

女雙平衡—每個靜止動作必須保持三秒




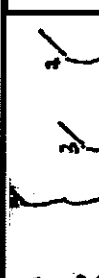
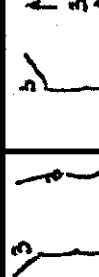


ROW I													
難度分	—	—	—	—	—	—	—	—	—	—	—	—	—
	0.2	0.2	0.4	0.4	0.5	0.7	0.6	0.6	1.2	0.6	0.5	1.1	1.1



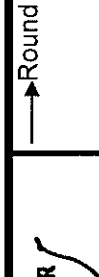

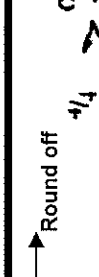


ROW II													
難度分	0.2	0.2	0.4	0.4	0.5	0.7	0.6	0.6	1.2	0.6	0.5	1.1	1.1

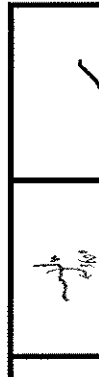



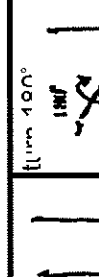


ROW III													
難度分	0.2	0.2	0.4	0.4	0.6	0.8	1.0	0.9	0.9	1.0	1.2	1.5	



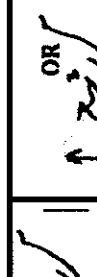


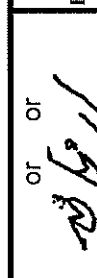

ROW 4							
難度分	0.4	0.2	0.4	0.4	0.8	0.5	0.5

女雙拋接

ROW I								0.1	0.2	0.1	0.2	0.2	0.2
難度分	—												

ROW II								0.4	0.7	0.6	0.2	0.9
難度分	—											

ROW III								0.2	1.2	1.5	0.8	0.6	0.2	0.5
難度分	—													

ROW IV								1.0	0.9	0.9	1.0	1.1	1.4
難度分	—												

男雙平衡——每個靜止動作必須保持三秒。

ROW I	0.3	0.5	0.6	1.0	1.1	0.7	0.1	0.1	0.1	0.4
難度分	—	—	—	—	—	—	—	—	—	—

ROW II	0.3	0.5	0.6	1.0	1.1	0.7	0.1	0.1	0.1	0.4	1.5	1.4	1.5
難度分	—	—	—	—	—	—	—	—	—	—	—	—	—

ROW III	0.5	0.7	1.0	1.0	1.0	1.0	1.2	0.7	1.2	1.5	1.5	1.5	1.5	1.5	1.5	1.5
難度分	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—

ROW IV	0.6	0.8	0.9	1.2	1.3	0.3	0.7	0.9	1.3	0.3	0.7	0.9	1.3	0.3	0.7	0.9
難度分	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—

男雙拋接

ROW I								Base
難度分	0.1	0.2	0.2	0.4	0.6	0.5	0.3	

ROW II							twist 180° Front 4/4 OR 	下法必須扶持 Support of men's landing is obligatory
難度分	0.5	0.8	0.8	0.9	1.0	1.2		

ROW III								
難度分	0.5	0.5	1.2	1.1	1.1	1.1	1.1	

ROW IV								
難度分	0.6	0.6	1.3	1.5	0.8	0.8	0.8	

混雙平衡——每個靜止動作必須保持三秒

ROW I																						
難度分	0.1	0.1	0.1	0.2	0.6	0.6	1.0	1.0	1.0	1.4	1.4	1.5	1.5	0.8	0.7	1.1	1.1	0.2	0.6	0.5	0.8	

