



FSGA Association Spécialisée FSG



FEDERATION SUISSE DE GYMNASTIQUE ACROBATIQUE / FSGA  
SCHWEIZERISCHER VERBAND AKROBATIKTURNEN / SVAT  
FEDERAZIONE SVIZZERA DI GINNASTICA ACROBATICA / FSGA  
SWISS FEDERATION OF ACROBATIC GYMNASTICS / SFAG

**2026**

**STP**

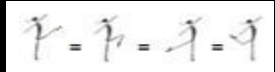
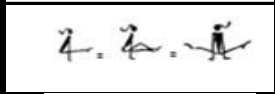
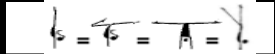




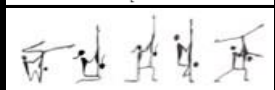





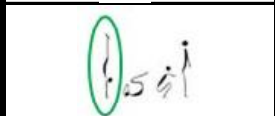
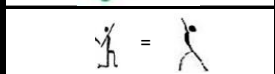
**SCHWEIZER TECHNISCHES PROGRAMM**

**National**







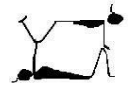














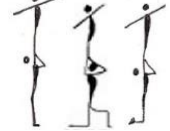







**SCHWIERIGKEITSTABELLEN**

**KATEGORIE SN1 - SN2**















**VERSION 01.01.26**

<p><b>GENEREL :</b></p>	<p>Die Bilder (einschliesslich der Ausrichtung der Partner zueinander) und die folgenden Texte sind massgeblich für die Anerkennung des Schwierigkeitsgrades. Formabweichungen sind zulässig, sofern sie die Art und die biomechanischen Prinzipien des Elements nicht wesentlich verändern. <b>Die folgenden Abweichungen sind nicht auf dem Wettkampfbrett anzugeben.</b></p>
<p><b>STATISCHE ELEMENTE</b></p>	
	<p>Elemente mit dem Top auf einem Bein: Ausführung möglich mit dem Bein vorne oder hinten (Arabesque), gebeugtem oder gestrecktem Bein.</p>
	<p>* Elemente im Winkel: Grätschwinkel zählt gleich wie geschlossener Winkel * Geschlossener Winkel: Die Beine dürfen sich auch kreuzen</p>
	<p>Die folgenden Varianten sind für den Handstand zugelassen.</p>
	<p>Formäquivalenz für den Base in aufrechter kniender Position oder im Ausfallschritt auf dem Knie.</p>
	<p>Elemente mit dem Top auf den Füßen/Händen des Base am Boden: Ausführung mit Stütze auf den Füßen/Händen des Base, keine Stütze am Boden.</p>
	<p>Element mit dem Base in der "Tischposition": Der gestrichelt dargestellte Arm kann auf dem Boden abstützen oder angehoben sein.</p>
	<p>Element mit Stütze am Nacken verboten, die Stütze muss am Rücken oder an den Schultern erfolgen.</p>
	<p>* Elemente mit Hilfe des Base zur Ausführung des Handstand: Es kann gehalten werden an den Oberschenkeln, der Hüfte oder dem Rumpf des Top. * Die Richtung des Handstands (von vorne oder von hinten) ist frei wählbar.</p>
<p><b>DYNAMISCHE ELEMENTE</b></p>	
	<p>* Mit Anlauf: Anlauf obligatorisch (Laufen, Springen usw.). * Ohne Anlauf: frei Wählbar ob mit Anlauf oder Standstart.</p>
	<p>Elemente mit Flugphase: Der Base muss den Top beim Landen fangen, wenn dies in den Zeichnungen so angegeben ist. Kontakt mit den Armen oder dem Oberkörper des Top.</p>
<p><b>INDIVIDUELLE ELEMENTE</b></p>	
	<p>Element im Seitspagat: können mit oder ohne Bodenkontakt der Hände ausgeführt werden.</p>
	<p>Elemente der Beweglichkeit mit Ankunft im Spagat: können mit einer Hand oder mit beiden Händen auf dem Boden während des Übergangs in den Spagat ausgeführt werden. Die Position der Arme bei der Ankunft ist frei wählbar.</p>
	<p>Start aus der Hocke: Ausführung auf gestreckten Zehenspitzen, ohne Impuls von den Zehen auf den Boden.</p>
	<p>* Elemente, die mit einer Vorwärtsrolle enden: ohne die Hände auf den Boden zu legen (Ausnahme: Vorwärtsrolle mit gestreckten und geschlossenen Beinen). Während der Rolle können die Hände die Schienbeine umfassen oder nicht. * Elemente mit Handstand und anschließender Vorwärtsrolle: Die Arme können gebeugt oder gestreckt sein.</p>
	<p>Die Elemente der Agilität mit gespreizten Beinen können auch auf den Knien ausgeführt werden.</p>






















