

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S GROUP
BALANCE ELEMENTS

Balance Elements

Static

Women's Group

How to look for the value of the top

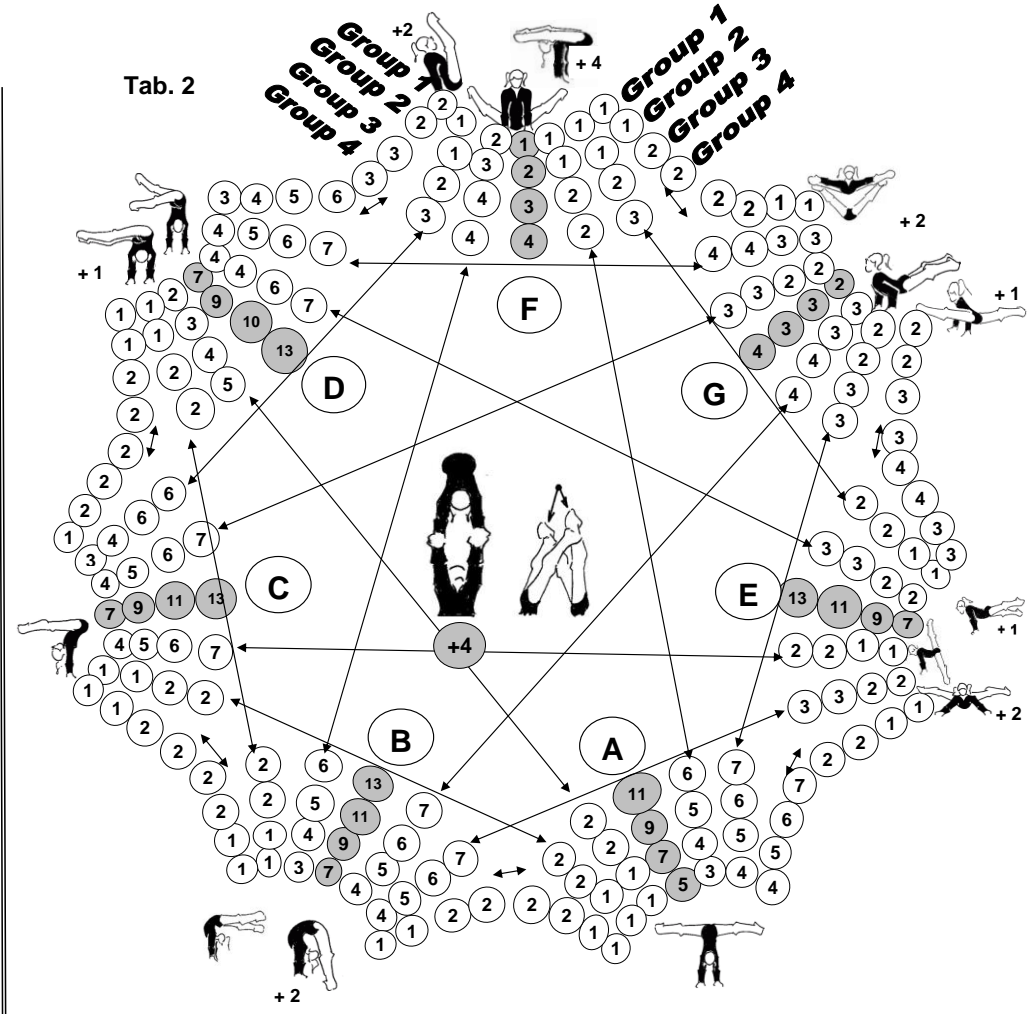
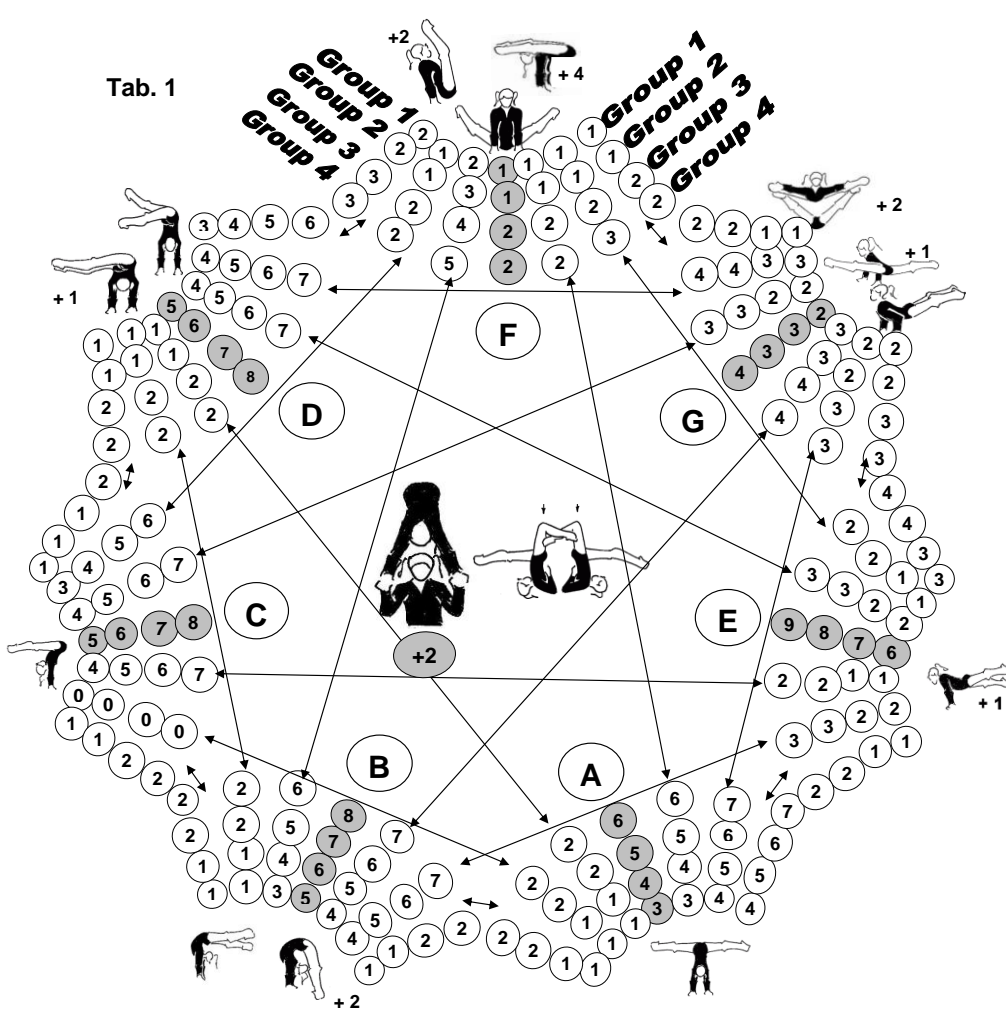
In the left column of vertical boxes you have typical middle positions. In all the others boxes you have variations of these middle positions.