ROW II										
難度分	0.6	0.9	0.9	0.8	0.8	0.9	0.9	0.7	-	-

ROW III										
難度分	0.8	1.0	1.2	1.2	1.5	1.5	1.1	1.1	0.6	0.6

ROW IV										
難度分	0.2	0.4	0.8	1.0	1.5	1.5	1.3	1.5	1.5	1.5

混雙拋接



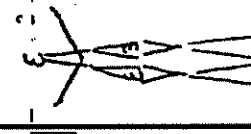
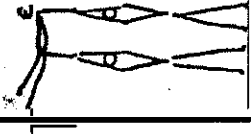
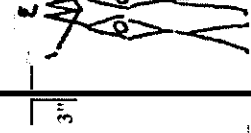

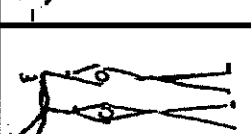
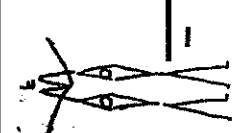




ROW I							
難度分	0.3	0.4	0.2	0.3	0.7	1.1	0.8


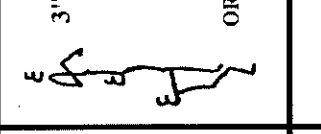
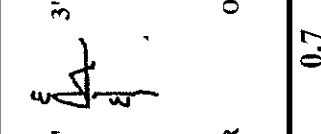
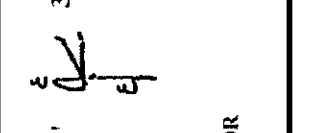
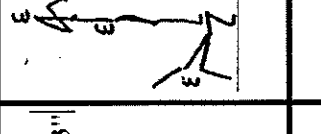
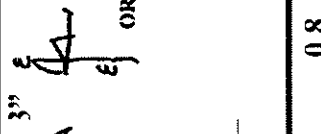
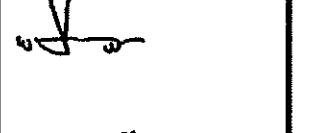
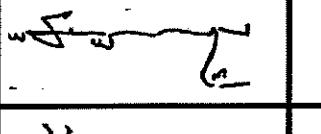
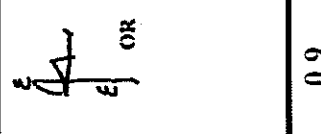
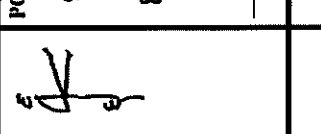
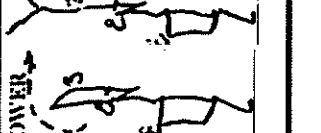
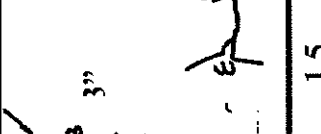
ROW II							
難度分	0.4	1.5	0.8	1.5	1.5	0.5	0.4

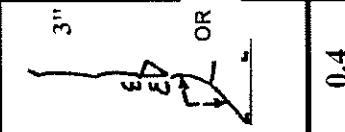

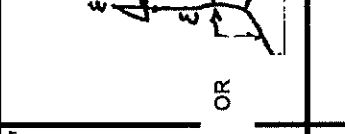
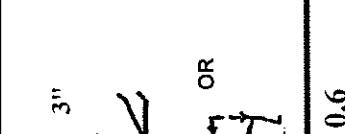


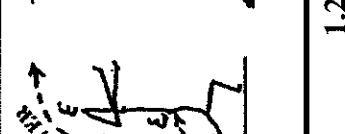
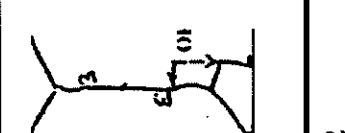

0.5			ROW III				
難度分	1.5	0.9	0.9	1.0	0.9	0.9	0.9



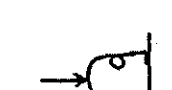
ROW IV							
難度分	1.0	1.1	1.5	1.3	0.6	1.3	0.6

