FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE

TABLES OF DIFFICULTY

WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS

Dynamic Elements

Dynamic Elements

Pairs

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

This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

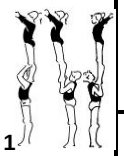
Dynamic Elements

Pairs

Back Salto

Finish Position

Start



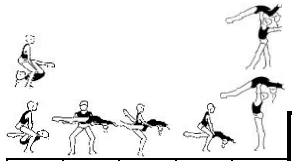
1

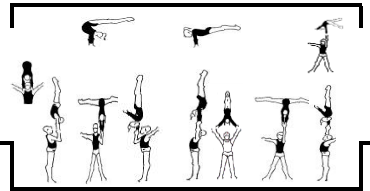
2

3

+1

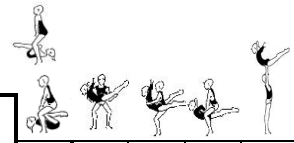
(8/4) +3

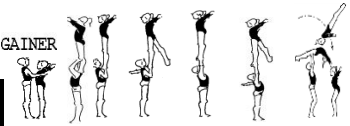




Base turns 180° + 2

top 180°





Base turns 180° + 2

GAINER

			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V
1/4	1							2/4							3/4						0/4 4/4	0	1	3	2	4	
	2		4	1	1	1	3									4	2			6		2	14	17	17	22	2
	3		4	1	1	1	3									5	3			7		3	16	19	19	24	3
	4		4	1	1	1	3		20	24	28	24	28	34		6	4			8		4	18	21	21	26	4
5/4	5		10	7	4	8	8	6/4	30	36	40	44			7/4	16	14			17	8/4	14	34				8
	6		12	8	5	9	10		30	36	40	44				18	16			19		16	44				10
	7																					16					10
	8																					19					12
	9		16	10	7	11	12		36	42	46	50				26	24			27		24					16
9/4	10			15	14			10/4							11/4						12/4	34					
	11			17	16																	44					
	12			17	16																						
	13			20	19																						
	14			25	23																						

+ 2

4

5

5A

0/4 - 4/4

- 2

6

forbidden

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12	14
3	2/4	-2	7	5	12	10	18	16	24
4	3/4	1	3	4	6	8	10	12	14
5	4/4	4	8	12	16	20	24	28	32
6	5/4	3	4	6	8	11	14	17	20
7	6/4	0	12	8	16	12	24	20	32
8	7/4	3	5	7	9	12	15	18	22
9	8/4	8	12	16	20	24	28	32	36
10	9/4	4	6	8	11	14	18	22	28
11	10/4								
12	11/4								
13	12/4	12	16	20	24				

2/4
6/4
10/4
14/4

1/4
5/4
9/4

3/4
7/4
11/4

8/4
4/4
0/4

Dynamic Elements

Pairs

Front Salto

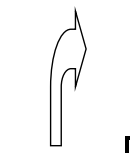
Finish Position

top 180°

Base turns 180° + 2

Base turns 180° + 2

GAINER



Start

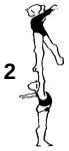
7

8

8/4 +3

+ 1

9



+ 2

10

11

12

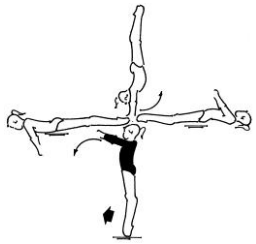
forbidden

			A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
1/4	1							2/4								3/4						0/4 4/4	0	1	3	2	4	0
	2		5	1	1	1	4		2	5	11	14	9	15	19		5	3			7		3	18	20	20	24	2
	3		5	1	1	1	4		2	5	11	14	9	15	19		6	4			8		4	20	22	22	26	3
	4		5	1	1	1	4		2	5	11	14	9	15	19		7	6			9		5	22	24	24	30	4
5/4	5		9	7	4	8	10	6/4	10	26	29	33	30	36	42	7/4	18	16			20	8/4	16	38				10
	6		10	8	5	9	12		10	26	29	33	30	36	42		20	18			22		18	48				12
	7																						18					12
	8																						22					14
	9		12	10	7	11	14		12	30	33	37	34	40	46		30	28			32		27					16
9/4	10			18	13	21		10/4	26							11/4						12/4	38					
	11			20	15	23			30														48					
	12			20	15	23																						
	13			24	19	27																						
	14			29	24	32			40																			

