

NATIONAL COMPETITION PROGRAM 2026ff.

Art. 1 : Objective

These regulations govern the national categories:

- SWISS NATIONAL 1: "SN1"
- SWISS NATIONAL 2: "SN2"
- SWISS NATIONAL 3: "Aspire"
- SWISS OPEN: "SNO"

in the discipline of acrobatic gymnastics within the Swiss Acrobatic Gymnastics Federation. It sets out requirements for exercise composition, scoring, age categories, eligibility to compete, and the staging of national competitions. It is based on the currently valid FIG Code of Points for Acrobatic Gymnastics and the World Age Group Competition Rules. Unless otherwise specified in these regulations, the FIG rules apply mutatis mutandis (phrase not well-known - "with any modifications").

Binding language version: The original regulations are written in German. This English version and any translations into other languages are for guidance only. In the case of any uncertainty, the German version is regarded as definitive.

Terms of reference: These regulations apply to all national events and competitions organized by the federation or on its behalf.

Art. 2 : Terms and abbreviations

Dismounts	A dismount is the intentional jumping off from a partner or group figure - i.e., a position in which an athlete is held or supported by one or more partners and then lands on the floor.
Catch	A catch occurs when a partner is safely caught by one or more partners after an acrobatic flight phase - for example, after a toss or a somersault. (Landing on the partner)
CJP	Chief of the Judging Panel
Combi	The combined exercise contains both balance elements and dynamic elements.
DJ	Difficulty Judge
DV	Difficulty Value
FIG	Fédération Internationale de Gymnastique, International Gymnastics Federation and publisher of the Code of Points and Tables of Difficulty.
Rotations	Rotations around the horizontal and vertical axes, specified in quarters.
SCJP	Superior Chief of the Judging Panel
SR	Special Requirement (requirement for the composition of the exercise)
TOD	Table of Difficulty
TS	Tariff sheet - Official sheet listing all planned elements and their difficulty values, to be submitted before the start of the competition.
Twist	Longitudinal axis rotations specified in degrees

Art. 3 : Responsibilities

3.1 Federation

- Issues and updates these regulations.
- Organizes (America English spelling, BrE “organises” national competitions or assigns the mandate to organizing clubs.
- Ensures that judges are trained and appointed in accordance with national and FIG licensing regulations.

3.2 Organizing Committee (OC)

- Is responsible for organising (AmE or BrE) the competition in accordance with these regulations, the SFAG competition regulations, and FIG rules.
- Provides suitable competition facilities, equipment, music system, etc. (detailed requirements in the SFAG competition regulations).
- Coordinates the registration, accreditation and support of participants.

3.3 Superior Jury (SCJP)

- Provides support and advice to the CJP
- Has overall responsibility for compliance with the competition rules during the event. Has the power to overrule the CJP and make the final decision.
- Supervises the work of the judges.
- Makes decisions on the interpretation of rules that arise during the competition.

3.4 Chief Judge Panel (CJP)

- In the absence of a SCJP, has overall responsibility for compliance with competition rules during the event.
- Supervises the work of the judges.
- Makes decisions on the interpretation of rules that arise during the competition.
- Determines deductions for rule violations outside the technical scoring (according to FIG table).

3.5 Difficulty Judges (D1/D2)

- Check the accuracy of the elements entered in the TS.
- Determine the difficulty score (D-score) based on the Code of Points and the valid element lists.
- Report missing or incorrectly executed elements to the CJP.

3.6 Artistic Judges (A-Jury)

- Evaluate choreography, musicality, expression, creativity, presentation, and partnership.
- Apply the FIG criteria for artistry, supplemented by national requirements.

3.7 Execution Judges (E-Jury)

- Evaluate the technical execution of all elements.
- Deduct points for incorrect technique, poor posture, uncertainty, unclean landings, or falls.

3.8 Coaches

- Are responsible for registering the formations and correctly completing and submitting the TS on time.
- Supervise the athletes during the competition.
- Ensure that athletes are familiar with and comply with the rules.
- Submit appeals.

3.9 Athletes

- Are obligated to comply with the competition rules and behave in a sportsmanlike manner.
- Participate in the award ceremony in official clothing (club trainer).

Art. 4 : Categories and disciplines

Categories

- SWISS NATIONAL 1: "SN1"
National beginner category. Age range: 5-13 years.
- SWISS NATIONAL 2: "SN2"
National development category. Age range: 6-14 years.
- SWISS NATIONAL 3: "Aspire"
Performance preparation (Talent transition/Performance pathway) category. Age range: 8-16 years.
- SWISS NATIONAL OPEN: "SNO"
Open national category with no age limit, maximum age difference between partners 12 years.

