

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Balance Elements
Mounts

Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E																				
Start																																									
		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
A		4	6	9	7	9	12	6	9	12	6		12	6	9		7	10	14	14	19	11	13	18	18	23	11	13	18	18	23	11		18		23	10	11		14	
B		4	7	10	8	11	14	8	11	14	8		14	7	10		8	11	16	15	21	12	14	20	19	25	12	14	20	19	25	12		20		25	11	12		15	
C			7	10		11	14		11	14			14					13	19	18	25		16	23	22	29		16	23	22	29			23		29		14		24	
D																					14																				
E		6	9	13	10	13	16	10	13	16	10		16	10	13		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17		22	
F		4	7	10	8	11	14	8	11	14	4		14	7	10		8	12	17	16	23	12	15	21	20	27	12	15	21	20	27	12		21		27	11	13		16	
		2	2	2											2	2	2	2	2																						

Balance Elements

Pairs

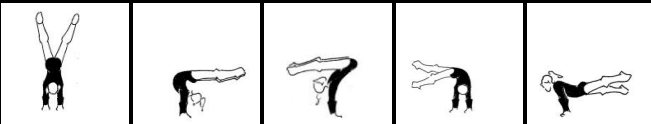


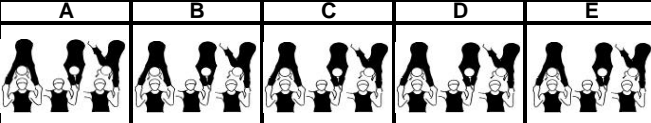
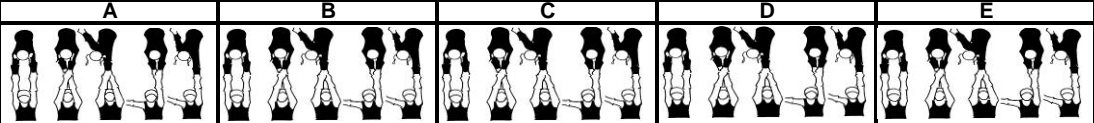








Mounts

		A			B			C			D			E			A					B					C					D					E				
Start																																									
		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
A		5	8	11	9	12	15	9	12	15	9		15	8	11		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18	
		4	7	10	8	11	14	8	11	14	8		14	6	10		8	12	17	16	23	12	15	21	20	27	12	15	21	20	27	12		21		27	11	13		16	
B		5	8	11	9	12	15	9	13	15	9		15	8	11		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		29	12	14		18	
		4	7	10	8	11	14	8	11	14	8		14	7	10		8	12	18	17	24	12	15	22	21	28	12	15	22	21	28	12		22		28	11	13		17	
C		4	7	10	8	11	14	8	11	14	8		14	7	10		9	13	19	18	25	13	16	22	22	29	13	16	23	22	29	13		23		29	12	14		18	
		4	7	10	8	11	14	8	11	14	8		14	7	10		9	13	19	18	25	13	16	22	22	29	13	16	23	22	29	13		23		29	12	14		18	
D		2	2	2																																					
		2	2	2																																					

Balance Elements

Pairs




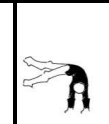
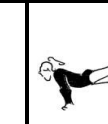
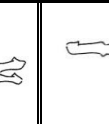
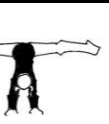
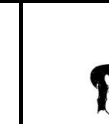
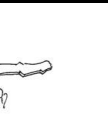












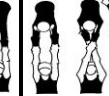
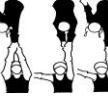

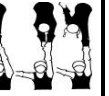

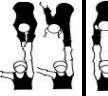




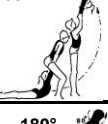



Mounts

																																										
		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	40	
A	180° +1 	4	7	10	8	11	14	8	11	14	8	11	14	7	10	15	8	12	18	17	24	12	15	22	21	28	12	15	22	21	28	12	32	22	34	28	11	13	38	17	40	
	B	180° +2 	7	11	15	11	15	19	11	15	19	11	11	19	10	14	15	12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16	32	28	34	36	15	18	38	23	40
			7	11	15	11	15	19	11	15	19	11	11	19	10	14	15	12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16	32	28	34	36	15	18	38	23	40
	D		6	10	14	10	14	18	10	14	18	10	11	18	9	13	15	11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15	32	27	34	35	14	17	38	22	40
			7	11	15	11	15	19	11	15	19	11	11	19	10	14	15	12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16	32	28	34	36	15	18	38	23	40
	F		6	10	14	10	14	18	10	14	18	10	11	18	10	14	15	11	15	20	19	26	15	18	24	24	30	15	18	24	24	30	15	32	24	34	30	15	17	38	21	40
		2	2	2												2	2	2	2	2																						
5																																										

