

3 Edistyäluokka, Naisten parit


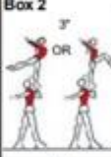
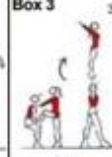

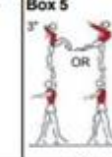

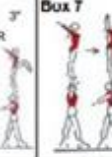















3 nostoa ja 3 heittoa (1 nosto ja 1 heitto voivat olla myös ToD:sta valittuja)










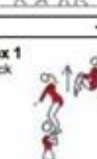
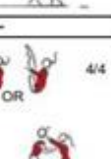
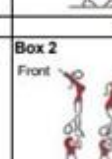
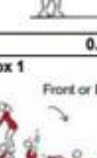
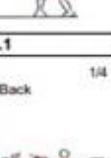
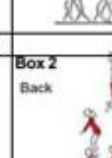
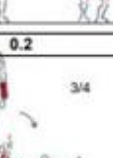
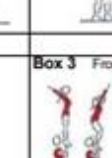
AGE GROUP 11 - 16		BALANCE EXERCISE					WOMEN'S PAIR	
ROW I	Box 1 ^{3'} 	Box 2 ^{3'} 	Box 3 ^{3'} 	Box 4 ^{3'} 	Box 5 ^{3'} 	Box 6 ^{3'} 		
	VALUE	-	0.1	0.1	0.1	0.1	0.2	
ROW II	Box 1 ^{3'} 	Box 2 ^{3'} 	Box 3 ^{3'} 	Box 4 ^{3'} 	Box 5 ^{3'} 			
	VALUE	-	0.1	0.1	0.2	0.2		
ROW III	Box 1 ^{3'} 	Box 2 ^{3'} 	Box 3 ^{3'} 	Box 4 ^{3'} 	Box 5 ^{3'} 	Box 6 ^{3'} 	Box 7 ^{3'} 	
	VALUE	-	-	0.1	0.2	0.2	0.3	0.3
ROW IV	Box 1 ^{3'} 	Box 2 ^{3'} 	Box 3 ^{3'} 	Box 4 ^{3'} 	Box 5 ^{3'} 	Box 6 ^{3'} 	Box 7 ^{3'} 	
	VALUE	-	0.1	0.2	0.2	0.2	0.2	

AGE GROUP 11 - 16		DYNAMIC EXERCISE				WOMEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 				
	VALUE	-	0.1	0.2			
ROW II	Box 1 Back 1/4 	Box 2 Back 4/4 	Box 3 Back OR 4/4 	Box 4 Back 4/4 			
	VALUE	0.1	0.2	0.2	0.3		
ROW III	Box 1 Front 1/4 	Box 2 Front 2/4 	Box 3 Front 1/4 OR 180 	Box 4 Front 3/4 			
	VALUE	0.1	0.2	0.2	0.3		
ROW IV	Box 1 Back OR OR 4/4 	Box 2 Back OR 4/4 	Box 3 Back 4/4 				
	VALUE	0.2	0.2	0.3			

3 Edistyjäluokka, Sekapari

3 nostoa ja 3 heittoa (1 nosto ja 1 heitto voivat olla myös ToD:sta valittuja)

AGE GROUP 11 - 16		BALANCE EXERCISE								MIXED PAIR
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	Box 6 	Box 7 	Box 8 		
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3		
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 					
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3		
ROW III	Box 1 	Box 2 	Box 3 	Box 4 						
VALUE	0.1	0.1	0.2	0.3						
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 					
VALUE	0.1	0.1	0.1	0.2	0.2					

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MIXED PAIR
ROW I	Box 1 	Box 2 	Box 3 	Box 4 			
VALUE	-	-	0.1	0.1			
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 		
VALUE	-	0.1	0.2	0.3	0.3		
ROW III	Box 1 	Box 2 	Box 3 				
VALUE	0.1	0.2	0.2				
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 		
VALUE	-	0.1	0.1	0.2	0.2		

3 Edistyjäluokka, Miesten pari

3 nostoa ja 3 heittoa (1 nosto ja 1 heitto voivat olla myös ToD:sta valittuja)

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 	Box 4 				
VALUE	-	0.1	0.1	0.2				
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	Box 6 	Box 7 	
VALUE	-	0.1	0.1	0.2	0.2	0.2	0.3	
ROW III	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 			
VALUE	-	0.1	0.2	0.2	0.3			
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 			
VALUE	-	0.1	0.2	0.3	0.3			

AGE GROUP 11 - 16		DYNAMIC EXERCISE				MEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 		
VALUE	0.1	0.1	0.1	0.2	0.2		
ROW II	Box 1 	Box 2 	Box 3 	Box 4 			Support of men's landing is obligatory
VALUE	0.1	0.1	0.1	0.2			
ROW III	Box 1 	Box 2 	Box 3 	Box 4 			
VALUE	-	0.1	0.2	0.3			
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 			
VALUE	-	0.1	0.2	0.3			

3 Edistyäluokka, triot




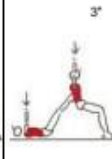

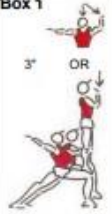






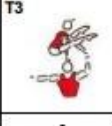
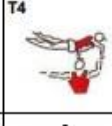
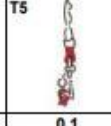

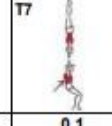

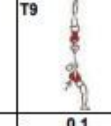
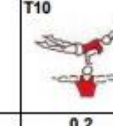



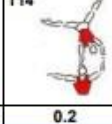

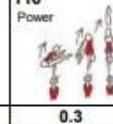
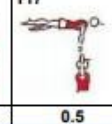
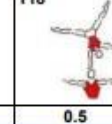
2 nostoa ja 3 heittoa (1 nosto ja 1 heitto voivat olla myös ToD:sta valittuja)






