



rfeg

real federación española de gimnasia

CRACRO

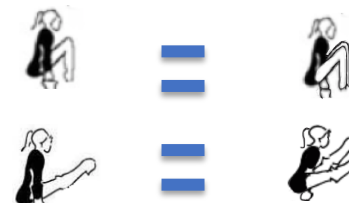
**[TABLAS DE
DIFICULTAD]**

**CAMPEONATO
ESPAÑA**

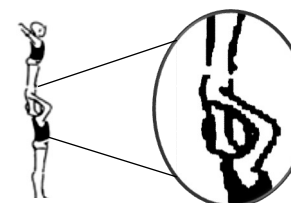
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REGLAS GENERALES

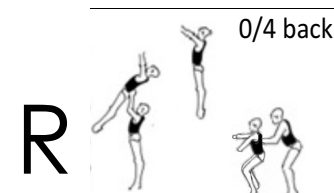
Las siguiente posiciones del ágil pueden usarse indistintamente para un mismo Valor de dificultad.



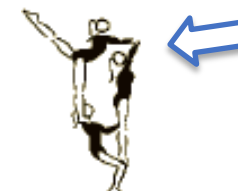
El agarre de piernas del portor al ágil en los elementos realizados con uno o dos pies del ágil sobre los hombros del base se realizarán por detrás de la pierna, como se representa en la figura.



En los elementos precedidos por rondada y en los que se detalla 0/4, no es necesario que el ágil rote en la fase de vuelo, a pesar de que en la representación gráfica se muestre una pequeña rotación de casi 1/4 back.



El ágil puede elegir el modo más favorable para sujetar los brazos de la medio.



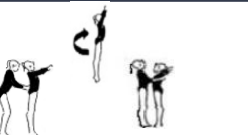
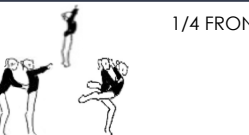
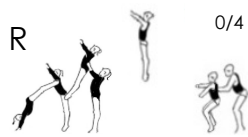
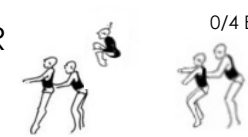
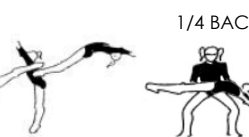
En elementos de dificultad de EQUILIBRIO, el **ÁGIL** debe tener los **codos extendidos** y estar apoyado en el PORTOR. No confundir con la semejanza de posiciones de puntos de salida o recepción

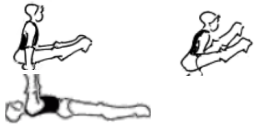
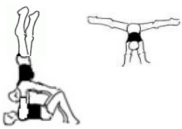
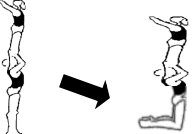


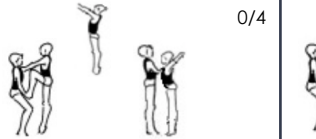
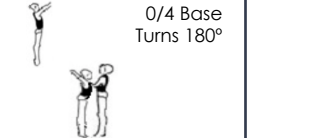
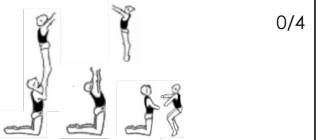
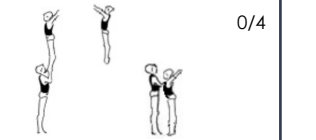
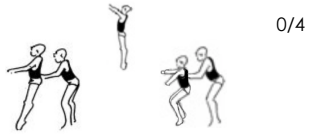
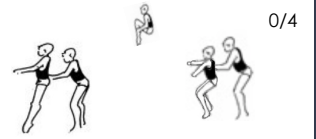
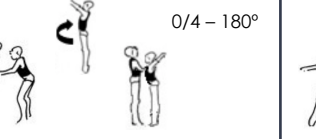
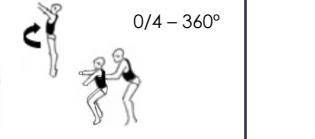
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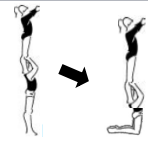
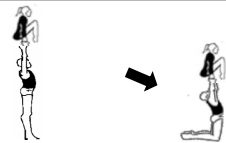
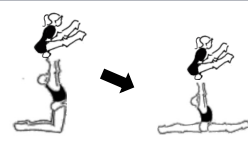
ALEVINES

CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS PAREJAS FEMENINAS				
ELEMENTOS DE EQUILIBRIO				
ALEVÍN	A	B	C	D
ROW I	3''	3''	3''	3''
VALOR	0	0,1	0,2	0,3
ROW II	3''	3''	3''	3''
VALOR	0	0,1	0,2	0,3
ROW III	3'' OR Piernas separadas	3'' OR Piernas juntas	3'' OR Portor OR Piernas separadas	3'' OR Portor OR Piernas juntas
VALOR	0	0,1	0,2	0,3
ROW IV	3''	3''	3''	3''
VALOR	0	0,1	0,2	0,3

CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS PAREJAS FEMENINAS				
ELEMENTOS DINÁMICOS				
ALEVÍN	A	B	C	D
ROW I		 0/4	 0/4	 0/4 180°
VALOR		0,1	0,2	0,3
ROW II		 0/4	 0/4 180°	 1/4 FRONT
VALOR		0,1	0,2	0,3
ROW III		 R 0/4 BACK	 R 0/4 BACK	 1/4 BACK
VALOR		0,1	0,2	0,3
ROW IV		 0/4	 0/4	 0/4
VALOR		0,1	0,2	0,3

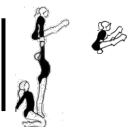
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ELEMENTOS DE EQUILIBRIO				
ALEVÍN	A	B	C	D
ROW I	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,2	0,3
ROW II	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,2	0,3
ROW III	 3"	 3" Piernas juntas	 3" SUBIDA PIERNAS POWER SEPARADAS Piernas juntas	 3" SUBIDA PIERNAS POWER JUNTAS Piernas juntas
VALOR	0	0,1	0,2	0,3
ROW IV	 3"	 3"	 3" Portor sin manos	 3"
VALOR	0	0,1	0,2	0,3

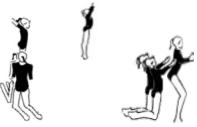
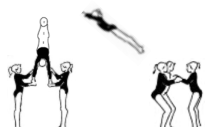
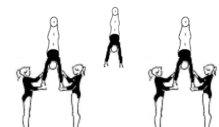
CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS PAREJAS MASCULINAS				
ELEMENTOS DINÁMICOS				
ALEVÍN	A	B	C	D
ROW I	 0/4	 0/4	 0/4	 0/4
VALOR		0,1	0,2	0,3
ROW II		 0/4	 0/4	 0/4 Base Turns 180°
VALOR		0,1	0,2	0,3
ROW III		 0/4	 0/4	 0/4
VALOR		0,1	0,2	0,3
ROW IV	 0/4	 0/4	 0/4 - 180°	 0/4 - 360°
VALOR		0,1	0,2	0,3

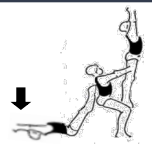
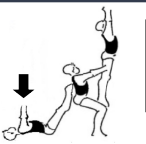
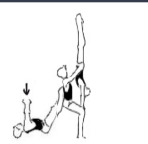
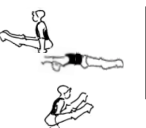
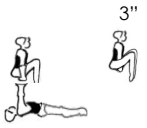
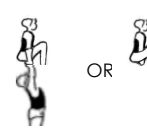
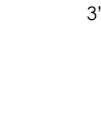
CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS PAREJAS MIXTAS				
ELEMENTOS DE EQUILIBRIO				
ALEVÍN	A	B	C	D
ROW I	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,2	0,3
ROW II	 3" OR 	 3" OR 	 3" OR 	 3" OR 
VALOR	0	0,1	0,2	0,3
ROW III	Piernas juntas  3"	 3" Portor Piernas separadas	 3" Portor Piernas juntas	 3" OR 
VALOR	0	0,1	0,2	0,3
ROW IV	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,2	0,3

