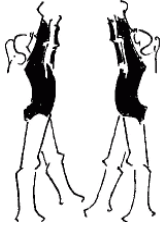

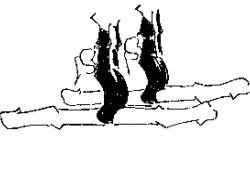
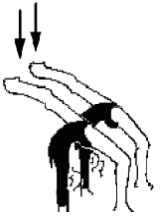
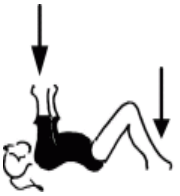


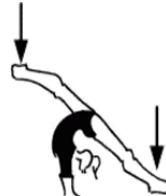


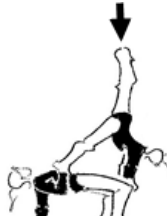



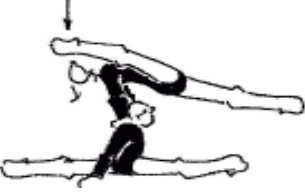
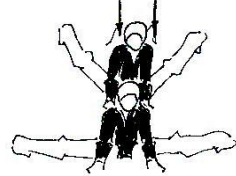







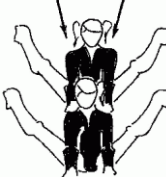


FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S GROUP
BALANCE ELEMENTS
STATIC-MOTION-MOUNTS

Static Elements

Cat 1	two bases						
Cat 2	two tops						
Cat 3	One base in different positions						
Cat 4	middle on the shoulder of the base						
Cat 5	middle on the feed of the base						
Cat 6	Middle on the hands of the base or the base on the hands						

Static Elements

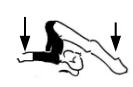









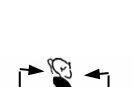



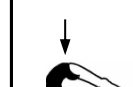





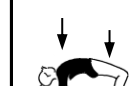



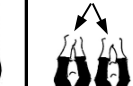















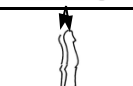
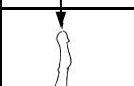
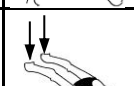

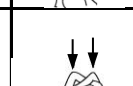


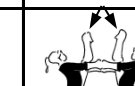

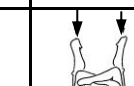

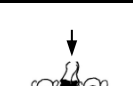







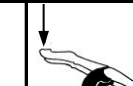
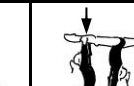










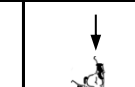
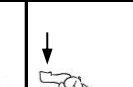

Static

Women's Group

How to look for the value of the top

In the left column of vertical boxes you have typical middle positions. In all the others boxes you have variations of these middle positions.

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

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

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




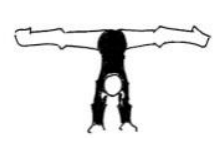

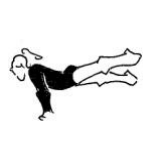


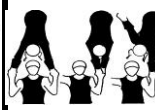



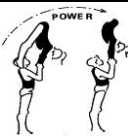

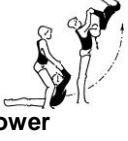

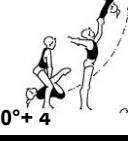
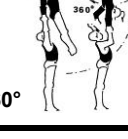
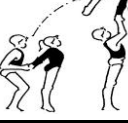
Women's Group Evaluation of Transition