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	###	1260	1440
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10,	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

2/4
6/4
10/4
14/4

1/4
5/4
9/4



3/4
7/4
11/4

8/4
4/4
0/4

Dynamic Elements

Pairs

top 180°

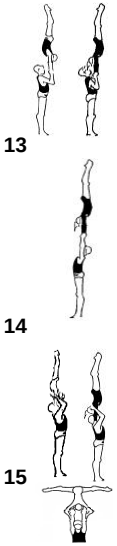
Base turns 180° + 2

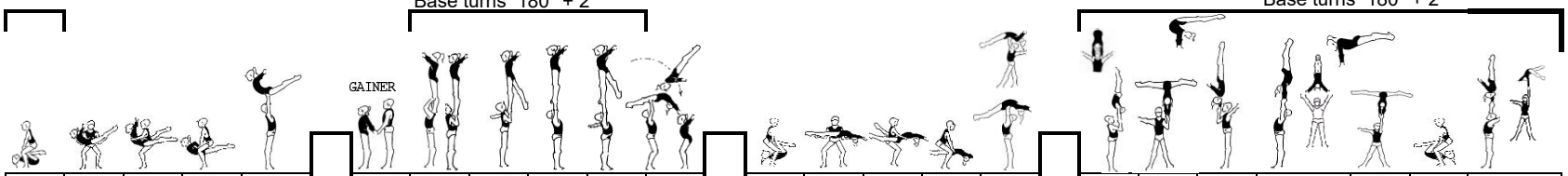
Base turns 180° + 2

Back Salto

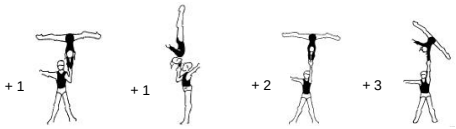
Finish Position

Start



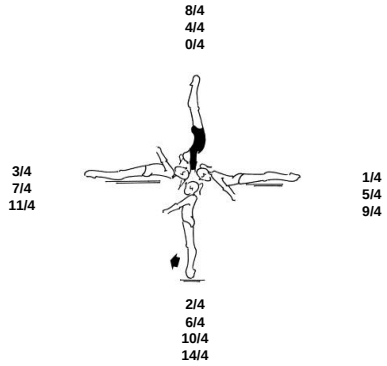


		A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V	W
1/4	1						2/4							3/4						0/4 4/4	2	3	5	4	6		9
	2	3	2					1	4	7	6	9				3	2	4	6		24	28	32	28	34	18	40
	3	3	2			2		1	4	7	6	9				3	2	4	6		26	30	34	30	36	20	42
	4	3	2			2		1	4	7	6	9				3	2	4	6		28	32	36	32	38	22	44
5/4	5		7			9	6/4	7	22	26	26	30	7	7/4		9	6	15	12	8/4	50						
	6		8			11		8	24	28	28	32	8			11	8	17	14		60						
	7																										
	8																										
	9		10			13		10	30	34	34	38	10		18	13	10	19	16								
9/4	10		18			18	10/4	28						11/4						12/4							
	11		20			20		38																			
	12		20			20																					
	13		23			22																					
	14		28			26		48																			



16 **17** **18** **19**

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	10	12	14
3	2/4	2	4	6	9	12	15	18	22
4	3/4	1	3	5	7	9	11	13	15
5	4/4	-4	8	4	16	12	24	20	32
6	5/4	2	4	6	8	10	13	16	20
7	6/4	4	8	10	14	16	18	20	26
8	7/4	3	5	7	9	11	14	17	21
9	8/4	-6	16	10	36				
10	9/4	6	12	18	24				
11	10/4	6	12	18	24				
12	11/4								
13	12/4								



