

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S GROUP
Dynamic Elements

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

This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

Dynamic Elements

Back Salto

Finish Position

Start

		A	B	C	D	E	F	G	H	i	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
	1																	0/4	1	3	2	2	2	2	3		
1	1/2	1	2	2	3	2	5	12	12	14			14	20	2	3	4	7	4	3	10	6	18	13	5	8	1
	1/4	1	2	2	3	2	5	12	12	14			14	20	2	3	5	8	/	3	11	7	20	15	7	10	2
	4	1	2	2	3	2	5	12	12	14			14	20	2	3	6	9	4	4	12	8	22	17	9	12	3
	5	4	5	6	9	7	12	22	28				28	32	10	14	20	22	8	14	26	20		29	18	21	8
1a	5/6	5	6	7	10	8	14	26	32				32	36	16	18	24	26	8	16	28	22		31	20	23	10
	5/7																		8	16	28	22		31	20	26	10
	5/8																		8	18	30	24		33	22	26	14
	5/9	6	7	8	11	9	16	30	36				36	40	22	24	28	32	8	22	34	28		37	24	30	16
2	10	14		18		16	26	36							20				12	32							
	9/11	16		20		18	30	40							24				12	39							
	9/12	16		20		18									22				12	36							
	9/13	20		22		20									26				12	44							
3	13/14	24		26		24									28				16	50							
	13/15	36	36																16								
	13/16	43	43																16								
	4																		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	11	14	17
2	1/4	1	2	3	5	7	9	11
3	2/4	-1	5	3	8	7	12	11
4	3/4	1	2	3	5	7	9	11
5	4/4	2	8	10	12	15	18	21
6	5/4	2	4	6	8	11	14	17
7	6/4	0	10	8	18	16	26	24
8	7/4	2	4	6	8	10	12	16
9	8/4	4	10	14	18	22	26	30
10	9/4	2	4	6	8	10	12	16
11	10/4	-4	8	6	16	14	24	22
12	11/4	4	8	12	16	20	24	28
13	12/4	4	12	16	20	24	28	32

5 **6** **7** **8** **9**

10a **10b** **11** **12**

-4 **-2** **+2**

Dynamic Elements

Front Salto
Finish Position

Start

		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	8	11	5	6	10	14	18		4	4	4	5	4		4	3	12	14	18	5	8	
	3	1	1	2	2		3	8	11	5	6	10	14	18		3	4	4	5	4		4	4	14	16	20	7	10	
	4	1	1	2	2		3	8	11	5	6	10	14	20		4	5	5	6	6		4	4	6	16	18	22	9	12
5 / 4	5	4	4	7	7	6 / 4									7 / 4	10	16	16	16	20	8 / 4	14	30			20	26		
	6	6	5	8	8		10	18		8	9	24	26				12	18	18	18		22					22	28	
	7																												
	8																												
	9	8	7	10	10		16	26		14	14	30	34				16	24	24	24		28			22	36			28
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	26	22				32	40									36												
13 / 4	15	36																											
	16	43																											
		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