2 nd BASE 1 st BASE	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

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

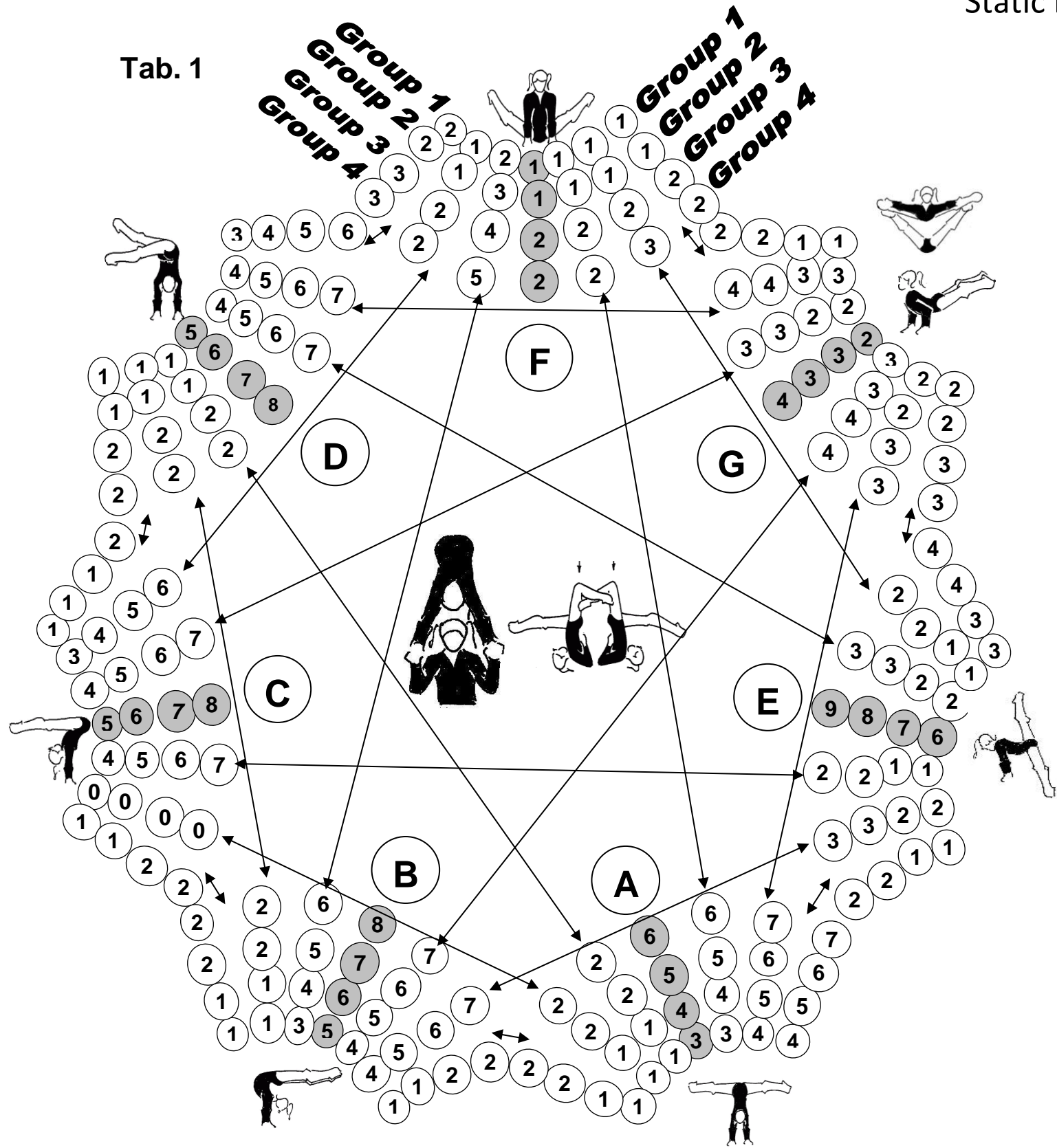
WG Group mounts

Mounts

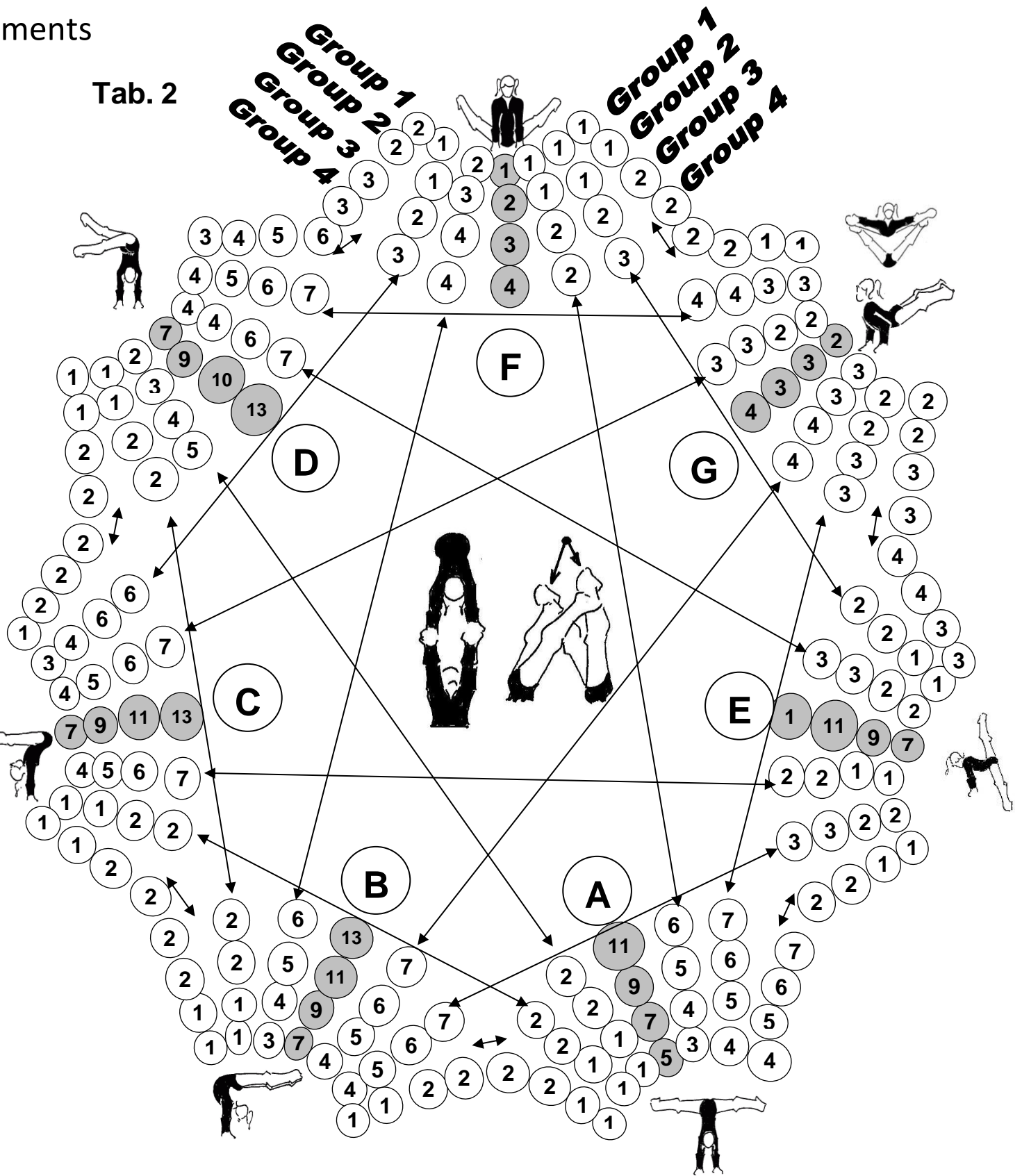
																						
		A			D			A					D					E				
Start																						
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	21	22
A		1	2	3	3	4	5															
B	 180° +1	1	2	3	3		5	2	4	8	6	10	5		10		11	3	5		7	
C	 Power	5	7	9	5		9	7	10	15	13	19	7		15		19	6	9		12	
D		4	7	10	8		14	8	12	18	17	24	12		22		28	11	13		17	
E	 360°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

