



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

SDP

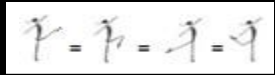

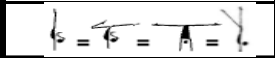




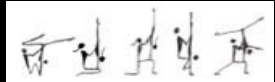



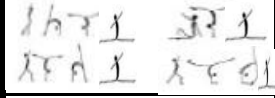

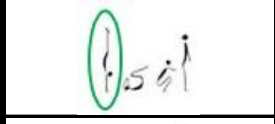
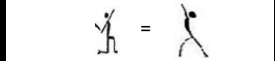
SWISS DEVELOPMENT PLAN

National







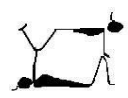





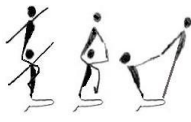
















Table of difficulty

CATEGORIES SN1 - SN2















VERSION 17.03.26

<p>GENERAL INFORMATIONS :</p>	<p>The drawings (including the orientation of the partners towards each other) and the texts below are the reference for the recognition of the difficulty value. Variations are allowed when they do not significantly alter the nature and biomechanical principles of the element. The variations below are not to be mentioned on the tariff sheet.</p>
BALANCE ELEMENTS	
	<p>Elements with the top on one foot : performance possible with the leg in front or behind (arabesque), leg bent or straight.</p>
	<p>* Elements with tuck lever : legs bent between the spread arms. * Elements with straight lever : legs can either be together or crossed between the arms or in straddle.</p>
	<p>The following variations are allowed for the handstand.</p>
	<p>The bases can stand on two knees or on one for this position.</p>
	<p>Elements with the top on the feet / the hands of the base on the ground : the support should be on the feet / the hands of the base, no support on the floor.</p>
	<p>Element with the base in table position : the arm drawn in dotted lines can be on the floor or raised.</p>
	<p>Element may not be performed with support on the neck, the support must be on the back or on the shoulders.</p>
	<p>* Elements with the base supporting the handstand : contact of the base may be on the thighs, on the pelvis or on the trunk of the top. * The orientation of the handstand (front or back) is free.</p>
DYNAMIC ELEMENTS	
	<p>* With arrow : must be preceded by motion. * Absence of arrow : can be preceded by motion or standing start.</p>
	<p>Elements with flight phase : the landing has to be performed with a support of the base(s) when mentioned as such on the drawings. Catch at the arms or top of the trunk of the top.</p>
INDIVIDUAL ELEMENTS	
	<p>Element side split and element slide to side split : can be performed with or without contact of the hands on the floor.</p>
	<p>Elements of flexibility with arrival in split : can be performed with a touch of hand(s) on the floor during the slide to split. The position of the arms on arrival is free.</p>
	<p>Start on knees : feet stretched, without impulse of the toes on the floor.</p>
	<p>* Elements ending with a front roll : no touch of hands on the floor (exception : front roll lift with legs straight and tight). During the roll, the hands may or may not catch shins. * Elements with handstand roll forward : during the roll, the arms can be bent or straight.</p>
	<p>The agility individual elements with landing on the feet spread can also be performed with landing on the knees.</p>








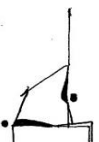













COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

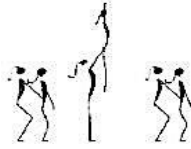


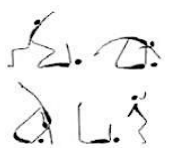

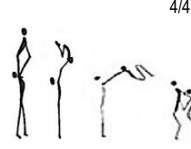
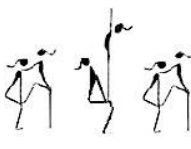
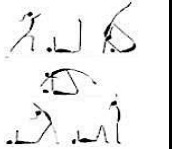


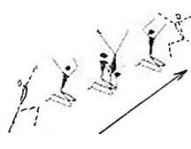
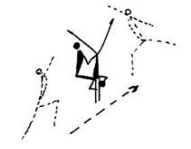
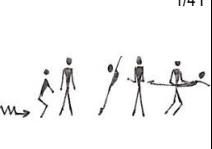
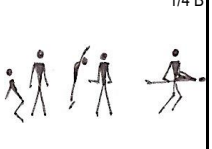




