

FÉDÉRATION INTERNATIONALE
DE GYMNASTIQUE



TABLES OF DIFFICULTY
WOMEN'S GROUP
Dynamic Elements

Women's Group

	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

Back Salto

Start

Finish Position

		A	B	C	D	E			F	G	H	i	J	K	L	M					N	O	P	Q								
1	1						2										3					0/4	1	3	2	2	2	2	3			
	2	1	2	2	3	2		5	12	12	14				14	20		2	3	4	7	4	3	10	6	18	13	5	8	1		
	3	1	2	2	3	2		5	12	12	14				14	20		2	3	5	8	/	3	11	7	20	15	7	10	2		
	4	1	2	2	3	2		5	12	12	14				14	20		2	3	6	9	4	4	12	8	22	17	9	12	3		
1a	5	4	5	6	9	7	6	12	22	28				28	32	7	10	14	20	22	8	14	26	32			29	18	21	8		
	6	5	6	7	10	8		14	26	32				32	36		16	18	24	26		8	16	28	22		31	20	23	10		
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	8																						4	18	30	24		33	22	26	14	
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	4	3/4	1	2	3	5	7	9	11	13																						
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13	12/4	4	12	16	20	24	28	32	36																							

5 **6** **7** **8** **9**

10a **10b** **11** **12**

-4 **-2** **+2**

Dynamic Elements

Front Salto
Finish Position

		A	B	C	D									M	N	O	P	Q																																																																																																																																																																							
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17	16	43				<table border="1"> <thead> <tr> <th></th> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>F</th> <th>G</th> <th>H</th> </tr> </thead> <tbody> <tr> <td>Twist</td> <td>180°</td> <td>360°</td> <td>540°</td> <td>720°</td> <td>900°</td> <td>1080°</td> <td>1260°</td> <td>1440°</td> </tr> <tr> <td>1</td> <td>0/4</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>6</td> <td>8</td> <td>11</td> <td>14</td> </tr> <tr> <td>2</td> <td>1/4</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>6</td> <td>8</td> <td>11</td> <td>14</td> </tr> <tr> <td>3</td> <td>2/4</td> <td>2</td> <td>4</td> <td>8</td> <td>10</td> <td>14</td> <td>16</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td>3/4</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> </tr> <tr> <td>5</td> <td>4/4</td> <td>2</td> <td>8</td> <td>10</td> <td>12</td> <td>14</td> <td>18</td> <td>22</td> <td>26</td> </tr> <tr> <td>6</td> <td>5/4</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> </tr> <tr> <td>7</td> <td>6/4</td> <td>8</td> <td>10</td> <td>14</td> <td>16</td> <td>20</td> <td>22</td> <td>24</td> <td>28</td> </tr> <tr> <td>8</td> <td>7/4</td> <td>3</td> <td>5</td> <td>7</td> <td>9</td> <td>11</td> <td>15</td> <td>19</td> <td>23</td> </tr> <tr> <td>9</td> <td>8/4</td> <td>4</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> <td>30</td> <td>38</td> <td></td> </tr> <tr> <td>10</td> <td>9/4</td> <td>4</td> <td>8</td> <td>12</td> <td>16</td> <td>20</td> <td>28</td> <td>36</td> <td></td> </tr> <tr> <td>11</td> <td>10/4</td> <td>12</td> <td>16</td> <td>24</td> <td>28</td> <td>36</td> <td>40</td> <td>44</td> <td></td> </tr> <tr> <td>12</td> <td>11/4</td> <td>4</td> <td>8</td> <td>12</td> <td>16</td> <td>20</td> <td>28</td> <td>36</td> <td></td> </tr> <tr> <td>13</td> <td>12/4</td> <td>6</td> <td>10</td> <td>14</td> <td>18</td> <td>22</td> <td>30</td> <td>38</td> <td></td> </tr> </tbody> </table>									A	B	C	D	E	F	G	H	Twist	180°	360°	540°	720°	900°	1080°	1260°	1440°	1	0/4	1	2	3	4	6	8	11	14	2	1/4	1	2	3	4	6	8	11	14	3	2/4	2	4	8	10	14	16			4	3/4	2	4	6	8	10	14	18	22	5	4/4	2	8	10	12	14	18	22	26	6	5/4	2	4	6	8	10	14	18	22	7	6/4	8	10	14	16	20	22	24	28	8	7/4	3	5	7	9	11	15	19	23	9	8/4	4	10	14	18	22	30	38		10	9/4	4	8	12	16	20	28	36		11	10/4	12	16	24	28	36	40	44		12	11/4	4	8	12	16	20	28	36		13	12/4	6	10	14	18	22	30	38																									
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21

