

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
- Minor stylistic changes are permitted and don't affect the value of the element

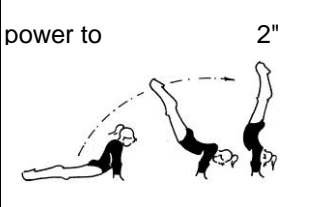
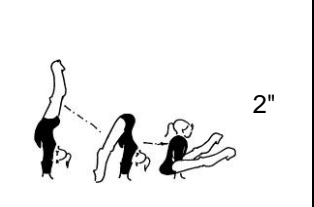
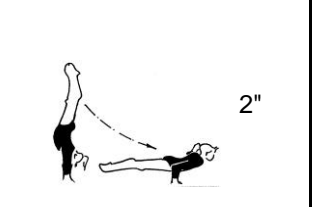
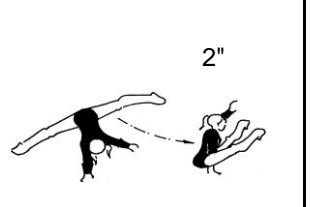
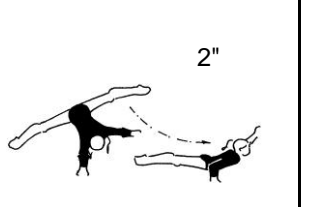
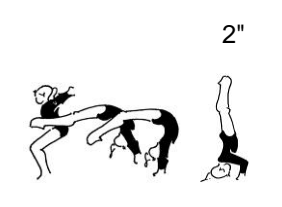
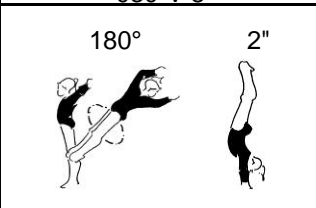
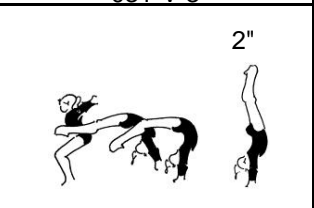
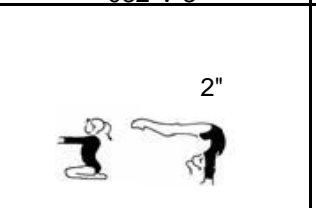
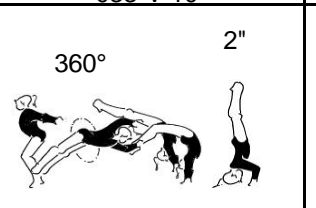
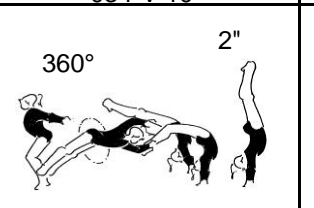
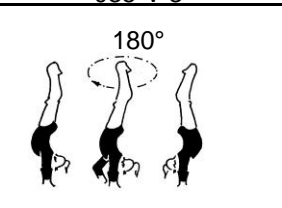

Individual Elements

Static holds and strenght

<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	<p>2"</p> <p>hands not on floor</p>	<p>2"</p>	<p>2"</p>
021-V 3	022-V 3	023-V 4			
<p>2"</p>	<p>2"</p>	<p>power to</p> <p>2"</p>	<p>power to</p> <p>2"</p>	<p>power to</p> <p>2"</p>	<p>power to</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>	









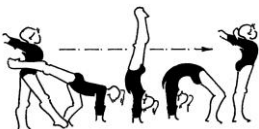
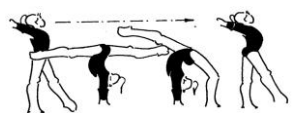
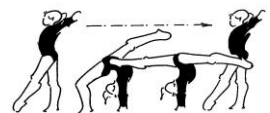
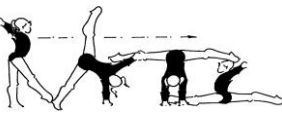
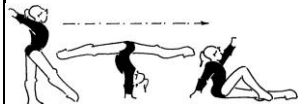