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 Balance Elements



Tab. 3

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

Tab. 4

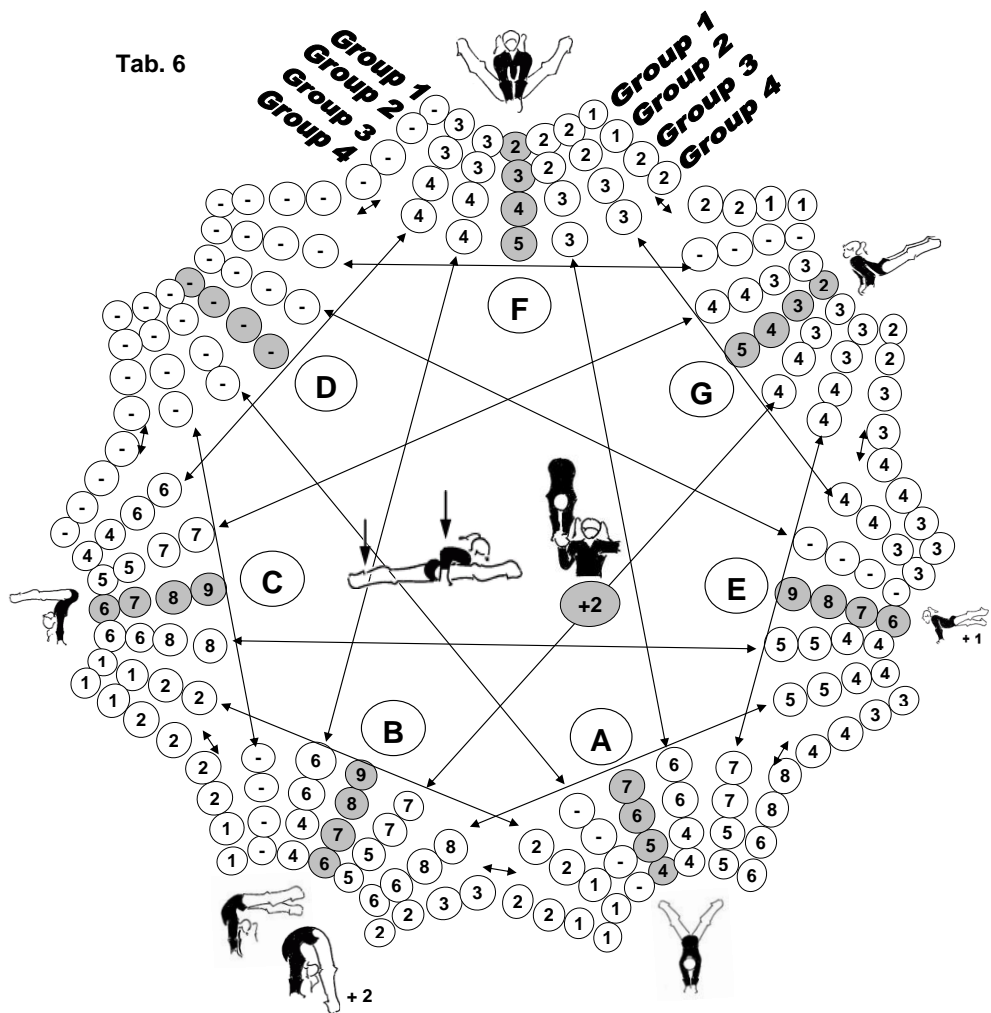
	6	7	8	9	10	11
Gr.1-2-3-4	2-2-2-2	4-4-4-4	4-4-4-4	5-5-5-5	3-3-3-3	1-1-2-2

Tab. 5

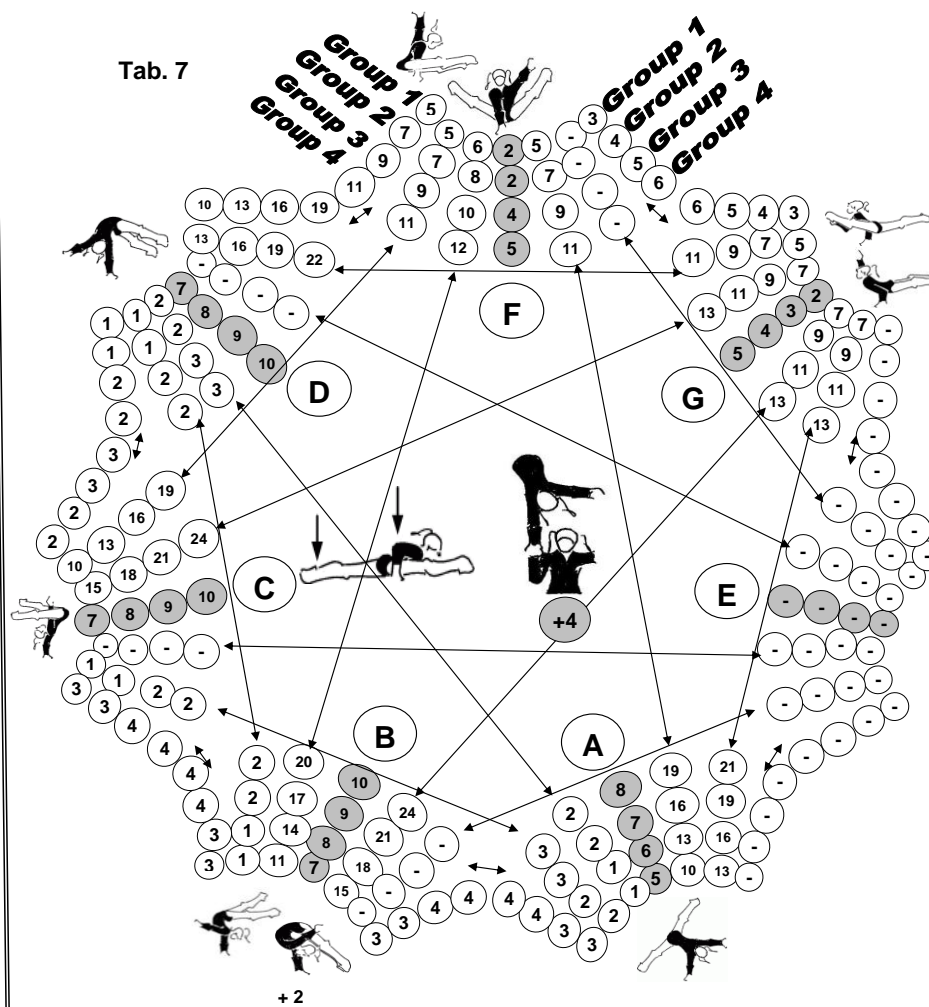
	12	13	14	15	16	17	18	8	9	10	11	12	13	14	15
Gr.1-2-3-4	1-1-1-1	2-2-2-2	1-1-1-1	2-2-2-2	3-3-3-3	3-3-3-3	2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	1-1-2-2	1-1-2-2	1-1-2-2	2-2-3-3	3-3-4-4