Static Elements

Tab. 1



Tab. 2



Tab. 3

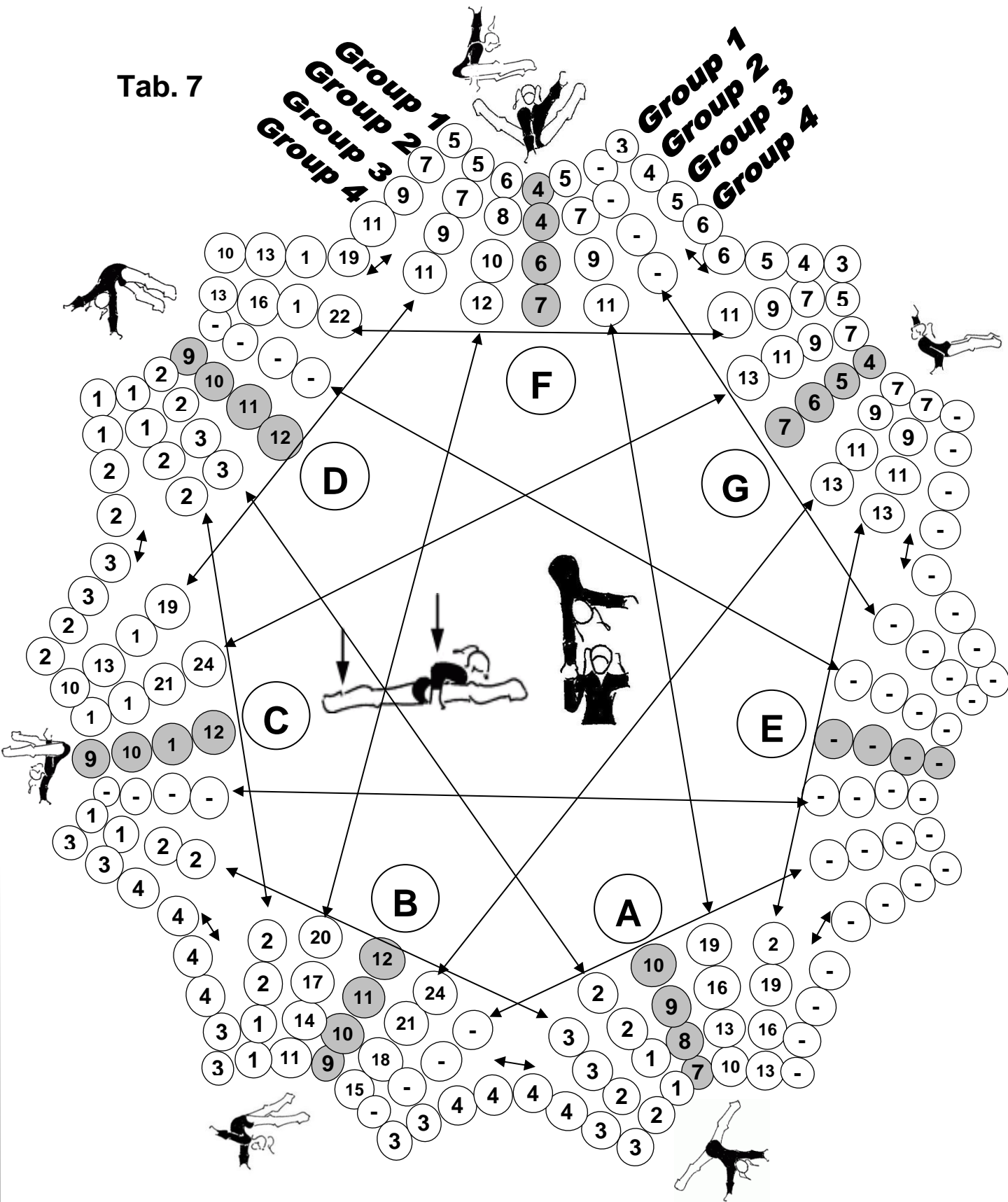
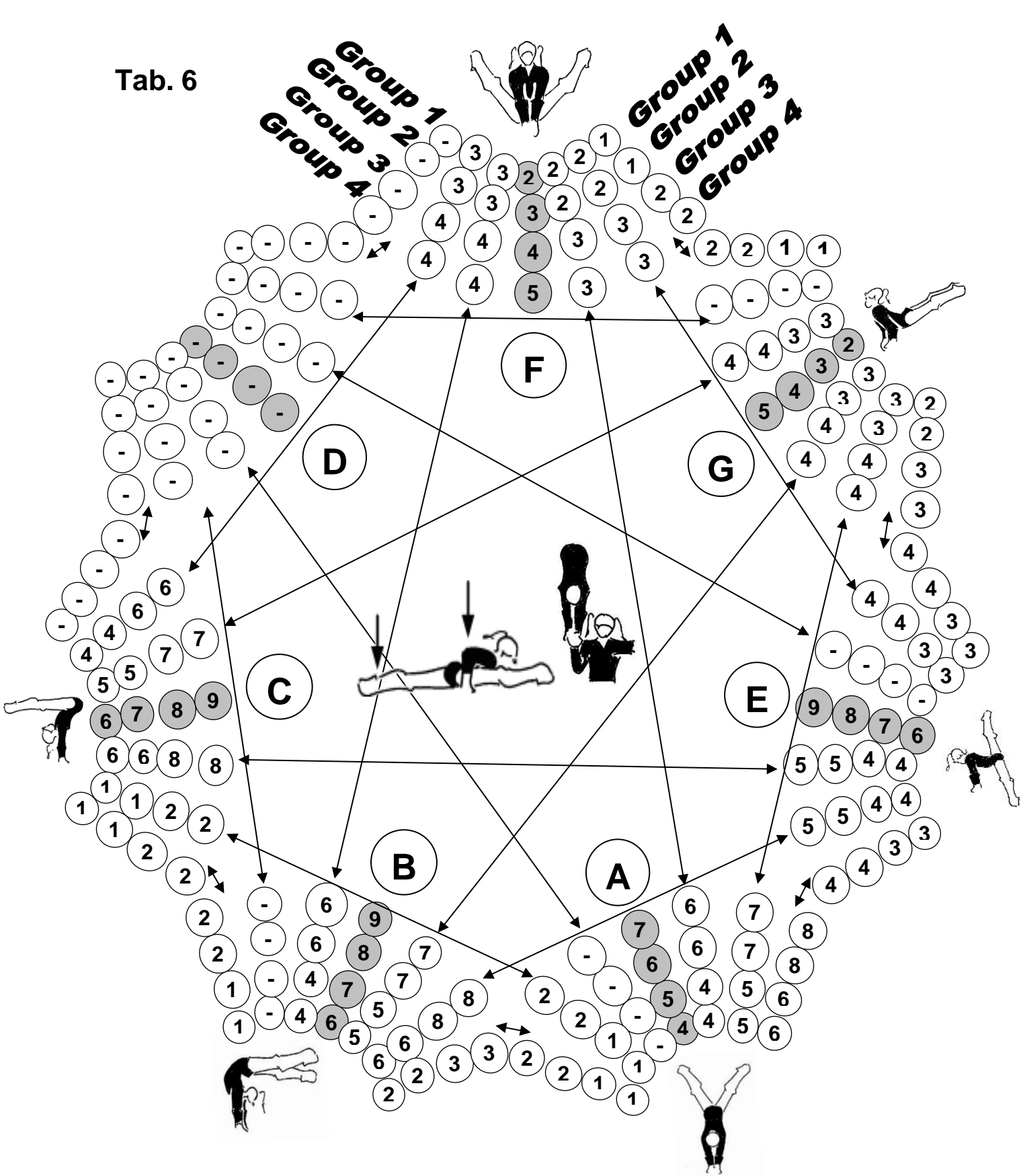
	1	2	3	4	5
Gr.1-2-3-4	1-1-1-1				2-2-2-2







