

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
MEN'S GROUP
Balance Elements

Balance Elements

Static

Men'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.

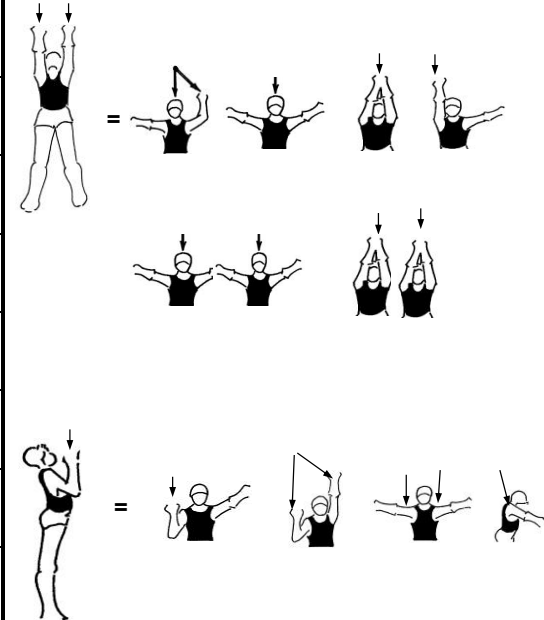
The difficulty of the top in these different positions depends on the value of the left column holds. The value of these holds you can find at the table pg 92.

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

Men's Group Evaluation of Transitions

2 nd 1 st	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

The values of these middle positions are considered as identical



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

BALANCE ELEMENTS

Static

Men's Group				+1				+1																															
1	Start										Start																												
	A			B			C			D			E			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
Group 1	3	4	8						5	5	9	6	8		6	7	9	10	13										7			12	15	8	10	12			
Group 2	4	5	9						6	6	10	7	9		8	9	11	12	15										9			14	17	10	12	14			
Group 3	5	6	10						7	7	11	8	10		10	11	13	14	17										11			16	19	12	14	16			
Group 4	6	7	11						8	8	12	9	11		12	13	15	16	19										13			18	21	14	16	18			



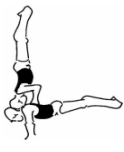



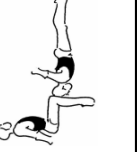

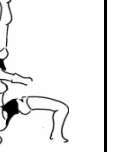












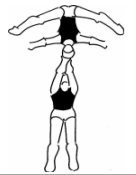

2	Start										Start																												
	A			B			C			D			E			A			B			C			D			E											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Group 1	4	5	9						6		11	6	8		3	4	6	8	11										5			10	13	5	7	9			
Group 2	5	6	11						7		13	7	9		5	6	8	10	13										7			12	15	7	9	11			
Group 3	6	7	13						8		15	8	10		7	8	10	12	15										9			14	17	9	11	13			
Group 4	7	8	15						9		17	9	11		9	10	12	14	17										11			16	19	11	13	15			

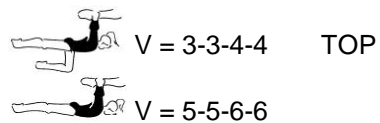
3	Start										Start																													
	A			B			C			D			E			F			G			H			J			K			L									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Group 1	1	1	1	1	2	3	2	2	5	5	4	6	4	4	5	5	5	5	1	2	2	2	2	3	2	2	5	5	1	1	2	2	1	1	3	3	1	2	3	~
Group 2	1	2	2	2	3	4	3	3	6	6	5	7	5	5	5	6	6	6	2	3	3	3	3	4	3	3	6	6	1	1	2	2	1	1	3	3	1	2	3	~
Group 3	2	3	3	3	4	5	4	4	7	7	6	8	6	6	6	7	7	7	3	3	3	3	4	5	4	4	7	7	2	2	3	3	2	2	4	4	2	3	4	~
Group 4	2	4	4	4	5	6	5	5	8	8	7	9	7	7	7	8	8	8	4	4	4	4	5	6	5	5	8	8	2	2	3	3	2	2	4	4	2	3	4	~

*Crocodile two on one hand and crocodile on one hand are considered as the same element!

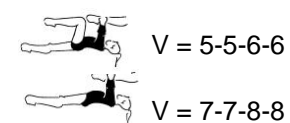
Men's Group Balance Elements

Static

	1	2	3	4	5	6	7	8	9	10
A										
	V	5-5-6-6	13-15-17-19	2-2-3-3	10-12-14-16	7-8-9-10	1-1-2-2	7-8-9-10	2-2-3-3	7-9-11-13
B										
	V	1-1-2-2	9-11-13-15	2-2-3-3	10-12-14-16	3-3-4-4	12-14-16-18	3-3-4-4	7-8-8-10	3-3-4-4
C										
	V	11-13-15-17	7-9-11-13	9-11-13-15						



STATIC

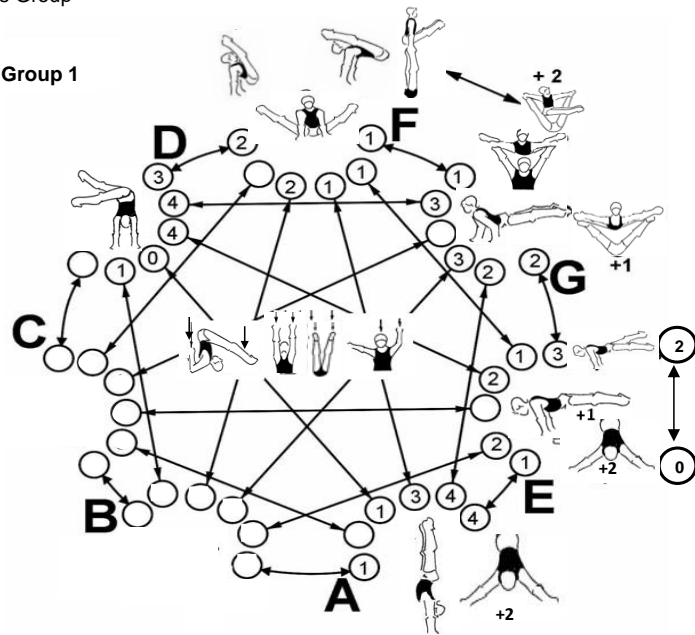


Balance Elements

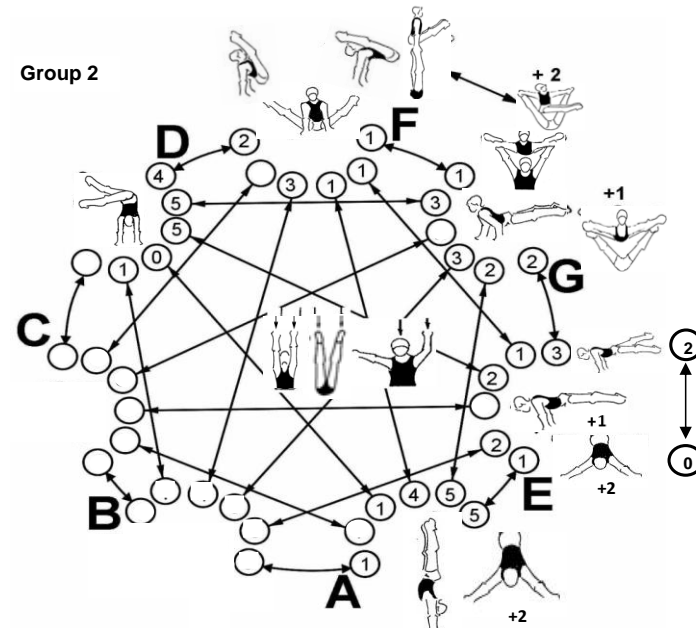
Table-Top-additional difficulty for motion

