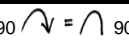
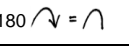
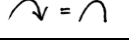
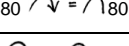
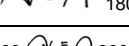
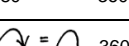
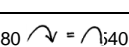
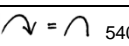
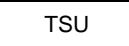
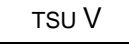
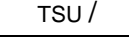
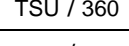
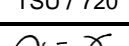
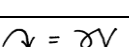
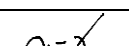
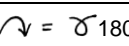
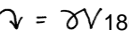
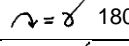
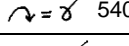
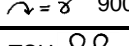
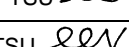
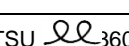
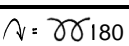

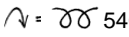
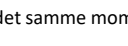
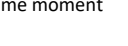




























**APPENDIX A3 - Basismomenter trampet - sværhedsværdier**

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

| 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         |  80     | >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    | Dobbelt salto lukket         |       | 00     |
| 0.70    | Dobbelt salto hoftebøjet     |       | >>     |
| 0.80    | Dobbelt salto strakt         |       | \      |
| 0.70    | Dobbelt salto lukket 1/2     |  180  | 001    |
| 0.80    | Dobbelt salto hoftebøjet 1/2 |  180  | >>1    |
| 0.90    | Dobbelt salto lukket 1 1/2   |  540  | 003    |
| 0.90    | Dobbelt salto strakt 1/2     |  180  | \1     |
| 1.10    | Dobbelt salto strakt 1 1/2   |  540  | \3     |
| 1.30    | Dobbelt salto strakt 2 1/2   |  900  | \5     |
| 1.60    | Dobbelt salto strakt 3 1/2   |  1260 | \7     |
| 1.50    | Trippel salto lukket 1/2     |  180  | 0001   |
| 1.70    | Trippel salto hoftebøjet 1/2 |  180  | >>>1   |
| 1.90    | Trippel salto lukket 1 1/2   |  540  | 0003   |
| 2.30    | Trippel salto lukket 2 1/2   |  900  | 0005   |

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

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

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