

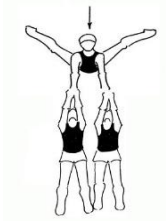
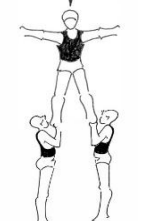
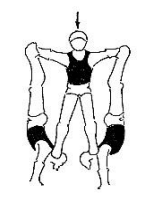

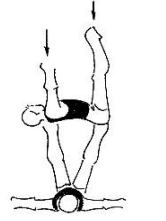
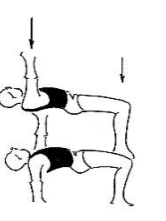
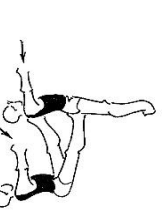
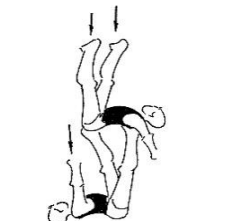



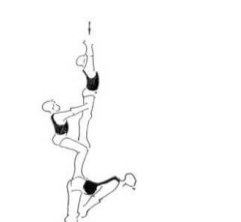
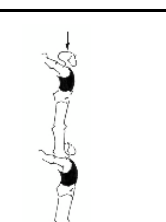


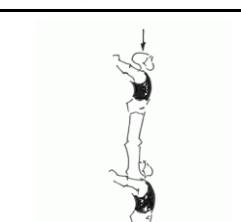
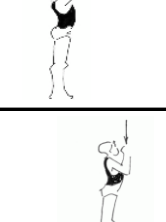
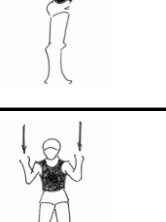
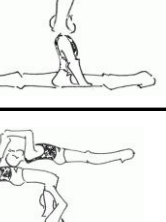
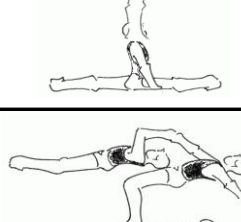
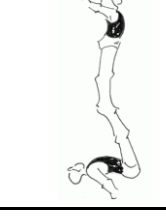

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY

Balance Elements
Static Holds and Motions

Balance Elements

| | | | | | | | |
|-------|-----------------------------------|---|---|---|---|--|--|
| Cat 1 | two bases on the floor |  |  |  |  | | |
| Cat 2 | two working tops |  |  |  |  | | |
| Cat 3 | work on the knies of the base |  |  |  |  | | |
| Cat 4 | work on the shoulders of the base |  |  |  |  | | |
| Cat 5 | work on feed of the base |  |  |  |  | | |
| Cat 6 | all others |  |  | | | | |

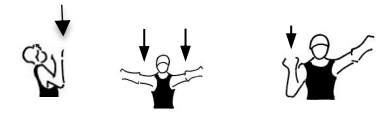
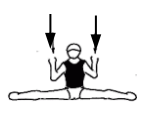
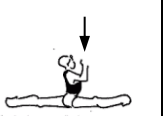
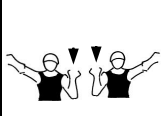

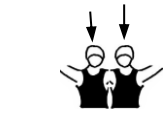
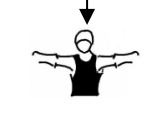


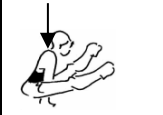
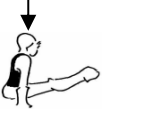

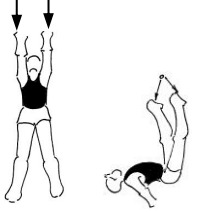
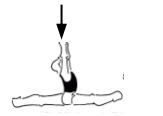
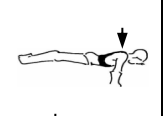
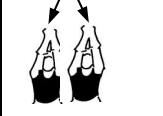


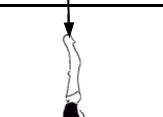
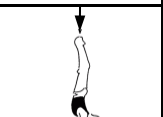
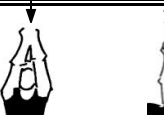

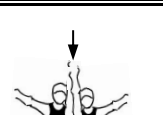
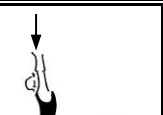
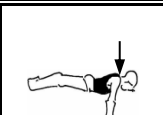


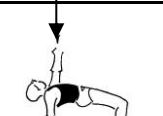
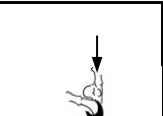

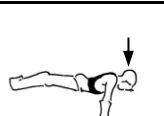
Balance Elements

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.

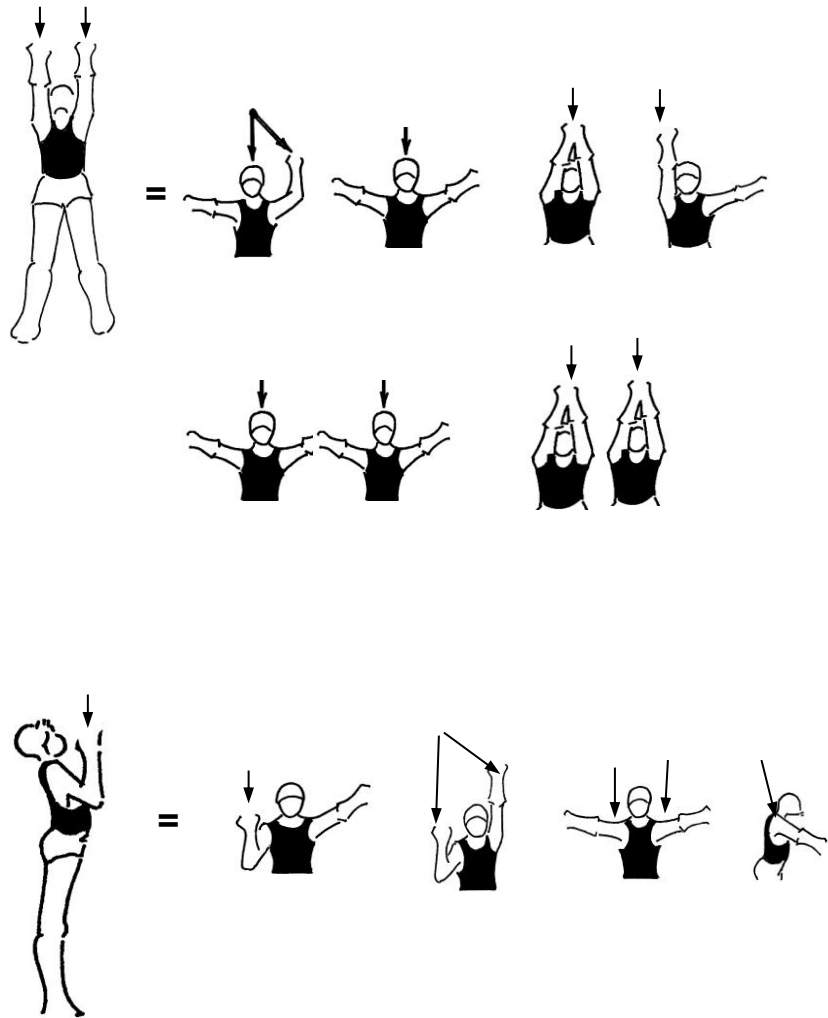
The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find at the table pg 113.

| | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
|  |  |  |  | | | |
|  |  | | | | | |
|  |  |  |  |  |  | |
|  |  |  |  | | | |
| |  |  | | | | |
| |  |  | | | | |
|   |  |  |  | | | |
|   |  |  |  |  | | |

Men's Group
Evaluation of Transitions

| <div>2 nd</div> <div>1 st</div> | 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 |


