

2009技巧體操分齡賽動作圖--圖表一（每個平衡造型動作須靜止3秒）

雙人平衡			女三平衡		男四平		單人動作第一類	
							2秒	
							2秒	2秒
								2秒
3" 							2秒 	1 sek
							2秒 	
雙人拋接			女三拋接		男四拋接		單人動作第二類	
	180° 		180° 					
		180° 						360°
	2 or 			180° 				

2009技巧體操分齡賽動作圖--圖表二 男雙、女雙、混雙—平衡動作(靜止動作必須保持三秒)

列一								180° 								
	0.05	0.1	0.15	0.2	0.25	0.25	0.3	0.35	0.5	0.6	0.9	1.4	1.7	1.4	1.6	

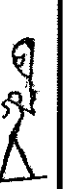
列二																	
	0.1	0.3	0.2	0.2	0.25	0.4	0.45	0.4	1.0	0.7	0.7	1.5	1.7	0.9	1.4	0.7	0.9

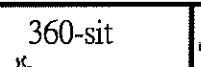
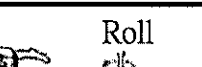
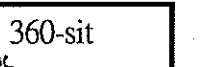
1.0	0.9	0.9	1.35	1.7	1.8	1.8	0.9	1.5	2.0	2.0	2.5	2.0			

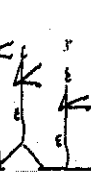
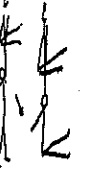
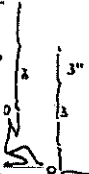
		列 三															
2.0	2.0		0.3	0.3	0.4	0.1	0.55	0.6	0.6	0.55	0.6	0.6	0.6	0.75	0.75	0.8	1.2

0.8	0.9	0.9	1.4	1.5	1.8	2.5	2.5	

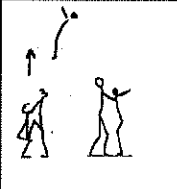
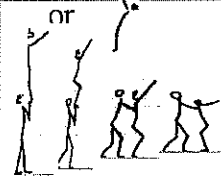
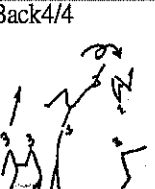
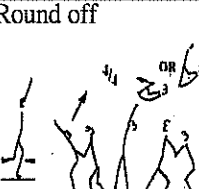
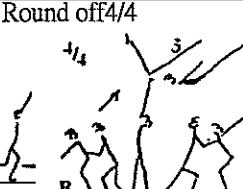
2009技巧體操分齡賽動作圖--圖表二 男雙、女雙、混雙—平衡動作(靜止動作必須保持三秒)

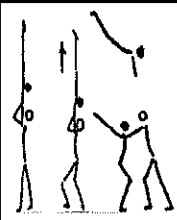
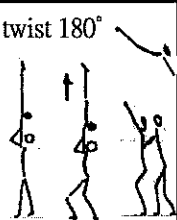
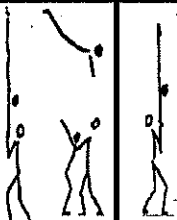
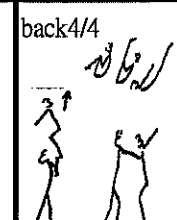
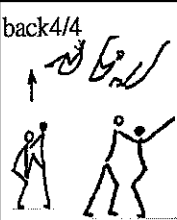
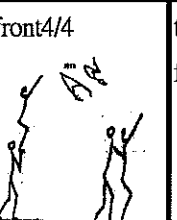
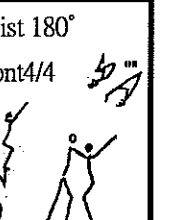
列 四																
	0.2	0.4	0.2	0.2	0.3	0.5	0.2	0.3	0.3	0.6	1.0	0.8	0.9	1.1	1.4	

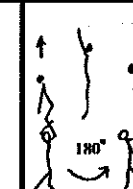
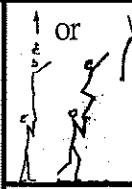
 Roll					 360-sit					 Roll					 360-sit				
	front	back	down	up		front	back	down	up		front	back	down	up		front	back	down	up
	2.1	2.1	1.2	1.2		2.5	2.5	1.4	1.4		2.5	2.5	1.4	1.4		2.5	2.5	1.4	1.4

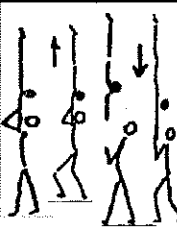
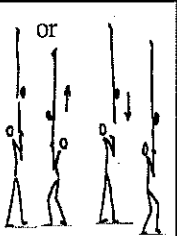
列五																
	0.1	0.4	0.7	0.15	0.4	0.5	0.4	0.7	0.9	0.9	1.6	2	1.1	1.8	2.0	