Disciplines (according to FIG)

- WP - Women's Pair
- MP - Men's Pair
- MxP - Mixed Pair¹
- WG - Women's Group (3 persons)
- MG - Men's Group (4 persons)

¹ The base partner is male, the top partner is female.

Art. 5 : Exercise composition (SN1, SN2, Aspire, SNO)

SN1 and S2N

Disciplines:	Only official FIG disciplines (WP, MP, MxP, WG, MG)
Type of exercise:	Combined exercise
Partner/	S1N: (4 total) - each from a different family:
Group elements:	1. "Different positions" (hold for at least 3 seconds) 2. "Straddle" (hold for at least 3 seconds) 3. "Handstand" (hold for at least 3 seconds) 4. "Dynamic"
	S2N: (5 total) - each from a different family:
	1. "Various positions" (hold for at least 3 seconds) 2. "Straddle" (hold for at least 3 seconds) 3. "Handstand" (hold for at least 3 seconds) 4. 2 x Dynamic
Individual elements:	(3 total) - each from a different family: 1. Static hold (hold for at least 2 seconds) 2. Flexibility 3. Agility/tumbling Partners may perform different individual elements from the same family, but the elements must be performed simultaneously or in immediate succession.
TS:	Must be submitted with AcroCompanion . The order of the elements must correspond to the order performed (partner/group and individual elements).
Choreography	The routine must be performed to music, which may be selected in accordance with FIG rules (maximum 2 minutes, excluding beep). The choreography connects all partner/group elements and individual elements.
Calculation of D-score:	Sum of partner/group elements (4 or 5) + (sum of the 3 individual elements divided by the number of partners) / 100.
Calculation of final score:	E-score $\times 2$ + (A-score +0.5) + D-score - penalties.
Penalties (relevant for the composition):	Missing compulsory element: -1.0 (D-jury); the values do not count. Missing individual element: -1.0 (D jury); the value of all partners does not count. Element started but not completed: E-jury -0.5 (without fall) or -1.0 (fall); does not count for SR, additional -1.0 SR penalty (D-jury). If repeated and successfully completed, the SR penalty does not apply.

**Time error
penalties**

Partner/group elements:

# Seconds	Penalty	DV	SR
3	0.0	Yes	Yes
2	0.3	Yes	Yes
1	0.6	Yes	Yes
<1	0.9	No	No

Individual elements:

# Seconds	Penalty	DV	SR
2	0.0	Yes	Yes
1	0.3	Yes	Yes
<1	0.6	No	No

SN3 - Aspire

Disciplines:	Only official FIG disciplines (WP, MP, MxP, WG, MG)
Type of exercise:	Combined exercise
Mandatory partner/	Possible selection of elements:
Group elements:	- Compulsory elements from the <i>World Age Group Rules - Compulsory Tables</i>. - Optional elements from the <i>FIG Tables of Difficulty</i> or from the <i>World Age Group Rules - Compulsory Tables</i>, not from the same series as the compulsory elements. Optional elements must be drawn from the <i>FIG Table of Difficulty</i> or the <i>Pre-Youth (11-16) Optional Elements Table 2025-2028</i> so that it is clear which elements count towards the difficulty.
	Restrictions: - All landings of dynamic elements with a value > 1 must be supported (exceptions: cannonball, 5/4 Gainer somersault from wrap). - Each pair/group must perform the elements as shown in the drawings (permitted stylistic variations only in accordance with "Allowed variation Table 11-16" in the World Age Group Rules).
	Permitted connections, mounts, catches, and dismounts (do not need to be specified on the TS, do not count towards DV): Simple elements from the FIG Tables of Difficulty, max. value 5. With max. 3/4 rotation or max. 360° twist.
Specifications for pairs:	2 compulsory balance elements (each from a different series I-IV of the Compulsory Tables). 1 optional balance element (value 1-9). 2 compulsory dynamic elements (each from a different series I-IV). 1 optional dynamic element (value 1-14). - At least 1 dynamic element (compulsory or optional) must be a catch. - The "+ values" for WP (TOD General Rules) balance and dynamics do not apply to the Aspire age group.
Specifications for groups:	1 compulsory pyramid from a series of compulsory tables. 1 optional pyramid from the FIG Tables of Difficulty (Value 4-16, separate construction). 2 compulsory dynamic elements (each from a different series I-IV). 1 optional dynamic element (value women 1-14, men 1-10). - At least 1 dynamic element (compulsory or optional) must be a catch. - The "+ values" for WG (TOD general rules) balance and dynamics do not apply to the Aspire age group.
	Restrictions: MG: max. 2 horizontal catches (1 from Compulsory Table, 1 from FIG ToD).
Individual elements:	- Exactly 3 individual elements per partner from any category (static hold (min. 2s hold), flexibility, agility, or tumbling). - Partners may perform different individual elements, but at the same time or in immediate succession. - Maximum difficulty value per individual element: 10 Value.