GRUPPENELEMENTE / VERSCHIEDENE POSITIONEN / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_VA1_V2	S1_VA2_V4	S1_VA3_V6	S1_VA4_V8		S1_VA6_V12	S1_VA7_V14
<b>B</b>							
N°+V	S1_VB1_V2	S1_VB2_V4		S1_VB4_V8		S1_VB6_V12	S1_VB7_V14
<b>C</b>							
N°+V		S1_VC2_V4	S1_VC3_V6	S1_VC4_V8	S1_VC5_V10	S1_VC6_V12	
<b>D</b>							
N°+V	S1_VD1_V2	S1_VD2_V4	S1_VD3_V6	S1_VD4_V8		S1_VD6_V12	S1_VD7_V14
<b>E</b>							
N°+V	S1_VE1_V2	S1_VE2_V4	S1_VE3_V6	S1_VE4_V8			
<b>F</b>							
N°+V			S1_VF3_V6		S1_VF5_V10		S1_VF7_V14

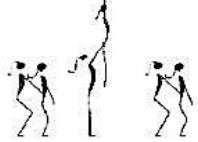
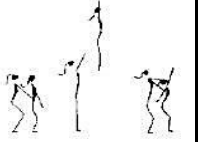

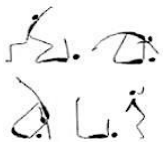


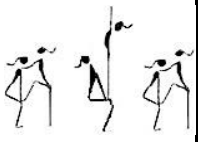
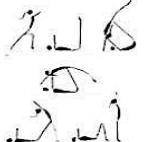


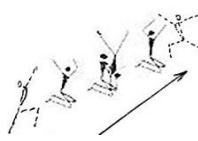
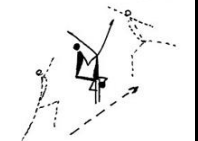

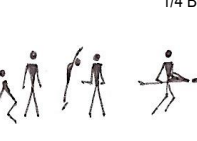


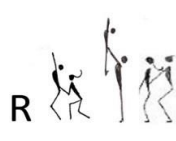

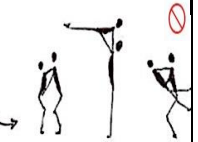


GRUPPELEMENTE / WINKEL / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_EA1_V2					S1_EA6_V12	S1_EA7_V14
<b>B</b>							
N°+V							S1_EB7_V14
<b>C</b>							
N°+V							S1_EC7_V14
<b>D</b>							
N°+V		S1_ED2_V4	S1_ED3_V6	S1_ED4_V8	S1_ED5_V10	S1_ED6_V12	
<b>E</b>							
N°+V				S1_EE4_V8	S1_EE5_V10		
<b>F</b>							
N°+V					S1_EF5_V10	S1_EF6_V12	















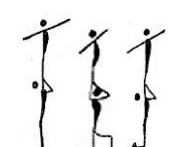




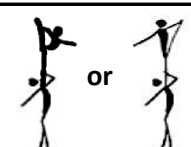






GRUPPELEMENTE / HANDSTAND / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V			S1_AA3_V6	S1_AA4_V8	S1_AA5_V10	S1_AA6_V12	S1_AA7_V14
<b>B</b>							
N°+V	S1_AB1_V2	S1_AB2_V4		S1_AB4_V8	S1_AB5_V10	S1_AB6_V12	
<b>C</b>							
N°+V	S1_AC1_V2	S1_AC2_V4	S1_AC3_V6		S1_AC5_V10		
<b>D</b>							
N°+V		S1_AD2_V4	S1_AD3_V6		S1_AD5_V10		S1_AD7_V14
<b>E</b>							
N°+V				S1_AE4_V8		S1_AE6_V12	S1_AE7_V14
<b>F</b>							
N°+V							


























GRUPPELEMENTE / DYNAMIK  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_DA1_V2	S1_DA2_V4	S1_DA3_V6				
<b>B</b>							 4/4 F
N°+V				S1_DB4_V8	S1_DB5_V10		S1_DB7_V14
<b>C</b>							
N°+V		S1_DC2_V4	S1_DC3_V6	S1_DC4_V8	S1_DC5_V10		
<b>D</b>			 1/4 F	 1/4 B			 R
N°+V	S1_DD1_V2	S1_DD2_V4	S1_DD3_V6	S1_DD4_V8	S1_DD5_V10	S1_DD6_V12	S1_DD7_V14
<b>E</b>							
N°+V		S1_DE2_V4	S1_DE3_V6	S1_DE4_V8		S1_DE6_V12	
<b>F</b>							
N°+V							























GRUPPELEMENTE / VERSCHIEDENE POSITIONEN / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S2_VA4_V8		S2_VA6_V12	S2_VA7_V14	S2_VA8_V16		
<b>B</b>							
N°+V	S2_VB4_V8		S2_VB6_V12	S2_VB7_V14	S2_VB8_V16		
<b>C</b>							
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12			S2_VC9_V18	
<b>D</b>							
N°+V	S2_VD4_V8		S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18	
<b>E</b>							 or 
N°+V	S2_VE4_V8				S2_VE8_V16		S2_VE10_V20
<b>F</b>							
N°+V		S2_VF5_V10		S2_VF7_V14	S2_VF8_V16	S2_VF9_V18	S2_VF10_V20


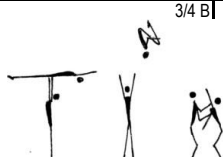

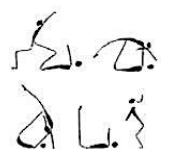
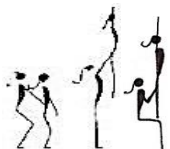


