FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

MEN'S GROUP

Dynamic Elements

Men's Group

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

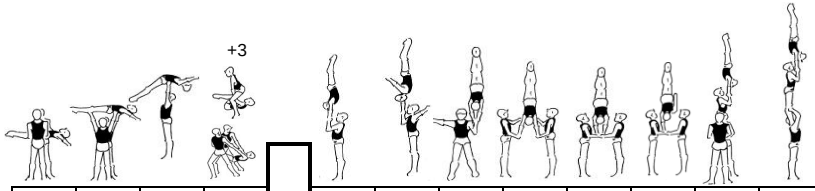
This Table is working from left to right:

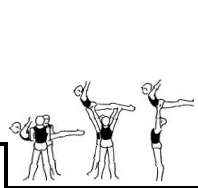
Vertical column = first element

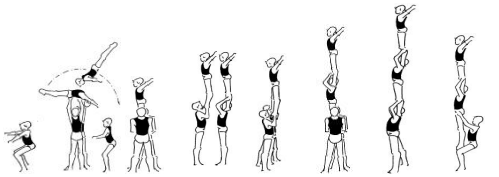
Horizontal row = second element

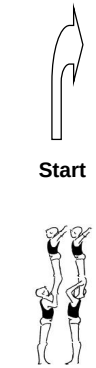
Back Salto

Finish Position



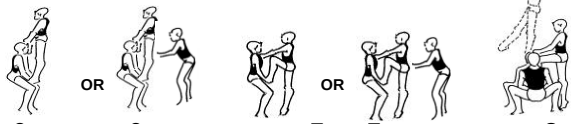


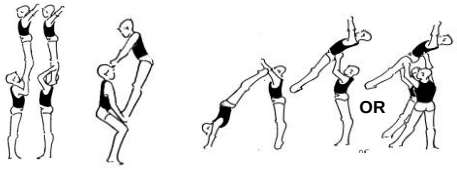




			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1						2/4									3/4					0/4 4/4	1		1	2	1	4	4	3
	2		1	2	2	2		10	14	12	3	9	10				2	3	3			4	3	6	10	7	14	14	12
	3		1	2	2	2		10	14	12	3	9	10				2	3	3			4	3	7	11	8	16	16	14
	4		1	2	2	2		10	14	12	3	9	10				2	3	3			4	3	8	12	9	20	20	16
5/4	5		2	5	5	6	6/4	20			12	20	24			7/4	8	12	12		8/4	10	8	16	20	18			
	6		3	6	6	7		22			14	22	26				12	16	16			14	12	20	24	22			
	7																					14	12	20	24	22			
	8																					16	14	22	26	24			
	9		4	7	7	8		26			18	26					16	20	20			18	16	28	32	26			
9/4	10		8	12	12		10/4				22	30				11/4	11				12/4	30	24	46	50				
	11		11	15	15						26	34					14					39	30	48					
	12		11	15	15												14					39	30	48					
	13		13	17	17												15					44	38	54					
	14		15	19	19						30	38					16					48	40	62					
13/4	15		20																										
	16		26																										
	17		26																										
	18		29																										
	19		32																										