- Tumbling elements (cartwheels, roundoffs, handsprings, somersaults etc.) must be prepared with a movement (run-up, hop, etc.) and, depending on the type of element, must land on one or both feet.
- If an individual element is not counted or is not declared on the TS → the following element in the tumbling series does not receive any difficulty, but it counts for SR.

TS: Must be submitted with **AcroCompanion**. The sequence of elements must correspond to the sequence performed (partner/group and individual elements).

Choreography The routine must be performed to music, which may be selected in accordance with FIG rules. (maximum 2 minutes, excluding beep). A choreography connects all partner/group elements and individual elements.

Calculation of D-score: Sum of the value of the partner/group elements from the *World Age Group Rules - Compulsory Tables up to a maximum of 0.5 (0.0 - 0.5)*

Calculation of final score: E-score $\times 2$ + A-score + D-score - penalties.

Penalties (relevant for the composition): **Missing compulsory element:** -1.0 (D-jury); the values do not count.
Missing individual element: -1.0 (D-jury); the values of all partners do not count.

Element started but not completed: E-jury -0.5 (without fall) or -1.0 (fall); element does not count for SR, additional -1.0 SR penalty (D-jury). **If repeated and successfully completed, the SR penalty does not apply.**

Element above maximum value (according to Pre-Youth table): -1.0.

Prohibited element: -1.0.

Incorrect tariff sheet: -0.3 (once per exercise).

Unsupported landing for dynamic elements/dismounts > 1 value: -0.5 per case.

Time error penalties Partner/group elements:

# Seconds	Penalty	DV	SR
3	0.0	Yes	Yes
2	0.3	Yes	Yes
1	0.6	Yes	Yes
<1	0.9	No	No

Individual elements:

# Seconds	Penalty	DV	SR
2	0.0	Yes	Yes
1	0.3	Yes	Yes
<1	0.6	No	No

SNO - "Swiss Open"

Disciplines:	Pairs (2 partners) Groups (3 or 4 partners) Each position can be filled by a male or female gymnast.
Type of exercise:	Combination exercise
Partner/ Group elements:	Possible selection of elements: • Elements from the <i>FIG Tables of Difficulty</i> • The rules from the <i>FIG Code of Points</i> apply in principle. Restrictions: • All landings of dynamic elements with a value > 1 must be supported (exceptions: cannonball, 5/4 gainer somersault from wrap).
Specifications for pairs and groups:	• 3 balance elements, each held for ≥ 3 seconds ◦ For groups: in at least 2 separately constructed pyramids. • 3 dynamic elements, at least 1 dynamic element must be a catch. Restrictions: • A maximum of 8 elements count towards the difficulty • Identical elements (same ID#) only receive value once • Each position counts a maximum of 2 times as a hold and 2 times in the motion • The base may not repeat an identical motion/mount in the same routine, regardless of the position of the top partner in the static hold. • Maximum of 3 dismounts. • Maximum of three horizontal catches • Maximum of 3 links. • All partners must be actively involved in an element for it to count towards the DV and SR. • Only elements on the competition sheet count towards the difficulty. • The total value of the tempo elements may not exceed twice that of the balance elements, and vice versa. This rule does not apply to individual elements.
Individual elements:	Individual elements may be performed, but are not mandatory. • A maximum of 3 individual elements from any category (static hold (min. 2s hold), flexibility, agility, or tumbling). • Partners may perform different individual elements but they must be performed at the same time or in immediate succession. The number of individual elements may differ between partners. • Tumbling elements (cartwheels, roundoffs, handsprings, somersaults etc.) must be prepared by a movement (run-up, hop, etc.) and, depending on the type of element, land on one or both feet. • If an individual element is not counted or is not declared on the TS → the following element of the tumbling series does not receive any difficulty, but it counts for SR.
TS:	Must be submitted with AcroCompanion . The order of the elements must correspond to the order performed (partner/group and individual elements).

Choreography The routine must be performed to music, which may be selected in accordance with FIG rules (maximum 2 minutes 30 seconds, excluding beep). The choreography must combine all partner/group elements and individual elements.

