FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY
WOMEN'S GROUP
BALANCE ELEMENTS

Balance Elements

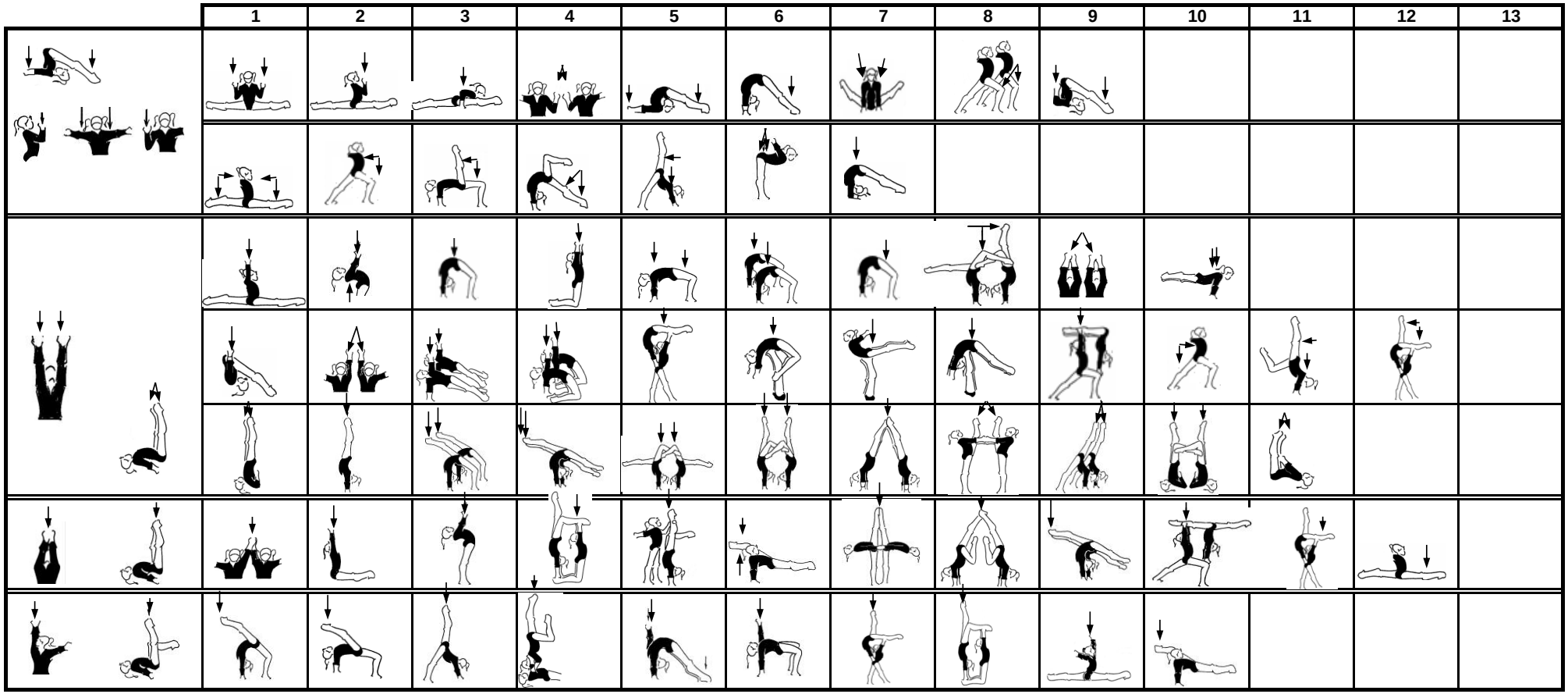
Static

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.

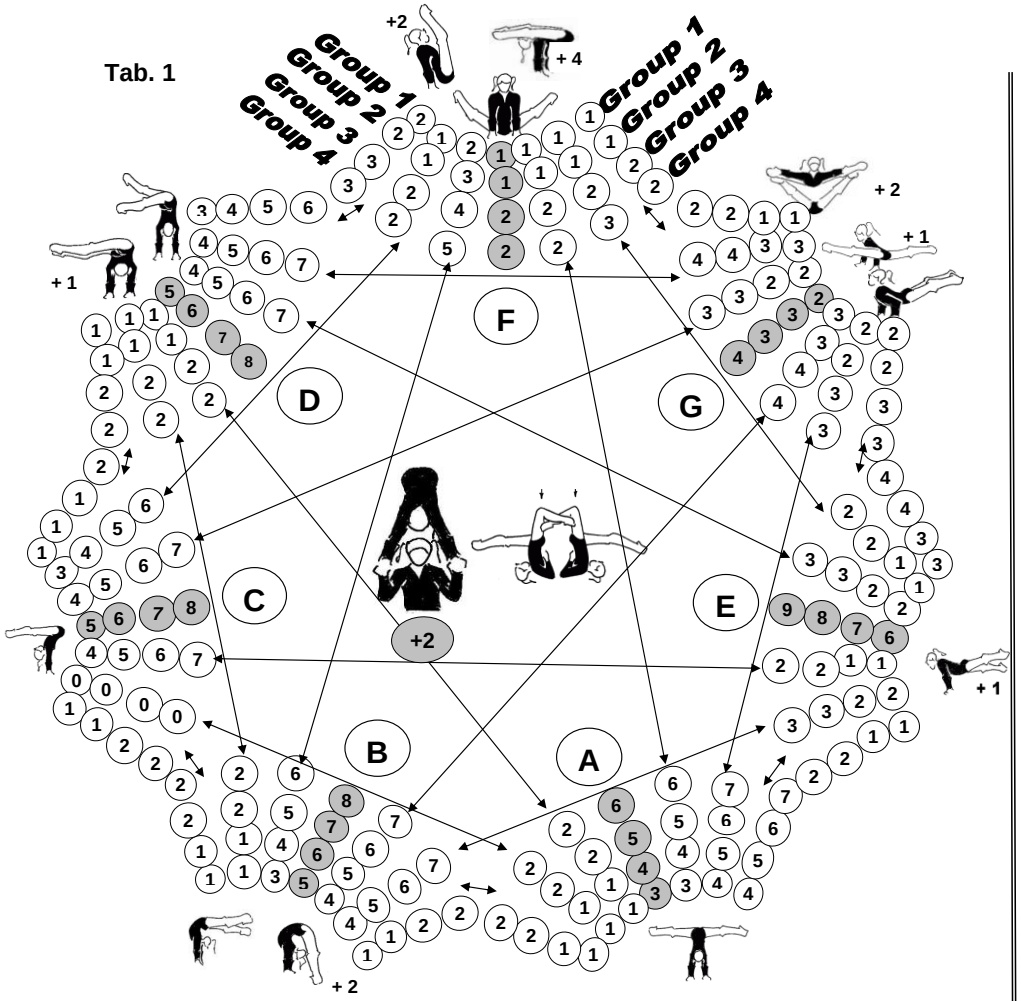
The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find in the bubbles pg 60-63.



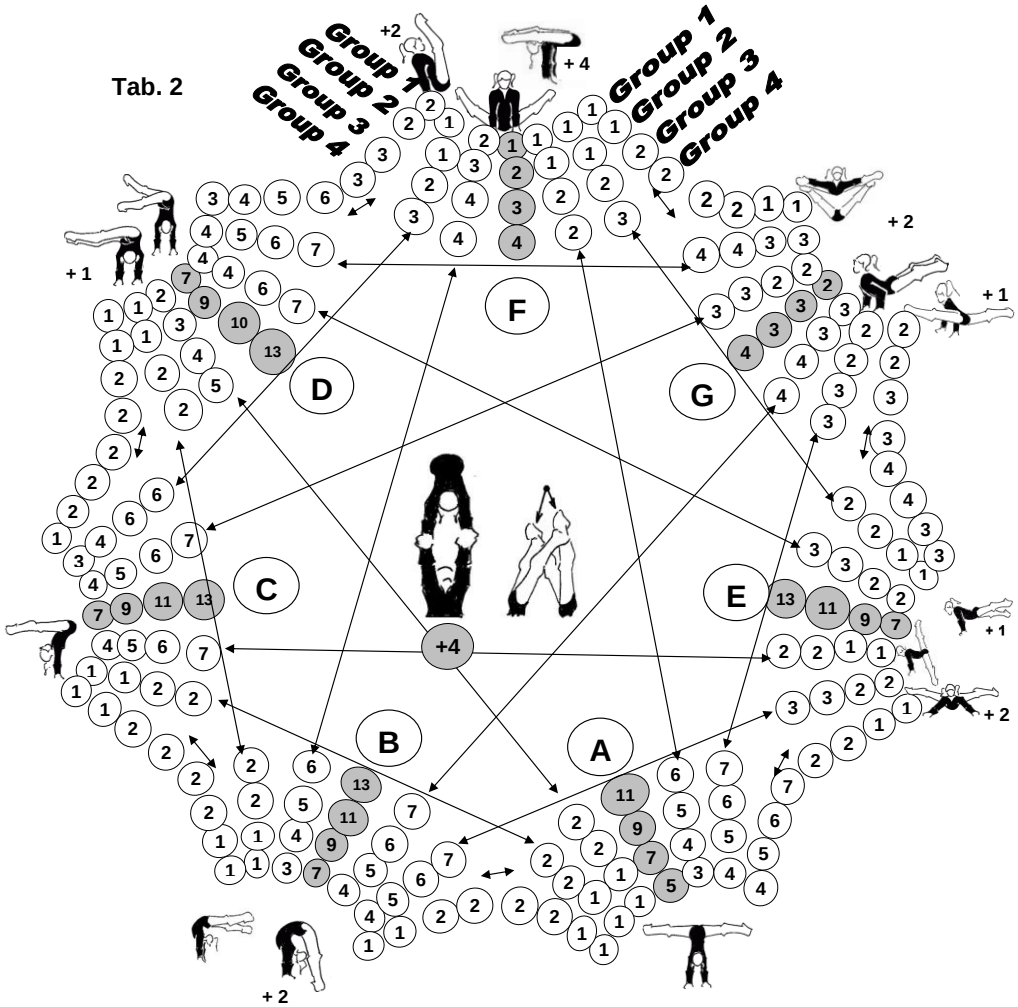
Trios may not work on the back of the neck or top on the head

