

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S PAIRS - MIXED PAIRS - MEN'S PAIRS
Dynamic Elements

Dynamic Elements

Pairs

	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

Pairs

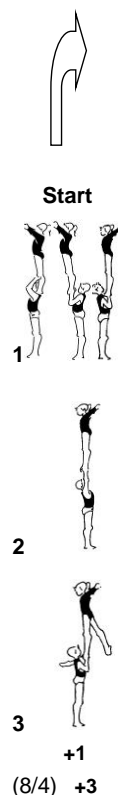
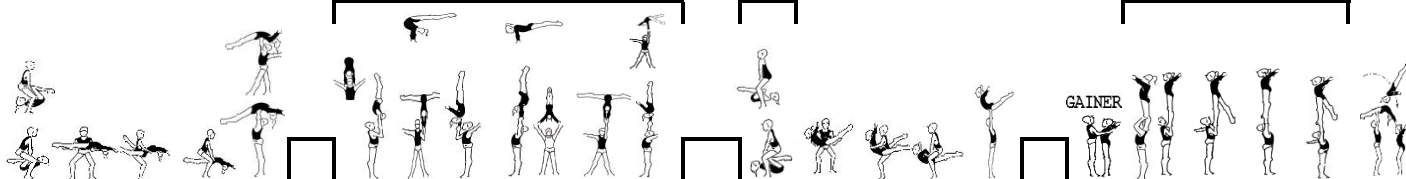
Base turns 180° + 2

top 180°

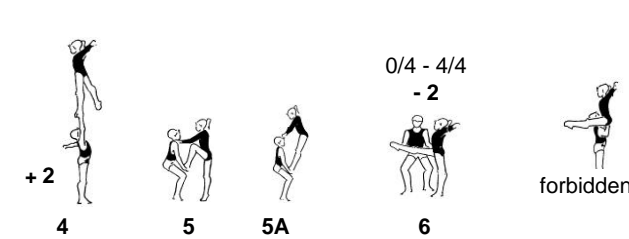
Base turns 180° + 2

Back Salto

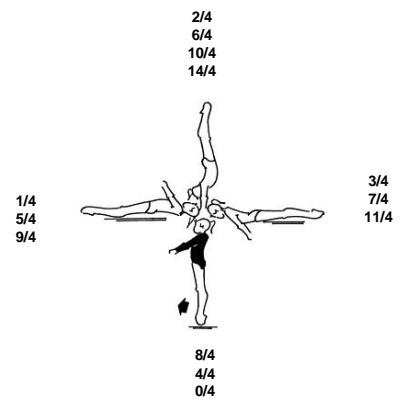
Finish Position



		A	B	C	D	E	Base turns 180° + 2						Base turns 180° + 2											
							F	G	H	I	J	K	L	M	N	O	P		Q	R	S	T	U	V
1 / 4	1																	0/4	0	1	3	2	4	
	2	4	1	1	1	3							4	2			6	4	2	14	17	17	22	2
	3	4	1	1	1	3							5	3			7	4	3	16	19	19	24	3
	4	4	1	1	1	3	20	24	28	24	28	34	6	4			8	4	4	18	21	21	26	4
5 / 4	5	10	7	4	8	8	30	36	40	44			16	14			17	8	14	34				8
	6	12	8	5	9	10	30	36	40	44			18	16			19	8	16	44				10
	7																	8	16					10
	8																	8	19					12
9 / 4	9	16	10	7	11	12	36	42	46	50			26	24			27	12	24					16
	10		15	14														12	34					
	11		17	16														12	44					
	12		17	16														12						
13 / 4	13		20	19														12						
	14		25	23														12						