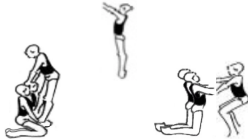
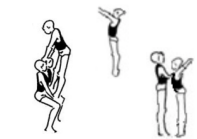
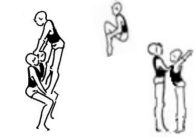
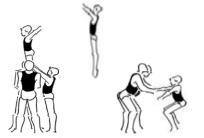
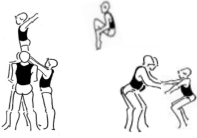
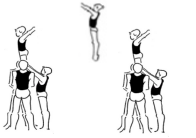
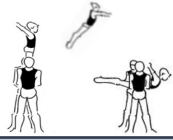
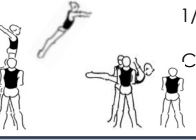
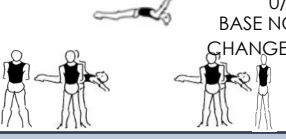
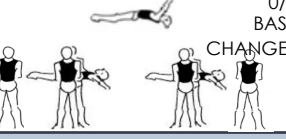
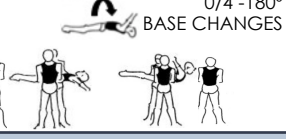
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ELEMENTOS DINÁMICOS				
ALEVÍN BASE	A	B	C	D
ROW I	 0/4	 0/4	 0/4 - 180°	 0/4
VALOR		0,1	0,2	0,3
ROW II			 1/4 BACK	 0/4
VALOR		0,1	0,2	0,3
ROW III		 0/4	 0/4	 0/4
VALOR		0,1	0,2	0,3
ROW IV		 R 0/4 BACK	 1/4 BACK	 0/4
VALOR		0,1	0,2	0,3

CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS TRIOS

ELEMENTOS DE EQUILIBRIO								
ALEVÍN	A		B		C		D	
ROW I	 3" Agarre mano - cintura		 3" Agarre mano - cintura		 OR  3"		 OR  3"	
VALOR	0		0,1		0,2		0,3	0,3
ROW II	 3"		 OR  3"		 OR  3"		 OR  3"	
VALOR	0		0,1	0,1	0,2	0,2	0,3	0,3
ROW III			 3"		 3"		 3"	
VALOR			0,1		0,2		0,3	

CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS TRIOS				
ELEMENTOS DINÁMICOS				
ALEVÍN	A	B	C	D
ROW I		 0/4	 0/4 – 180°	 0/4 – 360°
VALOR		0,1	0,2	0,3
ROW II	 0/4	 0/4	 1/4 FRONT	 3/4 FRONT
VALOR		0,1	0,2	0,3
ROW III	 0/4	 0/4 OR 	 1/4 BACK OR 	 4/4 BACK
VALOR		0,1	0,2	0,3
ROW IV			 2/4 BACK	 0/4
VALOR			0,2	0,3

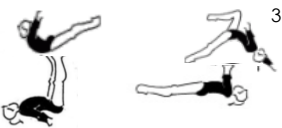
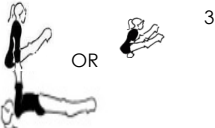
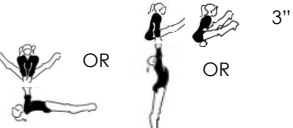
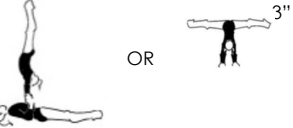
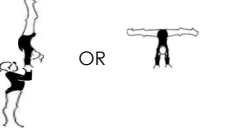
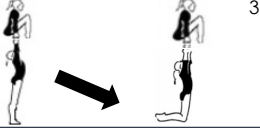
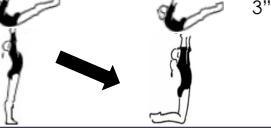
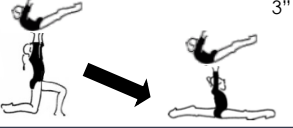
CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS CUARTETOS					
ELEMENTOS DE EQUILIBRIO					
ALEVÍN	A	B		C	D
ROW I	 3"	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,1	0,2	0,3
ROW II	 3"	 3"		 3"	 3"
VALOR		0,1		0,2	0,3
ROW III	 3"	 3"	 3"	 3" OR 	 3" OR 
VALOR	0	0,1	0,1	0,2	0,3