女三平衡—每個靜止動作必須保持三秒

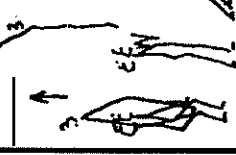
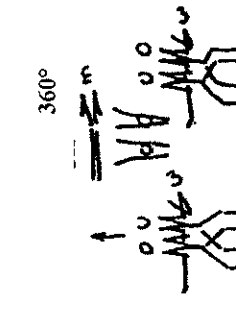
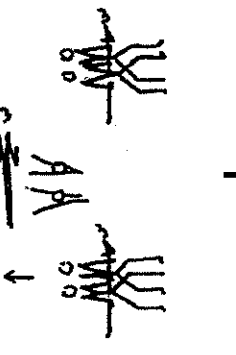
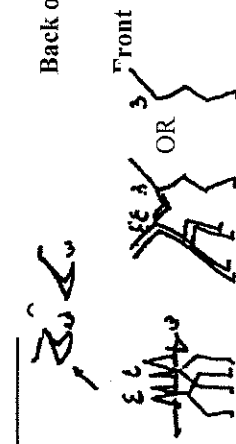

<b>ROW I</b>												
難度分	0.1	0.2	0.3	0.7	0.7	0.7	0.7	0.5	0.1	0.1	0.1	


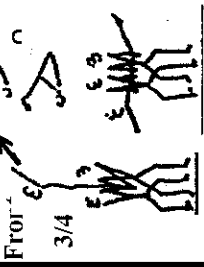
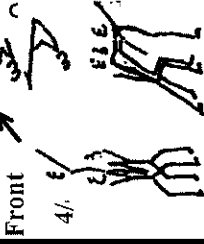
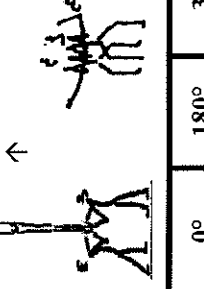

<b>ROW II</b>												
難度分	0.5	0.7	0.7	0.8	0.8	0.9	0.9	1.5	0.6			

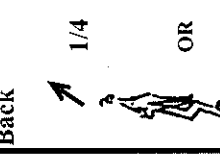

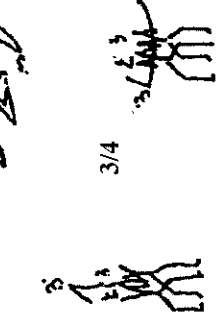
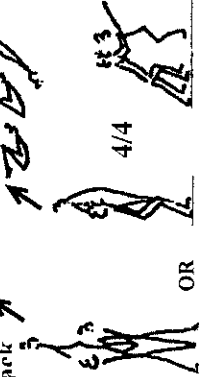
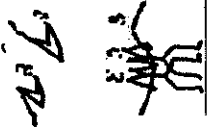
<b>ROW III</b>									
難度分	0.4	0.4	0.6	0.9	1.2	0.1	0.2		

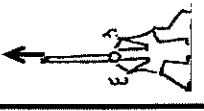

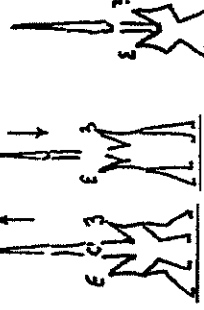
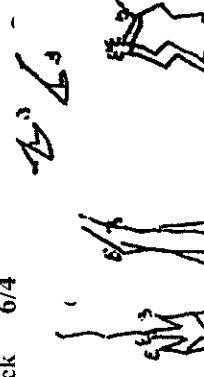
<p>Women's and men's pyramids:                  Forbidden positions of the bottom                  禁止使用的動作</p>   
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女三抛接

ROW I					
難度分	—	0.3	0.4	0.6	0.4

ROW II					
難度分	0.1	0.5	0.8	0.1	0.3

ROW III					
難度分	0.1	0.5	0.7	1.1	—

ROW IV				
難度分	0.4	1.2	1.0	1.5



男四平衝——每個靜止動作必須保持三秒

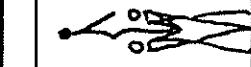
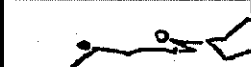