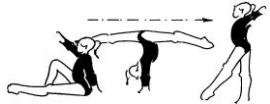
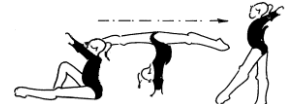
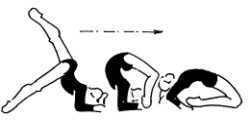
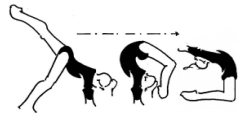


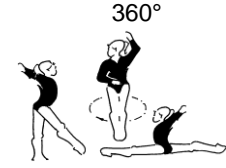
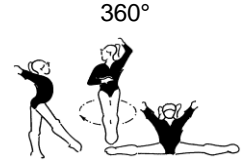
Individual Elements

Static holds and strenght

 <p>power to 2"</p>	 <p>2"</p>	 <p>2"</p>	 <p>2"</p>	 <p>2"</p>	 <p>2"</p>
030-V 8	031-V 3	032-V 3	033-V 10	034-V 10	035-V 3
 <p>180° 2"</p>	 <p>2"</p>	 <p>2"</p>	 <p>360° 2"</p>	 <p>360° 2"</p>	 <p>180° 2"</p>
036-V 4	037-V 5	038-V 5	039-V 8	040-V 9	041-V 1
					
042-V3	043	044	045	046	047
048	049	050	051	052	053
054	055	056	057	058	059


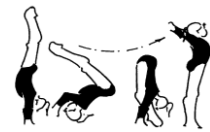




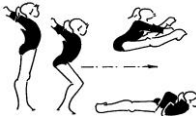




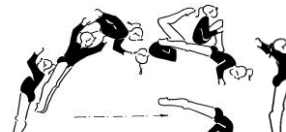









Individual Elements

Flexibilities

			 OR		
060-V 1	061-V 2	062-V 1	063-V 1	064-V 2	065-V 1
					
066-V 1	067-V 2	068-V 1	069-V 1	070-V 1	071-V 1
	 360°	 OR  +1		 OR 	
072-V 2	073-V 3	074-V 2		075-V 2	
 OR 		 360°	 360°		
076-V 3		077-V 3	078-V 4	079	080
081	082	083	084	085	086

Individual Elements

Agilities

		180° 	360° 	360° 360° 	360° 360° 
087-V 1	088-V 2	089-V 1	090-V 2	091-V 6	092-V 8
		180° 	360° 	540° 	180° 7/4 
093-V 2	094-V 2	095-V 2	096-V 4	097-V 6	098-V 8
		360° 		180° -1 	
099-V 3	100-V 2	101-V 8		102-V 3	103-V 3
180° 	180° 	360° 	360° 		
104-V 5	105-V 2	106-V 4	107-V 5	108	109
110	111	112	113	114	115

Individual Elements



























Agilities



















	A		1		A		1	360°	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		
	I				I				I				I				I		
116				117				118				119				120			

	A		4		A		2	180°	A		12	360°	A		5	540°	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		
	I				I				I				I				I		
121				122				123				124				125			

Individual Elements






































Agilities







































720° 	A		#		A		1	180° 	A		3		A		5		A		3
	B		#		B		3		B		4		B				B		2
	C		#		C		4		C		6		C				C		3
	D		#		D		5		D		7		D				D		4
	E		#		E		3		E		5		E				E		3
	F		#		F		5		F				F				F		4
	G				G				G				G				G		
	I				I				I				I				I		
126			127			128			129			130							

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

Individual Elements







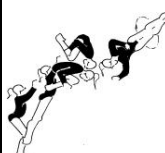



























Agilities










180° 	A		2	180° 	A		5	180° 	A		7	180° 	A		10	180° 	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			

180° 	A		6	180° 	A		6	360° 	A		10	360° 	A		11	360° 	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			

Individual Elements

Agilities


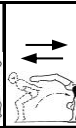



















540° 	A		9	540° 	A		10	540° 	A		10	720° 	A		14	720° 	A		15
	B		10		B		11		B		12		B		12		B		13
	C		12		C		13		C		14		C		13		C		14
	D		13		D		14		D		15		D		14		D		15
	E				E				E				E		12		E		13
	F				F		14		F		15		F				F		
	G				G		6		G				G		14		G		16
	I				I				I				I				I		
	146				147				148				149				150		

720° 	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

Tumbling

These elements must be preceded by motion and land on one or two feet according to the character

		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

Note: Front handspring to one foot can only be performed in conjunction with another element