Calculation of D-score: Sum of the value of the partner/group elements from the *FIG Tables of Difficulty* (5-8) and the sum of the individual elements shown (0-3) divided by the number of partners divided by 100.

Calculation of the final score: E-score $\times 2$ + A-score + D-score - penalties.

Penalties (relevant for the composition): Missing element: -1.0 (D-jury); the values do not count.
 Missing pyramid: -1.0 (D-jury)
 Element started but not completed: E-jury -0.5 (without fall) or -1.0 (fall); does not count for SR, additional -1.0 SR penalty (D-jury). If repeated and successfully completed, the SR penalty does not apply.

Prohibited element: -1.0.

Incorrect tariff sheet: -0.3 (once per exercise).

Unsupported landing on dynamic elements/dismounts > 1 value: -0.5 per fall.

Time error penalties Partner/group elements:

# Seconds	Penalty	DV	SR
3	0.0	Yes	Yes
2	0.3	Yes	Yes
1	0.6	Yes	Yes
<1	0.9	No	No

Individual elements:

# Seconds	Penalty	DV	SR
2	0.0	Yes	Yes
1	0.3	Yes	Yes
<1	0.6	No	No

Art. 6 : Tariff sheet and music

6.1 Tariff sheet (TS)

- A complete tariff sheet must be submitted for all categories, containing all planned elements with difficulty values.
- **Form:** Electronically, using the current version of the AcroCompanion software.
- **Deadline:** The TS must be sent in Acro-Companion at least 7 days before the first day of competition.
- **Corrections:** Changes after the deadline are only possible with the approval of the Chief Judge Panel (CJP); no adjustments are permitted after one hour before the start of the competition.

6.2 Music

- Each routine must be presented to music.
- Duration
 - SN1, SN2, Aspire: max. 2:00 minutes.
 - SNO: max. 2:30 minutes.
- Music must suit (or complement) the choreography and may be with or without vocals.
- **Format:** Electronic file in MP3 format, using the latest version of the AcroCompanion software.
- **Deadline:** No later than 7 days before the first day of competition
- Music must not contain any discriminatory or offensive content.
- In the event of music or technical problems, the CJP will decide whether to repeat or continue the exercise.

Art. 7 : Eligibility

7.1 General requirements

- All gymnasts are eligible to start who
 - are members of a club affiliated with the national acrobatic gymnastics association,
 - hold a valid license from the national gymnastics association, and
 - meet the age and category requirements in accordance with these regulations.
- All participants must be properly registered for the competition, have personal insurance and have paid the registration fees on time.

7.2 Age and category classification

- SN1: 5-13 years (cut-off date = 31 December of the competition year)
- SN2: 6-14 years (cut-off date = 31 December of the competition year)
- Aspire (SN3): 8-16 years (cut-off date = 31 December of the competition year)
- SNO: No age limit, maximum permissible age difference between partners 12 years

7.3 Multiple starts

- A gymnast may only compete in one formation. Multiple starts are not permitted.

7.6 Compulsory promotion

- Units in categories SN1 and SN2 that:
 1. achieve a podium place (rank 1-3) at the Swiss Championships and
 2. at the same time achieve a total score of more than 26,000 points must compete in the next higher category at the Swiss Championships the following year:
 - SN1 → SN2
 - SN2 → Aspire
- The mandatory promotion only applies if the age structure of the formation allows it to compete in the higher category.
- The mandatory promotion only applies to "the same" formation. If the formation is reorganized, the mandatory promotion does not apply. The replacement of a single partner is also considered a new formation.

Art. 8 : Tie-break (tie)

8.1 General

- In the event of a tie in the final standings, the ranking will be determined according to the following criteria in the order specified.

8.2 Tie-break criteria

- Higher E-score (average of execution judges).
- If there is still a tie: Higher sum of A-score (average of Artistic Judges) and E-score (average of Execution Judges).
- If there is still a tie, it will not be broken. → The same placement will be awarded, and the subsequent ranking will be omitted.

Art. 10: Entry into force

These rules come into force on 1 January 2026 and replace all previous national competition programs in acrobatic gymnastics.

It applies to all national and regional competitions held under the responsibility of the national acrobatic gymnastics association or its member clubs.

Amendments and additions to these rules require the approval of the Technical Committee of the national acrobatic gymnastics federation and will be communicated to the clubs in an appropriate form.



