

**FIG TERMINOLOGIE EN NUMERIEK SYSTEEM**

VOORWAARTSE ELEMENTEN

ACHTERWAARTSE ELEMENTEN

Element		Numeriek		Mh TRA	Mh DMT
$\frac{3}{4}$ front somersault	C	3 –	o	3	x
$\frac{3}{4}$ front somersault	B	3 –	<	3	x
$\frac{3}{4}$ front somersault	A	3 –	/	3	x
Front somersault	C	4 –	o	5	5
Front somersault	B	4 –	<	6	6
Front somersault	A	4 –	/	6	6
Barani	C	4 1	o	6	7
Barani	B	4 1	<	6	7
Barani	A	4 1	/	6	7
Rudolph / Rudy	*	4 3		8	12
Randolph / Randy	*	4 5		10	19
Adolph	*	4 7		11	28
Ball out	C	5 – 1	o	7	x
Ball out	B	5 – 1	<	7	x
Ball out	A	5 – 1	/	7	x
Rudy ball out	*	5 – 3		9	x
1 $\frac{3}{4}$ front somersault	C	7 – –	o	8	x
1 $\frac{3}{4}$ front somersault	B	7 – –	<	9	x
1 $\frac{3}{4}$ front somersault	A	7 – –	/	9	x
Half out Fliffis	C	8 – 1	o	11	24
Half out Fliffis	B	8 – 1	<	13	28
Half out Fliffis	A	8 – 1	/	13	32
Half in	C	8 1 –	o	11	24
Half in	B	8 1 –	<	13	28
Half in	A	8 1 –	/	13	32
Full in Half out	C	8 2 1	o	13	32
Full in Half out	B	8 2 1	<	15	36
Full in Half out	A	8 2 1	/	15	40
Rudy out	C	8 – 3	o	13	32
Rudy out	B	8 – 3	<	15	36
Rudy out	A	8 – 3	/	15	40
Full in Rudy out	C	8 2 3	o	15	40
Full in Rudy out	B	8 2 3	<	17	44
Full in Rudy out	A	8 2 3	/	17	48
Randy out	C	8 – 5	o	15	40
Randy out	B	8 – 5	<	17	44
Full in Randy out	C	8 2 5	o	17	
Full in Randy out	B	8 2 5	<	19	
Half out double ball out	C	9 – – 1	o	12	x
Halfout double ball out	B	9 – – 1	<	14	x
2 $\frac{3}{4}$ front somersault	C	11 – – –	o	13	x
2 $\frac{3}{4}$ front somersault	B	11 – – –	<	15	x
Half out Triffis	C	12 – – 1	o	17	51
Half out Triffis	B	12 – – 1	<	20	59
Half out Triffis	A	12 – – 1	/	20	
Full in half out Triffis	C	12 2 – 1	o	19	



Full in half out Triffis	A	12 2 - 1	/	22	
Rudi out Triffis	C	12 - - 3	o	19	
Rudi out Triffis	A	12 - - 3	/	22	
Full middle half out Triffis	C	12 - 2 1	o	19	
Full middle half out Triffis	A	12 - 2 1	/	22	
Full in rudy out Triffis	C	12 2 - 3	o	21	
Full in rudy out Triffis	B	12 2 - 3	<	24	

Element		Numeriek		Mh TRA	Mh DMT
<sup>3</sup> / <sub>4</sub> back somersault	C	3-	o	3	x
<sup>3</sup> / <sub>4</sub> back somersault	B	3-	<	3	x
<sup>3</sup> / <sub>4</sub> back somersault	A	3-	/	3	x
Back somersault	C	4-	o	5	5
Back somersault	B	4-	<	6	6
Back somersault	A	4-	/	6	6
Back ss with 1/1 twist/ Full	*	4 2		7	9
Back ss with 2/1 twist	*	4 4		9	15
Back ss with 3/1 twist	*	4 6		11	23
Back ss with 4/1 twist	*	4 8		13	33
Back ss with 5/1 twist	*	4 10		15	45
Cody	C	5-	o	6	x
Cody	B	5-	<	7	x
Cody	A	5-	/	7	x
Double back somersault	C	8--	o	10	20
Double back somersault	B	8--	<	12	24
Double back somersault	A	8--	/	12	28
Half in Half out	C	8 1 1	o	12	28
Half in Half out	B	8 1 1	<	14	32
Half in Half out	A	8 1 1	/	14	36
Full in	C	8 2-	o	12	28
Full in	B	8 2-	<	14	32
Full in	A	8 2-	/	14	36
Full out	C	8-2	o	12	28
Full out	A	8-2	/	14	36
Full in Full out	C	8 2 2	o	14	36
Ful in Full out	A	8 2 2	/	16	44
Half in Rudy out	C	8 1 3	o	14	36
Half in Rudy out	B	8 1 3	<	16	40
Half in Rudy out	A	8 1 3	/	16	44
Full in Double-full out	C	8 2 4	o	16	44
Full in Double-full out	A	8 2 4	/	18	52
Rudy in Rudy out	C	8 3 3	o	16	
Half in Randy out	C	8 1 5	o	16	44
Half in Randy out	B	8 1 5	<	18	48
Double-full in Double-full out	C	8 4 4	o	18	52
Double-full in Double-full out	A	8 4 4	/	20	60
Triple Back	C	12 ---	o	16	45
Triple Back	B	12 ---	<	19	53
Triple Back	A	12 ---	/	19	61
Full in Triple	C	12 2 --	o	18	57
Full in Triple	B	12 2 --	<	21	65
Half in Half out Triffis	C	12 1 - 1	o	18	57
Half in Half out Triffis	B	12 1 - 1	<	21	65
Full Full Full	C	12 2 2 2	o	22	81
Full Full Full	A	12 2 2 2	/	25	



Half in Rudy out Triffis	C	12 1 - 3	o	20	
Half in Rudy out Triffis	B	12 1 - 3	<	23	
Half in Rudy out Triffis	A	12 1 - 3	/	23	
Half in Half out Quadriffis	C	16 1 -- 1 o		24	
Half in Half out Quadriffis	A	16 1 -- 1 /		28	

\* = slechts 1 positie is mogelijk