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

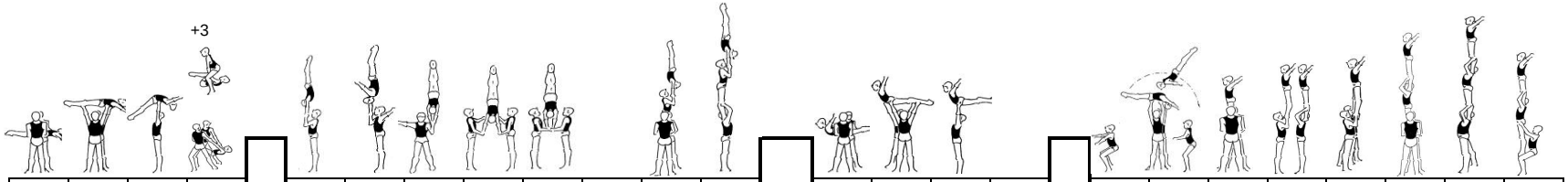




6 6a 7 7a 8 9 10 11 12

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 4/4	1		2	3	3			
	2		2	3	3	4		20			13	18		16	16		4	5	5			6	6	8	10	8	12	10	9
	3		2	3	3	4		20			13	18		16	16		4	5	5			6	6	9	11	9	14	12	11
	4		2	3	3	4		20			13	18		16	16		4	5	5			6	6	10	12	10	16	14	13
5/4	5		4	5	5	11	6/4	22			14	22		30	28	7/4	8	10	10		8/4	12	10	22	22	20			
	6		6	7	7	12		24			16	24		34	32		10	12	12			16	14	24	26	24			
	7																					16	14	24	26	24			
	8																					18	16	26	28	26			
	9		8	9	9	15		28			18	26		38	36		14	16	18			20	18	28	30	28			
9/4	10		10	16	16		10/4				24	34				11/4	14	18			12/4	34	32	48					
	11		14	20	20						28	38					18	22				40	36	56					
	12		14	20	20												18	22				42	36	56					
	13		16	22	22												20	24				42	38	58					
	14		18	24	24						32	40					22	26				48	40	66					
13/4	15		22																		16/4								
	16		28																										
	17		28																										
	18		31																										
	19		34																										