Women´s Group Balance Elements

Tab. 1



Tab. 2



Tab. 3

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

Tab. 4

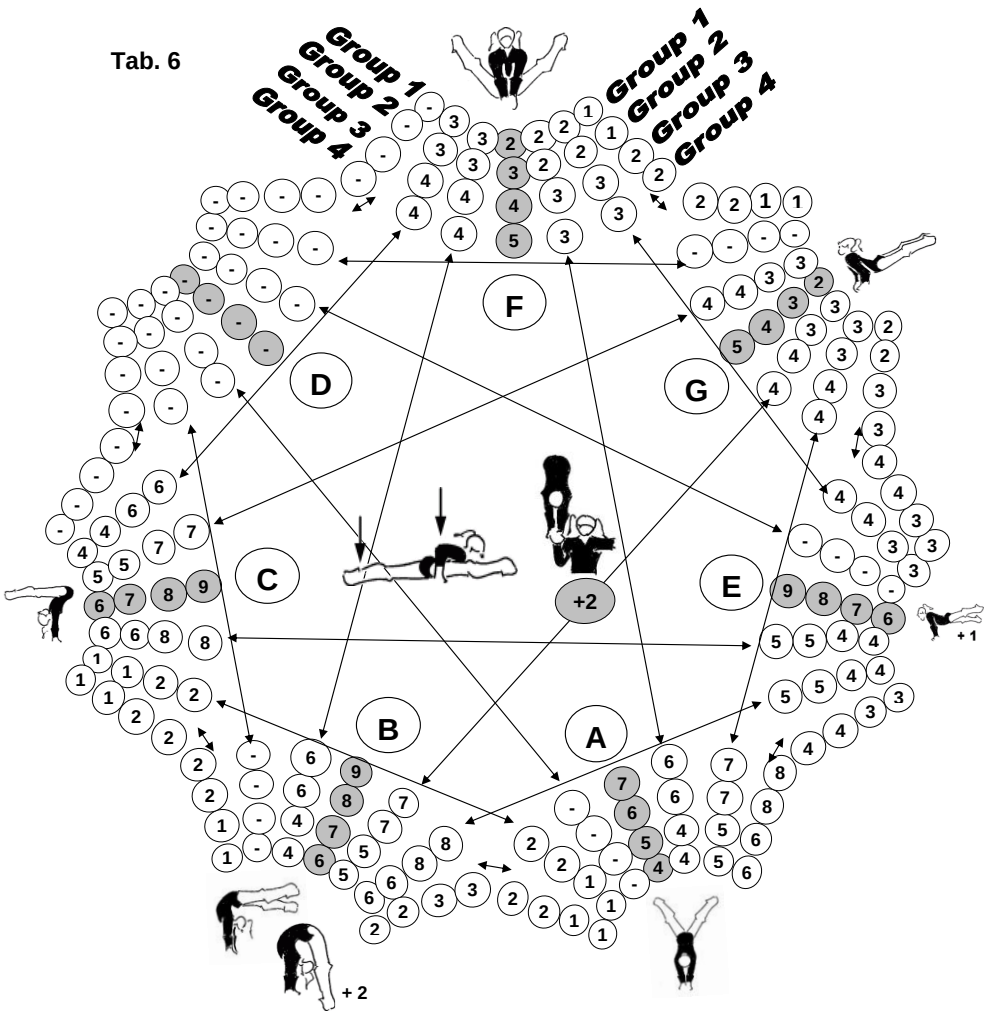
	6	7	8	9	10	11
Gr.1-2-3-4	2-2-2-2	4-4-4-4	4-4-4-4	5-5-5-5	3-3-3-3	1-1-2-2

Tab. 5

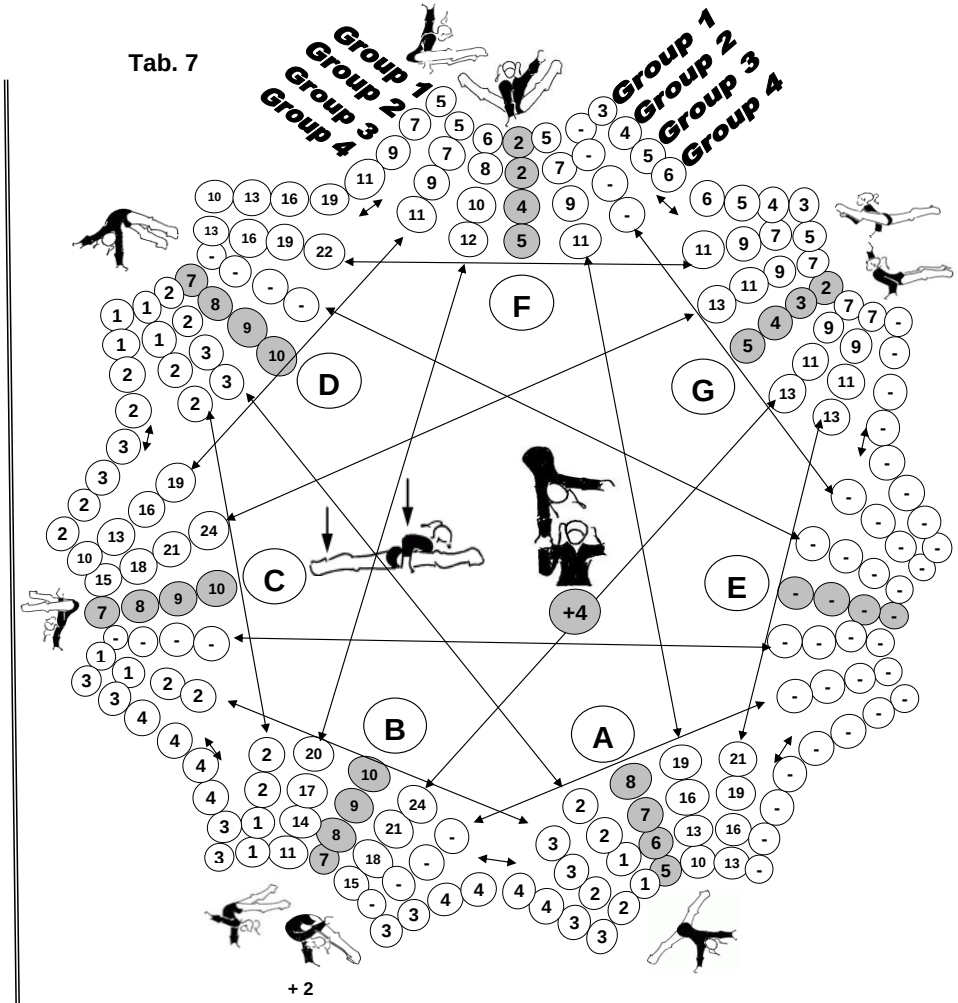
	12	13	14	15	16	17	18	8	9	10	11	12	13	14	15
Gr.1-2-3-4	1-1-1-1	2-2-2-2	1-1-1-1	2-2-2-2	3-3-3-3	3-3-3-3	2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	1-1-2-2	1-1-2-2	1-1-2-2	2-2-3-3	3-3-4-4