21

+ 2

22

- 4

18

19

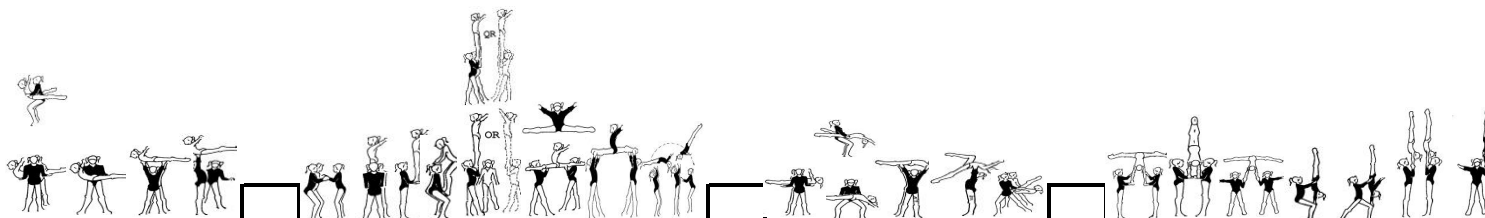
20

Dynamic Elements



Back Salto

Finish Position



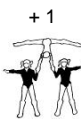
Start



22



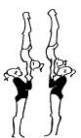
23



24



25



26



27



28

		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																	1	2	3	/	/	3	4	
	2	1	2	3	3	1	4	2	5	3	6		2	2	3	4	4	4	8	18	12	/	/	14	20
		1	2	3	3	1	4	2	5	3	6		2	2	3	4	4	/	10	20	16	/	/	16	24
	4	1	2	3	3	1	4	2	5	4	7		3	3	4	5	5	4	12	20	18	/	/	18	28
5 / 4	5	5	6	10	10	6	16		20	12	18	3	9	8	13	13	15	8 / 4	22	34		/	/		
	6	6	7	11	11	8	18		22	14	20	5	10	9	14	14	16		24	38		/	/		
	7																					/	/		
	8																					/	/		
9 / 4	9	8	9	13	13	10	20		21	16	22	8	12	11	16	16	18	12 / 4	26	42		/	/		
	10	15		20	20	16					12		22	18								/	/		
	11	19		24	24	20					14		26	20								/	/		
	12					21					16		24	20								/	/		
13 / 4	13					23					18		28	22				17 / 4				/	/		
	16	34				26					20											/	/		

	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	18
2	1/4	1	2	3	4	5	6	8
3	2/4	2	4	6	8	10	14	18
4	3/4	1	2	3	4	5	6	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	4	5	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			



30



31



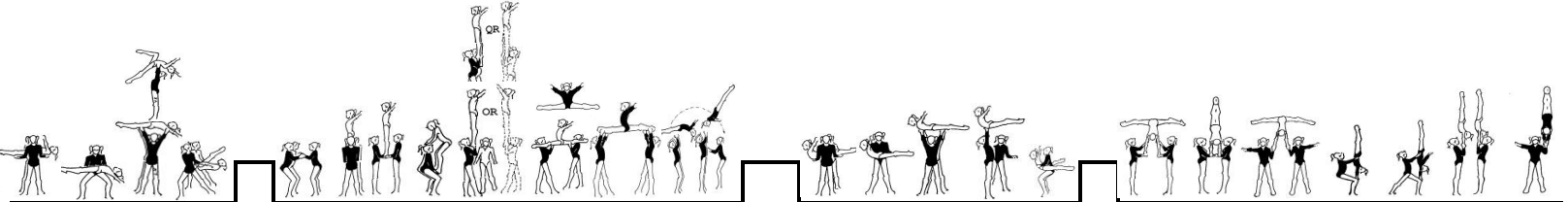
32

Dynamic Elements



Front Salto

Finish Position



Start



		A	B	C	D								L	M	N	O	P																		
1 / 4	1																	0/4	1	2	3	/	/	3	4										
	2	2	2	3	4													4	4	6	6	3	4	8	14	14	/	/	16	20					
	3	2	2	3	4													4	4	6	6	3	/	/	10	16	16	/	/	18	24				
	4	2	2	3	4													4	4	6	6	3	4	12	16	18	/	/	21	28					
5 / 4	5	6	6	8	10																		8	20		/	/								
	6	7	7	9	12																		8	22		/	/								
	7																						8			/	/								
	8																						8			/	/								
9 / 4	9	10	10	12	12																							12			/	/			
	10	16	14	20	26																							12			/	/			
	11	19	18	24	30																							12			/	/			
	12																											12			/	/			
13 / 4	13	25																										16			/	/			
	14	27																										16			/	/			
15 / 4	15	32																										16			/	/			
	16	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			