Tab. 4

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

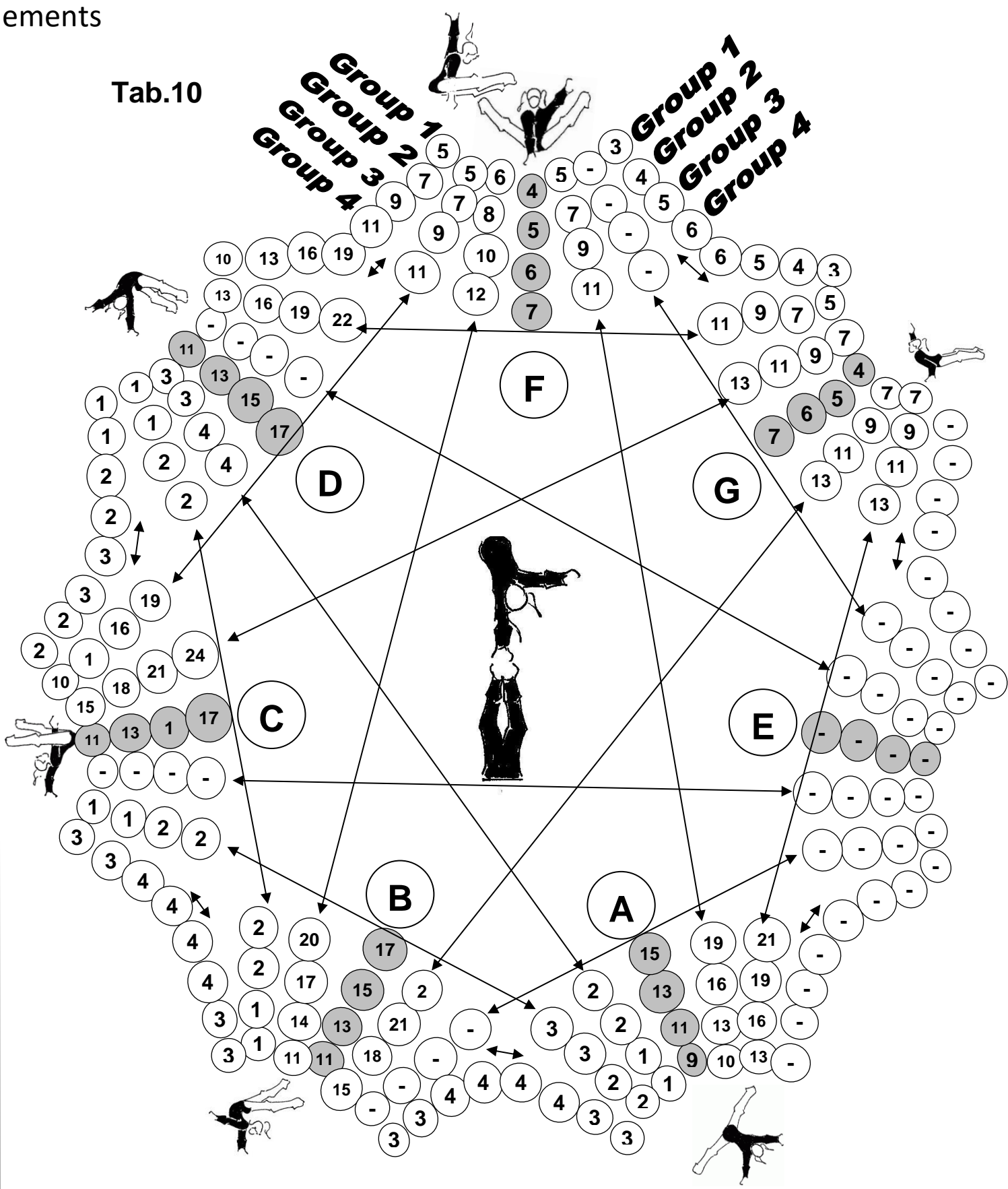
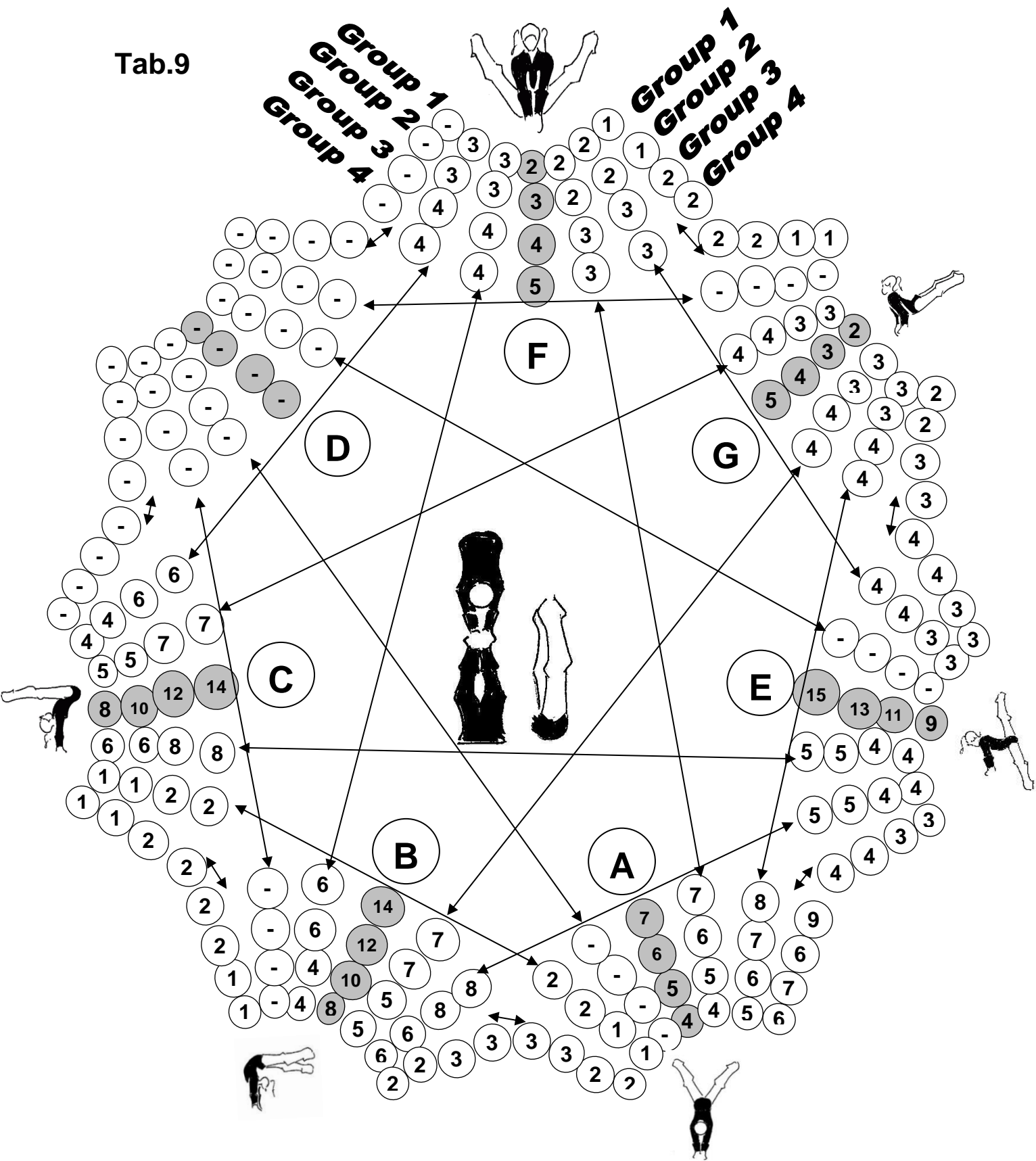
Tab. 5