Women's Group Balance Elements







Tab. 6



Tab. 7

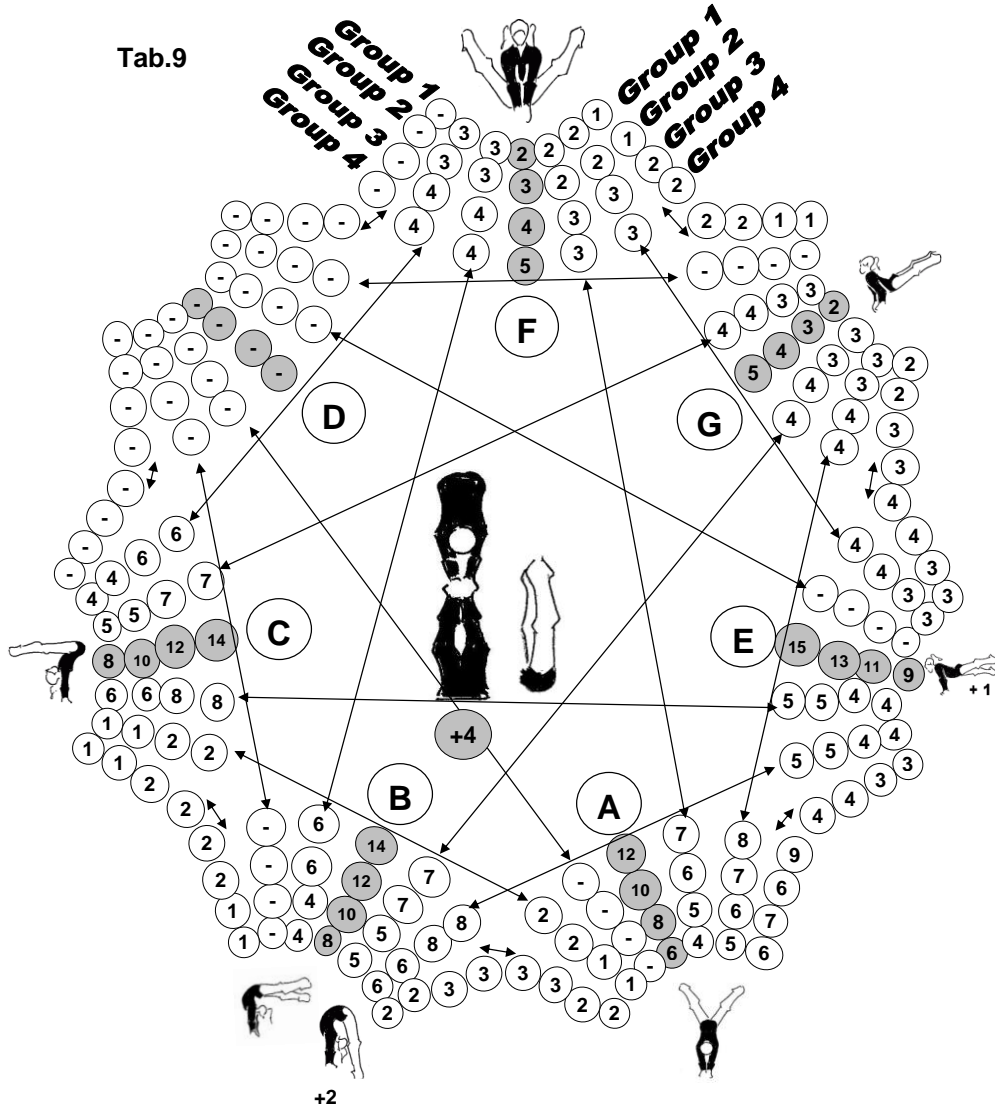


Tab. 8

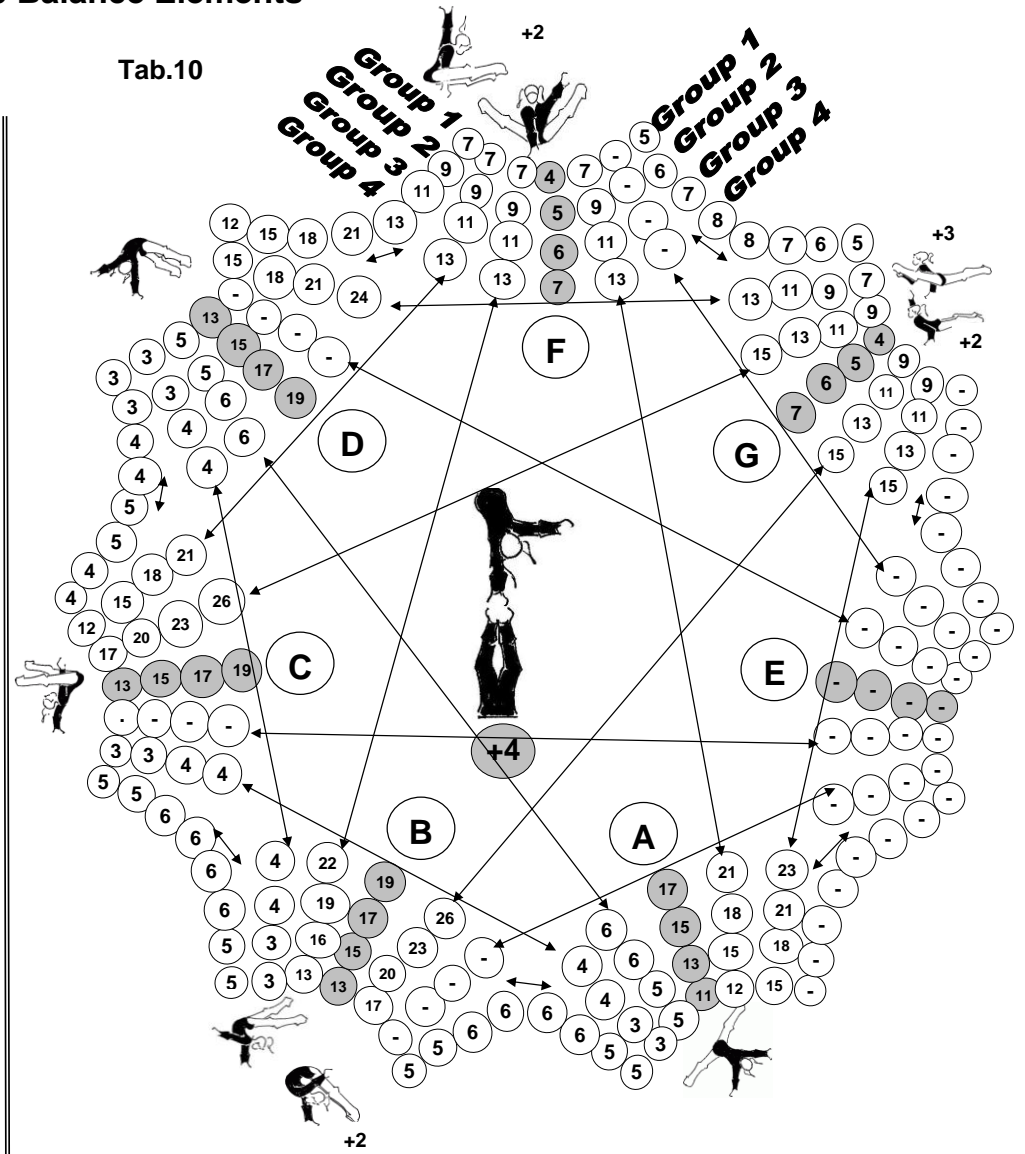
	1	2	3	4	5
					
Gr.1-2-3-4	1-1-2-2	2-3-4-5	5-6-7-8	5-6-7-8	6-7-8-9

Women's Group Balance Elements







Tab.9



Tab.10

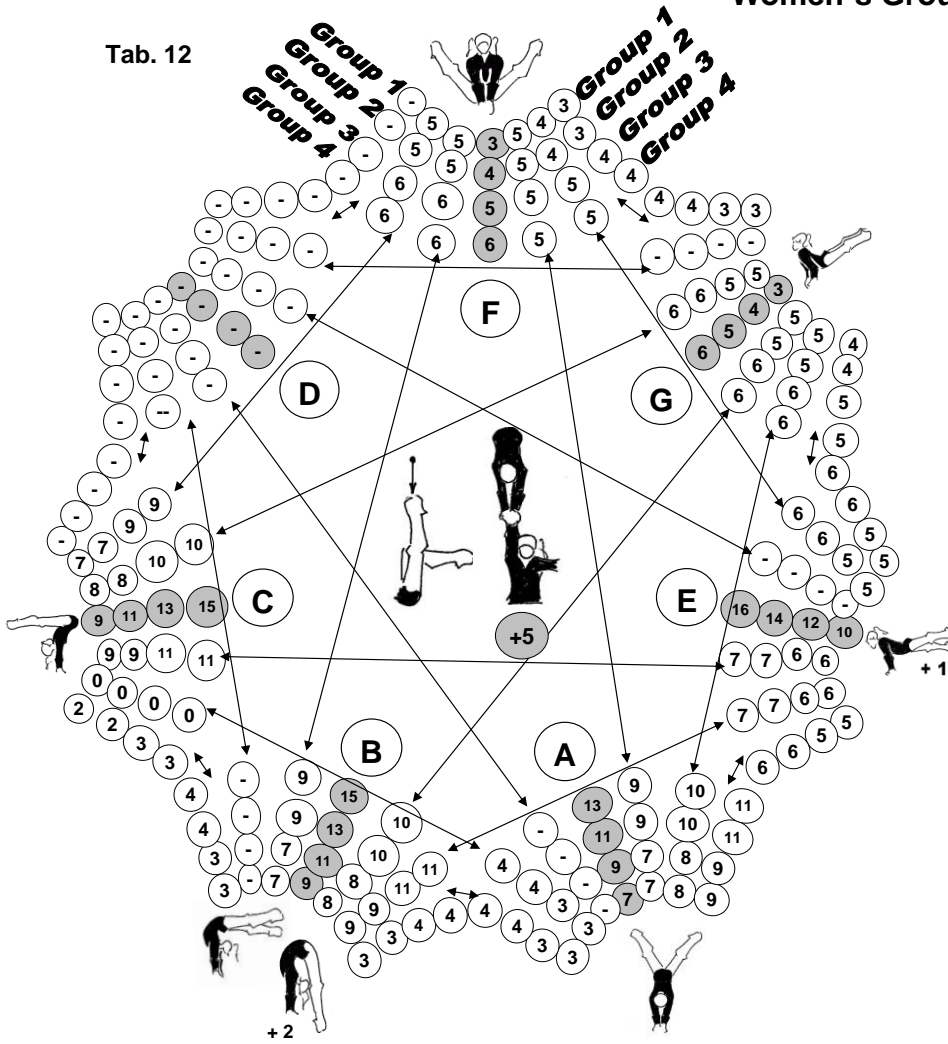


Tab.11

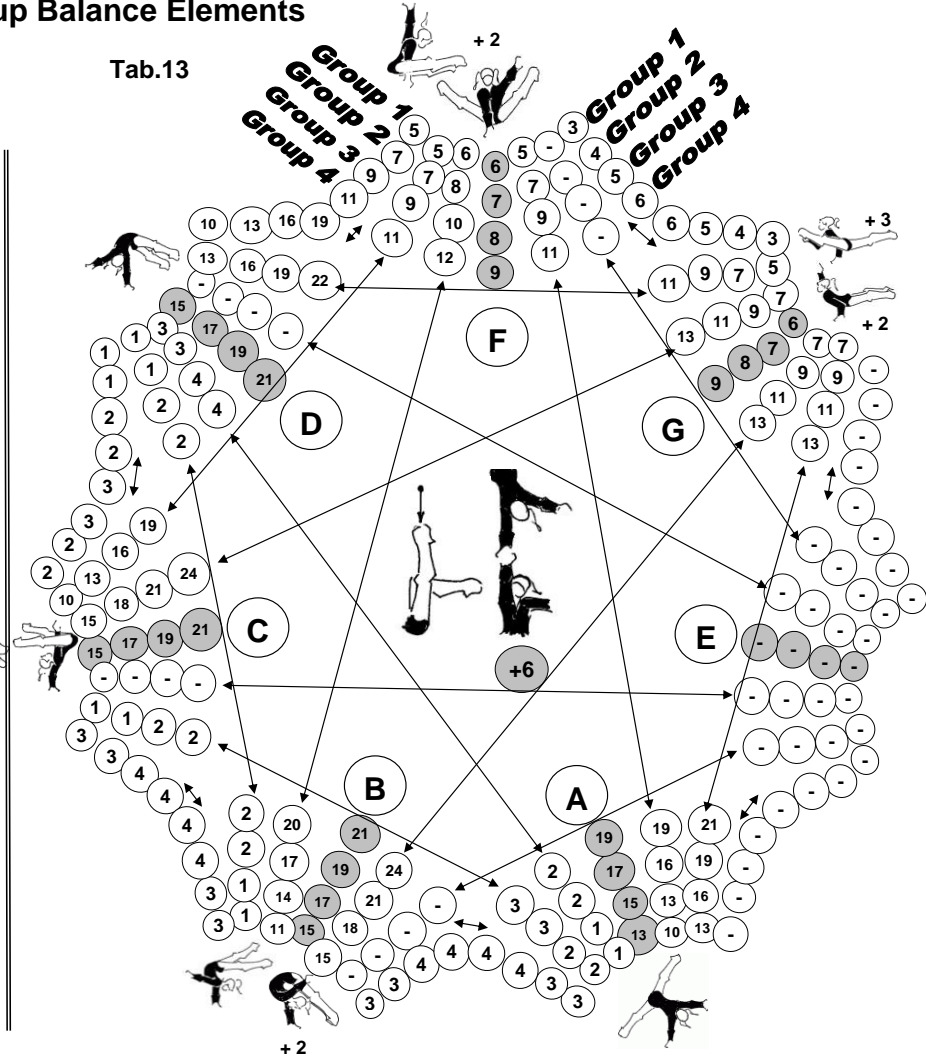
	1	2	3	4	5
					
Gr.1-2-3-4	2-4-6-8	4-6-8-10	4-6-8-10	7-9-11-12	8-10-12-13

Women's Group Balance Elements

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	5-5-5-5	2-2-2-2	1-1-2-2	3-3-4-4	2-2-3-3	3-3-4-4

Women's Group Static Elements

Category 1



	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	3	3	4	5	6	7	5	2	3	2	2		
B													