37

38

39

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42

43

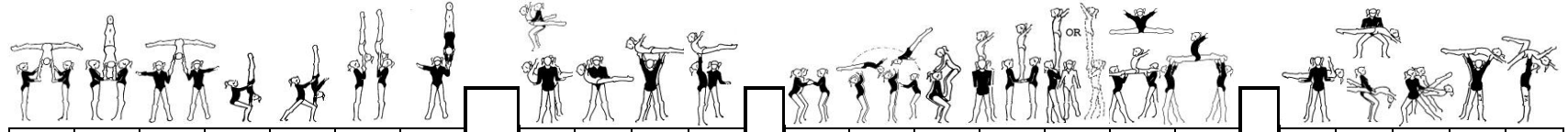
44

Dynamic Elements



Back Salto

Finish Position



Start



45



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

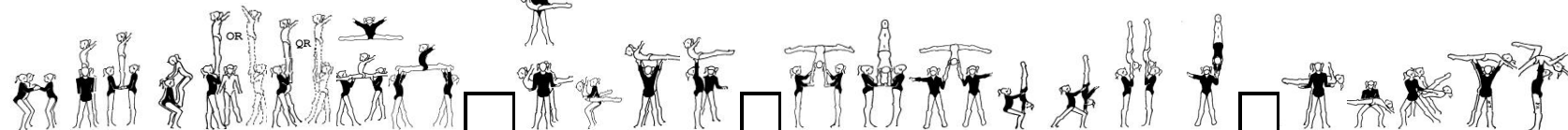
		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	7	
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14			
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	6	10	14	18				
13	12/4	6	14	18	22				

Dynamic Elements



Front Salto

Finish Position



Start



50



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52



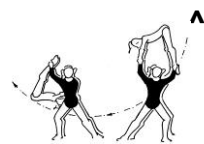
53



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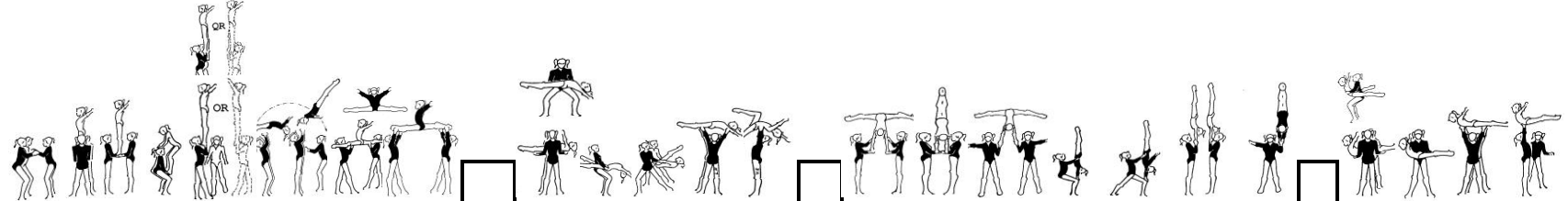
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Dynamic Elements



Back Salto

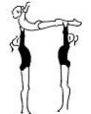
Finish Position



Start



58



59



60



61



62



63

		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	1	1	1	2				
	2		3	2	3		3	5		3	2	4	5	5	3		5	8	10			10	14	4		4	4	7	7				
	3		3	2	3		3	5		3	2	4	5	5	3		5	9	12			12	16	4		6	6	9	9				
	4		4	2	4		3	5		3	2	4	6	6	3		5	10	14			14	18	4		8	8	11	11				
5 / 4	5	4	8	5	12	4	10	13	6 / 4	9	7	10	12	12	7 / 4	12	18	18			18		8 / 4	14	14	24	24						
	6	5	10	6	14	5	12	15		10	8	12	14	14		14	20	20			20			8	18	18	28	28					
	7																																
	8																																
	9	6	12	7	18	6	14	17		12	10	14	16	16		16	22	22						22									
9 / 4	10	14	22	16	26	14	22	25	10 / 4	16	14				11 / 4								12 / 4	18									
	11	18	26	20	30	16	26	29		18	16																		18				
	12	18																											20				
	13	20																															
13 / 4	15	30																															
	16																																

