

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



TABLES OF DIFFICULTY  
MEN'S GROUP  
Dynamic Elements

## Men'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 Element

**Back Salto**  
Finish Position

**Start**

**1 2**

**3**

**4**

**5**

**6**

**7**

**7a**

**8**

**9**

**10**

**11**

**12**

**12a**

**13**

**14**

**15**

**16**

**17**


**18**

**19**

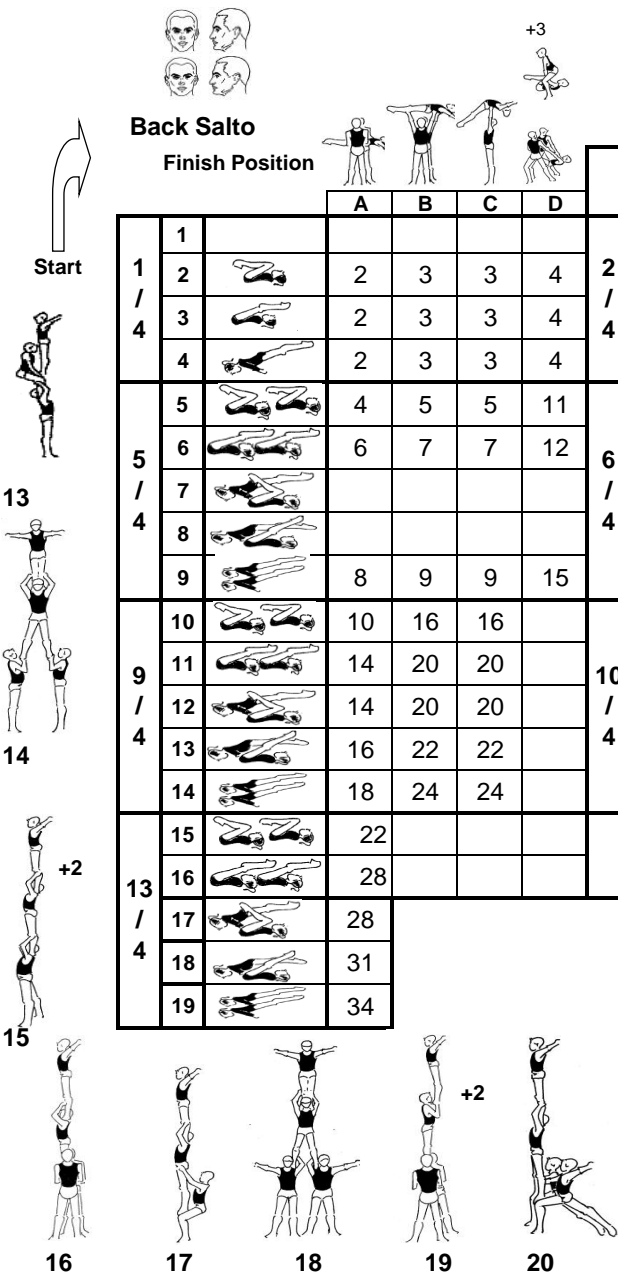
		A	B	C	D									E	F	G	H	I	J	K	L					M	N	O	P									Q	R	S	T	U	V	W	X			
1 / 4	1																																						1				1	2	1	4	4	3
	2	1	2	2	2									10	14	12	3	9	10								2	3	3										4	4	3	6	10	7	14	14	12	
	3	1	2	2	2									10	14	12	3	9	10								2	3	3										4	4	3	7	11	8	16	16	14	
	4	1	2	2	2									10	14	12	3	9	10								2	3	3										4	4	3	8	12	9	20	20	16	
5 / 4	5	2	5	5	6									20				12	20	24							8	12	12										8	10	8	16	20	18				
	6	3	6	6	7									22				14	22	26							12	16	16										8	14	12	20	24	22				
	7																																						8	14	12	20	24	22				
	8																																						8	16	14	22	26	24				
	9	4	7	7	8									26				18	26								16	20	20										8	18	16	28	32	26				
9 / 4	10	8	12	12														22	30								11												12	30	24	46	50					
	11	11	15	15														26	34								14												12	39	30	48						
	12	11	15	15																							14												12	39	30	48						
	13	13	17	17																							15												12	44	38	54						
	14	15	19	19														30	38								16												12	48	40	62						
13 / 4	15	20																																														
	16	26																																														
	17	26																																														
	18	29																																														
	19	32																																														