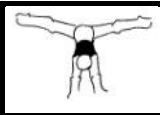

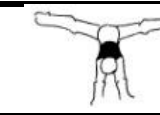



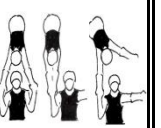
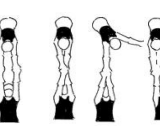
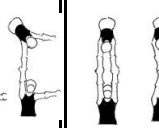
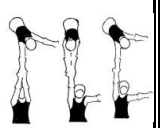
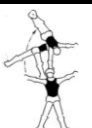
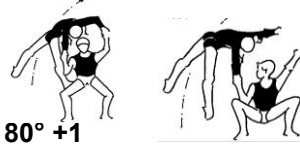



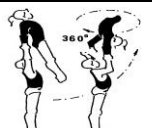

The values of these middle positions
are considered as identical

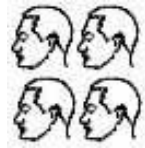


1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17 ; 4 group - difficulty 18 <

Mounts

Men's Group mounts

| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|----|----|---|---|----|--|----|----|---|----|----|---|----|----|----|----|----|----|----|----|
| A |  |  | | |  | | |  | | |  | | |  | | | | | | | | |
| | | A | | | D | | | A | | | D | | | E | | | | | | | | |
| | Start |  | | |  | | |  | | |  | | |  | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 21 | 22 |
| |  | | | | | | | | | | | 5 | | | | | 7 | | | | | |
| |  180° +1 | 1 | 2 | 3 | 3 | | 5 | 2 | 4 | 8 | 6 | 10 | 5 | | 10 | | 11 | 3 | 5 | | 7 | |
| |  Power | 5 | 7 | 9 | 5 | | 9 | 7 | 10 | 15 | 13 | 19 | 7 | | 15 | | 19 | 6 | 9 | | 12 | |
| |  | 4 | 7 | 10 | 8 | | 14 | 8 | 12 | 18 | 17 | 24 | 12 | | 22 | | 28 | 11 | 13 | | 17 | |
| |  360° + 4 | 3 | 5 | 7 | 5 | | 9 | 5 | 7 | 12 | 10 | 17 | 7 | | 14 | | 20 | 6 | 8 | | 11 | |
| |  360° | 8 | 11 | 15 | 10 | | 17 | 12 | 15 | 21 | 19 | 25 | 14 | | 23 | | 27 | 13 | 16 | | 20 | |
|  | 2 | 3 | 4 | 4 | | 6 | 3 | 5 | 9 | 7 | 11 | 5 | | 11 | | 13 | 4 | 6 | | 8 | | |



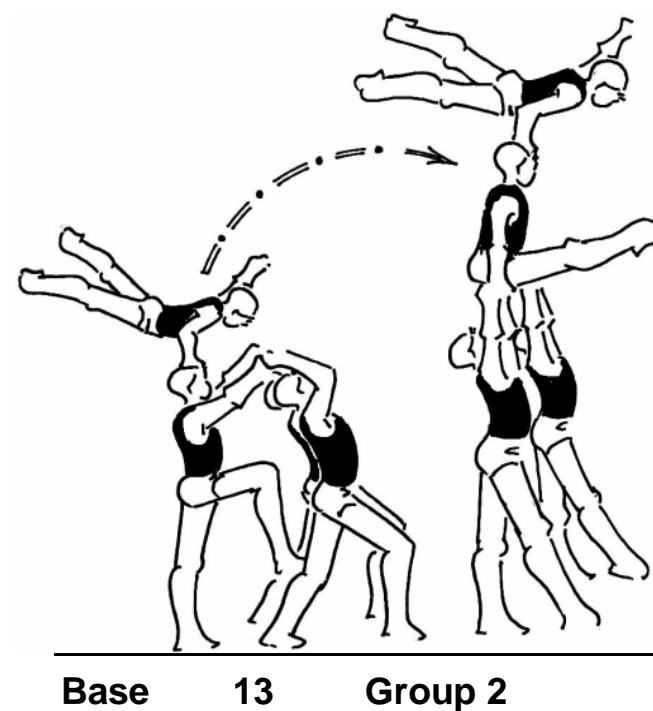
Men's Group : Difficulty of Mounts

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

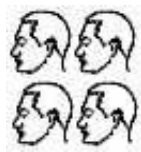
1. Value of the top position, look the Tables of mounts
2. Value of the middle with the top will be as follows:
 - to go to a pyramid of group 1 = 2
 - to go to a pyramid of group 2 = 4
 - to go to a pyramid of group 3 = 6
 - to go to a pyramid of group 4 = 8
3. Value of the top mount look the Tables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

