

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



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

Pairs

Static Base

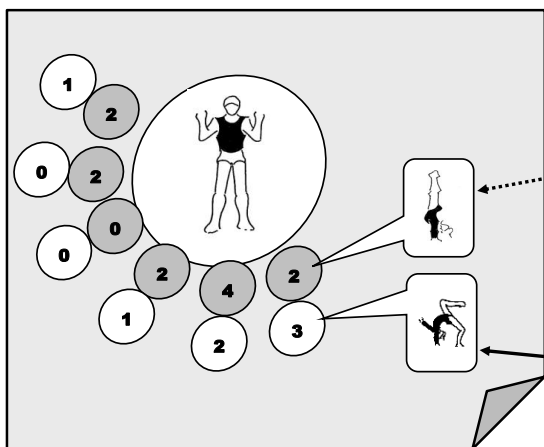
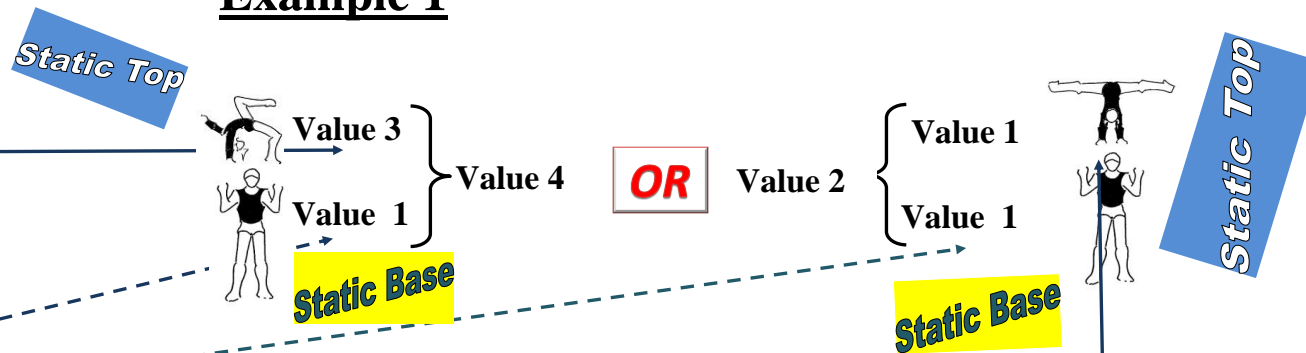
Nr	Position Base	Value
1		0
2		1
3		1
4		2
5		1

Static Top

Nr	Position Top	Value
1		1
2		3
3		
4		
5		

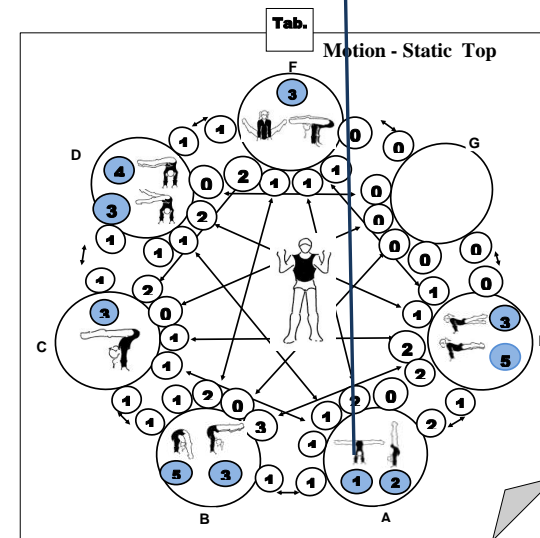
Example

Example 1



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.

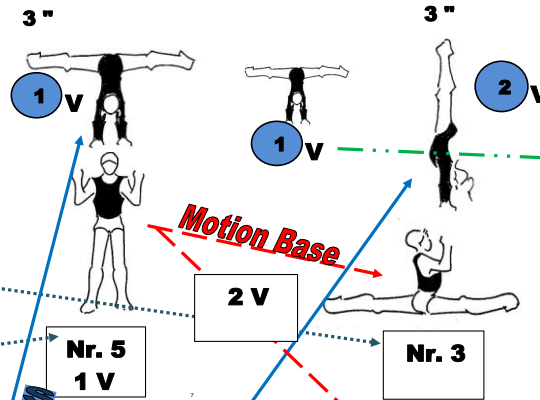
Additional difficulty for motion of the base when the top is not in handstand, and all foot to hand elements value 5 or lower.
The value for motion of the base is added to the work of the top.



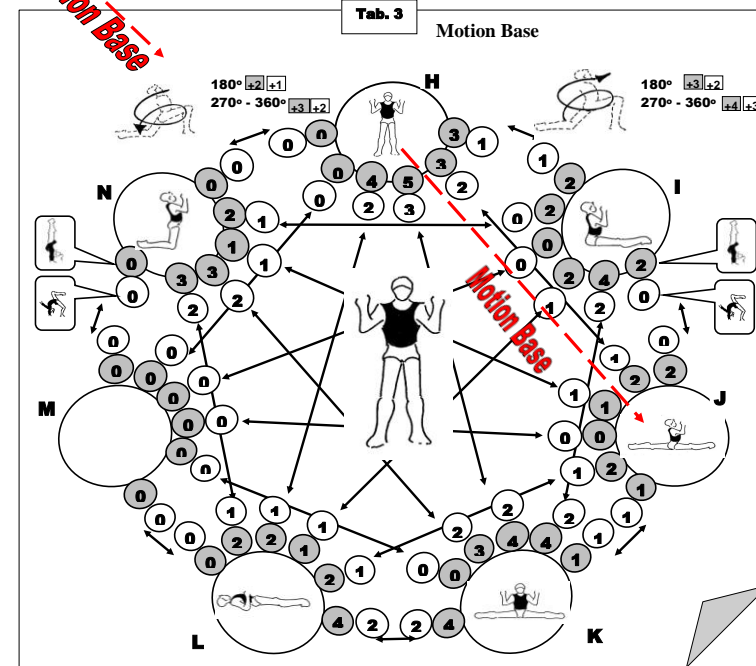
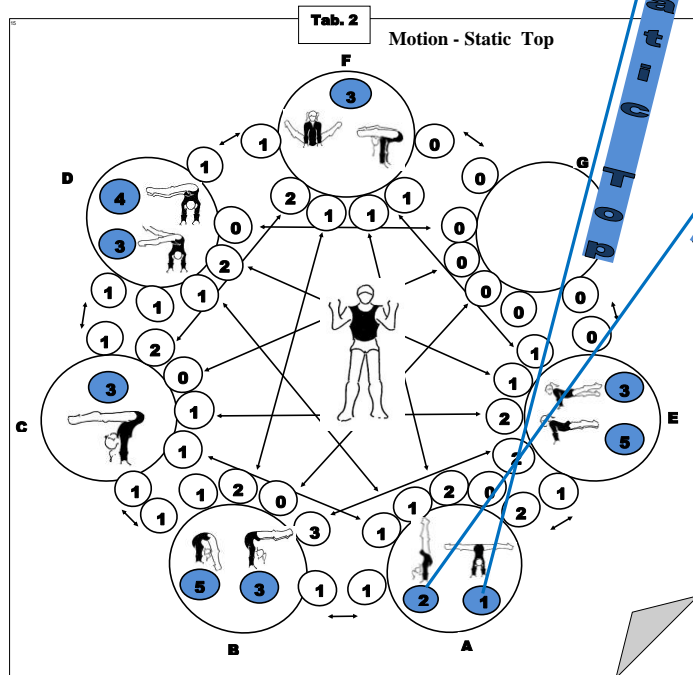
Pairs
Static Base

Nr	Position Base	Value
1		0
2		1
3		1
4		2
5		1

Example 2



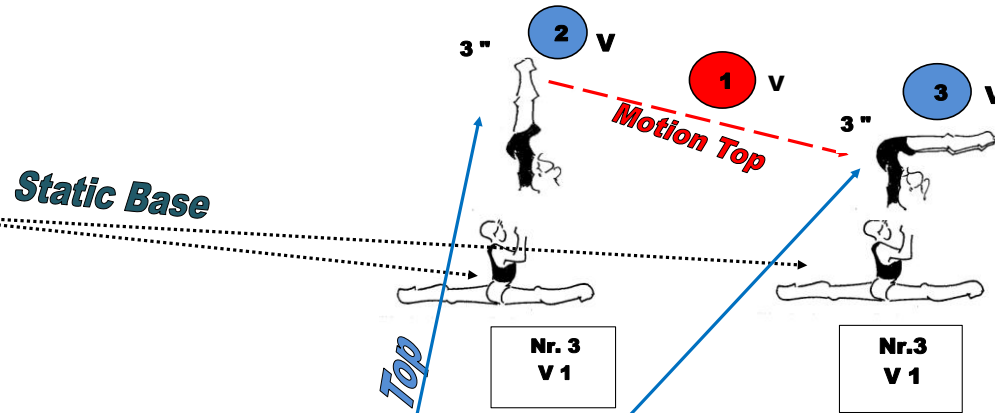
- Nr. 5 = 1 V (Static Base)
 - Tab.2 = 1 V (Static Top)
 - Tab.3 = 2 V (Motion Base)
= 1 V (Static Top)
 - Nr. 3 = 1 V (Static Base)
 - Tab.2 = 2 V (Static Top)
- = 8 V**