Dynamic Elements

Pairs

Front Salto

Finish Position

Start

Base turns 180° + 2 | top 180° | Base turns 180° + 2

GAINER

		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	5	4	6		9
	2	2	1					1	6	9	9	12				4	2	4	7		6	20	24	28	20	26	16	32
	3	2	1			2		1	6	9	9	12				4	2	4	7		8	22	26	30	22	28	18	34
	4	2	1			2		1	6	9	9	12				4	2	4	7		10	24	28	32	24	30	20	36
5/4	5		8			10	6/4	9	20	24	24	30	9	7/4		12	8	16	17	8/4	24	40					32	
	6		9			12		11	22	26	26	32	11			14	10	18	19		28	50					36	
	7																											
	8																											
	9		11			14		13	28	32	32	40	13		20	16	12	20	21									
9/4	10		18				10/4	32						11/4			27			12/4								
	11		22					42									31											
	12		22																									
	13		24																									
	14		26																									
	15						14/4	42																				

20 21 22 + 1 23

+1 24 +2 25 + 3 26 27 28

	4
	5

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1 0/4	2	4	6	9	12	15	18	22
2 1/4	1	2	4	6	8	11	13	17
3 2/4	4	4	8	8	13	13	18	18
4 3/4	1	3	5	7	9	12	14	18
5 4/4	4	8	12	16	20	24	29	34
6 5/4	2	4	6	8	10	13	16	20
7 6/4	4	8	10	14	16	20	22	26
8 7/4	3	5	7	10	13	17	20	23
9 8/4	9	18	27	36				
10 9/4	8	16	24	32				
11 10/4	8	16	24	32				
12 11/4								