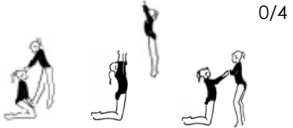
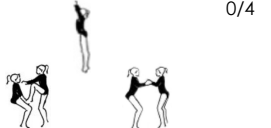
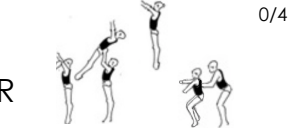
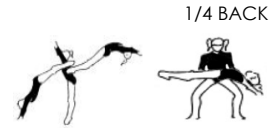
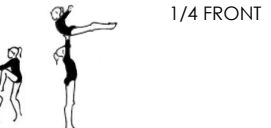
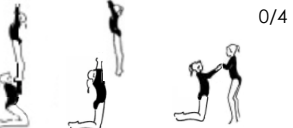
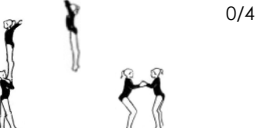
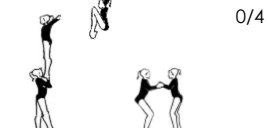
CÓDIGO 2024 ALEVÍN 7 - 13 AÑOS CUARTETOS				
ELEMENTOS DINÁMICOS				
ALEVÍN	A	B	C	D
ROW I		 0/4	 0/4	 0/4
VALOR		0,1	0,2	0,3
ROW II		 0/4	 0/4 NO CHANGE	 0/4 NO CHANGE
VALOR		0,1	0,2	0,3
ROW III			 1/4 FRONT	 1/4 FRONT BASE CHANGES
VALOR		0,1	0,2	0,3
ROW IV		 0/4 BASE NO CHANGES	 0/4 BASE CHANGES	 0/4 -180° BASE CHANGES
VALOR		0,1	0,2	0,3

3

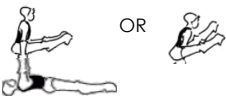
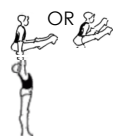
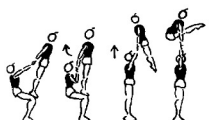
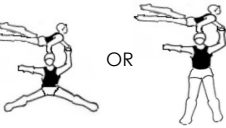
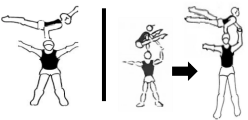
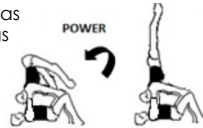
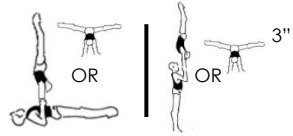
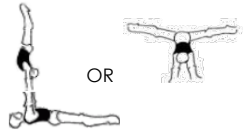
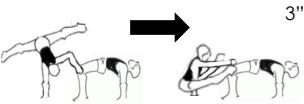
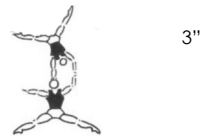
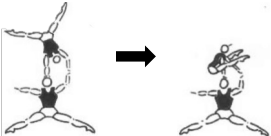
INFANTILES

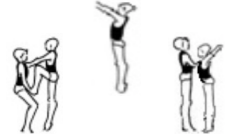
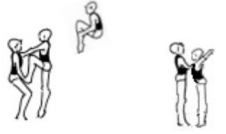
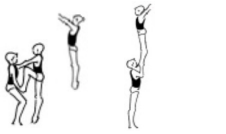
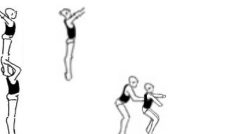
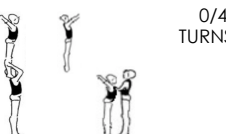
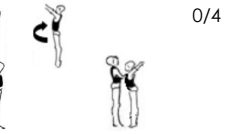
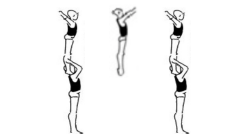
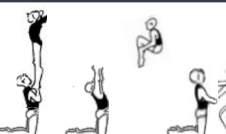
CÓDIGO 2024 INFANTIL 8 - 14 AÑOS PAREJAS FEMENINAS

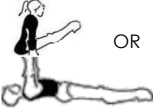
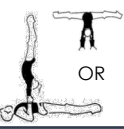
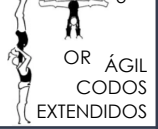
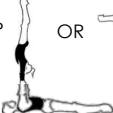
ELEMENTOS DE EQUILIBRIO				
INFANTIL	A	B	C	D
ROW I	 3"	 3"	 3"	 3" 1 brazo
VALOR	0	0,1	0,2	0,3
ROW II	 3" OR	 3"	 3" OR	 3"
VALOR	0	0,1	0,2	0,3
ROW III	 3" Piernas juntas Portor	 3" Piernas juntas	 3" OR	 3" OR
VALOR	0	0,1	0,2	0,3
ROW IV	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,2	0,3
ROW V		 3"	 3"	 3"
VALOR		0,1	0,2	0,3