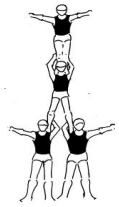
13

14

15

16

17

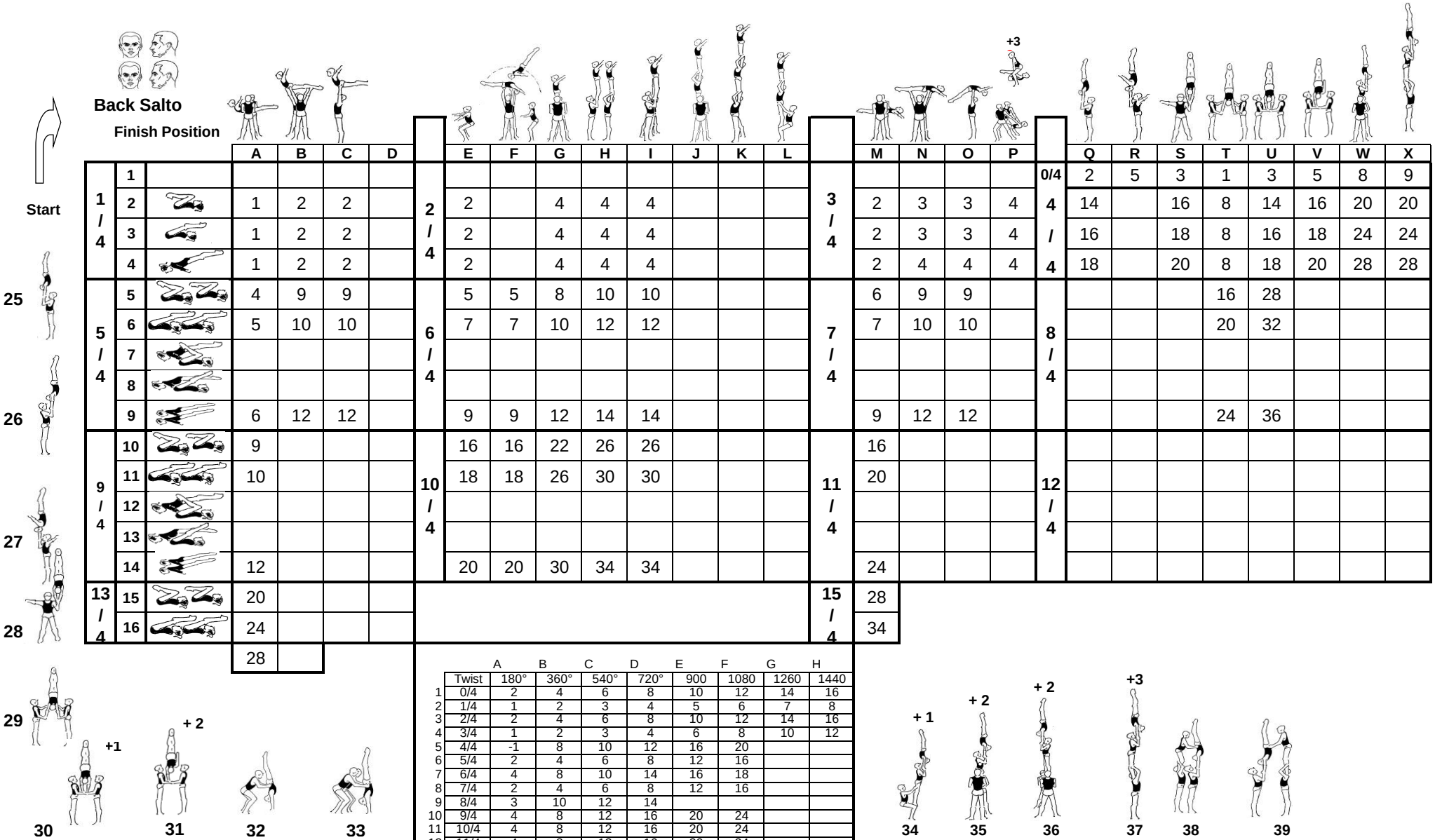


18

19

20

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

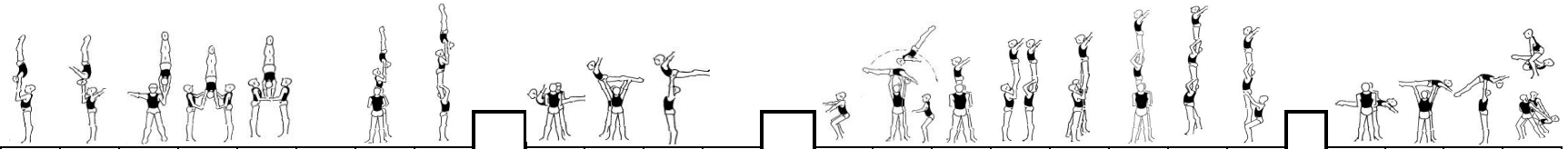


	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
1																	2	5	3	1	3	5	8	9
2	1	2	2		2		4	4	4				2	3	3	4	14		16	8	14	16	20	20
3	1	2	2		2		4	4	4				2	3	3	4	16		18	8	16	18	24	24
4	1	2	2		2		4	4	4				2	4	4	4	18		20	8	18	20	28	28
5	4	9	9		5	5	8	10	10				6	9	9					16	28			
6	5	10	10		7	7	10	12	12		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

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

Back Salto

Finish Position



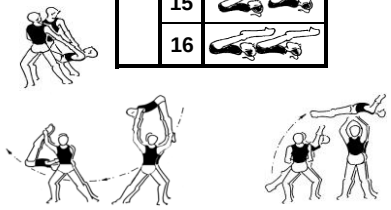
Start

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

41

42

43

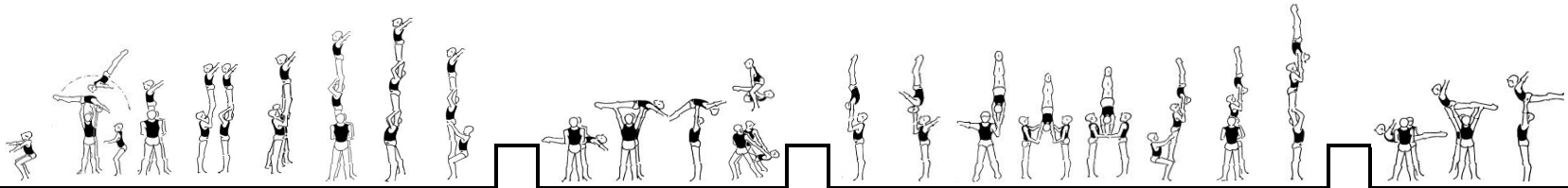


44 45

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

Back Salto

Finish Position



Start

46

47

48

49

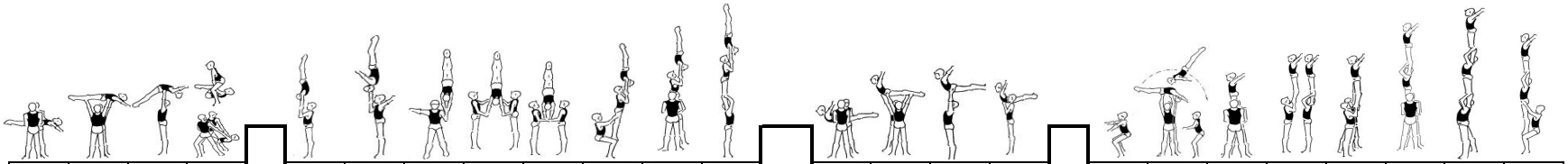
			A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	**1**										**2/4**					**3/4**									**0/4**	1	1	1	
	2		1		2	3	3					2	2	2	3		5	9	7	4	7					**4**	3	5	5	
	3		1		2	3	3					2	2	2	3		5	9	7	4	7					**/**	3	5	5	
	4		1		2	3	3					2	2	2	3		5	9	7	4	7					**4**	4	5	5	
5/4	**5**		5	5	10	11	11				**6/4**	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																	

