

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
MEN'S GROUP
Dynamic Elements

Men's Group

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This Table is working from left to right:

Vertical column = first element

Horizontal row = second element

Dynamic Element

Back Salto
Finish Position

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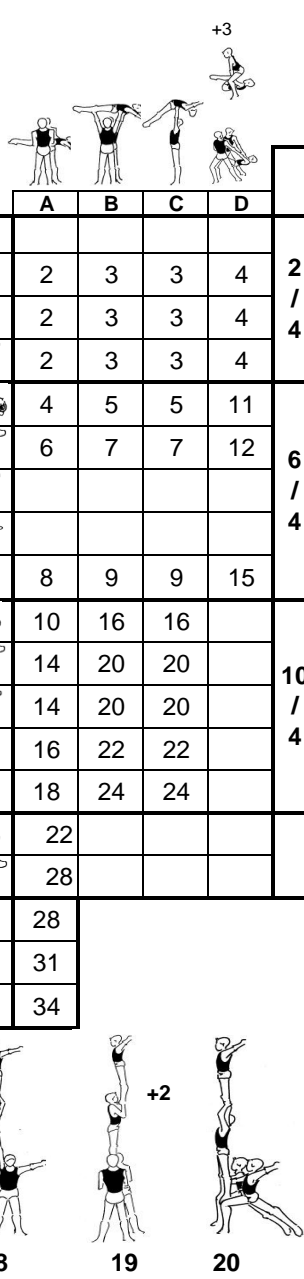
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Dynamic Element



Back Salto
Finish Position



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	11	14	20	20													28	38									18	22											42	36	56						
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		A	B	C	D	E	F	G	H	
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7	6/4	0	12	8	16	14	24			
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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 Element

Back Salto
Finish Position

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9	8/4	3	10	12	14			
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11	10/4	4	8	12	16	20	24	
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Dynamic Element

Back Salto
Finish Position

Start

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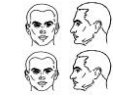
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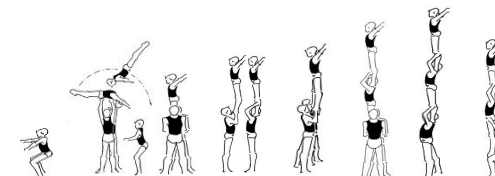
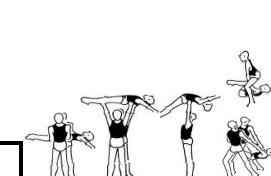
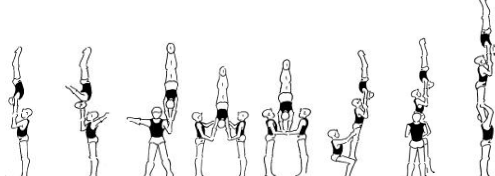
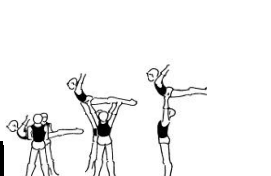
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Dynamic Element




Back Salto
Finish Position


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	8																																				4								
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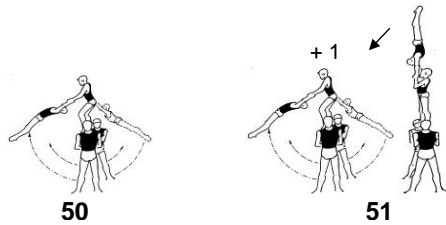
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Dynamic Element

Back Salto
Finish Position

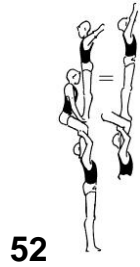
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	8																					15	13	24	28	28			
	9	6	7	7	7		22				14	20				10	12	12				17	15	26	30	30			
9 / 4	10	12				10 / 4				18	24			11 / 4	16				12 / 4	30	30	40							
	11	13								20	28				20					12	39	39	50						
	12																				39	39	50						
	13																												
15 / 4	14	15								24	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	
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 Element
Dismount of the middle