Women´s Group Balance Elements

Tab. 6



Tab. 7

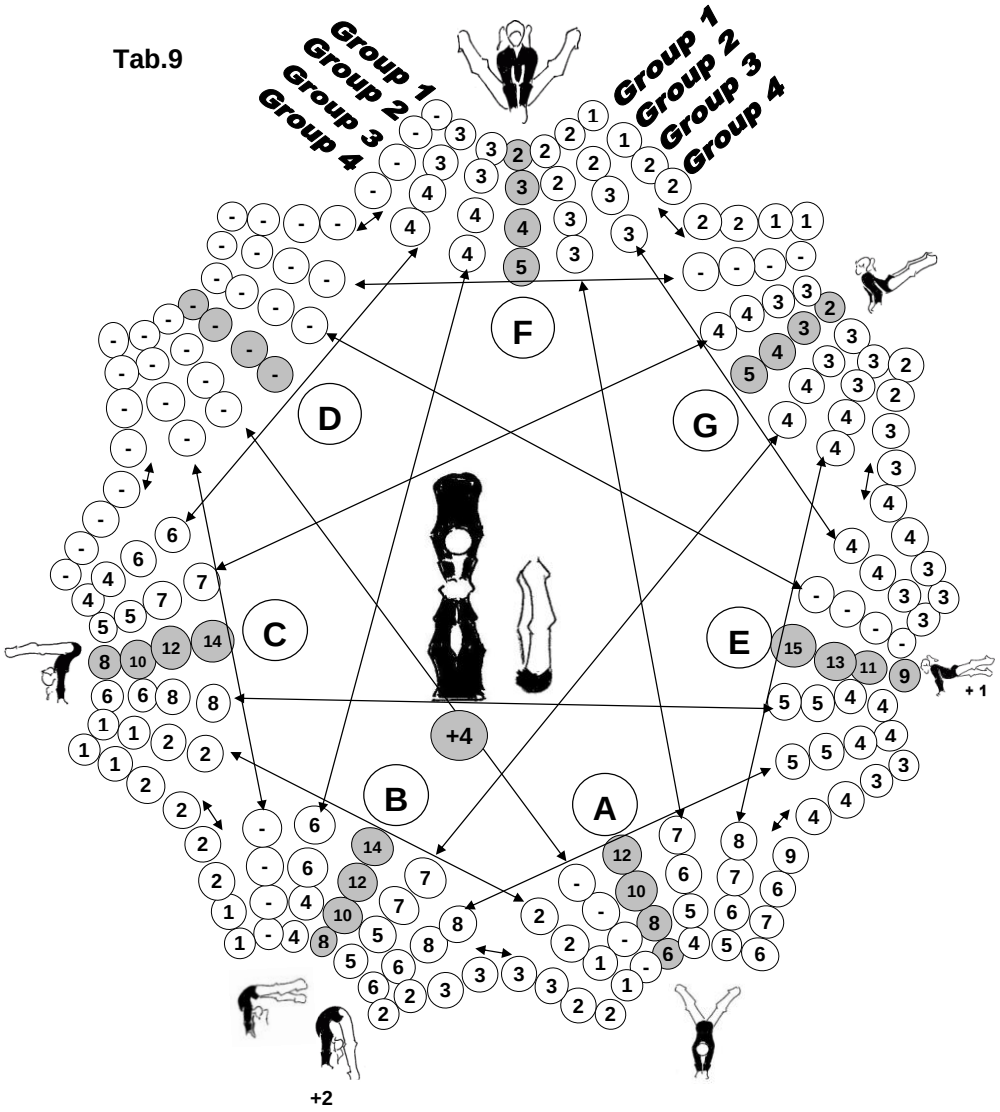


Tab. 8

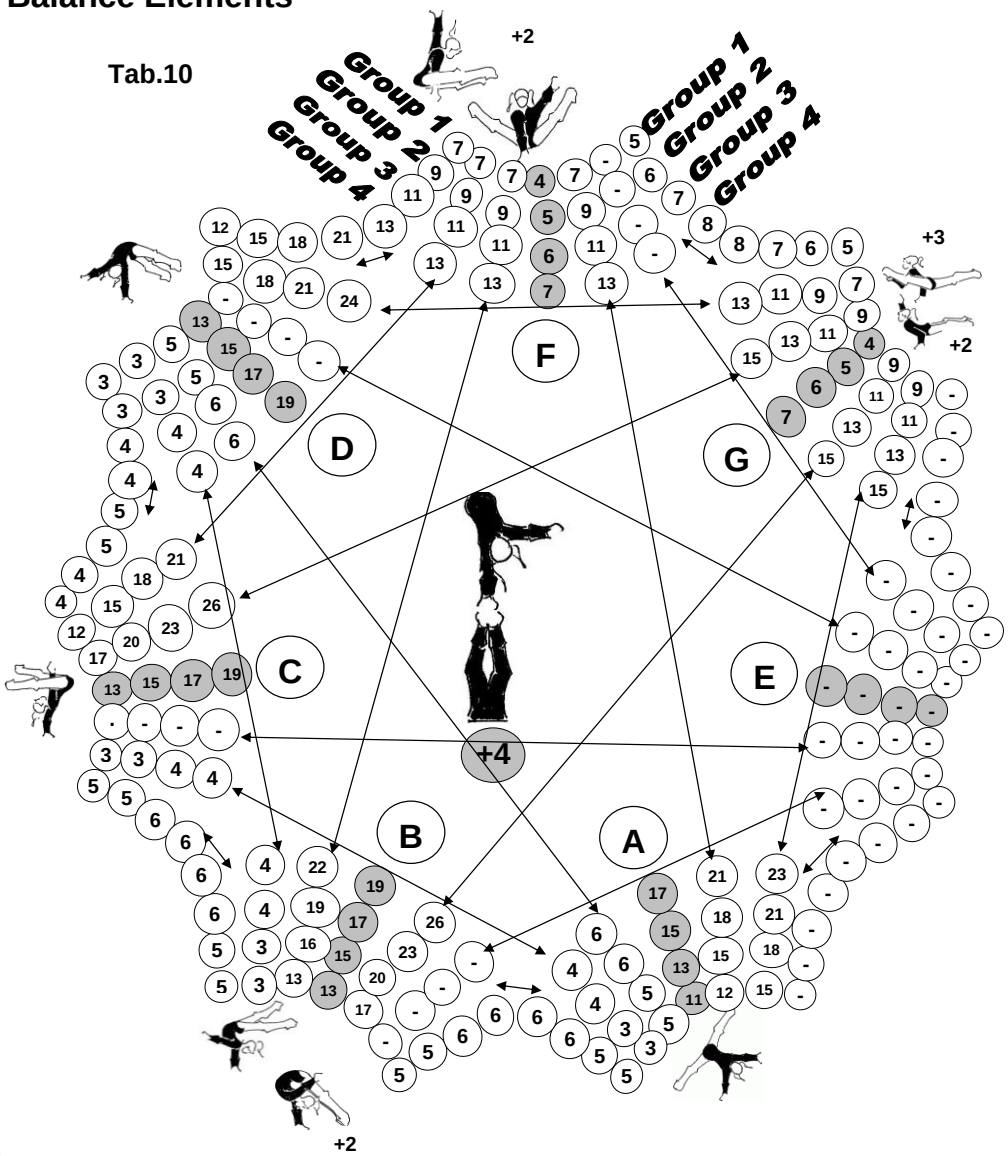
	1	2	3	4	5
Gr.1-2-3-4	1-1-2-2	2-3-4-5	5-6-7-8	5-6-7-8	6-7-8-9

Women´s Group Balance Elements

Tab.9



Tab.10

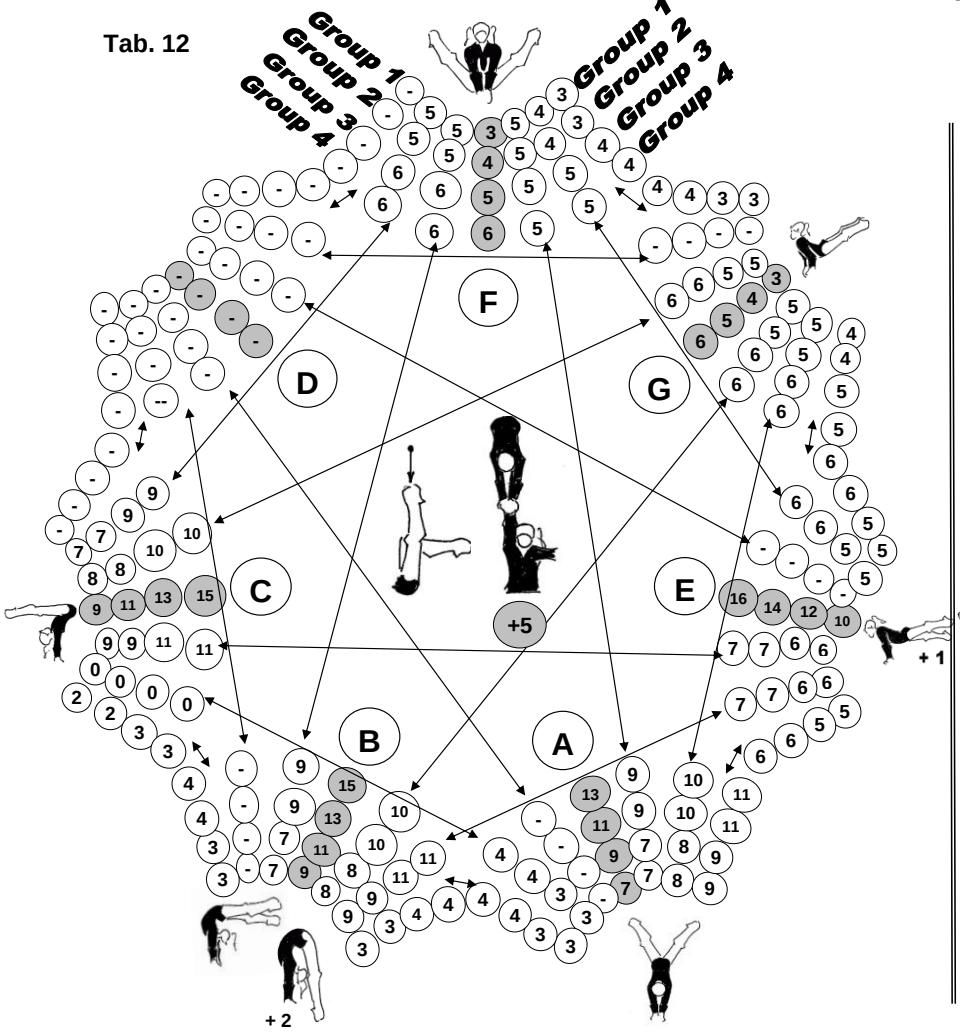


Tab.11

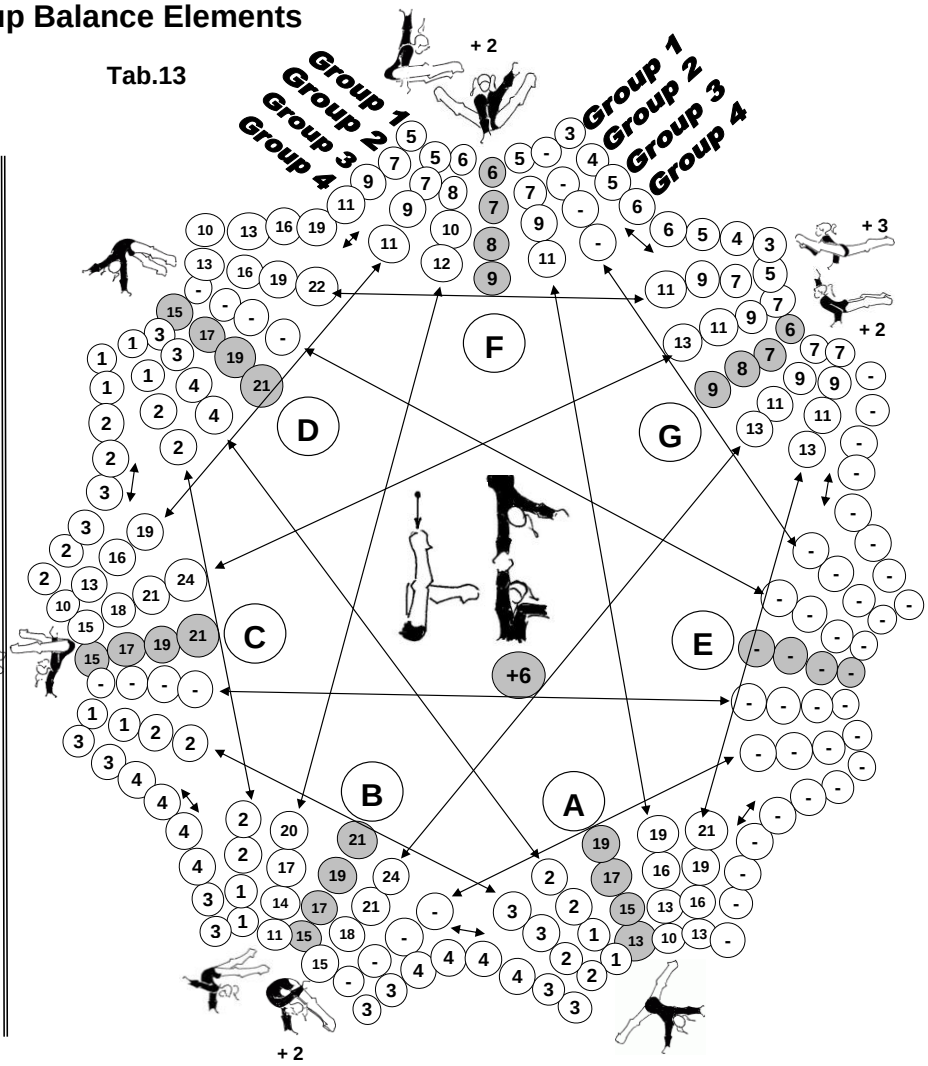
	1	2	3	4	5
Gr.1-2-3-4	2-4-6-8	4-6-8-10	4-6-8-10	7-9-11-12	8-10-12-13

Women´s Group Balance Elements

Tab. 12



Tab.13



Tab.14

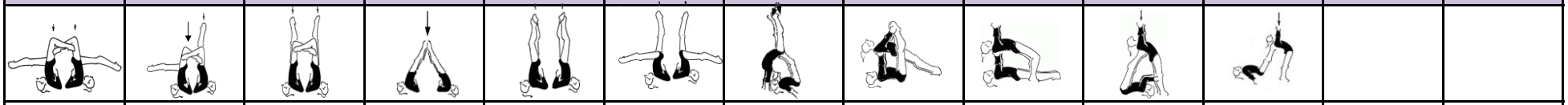
	15	16	17	18	19
Gr.1-2-3-4	4-6-8-10	6-8-10-12	7-9-11-13	11-13-15-17	12-14-16-18