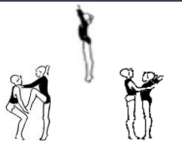
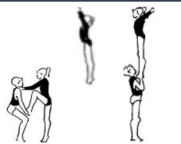
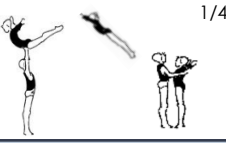
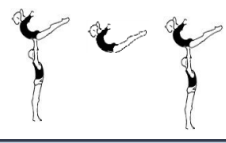
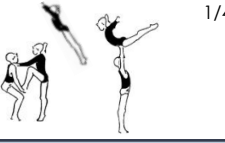
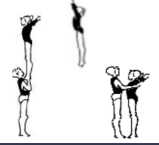
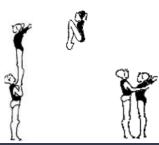
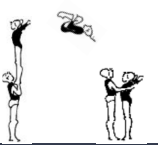
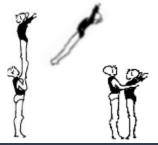
CÓDIGO 2024 INFANTIL 8 - 14 AÑOS PAREJAS FEMENINAS				
ELEMENTOS DINÁMICOS				
INFANTIL	A	B	C	D
ROW I	 0/4	 0/4	 0/4 180°	 0/4
VALOR	0	0,1	0,2	0,3
ROW II	 0/4	 0/4 180°	 1/4 FRONT	 1/4 FRONT 180°
VALOR	0	0,1	0,2	0,3
ROW III	 0/4 R	 1/4 BACK R	 1/4 BACK R	 1/4 FRONT
VALOR	0	0,1	0,2	0,3
ROW IV	 0/4	 0/4	 0/4	 4/4 BACK
VALOR	0	0,1	0,2	0,3

CÓDIGO 2024 INFANTIL 8 - 14 AÑOS PAREJAS MASCULINASS

ELEMENTOS DE EQUILIBRIO					
INFANTIL	A	B	C		D
ROW I	 3"	 3"	 3"		 3"
VALOR	0	0,1	0,2	0,2	0,3
ROW II	 3"	 3"	 3"		 3"
VALOR	0	0,1	0,2		0,3 0,3
ROW III	Piernas juntas  3"	Piernas juntas POWER  3"	 3"		 3"
VALOR	0	0,1	0,2	0,2	0,3
ROW IV	 3"	 3"	 3"		 3"
VALOR	0	0,1	0,2		0,3

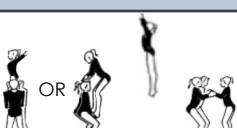
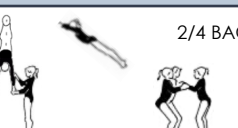
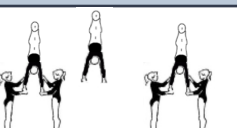
CÓDIGO 2024 INFANTIL 8 - 14 AÑOS PAREJAS MASCULINAS				
ELEMENTOS DINÁMICOS				
INFANTIL	A	B	C	D
ROW I	 0/4	 0/4	 0/4	 4/4 BACK
VALOR	0	0,1	0,2	0,3
ROW II	 0/4	 0/4 BASE TURNS 180°	 0/4 180°	 0/4
VALOR	0	0,1	0,2	0,3
ROW III	 0/4	 0/4	 0/4	 4/4 BACK
VALOR	0	0,1	0,2	0,3
ROW IV	 0/4 BACK	 0/4 R	 0/4 R	 4/4 BACK R
VALOR	0	0,1	0,2	0,3

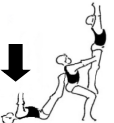
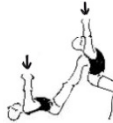
CÓDIGO 2024 INFANTIL 8 - 14 AÑOS PAREJAS MIXTAS				
ELEMENTOS DE EQUILIBRIO				
INFANTIL	A	B	C	D
ROW I	 3"	 3"	 3"	 3"
VALOR	0	0,1	0,2	0,3
ROW II	 3" OR 	 3" OR 	 3" OR 	 3"
VALOR	0	0,1	0,2	0,3
ROW III	 Portor  3" ÁGIL PIERNAS JUNTAS	 OR  3" OR ÁGIL CODOS EXTENDIDOS	 POWER OR  3"	 JUMP OR  3"
VALOR	0	0,1	0,1	0,2
ROW IV	 3" → 	 3" → 	 3" → 	 3" → 
VALOR	0	0,1	0,2	0,3