		A	B	C	D	E	F	G	H	
1 / 4	Twist	180°	360°	540°	720°	900	1080	1260	1440	
	1	0/4	1	3	5	7	9	11	14	17
	2	1/4	1	2	3	5	7	9	11	13
	3	2/4	-1	4	3	8	7	12		
	4	3/4	1	2	3	5	7	9	11	13
	5	4/4	1	6	8	10	12	14	16	18
	6	5/4	1	3	5	7	9	11	14	17
	7	6/4	0	12	8	16	14	24		
	8	7/4	2	4	6	8	10	12	16	20
	9	8/4	3	8	10	12	14	16	18	20
	10	9/4	2	4	6	8	10	12	16	20
	11	10/4	-2	8	6	16	14	16	20	24
	12	11/4	4	8	12	16	20	24	28	
13	12/4	4	10	14	18	22	26	30		

# Dynamic Element



**Back Salto**  
Finish Position



		A	B	C	D									E	F	G	H	I	J	K	L					M	N	O	P									Q	R	S	T	U	V	W	X																																																																																																																																																																
<b>1</b> / 4	1																																						0/4	1		2	3	3																																																																																																																																																																	
	2	2	3	3	4									20			13	18			16	16					4	5	5										4	6	6	8	10	8	12	10	9																																																																																																																																																														
	3	2	3	3	4									20			13	18			16	16					4	5	5										/	6	6	9	11	9	14	12	11																																																																																																																																																														
	4	2	3	3	4									20			13	18			16	16					4	5	5										4	6	6	10	12	10	16	14	13																																																																																																																																																														
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	15	22												<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="2"></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> <tr> <th colspan="2"></th> <th>Twist</th><th>180°</th><th>360°</th><th>540°</th><th>720°</th><th>900</th><th>1080</th><th>1260</th><th>1440</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>0/4</td> <td>1</td><td>3</td><td>5</td><td>7</td><td>9</td><td>11</td><td>14</td><td>17</td> </tr> <tr> <td>2</td> <td>1/4</td> <td>1</td><td>2</td><td>3</td><td>5</td><td>7</td><td>9</td><td>11</td><td>13</td> </tr> <tr> <td>3</td> <td>2/4</td> <td>-1</td><td>4</td><td>3</td><td>8</td><td>7</td><td>12</td><td></td><td></td> </tr> <tr> <td>4</td> <td>3/4</td> <td>1</td><td>2</td><td>3</td><td>5</td><td>7</td><td>9</td><td>11</td><td>13</td> </tr> <tr> <td>5</td> <td>4/4</td> <td>1</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td> </tr> <tr> <td>6</td> <td>5/4</td> <td>1</td><td>3</td><td>5</td><td>7</td><td>9</td><td>11</td><td>14</td><td>17</td> </tr> <tr> <td>7</td> <td>6/4</td> <td>0</td><td>12</td><td>8</td><td>16</td><td>14</td><td>24</td><td></td><td></td> </tr> <tr> <td>8</td> <td>7/4</td> <td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>16</td><td>20</td> </tr> <tr> <td>9</td> <td>8/4</td> <td>3</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td> </tr> <tr> <td>10</td> <td>9/4</td> <td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>16</td><td>20</td> </tr> <tr> <td>11</td> <td>10/4</td> <td>-2</td><td>8</td><td>6</td><td>16</td><td>14</td><td>16</td><td>20</td><td>24</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>24</td><td>28</td><td></td> </tr> <tr> <td>13</td> <td>12/4</td> <td>4</td><td>10</td><td>14</td><td>18</td><td>22</td><td>26</td><td>30</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	3	5	7	9	11	14	17	2	1/4	1	2	3	5	7	9	11	13	3	2/4	-1	4	3	8	7	12			4	3/4	1	2	3	5	7	9	11	13	5	4/4	1	6	8	10	12	14	16	18	6	5/4	1	3	5	7	9	11	14	17	7	6/4	0	12	8	16	14	24			8	7/4	2	4	6	8	10	12	16	20	9	8/4	3	8	10	12	14	16	18	20	10	9/4	2	4	6	8	10	12	16	20	11	10/4	-2	8	6	16	14	16	20	24	12	11/4	4	8	12	16	20	24	28		13	12/4	4	10	14	18	22	26	30																										<b>16</b> / 4								
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# Dynamic Element