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



Dynamic Elements

top 180°

Pairs

Base turns 180° + 2

Base turns 180° + 2

Front Salto

Finish Position

GAINER

Start

7

8

8/4 + 3

+ 1

9

+ 2

10

11

12

forbidden

		A	B	C	D	E	Base turns 180° + 2						Base turns 180° + 2												
							F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
1 / 4	1																	0/4	0	1	3	2	4	0	
	2	5	1	1	1	4	2	5	11	14	9	15	19	3	4	7	4	3	18	20	20	24	2		
	3	5	1	1	1	4	2	5	11	14	9	15	19	6	4	8	4	4	20	22	22	26	3		
	4	5	1	1	1	4	2	5	11	14	9	15	19	7	6	9	6	5	22	24	24	30	4		
5 / 4	5	9	7	4	8	10	6	10	26	29	33	30	36	42	7	18	16	20	8	16	38			10	
	6	10	8	5	9	12	6	10	26	29	33	30	36	42	7	20	18	22	8	18	48			12	
	7						6								7				8	18			12		
	8						6								7				8	22			14		
9 / 4	9	12	10	7	11	14	6	12	30	33	37	34	40	46	7	30	28	32	12	27			16		
	10		18	13	21		10	26							11				12	38					
	11		20	15	23		10	30							11				12	48					
	12		20	15	23		10								11				12						
13 / 4	13		24	19	27		10							11				12							
	14		29	24	32		10	40						11				12							

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

2/4

6/4

10/4

14/4

1/4

5/4

9/4

3/4

7/4

11/4

8/4

4/4

0/4

Dynamic Elements

Pairs top 180°

Back Salto Base turns 180° + 2

Finish Position GAINER Base turns 180° + 2

Start

13

14

15

16 +1

17 +1

18 +2

19 +3

		A	B	C	D	E	Base turns 180° + 2						Base turns 180° + 2							
		F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
1 /	1												0/4	2	3	5	4	6		9
	2	3	2										4	24	28	32	28	34	18	40
	3	3	2			2							4	26	30	34	30	36	20	42
	4	3	2			2							4	28	32	36	32	38	22	44
5 /	5		7			9							8	50						
	6		8			11							8	60						
	7																			
	8																			
9 /	9		10			13							12							
	10		18			18							12							
	11		20			20							12							
	12		20			20							12							
13 /	13		23			22							12							
	14		28			26							12							
						48														

	A	B	C	D	E	F	G	H
Twist	180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12
3	2/4	2	4	6	9	12	15	18
4	3/4	1	3	5	7	9	11	13
5	4/4	-4	8	4	16	12	24	20
6	5/4	2	4	6	8	10	13	16
7	6/4	4	8	10	14	16	18	20
8	7/4	3	5	7	9	11	14	17
9	8/4	-6	16	10	36			
10	9/4	6	12	18	24			
11	10/4	6	12	18	24			
12	11/4							
13	12/4							

3/4
7/4
11/4

8/4
4/4
0/4

1/4
5/4
9/4

2/4
6/4
10/4
14/4

Dynamic Elements

Pairs

Front Salto

Finish Position

Base turns $180^\circ + 2$ top 180° Base turns $180^\circ + 2$

GAINER

Start

20

21

22

+1

23

+1

+2

+3

24 25 26

27

28

		A	B	C	D	E	Base turns $180^\circ + 2$						top 180°					Base turns $180^\circ + 2$								
							F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	
1 / 4	1																	0/4	1	2	3	5	4	6		9
	2	2	1				2	1	6	9	9	12		4	2	4	7	4	6	20	24	28	20	26	16	32
	3	2	1			2	1	6	9	9	12		4	2	4	7	4	8	22	26	30	22	28	18	34	
	4	2	1			2	1	6	9	9	12		4	2	4	7	4	10	24	28	32	24	30	20	36	
5 / 4	5		8			10	9	20	24	24	30	9		12	8	16	17	24	40						32	
	6		9			12	11	22	26	26	32	11		14	10	18	19	28	50					36		
	7																									
	8																									
9 / 4	9		11			14	13	28	32	32	40	13	20	16	12	20	21									
	10		18				32								27											
	11		22				42								31											
	12		22																							
14 / 4	13		24																							
	14		26																							
	15						42																			