	8	8	10	8	8	8	8	11	8	10	13	2	3
C													
	12	15	3	3	2	2	4	4	11	12	16	4	2
D													
	8	2	2	3	3	3	3	2	3	4			
E													
	2	2	2	2	4	4	5	5					
F													
	2	2	2										

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

Category 1



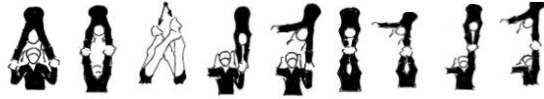
Women's Group Static Elements

A	1	2	3	4	5	6	7	8	9	10	11	12
	5	7	6	7	8	4	5	4	4	2		
B	1	2	3	4	5	6	7	8	9	10	11	12
	12	13	14	14	13	13	11	6	8	14	10	13
C	1	2	3	4	5	6	7	8	9	10	11	12
	11	12	9	12	16	14	13	14	12	6	2	3
D	1	2	3	4	5	6	7	8	9	10	11	12
	12	13	16	3	4	5	6	7				
E	1	2	3	4	5	6	7	8	9	10	11	12
	12	12	7	12	9	11	12	18	3	5	5	
F	1	2	3	4	5	6	7	8	9	10	11	12
	5	4	11	12	16	5	5	5	5	7	9	
G	1	2	3	4	5	6	7	8	9	10	11	12
	4	4	4	4	5							