**Back Salto**  
Finish Position

		A	B	C	D		E	F	G	H	I	J	K	L		M	N	O	P		Q	R	S	T	U	V	W	X		
Start	1					2									3					4	2	5	3	1	3	5	8	9		
	2	1	2	2			2		4	4	4						2	3	3		4	4	14		16	8	14	16	20	20
	3	1	2	2			2		4	4	4						2	3	3		4	4	16		18	8	16	18	24	24
	4	1	2	2			2		4	4	4						2	4	4		4	4	18		20	8	18	20	28	28
25	5	4	9	9		6	5	5	8	10	10				7	6	9	9		8				16	28					
	6	5	10	10			7	7	10	12	12						7	10	10						20	32				
	7																													
	8																													
26	9	6	12	12		10	9	9	12	14	14				11	9	12	12		12				24	36					
	10	9					16	16	22	26	26						16													
	11	10					18	18	26	30	30						20													
	12																													
27	13					15	20	20	30	34	34				15	24				15										
	14	12															28													
	15	20															34													
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28	17	28																												
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33	37																													
	38																													
	39																													
	40																													

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

# Dynamic Element

**Back Salto**  
Finish Position

**Start**

**41**

**42**

**43**


**44**

**45**

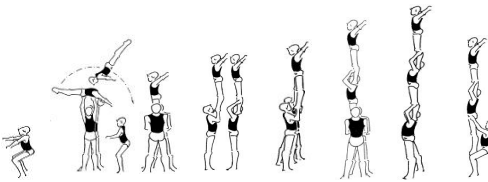
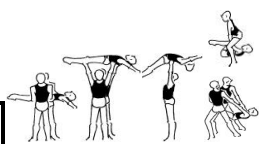
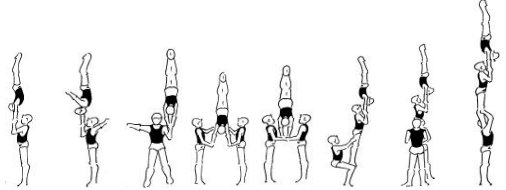
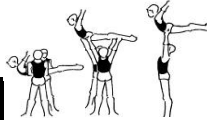
		A	B	C	D	E	F	G	H					I	J	K	L					M	N	O	P	Q	R	S	T					U	V	W	X							
<b>1</b> / <b>4</b>	<b>1</b>									<b>2</b> / <b>4</b>								<b>3</b> / <b>4</b>									<b>0/4</b> <b>4</b> / <b>4</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>					<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>					
	<b>2</b>	4	7	5	2	4					<b>2</b>	2	2	2					<b>2</b>		4	5	5						<b>3</b>	3	4	4	5											
	<b>3</b>	4	7	5	2	4					<b>2</b>	2	2	2					<b>2</b>		4	6	6						<b>3</b>	3	4	4	5											
	<b>4</b>	4	7	5	2	4					<b>2</b>	2	2	2					<b>2</b>		4	7	7						<b>4</b>	4	5	5	5											
<b>5</b> / <b>4</b>	<b>5</b>	9			6	10				<b>6</b> / <b>4</b>							<b>7</b> / <b>4</b>									<b>8</b> / <b>4</b>	<b>10</b>	<b>12</b>	<b>12</b>					<b>10</b>	<b>12</b>	<b>12</b>								
	<b>6</b>	10			7	11					<b>5</b>	7	7					<b>11</b>	<b>10</b>	<b>15</b>	<b>16</b>	<b>16</b>						<b>12</b>	<b>12</b>	<b>14</b>	<b>14</b>													
	<b>7</b>																																											
	<b>8</b>																																											
<b>9</b> / <b>4</b>	<b>9</b>	12			9	13				<b>10</b> / <b>4</b>							<b>11</b> / <b>4</b>									<b>12</b> / <b>4</b>	<b>14</b>	<b>16</b>	<b>16</b>					<b>14</b>	<b>14</b>	<b>20</b>					<b>26</b>			
	<b>10</b>				14	20					<b>12</b>							<b>16</b>	<b>16</b>	<b>24</b>								<b>28</b>																
	<b>11</b>				16	22																																						
	<b>12</b>																																											
<b>15</b> <b>16</b>	<b>13</b>																																											
	<b>14</b>				20	26				<b>16</b>						<b>20</b>	<b>20</b>	<b>28</b>								<b>32</b>																		