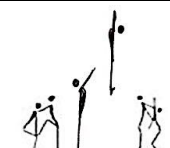

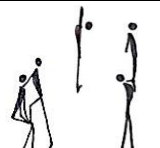
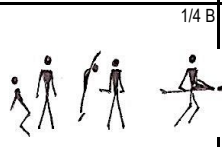
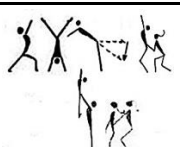

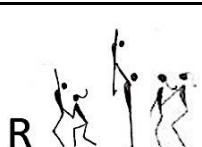
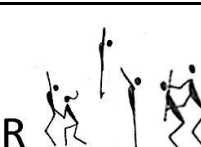
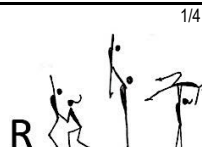
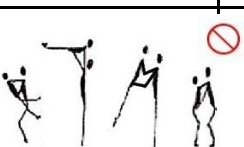



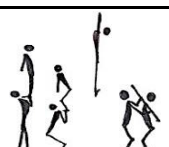
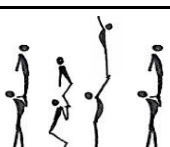
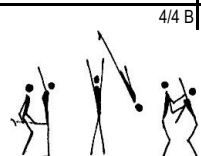
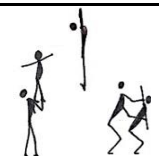
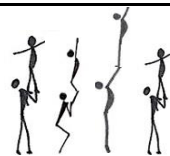
GRUPPELEMENTE / WINKEL / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

A							
	N°+V		S2_EA6_V12	S2_EA7_V14	S2_EA8_V16	S1_EA9_V18	S2_EA10_V20
	B						
		N°+V		S2_EB7_V14	S2_EB8_V16	S2_EB9_V18	
		C					
	N°+V			S2_EC7_V14	S2_EC8_V16	S2_EC9_V18	
	D						
		N°+V	S2_ED4_V8	S2_ED5_V10	S2_ED6_V12	S2_ED8_V16	S2_ED9_V18
	E						
N°+V		S2_EE4_V8	S2_EE5_V10		S2_EE8_V16	S2_EE9_V18	
F							
	N°+V		S2_EF5_V10	S2_EF6_V12		S2_EF9_V18	S2_EF10_V20































GRUPPELEMENTE / HANDSTAND / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S2_AA4_V8	S2_AA5_V10	S2_AA6_V12	S2_AA7_V14			
<b>B</b>							
N°+V	S2_AB4_V8	S2_AB5_V10	S2_AB6_V12		S2_AB8_V16	S2_AB9_V18	
<b>C</b>							
N°+V		S2_AC5_V10					S2_AC10_V20
<b>D</b>							
N°+V		S2_AD5_V10		S2_AD7_V14			S2_AD10_V20
<b>E</b>							
N°+V	S2_AE4_V8		S2_AE6_V12	S2_AE7_V14	S2_AE8_V16	S2_AE9_V18	S2_AE10_V20
<b>F</b>							
N°+V						S2_AF9_V18	S2_AF10_V20





















GRUPPELEMENTE / DYNAMIK  
WÄHLEN SIE 2 ELEMENT AUS DER TABELLE

<b>A</b>						 <sup>3/4 B</sup>	 <sup>4/4 B</sup>
N°+V					S2_DA8_V16	S2_DA9_V18	S2_DA10_V20
<b>B</b>				 <sup>4/4 F</sup>			
N°+V	S2_DB4_V8	S2_DB5_V10		S2_DB7_V14			
<b>C</b>					 <sup>80°</sup>		
N°+V	S2_DC4_V8	S2_DC5_V10			S2_DC8_V16		S2_DC10_V20
<b>D</b>	 <sup>1/4 B</sup>			 R	 R		 <sup>1/4 B</sup>
N°+V	S2_DD4_V8	S2_DD5_V10	S2_DD6_V12	S2_DD7_V14	S2_DD8_V16		S2_DD10_V20
<b>E</b>	 		 				
N°+V	S2_DE4_V8		S2_DE6_V12			S2_DE9_V18	S2_DE10_V20
<b>F</b>					 <sup>4/4 B</sup>		
N°+V					S2_DF8_V16	S2_DF9_V18	S2_DF10_V20












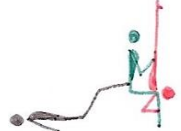










GRUPPENELEMENTE / VERSCHIEDENE POSITIONEN / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_VA1_V2	S1_VA2_V4	S1_VA3_V6		S1_VA5_V10	S1_VA6_V12	S1_VA7_V14
<b>B</b>							
N°+V				S1_VB4_V8		S1_VB6_V12	S1_VB7_V14
<b>C</b>							
N°+V	S1_VC1_V2	S1_VC2_V4	S1_VC3_V6	S1_VC4_V8	S1_VC5_V10	S1_VC6_V12	S1_VC7_V14
<b>D</b>							
N°+V	S1_VD1_V2	S1_VD2_V4		S1_VD4_V8	S1_VD5_V10	S1_VD6_V12	S1_VD7_V14
<b>E</b>							
N°+V		S1_VE2_V4		S1_VE4_V8	S1_VE5_V10		S1_VE7_V14
<b>F</b>							
N°+V		S1_VF2_V4	S1_VF3_V6		S1_VF5_V10	S1_VF6_V12	