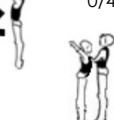
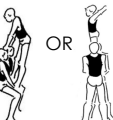
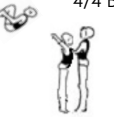
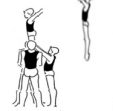
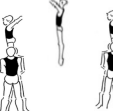
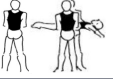
CÓDIGO 2024 INFANTIL 8 - 14 AÑOS PAREJAS MIXTAS				
ELEMENTOS DINÁMICOS				
INFANTIL	A	B	C	D
ROW I		 0/4	 0/4 180°	 0/4
VALOR		0,1	0,2	0,3
ROW II		 1/4 BACK	 0/4	 1/4 FRONT
VALOR		0,1	0,2	0,3
ROW III	 0/4	 0/4	 4/4 BACK	 4/4 BACK
VALOR	0	0,1	0,2	0,3
ROW IV		 1/4 BACK R	 1/4 180° R	 4/4 FRONT
VALOR		0,1	0,2	0,3

CÓDIGO 2024 INFANTIL 8 - 14 AÑOS TRIOS FEMENINOS						
ELEMENTOS DE EQUILIBRIO						
INFANTIL	A	B		C		D
ROW I	 3" Agarre mano - cintura	 3" Agarre mano - hombro /brazo	 3"	 3" OR  3"	 3"	
VALOR	0	0,1	0,1	0,2		0,3
ROW II	 3"	 3"	 3" OR  3"	 3" OR  3"	 3" OR  3"	
VALOR	0	0,1	0,2	0,2	0,3	0,3
ROW III		 3"	 3"	 3" ÁGIL CODOS EXTENDIDOS  3" Portor		
VALOR		0,1	0,2	0,3		

CÓDIGO 2024 INFANTIL 8 - 14 AÑOS TRIOS FEMENINOS

ELEMENTOS DINÁMICOS				
INFANTIL	A	B	C	D
ROW I	 0/4	 0/4 180°	 0/4 360°	 0/4 540°
VALOR	0	0,1	0,2	0,3
ROW II	 0/4	 1/4 FRONT	 3/4 FRONT	 4/4 FRONT
VALOR	0	0,1	0,2	0,3
ROW III	 0/4	 1/4 BACK	 4/4 BACK	 4/4 BACK
VALOR	0	0,1	0,2	0,3
ROW IV		 2/4 BACK	 0/4	 3/4 BACK
VALOR		0,1	0,2	0,3

CÓDIGO 2024 INFANTIL 8 - 14 AÑOS CUARTETOS MASCULINOS						
ELEMENTOS DE EQUILIBRIO						
INFANTIL	A	B	C	D		
ROW I	 3"	 3"	 3"	 3"		
VALOR	0	0,1	0,2	0,3		
ROW II	 3"	 3"	 3"	 3"		
VALOR	0	0,1	0,2	0,3		
POSICIONES DEL ÁGIL	 3"	 3"	 3"	 3"		
VALOR	0	0,1	0,2	0,2	0,3	0,5

CÓDIGO 2024 INFANTIL 8 - 14 AÑOS CUARTETOS MASCULINOS				
ELEMENTOS DINÁMICOS				
INFANTIL	A	B	C	D
ROW I	 OR  0/4	 OR  0/4	 OR  0/4 180°	 OR  4/4 BACK
VALOR	0	0,1	0,2	0,3
ROW II		 0/4 SALTO CON ASISTENCIA EN SALIDA	 0/4 SALTO SIN ASISTENCIA EN SALIDA	 0/4 SALTO SIN ASISTENCIA EN SALIDA BASE CHANGES
VALOR		0,1	0,2	0,3
ROW III		 OR  1/4 FRONT	 OR  1/4 FRONT BASE CHANGES	 OR  1/4 BACK BASE CHANGES
VALOR		0,1	0,2	0,3
ROW IV	 0/4 BASE CHANGES	 0/4-180° BASE CHANGES	 0/4-360° BASE CHANGES	
VALOR	0	0,1	0,2	