

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
Individual Elements

## General Rules Individual Elements

### Flexibility performed:

- To straight split receives a value of +1
- To middle split receives a value of +2
- On 1 arm receives a value of +1

### General:

- Elements performed to all positions on knee(s) are considered the same as to stand
- Each 180° turn receives a value of +1 up to a maximum of 720°.
- Elements with the same ID number may be used **only once** in an exercise
- Stylistic changes are permitted and don't affect the value of the element

Category 1

Static holds and strength

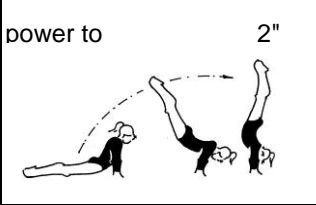
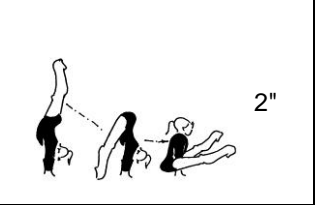
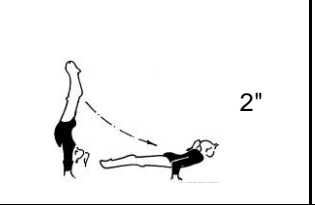
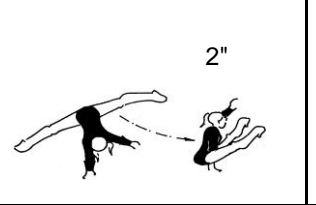
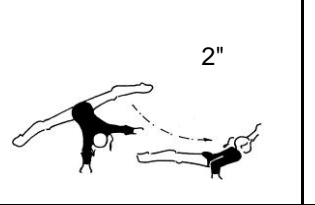
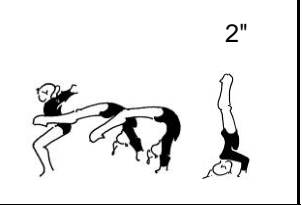
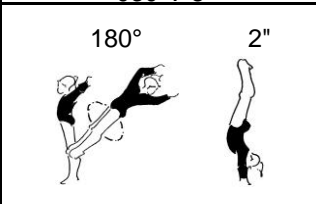
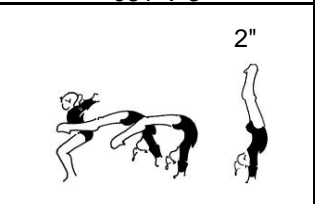
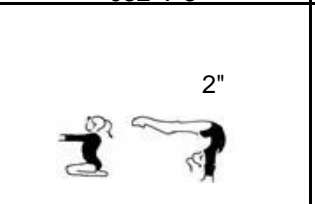
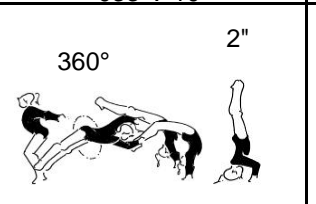
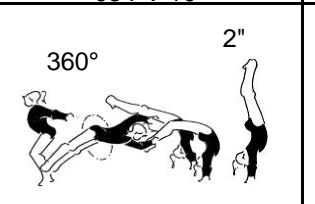
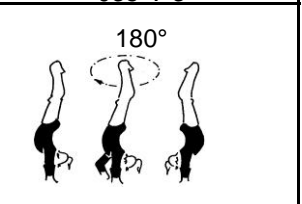
# Individual Elements

<p>2" +1</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>
001-V 1	002-V 4	003-V 2	004-V 3	005-V 1	006-V 1
<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>
007-V 1	008-V 2	009-V 1	010-V 2	011-V 2	012-V 3
<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>
013-V 3	014-V 4		015-V 3	016-V 3	017-V 8
<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>
018-V 10	019-V 1	020-V 2	021-V 3	022-V 3	023-V 4
<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>	<p>2"</p>
024-V 5	025-V 4	026-V 4	027-V 5	028-V 6	029-V 8
<p>2"</p>	<p>2"</p>	<p>power to 2"</p>	<p>power to 2"</p>	<p>power to -2 2"</p>	<p>power to 2"</p>

Category 1









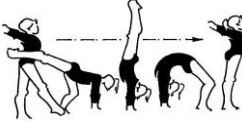
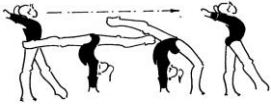
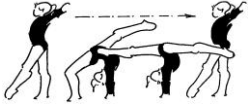
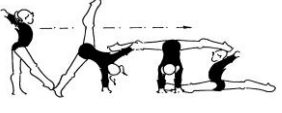
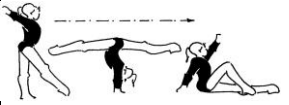