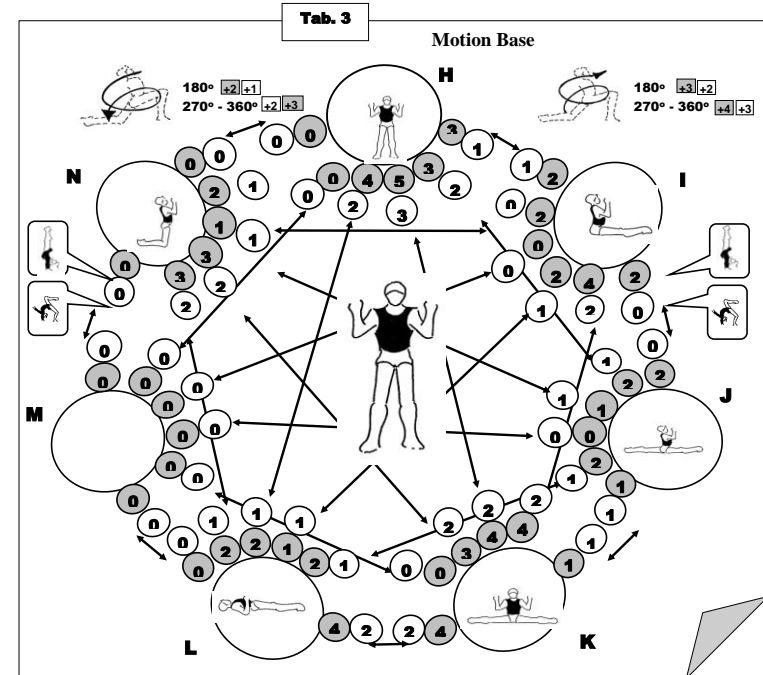
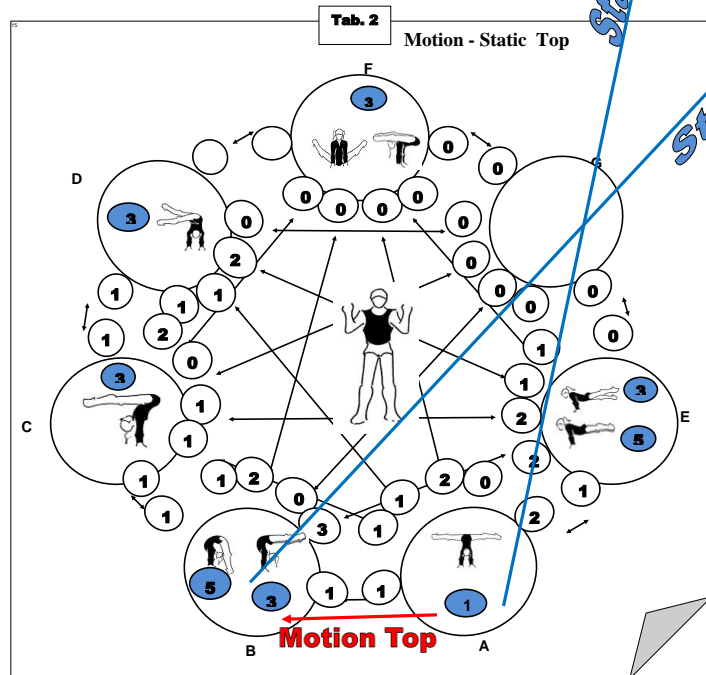
Pairs
Static Base

Nr	Position Base	Value
1		0
2		1
3		1
4		2
5		1

Example 3



Nr. 3 = 1 V (Static Base)
 Tab. 2 = 2 V (Static Top)
 Tab. 2 = 1 V (Motion Top)
 Tab. 2 = 3 V (Static Top)
 Nr. 3 = 1 V (Static Base)
 = 8 V



Balance Elements

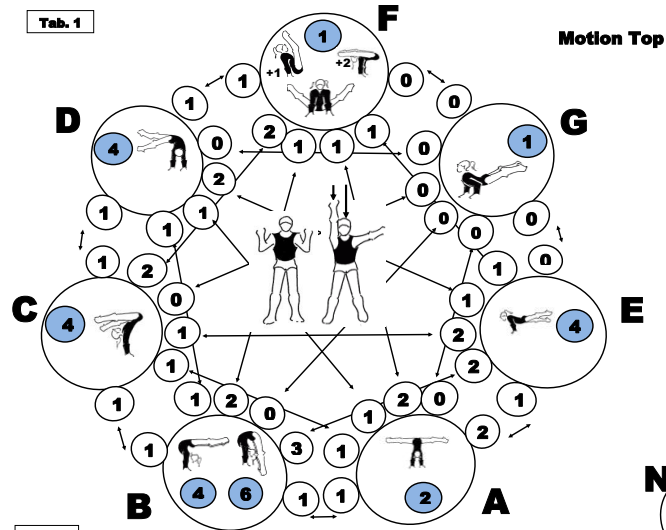
Pairs Static Base

Nr	Position Base	Value	Nr	Position Base	Value	Nr	Position Base	Value
1		1	10		1	19		2
2		1	11		1	20		3
3		2	12		1	21		3
4		3	13		1	22		7
5		1	14		2	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

Static Top

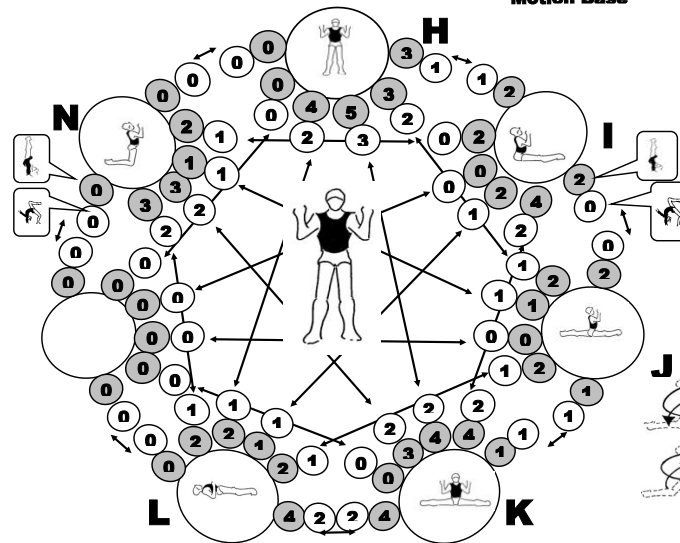
1		1	3		2	5		3
2		3	4		2	6		

Tab. 1



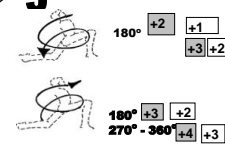
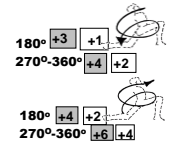
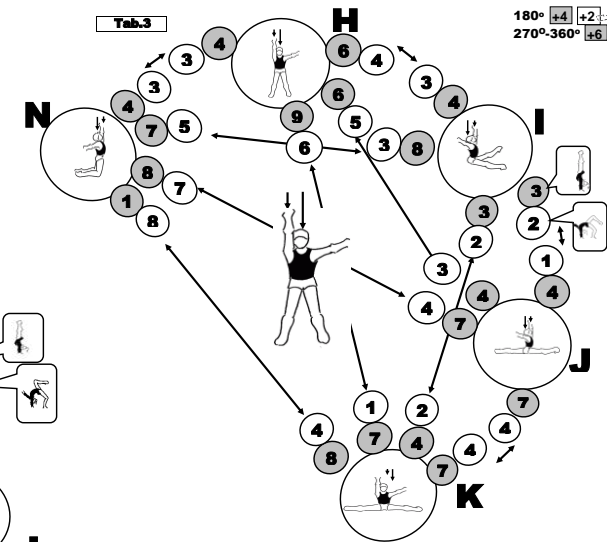
Motion Top