Mounts

Example

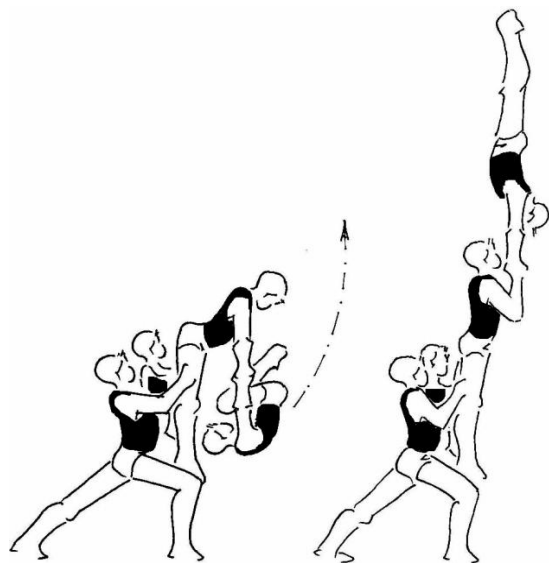


top V = 5
 motion (for group 2) = 4
 total = 9



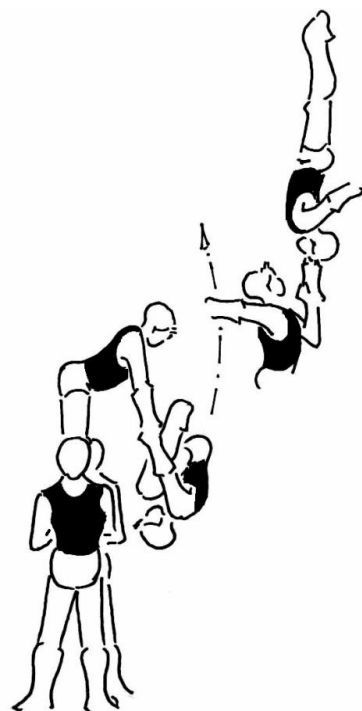
Examples

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



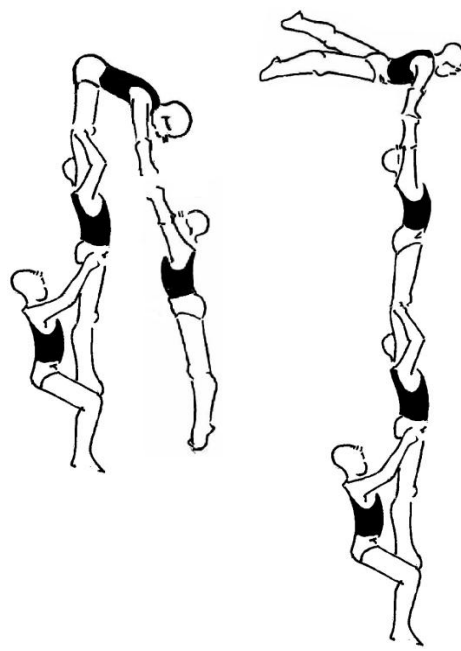
value = 3

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



value = 7

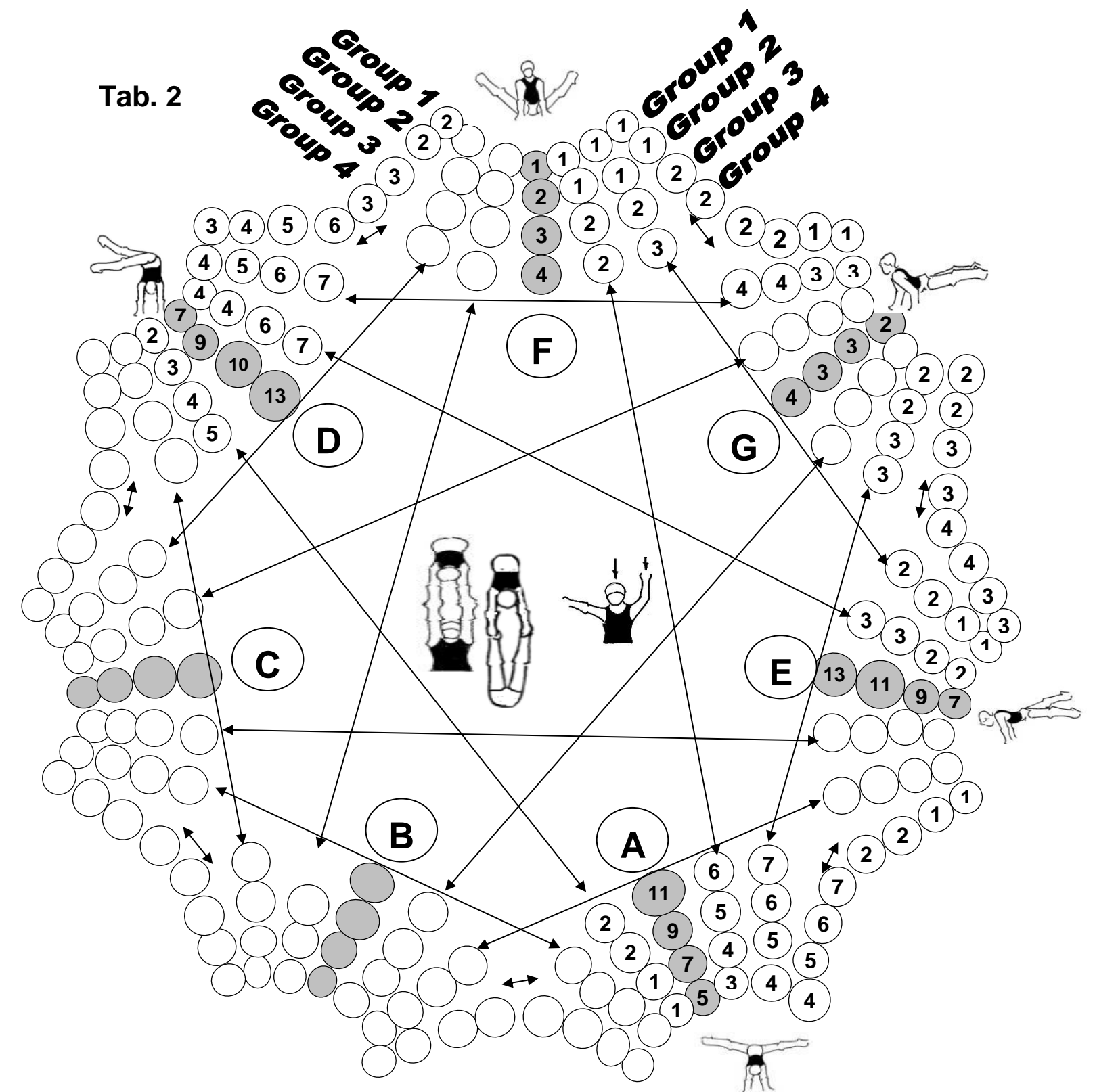
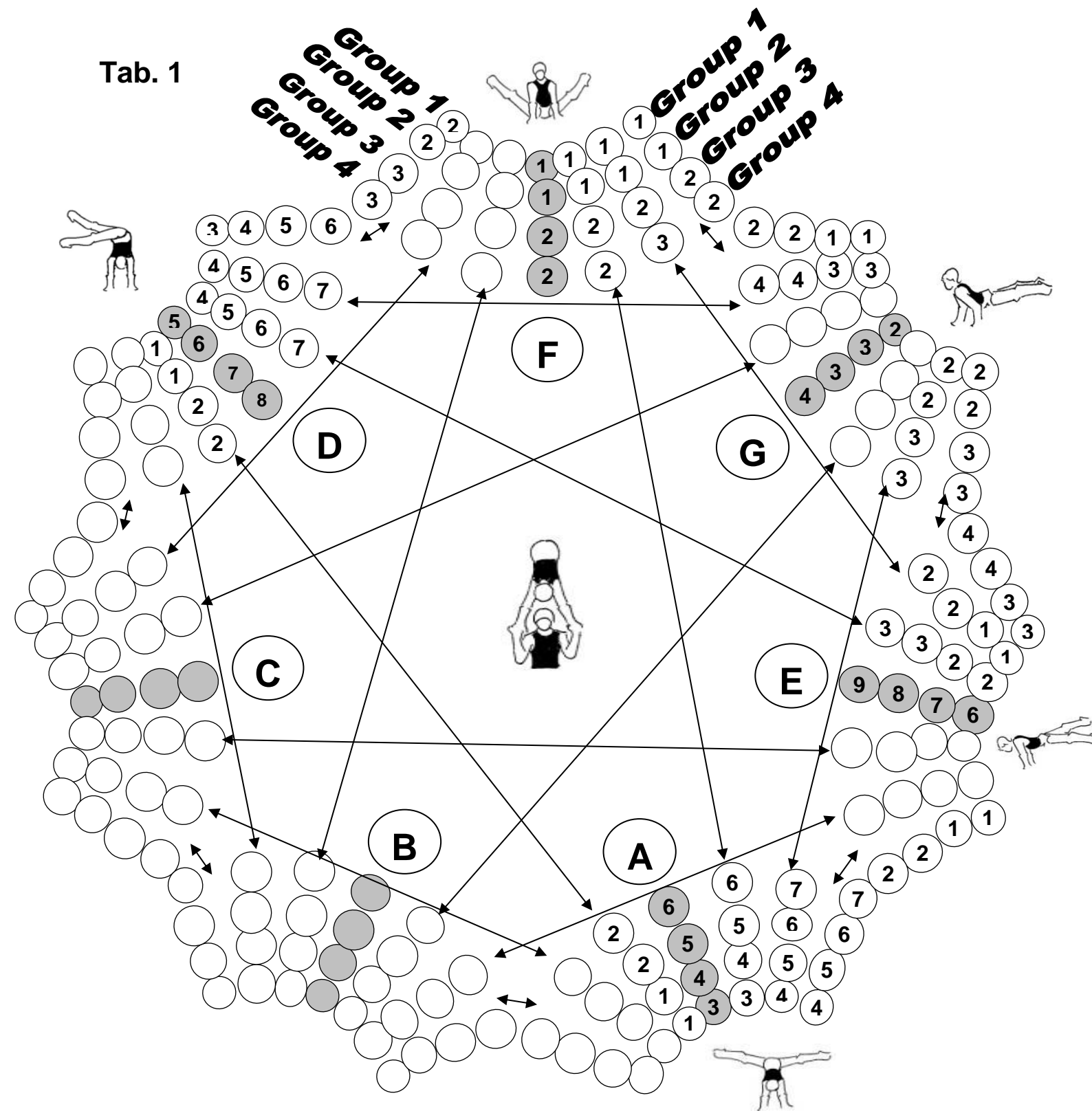
middle V = 2
total V is 7 + 2 = 9



