

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



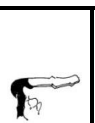


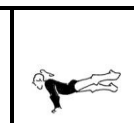
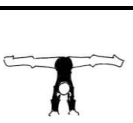
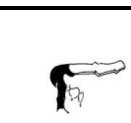
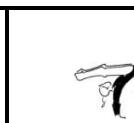
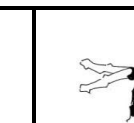







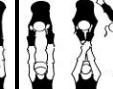










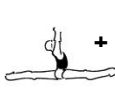


TABLES OF DIFFICULTY  
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS  
Balance Elements  
Mounts

## Balance Elements

## Pairs


















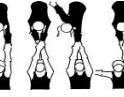
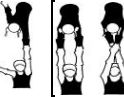
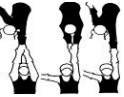
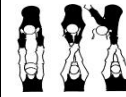
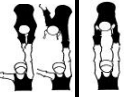
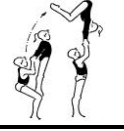
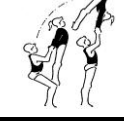
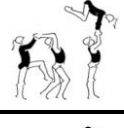
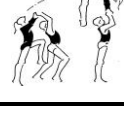


## Mounts

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

# Balance Elements

## Pairs
































## Mounts

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

# Balance Elements

## Pairs

## Mounts

																																																			
		A			B			C			D			E			A					B					C					D					E														
A	Start																																																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40										
	180° +1		4	7	10	8	11	14	8	11	14	8		14	7	10		8	12	18	17	24	12	15	22	21	28	12	15	22	21	28	12		22		28	11	13		17										
	180° +2		7	11	15		11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23									
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5		2	2	2											2	2	2	2	2																																

# Balance Elements

## Pairs



























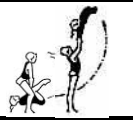


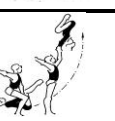


## Mounts

		A	B	C	D	E	A	B	C	D	E																														
A	Start																																								
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		2	2	2													2	2	2	2	2																				

## Balance Elements

## Pairs

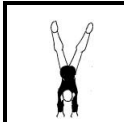
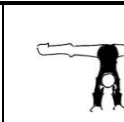
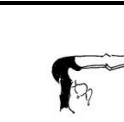

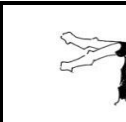



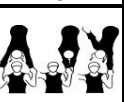
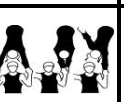
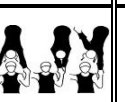
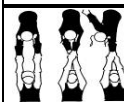
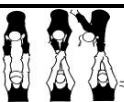
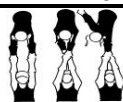
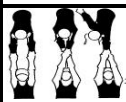
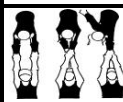
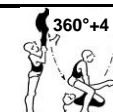




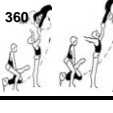


## Mounts

																																														
		A	B	C	D	E	A	B	C	D	E																																			
Start																																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40					
A		10	13	17	13	17	21	13	18	24	23		24	12	17		15	19	26	25	34	19	22	31	39	39	18	22	31	39	39	18		31		39	17	20		25						
B		11	16	22	15	20	26	15	20	26	15		26	14	19		16	22	29	28	37	20	25	34	33	42	22	31	34	33	42	20		34		42	19	21		29						
C		6	10	14	10	14	19	10	14	18	10		18	9	13		11	15	22	21	31	15	18	26	25	36	15	18	26	25	36	15		26		36	14	16		21						
D		14	18	21	18	22	26	18	23	29	18		28	17	22		20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24		39		45	24	26		35						
E		11	15	19	15	19	23	15	19	23	15		23	14	18		17	22	29	28	37	21	25	36	31	42	21	25	36	32	41	21		36		42	21	23		28						
F		11	16	23	15	20	27	15	20	27	15		27	14	19		16	22	29	28	27	20	25	34	33	42	20	35	34	33	42	20		34		32	19	24		29						
		2	2	2													2	2	2	2	2																									

# Balance Elements

## Pairs

## Mounts







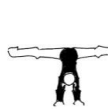
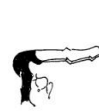








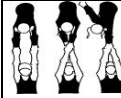
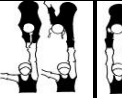
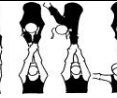
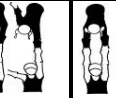
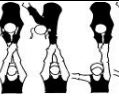
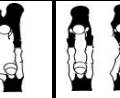