52



53



54



55



56



57



58



59



60



61



61a



62

Back



Gainer Salto

	4
	5
	6
	18

	4
	5
	6
	18

Front



Delfin

	5
	7
	9
	26

	4
	6
	8
	20

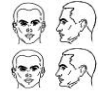
180° + 2
360° + 4
540° + 6
720° + 8

180° + 2
360° + 4
540° + 6
720° + 8

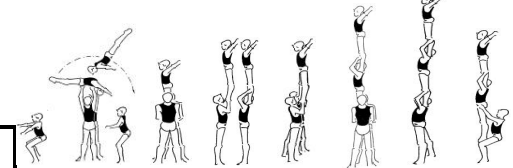
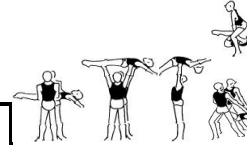
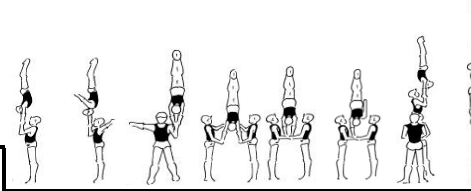
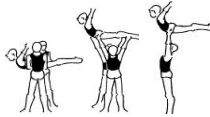
All of the start positions

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 Element



Front Salto
Finish Position



Start

63



64



65



66



67



68



69



or

		A	B	C	D									M	N	O	P										
1 / 4	1					2								3					0/4	1	1	1	1	1	4	4	2
	2	1	2	2		5	8	6	2	5	8	10	12	4	1	2	2	5	4	4	3	6	7	6	16	13	14
	3	1	2	2		5	8	6	2	5	8	10	12	/	1	2	2	5		5	4	7	8	7	18	15	16
	4	1	2	2		5	8	6	2	5	8	10	12	4	1	2	2	5	4	6	5	8	9	8	20	17	18
5 / 4	5	2	5	5		16			8	14	19	24	22	7 / 4	10	15		12	8 / 4	12	10	18	22	20	32	28	24
	6	3	6	6		18			10	16	21	28	26		11	17				16	12	22	26	24	36	32	28
	7																			16	12						
	8																			18	16						
9 / 4	9	4	7	7		20			12	20		32	30	11 / 4	12	19		14	12 / 4	20	18	30	30	30			
	10	8	12						18	24			11					30		28	42						
	11	11	15						22	28			14					40		36	48						
	12																										
13 / 4	13	15	19						26	30			13	16													
	14													16				50	50	62							
	15	22																									
	16	26																									

	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						



70



71



71 a

Dynamic Element


Front Salto
Finish Position

Start

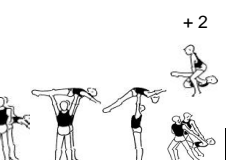
		A	B	C	D									M	N	O	P													
1 / 4	1					2 / 4	8			6	10	7	8	7	3 / 4	4	5	5	8	4 / 4	0/4			2	2	2	2			
	2	2	3	4			8			6	10	7	8	7		4	5	5	8		4	6	5	7	8	7	16	14	13	
	3	2	3	4			8			6	10	7	9	7		4	5	5	8		/	7	6	8	9	8	18	16	15	
	4	2	3	4			8			6	10	10	11	10		4	5	5	8		4	8	7	9	10	9	20	18	17	
5 / 4	5	4	5	5		6 / 4	18			10	18	20	26	24	7 / 4	8	10	10	14	8 / 4	14	12	20	22	22					
	6	6	7	7			20			12	20	24	30	28		10	12	12	16		8	16	14	24	28	28				
	7																													
	8																													
9 / 4	9	8	9	9		10 / 4	22			14	22	28	34	32	11 / 4	12	14	14	18	12 / 4	22	20	30	34	34					
	10	10								20	28					14					12	32	32	44						
	11	14								24	32					18					12	36	36	50						
	12																													
13 / 4	13	18				15 / 4				28	36				22				16	40	40	64								
	15	22													28				16											
	16	28													34				/											
	17	34													40				4											

		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						

Dynamic Element




Front Salto
Finish Position




+2


Start




79



80




81




		A	B	C	D									E	F	G	H	I	J	K	L					M	N	O	P									Q	E	S	T	U	V	W	X			
1 / 4	1																																							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 / 4	5	4	7		9									6	6	10	12	12										6	9	9										8	26			18	24			
	6	5	8		10									8	8	14	16	16										7	10	10										8	30			20	26			
	7																																															
	8																																															
9 / 4	9	9	11	11										16	16	26												16												12								
	11	10	12	12										20	20	30												20																				
	12																																															
	13																																															
13 / 4	15	20												24	24	34												24																				
	16	24																																														
	17	30																																														

