

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Balance Elements
Static Holds and Motions

Example 2

Pairs

Static Base

Nr	Position Base	Value
1		1
2		1
3		2
4		2
5		1

Static Base

Motion Base

Nr. 5 = 1 V (Static Base)

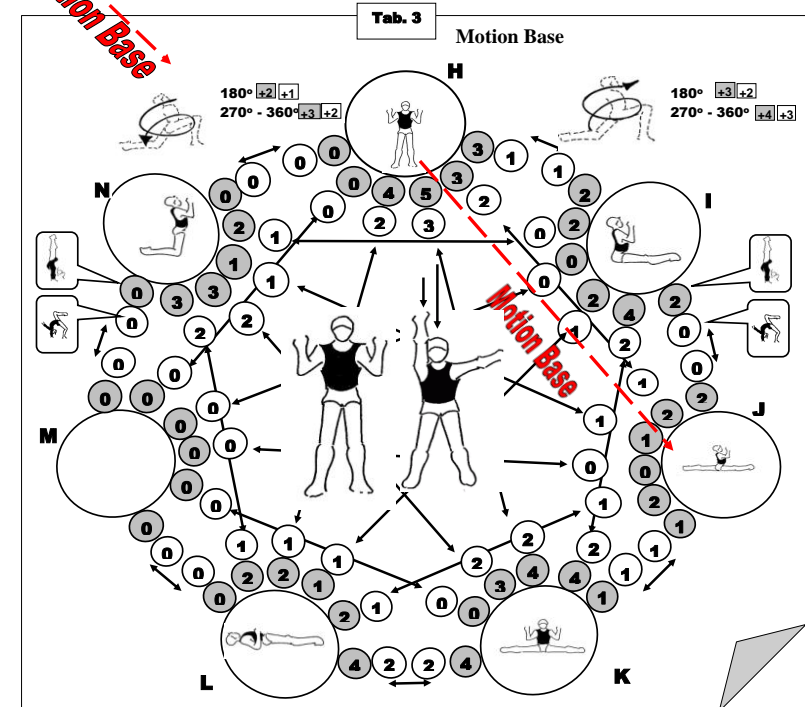
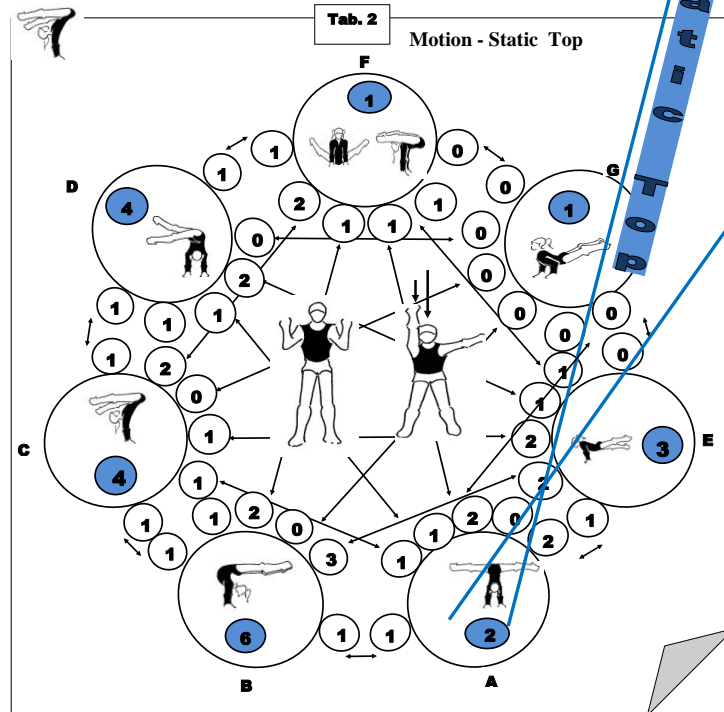
Tab.2 = 2 V (Static Top)

Tab.3 = 2 V (Motion Base)
= 2 V (Static Top)

Nr. 3 = 1 V (Static Base)

Tab.2 = 2 V (Static Top)

= 10 V



Example

Pairs

Static Base

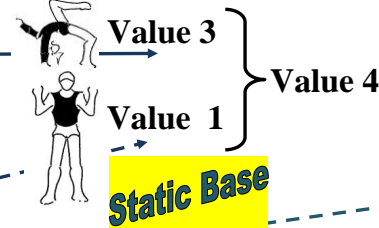
Nr	Position Base	Value
1		1
2		1
3		2
4		1
5		1

Static Top

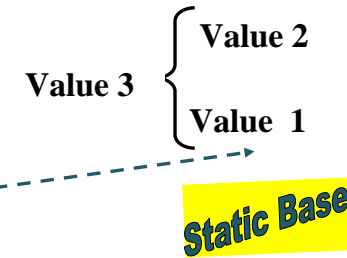
Nr	Position Top	Value
1		1
2		3
3		
4		
5		

Example 1

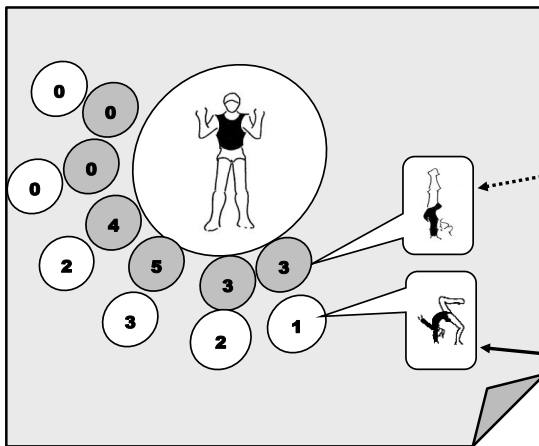
Static Top



OR

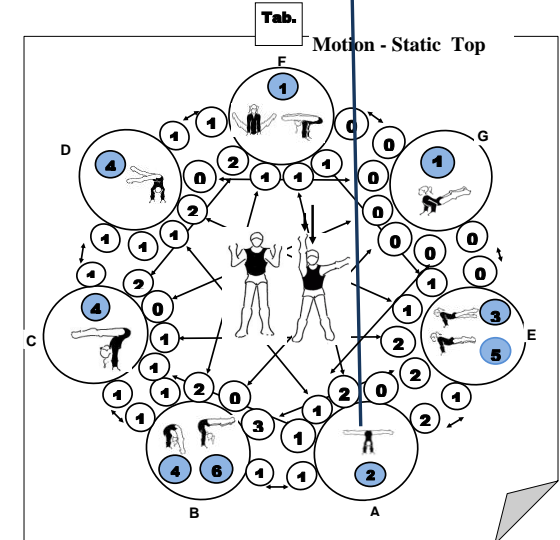


Static Top



Additional difficulty for motion of the base when the top is handstand, and all foot to hand elements value 6 or higher.
The value for motion of the base is added to the work of the top.