Men's Group

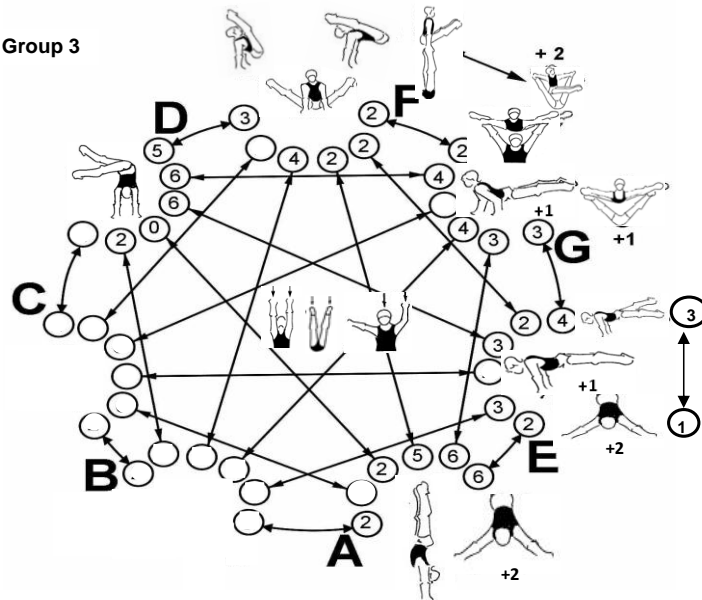
Group 1



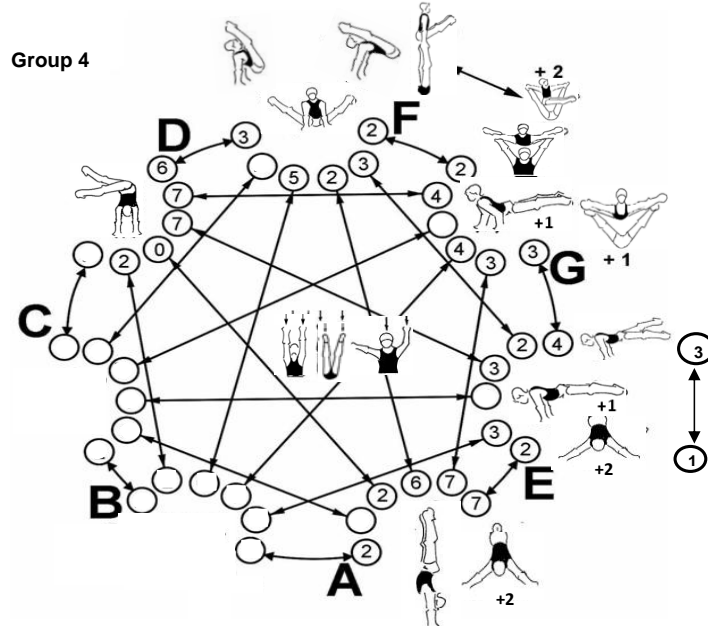
Group 2



Group 3



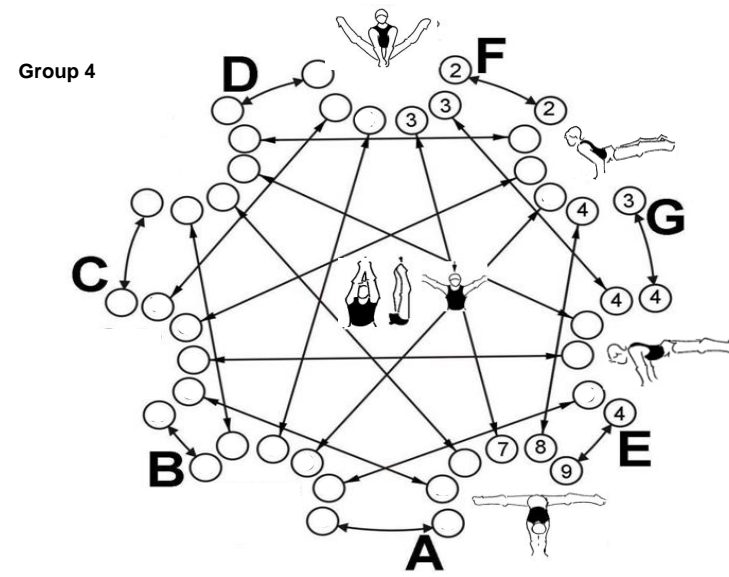
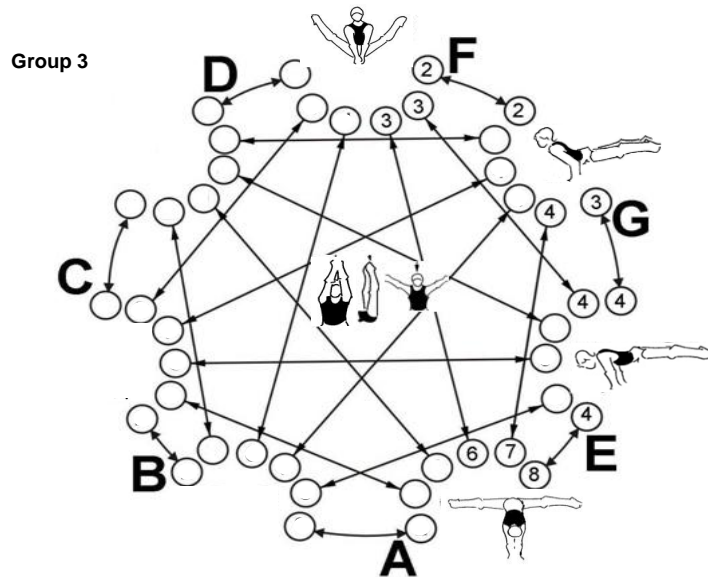
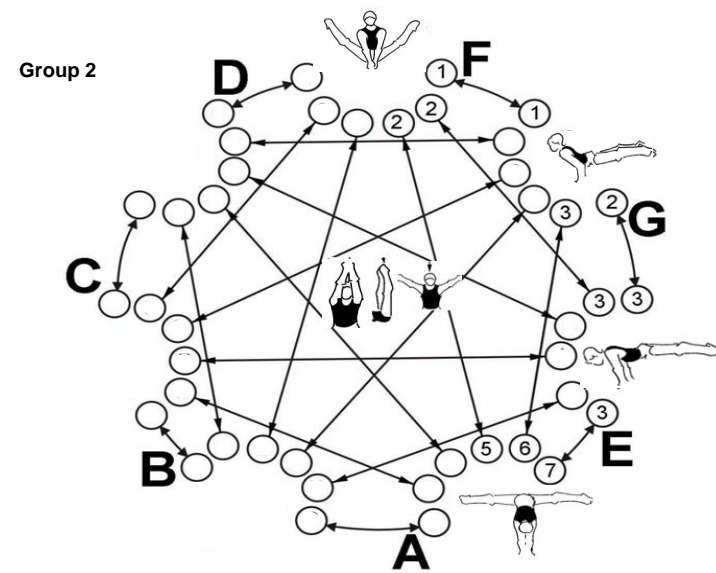
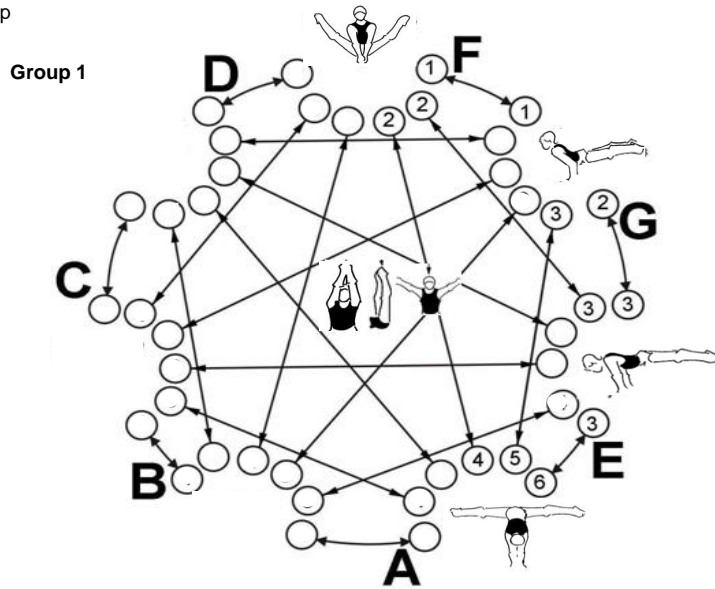
Group 4



Balance Elements

Table-Top-additional difficulty for motion

Men's Group

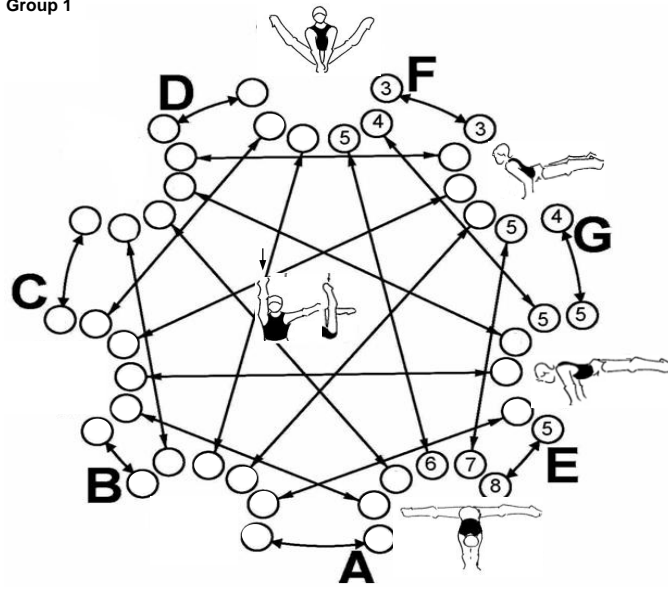


Balance Elements

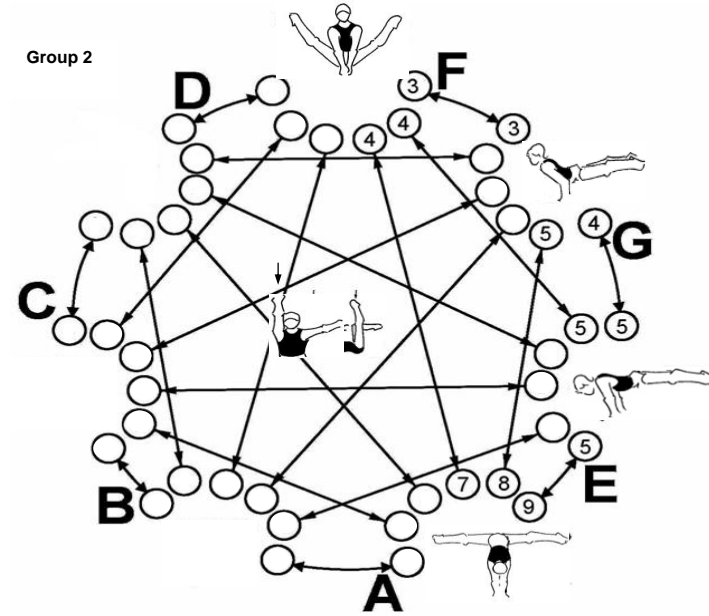
Table-Top-additional difficulty for motion