+2




82

-1




83

-1




84

+1




85

+1




86



87


		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		

+2




88

+2




89

+2



90

+2



91

Dynamic Element

Front Salto
Finish Position

		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X	
Start 1 / 4	1									2 / 4					3 / 4									0/4	1	1	1		
	2	2	6	4	2	3	2	2	2		3	3	3	5		6	6	4	4	5	5								
	3	3	6	4	2	3	2	2	2		3	3	3	5		7	7	4	4	5	5								
	4	3	6	4	2	3	2	2	2		3	3	3	5		8	8	4	5	6	6								
92 5 / 4	5	9			5	8	6 / 4					7 / 4	10	14	16	16	8 / 4	10	12	12									
	6	11		6	10	6		7	7	7	12		16	18	18	12		14	14										
	7																												
	8																												
93 9 / 4	9	13		8	12	10 / 4					11 / 4	14	18	20	20	12 / 4	14	16	16										
	10			12	15		12																						
	11			14	17		14					16																	
	12																												
94 13 / 4	13			16	19	18					20																		
	14																												
	15																												
	16																												

	A	B	C	D	E	F	G	H	
Twist	180°	360°	540°	720°	900	1080	1260	1440	
1	0/4	1	1	3	4	5	6	7	8
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 Element

Front Salto
Finish Position

Start

95

96

97

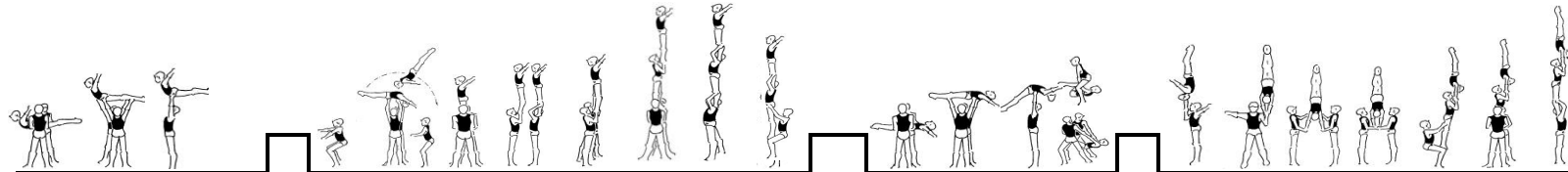
98

		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									0/4 4 / 4	1	1	1	1	
	2	1		2	3	3					2	3	3			4	7	5	3	5						3	4	4	5
	3	1		2	3	3					2	3	3			4	7	5	3	5						3	4	4	5
	4	1		2	3	3					2	3	3			4	7	5	3	5						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						12	14	14		
	7																												
	8																												
9 / 4	9	6	6	9	10	10				10 / 4	9	10	10		11 / 4	18			16	18			12 / 4	14	16	16			
	10	11		17					12		14	14						14	20							20			
	11	13		19					14		16	16														26			
	12																												
13 / 4	13	17		23						14 / 4	18	22	22						24	30									
	16	24							30																				
		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 Element

Front Salto
Finish Position



Start

99

+2
100

+3
101

		A	B	C	D									M	N	O	P					Q	R	S	T	U	V	W	X	
1 / 4	1					2 / 4	1		2	2		4				3 / 4					0/4									
	2	2	3	3			5		8	10		22					4	3	4			4	6		3	6				
	3	2	3	3			6		10	12		24					4	3	4			/	7		3	7				
	4	2	3	3			7		14	16		26					4	3	4			4	7		3	7				
5 / 4	5	4	6	6		6 / 4	12	10	20						7 / 4	7	9			8 / 4	16		8	14						
	6	5	7	7			14	12	24							8	10				8	18		10	16					
	7																													
	8																													
9 / 4	9	7	9	9		10 / 4	18	16	28						11 / 4	9	11			12 / 4	22		12	20						
	10	12	14	14			34									14					12			16	22					
	11	13	15	15			43									16					12			18	24					
	12						43									16					12									
13 / 4	13					16 / 4																								
	14	15	17	17																										

	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
3	2/4	2	4	8	10	14	16	
4	3/4	1	2	3	4	5	6	7
5	4/4	2	8	10	12	14	16	20
6	5/4	1	2	3	4	5	7	9
7	6/4	4	6	10	12	16	18	
8	7/4	2	4	6	8	12	16	20
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	10						

Dynamic Element



+2

102

Finish Position

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

+2

105

Finish Position

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

Start

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

103

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

104

Finish Position

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

106