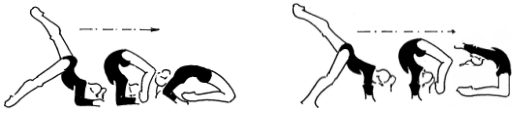
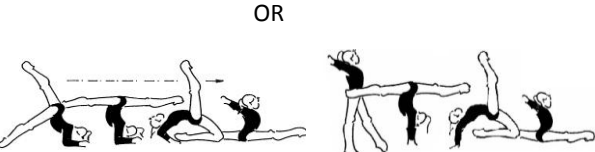
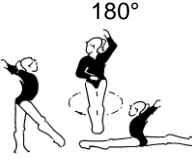
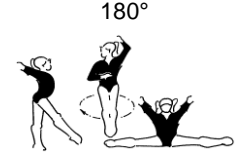
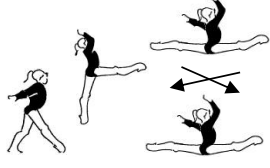


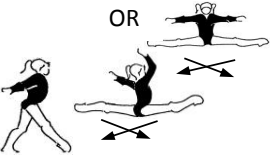
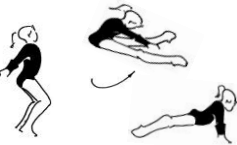



Static holds and strength

# Individual Elements

 <p>power to 2"</p> <p>030-V 8</p>	 <p>2"</p> <p>031-V 3</p>	 <p>2"</p> <p>032-V 3</p>	 <p>2"</p> <p>033-V 10</p>	 <p>2"</p> <p>034-V 10</p>	 <p>2"</p> <p>035-V 3</p>
 <p>180° 2"</p> <p>036-V 4</p>	 <p>2"</p> <p>037-V 5</p>	 <p>2"</p> <p>038-V 5</p>	 <p>360° 2"</p> <p>039-V 8</p>	 <p>360° 2"</p> <p>040-V 9</p>	 <p>180°</p> <p>041-V 1</p>
042	043	044	045	046	047
048	049	050	051	052	053
054	055	056	057	058	059