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

Women's Group Static Elements

Category 2

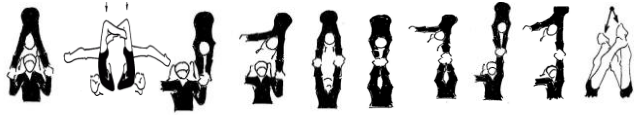


A												
	1	2	2	4	8	1	1	2	7	2	2	6
B												
	1	1	2	1	4	7	10	10	3	5	8	8
C												
	8	10	12	14	8	10	12	9	9	11	13	
D												
	2	2	3	2	3	5	5	3	3			
E												
	2	2	2	2	2	3	3	9	9	10	10	

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

Women's Group Static Elements

Category 3



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

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

Women's Group Static Elements

Category 3



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	10	20	21	26	27	20	21	14	15	6	15	15	
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	5	6	7	7	8	9	9	15	16	6	7	11	12
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	21	22	27	28	21	22	10	4	5	9	10	11	
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	12	7	8	9	10	11	12	4	11	12	6	14	15
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	10	11	13	14	8	9	12	13	15	16			

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

Women's Group Static Elements

Category 3



	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	4	10	5	5	6	6	7	10	11	13	8	11	13
	1	2	3	4	5	6	7	8	9	10	11	12	13
B													
	13	14	5	6	7	8	9	10	10	11	11	8	9
	1	2	3	4	5	6	7	8	9	10	11	12	13
C													
	10	9	11	6	13	6	10	12	8	10	4	5	5
	1	2	3	4	5	6	7	8	9	10	11	12	13
D													
	6	10	10	11	11	12	13	10	16	16	17	18	
	1	2	3	4	5	6	7	8	9	10	11	12	13
E													
	16	17	3	6	7	4	11	12	17	18	10		

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

Women's Group Static Elements

Category 3



	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
		6	12	20	14	8	14	22	16	15	9	10	14
B													
		19	20	12	13	19	20	5	8	5	6	8	9
C													
		14	19	17	22	14	19	16	19	16	13		
D													
		18	8	9	10	10	6	8	5	7	4	7	5
E													
		16	17	9	10	14	15	20	21	23	24	20	21

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

Women's Group Static Elements

Category 3



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	5	6	16	16	20	16	22	25					
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	6	7	8	9	6	7	7	8	8	9	9	10	
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	5	6	7	7	8	8	9	4	5	6	7	5	
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	6	6	7	7	8	5	6	6	7	7	8	8	9
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	4	5	6	7	4	5	6	7	5	6	7	8	

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

Women's Group Static Elements

Category 3



	1	2	3	4	5	6	7	8	9	10	11	12	
A													
		10	14	5	8	8	18	21	9	19	3	7	3
B													
		3	4	6	2	3	4	4	3	4	5	6	
C													
		5	6	7	8								
D													
E													

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

Women's Group Static Elements

Category 4



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	6	8	8	10	8	10	12	14	14	16	16	18	10
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	14	16	26	26	28	30	13	17	18	20	20	22	22
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	24	10	14	16	16	18	10	11	12	13	10	12	11
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	13	12	14	13	15	11	13	3	5	5	5	9	12
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	14	5	7	7	7	11	14	16	7	9	9	9	13

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

Women's Group Static Elements

Category 4



A	1	2	3	4	5	6	7	8	9	10	11	12	13
	16	18	16	18	18	9	11	28	12	14	14	14	22
B	1	2	3	4	5	6	7	8	9	10	11	12	13
	8	12	13	30	14	16	18	9	11	13	13	15	8
C	1	2	3	4	5	6	7	8	9	10	11	12	13
	10	7	9	9	11	9	10	11	12	11	12	7	0
D	1	2	3	4	5	6	7	8	9	10	11	12	13
	5	7	7	7	11	14	16	30	11	16	18	18	10
E	1	2	3	4	5	6	7	8	9	10	11	12	13
	12	11	13	9	11	11	11	15	18	20	11	22	22

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

Category 4



Women's Group Static Elements

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

Category 5

	1	2	3	4	5	6	7	8	9	10	11	12	13
A													
	12	14	14	16	18	20	20	22	14	16	20	22	11
B													
	13	17	19	16	18	22	24	20 +4	24	28	18	20	6

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

Women's Group Static Elements

Category 5



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

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

Women's Group Static Elements

Category 5



		1	2	3	4	5	6	7	8	9	10	11	12
A													
		2	4	7	9	4	5	8	10	5	6	9	11
B													
		5	6	9	11	2	4	7	9	6	10	14	16
C													
		11	13	3	5								

Category 6

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

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

Women's Group Static Elements

Category 6



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

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

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S GROUP
Dynamic Elements

Dynamic Elements
Additional Difficulty for links
Women's Group

	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
5															
6	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
7															
8	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
9															
10	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
11															
12	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
13															
14	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
15															
16	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
17															
18	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
19															
20	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
21															
22	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
23															

This Table is working from left to right:


Vertical column = first element

Horizontal row = second element


Dynamic Elements

Back Salto


Start




Finish Position




1




1a




2




3




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
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
6




7




8




9




10a




10b



11



12



		A	B	C	D	E									N	O	P	Q								
		F	G	H	i	J	K	L	M					R	S	T	U	V	W	X	Y					
1	1																									
	2	1	2	2	3	2																				
	3	1	2	2	3	2																				
	4	1	2	2	3	2																				
1a	5	4	5	6	9	7																				
	6	5	6	7	10	8																				
	7																									
	8																									
2	9	6	7	8	11	9																				
	10	14		18		16																				
	11	16		20		18																				
	12	16		20		18																				
3	13	20		22		20																				
	14	24		26		24																				
	15	36	36																							
	16	43	43																							
4			A	B	C	D	E	F	G	H																
			Twist	180	360	540	720	900	1080	1260	1440															
	1	0/4	2	4	6	8	11	14	17	20																
	2	1/4	1	2	3	5	7	9	11	13																
	3	2/4	-1	5	3	8	7	12	11	16																
	4	3/4	1	2	3	5	7	9	11	13																
	5	4/4	2	8	10	12	15	18	21	24																
	6	5/4	2	4	6	8	11	14	17	20																
	7	6/4	0	10	8	18	16	26	24	34																
	8	7/4	2	4	6	8	10	12	16	20																
	9	8/4	4	10	14	18	22	26	30	34																
	10	9/4	2	4	6	8	10	12	16	20																
	11	10/4	-4	8	6	16	14	24	22	26																
12	11/4	4	8	12	16	20	24	28	32																	
13	12/4	4	12	16	20	24	28	32	36																	

-4

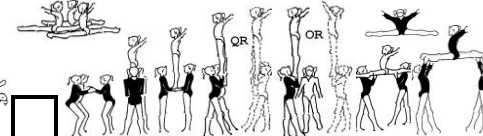
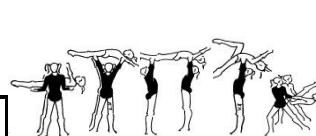
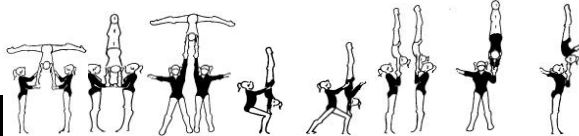
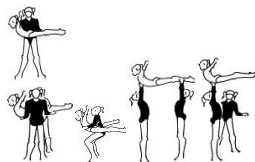
+2