Tab. 2



Motion Base

Tab. 3



Balance Elements

Pairs

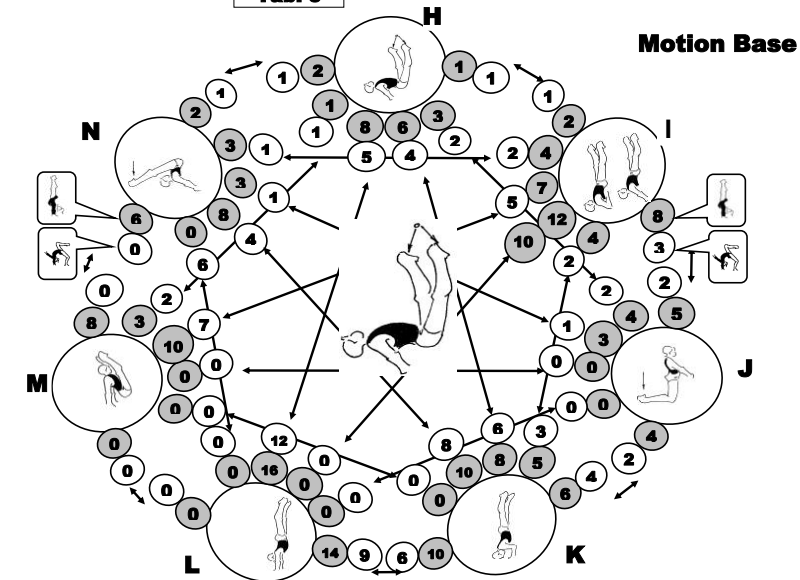
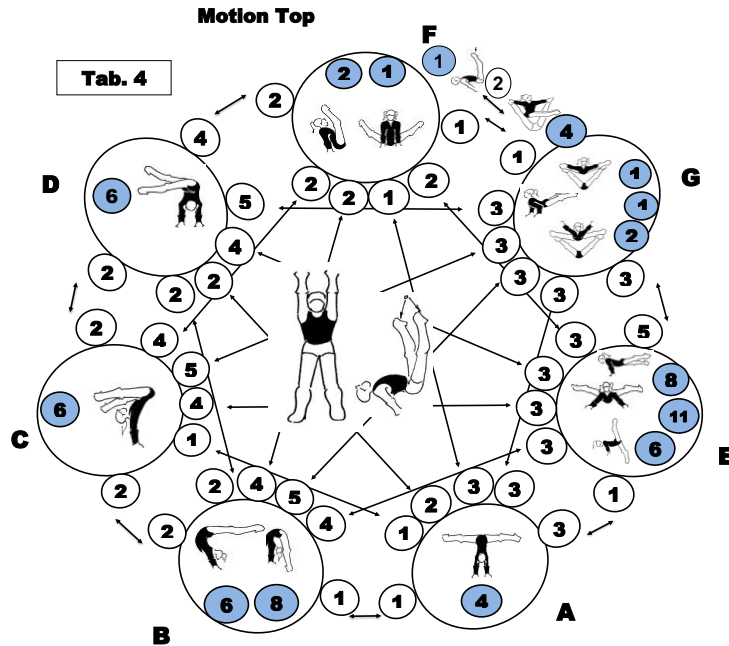
Static Base

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

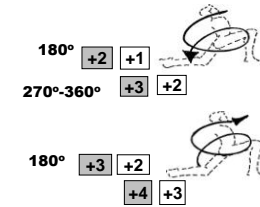
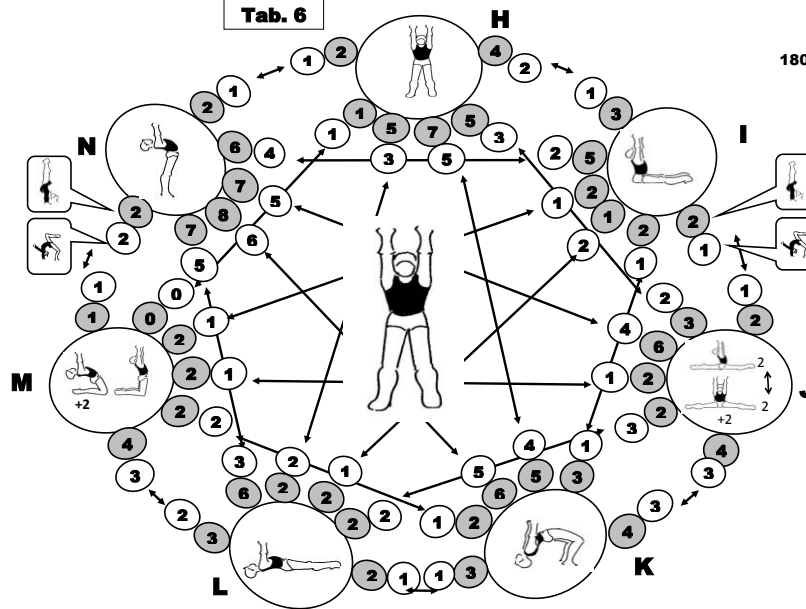
Tab. 5

Static Base

Nr	Position Base	Value	Nr	Position Base	Value
8	+1	1	14	+1	2
9	+1	2	15	+1	3
10	+1	2	16	+1	4
11	+1	3	17	+1	1
12	+1	2	18	+1	1
13	+1	2			