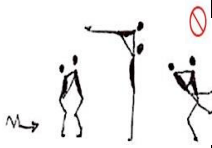


COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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












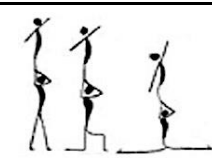


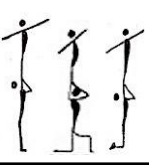

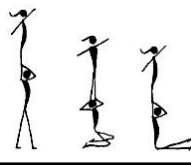


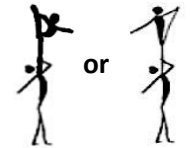






COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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




























COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 1 ELEMENT IN THE TABLE

A							
N°+V	S1_DA1_V2	S1_DA2_V4	S1_DA3_V6				
B							 4/4 F
N°+V				S1_DB4_V8	S1_DB5_V10		S1_DB7_V14
C							
N°+V		S1_DC2_V4	S1_DC3_V6	S1_DC4_V8	S1_DC5_V10		
D			 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
E							
N°+V		S1_DE2_V4	S1_DE3_V6	S1_DE4_V8		S1_DE6_V12	
F							
N°+V							























COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

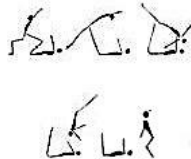
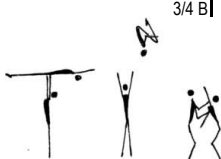

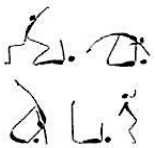
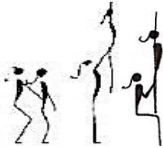



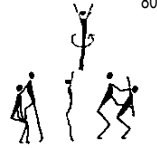
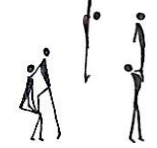
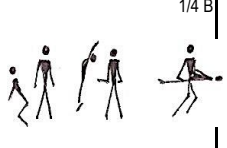


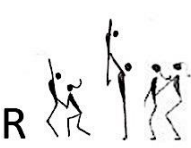
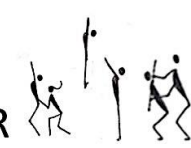
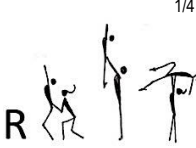






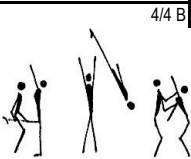

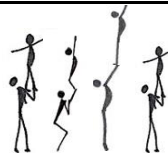
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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	S2_ED10_V20
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































COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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













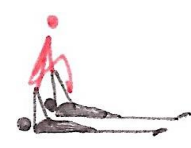







COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 2 ELEMENTS IN THE TABLE

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












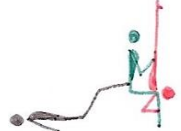










COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

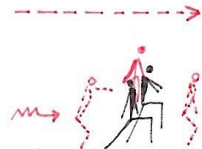






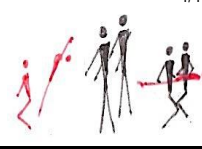

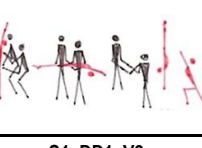



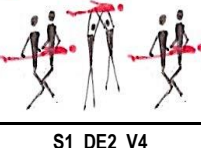
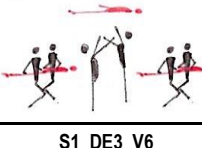





COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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












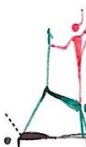



















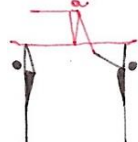
COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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





























COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 1 ELEMENT IN THE TABLE

A							
N°+V	S1_DA1_V2	S1_DA2_V4	S1_DA3_V6				S1_DA7_V14
B							
N°+V		S1_DB2_V4	S1_DB3_V6				
C							
N°+V		S1_DC2_V4	S1_DC3_V6			S1_DC6_V12	
D							
N°+V	S1_DD1_V2	S1_DD2_V4	S1_DD3_V6				
E							
N°+V	S1_DE1_V2	S1_DE2_V4	S1_DE3_V6	S1_DE4_V8	S1_DE5_V10	S1_DE6_V12	
F							
N°+V						S1_DF6_V12	S1_DF7_V14










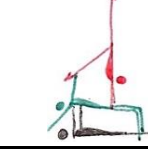

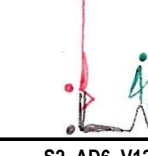
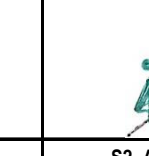
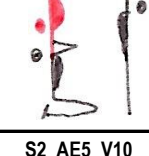

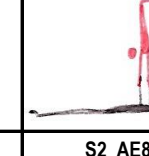
COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

A							
N°+V	S2_VA5_V10	S2_VA6_V12	S2_VA7_V14	S2_VA8_V16	S2_VA9_V18		
B							
N°+V	S2_VB4_V8	S2_VB6_V12	S2_VB7_V14	S2_VB8_V16	S2_VB9_V18	S2_VB10_V20	
C							
N°+V	S2_VC4_V8	S2_VC5_V10	S2_VC6_V12	S2_VC7_V14	S2_VC9_V18	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_VE5_V10		S2_VE7_V14	S2_VE8_V16		
F							
N°+V		S2_VF5_V10	S2_VF6_V12		S2_VF8_V16	S2_VF9_V18	S2_VF10_V20



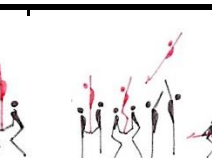

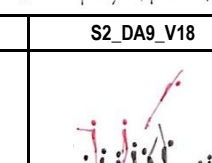
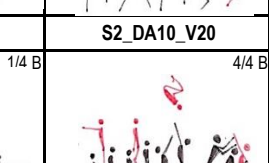
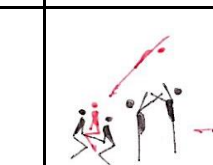

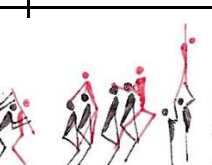

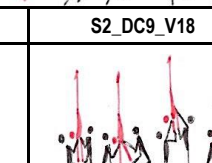
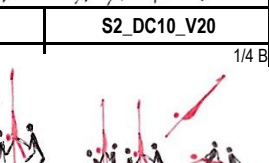


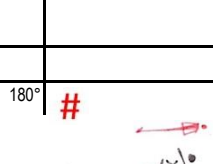
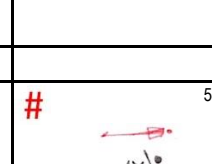


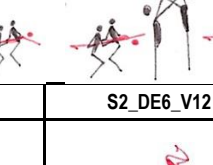
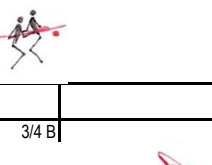
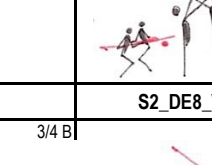
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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	S2_EF10_V20






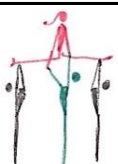













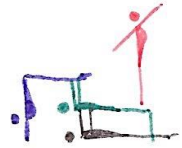

COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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
















COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 2 ELEMENTS IN THE TABLE

A						 1/4 F	 4/4 F				
	N°+V			S2_DA7_V14	S2_DA8_V16	S2_DA9_V18	S2_DA10_V20				
B						 1/4 B	 4/4 B				
	N°+V					S2_DB9_V18	S2_DB10_V20				
C			 1/4 B				 1/4 B				
	N°+V		S2_DC6_V12		S2_DC8_V16	S2_DC9_V18	S2_DC10_V20				
D							 1/4 B				
	N°+V					S2_DD9_V18	S2_DD10_V20				
E	#	 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			
F				 3/4 B	 3/4 B	 3/4 B					
	N°+V			S2_DF6_V12	S2_DF7_V14	S2_DF8_V16					