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


# Dynamic Element




**Back Salto**  
Finish Position








Start 




46



47



48



49

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

		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	12	16	20
3	2/4	1	2	3	4	5	6	7	8
4	3/4	2	4	6	10	14			
5	4/4	2	4	6	8	10	12	16	20
6	5/4	3	5	7	9	11	13		
7	6/4	3	5	7	9	11	13		
8	7/4	4	8	12	14	16			
9	8/4	3	5	7	9	11	13		
10	9/4	4	8						
11	10/4	4	8						
12	11/4	4	8						
13	12/4	4	8						

# Dynamic Element

**Back Salto**  
Finish Position

Start

		A	B	C	D									M	N	O	P													
1 / 4	1					2 / 4	8			5	9					3 / 4	3	4	4		4 / 4	0/4		2	2	2				
	2	2	3	3	4		8			5	9						4	3	3	7		8	8							
	3	2	3	3	4		8			5	9						4	3	3	8		9	9							
	4	2	3	3	4		8			5	9						4	3	3	9		10	10							
5 / 4	5	4	5	5	7	6 / 4	18			11	16					7 / 4	8	10	10		8 / 4	12	10	16	20	20				
	6	5	6	6	7		20			12	18				8		9	11	11	8		13	11	20	24	24				
	7														8							8	13	11	20	24	24			
	8														8							8	15	13	24	28	28			
9 / 4	9	6	7	7	7	10 / 4	22			14	20				11 / 4	10	12	12		12 / 4	17	15	26	30	30					
	10	12								18	24					11	16					12	30	30	40					
	11	13								20	28					12	20					12	39	39	50					
	12															12						12	39	39	50					
15 / 4	13													16 / 4						16 / 4										
	14	15							24	32					16						16									
	15																													
	16																													

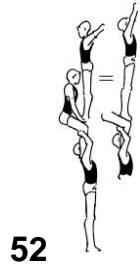
	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	
2	1/4	1	2	3	4	5	6	
3	2/4	2	4	6	8	10		
4	3/4	1	2	4	6	8	12	
5	4/4	2	8	10	12	14	18	
6	5/4	1	2	4	6	8	12	
7	6/4	2	4	6	8	10	12	
8	7/4	2	4	6	8	10	12	
9	8/4	2	10	12	14	16	20	
10	9/4	3	5	7	9	11	13	
11	10/4	4	8	12				
12	11/4	3	5	7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

50      51



# Dynamic Element Dismount of the middle



52



53



54



55



56



57



58



59



60



61



61a



62

Back



Gainer Salto

	4
	5
	6
	18

	4
	5
	6
	18

Front



Delfin

	5
	7
	9
	26

	4
	6
	8
	20

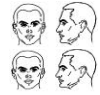
180° + 2  
360° + 4  
540° + 6  
720° + 8

180° + 2  
360° + 4  
540° + 6  
720° + 8

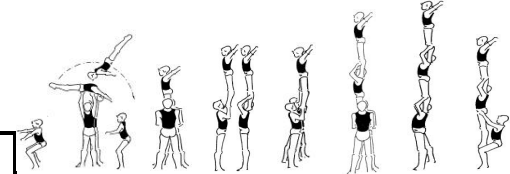
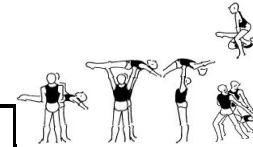
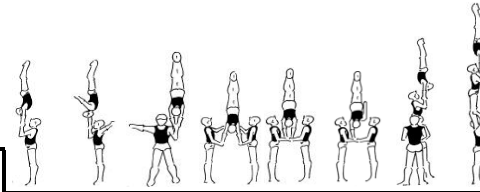
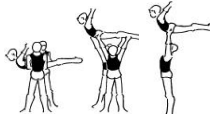
All of the start positions

In the following start positions 59,61,61a and 62 the direction of the base and/or top may be reversed, i.e. any direction is acceptable.