2009技巧體操分齡賽動作圖--圖表二 男雙、女雙、混雙一拋接動作

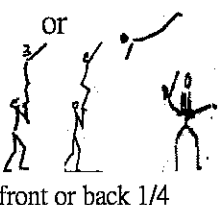
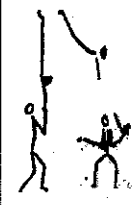
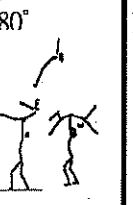
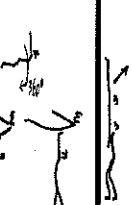
列一							
	0°/180°/360°	0°/180°/360°	180°	Back 4/4	Round off	OR	Round off 4/4
	0.05/0.1/0.15	0.15/0.2/0.25	0.25	0.7	1.0/1.1	0.7	1.3

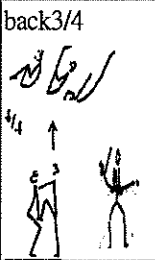
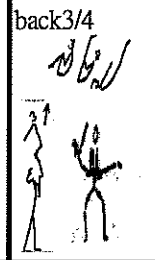
									
0.4	0.55	0.7	0.75	0.85	1.3/1.4	1.0/1.1/1.2	1.0/1.1/1.2	1.1/1.2	1.3/1.4

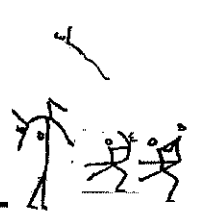
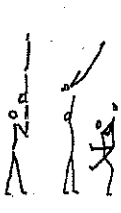
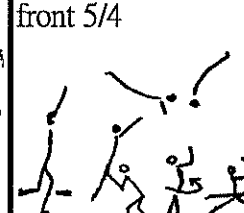
列二						
		0°/180°/360°	180°	or	2 1/4	
	0.2	0.4/0.65/0.9	0.65	0.4/0.65/0.9	1.5	1.5

列三					
		or		2 1/4	180°
	0.9	1.3	1.8	1.8	2.0

2009技巧體操分齡賽動作圖--圖表二 男雙、女雙、混雙一拋接動作

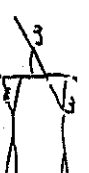
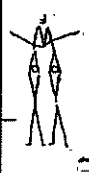
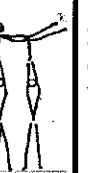
列 四		Or 					180° 	180° 	Round off 			
	front or back 1/4											
	0°/180°/360°	0°/180°/360°/540°	0°/180°/360°	0°/180°/360°								
	0.2/0.25/0.45	0.35/0.55/0.8/1.1	0.3/0.4/0.6	0.5/0.65/0.8	0.9	0.5	0.5	0.6	0.7	0.9	1.2	1.6

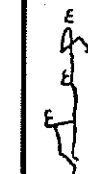
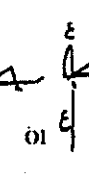
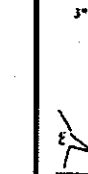
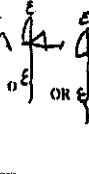
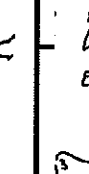
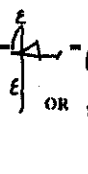
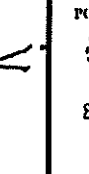
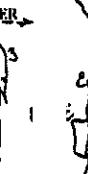
back3/4 	front3/4 	back3/4 
1.2/1.3/1.4	1.2/1.3	1.2/1.3/1.4

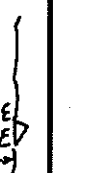
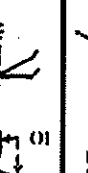
列 五				front4/4 		front 5/4 
	0° / 180° / 360°	0° / 180° / 360°				
	0.35/0.55/0.8	0.4/0.6/0.85	1.2	1.7	1.5/1.2	2.2