value = 4

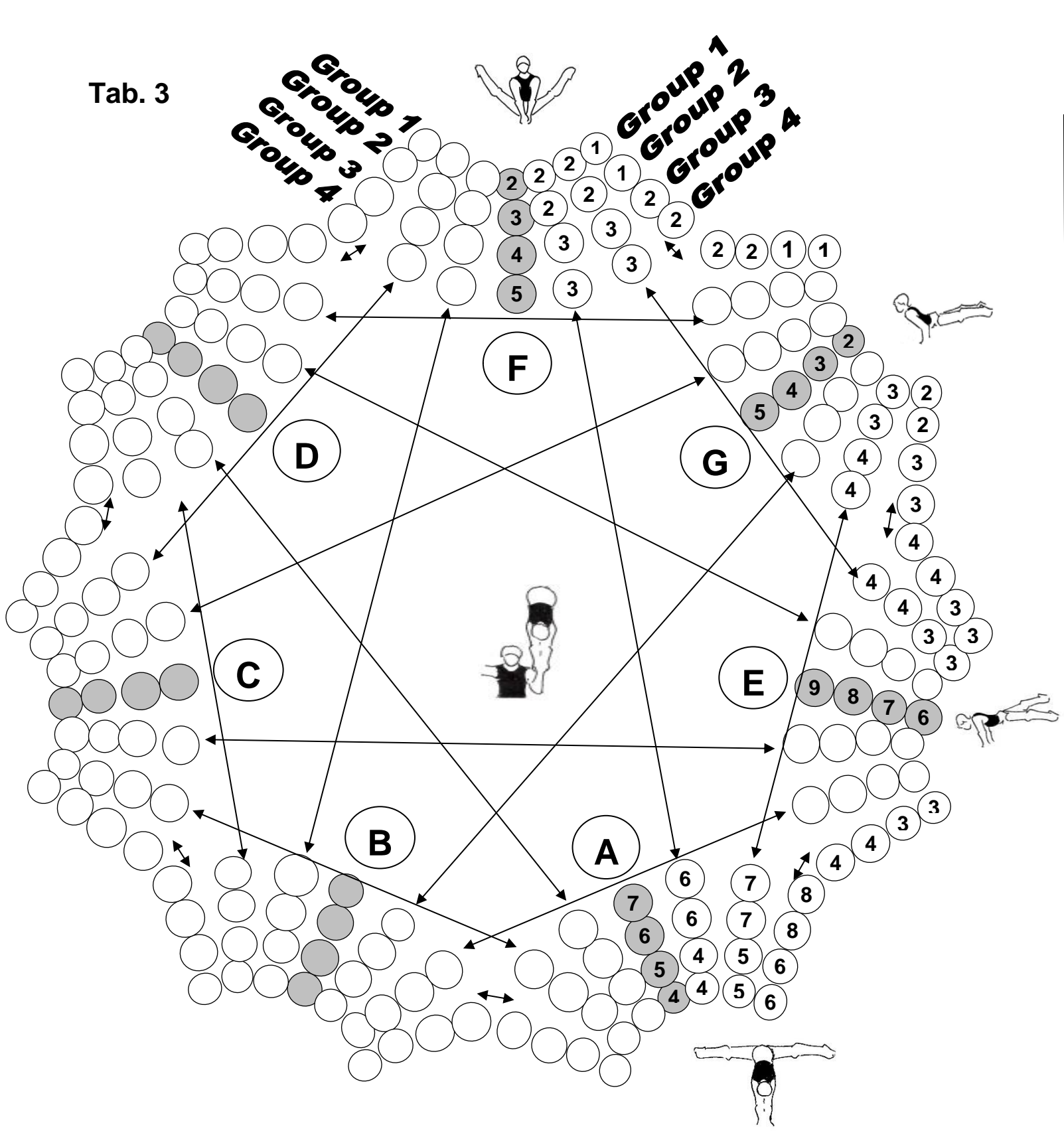
additional middle V = 6
total V is 4 + 6 = 10

