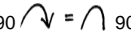

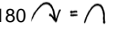

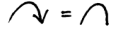

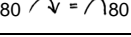



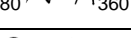

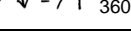

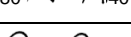

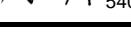

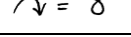

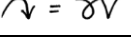

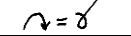

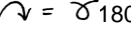

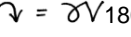

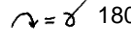

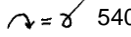

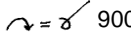






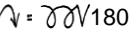






























APPENDIX A3 - Basismomenter trampet - sværhedsværdier

D værdi	Gruppe 1 med springbord	Symbol	K Code
0.30	Overslag 1/4 på 1/4 af	90  =  90	R
0.40	Overslag 1/2 på	180  = 	1H
0.40	Overslag	 = 	H
0.50	Overslag 1/2 på 1/2 af	180  =  180	1H1
0.50	Overslag 1/2 af	 =  180	H1
0.60	Overslag 1/2 på 1/1 af	180  =  360	1H2
0.60	Overslag 1/1 af	 =  360	H2
0.70	Overslag 1/2 på 1 1/2 af	180  =  540	1H3
0.70	Overslag 1 1/2 af	 =  540	H3
0.80	Tsukahara lukket	TSU	TO
0.90	Tsukahara hoftebøjet	TSU V	T<
1.00	Tsukahara strakt	TSU /	T/
1.20	Tsukahara strakt 1/1 ★	TSU / 360	T/2
1.40	Tsukahara strakt 2/1 ★	TSU / 720	T/4
0.80	Overslag salto lukket	 = 	HO
0.90	Overslag salto hoftebøjet	 = 	H>
1.00	Overslag salto strakt	 = 	H\
0.90	Overslag salto lukket 1/2	 =  180	HO1
1.00	Overslag salto hoftebøjet 1/2	 =  180	H>1
1.10	Overslag salto strakt 1/2	 =  180	H\1
1.30	Overslag salto strakt 1 1/2	 =  540	H\3
1.50	Overslag salto strakt 2 1/2	 =  900	H\5
1.60	Double Tsukahara lukket	TSU 	TOO
1.80	Double Tsukahara hoftebøjet	TSU 	T<<
2.00	Double Tsukahara lukket 1/1	TSU  360	TOO2
1.70	Overslag double lukket 1/2	 =  180	HOO1
1.90	Overslag double hoftebøjet 1/2	 =  180	H<<1
2.10	Overslag dbl. lukket 1 1/2	 =  540	HOO3

★ TSU / 360 og Kasamatsu (KAS) anses som det samme moment

★ TSU / 720 og KAS / 360 anses som det samme moment

D værdi	Gruppe 2 uden springbord	Symbol	K Code
0.10	Lukket salto		0
0.10	Hoftebøjet salto		>
0.20	Strakt salto		\
0.20	Lukket salto 1/2	 180	01
0.20	Hoftebøjet salto 1/2	 180	>1
0.30	Strakt salto 1/2	 180	\1
0.30	Lukket salto 1/1	 360	02
0.40	Strakt salto 1/1	 360	\2
0.50	Strakt salto 1 1/2	 540	\3
0.60	Strakt salto 2/1	 720	\4
0.70	Strakt salto 2 1/2	 900	\5
0.60	Double salto lukket		00
0.70	Double salto hoftebøjet		>>
0.80	Double salto strakt		\
0.70	Double salto lukket 1/2	 180	001
0.80	Double salto hoftebøjet 1/2	 180	>>1
0.90	Double salto lukket 1 1/2	 540	003
0.90	Double salto strakt 1/2	 180	\1
1.10	Double salto strakt 1 1/2	 540	\3
1.30	Double salto strakt 2 1/2	 900	\5
1.60	Double salto strakt 3 1/2	 1260	\7
1.50	Triple salto lukket 1/2	 180	0001
1.70	Triple salto hoftebøjet 1/2	 180	>>>1
1.90	Triple salto lukket 1 1/2	 540	0003
2.30	Triple salto lukket 2 1/2	 900	0005

Sværhedsværdien for andre momenter, kan udregnes ved at tage basisværdien for momentet og tillægget for skruer