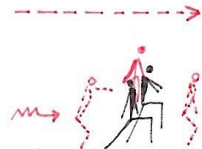






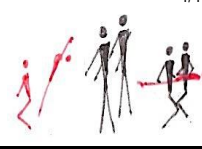

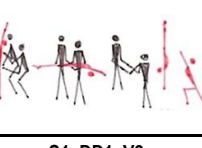



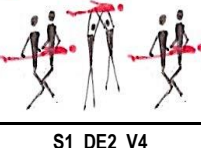
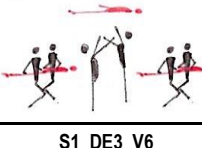


GRUPPENELEMENTE / WINKEL / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V							S1_EA7_V14
<b>B</b>							
N°+V	S1_EB2_V4	S1_EB3_V6	S1_EB4_V8	S1_EB5_V10	S1_EB6_V12	S1_EB7_V14	
<b>C</b>							
N°+V				S1_EC5_V10	S1_EC6_V12		
<b>D</b>							
N°+V				S1_ED5_V10	S1_ED6_V12		
<b>E</b>							
N°+V	S1_EE1_V2			S1_EE4_V8	S1_EE5_V10	S1_EE6_V12	S1_EE7_V14
<b>F</b>							
N°+V	S1_EF1_V2				S1_EF5_V10	S1_EF6_V12	S1_EF7_V14

































GRUPPENELEMENTE / HANDSTAND / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_AA1_V2	S1_AA2_V4	S1_AA3_V6	S1_AA4_V8	S1_AA5_V10		
<b>B</b>							
N°+V	S1_AB1_V2	S1_AB2_V4	S1_AB3_V6	S1_AB4_V8	S1_AB5_V10	S1_AB6_V12	
<b>C</b>							
N°+V		S1_AC2_V4	S1_AC3_V6	S1_AC4_V8	S1_AC5_V10	S1_AC6_V12	S1_AC7_V14
<b>D</b>							
N°+V			S1_AD3_V6			S1_AD6_V12	
<b>E</b>							
N°+V			S1_AE3_V6		S1_AE5_V10		S1_AE7_V14
<b>F</b>							
N°+V							









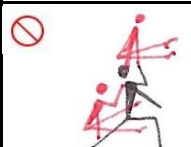


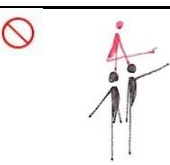
















GRUPPELEMENTE / DYNAMIK  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_DA1_V2	S1_DA2_V4	S1_DA3_V6				S1_DA7_V14
<b>B</b>							
N°+V		S1_DB2_V4	S1_DB3_V6				
<b>C</b>				1/4 B			1/4 B
N°+V		S1_DC2_V4	S1_DC3_V6			S1_DC6_V12	
<b>D</b>				1/4 F			
N°+V	S1_DD1_V2	S1_DD2_V4	S1_DD3_V6				
<b>E</b>		# 	# 	# 1/4	# 180°	# 360°	
N°+V	S1_DE1_V2	S1_DE2_V4	S1_DE3_V6	S1_DE4_V8	S1_DE5_V10	S1_DE6_V12	
<b>F</b>							
N°+V						S1_DF6_V12	S1_DF7_V14





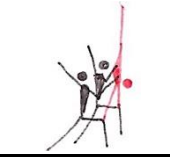



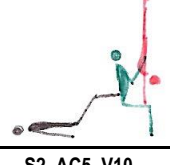
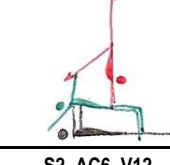

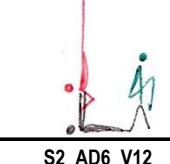
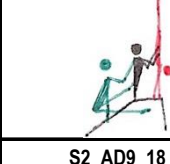
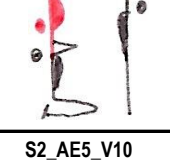


GRUPPELEMENTE / VERSCHIEDENE POSITIONEN / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S2_VA5_V10	S2_VA6_V12	S2_VA7_V14	S2_VA8_V16	S2_VA9_V18		
<b>B</b>							
N°+V	S2_VB4_V8	S2_VB6_V12	S2_VB7_V14	S2_VB8_V16	S2_VB9_V18	S2_VB10_V20	
<b>C</b>							
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12	S2_VC7_V14	S2_VC9_V18	S2_VC10_V20	
<b>D</b>							
N°+V	S2_VD4_V8	S2_VD5_V10	S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18	
<b>E</b>							
N°+V	S2_VE4_V8	S2_VE5_V10		S2_VE7_V14	S2_VE8_V16		
<b>F</b>							
N°+V		S2_VF5_V10	S2_VF6_V12		S2_VF8_V16	S2_VF9_V18	S2_VF10_V20