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

Back Salto

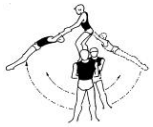
Finish Position

Start

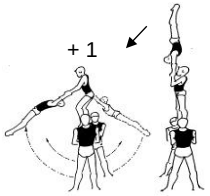


			A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	**1**						**2/4**									**3/4**					**0/4**			2	2	2			
	2		2	3	3	4		8			5	9					3	4	4		**4/4**	3	3	7	8	8			
	3		2	3	3	4		8			5	9					3	4	4			3	3	8	9	9			
	4		2	3	3	4		8			5	9					3	4	4			3	3	9	10	10			
5/4	**5**		4	5	5	7	**6/4**	18			11	16			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

Dismount of the middle

52

53

54

Back

	4
	5
	6
	18

Gainer Salto

	4
	5
	6
	18

180° + 2
360° + 4
540° + 6
720° + 8

Front

Delfin

	5
	7
	9
	26

	4
	6
	8
	20

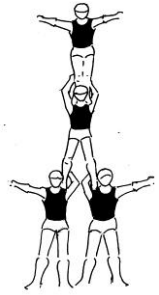
180° + 2
360° + 4
540° + 6
720° + 8

All of the start positions

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

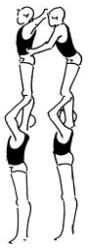


57

58

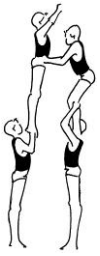
59

60



61

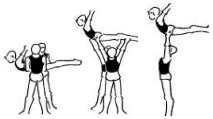
61a

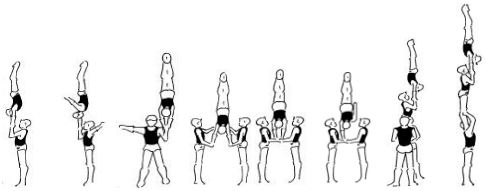


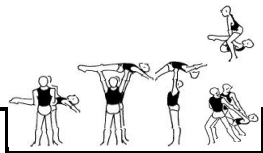
62

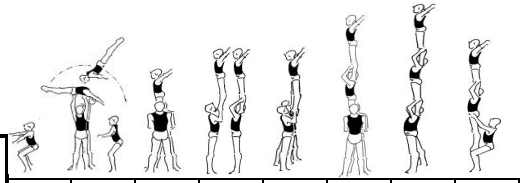
Front Salto

Finish Position









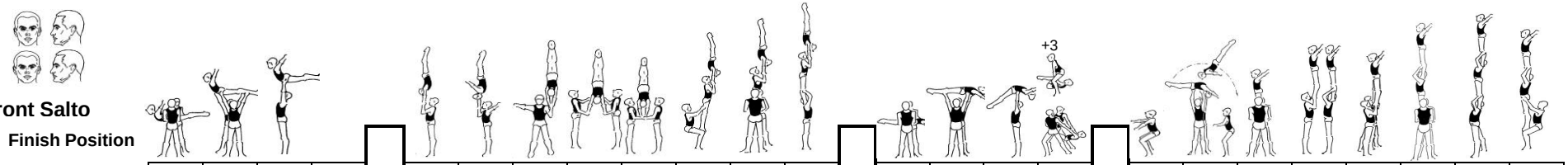
Start

			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																			0/4	1	1	1	1	1	4	4	2
	1/4	2	1	2	2		2/4	5	8	6	2	5	8	10	12	3/4	1	2	2	5	4/4	4	3	6	7	6	16	13	14
		3	1	2	2			5	8	6	2	5	8	10	12		1	2	2	5		5	4	7	8	7	18	15	16
		4	1	2	2			5	8	6	2	5	8	10	12		1	2	2	5		6	5	8	9	8	20	17	18
		5	2	5	5			16			8	14	19	24	22		10	15		12		12	10	18	22	20	32	28	24
	5/4	6	3	6	6		6/4	18			10	16	21	28	26	7/4	11	17			8/4	16	12	22	26	24	36	32	28
63		7																				16	12						
		8																				18	16						
		9	4	7	7			20			12	20		32	30		12	19		14		20	18	30	30	30			
		10	8	12							18	24					11					30	28	42					
64	9/4	11	11	15			10/4				22	28				11/4	14				12/4	40	36	48					
		12																											
		13																											
		14	15	19							26	30					16					50	50	62					
		15	22																										
65	13/4	16	26																										
		17	30																										