Men's Group

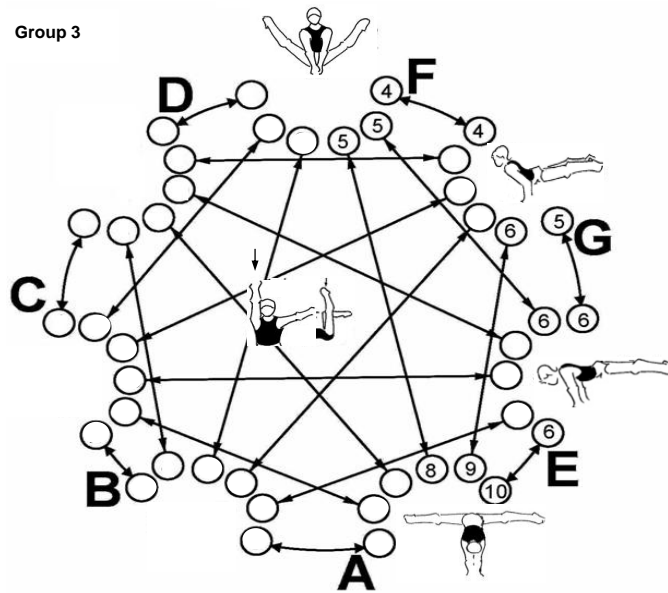
Group 1



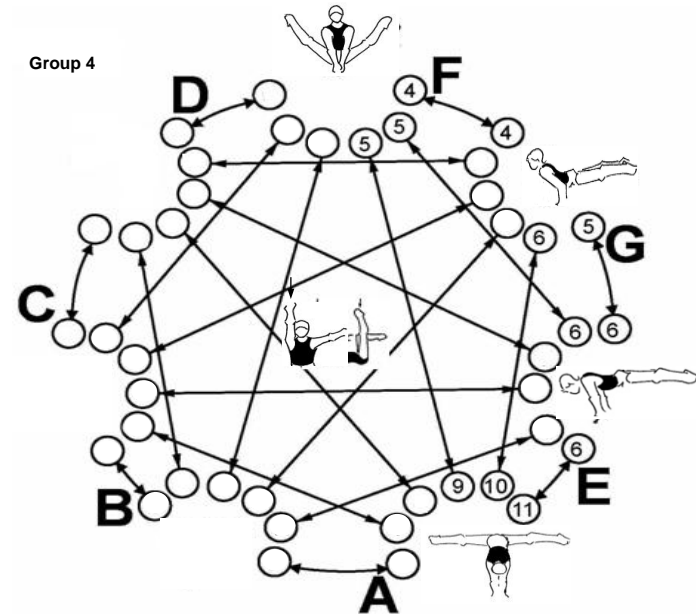
Group 2



Group 3



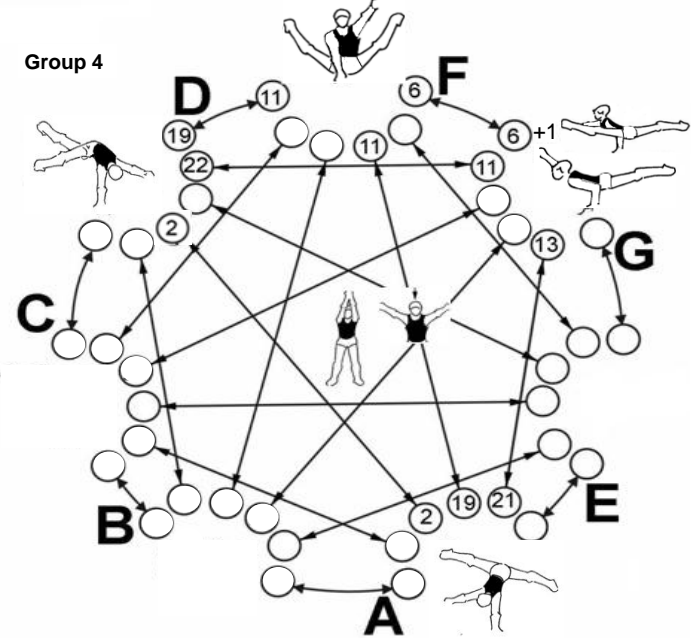
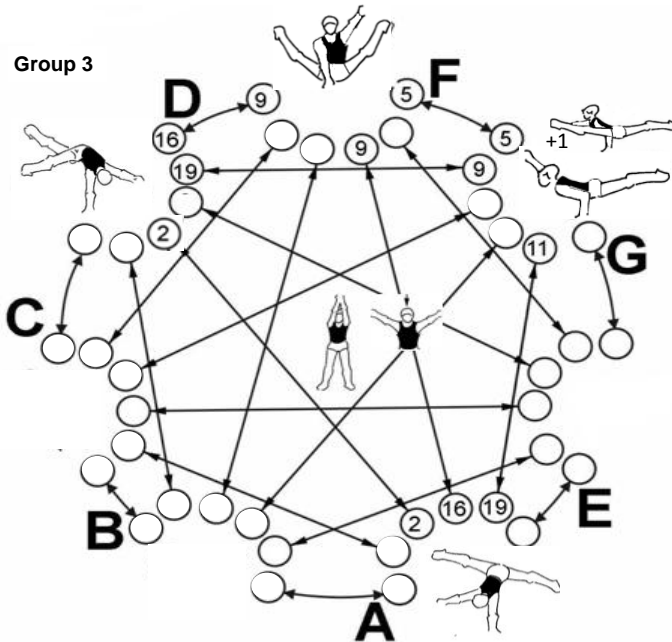
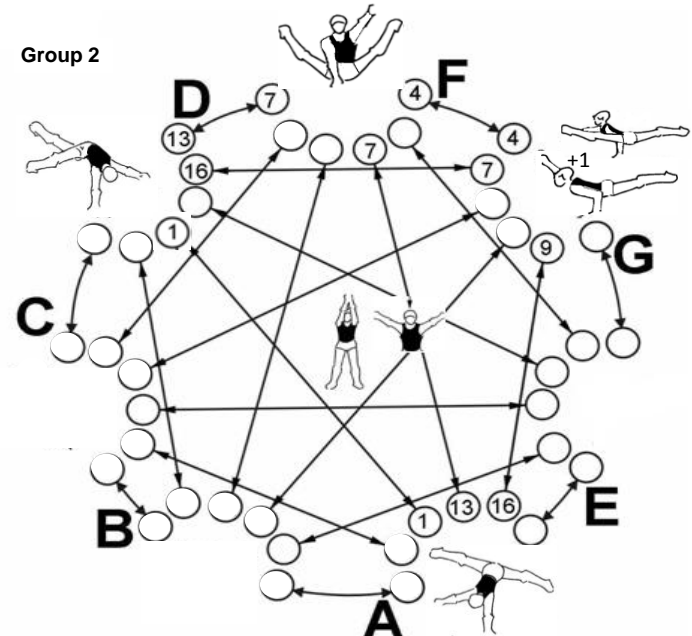
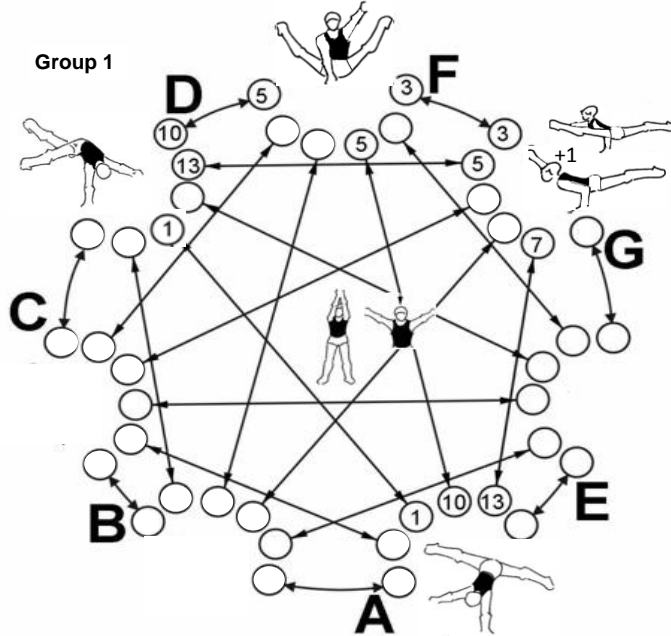
Group 4



Balance Elements

Table-Top-additional difficulty for motion

Men's Group



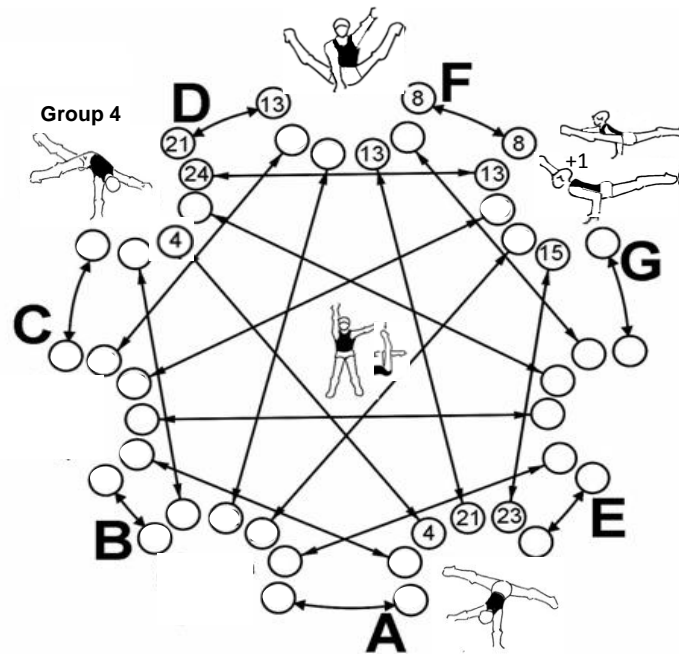
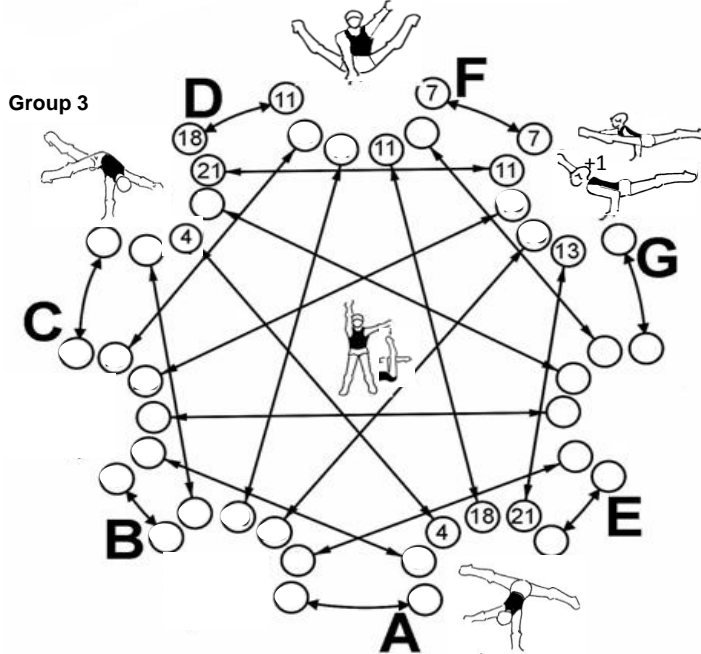
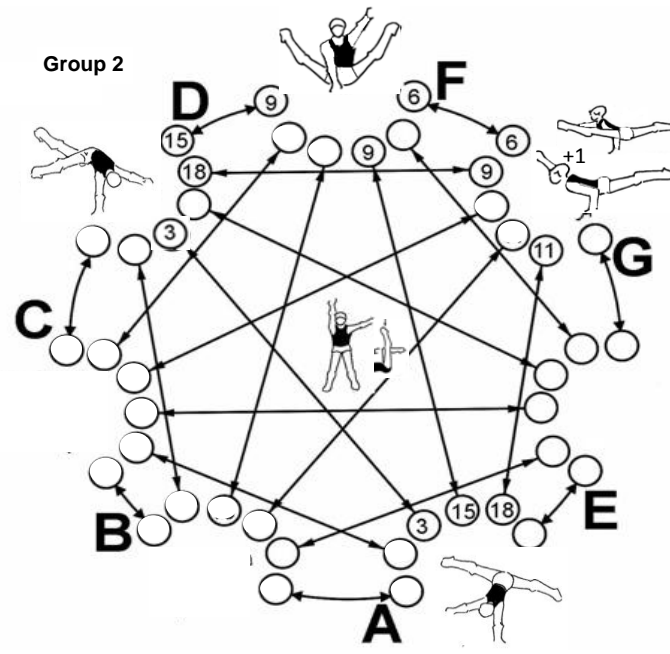
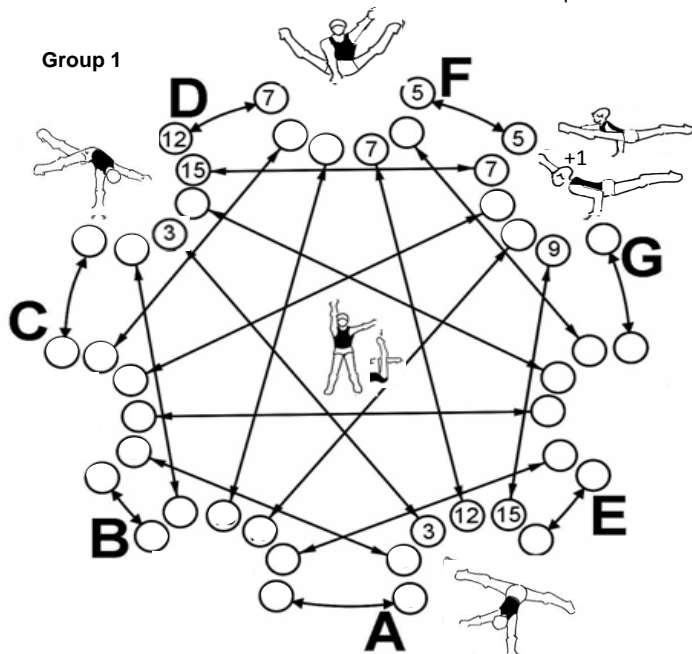
Tab. 1