8/4 4/4 0/4

3/4 7/4 11/4

1/4 5/4 9/4

2/4 6/4 10/4 14/4

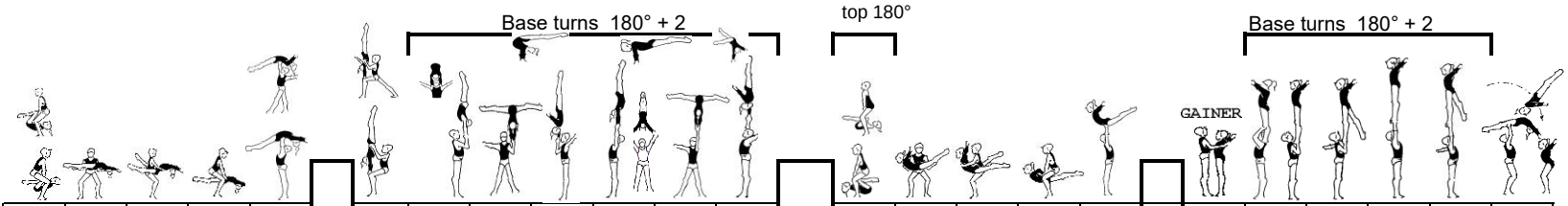
Dynamic Elements

Pairs

Back Salto

Finish Position

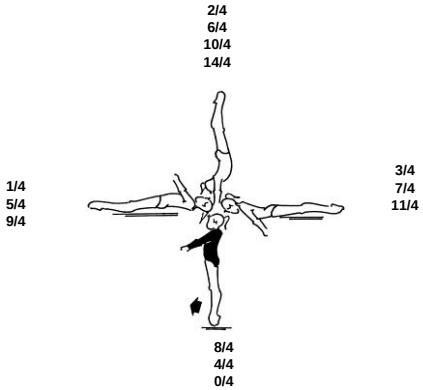
Start



			A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
	1/4	1						2/4								3/4						0/4 4/4	0	2	4	3	5	
		2	3	1	1	1			3	10	16	22	14	22	28		4	2			7		2	12	15	14	19	2
		3	3	1	1	1			3	10	16	22	14	22	28		5	3			8		3	14	17	16	21	3
		4	3	1	1	1	2		3	10	16	22	14	22	28		6	4			10		4	16	19	18	23	4
29	5/4	5	12	6	2	7	10	6/4	14	30	34	38	34			7/4	17	16			17	8/4	15	36				9
		6	14	7	3	8	12		14	30	34	38	34				19	18			19		17	46				11
		7																					17					11
30		8																					20					13
		9	16	9	5	10	14		18	34	40	44	42				27	26			27		25					17
31	9/4	10		16	11			10/4								11/4						12/4	36					
		11		18	13																		46					
		12		18	13																							
		13		22	16																							
32		14		27	20																							

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12	14
3	2/4	-2	7	5	12	10	18	16	24
4	3/4	1	3	4	6	8	10	12	14
5	4/4	3	4	6	8	11	14	17	20
6	5/4	3	4	6	8	11	14	17	20
7	6/4	-2	12	8	16	12	24	20	32
8	7/4	3	5	7	9	12	15	18	22
9	8/4	4	8	12	16	20	24	28	32
10	9/4	4	6	8	11	14	18	22	28
11	10/4								
12	11/4								
13	12/4	8	14	20	26				

33 34



Dynamic Elements

Pairs

Front Salto

Finish Position

top 180°

Base turns 180° + 2

Base turns 180° + 2

GAINER

Start

			A	B	C	D	E		F	G	H	I	J	K	L		M	N	O	P	Q		R	S	T	U	V	W
	1/4	**1**						**2/4**								**3/4**						**0/4 4/4**	0	1	3	2	4	0
		2	2	1	1	1	3		2	5	9	12	8	13	17		7	3			9		2	14	17	17	22	2
		3	2	1	1	1	3		2	5	9	12	8	13	17		8	4			10		3	16	19	19	24	3
		4	2	1	1	1	3		2	5	9	12	8	13	17		10	5			12		4	18	21	21	26	4
35	**5/4**	**5**	5	8	4	8	6	**6/4**	10	20	23	27	24	30	36	**7/4**	20	18			22	**8/4**	17	40				11
		6	7	9	5	9	8		10	20	23	27	24	30	36		22	20			24		19	50				13
		7																					19					13
36		**8**																					23					15
		9	10	11	7	11	12		12	24	27	31	28	34	40		32	30			34		28					17
37	**9/4**	**10**		20	15			**10/4**	28							**11/4**						**12/4**	40					
		11		22	17				32														50					
		12		22	17																							
		13		26	21																							
38		**14**		32	27																							

39 40 41 (6/4 +3) 42 (6/4) + 2

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10,	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