Tab. 6



Balance Elements

Pairs

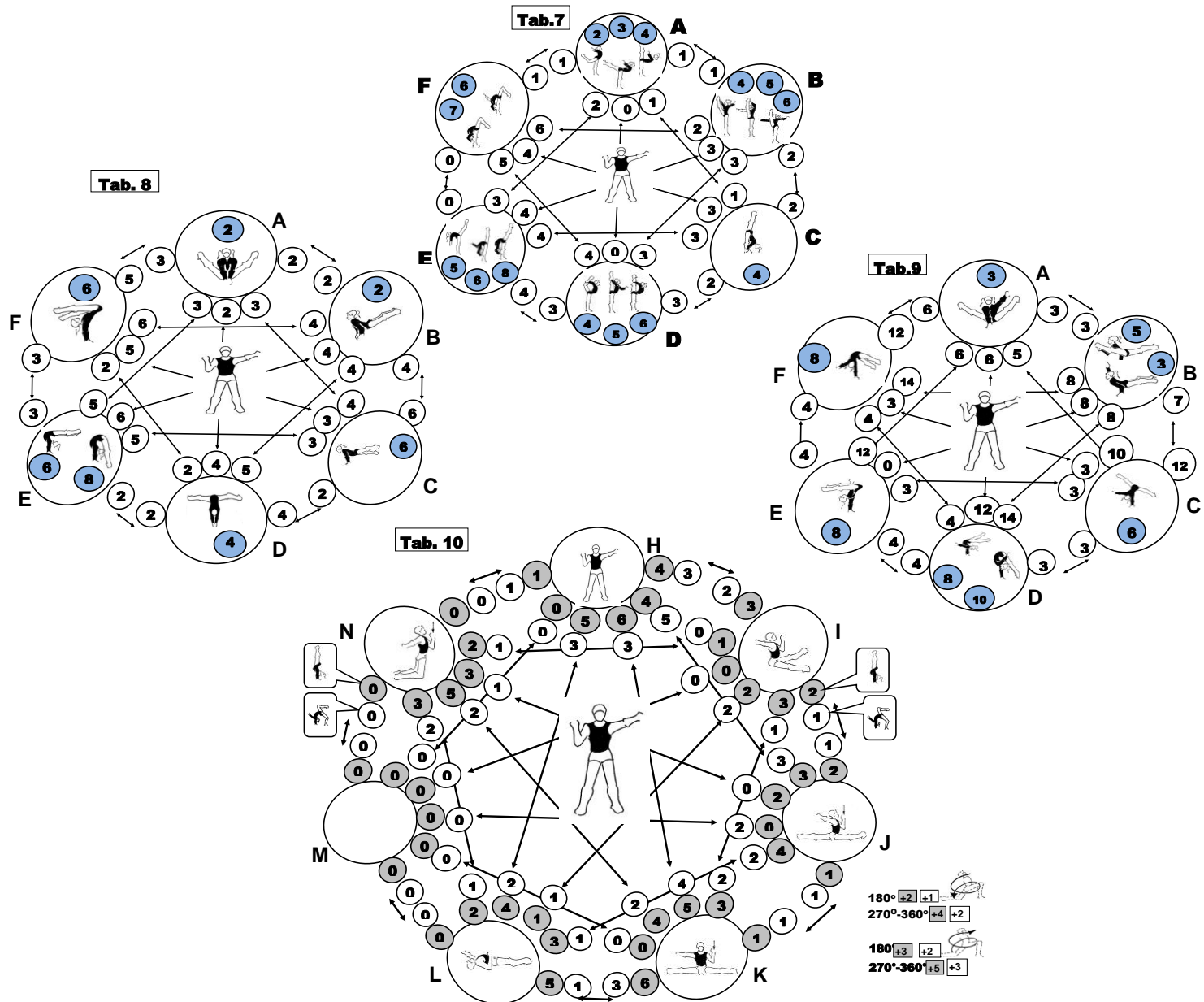
Static Base

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

Nr	Position Base	Value
10		1
11		6
12		6
13		8
14		1
15		1
16		1
17		1
18		6

1		1
3		3

2		5
---	--	---



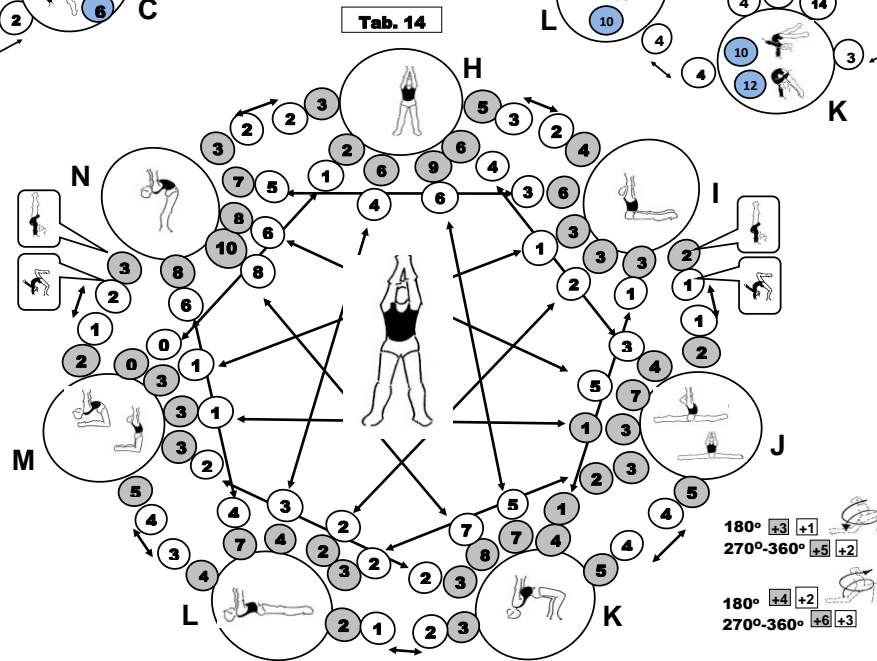
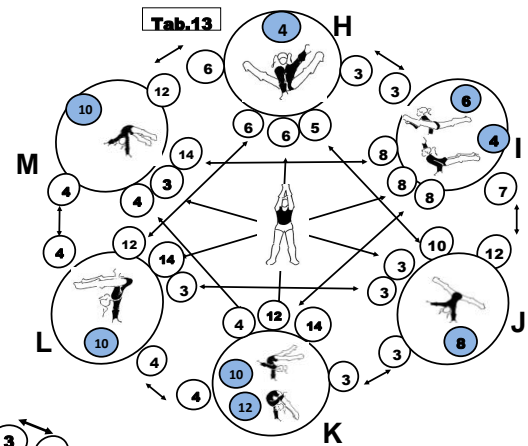
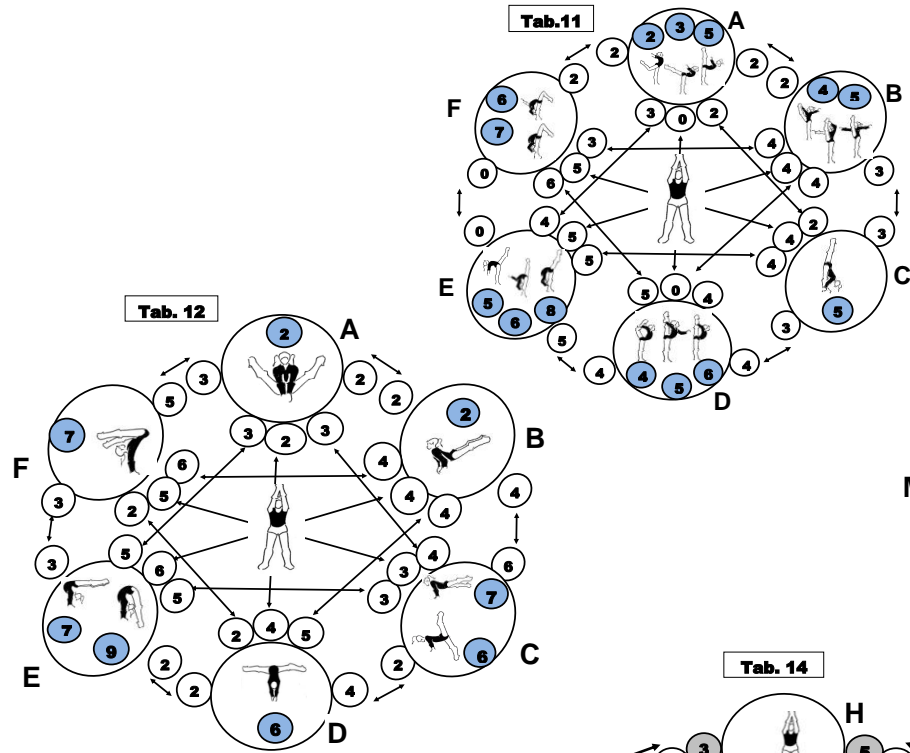
Balance Elements

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		1

Nr	Position Base	Value
10		3
11		2



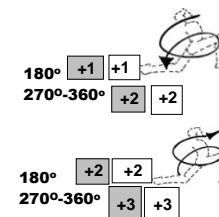
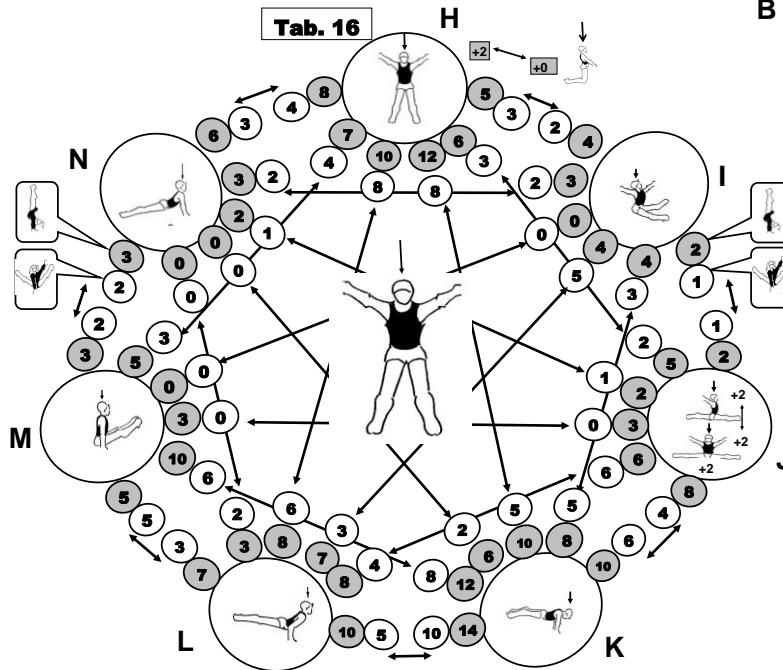
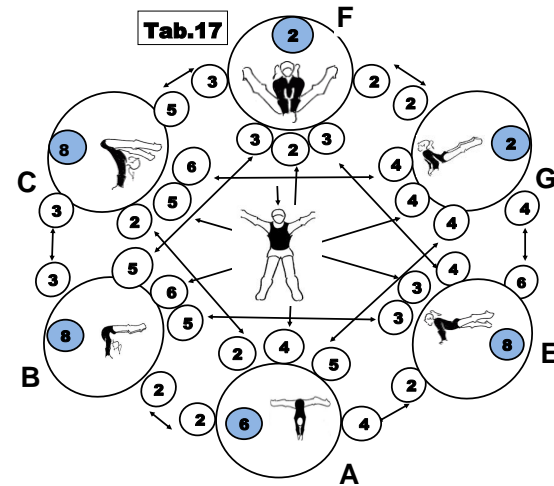
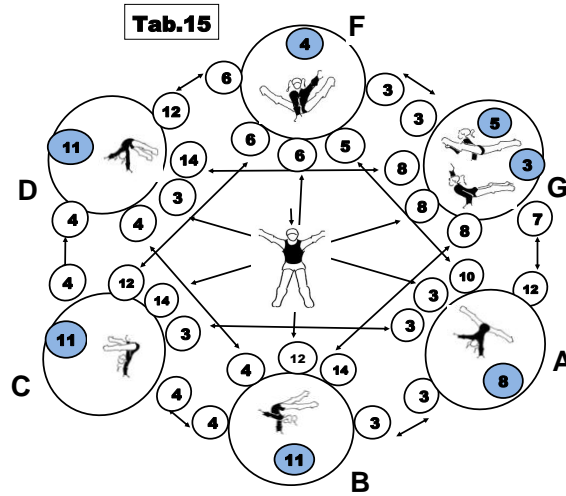
Balance Elements