# Dynamic Element



Front Salto  
Finish Position



Start



63



64



65



66



67



68



69



or

		A	B	C	D									M	N	O	P														
1 / 4	1					2 / 4									3 / 4					0/4	1	1	1	1	1	4	4	2			
	2	1	2	2			5	8	6	2	5	8	10	12		4	1	2	2		5	4	4	3	6	7	6	16	13	14	
	3	1	2	2			5	8	6	2	5	8	10	12		4	1	2	2		5	4	4	5	4	7	8	7	18	15	16
	4	1	2	2			5	8	6	2	5	8	10	12		4	1	2	2		5	4	4	6	5	8	9	8	20	17	18
5 / 4	5	2	5	5		6 / 4	16			8	14	19	24	22	7 / 4	10	15		12	8 / 4	12	10	18	22	20	32	28	24			
	6	3	6	6			18			10	16	21	28	26		8	11	17				8	16	12	22	26	24	36	32	28	
	7																							16	12						
	8																							18	16						
9 / 4	9	4	7	7		10 / 4	20			12	20		32	30	11 / 4	12	19		14	12 / 4	20	18	30	30	30						
	10	8	12							18	24					11						12	30	28	42						
	11	11	15							22	28					14						12	40	36	48						
	12																														
13 / 4	13	15	19			10 / 4				26	30				11 / 4	16				12 / 4											
	15	22																													
	16	26																													
	17	30																													

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



70



71



71 a

# Dynamic Element

**Front Salto**  
Finish Position

		A	B	C	D									M	N	O	P												
1 / 4	1					2 / 4								3 / 4					0/4			2	2	2	2				
	2	2	3	4			8			6	10	7	8		7	4	5	5		8	4	6	5	7	8	7	16	14	13
	3	2	3	4			8			6	10	7	9		7	4	5	5		8	/	7	6	8	9	8	18	16	15
	4	2	3	4			8			6	10	10	11		10	4	5	5		8	4	8	7	9	10	9	20	18	17
5 / 4	5	4	5	5		6 / 4	18			10	18	20	26	24	7 / 4	8	10	10	14	8 / 4	14	12	20	22	22				
	6	6	7	7			20			12	20	24	30	28		10	12	12	16		8	16	14	24	28	28			
	7																												
	8																												
9 / 4	9	8	9	9		10 / 4	22			14	22	28	34	32	11 / 4	12	14	14	18	12 / 4	22	20	30	34	34				
	10	10								20	28					14					12	32	32	44					
	11	14								24	32					18					12	36	36	50					
	12																												
13 / 4	13	18				15 / 4				28	36			16 / 4	22				16 / 4	40	40	64							
	15	22									28																		
	16	28									34																		
	17	34									40																		

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

# Dynamic Element

**Front Salto**  
Finish Position

**Start**

**79**

**80**

**81**

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

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

**82** **83** **84** **85** **86** **87**

**88** **89** **90** **91**

# Dynamic Element

Front Salto  
Finish Position

		A	B	C	D	E	F	G	H		I	J	K	L		M	N	O	P	Q	R	S	T		U	V	W	X		
Start 1 / 4	1									2 / 4					3 / 4											0/4	1	1	1	
	2	2	6	4	2	3	2	2	2		3	3	3	5		6	6	4	4	5	5									
	3	3	6	4	2	3	2	2	2		3	3	3	5		7	7	4	4	5	5									
	4	3	6	4	2	3	2	2	2		3	3	3	5		8	8	4	5	6	6									
92 5 / 4	5	9			5	8	6 / 4							7 / 4	10		14	16	16	8 / 4	10	12	12							
	6	11			6	10		6	7	7	7	12			16	18	18	12	14		14									
	7																													
	8																													
93 9 / 4	9	13			8	12	10 / 4							11 / 4	14										12 / 4	14	16	16		
	10				12	15		12				14																		
	11				14	17		14				16																		
	12																													
94 13 / 4	13				16	19	18							20																
	14																													
	15																													
	16																													