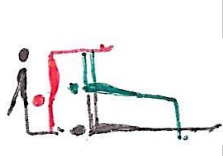






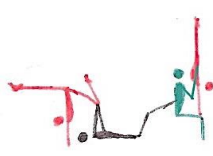








COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

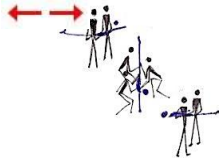
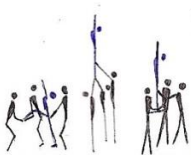
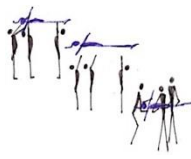
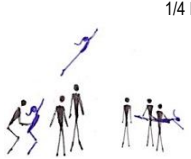
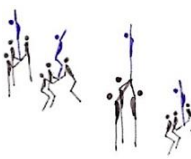
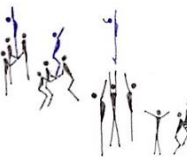
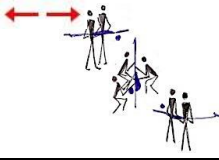
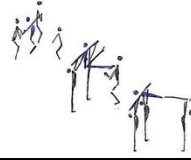
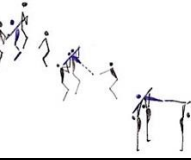
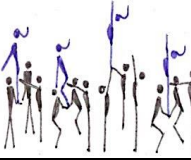
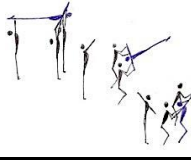


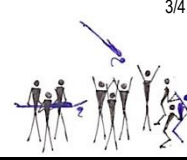
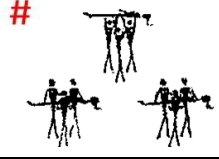
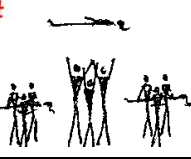
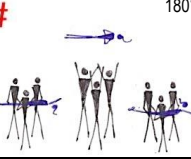

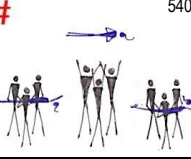






COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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		





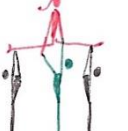




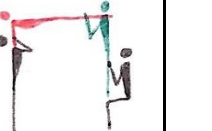















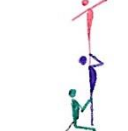
COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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




















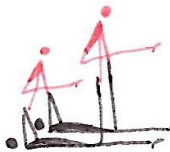

COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 1 ELEMENT IN THE TABLE

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







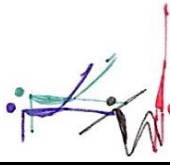















COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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	

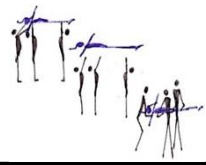
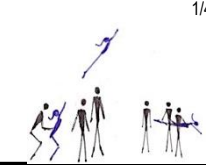
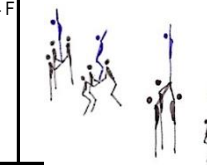
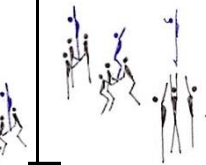
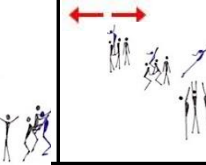
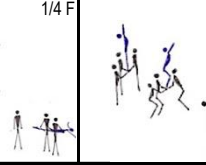
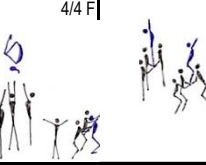

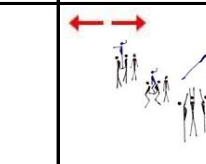
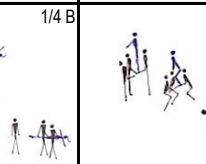
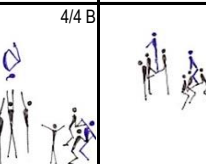
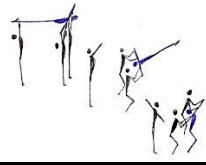