Additional difficulty for motion of the base when the top is not in handstand, and all foot to hand elements value 5 or lower.
The value for motion of the base is added to the work of the top.

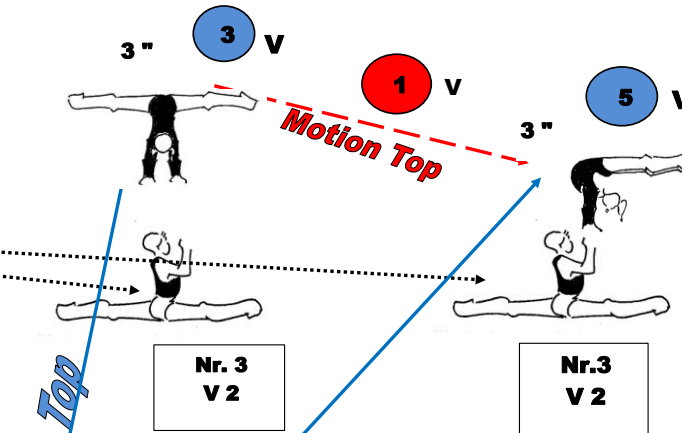


Example 3

Pairs
Static Base

Nr	Position Base	Value
1		1
2		1
3		2
4		2
5		1

Static Base



Nr. 3 = 2 V (Static Base)

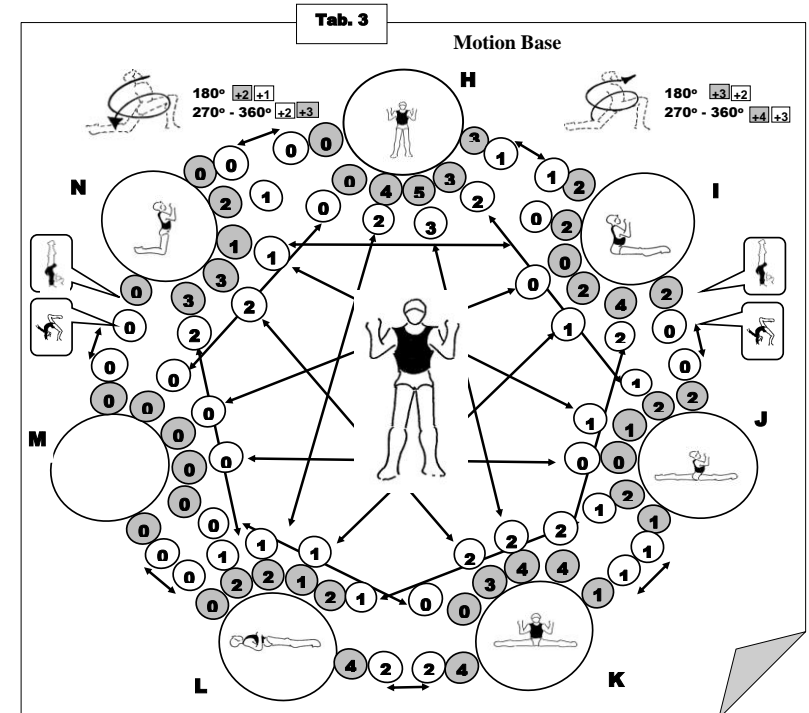
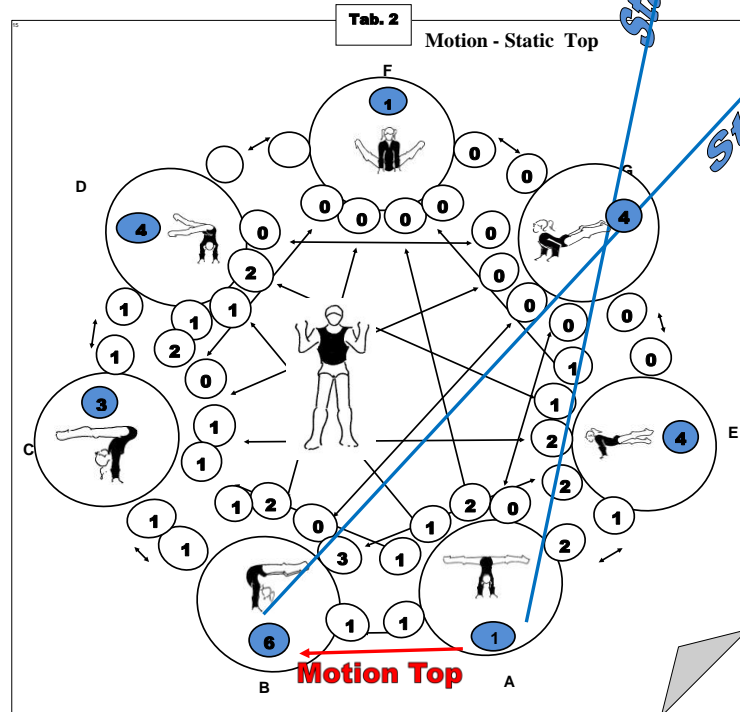
Tab. 2 = 2 V (Static Top)

Tab. 2 = 1 V (Motion Top)

Tab. 2 = 4+1 V (Static Top and lags together)

Nr. 3 = 2 V (Static Base)