	A	B	C	D	E	F	G	H	
Twist	180°	360°	540°	720°	900	1080	1260	1440	
1	0/4	1	1	3	4	5	6	7	8
2	1/4	2	4	6	8	10	14		
3	2/4	1	1	3	4	5	6	7	8
4	3/4	2	4	6	8	10	14		
5	4/4	1	2	4	6	9	12		
6	5/4	2	4	6	8				
7	6/4	1	2	4	6	8			
8	7/4	2	4	6	8	10	12		
9	8/4	2	4	6	8	10	12		
10	9/4	4	6	8	10				
11	10/4	2	4	6	8	10	12		
12	11/4	2	4	6	8	10	12		
13	12/4								

# Dynamic Element

**Front Salto**  
Finish Position

**Start**

**95**

**96**

**97**

**98**

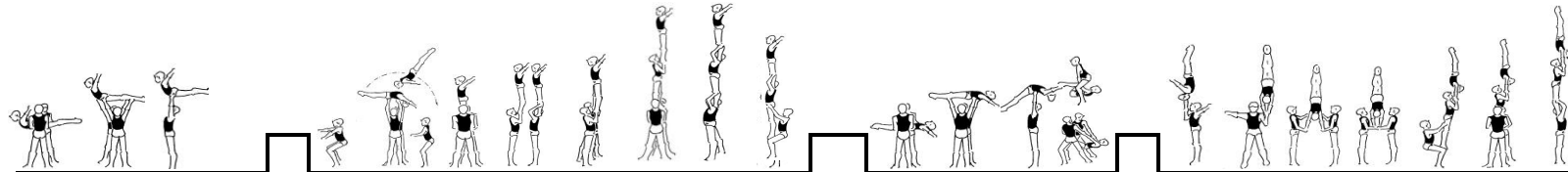
		A	B	C	D	E	F	G	H					I	J	K	L									M	N	O	P	Q	R	S	T					U	V	W	X
<b>1</b> / <b>4</b>	1									<b>2</b> / <b>4</b>							<b>3</b> / <b>4</b>													<b>0/4</b> <b>4</b> / <b>4</b>	1	1	1	1							
	2	1		2	3	3					2	3	3						4	7	5	3	5								3	4	4	5							
	3	1		2	3	3					2	3	3						4	7	5	3	5						3		4	4	5								
	4	1		2	3	3					2	3	3						4	7	5	3	5						4		5	5	5								
<b>5</b> / <b>4</b>	5	4	4	6	7	7				<b>6</b> / <b>4</b>							<b>7</b> / <b>4</b>	5	6	6				12			10	12				10	12	12							
	6	5	5	7	8	8					7	8	8						14						12	14															
	7																																								
	8																																								
<b>9</b> / <b>4</b>	9	6	6	9	10	10				<b>10</b> / <b>4</b>							<b>11</b> / <b>4</b>	9	10	10				18			16	18				14	16	16							
	10	11		17							12	14	14												14	20				20											
	11	13		19							14	16	16												18	24				26											
	12																																								
<b>13</b> / <b>4</b>	13	17		23						<b>14</b> / <b>4</b>																															
	14	17		23							18	22	22											24	30																
	15	24									30																														
	16	30									36																														

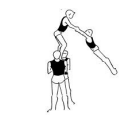
	A	B	C	D	E	F	G	H
Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	
2	1/4	2	4	6	8	10		
3	2/4	2	4	6	8	10		
4	3/4	2	4	6	8	10		
5	4/4	2	4	6	8	10		
6	5/4	2	4	6	8	10		
7	6/4	2	4	6	8	10		
8	7/4	4	6	8	10	12		
9	8/4	4	6	8	10	12		
10	9/4	4	8	12	16			
11	10/4	4	8	12	16			
12	11/4	6	10	14	18			
13	12/4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