22

-4

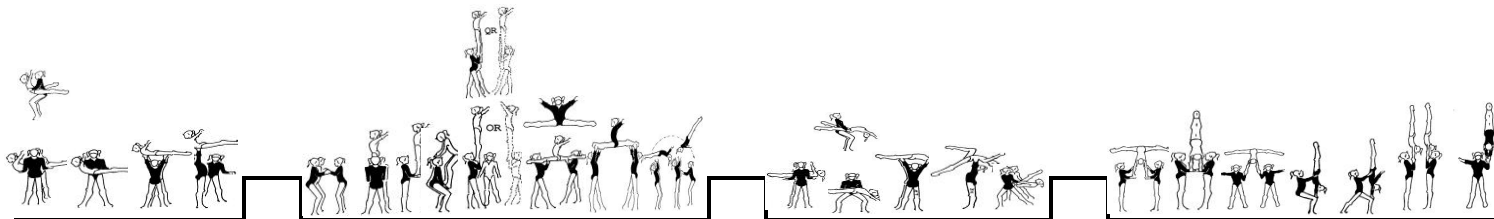
+2

Dynamic Elements



Back Salto

Finish Position



Start



22

+1



23

+1



24



25

+1

+1



26

27

28

		A	B	C	D							L	M	N	O	P							Q	R	S	T	U	V	W		
1 / 4	1					2 / 4							3 / 4					0/4	1	2	3				3	4					
	2	1	2	3	3		1	4	2	5	3	6		2	2	3	4		4	4	8	18	12				14	20			
	3	1	2	3	3		1	4	2	5	3	6		2	2	3	4		4	4	/	10	20	16				16	24		
	4	1	2	3	3		1	4	2	5	4	7		3	3	4	5		5	4	4	12	20	18				18	28		
5 / 4	5	5	6	10	10	6 / 4	6	16		20	12	18	3	7 / 4	9	8	13	13	15	8 / 4	22	34									
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	7																														
	8																														
9 / 4	9	8	9	13	13	10 / 4	10	20		21	16	22	8	11 / 4	12	11	16	16	18	12 / 4	26	42									
	10	15		20	20		16					12	22		18																
	11	19		24	24		20					14	26		20																
	12						21					16	24		20																
13 / 4	13					14	23				18	28	22																		
	15	25					26				20																				
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	540	1	2	3	4	5	6	7	8																						
	720	2	4	6	8	10	14	16	18																						
	900	1	2	3	4	5	6	7	8																						
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		4	8	12	16	20																									
		8	20	36	52																										



30



31



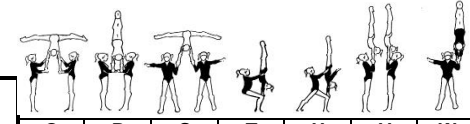
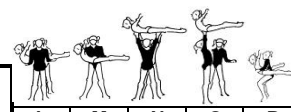
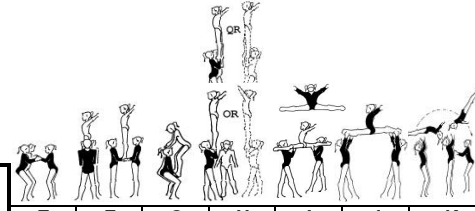
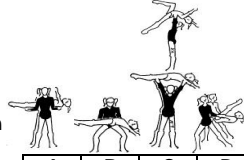
32

Dynamic Elements



Front Salto

Finish Position



Start



33

+1



34

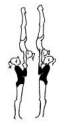
+1



35



36



37



38



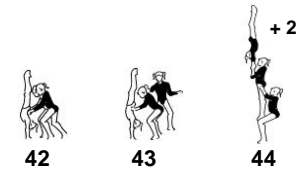
39



40

		A	B	C	D							L	M	N	O	P															
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	3	2	2	3	4	2	2	5	4	7	6	6							4	10	16	16			18	24					
	4	2	2	3	4	2	2	5	4	7	6	7							4	12	16	18			21	28					
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	A	B	C	D	E	F	G	H	
Twist	180	360	540	720	900	1080	1260	1440	
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3	2/4	2	4	6	8	10	14	16	18
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9	8/4	8	18	26	34				
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42