Balance Elements

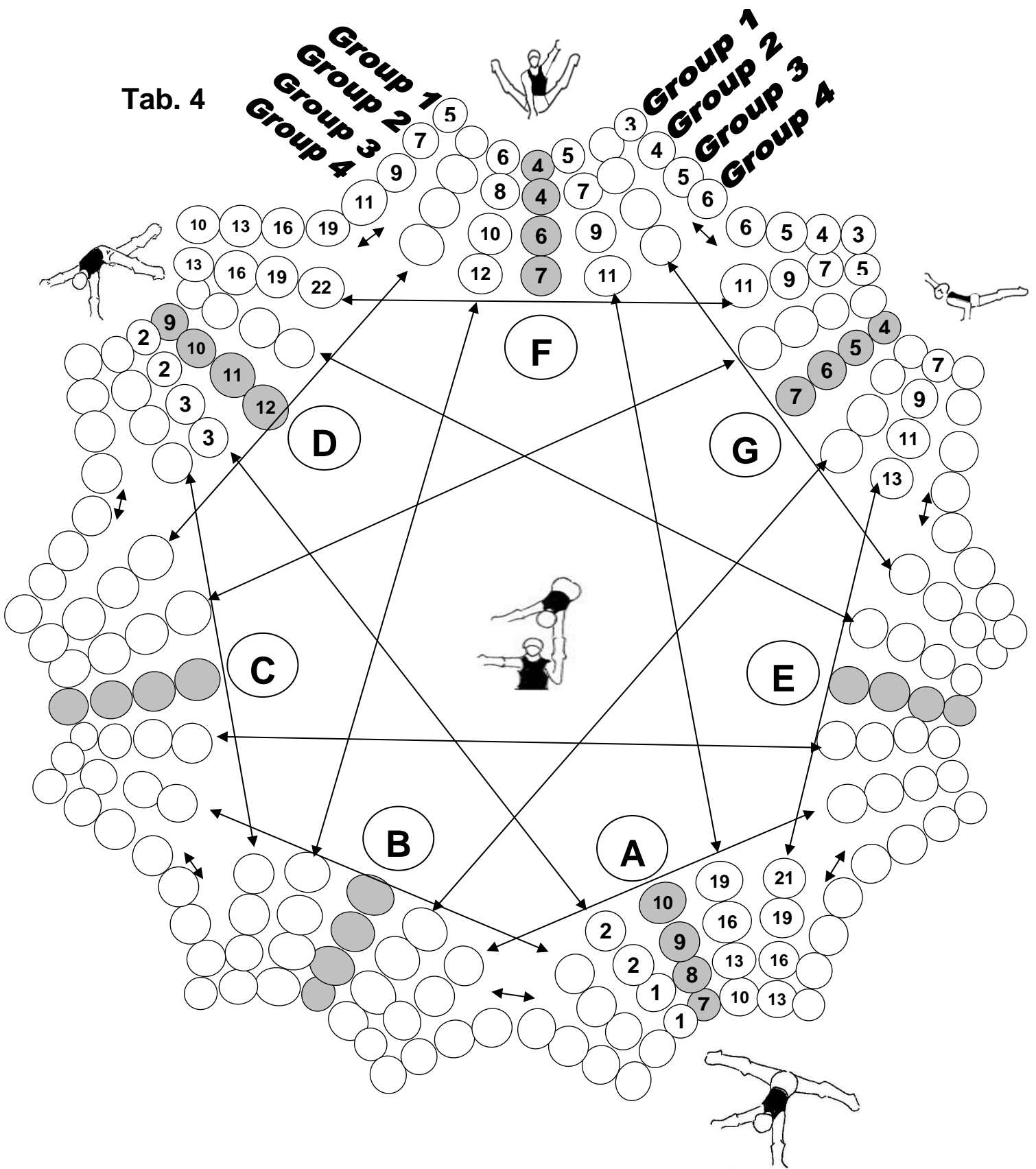


Balance Elements

Tab. 3



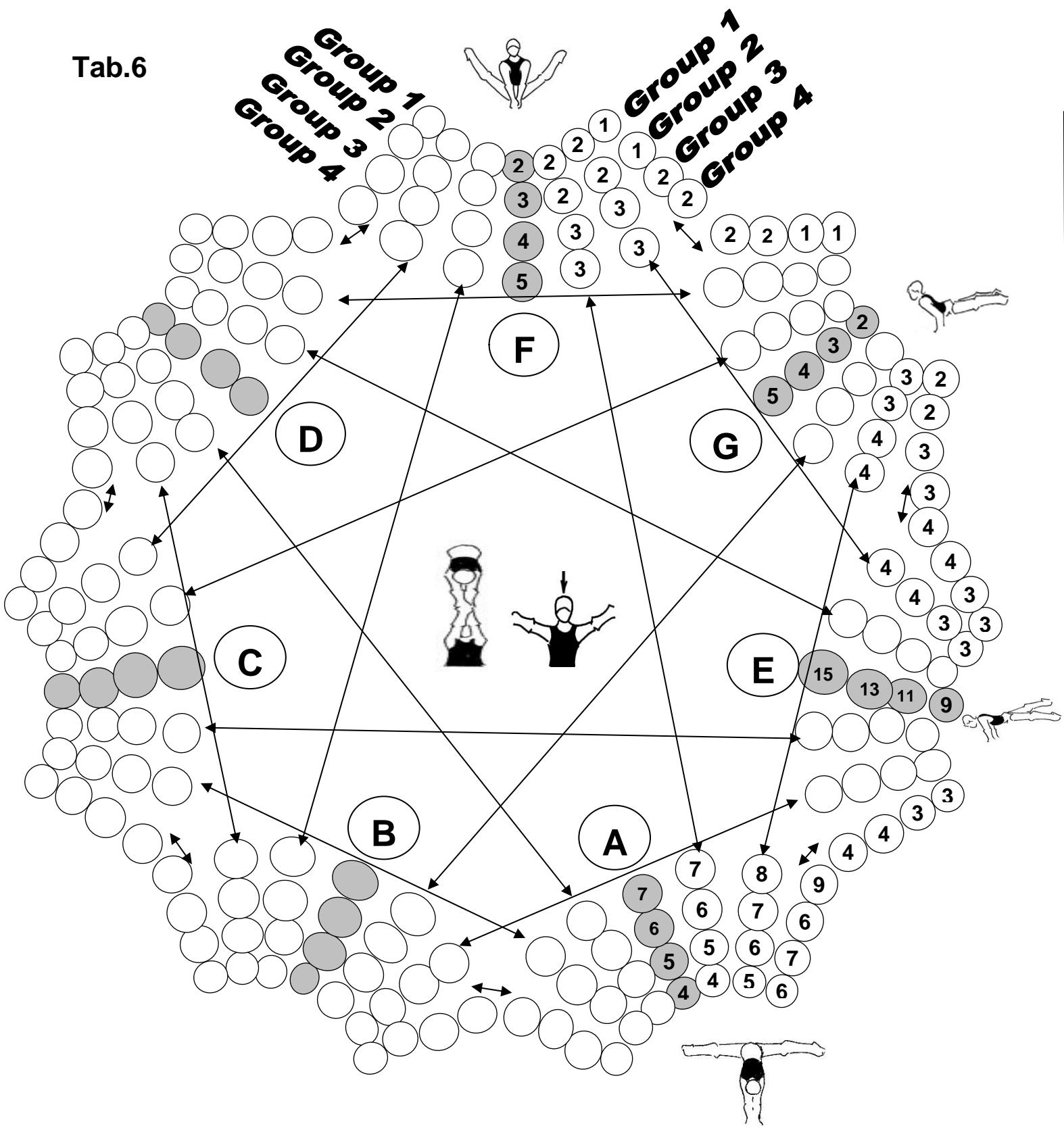
Tab. 4



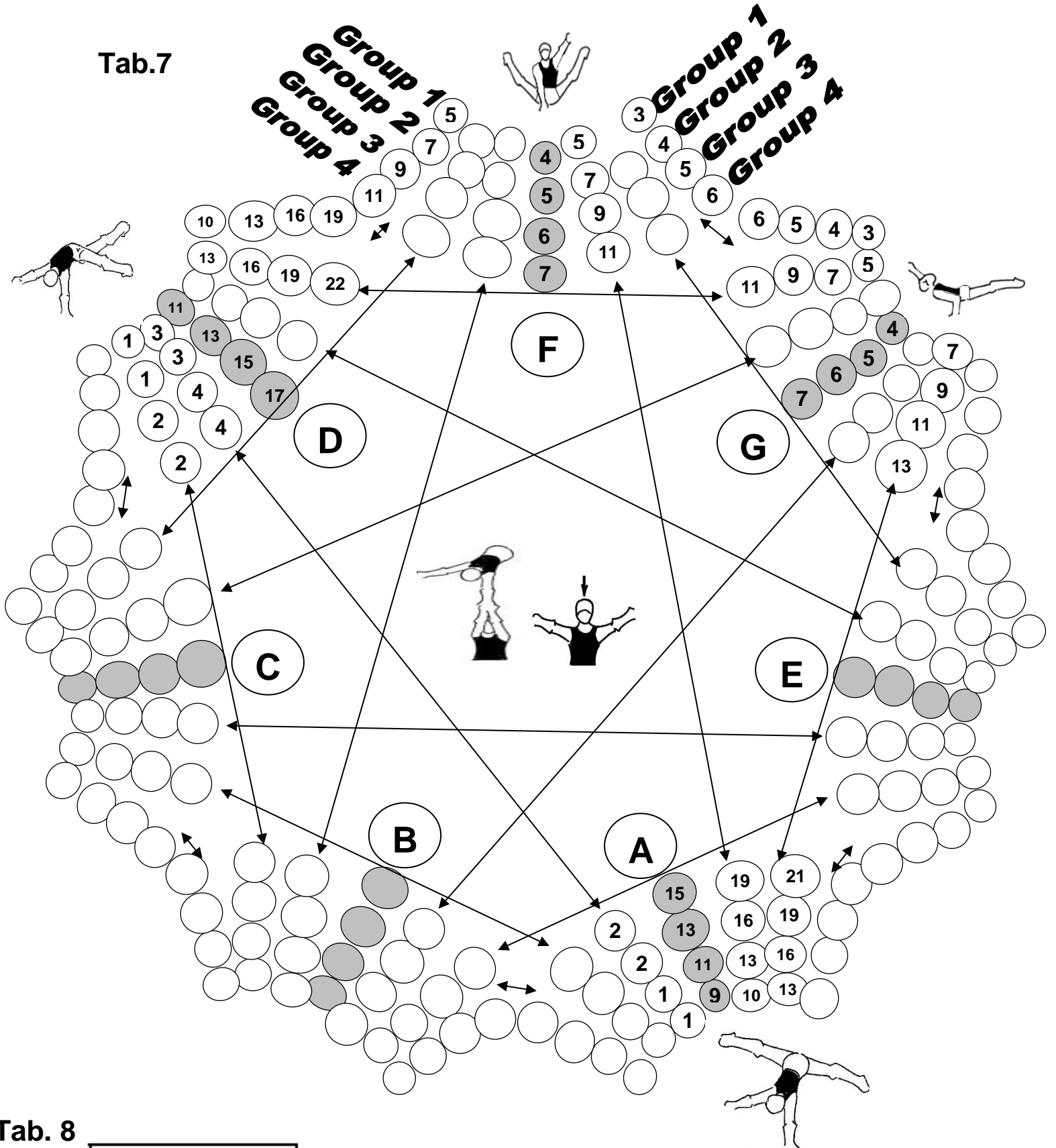