César SALVADORI
President



Ian DE SCHOENMACKER
Vice President



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

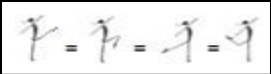
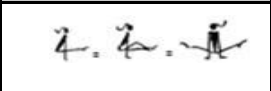
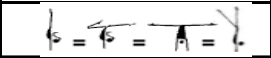
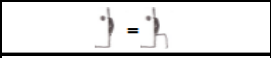
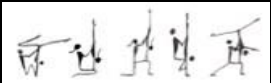
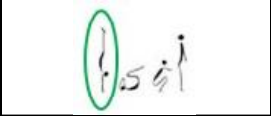
SWISS DEVELOPMENT PLAN

National

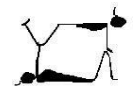
Table of difficulty

CATEGORIES SN1 - SN2

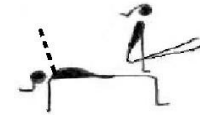
VERSION 17.03.26

GENERAL INFORMATIONS :	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.
BALANCE ELEMENTS	
	Elements with the top on one foot : performance possible with the leg in front or behind (arabesque), leg bent or straight.
	* 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.
	The following variations are allowed for the handstand.
	The bases can stand on two knees or on one for this position.
	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.
	Element with the base in table position : the arm drawn in dotted lines can be on the floor or raised.
	Element may not be performed with support on the neck, the support must be on the back or on the shoulders.
	* 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.
DYNAMIC ELEMENTS	
	* With arrow : must be preceded by motion. * Absence of arrow : can be preceded by motion or standing start.
	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.
INDIVIDUAL ELEMENTS	
	Element side split and element slide to side split : can be performed with or without contact of the hands on the floor.
	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.
	Start on knees : feet stretched, without impulse of the toes on the floor.
	* 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.
	The agility individual elements with landing on the feet spread can also be performed with landing on the knees.

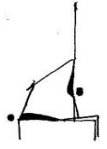
COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

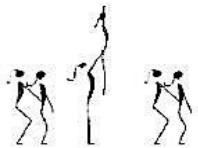
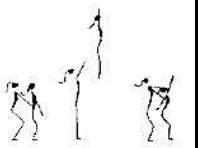
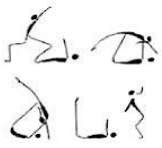
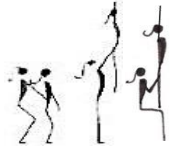
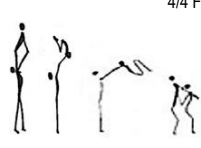
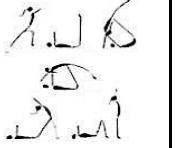
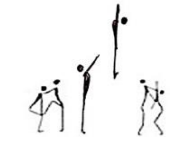
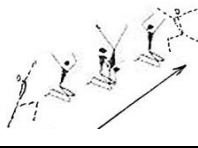
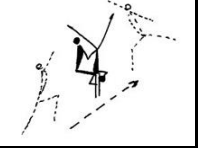
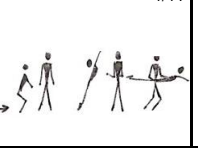
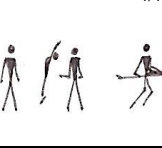
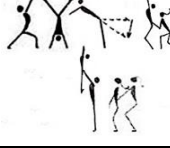
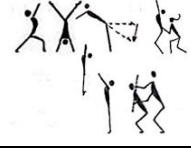
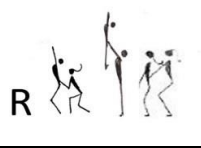
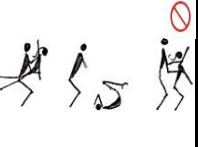
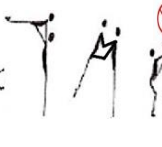
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

	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	

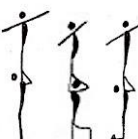
COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

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

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



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FSGA / SVAT / SFAG

SDP 2026

SN2 - PAIRS - A

AGE: 6 - 14

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



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SDP 2026

SN2 - PAIRS - D

AGE: 6 - 14

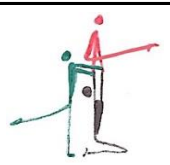
COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 2 ELEMENTS IN THE TABLE

A							
	N°+V				S2_DA8_V16	S2_DA9_V18	S2_DA10_V20
B							
	N°+V	S2_DB4_V8	S2_DB5_V10	S2_DB7_V14			
C							
	N°+V	S2_DC4_V8	S2_DC5_V10		S2_DC8_V16		S2_DC10_V20
D							
	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							
	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	