2009技巧體操分齡賽動作圖--圖表二 女三平衡--每個靜止動作必須保持三秒

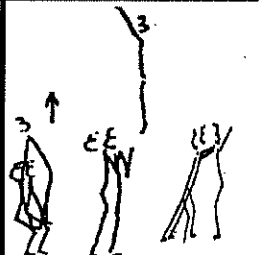
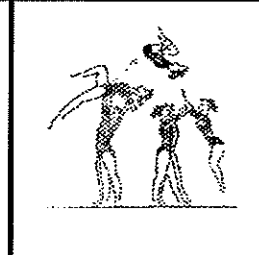
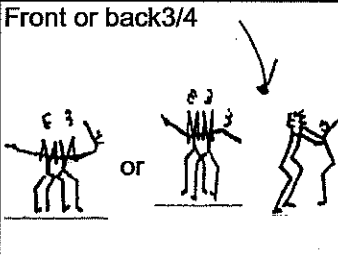
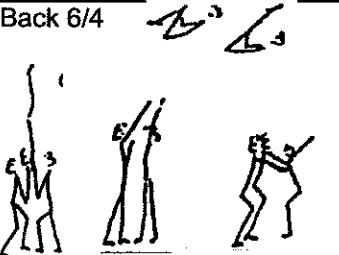
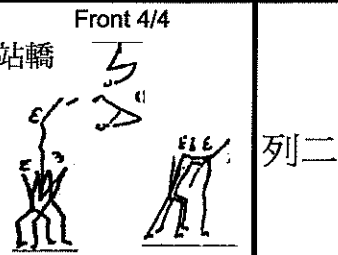
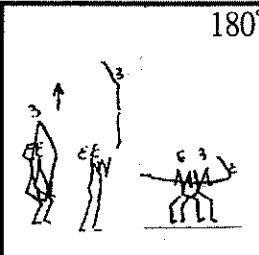
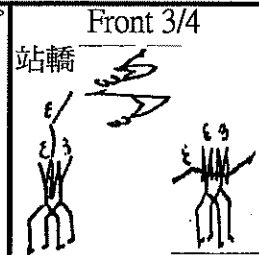
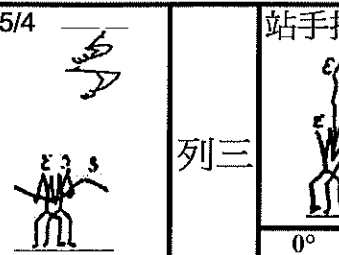
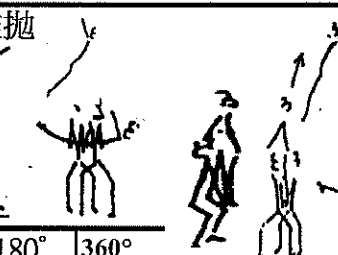
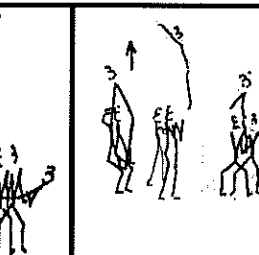
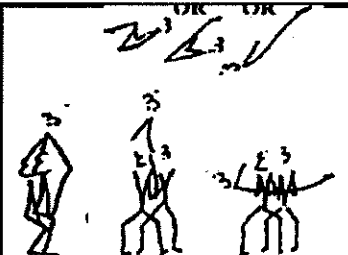
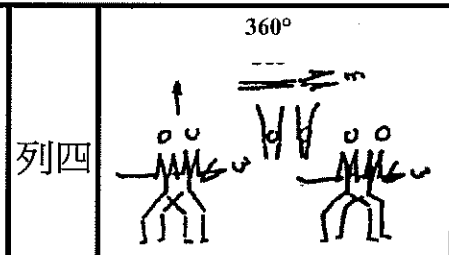
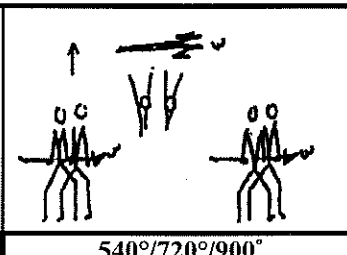
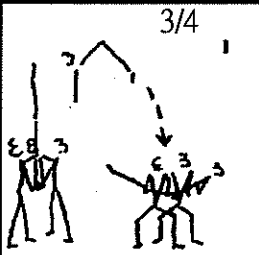
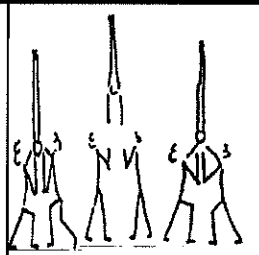
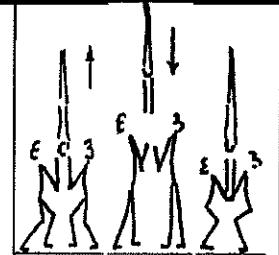
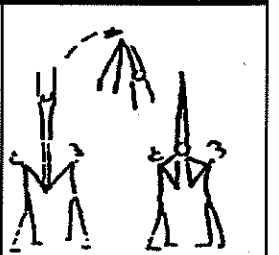
列一				雙拉上成站手		列二					
	0.05	0.15	0.2	0.25	0.25		0.3	0.35	0.35	0.35	0.35