		A	B	C	D	E	F	G	H
Twist		180	360	540	720	900	1080	1260	1440
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	11	13	17
3	2/4	4	4	8	8	13	13	18	18
4	3/4	1	3	5	7	9	12	14	18
5	4/4	4	8	12	16	20	24	29	34
6	5/4	2	4	6	8	10	13	16	20
7	6/4	4	8	10	14	16	20	22	26
8	7/4	3	5	7	10	13	17	20	23
9	8/4	9	18	27	36				
10	9/4	8	16	24	32				
11	10/4	8	16	24	32				
12	11/4								

3/4 7/4 11/4

8/4 4/4 0/4

1/4 5/4 9/4

2/4 6/4 10/4 14/4

Dynamic Elements

Pairs

Back Salto

Finish Position

Start

29

30

31

32

33

34

Base turns 180° + 2

top 180°

Base turns 180° + 2

GAINER

		A	B	C	D	E							M	N	O	P	Q								
1 / 4	1						2							3					0/4	0	2	4	3	5	
	2	3	1	1	1		3	10	16	22	14	22	28	4	2		7	4	2	12	15	14	19	2	
	3	3	1	1	1		3	10	16	22	14	22	28	5	3		8	3	14	17	16	21	3		
	4	3	1	1	1	2	3	10	16	22	14	22	28	6	4		10	4	16	19	18	23	4		
5 / 4	5	12	6	2	7	10	6	14	30	34	38	34		7	17	16		17	15	36				9	
	6	14	7	3	8	12	6	14	30	34	38	34		7	19	18		19	17	46				11	
	7						6							7					17					11	
	8						6							7					20					13	
9 / 4	9	16	9	5	10	14	10	18	34	40	44	42		11	27	26		27	25					17	
	10		16	11			10							11					36						
	11		18	13			10							11					46						
	12		18	13			10							11											
13 / 4	13		22	16			10							11											
	14		27	20			10							11											
							10							11											
							10							11											

		A	B	C	D	E	F	G	H
1	0/4	1	2	4	6	9	12	15	18
2	1/4	1	2	4	6	8	10	12	14
3	2/4	-2	7	5	12	10	18	16	24
4	3/4	1	3	4	6	8	10	12	14
5	4/4	3	4	6	8	11	14	17	20
6	5/4	3	4	6	8	11	14	17	20
7	6/4	-2	12	8	16	12	24	20	32
8	7/4	3	5	7	9	12	15	18	22
9	8/4	4	8	12	16	20	24	28	32
10	9/4	4	6	8	11	14	18	22	28
11	10/4								
12	11/4								
13	12/4	8	14	20	26				

Twist

180 360 540 720 900 1080 1260 1440

1/4 2/4 3/4 4/4 5/4 6/4 7/4 8/4 9/4

2/4 6/4 10/4 14/4

3/4 7/4 11/4

8/4 4/4 0/4

Dynamic Elements

top 180°

Pairs

Front Salto

Finish Position

Base turns 180° + 2

GAINER

Base turns 180° + 2

		A	B	C	D	E	Base turns 180° + 2						Base turns 180° + 2													
							F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W		
Start	1																		0/4	0	1	3	2	4	0	
	2		2	1	1	1	3	2	5	9	12	8	13	17	3	7	3		9	4	2	14	17	17	22	2
	3		2	1	1	1	3	2	5	9	12	8	13	17	4	8	4		10	4	3	16	19	19	24	3
	4		2	1	1	1	3	2	5	9	12	8	13	17	4	10	5		12	4	4	18	21	21	26	4
35	5		5	8	4	8	6	10	20	23	27	24	30	36	7	20	18		22	8	17	40				11
	6		7	9	5	9	8	10	20	23	27	24	30	36	7	22	20		24	8	19	50				13
	7														7					8	19					13
	8														7					8	23					15
36	9		10	11	7	11	12	12	24	27	31	28	34	40	7	32	30		34	8	28					17
	10			20	15			28							11					12	40					
	11			22	17			32							11					12	50					
	12			22	17										11					12						
37	13			26	21										11					12						
	14			32	27										11					12						
38	15														11					12						
	16														11					12						
39	17														11					12						
	18														11					12						
40	19														11					12						
	20														11					12						
41	21														11					12						
	22														11					12						
42	23														11					12						
	24														11					12						