Balance Elements

Pairs

Mounts

																																																																						
	A					B					C					D					E																																																	
Start																																																																						
	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																														
A 	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23																															
B 	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23																															
C 	6	9	12	8	11	14	8	11	14	8		14	7	10		8	11	16	14	20	10	13	19	16	23	10	13	19	16	23	10		19		23	9	12		15																															
D 	8	12	16	12	16	20	12	16	20	12		20	11	15		13	18	25	24	33	17	21	30	28	38	17	21	30	28	38	17		30		38	16	19		24																															
E 	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16		28		36	15	18		23																															
F 	8	12	16	10	14	18	10	14	18	10		18	9	13		13	18	25	24	33	15	19	27	26	35	15	19	27	26	35	15		27		35	15	17		22																															
	2	2	2													2	2	2	2	2																																																		

Balance Elements

Pairs

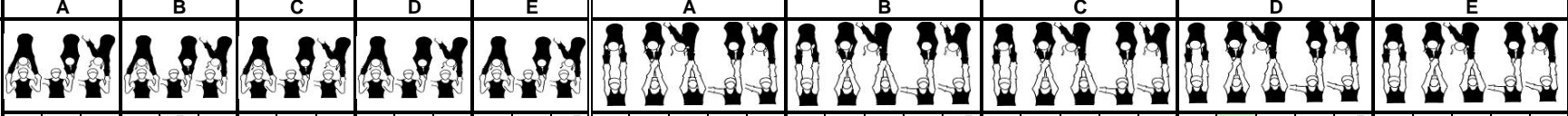




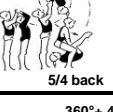
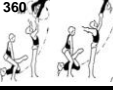

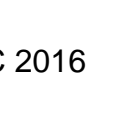
Mounts

		Pairs					Mounts																																		
		A	B	C	D	E	A	B	C	D	E																														
Start																																									
		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
A		10	13	17	13	17	21	13	18	24	23	24	12	17	15	19	26	25	34	19	22	31	39	39	18	22	31	39	39	18	31	39	17	20	25						
B		11	16	22	15	20	26	15	20	26	15	26	14	19	16	22	29	28	37	20	25	34	33	42	22	31	34	33	42	20	34	42	19	21	29						
C		6	10	14	10	14	19	10	14	18	10	18	9	13	11	15	22	21	31	15	18	26	25	36	15	18	26	25	36	15	26	36	14	16	21						
D	 360°	14	18	21	18	22	26	18	23	29	18	28	17	22	20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24	39	45	24	26	35						
E	 360°+4	11	15	19	15	19	23	15	19	23	15	23	14	18	17	22	29	28	37	21	25	36	31	42	21	25	36	32	41	21	36	42	21	23	28						
F		11	16	23	15	20	27	15	20	27	15	27	14	19	16	22	29	28	27	20	25	34	33	42	20	35	34	33	42	20	34	32	19	24	29						
 +		2	2	2						 +					2	2	2	2	2																						

Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A			B			C			D			E			A			B			C			D			E												
Start																																									
		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
A	 360°+4	7	11	15	11	15	19	11	15	19	11		19	11	15		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		43	29	32		29	
	 360°+4	6	10	14	10	14	18	10	14	18	10		18	10	14		18	23	30	29	38	22	26	37	33	43	22	26	37	33	43	22		37		27	21	24		29	
B	 360°+4	7	11	15	11	15	19	11	15	19	11		19	11	15		12	16	21	21	27	16	19	25	25	31	15	18	24	24	30	16		25		31	16	18		22	
	 360°+4	6	10	14	10	14	18	10	14	18	10		18	10	14		11	15	20	20	26	15	18	24	24	30	14	17	23	23	29	15		24		30	15	17		21	
C	 5/4 back	11	14	18	14	18	22	14	18	22	14		22	14	18		16	21	28	27	34	20	24	32	31	40	20	24	32	31	40	20		32		40	21	24		30	
	 360°+4	8	12	16	12	16	20	12	16	20	12		20	12	16		18	22	22	22	28	22	26	37	33	43	22	26	37	33	43	22		37		43	29	32		29	
D	 360°+4	2	2	2																					2	2	2	2	2												
	 360°+4																																								

Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A			B			C			D			E			A					B					C					D					E				
Start																																									
		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
A		13	16	20	16	20	24	16	21	27	16		27	15	21		18	22	29	28	37	22	25	34	32	42	29	34	47	32	42	21		32		42	20	23		28	
	360°	13	17	21	17	21	25	17	21	25	17		25	16	20		20	25	32	31	40	24	28	39	35	45	24	28	39	35	45	24		39		45	23	26		31	
B		18	23	26	23	26	30	23	26	30	23		30	21	25		24	36	40	39	48	32	36	47	43	53	32	36	47	43	53	32		47		53	31	36		39	
	720°	18	23	26	23	26	30	23	26	30	23		30	21	25		24	36	40	39	48	32	36	47	43	53	32	36	47	43	53	32		47		53	31	36		39	
C		6	11	15	11	15	19	11	15	19	11		19	10	14		16	21	27	26	35	19	23	32	30	39	19	23	32	30	39	19		31		39	18	21		26	
	360°	6	11	15	11	15	19	11	15	19	11		19	10	14		16	21	27	26	35	19	23	32	30	39	19	23	32	30	39	19		31		39	18	21		26	
D		15	17	19	17	19	21	17	19	21	17		21	16	18		18	25	13	28	34	24	27	35	30	37	24	27	35	30	37	24		35		37	23	26		29	
	720°	15	17	19	17	19	21	17	19	21	17		21	16	18		18	25	13	28	34	24	27	35	30	37	24	27	35	30	37	24		35		37	23	26		29	
E		7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	29	27	37	16	20	29	27	37	16		29		37	15	18		23	
	180°	7	11	15	11	15	19	11	15	19	11		19	10	14		12	17	24	23	32	16	20	29	27	37	16	20	29	27	37	16		29		37	15	18		23	
F		2	2	2												2	2	2	2	2																					
	+	2	2	2												2	2	2	2	2																					

Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A			B			C			D			E			A			B			C			D			E												
Start																																									
		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
A		7	11	15	11	15	19	11	15	19	11	11	12	13	14	15	14	19	26	25	34	18	22	30	29	38	18	22	30	29	38	18	18	32	30	38	17	20	23	23	
		11	16	22	15	20	26	15	20	26	15	15	12	26	15	20	18	23	31	30	39	22	26	35	34	43	22	26	35	34	43	22	22	35	43	43	21	24	30	30	
B		6	14	7	10	14	18	10	14	18	10	10	12	18	10	13	11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15	15	26	26	35	14	17	22	22	
		7	11	15	11	15	19	11	15	19	11	11	12	19	10	14	12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16	16	28	28	36	15	18	23	23	
C		2	2	2													2	2	2	2	2	2																			
		2	2	2													2	2	2	2	2	2																			

Balance Elements

Pairs







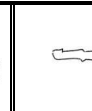


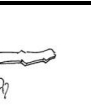
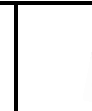


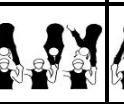
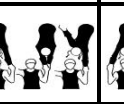







Mounts

		A					B					C					D					E																			
	Start																																								
		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
A		4	7	10	8	11	14	8	11	14	8	11	14	8	11	14	8	11	16	15	21	12	14	20	19	25	12	14	20	19	25	12	20	25	11	12	15				
B		5	8	11	9	12	15	9	12	15	9	15	8	11			10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14	24	30	13	15	19				
C		6	9	12	10	13	16	10	13	16	10	16	9	12			11	16	23	22	31	15	18	27	26	35	15	18	27	26	35	15	27	35	14	16	22				
D		4	7	10	8	11	14	8	11	14	8	14	7	10			8	11	16	15	21	12	14	20	19	25	12	14	20	19	25	12	20	25	11	12	15				
E		5	8	11	9	12	15	9	12	15	9	15	8	11			10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14	24	30	13	15	19				
		2	2	2												2	2	2	2	2																					