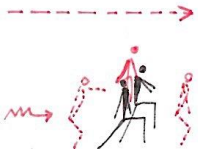
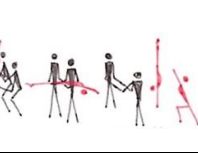
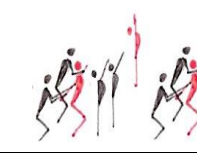
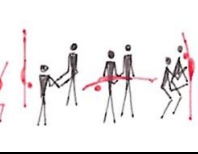
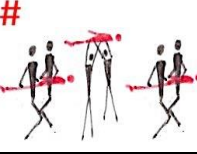
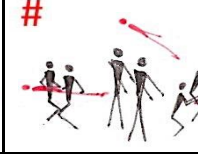
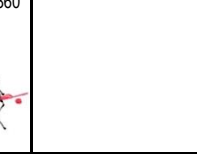
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

	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

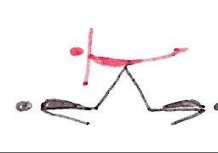
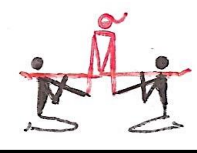
COLLECTIVE ELEMENTS / HANDSTAND / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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				1/4 B			1/4 B
	N°+V		S1_DC2_V4	S1_DC3_V6			S1_DC6_V12	
	D				1/4 F			
	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

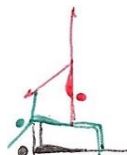
COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

A							
	N°+V	S2_VA5_V10	S2_VA6_V12	S2_VA7_V14	S2_VA8_V16	S2_VA9_V18	
	B						
		S2_VB4_V8		S2_VB6_V12	S2_VB7_V14	S2_VB8_V16	S2_VB9_V18
	C						
		S2_VC4_V8	S2_VC5_V10	S2_VC6_V12	S2_VC7_V14		S2_VC9_V18
	D						
		S2_VD4_V8	S2_VD5_V10	S2_VD6_V12	S2_VD7_V14	S2_VD8_V16	S2_VD9_V18
	E						
		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							



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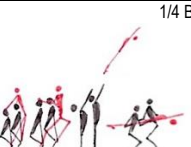
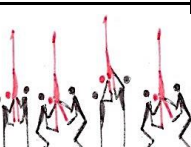
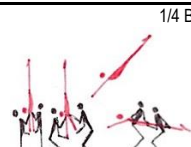
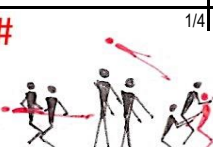
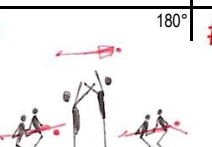
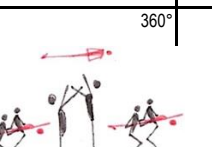
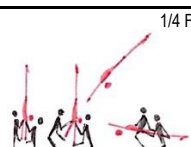
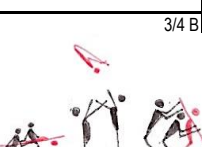
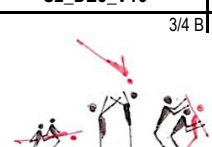
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SDP 2026

SN2 - TRIO - D

AGE: 6 - 14

COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 2 ELEMENTS IN THE TABLE

A							
	N°+V			S2_DA7_V14	S2_DA8_V16	S2_DA9_V18	S2_DA10_V20
B							
	N°+V					S2_DB9_V18	S2_DB10_V20
C							
	N°+V		S2_DC6_V12		S2_DC8_V16	S2_DC9_V18	S2_DC10_V20
D							
	N°+V					S2_DD9_V18	S2_DD10_V20
E							
	N°+V	S2_DE4_V8	S2_DE5_V10	S2_DE6_V12	S2_DE8_V16	S2_DE9_V18	S2_DE10_V20
F							
	N°+V		S2_DF6_V12	S2_DF7_V14	S2_DF8_V16		

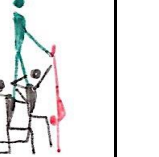
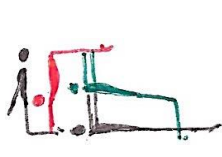
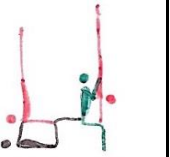
COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