2/4
6/4
10/4
14/4

1/4
5/4
9/4

3/4
7/4
11/4

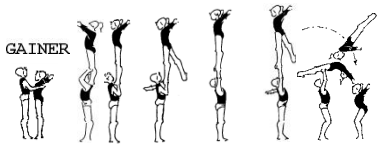
8/4
4/4
0/4

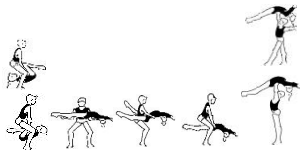
Dynamic Elements

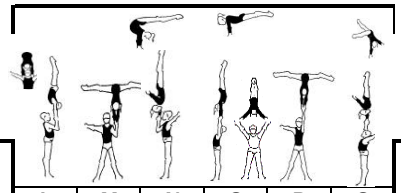
Pairs

Back Salto

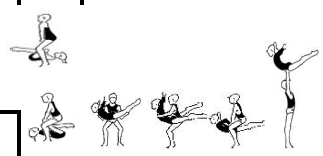
Finish Position







top 180°



Start

43

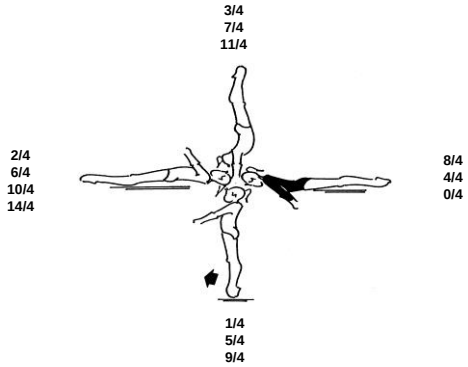
44

45

46

		A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
1/4	1							**2/4**						**3/4**							**0/4 4/4**	2	0		0	2
	2	1	3	5	5	8			3	2	2	3	4		14							8	5		4	7
	3	1	3	5	5	8			4	3	2	3	4		14							10	7		5	9
	4	1	3	5	5	8			6	4	2	3	4		14								9		6	11
5/4	5	5	14	17	16	21	5	**6/4**	12	7	7	10	12	**7/4**	28						**8/4**	22	20			22
	6	6	16	19	18	23	6		14	9	9	12	14		28							24	22			24
	7																						22			
	8																						25			
	9	8	18	21	20	25	8		16	15	11	14	16		34								30			
9/4	10	18						**10/4**		18	14			**11/4**							**12/4**					
	11	20								22	18															
	12	20																								
	13	23																								
	14	28								32	26															
13/4	15	34																								
	16	44																								

	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	8	10
2 1/4	0	2	4	6	8	10	14	18
3 2/4	1	2	3	4	6	8	10	12
4 3/4	1	6	10	14	18	22	26	30
5 4/4	2	8	10	12	15	18	21	24
6 5/4	2	8	10	12	16	20	24	28
7 6/4	3	5	7	9	11	14	17	20
8 7/4	3	8	12	16	20	24	30	34
9 8/4	3	10	13	16	20	22	26	32
10 9/4	6	12	18	24				
11 10/4								
12 11/4								
13 12/4								

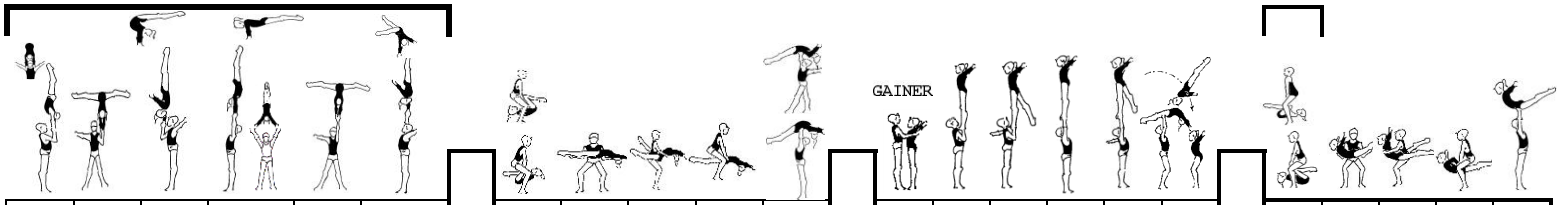


Dynamic Elements

Pairs

Front Salto

Finish Position



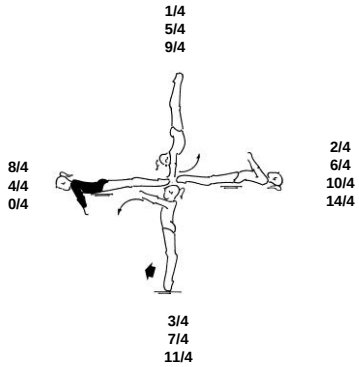
Start

47

48

		A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
1/4	1							**2/4**						**3/4**							**0/4 4/4**	2	0	0	0	2
	2	4	6	9	8	11	14		4	3			4		3	8	11	11	15			8	6	3	7	10
	3	4	6	9	8	11	14		5	4			5		4	10	13	13	17			10	8	4	9	12
	4	6	8	9	8	11	14		7	5			6		6	12	15	15	19			12	10	6	11	14
5/4	5	16	20	24	22	26	32	**6/4**	14	12			16	**7/4**	16	40					**8/4**	26	22			
	6	16	20	24	22	26	32		16	14			18		18	50						28	24			
	7																									
	8																									
	9	20	24	28	26	32	38		20	18			22		27											
9/4	10							**10/4**						**11/4**							**12/4**					
	11																									
	12																									
	13																									
	14																									