Pairs

Static Base

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

9			
$180^\circ + 2$			
$360^\circ + 6$			



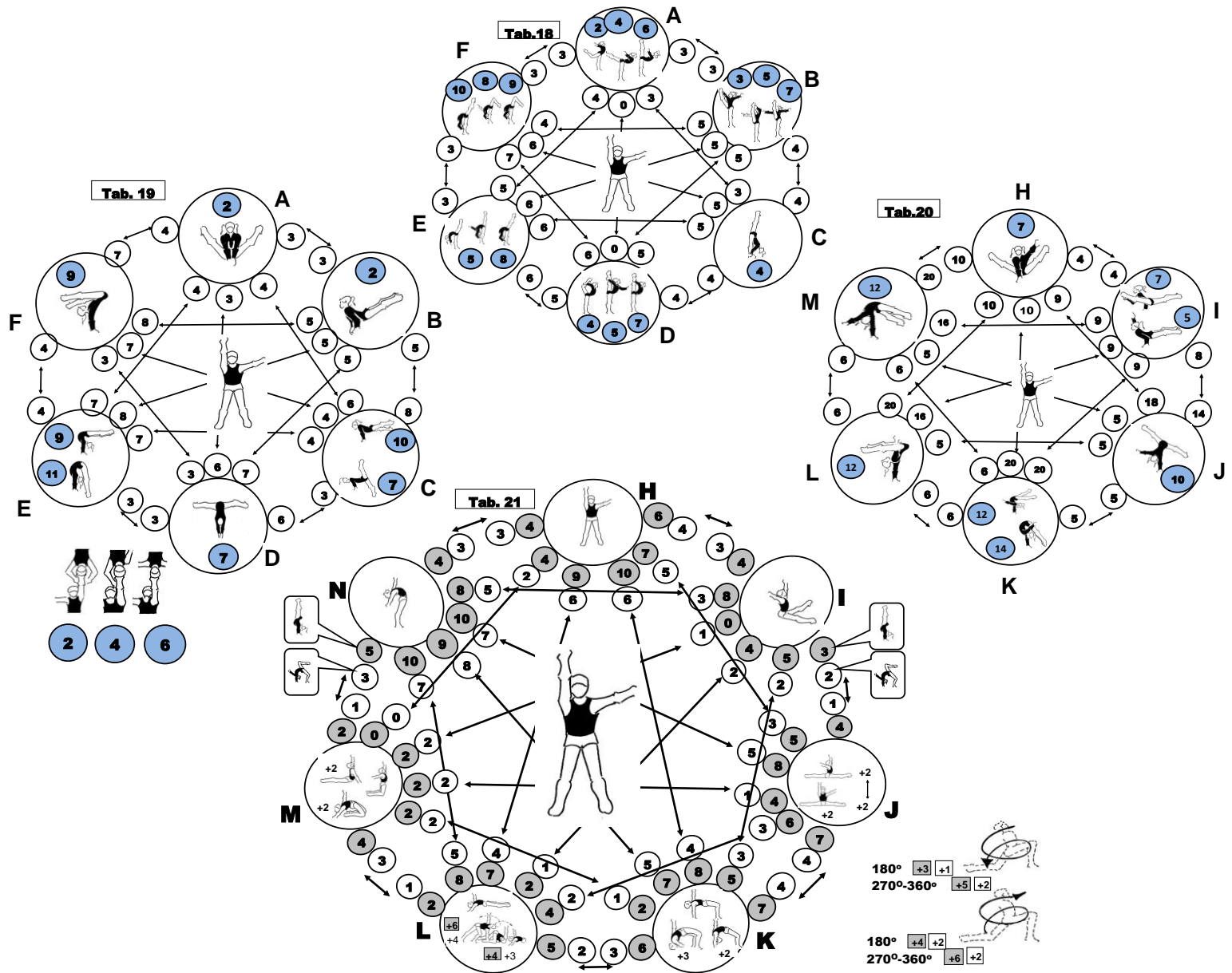
Balance Elements

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		5
14		6
15		24
16		1



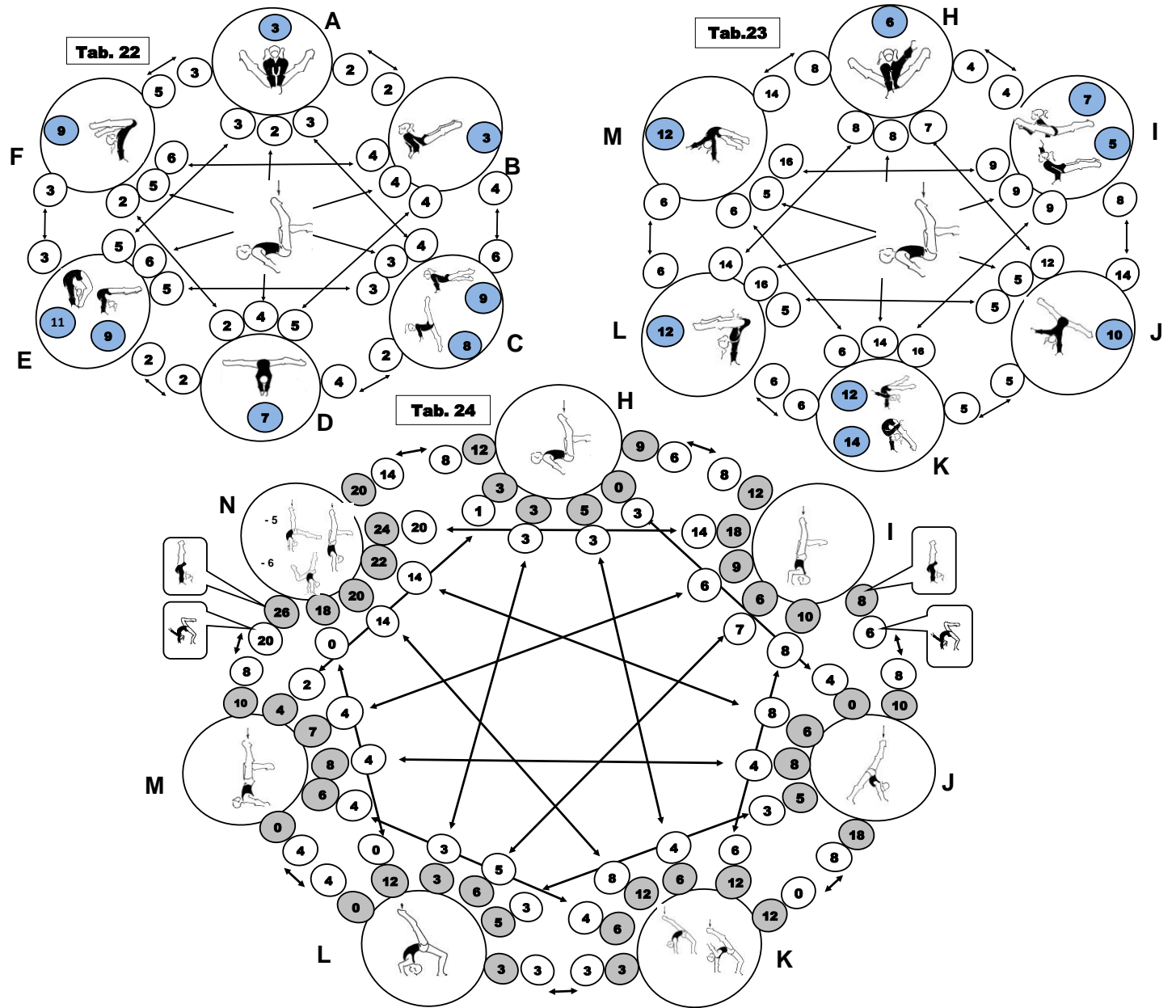
Balance Elements

Pairs

Static Base

Nr	Position Base	Value
1	-1	1
2	+2	3
3		6
4		8
5		19
6	+4	5
7		11
8		8

Nr	Position Base	Value
9		14
10		7
11		8
12		9
13		12
14		5
15		10
16		14
17		11
		14
		5
		10