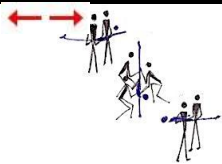
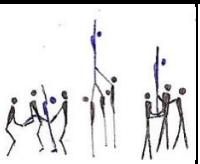
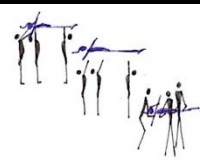
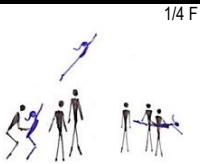
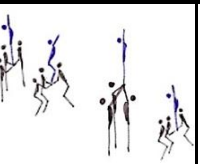
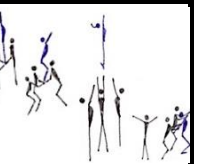
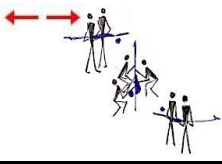
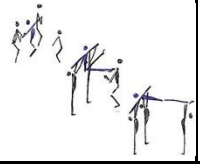
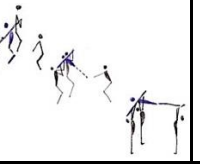
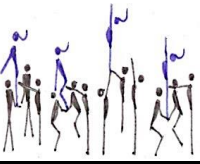
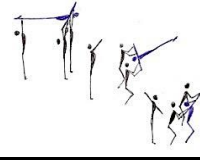
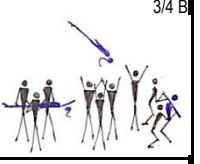
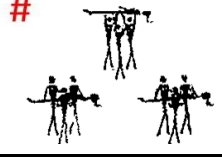
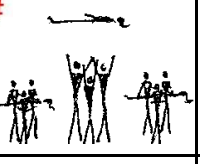
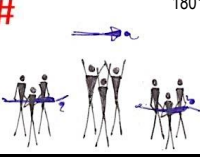
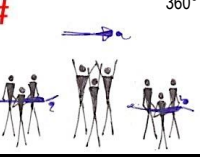
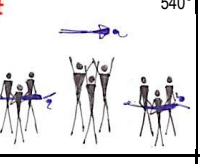
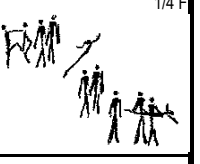
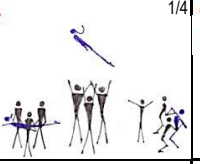
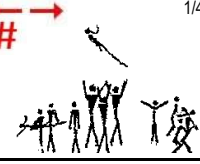
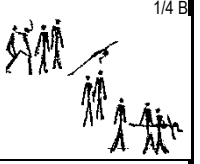
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

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	

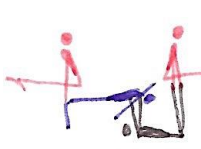
COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 1 ELEMENT IN THE TABLE

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

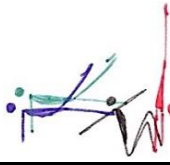
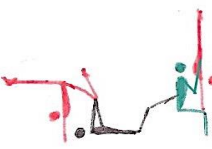
COLLECTIVE ELEMENTS / VARIOUS POSITIONS / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