Balance Elements

Pairs






Mounts

																																									
		A	B	C	D	E	A	B	C	D	E																														
Start																																									
		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
A		6	9	12	10	13	16	10	13	16	10	11	16	9	12	15	11	16	23	22	31	15	18	27	26	35	15	18	27	26	35	15	32	27	34	35	14	16	38	22	40
B		4	7	10	8	11	14	8	11	14	8	11	14	8	11	15	9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13	32	23	34	29	12	14	38	18	40
C		7	11	15	11	15	19	11	15	19	11	11	19	10	14	15	12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16	32	28	34	36	15	18	38	23	40
D		7	11	15	11	15	19	11	15	19	11	11	19	10	14	15	17	22	28	27	38	21	25	36	31	42	21	25	36	31	42	21	32	36	34	42	20	23	38	28	40
E		8	12	16	12	16	20	12	16	20	12	12	20	11	15	15	14	19	26	25	34	18	22	30	29	38	18	22	32	29	38	18	32	32	34	38	17	20	38	25	40
		2	2	2																																					

Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A			B			C			D			E			A					B					C					D					E				
Start		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				
		A		6	10	14	10	14	18	10	14	18	9		14	12	16		11	16	23	22	31	15	19	27	26	35	15	19	27	26	35	15		27		35	14	17	
	7		11	15	11	15	19	11	15	19	11		19	11	15		12	17	24	23	32	16	20	28	27	36	16	20	29	27	36	16		28		36	16	18		23	
	9		13	17	13	17	21	13	17	21	13		21	12	16		14	19	26	25	34	18	22	31	29	38	18	25	30	29	38	18		30		38	17	20		25	
	8		12	16	12	16	20	12	16	20	12		20	12	16		13	17	22	22	28	17	20	26	26	32	16	19	25	25	31	17		26		32	17	18		23	
D																																									
E																																									
		2	2	2													2					2					2					2									

Balance Elements

Pairs

Mounts

		Pairs															Mounts																							
		A			B			C			D			E			A		B			C			D		E													
Start																																								
		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
A		5	8	11	9	12	15	9	12	15	9	11	15	8	11	15	10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14	32	24	34	30	13	15	19	23
		6	10	14	10	14	18	10	14	18	10	11	18	11	14	15	11	16	23	22	36	15	19	27	26	35	15	19	27	26	35	15	32	15	34	35	14	17	19	23
		5	8	11	9	12	15	9	12	15	9	11	15	8	11	15	10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14	32	24	34	30	13	15	19	23
		7	10	13	11	14	17	11	14	17	11	11	17	10	13	15	12	17	24	23	32	16	20	28	27	36	16	20	28	27	36	16	32	16	34	20	15	18	19	23
E												11				15																	32		34				19	23
		2	2	2										2	2	2	2	2																						

Balance Elements

Pairs

Mounts

		Pairs															Mounts																								
		A			B			C			D			E			A					B					C					D					E				
Start																																									
		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
A		4	7	10	8	11	14	8	11	14	8		14	7	10		9	13	19	18	25	13	16	23	22	29	13	16	23	22	29	13		23		39	12	14		18	
		5	8	11	9	12	15	9	12	15	9		15	7	11		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30		15		19	
B		7	10	14	11	16	18	11	14	18	11		18	9	13		12	16	23	22	31	16	19	27	26	35	16	19	27	26	35	16		27		35		15		22	
		5	8	13	9	13	17	9	13	17	9		17	8	12		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
C		5	8	13	9	13	17	9	13	17	9		17	8	12		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	13	15		19	
		5	8	13	9	13	17	9	13	17	9		17	8	12		10	14	20	19	26	14	17	24	23	30	14	17	24	23	30	14		24		30	14	16		20	
D		2	2	2												2	2	2	2	2																					

Balance Elements

Pairs

Mounts

		A				B			C			D			E			F			G			H			I		
Start																													
		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
A		3	4			4	6		5	7	10	7	11	15	8	13	17	7	11	16	9	14	18	9	14	20	11	16	21
		3	4			4	6		5	7	10	7	11	15	8	13	17	7	11	16	9	14	18	12	16	20	12	16	9
B		4	5			5	5		8	9	6	8	13	17	7	15	19	9	13	18	10	16	20	12	16	22	13	18	11
		5	6			5	6		7	10	7	9	14	18	8	16	20	10	15	19	11	17	21	13	17	23	13	19	12
C		3	4			4	5		6	9	6	6	14	17	8	15	17	8	12	17	9	13	17	12	17	23	11	19	12
		3	4			4	4		6	9	6	6	11	17	8	15	17	8	12	17	9	13	17	12	17	23	11	19	24
D		3	6			5	8		9	11	16	9	11	22	10	17	25	10	14	23	11	15	24	14	19	30	13	19	29
		3	8			5	8		10	12	18	10	12	24	12	19	27	12	16	25	13	17	26	16	21	32	15	19	31
E		5	10																										