































**TABLES DSIGO RHYTHMIC GYMNASTIC BODY DIFFICULTIES 0.10**

VALOR 0.10	JUMPS
 	Vertical Jump without rotation
 	Tuck Jump without rotation
 	«Scissors» forward with bent legs
 	Vertical Jump with passé
	<b>BALANCES</b>
 	Balance on the toes in relevè 5 <sup>^</sup> position
 	Balance flat floor in opened passé
 	Balance on the knee with trunk back at horizontal
 	Balance split without help of the hand on the floor
	Balance split without help of the hand on the floor with trunk back at horizontal
	Back split flat floor with the help of 1 or 2 hands
 	Back split with and without help, trunk forward at horizontal or below
 	Front split sessions with trunk flexion forward
 	Face down trunk extension leg flexion feet in contact with the head and hands resting on the floor
	<b>ROTATIONS</b>
 	Rotation 360° on the 2 toes
 	Roue 360° twist: the tip of the foot is placed at ankle level
 	Rotation 360°: free leg under the horizontal level