																																									
	A	B			C			D			E			A					B					C					D					E							
Start																																									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
A  360°+4	7	11	15	11	15	19	11	15	19	11			19	11	15		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		43	29	32		29	
B  360°+4	6	10	14	10	14	18	10	14	18	10			18	10	14		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		27	21	24		29	
C 	7	11	15	11	15	19	11	15	19	11			19	11	15		12	16	21	21	27	16	19	25	25	31	15	18	24	24	30	16		25		31	16	18		22	
D 	6	10	14	10	14	18	10	14	18	10			18	10	14		11	15	20	20	26	15	18	24	24	30	14	17	23	23	29	15		24		30	15	17		21	
E  5/4 back	11	14	18	14	18	22	14	18	22	14			22	14	18		16	21	28	27	34	20	24	32	31	40	20	24	32	31	40	20		32		40	21	24		30	
F  360° 360°+4	8	12	16	12	16	20	12	16	20	12			20	12	16		18	22	22	22	28	22	26	37	33	43	22	26	37	33	43	22		37		43	29	32		29	
 +	2	2	2	 +												2	2	2	2	2																					

## Balance Elements

## Pairs



## Mounts







































																																														
		A	B	C	D	E	A	B	C	D	E																																			
Start																																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40					
A		13	16	20	16	20	24	16	21	27	16		27	15	21		18	22	29	28	37	22	25	34	32	42	29	34	47	32	42	21		32		42	20	23		28						
B		13	17	21	17	21	25	17	21	25	17		25	16	20		20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24		39		45	23	26		31						
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D		6	11	15	11	15	19	11	15	19	11		19	10	14		16	21	27	26	35	19	23	32	30	39	19	23	32	30	39	19		31		39	18	21		26						
E		15	17	19	17	19	21	17	19	21	17		21	16	18		18	25	13	28	34	24	27	35	30	37	24	27	35	30	37	24		35		37	23	26		29						
F		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	29	27	37	16	20	29	27	37	16		29		37	15	18		23						
	 +	2	2	2	 +												2	2	2	2	2																									



# Balance Elements

## Pairs

## Mounts

																																																																																	
		A					B					C					D					E					A					B					C					D					E																																		
A	Start																																																																																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40																																								
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		11	16	22	15	20	26	15	20	26	15		26	15	20		18	23	31	30	39	22	26	35	34	43	22	26	35	34	43	22		35		43	21	24		30																																									
	B		6	14	7	10	14	18	10	14	18	10		18	10	13		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		26		35	14	17		22																																								
C		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23																																									
D		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23																																									
		2	2	2											2	2	2	2	2																																																														

# Balance Elements

## Pairs

















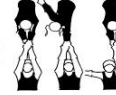
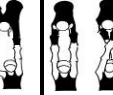

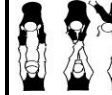


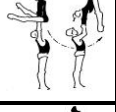

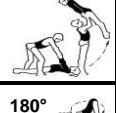
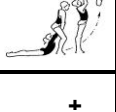


## Mounts

|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

# Balance Elements

## Pairs







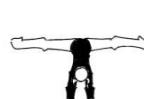










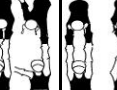


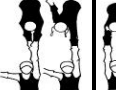

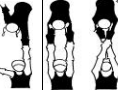






## Mounts

																																									
		A	B	C	D	E	A	B	C	D	E																														
Start																																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
A		6	9	12	10	13	16	10	13	16	10		16	9	12		11	16	23	22	31	15	18	27	26	35	15	18	27	26	35	15		27		35	14	16		22	
B		4	7	10	8	11	14	8	11	14	8		14	8	11		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18	
C		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23	
D		7	11	15	11	15	19	11	15	19	11		19	10	14		17	22	28	27	38	21	25	36	31	42	21	25	36	31	42	21		36		42	20	23		28	
E		8	12	16	12	16	20	12	16	20	12		20	11	15		14	19	26	25	34	18	22	30	29	38	18	22	32	29	38	18		32		38	17	20		25	
		2	2	2													2	2	2	2	2																				








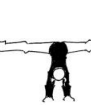


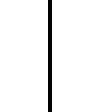

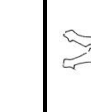









# Balance Elements

## Pairs

## Mounts

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





















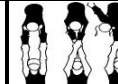



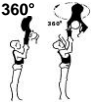
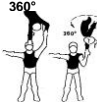



# Balance Elements

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

# Balance Elements

## Pairs

## Mounts

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

# Balance Elements

## Pairs

## Mounts

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