Group	1	2	3	4
Value	5	6	7	8
	0	0	0	0

Balance Elements

Table-Top-additional difficulty for motion

Men's Group



Balance Elements

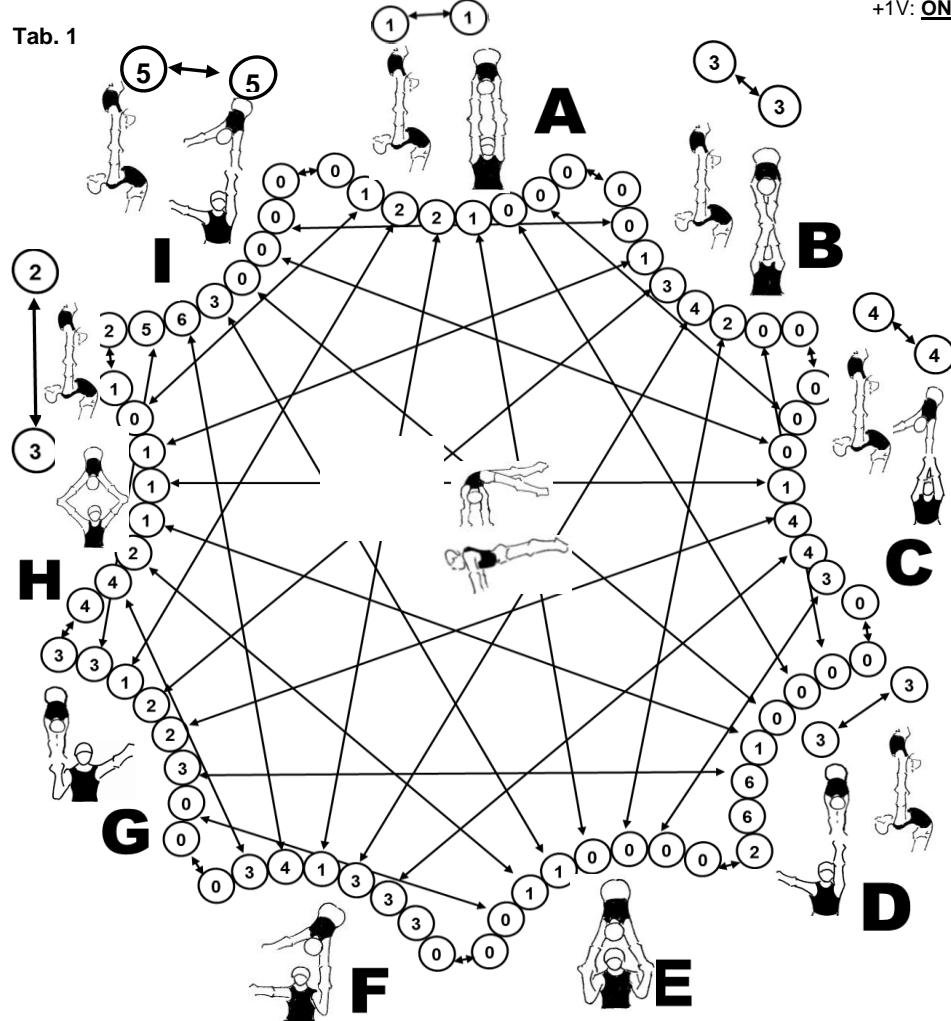
Additional difficulty for motion of the base.

The top may be in any position of value, but the motion of the base is **NOT** added to the position of the top.

+1V: ONLY ONE TIME

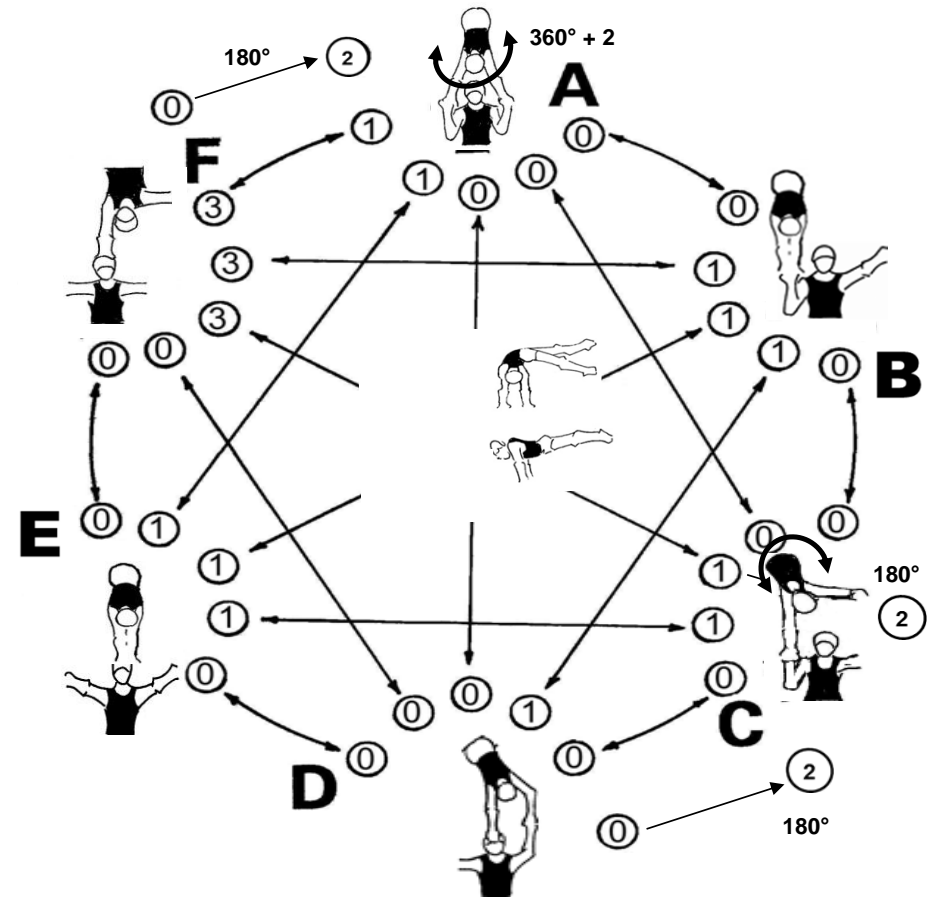
Men's Group

Tab. 1



Tab. 2


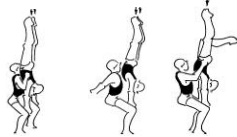

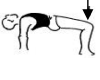






Motion



Men's Group Static Elements

TABLE 1


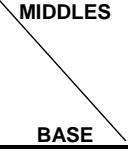
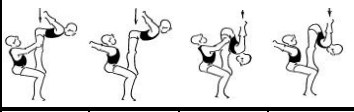






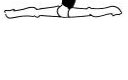
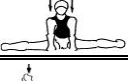
THE FIGURES IN THE SAME BOX ARE CONSIDERED AS IDENTICAL

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

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

Men's Group Static Elements

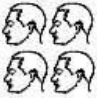
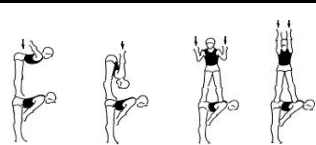
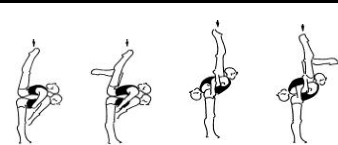
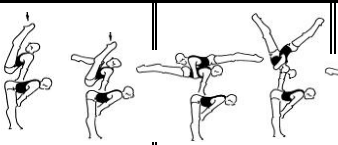

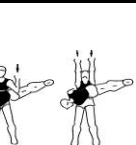
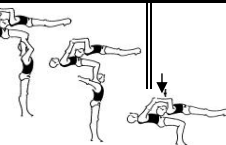








TABLE 1

																																										
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																				
C	9		15	17			16	18	16	18	18	20							20	28	24																					
	10		17	19			18	20	18	20	20	22							22	30	26																					
D	11		9	11	11	13	10	12	10	12	12	14							14	22	18																					
	12		9	11	11	13	10	12	10	12	12	14							14	22	18																					
	13		11	13	13	15	12	14	12	14	14	16							16	24	20																					
	14		11	13	13	15	12	14	12	14	14	16							16	24	20																					
E	15		13	15	15	17	14	16	14	16	16	18							18	26	22																					

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

Men's Group Static Elements



























TABLE 1

				MIDDLES																			
				BASE	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
A	1																						
	2		7	10	9	11	7	9	9	11	11	15	7	9	10	11	8	10	12	15	9		
	3		8	11	10	12	8	10	10	12	12	16	8	10	11	12	9	11	13	16	10		
	4		8	11	10	12	8	10	10	12	12	16	8	10	11	12	9	11	13	16	10		
	5		8	11	10	12	8	10	10	12	12	16					9	11					
	6		10	13	12	14	10	12	12	14	14	18		13			11	13	16	18			
B	7		9	12	11	13	9	11	11	13	13	17	9	12	12	13	10	12	15	17	11		
	8		10	13	12	14	10	12	12	14	14	18	11	13	13	15	11	13	15	18	12		

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

Men's Group Static Elements

TABLE 1

			MIDDLES																		
			BASE																		
			21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
C	9		16	19	18	20	16	18	18	20	20	24	17	20	20	21	15	17	26	28	20
	10		18	21	20	22	18	20	20	22	22	26	20	22	23	24	17	19	28	31	22
D	11		10	13	12	14	10	12	12	14	14	18	11	13	13	15	9	11	19	21	14
	12		10	13	12	14	10	12	12	14	14	18	11	13	13	15	9	11	19	21	14
	13		12	15	14	16	12	14	14	16	16	20	13	15	16	17	11	13	21	27	16
	14		12	15	14	16	12	14	14	16	16	20	13	15	16	17	11	13	21	24	16
E	15		14	17	16	18	14	16	16	18	18	22	15	17	18	19	13	15	24	26	18

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

Men's Group Static Elements


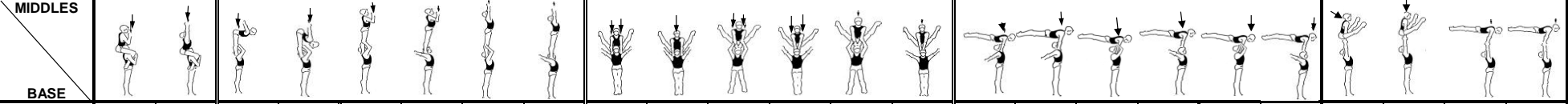


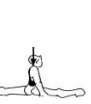


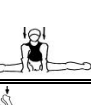

TABLE 1

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

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

Men's Group Static Elements



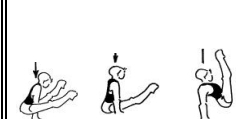

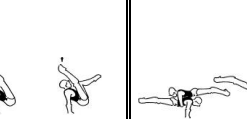
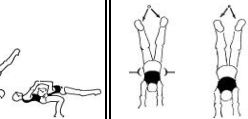
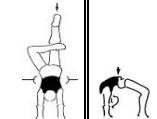