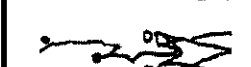


<b>ROW I</b>										
難度分	0.1	0.2	0.2	0.2	0.1	0.2	0.2	0.2	0.5	0.6

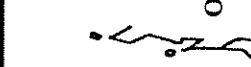
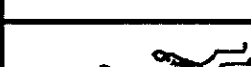
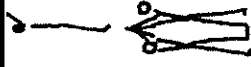


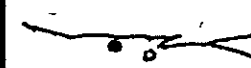
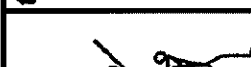


<b>ROW II</b>						
難度分	0.2	0.3	1.0	1.5	0.5	0.5

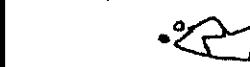
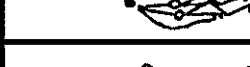
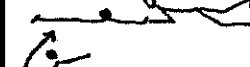




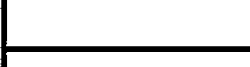

<b>TOP TABLE I</b>														
難度分	0.1	0.1	0.2	0.3	0.9	0.8	0.4	0.8	0.9	0.6	0.7	0.6	0.8	0.9

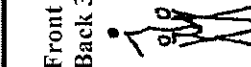
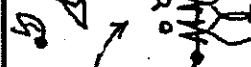
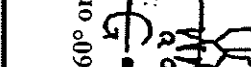



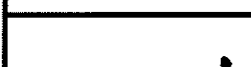


<b>TOP TABLE II</b>						
難度分	0.7	0.7	1.0	1.0	1.0	1.0

男四抛接



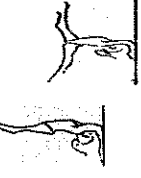

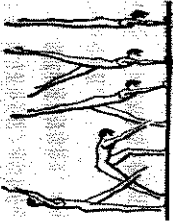







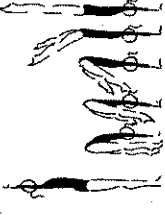

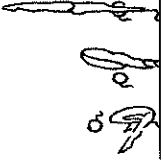

ROW I									
難度分	0.4	0.4	0.5	0.6	0.7	0.7	1.2	0.7	0.7

ROW II									
難度分	0.3	0.4	0.4	0.4	1.0	0.8	turn 180°		

ROW III									
難度分	1.5	1.5	1.5	1.1	1.3				

ROW IV									
難度分	0.6	0.3	0.6	0.9	1.4	0.4	Back 3/4		

單人動作第一類 (選擇兩個動作) 動作須靜止三秒

No.C1 搬腿側衛 (over 135°)	No.C2 後搬腿平衡	No.C3 肘倒立	No.C4 頭手倒立	No.C5 控倒立	No.C6 一字馬	No.C7 大字馬	No.C8 胸倒立
							
—	0.1	0.3	0.2	0.4	0.1	0.1	0.2
No.C9 肘倒立結環	No.C10 倒立下橋 站起	No.C11 銳角支撐	No.C12 曲臂前水平	No.C13 慢起倒立	No.C14 分腿支撐	No.C15 浮撐提倒立	No.C16 前/後軟翻 成劈叉
							
0.2	0.2	0.5	0.5	0.4	0.2	0.6	0.3

單人動作第二類 (選擇兩個動作)

T1	前軟翻接側手翻接後軟翻	0.1
T2	前手翻依次著地接魚躍前滾翻	0.1
T3	前滾翻接頭手翻	0.1
T4	前手翻依次著地接內轉	0.1
T5	前手翻依次著地接前手翻併腿著地	0.2
T6	內轉接後手翻	0.2
T7	內轉接後空翻 (團身/直體)	0.3/0.4
T8	內轉接後手翻接後空翻 (團身/屈體/直體)	0.4/0.5/0.6
T9	內轉接側空翻	0.4
T10	前手翻接前空翻 (團身/屈體/直體)	0.4/0.5/0.6
T11	助跑前空翻接前滾	0.3
T12	助跑側空翻接前滾	0.3