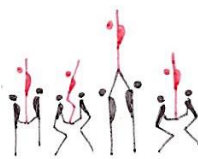




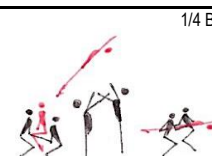

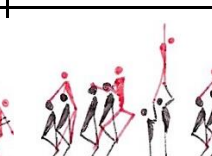

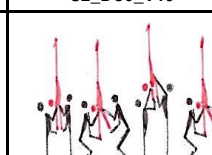

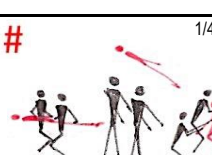
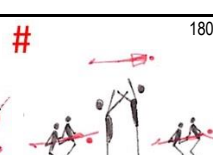
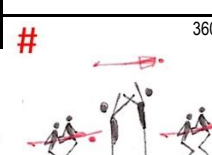
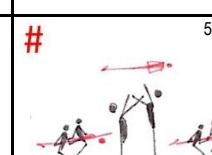
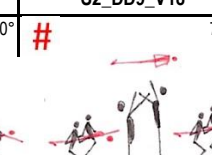
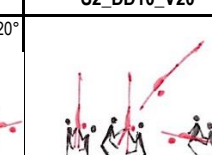



GRUPPENELEMENTE / WINKEL / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

A							
	N°+V			S2_EA7_V14		S2_EA9_V18	S2_EA10_V20
B							
	N°+V	S2_EB4_V8	S2_EB5_V10	S2_EB6_V12	S2_EB7_V14	S2_EB9_V18	S2_EB10_V20
C							
	N°+V		S2_EC5_V10	S2_EC6_V12	S2_EC8_V16	S2_EC9_V18	S2_EC10_V20
D							
	N°+V		S2_ED5_V10	S2_ED6_V12			
E							
	N°+V	S2_EE4_V8	S2_EE5_V10	S2_EE6_V12	S2_EE7_V14	S2_EE8_V16	S2_EE9_V18
F							
	N°+V		S2_EF5_V10	S2_EF6_V12	S2_EF7_V14	S2_EF8_V16	S2_EF9_V18






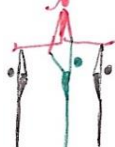















GRUPPELEMENTE / HANDSTAND / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S2_AA4_V8	S2_AA5_V10					S2AA10_V20
<b>B</b>							
N°+V	S2_AB4_V8	S2_AB5_V10	S2_AB6_V12				S2_AB10_V20
<b>C</b>							
N°+V	S2_AC4_V8	S2_AC5_V10	S2_AC6_V12	S2_AC7_V14			
<b>D</b>							
N°+V			S2_AD6_V12			S2_AD9_18	
<b>E</b>							
N°+V		S2_AE5_V10		S2_AE7_V14	S2_AE8_V16		
<b>F</b>							
N°+V							
















GRUPPELEMENTE / DYNAMIK  
WÄHLEN SIE 2 ELEMENT AUS DER TABELLE

<b>A</b>						 1/4 F	 4/4 F				
	N°+V			S2_DA7_V14	S2_DA8_V16	S2_DA9_V18	S2_DA10_V20				
<b>B</b>						 1/4 B	 4/4 B				
	N°+V					S2_DB9_V18	S2_DB10_V20				
<b>C</b>			 1/4 B				 1/4 B				
	N°+V		S2_DC6_V12		S2_DC8_V16	S2_DC9_V18	S2_DC10_V20				
<b>D</b>							 1/4 B				
	N°+V					S2_DD9_V18	S2_DD10_V20				
<b>E</b>	#	 1/4	#	 180°	#	 360°	#	 540°	#	 720°	 1/4 F
	N°+V	S2_DE4_V8	S2_DE5_V10	S2_DE6_V12		S2_DE8_V16	S2_DE9_V18	S2_DE10_V20			
<b>F</b>				 3/4 B	 3/4 B	 3/4 B					
	N°+V			S2_DF6_V12	S2_DF7_V14	S2_DF8_V16					






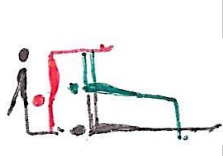






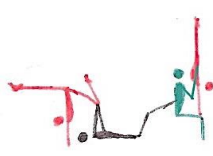








GRUPPENELEMENTE / VERSCHIEDENE POSITIONEN / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_VA1_V2	S1_VA2_V4					
<b>B</b>							
N°+V		S1_VB2_V4			S1_VB5_V10	S1_VB6_V12	S1_VB7_V14
<b>C</b>							
N°+V			S1_VC3_V6	S1_VC4_V8	S1_VC5_V10	S1_VC6_V12	
<b>D</b>							
N°+V		S1_VD2_V4	S1_VD3_V6	S1_VD4_V8	S1_VD5_V10	S1_VD6_V12	S1_VD7_V14
<b>E</b>							
N°+V		S1_VE2_V4		S1_VE4_V8		S1_VE6_V12	
<b>F</b>							
N°+V					S1_VF5_V10		S1_VF7_V14