43

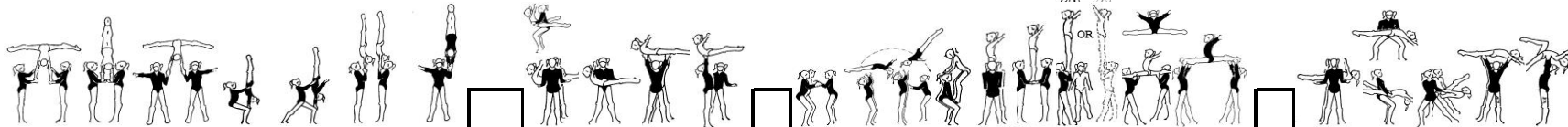
44

Dynamic Elements



Back Salto

Finish Position



Start



45



46



47



48

		A	B	C	D	E	F	G					H	I	J	K					L	M	N	O	P	Q	R						S	T	U	V	W																																																																																																																										
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5	4/4	2	8	10	12	14																																																																																																																																																									
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7	6/4	2	4	6	8	10																																																																																																																																																									
8	7/4	3	7	11	15	19																																																																																																																																																									
9	8/4	3	9	13	17	21																																																																																																																																																									
10	9/4	4	8	12	16	20																																																																																																																																																									
11	10/4	4	8	12	16	20																																																																																																																																																									
12	11/4	6	10	14	18																																																																																																																																																										
13	12/4	6	14	18	22																																																																																																																																																										



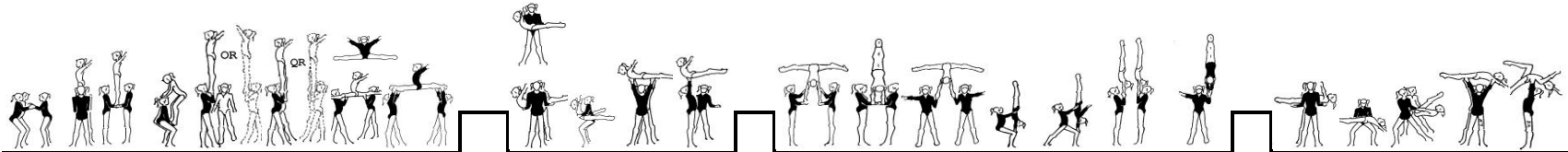
49

Dynamic Elements



Front Salto

Finish Position



Start



50



51



52



53



54

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



55



56



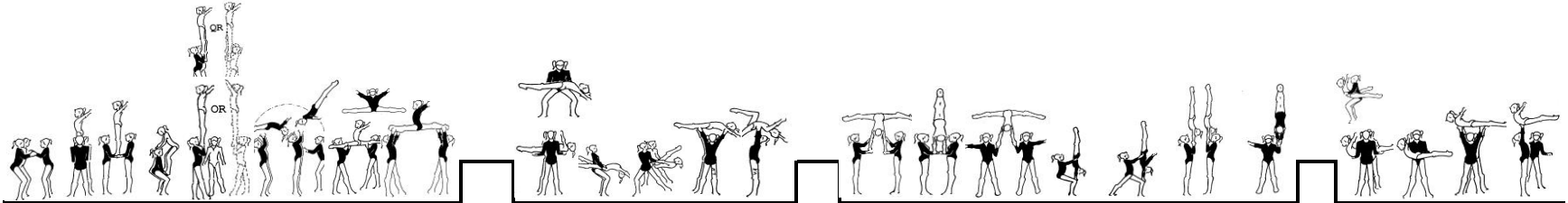
57

Dynamic Elements



Back Salto

Finish Position



Start



58



59



60



61



62



63

		A	B	C	D	E	F	G			H	I	J	K	L			M	N	O	P	Q	R	S			T	U	V	W
1 / 4	1								2 / 4							3 / 4									4 / 4	0/4	1	1	1	2
	2		3	2	3		3	5		3	2	4	5	5	5		8	10			10	14	4	4		4	7	7		
	3		3	2	3		3	5		3	2	4	5	5	5		9	12			12	16	/	6		6	9	9		
	4		4	2	4		3	5		4	2	4	6	6	6		10	14			14	18	4	8		8	11	11		
5 / 4	5	4	8	5	12	4	10	13	6 / 4	9	7	10	12	12	7 / 4	12	18	18			18		8 / 4	14	14	24	24			
	6	5	10	6	14	5	12	15		10	8	12	14	14		14	20	20			20			18	18	28	28			
	7																													
	8																													
	9	6	12	7	18	6	14	17		12	10	14	16	16		16	22	22			22									
9 / 4	10	14	22	16	26	14	22	25	10 / 4	16	14				11 / 4								12 / 4	18						
	11	18	26	20	30	16	26	29		18	16													20						
	12	18																												
	13	20																												
13 / 4	15	30																												
	16																													