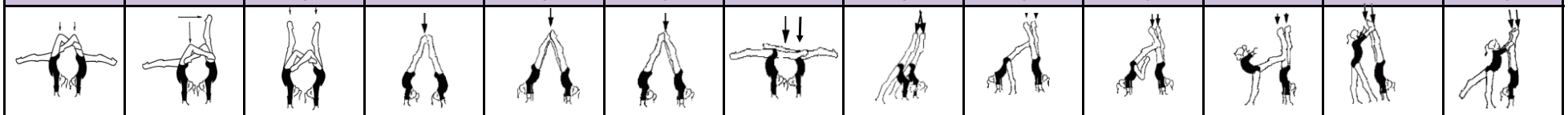
Tab.15

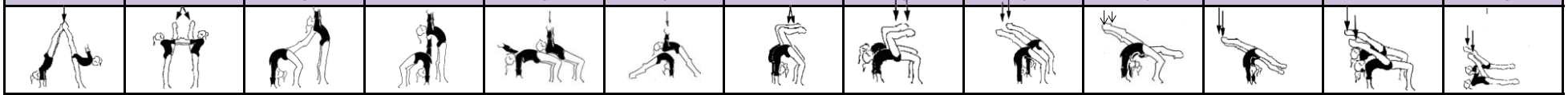
	1	2	3	4	5	6	7	8
Gr.1-2-3-4	3-3-3-3	4-4-4-4	5-5-5-5	2-2-2-2	1-1-2-2	3-3-4-4	2-2-3-3	3-3-4-4

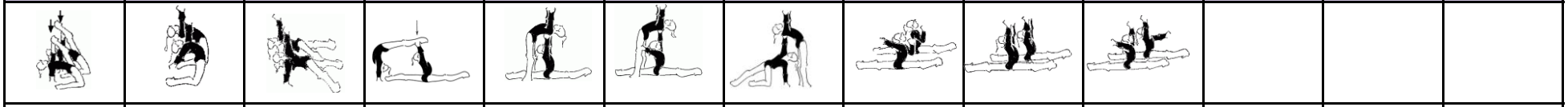
Women´s Group Static Elements

Category 1

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

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

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

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

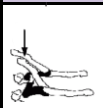
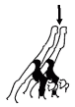
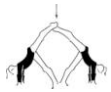
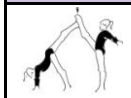
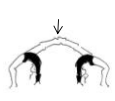
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	2	2	2	2	4	4	5	5					

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

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

Category 1

Women´s Group Static Elements

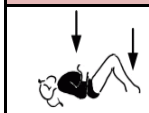
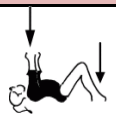
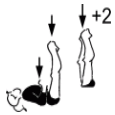
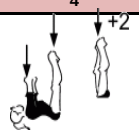
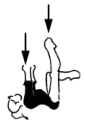
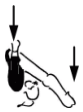
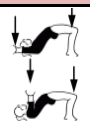
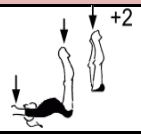
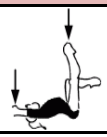
	1	2	3	4	5	6	7	8	9	10	11	12
A												
	5	7	6	7	8	4	5	4	4	2		
B												
	12	13	14	14	13	13	11	6	8	14	10	13
C												
	11	12	9	12	16	14	13	14	12	6	2	3
D												
	12	13	16	3	4	5	6	7				
E												
	12	12	7	12	9	11	12	18	3	5	5	
F												
	5	4	11	12	16	5	5	5	5	7	9	
G												
	4	4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

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

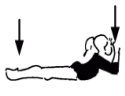
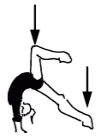
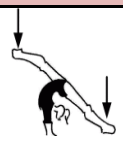
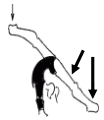
Women´s Group Static Elements

Category 2

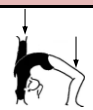
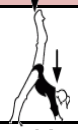
A

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

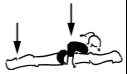
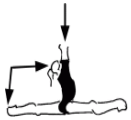
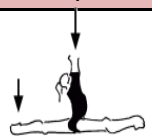
B

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

C

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

D

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

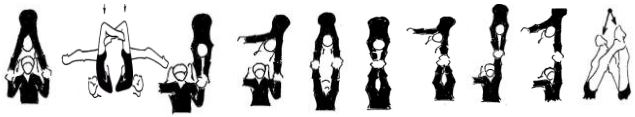
E

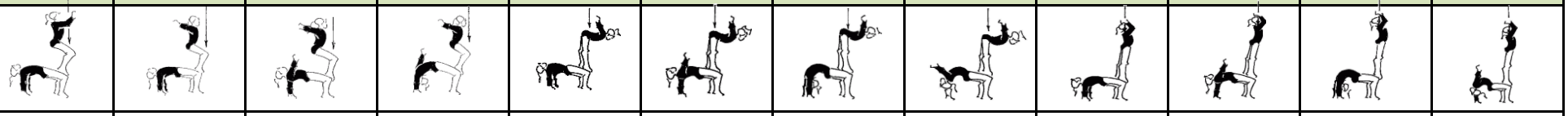
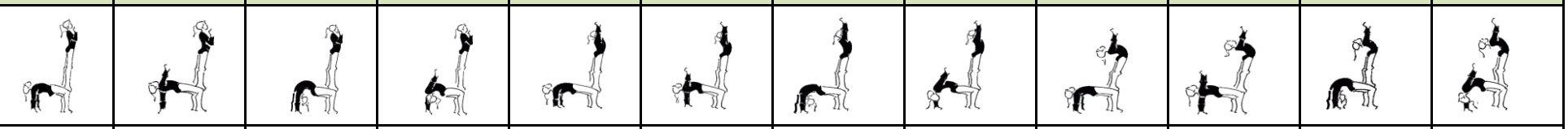
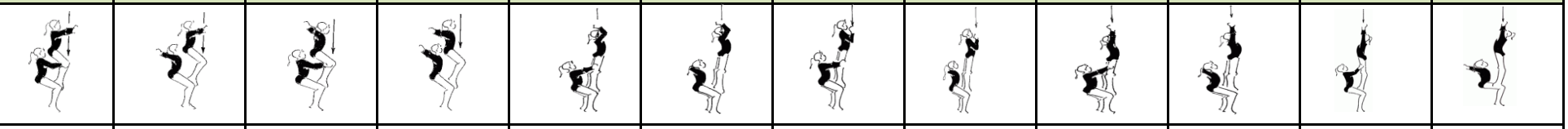
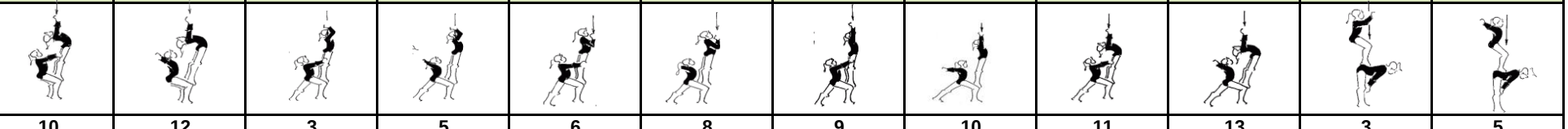
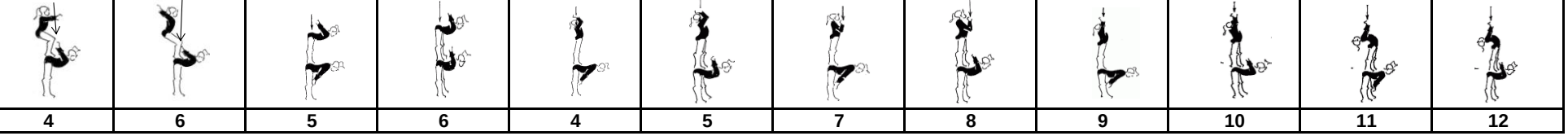
1	2	3	4	5	6	7	8	9	10	11	12
2	2	2	2	2	3	3	9	9	10	10	

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

Women´s Group Static Elements

Category 3

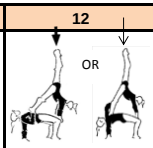


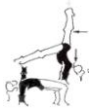
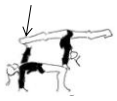
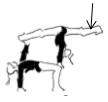
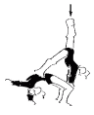
	1	2	3	4	5	6	7	8	9	10	11	12
A												
	1	3	4	6	3	4	5	6	2	3	4	5
B												
	4	5	6	7	7	8	9	10	9	10	11	12
C												
	1	3	3	5	2	4	5	7	9	10	9	10
D												
	10	12	3	5	6	8	9	10	11	13	3	5
E												
	4	6	5	6	4	5	7	8	9	10	11	12

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

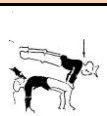
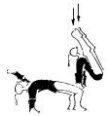
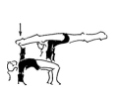
Women´s Group Static Elements

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	10	20	21	26	27	20	21	14	15	6	15	15	

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

	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	21	22	27	28	21	22	10	4	5	9	10	11	

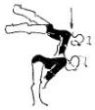
	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	12	7	8	9	10	11	12	4	11	12	6	14	15

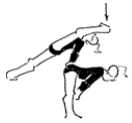
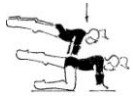
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	10	11	13	14	8	9	12	13	15	16			

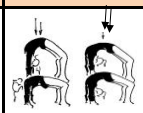
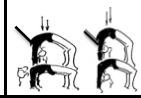
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

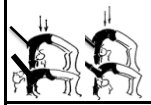
Women´s Group Static Elements

Category 3

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

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

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

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

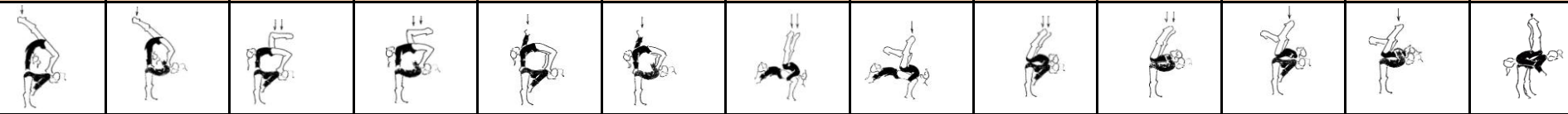
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	16	17	3	6	7	4	11	12	17	18	10		