= 12V



Balance Elements

Pairs

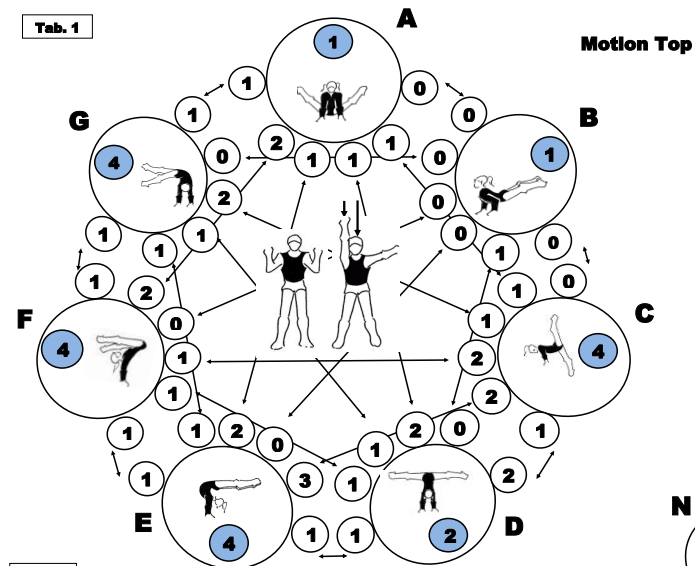
Static Base

Nr	Position Base	Value	Nr	Position Base	Value	Nr	Position Base	Value
1		1	10		1	19		2
2		1	11		1	20		2
3		2	12		1	21		3
4		3	13		1	22		7
5		1	14		1	23		2
6		1	15		1	24		1
7		1	16		5	25		3
8		2	17		6	26		4
9		1	18		1	27		3
						28		3