Balance Elements

Pairs

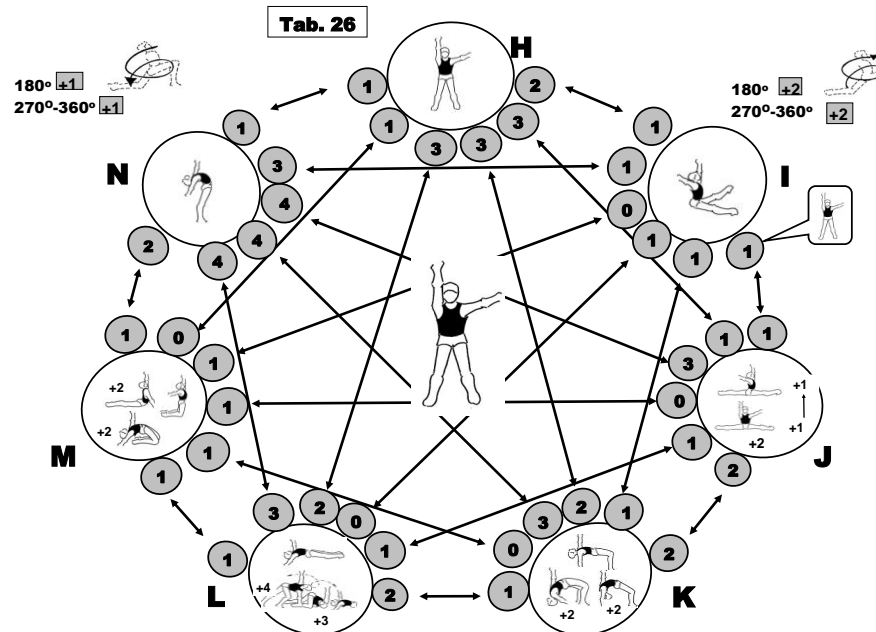
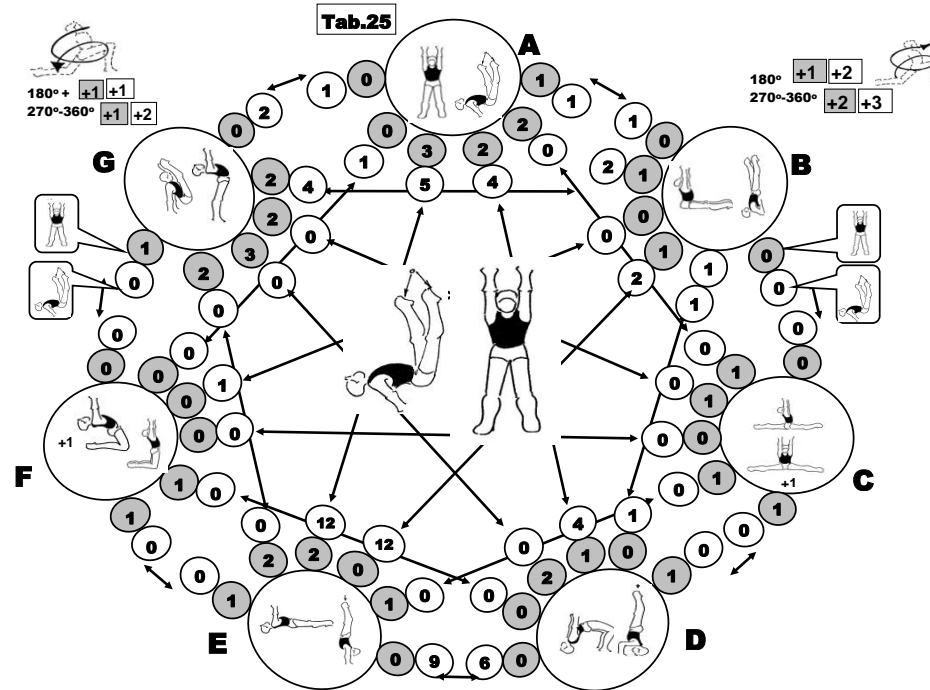
Nr	Position Base	Value
7		1
8		1
9		1
10		1
11		1
12		1
13		1

Static Base

Nr	Position Base	Value
14		1
15		2
16		1
17		1
18		1
19		2
20		3

1		1
2		1
3		1
4		1
5		2
6		3
7		2

8		1
9		1
10		2
11		3
12		17
13		
14		



Static Top

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

Balance Elements

Additional difficulty for motion of the base when top is in handstand

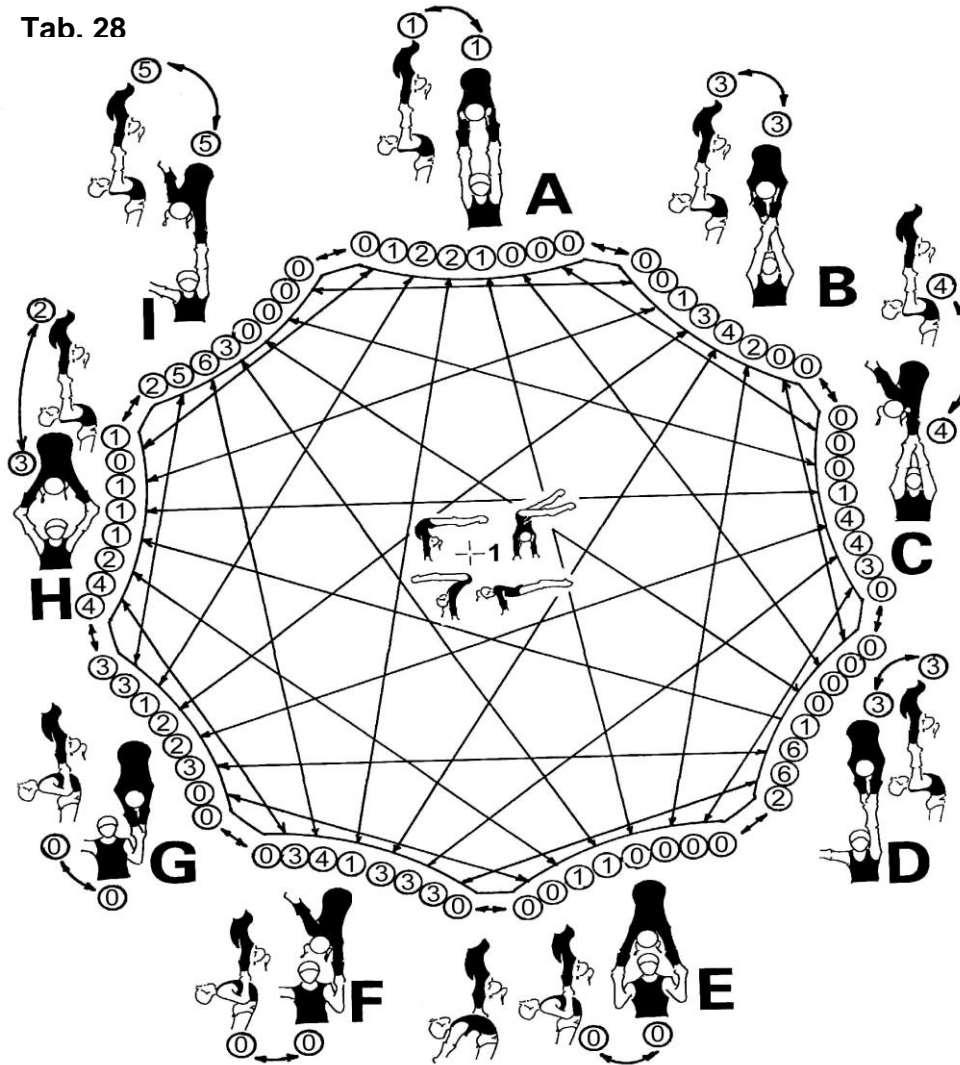
The motion of the base is **NOT** added to the position of the top.