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	0	4	7	10	13	16	19	23
3	2/4	1	2	3	4	6	8	10	12
4	3/4	2	4	6	8	12	16	20	24
5	4/4	2	8	10	12	15	19	22	26
6	5/4	2	5	8	11	14	18	19	23
7	6/4	3	5	7	9	12	15	18	21
8	7/4	3	8	12	16	20	24	28	32
9	8/4	3	11	14	17	21	25	29	35
10	9/4								
11	10/4								
12	11/4								
13	12/4								

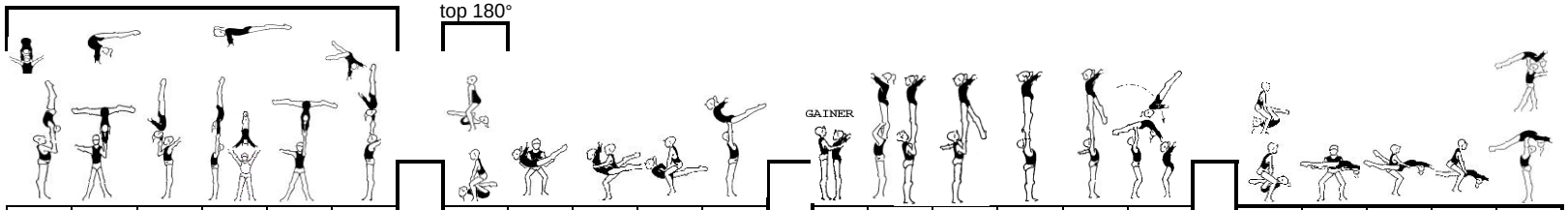


Dynamic Elements

Pairs

Back Salto

Finish Position



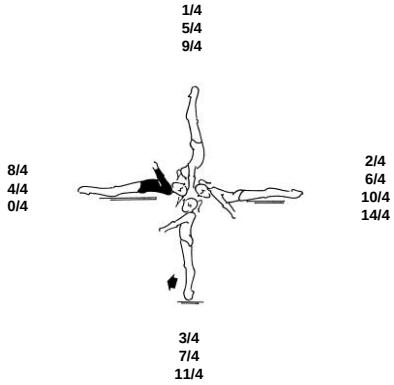
Start

49

50

		A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
1/4	**1**							**2/4**						**3/4**							**0/4 4/4**	0	0	0	0	2
	2	4	5	7	5	10	14		3	1			3		1	8	10	10	14			5	3	1	5	5
	3	4	5	7	5	10	14		4	1			3		1	10	12	12	16			6	4	2	6	6
	4	4	5	7	5	10	14		5	1			3		2	12	15	15	18			8	6	3	8	8
5/4	**5**	14	17	21	16	21	27	**6/4**	10	6			12	**7/4**	14	34				10	**8/4**	14	18	12	20	20
	6	16	19	23	18	23	29		12	8			14		16	44				12		15	20	14	22	
	7																					15				
	8																									
	9	18	21	25	20	25	31		14	10			16		24					18						
9/4	**10**							**10/4**						**11/4**							**12/4**					
	11																									
	12																									
	13																									
	14																									

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	0	4	7	10	13	16	19	23
3	2/4	1	2	3	4	6	8	10	12
4	3/4	2	4	6	8	12	16	20	24
5	4/4	2	4	6	8	11	14	17	20
6	5/4	2	5	8	11	14	18	22	26
7	6/4	3	5	7	9	11	14	17	20
8	7/4	3	8	12	16	20	24	28	32
9	8/4	3	6	9	12	16	18	22	28
10	9/4								
11	10/4								
12	11/4								
13	12/4								