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



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

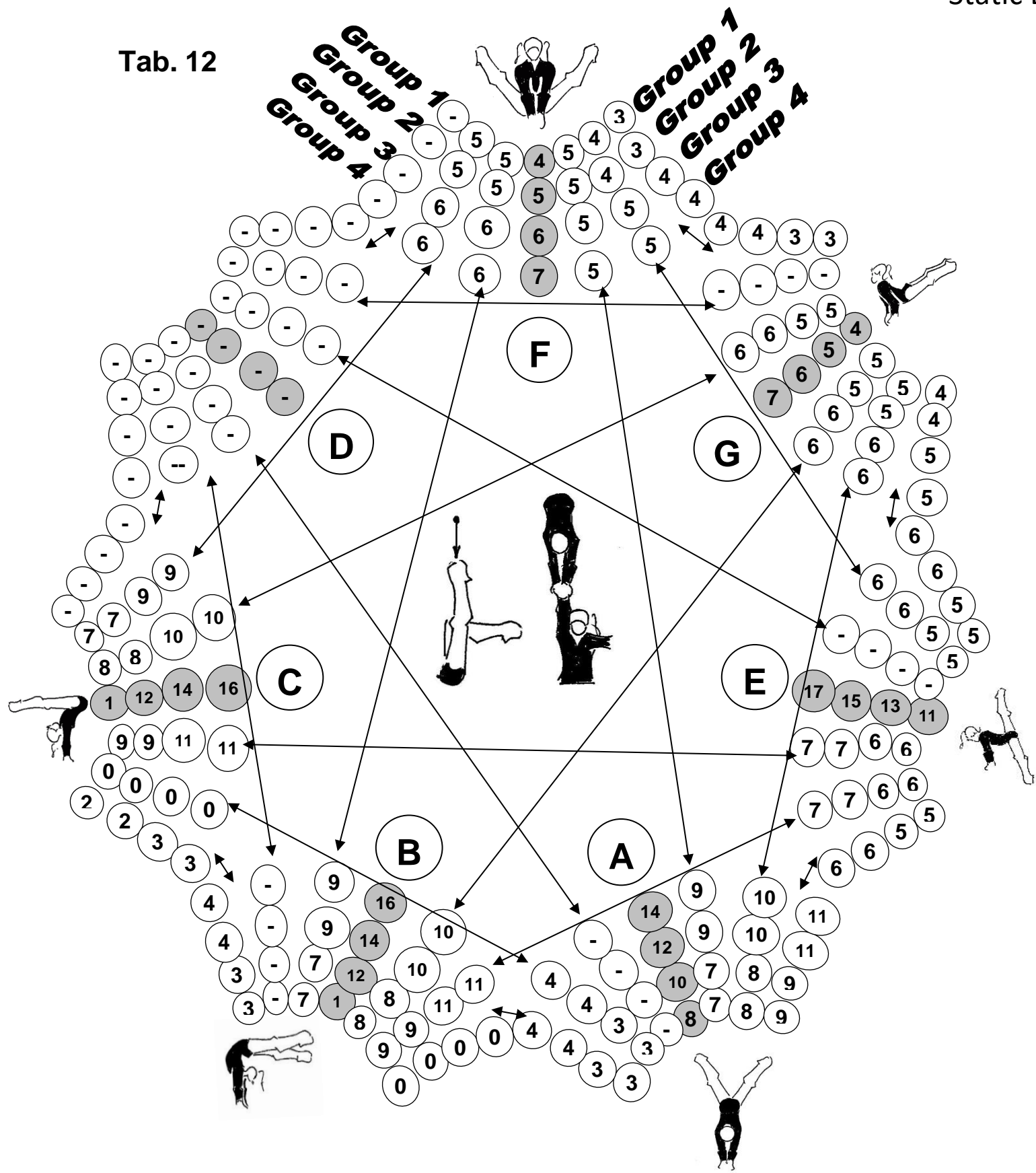
Static Elements



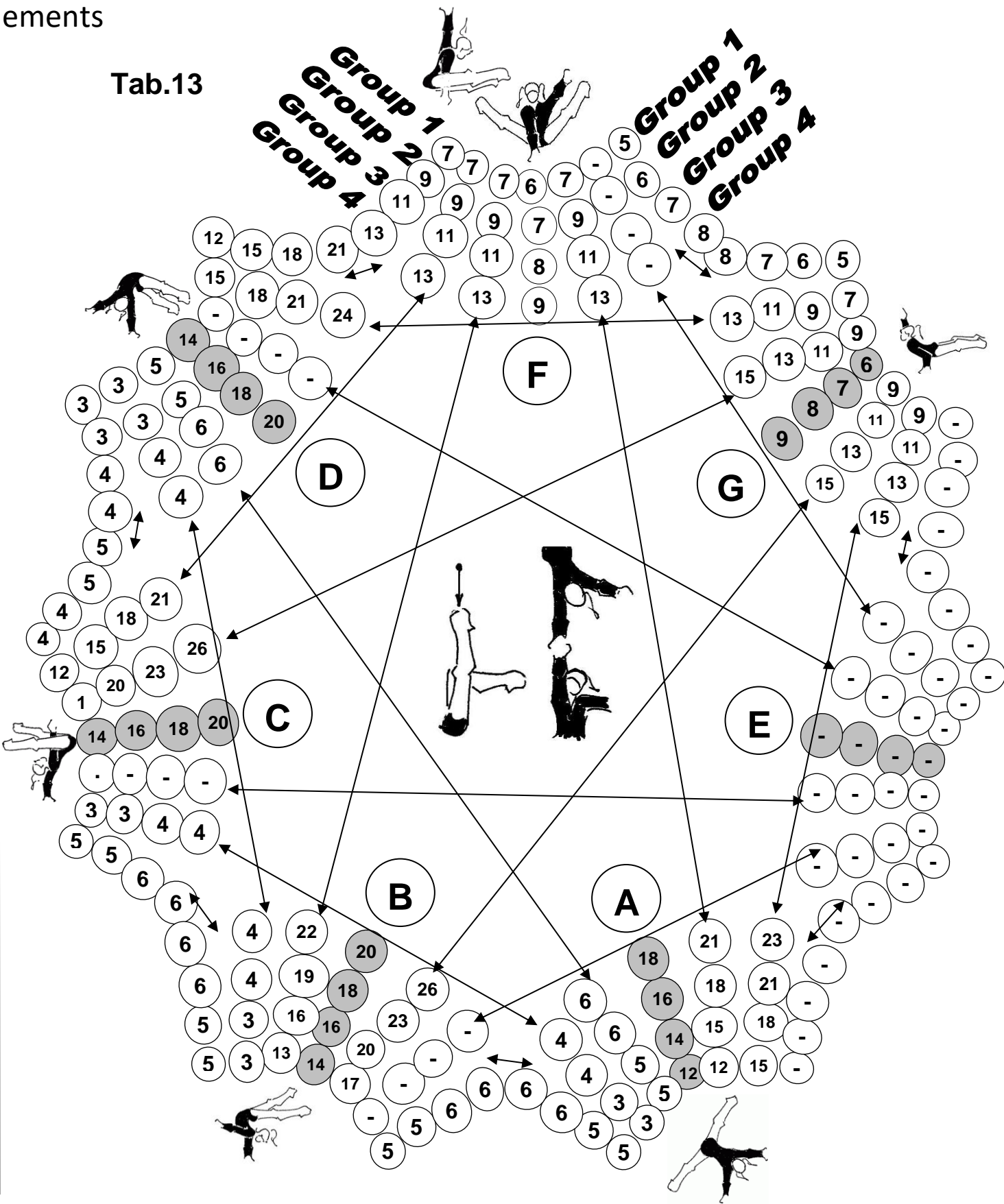
Tab.1

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

Tab.12



Tab.13



Tab.14

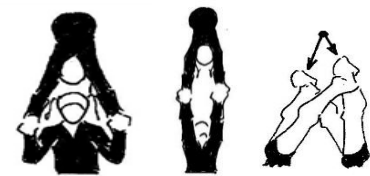
	15	16	17	18	19
Gr.1-2-3-4	4-6-8-10	6-8-10-12	7-9-11-13	11-13-15-17	12-14-16-18