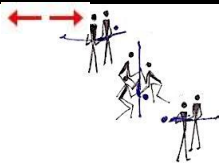
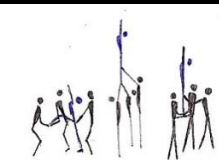
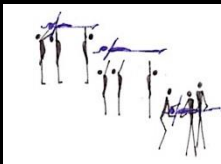
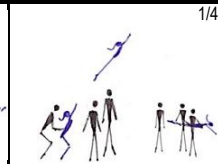
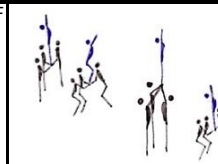
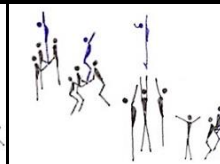
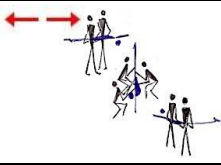
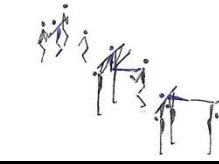
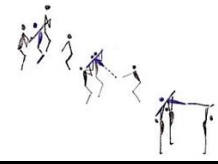

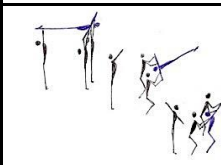


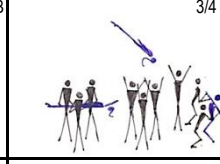
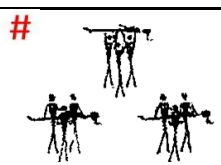
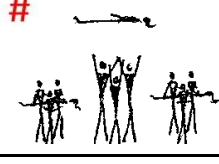
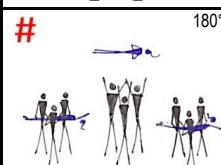
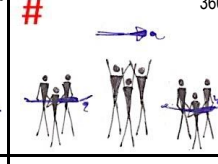
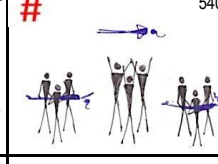
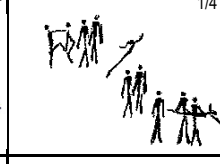
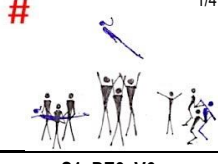
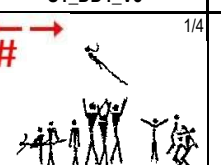
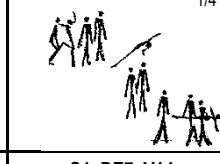


GRUPPENELEMENTE / WINKEL / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

A							
	N°+V					S1_EA6_V12	S1_EA7_V14
B							
	N°+V						S1_EB7_V14
C							
	N°+V			S1_EC4_V8			S1_EC7_V14
D							
	N°+V			S1_ED4_V8	S1_ED5_V10		
E							
	N°+V	S1_EE1_V2	S1_EE2_V4	S1_EE4_V8		S1_EE6_V12	S1_EE7_V14
F							
	N°+V	S1_EF1_V2	S1_EF2_V4		S1_EF5_V10		

GRUPPENELEMENTE / HANDSTAND / STATIK 3"  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
	N°+V	S1_AA1_V2	S1_AA3_V6	S1_AA4_V8	S1_AA5_V10		S1_AA7_V14
<b>B</b>							
	N°+V	S1_AB2_V4	S1_AB3_V6		S1_AB5_V10		S1_AB7_V14
<b>C</b>							
	N°+V	S1_AC2_V4	S1_AC3_V6	S1_AC4_V8	S1_AC5_V10		
<b>D</b>							
	N°+V				S1_AD5_V10	S1_AD6_V12	S1_AD7_V14
<b>E</b>							
	N°+V		S1_AE3_V6		S1_AE5_V10	S1_AE6_V12	
<b>F</b>							
	N°+V				S1_AF5_V10	S1_AF6_V12	





















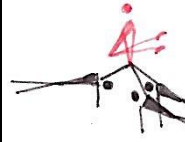
GRUPPELEMENTE / DYNAMIK  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S1_DA1_V2	S1_DA2_V4		S1_DA4_V8	S1_DA5_V10	S1_DA6_V12	S1_DA7_V14
<b>B</b>							
N°+V	S1_DB1_V2	S1_DB2_V4	S1_DB3_V6		S1_DB5_V10		
<b>C</b>							
N°+V				S1_DC4_V8	S1_DC5_V10	S1_DC6_V12	S1_DC7_V14
<b>D</b>							
N°+V	S1_DD1_V2	S1_DD2_V4		S1_DD4_V8	S1_DD5_V10	S1_DD6_V12	S1_DD7_V14
<b>E</b>							
N°+V			S1_DE3_V6	S1_DE4_V8			S1_DE7_V14
<b>F</b>							
N°+V						S1_DF6_V12	S1_DF7_V14

GRUPPELEMENTE / VERSCHIEDENE POSITIONEN / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

A								
N°+V						S2_VA8_V16	S2_VA9_V18	
B								
N°+V	S2_VB5_V10	S2_VB6_V12	S2_VB7_V14	S2_VB8_V16				S2_VB10_V20
C								
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12					S2_VC10_V20
D								
N°+V	S2_VD4_V8	S2_VD5_V10	S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18		
E								
N°+V	S2_VE4_V8		S2_VE6_V12			S2_VE9_V18	S2_VE10_V20	
F								
N°+V		S2_VF5_V10		S2_VF7_V14	S2_VF8_V16	S2_VF9_V18	S2_VF10_V20	