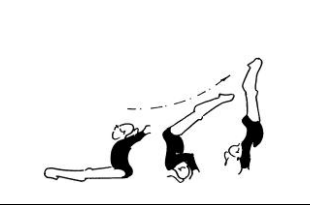
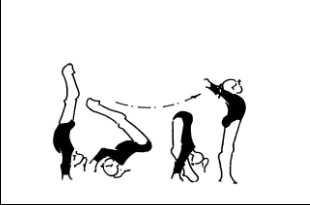
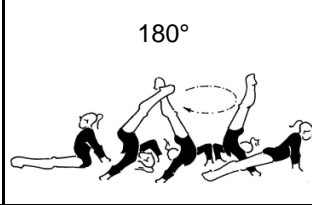
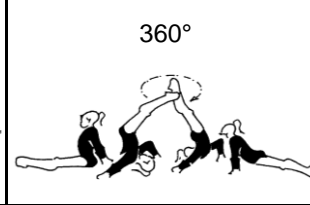
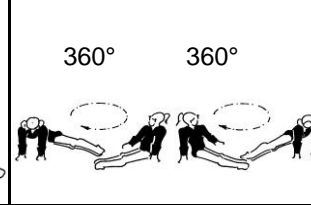
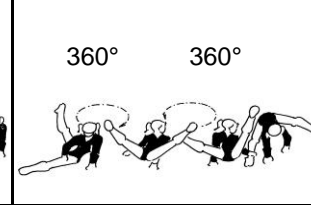
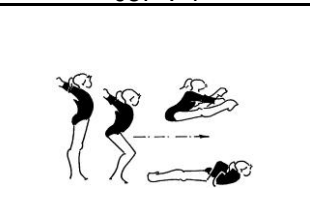
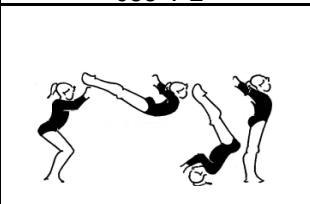
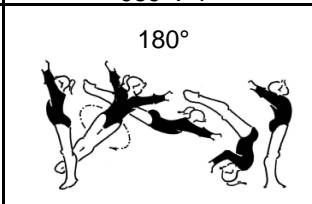
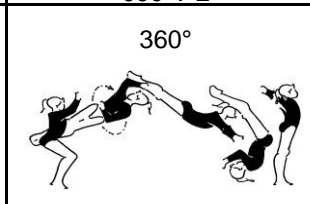
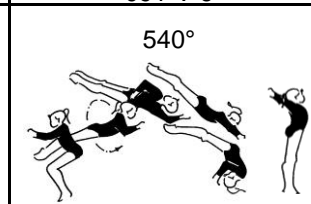
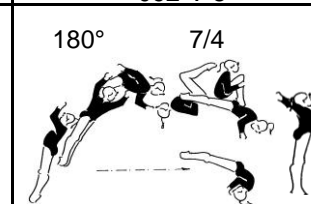
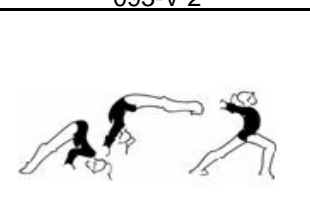
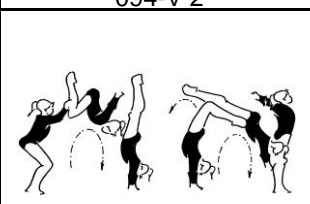
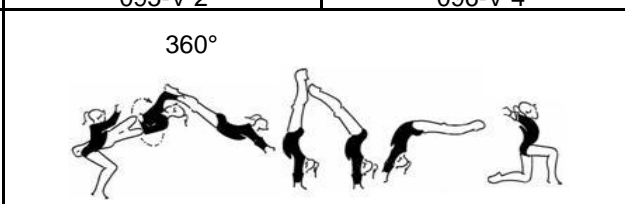
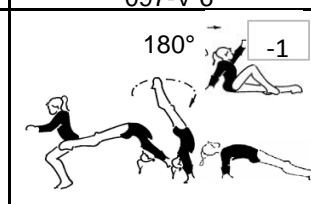
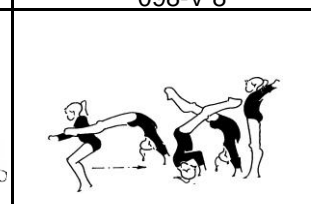
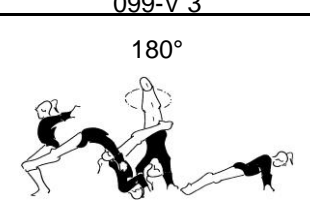
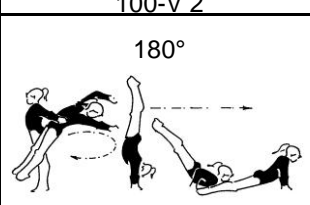
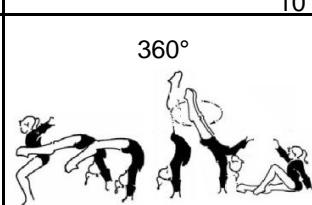
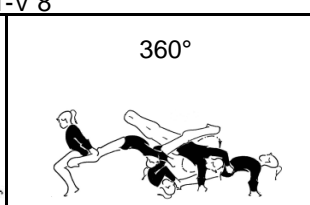
# Individual Elements

## Category 1 Flexibilities

					
060-V 1	061-V 2	062-V 1	063-V 1	064-V 2	065-V 2
					
066-V 2	067-V 2	068-V 1	069-V 1	070-V 1	079-V 1
					
072-V 2	073-V 3	074-V 2		075-V 2	
					
076-V 3		077-V 2	078-V 3	079-V 4	080-V
<b>Choreo Elements: Cat 1 and Cat 2</b>					
					
081-V 3	082-V 3	083-V 3	084-V 2	085-V 2	086-V 2

Category 1  
Agilities

Individual Elements

					
087-V 1	088-V 2	089-V 1	090-V 2	091-V 6	092-V 8
					
093-V 2	094-V 2	095-V 2	096-V 4	097-V 6	098-V 8
					
099-V 3	100-V 2	101-V 8		102-V 3	103-V 3
					
104-V 5	105-V 2	106-V 4	107-V 5	108	109
110	111	112	113	114	115

Category 1  
Agilities




























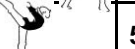

Individual Elements




























	A		1		A		1		A		5		A			A		3				
	B		1		B		1		B		5		B			4	B		4			
	C		2		C		2		C		6		C			6	C		6			
	D		3		D		3		D		7		D			7	D		7			
	E		1		E		1		E		5		E			4	E		4			
	F		2		F		2		F		7		F			6	F		6			
	G				G				G				G				G			G		
	I				I				I				I				I			I		
116				117				118				119				120						