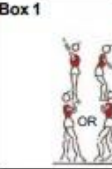




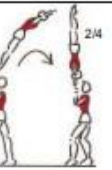


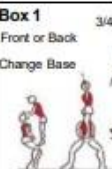


AGE GROUP 11 - 16		BALANCE EXERCISE					WOMEN'S GROUP
ROW I	Box 1 3'	Box 2 3'	Box 3 3'	Box 4 3'	Box 5 3'	Box 6 3'	
VALUE	-	-	0.1	0.1	0.3	0.3	
ROW II	Box 1 3'	Box 2 3'	Box 3 3'	Box 4 3'	Box 5 3'		
VALUE	0.1	0.2	0.2	0.2	0.3		
ROW III	Box 1 3'	Box 2 3'	Box 3 3'	Box 4 3'			
VALUE	-	0.1	0.2	0.4			




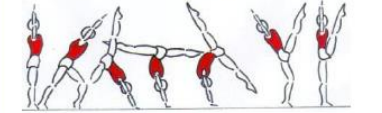
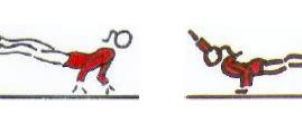





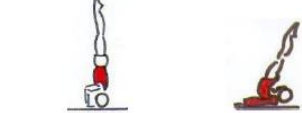







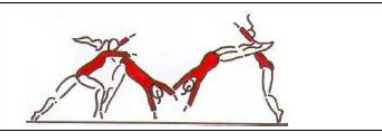
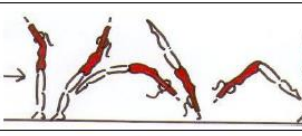
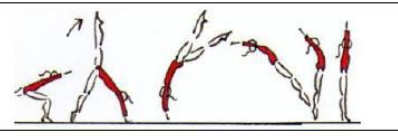
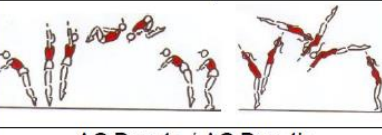
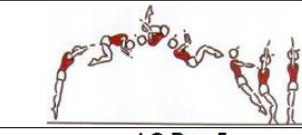
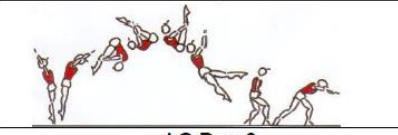
AGE GROUP 11 - 16		DYNAMIC EXERCISE					WOMEN'S GROUP
ROW I	Box 1 Front 4/4	Box 2 Back 3/4	Box 3 Front 3/4	Box 4 Front OR Back 360° or 540° or 720°	Box 5 Front 6/4		
VALUE	0.1	0.1	0.1	0.1	0.2	0.3	
ROW II	Box 1 Front 1/4	Box 2 Front 3/4	Box 3 Front 4/4	Box 4 Front 4/4			
VALUE	-	0.1	0.2	0.2			
ROW III	Box 1 Back 1/4	Box 2 Back 3/4	Box 3 Back 4/4	Box 4 Back 5/4			
VALUE	-	0.2	0.2	0.3			
ROW IV	Box 1	Box 2 Back	Box 3 Front	Box 4 Back	Box 5		
VALUE	0.1	0.1	0.2	0.3	0.4		

3 Edistyäluokka, Nelikot

2 nostoa ja 3 heittoa (1 nosto ja 1 heitto voivat olla myös ToD:sta valittuja)

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S GROUP				
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 						
VALUE	-	-	-	-	-						
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 						
VALUE	0.1	0.2	0.3	0.5	0.5						
	T1 	T2 	T3 	T4 	T5 	T6 	T7 	T8 	T9 	T10 	
VALUE	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.2	
	T11 	T12 	T13 Power 	T14 	T15 	T16 Power 	T17 	T18 			
VALUE	0.2	0.2	0.2	0.2	0.3	0.3	0.5	0.5			

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MEN'S GROUP				
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 Straight jump to floor 						
VALUE	-	-	0.1	0.1	0.3						
ROW II	Box 1 	Box 2 Change Base 	Box 3 Change Base 	Box 4 Back 							
VALUE	-	0.1	0.2	0.2							
ROW III	Box 1 Front 	Box 2 Front 	Box 3 Change Base 	Box 4 Back 							
VALUE	-	0.1	0.1	0.2							
ROW IV	Box 1 Front or Back Change Base 	Box 2 Back 	Box 3 Back Change Base 								
VALUE	0.1	0.1	0.3								
											Support of men's landing is obligatory

LUOKKA 3	YKSILÖLIIKKEET	PARIT & RYHMÄT
YHDISTETTY OHJELMA		
Jokaisen voimistelijan tulee suorittaa 3 omavalintaista yksilöliikettä, jotka on valittu allaolevista esimerkeistä ja/tai FIG Tables of Difficulty Individual Elements -taulukoista. Yhden yksilöliikkeen on oltava Tumbling tai Agility. Voltti ei ole pakollinen.		
Flexibility	Balance (Static 2")	Agility
		
AG Flex 1	AG Bal 1	AG Agility 1
		
AG Flex 2	AG Bal 2	AG Agility 2
		
AG Flex 3	AG Bal 3	AG Agility 3
		
AG Flex 4	AG Bal 4	AG Agility 4
		
AG Flex 5	AG Bal 5	AG Agility 5
		
AG Flex 6	AG Bal 6	AG Agility 6
Tumbling		
		
AG Dyn 1	AG Dyn 2	AG Dyn 3
		
AG Dyn 4a / AG Dyn 4b	AG Dyn 5	AG Dyn 6