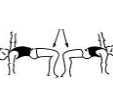
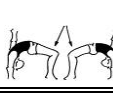

TABLE 1

																										
																										
		MIDDLES												BASE												
		40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	
C	9		17	19	17	21	22	24	33	35	19	20	20	22	21	23	22	24	24	26	26	28	24	25	28	30
	10		19	21	19	23	24	26	35	37	21	22	22	24	23	25	24	26	26	28	28	30	26	27	30	32
D	11		11	13	11	15	13	15	24	26	13	14	14	16	15	17	16	18	18	20	20	22	18	19	22	24
	12		11	13	11	15	13	15	24	26	13	14	14	16	15	17	16	18	18	20	20	22	18	19	22	24
	13		13	15	13	17	15	17	26	28	15	16	16	18	17	19	18	20	20	22	22	24	20	21	24	26
	14		13	15	13	17	15	17	26	28	15	16	16	18	17	19	18	20	20	22	22	24	20	21	24	26
E	15		15	17	15	19	17	19	28	30	17	18	18	20	19	21	20	22	22	24	24	26	22	23	26	28

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

Men's Group Static Elements

TABLE 2

		MIDDLE																					
		BASES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
A	1		3	3	6	5											9	15	11				
	2		4	4	7	6	4	6	8	6	7	9	8	12				10	16	12			
	3		3	3	6	5												9	15	11	4		
	4		4	4	7	6	4	6	8	6	7	9	8	12	4	5		10	16	12	5		
	5		4	4	7	6	4	6	8	6	7	9	8	12	4	5	5	10	16	12	5		
	6		5	5	8	7	5	7	9	7	8	10	9	13	5	6	6	11	17	13	6		
B	7		5	5	7	7	5	7	9	7	8	10	9	13	5	6	6	11	17	13	6		

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

Men's Group Static Elements

TABLE 2

		MIDDLE																								
		BASES				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
C	9		7	7	10	8														11	17	13				
	10						8	12	13	9	10	12	11	15	7	8										
	11		7	7	10	8	7	11	13	8	9	11	10	14	6	7	8	11	17	13	6					
	12		10	10	13	10	8	12	14	9	10	12	11	15	7	8	9	14	20	16						
D	13		5	5	8	6														6	11	17	13			
	14		6	6	9	7														7	12	18	14			
	15		6	6	10	7	6	8	10	8	9	11	10	14	6	7	9	12	18	14						
	16		7	7	11	8	7	9	11	9	10	12	11	15	7	8	10	13	19	15						

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

Men's Group Static Elements

TABLE 2

		MIDDLE																				
		BASES																				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
D	17					6	8	10	8	9	11	10	14	6	7		12	18	14			
	18					7	9	11	9	10	12	11	15	7	8		14	20	16			
	19	9	9	13	10	9	11	13	11	12	14	13	17	9	10			21		10		
	20	12	12	14	13	12	14	16	14	15	17	16	20	12	13			24		13		
	21	14	14	17	15	14	16	18	16	17	19	18	22	14	15							
C	22	15	15	18	16	15	17	19	17	18	20	19	23	15	16			27				
	24	10	10	13	11	11	13	15	13	14	16	15	19	11	12	14		22		11		
	25	10	10	13	11	11	13	15	13	14	16	15	19	11	12	14		22		11		

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

Men's Group Static Elements

TABLE 2

		MIDDLE																					
		BASES																					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	22	23	24	25	26	27	28
E	26					6	8	10	8	9	11	10	14	6	7								
	27					8	10	12	10	11	13	12	16	8	9								
F	28	11	11	13	12	11	13	15	13	14	16	15	19	11	12								
	29	14	14	16	15	15	17	19	17	18	20	19	23	15	16	14							
D	30																16	18	18	19	21	16	17
	31																18	20	20	21	23	18	19
C	32																19	21	21	23	25	19	20

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

Men's Group Static Elements

TABLE 2

		MIDDLE																	
		BASES																	
		5	6	7	8	9	10	11	12	13	14	22	23	24	25	26	27	28	
G	33		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	34		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	35		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	36		6	8	10	8	9	11	10	14	6	7	12	14	14	15	16	13	14
	37		7	9	11	9	10	12	11	15	7	8	13	15	15	16	17	14	15

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

Men's Group Static Elements

TABLE 3

		MIDDLE																					
		BASES																					
		1	2	3	4	5	6	7	8	9	10	13	14	15	16	17	18	29	30	31	32		
A	1		10	10	12	12									10	16		18	8	10	10		
	2		12	12	14	14				14	15	17	13	14	14							12	
	3						16	18	19	18	19	21	15	16									18
B	4		12	12	16	14				16						18		20					
	5		14	14	18	16				18							26						
	6		14	14	18	16									14				12	14			
	7		16	16	20	18				20	21	23			16				12	14			
	8						20	22	23	22	23	25	19	20									22

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

Men's Group Static Elements

TABLE 3

		MIDDLE																			
		BASES																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	33	34	35	36	
c	9		6	6	8	8	8	10	11	10	11	13	12	16	7	8	6		8		
	10		5	5	7	7	7	9	10	9	10	12	11	15	6	7	5		7		
	18		8	8	10	10	10	12	13	12	13	15	14	18	9	10	8		10		
	11		8	8	10	10	10	12	13	12	13	15	14	18	9	10	8		10		
	12		9	9	11	11	11	13	14	13	14	16	15	19	10	11	9		11		
	13		12	12	14	14	14	16	17	16	17	19	18	22	13	14	12	12		10	12
	14		13	13	15	15	15	17	18	17	18	20	19	23	14	15	13	13		11	13
D	15		15	15	17	17	17	19	20	19	20	22	21	25	16	17	15	15		15	17

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

Men's Group Static Elements

TABLE 3

		MIDDLE													
		BASES													
		19	37	38	20	21	39	40	41	42	43	44	45	46	
C	10		10	8	7				12				6	8	
	11		11	9	8				13						
	16		12	10	9				14						
	9		14	12	11				16	9	9	11			12
	17			14	13				18	11	11	13			14
	18		16	14	13				18				12	14	

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

Men's Group Static Elements

TABLE 4

	1	2	3	4	5	6	7	8	9	10	11			
A														
V	7	8	7	6	15	8		12	10	3	1			
	1	2	3	4	5	6	7	8	9	10	11			
B														
V	14	16	7	12	4	10	12	10	10	10	12			
	1	2	3	4	5	6	7	8	9	10	11	12	13	
C														
V	6	4	8	12	10	6	10	16	14	18	10	12	12	
	1	2	3	4	5	6	7	8	9	10				
D														
V	3	4	6	4	5	6	8	4	6	4				
	1	2	3	4	5	6	7	8	9	10	11	12		
E														
V	14	12	16	8	3	5	3	3	1	2	2	2		

Pyramids A3, B3, C1, C2, C3, C4, D1, D2, D3 FORBIDDEN for AGE group 11 - 16

Men's Group Balance Elements

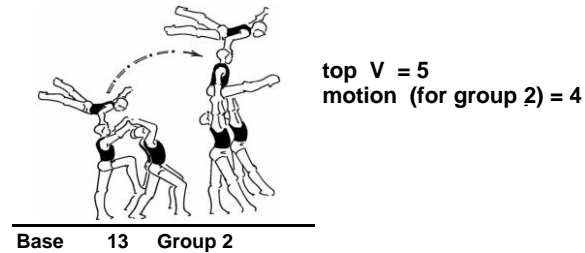


Men's Group : Difficulty of Mounts

The difficulty of the middle holding the top during the construction of the pyramid is the sum of the values:

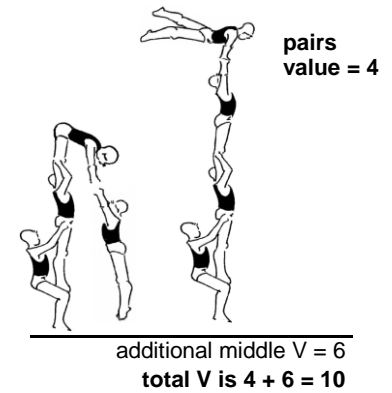
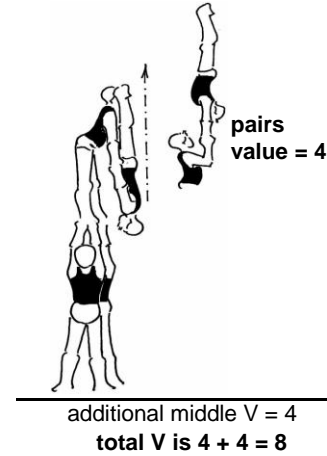
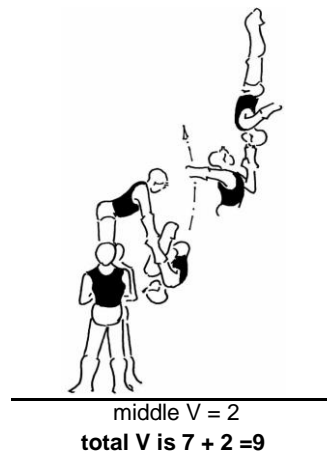
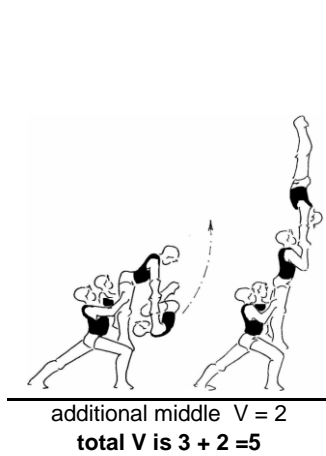
1. Value of the top position, look the Tables of pairs
2. Value of the middle with the top will be as follows:
 - to go to a pyramid of group 1 = 2
 - to go to a pyramid of group 2 = 4
 - to go to a pyramid of group 3 = 6
 - to go to a pyramid of group 4 = 8
3. Value of the top mount look the Tables of pairs