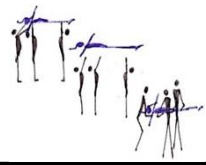
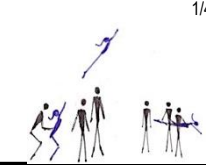
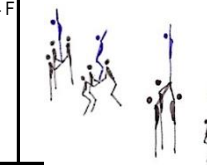
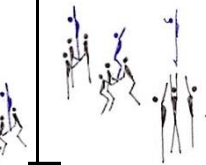
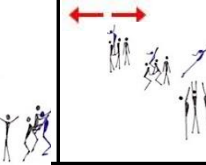
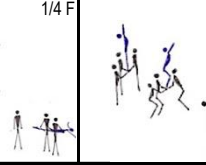
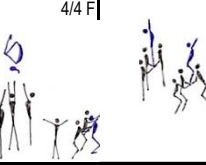

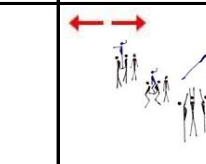
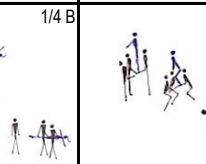
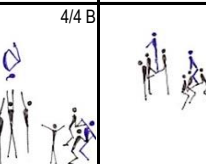
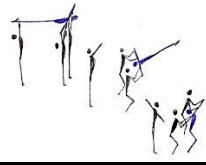

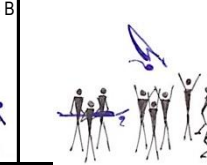
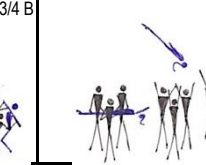
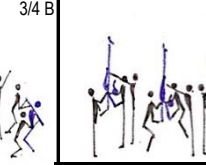
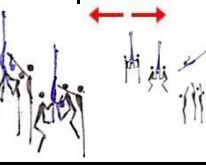
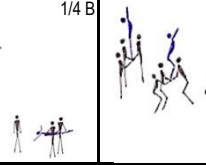
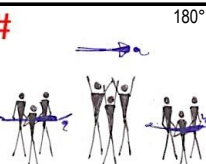
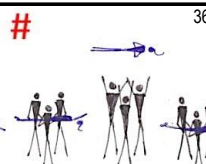
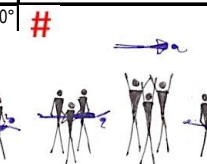
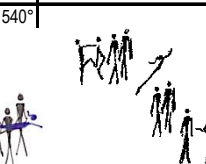
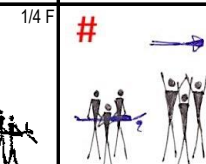
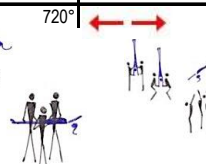

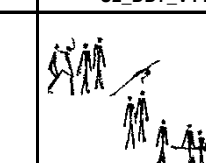
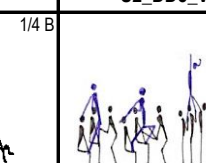
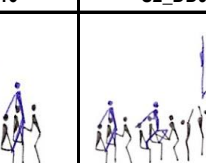
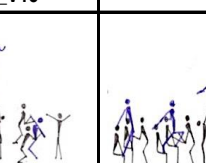

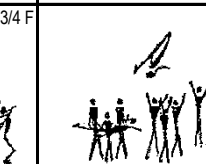
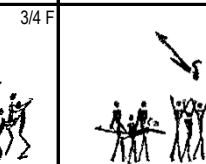
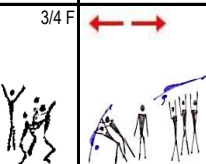
GRUPPELEMENTE / WINKEL / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V			S2_EA6_V12	S2_EA7_V14	S2_EA8_V16		
<b>B</b>							
N°+V				S2_EB7_V14	S2_EB8_V16	S2_EB9_V18	S2_EB10_V20
<b>C</b>							
N°+V	S2_EC4_V8			S2_EC7_V14	S2_EC8_V16		
<b>D</b>							
N°+V	S2_ED4_V8	S2_ED5_V10					S2_ED10_V20
<b>E</b>							
N°+V	S2_EE4_V8		S2_EE6_V12	S2_EE7_V14		S2_EE9_V18	S2_EE10_V20
<b>F</b>							
N°+V		S2_EF5_V10				S2_EF9_V18	S2_EF10_V20










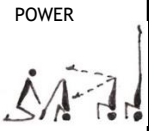
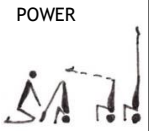







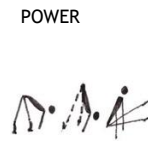
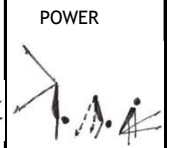