	Twist	A 180°	B 360°	C 540°	D 720°	E 900	F 1080	G 1260	H 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						

or

67 68 69 70 71 71 a



Front Salto

Finish Position

Start

72

73

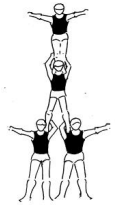
		A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X
1/4	1					2/4									3/4					0/4 4/4			2	2	2	2		
	2	2	3	4			8			6	10	7	8	7		4	5	5	8		6	5	7	8	7	16	14	13
	3	2	3	4			8			6	10	7	9	7		4	5	5	8		7	6	8	9	8	18	16	15
	4	2	3	4			8			6	10	10	11	10		4	5	5	8		8	7	9	10	9	20	18	17
5/4	5	4	5	5		6/4	18			10	18	20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

	Twist	A 180°	B 360°	C 540°	D 720°	E 900	F 1080	G 1260	H 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						

74

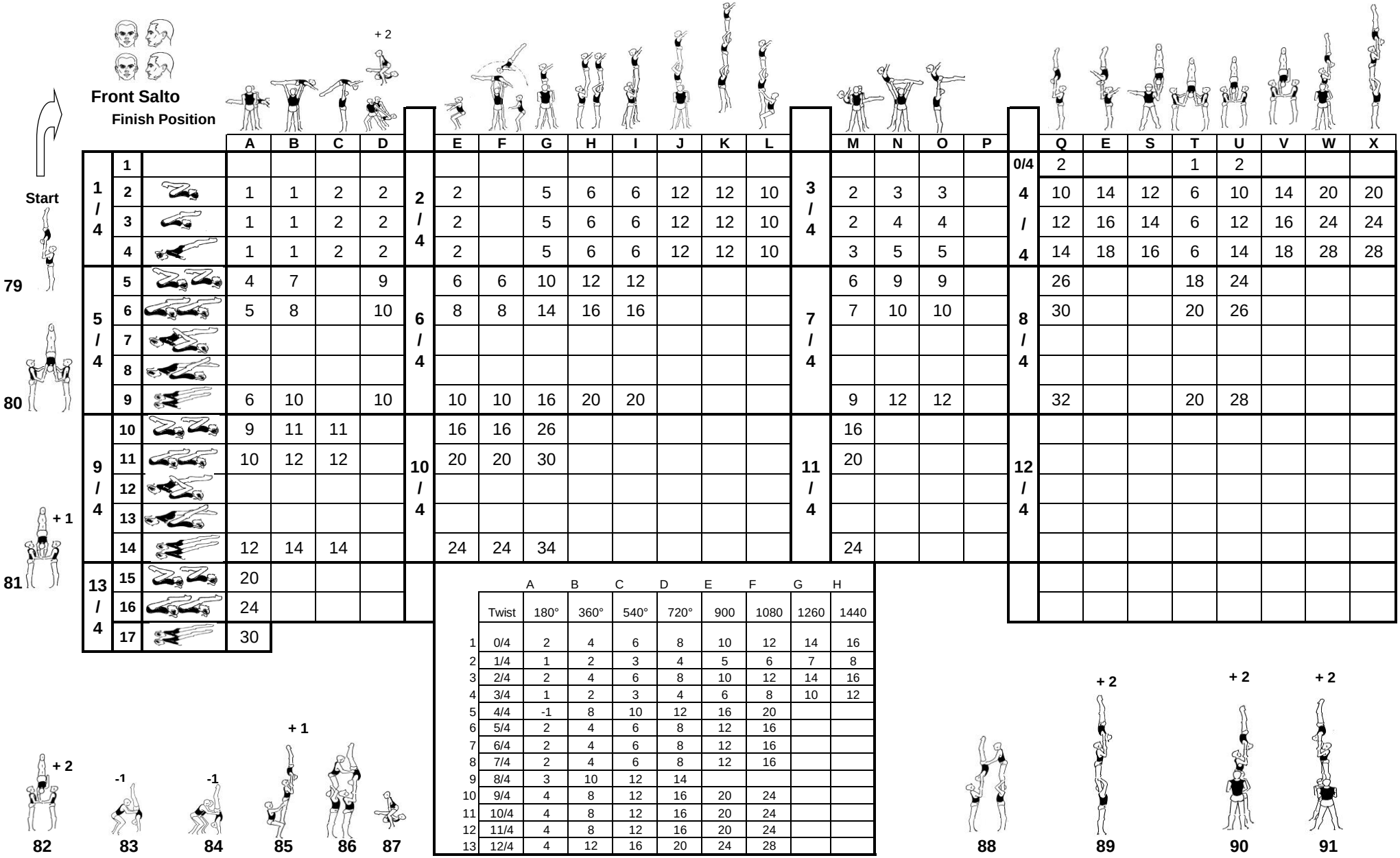
75

76



77

78

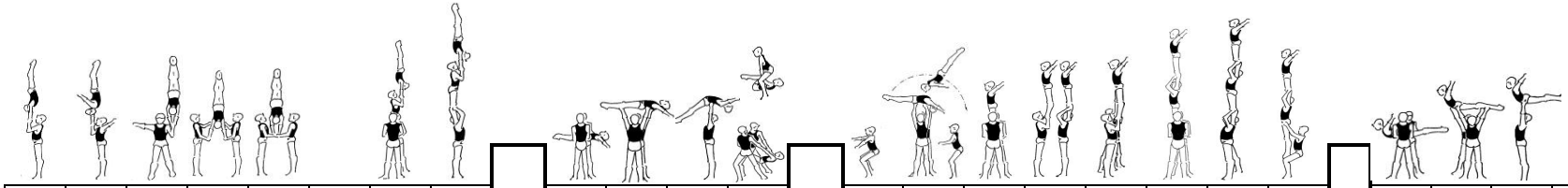


		A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	E	S	T	U	V	W	X