Tab. 5

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

Tab.6

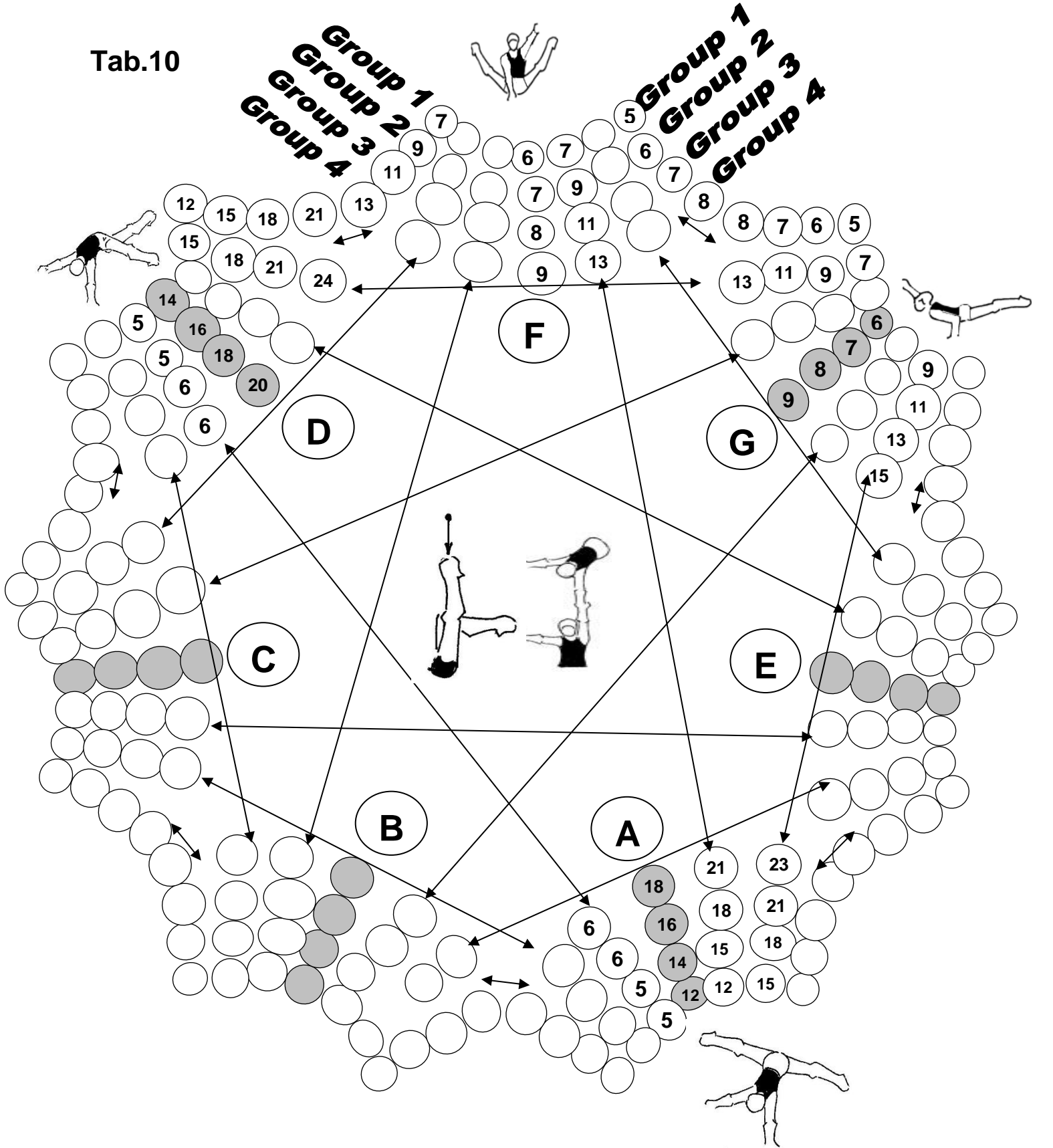
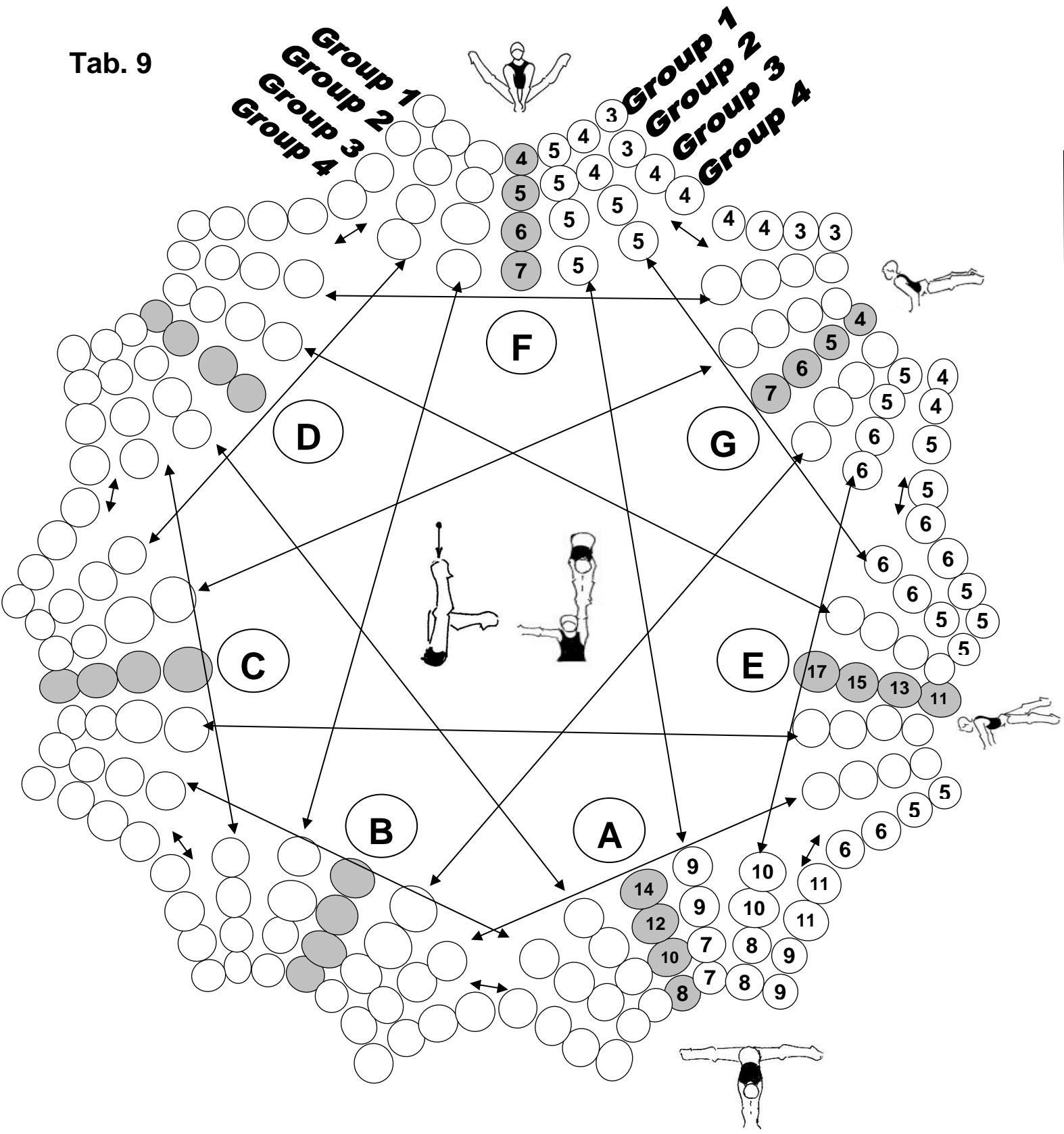


