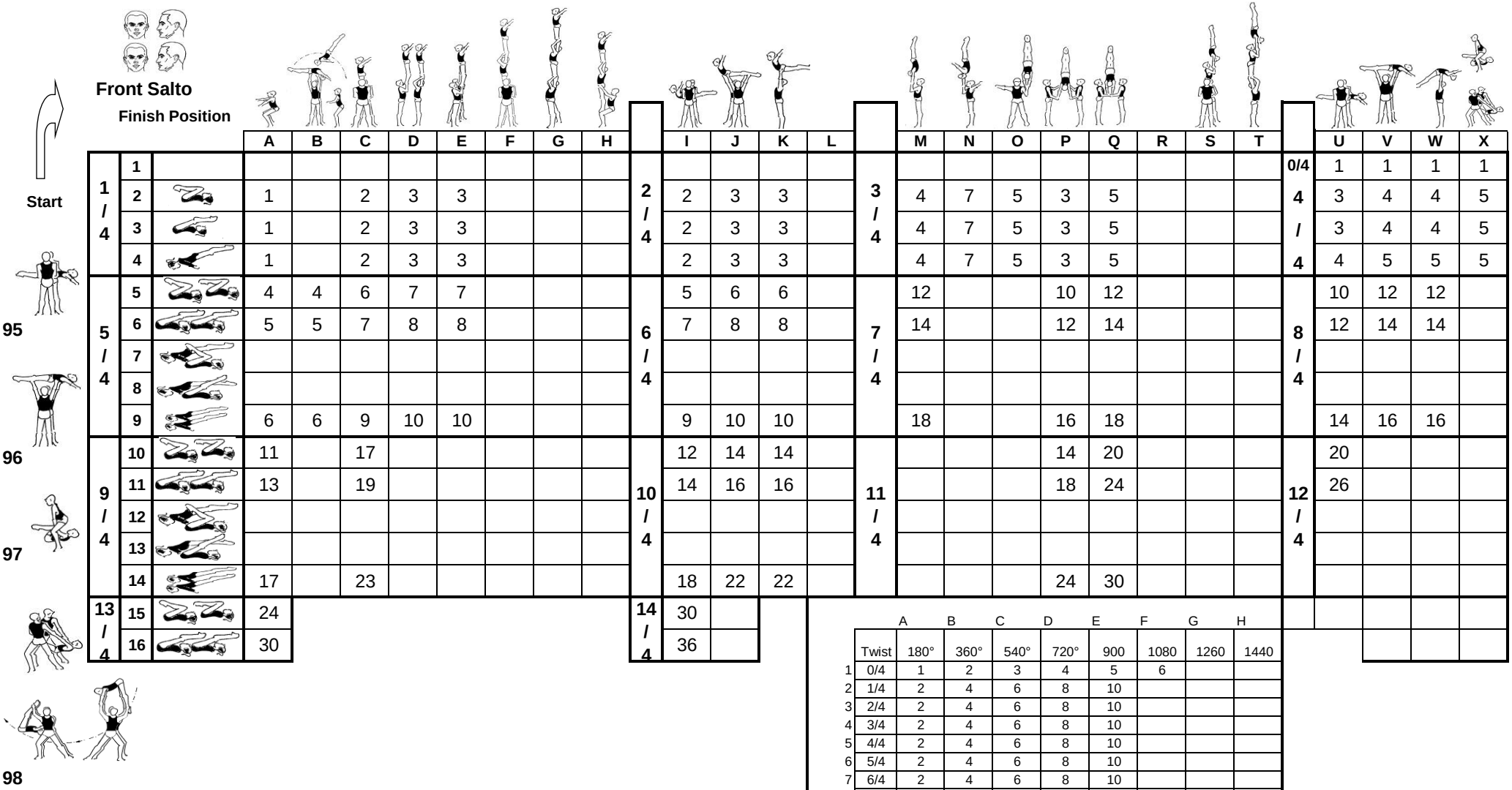
Dynamic Elements



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

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

Dynamic Elements



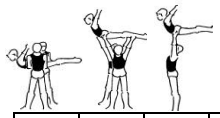
		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	1									2/4					3/4									0/4	1	1	1	1
	2	1		2	3	3					2	3	3			4	7	5	3	5				4/4	3	4	4	5
	3	1		2	3	3					2	3	3			4	7	5	3	5					3	4	4	5
	4	1		2	3	3					2	3	3			4	7	5	3	5					4	5	5	5
5/4	5	4	4	6	7	7				6/4	5	6	6		7/4	12			10	12				8/4	10	12	12	
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