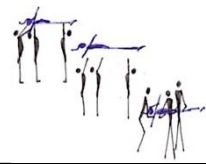
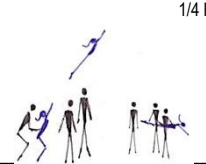
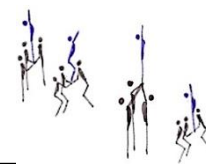
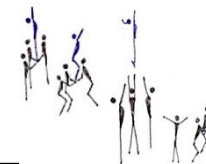
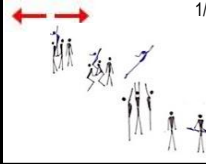
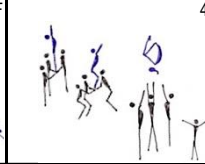
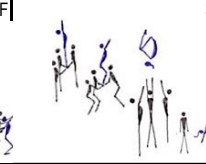
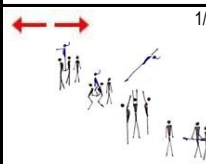
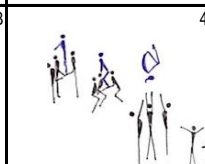
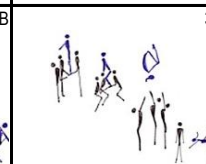
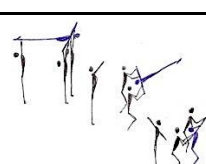
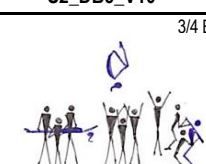
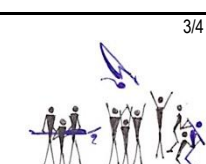
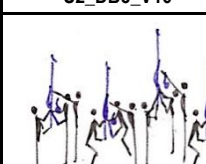
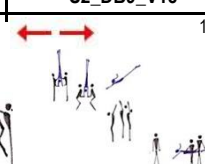
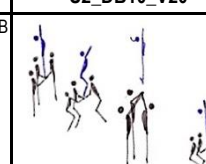
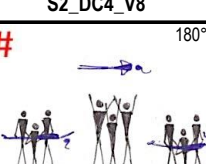
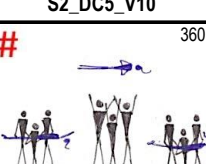
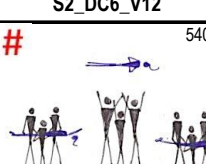
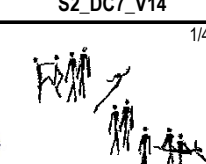
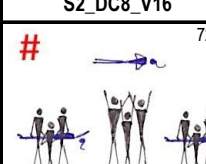
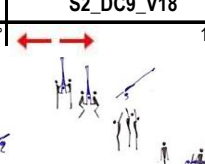
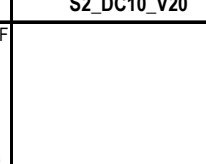
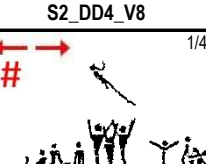
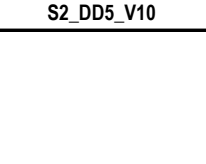
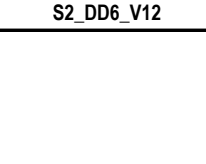
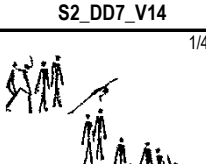
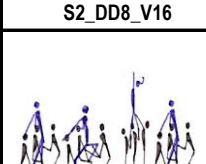
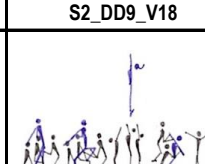
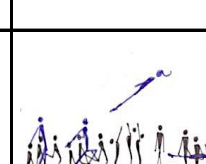
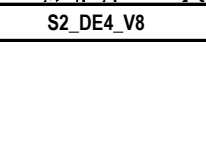
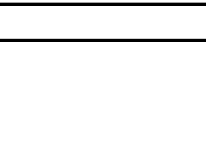
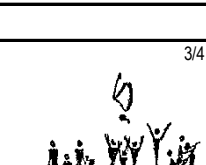
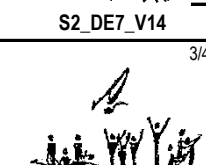
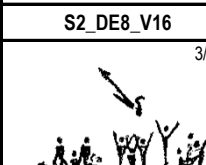
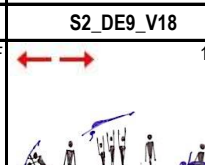
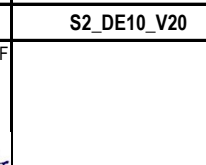
COLLECTIVE ELEMENTS / STRADDLE / BALANCE 3"
CHOOSE 1 ELEMENT IN THE TABLE

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

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				

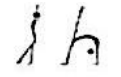
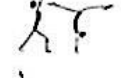
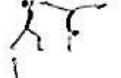
COLLECTIVE ELEMENTS / DYNAMIC
CHOOSE 2 ELEMENTS IN THE TABLE

A							
	N°+V	S2_DA4_V8	S2_DA5_V10	S2_DA6_V12	S2_DA7_V14	S2_DA8_V16	S2_DA9_V18
B							
	N°+V		S2_DB5_V10			S2_DB8_V16	S2_DB9_V18
C							
	N°+V	S2_DC4_V8	S2_DC5_V10	S2_DC6_V12	S2_DC7_V14	S2_DC8_V16	S2_DC9_V18
D							
	N°+V	S2_DD4_V8	S2_DD5_V10	S2_DD6_V12	S2_DD7_V14	S2_DD8_V16	S2_DD9_V18
E							
	N°+V	S2_DE4_V8			S2_DE7_V14	S2_DE8_V16	S2_DE9_V18
F							
	N°+V			S2_DF6_V12	S2_DF7_V14	S2_DF8_V16	S2_DF9_V18

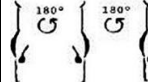
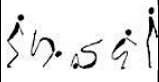
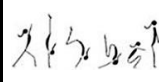
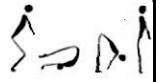
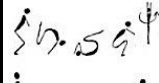
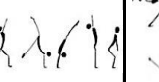
INDIVIDUAL ELEMENTS / STATIC HOLDS 2"
CHOOSE 1 ELEMENT IN THE TABLE

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