Tab.15

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

Static Elements

Category 1



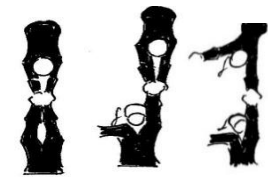
A	1	2	3	4	5	6	7	8	9	10	11	12	13
	3	3	4	5	6	7	5	2	3	2	2	8	8

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

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

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

Category 1

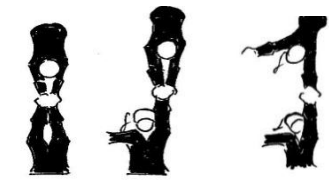


E	1	2	3	4	5	6	7	8	9	10	11	12	13
	5	7	6	4	11	13	13	13	14	14	6	10	14

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

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

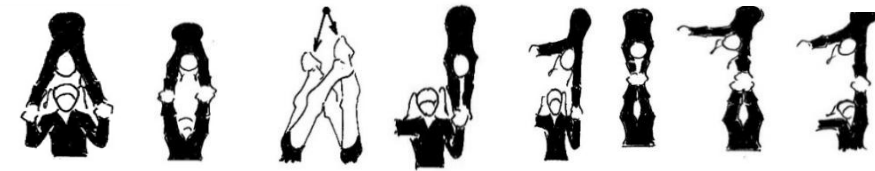
Category 1



Static Elements

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

Category 2

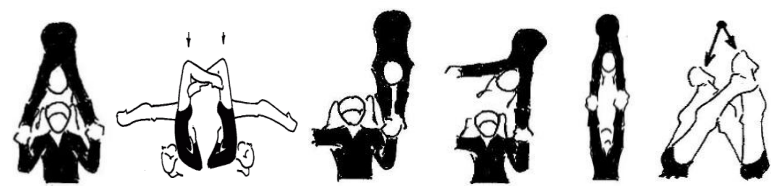


	1	2	3	4	5	6	7	8	9	10	11	12
A												
	2	2	4	8	7	2	2	6	1	11	10	8
	1	2	3	4	5	6	7	8	9	10	11	12
B												
	8	12	14	8	10	12	9	9	11	13	2	2
	1	2	3	4	5	6	7	8	9	10	11	12
C												
	3	2	3	5	6	2	3	2	2	2	3	4
	1	2	3	4	5	6	7	8	9	10	11	12
D												
	6	6	8	8	5							

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

Static Elements

Category 3



A	1	2	3	4	5	6	7	8	9	10	11	12
	4	5	5	6	7	6	14	16	17	18	17	4
B	1	2	3	4	5	6	7	8	9	10	11	12
	6	4	5	6	5	6	7	8	10	12	5	7
C	1	2	3	4	5	6	6	6	6	10	11	12
	7	6	6	7	7	15	15	15	15	16	11	12
D	1	2	3	4	5	6	7	8	9	10	11	12
	22	25	23	25	26	27	28	28	28	8	9	5
E	1	2	3	4	5	6	7	8	9	10	11	12
	6	5	10	12	10	12	11	13	6	14	15	16

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

Static Elements



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	8	9	11	12	13	4	9	5	6	7	4	6	6
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	8	12	15	12	15	16	20	18	22	19	22	8	9
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	18	10	10	6	12	17	21	19	22	19		6	8
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	7	5	6	16	22	25	27	6	7	8	9	5	8
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	9	3	7	3	3	4	6	3	4	5	6	7	8

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

Static Elements



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	8	10	14	15	18	19	26	26	22	24	10	11	12
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	13	5	7	9	9	11	13	17	16	18	7	11	11
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	15	15	13	17	14	20	18	18	10	12	10	12	
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	11	13	11	9	11	9	9	11	12	11	12		
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	10	12											

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

Static Elements

Category 5



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	11	13	17	19	16	18	22	24	22	26	28	32	18
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	20	12	13	14	15	15	17	17	19	16	20	22	26
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	28	12	8	10	13	15	11	12	15	5	6	9	11
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	5	6	9	11	6	10	14	11	13	16			
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	17	18	18	19									

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

Static Elements

Category 6



A

1	2	3	4	5	6	7	8	9	10	11	12
12	6	8	10	8	15	7	10	10	15	20	24

B

1	2	3	4	5	6	7	8	9	10	11	12
14	12	14	23	10	17	25	27	12	12	13	18

C

1	2
12	13

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