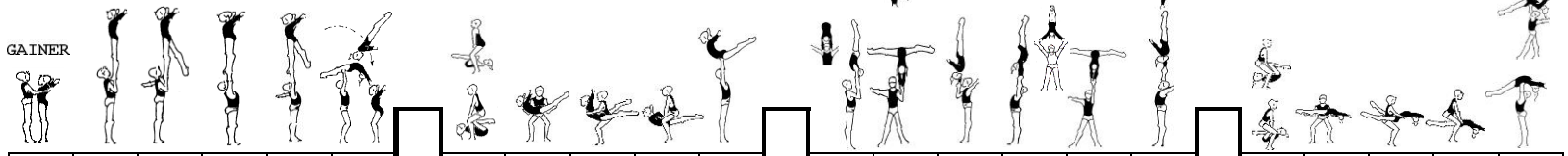


Dynamic Elements

Pairs

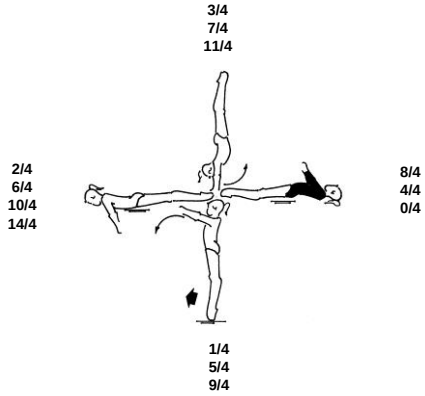
Front Salto

Finish Position



			A	B	C	D	E	F		G	H	I	J	K		L	M	N	O	P	Q		R	S	T	U	V
	1/4	1							2/4						3/4							0/4 4/4	1	1			2
Start		2	0	3	5	5	7			3	2	1	1	3		2	7	10	14	13	20		6	4			6
		3	0	3	5	5	7			4	3	1	1	4		3	7	10	14	13	20		7	5			7
51		4	0	3	5	5	7			4	3	1	1	4		4	10	13	17	16	23		9	7			9
52	5/4	5	4	13	16	15	20	6	6/4	12	8	5	9	12	7/4	12	22	26	29	26	38	8/4	24	20			22
		6	5	15	18	17	22	7		14	10	7	11	14		12	24	28	31	28	38		26	22			24
		7																					26	22			24
		8																					30	26			28
OR		9	7	17	20	19	24	9		16	14	9	15	16		14	26	30	33	30	40		35	31			33
53	9/4	10	20						10/4	26	24	18			11/4							12/4					
		11	22							28	26	20															
		12	22							28	26	20															
		13	26							32	28	22															
54		14	31							37	33	27															
	13/4	15	38																								
		16	48																								

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	1	3	5	7	10	13	16	19
3	2/4	1	2	3	4	6	8	10	12
4	3/4	2	4	6	9	12	15	19	23
5	4/4	2	8	10	12	15	18	21	24
6	5/4	2	5	7	9	13	17	21	25
7	6/4	3	5	7	9	12	15	18	21
8	7/4	4	10	14	18	22	24	30	36
9	8/4	3	11	14	17	21	25	29	35
10	9/4	4	10	14	16				
11	10/4	6	14	22	30				
12	11/4								
13	12/4								