# Dynamic Element

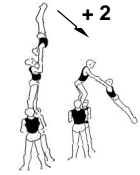
Front Salto  
Finish Position



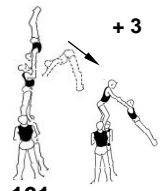
Start



99



100

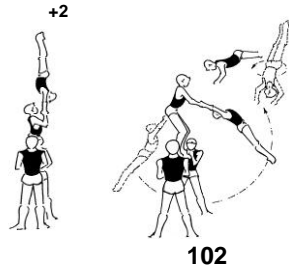


101

		A	B	C	D			E	F	G	H	I	J	K	L					M	N	O	P			Q	R	S	T	U	V	W	X	
1 / 4	1					2 / 4	1		2	2			4				3 / 4					0/4												
	2	2	3	3			5		8	10			22					3	4			4	6		3	6								
	3	2	3	3			6		10	12			24					3	4			/	7		3	7								
	4	2	3	3			7		14	16			26					3	4			4	7		3	7								
5 / 4	5	4	6	6		6 / 4	12	10	20							7 / 4	7	9			8 / 4	16		8	14									
	6	5	7	7			14	12	24								8	10				8	18		10	16								
	7																																	
	8																																	
9 / 4	9	7	9	9		10 / 4	18	16	28						11 / 4	9	11			12 / 4	22				12	20								
	10	12	14	14			34									14									16	22								
	11	13	15	15			43									16									18	24								
	12						43									16																		
13 / 4	13													16 / 4	20																			
	14	15	17	17																														
	15																																	
	16																																	

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4								
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	8	10	14	16		
4	3/4	1	2	3	4	5	6	7	8
5	4/4	2	8	10	12	14	16	20	24
6	5/4	1	2	3	4	5	7	9	12
7	6/4	4	6	10	12	16	18		
8	7/4	2	4	6	8	12	16	20	24
9	8/4	3	9	12	15	18	21		
10	9/4								
11	10/4	8	10	14	18	22	26		
12	11/4								
13	12/4	10							

# Dynamic Element

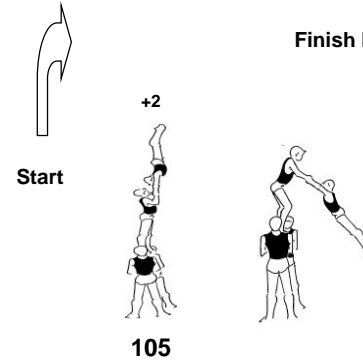
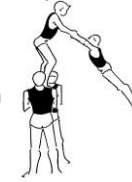


**Finish Position**

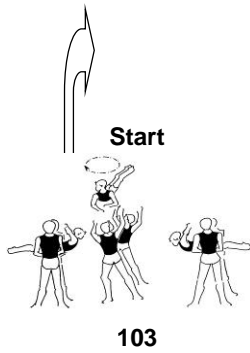


Back Salto	0/4	4/4	8/4	
	1	12	24	180° 0
	1	14	28	540° + 6
	1	16	32	720° + 12

**Finish Position**

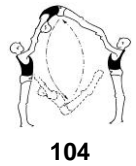


Front Salto	0/4	4/4	8/4	
	1	10	22	360° + 8
	1	12	26	720° + 10
	1	14	30	720° + 10

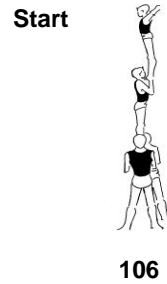
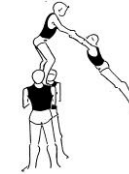


	A	B	C	
	2	3	3	180° + 1
	4	5	5	360° + 1
	6	9	9	540° + 3
				720° + 4

	A	B	C	
				180° + 1
				360° + 2
				540° + 3
	1	2	3	720° + 4
				900° + 5
				1080° + 6
				1260° + 8
				1440° + 10



**Finish Position**



	Back Salto	Front Salto		
	0/4	3	1	180° + 2
	4	10	7	360° + 4
	/	10	9	
	4	10	10	
	8	20		
	/	24		
	4			