+1V: **ONLY ONE TIME**

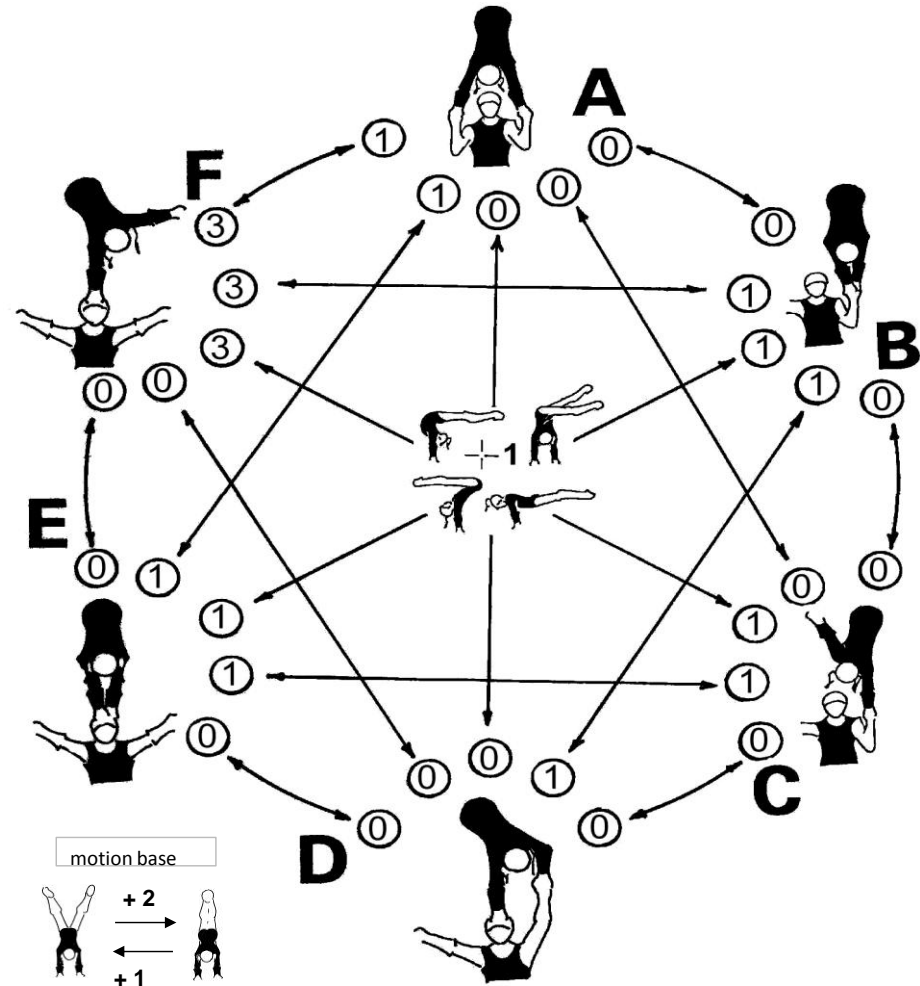
Pairs

Motion

Tab. 28



Tab. 29



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



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

Balance Elements

Pairs

Mounts + Static

		Pairs															Mounts + Static																									
		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		2	3	4	4	5	6	4	5	6	4		6	3	4		3	5	9	7	11	5	7	11	9	13	5	7	11	9	13	5		11		13	4	6		8		Mounts
B		1	2	3	3	4	5	3	4	5	3		5	1	3		2	4	7	5	9	4	6	9	7	11	4	6	9	7	11	4		9		11	3	5		6		Mounts
C		2	3	4	4	5	6	4	5	6	4		6	3	4		3	5	9	7	11	5	7	11	9	13	5	7	11	9	13	5		11		13	4	6		8		Mounts
D		1	2	3	3	4	5	3	4	5	3		5	2	3		2	4	8	6	10	4	6	10	8	12	4	6	10	8	12	4		10		12	3	5		7		Mounts
E		1	2	3	3	4	5	3	4	5	3		5	2	3		3	5	9	7	11	5	7	11	9	13	5	7	11	9	13	5		11		13	4	6		8		Mounts
		2	3	4												3	4	5	4	6																			Mounts			
	Static	3	5	7	5	7	9	5	7	9	5		9	5	7		6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8		12		16	8	8		10		Static

Pairs

Balance Elements

Mounts + Static

		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		1	2	3	3	4	5	3	4	5	3		5	2	3		2	4	8	6	10	4	6	10	8	12	4	6	10	8	12	4		10		12	3	5		7		Mounts
		1	3	4	3	5	6	3	5	6	3		6	3	5		3	5	8	6	9	5	7	10	8	11	5	7	10	8	11	5		10		11	5	7		8		Mounts
C		4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13		Mounts
		3	5	7	5	7	9	5	7	9	5		9	4	6		5	8	13	11	17	7	10	15	13	19	7	10	15	13	19	7		15		19	6	9		12		Mounts
E		4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13		Mounts
		3	5	7	5	7	9	5	7	9	5		9	5	7		5	7	10	9	12	7	9	12	11	14	7	9	12	11	14	7		12		14	7	9		11		Mounts
5		2	3	4																	3	4	5	4	6												Mounts					
	Static	3	5	7	5	7	9	5	7	9	5		9	5	7		6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8		12		16	8	8		10		Static

Pairs

Balance Elements

Mounts + Static

	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	4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13		Mounts
B	4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13		Mounts
C	6	9	12	8	11	14	8	11	14	8		14	7	10		8	11	16	14	20	10	13	19	16	23	10	13	19	16	23	10		19		23	9	12		15		Mounts
D	5	7	9	7	9	11	7	9	11	7		11	6	8		7	10	15	13	19	9	12	18	15	22	9	12	18	15	22	9		18		22	8	11		14		Mounts
E	4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13		Mounts
F	5	7	9	5	7	9	5	7	9	5		9	4	6		7	10	15	13	19	7	10	15	13	19	7	10	15	13	19	7		15		19	6	9		12		Mounts
	2	3	4													3	4	5	4	6													Mounts								
Static	3	5	7	5	7	9	5	7	9	5		9	5	7		6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8		12		16	8	8		10		Static

Balance Elements

Pairs

Mounts + Static

	A			B +2			C			D +1			E			A			B +2			C			D +1			E													
	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	
A		7	8	10	8	10	12	8	11	15	8	15	7	10	15	9	11	16	14	20	11	13	19	16	23	10	13	19	16	23	10	19	23	9	12	15	Mounts				
B		8	11	15	10	13	17	10	13	17	10	17	9	12	17	10	14	19	17	23	12	16	22	20	26	12	14	22	20	26	12	22	26	11	13	19	Mounts				
C		3	5	7	5	7	9	5	7	9	5	9	4	6	9	5	7	12	10	17	7	9	14	12	20	7	9	14	12	20	7	14	20	6	8	11	Mounts				
D		7	9	11	9	11	13	9	12	16	9	16	8	11	16	10	13	18	16	22	12	15	23	18	25	12	15	23	18	25	12	23	25	12	14	17	Mounts				
E		8	10	12	10	12	14	10	12	14	10	14	9	11	14	11	14	19	17	23	13	16	24	18	26	13	16	24	19	25	13	24	26	13	15	18	Mounts				
F		8	11	15	10	13	18	10	13	18	10	18	9	12	18	10	14	19	17	23	12	16	22	20	26	12	16	22	20	26	12	22	26	11	15	19	Mounts				
		2	3	4												3	4	5	4	6																Mounts					
Static	3	5	7	5	7	9	5	7	9	5	9	5	7	9	6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8	12	16	8	8	10	Static					

Pairs

Balance Elements

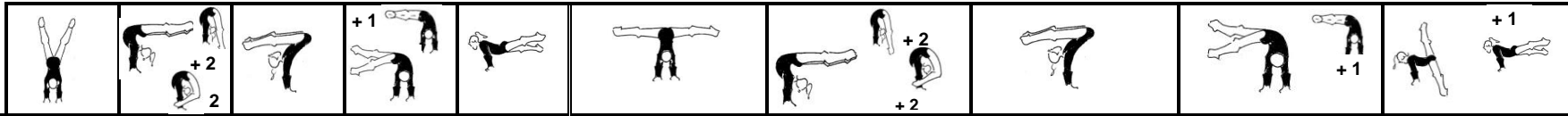
Mounts + Static

		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	4	6	8	6	8	10	6	8	10	6		10	6	8		12	15	20	18	24	14	17	25	20	27	14	17	25	20	27	14		25		27	13	16		19		Mounts
B	360°+4	3	5	7	5	7	9	5	7	9	5		9	5	7		12	15	20	18	24	14	17	25	20	27	14	17	25	20	27	14		25		27	13	16		19		Mounts
C	5/4 back	4	6	8	6	8	10	6	8	10	6		10	6	8		6	8	11	10	13	8	10	13	12	15	7	9	12	11	14	8		13		15	8	10		12		Mounts
D	360°+4	3	5	7	5	7	9	5	7	9	5		9	5	7		5	7	10	9	12	7	9	12	11	14	6	8	11	10	13	7		12		14	7	9		11		Mounts
E	360°+4	8	9	11	9	11	13	9	11	13	9		13	9	11		10	13	18	16	20	12	15	20	18	24	12	15	20	18	24	12		20		24	13	16		20		Mounts
F	360°+4	5	7	9	7	9	11	7	9	11	7		11	7	9		12	14	12	11	14	14	11	14	13	16	9	11	14	13	17	9		14		16	9	11		13		Mounts
	+	2	3	4						+					3	4	5	4	6																Mounts							
	Static	3	5	7	5	7	9	5	7	9	5		9	5	7		6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8		12		16	8	8		10		Static

Balance Elements

Pairs

Mounts + Static



	A					B					C					D					E																				
	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
Start																																									
A	10	11	13	11	13	15	11	14	18	11		18	10	14		12	14	19	17	23	14	16	22	19	26	13	16	22	19	26	13		22		26	12	15		18		Mounts
B	10	12	14	12	14	16	12	14	16	12		16	11	13		14	17	22	20	26	16	19	27	22	29	16	19	27	22	29	16		27		29	15	18		21		Mounts
C	4	6	8	6	8	10	6	8	10	6		10	5	7		10	13	17	15	21	11	14	19	17	23	11	14	19	17	23	11		19		23	10	13		16		Mounts
D	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		Mounts
E	4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	17	14	21	8	11	17	14	21	8		17		21	7	10		13		Mounts
+	2	3	4												3	4	5	4	6																				Mounts		
Static	3	5	7	5	7	9	5	7	9	5		9	5	7		6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8		12		16	8	8		10		Static