Tab.7



Tab. 8

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



Balance Elements

Category 1













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









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

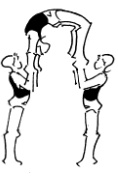








| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|----|----|----|---|---|---|---|---|------|----|----|
| C | | | | | | | | | | NECK | | |
| | 9 | 16 | 16 | 17 | 5 | 7 | 5 | 7 | 9 | 8 | 10 | 9 |





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

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

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

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










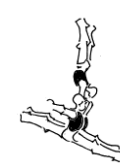

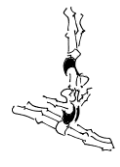
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|--|---|---|---|---|---|----|----|----|
| C |  |  |  |  |  |  |  |  |  | | | |
| | 6 | 8 | 9 | 17 | 20 | 9 | 11 | 10 | 12 | | | |



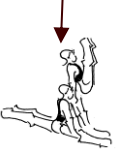
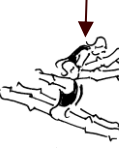

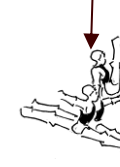


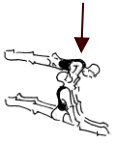



| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|--|---|---|---|---|---|----|----|----|
| D |  |  |  |  | | | | | | | | |
| | 6 | 7 | 7 | 8 | | | | | | | | |








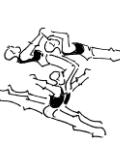
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17 ; 4 group - difficulty 18

Balance Elements

Category 1

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A |  |  |  |  |  |  |  |  |  |  |  |  |
| | 5 | 8 | 6 | 9 | 6 | 10 | 7 | 11 | 11 | 12 | 18 | 19 |

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

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

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

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

Balance Elements

Category 1









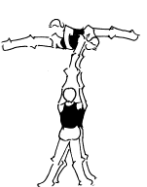


| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|----|---|---|----|----|----|----|----|----|----|
| A | | | | | | | | | | | | |
| | 6 | 8 | 10 | 7 | 9 | 11 | 12 | 14 | 16 | 14 | 16 | 18 |









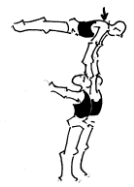
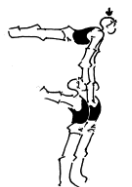
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|----|----|----|----|----|----|----|----|----|----|----|
| B | | | | | | | | | | | | |
| | 9 | 13 | 10 | 15 | 15 | 17 | 17 | 19 | 16 | 18 | 10 | 11 |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|---|---|---|---|----|----|----|----|
| C | | | | | | | | | | | | |
| | 14 | 18 | 20 | 24 | 6 | 7 | 7 | 8 | 12 | 13 | 14 | 15 |

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

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

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

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|----|----|
| B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  |  |  | | |
| | 18 | 23 | 25 | 27 | 15 | 19 | 14 | 16 | 18 | 20 | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| C | 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 |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

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

Balance Elements

Category 1

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

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|---|---|---|----|----|----|
| B | | | | | | | | | | | | |
| | 11 | 13 | 15 | 15 | 17 | 19 | | | | | | |



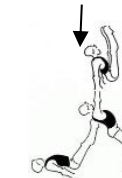



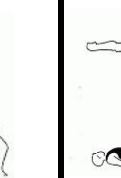

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|----|----|----|----|----|----|
| C | | | | | | | | | | | | |
| | 15 | 16 | 14 | 16 | 18 | 18 | 20 | 19 | 21 | 21 | 23 | |


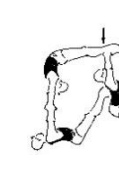

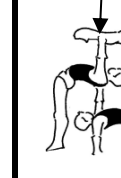
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|---|---|---|---|---|----|----|----|
| D | | | | | | | | | | | | |
| | 19 | 21 | 23 | 25 | | | | | | | | |

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

Balance Elements

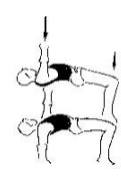

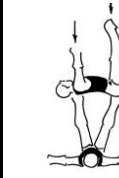






Category 1

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

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

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





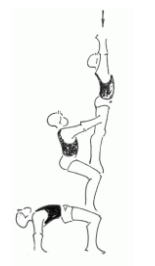



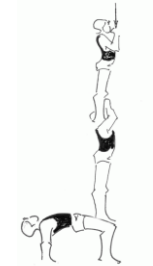
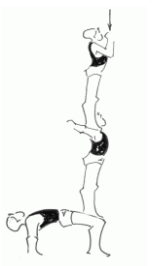
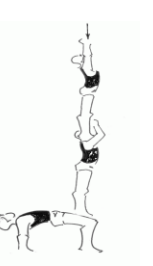

Category 2





| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|--|---|---|---|---|----|----|----|
| D |  |  |  |  |  |  |  |  |  | | | |
| | 10 | 10 | 16 | 14 | 12 | 1 | 2 | 2 | 1 | | | |

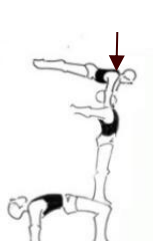
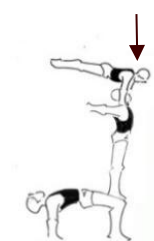








1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17 ; 4 group - difficulty 18



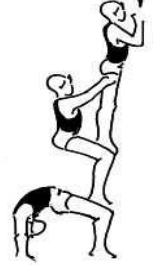


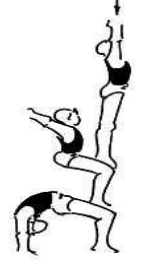
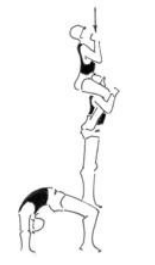

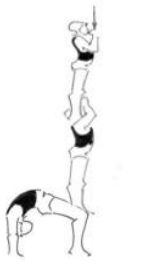
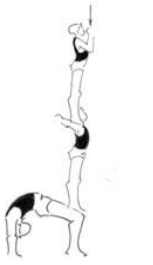
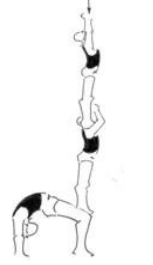
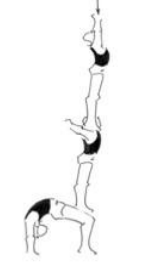
Balance Elements

Category 3

| | | | | | | | | | | | | |
|---|---|---|--|---|---|---|---|---|---|---|---|---|
| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  |  |  |  |  |
| | 7 | 8 | 7 | 9 | 9 | 11 | 8 | 10 | 10 | 12 | 15 | 17 |

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

| | | | | | | | | | | | | |
|---|---|---|--|---|---|---|---|---|---|---|----|----|
| C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  |  |  | | |
| | 13 | 15 | 15 | 17 | 17 | 19 | 15 | 16 | 19 | 21 | | |

| | | | | | | | | | | | | |
|---|---|---|--|---|---|---|---|---|---|---|---|---|
| D | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  |  |  |  |  |
| | 8 | 10 | 8 | 10 | 12 | 14 | 9 | 14 | 12 | 14 | 18 | 20 |

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

Balance Elements

Category 3

| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|----|----|---|----|----|----|
| | | | | | | | | | | | | |
| | 11 | 12 | 14 | 15 | 14 | 16 | 18 | 20 | | | | |

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









| C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|----|----|----|----|----|----|----|----|----|----|----|
| | | | | | | | | | | | | |
| | 9 | 14 | 11 | 15 | 11 | 14 | 18 | 20 | 14 | 17 | 20 | 22 |





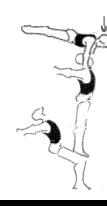
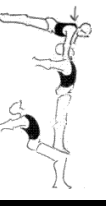

| D | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|----|----|---|----|----|----|
| | | | | | | | | | | | | |
| | 16 | 17 | 18 | 19 | 20 | 22 | 22 | 24 | | | | |