1/4	1					2/4									3/4					0/4 4/4	2			1	2			
	2	1	1	2	2		2		5	6	6	12	12	10		2	3	3			10	14	12	6	10	14	20	20
	3	1	1	2	2		2		5	6	6	12	12	10		2	4	4			12	16	14	6	12	16	24	24
	4	1	1	2	2		2		5	6	6	12	12	10		3	5	5			14	18	16	6	14	18	28	28
5/4	5	4	7		9	6/4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

Front Salto

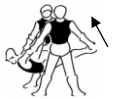
Finish Position



Start

92

93



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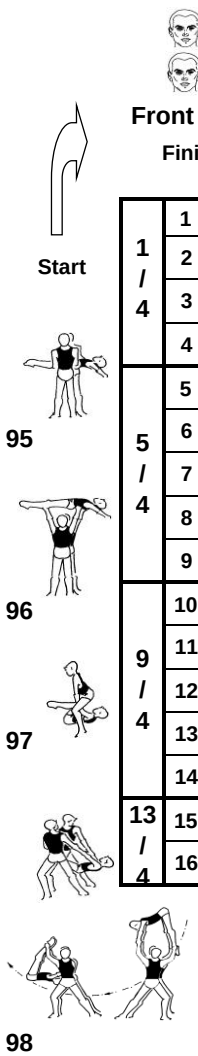
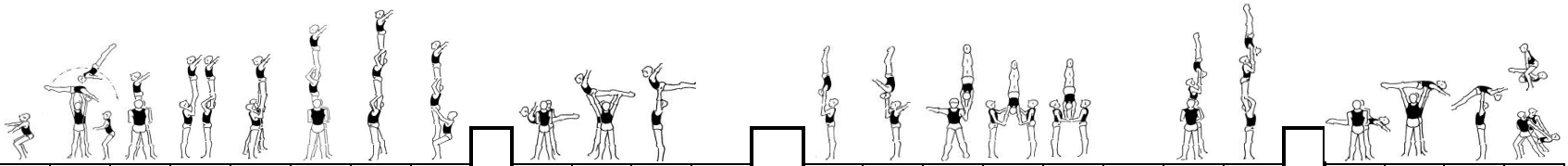
		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	**1**																							**0/4**	1	1	1	
	2	2	6	4	2	3				**2/4**	2	2	2	3	**3/4**	3		5	6	6				**4/4**	4	5	5	
	3	3	6	4	2	3					2	2	2	3		3		5	7	7					4	5	5	
	4	3	6	4	2	3					2	2	2	3		3		5	8	8					5	6	6	
5/4	**5**	9			5	8				**6/4**	5	6	6	6	**7/4**	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								