Example



Examples

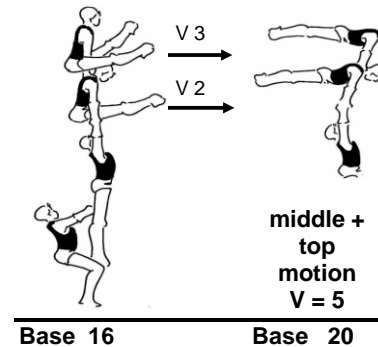
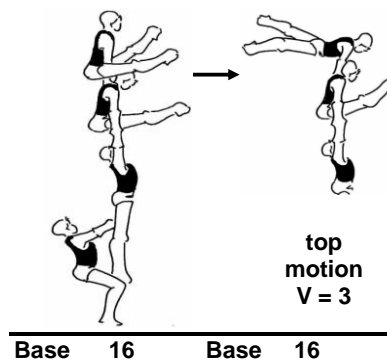
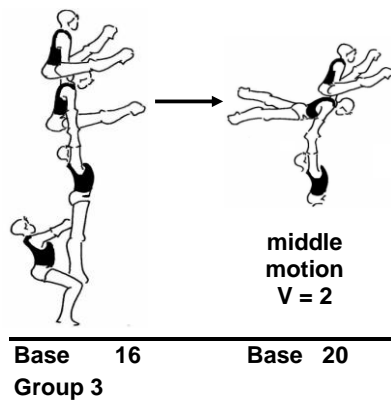
USE TABLES OF PAIRS FOR THE MOUNTS AND THE ADDITIONAL VALUE FOR THE MIDDLE



Men's Group Balance Elements



- The additional difficulty for motion of the middle is the same like for motion of the top
- The value depends on the group of the base pyramid



FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
MEN'S GROUP
Dynamic Elements

**Dynamic Elements
Additional Difficulty for links**

Men'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:

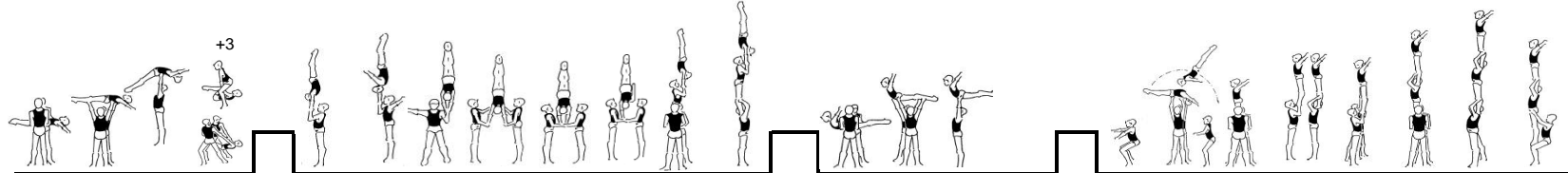
Vertical column = first element

Horizontal row = second element

Dynamic Elements



Back Salto
Finish Position



Start



1 2



3



4



5



6

OR



7



OR



8

		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																																							0/4	1		1	2	1	4	4	3
	2	1	2	2	2									5	10	8	3	6	10	16	13					1	2	2										4	4	4	6	9	6	14	12	12		
	3	1	2	2	2									5	10	8	3	6	10	16	13					1	2	2										/	4	4	6	9	7	16	14	14		
	4	1	2	2	2									5	10	8	3	6	10	16	13					1	2	2										4	4	4	7	10	8	20	18	16		
5 / 4	5	2	5	5	6									20			12	18	24							8	12	12										8	10	16	20	18	30	26				
	6	3	6	6	7									22			14	20	26							12	16	16										14	14	20	24	22	34	30				
	7																																					14	14	20	24	22	34	30				
	8																																					16	16	22	26	24	36	32				
9 / 4	9	8	12	12													22	30								11												18	18	24	28	26	38	34				
	11	11	15	15													26	34								14												30	30	40								
	12	11	15	15																						14												39	39	46								
	13	13	17	17																						15												39	39	46								
10 / 4	14	15	19	19													30	38								16												44	44	52								
	15	20																																				48	48	60								
	16	26																																														
	17	26																																														
13 / 4	18	29																																														
	19	32																																														

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	3	5	7	9	11	14	17
2	1/4	1	2	3	5	7	9	11	13
3	2/4	-1	4	3	8	7	12		
4	3/4	1	2	3	5	7	9	11	13
5	4/4	1	6	8	10	12	14	16	18
6	5/4	1	3	5	7	9	11	14	17
7	6/4	0	12	8	16	14	24		
8	7/4	2	4	6	8	10	12	16	20
9	8/4	3	8	10	12	14	16	18	20
10	9/4	2	4	6	8	10	12	16	20
11	10/4	-2	8	6	16	14	16	20	24
12	11/4	4	8	12	16	20	24	28	
13	12/4	4	10	14	18	22	26	30	



9



10



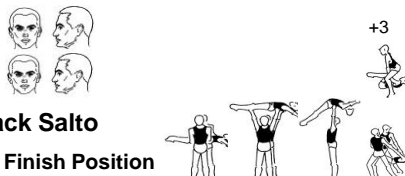
11

OR

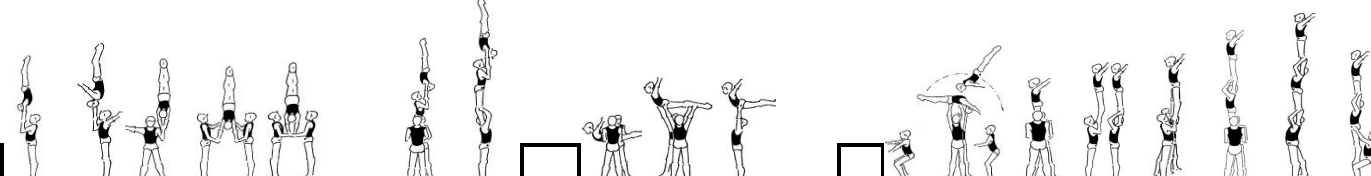


12

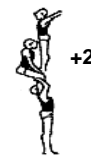
Dynamic Elements




Back Salto
Finish Position



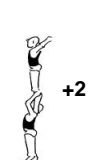
Start




13




14



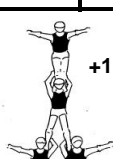
15




16




17



18




19



20


		A	B	C	D									M	N	O	P											
						E	F	G	H	I	J	K	L					Q	R	S	T	U	V	W	X			
1 /	1																	0/4	1									
	2		2	3	3	4													4	6	6	7	10	8	12	10	9	
	3		2	3	3	4													/	6	6	8	11	9	14	12	11	
	4		2	3	3	4													4	6	6	9	12	10	16	14	13	
5 /	5		4	5	5	11													8	12	12	18	22	20	46	44		
	6		6	7	7	12													/	16	16	22	26	24	54	52		
	7																		4	16	16	22	26	24	54	52		
	8																		/	18	18	24	28	26	58	56		
9 /	9		8	9	9	15													12	20	20	26	30	28	62	60		
	10		10	16	16													/	32	32	42							
	11		14	20	20													4	36	36	48							
	12		14	20	20													/	36	36	48							
13 /	13		16	22	22													16										
	14		18	24	24													/	40	40	62							
	15		22																4									
	16		28																									
13 /	17		28																									
	18		31																									
	19		34																									
	20																											



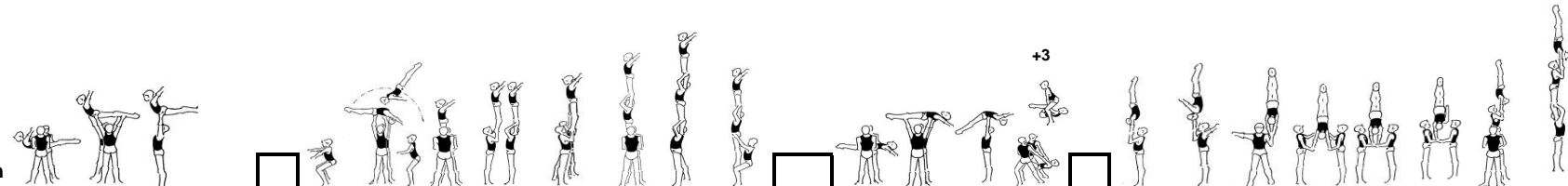
21






















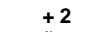



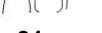



		A	B	C	D	E	F	G	H	
		Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	3	5	7	9	11	14	17	
2	1/4	1	2	3	5	7	9	11	13	
3	2/4	-1	4	3	8	7	12			
4	3/4	1	2	3	5	7	9	11	13	
5	4/4	1	6	8	10	12	14	16	18	
6	5/4	1	3	5	7	9	11	14	17	
7	6/4	0	12	8	16	14	24			
8	7/4	2	4	6	8	10	12	16	20	
9	8/4	3	8	10	12	14	16	18	20	
10	9/4	2	4	6	8	10	12	16	20	
11	10/4	-2	8	6	16	14	16	20	24	
12	11/4	4	8	12	16	20	24	28		
13	12/4	4	10	14	18	22	26	30		

Dynamic Elements




Back Salto
Finish Position

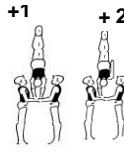


		A	B	C	D									M	N	O	P								
						E	F	G	H	I	J	K	L					Q	R	S	T	U	V	W	X
Start 	1																								
	2		1	2	2																				
	3		1	2	2																				
	4		1	2	2																				
25 	5		4	9	9																				
	6		5	10	10																				
	7																								
	8																								
26 	9		6	12	12																				
	10		9																						
	11		10																						
	12																								
27 	13																								
	14		12																						
	15		20																						
	16		24																						
28 	17		28																						
	18																								
	19																								
	20																								
29 	21																								
	22																								
	23																								
	24																								


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




30




+1
31




+2
32




33




+1
34




+2
35




+2
36



+3
37



38



39

Dynamic Elements

Back Salto
Finish Position

Start

41

42

43

44

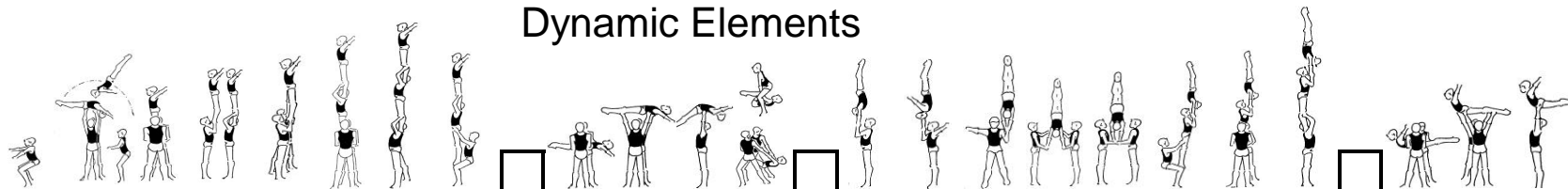
45

		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					4 / 4					5 / 4					6 / 4					7 / 4					8 / 4					9 / 4					10 / 4														
	2	4	7	5	2	4					2	2	2			2		4	5		5															1	1	1	2																									
	3	4	7	5	2	4					2	2	2			2		4	6		6															3	4	4	5																									
	4	4	7	5	2	4					2	2	2			2		4	7		7															4	5	5	5																									
5 / 4	5	9			6	10				6 / 4					7 / 4					8 / 4					9 / 4					10 / 4					11 / 4					12 / 4					13 / 4					14 / 4					15 / 4					16 / 4				
	6	10			7	11					5	7	7			9	9	13	14		14															10	12	12																										
	7										7	9	9			11	11	15	16		16															12	14	14																										
	8																																																															
9 / 4	9				14	20				10 / 4					11 / 4					12 / 4					13 / 4					14 / 4					15 / 4					16 / 4					17 / 4					18 / 4					19 / 4					20 / 4				
	10				16	22					12					14	14	20																		14	16	16																										
	11										14					16	16	24																		26																												
	12																																			28																												
13 / 4	13									14 / 4					15 / 4					16 / 4					17 / 4					18 / 4					19 / 4					20 / 4					21 / 4					22 / 4					23 / 4					24 / 4				
	14				20	26					16					20	20	28																		32																												
	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
2	1/4	2	4	6	8	10		
3	2/4	1	3	5	7	9	11	
4	3/4	2	4	6	8	10	14	18
5	4/4	1	3	5	7	9	11	
6	5/4	2	4	6	8			
7	6/4	2	4	6	8	10	12	14
8	7/4	3	5	7	9	12	15	
9	8/4	4	8	12				
10	9/4	4	8	12				
11	10/4	4	8	12				
12	11/4	4	8	12				
13	12/4	4	12	12				