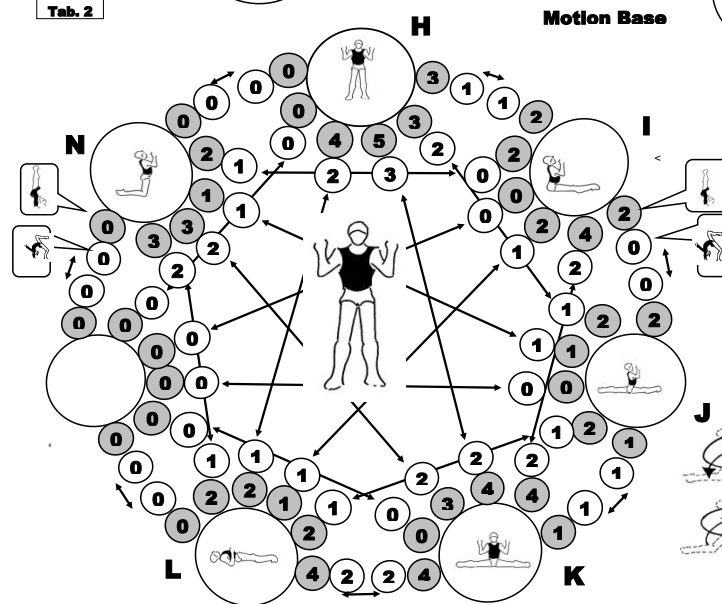
Static Top

1		1	3		2
2		3	4		2

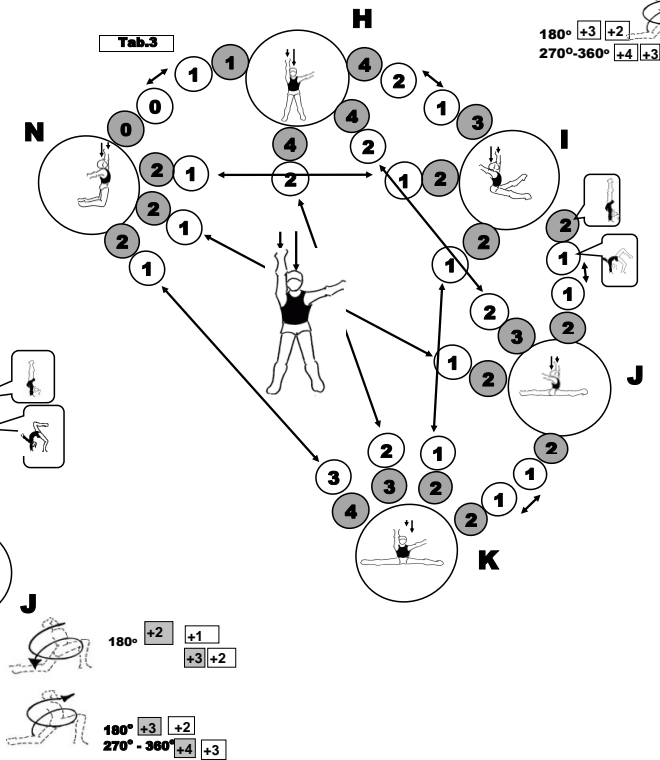
Tab. 1



Tab. 2



Tab. 3



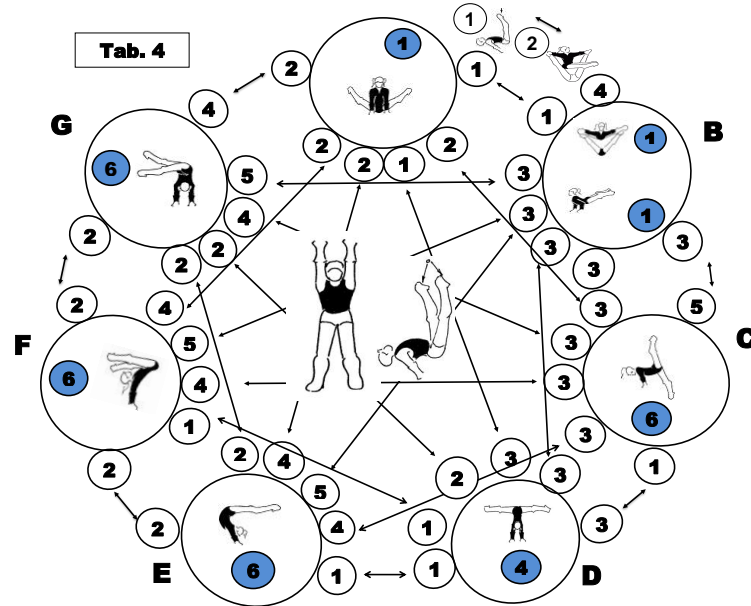
Balance Elements

Pairs

Static Base

Nr	Position Base	Value
1		1
2		3
3		6
4		8
5		16
6		10
7		12

Motion Top

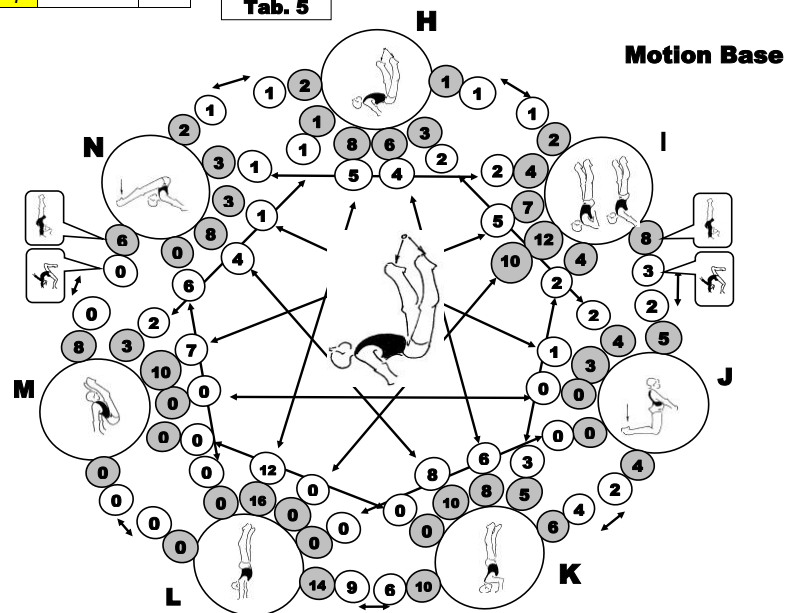


Static Base

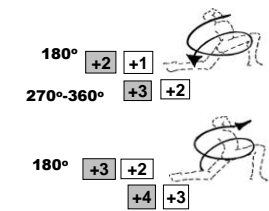
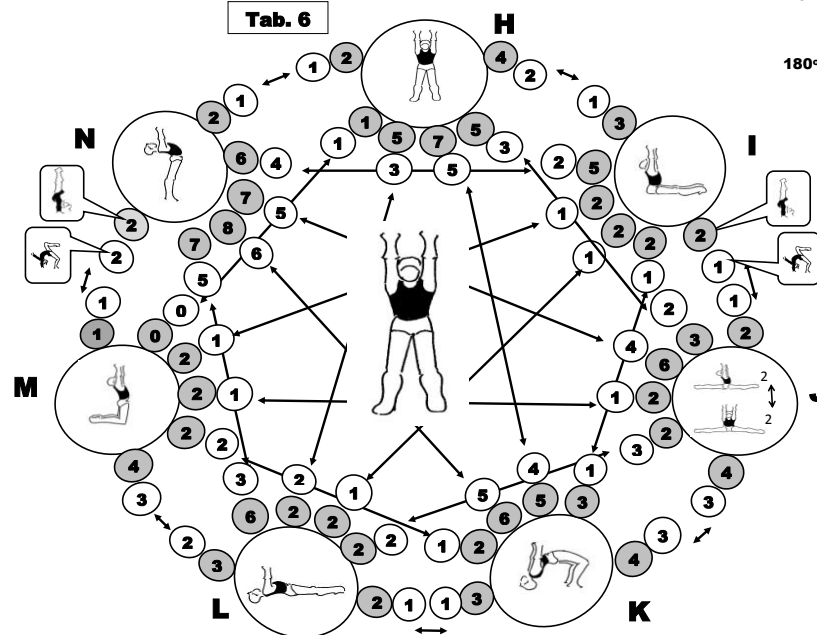
Nr	Position Base	Value
8		1
9		2
10		2
11		3
12		2
13		2

Nr	Position Base	Value
14		2
15		3
16		4
17		1

Tab. 5



Tab. 6



Balance Elements

Pairs

Static Base

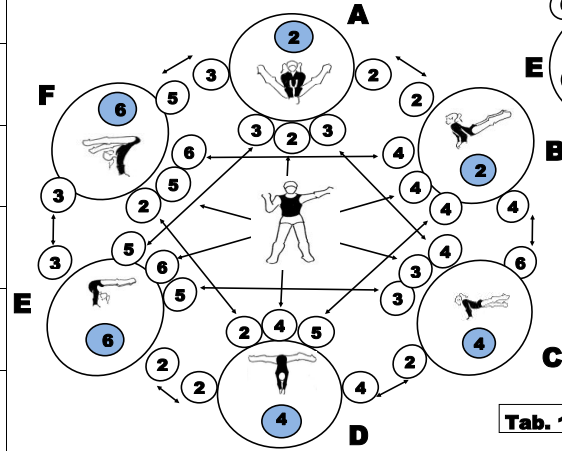
Nr	Position Base	Value
1		1
2		1
3		2
4		3
5		1
6		1
7		1
8		2
9		2