列三					列四				
	0.4	0.45	0.35	0.6		1.4	1.5	0.9	

列五																	
	0.7	0.7	0.8	0.75	1.0	1.0	1.3	1.1	1.15	1.2	1.5						

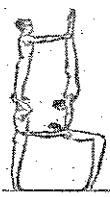
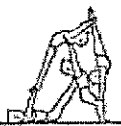
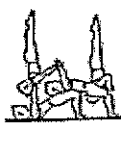
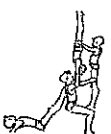
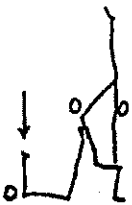
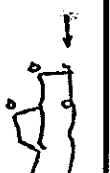
列六							
	0.6	0.55	0.55	0.75	1.0	1.5	

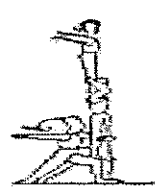
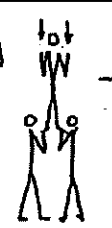
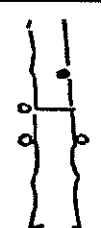
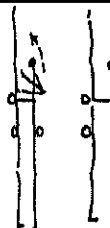
2009技巧體操分齡賽動作圖--圖表二 女三拋接

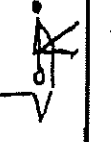
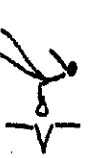
列一	 0.1	 0.15	Front or back 3/4  0.5 / 0.4		Back 6/4  1.5		Front 4/4 站轎  0.9 / 1.0		列二	 0.2
 0.25		180° 站轎  0.6	Back 4/4 OR  0.8 / 0.9 / 1.0		5/4  1.3		列三	 0.2		 0.6
 0.6 / 0.7 / 0.8		列四	 0.2		 540°/720°/900° 0.35/0.5/0.65					
列五	 0.7	 0.4	 1.4		 1.2					

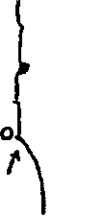
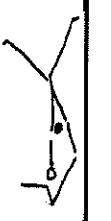
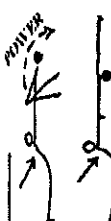
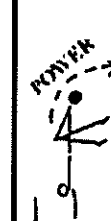
7

2009技巧體操分齡賽動作圖--圖表二 男四平衡—每個靜止動作必須保持三秒

列一					列二							列三	
	0.05	0.1	0.1	0.15		0.15	0.2	0.3	0.35	0.3	0.35		0.05

			列四						列五		
0.1	0.1	0.2		0.3	0.45	0.35 / 0.4		0.5 / 0.55		1.0	1.5

上面人圖表									
	0.05	0.1	0.15	0.15	0.2	0.5	0.35	0.7	0.9

上面人圖表											
	0.4	0.55	0.45	0.3	0.6	0.6	0.8	0.9	1.0	1.0	1.0

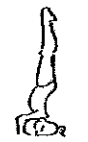
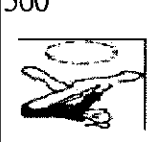
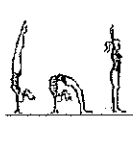
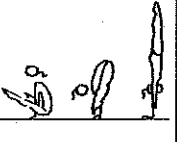
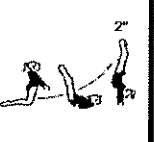
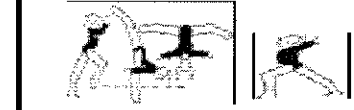
2009技巧體操分齡賽動作圖--圖表二 男四拋接

列一									
	0.1	0.2	0.45	0.5	0.6	0.7	0.7	1.5	
列二					Turn 180			列三	
	0.2	0.4	0.55	0.6	1.45	1.4	0.3		
						列四	Front or back 3/4	Back	Front
0.25		1.1	1.4	1.3	1.3		0.35	0.5	0.6
Front or back 4/4		Front or back 5/4		列五	360/540/720/900		Front or back 3/4		
0.9		1.3			0.2		0.7		
					0.3		0.4		
					0.5		0.5		
							360° 720°		
							LINK		
							0.3		
							0.5		
							link=連拋		

9

2009技巧體操分齡賽動作圖--圖表二

單人動作第一類--靜止動作須靜止兩秒

										
0.15	0.05	0.15	0.05	0.3	0.05	0.05	0.15	0.05	0.2	0.05
										
0.05	0.1	0.25	0.2	0.2	0.1	0.4	0.4	0.15	0.15	
										
單手側手翻	頭手翻成分腿屈體坐	後軟翻	前軟翻	前手翻成單膝跪	擺腿側空翻成弓步					
0.1	0.15	0.1	0.1	0.15	0.25					

單人動作第二類

1	前手翻併腿著地	0.1
2	內轉	0.1
3	後手翻	0.2
4	後空翻（團身/屈體/直體）	0.3 / 0.35 / 0.4
5	前空翻（團身/屈體/直體）	0.3 / 0.35 / 0.4
6	側空翻（團身/分腿屈體）	0.3/0.35