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

Balance Elements

Category 3

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

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

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| C |  |  |  |  | | | | | | | | |
| | 14 | 16 | 4 | 8 | | | | | | | | |

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

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

Category 4

Balance Elements

| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|----|----|---|----|----|----|
| | | | | | | | | | | | | |
| | 16 | 18 | 18 | 20 | 18 | 20 | 20 | 22 | | | | |

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










| C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|----|----|---|----|----|----|
| | | | | | | | | | | | | |
| | 12 | 14 | 14 | 16 | 21 | 22 | 24 | 25 | | | | |








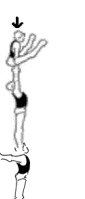
| D | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|----|----|----|----|----|----|----|----|----|----|----|----|
| | | | | | | | | | | | | |
| | 22 | 24 | 40 | 42 | 28 | 36 | 42 | 46 | 17 | 19 | 19 | 21 |





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











Category 4

Balance Elements

| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
|---|---|---|---|---|---|---|---|---|---|----|----|----|--|
| |  |  |  |  |  |  |  |  |  | | | | |
| | 22 | 24 | 26 | 28 | 24 | 26 | 28 | 30 | | | | | |

| B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| |  |  |  |  |  |  |  |  | | | | |
| | 21 | 22 | 24 | 25 | 32 | 33 | 34 | 35 | | | | |




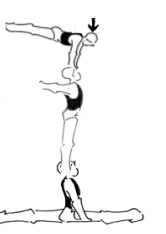








| C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| |  |  |  |  | | | | | | | | |
| | 46 | 48 | 48 | 50 | | | | | | | | |





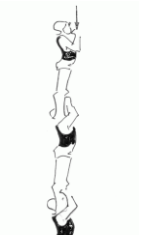

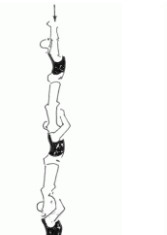
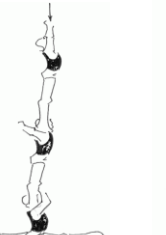
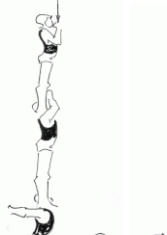
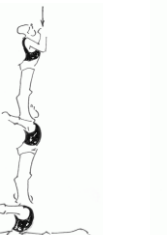
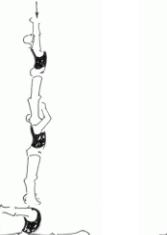
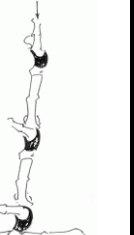
| D | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|---|----|----|
| |  |  |  |  |  |  |  |  |  |  | | |
| | 11 | 13 | 13 | 15 | 24 | 26 | 13 | 14 | 16 | 17 | | |

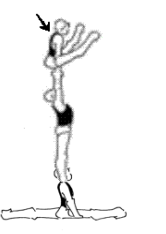
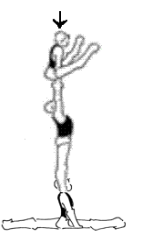
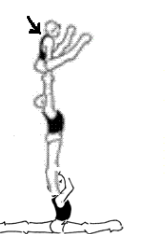
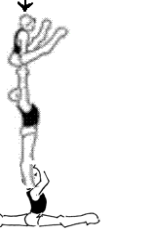
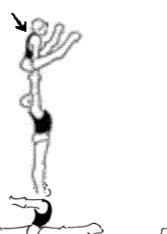
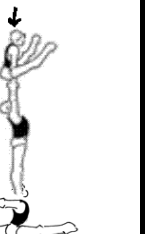
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17 ; 4 group - difficulty 18





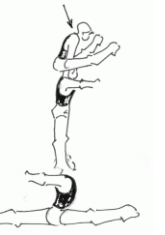



Balance Elements

Category 4

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  |  |  |  |  |
| | 16 | 18 | 20 | 22 | 18 | 20 | 22 | 24 | 16 | 18 | 20 | 22 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  |  |  |  |  |
| | 11 | 13 | 13 | 15 | 13 | 15 | 24 | 26 | 15 | 17 | 26 | 28 |

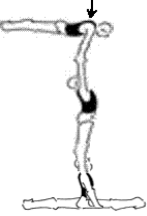
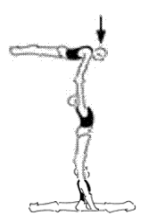

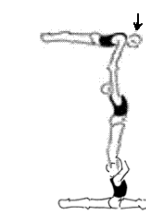
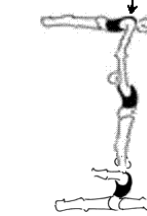

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  | | | | | | |
| | 17 | 18 | 18 | 19 | 20 | 21 | | | | | | |









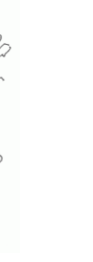

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| D | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  |  |  | | | | |
| | 13 | 14 | 15 | 17 | 15 | 16 | 18 | 19 | | | | |





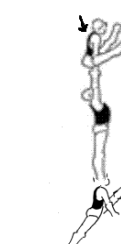



1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17 ; 4 group - difficulty 18

Category 4

Balance Elements

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|--|---|---|---|---|----|----|----|
| A |  |  |  |  |  |  | | | | | | |
| | 22 | 24 | 23 | 25 | 24 | 26 | | | | | | |

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|--|---|---|---|---|---|----|----|
| B |  |  |  |  |  |  |  |  |  |  | | |
| | 13 | 15 | 15 | 17 | 26 | 28 | 15 | 16 | 18 | 19 | | |












| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|--|---|---|---|----|----|----|----|
| C |  |  |  |  |  |  |  |  | | | | |
| | 18 | 20 | 22 | 24 | 20 | 21 | 24 | 26 | 24 | 26 | | |





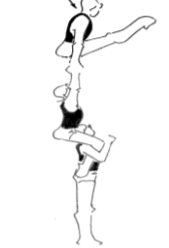




| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| D | | | | | | | | | | | | |
| | | | | | | | | | | | | |




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





Category 4

Balance Elements

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

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| B |  |  |  |  |  |  |  |  |  | | | |
| | 18 | 20 | 23 | 25 | 20 | 22 | 23 | 14 | 16 | | | |












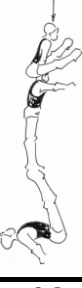











| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|
| C |  |  |  | | | | | | | | | |
| | 19 | 20 | 22 | | | | | | | | | |

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

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

Balance Elements

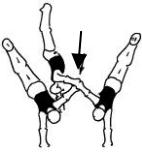
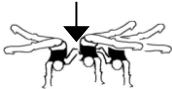
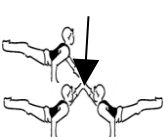
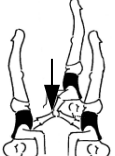
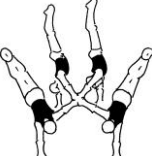
Category 5

| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|---|---|----|----|
| |  |  |  |  |  |  |  |  |  |  | | |
| | 14 | 16 | 16 | 18 | 15 | 17 | 17 | 19 | 28 | 30 | | |
| B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  | | | | | | |
| | 17 | 18 | 19 | 21 | 22 | 27 | | | | | | |
| C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  |  |  |  |  |  | | | | | | |
| | 20 | 22 | 24 | 26 | 32 | 34 | | | | | | |
| D | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| |  | | | | | | | | | | | |
| | 12 | | | | | | | | | | | |

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

Balance Elements

Category 6

| A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|--|---|---|---|---|----|----|----|
| |  |  |  |  |  | | | | | | | |
| | 16 | 18 | 10 | 6 | 12 | | | | | | | |

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

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

| D | 1 | 2 | 3 | 4 | 5 | 6 | 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