-2

Dynamic Elements



Front Salto
Finish Position



Start



13



14



15



16



17



18



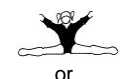
19



20

		A	B	C	D									M	N	O	P	Q										
1 / 4	1					2 / 4								3 / 4						0/4	1	3	2	2	2	3		
	2	1	1	2	2		3	10	11	5	6	11	14		18	4	4	4	5	4	4	3	12	14	14	5	8	
	3	1	1	2	2		3	10	11	5	6	11	14		18	3	4	4	5	4	4	4	14	16	16	7	10	
	4	1	1	2	2		3	10	11	5	6	11	14		20	4	5	5	6	6	4	6	16	18	18	9	12	
5 / 4	5	4	4	7	7	6 / 4	10	18		8	9	22	26	7 / 4	10	16	16	16	20	8 / 4	14	30			20	26		
	6	6	5	8	8		12	22		10	11	26	30		12	18	18	18	22		16	32			22	28		
	7																											
	8																											
	9	8	7	10	10		16	26			14	14	30		34	16	24	24	24		28	22	36				28	34
9 / 4	10	16	14			10 / 4	24	32						11 / 4	26					12 / 4	32	48						
	11	20	16				28	36							30						39	55						
	12																											
	13																											
	14	26	22				32	40								36												

	A	B	C	D	E	F	G	H	
	Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°
1	0/4	1	2	3	4	6	8	11	14
2	1/4	1	2	3	4	6	8	11	14
3	2/4	2	4	8	10	14	16		
4	3/4	2	4	6	8	10	14	18	22
5	4/4	2	8	10	12	14	18	22	26
6	5/4	2	4	6	8	10	14	18	22
7	6/4	8	10	14	16	20	22	24	28
8	7/4	3	5	7	9	11	15	19	23
9	8/4	4	10	14	18	22	30	38	
10	9/4	4	8	12	16	20	28	36	
11	10/4	12	16	24	28	36	40	44	
12	11/4	4	8	12	16	20	28	36	
13	12/4	6	10	14	18	22	30	38	



or



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+ 2



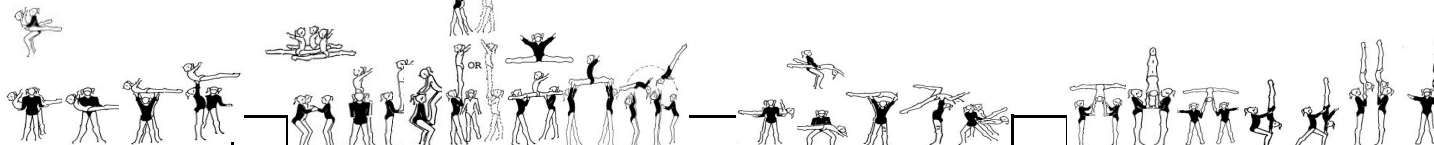
22

DYNAMIC ELEMENTS



Back Salto

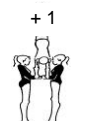
Finish Position



Start



22



23



24



25



26



27



28



29



30



31



32


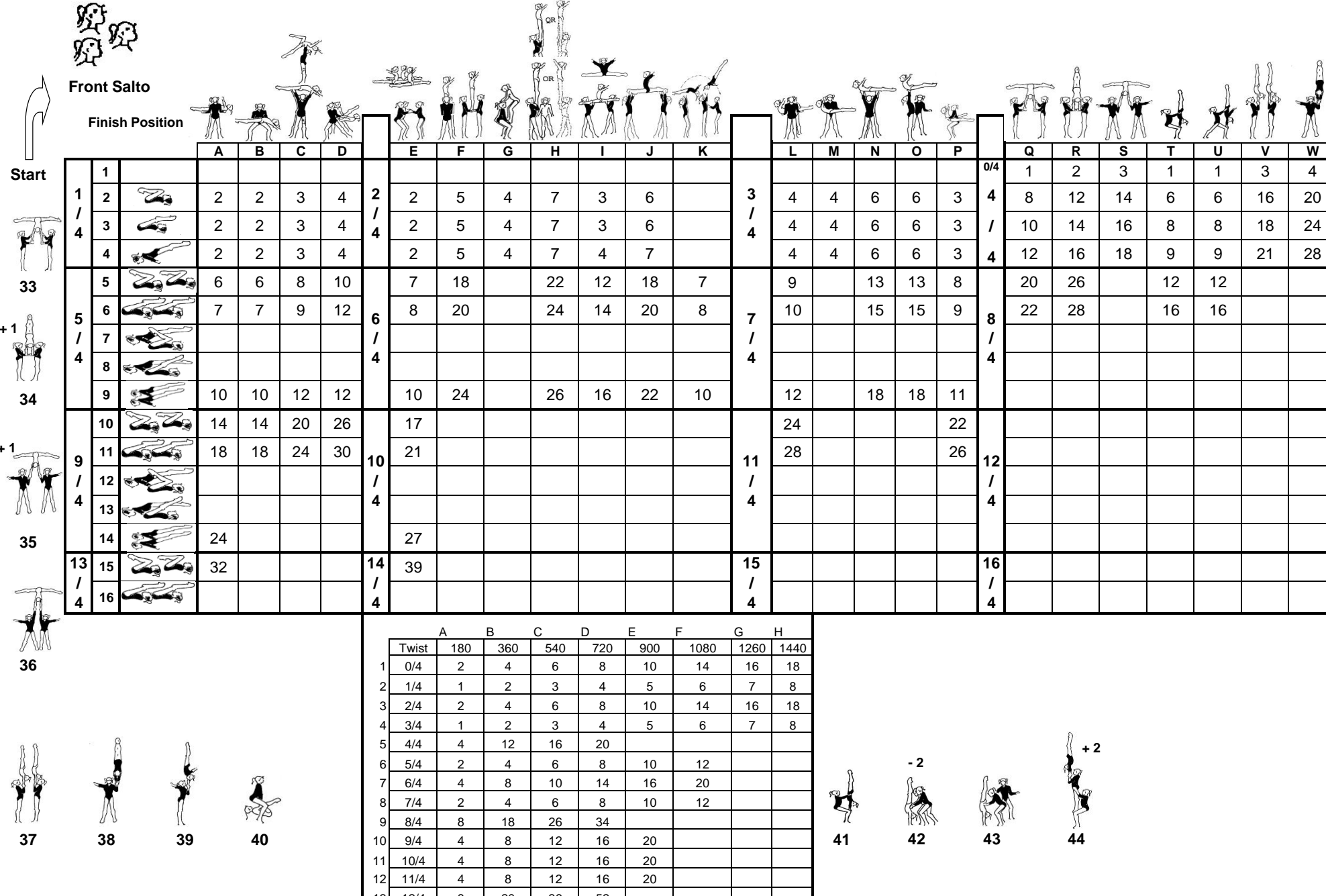
		A	B	C	D							L	M	N	O	P											
1 / 4	1					2 / 4						3 / 4					0/4	1	2	3	1	1	3	4			
	2	1	2	3	3		1	4	2	5	5		6	2	2	3		4	4	4	8	16	12	5	6	14	20
	3	1	2	3	3		1	4	2	5	5		6	2	2	3		4	4	4	10	18	16	7	8	16	24
	4	1	2	3	3		1	4	2	5	6		7	3	3	4		5	5	4	12	20	18	9	10	18	28
5 / 4	5	5	6	10	10	6 / 4	6	16		20	12	18	6	9	8	13	13	15	22	34		19					
	6	6	7	11	11		8	18		22	14	20	8	10	9	14	14	16	24	38		20					
	7																										
	8																										
9 / 4	9	8	9	13	13	10 / 4	10	20		21	16	22	10	12	11	16	16	18	26	42		22					
	10	15		20	20		16						16	22	18												
	11	19		24	24		20						20	26	20												
	12						21						21	24	20												
13 / 4	13	23				23						23	28	22													
	14	25				26						26															
13 / 4	15	34												17 / 4													
	16	38																									