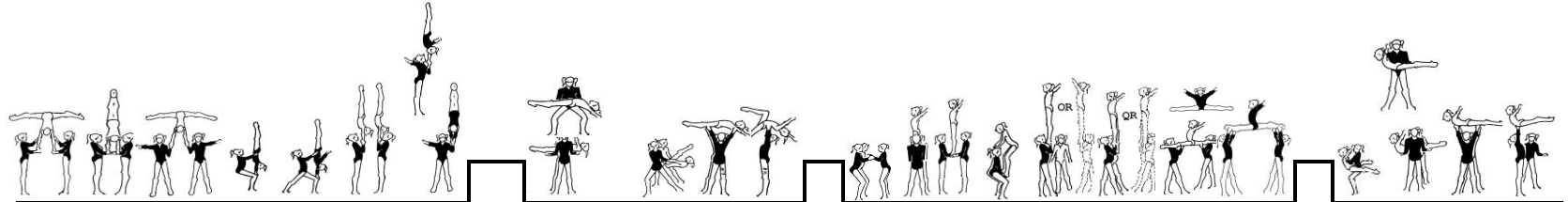
		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14	16	19	22
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
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	2	3	4			3	5	2		4	4	4	3	6				10	10	5	8	0/4	1	1	1	1	4	3	4	6	6				
	3	2	3	4			3	5	3		4	4	4	3	7				12	12	6	9	4	4	5	8	8	4	4	5	8	8				
	4	2	3	4			3	5	4		4	5	6	4	8				14	14	8	11	4	4	6	10	10	4	4	6	10	10				
5 / 4	5	7	10	12			12		8		9	9	9	10	22				26	26	20	23	8	12	14			12	12	14						
	6	9	12	14			14		10		11	11	11	12	26				30	30	24	27	14	14	16			14	14	16						
	7																																			
	8																																			
9 / 4	9	11	14	16			16		12		13	13	13	14	32				36	36	30	33	12	12	14			12	12	14						
	10								16					20																						
	11								20					24																						
	12																																			
13 / 4	13								24					28																						
	14																																			

		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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Dynamic Elements

Back Salto

Finish Position

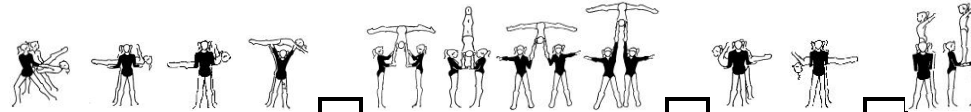


		A	B	C	D		E	F	G	H		I	J		K	
1 / 4	1					2 / 4					3 / 4	0/4			3	
	2	4	1		3		6	8		10		3	4			8
	3	4	1		3		6	8		10		4	5	4 / 4		10
	4	4	1		3		6	8		10		5	6			12
5 / 4	5	8	6		10	6 / 4	14	22		24	7 / 4	12		8 / 4	24	
	6	12	7		12		16	26		28		16			28	
	7	14	8		14		20	30		32		20			36	

Salto

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

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			10
	3			1	1		3	5		7			3	4 / 4		12
	4			1	1		4	6		8			4			14
5 / 4	5			5	10	6 / 4	10	16		18	7 / 4		14	8 / 4	24	
	6			7	12		12	20		22			18		28	
	7			9	14		14	24		26			24		36	

Salto

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

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		A		B		C		D		E		F	
Illustration	Illustration	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4
	Illustration	3	6	3	6	↓ 1 ↑ 6	↓ 3 ↑ 8	↓ 1 ↑ 7	↓ 3 ↑ 10	6	8	7	10

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