

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
Individual Elements

General Rules Individual Elements

Flexibility performed:

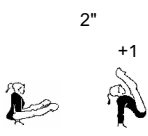

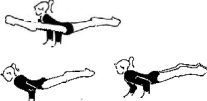












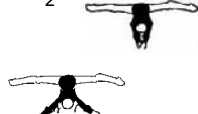













- To straight split receives a value of +1
- To middle split receives a value of +2
- On 1 arm receives a value of +1

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

Category 1
Static holds and strength

Individual Elements

 <p>2" +1</p> <p>001-V 1</p>	 <p>2"</p> <p>002-V 4</p>	 <p>2"</p> <p>003-V 2</p>	 <p>2"</p> <p>004-V 3</p>	 <p>2"</p> <p>005-V 1</p>	 <p>2"</p> <p>006-V 1</p>
 <p>2"</p> <p>007-V 1</p>	 <p>2"</p> <p>008-V 2</p>	 <p>2"</p> <p>009-V 1</p>	 <p>2"</p> <p>010-V 2</p>	 <p>2"</p> <p>011-V 2</p>	 <p>2"</p> <p>012-V 3</p>
 <p>2"</p> <p>013-V 3</p>	 <p>2" -1 +1</p> <p>014-V 4</p>		 <p>2"</p> <p>015-V 3</p>	 <p>2"</p> <p>016-V 3</p>	 <p>2"</p> <p>017-V 8</p>
 <p>2"</p> <p>018-V 10</p>	 <p>2"</p> <p>019-V 1</p>	 <p>2"</p> <p>020-V 2</p>	 <p>2" +1 hands not on floor</p> <p>021-V 3</p>	 <p>2"</p> <p>022-V 3</p>	 <p>2"</p> <p>023-V 4</p>
 <p>2"</p> <p>024-V 5</p>	 <p>2"</p> <p>025-V 4</p>	 <p>power to 2"</p> <p>026-V 4</p>	 <p>power to 2"</p> <p>027-V 5</p>	 <p>power to -2 2"</p> <p>028-V 6</p>	 <p>power to 2"</p> <p>029-V 8</p>















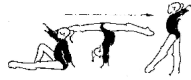
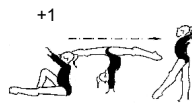











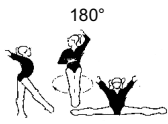
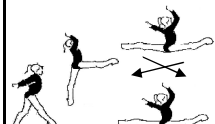
Category 1
Static holds and strength

Individual Elements

030-V 8	031-V 3	032-V 3	033-V 10	034-V 10	035-V 3
036-V 4	037-V 5	038-V 5	039-V 8	040-V 9	041-V 1
042	043	044	045	046	047
048	049	050	051	052	053
054	055	056	057	058	059

Individual Elements





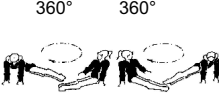
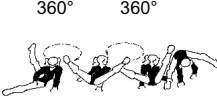
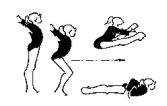



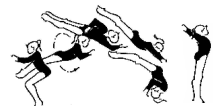










Category 1
Flexibilities

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

→ example General rule

Category 1
Agilities

Individual Elements

		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° 	
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

Category 1
Agilities


































Individual Elements





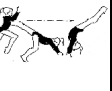





















	A		1		A		1		A		5		A				A		3
	B		1		B		1		B		5		B		4		B		4
	C		2		C		2		C		6		C		6		C		6
	D		3		D		3		D		7		D		7		D		7
	E		1		E		1		E		5		E		4		E		4
	F		2		F		2		F		7		F		6		F		6
	G				G				G				G				G		
	I				I				I				I				I		
116		117		118		119		120											

	A		4		A		2		A		12		A		5		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											

Category 1
Agilities







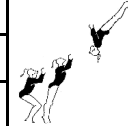































































Individual Elements

720° 	A		10	127	A		1	180° 	A		3	360° 	A		5	129	A		3
	B		14		B		3		B		4		B				B		2
	C		16		C		4		C		6		C				C		3
	D		17		D		5		D		7		D				D		4
	E		14		E		3		E		5		E				E		3
	F		16		F		5		F				F				F		4
	G				G				G				G				G		
	I				I				I				I				I		
	126				127				128				129				130		

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



































Category 1
Agilities











Individual Elements

180° 	A		2	136	137		A		5	138		A		7	139		A		10	180° 	140	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			F		8
	G						G		6			G		8			G		10			G			G		
	I						I					I					I					I			I		
180° 	A		6	141	180° 	A		6	142	360° 	A		10	143	360° 	A		11	360° 	144	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				14					
G			G					G				10	G				12	G				14					
I			I					I					I					I									

Category 1
Agilities

Individual Elements

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

Category 2
Tumbling

twist	BACK SALTOS												FRONT SALTOS					SIDE SALTOS			
	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	16	18	18	20	24	48	2	4	5	7	19	23	4	5	19
2 180°		4		6	7	8	20	22	22	24	28		6	7	9	23	27				
3 360°		6		8	9	10	24	26	26	28	32		8	9	11	27	31				
4 540°		8		10	11	12	28	30	30	32	36		10	11	13						
5 720°				12	13	14	32	34	34	36	40			13	15						
6 900°				14	15	16	36	38	38	40	44			15	17						
7 1080°				16	17	18	40	42	42	44	48			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