Dynamic Elements

Pairs

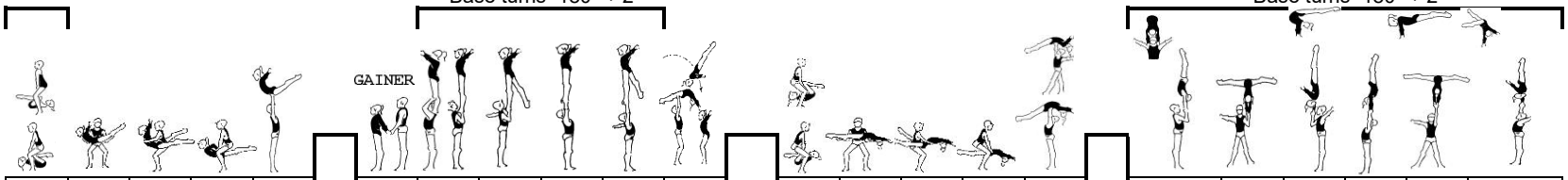
Back Salto

Finish Position
Position

top 180°

Base turns 180° + 2

Base turns 180° + 2



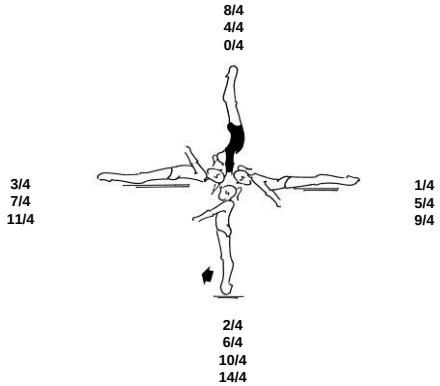
Start

55

56

			A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V
1/4	**1**							**2/4**							**3/4**						**0/4 4/4**	5	6	8	10	12	15
	2		2						1	6	8	9	12			5	4	2	4	5		22	26	30	26	32	38
	3		2						1	6	8	9	12			6	5	3	5	6		24	28	32	28	34	40
	4		2	2			3		1	6	8	9	12			7	6	4	6	7		26					
5/4	**5**		9	8			10	**6/4**	9	20					**7/4**						**8/4**						
	6		10	9			12		10	22																	
	7																										
	8																										
	9		13	11			14		12	28																	
9/4	**10**							**10/4**							**11/4**						**12/4**						
	11																										
	12																										
	13																										
	14																										

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	10	12	14
3	2/4	2	4	6	9	12	15	18	22
4	3/4	1	3	5	7	9	11	13	15
5	4/4	-4	8	4	16	12	24	20	32
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	11	13	16	19	23
8	7/4								
9	8/4								
10	9/4								
11	10/4								
12	11/4								
13	12/4								



Dynamic Elements

Pairs

Front Salto

Finish Position

Start

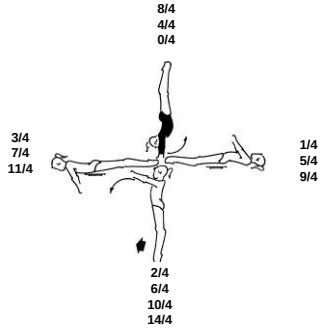
57

58

Base turns 180° + 2 — GAINER

top 180°

Base turns 180° + 2

		A	B	C	D	E		F	G	H	I	J	K		L	M	N	O	P		Q	R	S	T	U	V
1/4	1						2/4							3/4						0/4 4/4	5	6	8	10	12	15
	2	2	1					1	7	9	10	14			6	4	2	4	6		10	14	18	14	20	26
	3	2	1					1	7	9	10	14			6	4	2	4	6		12	16	20	16	22	28
	4	2	1			3		1	7	9	10	14			6	4	2	4	6		14	18	22	18	24	30
5/4	5	8	7			8	6/4	8	20	22	22	28	8	7/4	12	10	7	12	15	8/4	30					
	6	10	9			10		10	22	26	26	30	10		14	12	9	14	17		40					
	7																									
	8																									
	9	14	12			14		12	28	30	30	38	12		16	14	11	16	19							
9/4	10	19	17				10/4	26						11/4	33	30	26	29	33	12/4						
	11	23	21					36							37	34	30	31	37							
	12		21																							
	13		23																							
	14		25																							
	15													15/4	48											

	Twist	A 180	B 360	C 540	D 720	E 900	F 1080	G 1260	H 1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	11	13	17
3	2/4	4	4	8	8	13	13	18	18
4	3/4	1	3	5	7	9	12	14	18
5	4/4	4	8	12	16	20	24	29	34
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	12	15	19	22	25
8	7/4	3	5	7	10	13	17	20	23
9	8/4	9	18	27	36				
10	9/4	8	16	24	32				
11	10/4	8	16	24	32				
12	11/4								
13	12/4