Dynamic Elements

Back Salto
Finish Position



Start



46



47



48



49

		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					4 / 4									0/4 / 4 / 4	1	1	1					
	2	1		2	3	3					2	2	2	3		5	9	7	4		7											3	5	5			
	3	1		2	3	3					2	2	2	3		5	9	7	4		7											3	5	5			
	4	1		2	3	3					2	2	2	3		5	9	7	4		7											4	5	5			
5 / 4	5	5	5	10	11	11				6 / 4	6	8		8	6 / 4	20			14	18								8 / 4	10	16	16						
	6	6	6	12	13	13					7	10		9		22			16	20											12	18	18				
	7																														12	18	18				
	8																																				
9 / 4	9	7	7	14	15	15				10 / 4	9	12		9	12 / 4	24			18	22								12 / 4	14	20	20						
	10	12	12	20							14	18																									
	11	14	14	22							18	22																				18					
	12																																				
13 / 4	13									14 / 4																											
	14	16	16																																		
15 / 4	15										20																										
	16										24																										

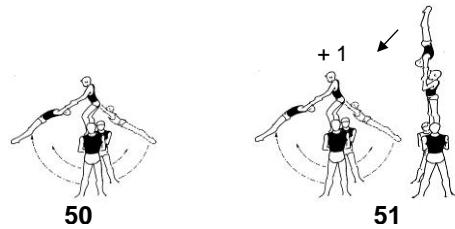
		A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440	
1	0/4	1	2	3	4	5	6	7	8
2	1/4	2	4	6	8	10	12	16	20
3	2/4	1	2	3	4	5	6	7	8
4	3/4	2	4	6	10	14			
5	4/4	2	4	6	8	10	12	16	20
6	5/4	3	5	7	9	11	13		
7	6/4	3	5	7	9	11	13		
8	7/4	4	8	12	14	16			
9	8/4	3	5	7	9	11	13		
10	9/4	4	8						
11	10/4	4	8					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

Dynamic Elements

Back Salto Finish Position

Start

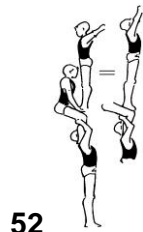
		A	B	C	D									M	N	O	P													
1 / 4	1					2	8							3	3	4	4		0/4			2	2	2						
	2	2	3	3	4	8			5	9				3	4	4		4	3	3	7	8	8							
	3	2	3	3	4	8			5	9				3	4	4		/	3	3	8	9	9							
	4	2	3	3	4	8			5	9				3	4	4		4	3	3	9	10	10							
5 / 4	5	4	5	5	7	18			11	16				8	10	10		8 / 4	12	12	16	20	20							
	6	5	6	6	7	20			12	18			9	11	11		13		13	20	24	24								
	7																		13	13	20	24	24							
	8																		15	15	24	28	28							
	9	6	7	7	7	22			14	20				10	12	12			17	17	26	30	30							
9 / 4	10	12							18	24				16				12 / 4	30	30	40									
	11	13							20	28			20				39		39	50										
	12																39		39	50										
	13																													
	14	15							24	32																				
16 / 4	15																					16 / 4								
	16																													



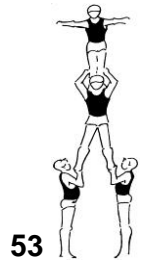
	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	
2	1/4	1	2	3	4	5	6	
3	2/4	2	4	6	8	10		
4	3/4	1	2	4	6	8	12	
5	4/4	2	8	10	12	14	18	
6	5/4	1	2	4	6	8	12	
7	6/4	2	4	6	8	10	12	
8	7/4	2	4	6	8	10	12	
9	8/4	2	10	12	14	16	20	
10	9/4	3	5	7	9	11	13	
11	10/4	4	8	12				
12	11/4	3	5	7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

Dynamic Elements

Dismount of the middle



52



53



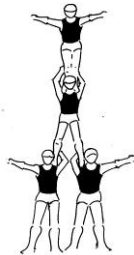
54



55



56



57



58



59



60



61



61a



62

Back Salto

	4
	5
	6
	18



Gainer Salto

	4
	5
	6
	18

Front Salto

Delfin

	5
	7
	9
	26



	4
	6
	8
	20


180° + 2
360° + 4
540° + 6
720° + 8

180° + 2
360° + 4
540° + 6
720° + 8

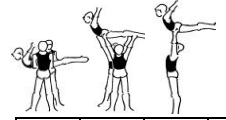
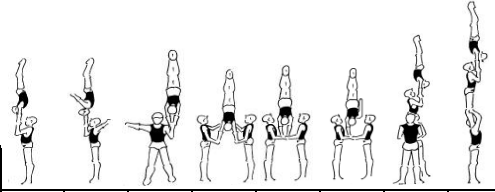
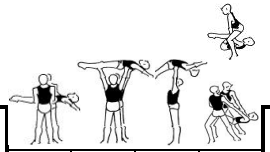
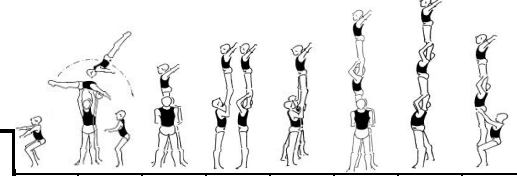
All of the start positions can be used with the next page

In the following start positions 59,61,61a and 62 the direction of the base and/or top may be reversed, i.e. any direction is acceptable.

Dynamic Elements




Front Salto
Finish Position







		A	B	C	D									M	N	O	P																						
Start	1																																						
	1 / 4	2	1	2	2									3	8	6	2	5	8	10	12	3	1	2	2	5	4	1	1	1	1	1	4	4	2				
		3	1	2	2									3	8	6	2	5	8	10	12	4	1	2	2	5	5	4	4	6	7	6	16	13	14				
		4	1	2	2									3	8	6	2	5	8	10	12	4	1	2	2	5	6	5	5	7	8	7	18	15	16				
63	5 / 4	5	2	5	5									10	15		12	8	14	19	24	22	7	11			8	12	12	18	20	20	32	28	24				
		6	3	6	6									18			10	16	21	28	26	8	16	16			9	16	16	22	24	24	36	32	28				
		7																				10																	
		8																				11																	
64	9 / 4	9	4	7	7									20			12	20		32	30	11	14			12	18	18			13	20	20	28	30	30	40	36	32
		10	8	12												18	24				12	11							14	30	30	42							
		11	11	15												22	28				13								15	40	40	48							
		12																				14																	
65	13 / 4	13	15	19												26	30				15	16							16	50	50	62							
		14																																					
		15	22																																				
		16	26																																				
66	17 / 4	17	30																																				


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



68



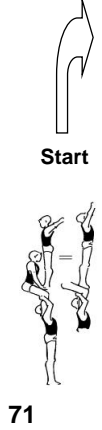
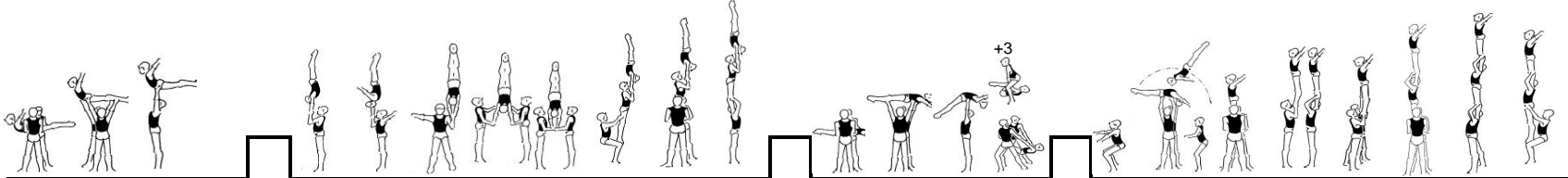
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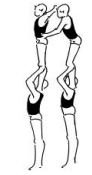
70

Dynamic Elements

Front Salto
Finish Position



		A	B	C	D									M	N	O	P																																																																																																																																																																										
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	6	6	7	7			20			12	18	24	30	28		10	12	12	16		8	16	16	24	28	28	28	32	28																																																																																																																																																														
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	9	8	9	9				22			14	20	28	34		32		12	14		14	18		22	22	30	34	34	34	36	32																																																																																																																																																												
9 / 4	10	10				10 / 4				20	28			11 / 4	14				12 / 4	32	32	44																																																																																																																																																																					
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13 / 4	15	22				15 / 4	<table border="1"> <thead> <tr> <th></th> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>F</th> <th>G</th> <th>H</th> </tr> </thead> <tbody> <tr> <td>Twist</td> <td>180°</td> <td>360°</td> <td>540°</td> <td>720°</td> <td>900</td> <td>1080</td> <td>1260</td> <td>1440</td> </tr> <tr> <td>1</td> <td>0/4</td> <td>1</td> <td>1</td> <td>3</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>12</td> </tr> <tr> <td>2</td> <td>1/4</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>12</td> </tr> <tr> <td>3</td> <td>2/4</td> <td>2</td> <td>4</td> <td>8</td> <td>10</td> <td>14</td> <td>16</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td>3/4</td> <td>2</td> <td>2</td> <td>8</td> <td>10</td> <td>14</td> <td>16</td> <td></td> <td></td> </tr> <tr> <td>5</td> <td>4/4</td> <td>2</td> <td>8</td> <td>10</td> <td>12</td> <td>14</td> <td>18</td> <td></td> <td></td> </tr> <tr> <td>6</td> <td>5/4</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>14</td> <td></td> <td></td> </tr> <tr> <td>7</td> <td>6/4</td> <td>4</td> <td>4</td> <td>8</td> <td>8</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>8</td> <td>7/4</td> <td>2</td> <td>4</td> <td>6</td> <td>10</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>9</td> <td>8/4</td> <td>3</td> <td>8</td> <td>10</td> <td>14</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>10</td> <td>9/4</td> <td>3</td> <td>4</td> <td>9</td> <td>12</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>11</td> <td>10/4</td> <td>8</td> <td>10</td> <td>14</td> <td>18</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>12</td> <td>11/4</td> <td>3</td> <td>6</td> <td>9</td> <td>12</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>13</td> <td>12/4</td> <td>5</td> <td>12</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>									A	B	C	D	E	F	G	H	Twist	180°	360°	540°	720°	900	1080	1260	1440	1	0/4	1	1	3	4	6	8	10	12	2	1/4	1	2	3	4	6	8	10	12	3	2/4	2	4	8	10	14	16			4	3/4	2	2	8	10	14	16			5	4/4	2	8	10	12	14	18			6	5/4	2	4	6	8	10	14			7	6/4	4	4	8	8					8	7/4	2	4	6	10					9	8/4	3	8	10	14					10	9/4	3	4	9	12					11	10/4	8	10	14	18					12	11/4	3	6	9	12					13	12/4	5	12							28																								
		A	B	C	D		E	F	G	H																																																																																																																																																																																	
	Twist	180°	360°	540°	720°		900	1080	1260	1440																																																																																																																																																																																	
1	0/4	1	1	3	4	6	8	10	12																																																																																																																																																																																		
2	1/4	1	2	3	4	6	8	10	12																																																																																																																																																																																		
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9	8/4	3	8	10	14																																																																																																																																																																																						
10	9/4	3	4	9	12																																																																																																																																																																																						
11	10/4	8	10	14	18																																																																																																																																																																																						
12	11/4	3	6	9	12																																																																																																																																																																																						
13	12/4	5	12																																																																																																																																																																																								
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	4																																																																																																																																																																																										