	A	B	C	D	E	F	G	H	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4	8	12	16	20				
12	11/4								
13	12/4	10	20	24	32				

Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	1	2	3	6	9	12	16	18
2	1/4	1	2	3	6	8	10	12	14
3	2/4	2	5	7	10	13	16	20	24
4	3/4	1	3	5	7	9	12	15	18
5	4/4	4	10	14	18	22	26	30	34
6	5/4	4	6	8	10	12	15	18	22
7	6/4	8	12	16	20	24	28	32	36
8	7/4	6	8	10	12	15	18	21	25
9	8/4	4	12	16	20	24	28	32	36
10	9/4	4	7	10	13	16	19	23	29
11	10/4								

Dynamic Elements

Pairs

Back Salto

Finish Position

Start

GAINER

top 180°

		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
1 / 4	1																		0/4	2	0		0	2
	2	1	3	5	5	8		2	2	3	4		14						4	5		4	7	
	3	1	3	5	5	8		4	3	2	3	4	14						10	7		5	9	
	4	1	3	5	5	8		6	4	2	3	4	14							9		6	11	
5 / 4	5	5	14	17	16	21	5	12	7	7	10	12	28						22	20			22	
	6	6	16	19	18	23	6	14	9	9	12	14	28						24	22			24	
	7																			22				
	8																			25				
9 / 4	9	8	18	21	20	25	8	16	15	11	14	16	34							30				
	10	18							18	14														
	11	20							22	18														
	12	20																						
13 / 4	13	23																						
	14	28							32	26														
15 / 4	15	34																						
	16	44																						

	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	0	2	4	6	8	10	14	18
3	2/4	1	2	3	4	6	8	10	12
4	3/4	1	6	10	14	18	22	26	30
5	4/4	2	8	10	12	15	18	21	24
6	5/4	2	8	10	12	16	20	24	28
7	6/4	3	5	7	9	11	14	17	20
8	7/4	3	8	12	16	20	24	30	34
9	8/4	3	10	13	16	20	22	26	32
10	9/4	6	12	18	24				
11	10/4								
12	11/4								
13	12/4								

	3/4	7/4	11/4
2/4			
6/4			
10/4			
14/4			
1/4			
5/4			
9/4			

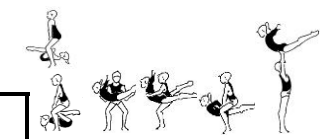
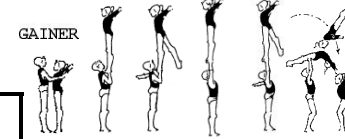
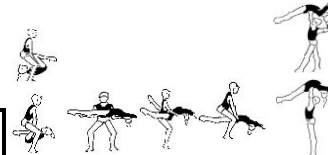
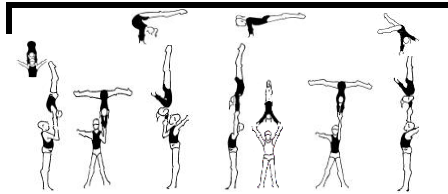
Dynamic Elements