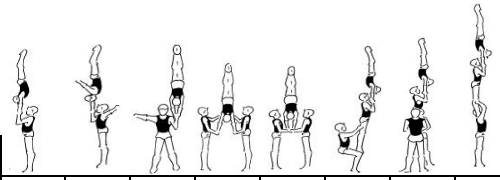
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6		
2	1/4	2	4	6	8	10			
3	2/4	2	4	6	8	10			
4	3/4	2	4	6	8	10			
5	4/4	2	4	6	8	10			
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	4	6	8	10	12			
9	8/4	4	6	8	10	12			
10	9/4	4	8	12	16				
11	10/4	4	8	12	16				
12	11/4	6	10	14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

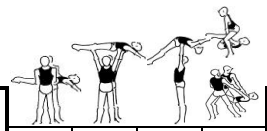
Dynamic Elements

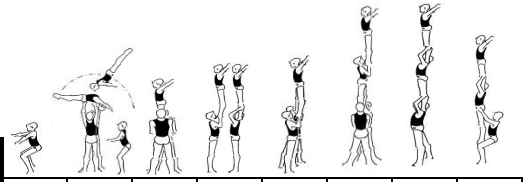
Front Salto

Finish Position



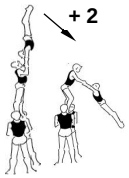






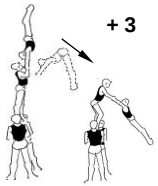
Start

99



+ 2

100



+ 3

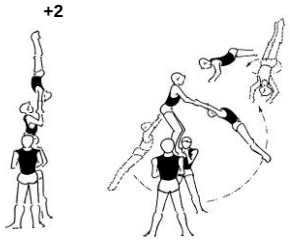
101

			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						2/4									3/4					0/4	1		2	2		4		
	2		2	3	3			6			3	6					3	4			4/4	5		8	10		22		
	3		2	3	3			7			3	7					3	4				6		10	12		24		
	4		2	3	3			7			3	7					3	4				7		14	16		26		
5/4	5		4	6	6		6/4	16			8	14				7/4	7	9			8/4	14	14	20					
	6		5	7	7			18			10	16					8	10				16	16	24					
	7																												
	8																												
	9		7	9	9			22			12	20					9	11				20	20	28					
9/4	10		12	14	14		10/4				16	22				11/4	14				12/4	34							
	11		13	15	15						18	24					16					43							
	12																16					43							
	13																20												
	14		15	17	17						22	28																	
13/4	15																				16/4								
	16																												

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

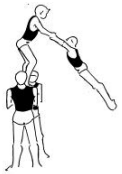
Dynamic Elements

+2

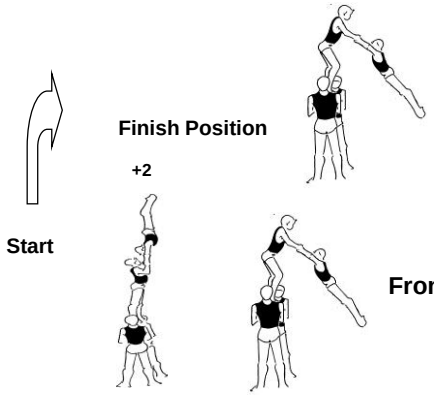


102

Finish Position



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



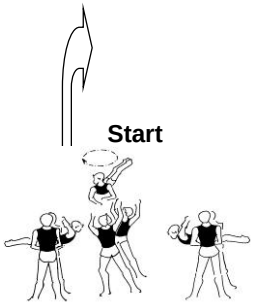
Finish Position

+2

Start

105

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

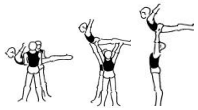


Start

103

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

104



A	B	C
1	2	3

180° + 1

360° + 2

540° + 3

720° + 4

900° + 5

1080° + 6

1260° + 8

1440° +10

Finish Position

Back Salto Front Salto

Start

106

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