Nr	Position Base	Value
10		1
11		6
12		6
13		3
14		1
15		1
16		1
17		1

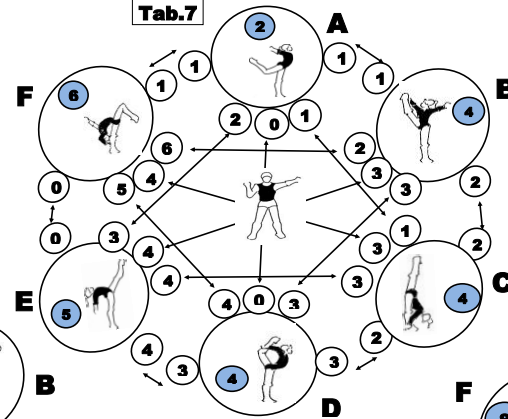
1		2
2		2

3		4
4		4

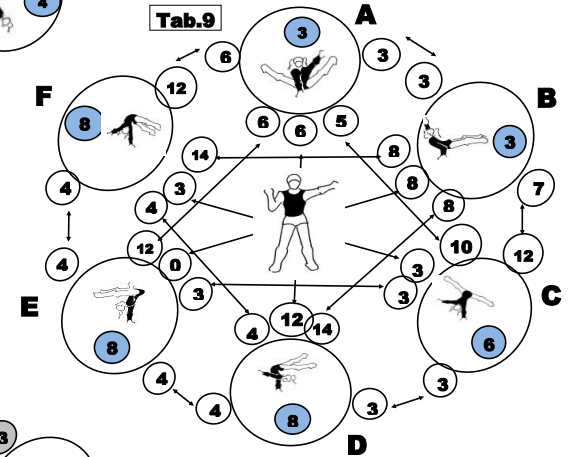
Tab. 8



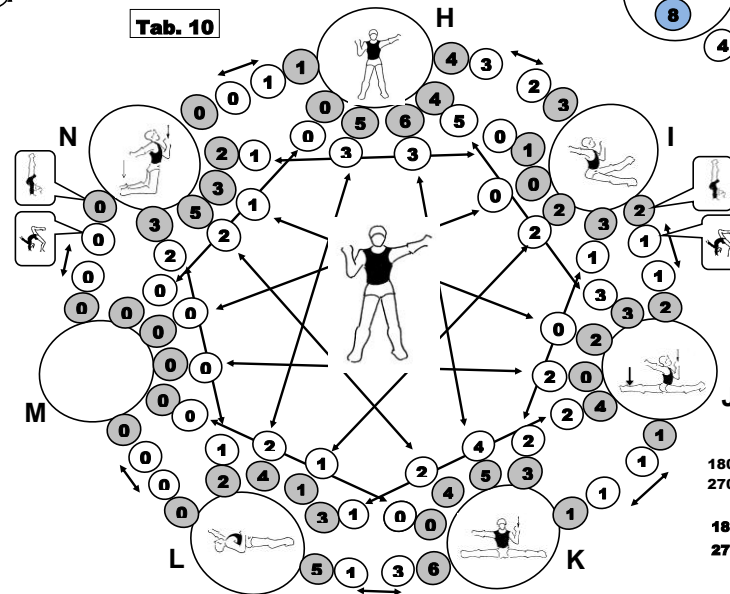
Tab. 7



Tab. 9



Tab. 10



180° $\begin{bmatrix} +2 \\ +1 \end{bmatrix}$ $\begin{bmatrix} +1 \\ +2 \end{bmatrix}$
 270°-360° $\begin{bmatrix} +4 \\ +2 \end{bmatrix}$
 180° $\begin{bmatrix} +3 \\ +2 \end{bmatrix}$ $\begin{bmatrix} +2 \\ +3 \end{bmatrix}$
 270°-360° $\begin{bmatrix} +5 \\ +3 \end{bmatrix}$