top 180°

Pairs

Front Salto

Finish Position



Start



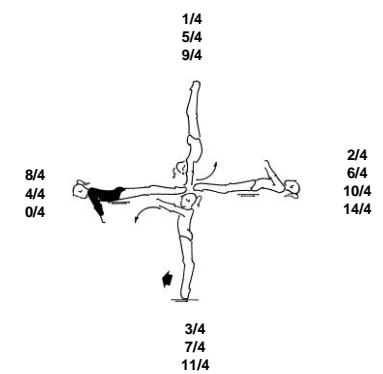
47



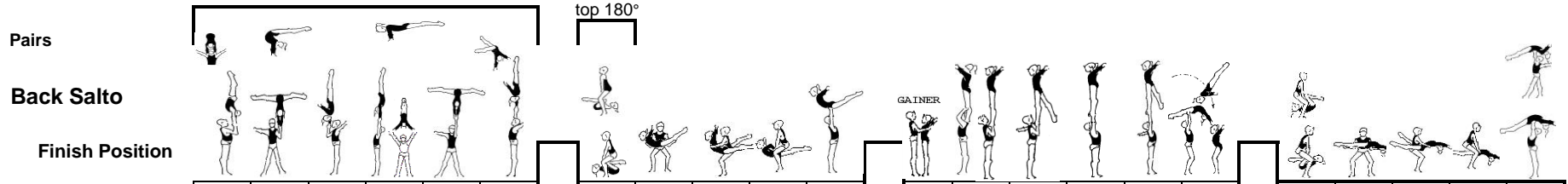
48

		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	0/4	R	S	T	U	V	
1 / 4	1							2					3						4	2	0	0	0	2	
	2	4	6	9	8	11	14	4	3	/	/	4	4	8	11	11	15	4	8	6	3	7	10		
	3	4	6	9	8	11	14	5	4	/	/	5	4	10	13	13	17	4	10	8	4	9	12		
	4	6	8	9	8	11	14	7	5	/	/	6	6	12	15	15	19	4	12	10	6	11	14		
5 / 4	5	16	20	24	22	26	32	6	14	12	/	/	16	7	16	40				8	26	22			
	6	16	20	24	22	26	32	6	16	14	/	/	18	7	18	50				8	28	24			
	7							6			/	/		7						8					
	8							6			/	/		7						8					
	9	20	24	28	26	32	38	6	20	18	/	/	22	7	27					8					
9 / 4	10							10			/	/		11						12					
	11							10			/	/		11						12					
	12							10			/	/		11						12					
	13							10			/	/		11						12					

	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
2	1/4	0	4	7	10	13	16	19
3	2/4	1	2	3	4	6	8	10
4	3/4	2	4	6	8	12	16	20
5	4/4	2	8	10	12	15	19	22
6	5/4	2	5	8	11	14	18	19
7	6/4	3	5	7	9	12	15	18
8	7/4	3	8	12	16	20	24	28
9	8/4	3	11	14	17	21	25	29
10	9/4							
11	10/4							
12	11/4							
13	12/4							