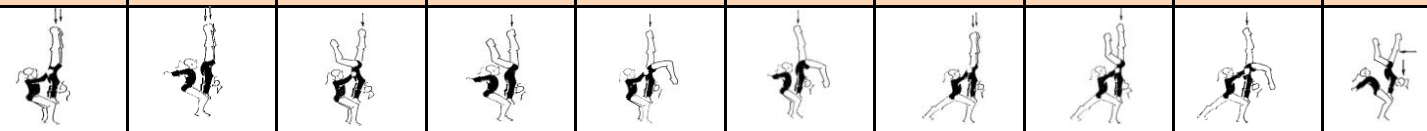
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

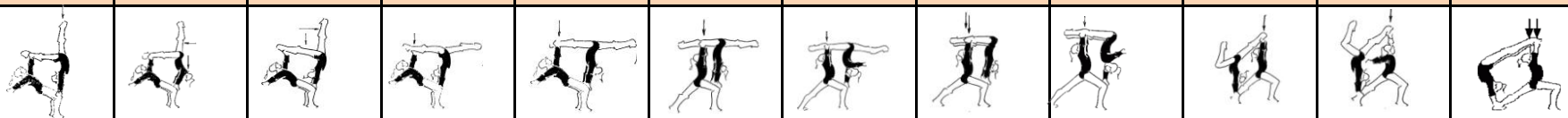
Women´s Group Static Elements

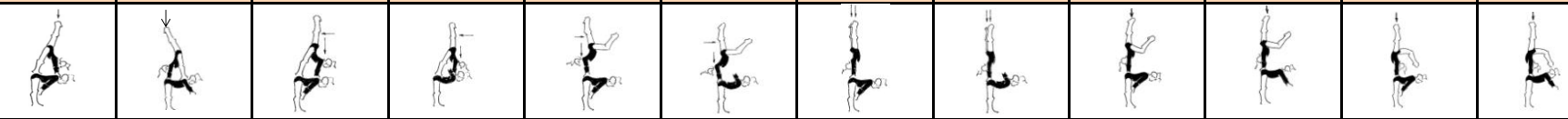
Category 3

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	6	12	20	14	8	14	22	16	15	9	10	14	15

	1	2	3	4	5	6	7	8	9	10	11	12	13
B													
	19	20	12	13	19	20	5	8	5	6	8	9	5

	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	14	19	17	22	14	19	16	19	16	13			

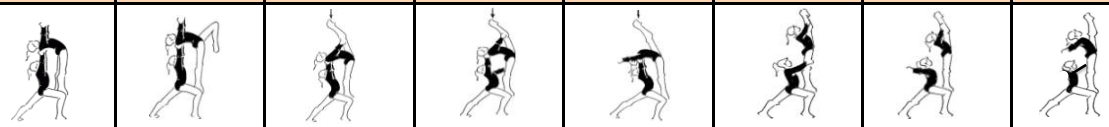
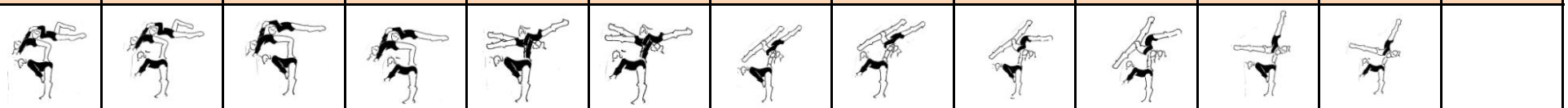
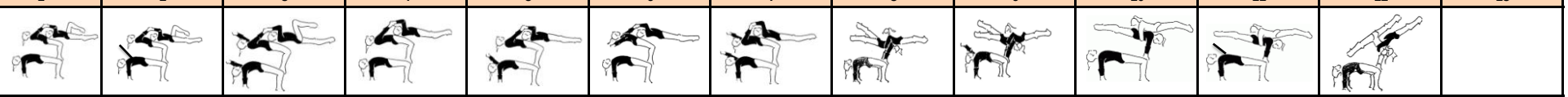
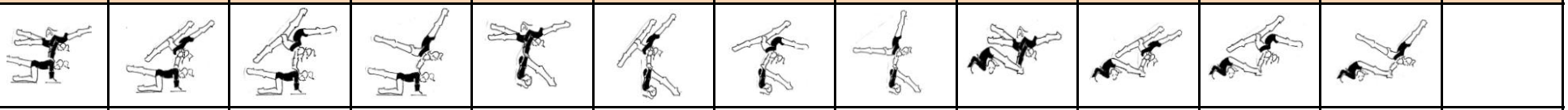
	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	18	8	9	10	10	6	8	5	7	4	7	5	0

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

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

Women´s Group Static Elements

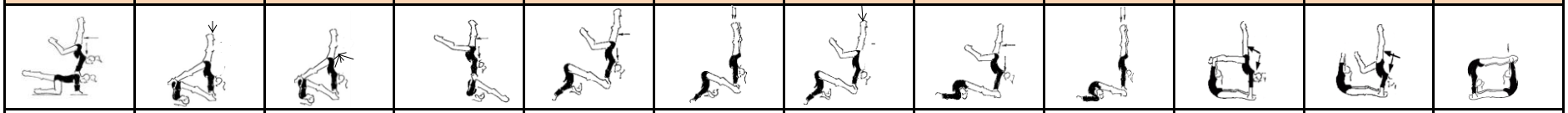
Category 3

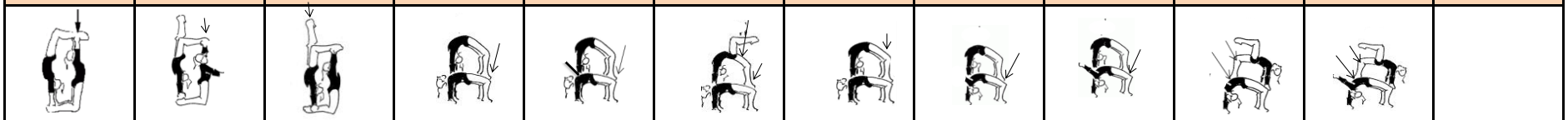
	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	5	6	16	16	20	16	22	25					
B													
	6	7	8	9	6	7	7	8	8	9	9	10	
C													
	5	6	7	7	8	8	9	4	5	6	7	5	
D													
	6	6	7	7	8	5	6	6	7	7	8	8	9
E													
	4	5	6	7	4	5	6	7	5	6	7	8	

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

Women´s Group Static Elements

Category 3

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	10	14	5	8	8	18	21	9	19	3	7	3

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

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

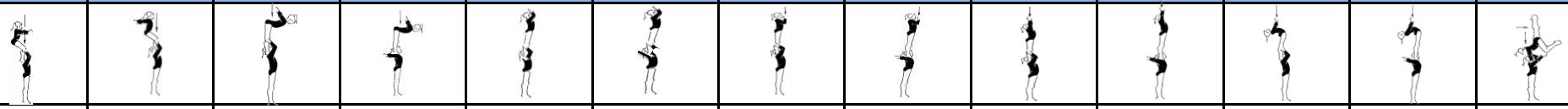
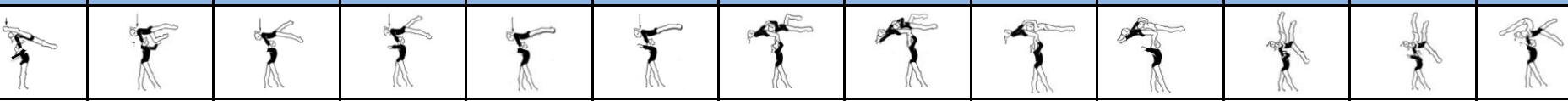
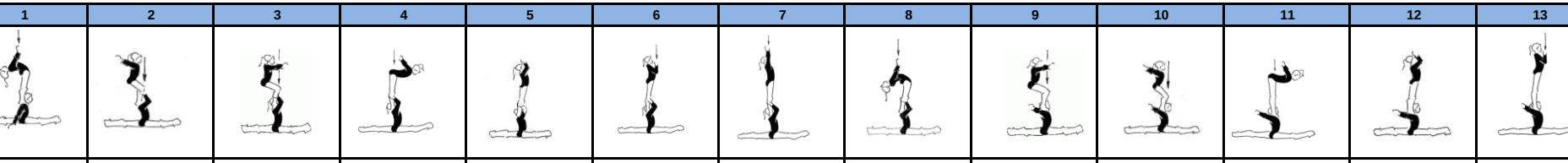
	1	2	3	4	5	6	7	8	9	10	11	12
D												

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

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

Women´s Group Static Elements

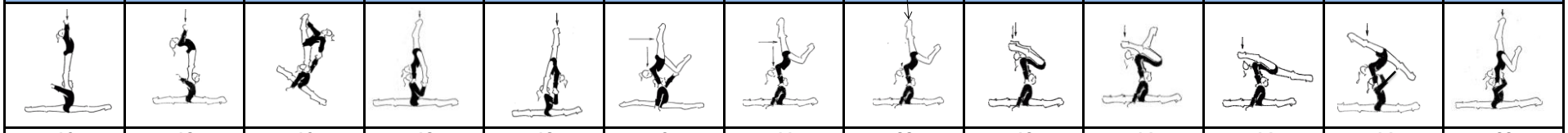
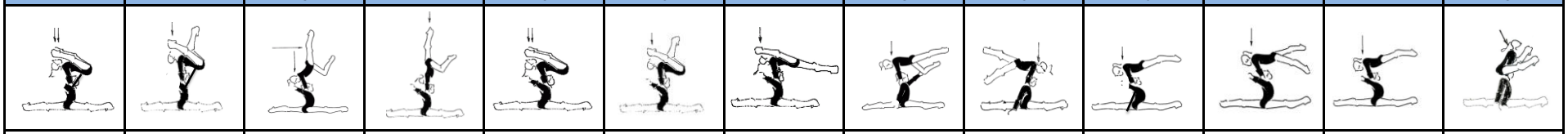
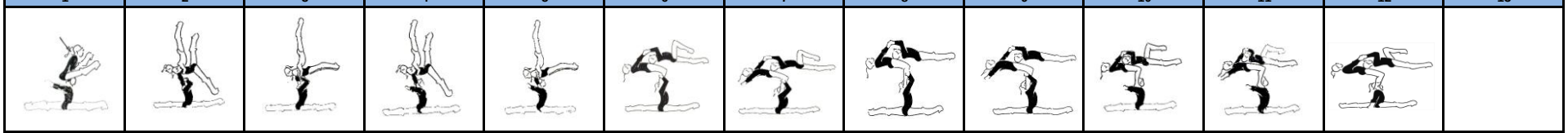
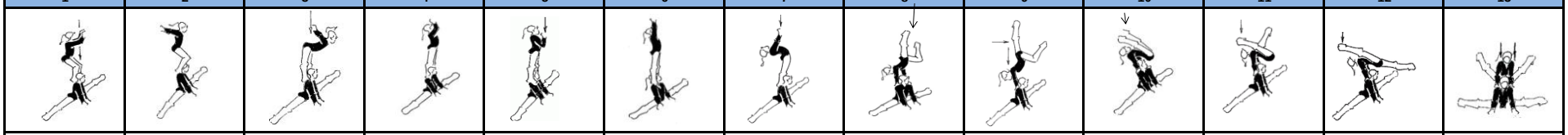
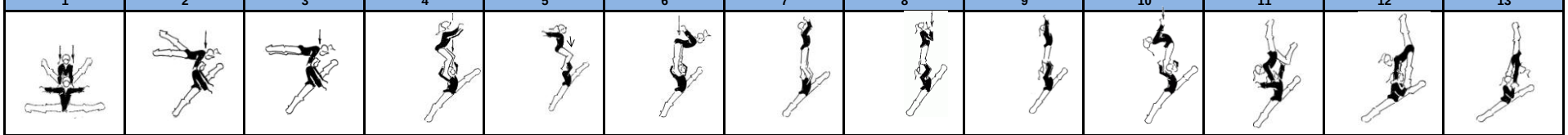
Category 4