Balance Elements

Pairs

Mounts + Static

		Pairs															Mounts + Static																								
		A			B +2			C			D +1			E			A					B +2					C							D +1					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		4	6	8	6	8	10	6	8	10	6		10	6	8		8	11	16	14	20	10	13	18	16	22	10	13	18	16	22	10		18		22	9	12		13	Mounts
		8	11	15	10	13	17	10	13	17	10		17	10	13		12	15	21	19	25	14	17	23	21	27	14	17	23	21	27	14		23		27	13	16		20	Mounts
		3	5	7	5	7	9	5	7	9	5		9	5	6		5	8	13	11	17	7	10	15	13	19	7	10	15	13	19	7		14		19	6	9		12	Mounts
		4	6	8	6	8	10	6	8	10	6		10	5	7		6	9	14	12	18	8	11	16	14	20	8	11	16	14	20	8		16		20	7	10		13	Mounts
D		2	3	4												3	4	5	4	6																Mounts					
		3	5	7	5	7	9	5	7	9	5		9	5	7		6	8	10	11	14	8	9	12	13	16	8	9	12	13	16	8		12		16	8	8		10	Static

Balance Elements

Pairs

Mounts + Static

		Pairs															Mounts + Static																									
		A			B +2			C			D +1			E			A					B +2					C					D +1					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		1	2	3	3	4	5	3	4	5	3		5	2	3		2	3	6	4	7	4	5	8	6	9	4	5	8	6	9	4		8		9	3	4		5		Mounts
		2	3	4	4	5	6	4	5	6	4		6	3	4		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		Mounts
		3	4	5	5	6	7	5	6	7	5		7	4	5		5	8	13	11	17	7	9	15	13	19	7	9	15	13	19	7		15		19	6	8		12		Mounts
		1	2	3	3	4	5	3	4	5	3		5	2	3		2	3	6	4	7	4	5	8	6	9	4	5	8	6	9	4		8		9	3	4		5		Mounts
		2	3	4	4	5	6	4	5	6	4		6	3	4		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		Mounts
E		2	3	4												3	4	5	4	6																Mounts						
		3	5	7												5	7	9	5	7																9	5		9	5	7	

Balance Elements

Pairs

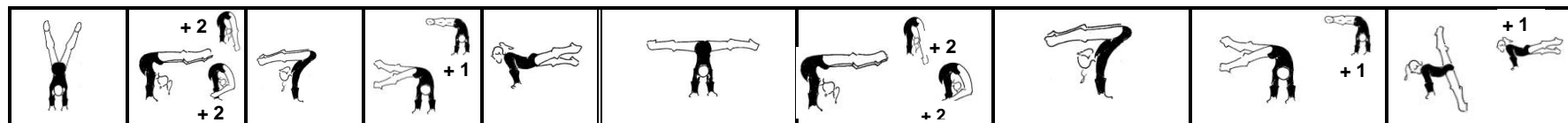
Mounts+static

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

Balance Elements

Pairs

Mounts + Static



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

E = also start from handstands

Balance Elements

Pairs

Mounts + Static

		A			B +2			C			D +1			E			A			B +2			C			D +1			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		1	2	3	3	4	5	3	4	5	3		5	2	3		3	5	9	7	11	5	7	11	9	13	5	7	11	9	13	5		11		13	4	6		8		MOUNTS
		2	3	4	4	5	6	4	5	6	4		6	2	4		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		MOUNTS
B		4	5	7	6	7	9	6	7	9	6		9	4	6		6	8	13	11	17	8	10	15	13	19	8	10	15	13	19	8		15		19	7	12		12		MOUNTS
		2	4	6	4	6	8	4	6	8	4		8	3	5		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		MOUNTS
C		2	4	6	4	6	8	4	6	8	4		8	3	5		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	5	7		9		MOUNTS
		2	3	4	4	5	6	4	5	6	4		6	4	5		4	6	10	8	12	6	8	12	10	14	6	8	12	10	14	6		12		14	6	8		10		MOUNTS
D		2	3	4												3	4	5	4	6												MOUNTS										
		3	5	7												5	7	9	5	7												9	5		9	5	7		6	8	10	11

Balance Elements

Pairs

Mounts + Static



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

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Dynamic Elements

Dynamic Elements

Additional Difficulty for Links

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:

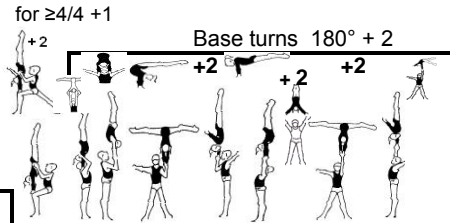
Vertical column = first element

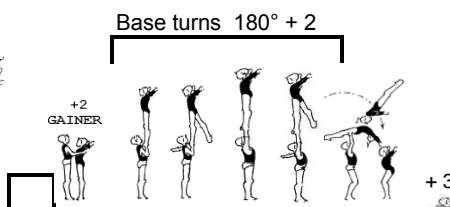
Horizontal row = second element

Dynamic Elements


 Pairs top 180°



 Front Salto Finish Position


 for $\geq 4/4 + 1$ Base turns 180° + 2



 Base turns 180° + 2 +2 GAINER

		A					F						M				R								
		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																		0/4	0	1	3	2	4	0
	2	5	1	1	1	4	2	6	9	12	8	13	17	5	3			7	4	3	18	20	20	24	4
	3	5	1	1	1	4	2	6	9	12	8	13	17	6	4			8	4	4	20	22	22	26	5
	4	5	1	1	1	4	2	6	9	12	8	13	17	7	6			9	5	5	22	24	24	30	6
5 / 4	5	9	7	4	8	10	10	20	23	27	24	30	36	18	16			20	8	16	38				16
	6	10	8	5	9	12	10	20	23	27	24	30	36	20	18			22	8	18	48				18
	7																		4	18					18
	8																		4	22					22
9 / 4	9	12	10	7	11	14	12	24	27	31	28	34	40	30	28			32	12	27					27
	10		18	13	21		26												12	38					
	11		20	15	23		30												12	48					
	12		20	15	23														4						
13 / 4	13		24	19	27																				
	14		29	24	32		40																		

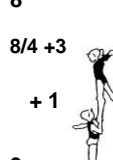
Start



7




8

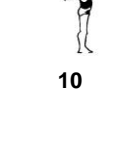


8/4 + 3


+ 1




9




+ 2




10



11



12



forbidden


	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

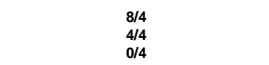
9/4



3/4

7/4

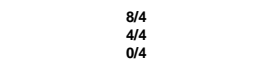
11/4



8/4

4/4

0/4



Dynamic Elements

Pairs top 180° Base turns 180° + 2 for ≥4/4 +1 Base turns 180° + 2

Back Salto

Finish Position Position

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

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

4/4 - 12/4 +2

16

4/4 - 12/4 +3

17

4/4 - 12/4 +4

18

4/4 - 12/4 +5

19

+1

20

3/4
7/4
11/4

8/4
4/4
0/4

1/4
5/4
9/4

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

Dynamic Elements

Pairs

top 180°

Base turns 180° + 2

for ≥4/4 +1

Base turns 180° + 2

+2

+2

+2

+2

+2

+3

Back Salto

Finish Position Position

Start

65

66

67

68

69

70

		top 180°					Base turns 180° + 2						for ≥4/4 +1												
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	R	S	T	U	V	W		
1 / 4	1																0/4	1	3	4	6	5	7	11	
	2	2	2			3	2	1	5	8	7	10	3	5	4	2	4	4	8	22	26	30	26	32	38
	3	2	2			3	2	1	5	8	7	10	3	6	5	3	5	6	10	24	28	32	28	34	40
	4	2	2			3	2	1	5	8	7	10	3	7	6	4	6	7	12	26	30	34	30	36	42
5 / 4	5	9	8			10	6	9	20	24	24	28	7	14	11	8	13	14	30	42					
	6	10	9			12	6	10	22	26	26	30	10	16	13	10	15	16	34	52					
	7						6						7												
	8						6						7												
9 / 4	9	13	11			14	10	12	28	32	32	36	12	18	15	12	17	18							
	10	22	20			20	10	30					11												
	11	24	22			22	10	40					11												
	12		22			22	10						11												
13 / 4	13		25			25	10						11												
	14		30			30	10	50					11												

	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	5	7	9	11	13	16	19	23
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	8	16	26	36				

3/4
7/4
11/4

8/4
4/4
0/4

1/4
5/4
9/4

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

Dynamic Elements

Pairs

Front Salto

Finish Position

for $\geq 6/4 +1$

Base turns $180^\circ + 2$

top 180°

for $\geq 4/4 +1$

Base turns $180^\circ + 2$

+2

+2

+2

+2

+3

Start

71

72

73

74

75

76

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

	A	B	C	D	E	F	G	H
1	0/4	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	11	13
3	2/4	4	4	8	8	13	13	18
4	3/4	1	3	5	7	9	12	14
5	4/4	4	8	12	16	20	24	29
6	5/4	2	4	6	8	10	13	16
7	6/4	5	7	9	12	15	19	22
8	7/4	3	5	7	10	13	17	20
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	16	32	48	64			

8/4
4/4
0/4

3/4
7/4
11/4

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

1/4
5/4
9/4