		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	8	10	14	16	18
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	14	16	18
4	3/4	1	2	3	4	5	6	7	8
5	4/4	4	12	16	20				
6	5/4	2	4	6	8	10	12		
7	6/4	4	8	10	14	16	18		
8	7/4	2	4	6	8	10	12		
9	8/4	8	18	26	34				
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	4	8	12	16	20			
13	12/4	8	20	36	52				

Dynamic Elements

Front Salto

Finish Position

		A	B	C	D			E	F	G	H	I	J	K			L	M	N	O	P	0/4	Q	R	S	T	U	V	W		
Start	1					2 / 4									3 / 4							1	2	3	1	1	3	4			
	2	2	2	3	4		2	5	4	7	3	6				4	4	6	6	3		4	8	12	14	6	6	16	20		
	3	2	2	3	4		2	5	4	7	3	6				4	4	6	6	3		4	10	14	16	8	8	18	24		
	4	2	2	3	4		2	5	4	7	4	7				4	4	6	6	3		4	12	16	18	9	9	21	28		
33	5	6	6	8	10	6 / 4	7	18		22	12	18	7		7 / 4	9		13	13	8		20	26		12	12					
	6	7	7	9	12		8	20		24	14	20	8			10		15	15	9		8	22	28		16	16				
	7																														
	8																														
34	9	10	10	12	12	10 / 4	10	24		26	16	22	10		11 / 4	12		18	18	11											
	10	14	14	20	26		17									24					22										
	11	18	18	24	30		21									28					26										
	12																														
35	13	24				14 / 4	27								15 / 4																
	14																														
	15	32					39																								
	16																														

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	8	10	14	16
2	1/4	1	2	3	4	5	6	7
3	2/4	2	4	6	8	10	14	16
4	3/4	1	2	3	4	5	6	7
5	4/4	4	12	16	20			
6	5/4	2	4	6	8	10	12	
7	6/4	4	8	10	14	16	20	
8	7/4	2	4	6	8	10	12	
9	8/4	8	18	26	34			
10	9/4	4	8	12	16	20		
11	10/4	4	8	12	16	20		
12	11/4	4	8	12	16	20		
13	12/4	8	20	36	52			

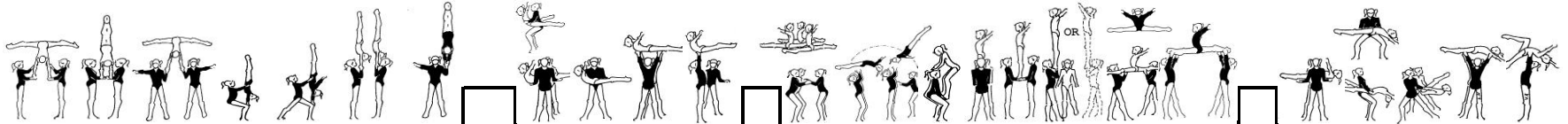
	- 2	+ 2
41	42	43
44		

Dynamic Elements



Back Salto

Finish Position



Start



45



46



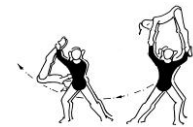
47



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		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					4	0/4	1	1	1	1	1												
	2	2	5	6	2	2	6	8		2	2	4	4		2	2	3	6		8	5	8	4	4	4	5	7	7									
	3	2	5	6	2	2	6	8		3	3	5	5		2	2	4	7		10	6	9	5	5	6	8	8										
	4	2	5	6	2	2	6	8		4	4	6	6		2	2	4	8		12	8	11	4	6	6	7	9	9									
5 / 4	5	8	12	14	6	6	14	16	6 / 4	10	10	13	13	7 / 4	11	11	16	20	24	18	22	8 / 4	14	12	18												
	6	10	14	16	8	8	16	18		12	12	15	15		13	13	20	24	28	22	26		18	16	22												
	7																																				
	8																																				
	9	12	16	18	10	10	18	20		14	14	17	17		15	15	26	30	34	26	32																
9 / 4	10	24	30						10 / 4	22				11 / 4	26							12 / 4	30	26													
	11	28	34					26					30							34	30																
	12																																				
	13																																				
13 / 4	15								10 / 4	30				11 / 4	34							12 / 4	38	34													
	16																																				

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



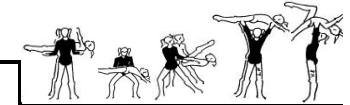
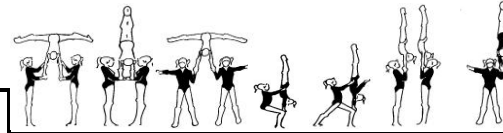
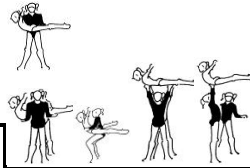
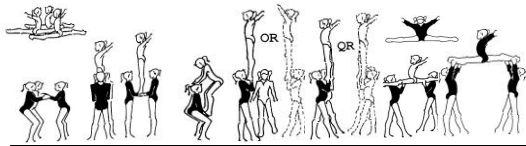
49

Dynamic Elements



Front Salto

Finish Position



Start



50



51



52



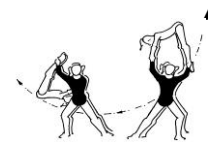
53



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

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



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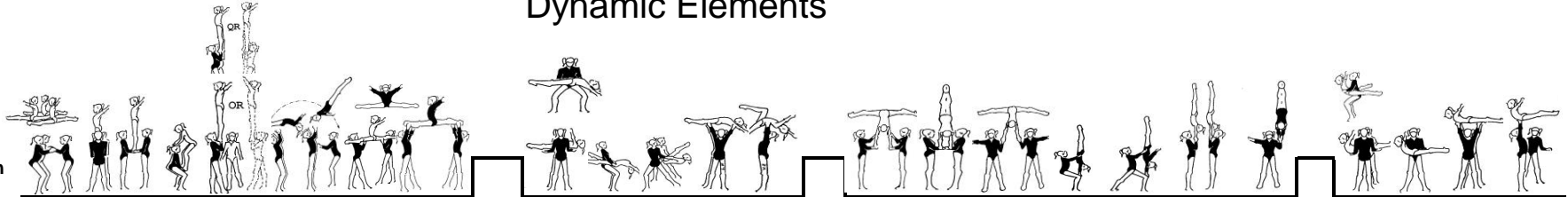
57