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

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

Women´s Group Static Elements

Category 4

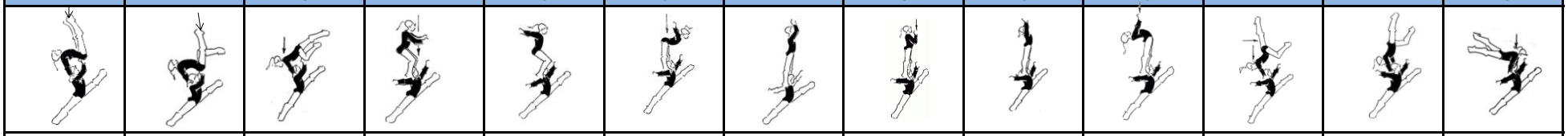
	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	16	18	16	18	18	9	11	28	12	14	14	14	22
B													
	8	12	13	30	14	16	18	9	11	13	13	15	8
C													
	10	7	9	9	11	9	10	11	12	11	12	7	0
D													
	5	7	7	7	11	14	16	30	11	16	18	18	10
E													
	12	11	13	9	11	11	11	15	18	20	11	22	22

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

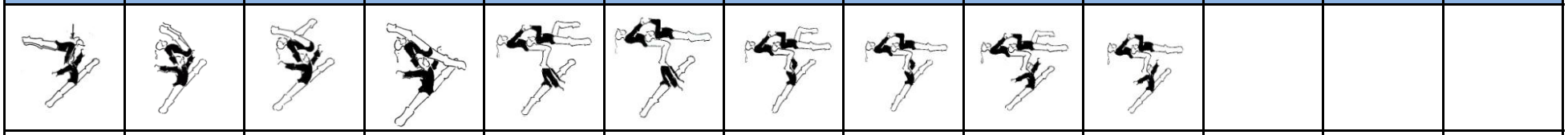
Category 4

Women´s Group Static Elements

A

1	2	3	4	5	6	7	8	9	10	11	12	13
												
10	14	11	11	13	13	13	17	20	22	15	32	15

B

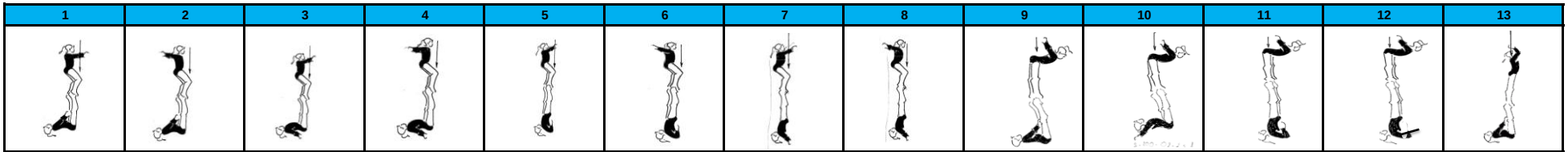
1	2	3	4	5	6	7	8	9	10	11	12	13
												
17	16	18	20	8	10	9	9	10	11	13	15	8

C

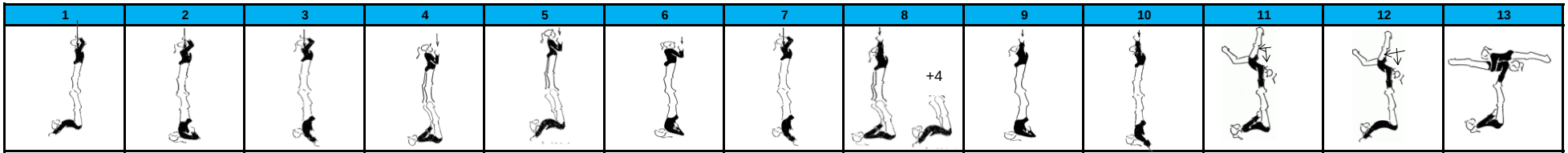
1	2	3	4	5	6	7	8	9	10	11	12	13

Category 5

A

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

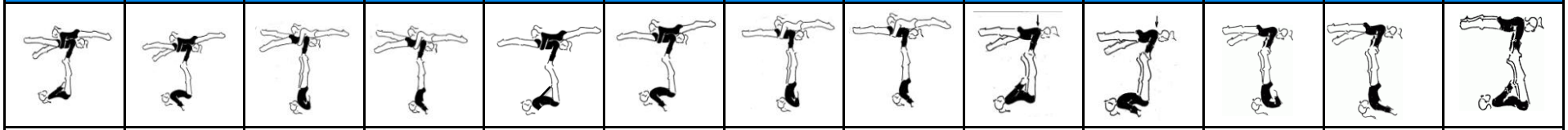
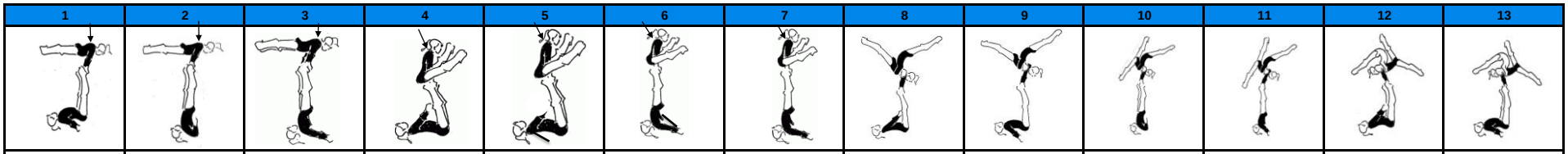
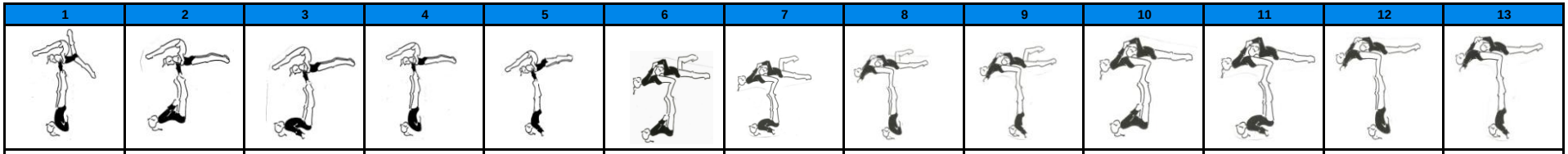
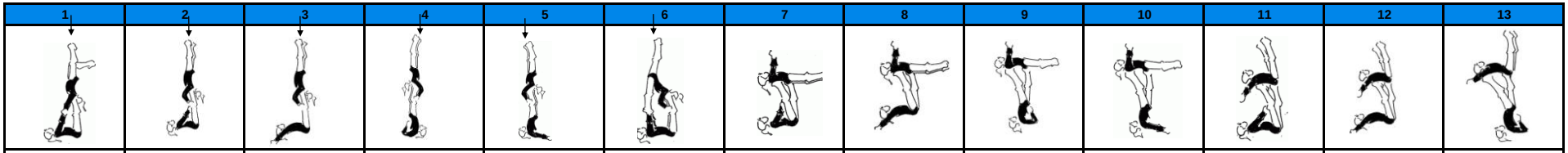
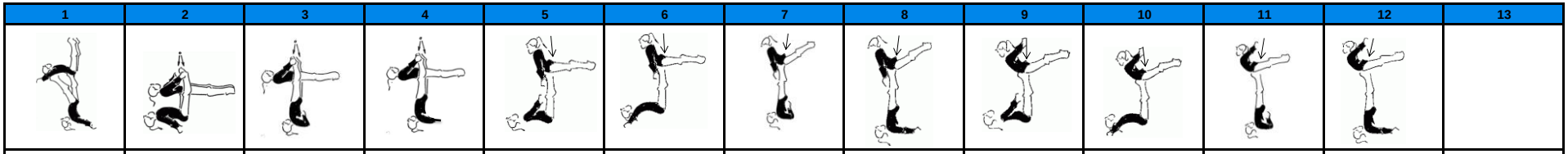
B

1	2	3	4	5	6	7	8	9	10	11	12	13
							+4					
13	17	19	16	18	22	24	20	24	28	18	20	6

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

Women´s Group Static Elements

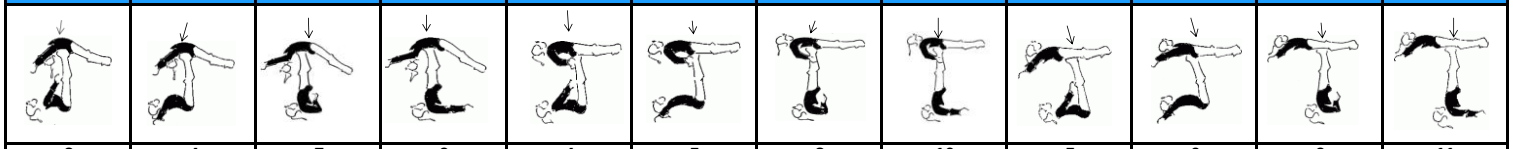
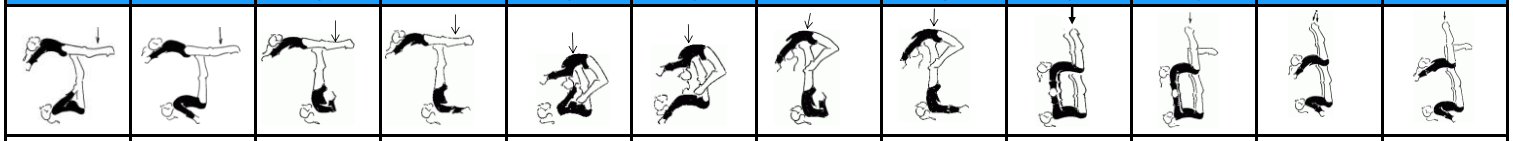
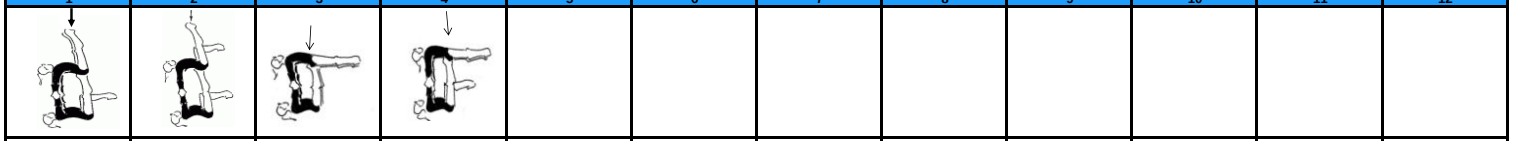
Category 5