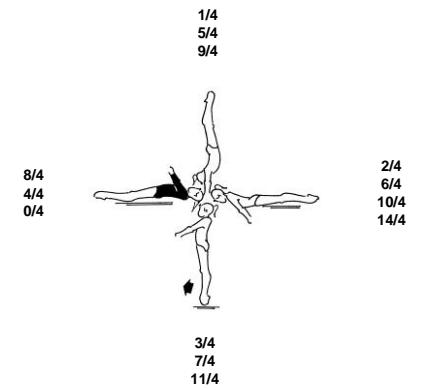


Dynamic Elements



		A	B	C	D	E	F	top 180°					GAINER												
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V		
1 / 4	1																		0/4	0	0	0	0	2	
	2	4	5	7	5	10	14	3	1	/	/	3	3 / 4	1	8	10	10	14	/	4 / 4	5	3	1	5	5
	3	4	5	7	5	10	14	4	1	/	/	3	4 / 4	1	10	12	12	16	/	4 / 4	6	4	2	6	6
	4	4	5	7	5	10	14	5	1	/	/	3	4 / 4	2	12	15	15	18	/	4 / 4	8	6	3	8	8
5 / 4	5	14	17	21	16	21	27	10	6	/	/	12	7 / 4	14	34			10	8 / 4	14	18	12	20	20	
	6	16	19	23	18	23	29	12	8	/	/	14	7 / 4	16	44			12	8 / 4	15	20	14	22		
	7									/	/		7 / 4						8 / 4	15					
	8									/	/		7 / 4						8 / 4						
9 / 4	9	18	21	25	20	25	31	14	10	/	/	16	11 / 4	24				18	12 / 4						
	10									/	/		11 / 4						12 / 4						
	11									/	/		11 / 4						12 / 4						
	12									/	/		11 / 4						12 / 4						
13 / 4	13									/	/		11 / 4						12 / 4						
	14									/	/		11 / 4						12 / 4						

	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
2	1/4	0	4	7	10	13	16	19
3	2/4	1	2	3	4	6	8	10
4	3/4	2	4	6	8	12	16	20
5	4/4	2	4	6	8	11	14	17
6	5/4	2	5	8	11	14	18	22
7	6/4	3	5	7	9	11	14	17
8	7/4	3	8	12	16	20	24	28
9	8/4	3	6	9	12	16	18	22
10	9/4							
11	10/4							
12	11/4							
13	12/4							



Dynamic Elements

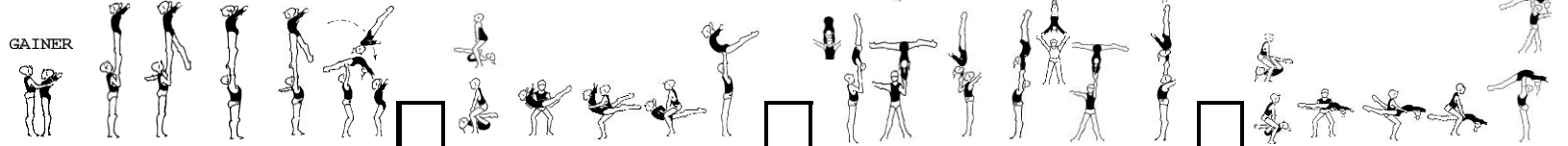
top 180°

Pairs

Front Salto

Finish Position

GAINER



Start



51



52



OR

53



54

		A	B	C	D	E	F						G	H	I	J	K						L	M	N	O	P	Q						R	S	T	U	V
1 / 4	1							2 / 4	3	2	1	1	3	3 / 4	2	7	10	14	13	20	0/4 / 4	1	1				2											
	2	0	3	5	5	7			4	3	1	1	4		3	7	10	14	13	20		6	4				6											
	3	0	3	5	5	7			4	3	1	1	4		4	10	13	17	16	23		7	5				7											
	4	0	3	5	5	7			4	3	1	1	4		4	10	13	17	16	23		9	7				9											
5 / 4	5	4	13	16	15	20	6	6 / 4	12	8	5	9	12	7 / 4	12	22	26	29	26	38	8 / 4	24	20				22											
	6	5	15	18	17	22	7		14	10	7	11	14		12	24	28	31	28	38		26	22				24											
	7																					26	22				24											
	8																					30	26				28											
	9	7	17	20	19	24	9		16	14	9	15	16		14	26	30	33	30	40		35	31				33											
9 / 4	10	20						10 / 4	26	24	18			11 / 4							12 / 4																	
	11	22							28	26	20																											
	12	22							28	26	20																											
	13	26							32	28	22																											
	14	31							37	33	27																											
13 / 4	15	38																																				
	16	48																																				

		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	3	5	7	10	13	16	19
3	2/4	1	2	3	4	6	8	10	12
4	3/4	2	4	6	9	12	15	19	23
5	4/4	2	8	10	12	15	18	21	24
6	5/4	2	5	7	9	13	17	21	25
7	6/4	3	5	7	9	12	15	18	21
8	7/4	4	10	14	18	22	24	30	36
9	8/4	3	11	14	17	21	25	29	35
10	9/4	4	10	14	16				
11	10/4	6	14	22	30				
12	11/4								
13	12/4								