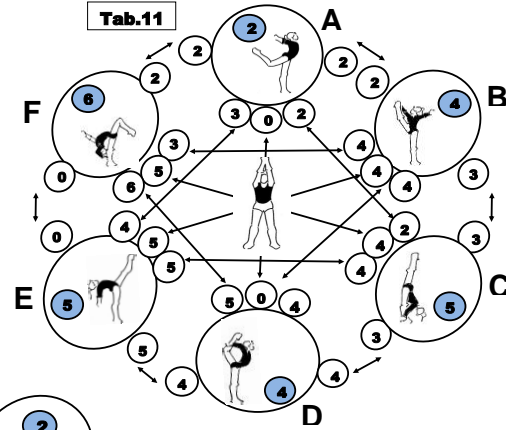
Balance Elements

Pairs

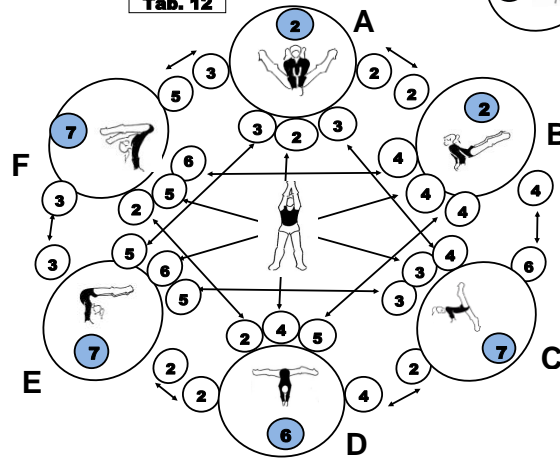
Static Base

Nr	Position Base	Value
1		1
2		2
3		3
4		4
5		7
6		4
7		3
8		3
9		2
10		2

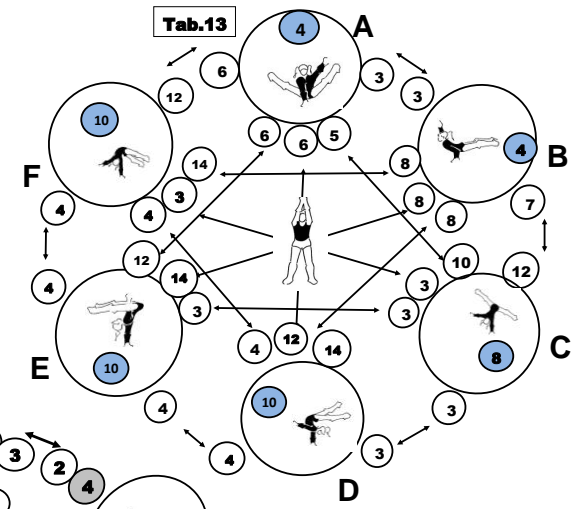
Tab.11



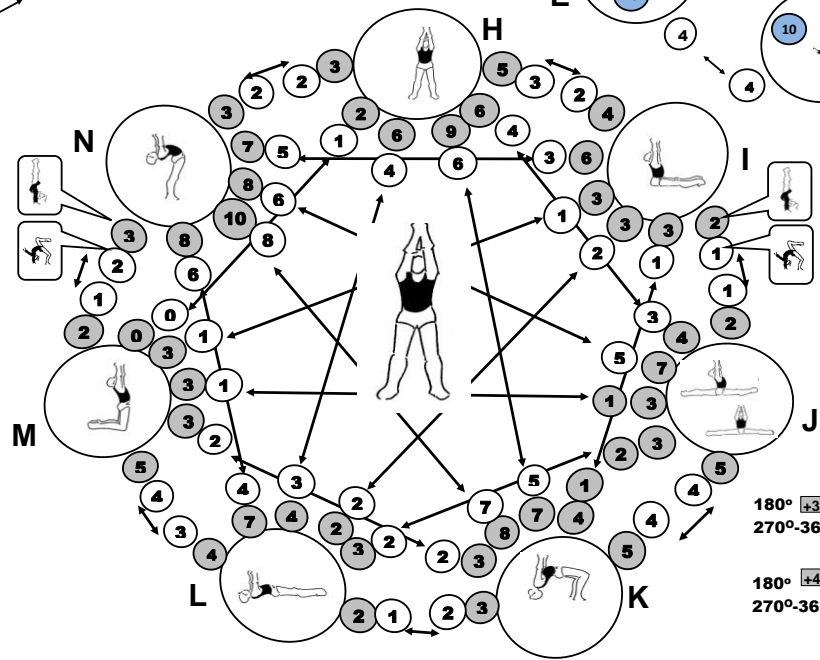
Tab. 12



Tab.13



Tab. 14



180° $\begin{bmatrix} +3 \\ +1 \end{bmatrix}$
270°-360° $\begin{bmatrix} +5 \\ +2 \end{bmatrix}$
180° $\begin{bmatrix} +4 \\ +2 \end{bmatrix}$
270°-360° $\begin{bmatrix} +6 \\ +3 \end{bmatrix}$

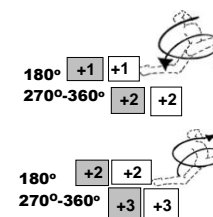
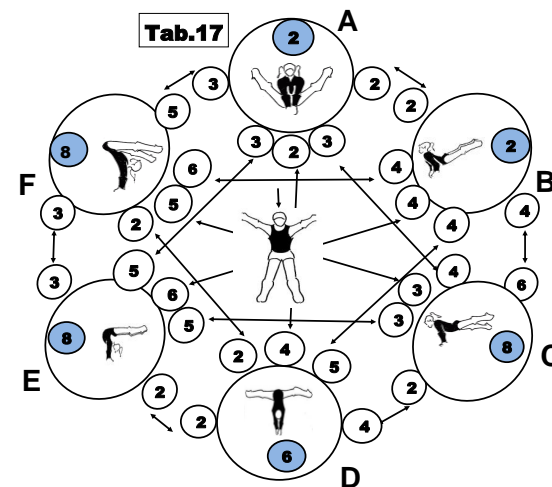
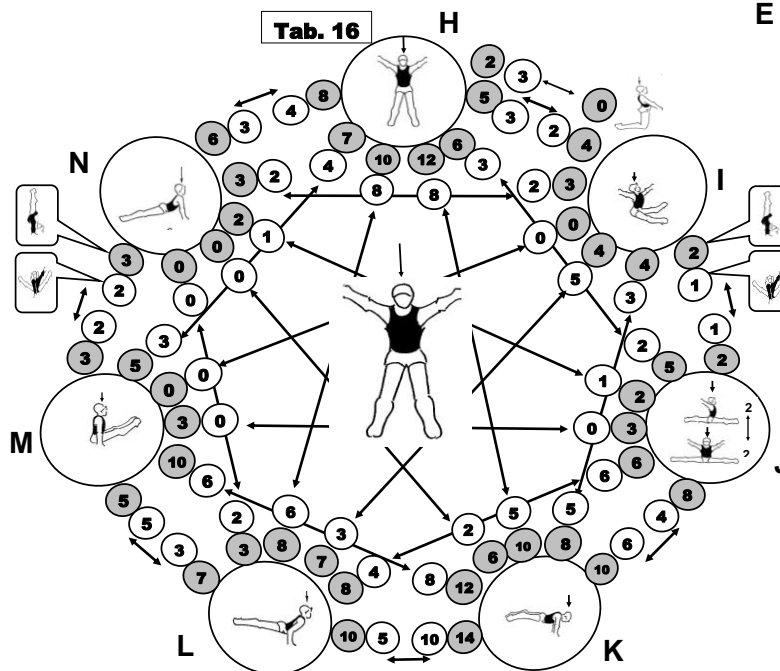
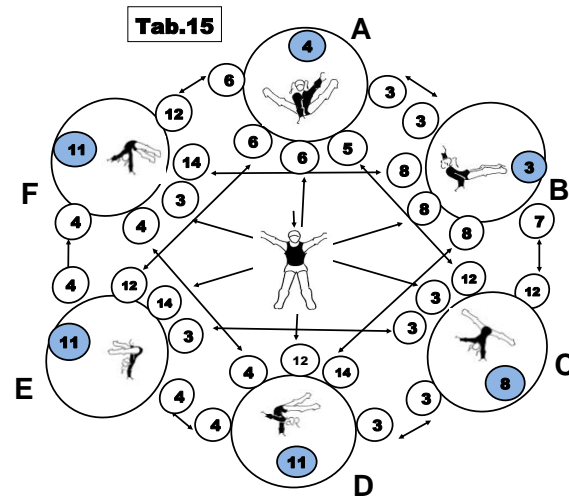
Balance Elements