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

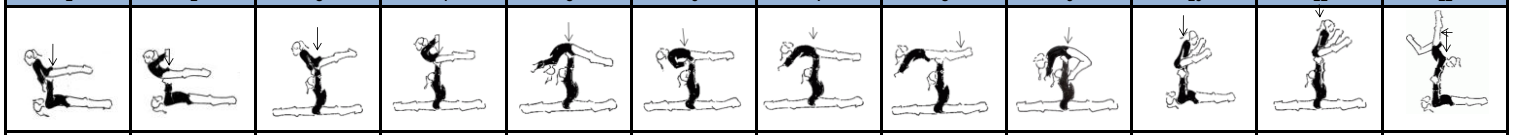
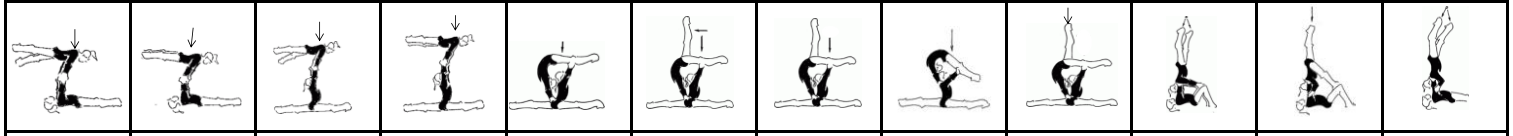
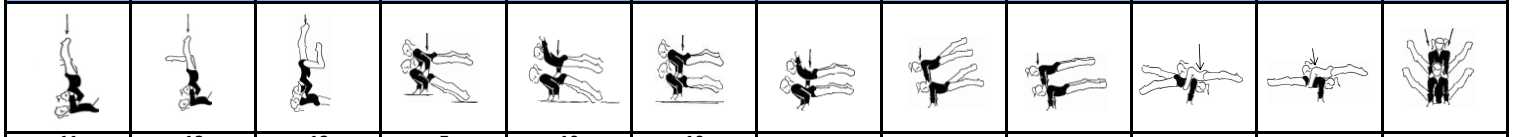
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18

Women´s Group Static Elements

Category 5

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

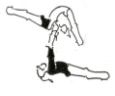
Category 6

	1	2	3	4	5	6	7	8	9	10	11	12
A												
	4	6	8	12	10	8	9	12	10	12	15	19
B												
	14	16	17	19	6	6	9	12	15	7	10	10
C												
	11	12	13	5	10	10	15	20	24	11	13	14

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

Women´s Group Static Elements

Category 6

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

	1	2	3	4	5	6	7	8	9	10	11	12	13
B													
	16	18	18	20	11	12	10	14	23	10	17	23	27

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

	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	18	22	20	20									

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

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

Dynamic Elements

Additional Difficulty for links

Women's Group

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

This Table is working from left to right:

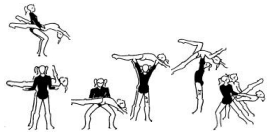
Vertical column = first element

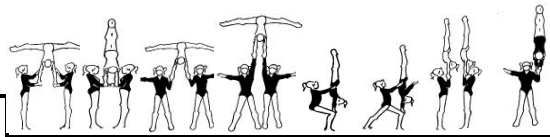
Horizontal row = second element

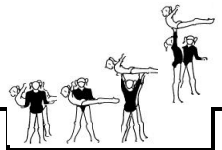
Dynamic Elements

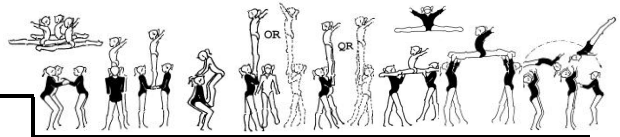
Back Salto

Finish Position









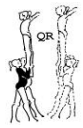
Start

1

1a

2

3



4

			A	B	C	D	E		F	G	H	i	J	K	L	M		N	O	P	Q		R	S	T	U	V	W	X	Y
1/4	**1**							**2/4**									**3/4**					**0/4**	1	3	2	2	2	2	3	
	2		1	2	2	3	2		5	8	10	14	3	4	10	14		2	3	4	7	**4**	3	10	6	13	13	5	8	3
	3		1	2	2	3	2		5	8	10	14	3	4	10	14		2	3	5	8	**/**	3	11	7	15	15	7	10	3
	4		1	2	2	3	2		5	8	10	14	3	4	10	14		2	3	6	9	**4**	4	12	8	17	17	9	12	4
5/4	**5**		4	5	6	9	7	**6/4**	12	22	28		12	12	28	32	**7/4**	10	14	20	22	**8/4**	14	26	20		29	18	21	14
	6		5	6	7	10	8		14	26	32		14	14	32	36		16	18	24	26		16	28	22		31	20	23	16
	7																						16	28	22		31	20	26	16
	8																						18	30	24		33	22	26	18
	9		6	7	8	11	9		16	30	36		16	16	36	40		22	24	28	32		22	34	28		37	24	30	22
9/4	**10**		14		18		16	**10/4**	26	36							**11/4**	20				**12/4**	32							
	11		16		20		18		30	40								24					39							
	12		16		20		18											22					36							
	13		20		22		20											26					44							
	14		24		26		24											28					50							
13/4	**15**		36	36																		**16/4**								
	16		43	43																										

5

6

7

- 4

8

9

		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

- 2

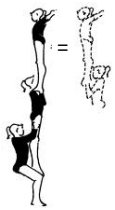
10a

10b

or

11

+ 2

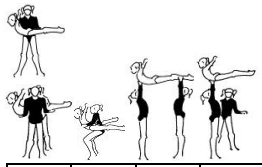


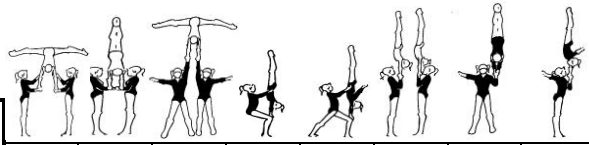
12

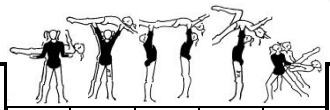
Dynamic Elements

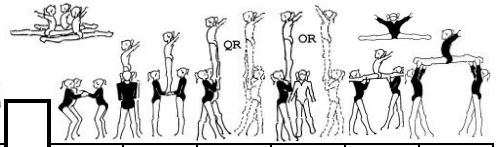
Front Salto

Finish Position





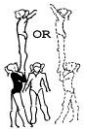




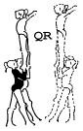
Start

13

14



15



16

			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	1	3	2	2	2	3
	2		1	1	2	2		3	10	11	5	6	11	14	18		3	4	4	5	4	4/4	3	12	14	14	5	8
	3		1	1	2	2		3	10	11	5	6	11	14	18		3	4	4	5	4		4	14	16	16	7	10
	4		1	1	2	2		3	10	11	5	6	11	14	20		4	5	5	6	6		6	16	18	18	9	12
5/4	5		4	4	7	7	6/4	10	18		8	9	22	26		7/4	10	16	16	16	20	8/4	14	30			20	26
	6		6	5	8	8		12	22		10	11	26	30			12	18	18	18	22		16	32			22	28
	7																											
	8																											
	9		8	7	10	10		16	26		14	14	30	34			16	24	24	24	28		22	36			28	34
9/4	10		16	14			10/4	24	32							11/4	26					12/4	32	48				
	11		20	16				28	36								30						39	55				
	12																											
	13																											
	14		26	22				32	40								36											
13/4	15		36																									
	16		43																									

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°
1	0/4	1	2	3	4	6	8	11	14
2	1/4	1	2	3	4	6	8	11	14
3	2/4	2	4	8	10	14	16		
4	3/4	2	4	6	8	10	14	18	22
5	4/4	2	8	10	12	14	18	22	26
6	5/4	2	4	6	8	10	14	18	22
7	6/4	8	10	14	16	20	22	24	28
8	7/4	3	5	7	9	11	15	19	23
9	8/4	4	10	14	18	22	30	38	
10	9/4	4	8	12	16	20	28	36	
11	10/4	12	16	24	28	36	40	44	
12	11/4	4	8	12	16	20	28	36	
13	12/4	6	10	14	18	22	30	38	

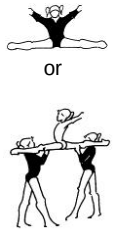
17

- 4

18

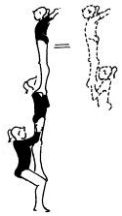
19

20



21

+ 2

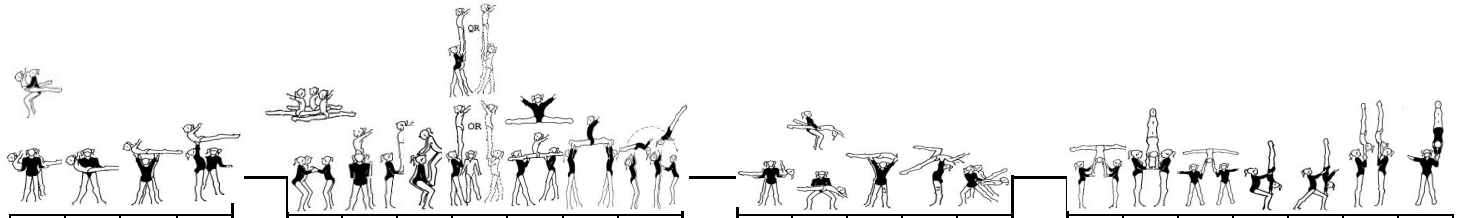


22

DYNAMIC ELEMENTS

Back Salto

Finish Position



Start

22

+ 1

23

+ 1

24

25

26

+ 1

27

+ 1

28

29

	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	2	3	1	1	3	4
2	1	2	3	3		1	4	2	5	5	6			2	2	3	4	4		8	16	12	5	6	14	20
3	1	2	3	3		1	4	2	5	5	6			2	2	3	4	4		10	18	16	7	8	16	24
4	1	2	3	3		1	4	2	5	6	7			3	3	4	5	5		12	20	18	9	10	18	28
5/4 5	5	6	10	10	**6/4**	6	16		20	12	18	6	**7/4**	9	8	13	13	15	**8/4**	22	34		19			
6	6	7	11	11		8	18		22	14	20	8		10	9	14	14	16		24	38		20			
7																										
8																										
9	8	9	13	13		10	20		21	16	22	10		12	11	16	16	18		26	42		22			
9/4 10	15		20	20	**10/4**	16						16	**11/4**	22	18				**12/4**							
11	19		24	24		20						20		26	20											
12						21						21		24	20											
13						23						23		28	22											
14	25					26						26														
13/4 15	34																		**17/4**							
16	38																									