GRUPPELEMENTE / HANDSTAND / STATIK 3"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>							
N°+V	S2_AA4_V8	S2_AA5_V10		S2_AA7_V14	S2_AA8_V16	S2_AA9_V18	
<b>B</b>							
N°+V		S2_AB5_V10		S2_AB7_V14			S2_AB10_V20
<b>C</b>							
N°+V	S2_AC4_V8	S2_AC5_V10			S2_AC8_V16		
<b>D</b>							
N°+V		S2_AD5_V10	S2_AD6_V12	S2_AD7_V14	S2_AD8_V16		S2_AD10_V20
<b>E</b>							
N°+V		S2_AE5_V10	S2_AE6_V12		S2_AE8_V16		S2_AE10_V20
<b>F</b>							
N°+V		S2_AF5_V10	S2_AF6_V12				







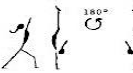






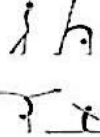



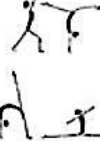
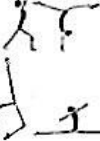
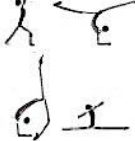


GRUPPELEMENTE / DYNAMIK  
WÄHLEN SIE 2 ELEMENT AUS DER TABELLE

<b>A</b>		 1/4 F			 1/4 F	 4/4 F	 3/4 F
	N°+V	S2_DA4_V8	S2_DA5_V10	S2_DA6_V12	S2_DA7_V14	S2_DA8_V16	S2_DA9_V18
<b>B</b>					 1/4 B	 4/4 B	 3/4 B
	N°+V		S2_DB5_V10			S2_DB8_V16	S2_DB9_V18
<b>C</b>		 3/4 B	 3/4 B	 3/4 B	 3/4 B	 1/4 B	
	N°+V	S2_DC4_V8	S2_DC5_V10	S2_DC6_V12	S2_DC7_V14	S2_DC8_V16	S2_DC9_V18
<b>D</b>	 # 180°	 # 360°	 # 540°	 1/4 F	 # 720°	 1/4 F	
	N°+V	S2_DD4_V8	S2_DD5_V10	S2_DD6_V12	S2_DD7_V14	S2_DD8_V16	S2_DD9_V18
<b>E</b>	 # 1/4			 1/4 B			 1/4 B
	N°+V	S2_DE4_V8			S2_DE7_V14	S2_DE8_V16	S2_DE9_V18
<b>F</b>			 3/4 F	 3/4 F	 3/4 F	 1/4 F	
	N°+V			S2_DF6_V12	S2_DF7_V14	S2_DF8_V16	S2_DF9_V18

INDIVIDUELLES ELEMENT / HALTE-ELEMENT 2"  
 WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>										
N°+V	IMA1_V1			IMA4_V4			IMA7_V7	IMA8_V8	IMA9_V9	
<b>B</b>										
N°+V	IMB1_V1	IMB2_V2	IMB3_V3	IMB4_V4	IMB5_V5	IMB6_V6		IMB8_V8	IMB9_V9	IMB10_V10
<b>C</b>										
N°+V				IMC4_V4	IMC5_V5	IMC6_V6				
<b>D</b>										
N°+V							IMD7_V7	IMD8_V8	IMD9_V9	
<b>E</b>										
N°+V						IME6_V6	IME7_V7			
<b>F</b>										
N°+V										

INDIVIDUELLES ELEMENT / FLEXIBILITÄT  
WÄHLEN SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>										
N°+V	ISA1_V1			ISA4_V4	ISA5_V5	ISA6_V6	ISA7_V7			
<b>B</b>										
N°+V						ISB6_V6			ISB9_V9	ISB10_V10
<b>C</b>										
N°+V	ISC1_V1	ISC2_V2	ISC3_V3	ISC4_V4			ISC7_V7	ISC8_V8	ISC9_V9	
<b>D</b>										
N°+V				ISD4_V4			ISD7_V7	ISD8_V8	ISD9_V9	ISD10_V10
<b>E</b>										
N°+V								ISE8_V8	ISE9_V9	
<b>F</b>										
N°+V										



FSGA Association Spécialisée FSG

# FSGA / SVAT / SFAG

# STP 2026

# INDIVIDUELLE ELEMENTE AT

INDIVIDUELLES ELEMENT / AGILITÄT - TUMBLING  
WÄHLE SIE 1 ELEMENT AUS DER TABELLE

<b>A</b>										
N°+V	IAA1_V1	IAA2_V2		IAA4_V4	IAA5_V5	IAA6_V6	IAA7_V7	IAA8_V8	IAA9_V9	
<b>B</b>										
N°+V	IAB1_V1		IAB3_V3		IAB5_V5	IAB6_V6				
<b>C</b>										
N°+V		IAC2_V2		IAC4_V4				IAC8_V8	IAC9_V9	
<b>D</b>										
N°+V			IAD3_V3	IAD4_V4				IAD8_V8		
<b>E</b>										
N°+V	ITE1_V1		ITE3_V3	ITE4_V4	ITE5_V5	ITE6_V6	ITE7_V7	ITE8_V8	ITE9_V9	ITE10_V10
<b>F</b>										
N°+V			ITF3_V3			ITF6_V6			ITF9_V9	ITF10_V10