Pairs

Static Base

Nr	Position Base	Value
1		1
2		1
3		3
4		2
5		3
6		1
7		3
8		8
9		1

10		Without stop
		$360^\circ + 6$



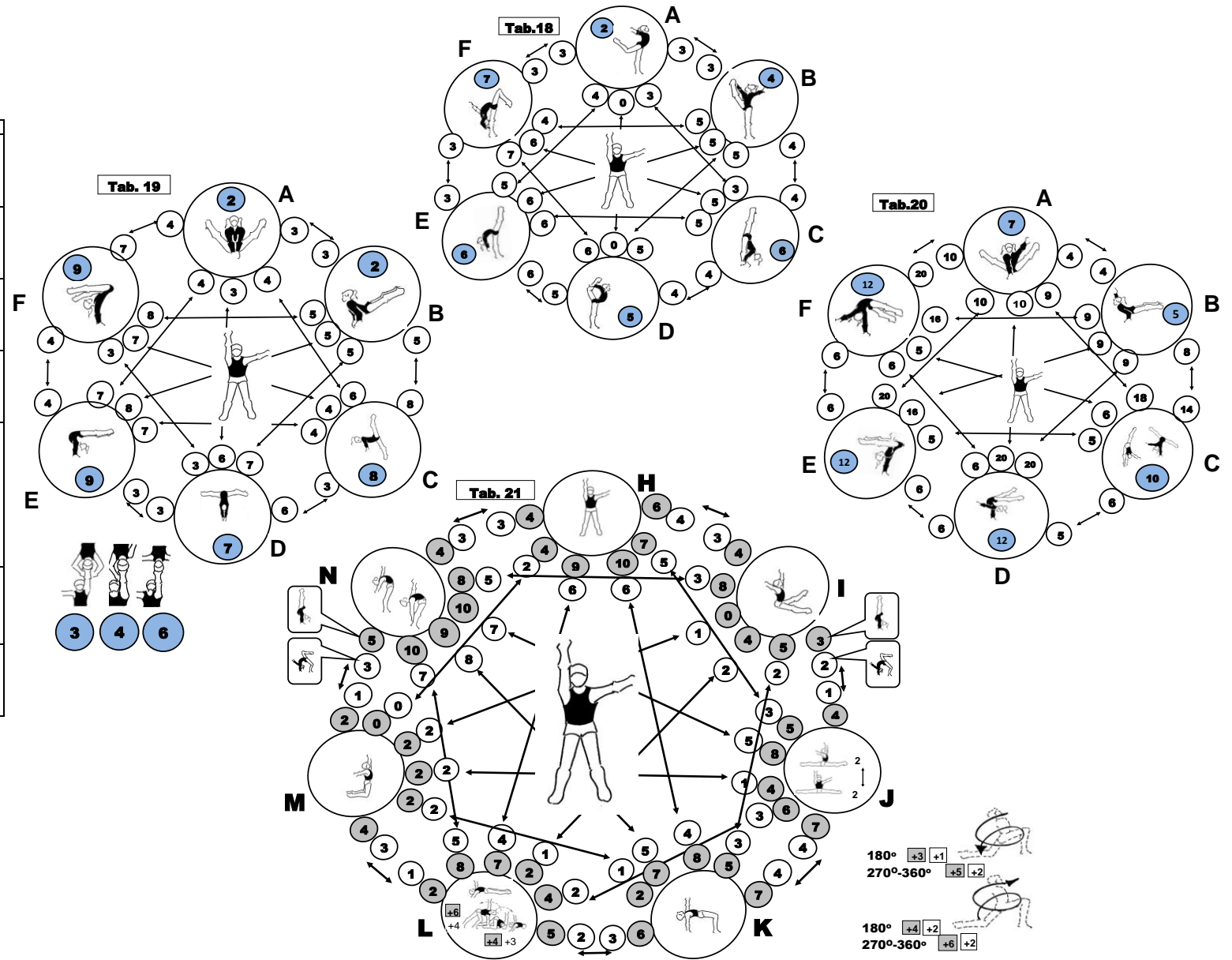
Balance Elements

Pairs

Static Base

Nr	Position Base	Value
1		3
2		4
3		5
4		1
5		5
6		6
7		5
8		4

Nr	Position Base	Value
9		4
10		5
11		4
12		4
13		4
14		24
15		1



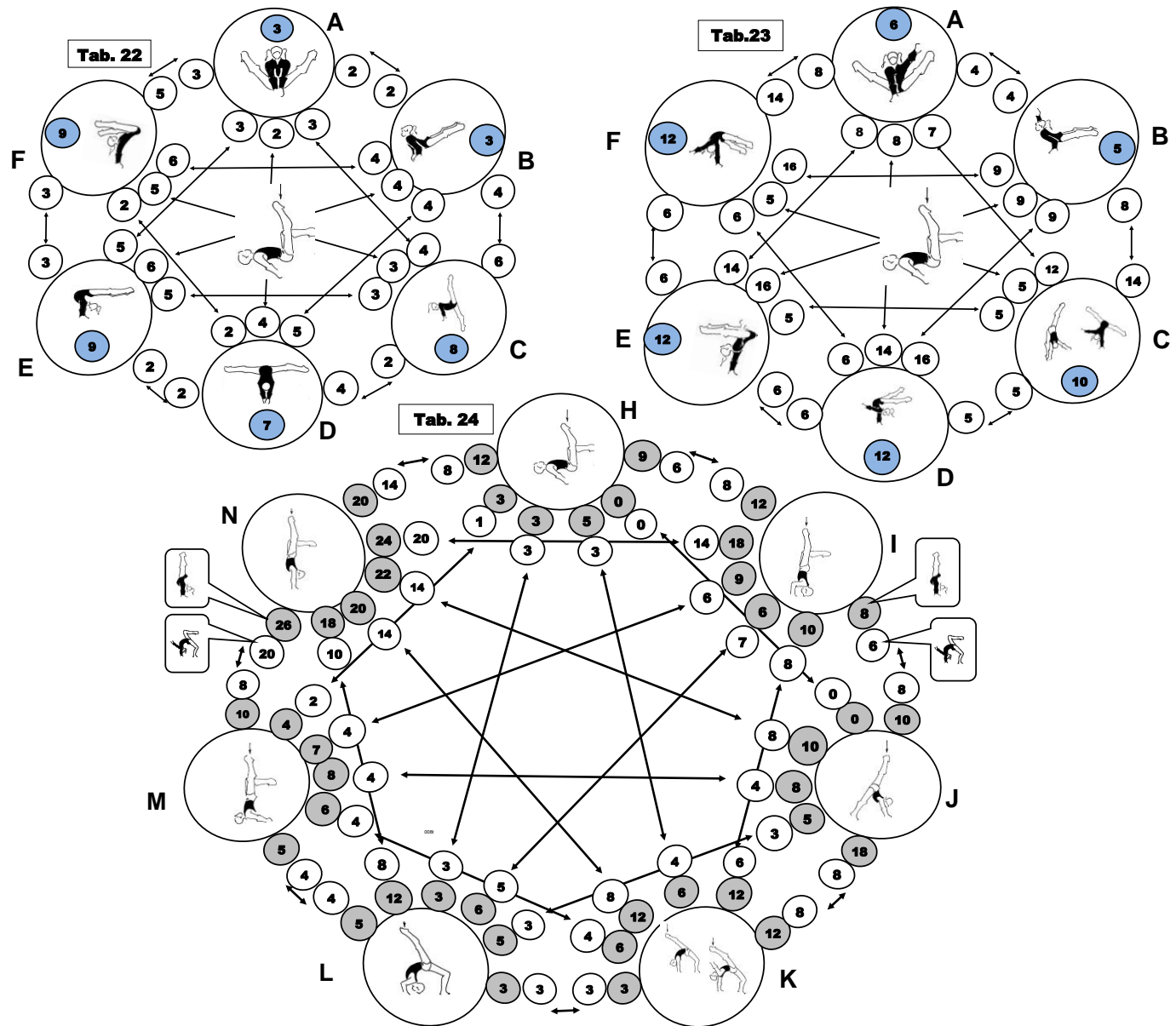
Balance Elements

Pairs

Static Base

Nr	Position Base	Value
1		1
2		3
3		6
4		8
5		19
6		25
7		5
8		10
9		15
10		20
11		11
12		14
13		4
14		8
15		14
16		16
17		6
18		7

Nr	Position Base	Value
12		5
13		10
14		7
15		12
16		9
17		14
18		16
19		14
20		14
21		5
22		10
23		7
24		12
25		9
26		14
27		16
28		14
29		9
30		14
31		16
32		8
33		10



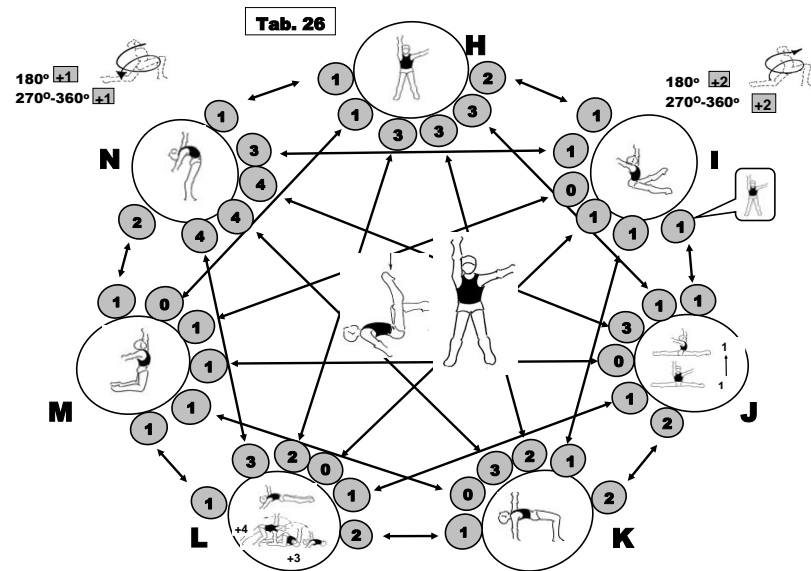
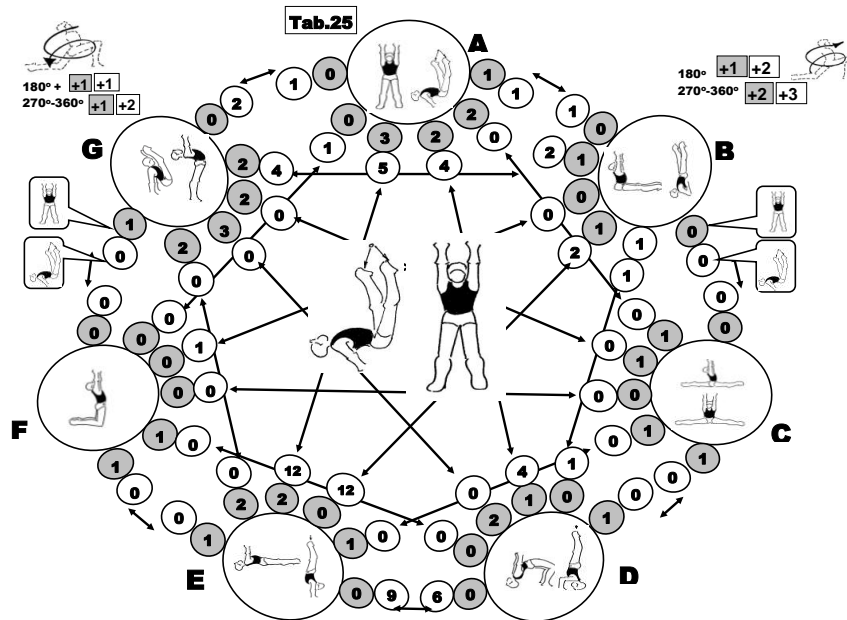
Balance Elements

Pairs

Nr	Position Base	Value
1		1
2		1
3		1
4		1
5		1
6		1
7		1
15		1
16		1
17		1
18		1
19		2
20		3
21		2

Static Base

Nr	Position Base	Value
8		1
9		2
10		1
11		1
12		1
13		2
14		3
22		1
23		1
24		17



Static Top

Nr	Position Top	Value
1		1
2		2
3		1
4		1
5		3
6		2
7		1
8		1
9		2
10		1
11		1
12		3
13		1
		2
		3

Balance Elements

Pairs																											
Static																											N
		A		B		C		D		E		F															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20						
1			1	2	2																			1			
2			1	2	2		1	1	2	1	1	2	2	2	2	1	3	1	2	2	3			1			
3		1	1	2	3	1	1	1	3	2	2	3	4	1	2	2	4	1	2	3	4			1			
4		1	1	2	2	1	1	2	3	2	2	3	4	1	2	2	4	1	2	3	4			1			
5		2	2	3	3			2				4				3				4				1			
6		2	2	3	3																			1			
7			2		3	2		2		2		2		2		2		2		2				1			
8		1	1	1	2	3		3		3		3		3		3		3		3				2			
9		1	2	2	2	8		9		9		10		9		10		9		10				2			
10			2		4																			2			
11			5																					2			
12			2		4																						

Motion Base

Tab.27

Motion Tab for positions C,D,E AND F