	A		4		A		2		A		12		A		5		A		16			
	B		5		B		6		B		8		B		10		B		12			
	C		7		C		8		C		10		C		12		C		14			
	D		8		D		9		D		11		D		13		D		12			
	E		5		E		6		E		8		E		10		E					
	F		7		F		8		F		8		F		12		F					
	G				G				G				G				G			G		
	I				I				I				I				I			I		
121				122				123				124				125						

Category 1  
Agilities

Individual Elements



































 <p>720°</p>	A		10	 <p>180°</p>	A		1	 <p>180°</p>	A		3	 <p>360°</p>	A		5	 <p>360°</p>	A		3
	B		14		B		3		B		4		B				B		2
	C		16		C		4		C		6		C				C		3
	D		17		D		5		D		7		D				D		4
	E		14		E		3		E		5		E				E		3
	F		16		F		5		F				F				F		4
	G				G				G				G				G		
	I				I				I				I				I		
126			127			128			129			130							






































 <p>180°</p>	A		2	 <p>360°</p>	A		4	 <p>180°</p>	A		3	 <p>180°</p>	A		2	 <p>360°</p>	A		3
	B		3		B				B		3		B		2		B		4
	C		5		C		4		C		4		C		4		C		6
	D		6		D				D		5		D		5		D		4
	E		4		E				E				E		4		E		
	F				F				F				F				F		
	G				G				G				G				G		
	I				I				I				I				I		
131			132			133			134			135							



Category 1  
Agilities



























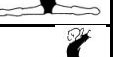








Individual Elements










	A		2		A		5		A		7		A		10		A		5
	B		3		B		4		B		7		B		7		B		6
	C		4		C		6		C		8		C		8		C		8
	D		2		D		7		D		9		D		9		D		9
	E		4		E		5		E		7		E		10		E		6
	F				F				F				F				F		8
	G				G		6		G		8		G		10		G		
	I				I				I				I				I		
136			137			138			139			140							

	A		6		A		6		A		10		A		11		A		14
	B		7		B		8		B		8		B		9		B		11
	C		9		C		10		C		9		C		10		C		12
	D		10		D		11		D		10		D		11		D		13
	E		7		E		8		E		10		E		9		E		11
	F		10		F		10		F				F				F		
	G				G				G		10		G		12		G		14
	I				I				I				I				I		
141			142			143			144			145							

Category 1  
Agilities


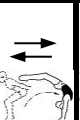




















Individual Elements

	A		9		A		10		A		10		A		14		A		15
	B		10		B		11		B		12		B		12		B		13
	C		12		C		13		C		14		C		13		C		14
	D		13		D		14		D		15		D		14		D		15
	E				E				E				E		12		E		13
	F				F		14		F		15		F				F		
	G				G		6		G				G		14		G		16
	I				I				I				I				I		
146			147			148			149			150							

	A		18		A				A				A				A		
	B		15		B				B				B				B		
	C		16		C				C				C				C		
	D		17		D		6		D				D				D		
	E		15		E				E				E				E		
	F				F				F				F				F		
	G		18		G				G				G				G		
	I				I				I				I				I		
151			152			153			154			155							

# Individual Elements

## Category 2 Tumbling

		BACK SALTOS											FRONT SALTOS						SIDE SALTOS				
twist																							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
1 0°	1	2	4	4	5	6	20	22	22	24	28	52	2	4	5	7	24	28	4	5	24		
2 180°		4		6	7	8	24	26	26	28	32			6	7	9	28	33					
3 360°		6		10	11	12	28	30	30	32	36			8	9	11	32	36					
4 540°		8		12	14	16	32	34	34	36	40			10	11	13							
5 720°				14	15	16	36	38	38	40	44				13	15							
6 900°				16	17	18	40	42	42	44	48				15	17							
7 1080°				18	19	20	44	46	46	48	52				17	19							

### VALUES FOR LINKS:

- » front salto after front handspring +2
- » side salto after cartwheel +2

#### **After Single somersault**

- » back handspring +2
- » salto performed in the in the same direction +2
- » salto performed in the reverse direction +4

#### **After Double somersaults**

- » back handspring +2
- » salto performed in same direction +4
- » salto performed in the reserve direction +6

#### **After Triple somersaults**

- » back handsprings +4
- » salto performed in the same direction +6
- » salto performed in the reverse direction +8