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

30

31

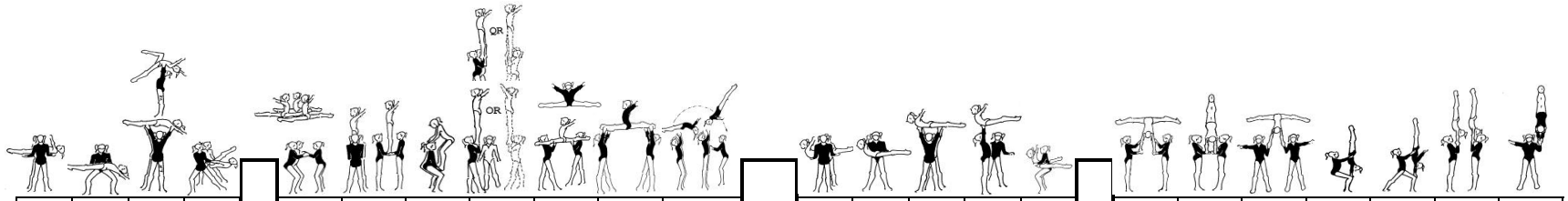
+ 2

32

Dynamic Elements

Front Salto

Finish Position



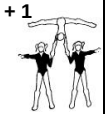
Start

33

+ 1

34

+ 1



35

36

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

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

37

38

39

40

41

- 2

42

43

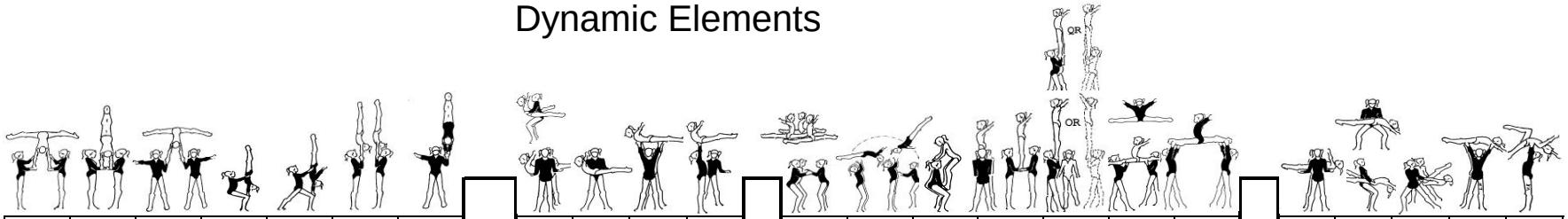
+ 2

44

Dynamic Elements

Back Salto

Finish Position



Start

45

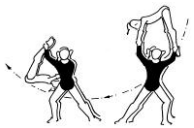
46

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

47

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	7	
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14			
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				

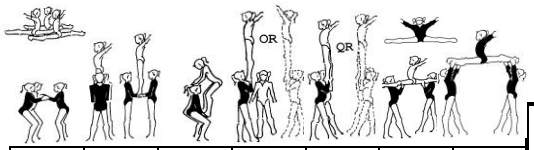


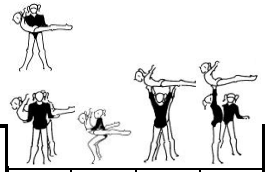
49

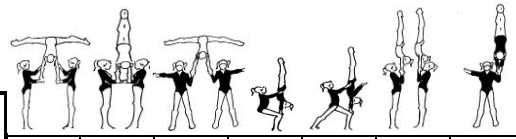
Dynamic Elements

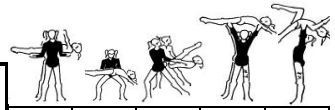
Front Salto

Finish Position









Start

50

51

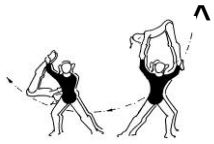
52

53

54

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



55

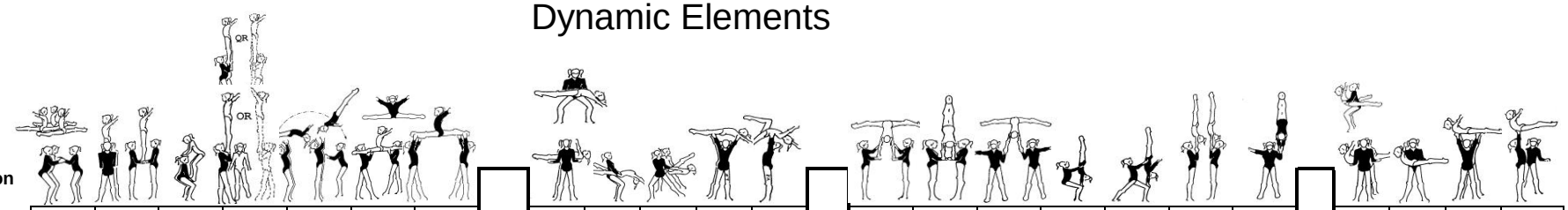
56

57

Dynamic Elements

Back Salto

Finish Position



Start

58

59

60

61

62

63

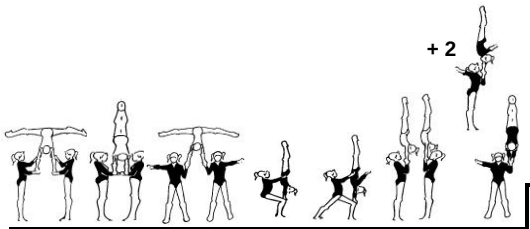
			A	B	C	D	E	F	G		H	I	J	K	L		M	N	O	P	Q	R	S		T	U	V	W
1/4	1									2/4						3/4								0/4	1	1	1	2
	2		1	3	2	3		3	5		3	2	4	5	5		5	8	10	4	4	10	14	4/4	4	4	7	7
	3		1	3	2	3		3	5		3	2	4	5	5		5	9	12	4	4	12	16		6	6	9	9
	4		1	4	2	4		3	5		4	2	4	6	6		6	10	14	4	4	14	18		8	8	11	11
5/4	5		4	8	5	12	4	10	13	6/4	9	7	10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

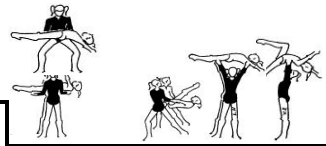
	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14	16	19	22
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	6	10	14	18				
13	12/4	6	14	18	22				

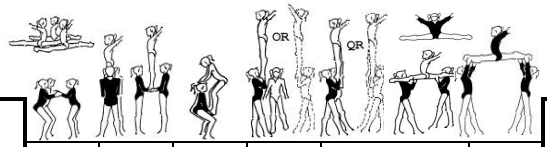
Dynamic Elements

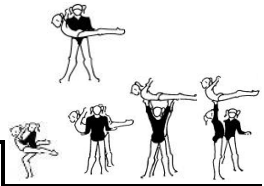
Front Salto

Finish Position









Start

64

65

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

66

67

68

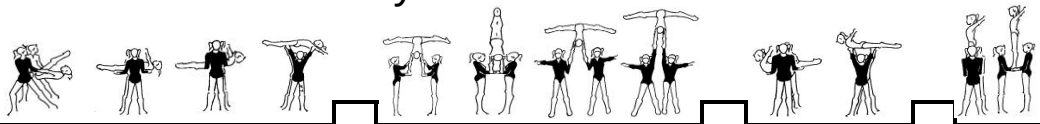
Dynamic Elements

Start

69

Back Salto

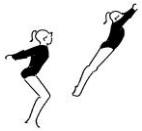
Finish Position



			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	4/4	8
	3		4	1		3		6	8		10		4	5		10
	4		4	1		3		6	8		10		5	6		12
5/4	5		8	6		10	6/4	14	22		24	7/4	12		8/4	24
	6		12	7		12		16	26		28		16			28
	7		14	8		14		20	30		32		20			36

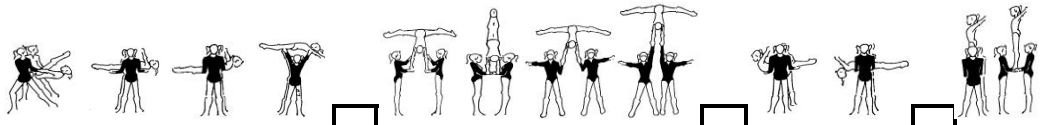
Salto

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



70

Front Salto

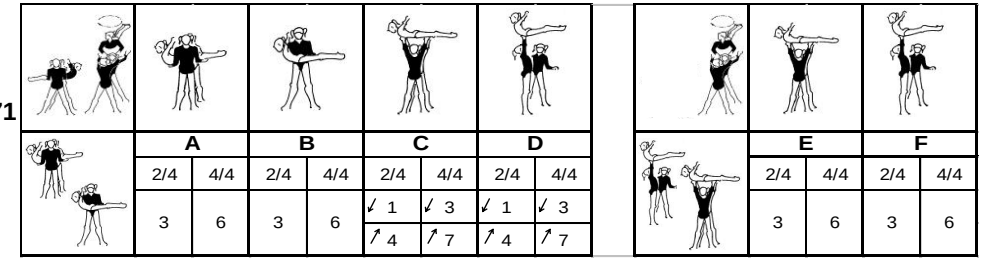


			A	B	C	D		E	F	G	H		I	J		K
1/4	1						2/4					3/4			0/4	2
	2				1	1		3	4		6			3	4/4	10
	3				1	1		3	5		7			3		12
	4				1	1		4	6		8			4		14
5/4	5				5	10	6/4	10	16		18	7/4		14	8/4	24
	6				7	12		12	20		22			18		28
	7				9	14		14	24		26			24		36

Salto

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

71



A		B		C		D	
2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4
3	6	3	6	↙ 1 ↗ 4	↙ 3 ↗ 7	↙ 1 ↗ 4	↙ 3 ↗ 7

E		F	
2/4	4/4	2/4	4/4
3	6	3	6

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