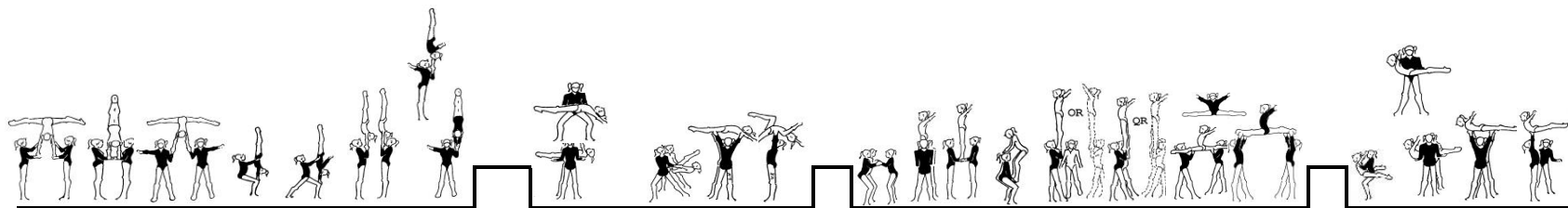
		A	B	C	D	E	F	G	H
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	8	10
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14	16	19	22
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21			
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	6	10	14	18				
13	12/4	6	14	18	22				

Dynamic Elements

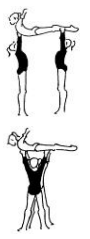


Front Salto

Finish Position



64



65

		A	B	C	D	E	F	G			H	I	J	K	L			M	N	O	P	Q	R	S			T	U	V	W							
1 / 4	1								2 / 4							3 / 4									0/4 4 / 4	1	1	1	1								
	2	2	3	4			3	5		2		4	4	4	3		6		10	10	5	8	3	4		6	6										
	3	2	3	4			3	5		3		4	4	4	3		7		12	12	6	9	4	5		8	8										
	4	2	3	4			3	5		4		4	5	6	4		8		14	14	8	11	4	6		10	10										
5 / 4	5	7	10	12			12		6 / 4	8		9	9	9	7 / 4	10	22		26	26	20	23	8 / 4	12	14					12	14						
	6	9	12	14			14			10		11	11	11		12	26		30	30	24	27		14	16												
	7																																				
	8																																				
9 / 4	9	11	14	16			16		10 / 4	12		13	13	13	11 / 4	14	32		36	36	30	33	12 / 4														
	10									16						20																					
	11									20						24																					
	12																																				
13 / 4	13								10 / 4	24					11 / 4	28								12 / 4													
	14																																				

		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	7	8
2	1/4	2	4	6	8	10			
3	2/4	1	2	3	4	5	6		
4	3/4	2	4	6	8	10	12		
5	4/4	2	8	10	12	14	16		
6	5/4	2		6	8	10	12		
7	6/4	2	4	6	8	10	12		
8	7/4	3	6	9	12	15	18	21	24
9	8/4	3	8	11	14	17	20	23	26
10	9/4	5	7	10	13	16			
11	10/4	5	7	10	13	16			
12	11/4	7	11	15	19	23			
13	12/4	7	15	19	23	27			



66

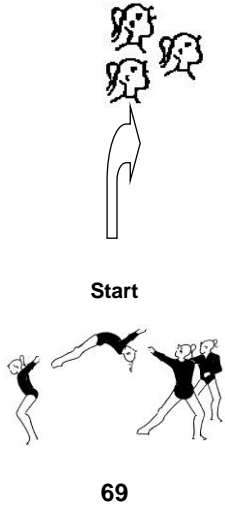


67



68

Dynamic Elements

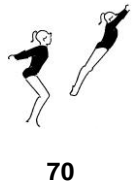


Back Salto
Finish Position

		A	B	C	D	E	F	G	H	I	J	K	
1 / 4	1											0/4	3
	2		4	1		3				3	4		8
	3		4	1		3				4	5	4 / 4	10
	4		4	1		3				5	6		12
5 / 4	5		8	6		10				12		8	24
	6		12	7		12			28	16		8	28
	7		14	8		14			32	20		4	36

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	9
2/4 3/4 6/4	2	4	6	8	10	12
4/4	4	6	8	10	12	14
5/4-7/4	2	4	6	8	10	12
8/4	4	6	8	10	12	14

S
a
l
t
o



Front Salto

		A	B	C	D	E	F	G	H	I	J	K	
1 / 4	1											0/4	2
	2				1	1			6		3		10
	3				1	1			7		3	4 / 4	12
	4				1	1			8		4		14
5 / 4	5				5	10			18		14	8	24
	6				7	12			22		18	8	28
	7				9	14			26		24	4	36

Twist	180°	360°	540°	720°	900°	1080°
1/4	1	3	4	5	7	8
2/4 3/4 6/4	2	4	6	8	10	12
4/4	4	6	8	10	12	14
5/4-7/4	2	4	6	8	10	12
8/4	4	6	8	10	12	14

S
a
l
t
o

71

		A		B		C		D		E		F	
		2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4	2/4	4/4
		3	6	3	6	↓ 1	↓ 3	↓ 1	↓ 3	6	8	7	10
						↗ 6	↗ 8	↗ 7	↗ 10				

Twist	180°	360°	540°	720°	900°	1080°	+180°
	1	3	5	7	9	11	+3