Dynamic Elements



Back Salto

Finish Position



Start



58



59



60



61



62



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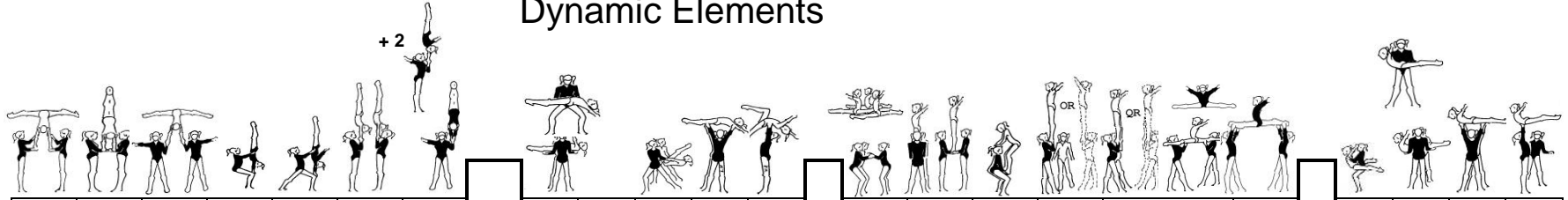
		A	B	C	D	E	F	G			H	I	J	K	L			M	N	O	P	Q	R	S			T	U	V	W			
1 / 4	1								2 / 4							3 / 4								4 / 4	0/4	1	1	1	2				
	2	1	3	2	3		3	5		3	2	4	5	5	3		5	8	10	4	4	10	14		4	4	7	7					
	3	1	3	2	3		3	5		3	2	4	5	5	3		5	9	12	4	4	12	16		4	4	9	9					
	4	1	4	2	4		3	5		3	2	4	6	6	3		5	10	14	4	4	14	18		4	4	11	11					
5 / 4	5	4	8	5	12	4	10	13	6 / 4	9	7	10	12	12	7 / 4	12	18	18	14	14	18		8 / 4	14	14	24	24						
	6	5	10	6	14	5	12	15		10	8	12	14	14		14	20	20	16	16	20			18	18	28	28						
	7																																
	8																																
9 / 4	9	6	12	7	18	6	14	17	10 / 4	12	10	14	16	16	11 / 4	16	22	22	18	18	22		12 / 4	16	22	22	18	18	22				
	10	14	22	16	26	14	22	25		16	14					11	16												18				
	11	18	26	20	30	16	26	29		18	16																			20			
	12	18																															
13 / 4	13	20							10 / 4						11 / 4									12 / 4									
	14	24																															
13 / 4	15	30	A B C D E F G H								10 / 4					11 / 4								12 / 4									
	16		Twist	180	360	540	720	900	1080	1260		1440																					
	1	0/4	1	2	3	4	5	6	8	10																							
	2	1/4	1	2	3	4	5	6	7																								
	3	2/4	1	2	3	4	5	6	7																								
	4	3/4	2	6	10	14	18																										
	5	4/4	2	8	10	12	14	16	19	22																							
	6	5/4	2	4	6	8	10																										
	7	6/4	2	4	6	8	10																										
	8	7/4	3	7	11	15	19																										
	9	8/4	3	9	13	17	21																										
	10	9/4	4	8	12	16	20																										
	11	10/4	4	8	12	16	20																										
	12	11/4	6	10	14	18																											
	13	12/4	6	14	18	22																											

Dynamic Elements



Front Salto

Finish Position



Start



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		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	1	1	1	1		
	2	2	3	4	1	2	3	5		2		4	4	4		3	6		10	10	5	8		3	4	6	6		
	3	2	3	4	1	2	3	5		3		4	4	4		3	7		12	12	6	9		4	5	8	8		
	4	2	3	4	1	2	3	5		4		4	5	6		4	8		14	14	8	11		4	6	10	10		
5 / 4	5	7	10	12	5	5	12		6 / 4	8		9	9	9	7 / 4	10	22		26	26	20	23	8 / 4	12	14				
	6	9	12	14	6	6	14			10		11	11	11		12	26		30	30	24	27		14	16				
	7																												
	8																												
	9	11	14	16	7	7	16			12		13	13	13		14	32		36	36	30	33							
9 / 4	10								10 / 4	16					11 / 4	20							12 / 4						
	11									20						24													
	12																												
	13																												
13 / 4	14								24																				
	15																												
	16																												

		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	7	8
2	1/4	2	4	6	8	10			
3	2/4	1	2	3	4	5	6		
4	3/4	2	4	6	8	10	12		
5	4/4	2	8	10	12	14	16		
6	5/4	2		6	8	10	12		
7	6/4	2	4	6	8	10	12		
8	7/4	3	6	9	12	15	18	21	24
9	8/4	3	8	11	14	17	20	23	26
10	9/4	5	7	10	13	16			
11	10/4	5	7	10	13	16			
12	11/4	7	11	15	19	23			
13	12/4	7	15	19	23	27			



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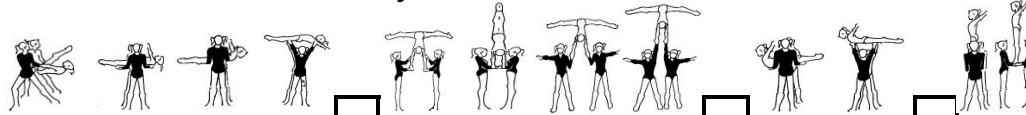


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Dynamic Elements

Back Salto

Finish Position

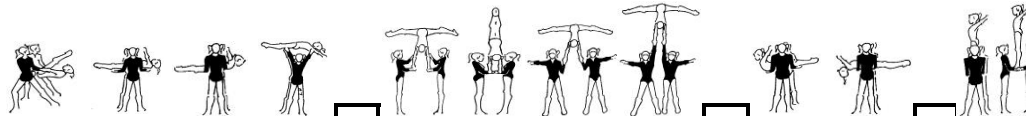


		A	B	C	D					E	F	G	H			I	J			K
1 / 4	1					2 / 4					3 / 4					0/4				3
	2	4	1		3		6	8		10		3	4			4	8			
	3	4	1		3		6	8		10		4	5			4	10			
	4	4	1		3		6	8		10		5	6			4	12			
5 / 4	5	8	6		10	6 / 4	14	22		24	7 / 4	12			8	24				
	6	12	7		12		16	26		28		16			8	28				
	7	14	8		14		20	30		32		20			8	36				

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	9
2/4	2	4	6	8	10	12
3/4	4	6	8	10	12	14
4/4	4	6	8	10	12	14
5/4	2	4	6	8	10	12
7/4	4	6	8	10	12	14
8/4	4	6	8	10	12	14

Salto

Front Salto



		A	B	C	D					E	F	G	H			I	J			K
1 / 4	1					2 / 4					3 / 4					0/4				2
	2			1	1		3	4		6			3			4	10			
	3			1	1		3	5		7			3			4	12			
	4			1	1		4	6		8			4			4	14			
5 / 4	5			5	10	6 / 4	10	16		18	7 / 4		14		8	24				
	6			7	12		12	20		22			18		8	28				
	7			9	14		14	24		26			24		8	36				

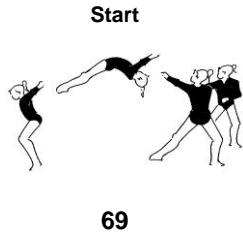
Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	8
2/4	2	4	6	8	10	12
3/4	4	6	8	10	12	14
4/4	4	6	8	10	12	14
5/4	2	4	6	8	10	12
7/4	4	6	8	10	12	14
8/4	4	6	8	10	12	14

Salto

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		A		B		C		D				E		F	
2/4	3	3	3	1	3	1	3	1	3	2/4	3	3	2/4	4/4	
	4/4	6	6	4	7	4	7	4	7		4/4	6	6	4/4	4/4

Twist	180°	360°	540°	720°	900°	1080°	+180°
	1	3	5	7	9	11	+3



Start

69



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