2/4
6/4
10/4
14/4



3/4
7/4
11/4

8/4
4/4
0/4

1/4
5/4
9/4

Dynamic Elements

Pairs

top 180°

Base turns 180° + 2

Base turns 180° + 2

Back Salto

Finish Position Position

GAINER

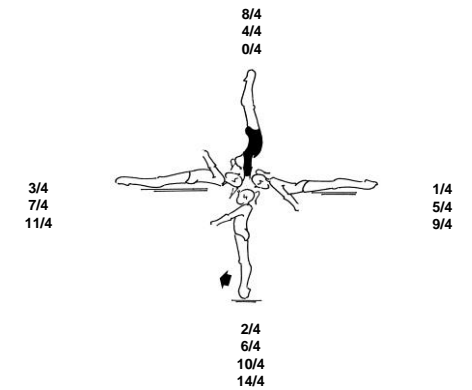
Start

55

56

		top 180°					Base turns 180° + 2						Base turns 180° + 2												
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V		
1 / 4	1																	0/4	5	6	8	10	12	15	
	2	2		/	/		1	6	8	9	12	/	3	5	4	2	4	5	4	22	26	30	26	32	38
	3	2		/	/		1	6	8	9	12	/	3	6	5	3	5	6	4	24	28	32	28	34	40
	4	2	2	/	/	3	1	6	8	9	12	/	3	7	6	4	6	7	4	26					
5 / 4	5	9	8	/	/	10	6	9	20				7						8						
	6	10	9	/	/	12	6	10	22				7						8						
	7			/	/		6						7						8						
	8			/	/		6						7						8						
9 / 4	9	13	11	/	/	14	6	12	28				7						8						
	10			/	/		6						7						8						
	11			/	/		6						7						8						
	12			/	/		6						7						8						
13 / 4	13			/	/		6						7						8						
	14			/	/		6						7						8						

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



Dynamic Elements

Pairs

Front Salto

Finish Position

Base turns 180° + 2 top 180° Base turns 180° + 2

		A	B	C	D	E	Base turns 180° + 2					top 180°					Base turns 180° + 2										
							F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V				
1 / 4	1																	0/4	5	6	8	10	12	15			
	2	2	1				2	7	9	10	14		3	6	4	2	4	6	4	4	6	10	14	18	14	20	26
	3	2	1				1	7	9	10	14		6	4	2	4	6	4	4	6	12	16	20	16	22	28	
	4	2	1			3	1	7	9	10	14		6	4	2	4	6	4	4	6	14	18	22	18	24	30	
5 / 4	5	8	7			8	6	8	20	22	22	28	8	7	12	10	7	12	15	8	30						
	6	10	9			10	6	10	22	26	26	30	10	7	14	12	9	14	17	7	40						
	7																										
	8																										
9 / 4	9	14	12			14	6	12	28	30	30	38	12	7	16	14	11	16	19	7							
	10	19	17				6	26						7	33	30	26	29	33	7							
	11	23	21				6	36						7	37	34	30	31	37	7							
	12		21											7						7							
15 / 4	13		23																								
	14		25																								
	15																										



	A	B	C	D	E	F	G	H	
Twist	180	360	540	720	900	1080	1260	1440	
1	0/4	2	4	6	9	12	15	18	22
2	1/4	1	2	4	6	8	11	13	17
3	2/4	4	4	8	8	13	13	18	18
4	3/4	1	3	5	7	9	12	14	18
5	4/4	4	8	12	16	20	24	29	34
6	5/4	2	4	6	8	10	13	16	20
7	6/4	5	7	9	12	15	19	22	25
8	7/4	3	5	7	10	13	17	20	23
9	8/4	9	18	27	36				
10	9/4	8	16	24	32				
11	10/4	8	16	24	32				
12	11/4								
13	12/4								