Front Salto

Finish Position

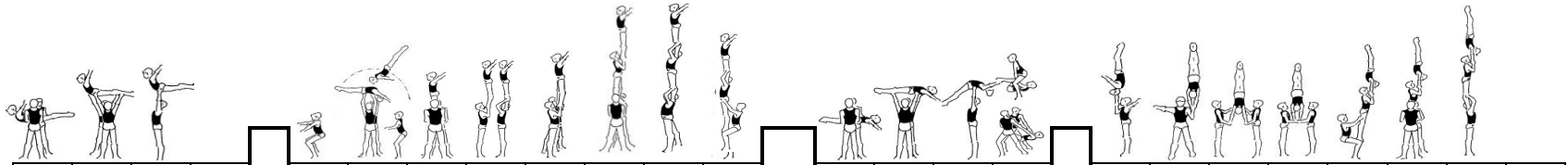


		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X
1/4	**1**									**2/4**					**3/4**									**0/4**	1	1	1	1
	2	1		2	3	3					2	3	3			4	7	5	3	5				**4**	3	4	4	5
	3	1		2	3	3					2	3	3			4	7	5	3	5				**/**	3	4	4	5
	4	1		2	3	3					2	3	3			4	7	5	3	5				**4**	4	5	5	5
5/4	**5**	4	4	6	7	7				**6/4**	5	6	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				

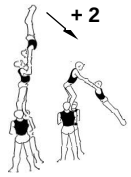
Front Salto

Finish Position

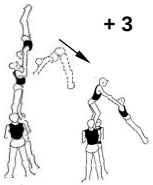


Start

99



100

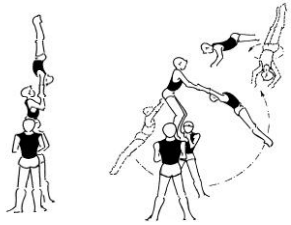


101

			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	1		2	2		4			3/4					0/4								
	2		2	3	3			5		8	10		22				3	4				4/4	6		3	6				
	3		2	3	3			6		10	12		24				3	4					7		3	7				
	4		2	3	3			7		14	16		26				3	4					7		3	7				
5/4	5		4	6	6		6/4	12	10	20						7/4	7	9			8/4		16		8	14				
	6		5	7	7			14	12	24							8	10					18		10	16				
	7																													
	8																													
	9		7	9	9			18	16	28							9	11					22		12	20				
9/4	10		12	14	14		10/4	34								11/4	14				12/4				16	22				
	11		13	15	15			43									16								18	24				
	12							43									16													
	13																20													
	14		15	17	17																				22	28				
13/4	15																				16/4									
	16																													

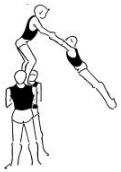
		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4								
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	8	10	14	16		
4	3/4	1	2	3	4	5	6	7	8
5	4/4	2	8	10	12	14	16	20	24
6	5/4	1	2	3	4	5	7	9	12
7	6/4	4	6	10	12	16	18		
8	7/4	2	4	6	8	12	16	20	24
9	8/4	3	9	12	15	18	21		
10	9/4								
11	10/4	8	10	14	18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

+2



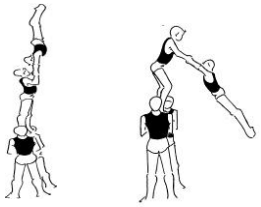
102

Finish Position



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

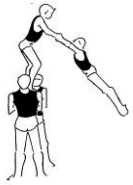
Start



+2

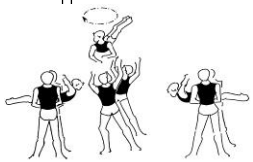
105

Finish Position

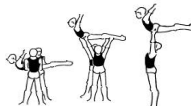


Front Salto	0/4	4/4	8/4	
	1	10	22	
	1	12	26	360° + 8
	1	14	30	720° + 10

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

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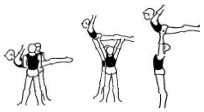
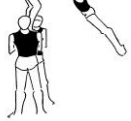


A	B	C
1	2	3

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

Finish Position



Start

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