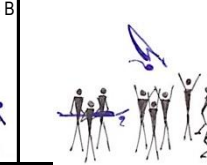
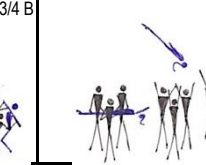
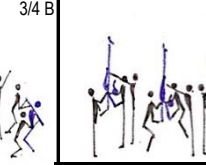
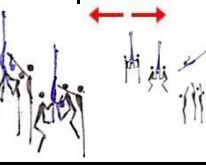
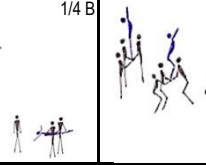
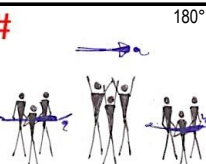
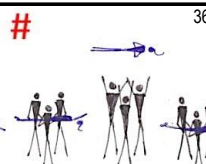
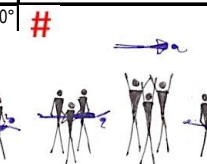
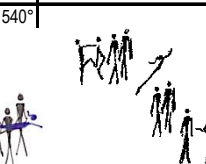
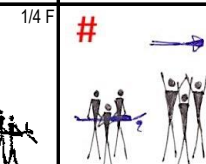
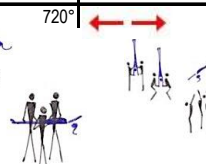

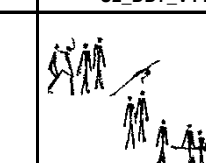
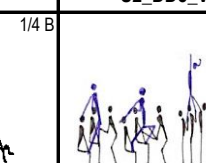
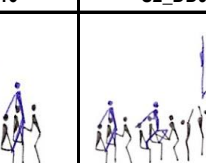
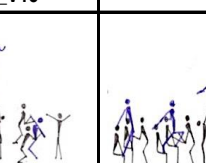

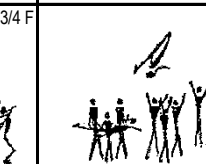
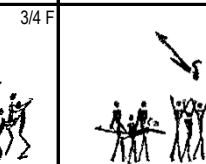
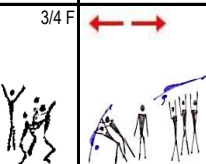
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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























COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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







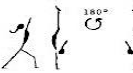






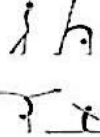



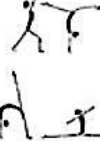
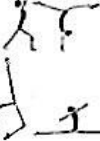
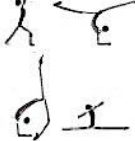


COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 2 ELEMENTS IN THE TABLE

A		 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	S2_DA10_V20
B					 1/4 B	 4/4 B	 3/4 B
N°+V		S2_DB5_V10			S2_DB8_V16	S2_DB9_V18	S2_DB10_V20
C		 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	S2_DC10_V20
D	 # 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	
E	 # 1/4			 1/4 B			 1/4 B
N°+V	S2_DE4_V8			S2_DE7_V14	S2_DE8_V16	S2_DE9_V18	S2_DE10_V20
F			 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	








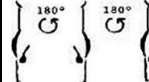
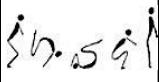
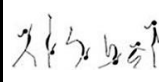
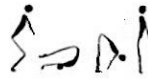

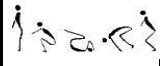



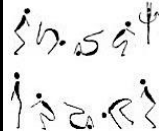















INDIVIDUAL ELEMENTS / STATIC HOLDS 2"
CHOOSE 1 ELEMENT IN THE TABLE

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

INDIVIDUAL ELEMENTS / FLEXIBILITY
CHOOSE 1 ELEMENT IN THE TABLE

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

INDIVIDUAL ELEMENTS / AGILITY - TUMBLING
CHOOSE 1 ELEMENT IN THE TABLE

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