Dynamic Elements

Front Salto
Finish Position

Start

79

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		A	B	C	D									M	N	O	P													
1 /	1					2 /										3 /					0/4	2			1	2				
	2	1	1	2	2		2		5	6	6	12	12	10	2		3	3		4		10	14	12	6	10	14	20	20	
	3	1	1	2	2		2		5	6	6	12	12	10	2		4	4		/		12	16	14	6	12	16	24	24	
	4	1	1	2	2		2		5	6	6	12	12	10	3		5	5		4		14	18	16	6	14	18	28	28	
5 /	5	4	7		9	6 /	6	6	10	12	12				7 /	6	9	9		8 /	24			18	24					
	6	5	8		10		8	8	14	16	16					7	10	10			8	28			20	26				
	7																													
	8																													
9 /	9	6	10		10	10 /	10	10	16	20	20				11 /	9	12	12		12 /	32			20	28					
	10	9	11	11			16	16	26							16														
	11	10	12	12			20	20	30							20														
	12																													
13 /	13	12	14	14		13 /	24	24	34						13 /	24														
	14																													
	15	20																												
	16	24																												
	17	30																												

		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	12	14	16
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	6	8	10	12	14	16
4	3/4	1	2	3	4	6	8	10	12
5	4/4	-1	8	10	12	16	20		
6	5/4	2	4	6	8	12	16		
7	6/4	2	4	6	8	12	16		
8	7/4	2	4	6	8	12	16		
9	8/4	3	10	12	14				
10	9/4	4	8	12	16	20	24		
11	10/4	4	8	12	16	20	24		
12	11/4	4	8	12	16	20	24		
13	12/4	4	12	16	20	24	28		

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Dynamic Elements

Front Salto
Finish Position

Start

92

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94

		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																						0/4	1	1	1	
	2	2	6	4	2	3			2	2	2	3		3		5	6	6				4	4	5	5		
	3	3	6	4	2	3			2	2	2	3		3		5	7	7				/	4	5	5		
	4	3	6	4	2	3			2	2	2	3		3		5	8	8				4	5	6	6		
5 / 4	5	9			5	8			5	6	6	6		10		14	16	16				8 / 4	10	12	12		
	6	11			6	10			6	7	7	7		12		16	18	18					12	14	14		
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	8																										
9 / 4	9				8	12			8	9	9	9		14		18	20	20					14	16	16		
	10				12	15			12					14													
	11				14	17			14					16													
	12																										
13 / 4	13				16	19			18					20													
	14																										

	A	B	C	D	E	F	G	H	
1	0/4	180°	360°	540°	720°	900	1080	1260	1440
2	1/4	2	4	6	8	10	14		
3	2/4	1	1	3	4	5	6	7	8
4	3/4	2	4	6	8	10	14		
5	4/4	1	2	4	6	9	12		
6	5/4	2	4	6	8				
7	6/4	1	2	4	6	8			
8	7/4	2	4	6	8	10	12		
9	8/4	2	4	6	8	10	12		
10	9/4	4	6	8	10				
11	10/4	2	4	6	8	10	12		
12	11/4	2	4	6	8	10	12		
13	12/4								

Dynamic Elements

Front Salto
Finish Position

Start

95

96


97

98

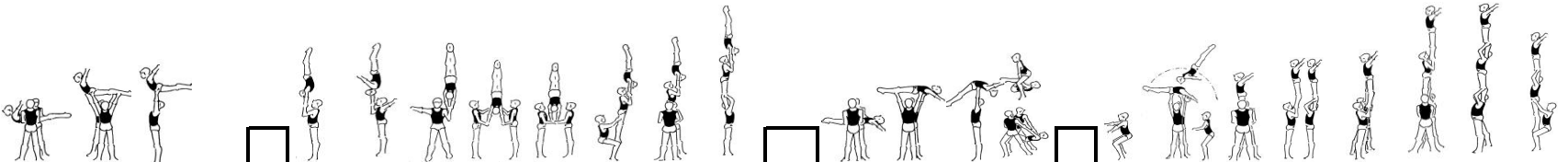
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	2	1	2	3	3						2	3	3			4	7	5	3	5						4	3	4	4	5	
	3	1	2	3	3						2	3	3			4	7	5	3	5						4	3	4	4	5	
	4	1	2	3	3						2	3	3			4	7	5	3	5						4	4	5	5	5	
5 / 4	5	4	4	6	7	7				6 / 4	5	6	6		7 / 4	12			10	12				8 / 4	10	12	12				
	6	5	5	7	8	8					7	8	8			14			12	14						8	12	14	14		
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	11	13		19							14	16	16							18	24						26				
	12																														
13 / 4	13	17		23						14 / 4	18	22	22						24	30											
	15	24									30																				
	16	30									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	5	6	
2	1/4	2	4	6	8	10		
3	2/4	2	4	6	8	10		
4	3/4	2	4	6	8	10		
5	4/4	2	4	6	8	10		
6	5/4	2	4	6	8	10		
7	6/4	2	4	6	8	10		
8	7/4	4	6	8	10	12		
9	8/4	4	6	8	10	12		
10	9/4	4	8	12	16			
11	10/4	4	8	12	16			
12	11/4	6	10	14	18			
13	12/4	6	10	14	18			


Dynamic Elements

















Front Salto
Finish Position




Start

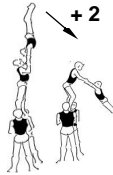


		A	B	C	D									M	N	O	P																																																																																																																																																																
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	15						<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>F</th> <th>G</th> <th>H</th> </tr> <tr> <th>Twist</th> <th>180°</th> <th>360°</th> <th>540°</th> <th>720°</th> <th>900</th> <th>1080</th> <th>1260</th> <th>1440</th> </tr> </thead> <tbody> <tr><td>1</td><td>0/4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td>1/4</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>3</td><td>2/4</td><td>2</td><td>4</td><td>8</td><td>10</td><td>14</td><td>16</td><td></td><td></td></tr> <tr><td>4</td><td>3/4</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>5</td><td>4/4</td><td>2</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>20</td><td>24</td></tr> <tr><td>6</td><td>5/4</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>7</td><td>9</td><td>12</td></tr> <tr><td>7</td><td>6/4</td><td>4</td><td>6</td><td>10</td><td>12</td><td>16</td><td>18</td><td></td><td></td></tr> <tr><td>8</td><td>7/4</td><td>2</td><td>4</td><td>6</td><td>8</td><td>12</td><td>16</td><td>20</td><td>24</td></tr> <tr><td>9</td><td>8/4</td><td>3</td><td>9</td><td>12</td><td>15</td><td>18</td><td>21</td><td></td><td></td></tr> <tr><td>10</td><td>9/4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>11</td><td>10/4</td><td>8</td><td>10</td><td>14</td><td>18</td><td>22</td><td>26</td><td></td><td></td></tr> <tr><td>12</td><td>11/4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>13</td><td>12/4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>									A	B	C	D	E	F	G	H	Twist	180°	360°	540°	720°	900	1080	1260	1440	1	0/4								2	1/4	1	2	3	4	5	6	7	8	3	2/4	2	4	8	10	14	16			4	3/4	1	2	3	4	5	6	7	8	5	4/4	2	8	10	12	14	16	20	24	6	5/4	1	2	3	4	5	7	9	12	7	6/4	4	6	10	12	16	18			8	7/4	2	4	6	8	12	16	20	24	9	8/4	3	9	12	15	18	21			10	9/4									11	10/4	8	10	14	18	22	26			12	11/4									13	12/4																								
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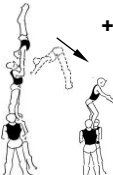
99



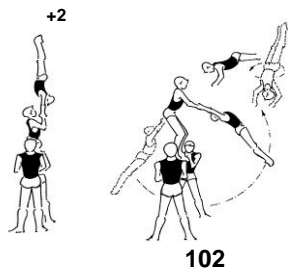
100



101



Dynamic Elements



102

Finish Position

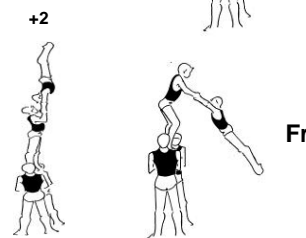


Back Salto	0/4	4/4	8/4	
	1	12	24	180° + 2
	1	14	28	540° + 6
	1	16	32	720° + 12



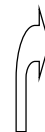
Start

Finish Position



105

Front Salto	0/4	4/4	8/4	
	1	10	22	360° + 8
	1	12	26	720° + 10
	1	14	30	



Finish Position



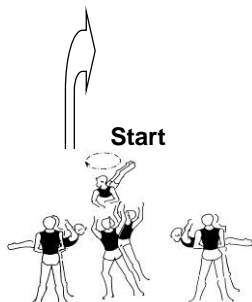
Back Salto Front Salto

	0/4		3	1	
					180° + 2
4			10	7	360° + 4
4			10	9	
			10	10	
8 / 4			20		
			24		

Start



106



Start

103

	A	B	C	
	2	3	3	180° + 1
	4	5	5	360° + 1
	6	8	9	540° + 3
				720° + 4

	A	B	C	
				180° + 1
				360° + 2
				540° + 3
	1	2	3	720° + 4
				900° + 5
				1080° + 6
				1260° + 8
				1440° + 10



104