



GymDanmark

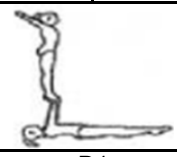
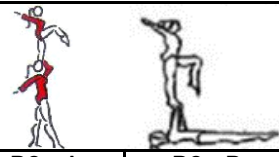
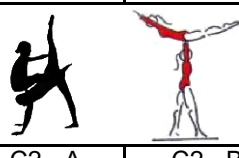
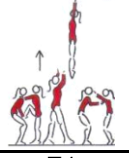
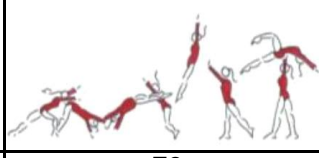
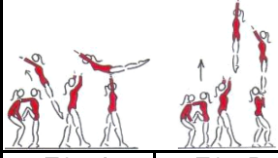
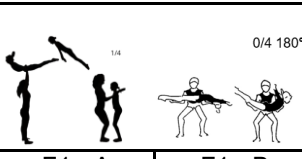
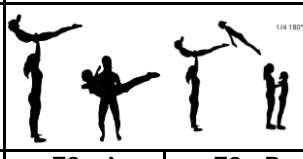
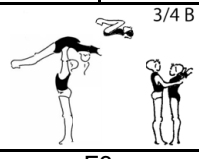
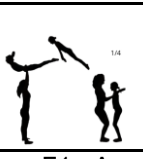
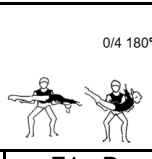
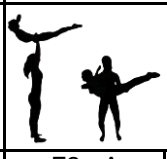
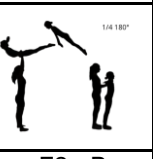
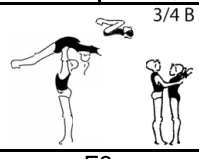
gymnastik & fitness

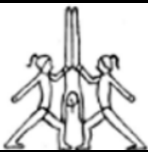
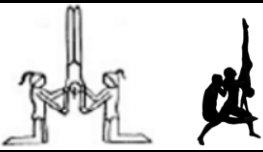
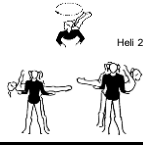
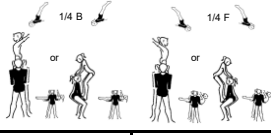
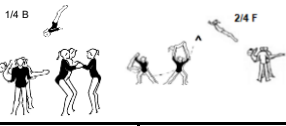
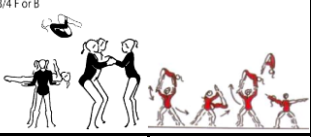
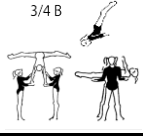
SPORTS ACROBATIK

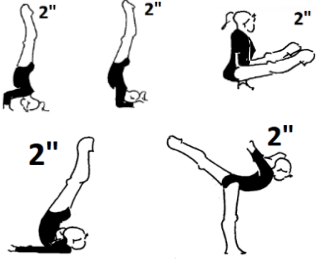
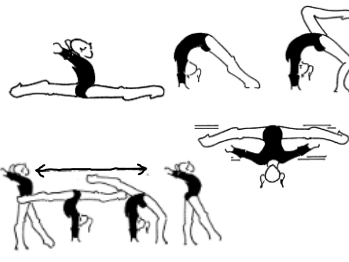
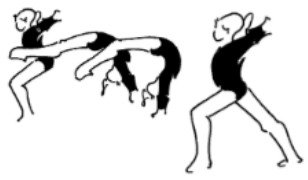
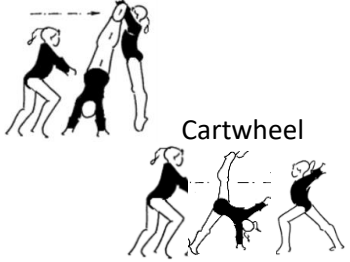
NATIONALT REGLEMENT

DK3

2024-2028

Pair		Værdi 1	Værdi 2	Værdi 3
Balancemomenter				
		A1 - A	A1 - B	A2
				
		B1	B2 - A	B2 - B
				
		C1	C2 - A	C2 - B
Tempomomenter				
		D1	D2	D3
				
		E1	E2	E3 - A
				
		F1 - A	F1 - B	F2 - A
				
		F2 - B	F3	
				

Womens Group		Værdi 1		Værdi 2		Værdi 3	
Balancemomenter							
		A1		A2 - A	A2 - B	A3	
							
		B1 - A	B1 - B	B2		B3 - A	B3 - B
							
		C1 - A	C1 - B	C2		C3 - A	C3 - B
Tempomomenter		 0/4 360°		 0/4 520° Heli 2/4		 Heli 2/4 180°	
		D1		D2 - A	D2 - B	D3	
		 0/4 B 0/4 B		 0/4 B		 1/4 B or 1/4 F	
		E1 - A	E1 - B	E2		E3 - A	E3 - B
		 1/4 B 2/4 F		 3/4 F or B		 3/4 B	
		F1 - A	F1 - B	F2 - A	F2 - B	F3	

Value		G1 - Static Hold	G2 - Flexibility	G3 - Agility	H - Tumbling
1	A				
2	B	